

Messenger

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'When we exercise compassion we change ourselves'

by Victor Pilmoor
treasurer, British Union Conference



A lodestone that set my compass is Ellen White's foundational directive:

'To restore in man the image of his Maker, to bring him back to the perfection in which he was created, to promote the development of body, mind and soul, that the divine purpose in his creation might be realized – this was to be the work of redemption. This is the object of education, the great object of life.'

Education, pages 15, 16.

Developing people is the Adventist way. Making disciples is not about crossing a spiritual threshold, rather the continual transformation of a living experience. When we speak of 'changing the world', our focus is often on changing others. But when we exercise compassion, we change ourselves. It is not enough for us to distribute 'belief and relief' systems. We need to demonstrate that Christ's coming inspires our own, *be*-coming. The tsunami, and the recent hurricanes, earthquakes and atrocities, made 2005 one of the most tragic

years in history. By way of response, Adventists in the British Isles contributed £300,000 towards the relief of tsunami victims; £300,000 for other disasters; and £200,000 in donations for general purposes. Our Ingathering effort garnered £570,000. ADRA-UK is increasingly being recognised by people writing their wills and in remembrance tributes. This generosity enabled us to secure a further £1,344,000 from the Department for International Development and the European Union. In all we offered aid valued at more than £2.5 million to change the experience of suffering people.

- In **Tangelle, Sri Lanka**, livelihoods were restored through the provision of livestock for families whose economic viability had been destroyed.
- In the **Ampara district of Sri Lanka** we restored the supply of clean drinking water for a whole community.
- Conrad Vine, Doug Sinclair, Harry Wilby, Arlene Senior and Marc Castellino from Britain gave leadership to the relief efforts in **Sri Lanka**.
- Visitors to **Peru** will be aware of children selling sweets, vegetables, water and shoe shines, often to the detriment of their long-term well-being. In Lima, young, educated ADRA workers visit schools in eight of the poorest districts developing programmes that encourage children to extend their learning experience. Parents are similarly encouraged.
- **Ayacuccho** is a city in the Andean uplands, the centre of national revolution, recently brutalised by 'Shining Path' terrorists. ADRA professionals, led by an Adventist lawyer, have established family mediation services in every municipal district to curb violent habits that inhibit the development of women and children. The programme includes a national campaign to make civic authorities aware of their responsibility to uphold the rights of women and children. Beyond supporting human rights, the object is to restore the confidence of people to become economically self-sufficient.
- In the **Amazon basin, Shipibo Indians** live according to their ancient customs. ADRA has provided clean water wells and civic empowerment, and improved agricultural programmes in order to make their livelihood sustainable. The alternatives include the destruction of rain forests and the production of cocaine. Young Adventist engineers and agriculturists make 36-hour trips in open boats and live with village communities for weeks at a time to initiate improved life practices.
- ADRA has instituted a programme in **Kazakhstan** that is intended to break the cycle of poverty and criminality experienced by marginalised tuberculosis sufferers. Our contribution is to offer facilities where released prisoners can complete their treatment as they search for gainful employment, thereby ensuring a positive and wholesome reintegration with society.
- In **Nepal and Sudan**, programmes that address the health and

education needs of families are creating security and economic development.

- In addition to these major programmes, we have contributed, through ADRA partners, to relief in **Albania, Haiti, Namibia, New Orleans, Niger, Pakistan, and Rwanda**.
- Our transportation team, led by David Balderstone, has packed and sent tons of reusable clothing and equipment to help deprived people in the **Baltic, Balkan and Caspian regions**. These goods are distributed in ways that restore the dignity of people inhibited by poor economic systems. The goods are not of themselves a solution, but a bridge of hope to people in despair. While most of us can participate by contributing surplus clothing, more of us could use our influence and contacts to identify re-usable computer equipment, hospital technology, teaching aids and industrial machinery to improve livelihoods. Whether we invite contributions from our neighbours, engage in sponsored activities like the fun run, use our influence at work or make personal contributions, our investment brings healing to hurting people and spiritual meaning to our experience. Restoration does not happen by accident. It requires each of us be intentional and specific in our support. My prayer is that we will *be* the change we want to see in the world.

INGATHERING DATES: 25 March-9 April. London Greater Metropolitan Area, 25 March-16 April



Sing a new song: Song-writing workshop

Number Seven Promotions has announced plans for a song-writing workshop aimed at developing more original material for the enhancement of worship and the support of writers. Organiser Mike Johnson says, 'As music directors, praise team singers, choir members, artistes, or church members, more often than not we are singing and performing other people's songs and, in effect, singing about other people's experience with the Lord. What about our own experience? Do we not have a song of our own to sing? Why not do something original?'

Sing a New Song is a call to musicians, singers and church members who have a talent or a desire to write their own songs or who have written songs and would like to see them brought to a wider audience in worship. This residential workshop will sharpen your song-writing skills as you receive expert guidance and tuition from experienced song writers, publishers and other music-industry persons.

Participants will be asked to submit original material for inclusion in a nightly showcase, write a 2-3 minute praise-and-worship song from a short list of Psalms, and collaborate to add a new verse to the song, 'We Have This Hope'.

The top ten Psalm songs will be performed by a select band of singers and musicians and these

psalms, plus ten other songs, will be published in a songbook for national distribution.

Workshop leaders include Victor and Gail Masondo who have song-writing credits with Take 6, Maranatha Music, Integrity Music, South Africa SABC, BBC Food Channel, National Geographic, Benjamin Dube, Lionel Petersen, CeCe Winans, Dizzy Gillespie, Isililo Mother's Cry Campaign.

The dates for the residential course are 24-27 August, and confirmation of the venue will be announced soon. If you would like to register your interest, please visit www.numberseven.org/events.htm and complete the pre-registration form. Further details: Mike Johnson: 01908 231777 or 07711 877182.

Newbold business studies

by Sujoya Bullock

'Would you like to experience a placement with ADRA, a marketing company or another business in the competitive world market? Could you see yourself jetting off to Sudan for a three-month internship, overseeing and supporting a relief project? Your CV will catch an employer's eye; your hard study will have the support of practical experience and the world is your oyster! How can we develop programmes at Newbold College that will support such objectives?'

This is what Newbold's department of Business Studies brought to the table at the beginning of the New Year. The Way Forward meeting, held on Sunday 15 January, hosted a business focus group consisting of academics and practical business people, including many Newbold alumni. Dr David Penner, college principal, and the entire senior management team were present. As one of the participants, Michael Parker from King's

College Hospital, put it, 'There was a natural mix of education, business and members of the Seventh-day Adventist movement which was fertile ground for new ways of thinking and working for Newbold College.'

Marinko Markek, head of the department of Business Studies said: 'The meeting is the beginning of a redefining of the department's mission.'

Four focus groups tackled issues of how the department can serve in a better way the needs of both the Church and Adventist young people. The role of Christian business ethics vis-à-vis secular business 'morals' in education was also debated. 'The two are not always mutually exclusive,' Dr Ghalib Fahad, a senior lecturer at Middlesex Business School, promisingly stated.

'One of the core strengths of Newbold is that it is a part of a global network of Adventist institutions of learning, so a student here really has a qualification of international reputation,' said Stephen Pilgrim, an Adventist Senior Lecturer in Marketing and Consultant at Middlesex University Business School (MUBS) and a member of the Newbold College board. 'I like the possibility of there being an Adventist University of Europe with Newbold being a part of it.'

'There has been a lot of very creative thinking; people are not afraid to ask tough questions,' said Bert Smit, executive director of ADRA-UK. 'I am looking forward to finding answers for young people to find employment within and outside the Church other than in theology.'

It is hoped that the meeting will be a first step in developing and fostering links between the department and the Adventist business community in the UK and the Trans-European Division. The department would like to encourage all Adventist businessmen and women who read this article and are willing to support business studies at Newbold to contact Marinko at mmarket@newbold.ac.uk or on 01344 407493.



Roots, Goats and Winter Winds

David Marshall

I grow roses. So does my friend Ed Dickerson. The worst that ever happened to my trees was an attack of black spot. Ed has faced bigger problems. The worst that happened to his roses was that they were attacked by a goat. Not an army of goats. Just one. But he ate Ed's best rose trees down to the main stems. Flowers, prickly branches, the lot. Only chewed stumps were left.

Somewhat disillusioned with goats as a species, Ed put it down to experience. He made plans to plant more roses the following spring. He also got in wood to build a goat-proof fence. But he did not dig up the roots. Perhaps he thought that the harsh Ohio winter would save him the trouble.

It did, except in one case. One stump that looked as dead as the rest grew shoots. That tree, which had once produced velvety red roses, like the others, had ended up on the inside of a goat. What sort of tree would come up now? That, the roots would determine. Most likely it would revert to briar. He left it to see what would happen.

Late in the rose season, the briars that came from the shoots produced an epidemic of small, pink roses of the sort we call 'wild'. Nothing like the roses the goat had eaten, but a powerful statement nevertheless.

Tragic events prune back our lives to the root stock. Only roots are important then. And the health of our root growth depends on how we have answered three questions: Who am I? Why am I here? Where am I going? If we have answered those questions by recourse to the Bible and in terms of Jesus, it further depends on the strength of our relationship with Jesus.

In the hours, weeks and months after the goat has left to digest the roses, prickly branches and stem that were you, your survival depends on your relationship with Jesus. The nature of the new you will depend on that, too. If you have already encountered the goat, you will know what I mean.

The goat in the experience of one of our readers was the sudden death of her husband. For another the goat's work on him was done over the seven years it took cancer to kill his wife. For another reader, whose life had largely been given meaning by his work, the goat's work was done on the day he was declared redundant by a company in which he had been employed for forty years. For another it was insupportable trauma. Then there was the traffic accident that ended a career. The murder of a child. The experience of total betrayal. A dire diagnosis. The revelation of an affair.

When your roses and branches have all gone and the very core that is you is all chewed up, your survival and growth depend on your roots.

So where are you rooted and how strong are your roots?

Last winter we had a conservatory built. To make room for it, I had a huge cypress tree removed. A specialist firm was brought in. Fascinated, I watched them work. They used a machine to dig around the roots, but let the tap root remain until they were sure that the tree would fall away from the house. A second after they cut the tap root, the giant cypress fell.

How strong is your tap root? What is the tap root of your soul?

You owe it to yourself and your loved ones to answer those questions. One day your survival and future growth will depend on your answers.

From a Roman prison Paul wrote this to the Colossians (2:6, 7): 'And now, just as you accepted Christ Jesus as your Lord, you must continue to live in obedience to him. **Let your roots grow down into him and draw up nourishment from him.**'

In Paul's prayer for the Ephesians (3:17) from the same Roman prison – where roots for Paul were everything because the goat had had the rest – he wrote, 'And I pray that Christ will be more and more at home in your hearts as you trust in him. **May your roots go down deep into the soil of God's marvellous love.**'

God does not want Christians to be tumbleweeds that have no roots. He does not want them to be transplants, for ever on the move, never having time to put down lasting roots.

Paul says that our growth in Christ is to be by the same means by which we originally received Christ – by grace through faith.

Once we are rooted in Christ there is no need to change the soil. Roots run ever deeper drawing up nourishment so that the tree can grow and fruit. Roots are the source of growth, strength and stability.

Our roots grow as we trust in Christ to save us; and they continue to grow as we grow in the grace by which they nourish us. That nourishment is made possible as our daily relationship with the living Christ deepens. That is how Christ, in Paul's phrase, becomes 'more and more at home in [our] hearts'. A deepening relationship produces deeper and yet deeper trust (faith). From the soil of God's love and the river of his grace our roots draw the nourishment for our lives to develop, flower, fruit to the maximum in the way God intended.

That is how, in the winter that invariably comes after the goat has done his worst, the necessary strength is in the roots – for future growth. That is how when winter comes again (and most lives see more than one winter) and the gales come, the roots hold firm, though wind speeds reach hurricane force.

For the Psalmist (1:3) the optimum place for root growth was when trees were planted 'by rivers of water'. For the rivers of water, like the nourishment they provided for the tree, represented the grace of Christ.

The least explored aspect of the human condition is 'uprootedness'. Roots anchor us, nourish us and explain us. We need roots among eternal things. Roots that go down into the deep, fathomless rivers of grace.

To stand against the worst that winter winds can do to you, immovable against the tempest, let the tap root of your soul draw strength from God's grace.

The secret of the life of a tree is that it remains rooted in something other and deeper than itself.

Draw strength from the River of Grace. *Be gracious.* 'Grow in faith, strong and vigorous in the truth.' (Colossians 2:7.)

Bible quotes from the New Living Translation.



Healthwise

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



MIND: What you eat

'The time is now right for nutrition to become a mainstream, everyday component of mental health care, and a regular factor in mental health promotion,' says Dr Andrew McCulloch the Chief Executive of *The Mental Health Foundation*.

In a Foreword to an extensive new Report, *Feeding Minds*, Dr McCulloch speaks of a 'spectrum of wasted opportunities' in the promotion of good mental health and the prevention of mental ill-health. He states, 'One of the clearest examples is the role of nutrition in relation to mental health.'

The Report goes on to list the role of diet in relation to mood and mental well-being, depression,

schizophrenia, Alzheimer's disease, and Attention Deficit Hyperactivity Disorder (ADHD). It highlights the fact that our eating today is markedly different from that of even our recent ancestors, and that about 40% of the food produced is wasted, either because it is rejected by the supermarkets or it is thrown away by householders.

Food production and manufacturing techniques, changing lifestyles, and the increase in the use of processed foods have all had a major ill-effect on our health. In particular the intake of fat, sugar, salt, additives, and alcohol (in both strength and quantity) has risen dramatically. The past 60 years has seen a 34% decline in our vegetable consumption. Only 13% of men, and

15% of women currently are eating the recommended five portions of fruit and vegetables daily.

A National Opinion Poll shows that it is women who choose healthy foods, drinks and meals (often made at home), and men tend to go for takeaways and ready meals. Young people (of either sex) are generally eating less healthy foods and more takeaways compared with older people. This has important implications for mental health.

The young people are most likely to report daily mental health problems and especially in the more poverty-stricken environments. Again, for economic reasons, the unemployed show more mental ill-health. About two-thirds of people not reporting ill-health have fresh

fruit or fruit juices daily. Of those reporting with problems, the intake of these items is found in less than 50% of the people concerned.

It is recommended in the Report that government departments and agencies caring for mental ill-health recognise the nutrition/mental health link and incorporate it into all policies affecting mental health. A further recommendation is that young and old be made aware of the role of nutrition and be taught how to prepare and cook healthy food! We can play our part in letting people know MIND IS WHAT YOU EAT!



Wonderful day at Peckham

Our one-week youth campaign, 'It's a New Season', ended on 22 October. The speaker was Pastor Greg Nelson from the US, and he truly raised our spirits and drew us closer to God. At the end of the campaign the celebrations began!

No fewer than eight people were baptised – Gladys Kisekka, Yvette Wilson, Oneka Laurent, Judy Clements, Rachel Laisee, Sarah Etudor, Monique Curtis and Sherika Spence (see picture). They publicly surrendered their lives to Christ in the presence of their friends and families and it was a wonderful day for all of us at Peckham. The baptisms were performed by Pastor Blake (our pastor until 1 January) and Greg Nelson.

Each baptismal candidate had a story to tell, but all their stories ended at the same place – surrender at the foot of the Cross!

CAROL JOSEPH

Stoke Newington baptism

On Sabbath 17 December Stoke Newington church was blessed to witness the baptism of Bianca Wittingham and Jennifer Petrie.

Before baptising them, our minister Dr Richard De Lisser preached a short sermon advising the candidates that the times ahead will not be easy but that they must remember that God is in the midst of the trouble in order to help. Bianca joined her aunt Maxine Iwens who is already a member, and Jennifer joined her parents, Brother and Sister Malcolm.

This was Dr De Lisser's last baptism as minister of our church. He has now moved to the South England Conference as a departmental director. Ever since his arrival, back in 1999, Dr De Lisser has held a baptism every three months.

On 31 December our membership increased further when 3 new members were given the right hand of fellowship. These members are mother and daughter Marcia and Davia Oulton who joined us from Jamaica, and Jennifer Smith who came from the Kings Cross church.

Stoke Newington wishes these

new members God's all-abiding blessings in their new lives.

F. R. SUTHERLAND



Halifax outreach, friendly vicars – and St Hilda

Twelve months ago the Halifax congregation had to vacate its building in Coleridge Street for refurbishment. After prayer we were offered the use of St Hilda's (Anglican) church rear vestry. Indeed, they told us we could use the main sanctuary if it was required.

The length of time the builders took on Coleridge Street meant that our stay at St Hilda's was an extended one. The writer had known the vicar elsewhere, and Mansel Jones had known her since she was a girl. Consequently, when one of our speakers brought an African choir with him we took the opportunity to ask the vicar if they could sing at a special service. She said 'Yes' and, with us, prayed for God's blessing on the occasion.

A superb programme of Gospel music was provided. St Hilda's choir joined the Adventist choir in singing the

wonderful hymn, 'Seeking the Lost'.

The service began at 10am and took the form of a celebration of the Lord's Supper. The choir items took the place of the sermon, much to the delight of the vicar, Revd Pauline Millward, who had just had life-saving surgery. The emphasis for the day was unity around God's Word.

During our sojourn at St Hilda's, Mansel Jones asked me to find out who St Hilda was. We learned that St Hilda was a Celtic saint who argued for the seventh-day Sabbath and baptism by immersion at the Synod of Whitby!

It was a special day for Mansel and Doreen Jones who were celebrating 64 years of marriage.

We are pleased to announce that we have returned to our refurbished and much-improved facilities in Coleridge Street. We are, however, deeply grateful for the kindness shown to us by Revd Pauline Millward and the St Hilda's congregation.

GRAHAM RIGBY

What women want

Two hundred ladies from across England gathered for the annual NEC Women's Retreat at Daventry over the weekend of 28-30 October. The North East had a separate retreat on the subsequent weekend of 4-6 November with lead speaker Carlene Rafferty.

The Daventry delegates were blessed with dry, bright weather, good food and kind hospitality. From the kick-off the delegates' spirits were raised with a heart-warming welcome from BUC Women's Ministries director Heather Haworth and a worship and praise session led by Louise Clarke (Sex and Mental Health worker for local government in Luton and member of London Adventist Chorale) that shook away the preceding week's burdens. The theme of the weekend was 'You can get it if you really want'. The keynote presentation from Silvia Ham-Ying, Leicester Central elder, reminded the attendees that spiritual aspirations to serve God and a keenness to focus on self-improvement by way of education and career progression are ways to get what you really want. During the course of the weekend Silvia gave other Bible-based, thought-provoking and inspiring messages. The women were also blessed to be able to choose from an array of well-planned workshops presented by medical, nursing, human resources and finance-trained, UK-based Adventist sisters. They shared cutting-edge and vital information on topics: 'How to study the Bible' – to appreciate, in greater depth, the messages it shares with

us; 'Stress Busting' – ways to cope, and an awareness that people who pray regularly have lower blood pressure and better mental well-being;

'Current health issues' – Avian flu drew a great deal of interest along with the what, the why and the how of cholesterol.

Not only was there theoretical information but practical delivery with blood pressure checks, Indian head massage and hand/foot massage.

The young women in attendance were given exclusive access to Angela Purkiss's 'Youth Track' workshops which focused on choices that affect them – 'getting what they really want'.

The highlight for many was the social on Saturday night, where the elegantly attired attendees enjoyed songs, funny stories and scriptural dramatisation.

The event took place at the Daventry Conference Centre's 4-star accommodation. A fitness centre, swimming pool and golf course occupy the hotel's extensive grounds.

Those to be congratulated on an excellent weekend included Heather Haworth, Ellen Bryant, Silvia Ham-Ying, Claradell Morgan and the range of workshop leaders.

Heather Haworth, organiser, said,



Pictures: Lorraine McDonald and Heather Haworth



'This retreat particularly focused on spiritual needs and has been the best ever. Silvia Ham-Ying served as an excellent leader. Her nursing and lecturing background has given her insight into how women can get what they really want. The retreat admin team were also very supportive. The attendance at the retreat has grown over the years, and many return. We are well looked after by the centre and there were few complaints on the whole.'

Fundraising among the delegates during the social evening harvested £1,200, which will contribute to a Rwandan women's sewing class project.

The next BUC Women's Ministries retreat is planned to take place in autumn 2006. On this occasion it will be held in Finland. A joint department NEC retreat is planned for 17-19 November in Daventry. In 2007 the women's retreat is planned to return to the Daventry location.

DR JACQUIE HALLIDY-BELL

Humberside baptisms

The leaking hired portable baptistry only put a dampener on the carpet, not on the day, as Carol Riggall made her public commitment to Christ and the church in Grimsby on 23 July.

Pastor Des Rafferty (pictured with Carol after the baptism) performed the immersion after Pastor Kyriacou had spoken on 'Love and Marriage' – comparing the marriage covenant with the one we make when joining the church.

The afternoon saw Grimsby church full, with many friends and relatives of Carol's, mostly non-Adventist, witnessing her stand for the Lord. A delightful surprise for her was the presence of her sister, Jean Wynniatt, who had come all the way from Canberra, Australia, where her husband Graham pastors the South Canberra church.

The service was also video-recorded so that Jean could show Carol's baptismal service to her church friends down under!

Though Carol had been attending the Grimsby church for some time already, she was given a warm

welcome into its full fellowship and commended on her love for the truth of God's Word and for the closeness of her walk with her Saviour.

Hull church gained four new members on an exciting Sabbath afternoon on 8 October.

Johann Kyriacou, 12-year-old son of Pastor Solon and Dee, was the youngest of the candidates. Older brother Louis took on the deaconal responsibility of helping him out of the baptistry.

Husband and wife Bongani and Sanele Siziba, previously Adventists



in Zimbabwe and now renewing their baptismal vows, entered the waters of commitment together. Richard



Abakah, from Ghana, also committed his life to Christ publicly. He had not only his own new birth to celebrate, but his wife Felicia, recently transferred into Hull's membership, had given birth to their first child, Michaela, only a fortnight before!

All four members had taken, and are continuing, Bible studies with Pastor Kyriacou. On the day, he was expertly assisted by Pastor Des Rafferty who conducted the immersions and Pastor Lorraine Johnson, temporarily in the neighbouring district, who provided the spiritual context and exhortation for us all in his message, 'Don't Sell Out!'

Following the ceremony, a further candidate came forward for baptism and is now receiving studies. Having invested in central heating and a new hot water feed directly to the baptistry, the Hull church members want to see good use made of it!

Pictured are: (back row) Pastors Rafferty, Kyriacou and Johnson; Bongani Siziba (middle) and Sanele Siziba; and Johann Kyriacou (front).

SOLOM KYRIACO

Banbridge baptism

It was a very special time for the Banbridge church in the run-up to Christmas. On 17 December two young people were baptised. These decisions were made as a result of the work of Banbridge student missionary Erik Andersson. Erik gave Bible studies to both teenagers during the autumn period.

Laetitia Andrews moved to Banbridge from South Africa with her family during Christmas 2004. She is the middle child of three, has integrated into the youth group and is a real blessing to have around.

Tom Neal, having moved in the summer from England to Banbridge, made his own decision to commit himself to the Lord.

Pastor Russell Montague flew over from England to baptise Tom,

and Pastor Kim Papaioannou, the local minister in Banbridge, baptised Laetitia. Christine Andrews, Laetitia's mother, read from scripture and played a violin piece dedicated to her daughter. Pastor Roger Neal, Tom's grandfather, also read a scripture reading, and Pastor David Neal (Irish Mission president), Tom's father, gave the sermon. The church was full, with friends travelling from Dublin and Belfast for the service and lunch that followed.

MARCI NEAL





Randy Preston says 'Be Real!'

by Dionne Whitehall
Marketing 01923 673268

For one week, from 9 to 13 January, students gazed on in admiration and listened intently to the speaker who was once in their shoes at Stanborough School. Mr Randy Preston travelled all the way from America to share his testimony, his perspective on life, and his love of Jesus with the students of his alma mater.

'What he said touched me on a personal level. It was fun, exciting and original,' said Michael, Year 11.

Louis Randolph Preston III (known as Randy to family and friends) is the oldest son of Pastor Louis R. Preston Jr and Dr Janice M. Preston. Born in the USA, the Preston family moved to England in the summer of 1979 where Pastor Preston served in the South England Conference, and Randy's schooling began at Stanborough Park Primary School, later continuing at Stanborough Secondary School.

By linking stories of events in his life with stories from the Bible, Randy Preston taught the students the importance of obedience, the signifi-

cance of a name, and value of being 'real' to themselves and to God. With his animated personality and the beautiful music he produced with his voice and guitar, Randy made his presentations so clear that even the group of Korean students who were at Stanborough to learn English were able to understand.

A gifted musician, poet, and speaker, Randy is a member of the popular Christian band Jakob's Night, which has recently released its second recording, titled *Epic Journey*. He has shared his talents and love of the Lord with high school students from California to Pennsylvania, and two years ago at John Loughborough School in London he was guest speaker for the Week of Prayer.

Randy Preston holds a Bachelor's degree in English Literature and minors in Philosophy and French from Columbia Union College in Takoma Park, and became fluent in French after spending one year at Collonges, France. He also has a



Master's degree in sociolinguistics from Georgetown University. He is currently the assistant director for web development in the Office of Enrolment at Columbia Union College, and is enrolled in Howard University's School of Divinity where he is completing a Master of Arts in Religious Studies degree en route to pursuing doctoral studies in the area of Black Theology and Intercultural Communication.

SCHOOL GUARDIANS REQUIRED: Stanborough Secondary School requires guardians for international students during the holidays. For information contact the school by writing to: Guardian Request, Stanborough Secondary School, Stanborough Park, Watford, WD25 9JT or telephone Mrs M. Mercer on (01923) 673 268 ext 25.

School group in Albania

by Dionne Whitehall, Marketing

On a rainy Monday morning, before the light of day, twenty-three Stanborough School students, parents and staff set off for Albania to spend their half-term working at ADRA's Community Centre in Tirana. Enthusiastically the group left the school for its budget flight to Bari, Italy, where they would catch a ferry to Durres, Albania. Travelling to Albania by the most cost-efficient transport meant the group could channel the money saved into the renovation of the ADRA Community Centre.

On Tuesday morning the group walked off the ferry at Durres to be met by the ADRA Albania staff and parents of Albanian students who attended Stanborough School. After a short drive from Durres to Tirana the students, parents and staff were able to survey the work required at the two-acre site. Over the next seven days the group would dig trenches, lime-wash brick walls, clear wasteland, paint buildings and repair plumbing – hard work for many of the 12-16-year-old students!

Each day, after the hard work was finished, the local youth attended the Community Centre to speak English and play games with Stanborough School students. The new footballs and basketballs that Stanborough School donated to the Centre got much use and games of UNO and Chess were played well into the night.

The parents of Albanian students who attended Stanborough School made the group feel at home by baking cakes, organising tours and even supplying building material and local artists to decorate the freshly white-washed wall. On Sabbath, the group led out in the Tirana Day of Fellowship, and in the afternoon they visited Dajti, Tirana's highest mountain!

On the group's last day in Albania, they were able to reflect on the experience. Each person counted the friendships they had made as the highlight of the trip. The fact that they had accomplished the task of decorating the Community Centre was simply a bonus.

The Stanborough Student Association will be sponsoring an Albanian youth for the school's Scholarship Programme 2006, which is attended by international students from partner schools.

Entrance Examinations
22 February and 26 April, 2006
9:15am-12:30pm

Contact our registrar at registrar@spsch.org

Stanborough School provides a strong academic and personal environment which enables pupils to make good progress in a caring family atmosphere.
OFSTED Report November 2005.

UNIVERSITY of CAMBRIDGE
Local Examinations Syndicate
CAMBRIDGE INTERNATIONAL CENTRE

Stanborough School
Watford, WD25 9JT, England
www.spsch.org

Grace Bainbridge (née Tamblin) (1916-2005) d. 17 September 2005. It was a Torquay church packed with family and friends who came to say 'Goodbye' for a short time to an amazing lady. Grace was born the

youngest of five children on a Cornish farm, to a Seventh-day Adventist mother. The story was told of how, while recovering from Grace's birth, her mother was visited by a colporteur who sold her a copy of *Great*

Controversy, and won a soul as a result. As Grace grew up, she was offered the chance to attend Newbold College. It was there that she met a young Bob Bainbridge, who was training for the ministry. They were married in Liskeard, in a time of wartime austerity. Still during the war, and in London, her daughter Heather was born. Grace lived all over the country from the south-west to Scotland, with postings to the Irish Republic and Northern Ireland as well, as she followed Bob in the job that she would carry on until the day she died, that of minister's wife. Even after Bob's retirement and death, she was still true to her calling, ringing to check on members who were absent, a committed Ingatherer, dedicated church officer, and coming up with new ideas for evangelism. So it seemed fitting that, at her funeral, beautifully wrapped copies of *Great Controversy* were given out to all non-Adventist visitors, so they could see for themselves what was so special about the book that was so dear to Grace. Her neighbour, after the funeral, commented on how Grace had never pushed religion at them, but they were going to read this book in Grace's memory. Wouldn't it be a fitting tribute if even Grace's memory was instrumental in bringing more people to Christ? Grace was buried with Bob in a brief service in Dobwalls, Cornwall. Her daughter and son-in-law, Heather and Gordon Anderson, grandchildren Corinne, Peter and Phillip and the rest of the family would like to thank Pastors Ken Clothier and Alan Hodges for taking the funeral and for Ken's solo, Margaret and her choir for their music and everyone else for their kindness and support.

led to his selection as keynote speaker at the BUC Teenagers Conference. This event was scheduled to take place at Staverton Park Hotel on 20 November, thirty-five days after he fell asleep. He also did not have the opportunity to fulfil his recently elected role as secretary to the West Midlands Federation. O'Neil had, however, recommitted his personal life and church life to God and emphasised to his friends that they should follow his example in order to be saved through Christ's redeeming grace. O'Neil hoped to see his family and friends in heaven on Christ's return – his parents Wellesley and Lucille Smith; 4 four sisters, Lavern (in the US) Paulette, Doretta, Yvonne and Janet; 2 children, Genevieve (20), Jade (17); fiancée Dawn Thompson; 8 nieces and 4 nephews and many other family friends and colleagues by whom he is dearly loved and sadly missed. A trust fund is planned in his name, by them, to continue the youth work he so much enjoyed.

DR JACQUE HALLIDAY-BELL, Camp Hill church

BARBARA MINA BONE (1911-2005) d. 8 November. Barbara was born in North London on 16 November 1911, the third of six children. Music was a pleasure and a joy in this family and Barbara became an accomplished pianist. She continued to play the piano until her 90th year when arthritic hands forced her to stop. It was in her employment as a Bible binder with Eyre & Spottiswoode that she met Robert Bone and they were married in West Ham in 1934. Their first son, Peter, was born in 1935 and Barbara decided that he should grow up 'to love the Lord'. It was due to the influence of her maternal aunt, Aunt Alice Pearce, mother of the late Pastor Horace Pearce, that she attended the meetings conducted by Australian evangelist Clifford Reeves and, along with her mother and sister, was baptised in 1937 and became a member of the Forest Gate church. Margaret was born in 1938, but due to the heavy bombing of the London Docks in the Blitz, the family moved to live with Aunt Alice Pearce in Garston, Watford. Michael was born in 1941 and Barbara was determined that her children should attend Stanborough Park School. Where the money came from for school fees was a miracle and Barbara could tell many stories of how her faith had been rewarded. All three children are still faithful members in the church. Barbara held a number of responsible offices in the church as deaconess and in the Sabbath School where she studied her lesson thoroughly until the last. She was also involved in the outreach activities of the Senior Members group. Sadly, however, she passed away just eight days short of her 94th birthday. The funeral service was conducted by the writer in the presence of a large congregation in Stanborough Park church. Her faith was strong and she was made so happy the day her brother Ron was baptised. Like Dorcas of old, Barbara cared for others in so many ways and in her own quiet way. We extend our sincere sympathies to Peter, Margaret and Michael and their extended families in the certain assurance of the Blessed Hope. 'As in Adam all die, even so in Christ shall all be made alive. Christ the first-fruit, afterwards they that are Christ's, at His Coming.' Even so, come, Lord Jesus!

ROY BURGESS

International Baccalaureate at Stanborough School

The International Baccalaureate Diploma is a two-year, Pre-University course, which is preferred over A-levels by many universities. Essex, Haverock and North London Collegiate are a few of the schools offering the prestigious IB. From September 2006 the IB is available at

- Oxbridge universities recommend the IB
- IB accepted worldwide
- IB Scholarships and Bursaries available
- Competitive IB Fees
- IB Entry from Six GCSE grades A to C

Stanborough School provides for a strong academic and personal development of pupils which enables them to make good progress in a caring family atmosphere. OFSTED Report November 2005.

The International Baccalaureate was established in 1968. It is designed for highly motivated students from the age of 16. The IB fulfils all national and international requirements for university entry. The IB provides students with the knowledge and values needed to make Students taking the IB will gain the skills and attitudes necessary for success in higher education and employment within the global community. The IB is offered at schools in over 80 different countries.

Stanborough School is an independent, co-educational school with day and boarding facilities. The school is 30 minutes from London.

John Loughborough School Teaching Appointments

The governors and headteacher wish to appoint a number of teachers for the beginning of the Summer Term 2006.

The school is a co-educational Adventist Christian Voluntary Aided School for students of all faiths between the ages of 11 and 16. The school's motto is 'SPIRITUS, MENS, CORPUS' indicating that students will be encouraged to aim at the great ideal of spiritual maturity, mental excellence and physical well-being. As an integral part of its mission, the school seeks to be a 'Leading Edge Institution' for raising the achievement of all students within the goal of Education Inclusion, irrespective of social, economic, cultural, racial or religious backgrounds.

These posts provide opportunities for ambitious, innovative and enthusiastic Christian teachers to make their mark by contributing to a dynamic, improving and forward-looking school. The successful candidates should have a track record of success in their subject specialism; commitment to the highest standards of learning and teaching; and must subscribe to the values of the school.

We are looking for:	Appointment Status	Salary Range
Post		
Food Technology Teacher	Full Time	M1 to U5
Science Teacher	Part Time	M1 to U5
Modern Foreign Language Teacher	Part Time	M1 to U5
Teaching Assistant	Full Time	£17,277 to £19,068

M1 = £23,001; M6 = £31,749; U1 = £35,981; U5 = £41,373

Further details and application forms are available from: Headteacher, The John Loughborough School, Holcombe Road, Tottenham, London N17 9AD. Tel: 020 8808 7837.

Closing date: 24 February 2006. Interviews are scheduled for early March 2006.

British Union Conference of Seventh-day Adventists Quinquennial Session

Notice is hereby given that a Quinquennial Session of the British Union Conference of Seventh-day Adventists will be held from Wednesday 26 July through to Sunday 30 July 2006 at Central Hall, York University.

Delegates should note that registration will commence at 10.30am on Wednesday 26 July. The opening of the Session is scheduled for 3pm.

Delegates are required to have registered prior to the commencement in order to participate in choosing members of the Recommendation Committee.

C. R. Perry, President
E. C. Lowe, Executive Secretary

ENDLESS LOVE . . . returns to the NEC

The Marriage Enrichment Weekend not to be missed!
28-30 April
Wyboston Lakes Conference Centre, Bedfordshire
Contact Pastor Cyril Sweeney for further details: 0115 9606312
(Apply early to avoid disappointment)

Adventist Football League, as the New Year unfolds

Established in the year 2003, the Seventh-day Adventist Church Football League (SDACFL) is well into its fourth season and things are looking good.

As one would expect from a new organisation, we had our baptism of fire and struggles with discipline and organisational efficiency but, through our collective efforts and the abiding grace of God, we have weathered the early storms and are now poised for great things.

As we start the new year, the SDACFL wishes to thank all its well-wishers, supporters and the church for their prayers, hard work, dedication, participation and general support that enabled us to progress this far. We hope that with God's continued guidance and blessings and your continued support, we will make greater strides towards achieving our stated aims.

These are as follows:

- Enhance inter-church communication and interaction.
- Improve fellowship, establish and develop new friendships between church members.
- Equip the youth of the church with sporting skills, while assisting with their social and spiritual development.
- Encourage and facilitate greater interaction between the church and the community, effectively bridging the church/community gap, and thereby developing a more balanced community.
- Develop more effective role models by setting good standards, both on and off the football field, by adhering to true Christian morals and principles.
- Draw people closer to Christ by demonstrating genuine Christian values and morals in all our endeavours.

As stated, the League has been making steady

progress in its development, and the following are a few of the notable upcoming events.

Sponsorship

The SDACFL has secured a partnership with the Jamaica National Building Society (JNBS). This partnership is currently focused on the set-up, management and administration of a new competition within the SDACFL, called the JN Cup. We look forward to a long and mutually beneficial relationship with the JNBS and hope our relationship with them will bring other benefits to the league.

Benefit Event

The SDACFL proposes to host a benefit event in April for the purpose of raising funds. We are asking all our friends, partners, supporters, etc. to gather all the talent we can for this great event. Please co-ordinate your efforts with Newton Reid and Ryan Hastings.

Jamaica Trip

The SDACFL will be taking an all-star team of footballers, drawn from the best of our League, to Jamaica. We will play three games against teams selected by the East, West and Central Jamaica Conferences. We hope to have an enjoyable time while promoting and generally raising the League's profile.

We aim to host three huge concerts after each game, so the best acts from the above benefit event will be travelling with us. Planning for these events started in earnest in January. It is our hope that these events will assist us in achieving our ultimate goal.

League at a Glance

The League is in its fourth season, and the winners of the previous three seasons were as follows:

Season	Winners	Runner-up
02/03	Watford Adventist Church	Brixton Church
03/04	Brixton Adventist Church	Baham Church
04/05	Brixton Adventist Church	Kennington Community Fellowship

The League recognises that as servants of the living God we are all winners in his sight and even in losing we win. Therefore the League recognises and acknowledges the efforts of all the churches who participate.

There have been two baptisms to date, and numerous members from the community have been coming to church more frequently. One of the trademarks of the League is the ring that is formed around the centre circle with opposing teams holding hands as they lift up the Lord in prayer.

As we approach the challenges of this season it is our hope that as we endeavour to establish the League to reach its fullest potential of winning souls for the kingdom, we may all continue to work together diligently and in harmony to this end.

For more information about the Adventist Football League, contact Trevor Young, 07958753695, email: taayoung2001@yahoo.co.uk, or Dennis Bennett, 07838381394, email: Dennis.Bennett@RDFMedia.com.

Thank you all for your continued support, and we trust that with God as Guide we will seek the highest.

TREVOR YOUNG

Church retirement flats

Available to church members over 55 years of age and sold on a life tenancy.

Sheepcot Villa, Garston, Watford

A two-bedroom, first-floor flat in an excellent location near to Stanborough Park, with reception hall, lounge/dining-room, kitchen and bathroom, good car-parking. Price: £118,000.

Garden flat, Coniston House, Devon

A two-bedroom, ground-floor flat five minutes' walk from the sea front and the town centre at Paignton, Devon, with lounge/dining-room, kitchen and bathroom, and own garden area. Price: £85,000.

Coniston House

A gracious single-bedroom, first-floor flat with lounge/dining room, kitchen and bathroom, with good security and parking close to the beautiful sea front in Paignton, Devon. Price: £60,000.

For details please contact Pastor Martin Bell, Good Health Association, 8 Angus Crescent, Crieff, Perthshire, PH7 4LF; telephone 01764 654797.

ABC BOOK SALES

February

26 West Midlands 10am-2pm

March

5 John Loughborough 10am-2pm
26 West Midlands 10am-2pm

Messenger

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Sunset

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

	Lond	Card	Nott	Edin	Belf
Feb 17	5.19	5.31	5.20	5.21	5.35
24	5.32	5.44	5.33	5.36	5.49
Mar 3	5.44	5.56	5.47	5.51	6.04
10	5.56	6.09	5.59	6.06	6.17

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

ANNUAL GENERAL MEETINGS 2006	
SEVENTH-DAY ADVENTIST TRUST COMPANY LIMITED Notice is hereby given that the twenty-fourth Annual General Meeting of the Seventh-day Adventist Trust Company Limited will be held on Thursday 22 June 2006 at 2pm in the Board Room of the British Union Conference of Seventh-day Adventists, Stanborough Park, Watford, Herts. <i>On behalf of the Board of Directors</i>	M. K. Taylor (Secretary)
GOOD HEALTH ASSOCIATION LIMITED Notice is hereby given that the hundred and third Annual General Meeting of the Good Health Association Limited will be held on Thursday 22 June 2006 at 2.10pm in the Board Room of the British Union Conference of Seventh-day Adventists, Stanborough Park, Watford, Herts. <i>On behalf of the Board of Directors</i>	G. M. Bell (Secretary)
SEVENTH-DAY ADVENTIST ASSOCIATION LIMITED Notice is hereby given that the hundred and first Annual General Meeting of the Seventh-day Adventist Association Limited will be held on Thursday 22 June 2006 at 2.20pm in the Board Room of the British Union Conference of Seventh-day Adventists, Stanborough Park, Watford, Herts. <i>On behalf of the Board of Directors</i>	M. K. Taylor (Secretary)
GOOD HEALTH ASSOCIATION (SCOTLAND) LIMITED Notice is hereby given that the thirty-ninth Annual General Meeting of the Good Health Association (Scotland) Limited will be held on Thursday 22 June 2006 at 2.35pm in the Board Room of the British Union Conference of Seventh-day Adventists, Stanborough Park, Watford, Herts. <i>On behalf of the Board of Directors</i>	G. M. Bell (Secretary)
ADRA-UK Notice is hereby given that the eighth Annual General Meeting of ADRA-UK will be held on Thursday 22 June 2006 at 2.50pm in the Board Room of the British Union Conference of Seventh-day Adventists, Stanborough Park, Watford, Herts. <i>On behalf of the Board of Directors</i>	B. Smit (Secretary)
THE STANBOROUGH PRESS LIMITED Notice is hereby given that the hundred and twelfth Annual General Meeting of the Stanborough Press Limited will be held on Thursday 22 June 2006 at 3pm in the Board Room of the British Union Conference of Seventh-day Adventists, Stanborough Park, Watford, Herts. <i>On behalf of the Board of Directors</i>	P. Hammond (Secretary)