

Messenger

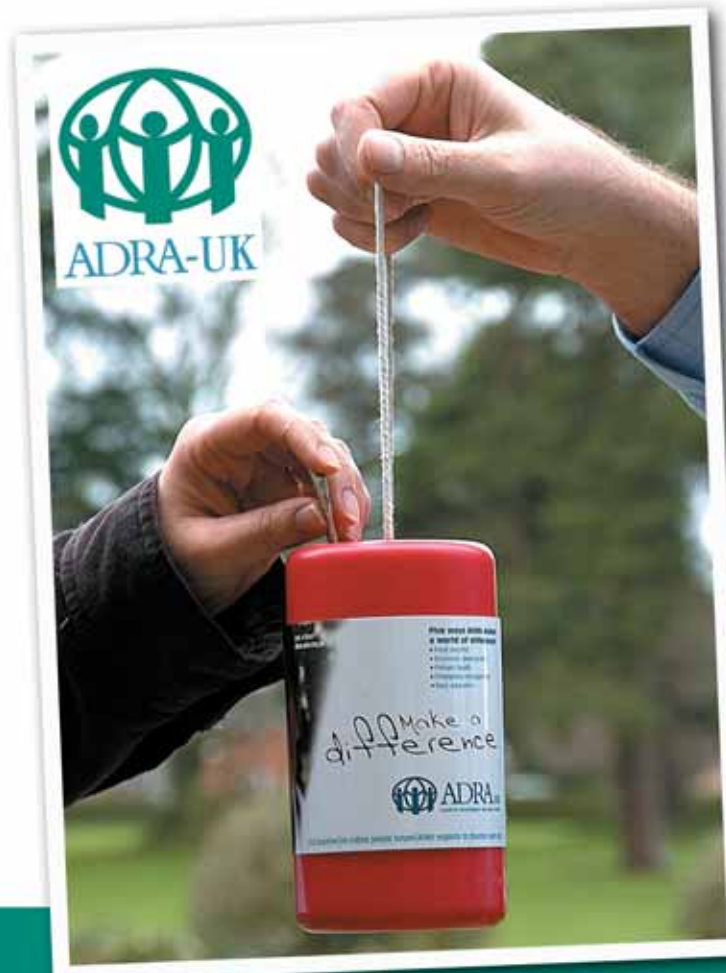
News to the churches • 2 February 2007 • Volume 112 • 4

Is there a better way?

by Pastor Roy Morgan,
Personal Ministries director, North England Conference

Dr Ben Carson is always asking the question: 'Is there a better way?' We must constantly ask this question

when doing the work of God. You can't pray for progress and fight change. Recently, I read a *Ministry*



magazine article entitled 'The Great Cost of Refusing to Change'. The writer avers that 'to deny any change is to sabotage improvement'. Then he challenges us to practise occasionally what he calls the 'Columbus syndrome' – having the courage to sail forth into the unknown and find something new and challenging.

Some people will never be reached unless we go to where they are. This is why we must continue to promote vigorously house-to-house collecting as one method of doing Ingathering. While it is true that the annual ADRA-UK Appeal is primarily about raising funds, it is a golden time to contact people looking for hope in a seemingly hopeless world. One church made fifty contacts during the 2006 Appeal! It is also a great opportunity to contact and reclaim former Adventists. I know of two reclaimed members who were influenced by Ingatherers who knocked at their doors.

I have been involved in, and indeed commend, the various ways of raising funds during Ingathering, such as collecting from pubs and clubs and the SEC's sponsored Fun Run. I have even considered doing a sponsored swim. Nevertheless, whatever approach we use – and, yes, we must continue to explore new ones – we must not dispense with door-to-door collection. If we do we will abandon an indispensable method of reaching parts of the population that other methods cannot and will not reach. Not even 'the media' can reach everyone. Not everyone, for example, has a TV.

'The Word became flesh and blood, and moved into our neighbor-

hood,' is how *The Message* renders John 1:14. In order to reach us, Jesus had to come where we are. Going from door to door is essential if we are to reach many who escape our attention when we use other approaches to Ingathering.

There are members who actually take time out from their work to do door-to-door collecting. It is fun for them. In contrast, some find this method uncomfortable, but God's work will involve leaving our comfort zones. We will always have to leave our suite and hit the street, as Jesus did when he came into our neighbourhood.

Surely it's worth it, when we think of the 2007 ADRA projects. These include: * helping poor children on the streets of Peru, * the Special Needs Camp in Wales, * providing clean water in Togo, West Africa, * helping the educationally challenged in Papua New Guinea and * improving the lot of the poor in Madagascar. Even a cursory glance at the details reveal that ADRA helps people to help themselves.

Please put these dates for the ADRA-UK Appeal 2007 in your diary: 31 MARCH to 15 APRIL. And here are three tips to factor the element of fun into door-to-door collection: a) collect with someone with whom you love to work; b) go to the same territory every year. My neighbours are almost waiting for me, because they are used to my coming. And c) set yourself a personal target. This makes collecting exhilarating!

Finally, there is another question you must ask besides 'Is there a better way?' 'Ask for the old paths where the good way is, and walk in it' (Jeremiah 6:16, NKJ).

**ANNUAL INGATHERING APPEAL 2007
ON BEHALF OF ADRA-UK**

31 March – 15 April (22 April in London)

THE CHIP REPORT

by Sharon Platt-McDonald, Health Ministries director, BUC

'Gospel workers should be able to give instruction in the principles of healthful living. There is sickness everywhere, and most of it might be prevented by attention to the laws of health.'
(*The Ministry of Healing*, E. G. White.)

The 2006 CHIP (Coronary Health Improvement Project) summit in Sacramento, California was an occasion where more than three hundred delegates gave attention to the laws of health. Trained to lead the 'CHIP In Your Church' programme, these delegates left equipped with the tools to enhance health and positively impact lifestyles. They also heard testimonies of community attendees becoming Adventists through this programme.

Now approaching its eighteenth year, CHIP has taken centre stage across the world as a leading lifestyle and health intervention programme. It draws together healthcare professionals, faith communities, corporations, schools, business enterprises and outlets such as restaurants and grocery chains. Strongly research-based in its origins, clinical reports have highlighted its efficacy in numerous medical journals, and recognised its integrated medical, behavioural and public health approach as the answer to many of our largely lifestyle-related diseases.

CHIP is a community-based, 30-day, intensive educational lifestyle

intervention which entails 40 hours of practical demonstrations, theoretical insights and teaching on healthy living, and the prevention and reversal of disease. It has been scientifically proven to reduce substantially high blood pressure, blood sugar, cholesterol, angina, digestive disorders and lessen depression. It facilitates the reversal of narrowed arteries, helping to combat heart disease.

More than 40,000 CHIP graduates attest to the success of the CHIP lifestyle principles, having applied them to their daily lives with outstanding, incontestable results. Individuals who have come through the programme, and reports from their physicians, have indicated results such as cholesterol levels dropping from 10% to as much as 40%, average weight loss of seven pounds in thirty days, diabetic and blood pressure medication reduced and even eliminated, better sleep and higher energy levels. There have also been favourable outcomes with some cancer diagnosis.

Dr Hans Diehl, director of the Lifestyle Medicine Institute at Loma Linda, California, is founder of the

CHIP programme. He has over twenty years leadership experience in lifestyle medicine, working as lifestyle interventionist, researcher, educator and speaker.

The CHIP programme is both comprehensive and supportive in its approach and includes the following:

- Two health screens for total cholesterol, LDL, HDL, triglycerides and fasting blood sugar
- Two lifestyle evaluations
- Personalised counselling
- 16 dynamic health and lifestyle lectures
- *Dynamic Living* textbook and workbook
- Natural foods cookbook
- Food demonstrations and samples
- Regular alumni support meetings

Under the caption 'Equipping Churches for Effective Health Ministry' the Adventist CHIP Association has developed CHIP as a health evangelism tool.

Their Mission Statement is to provide a church-sponsored, scientifically sound, community programme that will:

- Bring healing to the whole person
 - Create lasting friendships for churches
 - Stimulate interest in God's plan for health
- Malcolm and Lorraine Hayles –

administrator and health educator at Roundelwood Health and Lifestyle Spa – attended the 2006 CHIP summit along with the writer, and were trained as CHIP leaders.

We are planning to launch MicroCHIP (a smaller scale 'in reach' version of CHIP) here in the British Isles. Dr Diehl is scheduled to attend the launch in March and we hope to train up to fifty leaders to become CHIP trainers. We are excited about this development and have committed our plans to God for his direction and blessing. Please pray for the success of this programme.

You can contact the Adventist CHIP Association at: Route 1, Box 4001, Sulphur, OK 73086, USA; Website: www.adventistchip.org; Email: info@adventistCHIP.org.



Seventh-day Activists

David Marshall



Never forget the power of Christ to make bad men good, and good women better. That power is at the heart of Christianity. It is called new birth. Few of us would doubt its reality.

But where does new birth end? No. I'm not getting into the debate about sanctification, spiritual maturity and character perfection.

I'm asking, Does the new birth end with the transformation of the individual – the direction, the priorities, the life?

The individual's change of life-direction will impact his family, making him a better son, husband and father. The option to be a saint at church and a devil at home isn't open to the Christian. You accept that, right?

Should a change of life-direction also impact the neighbours, the folks at work or school – the community? It's not much of a change if it doesn't have some influence.

Permit me to make my point with an old story.

Ever heard of the Gold Rush? Men from the eastern United States, the British Isles and other places headed to the western United States because they had heard that 'there was gold in them thar hills'. Notice I said *men*. One of the few to find gold and come home to Britain to tell the tale was Bret Harte. He published his story in *The Luck of Roaring Camp*.

Roaring Camp was an infamous community of gold prospectors in the 'Wild West'. Cherokee Sal was the only woman in the camp, and she died giving birth to a child. That baby had a major impact on life-direction at the Camp. Immediately after it had been delivered, it was wrapped in rags and placed in a box marked 'Whisky.'

As soon as that had been done, the men of Roaring Camp felt an instinctive sense of shame. One of their number was sent on a mule journey to buy the best rosewood cradle that was available for ready money. The cradle showed up the rags in which the baby was wrapped, and a man was despatched on another mule for baby clothes. And the baby, suitably clothed, and the cradle, served to show up the truly appalling surroundings in which the men had lived: the floor, the walls, the ceiling. A dozen rough gold prospectors scrubbed and scrubbed them until the surfaces were, again, the colour of fresh-hewn pine. Windows were mended and curtained. Outdoors, the area around the mine became a garden to

provide a fit environment for the baby.

'S-h-h-h!' the men would say: '*The baby is sleeping!*' And Roaring Camp lost the characteristic that had given it the name.

Soon Tuttle, who kept the general store, had to order in razors and shaving soap, suits and waistcoats.

The baby had transformed the neighbourhood. In fact, *the entire community*.

That fact was not lost on Bret Harte, nor was its allegorical significance. 'The world itself was Roaring Camp two thousand years ago,' he wrote. 'A man – every man – was either a slave-owner or a slave, either a pitiless tyrant or a victim. Womanhood was debased and dishonoured. Childhood was destitute of sanctity. Children, unwanted, were strangled or drowned. . . . Then a little Child was born. In the presence of that Child men saw, as they had never seen before, that the world needed tidying up. The cry of the slave would not harmonise with the song of the angels. . . .'

In the year in which we commemorate the bicentenary of the abolition of the slave trade in 1807, it is important that we note that Bret Harte's was more than a sentimental story.

It is an awful irony that the slave trade had been given a new and terrible dimension by the three Christian nations – Spain, Portugal and England – that colonised the Americas. Our media and educational system are right to retell the horrors of that dreadful story. It is a sad commentary that that evil trade was not abolished until *eighteen centuries* after the birth of the Baby. But the fact that those responsible for Abolition were as prominent, if not more so, for their Christianity as for their political commitment says something for the power of the Christian Gospel.

The role of the 'Amazing Grace' author John Newton is known. The far more influential role of John Wesley in the Abolitionist Movement is less well-known. Very, very sadly it has become unfashionable to mention that the key campaigners for Abolition – Granville Sharp, Thomas Clarkson and William Wilberforce – were abolitionists because they were Christians.

They became abolitionists because they knew that slavery and the infamous trade that made it grow was at total variance with Christianity's core.

Similarly those who reformed the prisons

and the industrial system in which women and children were exploited, as well as the founders of the British Welfare State, would all come from within the British Christian tradition. The reformist movement in Britain owed everything to the eighteenth and nineteenth centuries' Christian Revival associated with the names Wesley and Whitefield, and nothing to the secular theorists so often (if only by implication) given the glory.

A question. How far would the abolitionist and reformist movements have progressed if they had depended on Adventists?

Traditionally, as Roy Adams of *Adventist Review* has often pointed out, Adventists have hidden behind the skirts of Ellen G. White in making the case for a quietist approach to political issues. Has DIY come to stand for 'Don't Involve Yourself'?

Certainly our instincts have been right to avoid identification with the programme and interests of any political party. But had we lived more than two hundred years ago, would we have been right not to have taken a stand against slavery and in favour of social reform? Emphatically, we would not.

Have we, in any event, been right to rationalise our failure to take a stand on the major political issues of our day by reference to the thought of Ellen White? Long before Abraham Lincoln's declaration against slavery, Ellen White had placed on record the strongest possible denunciation of that institution.¹ Indeed, she had incited Adventists to disobey pro-slavery laws – and to be prepared to take the consequences.²

Roy Adams encourages us to be Seventh-day Activists. The belief that the Lord's return will sweep away injustice, hunger, poverty and the social systems that give rise to them does not absolve us from the need to protest and do our level best to change those systems in the meantime. Where would the Abolitionist movement be if Granville Sharp, Thomas Clarkson and William Wilberforce had been quietists?

So where do we stand on making poverty history, the oppression of Christians in China, Internet porn, the developing world debt, and the great many more moral crusades which are ours because we are Christ's disciples?

References
¹Early Writings, pages 275-276. ²Testimonies, volume 1, page 202.



Enhancing Health

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

DETOX YOUR LIFE (part 2)

Environmental wellness
Is your home making you sick? The Environmental Protection Agency states that 50% of all our illnesses can be traced to indoor pollution, which is ten times more toxic than its outdoor counterpart.

Chemicals and harmful substances in the home have been linked to fatigue, headaches, allergies, skin irritations, depression, memory

loss, confusion, respiratory problems, asthma, nausea, dizziness, changes in genetic structure, birth defects and cancer.

On the list of hazardous products are: chloro-fluorocarbons (CFCs), formaldehyde, phosphates, ammonia, chlorine bleach, petroleum solvents, abrasives, aerosol propellants, deodorisers, radon, pesticides, lead and high emissions from electromagnetic fields (EMFs).

Anti-pollution plan
The following helps to create a healthy living space and prevent the build up of environmental toxins.

- Ensure your home is well-ventilated.
- Use naturally derived cleaning products such as tea tree solutions, baking soda, white vinegar, salt, essential oils, lemon juice and other citrus solvents which are very effective and safer for the environment.
- Avoid over-exposure to electromagnetic fields. Don't spend prolonged periods close to electrical appliances. Minimum safe distance is three feet away from operating appliances.

- Keep baby monitors away from infants' heads.
- Take regular breaks from the computer.
- Limit the use of microwaves.
- Reduce the number of synthetic products in your home.
- Avoid cooking with aluminium utensils.
- Check personal care products for sodium laureth, aluminium chlorohydrate and fluoride. Use harmless alternatives from health shops.
- Bring plants into your home for air purification. Spider plants are thought to remove harmful formaldehyde, and aloe vera plants may be effective in removing indoor pollutants.
- Use non-toxic paint, decorating and repair products.
- Regularly maintain all heaters, furnaces, humidifiers, air filters and air conditioners.
- Wash fruits and vegetables thoroughly to remove pesticides.
- Damp dust regularly.
- De-clutter.

Happy healthy living!

Wolverhampton Pendeford opens church and learning centre

by Victor Hulbert, BUC Communication sponsor

'This building is testimony of what transformation can do,' BUC president Pastor Don McFarlane told a packed congregation on Sunday 26 November, at the official opening of the Wolverhampton Pendeford Adventist church and Dovecott Learning Centre. Purchasing a pub, then gutting and re-designing the building as a place of worship for 200 people, means that the members and leadership of Pendeford now have an asset that, as Pastor McFarlane put it, 'can help young people and older people to transform their lives through learning and to help the community transform their lives through Jesus Christ'.

Councillor John L. G. Davis, Mayor of Wolverhampton City

Council (WCC), officiated at the opening. After cutting the ribbon, he talked about the 'reincarnation of a building', and referred to it in terms of the biblical motto on the mayor's badge, 'Out of darkness cometh light.' Sarah Underhill, the liaison between the church and the WCC, had worked closely with church pastor Richard Jackson, to help fund the redevelopment of the building. She said that it had been a good community place but that the 'reputation then dipped'. With joint funding from the WCC, the European Regional Development Fund and the various departments of the Adventist Church, she believes that the building will now 'regain a focus for the community'.

Wolverhampton Adventists are gaining a reputation for taking over old pubs. Both the Great Brickkiln Street and Wednesfield churches have a similar heritage. However, the added attraction of this building is that the support of the WCC and the regional development fund has ensured that it will be much more than a place of worship. During the week, the centre will be used by the council to help the long-term unemployed improve their skills and get back to work, to improve community links and to run various training programmes such as child care and parenting. 'It is an ideal arrangement,' Pastor Jackson states. 'We have secured money from the council for this project. They will run the

community programmes, but there will be no strings attached. Our obligation is simply to allow them to be rent-paying tenants with access during the week. They will close at noon on Fridays and won't do anything against the principles of the Adventist church. The church and the council work together to benefit the local community.'

NEC president Pastor Egerton Francis was among those impressed with the quality of the refurbishment, and the high standard of the sanctuary, the training rooms and the kitchen and toilet facilities. In his speech, he praised the members for their hard work. 'This is your home,' he told them. In commending Pastor Jackson and the members for their

vision, he stated, 'May you be comfortable in your place of worship, but remember you are on a journey and you are here as a witness.' Pastor Francis also commended Mr Gill, the previous owner of the property, who wanted the former pub to become a house of prayer.

It is twenty-five years since an Adventist group was started in Pendeford. That small number has grown and now more than seventy are in attendance. Increasing numbers of adults and children from the local community are also starting to visit and many of these were in attendance at the opening. As a 'son of Pendeford', Pastor Gary Gordon remembered the old pub and the historic dovecot behind it. Now, with a dove of peace reflected in the stained glass window behind the pulpit, he challenged that it should represent 'the peace of God that this church can bring to the community'.

Sabbaths to remember at Angaza

On 23 December, Angaza Sabbath school was led by people whose birthdays fell in that month. It was a beautiful and colourful morning.

James Ahadi, chair for the programme, gave his testimony. 'My dad was a Muslim leader. One December, I met my Saviour and was kicked out of my family for the shame I had caused them. I became a member of God's family. Then I conducted an evangelistic campaign in the city of Dar Es Salaam. My dad heard about the meetings and, though shocked, attended. After the message, a call was extended to those who wanted to accept Jesus as their Saviour and my father was among those who marched forward! Never, never underestimate the sav-

ing power of Jesus Christ,' James concluded. Since then, more family members have joined the church.

30 December was another Sabbath to remember for Angaza because of the baptism conducted at Agape, our first branch Sabbath school, located in East London.

The Agape group have been meeting for two hours every Sabbath for some time. They have testimonies, Bible study and prayer. For 20-38 community children, every Saturday has been a time for social, emotional and spiritual enjoyment. The work of Bible studies and home visits on Friday evenings was the mainstay of the day's success.

The baptism was conducted by Pastor Godwin Lekundayo and the three candidates were from one family. Karen and Anna are the chil-



Miriam Njamba with Pastor Mirilov

dren of Miriam Njamba and the third baptised was Aisha, Miriam's granddaughter. All of these people come from a non-Adventist background.

Newbold church associate pastor, Branislav Mirilov, presented the candidates with a book and gave them words of encouragement.

TEGEMEA CHAMPANDA

The Cherish Team

On Sabbath 15 July, Manchester Central church had a day to cherish. Why 'cherish'? Because 'Cherish' is the church's 'help team' set up to give help to members and others in need.

The Cherish team organised the full day's programme which was a joyful day of song and praise to the Lord. Sabbath School took the form of scripture readings by the children, interspersed with singing by the Praise Team, followed by testimonies from members.

The two sermonettes were preached by Pastor Karbah and

Sister L. Brown. Manchester Central is well known as a church of song, praise and prayer, and this 'Cherish Day' gave opportunity for all age groups to participate in full voice.

Sabbath lunch is a regular feature at Manchester Central, but this day was exceptional, with a bevy of master cooks providing a wide variety of dishes to be feasted upon.

AYS was yet another feast, but of



the musical variety. Children with their instruments, members singing solo and in groups, visitors from local churches, even professional singers, all joined to make this a day of glory to our Lord and of enjoyment to his children.

F. BROWN

Another baptism at York

On 28 October, the York church welcomed Cathrine Magombedze into membership. Cathrine started Bible studies with Pastor Allcock while living in York, and continued them by correspondence after moving to study at Leicester University.

'You can acquire riches and you can have knowledge, but without Christ you really have nothing. That's why I've chosen to do this today,' Cathrine said, after taking her baptismal vows.

A friend of Cathrine's, who had come to support her, was impressed with the service and said, 'I've never experienced anything like this before.'

Echoing these thoughts was the church key holder, who is a Christian, although not an Adventist. 'I thought it was a lovely service,'

she said. 'It had a real family atmosphere. I have always wanted to witness an adult baptism and can now understand the significance and reasons for baptising adults rather than babies.'

LYNETTE ALLCOCK



Christmas baptism at Stanborough Park

Stanborough Park church's traditional Sabbath morning Christmas service maintained its usual high standard with a mixture of readings, meditations and outstanding music. This year, however, it came with an added bonus in the form of the baptism of Laura Horwood.

Laura has grown up in the church and was following the example set by her parents, John and Angelika, when, eight years ago, they were baptised in the very same baptistry.

During 2006 she undertook a series of Bible studies with Pastor Nathan Stickland, whom she knew well as the father of her friend Chloe, so it was not surprising that he had the happy task of performing the baptism. For Laura the day was extra special, as by a fortunate coincidence, 23 December was also her 13th birthday!

JUNE COOMBS



'It was never like this in the old days!'

On Wednesday 20 December, the British Union, ADRA and Adventist Discovery Centre office staff gathered together to thank Jean Menkens



for thirty years of service at the Adventist Discovery Centre, formerly known as the Voice of Prophecy.

Jean was the youngest member of the team when she started work as receptionist in September 1977. This was before the days of the computer and, as the most senior member of staff before her retirement, she loved to make reference to the way it was 'in the old days' with electric typewriter and hand filing. The computer came to the VOP in 1984 and Jean became registrar when Mrs Barbara Bone retired. Pastor Fretson Taylor was VOP

principal at the time and Jean was the very first staff member he interviewed and welcomed into the department. He remembers Jean for her faithfulness as registrar in keeping all the applications and enrolments.

The VOP at that time was in the little white building at the top of Stanborough Park, near the Secondary School. Jean remembers moving into the new offices in the BUC building in December 1989, a year in which she entered 13,790 applications and had 6,883 active students. The staff marked 37,765 test papers.

In addition to being the registrar, Jean has also served as manager for the Discover Bible School, which involved working with the local churches. She was also manager of the Health programme.

One of her achievements was to enable the in-house printing of Bible lessons such as 'Great Teachings and Prophecies of the Bible', 'Start into Life' and 'Family Life' lessons. She has helped to update the lessons, with the assistance of Richard Willis.

BUC president Pastor Don McFarlane thanked Jean for her faithful service over so many years, commenting on her singularly dedicated service to the organisation that she loved and worked for.

Christian Home and Family Week 10-17 February

Seven grace gifts for your marriage

by Karen and Bernie Holford *

Grace has become a buzz word among Christians. Adventists are no exception. But grace is not just a gift from God to us, it is also an amazing gift we can give each other. Here are seven ways you could help your spouse to experience *your* grace, and to understand more of God's grace towards him or her:

1. The gift of patience – 1 Corinthians 13:4

Maybe there was a very good reason why the apostle Paul listed patience as the first quality of love in 1 Corinthians 13! In our crazily busy lives, taking the time to slow down and give each other space to think, to reflect, to do things at different speeds, and to make the occasional mistake, is a generous, and yet simple gift we can give each other.

When would your spouse appreciate the gift of your patience, and how can you show them that you are willing and happy to give them the space and time they need?

2. The gift of forgiveness – Ephesians 4:32

Forgiveness can be the most challenging gift we offer each other. Sometimes we have hurt our spouse so badly that the process of forgiveness can take time, and we need to allow them the space to come to complete forgiveness at their own speed. If we *have* hurt our spouse, we also need to consider what we could do to help heal their pain, be mature enough to listen to them tell us how much we've hurt them, and then offer an apology. When we are able to forgive each other, we can truly experience a taste of God's grace towards us.

What might you need to forgive your spouse for? How could you begin the process? What might you need to ask forgiveness for? Could you invite your spouse to describe how your actions hurt him or her, and begin to comfort them for the pain you have caused?

3. The gift of welcoming acceptance – Romans 15:7

There is a Swedish proverb that says, 'Love me when I least deserve it, because that's when I really need it.' We all make mistakes from time to time and one of the challenges of being married is that we are much more aware of each

other's failings because we live so close to each other.

How would you like your spouse to respond to you when you've made a mistake? Think about a time when they accepted you with open arms, even when you'd made a mess of something. What difference does it make to be accepted rather than rejected and criticised?

4. The gift of loving words – Ephesians 4:29

Loving words encourage and inspire us. They are words that build us up and give us the hope and the strength to keep going on. Positive words help to counteract the damage done by the negative and critical messages from the media, our colleagues, fellow church members, or even the echoes of painful words spoken to us in childhood.

What words could you say that would build up your spouse? What prayers could you pray for them?

Someone has said that the secret of a successful marriage is leaving about three things a day unsaid! We don't have to speak every thought that comes into our head. We don't have to keep reminding the other person of the things that they have or haven't been doing. Tell them clearly, once, what you need them to do, and then give them the space and time to fulfil your request in their own way.

What words could you leave unsaid, and what difference might it make to your spouse if you did?

5. The gift of self-sacrificing service – Philippians 2:1-4

Jesus gave us a moving example of humble service when he showed that he was willing to take on the lowly task of washing his disciples' feet. We may not need to have our feet washed, but what are the humble jobs your spouse does to serve you, and how could you serve him or her by doing one of those tasks as a surprise? Washing up, cleaning toilets, washing the car, taking out the rubbish, etc.

What other ideas do you have? Try to do at least one act of generous service a week. And if your spouse does an amazing task of service for you, be quick to show your gratitude and appreciation.

6. The gift of thoughtful love – 1 John 3:18, 4:11, 12, 18

Vibrant love inspires us to respond in beautiful ways to each other.

What is the greatest gift you could give to your spouse? How could you help them to fulfil their hopes and dreams and to do the work that God has prepared them to do? How does your spouse like to be loved and how can you show your love in new and creative ways? Do they like to hear or read your loving words? Do they appreciate your touch and affection, your helpful support, your undivided attention, or your thoughtful gifts?

7. The gift of commitment – Matthew 19:5-6

The greatest gift any marriage needs is that of commitment. When you are both committed to each other, you will feel safe enough to invest more time and energy into the relationship, to discover more about how to enrich your marriage, and to work harder, with God, to make it the best it can be.

What one thing could you do today that would convince your spouse that you are committed to them and to your marriage? Do they know they are safe in your love, and that you won't betray their trust?

How can you celebrate your commitment to each other in a special way?

Take the time to offer each other some of these grace-gifts. Pray that God will help your relationship to grow deeper, closer and stronger with his help, because he wants your marriage to be happier than you could ever imagine, and to be a powerful witness in a world of crumbling relationships.

This year the General Conference Family Ministries department is focusing on grace in marriage, parenting and other family relationships. To download the sermons, children's stories and seminars for both personal and church use, go to www.secadventist.org.uk, click on *Departments* and then click on *family ministries*.

For the best website for information on marriage-related topics visit www.2-in-2-1.co.uk.

* Karen and Bernie Holford have been married for over 23 years and they have three children aged 14, 17 and 20. They are both qualified family therapists and they work for the SEC Family and Children's Ministries departments.

Dr KENNETH EDWIN THOMAS (1932-2006) d. 12 November. Kenneth Thomas was born at Kendu Mission Hospital in Kenya on 14 December 1932 to Frederick and Florence Thomas, British missionaries who had accepted a call in 1924 to go to Gendia Mission in Kenya. The doctor who assisted at Ken's birth was another longtime British missionary, Dr George Madgwick, the brother of a better-known Britisher (especially to old-time Newbold students) William R. A. Madgwick. Ken grew up until the age of 11 on Gendia mission, with a brief stay in England when his parents were on furlough. At Gendia his playmates, other than two other missionary boys (also British), were from the local Luo tribe, from whom he learnt the language, customs and skills, and their folk stories, which he used to good effect later on to entertain the rest of us at boarding school. The education of children was a difficult problem for parents. Mothers taught them for the first year or two. When the church set up a hostel in Nairobi to cater for children attending the Government primary and secondary schools of the city, Ken and his brothers were sent there. In 1940 Ken, with his older brothers, Fred and Don, was among the first to live in the hostel where, in due course, they were joined by children from other British missionary families to East Africa such as the Beardells, Lewises, Swaines and Careys. Here Ken completed primary school and started high school. In 1947 his father was transferred to Helderberg College to serve as business manager. Ken was thus able to live at home while he completed his high school and most of his college (first degree) years. His final year of college was spent back in the men's dormitory. During his time at Helderberg he met and fell in love with Shirley Webster, and they were married on 9 November 1954, a few days after he had graduated with a BSc in Mathematics. To this union were born two children, Muriel and Albert. Ken's first appointment was to Sedaven High School near Johannesburg, South Africa, followed by service at Chimpempe and Rusangu Missions in Northern Rhodesia, now Zambia. There Ken became proficient in the Bemba and Tonga languages. When furlough was due at the end of 1965, Ken decided to further his education. The family moved to Andrews University in Berrien Springs, Michigan, where in 1967 Ken was awarded an MSc degree in Mathematics. He wanted to continue with doctoral studies and was accepted as a candidate at the University of Nebraska in Lincoln, USA. Supporting a family and studying required hard work so, when he had time, he worked in the building trade for an Adventist builder. Shirley also taught in public school. After successfully defending his dissertation, Ken graduated with a PhD in Mathematics at the end of 1971. Called to Helderberg College in that year, he served as chair of the Mathematics and Science Department for the next nine years. In 1980 Ken changed profession temporarily. His missionary background put him in the position to accept a call back to Zambia, to head up the church's work as president of the Union in that country; a task he carried out successfully for the next five years. In 1985 Ken and Shirley moved once again to Andrews University, where he had been offered a post in the

Mathematics department. He had always loved teaching, especially his favourite subject, so he gave the rest of his working life to ministering to those young people who wanted to study with him. Many modern Adventist mathematicians owe their success and love for the subject to his inspiration and expertise. In due course he was asked to chair the department. Because of his outstanding service, he was presented with an award for excellence in teaching and the John Nevins Andrews Medallion for the 1995-96 school year. In 1998 the College of Arts and Sciences presented him with their award for excellent service. In 1998 Ken and Shirley decided to retire. Selling their home in Berrien Springs they moved to Scotland and purchased a home in Muthill, where they could be close to their daughter Muriel and her family. They called their bungalow 'Wanderer's Home' and everyone was always welcome. Ken's hobby was working with wood. He fully equipped his garage with up-to-date woodworking tools and set about building furniture for his home, for family, for friends, for the church and for the village. Both he and Shirley were active in the Crieff church. In recent years Ken's progressive illness kept him from doing all that he wanted to do. However, he remained optimistic, clear-minded and fun to be with until the last. Thus it was that Ken, who had served his church and his God so faithfully and so successfully, passed to his rest at home in Muthill. On resurrection morning he will not have difficulty hearing Jesus' voice as he declares 'Awake, thou that sleepest' (Eph. 5:14) because he listened to and followed that voice all his life. Ken leaves to mourn his passing his dear wife Shirley, daughter Muriel and her husband Steve Logan, son Albert and his wife Theda Thomas, brothers Fred and Mervyn Thomas and his four grandchildren, Jennifer and Alister Logan, and Bronwyn and Lloyd Thomas. Shirley would like to thank the members of the Crieff church, the people of Crieff and Muthill, and the NHS and Social Services for their dedicated and loving support during this difficult time.

DR DEREK BEARDSSELL

VERA (née Oliver) BEE (1921-2006) d. 19 October. The Worcester church has sadly lost another of its senior members. Vera was born and lived all her life in Worcester and was baptised when she was 19 years old, through the influence of her grandmother. She remained an active and loyal Adventist for well over sixty years! For most of her life, Vera proved to be an ardent believer in the Adventist message and was always a willing and conscientious worker in the Church she loved. Over the years she was elected to positions in many of the church departments (Home Missionary, Sabbath School, etc.) and was cleaner/caretaker and deaconess for many years. For several years, she proved to be a very reliable and trusted treasurer, which was one of her last duties. Though the Worcester church in recent years had a small (but faithful) membership, Vera gave her all in all of her responsibilities. In 1964, Vera was happily married to church elder William (Bill) Bee, who was a son of Richard Bee, one of the founder members of the Worcester church in 1910. Together, Vera and Bill put their hearts and souls into keeping the

church active and alive. Joining in the many other church activities, they also willingly collected each year for the Ingathering campaigns, calling on the same people year after year, thereby becoming very well-known to all those who gave to them. Even after Bill died in 1976, Vera bravely continued to be an active member, but she eventually developed failing eyesight and reluctantly had to relinquish many of her church duties. As advancing years took their toll and her health gradually deteriorated, she became frailer and less mobile, but she battled on, living alone, and relying on the Lord's help and the kind as-

sistance of some of her family, friends and neighbours. She now awaits her Saviour's call on the soon-coming Resurrection Day. Her funeral service was conducted by Pastor Adrian Broome at the Worcester crematorium in the presence of many of her family, friends and church members, who tenderly sang one of Vera's favourite hymns:

'How sweet the name of Jesus sounds
In a believer's ear.
It soothes his sorrows, heals his wounds,
And drives away his fear.'

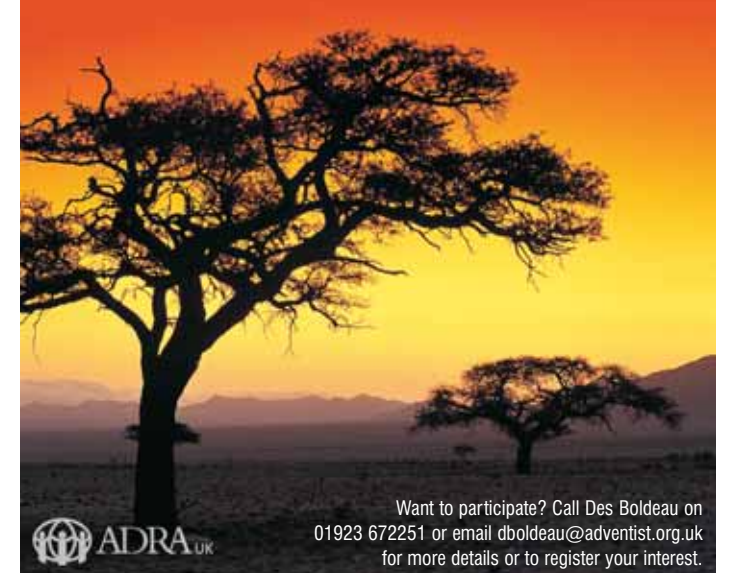
(John Newton)

DORIS J. LACK

Want to do something worthwhile next summer?

Kenya Mission Project Summer 2007

The BUC Youth Department in partnership with ADRA UK is organising for a group to travel to Kisii, Kenya to build a 100-bed dormitory for orphans of AIDS and children who have contracted the HIV virus from their parents. The 14-day trip will take place in June/July next year and is open to all aged 18 or over.



Want to participate? Call Des Boldeau on 01923 672251 or email dboldeau@adventist.org.uk for more details or to register your interest.

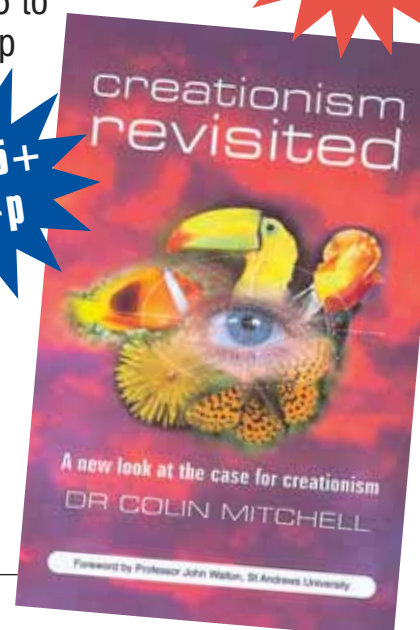
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BUC seeks Assistant Executive Secretary

This person will be responsible for providing and managing HR policy for the BUC and, in addition, will carry a number of administrative responsibilities, including record retention and co-ordination of the Adventist Retirement Plan. Ideally, applicants should hold relevant CIPD qualification and have some practical experience in HR. They will be proficient in the use of the Microsoft Office software, well organised, and a team player with good interpersonal skills and an ability to get on well with people. Salary and allowances in line with denominational pay scales. For an application form write to: BUC Executive Secretary, BUC Office, Stanborough Park, Watford, Herts, WD25 9JZ (email: elowe@adventist.org.uk). Applications must reach the BUC office by 6 February.

JOB VACANCY PROOF READER

The Stanborough Press will have a vacancy for a Proof Reader from 5 March 2007. The applicant should have considerable experience at working with words, have an in-depth knowledge of the structure of language, be competent in spelling and punctuation and, above all, have a meticulous mind-set. The work of a proof reader can be painstaking, but is vital to a publishing company.

Applicants should have experience in the latest computer technology and should be prepared to undertake work other than proof reading if and when required. Send letter of application, with cv and the names of two referees, to: The Senior Editor, The Stanborough Press Ltd, Alma Park, Grantham, Lincolnshire, NG31 9SL by **Wednesday 14 February 2007**.

Sexual orientation regulations

Christian protestors made national news headlines on Tuesday 9 January as they demonstrated outside Parliament against new regulations to protect gay rights. These became law in Northern Ireland on 1 January 2007 and are due to be introduced in mainland Britain in April.

The law protects against discrimination in the provision of goods, facilities and services on the basis of sexual orientation, bringing it in line with similar bans on religious or racial discrimination. The rally coincided with a debate in the House of Lords in which a motion was put forward by Lord Morrow, calling for the Northern Ireland regulations to be annulled, so that they could, in turn, be amended to protect freedom of religion and conscience. Lord Morrow told peers, 'The regulations make it possible for homosexual activists to sue people who disagree with a homosexual lifestyle because of their religious beliefs. They require religious organisations to choose between obedience to God and obedience to the state.' The motion was defeated by 199 votes to 68 with Conservative peers being allowed a free vote, while Liberal and Labour peers were instructed to vote against it.

Thomas Cordrey, barrister and Public Policy Analyst with the Lawyers' Christian Fellowship, states on their website, 'These Regulations do not currently strike the correct balance between two competing rights. Christians have no desire to discriminate unjustly on the grounds of sexual orientation, but

they cannot and must not be forced to actively condone and promote sexual practices which the Bible teaches are wrong. It is a fundamental matter of freedom of conscience.'

With the following link, <http://petitions.pm.gov.uk/NISexOrient> you can add your name to a petition to the Prime Minister. The deadline for signing up is 5 February 2007.

The full text of the petition reads as follows:

'We the undersigned petition the Prime Minister to delay the passing into legislation of the Sexual Orientation Regulations for Northern Ireland. These Regulations should be withdrawn as they offend the vast majority of people in Northern Ireland across the sectarian divide. Will severely limit free speech in Northern Ireland. The School curriculum and assemblies must be entirely exempted. Could lead to Bibles being banned from Hospitals where the Word of God offers much succour. Christian teachers could be forced out of the profession, removing the bedrock of our system. They override the consciences of Christian teachers and are contrary to Article 9 of the European Convention on Human Rights. Gay rights activists have sought to ban University CUs and this will spread to schools.'

FEEDBACK

New hymnbook needed

While the canon of the Bible is closed, surely our hymnal should not be. Since the last update in 1985, some excellent new songs have appeared.

Our hymnal has many excellent classics which we should never do away with. However, would it not be a good idea for a music committee to compile a small book of maybe 300-400 new songs that are in harmony with our beliefs? It could also contain some old classics that were dropped from the new hymnal, such as 'Oh the deep, deep love of Jesus'.

CARLISLE CLARKE

MIRACLES HAPPEN

A guide to healing the New Testament way

Can you imagine standing next to someone you've known all your life – a friend who has been blind from birth – and watching, with your own eyes, as Jesus of Nazareth heals his eyes and gives him, for the first time, the ability to see? Can you imagine the wonder in your friend's eyes as he studies you – for the first time – in glorious technicolour?

Jesus performed many mind-blowing miracles of healing during his three-year ministry on Earth, yet he is recorded as saying, 'The person who trusts me will do . . . even greater things.' John 14:12.

So what happened? Has the power of God dried up? Do miracles still happen, or has modern medicine put an end to all that?



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The BUC Youth Department in partnership with Hope UK

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- Drug Awareness (Distance learning only)

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For further information please contact: Paula Day & Bobbie, BUC Youth Department, advice@bucyouth.org.uk, 01323 873221. Or online at www.adventist.org.uk/bucyouth

'All that it needs for evil to prosper is for good people to do nothing.'

GARY NESBITT

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| Feb | 4 Harper Bell | 10am-2pm |
| | 25 John Loughborough | 10am-2pm |
| Mar | 4 Harper Bell | 10am-2pm |

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Sunset

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|-------|--------|------|------------|-----------|---------|
| Feb 2 | 4.51 | 5.03 | 4.50 | 4.47 | 5.04 |
| 9 | 5.04 | 5.16 | 5.04 | 5.03 | 5.18 |
| 16 | 5.17 | 5.29 | 5.18 | 5.18 | 5.33 |
| 23 | 5.30 | 5.42 | 5.31 | 5.33 | 5.47 |

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