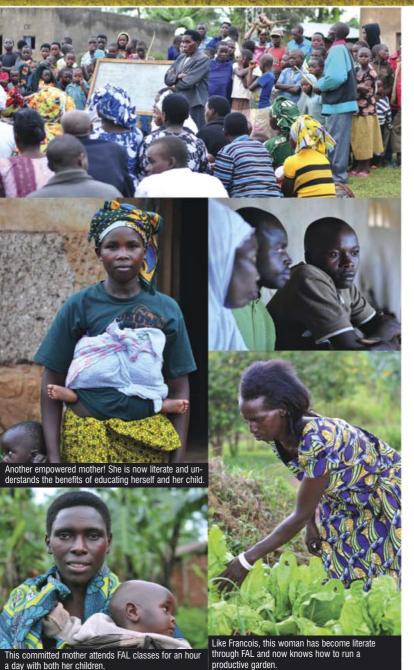
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What if you were illiterate . or couldn't count?

by Milimo Ninvalle, assistant programmes officer (ADRA-UK)

magine being a woman, a wife, or a mother living in a remote rural village, unable to read and write. Would your life offer many options? Could you have any realistic ambitions? How easy or difficult would your life be?

This is the harsh reality for many Rwandan women today – they can't trade in the village market place; read the local newspapers; or even read the text messages on their mobile phones!

At ADRA-UK* we know that someone without basic numeracy or literacy skills will almost certainly remain trapped in the poverty cycle - without confidence, meaningful voice or significant influence.

Functional Adult Literacy

That is why we are building the capacity of Civil Society Organisations (CSOs) to deliver Functional Adult Literacy (FAL) programmes to 5,600 adult learners (80% of them being women) in the Eastern Province of Rwanda over a period of three years.

Funded by the UK's Department for International Development (DfID) and ADRA-UK, the FAL programme combines the teaching of theory – the ABCs and 1-2-3s – with practice: hands-on skills such as basic agricultural techniques, the creation of kitchen gardens and safe hygiene practices.

A success story

This is Francois' story:

Before FAL, my husband threatened to divorce me because he said I was stupid. He even named me the "chairperson of stupidity" in the village. I enrolled in the FAL classes because I wanted to learn. Now I can read and write and manage my own money. I joined a co-operative and we saved together so I could buy a goat. The goat produced a kid, which I sold. I used the profit to invest in tomato and onion seeds. I now grow my own produce and sell at the market.

'My husband no longer asks for a divorce because I no longer beg from him – I am developing. A nearby woman came and asked me, "What have you given your husband? How come you are no longer quarrelling in the home?"

I replied, "I have learnt to read and write. I have also started my own business. I use my money to buy domestic items for the house and to support the children. My husband and I are now living peacefully and healthily."

Things are changing

Many women such as Francois, who have attended ADRA's FAL classes, now understand their rights a lot better. Many of them have since legally married their spouses, because they now know that under Rwandese law, a wife and husband have equal land rights!

You can see why these functional literacy programmes will continue to receive local support in Rwanda – simply because they really are improving the quality of life for all.

If you would like to support ADRA-UK in its various programmes, try visiting our website: www.adra.org.uk.









Enhancing Health

by Sharon Platt-McDonald, RGN, RM, RHV, MSc Health Ministries director, BUC

Cancer: the facts - part 3d

Examining causation and risk factors Dietary factors (part 1)

What is the evidence linking food and dietary practices to cancer?

Research analysis from the 'Pooling Project of Prospective Studies of Diet and Cancer' found that diets high in processed or red meat and saturated fats, while low in whole grains, fruits and vegetables, are linked with several cancers (*American Journal of Epidemiology* [1 June 2006] 163 [11]: 1,053-1,064). These findings are examined in this and the following issue.

Processed meats

The World Cancer Research Fund/American Institute for Cancer Research (WCRF/AICR) issued a joint press release¹ on 23 May 2011 highlighting their research on cancer and diet – an excerpt of which reads:

'On meat, the clear message that comes out of our report is that red and processed meat increases risk of bowel cancer and that people who want to reduce their risk should consider cutting down the amount they eat.'

'Processed meat' refers to meats preserved through curing, salting, smoking, marinating and adding preservatives. These include bacon,

ham, hot dogs, salami and some sausages – also burgers and mincemeat that have been salted or chemically preserved. When meats are prepared in this way, cancer-causing substances (carcinogens) can form, damaging body cells, leading to the development of cancer.²

Red meat

The *British Journal of Cancer* published a report in December 2011 (*www.bjcancer.com*) that contains relevant material. In the section entitled 'Cancers attributable to dietary factors in the UK in 2010', findings relating to red meat were highlighted as follows:

- Consumption of red meat (beef, lamb, goat, pork and veal) has been positively associated with the risk of both colon and in particular rectal cancer.
- Carcinogenic compounds in red meat formed during processing or cooking are identified as a causation factor.
- Cooking meat at high temperatures is indicated as a risk factor.
- The high fat content of the meat boosts hormone production, increasing the risk of hormone-related cancers of the breast and prostate.
- Meat lacks fibre, which is a protective factor.

High salt intake

A BBC Health News report on 23 July 2012 carried the headline: 'Reducing salt would cut cancer'. The recommended daily limit is 6g (a level teaspoon); however, the World Cancer Research Fund says we are eating 8 for a day

Agreeing with the report, Lucy Boyd, Cancer Research UK, said: 'Too much salt also contributes considerably to the number of people getting stomach cancer in the UK.'3

More food cautions in the next issue.

Good health!

¹www.wcrf-uk.org/audience/media/press_release.php?recid=153 ²www.dietandcancerreport.org ³http://www.bbc.co.uk/news/health-18923994

editorial

In my early adult life, few things could sour my mood faster than a sign saying 'Queue here'. For during my years of high school and undergraduate study, I queued for at least 5,000 cafeteria meals and countless cold showers. All of which convinced me to spend the rest of my life dodging queues wherever possible!

In 2003, however, I was suddenly jerked back into the world of long queues. A work reassignment required that I make frequent crossings at some of Africa's busiest border posts.

Typically they worked like this. First you park your car in a queue, hoping it will be there when you return. Then you queue to find out which queue you should be in. Then you queue for a form. Then, depending on your nationality, your vehicle, its contents and your passengers, you could have seven or eight other queues to join before they lift the boom and let you through.

Our 'passion'

According to a survey conducted in 2008 by the global research company OnePoll.com, our second most prominent national characteristic is 'a passion for queuing'. It comes a close second to 'talking about the weather'.

Queuing is our thing, and we do it well. In fact, I think we could say that queuing epitomizes some of the other qualities that we value: such as patience, orderliness, politeness and fairness.

Nobody likes queue-jumpers

During one of my border crossings there was just one person ahead of me in the queue. But as he stepped up to the counter, and I moved to take his space, someone pushed in front of mel

I tapped the intruder on the shoulder firmly: 'Hey! You can't do that! I'm next in line. You should join the back of the queue.'

'No, no! I have been here all along, waiting for my turn.'

'You haven't!' I said impatiently, 'You've been nowhere near us.'

'But you don't understand. I was here before you came. Then I went to sit over there and wait until it was my turn at the counter.'

Nobody really likes queue-jumpers . . . well, almost nobody.

Almost nobody . . .

Jesus' reaction to them was different from mine — different from most. Do you remember the day somebody jumped the queue while he was preaching to a packed house? Down he came, through a gaping hole in the roof, forcing aside those who had come early for the best seats, interrupting the sermon. It was impolite, inconsiderate and unfair . . . but Jesus gave the queue-jumper His full attention. There was no scolding or harsh reproach.

'They gathered in such large numbers that

Queue here!



Julian Hibbert



there was no room left, not even outside the door, . . . Some men came, bringing to him a paralyzed man, . . . Since they could not get him to Jesus because of the crowd, they made an opening in the roof above Jesus . . . then lowered the mat the man was lying on. When Jesus saw their faith, he said to the paralyzed man, "Son, your sins are forgiven." ' (Mark 2:2-5.)2

There were other queue-jumpers too. Mark 5:21-43 tells of Jairus who interrupted Jesus while 'a large crowd gathered around him', and pleaded for his dying daughter's life: ' "Please come and put your hands on her so that she will be healed and live." ' Without a word of rebuke to the man for disturbing the meeting. Jesus went with him'.

The large crowd swirled around Jesus as He strode quickly to the dying girl's side. But suddenly He stopped, His mission interrupted by the tugging hand of a desperate woman – another soul who couldn't wait her turn!

'Jesus kept looking around to see who had done it' until she 'fell at his feet and, trembling with fear, told him the whole truth.' No rebuke for this queue-jumper either, just the words: "Daughter, your faith has healed you. Go in peace and be freed from your suffering."

There is one more story that I would like to reflect on for a moment. Luke 7:36-50 tells it all, but this is my simple summary of events. A rich man named Simon threw a party for his friends and invited Jesus as a celebrity guest. Unfortunately, an unnamed woman of ill reputation decided to interrupt things – she 'gate crashed' the event. And before Simon's bouncers could manoeuvre her away from the reclining Jesus, she had splashed his feet with a most exotic and expensive perfume.

Simon despised her quietly for her actions, but Jesus turned to him and said: '"Do you see this woman? I came into your house. You did not give me any water for my feet, but she wet my feet with her tears and wiped them with her hair. You did not give me a kiss, but this woman, from the time I entered, has not stopped kissing my feet. You did not put oil on my head, but she has poured perfume on my feet. Therefore, I tell you, her many sins have been forgiven — as her great love has shown . . ."

It's weird

It's weird, isn't it? That Jesus should show such respect to queue-jumpers and gatecrashers. The very people we tend to despise. Why is this?

My theory is a simple one. I believe that one of Christ's greatest objectives in coming to this world was to let us know that we don't need to queue for His attention. You don't need to 'wait your turn' while He first meets with the 'bold and the beautiful'. You don't need just to 'take a number and find a seat'. You just need to need Him – desperately – as each of these biblical characters did!

Don't queue – just gatecrash – He's always ready to listen and lend a hand. In fact, these stories suggest **that He'll stop the world to listen to your whisper!**

¹ http://www.telegraph.co.uk/news/newstopics/debates/3414682/Moaning-drinking-and-queuing-are-what-make-us-British.html

² This and all subsequent biblical quotations in this article are taken from the New International Version (NIV).

devotional



Some thoughts to 'bank'

Our devotional is by Pastor Sam Ouadjo of the Holloway church, South England Conference.

Recently, the Chancellor of the Exchequer delivered his Budget to Parliament. As usual, you have those who were for the budget and those who were bitterly against it. But we all realise that the country is still in a deep financial crisis. People are worried. To reduce the country's huge debts the government has to take drastic measures, even to the point of taxing some bedrooms!

A friend of mine said that the 'bedroom tax' is an intrusion into the most private of family spaces. I told him that the government, by giving another definition to marriage, is already in our bedrooms!

Another event on the front pages of our newspapers was the sudden death of Boris Berezovsky in London last weekend. He was once one of Russia's richest oligarchs, but it seems that he was under serious financial pressure. So 'broke' was Berezovsky that he could no longer afford to pay for his lawyers! Some say that, sadly, the fear of losing his fortune led him to commit suicide.

What is the link between these two stories? The answer is simple: managing finances. The Bible has a lot to say about managing finances. The problem with us is that we are keener on listening to the 'gods of Halifax, Lloyds, Barclays, Santander, and so on', rather than to the God of the Bible. What does the Bible say about managing our finances? Quite a number of things, but I will address just two of those elements here today.

Borrowing

Firstly, concerning borrowing, the Bible generally advises against it. Please make an effort to read Proverbs 6:1-5. The bank, or the person to whom you owe money, is like the hunter or the net to which Scripture refers, and you are like the deer or the bird. In Proverbs 22:7 God compares the borrower to a slave. This same idea is portrayed vividly in Proverbs 22:26, 27, NIV: 'Do not be one who shakes hands in pledge or puts up security for debts; if you lack the means to pay, your very bed will be snatched from under you.'

Dear friends, the Bible is true, and Cyprus is learning that the hard way. We are, therefore, advised to live within our means. As the old Jamaican wisdom so aptly puts it: 'Don't put your hat where you can't reach it!' You see, the

Bible never speaks well of debt. Debt is an anchor around our necks that prevents us from having restful nights, and restricts our ability to invest for our future and serve God as we

We are living in a society where we are tempted to do what other people are doing. As Proverbs 13:7 (NIV) puts it: 'One person pretends to be rich, yet has nothing; another pretends to be poor, yet has great wealth.' Debt is a temptation because it allows us to have what we can't afford and have not earned. It gives us a false sense of security. Yet it makes us pay far more for things than someone who can afford them. For example, if someone pays cash for a car, he won't pay the interest payments of someone who borrows money to buy it. So the person who can afford the brand-new car pays less for it than the person who can't. The person who can't afford it in the first place 'pretends to be wealthy', but in reality digs himself into a deeper hole, from which he is able to afford even less because of his burden of debt.

Debt is indeed deceptive and prevents us from becoming financially stable or wealthy and healthy. God gives us these counsels because He cares for us.

Accumulating

Secondly, my other concern is the temptation to accumulate wealth, the 'other side of the medal' ('le revers de la médaille' as we say in French).

Beware of the accumulation of wealth. While you should shun debt as leprosy, we should be careful not to just accumulate wealth for wealth's sake. Over and over again, the Bible warns against the accumulation of wealth and encourages us to seek spiritual riches instead. There are many reasons why people accumulate wealth. Here is a list that is far from exhaustive:

- People accumulate wealth because someone has advised them to do so.
- Many people accumulate money simply because they envy other people. They fall into the trap of 'keeping up with the Joneses'.

- It is said that for some people, the accumulation of wealth is a game.
- Wealth accumulation boosts the self-esteem of some people.
- People accumulate money simply for the love of it
- Most people accumulate wealth for protection.

The Bible is never against wealth. God is a rich God. Many great men of God were tremendously rich. Abraham, Isaac and Jacob were all wealthy. The problem comes when the Giver of wealth is forgotten. Wealth without the Giver is worthless.

Proverbs 11:4 (NIV) says: 'Wealth is worthless in the day of wrath, but righteousness delivers from death.' Proverbs 18:11 conveys the same idea: 'The wealth of the rich is their fortified city; they imagine it a wall too high to scale.' The rich man places his confidence and trust in his wealth. The problem is that it cannot save him from all troubles. Nothing is predictable. Only God is predictable, so to speak. He is eternal.

While writing this, I have just heard that the Cyprus bailout deal agreed to in the early hours of this morning means heavy losses for depositors with over € 100,000. My heart goes out to the thousands of people who thought that they were doing a sensible thing by accumulating this wealth. Overnight they have suffered heavy losses. Think about their heartache!

As Christians we should not forget that we are not to hoard, steal, covet, or idolise wealth, but see it as a means to glorify God. I strongly believe that when God supplies a surplus of wealth to Christians, it is so that they can provide for the needs of others and use it to advance God's Kingdom. Job, one of the richest men on Earth in his day, made a serious statement in Job 1:21 (NIV): 'Naked I came from my mother's





inbox

Who would be witnessing to him now?

Dear Editor

I write this knowing that many will disagree with me. I feel the Church's stance on marriage is doing more harm than good. I have noticed advertisements in MESSENGER for a Seventh-day Adventist dating site which state that many of our young people are leaving the Church because they have been 'unequally yoked'. We are quick to quote, 'Be ye not unequally yoked together with unbelievers' (2 Corinthians 6:14, KJV) in defence of this, but is that what Paul really meant here?

There are numerous occasions in the Old Testament where God tells His people not to marry the heathen from the neighbouring towns. The reason being, I would argue, that children will find it difficult to grow up in a family where each parent worships his or her own God. Those who believe that their God is the true One will do all they can to make sure their children believe as they do, for no child can be true to two different systems of belief.

For that reason, obviously it would be wrong for any Christian to marry someone of a non-Christian faith. It would also be difficult for an Adventist to marry a staunch Sunday-keeping Christian. But how is marrying a person brought up in a Christian culture, and who chooses not to follow that path, any different from the situation in the Old Testament? The Israelites disobeyed God time and time again. They did not listen to the prophets and repent, but carried on in their sins, which were in many cases so bad God had to punish the whole nation. But I can find nowhere in the Bible where God says to the faithful, 'Do not marry a backslider, but make sure he/she is obeying My word.' They only had to marry an Israelite.

Paul tells widows that they can remarry, but only to someone 'in the Lord'. As there was only one Christian denomination at that time, was he effectively saying, 'Do not marry anyone who is of the Jewish or any other non-Christian faith'?

There is a very great danger that young people will marry fellow believers simply because the Church tells them they should not marry a non-member. Statistics show that the divorce rate in the Church is alarmingly high. In fact, since I became an Adventist, there have been at least four pastors in my own church who are now divorced from their Adventist wives.

One of the happiest marriages I have ever seen was between a lady in my church and her non-church-attending husband. They were devoted to each other, and watched the next generation and the one after that join the Church. He was well into retirement before he showed an interest in her faith, and there was great rejoicing when he was baptised. If his wife had listened to the 'Only marry an Adventist' message, the church would have been much poorer without her descendants – but, more importantly, what would have become of him? Would he now be lying in his grave waiting for Jesus to come back?

It would be interesting to know if statistics are available showing the number of baptisms as a result of 'mixed marriages' compared with the number of believers who have left the Church after having married an 'outsider'. I personally know of quite a few in the first category and I hope that some day my husband will be one of them.

My children are now baptised adults and are by no means unique – there are many from homes with one believer who stay in the faith, just as there are, unfortunately, many from homes with two Adventist parents who leave. They all have freedom of choice, and all we can do is bring them up to know and love God and let them make their own decisions. Even if they leave, all that they have learned will still be with them, and hopefully they will return to God someday.

The Adventist Church has excellent children/youth programmes which, when run by caring, enthusiastic leaders, can only have a beneficial long-term effect on our young. My husband took our children to many camps and youth retreats, most requiring a long drive, and there were quite a few non-church parents who did the same. I feel they were all positively influenced by what they witnessed.

I have read several times how a writer feels sorry for the 'lone' mother bringing up her children to know God without help from her spouse. No mother should be bringing up her children to know God without help – it is the duty of every single church member to do all he or she can to encourage all our youth in any way possible.

Surely the greatest influence you can have on a person is to live with him or her, and if there are children in the home that influence will be even stronger. They share so much of what they learn. Obviously there have to be conditions set before marrying outside the Church. The unbeliever has to realise that it is non-negotiable that his or her spouse and all future children will keep the Sabbath holy and attend

church each week; will not eat unclean food; will have daily worship in the home; and, where desired, attend mid-week prayer meetings/Bible studies. Everyone, whoever they are marrying, should pray earnestly with an open mind that God will not allow the wedding to take place if it is not His will.

Finally, I would like to ask all those who are so against members marrying non-Adventists – where does it say this in the Bible, and if I hadn't married my husband who would be witnessing to him now?

Editor's note:

In order to provide a meaningful context for you to reflect on J. Kelly's letter above, we quote the *Seventh-day Adventist Church Manual*, pages 147 and 148, from the section on courtship. The entire document is available at *www.adventist.org/ChurchManual_2010.pdf*, or you may order your own copy from the ABC for £3.95.

Unity of husband and wife in ideals and purposes is a requisite to a happy and successful home. Differences of partners regarding religion are likely to mar the happiness of the home and lead to confusion, perplexity, and failure in child rearing. The Bible advises, 'Do not be unequally yoked together with unbelievers' (2 Cor. 6:14).

'The family tie is the closest, the most tender and sacred, of any on earth. It was designed to be a blessing to mankind. And it is a blessing wherever the marriage covenant is entered into intelligently, in the fear of God, and with due consideration for its responsibilities. *The Adventist Home*, p. 18.

Worship of God, Sabbath-keeping, recreation, association, use of financial resources, and training of children are components of happy family relationships. Because differences in these areas can often lead to a deterioration of these relationships, to discouragement, and even to complete loss of Christian experience, an adequate preparation for marriage should include premarital pastoral counselling in these areas.

'Can two walk together, except they be agreed?' Amos 3:3. The happiness and prosperity of the marriage relation depends upon the unity of the parties; but between the believer and the unbeliever there is a radical difference of tastes, inclinations, and purposes. They are serving two masters, between whom there can be no concord. However pure and correct one's principles may be, the influence of an unbelieving companion will have a tendency to lead away from God. *Patriarchs and Prophets*, p. 174.

The Spirit of Prophecy consistently counsels against marriage between 'the believer and the unbeliever' and further cautions against uniting with fellow Christians who have 'not accepted the truth for this time'. *Testimonies to the Church*, vol. 5, p. 364.

Marriages are more likely to endure, and family life to fulfil the divine plan, if husband and wife are united and are bound together by common spiritual values and lifestyles. For these reasons the Church strongly discourages marriage between a Seventh-day Adventist and a member of another religion and strongly urges its pastors not to perform such marriages.

The Church recognises that it is the prerogative of each individual member to make the final decision relative to the choice of a marriage partner. However, it is the hope of the Church that if the member chooses a partner who is not a member of the Church, the couple will realise and appreciate that the Seventh-day Adventist pastor, who has covenanted to uphold the principles outlined above, should not be expected to perform the marriage.

If a member does enter into such a marriage, the church is to demonstrate love and concern with the purpose of encouraging the couple toward complete unity in Christ.

perspective



Empty nest: Empty marriage?

Avery Davis speaks frankly about the challenges of the 'empty nest' and how to make sure it doesn't result in an 'empty marriage'.

ast September, when our second daughter left home for university 200 miles away, I realised that our nest was emptying fast. The house was quieter, our food shopping lighter, and it felt strange to set the table for three.

Statistics show that after the children grow up and leave home around 34% of marriages fall apart. Some parents purposely wait until the kids have gone to say: 'It's over, I don't love you anymore. I need my space. I only staved because of the children.'

It has been generally accepted that divorce rates among Christian couples fall below national figures. Controversial research by the Barna Group challenges this perception and claims that figures among some Christian groups are no different to their non-Christian counterparts.

I grew up in an Adventist home with five older siblings. Both my mother and my father loved the Lord, but our lives were far from perfect. I was in my final year of high school when my parents finally separated and divorced. By that time, only I and another sister were still living at home.

Whichever figures you choose to believe, keeping your marriage going after the kids are gone can be challenging. The routine that formed the framework of your day – all those things associated with school; keeping the kids in line; ferrying them about to church, Pathfinders and football – this all disappears, and with it a large chunk of your life.

'But I don't love him anymore!'

An elderly member of my local congregation engaged me in conversation after service one Sabbath and remarked on how cold the previous night had been. I nodded in agreement. Then she added, 'You wouldn't know about

that; you have your husband to keep you warm.'

She had a point, which Ecclesiastes 4:11 (NIV) states with eloquence: 'Also, if two lie down together, they will keep warm. But how can one keep warm alone?'

In my opinion, there is nothing

wrong with continuing in a marriage for purely practical reasons. If we were to rely on feelings alone, we would live rather disappointed and unfulfilled lives. Just last Wednesday morning when I did not feel like exercising. I went ahead anyway. After two and a half minutes on the running machine I felt drained, and decided to stop when the counter hit five minutes. At five, I thought. Why not go till ten; at least do half the workout. At ten minutes I was way behind my usual distance and slowed to a walk.

Then, leaning against the hand rests and ready to give up, I told myself: 'Avery, you are better than this.' I stepped up the pace and forced myself to go on. By the time I had completed fifteen minutes I realised I was threequarters of the way through my usual distance. Regardless of the fact that I did not feel like running. and I didn't feel as if I had been performing as well, the distance/ time readings confirmed that neither of these things were true. I was right on target. Our feelings are not to be trusted.

Consider your relationship with God. When you think of your Christian walk, how do you feel? Most of the time, I struggle. I don't *feel* like praying, I don't *feel* like doing the right thing. I don't want to love my neighbour and I fail dismally when it comes to 'doing good' to my enemies. The apostle Paul declares: '... what I want to do I do not do, but what I hate I do... For I have the desire to do what is good, but I cannot carry it out' (Romans 7:15-18,

The first step

The first step is to make a commitment. Make a deliberate decision to improve and enhance your marriage as your nest empties. Don't wait until tomorrow. Do it now! When was the last time you had a conversation with your spouse that did not focus on one of the children, a work colleague, the pastor or a TV personality? When was the last time you had a conversation about you and your marriage?

Think about your first memory of your spouse. The first impression your spouse had on you (good or bad). Then try and recall those early meetings: how you got to know each other; the little things you did to surprise and please him, or to gain her trust. If you did it then, you can do it again.

If you have stopped loving your spouse – if his or her very presence has the power to irritate or upset you – ask God to help you. Think of your mate's most annoying trait. Now think of yours, and pray to God for Him to change *you*. Pray that He will change *your* attitude, feelings and behaviour so that you can accept your spouse as he or she is. Often, when we change our behaviour and attitude, those around us respond to that change by changing the way they treat us.

Yes, she may still nag a bit, and quote her mother too often — and he may still leave the toilet seat up. But surely we can accept what we cannot change.

'His snoring!'

A widow was asked what she missed the most about her husband. Her answer? 'His snoring at night!' Now on the surface this may seem an odd thing, but have you ever listened to the silence in an empty house

and wished for the reassurance that the sound of another person's presence carries? This widow has twenty-four hours a day of silence, but she would trade any amount of snoring-disturbed sleep to have her

husband back. Value your time

with your spouse.

An empty nest i

An empty nest is an opportunity to get closer to your mate without the restrictions of caring for your young. Cherish it; the time will go quickly. See this next stage of your lives as an opportunity to do things together. Take up a sport or leisure activity together. Try swimming, walking, golf, fishing; or learn a musical instrument, or another language, together. Read poetry to one another, or portions of Scripture. Rekindle the passion that has gone guiet. Woo your beloved

Enjoy one another

with the Song of Solomon.

Enjoy one another. By now you should know what your spouse likes, what he or she wants. If you don't, ask. Don't be afraid to do something impulsive. Spontaneity probably marked the best memories of your courtship and early marriage. Allow it to have a revival in these later years. Write down a list of what you want from the next ten years, the next five: the next twelve months.

Pray for your spouse, for your spouse's health. Pray that he or she finds contentment and peace in the Lord. Plan an hour each week that is your time with God. Meditate on whatever the Spirit leads you to read or listen to. Matthew chapter 7 reminds us that the wise man built his house

on the Rock. I've found that it is in the times that I am closest to God that my relationship with my husband is most rewarding.

years.

It is important that you understand that your mate is not God. It is selfish and unrealistic to expect your husband or wife to meet all your needs. Spend time away from your spouse with a good friend with whom you can 'let off steam' (preferably of the same sex). Someone who will laugh over things your husband or wife may never appreciate. (Proverbs 17:22 – a cheerful heart is good medicine.)

Learn to forgive

forgive. We are human, and so we don't easily forget. I would even say that women have a far greater capacity than men to *not* forget. That is, when it comes to something *he* did wrong. Using an ancient wrong as ammunition against your husband or wife is self-defeating. Nurturing anger encourages bitterness and forms a barrier to healing. We cannot forgive while holding on to anger. A lack of forgiveness means a lack of trust. Without trust our relationships wither and die.

Now here's a hard one. Learn to

A lack of forgiveness is the number-one relationship killer. Children provide a buffer, an outlet for love and affection. It's also true to say that, consciously or not, we express some of the discontent that ought to be directed at our spouse to our children instead. When the nest empties, where do we vent our frustrations?

Create an outlet for those negative emotions. Take up a

sport or some physical activity. The physiological benefits to our bodies, minds and emotions are well proven. Yes, it is hard to forgive, but it is harder still to live with unforgiveness. The deliberate effort required to maintain coldness, spite, sarcasm, and the withholding of intimacy, is both physically and mentally draining. The weight of an unforgiven wrong is immense. and can eventually crush the good intentions of the most repentant spouse. As your children leave home and you have the chance to build up a stronger and more secure marriage, offer your spouse the gift of your forgiveness. Remember, a wise woman (or man) builds up her house, but a foolish one tears it down (Proverbs 14:1).

To summarise:

Spontaneity probably

marked the best

memories of your courtship

and early marriage. Allow it to

have a revival in these later

- The risk of divorce is greatest once the children are grown up and gone.
 Make a deliberate decision to improve and enhance your marriage as your nest empties.
 Pray.
- Accept what you cannot change.
 Value your time with your spouse.
 Learn to forgive.

Keep in touch with your adult children. Hug them when you see them and tell them often that you love them. Keep the nest warm; it won't be long before a fledgling generation of grandchildren take their place.

Editor's note: In the next issue Avery will discuss the issue of preparing our youth to leave the family 'nest' as smoothly and successfully as possible.



Ever had questions about our faith, doctrines or practice that you want to see resolved? Each week I'll be hosting Q&A in an effort to answer them.

Andrew Puckering

'How did the Seventh-day Adventist Church start up in Britain?'

John N. Andrews made a brief visit to Liverpool in 1874, but William Ings, an Englishman who had lived in the United States since boyhood, was the real pioneer. He arrived on 23 May, 1878, and after 'four months of house-to-house labour distributing tracts and doing such missionary work as presented itself, he reported ten keeping the Sabbath'.1

Ings was greatly encouraged by the response of the Southampton townsfolk: 'I was astonished to find the people so eager to read. . . . As I talked on some of the prophecies, my heart was made glad to see how eagerly they drank down the truth. . . . England needs one of our best ministers. I hope the conference will send one soon.'2 Elder James White agreed, saying: 'Are we not making a great mistake in neglecting Great Britain and these countries where the people speak our language?'3 He suggested raising \$100,000 to fund a British Mission, to be accomplished by 20,000 believers donating just \$5 each over two years, or 5 cents a week.⁴ General Conference president, George I. Butler, fully supported him,⁵ and on 14 October 1878, the last day of the seventeenth General Conference Session, James White's resolution to send Elder John N. Loughborough to minister in Britain was unanimously adopted.⁶

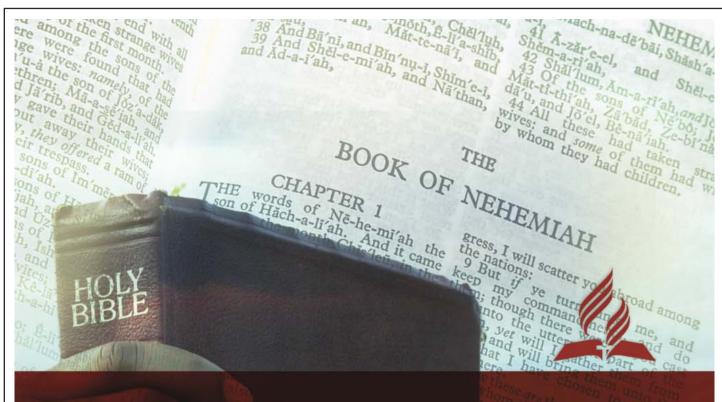
Short of funds, 'Loughborough and Ings laboured alone in Southampton until May, 1879, when Miss Maud Sisley was transferred from Switzerland to Britain to serve as a Bible worker and colporteur

... the only workers in Britain until the beginning of 1882. Elder Loughborough, no doubt knowing of the financial difficulties of the Church, appears to have kept his expenses to a minimum, not always with the best results.' To save money, he used a tent for meetings rather than hiring halls; but the 'damp climate . . . ruined the tent, and the cost of maintaining it was even more expensive than renting a hall'.

After 1881 Pastor A. A. John arrived from the US, and began his work in Grimsby. He advertised a reward of £10 for any biblical proof that the Sabbath had been changed to Sunday, which drew 'a low class of persons' who, according to Ellen White, were 'not an honour to the cause'. Part of the problem was 'local prejudice' caused by 'class difference' — 'The rich refused to listen to the same man to whom the poor gave their ear,' and according to J. N. Haskell: 'It is evident that this class would not be prepared to give the light of truth to the more influential.' Despite this, literature evangelism by new members was encouraged, and by September 1883 the first British Adventist church company was worshipping in Southampton with nearly twenty members. 10

¹John N. Loughborough, *The Great Second Advent Movement*, 1905, p.346 ²William Ings, 'Missionary Work in England', *Review and Herald*, 11 July, 1878 ³James White, 'Great Britain', *Review and Herald*, 1 August, 1878 ⁴'Mission to Great Britain', *Review and Herald*, 5 September, 1878 ⁵'Mission to England', *Review and Herald*, 15 August, 1878 ⁶'Proceedings of the Seventeenth Annual Session of the General Conference of Seventh-day Adventists', *Review and Herald*, 24 October, 1878 ⁷Pastor Rex Riches, 'The Church's British Mission: 1878-1887'. *Messewiee*, 23 June, 1978 ⁸Ibid. *Messewiee*, 21 July, 1978 ⁸Ibid ¹⁰Ibid

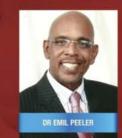
Do you have a question you'd like to see answered in Q & A? Why not send it in to us at: editor@stanboroughpress.org.uk? If your question doesn't appear in the next issue, don't despair – we will deal with it in due course.



NORTH ENGLAND CONFERENCE 2013 CAMP MEETING

REBUILDING THE "WALLS" 17 - 23 JUNE 2013

PONTINS PRESTATYN SANDS HOLIDAY PARK - NORTH WALES

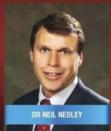












BOOKING:

MEMBERS CAN BOOK VIA THE APPLICATION FORM OR ALTERNATIVELY CALL 08714 7427765 QUOTING "SDAN" TO GET THE DISCOUNT. APPLICATION FORMS ARE AVAILABLE AT YOUR LOCAL CHURCH OR ALTERNATIVELY PLEASE VISIT WWW.NECADVENTIST.ORG.UK - BOOKING COMMENCING 12PM ON SUNDAY, 20 JANUARY 2013. PONTINS PRESTATYN SANDS HOLIDAY PARK, CENTRAL BEACH, BARKBY AVENUE, PRESTATYN, DENBIGHSHIRE, **NORTH WALES, LL19 7LA.**

Meals (breakfast, lunch and dinner) will be on sale at the NEC Camp Meeting every day and the chef will be Michael Graham. For further information please contact the North England Conference on 0115 960 6312.

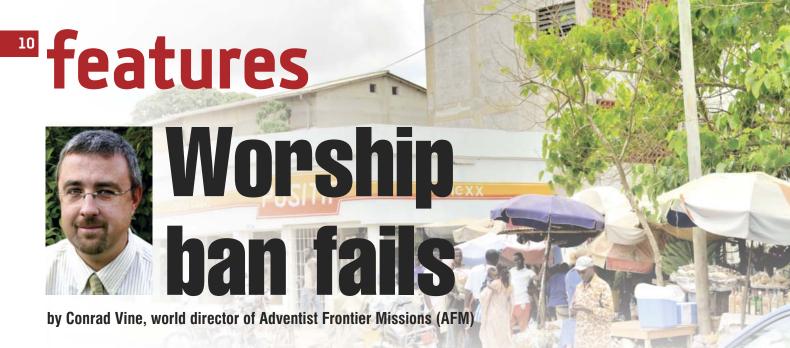




2013 NEC BOOKING FORM

Please complete this Booking Form and send it **directly** to: Pontin's Ainsdale House, Shore Road, Ainsdale, Southport. PR8 2PZ TEL: 08714 7427765

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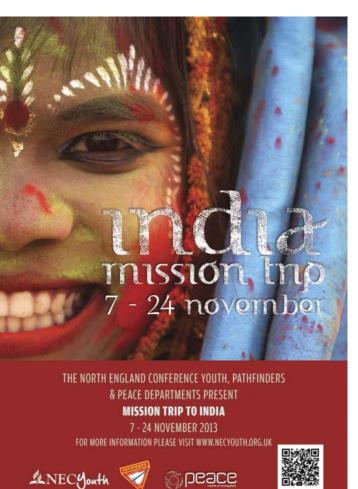
'Normal day – let me be aware of the treasure you are.' So reads a plaque on a shelf in our treasurer's office. As we sit and discuss matters together, my eyes often drift to this plaque and I wonder, 'So what exactly is a normal day?'

Take yesterday, for example. The day was filled with back-to-back meetings concerning legal niceties, HR decisions, financial reconciliations, website development, missionary matters, recruitment questions and on and

on until my eyes glazed over. Was this a normal day? Should this be a normal day? Or is a normal day something far more wonderful?

Serving with AFM, I am convinced that a normal day is a treasure because I am privileged to personally experience the gracious leading and loving action of our Heavenly Father. Let me share a recent example of such treasured days.

This is how it happened . . . In early January 2013, our



project leader in a west African country received a threat from a previously unknown group, insisting that we stop teaching from the Bible at our school, where there are more than 300 students from a highly resistant religious group. After prayer and counsel with our AFM leadership, our project leader visited with local officials, and to his dismay was instructed to cease morning prayers and to open the school for classes each Sabbath.

After a season of prayer, we decided to close the school for ten days. We gathered together in our office, and called for ten days of prayer and fasting among our colleagues. We fasted and prayed to humble ourselves before God and ask that He be glorified in this African nation. Around the world, AFM family members and supporters joined in solemn prayer and fasting. We claimed the promise of 2 Chronicles 7:14: 'If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.' (NIV.)

On the first day of prayer and fasting, a local official visited the school and gathered the students, instructing them to refuse to participate in the morning worship service. The students rejected this counsel and threatened to riot. In a moment of supreme irony, the official had to be rescued by our team leader!

On the third day of prayer and fasting, a meeting of the parents resulted in overwhelming support for our Adventist principles of education, and a delegation of vociferous

parents visited the local officials.

On the fifth day of prayer and fasting, a local official came to apologise for the difficulties being caused for our school and our students, but indicated that the restrictions were still in force.

On the seventh day of prayer and fasting, a delegation came from the national government city, and after a detailed investigation declared publicly that our school was doing nothing wrong, and that we were free to operate the school according to Adventist principles.

On the tenth day of prayer and fasting, our school reopened ... with Bible classes, morning worship and prayers – all honouring the Lord and His Sabbath day! A candle may not appear to give much light at midday, but when the darkness gathers, the candle's light is visible to all! God was glorified indeed in this country – a truly wonderful day!

So, what is a normal day?

So, what exactly is a normal day in AFM? A normal day is when I personally experience God's loving care, sense His gracious leading, and observe the miracle of conversion and new birth wrought by His Holy Spirit moving on people's hearts all around the globe. These are normal days – these are days to be treasured!

My prayer for every brother and sister reading this article is that we all experience and treasure days such as this!

Editor's note: If you would like to know more about the special work of Adventist Frontier Missions, or would like to support them in any way, please visit www.afmonline.org or contact Pastor Conrad Vine directly at: conradyine⊙hotmail.com.

The Stanborough Soup Run

by June Coombs







The youth minister was challenged by the youth: 'Find us something to do that will involve "practical Christianity".' His thoughts turned immediately to the homeless, but, on discovering that there was no local need, he turned his attention to those sleeping rough on London's streets — even though it would involve a 40-mile round trip from Watford.

Jonathan Barrett recalls how the Soup Run started in 1985. 'I was youth pastor and Pat Walton was youth leader. She was extremely enthusiastic from the beginning and has remained so ever since. I think it was more my idea than hers initially, but it is one thing to start something

and another to keep it going for twenty-eight years, which is what she has done!' When asked what the Soup Run means to her, Pat simply replied, 'A lot' – just two words, but spoken with great emotion. This explains why on Friday evenings you'll find her at Stanborough Park Church overseeing preparations for the trip – hot water, drinks, soup, enough sandwiches, fruit, cake and biscuits for forty people, as well as clothes, bedding, toiletries and small household items. All will be loaded into the waiting minibus by the volunteers, who will take them to Central London. That minibus was purchased two years ago, following a period of intensive fund-raising by Pat, who admits to being 'very proud' of the vehicle.

Each week Pat also does the shopping and organises the rosters – ensuring that drivers, team leaders and members know when it's their turn. The Soup Run is an outreach on several levels: it involves the whole church from 16 to 60+; it benefits the recipients; and it draws in non-member friends, work colleagues and those from the local community who read about it in the church's newsletter.

How do the volunteers feel about the project? 'It's a good eye-opener for all of us,' says Pat. Nyika, originally from Zimbabwe, says, 'I feel happy when I make someone happier.' Pat's son, Gordon Walton, has been involved for twenty-three years because he feels he is 'doing God's work'. Sophia, a non-member living in London who joined the team through the invitation of a work colleague and friend, says, 'I enjoy the Soup Run because it gives me purpose and makes me appreciate everything I have in my life. . . . Helping people is not always about giving money; it's about being there as a human being to converse, acknowledge and give time.'

When the team arrives there is always a crowd waiting for them. 'They do appreciate us going; there's no doubt about it,' says Pat – 'They know that we will be there without fail, even in snow!' 'They are very grateful for what we bring . . . always pleased to see us,' adds

Norma, a non-member with twenty-five years of service. The homeless appreciate that they are not judged or looked down on, and that all are treated equally regardless of their problems. Some have been coming for years, and have got to know the long-term team regulars, whom they regard as friends. They appreciate that the volunteers listen to their stories and chat about their welfare.

Some are homeless through losing their jobs; some have a job but nowhere to live; some manage to get a room in a hostel; some go to day centres; some have been given a room, but need the furnishings the team supplies. There are others who prefer to sleep on the streets rather than endure the people they find living in the hostels.

According to Sophia, 'You meet interesting characters who are just normal people, but made to live on the outskirts of society simply because they don't have a home. I had preconceptions of meeting drug addicts, alcoholics and generally a socially-inept crowd.' Instead she discovered people like the 72-year-old man who had walked from Camden to get a cup of tea and some clothes; and Nicholas, who has been homeless for fifteen years after losing his job – he is neither an alcoholic nor a drug addict. Some have had buckets of water or bricks thrown at them while they slept; others tell stories of incredible kindness and generosity shown to them.

Sophia summarised it beautifully: 'When you see a homeless person . . . remember that he or she is someone's child, sibling, mother or father – they are simply ordinary people who, unfortunately, don't have a roof over their heads.'

The Soup Run is entirely self-funding, receiving no aid from the church, and relying on the sale of donated goods and the donation of food, clothes, money and time to keep the service running. After twenty-eight years it is still running under Pat's leadership, well supported by teams who firmly believe that 'What you have done unto the least of these, you have done unto Me.'







2013 SEC BOOKING FORM

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news

Our time is now

The SEC Youth Leadership Conference saw more than ninety Youth and Pathfinder leaders congregate at the Hellidon Lakes Hotel. Daventry, for a weekend of spiritual renewal and training.

The Pathfinders obviously enjoyed learning to become effective leaders. The topics presented included 'Why Pathfinders?', 'Induction and Investiture Services', 'Insurance' and 'Organisation'.

Pastor Kevin Johns, SEC Pathfinder director, had this to say: 'It is important that churches invest in their Pathfinder club leaders, as they have an awesome responsibility in educating and training the future leaders of our churches - giving them the skills they need to have a significant impact in the community.

On the youth leadership track they were privileged to have guest presenters from Jamaica, the USA and the UK. Professor Patrick George Smith from the Northern Caribbean University had the audience in awe, laughter and deep thought during the Friday evening service when he spoke about the power of the mind and how we limit ourselves in Christ. On Sabbath he spoke about the importance of being a servant leader like Jesus. Pastor Raymond Edwards, a leadership expert, presented workshops on planning and programming which examined leadership types and how people react to them.

Dr Steve Thomas, SEC Youth director, observed that: 'Rightly training our youth is an investment in the future. They are the most valuable asset of our Church, and if we fail to invest in them, we plan to fail. I would like to see more churches commit to investing in their young people so that they can lead in the local church as mission-driven youth.

On Sabbath the keynote speaker was Dr Hiskia Missah, General Conference associate Youth director. He spoke about 'Realignment', using the illustration of a car and the importance of making sure that its tracking is correct. He applied this to our need to be realigned with God and allow Him to perfect us, so that we can 'drive' in the right direction. Dr Hiskia Missah, being a Pathfinder director himself, spoke to the Pathfinder Club leaders in a separate session.

Pastor Petras Bahadur, SEC Adventist Muslim Relations director, spoke in the afternoon about our responsibility for our Muslim brothers and sisters, and how we can lead them to Christ through our youth

On Sunday there was a youth symposium with a panel discussion followed by Dr Hiskia Missah's presentation on the current situation of youth in society. One of the highlights of the symposium was the action song 'We have the victory' that Dr Hiskia Missah taught the

During the weekend the youth and Pathfinder leaders were challenged to think 'outside the box' and be creative, to teach the young people to aim for excellence, and to lead them to a deeper relationship with God.

SANDRA GOLDING











Holloway investiture day

n Sabbath, 16 March, the hard work and planning by the Holloway Pathfinder Club throughout 2012 came to fruition. It was investiture day.

During the Sabbath School the Pathfinders were admonished to be like Christ, to draw closer to Him every day and to 'Step forward in faith', which was the theme for the day. To commence the worship service and investiture, the Holloway Pathfinders were joined by supporting Pathfinder clubs as they marched in to the playing of the Holloway Drum Corps.

Holloway's pastor, Samuel Ouadjo, welcomed the distinguished guests – the Honourable Ron Ranger of the Veterans Association, Peter McCafferty the Pageant Master and the Deputy Mayor, Counsellor Barry Edwards – then went on to show what a positive contribution Pathfinders make to society.

The Deputy Mayor expressed his delight at attending such an important event for two years running. He said that young people are often portrayed negatively, but that 'You must be doing something

More than twenty-five Pathfinders were invested and more than forty received honours and awards. Special awards for the most Bible texts learnt were given to Sarah-Jane Okea Randika and to Angelique Robinson. The sermon was preached by Pastor Anthony Opoku-Mensah.

The afternoon programme was full – a guiz about Bible characters: a slide review of the year's highlights; and then a moving candlelight induction service welcoming new Pathfinders to the club. SHAMAINE KING, DEPUTY DIRECTOR, HOLLOWAY PATHFINDER CLUB







Great Brickkiln investiture

Great Brickkiln Church made 8 December last year a special Sabbath by investing their Adventurers and Pathfinders in recognition of a year of hard and faithful work. DELVA CAMPBELL



Breath of Life induction

Breath of Life Smethwick Church celebrated their first Adventurer induction service on 9 March. The children presented an excellent programme, supported by the six local club staff and Mavis Griffin. the Area co-ordinator.

The proud parents were also involved in the candle-lighting ceremony, and the local leader, Stacey Gage, said that she was 'extremely proud of all' of her club members.

Promoting The Great Hope: an innovative approach

Faced with a challenge to join in a 'global initiative to develop creative context-sensitive ways to share' copies of *The Great Hope* (the abridged version of The Great Controversy), the Stanborough Park Church audio-visual team decided to grasp the nettle and get on with an idea of their own.

Fifty volunteers aged from 14 to 70 and above were recruited to read the book aloud in front of the department's camcorders. The aim was to produce a filmed version which could be used by members, either as an alternative way of 'reading' the book for themselves, or to pass on to friends and family who they think would be interested in its message.

This innovative project has now been completed; the result can be viewed at Vimeo.com/stanborough/videos and will be appearing soon on the church's website, http://stanboroughpark.adventistchurch.org.uk. It is also possible to obtain it as a set of three DVDs, lasting approximately six hours, at cost price. The team will also consider producing a CD version if there is sufficient demand.

Further details of the project or DVDs can be obtained from spcavteam@gmail.com or by post: c/o Stanborough Park Church, 609, St Albans Road,

17

16



Homeless Night Shelter

Every Saturday night for seven weeks, from 19 January to 2 March, Wimbledon International Church hosted the Homeless Night Shelter, working in partnership with fourteen other churches around the Wimbledon area. Guests came on Saturday evenings and left on Sunday mornings, moving on to another church.

This is the second year that Wimbledon has run the project, and it has been a great success and blessing, to both guests and volunteers. The latter have unanimously agreed to be involved in the project next year. On average there were thirteen guests each night and they were provided with a shower room, clean clothes, dinner and a cooked breakfast, games and positive films: but, perhaps most important of all – interaction with others.

Their individual stories highlighted how many had become homeless through no fault of their own. One described the scheme as a 'lifesaver', a true expression of the 'big society' concepts – helping those who have fallen on hard times, and treating them with respect, because hard times can fall on anyone.

Medical check-ups were also available through one of the members, who is a doctor. The project has had a tremendous impact on the health and happiness of the guests, and has assisted ten of them to find accommodation.

Bury St Edmunds baptism

The district and congregations of Bury St Edmunds, Haverhill and Cambridge met to witness the inspiring baptism of Colma Mitchell on Sabbath, 23 March, at the Cambridge Seventh-day Adventist church. Colma, a former Methodist, was happy to finally join. She was led through her baptismal commitment by Richard



Shone, head elder of the Bury church, and then baptised by Pastor Colin Stewart, at whose invitation five more indicated their desire to be baptised soon.

CAMBRIDGE COMMUNICATION DEPARTMENT, PHOTO BY PARTLY NCUBE

President visits night shelter

An unexpected visitor turned volunteer at Willesden Church's Winter Night Shelter recently.

SEC president, Pastor Sam Davis slipped in without pomp and pageantry to interact with the Night Shelter's guests.

Pastor Sam played Monopoly with the guests and two of the

Pathfinders who were spending the night at the church to help out.

The Winter Night Shelter provides food and a warm place to stay for the homeless during the winter months.

BEA JACKSON, WILLESDEN COMMUNITY MINISTRIES LEADER

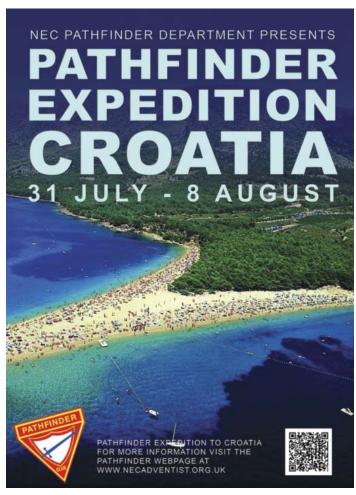


The most profound comment was made by Jack, who said that he had 'forgotten how good people can be in times of need'. Through the project volunteers showed the love of God, and wherever possible shared their faith. David, project organiser, stated that '... Homelessness is an increasing problem. The poor and needy are always among us, and it is part of our wonderful responsibility to fulfil the mission given by our Lord to care for them.'



Outreach in the heart of Manchester

On Sabbath afternoon of the Easter weekend, 30 March, members of Manchester Southern Asia Church, along with its youth and children, went into the heart of Manchester, the city centre, to evangelise through singing and tract distribution. The event took place for about three hours, during which 700 ADC Bible study invitation cards and health tracts were given out. Six copies of *The Great Controversy* and six Bibles were given to some of the more interested members of the public. Those involved in this outreach were spiritually enriched.







YOU2HIM

Over 17-23 March, the Camp Hill and Yardley youth presented a youth week of prayer with a difference under the leadership of Senior Pastor Patrick Herbert and Intern Pastor Jonathan Holder. The programme consisted of drama, Bible study, a quiz night, preaching, a testimony evening and one of praise.

Much was done to encourage participation and the attendees said the You2Him was a blessing.

Natasha Edwards was one of them, and she said, 'it gave me a lift at the time I needed to re-motivate my walk with Christ . . .' and it reminded her that, 'Through Christ all things are possible: even when I myself cannot see it.'

Anton Chisholm was another: 'You2Him provided a real reminder of my duty as a Christian, and the fact that I am just a vessel God will use as He wants to further His work. We are all called to serve, and I will gladly and boldly take up that challenge to maximise what talents God has given to me to hasten our Lord's soon return.'

Camp Hill and Yardley's pastoral team and youth committee would like to thank all of those who supported, contributed and made You2Him a success.

DIONNE BROWN.





Baptism at Leicester Central

The Pathfinders, Adventurers and Eager Beavers' club was out in force at Leicester Central on 16 February 2013, gathered to witness the baptism of seven club members and two adults. The usual big smile of the youngest, Mongameli Nsingo (9), beamed even broader and brighter as he joyfully grappled with a pile of baptismal books almost his height!

Sisters Jenessi (16) and Fea Matturi (14) were joined by Camryn Joseph (10), Geraldine Chanpangara (16) and Seni Papaya (16). The two grown-ups, Alexander Yeboah and Cora-lee Hesky, followed them into the font. Pastor Kumi baptised them all, including his youngest son Daniel (11).

It was an emotional event for the whole church family, because in a world where rejection of our Saviour is the trend, there is something refreshingly uplifting about people, especially the young, who go against the grain to publicly declare their allegiance to Christ.



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THE FUTURE **TOGETHER IV**



7 -10 June 13 Woodland Camp, Essex, England

A camp, only for leaders and Master Guides, where you can share your Master Guide experience with others, discuss relevant issues to pathfindering in Europe and learn new leadership skills.





Music day

On Sabbath, 2 March, Paul Lee (SEC Music director) led the Cambridge congregation in a special music day programme. Starting with his excellent sermon on how important it is not just to sing in worship, but to have a real experience with Jesus, he then charged the local music ministry team – the brass section, the song leaders, musicians, and choir directors – encouraging them to experience first-hand where they want to lead the members before taking them there.

The members were inspired and revived by the music of the church's various choirs and other groups during the day. Paul Lee finished his visit with a music workshop, reminding the members that there are great songs we often don't sing any more, but which still have power to speak to our hearts. All were blessed, and some were even heard singing all the way home! CAMBRIDGE COMMUNICATION DEPARTMENT



NEC Camp Meeting coach service: 17-23 June, 2013, for those living in area from Birmingham to Wolverhampton. Contact Hubert Smiley on 01384213803, 07868288310, 07831958114 or 07736509625; or at: hubert.smiley18@gmail.com.







Are vou ready for a blaze?

On Sabbath, 2 March, Hackney Church's health and safety officers, Doreen Williams and Petra Prince, invited firefighters from the Kingsland Road fire station to talk on how to keep safe in our homes and at church in the event of a fire.

Firefighter Yannick, himself a Christian, gave church members and visitors a list of life-saving tips, many of which may be obtained online at such sites as www.fireservice.co.uk/safety and www.firesafetyforkids.org.

But better still, why not invite your local fire department to visit you as Hackney did? Get the facts from them first-hand. Invite your neighbours and friends to attend and make sure you present the officers with some token of your appreciation for the brave service they provide.

At the end of the Hackney presentation, a petition against the plans to slash the London Fire Brigade's budget was signed by many present. If the plans go through, Hackney's Kingsland Road branch will close. HACKNEY COMMUNICATIONS TEAM

Adventist gets top award

Dr Joan Roseman-Channer of Lewisham Church recently received the Stephen Lawrence Trust's Woman of the Year award during a ceremony held at Goldsmiths, University of London.

She was recognised for her outstanding contribution to the local community, especially for her tireless efforts to share our unique health message with the non-Adventists in the borough.

Her fellow Lewisham members are proud of Joan's achievements and deeply grateful for the 'hard work and kindness' she demonstrates in the local community. DR PETIJI A PETERS



Intelligent Design seminar

ASI-UK and Stanborough Park Church will co-sponsor a seminar on Intelligent Design, at 3pm on Sabbath, 1 June, at the Stanborough Park church.

Professor John Walton of St Andrews University and Dr Alistair Noble, director of the Intelligent Design Unit, will be presenting a scientific and compelling argument as to why life must have been designed by our omniscient God.

In particular, those who feel confused by the relentless propaganda of the prevailing secular arguments are invited to attend. If you would like more information or to book, please go to: http:// adventistwebministries.org.uk/forms/3264/form_submissions/new.

For those staying over lunch, a cup of soup and a bread roll will be available with prior online booking. For those unable to attend, the conveners are looking into the possibility of streaming the 3pm programme – this will be confirmed in *Messenger*.

JIM CUNNINGHAM. ASI PRESIDENT

obituaries

Habib Phares (1928-2013) d. 28 February. Habib Phares was born on 1 January 1928 in Pholriwal,

Jalandhar, in the Punjab, India. When he was 18 years old, he gave his life to the Lord and was baptised in the Seventh-day Adventist Church. He developed his interest in the Lord's work by becoming a Literature Evangelist, and later a church pastor – a role he fulfilled for many years.

He was married to Zarina in 1947 and they were blessed with five children (four sons and one daughter). When Habib came to England in 1975 his interest in the Lord's work continued and he served for many years as a respected elder of the Langley church. He leaves behind his lovely wife, five children and eight grandchildren, who are consoled with the thought that he will rest peacefully till Jesus comes.

ROHEET SUBRAI

John William George Barnard (1931-2013) d. 8 March. John William George Barnard was born on 27 November 1931

in Rawalpindi, northern India, where his father was serving as a major in the Rawalpindi Rifles and his mother as a sister in the Queen Alexander Royal Auxiliary Nursing Corps.

As quite a young boy he was sent to the UK to be a boarder at the St Lawrence School. Ramsgate, and during the school holidays he lived with his paternal grandmother in Swingfield, Kent. When the war started John was evacuated to Northamptonshire.

From an early age he showed a deep interest in nature, caring for

his grandmother's chickens and working in the garden. He also gradually gained a deep love and knowledge of music, and accumulated a very large collection of classical recordings.

John attended Newbold College in Bracknell between 1957 and 1961, from where he graduated with a Theology degree. It was there that he met Marion Byrne-Daly (whose father had worked for Burma Shell in India) and on 28 August 1963 they were married in the Seventhday Adventist church in Ealing.

As a wedding present Marion's mother paid for them to sail to America, where John graduated with an MA in Science from Andrews University in Berrien Springs, Michigan.

On their return to England he accepted the post of Preceptor at Stanborough Secondary School in Watford where, with the help of Marion, they cared for the boarders. For the next thirty years he taught Bible and Biology, and after retirement stayed on to assist in the library. His students testify that he was greatly loved by all the pupils.

Marion was interested in tapestry work, and many beautiful examples of her work hung on the walls of their home. She died in 2001 and is buried in the North Watford Cemetery.

His garden, with its many fruit trees, greenhouse and many flowers, was his great interest and joy. He was looking forward to sitting in it this summer, but it was not to be, as he died in Hemel Hempstead Hospital after a short illness on 8 March this year.

The funeral service at Stanborough Park Church on Wednesday, 27 March, was conducted by the church pastor, Jacques Venter, assisted by Pastor James Huzzev. This was followed by the committal at the North Watford cemetery, where he was buried in the same grave as Marion to await with her the call of the Life Giver. FRANK BLEWITT



Congratulations

Pastor Brian Pilmoor (92) recently went on a twelve-hour flight to Bogotá (Columbia) in South America, to conduct the marriage of Gareth, his grandson, to Manuela. They originally met in the London Central church. Gareth is the son of Roy and Sandra Pilmoor of Newbold Church.

BRIAN PILMOOR

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Worship in the bar!

It was a shock to learn that, instead of meeting in one of the nice meeting rooms in the hotel, we would hold our Sabbath worship in the bar!

And that is exactly where we gathered – twenty-three retired British Union Conference workers, on holiday in Paphos, Cyprus, with several British expatriate friends of the group who are now living on the island. The bar remained open, but the peace of the meeting was maintained.

The familiar hymns sung by our group permeated the busy hotel fover as we worshipped, so much so that after the service one of the receptionists told our speaker, Pastor Jim Huzzey, how much she enjoyed the service, and asked him about our beliefs. The Lord had turned an irritation into a witnessing opportunity. MERVIN LEICESTER



Gospel music lovers from far and near enjoyed an evening with 'Paul Lee and friends' at Stanborough Park Church on the evening of 23 February, the latest in the church's current 'Winter Concerts' series.

This excellent programme featured 'some of the premier SEC Gospel artists across a wide cross-section and [many] sub-genres of Gospel music' according to the publicity material, and it more than exceeded the audience's expectations.

Accompanied by Ken Burton, Paul's 'friends' included soprano Ullanda Alexander, baritone Everol Dixon, tenor Bobby Carr, Debra-Elaine Simpson and The Adventist Vocal Ensemble.

The concert broke all-time records for attendance and the 200 souvenir programme covers disappeared long before the concert began. Attendance was estimated at around 300.

The offering taken during the concert raised a total of £1,500

for the church's Development Fund, which was increased by £220 through the sale of refreshments afterwards. JUNE COOMBS



Aberdaron Advent Campsite Glan-yr-Afon, Aberdaron, Pwllheli. Gwynedd, LL53 8BT

T: 01758 760281; F: 01758 760557 www.aberdaroncamp.com enquiries@aberdaroncamp.com

Volunteers required: Aberdaron Advent Campsite requires volunteers to help during this summer for a period of 6 to 10 weeks.

Duties include: hall set up, kitchen wash up, kitchen porter duties and toilet block cleaning.

To apply please email: enquiries@aberdaroncamp.com.

One man and his **dog** (part 2 of 3)

After the Oldham members helped Kevin and Stella (his dog) with food and kindness, two people arrived at the church saying that Kevin had said they could get some food there too. For several weeks we gave them plates of hot food, then a few cans of food to take away, and before we knew it we had to prepare a room at the side of the sanctuary to accommodate the growing number of hungry visitors – some eager to chat about our beliefs too!

So far we have a list of twenty-one such visitors –

each with a special story to tell – and we know there will be more to come. One 40-year-old had been in more than thirty prisons up and down the country from the age of 13. In fact, Christmas 2012 was the first one in a ten-year stretch that he had not spent in prison. Another person, disabled with only one leg, has had his wheelchair stolen and must now get around on crutches.

Our needy visitors make regular prayer requests, and seem to enjoy our Bible promises and words of encouragement: so much so that we found ourselves praying for another dog – a really sick dog – Gee. Praise the Lord, because Gee made such a remarkable recovery that he was brought back to church to show us the results of our prayer . . . but the story doesn't end here. . . . To be continued . . .

MAUREEN CLARKE



Stewardship day

The Sabbath of 23 February was a memorable one at Cambridge Church due to Deborah Harris's stewardship day presentation. With dynamic church interaction and a good slice of humour, the congregation got the message of how to deal skilfully and wisely with the resources at their disposal. It was a timely reminder of how to be responsible for all that God has entrusted to us. The event was planned by local Stewardship leader Elvis Williams and his team, and included an afternoon workshop about 'squirrels, tortoises, hares and owls', which were used as symbols for the financial strengths and weaknesses of four personality types. Deborah showed how these different types can work together in a church environment, supporting each other to make the most of the resources on offer.

CAMBRIDGE COMMUNICATIONS

Do you have the ten-volume set of The Bible Story by A. S. Maxwell and/or My Bible Friends? A family would like to buy them to use with their children. Please contact Viv Vine on 01933 275922.

Messenger

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Sunset

Sunset times are reproduced with permission from data supplied by HM Nautical Almanac Office.

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Apr	26	8.16	8.28	8.24	8.42	8.48	
May	3	8.27	8.40	8.36	8.56	9.02	
	10	8.39	8.51	8.48	9.10	9.14	
	17	8.49	9.01	9.00	9.23	9.27	

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