

Catalyst.

HANDBOOK



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

catalyst.i4d.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.

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) ⁴² They *devoted* themselves to the apostles’ *teaching* and to *fellowship*, to the *breaking of bread* and to *prayer*. ⁴³ Everyone was *filled with awe* at the many *wonders and signs* performed by the apostles. ⁴⁴ *All* the believers were *together* and had *everything in common*. ⁴⁵ They *sold* property and possessions to give to *anyone who had need*. ⁴⁶ *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*, ⁴⁷ *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) ³⁵ By this everyone will know that you are *my disciples*, if you *love one another*.”

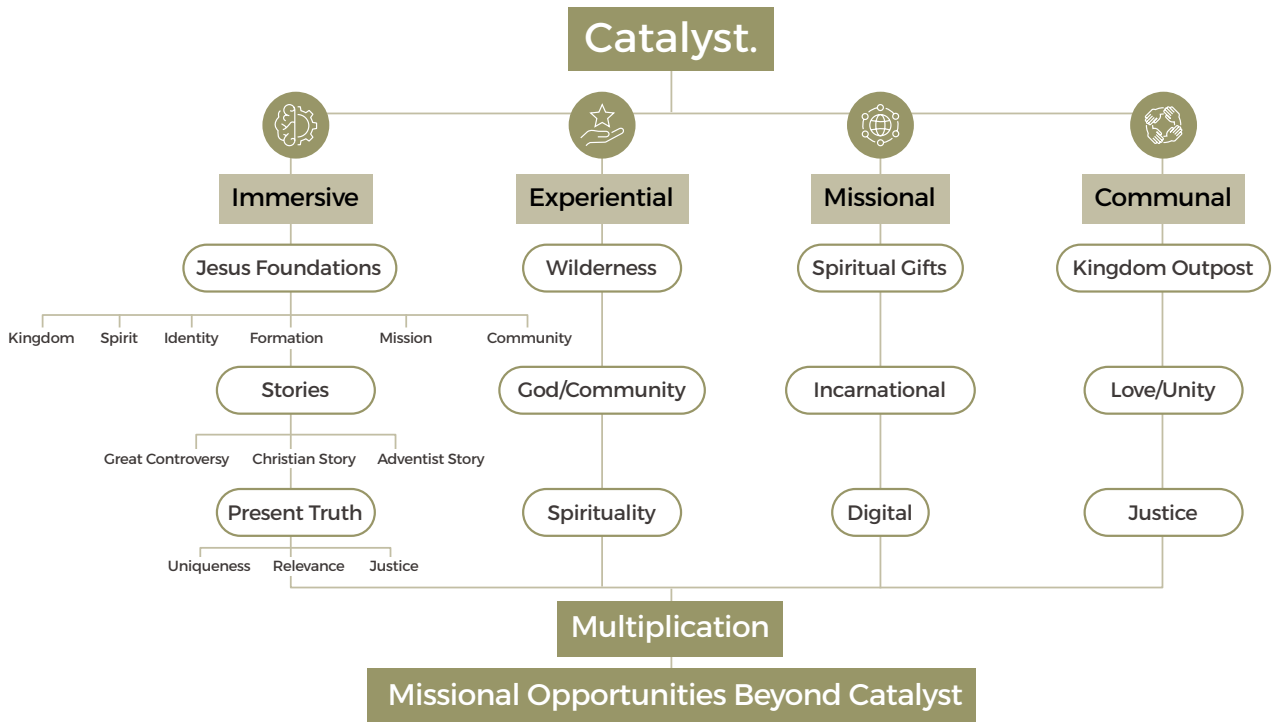
John 17: 20-22 (NIV) ²⁰ “My prayer is not for them alone. I pray also for those who will believe in me through their message, ²¹ *that all of them may be one*, Father, just as you are in me and I am in you. May they also be in us so that the *world may believe that you have sent me*. ²² I have given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

A SNEAK PREVIEW

The Building Blocks

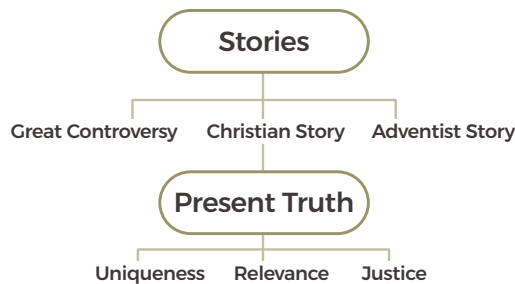
The Catalyst Experience comprises four basic components:

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	Field Placement	Dinner	Personal Time	
5:00pm – 7:00pm		Dinner	Dinner	Dinner		Dinner	
7:00pm Onwards		Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	

A TEACHING OUTLINE

Catalyst Curriculum

BIBLICAL FOUNDATIONS

The Scriptures

Our sole rule of faith and practice

Dynamics of Salvation

Creation – Fall – Redemption – Glorification

Jesus the Christ

The Central Figure – All Scriptures testify of Him

CHRISTIAN HISTORY SURVEY

The Grand Story

The Metanarrative – the Great Controversy

The Christian Church Story

The Emergence and Development of the Christian Church

Our Story

The Birth and Development of Adventism – its unique contribution to the Kingdom proclamation

DISCIPLESHIP FOUNDATIONS—A BIBLICAL FRAMEWORK

The Kingdom of God

The central motif of the New Testament – the Now and the Not Yet of salvation history

The Holy Spirit

The Empowering, Transforming, Equipping and Abiding Presence of the Kingdom Life

Personal Spirituality

“Until Christ is formed in you” – The indispensable work of Biblical spiritual practices

DISCIPLESHIP IN COMMUNITY

Community/Church

The centre piece of Kingdom presence in the world

DISCIPLESHIP AND MISSION

Jesus, the Christ

The Fulfilment of Old Testament Hopes and Dreams

The Missional Mindset

The Disciple – God’s plan A for Kingdom proclamation and demonstration

Spiritual Giftedness

Your Shape.

The Multifaceted nature of mission – Personal, Group and public evangelism

The Jesus Principles

What Jesus taught us about disciple-making
Jesus in Daniel and Revelation

The Harvest Cycle Model

Prepare – Sow – Cultivate – Harvest – Multiply

Church Planting

From an attractional model of Church to the adventure of a fresh start

DISCIPLESHIP AND JUSTICE

A Matter of Justice

The injustice and suffering in our world as opportunities for God’s love to be manifested

DISCIPLESHIP AND THE WIDER CULTURE

Mission in the 21st Century

The Gospel in the context of Hinduism, Islam, Buddhism and secular post-modernity

Digital Discipleship

A Trust Shift from Traditional Authority to Digital Influencers

Discipleship’s Ultimate Test

Love for one another & Unity within the Church, the body of Christ – John 13:35; John 20: 20, 21

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 Wyee Community Hub
- The Wyee SDA Church
- The Newcastle University Church Plant
- The Bay Community Church
- The Hillview SDA Church
- The Dora Creek SDA Church
- The Forester Beach SDA Church
- The Wallsend 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
Program Leader



Christina Hawkins
Development Associate



Trent Keegan
Wilderness Experience Leader



Brad Townend
Benefactor



PRESENTERS



Allan Walshe



Anthony MacPherson



Christina Hawkins



Cristian Copăceanu



Daryl Gungadoo



David Jones



David Tasker



Gary Webster



Gervais Cangy



Gilbert Cangy



Glenn Townend



Grego Pillay



Jeff Parker



John Skrzypaszek



Johnny Wong



Mark Pearce



Morgan Vincent



Nathan Brown



Nick Kross



Peter Roennfeldt



Vikram Panchal



Victor Kulakov



Wayne Krause



Wendy Jackson

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?

Shared twin rooms provide the lowest cost accommodation for Catalyst participants. These shared rooms with access to shared bathrooms will be in Andre Hall for the women, and Watson Hall for the men.

There are single room and twin-share rooms available in both the men's and women's residences:

- Single Room: weekly rent is \$200.20 so the refundable room bond is \$800.80.
- Twin-share: weekly rent is \$140.00 so the refundable room bond is \$560.

Prices can be subject to change. For further information view <https://www.avondale.edu.au/student-life/accommodation/>

Please indicate to Catalyst coordinator or to the Avondale Accommodation coordinator what accommodation type you prefer. It's important to understand that the refundable room bond that you will pay reflects your accommodation preference.

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 at this link <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 classroom (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.)

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 \$119 per week for the duration of Catalyst.

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

waratahmedicalservices.com/cooranbong-practice

(NOTE: private practice, no bulk billing)

Cooranbong Pharmacy and Compounding

(02) 4977 1757

www.cooranbongpharmacy.com

Watagan Dental

(02) 4977 1222

www.watagandental.com.au

Mark Pratt Podiatry

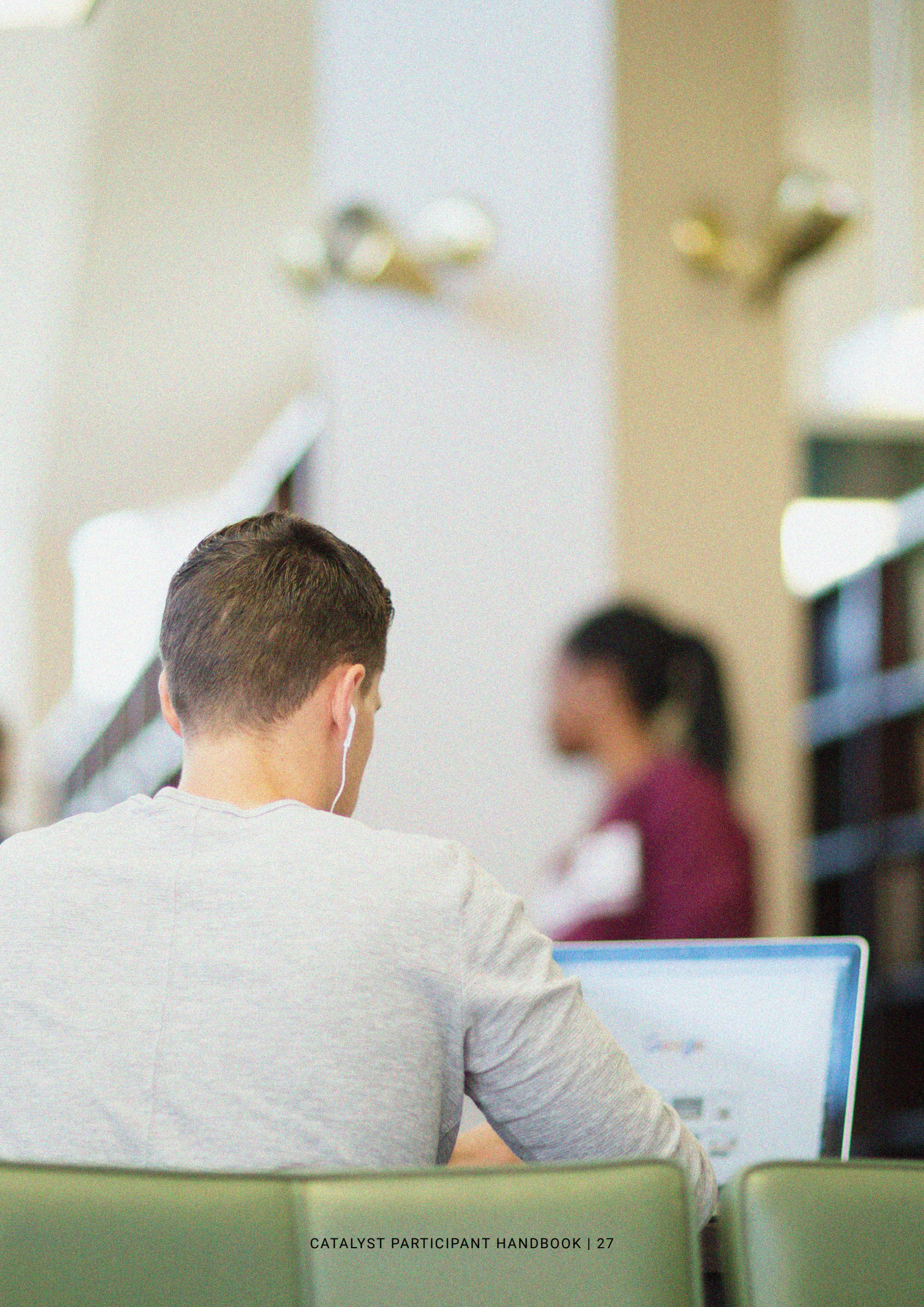
(02) 4973 4135

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 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*
- Blanket, comforter, or sleeping bag
- Pillows

COOKING AND DINING

- Paper plates and bowls, plastic ware
- 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
- 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.

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institute4discipleship



South Pacific



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