



Catalyst.

2026 CATALYST DISCIPLESHIP ADVENTURE HANDBOOK



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

catalyst.c4d.au

institute4discipleship

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WELCOME



Nick Kross
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 next 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 **serving 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 on this spiritual adventure full of promise for **you and your church**.

This handbook is designed to give you insight into the Catalyst roadmap. Please don't hesitate to contact us with any queries or questions that are not addressed here, and we can assist with 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 Avondale University campus**. 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 lead you to:

- A deeper understanding and experience of the nature of the Kingdom of God;
- Welcome the person and role of the Holy Spirit in ushering in you the eternal kind of life;

- Come to terms with and embrace God's Kingdom purpose for you;
- Experience a loving and united community in anticipation of God's eternal Kingdom.

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 and sustain you; •
- Build friendships that will make a difference for Jesus;
- Conduct Bible studies and reflections;
- 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 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 practice the missional skills acquired in class.

What To Expect

Catalyst begins with a week in the **wilderness** – a week of adventure in the Bungonia National Park to engage in activities designed for a fresh encounter with God, rediscover yourself and experience what a genuine, purposeful and missional community looks like.

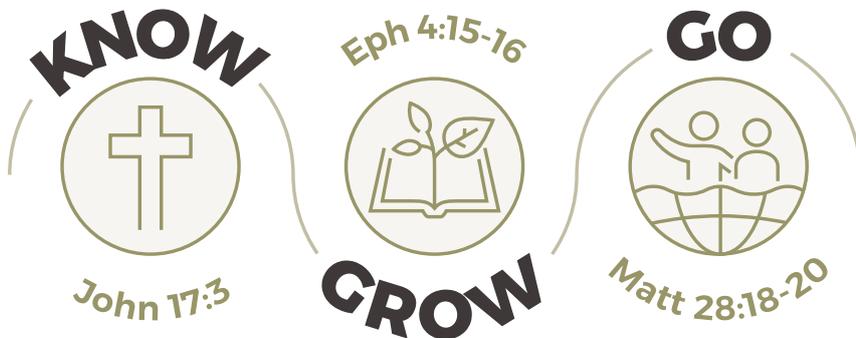
We will then regroup on Avondale University Campus for a tailored, crafted program packed with immersive experiences and exploratory learning, enriched with community engagement, while you enjoy the unique Avondale University life.

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*.”

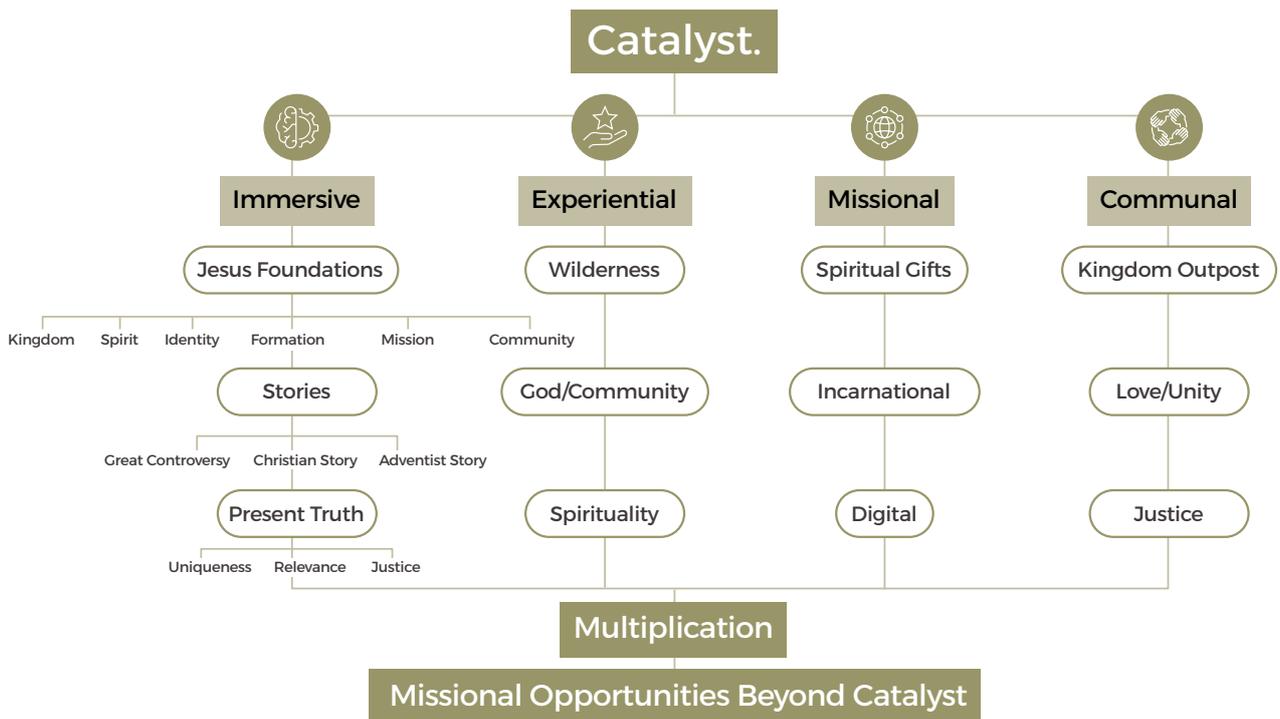
John 17: 20-22 (NIV) ²⁰ “My prayer is not for them alone. I pray also for those who will believe in me through their message, ²¹ *that all of them may be one*, Father, just as you are in me and I am in you. May they also be in us so that the *world may believe that you have sent me*. ²² I have given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

A SNEAK PREVIEW

The Building Blocks

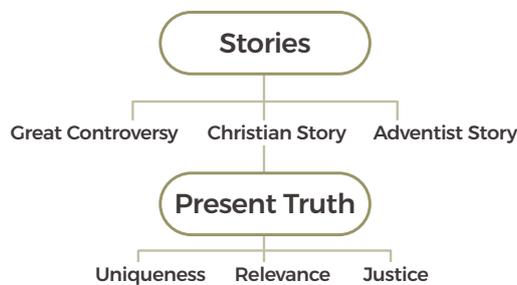
The Catalyst Experience comprises four basic components:

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
7:30am – 8:10am	PERSONAL	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	SABBATH FIELD PLACEMENT
8:15am – 8:45am		Cornerstone	Cornerstone	Cornerstone	COMMUNITY ENGAGEMENT	Cornerstone	
9:00am – 12:00pm		Classes	Classes	Classes		Classes	
12:00pm – 1:15pm		Lunch	Lunch	Lunch		Lunch	
1:30pm – 4:00pm		Classes	Classes	Integration	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

Revelation & Inspiration
Introduction to the Old Testament
Life & Teachings of Jesus
Dynamics of Salvation
Creation & Restoration
Jesus the Christ
Image Bearing Humans

RELIGIOUS HISTORY

Christian History
Worldviews

- Islam
- Buddhism
- Hinduism

Faith & Science
Apologetics for Today

DEVELOPMENT OF ADVENTISM

Adventism in the 19th Century and Today
The Uniqueness of the Adventist Heritage
Daniel for Today
Revelation of Jesus
Wholistic living
Indigenous ministry
Gospel and Justice

DISCIPLESHIP—A BIBLICAL FRAMEWORK

Rehearsal at the Jordan
Kingdom and Spirit
Biblical Spirituality
Identity
Community
Mission
The Wilderness Experience
Cornerstone

DISCIPLESHIP & MISSION

Jesus' Principles and Methods:

- World Changers
- The Harvest Model
- Sharing Your Story
- Missional Small Groups

SHAPE for Ministry and Purposeful Living
The Art of Bible Studies
Church Multiplication
Financial Management
Digital Discipleship
Leadership 101
Chaplaincy 101
Relationship 101

DISCIPLESHIP & MISSION INTEGRATION

Equipping Outpost Connection Leaders
Building and Sustaining the Movement
Thinking Big
Field placement
Ministry skills integration
Community engagement

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 Wyee Community Hub
- The Wyee 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



Nick Kross
Director



Gilbert Cangy
Consultant



Audrey Kozumplik
Senior Administrative Assistant



Trent Keegan
Wilderness Experience Leader



Brad Townend
Benefactor



PRESENTERS



Allan Walshe



Charissa Torossian



Emanuel Millen



Andrew Wanke



Christopher Petersen



Geraldine Przybylko



Anthony MacPherson



Cristian Copăceanu



Gervais Cangy



Audrey Kozumplik



David Jones



Gilbert Cangy



Brock Goodall



David Tasker



Hensley Gungadoo



Jared Madden



Mark Pearce



Nick Kross



Jeff Parker



Nicu Dumbrava



Trent Keegan



Jess Miranda



Norman Hurlow



Victor Kulakov



Johnny Wong



Paul Bogacs



Wayne Krause



Justin Lawman



Ross Grant



Wendy Jackson



Keith & Danuta Stockwell



Nathan Brown

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.

Catalyst participants may want to join one of the many student sporting competitions. There are competitions in Basketball, Soccer, 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.

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

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

Pre-Arrival Checklist

- Complete your Catalyst enrolment
- Finalise accommodation (if staying in dorms)
- Sign your room contract and pay the room bond
- Pay the first instalment of your meal plan
- Apply for your Student ID card online
- Complete AdSafe online training
- Complete a NSW Working with Children Check (WWCC) application form

What to bring

- Bible
- Lecture notebook and personal stationery
- Casual and church clothes (for summer and winter)
- Swimmers (optional)
- Musical instrument (optional)
- Hard-copy ID documents (e.g., passport or driver's licence) for your WWCC verification
 - *Apply for your WWCC at <https://wwccheck.ocg.nsw.gov.au/Apply>*
- Bedding: pillow, doona/duvet, single sheet set (single mattress provided)
- Towels: shower and beach
- Toiletries: body wash, shampoo/conditioner, shower sandals, etc.
- \$1 coins for the coin-operated clothes dryer
- Laundry detergent

Dormitory Amenities

- Furnished bedrooms (twin shared rooms)
- Communal kitchen with basic utensils
- Communal bathrooms
- Laundry and drying rooms

Avondale Campus Facilities

- Auditorium (basketball, volleyball, netball, badminton, squash)
- Outdoor tennis court and pool
- Gym
- Library
- College Hall (lounges, table tennis, pool table)
- Wellbeing Centre (free counselling and academic services)

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 twin shared room with access to communal bathrooms, kitchen, and laundry. The women's residences are in Ella Boyd and Andre Hall. The men's residences are in

Watson Hall.

Once enrolment into the course is finalised, Catalyst participants will be instructed to create a student accommodation portal "ResLife" to organise accommodation.

Catalyst classes will be held in the Catalyst Hub. This renovated and refurbished classroom will provide a space for interactive and dynamic learning. There is a kitchenette for participants to enjoy free continental breakfast and have hot drinks.



PARTICIPANT ID CARD

Once enrolled into the course, an online application for a Student ID card must be completed before arriving on campus.

On Move-In Day participants will be supplied with a physical electronic Student ID card.

ID cards are used for storing meal credits, dorm access, parking (if applicable), and transactions such as borrowing books from the library or accessing counselling services at the Wellbeing centre. Your ID card is current for the duration of your time as a Catalyst participant.

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. The Wellbeing Centre at Avondale has both academic and counselling support available to all participants free of charge.

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 plant-based (vegan) and gluten-free options. Alongside the cafeteria buffet, the cafe provides barista services including hot and cold beverages, as well as pastries and gourmet pizzas.

As part of the residential contract, all on-campus residents are required to select a meal plan with 7@ Avondale on the ResLife accommodation portal. Participants are responsible for keeping their fortnightly meal payments up to date, which can be made online via the ResLife portal or in person at the Student Finances Office, located in the Cottier Building (main reception). Meal credits are loaded on the electronic Student ID card and can be used for the cafeteria and café. There is no reimbursement for unused meal credits.



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

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

(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 with the process of obtaining the appropriate visa to attend Catalyst at Avondale University. All visa enquiries can be directed to audrey.kozumplik@avondale.edu.au. International participants will be required to buy travel insurance and private health insurance.



	No Parking/Loading Zone/Service Vehicles Only
	No Parking/Drop Zone Only
	Motorbike Parking
	Visitors Parking Only
	Staff Parking Only
	Non-residential Student Parking



Chan Shun Auditorium.....D12	Business OfficeL6	FitLifeD6	Media House.....M5	Ellen G White Memorial Building...K12
Avondale Business School.....P14	College Hall.....H12	FitLife Pool.....C7	Music Hall.....G10	Watson Hall.....H15
Andre Hall.....J7	7@Avondale.....D7	Greer Hall.....G13	Nursing.....C12	Watson Hall Lecture Theatre.....G15
Adventist Heritage Centre.....L14	Avondale University Church.....M8	Jim Hanson Fitness Centre.....C10	Reception.....K10	Ellen G White Seventh-day
Alumni Heritage Walk.....I10	Chemistry Building.....R9	Institute House.....N5	Student Administration Services...K10	Adventist Research Centre.....K13
Alumni Memorial Prayer Garden...G10	Chaplaincy Centre.....G12	Institute of Worship.....N5	Student Finance Services.....K9	Catalyst Hub.....S6
Biology.....R10	Education Building.....P14	Joanne Felk Gallery.....D12	Student Life Services.....H12	
Brandstater Amphitheatre.....F12	Ella Boyd Hall.....G6	Avondale Libraries.....L14	Tennis Courts.....B17	
Bethel Hall.....H9	Ella Hughes Chapel.....K6	Lecture Theatres 1 & 2.....L13	Turner Building.....L11	
Bookshop.....E7	Education Hall.....Q10	Physics & Mathematics.....S7	The Well-being Centre.....Q4	

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

WHAT WE PROVIDE

- Three meals a day
- Tent
- Stretcher bed and Sleeping mat
- Folding Chairs
- Amenities block with free hot showers located at camp site
- Kitchen and appliances; kettle, toaster, microwave etc.
- Filtered water supply
- First Aid Kit

WHAT YOU BRING

Sleeping

- Pillow
- Summer weight sleeping bag (if attending February Wilderness)
- Winter sleeping bag with negative degrees temperature rating (if attending July Wilderness)

Clothing

- T-shirts and long sleeved shirts
- Shorts and long pants
- Trail walking shoes/boots and closed-in shoes for around camp.

- Sun hat and beanie
- Warm layers: Jumper, jacket, and/or puffer jacket
- Raincoat (rain poncho will work)
- Underwear/socks
- Swimsuit (optional)

Hygiene

- Personal medications and prescriptions
- Personal toiletries; toothbrush, shampoo/conditioner, body wash etc.
- Sunscreen, sunburn ointment
- Bug spray
- Towel
- Sandals for shower

Other

- Small backpack to carry lunch/drink bottle in
- Bible
- Pen and notebook
- Torch or head-torch
- Preferred hot drinks/snacks
- Water bottle
- Optional Items for bad weather: hot water bottle, gumboots/waterproof shoes, umbrella.

RESOURCES



RESOURCES PROVIDED:

1. Jesus' Principles & Methods of Disciple-Making

- Messiah
- Following Jesus
- Multiplying Disciples Conversation Guide 1
- Discipleship Bookmarks

2. Mission

- SHAPE Workbook
- Bible Marking Guide
- Gospel of Mark
- Underground Group Bible Study Guide
- Thoughts from the Mount of Blessing
- Steps to Christ

3. SDA History

- A Brief History of Seventh-day Adventists – George Knight

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
- 📷 catalyst_i4d
- 🌐 Catalyst.i4d.au



Nick Kross, DMin
Director
Institute 4 Discipleship

📞 +61 406 754 929

✉️ NickKross@adventist.org.au



Audrey Kozumplik
Senior Administrative Assistant
Institute 4 Discipleship

📞 +61 2 6883 905

✉️ AudreyKozumplik@adventist.org.au

institute4discipleship



South Pacific



catalyst.i4d.au