



## *A letter from the president*

# Year of Evangelism 2009



*Dear fellow Adventist,*  
I believe that by now you are aware that the General Conference has designated 2009 as a Year of Evangelism. Of course, for the Seventh-day Adventist Church every year is a year of evangelism. Essentially, the General Conference is requesting that greater emphasis is placed on evangelism during 2009, with a larger segment of

our members involved than has been the case up to this point.

### **GC initiative**

In response to this initiative of the General Conference, our Conference and Mission presidents, together with the BUC leadership and Executive Committee, have agreed on the following broad plan, which you are invited to support and implement in ways that are locally relevant and effective:

- Every pastor, department director and administrator is to conduct at least one public evangelistic series in 2009. Overseas speakers are not to be used, except those who are invited to provide training. We trust that this will help all of us to present the Gospel with confidence to an audience that is not the same as the one we preach to each Sabbath.

- Pastors are being asked to submit their own and their churches' plans for evangelism to Conference/Mission by 31 December 2008.

- At least 20 churches are to be identified with whom a team (from Union/Conference/Mission) will work to develop an evangelistic programme from a number of options.

### **Field Schools of Evangelism**

- Three Field Schools of Evangelism are to be conducted. One for the three Missions (in Cardiff) and one in each of the Conferences.

- 200,000 copies of the General Conference 'Missionary Book of the Year', which is on the Second Coming, to be produced by the British Union and made available to churches at a nominal cost for distribution by members. Members will be free to

give the books away or sell them at a small cost – 50p or less. Each church will be asked to say how many copies of the books they will need before we go to print. We are seeking to ensure that the books do not end up discarded on church shelves and in cupboards in the vestry. Curtis Murphy will be working with you and your churches on this particular project.

### **Training:**

- Has been provided in the fourth quarter of 2008 and will continue in 2009.
- Main training for pastors – Field Schools of Evangelism.
- Training for members:
  1. Lay Bible worker training programme – Autumn 2008.
  2. LIFEdevelopment training – February 2009.
  3. Amazing Facts training programme.

### **Resources:**

- Russell Burrill's manual on evangelism given to each pastor.
- Ready-made evangelistic series, such as 'New Beginnings' DVD (designed for members to take from house to house), to be made available to members.
- Suitable visual aids for Europe.
- Handbill templates.
- Evangelism Expo – at major church events at which evangelistic methods and resources are showcased.

### **Spiritual framework:**

- Each member to identify one *prospective* SDA member for whom they will pray during the course of the year.
- First Sabbath of every quarter during 2009 to be a day of special prayer.
- Prayer band to be formed in every church to pray for success in the evangelistic programme.

I am personally excited about the prospect of accelerated evangelism in 2009 and look forward



Justin Thyme tells us the legend of

# Llew the Lech

and reflects that, 'A sullied name is not easily unsullied . . .'

The adventures of lewd Llew, also known as 'Llew the Lech' are a dim, distant childhood memory from Llwynypia, where Granny lived in the Rhondda Valley, South Wales.

'There was no harm in old Llew mun,' Granny was fond of relating. 'He'd always had a bad chest 'u see. Whistled when he got excited. Like it did when the elastic on Myfanwy Morgan's boxers broke outside the Red Dragon. She 'ad to step out of 'em, holding on to Llew, who was only waiting for opening time. They got 'im a chair and a half o' shandy from the pub but, any road, poor dab never got over it. Was known as "Llew the Lech" from then on.'

A sullied name is not easily unsullied!

Legend has it that for many

weeks 'the heretofore hidden perils of cheap elastic' was sermonised upon in chapels up and down the valleys. It became a welcome source, too, of gossip, over countless blue willow-pattern cups of tea in front of many a cosy fire.

Nothing in comparison to the tens of thousands of 'complainants' who contacted Auntie Beeb about the 'Brand' of so called 'humour' on Radio Two. Lewd, obscene, lecherous, salacious and prurient (and that was only the way they announced the programme!). No, seriously, not true, but it was definitely in very bad taste from the snatches I've heard.

What was the other chap's name? Jonathan Dross? Fancy getting £16k a week for all that smutty, juvenile rubbish. Has

the world gone mad?

Millions are spent on so-called 'works of art', too, that are literally junk – rubbish taken from a skip. The 'Emperor's new clothes delusion' now a reality!

And have you ever heard of a piece of music called '4'33' by John Cage? It's a work of 'performance art' created (?) in 1952. The performers are instructed to remain silent for four minutes and thirty-three seconds without a single note being played. In three movements, you'll be pleased to hear. Crazy! It's Cage's most notorious 'composition'. A recording was made a few years ago at the Barbican Centre, plus audience, presumably to capture the atmosphere.

A variety of coughs, naturally, unwrapping of toffee-papers, and of course a latecomer with squeaky boots was bound to cause a smirk or two. The conductor turned over the score halfway through and I assume the 'performers' took a bow to half-hearted applause at the end. Someone tried to repeat it all (so it

was rumoured) yet infringed copyright laws. People actually paid to 'hear' it!

I'd advocate buying a CD of it to be given gratis to every boy-racer we know of living nearby. Assure them it's 'really with it, man!' Say we'd love to hear it, even when they come home well past midnight blasting out the decibels!

Paul, in Romans 12:2 advises us not to let the world squeeze us into its own mould, certainly not ones like these.

Our task surely then, as Christian mature adults, is to be vividly aware when some of our teenagers and young people ape the habits and attractions of this new, goofy race of asinine aliens. The twenty-first century is not the Age of Enlightenment that fatuous fools claim it to be. We contend with a generation that accepts trends as being 'with it'. 'That's cool, man!' they say, and 'Amorality rules the day!'

None of us should be apathetic. Laugh if you like. But this is deadly serious.



# Spread the hope

Don W. McFarlane

Eric Sevareid was one of America's most able and popular news commentators. On his retirement, he was reminiscing about his many years as a news correspondent and commentator in the nation's capital. He talked of another commentator who, he said, knew everyone worth knowing: the president, the diplomats, the senators, the president's cabinet, key bureaucrats and the social elite. 'He had the contacts; he was stuffed with information. There was only one problem,' Sevareid said; 'he never used it. He forgot what he was here for.'

As we commence another year, it is important to ask ourselves the question, 'Why are we here as Seventh-day Adventists?' It is a question that the Church needs to ask corporately and members need to ask individually. I have asked this question time and time again. The answer that I usually come up with is rather simple. **It is to give hope to the world.** When we boil down Daniel 7-11, Revelation 10, Revelation 12, Revelation 14 and all the other passages we use to explain our existence, the simple truth is that **we are here to give hope** –

- to a world in which innocent people spending time in a lovely hotel in Mumbai are gunned down in cold blood like animals,
- to a world in which disease robs millions of their strength and vitality and leads to premature death.

We are here to give hope to the downtrodden and the disenfranchised, to the hopeless and the despised, to the homeless and the dispossessed.

The mission statement of Jesus in Luke 4:18 and 19 captures in a few words what the Church is essentially about: 'The Spirit of the Lord is on me, because he has anointed me to preach good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to release the oppressed, to proclaim the year of the Lord's favour.'

The General Conference has declared 2009 **Year of Evangelism**. Some might say that for the Seventh-day Adventist Church every year is a year of evangelism. That is true, but in declaring 2009 as a Year of Evangelism, the General Conference is merely asking for greater emphasis to be placed upon the proclamation of the Gospel

to a lost world. In other words, we must redouble our efforts to spread hope.

The British Union has unhesitatingly embraced the concept of an accelerated emphasis on evangelism and has formulated a comprehensive programme in response, which is outlined on pages 1 and 16 of this issue of *MESSENGER*. Central to this programme is the involvement of every member, every pastor, every departmental director and every church administrator in the work of evangelism, under the motto, **SPREAD THE HOPE**.

The Year of Evangelism will see many evangelistic campaigns and Bible seminars being conducted. However, what will be most effective is the work that each member will do in his or her neighbourhood, workplace, college or university. I am inviting each member to identify one person whom they will make an object of prayer and witness during the course of this year. The person whom you identify may not be quite ready for a series of Bible studies. All that may be possible this year is that you are able to show that person love and compassion. Having established such a foundation, you can move on to share with him or her knowledge of Jesus. That may be next year or at whatever stage in the future might be appropriate.

*Every member* can play a role in the Year of Evangelism. One could simply supply a neighbour, friend or acquaintance with a copy of each issue of our *Focus* or *LIFE.info* magazines. *LIFE.info* is designed to appeal to people who are not Christians. Alternatively, you can choose to distribute copies of the **Missionary Book of the Year**. This hope-inspiring book on the **Second Coming** has been written by Alejandro Bullón of the South American Division, who is said to be currently

our Church's most successful evangelist. The British Union has undertaken to print 200,000 copies and will make them available to churches and members at a price of no more than fifty pence. One member, on hearing about this exciting initiative, has pre-ordered 2,000 copies of the book. She plans to follow Ellen White's words to distribute our literature like the 'leaves of autumn'.

'The British Union is on fire!' was a message that came to me as I sat in a Trans-European Division meeting in Montenegro on 16 November. I thought it was a wind-up but had no choice but to accept that our church headquarters was being destroyed by fire as the pictures of the burning building came up on my computer screen. I want to hear this message again, but this time I want the fire to be excitement and enthusiasm on the part of every member in the British Union in **SPREADING HOPE**. How dare we keep it to ourselves!

The message of our Church has never been more relevant than it is today. After a lively sermon recently by one of our Division leaders a video-clip was played that featured a woman who asked, 'So what are you going to do about it? Are you going to share it with me or just bottle it up and pull it out next week for your friends? When is it going to happen?' She went on to say that she might not appear interested and might even scoff at what we had to say but she begged, 'Do not forget me. I need you.'

Do not forget your neighbours, workmates, acquaintances and your community in 2009. They might not appear interested and might even laugh at you and call you a fool, but press on nonetheless in sharing the Gospel with them. They need you.

'Every true disciple is born into the kingdom of God as a missionary. He who drinks of the living water becomes a fountain of life. The receiver becomes a giver. The grace of Christ in the soul is like a spring in the desert, welling up to refresh all, and making those who are ready to perish eager to drink of the water of life.' (*Desire of Ages*, p. 195.) **SPREAD THE HOPE!**



## Enhancing Health

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

### Brain Health Part 10



#### Environmental factors

Ongoing studies continue to demonstrate that certain environmental agents can interfere with specific stages of brain development, interrupt brain cell division, alter gene expression, differentiate into specialised cell types, establish connections with other brain cells, interfere with chemical messengers in the brain that help transmit nerve impulses, and cause brain cell death.

The following is a list of chemicals and pollutants that research suggests negatively impact brain health.

**Alcohol** crosses the placenta and affects varying stages of brain development. The exposed foetus may develop into a child with hyperactivity, learning challenges, lowered IQ or, in severe cases, mental retardation.

**Aluminium.** Overexposure to aluminium compounds – in cookware, foil, antacids and personal products like deodorants and toothpaste – can adversely affect brain function.

**Bisphenol A** (chemical found in many plastic

containers) can alter the expression of genes required for early brain development and long-term memory formation.

**Lead.** Exposure in childhood may lead to attention problems, hyperactivity, impulsive behaviour, reduced IQ, poor school performance, aggression and delinquent behaviour.

**Manganese.** Elevated levels are associated with ADHD, hyperactivity and Parkinson's disease.

**Mercury** crosses the placenta and can affect brain development, IQ, language development, visual-spatial skills, memory and attention span.

**Polychlorinated biphenyls (PCBs)** is an industrial chemical which, although banned, still lingers in the environment. It has been identified in the body's fatty tissue and can impair reflexes, IQ, delay mental and motor skills development and cause hyperactivity.

**Solvents** like toluene cause learning, speech, and motor-skill challenges in children. These effects

were discovered in studies of children whose mothers sniffed glue during pregnancy.

**Tobacco smoke/nicotine.** Much research reveals their toxicity, particularly to the developing brain. Smoking during pregnancy affects the mental development of the child later on, putting them more at risk of learning disorders, lower IQ and attention deficits. Passive smoking is also a risk. Children born to women who are passively exposed to cigarette smoke have higher levels of impaired speech, poor language skills and lower intelligence. Additionally, children exposed to tobacco smoke following birth are also at risk of various behavioural problems.

**Prions** are an infectious form of a protein type, thought to be the agents responsible for the rare brain disorder variant Creutzfeldt-Jakob disease (CJD) in humans and mad cow disease. People can be exposed to prions by eating contaminated food or other products made from animals with diseases such as mad cow disease.

**Be vigilant!**

I was with a group of eight or nine people the other day and I asked if any had made a New Year's resolution. None had! I was surprised. Perhaps I shouldn't have been. After all, I never make any myself. I wonder if people still decide to do things differently at this time of year? If you read some of the online chat on the Internet it appears that many people do make resolutions. It seems that the most popular ones are to do with drinking less alcohol, losing weight and getting fit.

Here's what 'gaming dave' wrote: 'I've only stuck to one NY resolution. That was five years ago when I said I'd never make any again.'

Well, at least he is realistic!

Even though I don't make resolutions, I do use the New Year period to have a bit of a clear out. I may buy some new clothes in the sales,

and that seems a good time to get rid of some old ones. I also like to clear out my office, get rid of old paperwork, and so on.

Is this a good time for a spiritual clearout? Any time is good for that, so if this time of year feels appropriate, go for it! Did you get into some bad habits last year, such as neglecting devotional reading, not spending time with Christian friends, missing church, watching things on television that didn't help you?

Now is as good a time as any to decide to improve. True, if your intention takes the form of a resolution with little substance, then you don't have much chance of succeeding. On the other hand, if you don't make a decision to change at all, then you stand no chance of changing!

with Jonathan Barrett

## So did you make a New Year's resolution?



I got some money for Christmas (lucky me!) and I intend to use some of it for a spiritual retreat later in the year. Could you do something like that? Plan to go away, or visit a Christian bookshop to get some helpful reading material or visit a Volunteer Centre to see what you could do practically to help someone in your community?

Even if you don't want to call it a New Year's resolution, plan to do something to help yourself or someone else anyway!

### Temporary relocation

Following the fire at the British Union Conference office on Sunday 16 November the staff have been urgently looking for alternative temporary accommodation. After considering a range of options, from fully serviced offices through to Portakabins, the administration hopes to sign a contract in early December for an office in a light industrial area approximately five miles from Stanborough Park.

With a 75% loss on the main part of the building, staff are relieved to have been able to retrieve some major items including wills and deeds which were secure in the fire-proof strong-room. The contents of many filing cabinets have also been saved. Much electronic data was backed up on the server and has been retrieved, and some computers have been sent to a specialist firm to recover the hard disks.

The last week of November was very busy with visits from loss-adjustors, architects, the removal of filing cabinets and materials to safe storage and arranging for appropriate support for staff members so that work can go on. The ADRA-UK office has remained a central hub for staff who stop by to collect their post, have a hot drink, or hold impromptu meetings in the very crowded director's office. The South England Conference building continues to provide both office space for some staff members and phone support. Staff have also worked at Stanborough Secondary School. The BUC number is now redirected to a very efficient answering service with voice mail going directly to staff member email accounts.

Following an emergency executive committee on Sunday 23 November, the administration is now looking to restore the far end of the building that houses the ABC bookshop, the Adventist Discovery Centre (ADC) and the Media Centre. It is hoped to have this section operating again within the next four months. Plans are being developed for the main section of the building with the aim being to provide for the needs of a twenty-first-century office environment. It is planned to increase the floor space and ensure that departments have the facilities to work effectively in the mission of the Church. It is anticipated that the

## ASI conference beats all expectations

by Pastor Martin Bell, chaplain, ASI UK

Do you know that our Church in the United Kingdom includes some remarkable people? One of the leading cancer surgeons in the country, for example, and a professor of dentistry. Also, some top scientists, university lecturers, many doctors, many, many nurses and teachers, builders, property developers and entrepreneurs in double-glazing, garden landscape, IT, plumbing, overseas development, farming – the list goes on and on.

A number of these individuals are members of ASI UK, an organisation founded twenty-five years ago to encourage Adventist professionals, business and lay ministry people to 'Share Christ in the Marketplace', and to support and encourage each other. During the weekend of 7-9 November, ASI UK held its autumn conference and AGM.

On the Sabbath 136 delegates, including twenty-nine students in higher education, met at the Staverton Conference Centre and were encouraged by the ministry of Japhet de Oliveira of Andrews University. His Christ-centred presentations, given in his characteristic relaxed and humorous manner, emphasised the importance of relationships to share and grow faith in God. None of the congregation showed any sign of boredom or lack of concentration during Japhet's talks but there were plenty of smiles and much inspiration. The same was

true of the excellent Sabbath School study when Dr Jane Sabes, principal of Newbold College, took the lid off the book of Leviticus.

Reports during the weekend included one from Miss Tsitsi Chituku, originally from Zimbabwe, who told us how help and encouragement from ASI several years ago enabled her to enrol at university and eventually complete her training as a doctor. Now, two years after qualifying, she was joining up as an ASI member to support and encourage others. Janine Hartweg is another young lady who will soon graduate as a medical doctor from Southampton University. She also received help and encouragement from ASI. Not to be outdone, retired Pastor Rex and Mrs Elvira Pearson, and farmer Robert Hines told of their support of numerous rural schools in Africa through REACH International, and, in particular, an orphanage programme and day-care centre in Latvia, supporting forty-eight children. David Balderstone, recently returned from India, also gave a report on the progress of the 'Way to Life' orphanage in Horsur, India, developed by STOP International. This is a village-style orphanage with dormitories, school, work-skill-learning units, gardens, and so on, with accommodation for twenty-eight children and young adults.

'London Live' is a youth outreach programme. Daniel Sabatier reported

on the success of the monthly programmes to attract people in the capital. Also, the group is assisting the soup run for people living on the streets and now several non-church people are enthusiastically helping with this vital work.

Charlotte Bramble is a young lady who was convinced that before she began her university programme she should give a year of her life to evangelism. ASI Europe assisted her to receive training in the United States and afterwards she taught English and ran outreach programmes in Guyana, resulting in several baptisms. In association with the North England Conference, Charlotte is planning a 'Youth for Jesus' outreach in Nottingham starting next Easter. ASI UK has adopted this as one of the projects it will help in the coming year.

In 2009, ASI UK has also committed to supporting a student of Business Studies at Newbold College. Jane Sabes, the principal, told the conference that one of her goals was to encourage every Conference in our European Division (forty Conferences in all) to support a student to study and complete a degree course at Newbold. ASI is leading the way and it is significant

that business people will be funding and supporting a student in Business Studies at Newbold. It is hoped that other church organisations, groups and individuals will take up the challenge so that Newbold can enrich the countries of our Division with young people prepared and equipped for service.

The officers appointed for ASI UK in 2008/9 are: Audrey Balderstone, president; Janette Gulleford, vice-president; Charles Bramble, treasurer; Christine Manners-Smith, secretary.

The success of this ASI convention beat all our expectations. Eleven people attending the ASI convention were so moved and encouraged by the reports they have signed up for membership, and we would encourage many more to come and strengthen the work of this exciting and wonderful organisation. If you work in a profession, if you are a student in higher education, or if you operate your own business or a supporting ministry, then you qualify to become a member. If you would like further details, please contact the secretary, Mrs Christine Manners-Smith, 36 Potters Field, St Albans, Herts, AL3 6LJ, or email [manners-smith@ntlworld.com](mailto:manners-smith@ntlworld.com).

## Rebuilding the Buc

### A casualty of the fire

One of the casualties of the BUC fire was the master DVD entitled 'The Adventist Church in 2008'. 'Sadly,' says Pastor Victor Hulbert, 'it's under a pile of rubble on my desk and our editing suite is out of commission.'

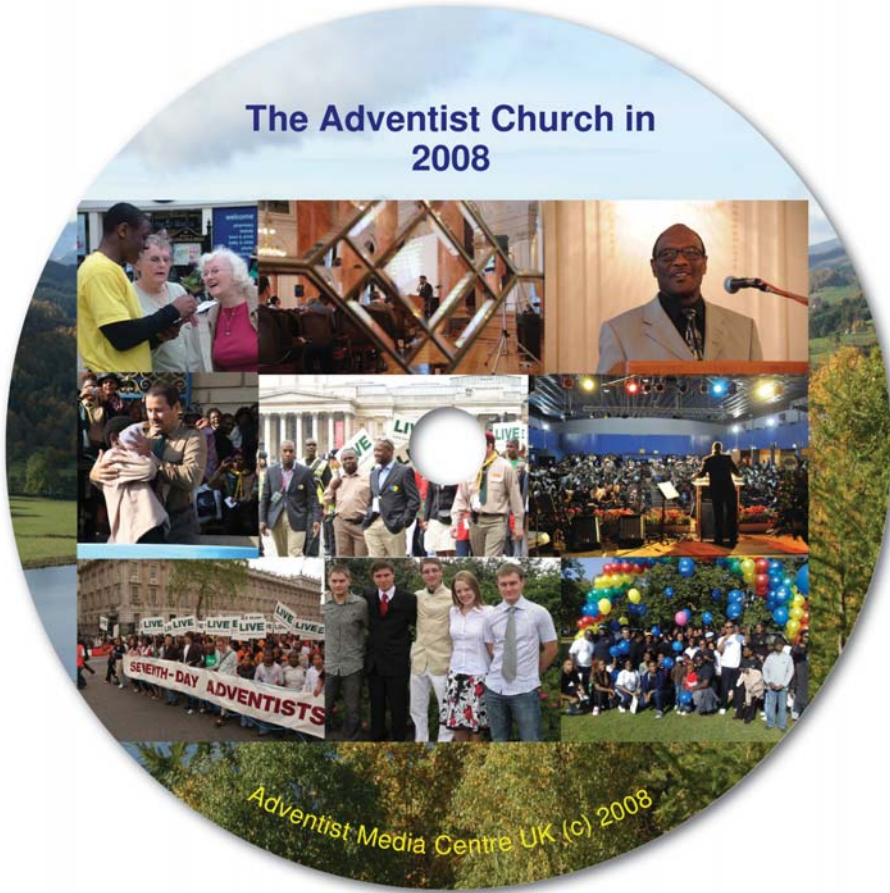
The 17-minute DVD was prepared to be shown at the December Executive Committee to highlight events in the BUC over 2008 and the BUC's vision for the Church in 2009. It was released on the Hope Channel website and had been shown in a number of our churches. Pastor McFarlane states, 'The TED leadership saw this DVD as a benchmark for other Unions to follow in reporting to their constituencies.'

Pastor McFarlane suggests, 'If you are interested, why not download it from the Hope Channel website?'

The web link is: [www.hopetv.org.uk/content/media-library/program-in-detail/medialibrary/418](http://www.hopetv.org.uk/content/media-library/program-in-detail/medialibrary/418)

Studio manager Wes Kapon and producer/presenter Victor Hulbert would be interested in your reaction so that they can work with the church administration to produce material that will benefit and inform our membership in the years to come.

EDITOR



whole redevelopment project will be completed within eighteen months.

While temporary relocation will cause some headaches during the intervening period, BUC treasurer Victor Pilmoor believes 'that we can be housed comfortably for the next year to eighteen months'. In the somewhat smaller office he says, 'Look forward to being comfortable with your neighbour.' What is certain is that BUC staff are determined that the mission of the Church will continue.

VICTOR HULBERT

### Memories

Most of us have memories of the now burnt-out Union building. When we were hired. (When we were fired?) When we met with the Field leaders or the president to discuss

some issue relating to our work. Debates in the boardroom.

Pastor Paul Lockham's memories go back to his days at Stanborough Junior School. Part of his daily routine from 1961-68 was to wait after school for the Union president to take him home. Pastor Lockham's grandfather was Union president, John A. McMillan, who, with secretary-treasurer Colin Wilson, superintended the building of the 'new BUC offices' in 1961. Somewhere in the wreckage is a brass plaque to that effect.

Do you have a memory of the Union building you would like to share? If so, mark it MEMORIES and EITHER email it to [editordnm@mac.com](mailto:editordnm@mac.com) or post it to me at the address in the colophon on page 16.

EDITOR



## Do you really understand depression?

### Do you know how best to relate to those who suffer from it?

This is the second feature on understanding and responding to aspects of mental illness. In the last issue three professionals dealt with the possible consequences of extreme stress. Here two deal with depression, how to recognise it in ourselves and others, and how to respond to it helpfully.

The Seventh-day Adventist Church in The British Isles operates a comprehensive counselling service, involving a team of specialists. They are trained to help those suffering from depression and other challenging life situations.

**Cornerstone Counselling Service:**  
0207 7238050, 0845 7413602



## What is depression?

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

**MAOIs** (monoamine oxidase inhibitors) are very effective but have potentially life-threatening drug interactions and food interactions. **If you are taking an MAOI drug, it is important that you follow your doctor's instructions very closely about which foods to avoid and the mixing of medicines.** Drugs in this group are not as widely used as the other groups. Nardil and parnate are the best known.

**SSRIs** (selective serotonin reuptake inhibitors) increase the brain's level of serotonin, and are associated with an improvement in mood. Citalopram, paroxetine, fluoxetine and sertraline are the most commonly used in this group.

Reactive depression can be the less serious of the two conditions.

**What is it?** Things happen to all of us from time to time. When these things occur, we react to them – negatively or positively. Depression can be a response to one or more of life's events, hence the term reactive depression.

**Treatment.** As this condition is a reaction to external factors, drug therapy (antidepressant drugs) is used very selectively. Psychotherapy is our primary treatment of choice. Though this form of depression is seen as being less serious, it is not to be laughed at or taken lightly. It can be very difficult to treat and suicide is not uncommon.

As in all forms of health – physical or mental – the following tips will help us avoid or cope with depression and have a better, more productive and meaningful life.

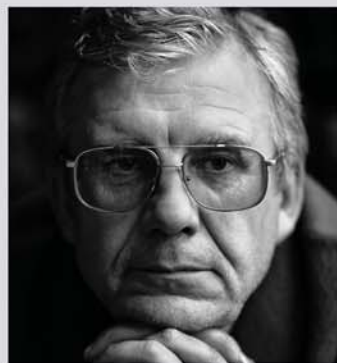
1. Develop a meaningful and personal relationship with God.
2. Develop a positive self-

image/self-concept.

3. Develop a healthy lifestyle – proper exercise, diet, rest and personal hygiene.
4. Develop proper stress management techniques and coping skills.
5. Develop a great sense of humour – please do not take yourself too seriously.
6. Learn to laugh, long and loud, daily – especially at yourself.

In closing, while all the above will help us to have a better and more fulfilled life, things happen and we do not always get what we want. Take depression very seriously and seek early professional help. Your GP or family doctor should be your first port of call. Family, friends, colleagues and employers, please be very supportive of those going through depression – they need empathy and understanding. There is nothing like knowing that there is someone there for us, one on whom we can call at any time – day or darkest night.

Remember: No one cares how much we know, until he/she knows how much we care. And I care! Do you?



## How should we respond to depression and to those who are suffering from it?

by Andreas Bochmann, PhD, senior lecturer in Pastoral Care and Counselling, Newbold College

**D**epression. The very term is somewhat like the flu. To have the flu can mean many things, ranging from 'My nose is running because it is a bit cold and damp,' to the Asian influenza which is potentially fatal. Similarly, when somebody claims to be depressed, we do not really know whether that person simply feels a little blue today or is suffering from a very dangerous mental disturbance which needs urgent medical attention. We might react by saying: 'Yeah, I know, I sometimes feel depressed as well. It will pass.' And in fact we might be right. But we might be awfully wrong! So the first thing we ought to remember about depression – even if we are not mental health professionals – is the fact that depression can mean many things, can have many different causes and can have very different, even fatal, effects. Thus I would rather be too careful than be negligent when it comes to depression.

Depression can have different causes – like severe crises or traumatic events (this is different from normal grief after the loss of a beloved person) or an inherited disposition. Symptoms can range from feeling down to loss (or increase) of appetite, sleep disturbances or even some psychotic outbursts, to name a few. For a clinical diagnosis, such symptoms would have to persist for

at least two weeks. In a biological sense depression can be hormonal or the result of other biochemical imbalances or a misfiring of the synapses (the connecting points of the nerves). In that sense depression is comparable to other diseases like diabetes. But I am aware that such a comparison will raise some eyebrows.

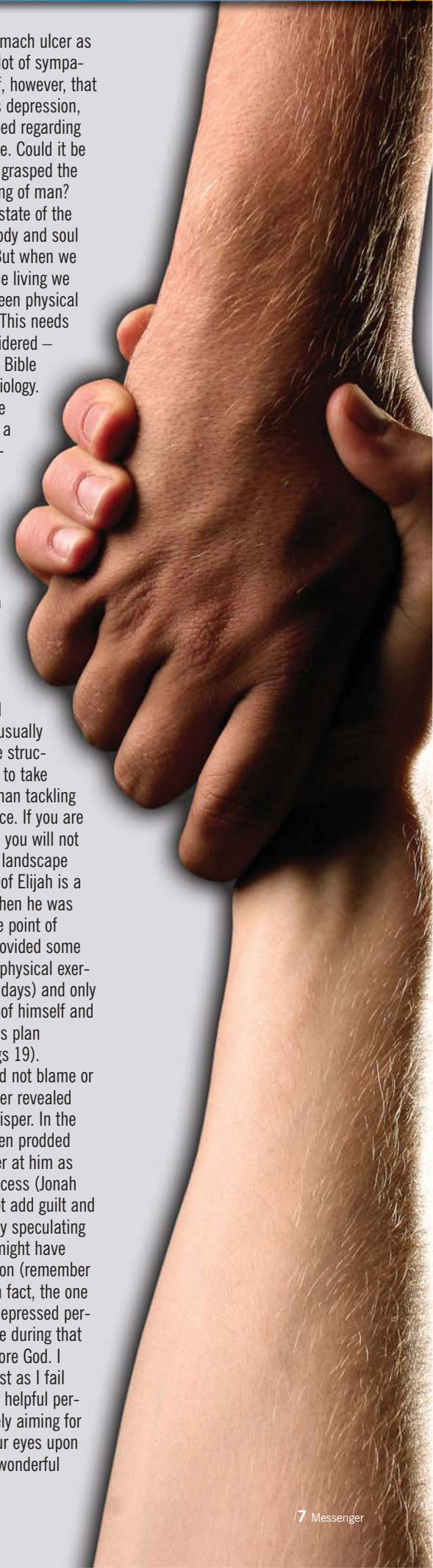
Some Christians believe that depression is an expression of a deficient faith. After all, Christians who are looking forward to the glorious coming of their Lord should be 'always cheerful', resting quite happily in the 'blessed assurance'. A true Christian who prays and studies his Bible cannot be depressed. Wrong! We have quite a few examples of godly men and women who suffered from depression. Just think of King Saul – after he was appointed by God and long before he separated from God; Elijah – after his greatest triumphs on Mount Carmel; Jonah – after God had given him the most challenging task one could think of at the time. And how would you describe the despair of Hannah before Samuel was given to her or the faithful widow of Zarephath who collected sticks for a last meal before she wanted to lie down with her son and die?

Why is it, then, so many Christians have reservations about depression? If, for instance, a minister or an elder in the church is over-

worked and gets a stomach ulcer as a result, he will get a lot of sympathy from the church. If, however, that same person develops depression, suspicions will be raised regarding his faith and prayer life. Could it be that we have not fully grasped the meaning of our teaching of man? When it comes to the state of the dead, we know that body and soul are inseparably one. But when we think of the state of the living we still differentiate between physical and mental ailments! This needs to be seriously reconsidered – both in the light of the Bible and of modern neurobiology.

What, then, is to be done? If you deal with a person whom you suspect to be depressed, encourage him to seek professional help. Yes, you can and should pray for that person as well! But if you suspected a person had diabetes, you would pray for that person *and* send him to the doctor. Counselling depressed people professionally usually means providing some structure and helping them to take the next step, rather than tackling the whole future at once. If you are deep down in a valley, you will not be able to see the full landscape around you. The story of Elijah is a good example here. When he was depressed, even to the point of wanting to die, God provided some food and sleep, some physical exercise (walking for forty days) and only then a new revelation of himself and the larger picture of his plan (carefully study 1 Kings 19).

By the way, God did not blame or rebuke Elijah, but rather revealed himself in a gentle whisper. In the case of Jonah, God even prodded Jonah to vent his anger at him as part of the healing process (Jonah 4)! Therefore let us not add guilt and shame to the illness by speculating what part sinfulness might have played in the depression (remember the story in John 9). In fact, the one thing I never allow a depressed person to discuss with me during that state is his failure before God. I know he has failed, just as I fail every day. Yet the only helpful perspective I am ultimately aiming for spiritually is: 'Turn your eyes upon Jesus, look full in his wonderful face.'



# For the children!

## Star Puzzler

Write all the words with three or more letters that you can make from the letters in the words

**KINDNESS** and **LOVE**

You may only use the letters in the words (you can make words that have two of these letters: n, e, s, but only one each of the other letters). You may use the letters again for new words.

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Why not email your list to [children@adventist.org.uk](mailto:children@adventist.org.uk) before 28 February? We will send a book prize to the person who sends in the best list. Put your name, age and address on your email so that we know where to send your prize.

You are Loved

God loves you in an amazing way! He loves you a million times more than you can ever imagine! When you're happy, he's happy and when you're sad, he's sad with you and he's right there, giving you a big hug even though you can't see him. Sometimes when I pray I give myself a hug to remind myself how much he loves me, and how happy he is when I come and talk to him. What can you do to help you remember how much God loves you?

Make a list of ten things people have done that helped you to feel really loved. Or draw pictures of them doing kind things for you. Show your list or picture to someone in your family and talk about it together. Ask every person in your family what helps them to feel loved, and then try and do some of those loving things for each other. What difference does it make to your family when you help each other?

Lock-it in your heart!

Do not forget to do good and to help one another. (Hebrews 13:16.)

Find some coloured cardboard or foam sheets. Cut the card or foam into the shapes of clothes, such as dresses, trousers and so on. Write one word of the Bible verse on each shape. See how quickly you can peg them onto a washing line or piece of string in the right order to make the verse. Perhaps you could find ways to 'do good' by helping with the laundry!

### A way to pray

The theme text from the Memory Verse activity would make a good suggestion for a New Year's resolution. Talk with your family or best friend and decide what special act you can do each month that will be helpful to others. Use the first letter of the month to help you choose what to do. For example January – Joy – you may want to give a sick person some joy by sending a get well card. February – Flowers – you may want to use your pocket money to buy your mum some flowers.

After planning your activities, enjoy this action prayer together.

Help me, Jesus, to be kind	– point up towards Heaven
And care for others when I find	– point to others
That they need my love and prayers	– fold hands in prayer
Help me to be the one that cares	– point towards self
In Jesus' name, Amen.	

PRAY AND PRAYER BIBLE

Go to [www.fathersloveletter.com](http://www.fathersloveletter.com) to hear, watch, or read a love letter from God to you, based on verses in the Bible. The letter is in more than fifty languages on the website so you can email God's love to your friends all over the world!

### Make a gift to encourage somebody.

Find a clean, empty jam jar with a lid. Then go around your house and fill it with small things that remind

you about God's love. An eraser – he forgives, a pompom – he is gentle with us, a seed – he helps us to grow, a candle – he is our light. Ask an adult if you are allowed to use them. Put everything in the jar together with a list of all the things you found and how they reminded you of God's love. Decorate a label to stick it on the jar. Call it 'God's Love Jar' and give it to someone who needs to know God loves them.

Look through MESSENGER and count how many stories there are of people helping others and sharing God's love.

What would you like to do to show God's love to the people around you? Whenever you do something kind and caring, you are sharing God's love.

If you'd like to get in touch with us, our address is: [children@adventist.org.uk](mailto:children@adventist.org.uk)



## Newbold offers continuing education for pastors

From January 2009, Seventh-day Adventist ministers interested in professional enrichment are invited to attend scheduled intensive theological lectures at Newbold. Next semester, ten regular courses will be on offer to appropriately qualified pastors. In order to get the most out of the learning experience, these mature students will be expected to attend classes (all scheduled in the mornings) and fulfil the reading and thought assignments required of regular students but not to submit written work or sit for examinations.

'Newbold has always trained pastors,' says Dr Steve Currow, principal lecturer in Pastoral Studies. 'Now we are offering busy pastors the chance to develop their understanding of present truth and stay involved in lifelong learning as they face new challenges in different parts of their ministry. This continuing education opportunity (designed by Newbold's Department of Theological Studies in co-operation with the Trans-European Division) offers pastors a place to recharge their intellectual and professional batteries in a stimulating and empathetic environment.'

For more details click here or contact Dr Steve Currow.  
E: [scurrow@newbold.ac.uk](mailto:scurrow@newbold.ac.uk);  
T: +44 (0)1344 407487.

## Interested in more Newbold news?

The latest edition of the *Newboldian* is just out with 12 pages of news and pictures about the College. How to get a copy: Read it online at [www.newbold.ac.uk](http://www.newbold.ac.uk), or apply online for your personal copy at: [www.newbold.ac.uk/component/option,com\\_contact/task/view/contact\\_id,8/Itemid,1338/](http://www.newbold.ac.uk/component/option,com_contact/task/view/contact_id,8/Itemid,1338/), or call the Alumni Office on 01344-407583, or write to Alumni Office, Newbold College, Bracknell, Berks RG42 4AN.

# What is the Gap Year at Newbold College?

A Gap Year at Newbold College is currently made up of three different elements. Two of them – a personal development and an educational requirement – take place at Newbold College during the autumn semester. The third part occurs during a six-month placement of your choice, from January to June.

## What does Newbold's Gap Year offer?

A Gap Year at Newbold College offers you an opportunity to take a break from whatever you are doing and consider what direction your life should take.

It offers an opportunity to develop skills and enjoy experiences that will be vital to any future career, to build a broader world-view and bring you closer to God.

## What sort of people take a Gap Year at Newbold College?

People of any age who seek a career break or hope to recharge their batteries decide to take a Gap Year. We have had college and university students take a Gap Year both before and after going to university.

## Why do people take a Gap Year?

Some people just want an opportunity to take a break from the pressures of their student and/or working career. For some it is an opportunity to 'put something back' by participating in various voluntary exercises. For others it is an opportunity to experiment with a variety of activities and find out what interests them and what sort of work they are suited to.

For all, it is a chance to consider which direction they want their life to take in the future.

## What happens in the first semester?

The first semester is a time of thought and preparation for the placement in the second semester. The preparation takes two forms:

**The first part is the personal development component.** Each student meets once a week with a personal tutor to explore and develop the skills needed for their placement. This is an opportunity to think about life choices as well as other issues in personal and spiritual development on an individual basis.

**The second part is the educational component** which has been developed particularly to help you prepare for your placement in the second semester. All students take a class in Mission and Volunteerism. This class will be taught by people who are very experienced in volunteerism and have a thorough knowledge of the Adventist network. You will also have the opportunity to choose from the following four modules: Cultural Anthropology, Principles of Management, Ministry and Culture, and Introduction to International Development, as well as an elective (an extra class chosen by you). Those who want to improve their English language skills may enrol in a class in the School of English.

## What happens in the second semester?

This semester is spent on a practical

placement which you will discuss with your personal tutor and choose in the first semester in the Missions and Volunteerism course. As part of the placement you will also be asked to do a written report on your field work for which you will get academic credit.

## Who organises the placement?

The teachers of Mission and Volunteerism will help you to make travel arrangements, apply for visas where appropriate and make sure you have proper insurance and so forth.

Most placements are made in co-operation with AVS (Adventist Volunteer Service) or ADRA (Adventist Development and Relief Agency), even though other possibilities can be considered as well.

## What sort of places do people visit?

Brazil, Ethiopia, Malaysia, Russia, Thailand, UK and Yemen.

## What sort of work do Gap Year students do on their placement?

Here's a list of some of the jobs: classroom assistant, teacher of English, support worker, project assistant, IT support worker, drug rehabilitation support worker.

## What do they say when they come back?

'It was the best decision I ever made!'

'It has given me a new direction in my life'

'Just what I needed!'

## What does it all cost?

Special bursaries are available for Gap Year students.

For more details go to [www.newbold.ac.uk](http://www.newbold.ac.uk) and search Offers and Discounts available or call the director of Student Finance, Simone Smit. T: 01344-407411. E: [ssmit@newbold.ac.uk](mailto:ssmit@newbold.ac.uk).

## Who should I contact to find out more?

Henrik Jorgensen is director of the Gap Year. He would be happy to have an informal chat with you or your parents to discuss any aspect of the Gap Year. He also says that new, exciting initiatives are under development for the Gap Year which makes it even more attractive to take some time out to consider your future. T: 01344-401791.

E: [hjorgensen@newbold.ac.uk](mailto:hjorgensen@newbold.ac.uk).

HELEN PEARSON

# Aberdaron's extreme Camp

Between 14 and 17 August, a group of around thirty young adults met in Glan-yr-Afon Youth Campsite, Aberdaron, for the first ever Extreme Camp. You may ask why this camp was so extreme. Well, for one thing, Beryl Emm from Wilmslow church organised the camp at extremely short notice.

The campers arrived on Thursday night and spent the evening chilling out while making new friends. Everyone went to bed so we would be up in time for breakfast! (No chance!) On Friday morning, most of the camp met on the beach for some good all-round fun and some exhilarating powerboat rides around the Aberdaron islands to see the seabirds and seals. While on the beach the campers were introduced to 'Extreme Ironing' by Beryl. Extreme Ironing is quite a random but fun 'sport' and all you have to do is take an ironing board and iron to unusual or extreme locations (for instance, up Mount Everest) and then take a photograph to prove it.

On Sabbath morning, after the luxury of Beryl and her team's cooked breakfast, the campers broke into discussion groups led by some of the older members of the camp. Then we heard a sermon from Pastor Andrew Rashford-Hewitt, which included an extremely startling demonstration, with the help of Peter Marshall, of how Jacob would have wrestled with the angel.

After another delicious, hearty meal from Beryl and her team, the whole camp left the campsite in a convoy to the Secret Village (a very secret village as some of the 'older' adult helpers, who have been coming to Aberdaron for many years, didn't even know that it existed!). When we arrived at the car park high above the village, we split into two groups. The largest set out to walk down to the village and then on to the beautiful but very secluded beach; the other in the four wheel drives set out for an amazing viewpoint overlooking the village.

Halfway through the outing the weather changed. The wind picked up and it began pouring with rain. The walkers were in need of shelter from the torrential rain when a lady standing outside the teashop, which had been closed on the way down, invited all of them in for food and a drink at no charge. The lady was part of another religious group who had prepared food for a large party of people. However there was lots of food left over. The walkers tucked into a lovely meal and as they left the kind lady told them that their arrival had been a blessing as otherwise all the food would have been wasted. Apart from the few people who were tough enough to walk up the hill through the wind and rain, most of the walkers took the opportunity of a ride up the hill in the 4x4s, which conveniently returned from their drive just in time to start ferrying campers back up the extremely steep hill to the cars and a ride back to camp.

On Saturday night David Brownlow organised the 'Aberdaron Olympics', where teams were challenged to undertake different tasks varying in difficulty, including the dreaded 'Table Challenge', where the victim had to climb under and over a table without touching the floor. Needless to say, most failed miserably.

As the campers left the Aberdaron campsite on Sunday morning everyone was exhausted, as due to the fact that the camp was only a weekend most of the campers stayed up as late as possible to make the most of their time there, however short it was.

Thank you to Beryl and her support team, especially the kitchen staff who provided all the delicious food!

ZOE MARSHALL



# Promoting Purity for Teenagers weekend

by Jerry Smith

Over the weekend of 31 October-2 November twenty-nine youth joined Isha Prince and Khaya Chiweshe for a Purity Weekend retreat at Blaxhall Hostel near Woodbridge, Suffolk. Isha, from the Luton church, piloted the programme last year but this was the first time she was able to run the full programme.

'It was really great, fantastic! Really enlightening!' said Rachel from Chelmsford. Infra from Ipswich added, 'I understand the importance of abstinence where I didn't before.'

The weekend was based around two books, *And the Bride Wore White . . . Seven Secrets to Sexual Purity* by Dannah Gresh, and *Who Moved the Goalposts? . . . 7 Winning Strategies in the Sexual Integrity Gameplan* by Bob Gresh. The girls and guys utilised these books respectively in their weekend discussions and activities. 'It was a very personal time, people sharing experiences you could relate to. It was quite deep,' reflected Tom from Chelmsford. Rodney from Basildon church agreed. 'I learned a lot. Very interesting.' But the youth did much more than read. There were activi-

ties involving egg dropping, paper ripping, football throwing, laughter peeling, pens a-drawing, and discussions a-flowing! There was also lots of food! 'We've learned lots from others' experiences, and that they want to help us learn so that we don't make the same mistakes,' reported Abigail from Colchester.

Pastor Jerry Smith saw the retreat as a bold step in a climate needing straight talk about these sensitive and truly important issues. He was impressed. 'Three girls in attendance all said, near simultaneously, that they have now decided to wait until they get married before having sex.' Youth now recognise that sex is something to be cherished and kept for the confines of the marriage bed. Before the weekend some of the youth said sex before marriage really 'didn't seem to be all that big of a deal'. 'We knew [a retreat like this] was needed, but this weekend made us realise how much,' Isha reflected at the conclusion of their time together. 'The group that we've worked with have been brilliant, really getting involved, and they seem to have taken a lot from it.'

The weekend was an intense series of large and small group meetings, focusing on various issues such as lies about sex that Satan propagates, issues concerning self-worth, personal and video testimonies about the pain and problems that come with premarital sexual encounters, and biblical definitions and principles of sexual purity.

The event was organised by Sue

Sampson, leader of the Area 8 Youth Federation, and largely sponsored by the SEC Family Ministries department. Please contact Bernie Holford on [bholford@secadventist.org.uk](mailto:bholford@secadventist.org.uk) or Isha Prince on [ishaprince@hotmail.com](mailto:ishaprince@hotmail.com) if you would like to volunteer as a team leader in this ministry or see this event organised in your area.

## Carter Knowle's worship touches the community

by David Bussue

The story I am about to relate epitomises the maxim: 'We never know how many people we may reach.'

On 15 October, church elder

Wilton Blake received a telephone call from Lisa Harrison who related the following story.

Her family was planning the



funeral of their mother, Kathleen Harrison, that was to be held on 21 October.

The church did not know the family, but for seven years, Lisa had lived across the road from the Carter Knowle Road church. Lisa's mum lived on the north side of the city but would visit Lisa on a Saturday.

One week she heard the praise and worship session coming from the church. From that point on, Kathleen made it her practice to get to her daughter's house early on a Sabbath morning, where she would sit in the bay window and watch us all arrive at church. Then she would open the window wide and listen to the music and just bask in the service. This went on for most weeks until Lisa moved to Birmingham.

The request was made: 'Would we be able to come and sing at the funeral?'

Wilton Blake contacted David

Bussue, minister of music, who in turn spoke with the musicians and worship team. All were blown away by the story and the request. Work schedules were hastily reorganised and a group of ten from the worship team and musicians went along and ministered on the day.

We learnt so much about Kathleen Harrison, who sounded like a warm, humorous, tenacious Yorkshire woman who had lived through the war, brought her family up with sound values, even though she had never been a practising Christian, had welcomed people into her home, and anyone who came never left hungry. She had supported her family and those around her through the slings and arrows that life can throw at us.

We all came away thinking three things – she behaved in the way Jesus admonishes us through her interactions with people; we wished we'd had the chance to meet her; and it was a privilege to minister at her funeral.

But the story doesn't end here.

Wilton Blake received another phone call after the service. The family and those who attended were so blessed by the team just doing what it does every week at church and that we so easily take for granted, that they wanted to visit the church for a service and come and say thank you.

Now you have to get the context. The church is located in an area where we have historically struggled to engage the local white population. Kathleen had sat for seven years and listened to the singing and the services but had not felt able to come inside, and here we were, after one act of kindness, breaking down barriers!

So, on Sabbath 25 October, true to their word, Lisa, her sister, her brother and brother-in-law all attended the service.

It just so happened to be Children's Day at Carter Knowle, so the children led the worship team and were supported by the church worship team and musicians.

Gerard Bowen, Lisa's brother-in-law, spoke to the church and one of his comments was, 'Kath spent so long listening to the music from outside, today we'll get to hear the music from the inside.' The family so enjoyed the service and the warmth of the welcome that they were among the last to leave!

In talking to the family, you just couldn't help but warm to them.

Kathleen had clearly done an excellent job with them all, and it turned out that one of our members, Nadine Wynter, works in the same building as Kathleen's son-in-law!

And still the story doesn't end!

Brother Blake received a card from Lisa to say another big thank you from the family for all the worship team had done and were willing

to do free of charge to make their mum's funeral such a special day.

With the card was a substantial cash gift to the church.

Our purpose in praise and worship is threefold:

To put Jesus Christ front and centre in our services.

To inspire and encourage ourselves.

To inspire and encourage those who are present.

If ever there was evidence of the impact of what we do and can do when we all pull together rather than pulling apart, then this story exemplifies it.

We hope that the friendships made out of this situation will be lasting ones.

## Swansea: It's all happening!

Here in Swansea we meet many Adventist friends, students and their families who come from around the country and also from other parts of the world. Our close proximity to Swansea University and the hospitals makes it very convenient for everyone and for many students to attend our Sabbath services as well as other church activities. They are not just spectators and consumers, but active participants with Bible teaching and the presentation of musical items.

Recently we said goodbye to our dear Masego and her family. Masego was with us for the year and during her last few weeks her family spent some time in Swansea also. They finally went back to Botswana. We also said goodbye to our friends Noel and Karen who emigrated to Massachusetts.

We are also bidding farewell to our friend Frankie who spent the

year with us too. We also had a chance to get to know his family briefly, and we all wish him well on his return to Anguilla.

There are many more who came to Swansea and became part of our church family and we are very grateful for all their gifts and talents shared with us. Many more have joined us, like Noreen from Birmingham who became our divine service speaker during our youth day, also Thombie from London, Solomon from Birmingham, Luke from Essex and Tony from Cowbridge (who was baptised on 8 November).

Similarly we wish all friends and families well, in particular our young people who have left to attend other universities or to take up employment abroad or elsewhere in the country. Recently we had Duane who was our young speaker for the divine service.

It was also our great sadness to say goodbye to our minister during the year. Ed and Shana are now doing well in Santa Barbara, California, with the recent arrival of baby Jack.

The arrival of Pastor Adamovic and his family has given us new hope of revival in our church. We now have a regular midweek prayer meeting and youth activities, hopefully in preparation for the year of evangelism in 2009.

Our regular after-church potluck has always been a great success and given us the opportunity to get acquainted with everyone. It benefits regular members as well as visitors. We have friends and relatives who have joined our worship and fellowship and have later commented on the warm experience of their visit.

If anyone wants to know more about Swansea, please log on to the website of the city and county of Swansea at [www.swansea.co.uk](http://www.swansea.co.uk) or [www.swansea.org](http://www.swansea.org). For church information log on to [www.adventistwales.org](http://www.adventistwales.org).

LILY KIDWELL





## Church Acquisition Conference

by Dr Richard de Lisser, Communication director, SEC

Pastor Lockham spoke of the Church being about people and not buildings, that we are the Church, and wherever we reside, be that in rented accommodation or in a building of our own, the work and mission of the Church must continue.

The purpose of the Church Acquisition Conference was to make members aware of the policies and procedure as they relate to the purchase of church buildings, and to raise the awareness of the membership of the need to consult the relevant bodies before any formal negotiations begin in the procurement of any church building.

To this end, delegates were suitably informed through a range of presentations given by such speakers as Mervyn Leicester from Adventist Risk Management who spoke on Church Acquisition:

Insurance & Risk Management; Earl Ramharacksingh, SEC treasurer, presented The SEC Church Acquisition Policy; Victor Pilmoor, British Union Conference treasurer, lectured on The Fundraising Campaign; Steve Okelo, Associate BUC treasurer and secretary of the Seventh-day Adventist Association (SDAA), raised the issue of Church Acquisition: The Legal Hurdles; and Dr Steve Thomas informed the delegates on Managing the Asset: Preventative Maintenance and Church Sustainability.

A special presentation was made by chartered surveyor Bernard Gordon, estate agent of Bernard Gordon & Company, who enlightened the delegates on The Current Market: Buildings that Can Be Acquired for Religious Use.

It was ironic that during the lunch period news came to us of the

tragic fire that engulfed the BUC. As the meeting reconvened prayer was offered, asking God to intervene and thanking him for the fact that there was no loss of life.

The conference ended with a lively panel discussion. Pastor Jonathan Barrett said, 'I found most of the presentations very, very useful, and the lunch was excellent, so thanks for organising this.' Patrick and Dr Jeanie McKerrow stated, 'We have enjoyed and benefited so much from the Church Acquisition Conference; the venue and speakers were well chosen; we found it very useful. Well done, and the food was so good!'

Copies of each presentation can be downloaded from the SEC website at [www.secadventist.org](http://www.secadventist.org) following the links to the Stewardship department.

On Sunday 16 November, over 140 delegates from around the South England Conference (SEC) gathered at London's Advent Centre for the first Church Acquisition Conference, sponsored by the Stewardship department of the SEC.

Delegates were welcomed to the event by the conference's convener Dr Richard de Lisser, and the morning's devotional exercise was conducted by Pastor Paul Lockham, executive secretary of the SEC.

## Education retreat: 'Reclaiming our vision'

The first South England Conference Education Retreat took place at Staverton Park, Northamptonshire, on the weekend of Friday 31 October to Sunday 2 November. Adventist teachers and church Education officers all came together to hear the keynote speaker Dr Orville Woolford, former John Loughborough head teacher, focus on the theme 'Education for Life: The Marriage of Mission and Vision'. Dr Woolford, currently Dean of Admissions and Records at the University of the Southern Caribbean, was accompanied by his wife.

The retreat was opened by the South England Conference Education director, Opal Johnson-Christie, who set out the programme for the weekend. On Friday, 'The Mission', Sabbath, 'The Marriage', and Sunday, 'The Vision renewed'. Other visitors who joined us were the SEC president Pastor Sam Davis, who gave the opening address, and his wife Rowena, and also assistant BUC Education director Anne Pilmoor, as well as head teachers of two of our schools in London – Gina Abbequaye from Hylands House and Laura Osei from Eden School, who is currently also executive head teacher of John Loughborough.

Participants were inspired during the weekend by the speakers and presenters, the prayer team who led in seasons of prayer throughout, the communion service, and the beautiful music from Blessed, a group of five young girls aged 10-12 from the Brixton church.

Some highlights from Dr Woolford's discourses were:

*Education for life brings our minds into communion with the mind of God.*

*Education should be redemptive.*

*In many areas God is not popular, but we are here because we want the Lord to do something. We began a journey secure in God as our personal Saviour. If Adventist education is not working then we have to fix it by God's grace.*

This was a clarion call in harmony with the SEC president's exhortation on Sabbath evening to 'let us together reclaim our school(s) for Adventist children'.

In the 'Vision' Dr Woolford reminded us that education is for life here and the hereafter. This was what made Adventist education unique. Our mission was to co-operate with God. He quoted E. G. White who said, 'Even the most uncompromising plan will succeed if we all unite behind it.' Furthermore we were asked not to be so heavenly-minded that we are no earthly good.

Finally, we were reminded of the nursery rhyme 'Humpty Dumpty' who represents the brokenness of the human condition after he fell from the wall. Our teachers, schools and children will not be perfect – we are all broken, but it is Jesus who can put us back together again.

The weekend was a time of fellowship, with God always at the centre of everything. The organisation and attention to detail was excellent. Let us hope that this is just the beginning of getting together the amazing talent of educationalists we have in the South England Conference to progress the mission of the Church in an area of

tremendous importance in these end times.

SHERILLE HYATT

## Wycombe district — Community Health Day

On Sunday 5 October, Micklefield and Amersham Adventist churches held a free Health Day programme for the community at the Hilltop Community Centre, Crest Road, High Wycombe.

The event was widely advertised around the Booker/Cressex vicinity and a large inviting banner was placed outside the Hilltop Community Centre.

Health professionals from the Wycombe and Amersham churches carried out health checks on people's cholesterol, blood sugar, weight, urine and blood pressure. Back and shoulder massage was also given. Consultants were made available on site for private consultations, and dietary advice was given by doctors. There were many pamphlets and leaflets on health awareness and illnesses for the community's interest. A health seminar on back pain, heart disease and diabetes was also held, along with free, tasty vegetarian food available for the public.

Health is vitally important to everyone and providing education within the community emphasises the importance of changing to a healthier lifestyle.

Edward Sinclair, team co-ordinator, said, 'The health fair is to benefit the community who, like Adventists, want to live longer, healthier lives.'

The organising team was grateful to Asda supermarket in Holmers Farm Way, Cressex, who



The officiating ministers at the funeral service of Sister Whyte were Pastors Fred Mapp, Barry Stokes, Egerton Francis, Kevin Johns and Felix Jack.

## Evadne Etheline Whyte (1925-2008) d. 11 October.

However, a total of eleven pastors attended, which in itself was a tribute to the standing of Evadne Etheline Whyte.

Sister Whyte was born on 29 October 1925 in Portland, Jamaica, the daughter of Francetta and Stanley Harris. She was the eldest of fourteen children and had a natural talent for singing. From a Baptist background, at the age of 13 she was the first family member to be baptised into the Seventh-day Adventist Church, showing her commitment to be an active worker for God.

She had an interesting ancestry. She was from the Maroon tribe, and it was

from these ancestors that she inherited the characteristics of boldness, independence, courage and determination to succeed, qualities which made her the person we came to love and respect. Her children called her Mum; her family, Sister or Aunt Vadne; her close friends, Miss Vadne or Eva; but everyone else knew her as Sister Whyte.

She married Burnett Livingstone Whyte at the age of 21 and they settled in London where they attended Brixton church, later to be joined by their daughter Eunice. Blessed with two more children, Alistair and Gillian, the family set up home in Preston, Lancashire. Sadly, Alistair sustained severe brain damage and was not expected to live. Refusing to give up, his mother asked the church to pray for her son. Alistair lived to the age of 25 and this was through the grace of God and the tender love of his family. Mr Whyte also suffered ill health and Sister Whyte nursed and cared for him until he passed away in 1986.

Sister Whyte studied General Nursing and then specialised in Psychiatric Nursing at Whittingham Hospital. During her lifetime she made many Christian and non-Christian friends. She blessed the Preston church, of which she was a member, with her many talents, one of the most conspicuous being her angelic singing voice. She formed and led the Zion Singers choir for over thirty years. In 2002 she, along with Zion Singers, attended a special robing ceremony for the choir.

She was well known in the community through her witnessing on the Market Square, Prison Ministry, and through public worship. After knocking on every door in her street, inviting her neighbours to church, she received a positive response from Carol Lawton who subsequently became a member of Preston church.

Sister Whyte enjoyed success in the annual ADRA campaign, taking two weeks holiday, not to relax, but to spend time ingathering and to drive her car all over Lancashire to the shopping centres to collect. At the weekends she would go to the pubs and clubs, even though they were noisy and smoky. For many years she was the leading Ingatherer of Preston church and the North England Conference, collecting over £1,000, and in 2004 she broke the record by collecting £2,000! She was an outstanding worker in Literature Evangelism, selling 800 copies of *Family Life* and 500 *Focus* magazines each quarter. Through her efforts, Preston church was top of the list in the British Isles for the sale of magazines. Her efforts did not go unrecognised. The *MESSENGER* published a profile of Sister Whyte and in 1988 she was awarded a cup from Stanborough Press engraved with the words 'Champion

for God'. In the same year Preston church received the 'Church of the Year Award' as a result of three consecutive years of the highest sales in the United Kingdom. In 1990 she went to the Indianapolis GC session to represent Britain as a delegate. She loved participating in missionary work and travelled to Kenya, Zambia and Tanzania.

Sister Whyte was a natural leader and was greatly respected by all. As she always had words of authority and encouragement to share, she was elected head elder and ordained in 1986, becoming one of the first female elders in the whole of the British Isles. Her words in 1988 were: 'Let's have a campaign' so in 1989 Pastor Fordham came from America to the Arts Centre in Preston, and over twenty souls were baptised.

Sister Whyte was in tune with the Holy Spirit and knew how to do the work of God. She was prayer-centred and overcame all obstacles – caring for a disabled son, a sick husband and mother, and her own personal circumstances. Nothing prevented her from making God the first priority in her life.

Throughout the last year, with fading health, she still continued to sing in the choir and everywhere she went. (Even in hospital other patients marvelled at her voice.) She was truly an unceasing missionary for her God.

In the many moving tributes celebrating her life, Sister Whyte was described as 'a Heaven-sent original' who loved the Lord and people and had a passion for the Kingdom. She was a true warrior of righteousness whose faith was firmly anchored in Jesus. She was also funny, mischievous, full of life and spirit, an encouraging, inspiring, resourceful and resilient woman who loved to give more than receive.

Pastor Stokes in his sermonette stated: 'Better is the day of our death than the day of our birth.' When we are born, we don't know what direction our lives will take; we can't see the consequences of life because it is like a blank page. But the day of our death is a story of our life. Everyone sees what direction our life has taken. Have we lived selfishly? Have we responded to the cry of God? Have we appreciated his love for us? Sister Whyte gave eighty-three years to God. She now sleeps, awaiting the Life-giver's command.

Many musical tributes included some of her favourites: 'There's a land beyond the river', 'It will be worth it all when we see Jesus', and 'Children of the Heavenly King'.

Our condolences are extended to those she leaves behind – six brothers, five sisters, her daughters Eunice and Gillian, and grandchildren Chanelle and Ian Micah. She leaves many friends who worked, prayed, worshipped, laughed and cried with her. Sister Whyte testified to the goodness of God. Let's honour her memory by living and working for Christ.

JENNY JEFFERS

## Colchester: Growth in the junior sector

by Susan Ingram

Colchester is very fortunate to have a very strong youth presence, so much so that we have to have two thirteenth Sabbath programmes a quarter! Only six years ago we were watching as our junior and preteen Sabbath Schools dwindled to nothing. How's that for growth?

In one of our recent thirteenth Sabbath services, Andre (aged 8), with occasional prompting from his mum Angela, recited all the memory verses for the quarter. He also told the story of Jacob and Esau in his own words, giving the story a slightly original slant!

Pastor Paul Smith took the lesson and this was followed by a quiz conducted by Eleanor, after which prizes were awarded for correct answers.

The missions appeal was slightly different. Cynthia Austin and a number of other members presented the

gave them the opportunity to distribute leaflets to the public outside their store and publicly made an announcement to pick up a leaflet, as well as making the Health Day event a success.

Members of the public said the event was brilliant and informative with a friendly atmosphere and surroundings. They also showed their appreciation to the health professionals who gave up their time to help others and look forward to seeing similar events organised in the future.

SOMIA LEE

fascinating story of the life and work of Henry Martin of India.

Ray Hornett and his early-teen group PowerPoint – Dominika, Nicole and Gertrude – reviewed the quarter's lessons from their own perspective, reflecting on how the studies related to them personally. It was a happy morning for everyone present.

Three weeks later, it was the turn of our younger children (3-8-year-olds) to participate in Sabbath School. Daniel, Paidia, Samuel, Natasha, Ruth and Max all explained to us in their biggest voices what our feet, knees, hands, ears, eyes and mouths are for – we must use them to serve God and other people.

Tracy presented the missions appeal and we all responded generously to her urgent appeal for funds.

In the divine service our attention was drawn to the Holy Spirit. The speaker, our elder Ray Hornett, used the young people in an illustration of how the Spirit works. Three young people held a rope. At one end was Nicole, representing an angel; at the other end was Gertrude, representing evil; and in the middle was Dominika, representing the Holy Spirit. She was pulled variously in both directions, but, thankfully, she eventually ended up on the side of the angel after making the right choices. It was an entertaining and thought-provoking presentation.

It was another wonderful Sabbath morning and children and adults alike had a very happy time.



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to being fully involved.

Our Evangelism director, Eglan Brooks, has written to pastors with regard to some of the programmes and resources in connection with the Year of Evangelism. Curtis Murphy will also be in touch to ascertain the number of copies of the 'Missionary Book of the Year' that your church(es) will need.

**Missionary book of the year: HE IS COMING**

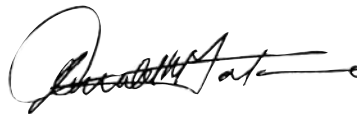
Let me provide more information on the 'Missionary Book of the Year': It is written by the most successful evangelist that we currently have in our Church. He is Alejandro Bullón of the South American Division. The book is entitled *He is Coming*. The British Union will bear the major cost of printing the book. At less than 50p a copy we expect that churches will take thousands of them for mass distribution. This is a project that can be justifiably supported by the Gift Aid funds that

have been remitted to churches.

For any evangelistic programme to be successful, it must be undergirded by prayer and spiritual revival. Consequently, we are asking you to take the lead in your local church in arranging for the first Sabbath in each quarter to be a time of prayer and the formation of prayer bands. In addition, please lead your members to identify one person for whom they will pray and with whom they will work during the course of the year.

Please join us in praying for the dew of God's blessing to rest upon all workers and members, and also upon our evangelistic plans for 2009.

Yours sincerely



Don McFarlane, President

## Can the lost be found in London?

by Sasha Dixon

It is a rare and difficult thing to find anything that has been lost in London. The sheer vastness of the place, coupled with the density of population in some areas, renders anything left momentarily unlikely to remain for very long. A few years ago I lost my watch. It had been given to me as a gift by my mother and, therefore, had for me a great sentimental value. One day as I walked along a quiet street, it slipped from beneath my sleeve, off my wrist, and by the time I realised, it was too late. I returned to the place where I had been walking, with a small hope that perhaps I might find it on the pavement. But of course I did not. There was no sign of it anywhere. I was very upset about having lost this special thing of mine, but was largely convinced that I would see it no more. After several weeks, I still remembered the incident and friends encouraged me to ask at the local police station. Eventually I did – and I found it. Imagine my surprise when the officer behind the desk asked me to describe the features of the watch, and said that an identical one had been anonymously handed in a few weeks before. As far as I was concerned, it was a small miracle, and I am reminded of it

each time I wear that watch.

It certainly can be difficult to lose a treasure, whatever it might be. And I must say that during my time in London I have been very fortunate. Not least of all because I lost something held dear and managed to find it again, and most of all because, in the end, I found something much more precious than I ever lost. I first came to England at the age of sixteen and since then I've lost many things, including a best friend. But what I found was God. London is certainly a big city, and many young people do find it a challenge not to lose things of significance to them. Values, virtue, morality, even human concern. I happen to be one who found a lot. I came to London three years ago to begin my undergraduate studies, and was baptised a week before graduating. Evidently, my education took place as much in school as it did in church. Interestingly enough, my university course was one which often glorified some of the modern scientific theories in greatest opposition to Creationism, leaving no room for Intelligent Design by a loving and omniscient God; but even there, I found him.

What this experience has taught

me is that our God is big, he is omnipotent and he would do anything to have a relationship with us. He is much larger than the cities we may find ourselves in and much more able than our strongest competencies. Even when we ought to have been lost, if we seek him rather than accept defeat, he will gently guide us down the better path he so desperately wants for us. Moses admonished the children of Israel in the same way, saying to them that even if they were scattered among the people and few in number in the land they would occupy, God would never be far from them; 'But from there you will seek the LORD your God, and you will find him if you seek him with all your heart and with all your soul.' (Deuteronomy 4:29.) Similarly, God seeks after us, as he did after Adam in the Garden of Eden when he sinned. We just have to be willing to be found, and to keep ever focused on him as the object of our own search. In doing so, we will not allow the important things to slip off unnoticed. We will not allow standards to be compromised, and will not yield ourselves to the preoccupations of the world around us. True, it is not an easy thing to move against the tide, but we must try to swim anyway; mostly he will carry us. I know he carried me. And with our eyes focused on him, we will surely be able to find him anywhere.

**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

**LIFE IS A JOURNEY – WRITE IT WELL**

A conference on spiritual writing for therapeutic purposes

**Sunday 1 February 2009, 10am-4pm**

Venue: Stanborough Centre, Stanborough Park, Watford, Hertfordshire

The cost of the event will be £25 and includes lunch and a resource pack.

This conference is for all writers and budding writers, healthcare professionals, and youth and community workers.

*Life is a Journey – Write it Well* is sponsored by the South England Conference, Adventist Writers & Editors & Write Words.

For further information or to book a place on the course, please contact the SEC Communication department on 01923 232728 or email your interest to: [writewords7@googlemail.com](mailto:writewords7@googlemail.com) and you will be sent an application form.

'Thy words were found and I did eat them; and thy word was unto me the joy and rejoicing of mine heart.' Jeremiah 15:16, KJV.

CATHY BOLDEAU

**Full-time Secretarial Vacancy at the North England Conference Office**

Closing date for applications: **Tuesday 13 January**

The North England Conference is seeking a competent and committed person for the post of secretary to add to our secretarial pool – a person with good secretarial skills and a commitment to the mission of the Seventh-day Adventist Church.

The responsibilities will include, among others, secretarial and data entry tasks, preparation of workshop/seminar materials, and so forth. The position will require a competency in the use of a PC as well as the use of Microsoft Office or comparable software packages and desk-top publishing.

Previous secretarial experience preferred.

Salary and terms of employment will be in keeping with denominational policies and are available on request.

Interested individuals are invited to send a CV and to request an application form. Write to: Paul Haworth, Executive Secretary, North England Conference, 22 Zulla Road, Mapperley Park, Nottingham, NG3 5DB. Email: [admin@necadventist.org.uk](mailto:admin@necadventist.org.uk).

**ABC BOOK SALES**

**December**

16 Stanborough Sch Ass. Hall 10am-5pm

**January**

10 Cardiff Evening  
11 Bristol Central 10am-2pm

**February**

1 John Loughborough 10.30am-2pm

**ABC Shops**

Watford, BUC. Due to the recent fire, the ABC shop in Watford is closed until March

Advent Centre,  
Sundays 11.30am-3.30pm

**Messenger**

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**Sunset**

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	Lon	Card	Nott	Edin	Belf
Jan 2	4.04	4.16	4.00	3.51	4.10
9	4.12	4.25	4.09	4.01	4.20
16	4.23	4.35	4.20	4.13	4.31
23	4.34	4.47	4.33	4.27	4.45

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