

**Contemporary Comment** 

# **Odds-on favourites?**

Justin Thyme to join the great Human Race

I don't think we should be too hard on Eve the Mum-of-all. Sexaggerate her faults. True, the closer we get to her mindset, draw nigh to her, we see how nigh-eve she was. Adam would surely have been just as gullible when confronted with silky-tongued Serpy.

So was an A&E dept. quickly set up there and then in the Garden of E when Evie made a core out of that awesome apple? No way! God's vocabulary doesn't have 'emergency' in it. No surprises for him. Knows it all before it happens

Even if I take the liberty to an-throw-poe-murphyise, we can never assume God is in any sense a 'betting' man. Why then, does the unknown letter-writer to Hebrews advise us to 'run with Percy Verance (pacemaker *par excellence*) the race marked out for us'? Can there be no-bets-on races?

Paul in his first letter to the Corinthians, at the end of chapter

ealth Ministries director, BUC

**Brain Health Series** 

Part 9h

In this final segment on the emotional aspect of

The protein and carbohydrate balance con-

brain health we examine the impact of food and its

Evidence is emerging which suggests that food

sumed in a meal is thought to affect the brain

The ratio of fat to carbohydrate in a meal sig-

nificantly affects mood, alertness and mental

neurotransmitter serotonin which is responsible

FOOD AND MOOD

relationship to our mood

can affect brain activity

for controlling mood.

performance

Findings:

2 Messenge

nine, also talks about a race, saving that although in worldly races only one wins a prize, our minds, nevertheless, should be fixed on winning God's prize. Paul might also agree that there are no losers.

OK, the Bible uses the analogy of a race, but only as a race with a combined start/finishing prize. So if we limit our thinking of God's race as just an earthly, competitive race, his race to Heaven is only an absurdity. But beware - a divine absurdity is never a human absurdity. Does God *want* to participate? Yes. Because without his help we won't make it. He loves to take part.

Accordingly we must realise that our heavenly, spiritual coach is ready and waiting. Longing for an invitation to prompt and encourage us every step along that strait and narrow Way. Provided, of course, we're willing enough to listen and co-operate.

God's race is an amazingly beau-

tiful absurdity. Forget stopwatches, photo finishes, hundredths-of-asecond judgements, for 'the last shall be first and the first shall be last

Why? Because God's grace turns self-reliance into Infinite-reliance.

And are we disqualified at the slightest infringement of the rules? No. Therefore why quibble or argue with fellow runners who have differing interpretations of the rulebook? Love them, don't condemn - the loving Judge doesn't (John 3:17).

In fact, are we expected to compete with one another at all? Definitely not.

If someone stumbles and falls, albeit metaphorically, do we (with a smug, superior grin) speed past, or go back with compassion and pick them up?

I'd like to share with you the following heart-stirring story, which I've taken (and retold) from Axel Kuhner's *Hoffen wir das Beste* (Let's hope for the best).

A number of years ago now, during the US session of the Paralympics, the relatively small number of spectators who attended were deeply moved by the final of the men's 400 metres.

Eight runners set off with running

styles that could hardly be termed elegant. Admirable, however, for their impressive display of sheer tenacity, persistence and resolution

Suddenly there was a corporate groan rolling across the stadium, for the leading runner had fallen within sight of the winning post. The second contestant - instead of carrying on to cross the line and achieve victory - stopped, and carefully helped the fallen man to his feet. Supporting each other they then both limped onwards, soon to be joined by the remaining six, who also ceased running. Linking arms, with the potential 'winner' in the middle, they all dragged each other, and themselves, as one across the finishing line!

Aren't we handicapped when it comes to righteousness? Saddled with our debilitating sinful nature? We all need help. So let's start with one another

I want a medal in God's race to the Kingdom. Yet it's not the kind of race that I on my own can win. Aren't the odds against me, against all of us?

Jesus Christ disagrees. 'In truth, in very truth,' he assures us, 'the believer possesses eternal life. Sounds to me as if we're God's odds-on favourites! Stay on course!

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linked to negative moods.

enhances clear thinking.

low mood.

Homework

Good health!

particular foods.

well as brain health

\* Benton D, Cook R. Selenium supplen

Caffeine has been linked to nervousness,

\*Several studies have shown an associ-

sion and other negative mood states.

than men. Depressed mood appears to

influence the severity of these cravings.

keep a food and mood diary to ascertain

your physical and emotional response to

Try increasing your intake of plant-based

foods, as a predominantly plant-based

diet has been found to enhance mood as

a double-blind crossover trial. Biol Psychiatry 1991; 29:1092-98

If you experience frequent low moods,

Women report more food cravings

ation between low selenium intake and a

significantly greater incidence of depres-

anxiety, depression and cravings.

which boosts concentration and

Cast your net again. It's not over. **David Marshall** 

They had absorbed the trauma of Golgotha.

All their bright hopes had been extinguished by the heavy cloud of failure. If the cry 'It is finished' had, as some suggest, been a cry of triumph, the disciples of Jesus had not heard it that way. Perhaps they had simply not heard it.

By Sunday, emerging from shock, two of them felt up to sharing a little of what they felt with a solicitous Stranger. 'We had hoped,' they told him, 'that he was the one who was going to redeem Israel.'1 Had hoped, but hoped no longer. It was the third day since his death. As they had left Jerusalem they had heard rumours of resurrection from the women. But when some of their number had checked on the tomb they had found it empty, 'but him they did not see'.<sup>2</sup>

Despite testimonies of 'visions of angels' and accounts – even from Thomas of all people! – of appearances by the Lord who was very much alive, many were oppressed by doubt and, perhaps, an inability to get their heads round the impossible idea of resurrection. Some, notably Peter, carried with them a strong sense that - crucifixion, resurrection, whatever – they had let the Master down at crunch time. Even if there were a risen Lord, how would he feel about men who had been cowards in a crisis?

In any event, they told themselves, life must go on. They had to eat, right? A grief-driven homing instinct took them back to Galilee. When Peter said. 'I'm going out to fish,' the others said, 'We'll go with you.'3

Perhaps it would help lift the feeling of gloom. You know. Doing everyday things.

But everyday things can – and did – reinforce the sense of failure. After a night's fishing their nets were still empty.

Dawn over Galilee doesn't take long. but it's always amazing. As the sun rose beyond the hills of Moab and the sky

changed from blood red to mother-ofpearl, the illuminating rays of the rising sun picked out a man's figure on the western shoreline. He was moving about. lighting a fire, making breakfast. Despite their heavy-failure feelings, there was something warmly reassuring in the sight. So when he waved they looked and when he shouted they tried to make out his words.

'Lads! Have you caught anything for breakfast?'

'No joy! Not a thing!' they chorused back. But the gloom had lifted.

cheerfully. 'It's not over!'

They followed the Stranger's suggestion. When, later, Peter and his friends dragged the net ashore they found it untorn but full of large fish. They even counted them! But the instant they had obeyed the Stranger's command they had felt the weight of them.

In that instant John knew that the Stranger was Jesus. 'It is the Lord!' he told Peter. And Peter abandoned boat instantly and swam the hundred yards to shore.4

On shore there was the risen Christ, 'a fire of burning coals' and, soon, a cooked breakfast.

Breakfast past, walking along the shore, Peter who had denied his Lord three times was

recommissioned three times. 'Feed my lambs....

Feed my sheep. . Follow me!'

2008 has been a devastatingly discouraging year for many. For some

discouragement has been compounded by disillusionment and

Enhancing Health y Sharon Platt-McDonald RGN, RM, RHV, MSc.

#### Did you know?

- Eating breakfast helps to avoid mid-morning mood and energy dips. Foods like oats, porridge, wholegrain cereal, fresh or dried fruits, nuts, seeds and wholemeal bread are good mood boosters.
- The rainbow diet (daily foods covering all the rainbow colours) provides essential plant maintaining good brain health
- Slow energy releasing foods like wholegrain been found to reduce irritability, fatigue and depression and boost concentration. Lack of

ed to the same brain area – the hypothalamus and the sharing of the same neuronal circuits. • Reports of food cravings are more common in the premen-

cific behaviours can be associat-

## strual phase. During this time

identified a number of key foods and dietary practices that influence mood. Take note of the following

- nutrients (phytonutrients) which are key to

 Eating disorders, such as anorexia, bulimia and overeating, are sometimes linked, as their spe-

- Adequate water hydrates the brain. Food intolerances have been linked with
- total food intake increases and a parallel change in basal metabolic rate occurs. The British Nutrition Foundation (2001) has

- cereals, oats, nuts, seeds and brown rice have

'Cast your net again!' he shouted,

depression. It may even have looked at times as if the message of Richard Dawkins has eclipsed the message of Jesus Christ.

But it hasn't. It can't. Because behind the message of Christ is the Person of the living Christ. He stands on the shore in the dawn haze of a brand new year. He comforts the hearts of his discouraged workers. If we listen we can hear his voice.

'The message of the Cross may still be foolishness to those who are perishing, but to those who are being saved it is the power of God. . . .'

'I will destroy the wisdom of the wise; the intelligence of the intelligent I will frustrate....'

'Never be ashamed of the gospel! It is the power of God for the salvation of evervone who believes....

'In my Father's house are many dwelling-places. I go to prepare a place for you. . . .'

'God opposes the proud but gives grace to the humble.... Come near to God and he will come near to you.'

'Cast your net again. It's not over."

The best – the very best – is yet to be. References:

<sup>1</sup>Luke 24:21. <sup>2</sup>Verse 24. <sup>3</sup>John 21:3. <sup>4</sup>John 21:4-14. <sup>5</sup>See 1 Corinthians 1:18, 19; Romans 1:16, 17; John 14:1-4; James 4:6-10; John 21:6 (paraphrased by songwriter Garth Hewitt)



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#### ssues



### Do you really understand stress, its causes and consequences?

2008 was a tough year in which to be a Seventh-day Adventist pastor or lay leader. That was especially so in some of our cities. Stress levels have been phenomenal. These stress levels have had health consequences, only a few symptoms of which *MESSENGER* readers may have been aware.

In the next three issues, in a series of articles written by three professionals, we are seeking to enlist the understanding of *MESSENGER* readers. To begin with – for your own sake, and the sakes of your pastors/leaders – we would like you to achieve a deeper level of understanding of stress itself. We need to understand what stressors are and what the consequences can be when these are driven above acceptable levels. . . . EDITOR

can't imagine a more stressful experience than being in a small boat in a storm. You and your friends are bailing out the water as fast as you can, but the more water you chuck out, the more washes in. The water level is coming up to your knees, but your stress levels are over the mast as you realise that it is only a matter of minutes before the boat sinks. You scream, 'Why, God, is this happening to us?' into the gale, but there is no answer. As your heart is almost bursting with bailing and praying, your friend suddenly says, 'It's useless. The harder you pray and bail, the worse it gets. We might as well give up!'

Then, all of a sudden, someone wakes up the man taking a nap on a cushion at the back of the boat. In a moment he calls out to the howling wind: 'Peace, be still.' (Mark 4:39.) After all our stress and bailing and prayers, it's the words of Jesus that rescue us.

Excessive stress will usually affect our relationship with God. We often say, 'Why can't you sort this out? Change the circumstances, Lord! Calm the storm!' When it just gets worse and the stress increases, we ask ourselves if God is really there. Does he really care about how bad we feel? We sometimes think that we have failed to be a good **4** *lessager*  Christian because we are becoming increasingly anxious. And when a friend reminds us that we must just 'trust and obey' we feel like giving up on God and church altogether.

Our situation is usually complex and without simple solutions. Stress is a natural reaction to relational tensions that we experience as frustrations and conflicts. It is part of being human. When we realise that we can't solve the interpersonal difficulties in our lives without confrontation, we often get more stressed. Often stress is the experience of those who have the least control over their situation. The power imbalance in so many of our relationships contributes to the anxiety and tension we endure. Is there a scriptural response to our experience?

How do we help someone who tells us they are stressed? Listen first, without offering solutions. They probably want someone to understand their experience. After listening and connecting with their anxiety, ask them what you can do to help. If you offer to pray, also ask them if you can contact them in a while to ask how things are. Even though you have not solved their problems, they know that you care and are willing to support them.

Stress can be seen as an invitation for Christ to 'wake up'



# Stress a pastoral response

**by Bernie Holford,** MSc in Systematic Psychotherapy Family Ministries director, SEC

in our lives. Here are some ideas for resolving relational stress.

Jesus is in the boat of your life with you. We need to find ways to experience his presence all the time. 'Let the word of Christ dwell in you richly . . . in Psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.' (Colossians 3:16.) Learn Scripture as a way of listening over and again to the words of Jesus in your life. I find learning Scripture songs, found at *www.trilogyscripturesongs.com*, the easiest way to do this. Often the storm continues to rage, but the presence of Christ's words helps us not to sink.

**Practise relational prayer** by asking God to give you his words of hope and relational wisdom for those you are struggling with. Look at these people in the compassionate way God views them.

Show kindness, even to your enemies. (Matthew 5:44.) David Oliver, who wrote the 'Stress Survival Guide'\* says, 'Express your appreciation for people frequently. When you show kindness, you have it shown to you. People will work with you, not against you. We all might need to resolve conflicts tomorrow; the way we interact with people today will make it much easier to do.'

Build relationships with

supportive people who know how to 'Rejoice with those who rejoice and mourn with those who mourn.' (Romans 12:15.) Spend time with those who build you up. God has designed us for community and we sometimes get more stressed when we feel we are alone or undersupported. We are physical beings whose

minds are affected by the condition of our bodies. **Exercise is a natural** way to counteract the effects of stress. Exercise outside in nature if you can. God has created us to enjoy his beautiful world and our minds are healed when we take time to connect with him in his Creation.

Listen to those with the gift of wisdom. Others can give us a different perspective on the ways we can deal with stress. God never intended us to suffer alone. He has given spiritual gifts to others to help us at times like these.

Ask God to help you prioritise your time. Get organised at work and home. Avoid leaving things to the last minute – plan ahead!

Jesus' presence in the boat will not stop the storms of life pounding us, but focusing on his guidance will help us manage our stress so that the peace of God will become part of our lives.

\*Available from Care for the Family on http://www.careforthefamily.org.uk/ survivestress (029) 2081 0800.

# The psychology of stress

by Wallace Cyrus, SEN, RPN, MEI, CNA, FCPN, BA, Life Management specialist, writer and broadcaster, having practised in Bermuda, Canada, USA and UK

S tress is our reaction to the events of life. It affects us physically, psychologically and spiritually. In this article I will focus on its psychology and psychological effects.

Stress has great short-term and long-term negative effects on all of us. It incapacitates us, it depresses our immune system, it makes us ill – physically and mentally – and it sends countless numbers of individuals to an early grave every day of the year.

In order to deal with everyday living and maintain good mental health, we develop coping mechanisms/strategies. These coping skills range from dealing with family members, difficult persons, or an annoying boss to coping with the death of a significant person in our life.

When we get it right, life is bright and has meaning. We say life is worth living. When we get it wrong, everything seems dark and we may even become unwell (physically and mentally). It is in times like these that depression may set in and we contemplate, or even commit, suicide.

It is surprising how our thoughts can significantly influence who and what we are. Even more stressful are the holiday periods – Christmas, New Year, Easter, anniversaries and birthdays. These are some of the greatest producers of stress.

Managing our stress successfully Only the dead have no stress, so

#### What is stress?

Stress results from an imbalance between the demands on us and our perception of our ability to meet those demands. It is our response – psychologically and physiologically – to events that upset our personal balance in some way. These events or demands we call *stressors*.

If stressors involve central aspects of our lives, and if they persist over extended periods, they impact negatively on our ability to function.

Chronic stress over a long period can have a harmful effect on our physical and emotional health. Psychological effects include depression and suicidal thoughts.

Recognise when stress becomes destructive. Try to identify the cause (it will help you work through the pressure). Write down what stresses you – in order of priority – and tackle the causes. Talk to a friend or counsellor: unloading helps. Let go of resentment: it's toxic. Take time to rest and relax. Maintain regular exercise: it burns up excess adrenaline. Nurture spiritual well-being. Remember: 'You can throw the whole weight of your anxieties upon [God], for you are his personal concern.' (1 Peter 5:7, Phillips.) SHARON PLATT-MCDONALD

everyone needs to learn how to convert negative stress into positive stress and manage it. So how do we manage our stress/anxiety?

We need a positive and healthy self-concept/image. How we see ourselves is very important. We are all important, not because of what we do, or where we come from, our skin colour or our station in life. We are important because we are human beings, made in the image of God. Each and every one of us comes to this world as a selfcontained unit, needing only God to make us complete.

We need to take control of our lives and take responsibility for our thoughts, words and actions. We need to stop blaming others for our problems. If life serves you a lemon, make the best lemonade in the world, drink some and sell the rest.

We need to dream and make plans (I did not say daydream). We need to be prepared and have a plan to succeed. When we fail to plan, we have effectively planned to fail. Next we need to be visionary.

"Where there is no vision, the people perish." (Proverbs 29:18.) We must each have a vision of and for ourselves and a vision of where we want to go and what we want to do. Aimlessly wandering around will get us nowhere, and nothing but failure and stress will result.

Do not compare yourself with any other human being. Set goals and work towards them. Each of us is a unique individual. There is no one

#### Issues

else on Earth like me or like you. Do not define yourself in the context of what you do or who you know (definitions in externals).

Take great care of yourself. Looking after your well-being must be your number one priority. You can only do your best at work, rest, play and prayer when you are in good physical, mental and spiritual health.

Use positive self talk to your advantage and stay away from negative people. Avoid negative thoughts and putting yourself down – this is not modesty.

Finally, have principles, take what you do very seriously, but do not take yourself too seriously, and develop a great sense of humour. Laugh every day and always have a smile and a kind word for everyone with whom you come into contact.

I teach a programme called 'Creative Stress Management'. It is designed to help us manage our stress creatively by identifying our stressors, evaluating the stress and identifying creative ways to cope. I use a formula called the 'Q of 3' to accomplish our goals.

Whose problem is it?
What can you do about it?
What are you going to do about it?

To help us cope with life and living, we use many psychological tools – sublimation (channel our energies in different areas to compensate – an angry person punches a wall instead of his boss), denial (refusal to believe reality – your boyfriend/ girlfriend tells you it is over, but you keep calling and sending gifts) and projection (blaming others or things for our shortcomings – you are late for work because you wasted time, but you blame the traffic) are among the most commonly used.

In managing our stress creatively and effectively, it is not what happens to us that matters most. It is how we relate to what happens to us that makes the difference.

## Headquarters building destroyed by fire

Victor Hulbert. Communication director. BUC

major fire at the headquarters office of the Seventh-day Adventist Church in the UK and Ireland has gutted the building. The fire appears to have started during maintenance work that was taking place on Sunday 16 November and spread through the roof to engulf a major part of the building.

Fire services were called to the scene at approximately 2.10pm. Ten fire fighters battled the blaze throughout the afternoon and into the evening. Much of the main part of the building was destroyed. There were no casualties or iniuries.

Mrs Frances Brooks, manager of the ABC bookshop located at the far end of the building. was the only person inside at the time. She evacuated the building on hearing the fire alarm and was shocked to see smoke pouring out of the roof above the boardroom.

Staff at the office, based on Stanborough Park, Watford, met at the Stanborough Centre on Monday 17 November to draw up contingency plans and to ensure that the work and mission of the Church can continue to move forward as smoothly as possible.

Until what remains of the building is declared safe it is impossible to ascertain how much material has been lost, but all staff have made a commitment to restore a normal service as soon as possible.

Union president Pastor Don McFarlane

stated: 'The fire at our Church headquarters has surely affected operations. However, it is a comfort to know that the work of the Church is not primarily done in an office building but by our many thousands of members through the UK and Ireland in towns, villages and cities where they live.

'We will salvage what we can from the ruins of the building and seek to have a replacement as soon as the attendant factors

allow. The sorry state of this building, which for nearly fifty years has stood proudly on Stanborough Park, reminds us that there is no real security in anything that is fashioned by the hand of men. Our security is in God and his plans for the human family.

The office will be closed until further notice. Phones are still not working, but email service was quickly restored. The server, thankfully, was not damaged in the fire and has been moved to the ADRA-

UK office where we are courteously being provided with disaster relief!

Thanks to the numerous people who have sent messages of support – the staff are very grateful. If you have not had a personal response, we are sure you will understand. Until such time as the office reopens, the South England Conference Office will take messages on behalf of the BUC on 01923 232728.



Monday morning and all is right with the world – at least for the milkman. Now just where is the Monday morning and all is right with the world – at least for the minimum of space to spray it with water fridge we need to put that milk in? Maybe we can just ask the fire brigade to spray it with water Photo: Bert Smi

## **Dr Maxine Newell**

Dr Maxine Newell, a member of the Holloway church, has successfully defended her PhD dissertation study at Loma Linda University, and the degree of Doctor in Public Health has been conferred. Her study, entitled 'Knowledge, Perceptions, Beliefs and Behaviours Related to the Prevention of Hypertension among Black Seventh-day Adventists Living in London'. surveyed volunteers from seventeen Adventist churches across London.

The health practices and beliefs of 312 individuals between the ages of 25 and 79 were studied. Twentyfive percent had high blood pressure and, based on their responses to the questions on lifestyle habits, 69% were at risk of developing high blood pressure within ten years.

Dr Newell decided to do this study as a way to measure the impact of our health message on the health status of blacks in London. In

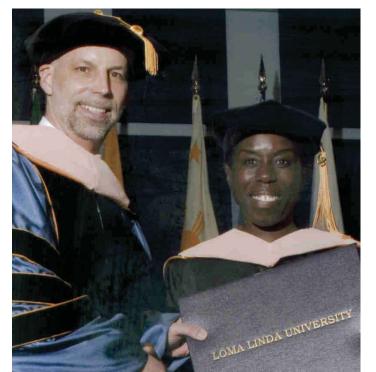
the US, black Adventists have better health profiles than non-Adventist blacks, and studies of SDAs around the world have demonstrated that the SDA lifestyle does positively impact the risk of disease, including high blood pressure.

Unfortunately, when the health practices and blood pressures of the London volunteers were compared with the national data of the general black population throughout the UK. the results of her study revealed that black SDAs in London were exercising less, eating fewer fruit and vegetables and using more salt in cooking. Consequently, they have levels of high blood pressure that fall in the middle of the range for blacks in the UK. They have lower numbers than Caribbeans in the UK, but higher levels than Africans in the 1 IK

Dr Newell will return to London in the near future to give a more

detailed presentation of her findings, but, in the meantime, she would like to encourage us not to squander the

blessing that God has given to us by way of our health message. DR RICHARD DE LISSER



# **Intelligent Design and Darwin's God**

by Victor Hulbert, Communication director, BUC

Dutchman working in Ireland but with his eyes firmly fixed on the heavens was guest lecturer for the second 'Darwin's God' lecture held at the Gateway Centre, Shrewsbury, on Tuesday evening, 11 November. As a former director of the Armagh Observatory, Ireland, Dr Mart de Groot shared his viewpoint of the universe, the Big Bang and Intelligent Design with an audience of around forty people, emphasising with simple illustrations and in lay language that both the universe at large, and planet Earth in particular, are very finely tuned, providing all the essentials necessary for life.

Like Darwin, de Groot started off on an adventure of discovery, not on *HMS Beagle*, but with a similar enquiring mind, pointing a telescope to the skies. After many years of study and research he is convinced that 'The many fine-tunings within the very narrow limits that are required for life point to Intelligent Design.

He pointed out that if our Earth were closer to the sun we would run the risk of being 'locked in' like the planet Mercury, which always has the same side facing the sun. On an atomic level, he noted that if the electromagnetic force was 2% less or 0.3% more, molecules could not form. Even more dramatic is the velocity of the expansion of the universe. If the mass density of the universe varied from what it is at present by just one part in ten to the power sixty (1 with 60 zeros), we would not be here!

He then posed the question, 'Can there be Intelligent Design without a designer?' Working through the options, he concurred with Einstein. 'Religion without science is blind. Science without religion is lame.' For de Groot, Darwin's God provides the context for scientific discovery and endeavour. His study reflects the words of Psalm 19, 'The heavens declare the glory of God.

The third and final lecture in the series will focus on the Hebrew story of Creation found in Genesis. Dr Laurence Turner, a theologian who specialises in the book of Genesis, will ask what relevance the story has for the twenty-first-century

world. The lecture will be held at the Gateway Centre, Shrewsbury, on Tuesday 2 December starting at 7.30pm. All are welcome. Admission is free. The 'Darwin's God' lecture series, organised by the Shrewsbury church, serves to explore the world of science and religion leading up to the bicentenary of Darwin's birth in February 2009. Darwin was born in Shrewsbury on 12 February 1809.

The BUC Media team also spent the day in Shrewsbury filming for a Hope Channel production to be aired in February, aiming to give a Christian balance to the media debate on Creation and Evolution. Filming will continue through until early December. The programme will also be available for church members to share with friends who have questions on Creation and will act as a companion to the recent FOCUS magazine on 'Origins and Design'.

A selection of photos from Shrewsbury and an mp3 audio recording of the Darwin's God lecture are available on the BUC picture gallery: www.adventist.org.uk.

### East Ham Music Day

Just a week before the big day, the invitations were delivered to residents in the vicinity of the church by our Personal Ministries team, led by Damien Jackson.

'Sweet Heavenly Music' was the theme of the day. The ensemble, consisting of keyboards, flutes, violins, recorders, guitars and an accordion, provided just that, as the congregation lifted their voices in praise and worship. A stirring message was delivered by Alvin McQueen who encouraged us to choose music to edify and uplift the soul and to give praise where it belongs. The East Ham Senior and the East Ham Youth Choirs delivered messages in song. Fellowship lunch was provided. To end the day, Pastor Leslie Ackie opened an evening concert with prayer. The hall was packed for the occasion, which featured The King's Ambassadors, Inspire, Advent Singers, Bobby McKitty, The Levites and the Sureway children's group, to name but a few. The host FAST HAM MUSIC DIRECTOR

choirs also sang beautifully.



**News Break** 





Dr de Groot talks to camera





#### News Break

# Stanborough School Speech Night

**Catherine Anthony Boldeau** Photos: Peter Cooper

Stanborough School held its annual Speech Night on Thursday 23 October. The purpose of Speech Night is to recognise the achievements of students and staff during the previous academic year.

The most outstanding achievement of this year was the fact that 90% of the students who sat national examinations received at least 5 GCSE grades A\*-C, with the highest achieving student receiving 6 A\*s and 5 As. Roger Murphy, head teacher of the school, stated that he was 'very proud of the achievements of the young people and felt humbled by the commitment and devotion of the staff at the school'.

In his review of the school year, Mr Murphy highlighted the many accomplishments through the use of the spoken word and a video presentation. In addition to this, special awards were given to Mr Peter Martin, the former head of English and senior master who recently retired after seven years of service; Mr Peter Bailey, the former head of maintenance who worked at the school for twenty-two years; Mrs Janet de Luca who served for thirty-two years; and Mrs Lydia Dean, the outgoing chair of the PTA who sat on the committee for eleven vears.

'Seek the truth' was the title of the speech given by Janice Phillips, a lawyer from the Willesden church, who encouraged the students to look for truth in the person of Jesus Christ through their Christian faith.

Musical items during the evening were given by Su Ju Li (piano), Joshua Roberts (saxophone), Troy Campbell and Andreas Papannoui (violion duet), Stanborough Junior School Choir and Stanborough Secondary School Choir with soloist Colin Donaldson.

Apart from the students past and present, parents, friends and wellwishers, we were pleased to be graced with the presence of the chair of the board, Pastor Don McFarlane, and Dr Keith Davidson, the BUC Education director, who are long-term supporters of the school.

Apart from the awards, the highlight of the evening was the speech given by the head boy who had the audience roaring with laughter.

One of the students commenting on Speech Night said, 'It was a great evening, although a little long. I really enjoyed it. Stanborough School has done so much for me.





















### LIFE.info article leads to TV interview

nunday 16 November's 'Songs of Praise' programme on BBC1 featured Aled Jones interviewing 15-year-old Anna Surridge, along with There father Pastor John Surridge. This all came about through them writing a LIFE.info article about the musical 'Godspell'.

'When you write an article for a magazine, you never know who is going to end up reading it,' says Anna. 'Back in January, Becky de Oliveira, who is the editor of LIFE.info, asked us if we would do a review of "Godspell" because she had heard that it was on in Cardiff. We didn't need much encouragement and that very evening we went out to see the show. It was great, of course, and we loved it, and we also enjoyed writing the article."

The article was published in *LIFE.info* Vol. 7, Issue No. 3, and when Anna saw it she was very excited. 'Although I didn't write the whole thing myself, it was my first published article and I was absolutely over the moon to see it in print. I didn't think it could have got any better, but it did! A month or so later we got a call from a researcher from "Songs of Praise" who wanted to talk to us about "Godspell". Apparently, she had read the *LIFE.info* article online and it fitted in with a programme they were doing on musicals. We were both asked in detail about it, and afterwards she said she would like to interview us for the show. To be honest, I never thought anything would come of it, but to our surprise a few weeks later we found ourselves in the Wales Millennium Centre in Cardiff about to be interviewed.

'We were taken to the main theatre where the camera and lights were already set up and found Aled Jones sitting there waiting to interview us. I was really nervous but he was so friendly, he made us both feel as though we had known him for years. As he had been performing in "Chitty Chitty Bang Bang", which we had also been to see, we got a chance to talk to him about that, too. The interview was everything I had hoped it would be - enjoyable, exciting, but of course a bit terrifying! It was a once-in-alifetime experience, and it's amazing to think that it all came about from an article in LIFE.info. VICTOR HILL BERT

LIFE.info is available through your Personal Ministries secretary or online. Annual subscription to LIFE.info. still only £5.

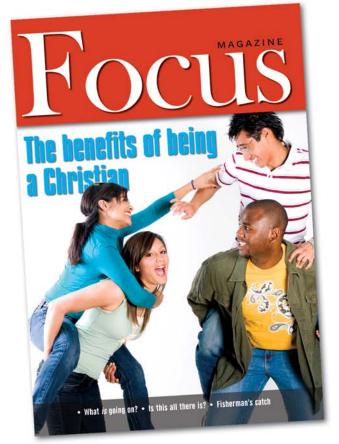


#### The Adventist presence on national television will continue next month as on Sunday 14 December the Adventist Vocal Ensemble will perform with the BBC Orchestra and Ruthie Henshall on BBC1 'Songs of Praise'. The following week, Tessera, an Adventist male group, will be guests on Lesley Garrett's show, then on Christmas Eve, 24 December, the Adventist Vocal Ensemble will perform on the ITV programme, 'Aled Jones' Christmas Carols'. The year will close with Tessera again appearing on the 28 December 'Songs of Praise'

News Break

# 'Tis the season

# Share the reason!



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### Miles of Smiles charity concert raises £2,000

On Sabbath 1 November, Pastor Victor Hulbert, BUC Communications director, preached a thoughtprovoking sermon at Canterbury church. He challenged the congregation to ensure that the church found their presence in the local community to be useful and positive.

It was appropriate that on that same evening Ralph Lombart and his son Matthew, members of Canterbury church, had organised another of their annual charity concerts, where 100% of the proceeds is donated to their chosen charity.

This is their unique and effective way to impact their community for Christ. It is an all-round winner. Needy people are helped. All enjoy an artistic evening where the emotions are touched, the spirit revived

and the intellect challenged to dwell on heavenly thoughts. The performers and organisers feel good about their achievement. And, most importantly, Christ is heard through songs and music.

Kent College Chapel in Canterbury was the venue for the evening's charity concert which raised £2.345.85 for Kent Kids Miles of Smiles. Guests of honour at the concert were The Lord Mayor of Canterbury, Cllr Carolyn Parry, and her consort Mr Stephen Parry.

Taking part in the concert were singers, young musicians and poets from all over Kent, including Renato Paris, Paul Cookson, Melissa Rahiman, youth and adult choirs and Valerie Bloom from the Riverway church. Fiffi and Camille McKenzie-

Cook travelled all the way from London to take part. Non-Adventist local talents Esther Thomas, Emma Marie and Keely West were impressed by the friendliness of everyone at the concert and said they would love to help out for the 2009 fundraising event. Grateful thanks go to Perran Facey-Hay and Wilston Anandam for their great help behind the scenes during the concert.

Amin Choudhury a severely disabled young man of the Kent Kids Miles of Smiles family, an Elvis Preslev fan who had visited Graceland, joined in spontaneously, singing along as Matthew performed an Elvis Preslev number among the many other songs that received warm applause. People were moved to tears since Amin can hardly talk.

Julian who is in the sixth form at

Archbishop Tenison's Church of

England High School and Adam who

has just started secondary education

at Wilson's School in Sutton, Surrey,

her family last year, and attends the

Reading Central church. At the age

will be attending their local church

the time comes.'

The Lord Mayor Carolyn Parry presented certificates of appreciation to the performers and said, 'I am humbled and impressed by the many people who have made this evening so special and who freely and voluntarily gave of their time. effort and money for such a worthy cause.' She and her consort. Mr Stephen Parry, stayed longer than

planned to shake hands, chat and

further express their heartfelt

Brookes in Manchester two years ago, he now gives forewarning, 'I will the Wallington pastor. conduct your wedding Julian when

appreciation.

with fine singing and music, including a piano piece by Sabrina McKerrow, was a testimony to the loving and caring God we serve. The fact that Carol Hall decided to come back to the Lord and two very young people decided of their own free will to follow Jesus is a blessing without

Congressional Youth Leadership Council, which opened the door for



## **Evangelism in Wellingborough**

Wellingborough is one of those churches which still takes evangelism seriously. Alton Levy, the Personal Ministries leader, along with the church board, organised a series of meetings in the south of the town of Wellingborough with the aim of interesting local people in the Gospel.

The speaker is Pastor Robert Vine, recently retired but still in harness and still enthusiastic. To offer support, brother Richard was in the congregation, as was his mother, wife of a former MES-SENGER editor, and attending an evangelistic meeting for the first time for some years.

The meetings take the form of a series of lectures on Daniel and Revelation. Of course Pastor Vine began with Daniel 2. Where else? In his usual

## Indonesian students say 'Thanks'

A school rebuilt after the dreadful tsunami of 2004 has now opened thanks to a \$100,000 construction grant donated by ADRA-UK. The Community School of Hope, constructed by ADRA Indonesia on the island of Nias, off the Western Coast

a junior ambassador in Australia. Unable to attend due to her family's relocation, the door remained open for other leadership opportunities, including an invitation to the Presidential Youth Inaugural Conference in 2009. While at the conference, Jhenielle will attend the Inauguration Ceremony and the Gala Ball, as well as round table discussions with prominent US leaders such as former Secretary of State Colin Powell and former Vice-President Al Gore. Jhenielle is thrilled to be a part of such a historic and monumental event.

As God continues to bless her, Jhenielle continues to excel and demonstrate leadership skills both in and outside of school. Recently chosen by her high school principal to speak to the media as a representative of American youth living in the United Kingdom, she shared her opinion regarding the 2008 presidential election.

Jhenielle believes that this historic event will inspire young children and youth to rise to their full potential and fulfil their dreams with God as their guide. It is her desire that through various church programmes, SDA youth will be empowered to be leaders in their communities and let their lights shine so Christ will be seen through them. RICHARD DE LISSER

humourous and informal style Robert told us about the *Omphelos*, a rock feature, a part of Babylonian belief, and connected that with the Rock which destroys all human empires.

of Sumatra, now boasts three class-

rooms and, for the last five months.

The students are so keen that senior

has been educating 135 students.

Hutabarat, reports an attendance

rate of between 97 and 100% for

head teacher. Mr Mangatas

9 November.

We are living in a world where people are at one and the same time worried about where the world will go and vet not deeply interested in the things of God. There were not many visitors at the Wellingborough meetings, despite a large amount of advertising. However, the church members were very blessed by the style and content of the meetings. Charlotte Bramble sang beautifully, the welcome was warm and the message worth listening to. The visitor that we had points out the importance of our friends. The man was impressed but then, he knew the speaker and was brought along to the meeting by a friend.

**Special baptism at Croydon** 

On Sabbath 25 October Croydon church witnessed a very happy and blessed baptism of three new members. Carol Hall, who comes from a well-known large family originally based in Manchester, gave her life to Jesus before family and friends.

Julian McKerrow who is 18 and his 11-year-old brother Adam also filled everyone with joy, including their large extended family which travelled from Manchester and other places, when they were baptised by Dr Brighton Kavaloh, Croydon church senior pastor. Pastor Kavaloh

recalled the day some twenty-two years ago when he conducted the marriage ceremony of Julian and Adam's parents, Jeanie and Patrick McKerrow. Recalling how Jeanie had just completed her PhD at Cambridge University two years prior to the wedding, while Patrick was working at British Aerospace, Dr Kavalogh said it was a privilege to perform the wedding and a delight now to be baptising their sons. He felt that, having missed out on baptising their daughter Sabrina who was baptised by Pastor Richard





Leaders' Conference in Washington DC, due to her leadership skills and academic excellence. After attending the conference, she became a distinguished alumnus of the

members. Pastor Dusan Uzelac is The service which was graced

RAI PH I OMBART



#### **News Break**

There will be more evangelism in Wellingborough - because that is what they are interested in. They talk about Jesus freely to their friends PETER JEYNES



each. The school has enrolment for both junior and secondary age pupils and plans to add more classrooms as funds become available in the future. A full report on the project with lots of pictures can be seen by viewing the PDF newsletter at: www.adventistnews.org.uk/Nias School.pdf.

ADRA-UK director, Bert Smit,

wants to pass on the thanks of the children. 'Thanks to generous donations from ADRA-UK supporters, this project is giving children on Nias a chance for education,' he says. 'This will help to increase the opportunity for a prosperous and stable life. We are excited to see that this project is now realised.'

VICTOR HI II RERT

## **Pathfinders in Remembrance Day parade**

The Holloway drum corps, under the command of drum major Alex Silcott, led out in the Islington Council's Remembrance Day parade on Sunday

Service units from 217 Field Squadron RE(V). the standard bearers and wreath bearers. Islington Veterans' Association, 23 Cadet Squadron RE, 9F Squadron ATC, 329 Squadron ATC, sea cadets, the Rifles, as well as the Holloway Adventurer and Pathfinder clubs marched from Highbury Terrace along Upper Street to Islington Green and back. The Adventurers and Pathfinders were very enthusiastic and excited to take part in this momentous occasion. and also to contribute and make a positive impact in the community.

Drill major Alex Silcott from the Pathfinder club laid a wreath in remembrance of those veterans and soldiers who had lost their lives.

Organisers, as well as a spokesperson from Islington Council. commented: 'Everyone was talking about the drum corps and how wonderful they looked leading the parade. Having organised the parade for the last twenty-five years this was definitely the best.' An invitation was extended from them to the drum corps to take on this role on a permanent basis in the future. OLIVIA RILEY

Newbold News 🌘

with Helen Pearson



## Newbold means business

Two encouragements for future students of Business arrived at Newbold College this week. The first boost came with the news that ASI-UK, a group of Adventist businessmen and women, voted at its Annual General Meeting to offer a one-year scholarship for a new UK student to study Business Management at Newbold, beginning in August 2009.

ASI-UK vice-president, Brian Davison, said, 'The members of ASI believe that the strength of the Church today and in the future depends on committed lay men and women who have a strong relationship with Jesus Christ and a strong desire to serve their Church. Newbold has a pivotal role in helping to mould young adults into these sorts of people. That's why ASI wants to invest in young British Adventists at Newbold.

The second boost came with the final confirmation from the Government Student Loan Company that European students of Business Management\* at Newbold are eligible for the same student loans that they would receive at any other UK college or university. Students need to repay the loans only when they start working and earn a minimum wage of £15,000 annually.

'We believe that Newbold is now the best option for European Adventists wanting to study international business management skills in an Adventist environment.' said Marinko Markek, course director. Business and Management. Contact: Marinko Markek. E: marinkom@newbold.ac.uk: T: 01344-407493.

\* Newbold offers a BA Hons in Business Management – through a franchise with the University of Wales Lampeter. (UWL) UWL's Department of Management and IT consistent ranks highly in leading surveys of higher education

# **Crucial inspection yields** high praise for Newbold

visit to Newbold College by British Accreditation Council (BAC) representatives this week brought high commendation for the work of Newbold College staff.

The visit was carried out in response to the British government's managed migration policy, which stipulates that all independent higher education institutions not receiving government-recognised accreditation will eventually be closed. It is no exaggeration to say that Newbold's future hung on this visit.

The inspection team toured the campus, scrutinised extensive documentation, spent eight hours observing in classrooms, met with administrative, support and teaching staff, lunched informally with stu-

dents, and inspected the College's systems of Quality Assurance, Pastoral Care, IT, and Health and Safety. They examined the Admissions and Records and Financial Systems and looked closely at the library provision. At the end of the two days they met with the members of the Senior Management Team to report on their findings. 'We have no reservations in commending your work,' they told them.

The morning after the visit, Dr John Baildam, director of Academic Affairs, who organised the visit, gave a thirty-minute report to the staff, many of whom had worked long hours preparing documentation for the visit. He made it clear that their hard work had more than paid off. Among other things, the inspectors praised Newbold for its talented and

very knowledgeable teachers, an extraordinarily strong and effective system of student welfare, with a better pastoral care system than they had seen in other UK higher education institutions, and the best library they had seen in an independent college. 'We are extremely happy with what we have seen and this will be reflected in our report,' they said.

'The inspectors' report is extremely gratifying,' said Dr Baildam. 'In a long list of commendations, it was clear to members of the Newbold staff that many of the values that matter most to us had been recognised in our work by knowledgeable and widelyexperienced inspectors. The Accreditation Committee meets in December, and we are hoping for a positive outcome for Newbold.





## Swansea baptism

The last day of the Week of Prayer, 8 November, was a great day for us to witness the baptism of our friend Tony Sciubba from Cowbridge. Tony is currently studying at Swansea University. He searched and learned about Adventism a year ago and recently decided to follow the teachings of Jesus and the Church's fundamental beliefs. Pastor Adamovic has given him further Bible studies. We all welcomed Tony into our membership and fellowship last Sabbath. The day of baptism was witnessed by a big congregation and followed by a regular potluck. We all congratulated Tony and wished him and his family a bountiful blessing in his walk with Jesus. Some reassurance was also given to him that he is now adopted by Swansea church family as well as God's family as a whole, and he should always feel at home with us or any other Adventist church he goes to in the world. I II Y KIDWFI I

## 'It's time' for Scotland's youth

West of Scotland shift workers swapped shifts, others hurried from work, and schoolchildren delaved their homework – and all so they could be in church at 6.30pm during the week commencing 2 November. Why? Because a Youth Week of Revival was taking place entitled 'It's time'.

Word about the week's guest speaker, Calvin Preston, pastor of the 1,000member Atlanta, Georgia, church, had spread. By Friday evening the church was filled to capacity and beyond. Those present warmed to his Southernstyle animated and participative sermons, as evidenced by the frequency and numbers of heartfelt amens. 'He made the Word in these end times so relevant for today's youth,' said Carille Walcott.

The week culminated in a Scottish Youth Day of Fellowship in Glasgow's Church of Scotland Kelvin Grove Church. The young and the not so young travelled from all over Scotland to hear Pastor Preston's passionate plea to the Church's youth to 'flee from the world's temptations' and focus on Christ. The afternoon session, jointly comperèd by Martin Pearson and 11-year-old Mervyn Owusu-Ayim from Dundee, featured a rich variety of musical talents. IOHN WII RY



### Carter Knowle children want a bigger church!

Sabbath 25 October was Children's Day at the Carter Knowle Road church. Lots of planning and preparation had gone into the day and a crowd was expected as on all our Children's Days. The theme chosen was 'l'm a lamb, feed me'.

Every aspect of the service was taken by the children of the church with their own unique spin being put on it. One session focused on 'Our dreams'

There was so much humour in the passion and simplicity with which they put across their presentations. Two in particular were Sadie, who wanted to be a 'doctor or an ice cream lady', and TJ, who 'wanted to grow up so he could cross the road by himself'.

Their dreams for the church were just as impressive, including Tom who wanted to be a builder 'so he could build a bigger church' and Sonia who wanted 'children to sing

more'. Not surprisingly, Sonia was part of the worship team who led out for the day!

Two of the most poignant were from Rena who simply wanted 'more people to come to church and I want to live with Jesus' and Lewis who was to the point and dreamed 'I want to see Jesus'.

All the children's dreams were so touching and could fill this whole report.

Our preacher for the day was 11year-old Bradley Ferguson. Bradley, even at 11, is no stranger to preaching and did an excellent job, focusing on the theme that the sheep knows its Master's voice.

Bradlev challenged us all at the beginning and end of his sermon not to leave the church the same way we had come in. Given what we witnessed, it would have been hard to have done so. DAVID BUSSUE







North Wembley SDA Church Drama Club invites you to a musical drama 'Christmas Presence'

an original nativity play directed by Mervyn Weir

Venue: Capital City Academy, Doyle Gardens, London, NW10 3ST Date: Saturday 13 December at 7.30pm (doors open at 6.30pm) Ticket Prices: £5 Adults, £3 Children (12 and under)

For tickets or enquiries, please contact 0785 210 5305 or 0794 173 2457 Email: christmaspresence@hotmail.com

#### with Jonathan Barrett

### How do we rate ourselves?

hat defines us as a nation? Five thousand people in this country were asked that question, and among their answers were queuing, moaning, boozing and talking about the weather. The survey appeared in the Daily Mail on 10 November 2008. What struck me was that out of the top ten traits, half of them could be viewed as negative!

I wonder how many countries would be so honest about themselves? Perhaps that is another trait, the ability to see the truth in ourselves, or to look at it from another angle, concentrating on the downside. The top ten were: 1.Talking about the weather. 2.Queuing. 3.Sarcasm. 4.Watching soaps. 5.Getting drunk. 6.A love of bargains. 7.Curtain twitching. 8.Stiff upper lip. 9.Love of all television. 10.Moaning.

I wonder how we as a Church would answer a question like that - to pick out characteristics (good and bad), that define our church character? I should think that, as far as the positives are concerned, we would say we are such things as Bible-based, evangelical, conservative, compassionate and ethnically diverse. What about the negatives? Could we be so forthcoming with those? If we had a long, hard look, we might conclude that we tend towards insecurity and inflexibility. Traits that are more neutral would probably include minority status and a love of institutions such as hospitals and printing establishments (considering our global Church).

I wonder how God would have us answer such a guestion. The Bible does have something to say about being honest in our selfassessment. This is primarily meant for individuals, but I don't see any reason why it shouldn't also apply to a Church:

'For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgement, in accordance with the measure of faith God has given you.' (Romans 12:3. NIV.)

There's a thought. We are to do pretty much what the British did – be honest and not be overly generous in our estimates. In this country, in particular, it is important that we don't exaggerate our good points, as we will be viewed with suspicion. For what should be our *ideal* trait, consider this:

'And now these three remain: faith, hope and love. But the greatest of these is love.' (I Corinthians 13:13.) Of course, there is a big gap between the ideal and the actual. Perhaps one difference between us and the great British public is that as Christians we aspire to something great, which is, ultimately, love. Whether we get there or not is another matter, but if we are headed in the right direction, then that has to count for something!

# **Celebrating Black** History

by David Bussue



Sabbath 18 October saw the annual Black History Day in Carter Knowle, organised by Rita Saddler and her team.

Each year Rita and her team come up with an innovative programme to celebrate the contribution of black people in the past and present, but also looking forward to the future.

The church was enhanced with displays of the contributions made by black people in the areas of commerce, education, science, religion, industry, music, sport, the arts – indeed, in every field of human endeavour.

There were also pictures on display of local church members when they were young(er), which caused much fun.

The service this year took on a different format. Time was given over for testimonies. interspersed with songs of encouragement and thanksgiving.

This approach was clearly a big hit with those attending. So many people wanted to share their testimonies, not just about what God had done in their lives in the past, but what he was doing in the present. All provided proof of a God powerfully impacting lives in 2008.

The tears, laughter and a whole of range of emotions were visible evidence of the presence of the Holy Spirit at work in the service.

Praver was also an integral part of the proceedings. There were three special times of prayer: the first, thanking God for his guidance in the past, led by church deacon Dennis Roper; the second, what he is doing for us in the here and now, led by Hyacinth Gayle; and the third, asking for his guidance and protection for the future, led by church deacon Ashton Wynter.

Ashford Mackay presented the sermon, speaking with passion about his humble start in 7imbabwe.

The afternoon programme was just as powerful and afforded just as much humour.

The theme text was: 'But they that wait upon

the Lord shall renew their strength; they shall mount up with wings as eagles: they shall run, and not be weary; and they shall walk, and not faint.' (Isaiah 40:31.) Each item, where possible, was intro-

duced by a picture of the presenter as a child/teen. No one will forget the picture of John Saddler in his little bow tie!

Two particularly poignant presentations were those about Vinnie Millin and Iva Gayle. The former, once one of the most vibrant and mischievous women of the church, now lives with Alzheimer's. Her two granddaughters, Shontelle and Joysiah, gave a lovely presentation of her life. Her daughters Coral and Brenda still get her to church every week, and she is still as mischievous as ever.

Iva Gavle will be remembered by those who grew up in Carter Knowle as one who was always singing. She died twenty-eight years ago, so it was particularly touching to see her two daughters. Vivine and Hvacinth, stand and talk about their mother, focusing on her home and church life.

Other senior members' lives featured were Hazel Dwyer, whose daughter Tracey presented her mother's profile, and church elder N. T. Bussue, who at almost 85 is still going strong in the Carter Knowle church

It wouldn't be Carter Knowle without lots of music, and we were blessed by the praise and worship, songs from Alicia Saddler, Kimberley, Jemima and Lerato and much, much more,



The Hampstead Adventist Choral Society and Orchestra present 'A Delightful Concoction of Classical, Spiritual and Choral Performances' Date: Saturday 13 December at 5 0nm Venue: Clapton Community Seventh-day Adventist Church (St Paul's Church). Admission free. For more information go to www.hacsuk.com.



4 August. During the two years she had struggled with cancer, she remained unbelievably positive and upbeat but when the end came, she was realistic. She had planned the entire service with all the thoughtfulness and meticulous attention to detail which she had brought to her worship leading as an elder in the Newbold Church, ('Whole service to be a happy memory, , Church candle to be lit, please.') Her family and friends and her church lovingly followed her instructions. The first life-sketch was given by Pastor Doug Sinclair who, in 1974, had married Ruth, the Yorkshire lass, to Colin Taylor, the man she always de-

#### Ruth Taylor (1943-2008) d. 28 July

The life of Ruth Taylor and the faith expressed in her memorial service was summed up in two sentences from her long-time friend, Alethea Center. 'Ruth loved her Saviour. She made people happy.' Those two simple truths were evident in a variety of different ways to her family and friends as they filled the Newbold Church Centre for her memorial service on

Nigel Todd (1943-2008) d. 28 June The Walthamstow church has again lost a much loved and respected member with the death of Nigel Todd, aged 64. Nigel was di-

subsequent eldership, Nigel served the church with his usual thoughtful and untiring dedication in all major departments of the church, the longest period being in the Young People's Society. As a teenager he sang in the New Gallery Centre (Regent Street) choir under the directorship of Pastor Russell Kranz both at campaigns and the 'Best Saturday Night in Town'. Later he joined the Walthamstow church choir under the leadership of (now Pastor) Ron Edwards. He also participated in many antismoking campaigns with the late Dr L. G. White. On one occasion, when his daughter had shared her chicken pox with him. he still had to attend as Dr White couldn't do without his pro jectionist! Nigel loved his Lord and his church and served both with a willing heart. In addition to the many hours he spent serving the church as an elder, he also served on both the BUC and LAAC committees. His life of service and unwavering commitment to the faith was formally recognised in 2002 when the LAAC presented him with the Dr Silburn Reid Award for outstanding leadership in the London area. His funeral service was held in the London Ghana church on 14 July. He is sadly missed by the members of Walthamstow and the church which he served faithfully until illness prevented him from continuing to

Margaret, Katrina and Darren would like to thank their church family for their ongoing and much appreciated support throughout his illness. They would also like to thank their relatives and friends for their tributes and kind messages of comfort at the end. ANNETTE HUTCHINSON

### New pastors welcomed

On Sabbath 11 August, in a packed to capacity congregation, the NEC president Pastor Ian Sweeney introduced and welcomed Pastor Steve Palmer and his assistant as newly appointed pastors for GBK church, Wolverhampton. The wives and families of both new appointees were also welcomed. The president verbally backed a challenge to encourage promoting GBK church expansion, not only as

a spiritual and inspirational entity, but also to aspire to a physical church building expansion. Ultimately space would be provided for the eagerly awaiting members of the local community. DELVA M. CAMPBELL



agnosed with cancer in 2005 and given three months to live. He battled with the Lord's help through chemotherapy and radiotherapy for the next three years, comforted by the arrival of his granddaughter Lauren Sabbaths had always been eventful in his life and so it was fitting that Nigel fell asleep in

Jesus on Sabbath 28 June, having succumbed to a meningitaltype infection the previous evening. A second generation Adventist, Nigel was born in Walthamstow and was dedicated and baptised in the Walthamstow church. Nigel left school at 16 and went into the family clothing business. Besides ladies' clothing, for many years the family made Pathfinder hats, sashes and scarves for the conference. In 1968 Nigel formed a partnership with his brother-in-law Warwick Reed and later branched out into kilt making for many West End Scottish stores. He was married that year to Margaret Jones, a church schoolteacher whom he met at church. In 1972 they were blessed with a baby girl, Katrina, following a problematic birth during which he spent most of the night in the hospital car park waiting for news. Typical of his commitment, once she was safely delivered he immediately changed his clothes and went straight to church arriving just in time to be ordained as an elder. Since baptism and

### Obituaries

scribed as 'my best friend'. During her early career, Ruth worked as a secretary to various Adventist leaders in the North England Conference, the British Union and the South England Conference. The second life-sketch came from Dr Michael Pearson, Vice Principal at Newbold College where Ruth worked with great commitment for the last thirty years of her career, first as secretary in what was then the Registrar's office, and later in the Finance Office. In both life-sketches, there were many reminders of her sense of humour and her delight in playing practical jokes on unsuspecting colleagues. A recording of John Rutter's version of 'The Lord's My Shepherd' reminded many of Ruth's own musical gifts and her vocal contributions to many church services. Her faith in and love for God were expressed in Anne-Marie Woodfield's reading of portions of Psalm 139. Ruth had chosen Pastor Martin Bell to speak words of comfort to the mourners. He recognised that, in planning her funeral, Ruth had continued her lifelong habit of sensitive concern for other peo ple, especially at difficult times. 'I think Ruth realised.' he said. 'how we would be feeling today when she included in the service "Words of comfort".... The fact is that we are all stunned and feel very sad at the loss of such a loveable and loving lady.' Pastor

Bell said: 'As human beings who have really loved someone, we will feel sadness, sorrow and grief. . . . The difference is that we have this hope that burns within our hearts.' That hope was expressed in the final hymn, 'Thine Be The Glory,' chosen by Ruth as a reminder of Newbold's annual resurrection service to which she was a committed and regular contributor. The service was followed by Ruth's interment in Stubbs Hill Cemetery in a grave near that of her parents, Gordon and Gwen Clee. Before the interment, conducted by Newbold's pastor, Patrick Johnson, Ruth's husband, Colin, paid his own final and very moving tribute to his 'darling Ruth' who, he said, 'had enriched their marriage with her affectionate love and wise counsel, her courage and confidence, her positive outlook on life, her musical talents and style, her winsome ways and sense of fun, and her commitment to our Lord Jesus Christ.' Ruth will be greatly missed, but, as Pastor Sinclair reminded Ruth's family and friends, 'For those who treasured her, the Second Advent is not alone a foundational doctrine, it truly is the Blessed Hope.'

Colin Taylor and Ruth's brother. Paul Clee, and sister, Susan Mansfield, would like to express their appreciation for all the cards and messages of comfort and support during and after Ruth's final illness HELEN PEARSON

#### Joan Jessop (1914-2008) d. 28 August

The Kettering church has lost a link with its early history with the death of 'Auntie Joan' at the age of 94. Her family's connection with the church began more than 100 years ago when the small group of members in Kettering were looking for their own meeting place. Joan's father gave land and built a church in 1909 at a cost of £120.2.11. Joan was taken to church from babyhood and her allegiance never wavered. She never married, but was honorary aunt to three generations of her church family. She was also a witness to her neighbours as they mentioned at her funeral how they saw her every Saturday dressed in her best and carrying her Bible, and on Sunday walking across from her house opposite the church with her mop and bucket to fulfil her caretaking responsibilities which included lighting and stoking the boiler. Her faithful service was recalled w her fellow workers in the clothing factory where she turned her hand to any job that needed to be done. Joan was never wealthy, but she was rich in faith and delighted to share. No one ever left her house empty-handed and tins of fruit, biscuits and cakes were always ready. Her relaxation was knitting, especially blankets for ADRA, and a gift of a few balls of wool made her day. It was a sad day for Joan when the building she had known all her life was demolished and a new church was erected on the same site in 1996. She still kept a key to the old building among her treasured possessions and this key was presented to the current pastor at Joan's funeral. It now has an honoured place in the church's archives. Joan's chosen seat in the new building was as near to the site of her former place as possible, right beside the entrance where she greeted everyone and handed out the 'Welcomes' as she called the church bulletins. The church family misses her very audible comments on all activities of the congregation, and such witty responses to a remark about the large number of children - 'Yes, they're giving them out free with packets of PG Tips.' We look forward to the day when she will hear the accolade. Well done, good and faithful servant,' and I hope I am near enough to hear Joan's reply.

DOROTHY TAYLOR

#### Elizabeth Ann Lethbridge (née Buck) (1911-2008) d. 13 October

Elizabeth passed away at 5.05 am on the morning of Monday 13 October, at the Vista Cove Care Centre in California. Elizabeth (for a large part of her life known as 'Bessie Buck') was born on 29 September 1911, graduated from Newbold Revel in the summer of 1936, and was taken on by the Church as a Bible instructor for the Welsh Mission. She was then called to the North England Conference and between 1937 and 1952 she worked variously with Pastors S G Joyce K A Elias D J Clarke F Edwards, L. Murdoch and W. I. Cannon as a Bible instructor for their evangelistic campaigns. She was at various times in Coventry, Liverpool, Derby, Smethwick and Darlington and she also served on the North England Conference Executive committee. In 1961, Elizabeth married Albert Lethbridge, and they left for employment in the Detroit area of the USA. They were then called to work for Faith For Today in New York, where they later retired, and followed Faith For Today to California when it moved there. Albert passed away in 1976, after a long illness through which Elizabeth nursed him. Later, she became a volunteer in our Loma Linda Hospital in California. They each worked for the Church for fifty years. She leaves behind two stepsons, Gordon in the USA, and Keith in the UK, and numerous grandchildren, and great-grandchildren. She will be sadly nissed by all who knew her. KEITH LETHBRIDGE

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### **Chartered Institute Award**

Pam Millington, neighbourhood contracts manager at Moat and an elder at Stratford church, won the Chartered Institute of Housing South-East Excellence Award in 2008.

The award honours excellence for the work that individuals in housing make to their field and the impact of their contribution to the lives of local people. Pam was presented with the award at a gala awards ceremony in Brighton.

'My role can be a very dangerous one, from shutting down crack houses with the police to going into some seriously nasty homes where you wipe your feet on the way out,' Pam states. However, her belief system gives her an advantage. 'My faith is extremely important in my job and I know that the Lord has protected me when carrying out

early morning raids and visiting people in their homes.'

Moat is a charitable housing association based in the south-east of England. Pam was appointed as the neighbourhood contracts manager for Moat at Stanhope in January 2007 to take overall responsibility for the housing management contract in the area, to work with other stakeholders to contribute to the overall quality of life and develop sustainable community safety and cohesion for the neighbourhood.

Working at the neighbourhood office based on the Stanhope estate, Ashford, Kent, she has overall responsibility for eleven staff who perform the customer services, housing management and community development functions. She said: 'It is indeed wonderful to have been recognised in this way.'

Scottish Mission of Seventh-day Adventists Triennial Session Notice is hereby given that the Triennial Session of the Scottish Mission of Seventh-day Adventists will be held on Sunday 21 June 2009 in the Crieff Seventh-day Adventist church. Delegates should note that registration will take place in the church from 8.30am to 9.30am. Delegates are required to have registered prior to the commencement in order to participate in choosing members of the Recommendation Committee.

L. R. EDWARDS, Scottish Mission president, V. PILMOOR, secretary

#### Administrative Secretary to the Treasury department

The BUC is seeking to recruit a full-time Administrative Secretary to serve the Treasury department at the Union office, Stanborough Park, Watford, Hertfordshire, WD25 9JZ.

Applicants will have experience working as a secretary/PA. They should be able to demonstrate high levels of proficiency in the use of office systems and technology, English usage and Microsoft Office software. Successful candidates will need strong organisational and interpersonal skills and should be able to work independently without direct supervision, showing the utmost discretion and tact when handling confidential information. Salary £20-22k, depending upon qualifications and experience

For a job description and an application form write to: BUC Executive Secretary, BUC Offices, Stanborough Park, Watford, Hertfordshire, WD25 9JZ, or email: elowe@adventist.org.uk Closing date for applications: 12 December.





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