



Photos: © Matthias Müller/STIMME DER HOFFNUNG

Youth: 'Become owners. Take responsibility,' says GC President

do want to hear what the young people have to say to us.'

During the ensuing hour, Pastor Paulsen addressed a wide range of topics raised by the studio audience and invited further questions via the Let's Talk website.

One of the first questions asked was about the composition of the delegates at the 2005 General Conference session in St Louis, Missouri, the world church's

quinquennial business meeting. How many would be young people?

'Delegate selection is done by the church globally. We've asked them not only to pick people elected into office; select some who are young, and also some women,' Pastor Paulsen said, adding that 'we had a short list of twenty-five or thirty vacant slots that were appointed by our [world] headquarters. I said I wanted at least eight of these to be selected under 30 years of age . . . and that was done.'

Encouraging youth participation in church life was a major theme of the broadcast. Asked about tensions created between new churches and older congregations, Pastor Paulsen acknowledged that this is a situation sometimes encountered all over the world.

However, he added, 'I am delighted that so many young people take initiative in establishing a community in the name of the Seventh-day Adventist Church that will attract strangers. Maybe there are some tensions that will cause headache, but I am delighted this is being done.'

He continued: 'If we pray for each other more seriously, we will judge each other less frequently.'

Several audience members raised the matter of inter-church relations. Pastor Paulsen emphasised the need for understanding: 'There should not be a battle between me and Christians of other churches. I am, as each one of us should be, a spokesperson for Christ. [We should] accept the honesty and sincerity of other people, even though we may disagree with them.'

Asked about the recent events in the Roman Catholic Church, Pastor Paulsen said, 'There is no doubt that the new Pope will have an enormous impact on society. I will wait and see what the future holds.'

Confronted with the question of how the church can speak out on homosexuality without seeming homophobic, Pastor Paulsen emphasised the Bible's teachings against homosexual practice, but also noted a need for grace.

'If the Lord was going to start out with only loving, perfect people, I for one would be in trouble,' he said. 'If we minister to them all . . . those who have this tendency may see a better way, but while they do that, we see them as human beings who have great value to God.'

Before concluding the programme with prayer that God would strengthen young people, Pastor Paulsen counselled his audience to become active in church life.

'As you grow and develop and mature in that, also the church's dependence on you will grow. The worst you can do is pull back and be a spectator,' he said.

Let's Talk – Europe is the third of a series of unscripted, unedited conversations between young people and their church leader. The previous two were held in the United States.



Graham Pilmoor

Let's Talk – Europe

Four young people travelled from England to attend the event: Graham Pilmoor, Fredrick

Lillback (a student missionary working in the Stanborough IT department with Kevin St Cyr), Belinda Stojanovic (from St Albans church), and Remona St John (Willesden church).

Speaking on Wednesday 27 April from the BUC office, Graham Pilmoor said, 'We flew to Frankfurt the day before the show and were taken to the student dorm where we stayed overnight. On Tuesday afternoon we went to the church where they had built the set and did some preparation

Young adults in the Seventh-day Adventist Church must 'become owners, take responsibility . . . in your church, in your congregation,' Pastor Jan Paulsen, world church president, told a multi-national audience of European Adventist students during a live broadcast on 26 April. The programme was held at Marienhoehe Adventist church on the campus of Marienhoehe College, Darmstadt, Germany.

Called *Let's Talk – Europe*, the broadcast, hosted by Gabi Ziegler, featured church youth from twelve European nations and was aired via the church's Hope Channel television service globally.

'Two thirds of our global family are under 32 years of age. We haven't done very well in linking with them,' said Paulsen. 'I cannot do it all, but I

SEC Church Treasurers' Retreat

It was 4 March and, although we assumed that the last fling of winter was over, flakes of snow were falling, but showers of rain cleansed the slush as treasurers from across South England made their way to Staverton Park for what turned out to be a most memorable weekend.

Edward Cole said, 'I found it very useful, informative and enjoyable. It was pleasant to meet other treasurers in the conference and to learn from them. I came away on Sunday feeling better equipped, spiritually refreshed, and equally significant, highly motivated and inspired to do all that God has entrusted me with. For me, in one weekend, the treasurer's role went from routine to dynamic. As a result, the kind of words that underline everything I do as a local treasurer will be something like . . . transparency and accountability, building trust in the handling of money in our purpose of accomplishing God's work.' (Wimbledon)

Thelma Chalcraft said, 'Staverton Park gave that extra special touch of importance to the occasion, altogether a feast of good things for body, mind and soul. This being my first experience, I admit to hungrily lapping it all up from beginning to end, gaining a refreshing insight into my

role as a local church treasurer. I am very grateful for being shown how to perform my task more effectively.' (Ipswich)

Jennifer Phillip said, 'As a newly-appointed member of the treasury team, I found the weekend workshop helped me to gain more of an insight into my role. The weekend began with a thought-provoking devotional, followed the next day by Sabbath services.

'An invigorating walk after lunch in the snow was followed immediately after Sabbath with workshops which included practical exercises to replicate the day-to-day workings of the treasurer in the local church. The planning and forethought for the weekend was evidenced by the package provided for each delegate which included seminar materials, calculator, pen and letter opener engraved with the SEC logo.' (Willesden)



Pastor Maurice Musgrave

Peter Walton said, 'Some of your church members have taken on the mantle of dreamers and prophets.' That was the startling revelation made by Victor Pilmoor in his capacity as BUC treasurer. In his instructive and inspirational closing address he invited the treasurers to envisage the church budget as representing the 'Church's Dream – with price tags' and challenged

them to employ the prophetic characteristics of political awareness, wisdom, vision and foresight in developing a budget worthy of that dream and a call for a return of covenant commitment: revolutionary ideas, perhaps, for a church office, the importance of which is often understood but rarely acknowledged.

'Sabbath hours were enriched by talks delivered from both ends of the age spectrum. From fresh thoughts spoken with enthusiasm by Samuel Neves to more measured words of wisdom delivered by senior guest treasurer Pastor Maurice Musgrave.

'Practical tasks were outlined by Conference treasurer Earl Ramharaksingh, who gave the delegates some welcome recreation with calculators, a bank statement, cash book entries and a reconciliation exercise. Earl stressed the importance of demonstrating trustworthiness by keeping accurate verifiable records and regular reporting.

'The essential and timely topic of adequate insurance for the church and all its activities was presented by Corinne Lanquetuit of the Adventist Risk Management organisation, who outlined the new ARM policies and how they are applied. Her comprehensive presentation was followed by a wide-ranging question time in which she was able to explain how many common situations that arise in church life can be properly insured or resolved.

If you are not sure if a church activity you are involved with is properly covered by insurance, your local church treasurer is your first point of enquiry.

'The weekend has highlighted the heavy responsibilities borne by local church treasurers and revealed the importance of training to enable them to meet the demands of both financial and risk management.' (Stanborough Park)

South England Conference treasury team would like to express their gratitude for the co-operation and enthusiasm generated by church officers and the local treasurers, 'stewards of a faithful people' in this area of responsibility. As we revive, with new energy and a new ethos, our sense of responsibility, let us go in faith, not wavering, for the task is not ours but the Lord's.

DONNA BERNARD, SEC Treasury



Healthwise

A beach too far

About this time of the year many people start to plan a trip to the beach, but if you're contemplating the *South Beach diet*, forget it! There is enough evidence in from around the world to show that either markedly *decreasing* carbohydrate intake, or dramatically *increasing* protein has *adverse* effects on one's health.

There has been time enough for researchers to show that the *Atkins Diet* – and its more recent successor the *South Beach Diet* – may encourage short-term weight loss but at the expense of later harm to the various body systems. The initial weight loss comes from the reduction in calories.

Studies in the US put the average American consumption at about 2,250 calories a day. Typically the above-named diets reduce the intake to around 1,450 calories daily – 35% fewer calories – hence the weight loss.

The dieters do not learn good eating habits for life or, generally, engage in an exercise programme. During the first six months of dieting, subjects have reported constipation; bad breath; headaches; hair loss; and increased menstrual bleeding. Children and young people placed on the diet by concerned parents have also experienced health problems including calcium oxalate/urate kidney stones, vomiting, missed periods, high cholest-

erol, and vitamin deficiencies.

Both adult and child dieting has produced 53% urinary calcium excretion thus spelling disaster for later bone health, a fact noted by Australian researchers. These same investigators also found an increase in heart arrhythmias [irregular heart beats]; impairment of contractile function of the heart; kidney damage; increased cancer risk; lipid abnormalities; impairment of physical activity; and sudden death (around 60 women died). To overcome these effects somewhat Atkins dieters may have to take over 30 pills a day!

The data now in from the *China Study* confirms that a diet high in complex carbohydrates (carbohydrates that have not been refined as in sugars, flours, etc.) is the diet that best pro-

TECTS one's health. That diet is the whole-food vegetarian diet that the Church has advocated for around 150 years, with a minimum of dairy intake.

China Diet co-ordinator of research, Cornell University's head of nutrition Professor T. Colin Campbell, says: 'The South Beach Diet is pitched as being more moderate, easier to follow and safer than Atkins, but from what I can tell, the weight-loss "wolf" has just put on a different set of sheep's clothing.'

So if you are thinking of visiting the beach this year the *South Beach* may just be a beach too far. You can pick up nasty things on beaches!



with Richard J. B. Willis, BUC Health Ministries director

Confronting Fierce Faces



with David Marshall

Being short-sighted has its advantages. I can still see my congregation, but only in general terms. I can't pick up on individual facial expressions. When I still could, I used to find some faces decidedly off-putting. Know what I mean? Fierce faces with eyes glaring!

Tony Campolo has excellent varifocals and he can still see everybody, fierce faces and all. He tells the story of how, when he stood up to preach one week, a female face on the left side of his congregation was so fierce he resolved to preach his sermon exclusively to the right-hand side.¹

There was a problem. As soon as he began to do so, a female face that was equally fierce appeared on the right side, too. As he looked at it, he was struck by its resemblance to the female face on his left side. That day he preached his sermon exclusively to the central aisle.

After the service he checked with the church elder. As soon as he mentioned the fierce faces, the elder knew exactly whom he was talking about. 'They're sisters!' he said.

'So why don't they sit together?' asked Campolo.

'They've had a row,' said the elder.

'Good thing they don't live together,' responded Campolo.

'They do!' said the elder.

Campolo, the visiting speaker, set himself a challenge. To make the fierce faces smile – *at one another*.

Though incredibly people-skilled, Campolo reports failure. Know why? The row that the sisters had had was twenty-five years old! Their fierce faces had, you might say, set that way. The sisters lived in the same house and shared the same facilities (kitchen, bathroom) but scheduled their lives in such a way that they rarely met and, when they did, they averted their eyes and didn't speak. Lawyers handled their relationship, even to the point of paying their bills (gas, electricity, rates).

From time to time one fierce-faced lady would open the letter on the doormat and find it was from her fierce sister's lawyer and that a new concession, sometimes money, was being demanded.

Each sister would make occasional visits to town. In town she would see her lawyer. Some lawyers might have counselled reconciliation. But both sisters retained the sort of lawyer who thought reconciliation was bad for business. They made it *their* business to talk up differences. 'You've got a case!' they would say. 'Take her for all she's got!'

Campolo discovered that both sisters, though each considered herself spiritually superior to the other and every other member of their congregation, were a scandal to the whole community. From time to time they faced one another in court and a judge would, with some embarrassment, arbitrate between them. Such stand-offs made the papers. Can you imagine the treatment they gave the story?

What had the original row – the one twenty-five years previously – been about? Campolo asked, but was brushed aside with 'That's not the point!' and treated to a litany of legalese. The women no longer spoke in standard English.

Campolo learned that each sister had a tiny coterie of sympathisers in the congregation. When he contacted the pastor with a view to bringing the two sisters together, the pastor wept. He had, of course, tried to do so many times previously. He was acutely aware that his congregation could neither grow numerically nor spiritually while the warring factions remained. But, in some way, the church had become the 'turf' that each of the factions meant to win.

So who *did* win? Neither sister. No one. Well, *almost* no one. Two lawyers in the community became rich and, in Campolo's words, 'Satan was overjoyed.'

How did the story end? Campolo does not say. All stories – if we pursue them long enough – end in death. There is no information to indicate that the sisters ever made peace. Medical evidence suggests that sustained periods of negative emotions are ideal for the development of various forms of cancer. So, who knows, their failure to extend grace and forgiveness to one another may well have foreshortened the lives of both of them.² However, whatever effect unforgiveness had on the *quantity* of their lives, it was sudden death to the *quality* of their lives. Beyond that it had a depressing effect upon the life and growth of a congregation. Beyond that, further, it made the name of their church, and of the cause of Christ, a byword in a community.

Grace is the undeserved favour of God. But grace is also something Christians are expected to show to other people – including one another.

In Corinth Paul found a powerful 'freedom lobby' made up of 'proud, competitive and assertive people'. This lobby resulted in the prevalence of sexual laxity and litigation, among other things. Paul told the Corinthian litigants that they were flaunting their failures, forgetting their destiny, and betraying their calling. Commenting on 1 Corinthians 6:1-8 David Prior writes, 'The combination of asserting my rights and passing judgement on everyone else is one of the most insidious tendencies in the church of God. Both evils should have been transcended through the redemption which is ours in Jesus Christ.'³

'Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you,' Paul wrote to the Ephesians (4:32).

Who benefits when we forgive, and forgive totally?

We do.

To read the New Testament without seeing the

message of forgiveness is like sailing the Atlantic without seeing the water.

The motive to forgive comes from Jesus' example and teaching. The power to forgive comes to those who realise God has forgiven them and, in the light of that, have chosen to pass on that forgiveness to others. And the power to forgive is an unnatural power, because it's a supernatural power: it comes from the Holy Spirit.

And it is one of the most blissfully liberating experiences life affords.

It is, of course, bad for the legal business. No lawyer gets rich through the exercise of total forgiveness. It is also bad for the devil. But it's good for *you*. It will wonderfully transform the expression on your face, the quality of your life and the life and witness of your Church.

Ever complained that there aren't many miracles in the Church these days? The blind not made to see? The ears of the deaf not unstopped?

The equivalent of such a miracle would be if you, through the power of the Holy Spirit, forgave someone who said bad things about/did bad things to – you. It is the equivalent of seeing the dead raised.

And the person who gets the benefit is not only the one who is forgiven but the one who does the forgiving. Ungrace and unforgiveness destroy lives. Grace and total forgiveness liberate far more than your facial expression.

References:

¹This story is based – very loosely let me admit – on a story Tony Campolo tells in *Let Me Tell You a Story* (Word, 2000). ²See Harold Koenig, Michael McCullough and David Larson (editors), *Handbook of Religion and Health* (Oxford University Press), Part 3, 'Research on Religion and Mental Health'. ³David Prior, *The Message of 1 Corinthians* (WIP), pages 105-113. See also *SDA Bible Commentary*, vol. 6, pages 694-698.

'The time was right'

... was the sentiment expressed by Nicholas Blackburn, one of thirteen new members who joined the Brixton church family through baptism. He further commented that it was his desire to continue to serve the Lord as long as he was able and would encourage other young people to do the same.

The baptism came on the heels of a two-week campaign entitled 'You Can Make It', held from 12 to 26 March. A number of inspiring speakers, including Pastors Richard Jackson, Richard Holder, Ian Sweeney and Stephan Burton-Shnüll, presented the love of Jesus Christ in a clear and decisive fashion during the first week of the campaign.

During the second week, Pastor Eugene Lewis was the main speaker. Pastor Lewis, who was accompanied by his wife Johnette, currently serves as the pastor of the Emerald City Community Church in Seattle. He embraced the theme, and each night, except Thursday, those who were present were deeply moved and richly blessed with biblical and real-life truths substantiated by a number of his own life's experiences.

The campaign was further highlighted by the singing evangelist, Cynthia Palmer, an international gospel recording artiste from Mississippi, USA. Cynthia attested that eight years ago the Lord called her to her ministry of music and without hesitation she resigned her job and took it up full time. As the singing evangelist for the campaign she warmed the hearts of all who had the privilege of hearing her proclaim the Gospel of Jesus Christ through songs.

At the end of the campaign thirteen people were baptised by Pastor Hamilton Williams: Trevon Durkey, Andrew Armadi, Richard Ramsey, Osheen Coates, Samuel Prendergast, Clovis Nairn, Christiana Campbell, Natisha and Omar Scarlett, Nadine Murray, Nicholas Blackburn, Walford Goodison and Sullivan Samuels.

JOAN REID



Comrie girl raises £400 for hospice

Eleven-year-old Mariann Walker from Comrie has raised the incredible sum of £400 for Rachael House Children's Hospice. Mariann attends the Crieff Adventist church, and all the children in her Junior Sabbath School were challenged by their leader Moyra Rodd and her dedicated team of helpers to raise money for charity. Mariann chose Rachael House Children's Hospice as her charity and then began to think of ways of raising money. She bought a considerable number of tubes of *Smartie* sweets, which she decorated and gave to friends, family, church members and anyone else she could think of. She then asked them to fill the tubes with coins. She admitted she ate all the sweets before giving the tubes away! Much to her joy the money began coming in, and also one large donation. When all the money was counted, it amounted to £400.

The other children in the Junior Sabbath School also brought in £350 for their Mission offering. Moyra wanted to challenge the children to think how they could help other children who had great needs. A further £450 was raised by the class for the tsunami appeal. The children were also asked to bring any of their toys and to get their parents and friends to find bric-a-brac and then to help sell these in a jumble sale. The manager of Penny Lane Co-operative kindly allowed them to have the sale in the enclosure in front of his store.

BOB RODD

Hot Cross Buns

Between them the Llandrindod Wells church plant and the Hereford church gave away 450 hot cross buns on Good Friday. Passersby were wished a 'Happy Easter' and given a bun on a serviette that contained the following message: 'Why a cross on a hot cross bun? Traditionally eaten on Good Friday, when Jesus Christ was put to death, the bun's cross reminds us of what Jesus did for all mankind – including you! Just a story or the most significant event in all history? There's more to a hot cross bun than you realise and there's even more to Jesus Christ than you think.'

ROSEMARY LETHBRIDGE

Norwich newcomers

It was party time for the Norwich church family on the weekend of 29 January. Our social committee gave us a good mix of entertainment in the form of quizzes, jokes and spoofs. Glyn as usual put his inimitable stamp on the proceedings, if

the whoops and gusts of laughter were anything to go by. The party also helped us to get to know better the swirling membership of newcomers whom we are so happy to welcome into our midst. Because Norwich is a university city, we are blessed with a multicultural church. The early part of the evening was

given over to games and activities led by Freda for the children. The rise in decibels showed that they were having a wonderful time. A big thanks to Beryl and her team for the splendid refreshments which were enjoyed by all. The joining of hands for 'Auld Lang Syne' encouraged the feeling of warmth and friendship as the evening drew to a close. As Washington said, 'Let's do it again – soon.'

SHEILA REID

Baptism after pastor's 'close call'

It was an afternoon of rejoicing at Ilford church as Letoria McCarthy (affectionately known as Pearl) took her stand for Christ in baptism on 16 April.

Pearl had been attending church for over a year with her dear friend Alma Hall and, over a number of months, had faithfully studied the scriptures under the guidance of our head elder, Gladstone Austin.

Pearl was reminded in the baptismal address that her duty was to remain faithful both in times of peace and tribulation; and, in song, to 'hold fast' till Jesus comes.

Our pastor, Nigel G. David, Snr, who himself had a 'close call' following a car accident just the night before, resulting in injuries to himself and his daughter, bravely came out to immerse Pearl in the watery grave of baptism.

We had the privilege of watching Pearl emerge as a new creature in Christ, representing another 'jewel in the crown'.

COMMUNICATION DIRECTOR

Woodford Green baptism

Fiona Wright and Judith Mills went to Plaistow Adventist church on Sabbath 26 March to be baptised. They are from Woodford Green company. Plaistow also had a baptism.

Judith Mills was renewing her commitment to the Lord; she had studied with Pastor Rodney; and Brother Belliot spoke of Fiona's encounter with Jesus and encouraged her to let Jesus take her all the way.

The Communication department of Woodford Green produced a DVD for Fiona and Judith as a souvenir of the day.

Pastor Felix McPherson baptised them and Pastor Rodney was master of ceremonies. The pastors were no strangers to either church as they

are the pastoral team for Woodford Green, Plaistow and Dagenham churches.

DAVID SHONFIELD

Hanwell baptism

There was unbridled joy in Hanwell church, West London, and most probably in Heaven too, when Daphne Patience declared her love for the Lord Jesus Christ through baptism on 5 March.

Daphne, a 25-year-old Ugandan student, was introduced to the Adventist faith by friends Nikita and Trevor. She had watched Dr Walter Pearson's inspiring messages from the NET 2004 broadcasts and had also responded to an altar call at a previous baptism. The picture shows Hanwell's pastor, Valdeir Aguiar, conducting the baptism.

COMMUNICATION DEPARTMENT



Golden wedding

During March the Newark group were happy to share in celebrating the golden wedding anniversary of Gwen and Dennis Archer and they were presented with a gift from Newark members. Growing up in the Watford area they were married by the late Pastor A. W. Cook in the Watford Town church on 28 March 1955. They moved to Grantham with The Stanborough Press in 1966 and Dennis eventually became manager. Dennis has spent his life working for the Lord – always with Gwen by his side. However, it was their Friend and Saviour Jesus Christ who, throughout their years together, has been with them every step of the way. They recalled the words of one of the hymns sung on their wedding day: With so blessed a Friend provided/We upon our way would go/Sure of being safely guided/Guarded well from every foe.

A truly Christian marriage that is an example of love, commitment and service to all.

EDWARD JOHNSON

Newbold Arts Festival

Newbold's week-long Arts Festival in April included music, art, drama, fashion, and a lecture on garden architecture and history.

The week began with a lecture by Dr Harry Leonard, former head of the Humanities Department who now heads the Committee for the restoration of the Moor Close Gardens which surround Newbold's Women's Hall of Residence. Dr Leonard talked

about the history and architecture of the house and gardens, and the effort to restore the gardens to their original state by 2017.

The Festival continued with a display of Art by students and staff in the staff lounge and the Arts Festival concert in the church centre on Friday night. The week concluded with a fashion show in Salisbury Hall auditorium. Members of the College Drama Society modelled some of the costumes for their forthcoming production of T.S. Eliot's, *Murder in the Cathedral*, about the life and death of the twelfth-century Archbishop of Canterbury, Thomas à Becket.

HELEN PEARSON



were given the right hand of fellowship: Mbani and Sikanyisile Dube, Rose Odhiambo and Atkins Rukatya. It was a memorable day for all present.

JOHN DILLON

Aylesbury baptism

On Sabbath 9 April the Aylesbury and Oxford churches joined together in Oxford for the baptism of Carol Chikwaya. Carol has been attending the Aylesbury church regularly and joined the Bible class that began in May 2004. She studied the full calendar of the church doctrines with Pastor David Spearing and the

Aylesbury church elders, and during the course of the studies requested that she be baptised. It was agreed that she could be, but she decided to finish the studies first.

Carol was baptised by Pastor David Spearing in front of a full church. There were four other Aylesbury members present who

Roundelwood Health Spa Manager

The British Union Conference is looking to appoint a new manager for the Roundelwood Health Spa, Crieff, Tayside. Candidates for the post should have a proven success in business management and be sympathetic to the ethos and mission of the Seventh-day Adventist Church. The position requires a team player with strong entrepreneurial and adaptable interpersonal skills with a flexible approach to work.

Please send CV to Health Ministries Director [Executive Secretary], BUC Offices, Stanborough Park, Watford, Herts. WD25 9JZ. Telephone 01923 672251.

Closing date for applications: 30 June 2005.



From left to right: Ossie Thomas, Atkins Rukatya, Mbani Dube, Rose Odhiambo, Carol Chikwaya, Sikanyisile Dube, John Dillon, David Spearing

Stanborough Teacher Runs London Marathon



On Sunday 17 April staff and friends lined the streets of London to support Stanborough School's Physical Education teacher, Russell McKie, on his first ever London Marathon run. Russell ran for the Stanborough School sponsored charity 'Dinnertime', which was set up by the School's music and drama teacher, Deborah St Cyr, and funds lunch meals for the Kyaiiku Primary School in Uganda. Russell completed the London Marathon in 4 hours 19 minutes and 20 seconds, and raised over £1,000 for the charity.

Speaking at the school, Russell explained that he had dreamt of running the London Marathon for many years. 'This was the fourth year in a row that I have applied to run the Marathon, and I was really pleased when I got the confirmation in mid-November last year. I started training seriously in December, running three times a week. Initially I would

do six miles on Tuesday and Thursday evenings, and ten miles on Sundays. Pretty soon I was able to increase this to eight miles on each evening and thirteen on Sunday, together with other general fitness training such as swimming, weights and cycling. By the beginning of April I was doing eighteen miles on Sundays and finally, on a trip to Scotland, I did twenty-two, with my dad coaching from a bike. My target time was anywhere between four and four-and-a-half hours, so I wasn't too disappointed with my final result.'

Not only a fitness enthusiast, Russell is also a vegetarian who is careful about his diet. 'Marathon training requires a special diet', he said. 'In the week before the Marathon I had three days of high fat and high protein, and then it was four days of carbohydrate loading. On the day itself I had my usual hearty breakfast, mainly cereals,

and then just drank lots of water.' Running the London Marathon might have been a personal ambition for Russell, but it was the support he had from the School which helped him to keep going. 'My colleagues and the kids at the School were very supportive', he said. 'When I was running, especially when the going got tough, it was great to know that they were out there among the crowds, or back at the school watching it on television. But the support they gave me was typical of the support they give to many good causes. It's a great school!'

LORENA SIMIONESCU

David Runs for AMR

David Ferguson completed the Flora London Marathon this year despite medical advice to the contrary, running on behalf of the charity *Action Medical Research*. His problem was a painful knee condition that had wreaked havoc with training for the event, yet he completed in a respectable time of around 4 hours 20 mins, raising to date some £600 for the charity.

David very much appreciates the generosity of Grantham church members, and that of three members of the Adventist Business & Professionals' Association (who each gave £100), and would like readers to note that donations can still be forwarded to him (c/o Grantham church) until the end of June.



Growing Churches Naturally

Presented by the Church Growth Department of the North England Conference, the day will focus on Discovering Church Planting

Sabbath 4 June from 9.45am
Grantham church
 Dudley Road, Grantham

Guest speaker Pastor Bertil Wiklander, president of the TED
 Phone Pastor Paul Haworth on 0121 3512188

Special Needs Camp

10-17 July

We have vacancies for carers and staff, and for medical, kitchen and laundry services. If you would like to work for a week in beautiful Aberdaron please contact Joy Bussey, 2 Shakespeare Street, Watford, Herts, WD25 5HF, Tel 01923 461044.

Do not hesitate to contact me for more details.

Joy Bussey

ABC of Parents at Prayer

Family prayer time getting stale? Try praying this way!

by Karen Holford (adapted from *The Family Book*)

with additional material by Anita Marshall

Alphabetically

I praise you, God, because you are Amazing, Beautiful, Creative, Delivering . . .

Go through the alphabet together, finding aspects of God to praise. You can take it in turns to find one aspect per person, or brainstorm as a group, exploring each letter until you can think of no more words.

Boxing clever

Thank you, God, for a great day . . . Wrap a box in attractive paper and decorate it to look like a present. Using large coloured stickers, let everyone write thank-you notes to God for the gifts he has given them. Then let everyone stick their notes onto the gift box.

Contemporarily

Thank you, God, for computers! Buy a book of contemporary children's prayers, and let everyone choose one to read aloud, OR write a favourite prayer using a computer graphics programme, on pre-printed stationery, or illustrated by hand.

Deliciously

Thank you. Sorry. Please. (The teaspoon prayer, or tsp.) Pass a teaspoon round the family and get everyone to say a short prayer beginning with Thank you, sorry, or please. As an added incentive for tiny ones (or not so tiny!), a small sweet or piece of fruit could be placed on the teaspoon as a treat – after the prayer has been said.

Editorially

Dear Lord, this is my book of days . . . Give each member of the family a

small notebook, and get each of them to write a 'book of days', in which they tell God what they most like doing. Little ones can be encouraged to draw or cut-out-and-stick-in pictures, or use stickers, to show what they are interested in.

Familiarly

Dear Dad, I gotta offload this . . .! Encourage your children to talk to God as they would talk to a friend, whether what they tell him makes them happy, sad, or drives them mad. They can also thank him this way, or say sorry.

Geographically

Dear God, I've been thinking about the people in Africa [wherever] . . . Everyone thinks about a different area of the world, and prays for the people there. Get them to do a bit of research in advance, and try to find pictures of the land and peoples prayed for, using these as visual aids during prayer time. These can be posted on a noticed board in the kitchen so the people are kept in mind.

Healthily

Dear God, please make Grandma better . . . Write prayers for sick people on small strips of paper. Roll them up and keep them in a jar, like bottles of tablets. Every now and then tip out the paper 'tablets' and see who has got better. Stick a star on those prayers, and keep adding new 'tablets', remembering to thank God for making Grandma better!

Interactively

Dear God, see this photo? It's Anna. I want you to bless her with a new father . . . Make a small prayer bag and fill it with objects that can help remind the children what to pray for. Let each person choose one or more objects from the bag, and then use the chosen items to direct their prayers.

For example, include photos of people to pray for, plastic food as

reminders to thank God for meals, a toy car to remind them to pray for safekeeping when on the road, etc. And do let the children add items that they have chosen to represent some aspect of prayer.

Jesus-filled

Dear God, Please help me to get to know Jesus better as my Friend/Brother/Saviour . . . Ask everyone to say a short prayer telling God how they'd like to get to know Jesus better as one of the above (or other relationship). Give older members of the family a sheet of paper each, and then, after they've prayed, ask them to write down why they need Jesus in the way that they have prayed.

For example: I need to know Jesus better as a friend because then I wouldn't feel shy about introducing him to others. Or, I need to know Jesus better as my Saviour, so that I can understand just what he did for me at Calvary.

Kindlily

Dear Jesus, Jenny is having problems with _____, please help her to be kind to _____, and show her how to become _____'s friend. Ask your child/children (or even adults members of the family) to name someone with whom they can't get on. Help them to express why this might be, and how they think they could change things, regardless of who is to blame. Then pray for the named person accordingly.

Lovingly

Dearest Jesus, you know I love you. Help me to love you more by . . . Ask each member of the family, as they feel they can, to pray the above prayer, and then specify how they can love Jesus more, for example, by being more loving themselves, by praying each day, by reading the Bible, by inviting a friend to church, etc.

Cut out some heart shapes, and get each of them to write inside the heart how they want to, or could love Jesus more.

MORE!
 The rest of the alphabet is up to you.

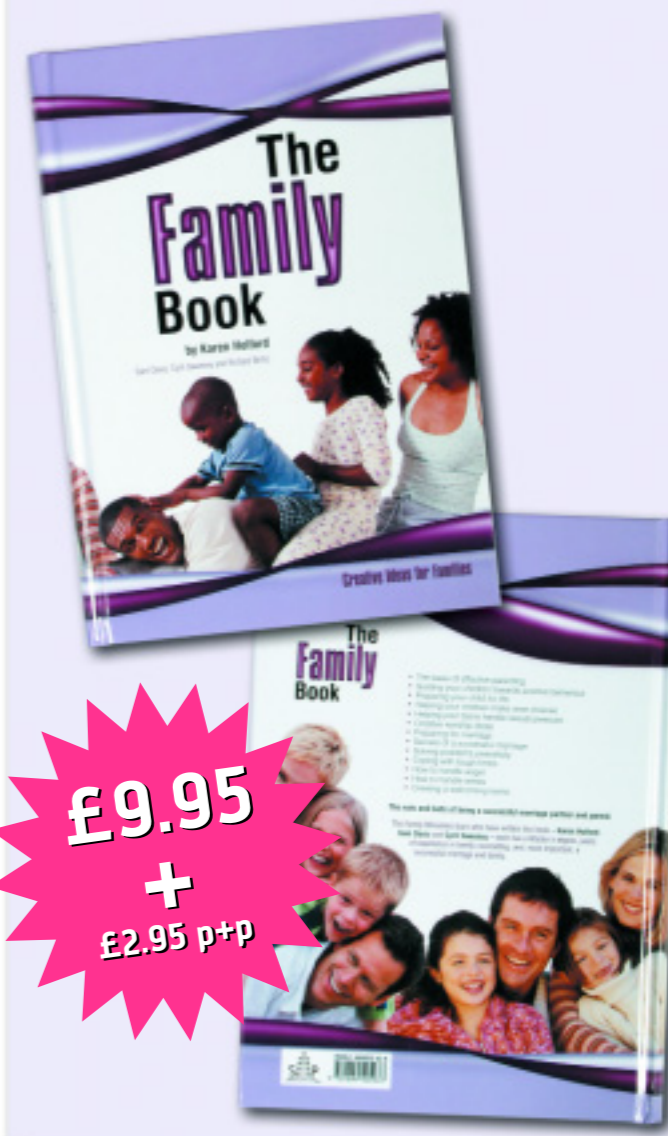
Just remember to teach your children that they can talk to God any time and anywhere, and that God will help them when they're frightened or don't know what to do. Show them each day just how important prayer is to you.

The Family Book

'A must for every Adventist family'

GC Family Ministries department

This family classic, published last year by the Family Ministries directors of the South and North England Conferences, is taking the world by storm. Why not order it from your local literature-evangelist, or on the Adventist Book Centre's Credit Card Hotline 01476 539900?



£9.95
 +
£2.95 p+p

ADRA-Sri Lanka completes project in Galle district

ADRA-Sri Lanka completed its distribution of household items during the week ending 8 April. All items had successfully been distributed to beneficiaries in the Galle district, mostly in the Hikkaduwa area and the remainder in a town close to Beraliya. The residents, who had been identified as being affected by the tsunami, arrived on foot, by three-wheeler, or in trucks to collect the items promised to them from ADRA-Sri Lanka.

The Sri Lankan navy and a local Non-Government Organisation (NGO) provided help during the distribution and transportation of the items, and storage facilities were donated by a local company. Each family received a kettle, a frying pan, a bowl, a ladle, knives, spoons, plates, cups, coconut scrapers, pot set, jerry can, storm lantern, mosquito net, towel, mattress, sleeping mat, sheet and pillow.

Benjamin Klepp, the project manager for the 'Shelter and Distributions Project', was satisfied that all had gone well and help had finally reached the local residents who had gone through so much devastation. ADRA-Germany provided 600 tents and household items for these families.

ARLENE SENIOR/JOHN SURRIDGE

'New stirring'

'There seems to be a new stirring in parts of the world not previously open to evangelism,' declared Pastor Mark Finley, director of global evangelism for the Adventist world church. 'We see in some of the most difficult places today, the grace of God working and hearts of people being opened.'

That report was the first thing world leaders of the Adventist Church heard as the 2005 Spring Meeting of the Church opened on 13 April in Silverspring, Maryland. The two-day session included financial reports and management actions designed in part to set the agenda of the Church's quinquennial business meeting, the 2005 General Conference session that begins on 30 June in St Louis, Missouri, US.

Finley, who recently concluded a month-long satellite evangelism series in Kiev, Ukraine, told leaders that a total of 1,071,735 people were baptised as new Adventist church members worldwide in 2004, the second highest annual total and

the highest in fifteen years. Nearly 14 million people in 203 countries and territories are members of the Adventist Church, and approximately 25 million attend worship services weekly around the globe.

Along with evangelistic information, delegates heard a detailed financial report from Robert Lemon, world church treasurer. Lemon said that a key challenge of the coming years will be on how to allocate resources for work in unreached areas of the world, including the '10/40 Window', an area defined by an imaginary rectangle that extends between 10 degrees and 40 degrees north of the equator, stretching from West Africa to Eastern Asia.

ANN

Standing commission to examine headquarters ministries and services

World leaders received a report advocating a reorganisation of several world church departments, and voted to pass that report on to a new standing commission that will evaluate church operations in the five-year period beginning after the world church's business meeting this summer.

'I think it is a good idea for our church . . . to have a standing commission to address the issues of our mission and reorganisation,' said Pastor Jan Paulsen, world church president, at the session. 'We are becoming an ever-larger international community,' he added, noting that analysis of such matters is 'something we should do regularly, routinely and normally'.

He added, 'In the end, our intention is that the Church should be well and grow.'

Paulsen made his remarks after turning over the chairmanship of the session to Gerry Karst, a vice-president of the world church. The session discussed the report prepared by a 'Ministries Services Review Commission' that was constituted last autumn, with a mandate to 'review all the ministries and services of the [Church's] headquarters to determine the most effective means of assisting the world church to fulfil her mission.'

The document noted the growing demands of a global church and suggested moving nine departments from the world headquarters to regional offices. The new standing committee will receive the document as one of several resources to con-

Let's Talk – Europe

for the programme. We didn't have to say what questions we were going to ask – it really was "off the cuff".

'After just a couple of warm-up questions the live transmission began and Gabi [Ziegler] got us to ask the questions. The questions were generally good – things like the ordination of women, which is very relevant over here – but there were a couple of questions on Church organisation which were a bit dull. I would have liked to have heard a bit more about environmental issues

sider in its work, expected to begin after the GC session.

ANN

Ellen White books for every Adventist family

Leaders of the Church at the Spring Meetings voted on 14 April to put into action a plan to distribute globally 2 million copies of books written by Ellen G. White, one of the Church's founders.

Almost immediately, Dr Robert O. Ford, an Adventist church member, said he would donate \$(US)50,000 towards the cost of the project. Dr Ford is an ophthalmologist and cataract and LASIK surgeon who owns the Pacific Cataract and Laser Institute in Washington.

'I am pleased for the opportunity to have given the first donation to this most important project,' Dr Ford wrote in an email to church administrators.

Called 'Connecting With Jesus', the book distribution project was initially presented at the 2004 Annual Council, the autumn business meeting of the Church's leaders.

'We need to get these beautiful messages . . . into the hands of thousands of believers who do not have access to them,' Ted N. C. Wilson, a vice-president of the world church, told meeting attendees.

Wilson stressed that getting the ten books – a small cross-section of E. G. White's writings – to believers was 'crucial'.

The books, which will include study guides, will be distributed over a five-year period, financed by the Church's world headquarters, regional and local administrative offices around the world. The goal is for each Adventist family to have a set of the books. It was also suggested that each family who receives a set of these books should pay a fraction of the cost.'

ANN

and on why the Church is growing so slowly in most of Western Europe.

'About halfway through I got my chance and asked how the Church could publicly deal with the issue of homosexuality without coming across as homophobic. I thought it was a good question as Europe is generally quite liberal on the subject and the Church of England has faced a lot of criticism about it. While Pastor Paulsen confirmed the Church's view on homosexuality, I would have liked to have heard more about practical strategies to deal with the problems of homophobia and the secular view of Christians as homophobic, and how the Church might reach out to those who have been alienated by our attitudes. Given that there wasn't much time I suppose the answer I got was as much as I could expect.'

'After the broadcast we were able to ask him more questions and he opened up a bit. Obviously with more than 13 million members in the Church he can't speak with everyone individually or give them all the time they would want, but I think the programme sent out the message that he is willing to listen and he does care about young people.'

ABC BOOK SALES		
May	22 Newbold Graduation	10am onwards
June	6-12 SEC Camp Meeting, Camber Sands, Rye	
	20-26 NEC Camp Meeting,	Southport
July	17 John Loughborough	10am-2pm
	31 West Midlands	10am-2pm

Messenger
 Volume 110 • 11 – 20 May 2005
 EDITOR: D. N. MARSHALL
 COPY FOR No. 13 – 25 May 2005
 Copy should be sent to the Editor, MESSENGER, The Stanborough Press Limited, Alma Park, Grantham, Lincolnshire, NG31 9SL. Tel: (01476) 591700.
 Fax No: (01476) 577144.
 Email: Editordnm@mac.com
 ABC Sales line: (01476) 539900
 Mon-Thurs only, 7.30 – 6pm.
 The Editor may alter, clarify, précis or expand articles sent to him if he thinks it necessary.
 Published fortnightly on Fridays by the British Union Conference of Seventh-day Adventists.
 Printed in Denmark.
 Visit the BUC website at: www.adventist.org.uk
 ISSN 0309-3654

Sunset
 Sunset times are reproduced with permission from data supplied by the Science Research Council.

	Lond	Card	Nott	Edin	Belf
May 20	8.53	9.06	9.04	9.28	9.32
27	9.03	9.15	9.14	9.40	9.42
Jun 3	9.11	9.23	9.23	9.50	9.51
10	9.17	9.29	9.29	9.57	9.58

MESSENGER SUBSCRIPTIONS
 Cost to member supplied in bulk to churches £6.
 Single copy subscription by post £13.
 Overseas airmail £27.50