

Messenger

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Adventist Church leader becomes Jamaican Governor General

by Victor Hulbert,
Communication director, BUC

For the first time in the forty-seven-year history of Jamaica, a Seventh-day Adventist will hold the nation's highest office. Dr Patrick Linton Allen, president of the West Indies Union of the Church, is to become the sixth Governor General of Jamaica. Jamaican Prime Minister Bruce Golding announced his appointment in a parliament session on Tuesday 13 January.

A veteran Seventh-day Adventist Church leader in the Caribbean, he replaces Governor General Sir Kenneth Hall, who resigned last year due to health reasons. 'Dr Allen will resign his present position as West Indies Union president, and a special executive session will be held on 10 February to name a successor,' said Israel Leito, Inter-American Division president.

Appointed by Her Majesty, Queen Elizabeth II, Allen will serve as the Queen's direct representative in Jamaica on ceremonial occasions, such as the opening of parliament and the presentation of state honours. While the role is non-political, Jamaica's constitution does allow the Governor General to appoint and oversee officers of the civil service.

Allen said his Adventist faith would 'undergird' his new role. 'Any decisions I make will be cast in justice, equity and compassion,' he said. He is expected to take up his new role in late February.

Restorative justice is one area Allen said he expects to devote considerable attention to, working within Jamaica's justice system to mediate between perpetrators and victims. Allen said he shared Adventist world Church president Jan Paulsen's commitment to social justice and would commit his 'leadership and influence' to emphasising human rights and community involvement.

Israel Leito told *Adventist Review* news editor, Mark Kellner, 'The appointment of Dr Allen as Governor General of Jamaica is something historic in Jamaica and the world field.' He added, 'As far as memory goes, this [appointment of an Adventist pastor as a Governor General] has never happened before. But the Inter-American Division is so pleased that one of our leaders, through the high standing of the Church, has reached such a distinction that he could be considered for such a position.'

Pastor Don McFarlane, president of the Adventist Church in the UK and Ireland, is a life-long friend of Dr Allen and was quick to send him a letter of congratulations. He wrote, 'I feel so proud of what you have accomplished personally and of the honour accorded to the Seventh-day Adventist Church in Jamaica in your having been appointed the sixth Governor General of Jamaica. They could not have chosen a better man.' He added, 'The entire Adventist community in the British Isles share the joy of their brothers and sisters in Jamaica. Be assured of our full support in prayer and in any other way possible.'

Allen brings a strong educational background to the position. After attending Moneague Teachers' College in Jamaica, Allen later earned three degrees, including a doctorate in Educational Administration and Supervision from Adventist-owned Andrews University in Berrien Springs, Michigan. He has served in many posts within and outside the Adventist Church, including president of the Central Jamaican Conference, director of Education and Family Life at the West Indies Union Conference and a district pastor, overseeing more than twenty churches and companies.

Allen also serves on a number of national and international boards and committees, including the Executive Committee of the Adventist world Church and the Police Civilian Oversight Authority, which serves to make sure that the police function within the law and citizens' rights are maintained. He also acts as Justice of the Peace for the Parish of Manchester, Jamaica. In 2006, the government of Jamaica conferred on Allen the honour of Commander of the Order of Distinction for outstanding service to his country. He is the second Seventh-day Adventist to serve as Governor General in the Caribbean region. From 1993 to 2007, James Carlisle served as Governor General of Antigua. Three Adventists currently serve in Jamaica's House of Representatives.

Jamaica, with a population of 2.8 million, is a constitutional parliamentary democracy, which gained its independence from Britain in 1962. It remains a part of the British Commonwealth of Nations, and Queen Elizabeth II is its monarch; the Governor General represents the Queen. Currently one in twelve people in Jamaica are Adventists.

Follow the Bible in 2009 Busman's Bible

by Victor Hulbert, Communication director, BUC

A Christian bus driver in Southampton has refused to drive a bus sporting the slogan, 'There's probably no God. Now stop worrying and enjoy your life.' It is a message that the British Humanist Association originally sponsored for London buses but the campaign has now spread elsewhere. Perhaps it is not the best message to greet you on a winter morning, but it has given Christians free publicity for their God as the adverts have become a talking point in pubs and workplaces across the country. In many ways the campaign has backfired on humanists. It has actually raised the profile of God in the public arena and given Christians an open opportunity to witness.

Looking through the message boards on the Internet I have become intrigued by one thing. The God the humanists don't believe in – and are fighting so strongly against – is one I don't believe in either. The comment they keep making is, 'I'm sick and tired

of adverts that tell me to convert or I'll go to hell.' One Facebook discussion board writer sums up a common view: 'Non-believers burn in eternal hellfire and it's part of your duty to seek out the blasphemers and punish them.' For many an agnostic or atheist, the reason for non-belief is the distorted picture of God given in their past.

That is why I have enjoyed reading through Genesis and Exodus this last month. It takes me back to origins. These books share with me insights into God's care for his creation. I love the first two chapters of Genesis as they show me that I am more than a descendant of an amoeba or chimpanzee. The story gives me self-esteem. I am his special creation. I am made in his likeness. I equally appreciate chapter 3. A sad story of loss, yet transformed into one of promise as God seeks out Adam in the garden and starts the plan of redemption.

As I struggled with Noah and his 120-year mission, travelled with Abraham on his roller-coaster faith

journey, despaired with Esau and Jacob, then followed with wonder God's workings with Moses and the Israelites, I came to realise that this is a God who is more than the 'Intelligent Designer' of those scientists who recognise some plan in the cosmos but do not want to put a name to it. This is a God who works for relationship with his creation. Working with the 'stiff-necked' Israelites in the wilderness – and recognising all their weaknesses – he still says to them, 'The people that you live among will see how awesome is the work that I, the Lord, will do for you.' (Exodus 34:10, NIV.) As our 'Follow the Bible' reading plan takes us into Leviticus and Numbers with their rules and regulations, we may

find the message harder to see, yet even there the very rules themselves point to a God who cares for their physical, social and spiritual well-being. He gives them a set of guidelines far superior to those of the surrounding nations. There is some hard going in parts of the Old Testament. Some may struggle with parts of the reading plan, but I would suggest that you always ask the question, 'What is God trying to say to me in this passage?' I may not get all the answers but I'm sure it will prayerfully make me think. It may also give me something to talk about on the bus, because I can now 'stop worrying and enjoy my life' because I know I have a God who cares.



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Rebirthing the Big Idea

David Marshall

Five hundred years ago a Big Idea was shouldering its way to the front in the thinking of the gathering reform movement in Europe.

The Church of the Middle Ages had claimed to be the sole dispenser of salvation. To get in with God, the Church taught, people must first make themselves good in the ways the Church prescribed.

But how qualified was the Church to dispense salvation? the great Renaissance scholars asked. There was something rotten in the state of Christendom.

The core of truth was not found in the teachings of churchmen. It was found in something older than the institutionalised church: the Bible. In the previous fifty years lay literacy had soared and the new technology of reusable type had made the Bible far more widely available than previously. Renaissance scholars were not just examining the ancient manuscripts of poets and philosophers, but of the Old and New Testaments. As they did so the faults of Jerome's Latin Vulgate began to show up.

Erasmus of Rotterdam worked on a more accurate version of the Bible *in its original languages*. What made the Big Idea possible, however, was the enthusiasm of scholars like William Tyndale and Martin Luther for making Erasmus's *Textus Receptus* the basis of easy-to-read Bibles printed in the languages people were accustomed to read.

The Church was angry. It was losing its monopoly on 'salvation'. It arranged huge bonfires of common language Bibles. It sought to burn, too, the scholars who had translated them and succeeded in the case of Englishman William Tyndale.

But God was behind the new movement – and its progress was onward. The Bible became more readily available than it had ever been. Far, far more important: the Bible came to be *more widely read* than it had ever been.

Those who see the resultant reform movement in purely temporal terms stress the role of princes and economic forces. Those of us who see the hand of God in it view what happened as the consequence of a freeing up of great scriptural truths locked

up in Latin Bibles and monasteries for more than a thousand years.

Men like Martin Luther discovered that the Church of his day had lost sight of some fundamental themes of Christ's Gospel. Huldrych Zwingli wanted a *Christian Renaissance*: 'a Christianity that would be born all over again, restored to the simplicity and vitality of the apostolic age'.¹

The root of the Big Idea was *the democratisation of faith*. The true Church was a 'community' of believers, not a divinely-ordained, many-layered hierarchy with all the powers and authority vested exclusively in clergy. 'All believers, men and women, by virtue of their baptism, are priests.'² Luther based his 'priesthood of all believers' on the New Testament concept of a corporate 'royal priesthood'.

Luther insisted, at first, that the right to read and interpret the Bible was the birthright of every Christian. The Church had no divinely ordained monopoly on biblical interpretation. Only when this idea seemed to have contributed to the Peasants' War did Luther concede a special role for scholars in interpreting the Bible.

What were the consequences of the increased availability of the Bible and the widespread practice of Bible study?

* The Bible came to be accepted as the only foundation for belief and practice.

* The local language (as opposed to Latin, the language of the Church) was accepted as the only acceptable biblical text, and vehicle for worship, preaching and theological discussion. Accessibility was the key. All should be enabled to participate. That was basic to the Big Idea.

* Salvation is a free, unmerited gift of God received by faith. Justification by Faith was the central, controlling doctrine of Scripture from Genesis to Revelation. Salvation was exclusively by the grace of God, not the gift of the Church.

* There is no spiritual elite because, fundamentally, there is no distinction between clergy and laity.

The implications of the Big Idea shook the Church to its foundations. It is still doing so. The Seventh-day Adventist Church is a

direct consequence.

But, from a twenty-first-century perspective, is it possible that the Big Idea has run into trouble? Yes; and it has run into trouble before. It runs into trouble when the novelty of the available, open Word wears off. When folks lose their fascination and stop making time to be immersed in the Word.

A hell-for-leather lifestyle can choke the Word. Over-familiarity with antiquated language can obscure meaning as surely as the Latin Vulgate did. Surrender to more novel contemporary claims on our attention – mp3 players, iPlayer, Blu-Ray players, the www – can silence the voice of God in our ears.

As medieval Christians took what was handed out by the Church without troubling to check the Word, so can we. Or we can allow some other intermediary 'authority' from an independent or, for that matter, 'dependent' ministry – to package truth for us.

The consequence of these failings is the prevalence of a folk-Adventism that views the Bible as no more than a rule book, a guide to behaviour God finds pleasing. This misconception reduces the Christian life to a quest for salvation through obedience to a stern, law-giving God.

That is a million miles from God's Big Idea: salvation by grace through faith in Jesus Christ alone.

For Christianity to be born anew among us *in power*, for the simplicity and vitality of the apostolic age to erupt afresh – we need to revisit our Bibles.

Speaking personally, there is nothing to compare with the sheer thrill and invigoration of reading one of the gospels at a sitting, of being one of a careful prayer group who look at Acts again – and, thus prepared, take Romans chapter by chapter (better still, a few verses at a time).

The biographies – Joseph, Moses, Samuel, David, Elijah – of the Old Testament address all life's issues and situations. It's all there in the prophets and the psalms.

I hereby incite you to discover again 'the power of God unto salvation' in the privacy of your own home.

It's time for the Big Idea to be reborn among us.

References:

¹Alister McGrath, *Christianity's Dangerous Idea: The Protestant Revolution* (SPCK, 2007), page 67. ²*Ibid*, page 52.



Enhancing Health

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

Brain Health Part 11a

Enhancing mental capacity

Neuroscientists are discovering from ongoing research how flexible the brain is. It was once thought that the adult brain only lost cells (neurones) and was not able to replace them. Current research reveals that the new neurones and the connections between them continue to develop throughout life, well into the senior years. This process of acquiring new brain cells is called neuroplasty, and research now shows that it can be harnessed to help protect and enhance our mental capacity.

Science is proving that the brain responds to mental stimulation much like a muscle responding to physical exercise. As we give the body regular workouts to enhance health and well-being, so the brain requires regular workouts to enhance its efficiency.

Facts

- The more diverse and vigorous your mental activity, the more you are able to handle mental challenges.

- The greater the mental fitness, the more you will stimulate the growth of new neurones and new connections between them.
- The type of mental activity you undertake determines in which area of the brain growth takes place.

These facts were discovered by combining experiments from real-life situations and the use of high-resolution technologies (neuroimaging), particularly MRI brain scans. Studies revealed that certain parts of the brain were larger in individuals who used that section of the brain more than most people.

Research findings

- The part of the brain critical for spatial memory – the hippocampus – was larger than usual in London cab drivers, who generally have to navigate and remember complex routes in large city areas.
- A part of the temporal lobe of the brain (Heschl's gyrus) involved in processing music is larger in

professional musicians than in non-musical individuals.

- The part of the brain involved in language (the Angular gyrus) proved to be larger in bilingual individuals than in those only speaking one language.

Evaluation

The extent to which a specific area of the brain was enlarged was directly related to the amount of time the individual spent on activities stimulating that brain area. So the hippocampal size was larger in brains of cab drivers the more years they spent on the job, and the size of Heschl's gyrus related to the amount of time a musician devoted to practising his musical instrument.

Tip: Increase mental activity to increase brain capacity.

Next issue examines exercises for brain stimulation.

Good health!





Challenges arising from suicide

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

I have been asked to address some of the pastoral issues and theological questions relating to suicide. I have chosen three frequently asked questions which arise when suicide occurs in a Christian community.

The questions are:

- Is suicide an outcome of mental illness or of free will choice?
- Is depression a sign of illness or of a lack of faith?
- Is suicide the unpardonable sin?

More than answering the questions (maybe we have to concede that we do not have all the answers), I would like to look at the implications of possible answers and leave it to you to draw your own conclusions.

Is suicide an outcome of mental illness or of free will choice?

Philosophers like Socrates and, in more recent times, Jean Amery did not only argue for free will choice, but exemplified what they believed by their own suicidal acts. On the other hand, people who have some knowledge and experience with psychotherapy have quite convincingly argued for a mental illness model. The God-given will to live is too strong to be overruled by choice under 'normal' circumstances. Before we attempt to answer the question, let us look at the implications.

If suicide is a free will choice, it looks like an act of defiance against God as Creator and giver of all life. As Adventists we believe in free will. Evangelism is based on exercising our free will to follow God's wonderful invitation. Thus this view will ring very familiar to us: The decision for suicide is the opposite of the decision for Christ; it is a decision for death rather than life. From a pastoral view, however, such a position will make it extremely difficult to comfort those who mourn. Even more: it will tend to make us judgemental (please remember Matthew 7:1).

If, on the other hand, suicide is an outcome of mental illness, the person who died did so as a result of an illness rather than a choice. He cannot be held morally responsible for his death. Modern medicine has many good reasons to suggest that certain emotional problems can be biologically explained by some kind of 'misfiring' in the brain, leading

For some years an atmosphere has prevailed in some of our congregations which has made it hard, perhaps impossible, for those suffering from any form of mental illness, such as depression, to discuss it with fellow church members without accusations of 'lack of faith'. As a result, in addition to their illness, the sufferer has had to accept a side order of guilt.

In this series of articles, many Adventist professionals have made the case for greater understanding among us.

In this issue, first Newbold's Andreas Bochmann, then SEC's Bernie Holford reach the final issue of the series: suicide. Suicide, while not common among us, is not unknown. Since suicide can result when an individual suffering from an extreme form of either stress or depression feels that he/she is unable to discuss his/her issues with those of the community of faith, these are the most important articles of the series.

Dr Bochmann's article was sent electronically to all pastors by Union president Pastor Don McFarlane in the autumn. Here we make it available to the whole MESSENGER family.

EDITOR

to some undesired acts. Thus people with Tourette's Syndrome cannot help but make unwanted muscle movements and in some cases utter curse words, without any control whatsoever over their condition. Similarly, suicide is one especially unfortunate symptom of depression and related mental disorders – nothing more, nothing less.

Both 'answers' have a good deal going for them and, at the same time, create some problems and raise new issues. Once we think about it, we will see that the second approach does not necessarily contradict the first. Even though we have a free will to exercise responsibility, a consequence of the Fall

is illness and disease, marring the perfect image of God. Salvation is all about the restoration of the image of God. But while salvation is complete with Christ's sacrifice, we still live in a fallen world with all the consequences of sinful nature until he comes again.

Since I asked you to consider the implications of each proposition, let me show you some implications of my 'both . . . and' approach. When talking about prevention we need to be very clear that suicide is not an option for a Christian. God is the One who has authority over life and death. I worked as a hospital chaplain for many years. More than



once I was asked by suffering patients to provide some means for them to end their life. Yet we need to say 'No'. However, at the same time, we need to show empathy, understanding and caring – as most such desires come from some excruciating pain, either physical or mental. Such pain can be so overpowering that people are not really 'free' to make any decision and their acts are too irrational to be morally judged by us. On some occasions patients who had asked for assistance to commit suicide did not even (want to?) remember their request a few days later, when the pain had gone through better medication or the healing process – proving that they 'hadn't been themselves' when they made their suicide request.

Is depression mental illness or lack of faith?

The second question is often a kind of rebuttal to the first answer. While depression may precipitate suicide, some argue that depression should not have occurred in the first place! Depression – some Christians argue – is a lack of faith, not illness. As a pastoral counsellor with considerable psychotherapeutic training, you will expect that I am more inclined to argue for depression as mental illness. The difficult part of answering this question is the resistance I find in many churches towards a medical understanding of depression. Therefore I need to argue especially carefully here – not only medically, but also theologically.

If depression is a lack of faith, not an illness, all that would need to be done is to strengthen a person's faith. There is no need for medication or therapeutic intervention – just prayer, Bible reading and a good, healthy Christian lifestyle. Unfortunately, this is not our experience! We all know people in the church who are occasionally gloomy, depressed, or just 'down'. Now what do you think will happen if you tell such people that they don't have a strong enough faith, but need to pray more, and more fervently? They will try harder – and rarely succeed with their efforts – or they will lose their faith, or they will start to pretend and hide their feelings!

In Pentecostal churches we often find the belief that all illness can be healed if only we believe and call on the name of Jesus. Those who are not healed are labelled as having little faith or, to put it more bluntly, it is their own fault they are still ill. Insiders of such churches report how illness often has to be hidden by those who suffer in order to avoid the accusation of 'little faith'. This is tragic! While I believe in the healing power of God and rejoice over miracles, let us admit that miraculous healing is not a regular experience, but an extraordinary one.

In other words, to make depression an issue of faith will cause even more depression, as it tells people they have failed spiritually! What could be more condemning for a Christian? Let's be careful here.

Depression clearly *is* a mental illness. In fact, recent research has shown that there are far more neurobiological causes to depressive states than have been suspected in the past. To put it more bluntly: depression can and needs to be viewed as any other ailment, just like a broken arm or a stomach ulcer. As Adventists we really should take this in our stride. *Many of us are still a little Catholic in our Adventism!* We think it is OK to see a medical doctor for physical ailments but we frown on those who seek psychotherapeutic or psychiatric help for mental problems. While a minister who has a stomach ulcer as a result of too much stress will get a lot of sympathy from his church, the same minister will be questioned as to his faith if he suffers from depression for the same reason!

Is suicide the unpardonable sin?

Well, of course it isn't. The Adventist Church has never claimed suicide to be the unpardonable sin. Yet I have met many Adventists who believe that suicide cannot be forgiven because you cannot ask for forgiveness once you are dead.

This human logic is awful. Not only does it ignore the fact that there can be medical reasons beyond the control of a person that lead to suicide, it portrays an image of God which has to produce a Christian life in constant fear, far away from any assurance of salvation. 'If I am not right with God the very last moment of my life, I will be lost forever; God cannot accept me,' such logic tells me.

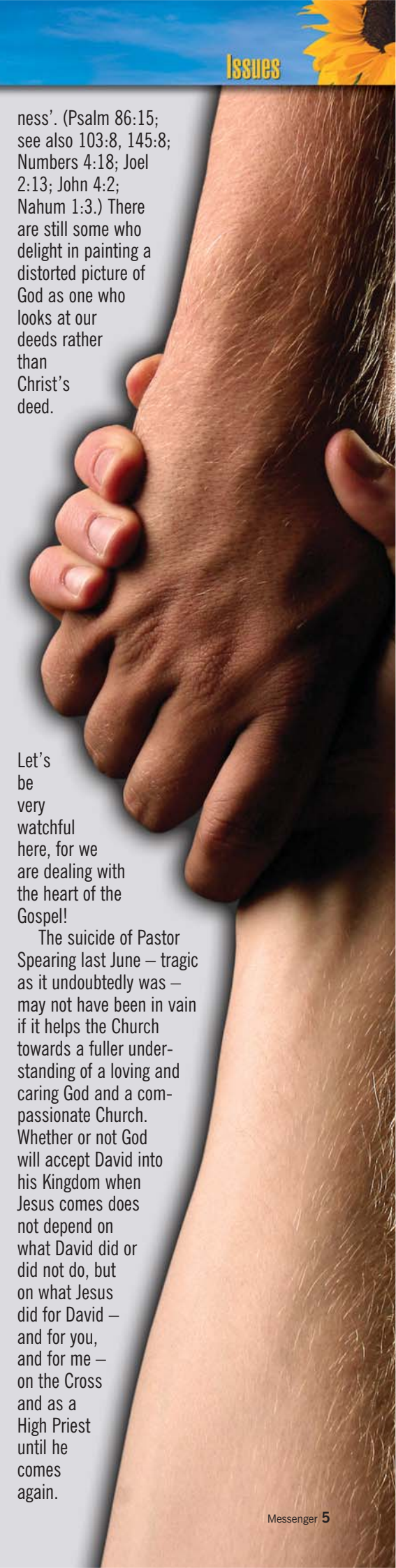
If this logic were true and biblical, count the moments in your life in which you could have died in peace and assurance of salvation. There are probably more moments when you wouldn't have been able to die with such peace of mind. Why? We are sinners, and will remain sinners while we dwell on Earth. Salvation means God's righteousness in Christ is counted as our righteousness. Our salvation does not depend on our actions but on Christ's act. If we believe this, our last moment is not decisive, but Christ's last moment was decisive. This is what theologians call 'justification'. If the work of salvation can be 'spoiled' by our last deed, word or thought, I am afraid only those who die in the middle of fervent prayer might be saved.

This does not mean 'once saved, always saved'. We can fall from grace. But we cannot fall from grace, nor can we sin against the Holy Spirit, by any single act, as our God is 'slow to anger, abounding in love and faithful-

ness'. (Psalm 86:15; see also 103:8, 145:8; Numbers 4:18; Joel 2:13; John 4:2; Nahum 1:3.) There are still some who delight in painting a distorted picture of God as one who looks at our deeds rather than Christ's deed.

Let's be very watchful here, for we are dealing with the heart of the Gospel!

The suicide of Pastor Spearing last June – tragic as it undoubtedly was – may not have been in vain if it helps the Church towards a fuller understanding of a loving and caring God and a compassionate Church. Whether or not God will accept David into his Kingdom when Jesus comes does not depend on what David did or did not do, but on what Jesus did for David – and for you, and for me – on the Cross and as a High Priest until he comes again.



Suicide — a pastoral response

by Pastor Bernie Holford, MSc in Systematic Psychotherapy, Family and Children's Ministries director, SEC

I have experienced the effects of a number of suicides. As a teenager I was told that our kind, recently-retired next-door neighbour had been found dead in his garden by his wife. I had talked to him over the garden fence many times. I asked, 'Why did he take his life?' and was told, 'His wife didn't love him.'

I knew a chronically ill lady who died after her husband divorced her, and a caring, loving mother who killed her own children before drowning herself.

In 2008 a most gifted and compassionate pastor was not the first church worker in the UK to take his own life. Each one of these situations deeply affected me, as does the death of all those who are close to us. However, death by suicide unsettles many of us in a more complicated way than when the loss is through an accident or ill-

ness. We are often left with a sense of despair, confusion and powerlessness. Shock hits us when the news first strikes and 'if only I had called/visited' thoughts reverberate through our minds and we feel guilty that we weren't able to prevent the tragedy.

Breaking the taboo of silence about these thoughts and feelings is critical for your recovery

ness. We are often left with a sense of despair, confusion and powerlessness. Shock hits us when the news first strikes and 'if only I had called/visited' thoughts reverberate through our minds and we feel guilty that we weren't able to prevent the tragedy.

In this article I will discuss a few ideas about what to do when we personally have suicidal thoughts, as well as exploring how we can respond to those who may be at risk of committing suicide. I will also look at some of the spiritual issues that suicide raises for us as Christians.

God understands suicidal thoughts

Humans have been hard wired by God to need each other ever since he said in Genesis 2:18: 'It is not good for man to be alone.' When we are isolated or believe no one cares

burnout when we are overstressed. Adventist leaders, such as James White, suffered depression with all its associated patterns of thinking. It is not a failure but a sign of wisdom to seek help for physical, mental or spiritual illness.

Challenging the suicidal thoughts Suicidal thoughts need to be challenged using positive Scripture texts. 'The belt of truth . . . and the sword of the Spirit, which is the word of God.' (Ephesians 6:14, 17.) We need to replace our faulty thinking ('take captive every thought' 2 Corinthians 10:5) with God's truthful and loving thinking, which is:

- God loves me — Psalm 103:11, 17
- I am precious to him — 1 John 8:10
- He delights in me — Zephaniah 3:17
- God has a purpose for my life — Jeremiah 29:11
- He cares when I am hurting — 2 Corinthians 1:3, 4
- I am forgiven — 1 John 1:9
- God is always with me — Psalm 139

Other methods of promoting physical, mental, spiritual and relational healing are also essential in the battle against suicidal thoughts.

How to respond to a suicidal friend

We should not struggle alone to help a person who has frequent suicidal thoughts. As Christians we need to:

- Pray that — God will help us to be a supportive friend/relationship through this journey.

— he will heal this person.

- Always refer such people to a doctor for medical help and ensure that they take the medication if prescribed.
- Insist that they receive appropriate counselling or psychiatric help.
- Ask how the one suffering would like to be supported.
- Offer appropriate support to those who are closest to the sufferer, or seek support if you are the primary carer.
- Encourage, but avoid preaching and moralising! (1 Thessalonians 5:11.)
- Ask the question 'Who would miss you most if you died?' and discuss their relationship with this person. How would God miss them?

A suicide of a friend or relative may invite us to question our relationship with God. Why did God not stop the person killing themselves? Surely he could have told us to intervene and save him or her? Experiences like this can help us grow in our understanding of our human frailty as well as lead us to trust the sovereignty of God, 'For dominion belongs to the LORD.' (Psalm 22:28.) As we come to terms with our powerlessness to prevent such tragedies we learn to be compassionate rather than judgemental and to support one another in the journey of life. By the grace of God we discover the wisdom to live inter-dependently in a way that gives meaning and purpose to our own and others' lives. As Jesus says, 'I have come that they may have life and have it to the full.' (John 10:10.)

DO YOU NEED HELP?

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.

SEC Counselling:
0207 723 8050

NEC Counselling:
0161 740 3602



STRESS AND DEPRESSION

Dear Editor

Thank you for finally having three issues covering stress. Like depression, if you haven't had it, you don't understand it.

People think you choose to be stressed. I think some people's personalities attract stress more than others. Yes, it is finding ways of dealing with it, such as time management, and God's help.

Please can people realise that it is not easy. Using ways to make life easier reduces stress, but it never truly goes.

I find planning does not help, but taking one day at a time, or one thing at a time, is good advice. TANYA

FINDING A FRIEND

Dear Editor

I would like to find a friend. I am 47, married, with no children. I am a Seventh-day Adventist and live in the Watford area. My Mom and sister live in the Midlands so I only know my husband here. I do not know many people, only a few members from the local church. I would like to have a friend to go out with now and again, and to have someone to talk to as I get quite lonely at times. I hope you can help.

Name and address supplied.

Editor: Submit your name, address and particulars to me in the first instance and I will send them on.

DEPRESSION

Dear Editor

Further to the article on depression in *Messenger* volume 114, 2 January 2009, I would like to take the opportunity of congratulating you on your courage in publishing in view of the widespread ignorance and prejudice on the subject of mental illness.

I have experienced two mental breakdowns, the first in 1984 and the second building over the course of less than a week at the Caton Bay church camp meeting in 1994.

Most people seem to think the term 'depression' covers all sorts of mental illnesses but in my experience this is only a part of the full range of these illnesses. The other, by far the most dangerous, is mania or 'elation' that occurs in what is now more generally termed bi-polar disorder or, worse still, schizophrenia, when associated hallucinations are out of step with the prevailing dominant mood, which can cause terror in the patient. (I know by experience this is true.)

When I experienced my first breakdown, I had already become a Christian (accepted Jesus as my personal Saviour and trying to follow Jesus as my Lord) during my sojourn with the Methodists, and my second occurred shortly before I became a Seventh-day Adventist.

I would like to encourage you to publish more such articles and urge people not to forget Jesus during these very catastrophic illnesses.

BAC accreditation for Newbold College

by Helen Pearson, PRO

During the Christmas vacation, the British Accreditation Council for Independent Further and Higher Education informed Newbold College that its application for accreditation had been successful. The accreditation is valid for four years and means that Newbold is recognised by the Home Office.

A visit to Newbold College by British Accreditation Council (BAC) representatives in November 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 students, 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.

In my case I was blessed with a very kind Hindu psychiatrist who encouraged me to discontinue my medication in exchange for my trust in Jesus for healing and health. He said that he, the psychiatrist, could only help God in the healing process, but the consultant has to use powerful drugs in very dangerous situations as mine were.

A part of my testimony is that while I took very powerful anti-psychotic drugs for a relatively short period, my trust in Jesus is still being very efficacious.

I have tried to describe my experiences as concisely as possible in the hope that, if you publish my letter, it may be of help to other people who are in a place where I have been, but with the help of Jesus, a very kind consultant and NHS staff, I have had little or no real trouble from the condition since 1994.

GRAHAM RIGBY, Halifax



Many of the Newbold staff had worked long hours preparing documentation for the visit. Their hard work clearly 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, director of Academic Affairs. '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 widely-experienced inspectors.'

ADVANCE

"BE YE READY"

ADAM RAMDIN
PASTOR AND INTERNATIONAL EVANGELIST

CLIFFORD GOLDSTEIN
GENERAL CONFERENCE SABBATH SCHOOL QUARTERLY EDITOR AND APOLOGIST

DON MACKINTOSH
AMAZING FACTS

IAN SWEENEY
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LYLE SOUTHWELL
FOUNDER AND DIRECTOR OF THE INSTITUTE FOR AUSTRALIAN

MATT PARRA
EVANGELISM DIRECTOR, ARBONN INSTITUTE AND INTERNATIONAL EVANGELIST

PETER GREGORY
AGENCY LECTURER, AMAZING FACTS, INTERNATIONAL EDUCATOR AND REVIVALIST

9 - 13 April 2009

NOTTINGHAM UNIVERSITY (JUBILEE CAMPUS)
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Visit : www.necyd.com (book online from January 2009)
*price will increase after Friday 30 January 2009

Stars

Christian Stars

Have you ever had a friend who sat and ate a cake that looked amazing, but they never offered you a piece? When someone has something good and they don't share it with us, we can feel sad, lonely and sometimes cross as well!

Many of our friends don't know Jesus. Many people in the world are hungry and sick and have nowhere to live. The grownup people in your church are going to be collecting money for ADRA soon, so we can share our good things with those who need them. Today our activities are all about mission and sharing. Hope you enjoy them!

Take up a collection for the poor and needy. (I Corinthians 16:1-3, Acts 24:17.) Here is a game with a mission that you could play during family worship. You need to ask someone in your home to hide coins around the house so you can hunt for them. Count the money you have found and then discuss the words in these texts. Pray for ideas for a project that will help your family to raise money for mission work.

During March and April you can collect money for the Adventist Disaster and Relief Agency which will help hungry and hurting people around the world. You can also ask your parents to help you pack a gift for the Christmas Shoe Box Appeal later in the year. Pray that your friends will help you to collect money, too.

Look up 2 Corinthians 9:7 and write the verse on a piece of paper. Collect lots of coins. Each time you read the verse, cover a different word with a coin, until all the words have been covered with money and you have learned the verse. Then put the verse into action by giving the money to ADRA! Read the rest of chapter 9 with your family. It's all about why it's so good to share our money with needy people.

The story of Zacchaeus, the little man who climbed a tree to see Jesus, is found in the Bible in Luke 19:1-10. Read the story. Imagine you are Zacchaeus up in the tree. How do you think he felt when he was hiding up there? He was very rich, but he was sad. What do you think he needed? How do you think he felt when Jesus invited himself and his friends for dinner? What difference did Jesus make to his life? Imagine you are Zacchaeus and draw a row of faces showing his different feelings during the story. Or write a diary page that he might have written before he went to bed that night. Email your diary stories to children@adventist.org.uk by 31 March. We'd love to read them!

A Ayesha
B Brian
C
D
E
F
G
H
I
J
K
L
M
N
O
P
Q
R
S
T
U
V
W
X
Y
Z

When we think of missionaries, we think of people going to faraway places to show them God's love, but we can be missionaries right here. Here is something fun to do:

Divide a page lengthwise. (You will have two columns.) Now write the alphabet from A to Z down the page in the first column, close to the edge of the page. Then write the names of children you know at school or in your neighbourhood who may not know how much Jesus loves them (for example, A-Ayesha, B-Brian, and so on). Think about what you will do for each one to show them Jesus' love and note it in the column on the right.

Why not send some of your ideas to children@adventist.org.uk before 31 March? Wouldn't it be great if we could share some different ways we can show Jesus' love to our friends?

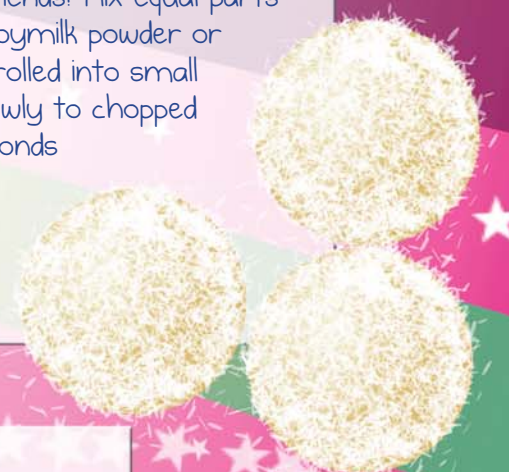
Why not make some healthy treats to share with your friends? Mix equal parts of smooth peanut butter and honey. Then add dried milk, soymilk powder or finely ground almonds, and stir in until the mixture can be rolled into small balls. Or ask a grownup to help you add hot orange juice slowly to chopped dates and stir until the mixture is smooth. Add ground almonds to thicken the mixture and extra orange oil if you like a stronger fruit flavour. Shape into balls or logs and roll in flaked coconut. Perhaps you could sell them to raise money for ADRA.

Visit the North American Division Children's Ministry website www.childmin.com and write 'Cookbook of Outreach Ideas' in the search box at the bottom of the screen. You will find a booklet of ideas you can download and print off to inspire your family's mission projects.

JESUS

Sophie
Brian

Take a piece of card and turn it so that that one of the long sides of the card is at the top. Write the name of Jesus on the card with big fat letters. Colour the letters so that they are bright and beautiful. Punch a row of holes along the bottom of the piece of card using a hole-punch. Ask an adult to find you some little tags on strings. Write the names of your friends on the tags and tie them to your 'Jesus' card. Every time you see the card, pray for your friends.





MBE for Huedel Morgan-Isaac

On Friday 21 November 2008 Mrs Huedel Morgan-Isaac and her family travelled from her home in Cardiff to Buckingham Palace where she was awarded an MBE by Prince Charles. The award was given for Services to Midwifery and Health Care in Wales.

On Sunday 11 January, Huedel, who serves on the Welsh Mission Executive Committee, was congratulated and commended by BUC president Pastor Don McFarlane. Following an extensive discussion with Huedel, Pastor McFarlane praised her work and also commented on the surprising number of Seventh-day Adventist church members throughout the UK

who have received royal honours for their work in the community.

Huedel has worked as a midwife for twenty-eight years and is currently the Clinical Lead for the Midwifery-led Unit at Llandough Hospital, Cardiff. She was nominated for the award by the managers of the Cardiff and Vale NHS Trust, and the nomination was then approved by the Welsh Assembly.

In 1993 Huedel left her hospital-based midwifery work and took up the challenge of being a Community Midwife. In this new role she became acutely aware of the many difficulties faced by pregnant teenage girls. In

1999 the government introduced their 'Sure Start' scheme designed to help vulnerable women and teenagers, and Huedel was appointed lead midwife for teenage pregnancy in Cardiff and the Vale of Glamorgan.

Over the next few years Huedel set up an education programme for teenage mothers in conjunction with the nearby Barry College. This programme ensured that the young mothers, ranging in age from 13 to 18, could continue their education. Funding was obtained, together with a school building, and Huedel found teachers for English, Maths and Computer Skills, while she herself taught Health Education and Parenting. Despite having young children to look after, some of these young mothers subsequently went

on to Barry College where they turned their skills into marketable qualifications.

'We had a case load of about sixty girls per year,' Huedel explained. 'Typically the girls would come from dysfunctional families and they would be truants from school – in fact, some never went to school! What I realised was that these children needed parenting themselves. They needed to be taught to look after themselves first, before they could look after their new babies. These girls needed basic health education – and to come off drugs, smoking and alcohol. About half of them were already known to the Social Services and I knew that it would be virtually impossible to change their home situations. What we could do, though,

was to change their behaviour and their approach to parenting.

'One approach we used was to give each of the girls a programmable crying doll. When asked why they got pregnant in the first place, many of the girls simply said that they just wanted something to love. With the crying doll they were brought down to earth very quickly. In fact, most of them couldn't cope after a couple of days. However, this was a helpful wake-up call which motivated the girls to stay with the course. As a result, virtually all of them ended up keeping their babies.'

During the presentation ceremony at Buckingham Palace, Prince Charles asked Huedel about the statistics for teenage pregnancies and how her work had made a difference

in the community. 'He was very personable,' said Huedel. 'Although ninety-seven awards were given that day he made me feel special, like I was the only person receiving a medal.'

As well as serving on the Welsh Mission Executive Committee, Huedel is an active member of the Cardiff church, which she loves dearly. Her official role is church clerk, but if you are there on a Sabbath you will find her doing many other things behind the scenes. Although she has received many comments about her new and elevated status as an MBE, she prefers to keep a low profile and can't really see what all the fuss is about. 'I just like to get on with my work,' she says.

JOHN SURRIDGE

Ordination of Jeremy Tremeer and Jan McKenzie

by John Surridge, Welsh Mission president

On Sabbath afternoon 10 January 2009, Jeremy Tremeer and Jan McKenzie were ordained to the gospel ministry in a special service at the Cardiff church. The church was filled to capacity for the event, with members travelling from all over Wales to support the ordinands. All of the other serving ministers from the Welsh Mission were present.

Jeremy Tremeer serves in the Ystrad Mynach, Llandrindod Wells and Hereford district, as well as being the Youth Sponsor for the Welsh Mission, and he has worked in the Mission since September 2002. Jan McKenzie serves in the Cardiff and Newport district and has worked in the Welsh Mission since June 2003. As well as being fellow ordinands and colleagues, they are good friends with a number of interests in common, including counselling and computers. The ordination candidates were warmly introduced and presented by Pastor Brian Phillips, who had brought them into ministry when he was president of the Mission.

The main ordination address was given by BUC Ministerial Association Secretary, Pastor Alan Hodges, who pointed out that the ordination service was a way of recognising God's choice to use Jeremy and Jan's gifts in ministry. He stressed the importance of regular private study of God's Word and then used Colossians 1:28, 29 to highlight four key aspects of ministry: the subject of our teaching should be Jesus; our audience should be everyone; our goal should be to help others to reach maturity in Christ; and we should be enabled by the power of God working in our lives.

The ordination prayer and the biblical 'laying on of hands' was led by Welsh Mission president

Pastor John Surridge, who prayed that Jeremy and Jan might be given balance in their ministry – between evangelism and nurture, preaching and study, and prayer and action.

The charge was delivered by BUC president Pastor Don McFarlane, who had earlier preached in the morning service. He emphasised that Pastors Tremeer and McKenzie now had the full ecclesiastical authority of the Seventh-day Adventist Church within the territory of the British Union Conference, but also worldwide. Expanding on their role as shepherds of the flock, he pointed out that 'the good shepherd lays down his life for the sheep' and that self-sacrifice would be needed if they were to be effective pastors.

Mrs Sharon McKenzie, Jan's wife, sang twice during the service – 'Sweet Hour of Prayer' and 'I am Thine, O Lord'. She was welcomed into the community of ministers' wives by Mrs Anette Moore, who gave an amusing account of the unrealistic expectations many have of ministers' wives.

In their responses both Jeremy Tremeer and Jan McKenzie referred back to the beginnings of their paths to ministry, and marvelled at God's leading. Jeremy particularly thanked the ministers and leaders who had encouraged him over the years and also the members of his current congregations for their love and respect. Jan said that it was a privilege for him to be ordained at the same time as Jeremy, whom he regarded as a good friend. In an oblique reference to his sometimes chequered past, he went on to say, 'It is only the

grace of Christ that has led me here. It's not a cheap grace – it cost God something for me to be here today, and I won't take it for granted.'

The service concluded with a number of presentations and many people giving their official or personal welcomes to Pastors Tremeer and McKenzie.

After the close of the Sabbath, Paul Hammond, Graham Barham and Paul Poddar, from the Stanborough Press, held a book and food sale in the youth room while members of the church provided refreshments.

Pictures from the event can be seen on the Welsh Mission website at: www.adventistwales.org.



Baptisms at Brixton

Brixton church is always in the frontline of reaching out for souls. Therefore when we began promoting the 'Proclaiming his Grace' campaign, which ran from 4 to 18 October, we were all praying that the power of the Holy Spirit would touch the hearts of those who would hear the Word.

Nicky Tulloch and her 11-year-old daughter Davinia Swaby had already decided to give their lives to the Lord and, as they attended night after night, there was a growing determination that this was the right thing to do. Nicky's mother, Sister Gibb, has been a member of the Brixton church for a long time and had made up her mind to return to Jamaica. However, her desire had always been to see her daughter accept the Lord. Little by little, Nicky's attendance became stronger and then a change occurred in Nicky's life when the Holy Spirit convicted her that her life could be abundant and that the change in her life would be powerful and lasting if she followed him. Nicky was concerned that there were so many things she had to give up, but she found that the only thing she really had to give up was her self-will to the Lord and he would do the rest. When Nicky and Davinia took that step together, the whole church rejoiced. In total, nine souls were baptised as a result of the campaign, and we would like to extend our thanks to Pastor Hamilton Williams and his campaign team for inviting Pastor Keith Anson Albury, a young man from the Bahamas, who delivered the messages. He was joined at the end of the campaign by his wife. On the last day of the campaign Angela Bryant Brown, the singing evangelist from New York, sang of the wonderful change that comes over us, especially when people entrust their lives to God.

The names of those baptised are Keith Manley Tewari, Nicholas Thompson, Daniel Bello, Sonia Colque-Fernandez, Rose Green, Lorraine Davis, Monisha Davis Barrett, Nicole Tulloch and Davinia Swaby.

VALERIE MOODIE



Pastor Keith Anson Albury



Angela Bryant Brown



Davinia Swaby



Nicole Tulloch

SEC Expo attracts 1,000 delegates

by Jacqui Grant, Human Resources manager, SEC

The South England Conference's 2009 Evangelism Expo took place on the Newbold College campus and at Newbold church on Sunday 11 January. Approximately 1,000 members from around the Conference gathered to learn the various methods available to them in their desire to make 2009 the year of evangelism.

The South England Conference president, Pastor Sam Davis, commenced the day with a powerful welcome. With his use of a PowerPoint presentation, Pastor Davis showed that when our hearts are in unison with God, we can become truly effective in our evangelising.

Pastor Terry Messenger conducted the devotional which he based on Luke 9:51, 52. Here we saw that Jesus had a passion for seeking and saving the lost. With his message entitled 'A Single Passion', Pastor Messenger demonstrated the importance of our having one single passion, which is to share the good news through evangelism. Christ first prepared his disciples for the task before they were engaged in evangelism. Likewise, we, too, must be prepared.

Within numerous workshops and seminars, the various presenters passionately introduced different forms of evangelism to their delegates. Presenters highlighted and demonstrated how best creative, innovative and post-modern approaches can be used or combined with the traditional and contemporary methods for reaching out to the unchurched.

With as many as fifteen presenters, there was a hive of activity as delegates made their way from one seminar to another, not wanting to miss out. Like a well-oiled machine, the activities of the day ran smoothly.

The Revd Richard Hardy from Care for the Family spoke on behalf of the Family Ministries department of the SEC. His presentation dealt primarily with how best we can communicate with and engage those around us through our deeds. Hardy highlighted that opportunities present themselves constantly which can lead us to engage in credible and relevant ways. 'Looking up to God, looking out to others and looking

within at self' were concepts he used to illustrate the approaches that should be used to reach people.

Pastor Ian Lorek was involved in showing the Bournemouth church's focus on sharing the good news. He emphasised that 'there are so many ways to share God's good news'. The Messy Church, which is a blueprint of Lucy Moore's version of evangelising to children and their families, is a successful method currently being used by the church in Bournemouth. Presenter Mrs Romola Lorek described the Messy Church as 'an attempt to be church for families who might want to meet Jesus'.

Members who attended the Expo were eager to share their experiences of the day, and several people gave their personal views:

Eddie Sinclair, who attends High Wycombe Sands church, was happy about the workshop he attended pertaining to Men's Ministries.

Martin Emmanuel, who is a member of the Plumstead church, attended the seminar presented by Brian Davison which addressed Global Evangelism. Brother Emmanuel was happy to have picked up some creative ideas on how to promote his church within the community.

Osborne Thomas from the Aylesbury church commented on the presentation given by the Revd Hardy: 'Most of what was presented can be adopted. I understand that there is truth that can be taught to us from those who do not share all of our beliefs. It is sad that we do not have such an expert within our own Church but as we focus on reaching out within our respective communities, over time this will change.'

Hyacinth Walker from the Brixton church also attended the seminar on Global Evangelism which she described as being motivating and brilliant. As a freelance Bible worker, she is looking forward to encouraging the implementation of some of the ideas in the Personal Ministries and other departments within her church.

All in all, it was a very successful and well-planned event. The kind and professional assistance of the Newbold staff, who did a tremendous job in co-ordinating and serving an excellent lunch, was much

appreciated. They also ensured that delegates were properly directed to their various seminar locations around the Newbold church and College complex.

At the close, Pastor Davis reminded delegates that we are called by God, therefore, it is a 'divine invitation'. 'All are soldiers in the army of Christ; we should be ready and fully equipped for service.'



Two new Business scholarships on offer at Newbold

Two new British students of Business will be able to study at Newbold next academic year, thanks to ASI-UK, an organisation of Seventh-day Adventist businessmen and women. The confirmed offer was the outcome of a joint meeting at Newbold College on 18 January between representatives of the Newbold College Business School and the board of ASI-UK. The scholarships will go to British students beginning their studies in the academic year 2009-10.

Newbold Business School recently expanded its offerings with the addition of a new University of Wales Lampeter degree in Business Management. Students for this course are eligible to receive a government loan for their tuition. The ASI grants will ensure that students of Business can also cover the cost of their living expenses.

Students interested in applying for these loans should contact Marinko Markek, course director for the School of Business.

T: 01344 407493

E: mmarkek@newbold.ac.uk

HELEN PEARSON

Making a Difference!

by Dr Richard de Lissler, SEC Communication director

The Seventh-day Adventist Church exists in the heart of many communities around the world, not as merely places of worship, but as places of refuge, rescue, hope and healing. During the month of September 2008 many churches here in the South England Conference responded to the challenges set out by the British Union Conference to engage their communities with the sole intention of *Making a Difference*.

Basildon

The Basildon church rose to this challenge, and on Mother's day

2008 organised its first outreach programme. Armed with three hundred tulips and roses, as well as three hundred cards inscribed with a text or thought and the contact details of the church, the members went out to the homes around the church and gave these flowers to mothers while wishing them a very cheerful day. 'It was fantastic. We were well received. We got postcards through the post the next week saying thank you,' says Tyrone Waldron, a member of Basildon church. He further stated, 'Our pastor and head elder were also stopped and thanked by

members of the community.'

Not wishing to rest on its laurels, the Basildon church, after much effort, was finally given a chance to visit one of the local care homes, Ghyllgrove Care Home. Pastor Jerry Smith said, 'It was much better than we ever imagined. The residents were vocally joyful and made it easy for the members of our church who visited to interact with them. At the end of the visit the activity co-ordinator invited us to come every month, more frequently if possible – such was the joy felt and expressed by the residents of the home. We have now booked to visit Ghyllgrove Care Home once a month for the rest of the year.'

Over many years the Basildon church has held an open-air programme in the town centre. Unfortunately, in 2008 permission

screened, with blood pressure, blood cholesterol, blood sugar, carbon monoxide and Body Mass Index tests being done. Comments from the public were extremely positive and complimentary about what our church was doing.

In addition, the Great Yarmouth church has now commenced a monthly Sabbath afternoon service in an old folks' home in the town. The first, in August, was very well received. Organised by Izabela Clarry, who is a care worker at the home and a very active church member, it is understood that this is the only such service being conducted in the town at this present time.

Pastor Michael Walker continues his public evangelistic seminars in Great Yarmouth and Lowestoft, on Tuesday and Wednesday nights respectively, and recently presented the Sabbath truth. The church has a regular core interest in both groups. They solicit our continued prayers that the Holy Spirit will bless their venture with positive results to the glory of God and the advancement of his Kingdom as they endeavour to Make a Difference!

SEC participation in World Peace gathering

On 26 October 2008, Pastor Petras Bahadur was invited by an Inter-faith group based in Watford to their Week of Prayer for World Peace gathering. The representatives of twelve major religions, including Judaism, Christianity, Islam, Buddhism and Sikhism, were invited to present their view about peace.

The interesting thing was that Seventh-day Adventists were placed separately from Christianity. This gave Pastor Bahadur an opportunity to present the biblical view of peace, which stunned the other presenters and the audience sitting in the hall.

At the end of the programme he was especially complimented by the Mayor of Watford, Dorothy Thornhill. She said, 'Thank you for the presentation which was full of passion. It will be great to come to church and hear your sermon.' The organisers of the programme were also astonished to know that Adventists are very biblically oriented.

DR RICHARD DE LISSLER

WANTED: Training Light Bearers or other like Bible study books. Do you have any of these on your shelves gathering dust, and would you like to see them put to good use? Please contact Viv Vine on 01933 275922.



Ladywood Talent Explosion

Ladywood church held its Talent Explosion on 27 December. This was in aid of the church's building fund. For some twenty years, members have worshipped in a rented hall in the Ladywood area of Birmingham. This year, amid all the calamities and signs of the times, the Lord has provided an opportunity for us to purchase a building so that we can finally have our own place of worship.

So on 27 December our own home-grown talent came together and put on a show to remember. There were performances by Sylvia Sampram, whose spirited rendition of 'He'll do it again' had the audience on their feet, very enthusiastically requesting a repeat performance. MCs Gloria Bishop and Elrose Lindsey managed to raise, in a very short period of time, over £100 to guarantee that repeat performance! We also had performances by Milford Mardenborough, who helped to raise even more funds with a repeat performance of his rendition of 'You raise me up', and Divine Harmony, who blessed our souls with their very own 'In His Name', a Divine Harmony original.

All praise, glory and honour to God for the success of the evening. We ask for your continued prayers and support as we embark on this very important project. God said, 'Let them make me a sanctuary; that I may dwell among them.' (Exodus 25:8.)

KENDREA LEWIS

to do this was revoked. Faced with such adversity, a decision was made to have the programme right outside the hall the church uses for worship. Man's adversity is God's opportunity! The church delivered a life-changing programme on the streets of Basildon. They delivered good gospel music, healthy diets, fruit and vegetable juices, simple exercise routines and a wide range of health checks. They even had a masseuse! Adverts were placed in a range of local papers, and the church was pleased that people turned up on the day to have a difference made in their lives.

Great Yarmouth

In the Great Yarmouth church a very successful outreach venture took place on 17 August when a health-screening programme was run at the main shopping mall in the town centre. Over a hundred people were



Same name, same church, same decision

The picture above shows two boys named Nathaniel, both of whom attend Balham church, both decided to make a public stand for Jesus and, as a bonus, both were born on the 29th!

Nathaniel Massiah was born on 29 October 2002 and was baptised on 28 June 2008, along with his sister Ashleigh. Kavel Passley-Bennett and Stephanie Ferguson were also baptised. Nathaniel Massiah did not allow his age to be a barrier and he said he wanted to be baptised because he 'wants to continue learning about Jesus and wants to see Jesus in Heaven'. When asked what he most liked about his baptism, he replied, 'I was happy that my Mummy and Daddy saw me give my life to Jesus.'

Nathaniel Chung was born on 29 December 1998 and was baptised on 27 September 2008, along with Oluwakemi Oshodi-Glover, Kyle Chambers and Lydia Anderson-Monfries. Nathaniel Chung said he wanted to be baptised because he 'wanted to walk closer with God'. His favourite part of his baptism was, after being baptised, hearing his favourite song 'God is here' being sung by the congregation.

The well-attended children's Bible study group has been vital in helping to nurture the young people in Balham church, along with families, and the church takes pride in supporting all decisions to follow Christ. It is also encouraging to see that, not only are these two young boys setting an example to the young and old alike, but many more young

people have dedicated their lives to Christ as a result.

Balham had a very busy summer in 2008. We had another baptism on 30 August. Four individuals were baptised – Lashana Richmond, Benjamin Westfield, Alexa Lewis and Joshua Abrahams.

NATASHA SHARMAH

Three weddings and a baptism

For the last six months of 2008, Wednesfield church members had much to celebrate. On 20 July Odelyn Smith walked down the aisle to meet her groom Stephen and the two were united as Mr and Mrs Costley. Four weeks later, on 17 August, Jo Fisher joined her groom, Paul, at the altar, and another couple were united, this time as Mr and Mrs Mitchell. Only four months later, on 14 December, Jo Lothian and Neil were also united in marriage to



BBC TV features Matthew Lombart's work in the community

by Ralph Lombart

In his very personal and powerful 2008 year-end message, our GC president, Pastor Jan Paulsen, made an appeal to Adventists all over the world to become involved in the local community. Pastor Paulsen spoke of our shared humanity, and said that our faith should express itself in active concern for people around us: 'I want the world to know that our faith inevitably leads us to care for other people.'

It is therefore always heart-

warming to hear of how Adventist members are doing just that in their local community.

At the end of 2008, BBC Southeast dedicated a special report to talk about the voluntary and fundraising work of Matthew Lombart in Canterbury, Kent.

In its introduction, the report spoke of Matthew as a 20 year old who was 'devoting his time to serving God and his community'.

Matthew, a busy university



become Mr and Mrs Hubbins. Three weddings in less than half a year! But it wasn't over yet. On 27 December, two weeks after their commitment to each other, Jo and Neil made another commitment, this time giving their lives to God through the ceremony of baptism. Pastor E. Francis gave a heart-warming message of rags to salvation and encouraged the couple along with the congregation to allow God to continue to transform their lives. Pastor N. Moses Msimanga, who immersed the couple, also gave a touching call of recommitment.

2008 ended on a high for the members of Wednesfield church with events moviemakers might want to get their hands on.

COMMUNICATION SECRETARY

Homecoming

In a moving homecoming ceremony for both parents and the pastor, Zodwa and Benjamin Lenihan presented their son to the Lord in a special dedication service on 6 December. The service was made unique by the fact that Zodwa, originally from Zimbabwe, now lives in Ireland with her husband, Benjamin, and had asked former Liverpool



pastor, Barry Stokes, to officiate at the service. Zodwa had known Pastor Stokes for many years as she first studied and then worked in Merseyside and West Lancashire. The Liverpool church was packed with friends and family from the United Kingdom and the Republic of Ireland, all of whom had come to see the beautiful service. Before charging both the parents and the church to help in raising the child in the admonition of the Lord, Pastor Stokes gave a short history of the couple in his inimitable and humorous style. This was followed by a prayer and a special dedicatory hymn sung by Zodwa's friend,

MICHELLE DONGA, to piano accompaniment from Claire Puckering. A special fellowship lunch attended by many who had been present at the service capped an altogether beautiful Sabbath.

student, nevertheless makes time to serve the less fortunate in his local community. The report focused on Matthew's work as a volunteer chaplain and also as a singer and fundraiser for various charities. In the report, Revd Dr Paul Kirkby, the head chaplain, described Matthew with the words: 'He has a wisdom beyond his years. We are thrilled to have him as part of our team.'

Patients who had received pastoral care from Matthew were also interviewed about their impressions of him, and they spoke of how he had helped them to view life more positively.

The BBC reporter, Ian Palmer, seemed very impressed with what he had seen of Matthew's work in the community and ended his report with the words: 'Matthew Lombart is a living example in a world littered with false idols.'

When asked about his reasons for what he did, Matthew answered: 'When I see people hurting, I want to do my part to give them a renewed hope in life.'

If you wish to view the full BBC interview with Matthew, please go to the following link: <http://uk.youtube.com/watch?v=8rLI0TZ5L2s>.



FRED SCHOFIELD (1922-2008) d. 23 October. With sadness, members of the Bournemouth church, along with friends and neighbours, met at a beautiful woodland site in the New Forest to hold a short service of remembrance for Fred Schofield, led by Pastor Ian Lorek, and then to commit his remains to the watchful care of the Life-giver. Mr Malcolm Edwards, a neighbour and friend, and Pastor Paul Clee, a relative, remembered him during the service from their different perspectives.

Mr Edwards spoke movingly about his Christian characteristics, his sense of fun, and what many remember of him, his immaculate appearance. Pastor Clee spoke of his childhood memories of his uncle, and the way he always had time for other people. Fred was born in Bolton, Lancashire, and three years later moved to Yorkshire, where his father had work on the railways. In 1934 he was baptised by Pastor Craven. During the Second World War he served his country as a sick berth attendant and, after the hostilities were over, on 16 September 1946, he married Bet. He was demobilised from the navy as a Sick Berth Petty Officer, which enabled him to pass examinations in twelve months to become a State Registered Nurse (instead of the usual three years). His experience during the War showed him his life work, and he became the first male district nurse, working in many locations in north England. In 1970 he was invited to St James' Palace, where the Queen Mother presented him with a medal to commemorate his long service. He retired as Director of Nursing in Liverpool. Even after their retirement, Bet and Fred continued to move, from Lytham St Anne's to the Borders, Yorkshire, Lynton, and finally to New Milton in Hampshire. His lifetime of nursing caused severe back pain for him, about which he was stoical and never complained. For the last few years he suffered with a problem with his throat, which meant he struggled to make himself heard, and this was an embarrassment to him and stopped him going to church. He died very suddenly after a long night of chest pain, and now rests in a beautiful place awaiting the call of Jesus. Pastor Lorek reminded all who attended of the glorious hope that will relieve the suffering his widow, friends and acquaintances feel now.

PASTOR PAUL CLEE



RUFUS NATHANIEL SWABY (1938-2008) d. 10 November. Well-wishers, friends and church members joined with the Swaby family to celebrate the life of Rufus Nathaniel Swaby on Wednesday 3 December. The service, which took place at Hampstead church, was well attended. Included in the congregation were Dr Brighton Kavaloh and Pastors

Des Boldeau and Colin Stewart, plus past and present members of the church. Officiating were Pastors Humphrey Walters and David Burnett. The service included a variety of Bible verses read by grandson Sean Savizon, Elder P. Stewart and daughter Sonia Swaby, as well as musical items by the Hampstead Choir, Paul Lee and Fiona Pacquette. Tributes by Elder E. Moore and Sister N. Brandy gave an insight into the nature of the man known as Swaby. Other features of the programme included a slide presentation accompanied by Richard Smallwood's, 'Twill be Sweet' and a personal tribute by daughter Janice Savizon. In his address to the congregation, Pastor David Burnett suggested that Rufus is just having a nap as we are so close to the return of our Lord Jesus Christ. Rufus was born on 26 May 1938 in Old England, Manchester, Jamaica. He was one of four children of Millicent and Burnell Swaby and had one sister and two brothers. He attended the local Old England

WEDDING

KIDWELL-PAUL

Saturday 20 December was a very happy day when friends and family gathered together and witnessed the marriage of Jonathan and Ffion, who both grew up in Swansea church. We were richly blessed to have the presence of three ministers during the day. Gratitude to the Revd Wiseman and the Sketty Methodist Church, to Pastor John Surridge, who officiated at the wedding ceremony, and to Pastor Adamovic for the prayers of thanksgiving during the party at the Dylan Thomas Centre. All the ministers have collectively supported and guided Jon

and Ffion during their preparation for this special day. We all congratulated Jon and Ffion and wished them well in their relationship with one another and with God. Dr Asu Paul, the father of the bride, gave a good speech at the reception and thanked everyone for their support. Chris (Jon's brother), Duane and Brett (Jon's best friends) shared the groomsmen's duties by praising the couple for the years of commitment during their many years of friendship and courtship. In his groom's speech, Jon expressed their gratitude to everyone who has supported them throughout their lives, and continued by saying that the support of those people helped make their day

Secondary School and later went on to learn his trade in carpentry and joinery at Mandeville Seventh-day Adventist College, now known as Northern Caribbean University. Subsequent to coming to England, Rufus married Leithie Batten. He continued in his trade for some years and, in addition to this, later trained and worked as a radio and television technician. Rufus was a member of the New Gallery Centre in Regent Street, London, and moved from there in the early 1970s with a large group of members to establish a new church in the Hampstead area. He was an integral part of the Hampstead building team and assisted in renovating the interior from the point of demolition to make Hampstead church the building that it is today. Over the years the work carried out included installing the upper level in the fellowship hall and the organ room. Rufus was also a former Hampstead Choir member and served the church as a deacon for a few years. Sadly, Rufus went to his rest on 10 November following a prolonged illness, and leaves behind his wife, Leithie, four daughters, Sonia, Janice, Jennifer and Christine, a son-in-law James, and five grandchildren, Danielle, Jasmine, Sean, Ciarán and Catriona. His interment took place at Paddington Old Cemetery, Kilburn, following the service. The Swaby family would like to extend their sincerest heartfelt gratitude to those who worked hard to make the service to commemorate the life of Rufus a memorable one. Thanks also for all the words of condolence and comfort, cards, phone calls and visits at their time of loss.

JANICE SAVIZON



IRENE FRANCILLA PERCY (1918-2008) d. 1 December. Following a long and productive life of ninety years, Irene Percy passed away peacefully into the care and keeping of the Lord she served so faithfully, surrounded by her family. Irene was born on 21 March 1918 in Clarendon, Jamaica. She started life with the loss of her parents. There seemed to be no future for her, but Irene was able to beat the odds, and in the process perfect many outstanding roles as wife

and mother, grandmother, great-grandmother, friend, neighbour, but, most of all, a friend of Jesus. Following the passing of her parents, she went to live with her aunt, and during that time she developed a sense of purpose and a sense of caring for others. She had a practical approach to life and the Lord blessed her with a loving heart and a loving spirit. The Lord prepared a life partner for her whom she adored. Their union produced ten children, nine of whom survived. Sister Percy was not only a mother to the children the Lord had entrusted to her, but to anyone who needed a mother. She maintained a daily communion with God and she perfected the art of prayer. She and her beloved husband, Donald, relocated to Derby from London in 1957 and found their home church with the Derby Chester Green congregation. Sister Percy was an active member, serving as deaconess and head deaconess, followed by Sabbath School superintendent and Dorcas leader. Even while taking on the role of a working mother and caring for others in the health service field, she witnessed daily to all those with whom she came into contact. Following the passing of her dearly beloved husband, she continued her Christian journey, and on 1 December the Lord called her home to await his return. She will be sadly missed, not only by her immediate family and her church family, but by everyone whose life she touched. On 11 December she was laid to rest. The funeral service was held at Derby Chester Green church, led by Pastors Egerton Francis, Selburn, Fray, Cedric Vine, Peter Sayers and Dr John Ferguson. Sister Percy is survived by her nine children, nineteen grandchildren, thirteen great-grandchildren and two great-great-grandchildren. The Percy family would like to thank all the pastors, her church family and friends for their support through this very sad time.

OLGA MARR

even more special. Friends and families near and around the world were also remembered on this memorable day. It was a really joyous occasion with the spirit of Christmas. The Swansea wedding day commenced with a peaceful feeling of the blessed Sabbath. Contrastingly, the end of the day was celebrated with some sparklers outside the building which were enjoyed by the youth and everyone. Digital photos being uploaded by the friends and families can be viewed on the website. If you want to see Jon and Ffion's wedding day photos, please log on to www.flickr.com/photos/jonandffion.

LILY KIDWELL

Weimar New Start experts visit Newbold

by Dr Clemency Mitchell

The experts were Dr Clarence Ing, director of the Weimar New Start programme, and his wife and colleague, Mrs May Ing, New Start dietician and lecturer.

Are you taking advantage of the Adventist Advantage? This was the topic of the AIMS (Adventist International Medical Fellowship) day of fellowship on Sabbath 13

December. Although it was so near Christmas, around fifty Adventist medics and health leaders spent the day with the Ings. Dr Clarence, with his years of experience of directing the Weimar Institute New Start programme, as well as years of medical missionary service, convincingly demonstrated the advantage that committed Adventists have in mental as well as physical and spiritual health. Mrs May Ing shared her

experience of the soul-winning potential of medical missionary work, both in the home and at Weimar.

The next day the Newbold church Health Ministries team hosted a New Start for Mental Health day seminar, where the Ings shared precious information on such topics as New Start for troubled minds, the real way to cope with stress, food and your brain and the latest news about phytochemicals, the wonder substances that give plant foods their healing properties as well as their distinctive colours and flavours.

The Weimar Institute was founded in 1978 by a group of Adventist physicians committed to the practice of medicine, using the truly natural remedies recommended by Adventist pioneer health reformer Ellen G. White.

They developed the NEWSTART programme, a simple, rational, scientific regime based on eight lifestyle factors: Nutrition, Exercise, Water, Sunlight, Temperance, Air, Rest, Trust in divine power. Nutrition here is the simple, natural plant-food-based diet that is associated in numerous research papers with longer life and less disease. Temperance is understood as moderation in the use of all good things, such as food and exercise, as well as abstinence from health-destroying substances and habits. This programme has been shown to begin the process of chronic disease reversal in thousands of sufferers, particularly those with type two diabetes and coronary artery disease. Because they feel its benefits very quickly, people are motivated to continue. It is not an all-or-nothing programme; one can follow part or all of it. However, the more completely one follows the programme, the better the results will be.

For more information about the NEWSTART programme or AIMS, contact splattmcdonald@adventist.org.



org.uk or clemency@themitchells.eclipse.co.uk.

For orders for the missionary book of the year, phone 01476 591800 from week commencing Monday 2 March.

ABC BOOK SALES

February

8	Harper Bell	10.30am-2pm
22	Stanborough School	10am-2pm

March

1	John Loughborough	10.30am-2pm
7-8	Dublin/Belfast	

ABC Shops

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

Advent Centre,
Sundays 11am-3pm

Messenger

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Sunset

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

	Lond	Card	Nott	Edin	Belf
Feb 6	5.00	5.12	4.59	4.57	5.13
13	5.12	5.25	5.13	5.13	5.27
20	5.25	5.37	5.26	5.28	5.42
27	5.38	5.50	5.40	5.43	5.56

MESSENGER SUBSCRIPTIONS

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BUC Health Ministry & CREATE Nutrition Initiative

Renewing our VISION for Health (A dietary perspective)

Sunday 1 March

Time: 10am Registration

Programme: 10.30am-4.30pm (buffet lunch included)

**Come, experience, be inspired, motivated and transform your health
(one step at a time)!**

Renewing our VISION for Health (a dietary perspective) is an interactive seminar and workshop day aimed at all Health Ministry leaders, Health Committee members or individuals interested in health, diet and long-term lifestyle change. We will look at the links between spirituality, current scientific research and dietary health, have inspirational, practical cookery demonstrations, and discuss health challenges faced in our churches. Be motivated to transform your health and the health of your church and community with practical dietary and lifestyle changes for life-long change. Be inspired.

We will cover:

- Food, mind, body and spirituality
- Benefits of a plant-based diet
- Health challenges in churches
- Cookery demonstration and interactive learning
- Motivating, transitioning for long-term lifestyle change
- Goal-setting for personal health goals

The day will include seminar, cookery workshops, and interactive learning. Refreshments and a buffet-style Moroccan-themed vegetarian meal will be provided. Supporting material will be available.

Cost: £25 (including meal and materials).

Event location: Stanborough Centre (adjacent to Stanborough Park church), 609 St Albans Road, Watford, Hertfordshire, WD25 9JL

Contact: For registration contact Faye Weeks at:
email: fweekes@adventist.org.uk, tel: 01727 872 162.

SPONSORED by Health Ministries BUC

British Union Conference Extraordinary Session

Notice is hereby given that the BUC Executive Committee has called a one-day Extraordinary Session of the British Union Conference of Seventh-day Adventists to be held on Sunday 17 May 2009 in the Stanborough Park church, Stanborough Park, Watford, Hertfordshire, commencing at 1pm. Delegate registration will commence at 10.30am. The sole item on the agenda is the consideration of proposed amendments to the BUC constitution.

E. C. Lowe, Executive Secretary