

# Catalyst.

## 2025 CATALYST SEMESTER 1 HANDBOOK



*Discover and Embrace Your  
Kingdom Purpose in Jesus  
—Be a Disciple-Maker*

**18 FEB – 9 MAY**  
catalyst.c4d.au

**institute4discipleship**



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WELCOME



Gilbert Cangy  
SPD I4D Director

### Welcome to Catalyst.

We thank you for taking time out of studies, work, and life with considerable sacrifice, to join us on this journey of discovery – the discovery of God’s Kingdom purpose for you in Jesus – there is no greater cause, no greater calling, no greater joy.

We welcome our prayerfully selected Disciple-Making teachers from far and near who have come to assist us in transitioning from mere church membership to authentic Discipleship.

You are making history and will be remembered as being part of the early journey of this new Discipleship adventure which will significantly contribute to the emergence of this Thriving Adventist Disciple-Making Movement that our leaders have been dreaming of.

I can’t wait to see you and witness what God is about to do with this second cohort.



Glenn Townend  
SPD President

I am excited about the potential of the new centre to create a thriving disciple-making movement and how it will help us to engage many more people in our core missional activities. It will contribute significantly to fulfilling the great commission that Jesus has given us to go and make disciples within the context of the three angels’ messages.

The SPD Institute 4 Discipleship will focus on advancing the mission of the Seventh-day Adventist Church by creating and implementing discipleship pathways for young people, church members and pastors.

The centre will also be a hub for developing, marketing and growing discipleship and evangelism programs; creating networks of disciple-makers, missional leaders and movement-builders.



Malcolm Coulson  
Vice Chancellor Avondale University

I am delighted to welcome Catalyst participants to Avondale University.

At the heart of Avondale’s mission is a commitment to foster a greater vision of world needs and to empower learners of all ages and backgrounds to serve their communities for good.

We are pleased to partner with the South Pacific Division and the Institute 4 Discipleship in this exciting new venture as, together, we explore new ways to serve and lead people to Christ.

Christ-centred education is a powerful catalyst that achieves more than we could ever imagine.

As you begin your journey of discovery, may you experience the catalytic power of the Holy Spirit in your learning and your ministry so that the world may know Him.

# DARE TO DREAM

What if you were, for just a while, to step aside of your current reality to allow yourself to dream; to dream about what a **meaningful and purposeful life** for you would look like; about what a **church community** that was known in the neighbourhood as a bunch of people who were **totally united** in spite of their differences and **deeply cared** for one another and was devoted to **servicing them**; about a church that was invested in the pursuit of **mercy and justice** in our society as outposts for God's Kingdom; about the church that Jesus dreamed of..."By this everyone will know that you are my disciples, if you love one another." (John 13:35)

Catalyst offers you an opportunity not just to dream, but to **create** under God's guidance. Regardless of your current personal circumstances, we're excited that God has led you to consider joining us for this spiritual adventure that is full of promise for **you and your church**.

This handbook is designed to give you an insight into the Catalyst road map. Please don't hesitate to make further contact with any query/question that is not addressed here and could assist in your decision making. We can't wait to see you at Catalyst as together we prayerfully look forward to what God will do for you.

## WHAT IS CATALYST?

Catalyst is a brand-new 12 week immersive, skill-based **Discipleship experience hosted on the campus of Avondale University**. Catalyst will lead you to personally **KNOW** the transforming presence of Jesus, **GROW** in the knowledge of his Word and his will for your life and equip you to **GO** in his name and in the power of the Holy Spirit to be a disciple-maker and make a difference in your world. Catalyst will equip you with the essential skills to:

- Prepare and share your personal testimony
- Discover and embrace your spiritual gifts;
- Develop spiritual habits that will transform your life;
- Build friendships that will make a difference for Jesus;
- Conduct Bible studies;
- Lead a missional Bible study group;
- Become a disciple maker.

Catalyst will provide *clarity* and *competence* in the **mission of the local Seventh-day Adventist church** so that you can return to your home equipped to assist your pastor and your church in sharing the good news of the Kingdom of God. Catalyst participants will team up with pastors and churches near Avondale university to engage in community service projects and to practice the missional skills acquired in class.

## What To Expect

Catalyst begins with a week in the **wilderness**; a week of adventure in the outback for a fresh encounter with the God. You will rediscover yourself and embrace His Kingdom purpose and experience what genuine, purposeful and missional community looks like.

We will then regroup on Avondale University Campus for a tailored, crafted program packed with immersive experiences and exploratory learning, missional campus and community engagement, while you enjoy the unique Avondale University life.

Come and begin your discipleship journey and embrace the vision for a thriving Adventist disciple-making movement.

# OUR VISION



# A Jesus-centred, Spirit-filled Disciple-Making Community.

## OUR LIFE



**Acts 2:42-47 (NIV)** <sup>42</sup> They *devoted* themselves to the apostles’ *teaching* and to *fellowship*, to the *breaking of bread* and to *prayer*. <sup>43</sup> Everyone was *filled with awe* at the many *wonders and signs* performed by the apostles. <sup>44</sup> *All* the believers were *together* and had *everything in common*. <sup>45</sup> They *sold* property and possessions to give to *anyone who had need*. <sup>46</sup> *Every day* they continued to *meet together* in the temple courts. They *broke bread* in their homes and *ate together* with *glad and sincere hearts*, <sup>47</sup> *praising God* and *enjoying the favour of all the people*. *And the Lord added to their number daily those who were being saved*.

## OUR WAY



Our way to discipleship is grounded in the example Jesus set for us. The first thing that Jesus did as He began his public ministry was to rehearse our discipleship experience – hence the theme of our curriculum framework is Rehearsal at the Jordan.

## OUR TRUTH

**John 13:35 (NIV)** <sup>35</sup> By this everyone will know that you are *my disciples*, if you *love one another*.”

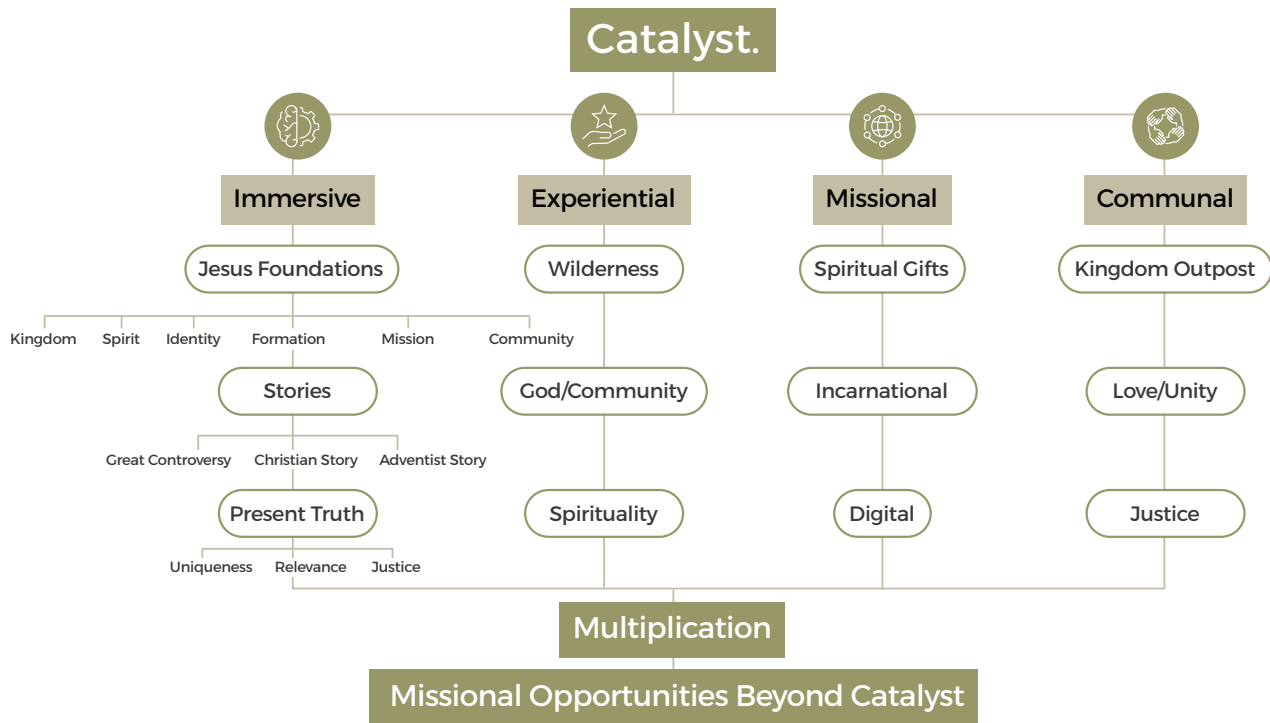
**John 17: 20-22 (NIV)** <sup>20</sup> “My prayer is not for them alone. I pray also for those who will believe in me through their message, <sup>21</sup> *that all of them may be one*, Father, just as you are in me and I am in you. May they also be in us so that the *world may believe that you have sent me*. <sup>22</sup> I have given them the glory that you gave me, that *they may be one* as we are one—

# A SNEAK PREVIEW

# The Building Blocks

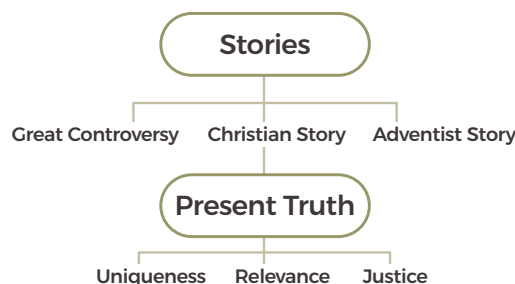
The Catalyst Experience comprises four basic components:

1. **Immersive Teaching:** A group self-discovery approach
2. **Experiential Learning:** From head to heart to hands
3. **Missional Engagement:** Extending God's Kingdom on campus, the local church and the wider community
4. **Living out Authentic Community:** Experience love and unity as a foretaste of God's eternal Kingdom



# The Big Picture

Catalyst will place its teachings and experiences in the context of broader story of salvation, the Great Controversy, Christian History and a new appreciation of the unique contribution that our Church, the Seventh-day Adventist Church brings to our community and to the world:



# AN OVERVIEW

# Morning Worship—Cornerstone

Morning worship is held every day of class and is a critical part of our spiritual growth as individuals and as a community. We have chosen the theme Cornerstone with the hope that this highly spiritual time will constitute the foundation of who we are and what we do.

# Reading Assignments & Reports

Relevant and purposeful reading assignments will be set for the purpose of reporting and concept integration individually and in small groups.

# Daily Schedule

While the schedule varies from week to week, most weeks will follow the times outlined below.

	SUN	MON	TUE	WED	THU	FRI	SAT
7:00am – 7:45am	PERSONAL	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	SABBATH FIELD PLACEMENT
8:00am – 8:55am		Cornerstone	Cornerstone	Cornerstone	COMMUNITY ENGAGEMENT	Cornerstone	
9:00am – 11:45am		Classes	Classes	Classes		Classes	
12:00pm – 1:15pm		Lunch	Lunch	Lunch		Lunch	
1:30pm – 4:00pm		Classes	Classes	Integration	Personal Time		
5:00pm – 7:00pm		Dinner	Dinner	Dinner	Dinner	Dinner	
7:00pm Onwards		Personal Time	Personal Time	Field Placement	Personal Time	Field Placement	

# A TEACHING OUTLINE

# Catalyst Curriculum

## BIBLICAL FOUNDATIONS

Revelation & Inspiration  
Introduction to Old Testament  
Introduction to New Testament  
Faith & Science  
Dynamics of Salvation  
Creation & Restoration  
Jesus the Christ  
Jesus, the Fulfilment of Revelation

## RELIGIOUS HISTORY SURVEY

Introduction to Christian History  
Religious Worldviews  
Apologetics for Today

## DEVELOPMENT OF ADVENTISM

Adventist History  
Daniel for Today  
Revelation — Jesus in His Sanctuary  
Wholistic Living  
Indigenous Ministry

## DISCIPLESHIP—A BIBLICAL FRAMEWORK

Wilderness Experience  
Foundations of Discipleship  
Biblical Spirituality  
Cornerstone

## DISCIPLESHIP & MISSION

Jesus' Principles & Methods: Cultivation & Multiplying Kingdom Movements  
Discover Your SHAPE for Ministry and Purposeful Living  
Fundamentals of Public Evangelism  
Sharing Your Story  
The Art of Bible Studies  
Missional Small Groups  
Church Multiplication  
Chaplaincy 101  
Gospel & Justice  
Financial Management  
The Harvest Model of Disciple-Making and Multiplication

## DISCIPLESHIP & MISSION INTEGRATION

Equipping Outposts  
Movement Building  
Field Placement  
Ministry Skills Integration  
Community Engagement

# Program Overview

WEEK	DATE	WORSHIP 8:00am- 8:55am	CLASS 9:00am- 10:15am	CLASS 10:30am- 12:00pm	CLASS 1:30pm- 2:45pm	CLASS 3:00pm- 4:00pm
	Sun 16 Feb					
	Mon 17 Feb					
	Tue 18 Feb	Depart Stanmore House for Wilderness Experience, Bungonia National Park				
1	Wed 19 Feb	<i>Bungonia National Park – Wilderness Week</i> Foundations of Discipleship • Biblical Spirituality • Community Building • Outward Bound • The Jordan				
	Thu 20 Feb					
	Fri 21 Feb					
	Sat 22 Feb					
	Sun 23 Feb					
Mon 24 Feb		Campus orientation				
	Tue 25 Feb	CORNER-STONE	Biblical Spirituality	Biblical Spirituality	Biblical Spirituality	Biblical Spirituality
2	Wed 26 Feb	CORNER-STONE	Jesus the Christ	Jesus the Christ	Jesus the Christ	Jesus the Christ
	Thu 27 Feb	CORNER-STONE	Biblical Spirituality	Biblical Spirituality	Jesus, Fulfilment of Revelation	Jesus, Fulfilment of Revelation
	Fri 28 Feb	CORNER-STONE	Jesus, Fulfilment of Revelation	Jesus, Fulfilment of Revelation	Free Time	Free Time
	Sat 1 Mar		Sabbath Activities			



WEEK	DATE	WORSHIP 8:00am- 8:55am	CLASS 9:00am- 10:15am	CLASS 10:30am- 12:00pm	CLASS 1:30pm- 2:45pm	CLASS 3:00pm- 4:00pm
	Sun 2 Mar					
	Mon 3 Mar	CORNER- STONE	S.H.A.P.E.	S.H.A.P.E.	S.H.A.P.E.	S.H.A.P.E.
	Tue 4 Mar	CORNER- STONE	S.H.A.P.E.	S.H.A.P.E.	S.H.A.P.E.	S.H.A.P.E.
3	Wed 5 Mar	CORNER- STONE	Revelation & Inspiration	Revelation & Inspiration	Foundations of Discipleship	Foundations of Discipleship
	Thu 6 Mar		Community Engagement	Community Engagement	Community Engagement	Community Engagement
	Fri 7 Mar	CORNER- STONE	Intro Old Testament	Intro Old Testament	Free Time	Free Time
	Sat 8 Mar		Sabbath Activities			
	Sun 9 Mar					
	Mon 10 Mar	CORNER- STONE	Jesus' Methods	Jesus' Methods	Jesus' Methods	Jesus' Methods
	Tue 11 Mar	CORNER- STONE	Jesus' Methods	Jesus' Methods	Jesus' Methods	Jesus' Methods
4	Wed 12 Mar	CORNER- STONE	Biblical Spirituality	Biblical Spirituality	Bible Study/Small Group Integration	Bible Study/Small Group Integration
	Thu 13 Mar		Community Engagement	Community Engagement	Community Engagement	Community Engagement
	Fri 14 Mar	CORNER- STONE	Apologetics for Today	Apologetics for Today	Free Time	Free Time
	Sat 15 Mar		Field Lab Placement	Sabbath Activities		

WEEK	DATE	WORSHIP 8:00am- 8:55am	CLASS 9:00am- 10:15am	CLASS 10:30am- 12:00pm	CLASS 1:30pm- 2:45pm	CLASS 3:00pm- 4:00pm
	Sun 16 Mar					
	Mon 17 Mar	CORNER- STONE	The Art of Bible Studies	The Art of Bible Studies	The Art of Bible Studies	The Art of Bible Studies
	Tue 18 Mar	CORNER- STONE	The Art of Bible Studies	The Art of Bible Studies	The Art of Bible Studies	The Art of Bible Studies
5	Wed 19 Mar	CORNER- STONE	Religious Worldviews	Religious Worldviews	Bible Study/Small Group Integration	Bible Study/Small Group Integration
	Thu 20 Mar		Community Engagement	Community Engagement	Community Engagement	Community Engagement
	Fri 21 Mar	CORNER- STONE	Faith & Science	Faith & Science	Free Time	Free Time
	Sat 22 Mar		Field Lab Placement		Sabbath Activities	
	Sun 23 Mar					
	Mon 24 Mar	CORNER- STONE	Biblical Spirituality	Festival of Faith	Biblical Spirituality	Biblical Spirituality
	Tue 25 Mar	CORNER- STONE	Chaplaincy 101	Festival of Faith	Chaplaincy 101	Chaplaincy 101
6	Wed 26 Mar	CORNER- STONE	Indigenous Ministries	Festival of Faith	Bible Study/Small Group Integration	Bible Study/Small Group Integration
	Thu 27 Mar		Community Engagement	Community Engagement	Community Engagement	Community Engagement
	Fri 28 Mar	CORNER- STONE	Financial Management	Festival of Faith	Free Time	Free Time
	Sat 29 Mar		Field Lab Placement		Sabbath Activities	

WEEK	DATE	WORSHIP 8:00am- 8:55am	CLASS 9:00am- 10:15am	CLASS 10:30am- 12:00pm	CLASS 1:30pm- 2:45pm	CLASS 3:00pm- 4:00pm
	Sun 30 Mar					
7	Mon 31 Mar	CORNER-STONE	Missional Small Groups	Missional Small Groups	Missional Small Groups	Missional Small Groups
	Tue 1 Apr	CORNER-STONE	Missional Small Groups	Missional Small Groups	Missional Small Groups	Missional Small Groups
	Wed 2 Apr	CORNER-STONE	Creation & Restoration	Creation & Restoration	Bible Study/Small Group Integration	Bible Study/Small Group Integration
	Thu 3 Apr		Community Engagement	Community Engagement	Community Engagement	Community Engagement
	Fri 4 Apr	CORNER-STONE	Creation & Restoration	Creation & Restoration	Free Time	Free Time
	Sat 5 Apr		Field Lab Placement	Sabbath Activities		
	Sun 6 Apr					
8	Mon 7 Apr	CORNER-STONE	Biblical Spirituality	Biblical Spirituality	Adventist History	Adventist History
	Tue 8 Apr	CORNER-STONE	Christian History	Adventist History	Adventist History	Adventist History
	Wed 9 Apr	CORNER-STONE	Christian History	The Harvest Model	The Harvest Model	The Harvest Model
	Thu 10 Apr		Community Engagement	Community Engagement	Community Engagement	Community Engagement
	Fri 11 Apr	CORNER-STONE	Christian History	Foundations of Discipleship	Free Time	Free Time
	Sat 12 Apr		Field Lab Placement	Sabbath Activities		
	Sun 13 Apr					

WEEK	DATE	WORSHIP 8:00am- 8:55am	CLASS 9:00am- 10:15am	CLASS 10:30am- 12:00pm	CLASS 1:30pm- 2:45pm	CLASS 3:00pm- 4:00pm
	Sun 13 Apr					
	Mon 14 Apr	CORNER-STONE	Biblical Spirituality	Biblical Spirituality	Intro New Testament	Intro New Testament
	Tue 15 Apr	CORNER-STONE	Church Multiplication 1	Church Multiplication 1	Church Multiplication 1	Church Multiplication 1
9	Wed 16 Apr	CORNER-STONE	Foundations of Discipleship	Foundations of Discipleship	Bible Study/Small Group Integration	Bible Study/Small Group Integration
	Thu 17 Apr		Community Engagement	Community Engagement	Community Engagement	Community Engagement
	Fri 18 Apr			GOOD FRIDAY		
	Sat 19 Apr		Field Lab Placement		Sabbath Activities	
	Sun 20 Apr			EASTER SUNDAY		
	Mon 21 Apr			EASTER MONDAY		
	Tue 22 Apr	CORNER-STONE	Gospel & Justice	Gospel & Justice	Gospel & Justice	Gospel & Justice
10	Wed 23 Apr	CORNER-STONE	Daniel for Today	Daniel for Today	Revelation of Jesus	Revelation of Jesus
	Thu 24 Apr		Community Engagement	Community Engagement	Community Engagement	Community Engagement
	Fri 25 Apr			ANZAC DAY		
	Sat 26 Apr		Field Lab Placement		Sabbath Activities	

WEEK	DATE	WORSHIP 8:00am- 8:55am	CLASS 9:00am- 10:15am	CLASS 10:30am- 12:00pm	CLASS 1:30pm- 2:45pm	CLASS 3:00pm- 4:00pm
	Sun 27 Apr					
	Mon 28 Apr	CORNER-STONE	Fund. Public Evangelism	Fund. Public Evangelism	Fund. Public Evangelism	Fund. Public Evangelism
	Tue 29 Apr	CORNER-STONE	Revelation – Jesus Sanctuary	Revelation – Jesus Sanctuary	Revelation – Jesus Sanctuary	Revelation – Jesus Sanctuary
11	Wed 30 Apr	CORNER-STONE	Dynamics of Salvation	Dynamics of Salvation	Bible Study/Small Group Integration	Bible Study/Small Group Integration
	Thu 1 May		Community Engagement	Community Engagement	Community Engagement	Community Engagement
	Fri 2 May	CORNER-STONE	Sharing Your Story	Sharing Your Story	Free Time	Free Time
	Sat 3 May		Field Lab Placement	Sabbath Activities		
	Sun 4 May					
	Mon 5 May	CORNER-STONE	Wholistic Living	Wholistic Living	Wholistic Living	Wholistic Living
	Tue 6 May	CORNER-STONE	Church Multiplication 2	Church Multiplication 2	Church Multiplication 2	Church Multiplication 2
12	Wed 7 May	CORNER-STONE	Biblical Spirituality	Biblical Spirituality	Catalyst Integration	Catalyst Integration
	Thu 8 May		Celebration Field Trip			
	Fri 9 May		Final Exercise	Final Exercise	Free Time	Free Time
	Sat 10 May		Field Lab Placement	Sabbath Activities		

# COMMUNITY ENGAGEMENT & FIELD PLACEMENT



Catalyst is partnering with a number of community organisations and churches in Lake Macquarie to create opportunities for participants to engage in missional activities and to practice the skills learned in class. The following entities have been enlisted:

- The Avondale University Church
- The Bay Community Church
- The Gateway SDA Church
- The Wye Community Hub
- The Wye SDA Church

The Field Placement constitutes an integral part of the Discipleship training experience. Participants will be the hands and feet of Jesus in community service engagement and practice the skills associated with local church leadership, leading a Missional Small Group, leading in Bible studies and building new Kingdom friendships.

These activities will take place on Thursdays, Wednesday afternoons and Sabbaths.

# THE CATALYST TEAM

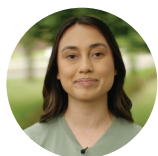


# Meet the Team

## CORE TEAM



Gilbert Cangy  
Director



Audrey Kozumplik  
Senior Administrative Assistant



Trent Keegan  
Wilderness Experience Leader



Brad Townend  
Benefactor



## PRESENTERS



Allan Walshe



Cristian Copăceanu



Geraldine Przybylko



Andrew Wanke



David Jones



Gervais Cangy



Anthony MacPherson



David Tasker



Gilbert Cangy



Christina Hawkins



Emanuel Millen



Glenn Townend



Christopher Petersen



Gary Webster



Grego Pillay



Hensley Gungadoo



Mark Pearce



Vikram Panchal



Jeff Parker



Ross Grant



Victor Kulakov



Johnny Wong



Nathan Brown



Wayne Krause



Justin Lawman



Nick Kross



Wendy Jackson



Keith & Danuta Stockwell



Travis Townend

# CAMPUS ORIENTATION

## THE AVONDALE EXPERIENCE

The Avondale Experience is like no other. From staying in dormitories, to spiritual events on a weekly basis, to sports, to socials, to a supportive network that is truly amazing. This will provide Catalyst participants the opportunity to be part of the overall Avondale Experience.

Catalyst participants will love their mini-Avondale University experience. All Catalyst participants will get to experience a special Festival of Faith week, Friday night SALT vesper programs, Sabbath church services at Avondale University Church, and special gospel concerts and Avondale conservatorium events.

Socials are regularly organised for dorm residents including musical variety nights, sports, games nights, movie nights. Living with Avondale University students from across Australia, New Zealand, and the Pacific will be the Catalyst highlight with many opportunities to make new friends.



Avondale has the following facilities on campus: swimming pool, gym, library, indoor basketball courts, squash courts, outdoor tennis courts, cricket, and football ovals, running and walking tracks, bird watching walks. Avondale University is surrounded by a 300-acre working farm with goats, cattle and vegetable gardens.

There are student facilities such as table tennis, billiard tables, common rooms, student lounges, postal services, stationary shop. There is campus Wi-Fi and a technology support desk for all students and guests.

For more information view <https://www.avondale.edu.au/student-life/>

## What to bring

- If you play an instrument (guitar, strings, wind etc.), bring it to join in the musical scene.
- Bedding for dorm room—pillow, doona, sheet set (mattress supplied)
- Towels (shower and beach towels)
- Warm outdoor clothes for camping like warm jacket, merino layers etc.
- Church clothes—winter and summer
- Summer clothes
- Winter clothes
- Swimmers
- Toiletries
- Medication (Chemist and General Practice (doctors) within 700 metres walk)

**NOTE:** Catalyst participants will have access to local Op Shops from Week 4 onwards to purchase additional clothing that may be required.

Catalyst participants may want to join one of the many student sporting competitions. There are competitions in Basketball, Soccer, Laser Tag, football etc. All the competitions last for the semester and cost \$120 per competition. These costs are personal preference and not included in the Catalyst fees. Avondale is sending a team to Uni Games and there is a major Adventist Schools Basketball competition happening in the mid semester break with Adventist Schools and groups attending from across Australia.

View sporting opportunities available at Avondale here: <https://www.avondale.edu.au/student-life/sport-and-fitness/>



## WHERE WILL CATALYST PARTICIPANTS BE STAYING?

Accommodation for Catalyst participants at Avondale University's Lake Macquarie Campus is sponsored by the South Pacific Division of the Seventh-day Adventist Church. Each participant will have a furnished single room (bring your own bedding and linen) with access to shared bathrooms and a kitchen. The women's residences are either in Ella Boyd or Andre Hall, and the men will be in Watson Hall. All Catalyst participants need to book their room and pay a refundable room bond of \$800.80 through the Avondale ResLife Student Portal.

NOTE: if the Avondale University residences are at full capacity, Catalyst participants will only be given twin share accommodation options.

All Catalyst participants need to book their room and pay their room deposit by registering and applying for accommodation by following these steps here:

1. Create a personal profile on the Avondale University Res Life Portal <https://avondale.starrezhousing.com/StarRezPortalX/5A3899EE/1/1/Home-Home?UrlToken=38784DC2>



2. Apply for a room. Select "other" as the "student type" and type in the name of the other program as "Catalyst".
3. Wait to be allocated a room by the portal.
4. Once you receive confirmation of an allocated room, pay a room deposit of 4 weeks room rent.
5. When you arrive at Avondale University and check in, you will be supplied with an electronic room access card that is also your Catalyst participant ID card. This card will be used to open your room door as well as record your meals eaten and access to the library services.

## WHERE THE CLASS WILL MEET?

All classes will be held in the Catalyst hub (situated in what was the Nursing Building at Avondale University). This renovated and refurbished classroom will provide a space for interactive and dynamic learning.

## PARTICIPANT ID CARD

All participants require a Student Identification Card (ID card). ID cards are used for identification, building access, photocopying and printing, accommodation and parking (if applicable), and transactions such as borrowing books from Avondale libraries. Your ID card is current for the duration of your time as a Catalyst participant.

*(NOTE: If you already have an ID card, you may not require a new card. Email Reception to confirm before applying for a new card – [reception@avondale.edu.au](mailto:reception@avondale.edu.au).)*

All Catalyst participants are eligible for a student ID card. Please check that all of your personal details are correct prior to your card being issued. There is a \$20 fee to replace lost or damaged cards. For further information regarding ID cards please see the Avondale website.

## CODE OF CONDUCT

Avondale University's Student General Conduct and Discipline Policy encourages and supports active and positive participation in the life of the institution. Avondale expects positive interaction for the Avondale student community in social justice, principles of freedom, respect, equity and consideration.

For more information, visit <https://bit.ly/3VjSenK>

## PARTICIPANT CONDUCT

Just as Avondale University has a responsibility to meet expectations of participants, legislation, and regulations, so too, do participants have obligations they are expected to meet. It is expected that participants will take part with commitment in their studies, regularly submit assessment items, and behave in a manner that does not contravene workplace health and safety or the principle of respect for others.

Avondale University views participant misconduct seriously. We expect that participants will behave in an honest, respectful manner appropriate for a learning environment, and in a way that will uphold the integrity of Avondale. Consequences of participant misconduct vary up to and including expulsion from the course. Examples of participant misconduct include, but are not limited to:

- Harassment, bullying and/or discrimination
- Falsifying information
- Any behaviour or act that is against the law
- Any behaviour that endangers the health, safety and wellbeing of others
- Intentionally damaging equipment and/or materials belonging to Avondale University and/or a partner organisation such as a school or workplace

Consequences for misconduct will depend on the severity and frequency of the breach and include, but are not limited to:

- Formal reprimand (warning)
- Participant to reimburse the costs incurred by any damage caused
- Matter referred to the police

Participants found guilty of misconduct have a right to lodge an appeal by following our [Appeals Procedure \(Academic\)](#) or the [Student General Conduct and Discipline](#) policy.

## YOUR WELLBEING

Your wellbeing is important to Avondale as you study with us. Avondale has a number of support options available to all participants.

### Access and Equity

Avondale University fosters an inclusive learning culture and makes provision for participants who need academic and personal assistance (including indigenous, disability, welfare, finance and language support) at Lake Macquarie and Sydney campuses. We work to meet the needs of the community and individuals and/or groups who might be otherwise disadvantaged. This includes providing fair allocation of resources and equal opportunity to access training services. Avondale University prohibits discrimination based on factors including:

- Gender
- Age
- Marital status
- Sexual orientation
- Race
- Ethnicity
- Religious background
- Parental status

## SMOKING, DRUGS AND ALCOHOL

Avondale University provides a smoke, illegal drugs and alcohol-free learning environment. Smoking and alcohol are not permitted on any campus.

Any participant under the influence of drugs and/or alcohol is not permitted on Avondale University premises, to use Avondale University facilities or equipment, or to engage in any Avondale University activity.

People taking prescription medication have a duty to ensure their own safety, and that of others, is not affected.

## 7 AT AVONDALE

In early 2023, the Avondale University cafeteria was fully refurbished with a whole new approach to provide fresh vegetarian meals for University students and guests on campus. The food is generous, fresh, seasonal, with many plant-based (vegan) and gluten free options. Meals will be a highlight of the Catalyst program where Catalyst participants join with the entire Avondale University student and staff to enjoy meal times, social time and the atmosphere of the refurbished restaurant and café.

The cafe provides barista services including hot and cold beverages, as well as pastries, hot chips, and other food items. 7 At Avondale also provides freshly cooked gourmet pizzas which can be purchased on the student ID card.



*Sushi Bowls. Visit <https://www.7atavondale.com.au>*

Catalyst participants have access to meals from 7 At Avondale at student prices. Catalyst participants need to pre-load their ID cards with meal credit prior to attending 7 At Avondale for meals.

Catalyst participants will need to agree to a meal contract with 7 At Avondale on the Avondale ResLife portal and load credit on their cards. We recommend that Catalyst participants choose the minimum contract of \$133 per week for the duration of Catalyst.

All payments are managed through Avondale's Student Finances office located in the Cottier building on campus. It is the responsibility of the participant to keep up with their fortnightly meal payment plans.

## HEALTH/MEDICAL CONDITIONS

All Catalyst participants staying in the Avondale University dormitories will be required to declare medical conditions as part of the application for accommodation.

Local Healthcare services within walking distance of Avondale University:

### **Waratah Medical Services Cooranbong**

(02) 4978 1100

[waratahmedicalsolutions.com/cooranbong-practice](http://waratahmedicalsolutions.com/cooranbong-practice)

(NOTE: private practice, no bulk billing)

### **Cooranbong Pharmacy and Compounding**

(02) 4977 1757

[www.cooranbongpharmacy.com](http://www.cooranbongpharmacy.com)

### **Watagan Dental**

(02) 4977 1222

[www.watagandental.com.au](http://www.watagandental.com.au)

### **Mark Pratt Podiatry**

(02) 4973 4135

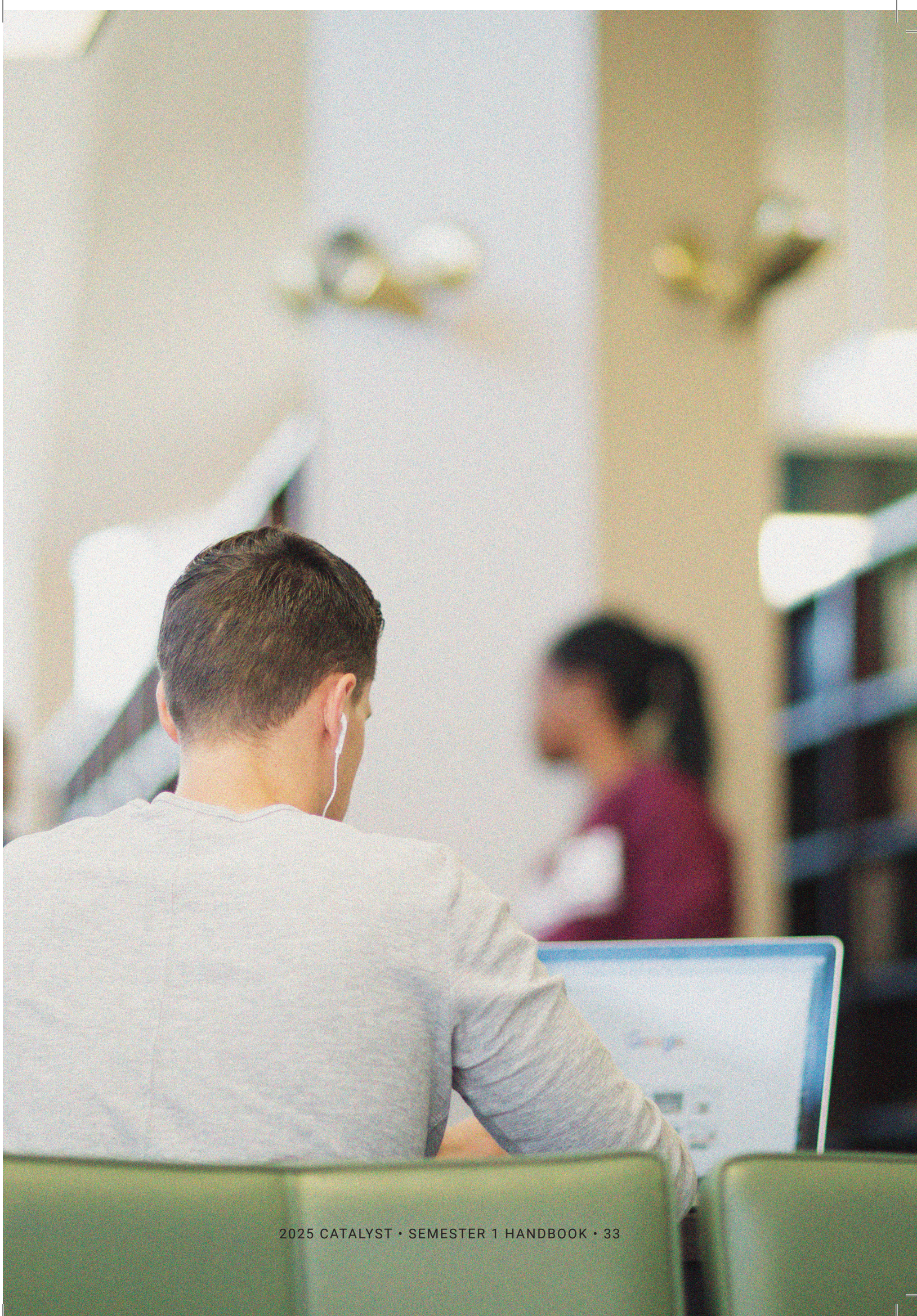
## INTERNATIONAL PARTICIPANTS

All international Catalyst participants from any country of the world will receive assistance for the process of the appropriate visa to attend Catalyst at Avondale University.

All visa applications for Catalyst participants will be processed by Rose Miranda from the South Pacific Division. All visa enquiries can be directed to [RoseMiranda@adventist.org.au](mailto:RoseMiranda@adventist.org.au) Rose is the Mission Service and Support Coordinator. Her phone number is +61 2 9847 3278. 148 Fox Valley Road, Wahroonga NSW 2076, Australia.

International participants will be required to buy **travel insurance** and **private health insurance** for the 12 weeks while in Australia. Both of these insurance products can be purchased through Rose Miranda at the South Pacific Division. Estimates for the costs of these can be provided by Rose Miranda on request.





# THE WILDERNESS EXPERIENCE



Bungonia National Park • Source: <https://pioneerwalks.com.au/walk/mt-ayre-white-track/>

# Bungonia National Park

The Bungonia National Park is a protected space located in the southern part of Sydney. One of the main features comprises an outdoor adventure playground offering caving, canyoning, rock climbing, abseiling, and hiking with impressive views. These carefully selected, organised and supervised activities in the Australian environment will provide an ideal environment for getting acquainted with each other, develop trust and build team spirit. The unique environment will create the basis of cultural exchanges in reference to the unique and rich features of our respective countries of origin. Above all, we will have the opportunity to identify with the experience of Jesus in the Wilderness as he began his ministry and how he was laying down the foundations of our discipleship journey.

## Wilderness Experience Checklist

### SHELTER AND BEDDING

- Tent *will be provided*
- Sleeping mats, air mattress *will be provided*
- Heavy blanket, thick winter sleeping bag (negative °C temperature)
- Pillows

### COOKING AND DINING

- Cutlery will be provided
- Folding chairs

### FOOD

- Main Meals *will be provided*
- Preferred hot drink options
- Preferred snack options

### CLOTHING AND LAUNDRY

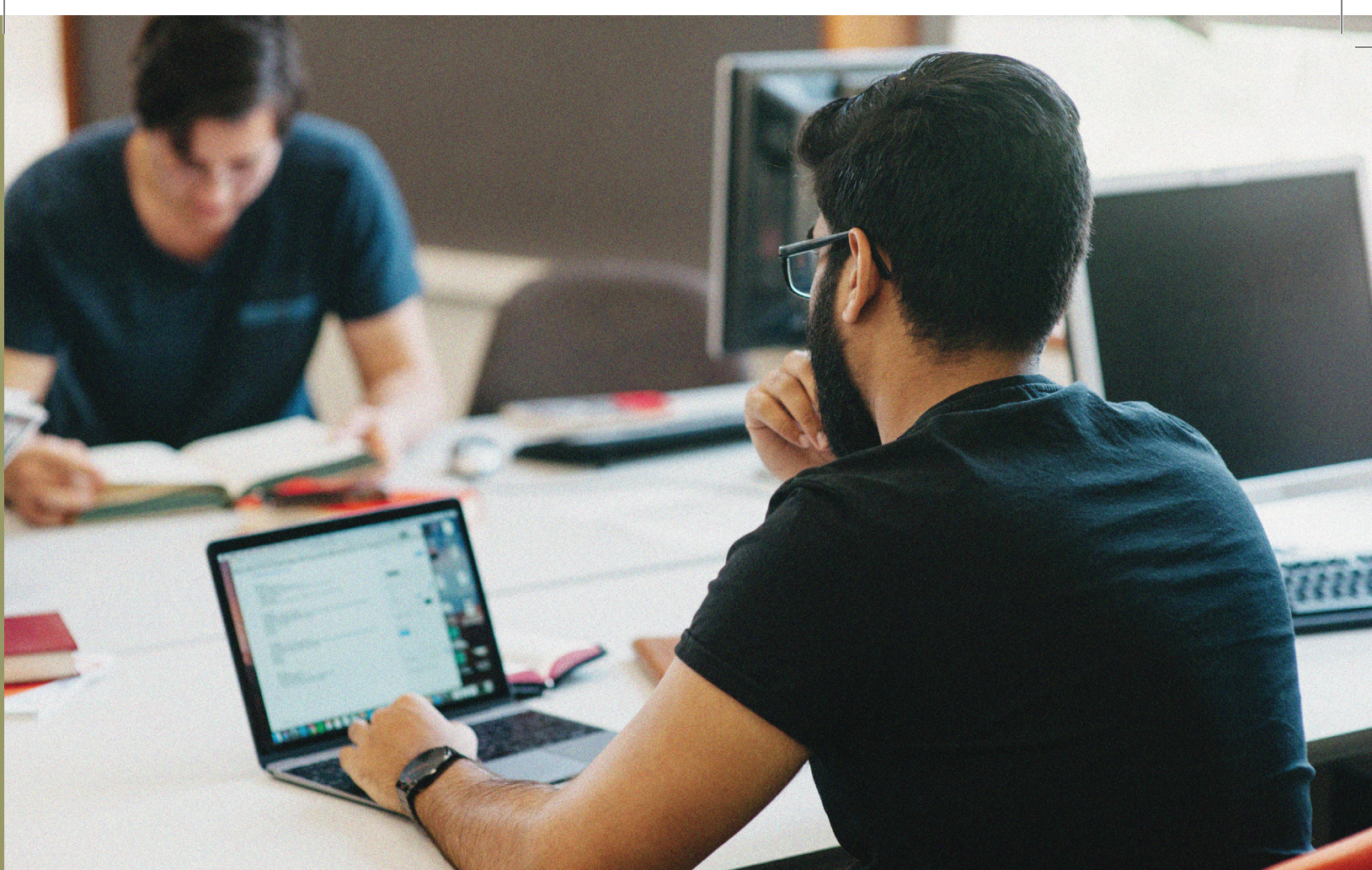
- T-shirts
- Shorts, trousers
- Boots, shoes

- Socks
- Hat, cap
- Sweater, jacket, warm puffer jacket
- Neck gaiter/buff, scarf
- Underwear
- Swimsuit (optional)
- Towels, wash cloths
- Laundry bags

### FIRST AID & HYGIENE

- Group General First Aid *will be provided*
- Medication, prescriptions
- Personal aspirin, ibuprofen
- Antibiotic wipes, hygiene wipes
- Sunscreen, sunburn lotion or ointment
- Bug spray
- Bar of soap, personal body wash
- Shampoo, conditioner

# RESOURCES



## RESOURCES PROVIDED:

### 1. Jesus' Principles & Method: Cultivating Multiplying Kingdom Movements

- Messiah
- Following Jesus
- If You Can Eat, You Can Make Disciples
- Discipleship Workbooks
- Discipleship Bookmarks

### 2. SDA History

- A Brief History of Seventh-day Adventists – George Knight
- Steps to Christ – Ellen G White

## RECOMMENDED READING:

- The Great Omission – Dallas Willard






## BRING YOUR OWN:

- **Bible**—the Bible you are happy to mark and write notes in (*the Local Adventist Book Centre sells many great Bibles*)
- **Journal / Notepad** (*there is a University stationary store on site*)
- **Pens / Pencil**

# CONTACT US



# Catalyst.

-  Institute 4 Discipleship, based at Avondale University, Lake Macquarie Campus
-  582 Freemans Drive, Cooranbong, NSW 2265, Australia
-  CatalystDiscipleshipAdventure
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*South Pacific*



[catalyst.c4d.au](http://catalyst.c4d.au)