

Messenger

News to the churches • 27 May 2011 • Volume 116 • 11



i-Change

u-Change, wii-Were-Changed

Reporting by Victor Hulbert

with help from Catherine Boldeau and Peter Jeynes



The crescendo of the Michael W. Smith song filled the hall at the Telford International Centre: 'Crucified, laid behind a stone. You lived to die, Rejected and alone . . .' It reflected the emotional intensity in the air as 500-plus young adults found themselves challenged and inspired by the power of the resurrected Christ at the BUC youth congress, organised by Des Boldeau, BUC Youth director.

Throughout five days over the Easter weekend they listened to five specialists in youth ministry – all from diverse backgrounds – who led them on a journey designed to help

them think of change, not just in themselves, but in their communities.

James Black, Youth Ministries director for the North American Division, was the Thursday night keynote speaker. 'Yours is an awesome theme,' he stated, 'a serious theme for this day and age: i-Change, u-Change, wii-Change.' After noting how God had needed to humble him early, coming as he did from the gang violence of the streets of Atlanta, Georgia, he then entertained and inspired the youth with the story of the transfiguration of Jesus in Matthew 17, noting how the three disciples on the hilltop needed humbling: 'If

you want to be the change you've got to recognise the voice of God', he noted. At the same time, the nine disciples in the valley did not realise that they were to be agents of change for the young boy who needed healing. They needed to learn that 'When you are picked to be the change [agent] you need to let Jesus do the changing.' He also noted that to be the change [agent] for others you have to be a 'go-to person'.

There were a lot of 'go-to persons' at the weekend. On Friday and Sunday afternoons they could be found singing in nursing homes and in a nearby park, or knocking on doors

Megapixels of creation



The moon.

Dave Rees, Fuji HS10



Young pink-footed goose, Tichwell Marsh, Norfolk.

Geoffrey Lyford, Nikon D80

MESSENGER is currently running a four-part series over a twelve-month period entitled *Megapixels of creation*, offering our photographers the opportunity to have their nature photography published in the magazine.

Whether you are a 'casual snapper' or a 'budding pro', it matters not (and neither does your age). All you need to do is send us your finest-quality nature photos – landscapes, wildlife, cloud formations, close-ups – anything in the UK that you think shows God's creation at its best. Please tell us where your picture was taken, and what equipment you have used. If your submission is really good, it might even appear in our devotional calendar.

This is not a competition, and the only reward will be to see your photography in print! Please send your photography to me at: dbell@stanboroughpress.co.uk. Happy snapping!

DAVID BELL, MESSENGER DESIGNER

Enhancing Health

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

Knowing your body – part 3b

Detoxification and elimination

In the previous issue we commenced the topic of detoxification and elimination. We looked at seven body systems which enable us to detoxify harmful substances and eliminate waste. We conclude this topic by giving an overview of some of the lifestyle factors (diet, rest, exercise) which encourage these systems to function optimally.

Some general health principles help the entire body to function well. These are: eight hours of nightly sleep for rejuvenation; eight to ten glasses of water daily to assist detoxification; daily exercise for good body maintenance and the release of toxins; and a wholesome diet and occasional day-fasts to enhance wellbeing, increase energy and boost immunity. These all assist our body's detoxification and elimination processes.

Some specific elements, however, are reported to be especially beneficial for particular body systems:

Blood – Beetroot and dandelion root have been identified as good blood cleansers, as has the use of garlic in cooking. Eat more alkaline foods, such as deep-coloured fruits and vegetables. Avoid acid-forming foods like meat, dairy and processed foods.

Colon – Aerobic exercise stimulates the abdominal muscles, enhancing digestion. Foods like fennel are mild laxatives. Studies reveal that eating more raw foods and fewer processed foods helps to eliminate toxins from the colon. Therapeutic interventions like an annual colon cleanse may also be helpful.

Kidneys – Parsley leaf is reported to be an excellent diuretic, helping to flush the kidneys. Cranberry fruit and juice are excellent for detoxing the kidneys, as are eight glasses of water for daily hydration.

Liver – Dandelion root and milk thistle are excellent for liver detoxification, as are beetroot and carrot juice (rich in antioxidants). Avoid processed foods, and eliminate alcohol and caffeine.

Lungs – Deep breathing exercises help the lungs eliminate toxins, as does outdoor activity. House plants purify indoor air.

Lymphatic system – Crucial to assisting the flow of bodily fluids – and the elimination processes – is adequate hydration. Rebound exercises (like trampolining) are most effective for stimulating the lymphatic system. The occasional use of echinacea assists lymph cleansing.

Skin – Daily skin brushing improves the circulation, enhances detoxification and reportedly assists in reducing cellulite. Massage also stimulates the circulation. The use of sauna and steam rooms helps to expel toxins. Including ginger root in cooking encourages cleansing through perspiration and enhances circulation.

Good health!

editorial

In the last issue of *MESSENGER* the editorial dealt with the need for us to adhere to one of the rules of Christ's Kingdom: 'Do to others as you would have them do to you.' (Luke 6:31, NIV.) In this issue I want to refine that subject a little more.

While working in Harare, Zimbabwe, I became good friends with Lyn Lamberton, who ran the Church's orthodontic practice. One day one of our church employees asked to borrow his trailer to move some furniture and Lyn kindly agreed. When it was eventually returned, there was no sign of either of the tail-lights. These expensive essentials had just disappeared, and the borrower was quite mystified as to what had happened to them!

Oscar Wilde may have had a point

As I stood looking at the 'modified' trailer, and listening to Lyn's frustrations about lending things to people, it occurred to me that Oscar Wilde may have had a point when he said that 'no good deed goes unpunished'.¹

Most of us know the euphoria that follows a good deed – part of God's reward for our kindness to others. But we also know that such feelings can turn quickly to frustration, and even regret, that we ever got involved in the first place!

I wouldn't state it as cynically and generally as Wilde, but being kind, and doing good, do at times produce frustrating and negative outcomes.

For example

Two Colorado teenagers learnt this the hard way. They left a plate of cookies and a kind note on a neighbour's doorstep at 10:30 one summer evening.

*'Forty-nine-year-old Wanita Young was so terrified by the knocks on her door . . . that she ended up in a hospital emergency room the next day thinking she was having a heart attack.'*²

Young said she didn't believe that the intentions, or the apologies, of the girls were sincere, so she took them to court. The judge found in her favour and the 'do-gooders' had to pay her \$900 medical bill!

Sometimes our good deeds could be done in a better way – not at 10:30 in the evening – thereby minimising or eliminating potentially negative consequences.

There are circumstances, however, where kindness and good deeds will always involve a measure of risk.

Are you ready to risk?

Last month, an unnamed man from Lewisville, Texas, saved the lives of four people at the Village North Mobile Home Park.

Are you ready to risk?



Julian Hibbert
Editor

On becoming aware of the blaze, he fought his way through the flames to help his companions to safety, but in the process he 'suffered serious burns on his hands, feet, arms and body, police said'.³

Sometimes the scars of our involvement with others are less visible – but nonetheless painful. I once faced a dilemma over baseless, obscene and slanderous comments that were made in my hearing about one of my colleagues – comments that cast a dark cloud over his ministry. What should I do? Make as if I had never heard them? Or warn him about them, so he could prevent further damage to his reputation?

Silence was not an option – but I knew that I would 'suffer' for my disclosure, and I did.

My friend's reputation was rescued, but the source of the slander turned his attention on me and used his influence to block a call for me to pastor a large church . . . under the pretext that I was 'not mature enough for the position'! (He was probably right on that score.)

It is a calculated risk

Would I take that risk again? Yes, because it was a 'calculated risk'. The kind that one takes, willingly and knowingly, expecting inconvenience and hardship in its wake.

The Good Samaritan of Christ's parable took calculated risks (Luke 10:34-35, NKJV). He stopped on one of the most dangerous roads of his day to help a beaten man 'and bandaged his wounds, pouring on oil and wine; and he set him on his own animal, brought him to an inn, and took care of him.' In addition to which, he left the hotelier with clear instructions: "Take care of him; and whatever more you spend, when I come again, I will repay you."'⁴

Risk, inconvenience, cost and ongoing **responsibility** – those are the things that the Samaritan got himself involved with. And those are the things that make many of us hesitate before launching into a good deed.

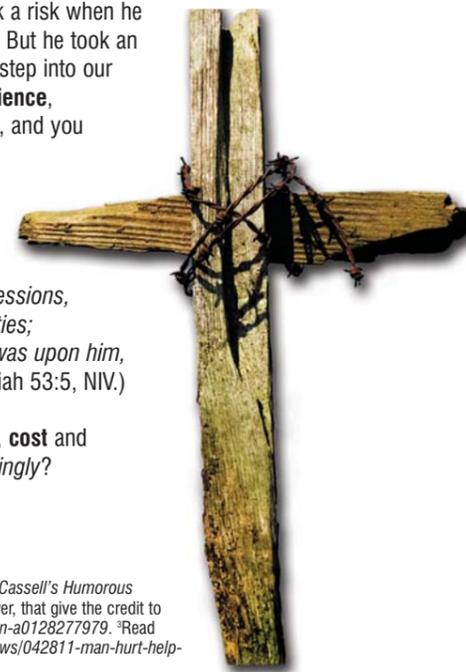
The greatest risk of all

God is the greatest Risk-Taker of all. He took a risk when he granted created beings the power of choice. But he took an even greater risk when he allowed Jesus to step into our boots. Talk about **high risk, gross inconvenience, incalculable cost** and **cosmic responsibility**, and you are describing Christ's mission to save us.

If ever a good deed was deliberately punished by every force that evil could muster, it was this deed of immeasurable love, in which:

*' . . . he was pierced for our transgressions,
he was crushed for our iniquities;
the punishment that brought us peace was upon him,
and by his wounds we are healed.'* (Isaiah 53:5, NIV.)

Are we ready for some **risk, inconvenience, cost** and **responsibility** – *willingly, knowingly* and *lovingly*?



Sources:

¹This aphorism is attributed to Oscar Wilde (1854-1900) in *Cassell's Humorous Quotations*, edited by Nigel Rees. There are sources, however, that give the credit to others. ²<http://www.thefreelibrary.com/Teach+your+children-a0128277979>. ³Read more on myFOXdfw.com: <http://www.myfoxdfw.com/dpp/news/042811-man-hurt-helping-others-in-fire#ixzz1LqJdc2W>.

sharing their faith via surveys, and gaining contacts and Bible study interests to be followed up by members of the Telford church. The choir singing in the park was so enthusiastic that on both days a number of youth who had come to sunbathe joined in with the singing, some of them asking deep questions and sharing their hurts and struggles.

A Passion play, especially commissioned for the event, was performed in the hall on Sabbath afternoon, then taken out to the park on Easter Sunday, where again people were able to ask questions about the true meaning of Easter.

The Easter theme of the preaching was particularly emphasised by two of the guest speakers. On Good Friday, Tim Gillespie made no apologies for his strong Easter message. As a Young Adult pastor of the Loma Linda University church, he used both humour and pathos to convey the seriousness of what Jesus did on the cross for us, stating that 'The worst day ever was the most important day ever'.

Resurrection Sunday he

called 'a day of celebration', stating that 'Today God started his rebellion on the planet . . . the world has changed. Death has been overcome.' Looking at Romans 5:1 he then challenged those who feel unsure of their salvation. The words, from Romans 5:8 (NKJV), ' . . . while we were still sinners, Christ died for us' give us a wellspring of joy from which we can live our lives.

That 'wellspring of joy' had already been demonstrated in the storytelling skills of Dick Duerksen from Maranatha Volunteers International. On Friday night and Sunday morning you could hear a pin drop in the hall as he enraptured his audience with tales of God's grace. On Sunday morning he presented a dramatisation of the story of Peter, showing how this brash disciple thought he would teach Jesus, but how Jesus had, in reality, taught him. Peter learnt, 'It's not about me, it's about Jesus!'

In a double presentation, David Asscherick, the co-founder of ARISE, a ministry training centre in California, focused on the dilemma of Paul in Romans 7:24 (NKJV), 'O wretched man that I

am! Who will deliver me from this body of death?' and on the solution that is found in Jesus Christ. He stated: 'While we exist in this groaning position between what could be and what is', we can rejoice inasmuch as while 'I'm not what I want to be – I'm not what I used to be.'

Sabbath morning gave opportunity for two sermons. James Black returned to the pulpit to focus on 'How do I become the change?' 'How do we deal with the issue of glorifying God when modern life aims at success?' he asked. His response was that 'We have to aim to be significant, not successful.' Using many illustrations, including some from his own life, he stated, 'My degrees mean nothing unless I effect change.'

Adventist World Church Youth director, Gilbert Cangy, preached a powerful Sabbath morning message, sharing that, despite being raised by missionary parents, at one time in his life he went against every value that he stood for, which left an emptiness in his heart. He prayed, 'If you are real then you can do something for me.' God answered.

Gilbert said, 'I thought I had to change before Jesus could accept me', but having learnt an important lesson he then used Jesus' family tree in Matthew 1 to show that 'There is nothing you can do to make him close the door.'

Talking of Rahab the prostitute he said, 'We don't hang around that kind of person – but Jesus does.' He did the same with Matthew, the young tax inspector. 'Who is the real Jesus – he is the One who transforms people like us.'

There was a stunning variety of quality music from across the British Isles, including what came to be a well-loved theme song written by Yvonne Bauwens of the Crieff church, 'Chance to Change'. There were nineteen workshops, a time for questions and the all-important social networking opportunities.

At the close, BUC Youth director, Des Boldeau, received a standing ovation when Paul Tompkins, TED Youth director, present-

ed him with a special certificate for his years of service, along with a special gift. Tears, appreciation, and a short charge to the youth formed his response. 'I have been privileged to work with several generations of young people, and I thank God for what he has allowed me to do over the past eleven years. . . . This congress has set a precedent for change. This change must continue – and continue in our lives.' i-Change, u-Change, wii-All-Changed.

A selection of photos and videos from i-Change are all linked from the BUC youth congress website, <http://www.adventistyouth.org.uk/congress>. In-depth interviews with each of the guest speakers can be seen on the 'News and Features' section of the *Hope TV UK* website.

people

Sharing God in the community

By Matthew Lombart

Sharing God in your community is both a blessing and a privilege that every youth can experience. Three years ago, while I was reading for a degree in Psychology at the University of Kent, I felt impressed to get involved myself.

I applied for a lay-chaplaincy training course that caught my attention in the local press, went for an interview and was accepted. After some intensive training, I began work as a volunteer chaplain for two hospitals in Canterbury. Since then I have met many patients, all with their own sets of beliefs and values. Although many are not Christians, or don't have any other religious belief, they still appreciate having a chaplain to listen to their stories. Sometimes I even take my guitar along with me and sing for them. Singing is a passion of mine and I try to combine it with my chaplaincy work.

A young man responds

Once I met a young patient in the recreational area of the hospital. We chatted. He told me how he used to go to church. He then asked me which church I attended, and I told him about the local Seventh-day Adventist church. Apparently he had heard of Seventh-day Adventists before.

Several months later we met in the street. I was pleased to see him, and we chatted a bit before separating. Weeks later, I received a letter from him via the hospital.

He wanted to attend our church service! Greatly encouraged by this, I contacted him and took him to our church in Canterbury where he enjoyed the morning service and fellowship. He is responding to the Holy Spirit, and he needs our prayers.

It is awesome to see how God can use us to reach out and be a blessing to others.

I have learnt

I have learnt at least five things from this experience: 1. God can use us to reach out and bless others. 2. There is real encouragement to be found in doing what is right. 3. God will fill our own lives with joy as we speak well of him in our interaction with others. 4. It doesn't take much to make a difference in a stranger's life. 5. We may never know the difference we may make in a person's life by simple, friendly chats – sharing God.

However little room there is for traditional evangelism or witnessing in chaplaincy work, we are allowed to be ourselves and live out our faith and values. I am aware that I will be an open Bible for people to read, and respond to, as the Spirit moves on their hearts. This is why I enjoy my work as a volunteer chaplain. I walk alongside people, providing support and comfort in their time of ill health – which for many is also a time of deep introspection and spiritual crisis. I make friends with patients of



faith, and no faith, and I watch how God works with them in varied and exciting ways.

Not always a bed of roses

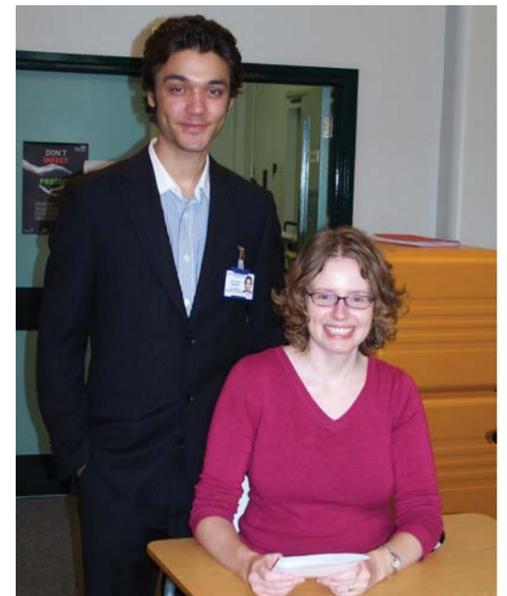
Being a volunteer chaplain is not always a bed of roses. There are moments of doubt and discouragement when I don't feel up to it. Some patients may not wish to talk, or fail to appreciate my work. That's when God steps in, reminding me that he is with me, and that I am there for a purpose.

I always leave the wards feeling that I have accomplished his mission for the day: to uplift people in need, and to impart meaning, purpose and spiritual direction to their journey of recovery.

What about you?

Young people: volunteering some of your time is rewarding! If chaplaincy is not for you, there are many other avenues of service in the community where you can use your own creativity and talents to make a difference in people's lives.

Matthew Lombart is a 23-year-old member of the Canterbury Adventist church with a BSc Hons Psychology degree. He is set to finish a Post-Graduate Certificate in Education, then work as a primary school teacher in 2012. His passion is singing and songwriting, and he and friends hold an annual concert to raise funds for various charities and causes. So far they have raised £10,000 for this purpose. He attended the recent ASI convention and enjoyed it.



<http://www.adventistyouth.org.uk/congress>
<http://www.adventistpictures.org.uk/gallery/2011/i-change/>



Worship styles

Can some tension be good?

Dr David Marshall continues our series on membership retention by looking at the need for 'healthy' tension to exist between different approaches to worship.

Tension exists in most of our congregations between:

- the need to do church in a way that will make the people in the community want to come, join in and feel at home – and will encourage the youth to stay by and commit; and
- the need to do church in such a way as to make it a fulfilling, uplifting and satisfying experience for the people who are the current adult members of the congregation.

If that tension does not exist in your congregation, the chances are that it should. The absence of the tension may be because your church has gone to one of two unhelpful extremes:

Either your worship leader has imposed what he/she believes is a seeker-sensitive style of worship on the congregation, and all

who cannot live with it have gone to worship elsewhere or have stayed away. (For church members able to travel in search of – from their point of view – satisfying worship, this is not necessarily bad. I worry about those who do not have transport!)

Or your church has chosen to ignore William Temple's principle ('The Church is the only society that exists solely for the benefit of its non-members') and has chosen to run itself as a cosy club for its own members, self-protective and totally inward-looking. (If you have made a decision to go that way, I wish you all the best, but I fear for your future.)

If the tension does exist in your congregation the chances are that it's healthy. At least it indicates that the two points of view are being considered, and that an attempt is being made to marry them. Let's face it, that

should be possible with God's help! It should be possible to make satisfying worship for adult church members that also appeals to the youth of the church *and* is seeker-sensitive to (or not impenetrable by) non-members.

For that to happen: •the existence of the tension must be acknowledged and the worship issue must be aired; and •there must be tolerance on the part of exponents of both (all?) viewpoints.

Two deeply unhelpful ideas are prevalent.

The first takes the William Temple principle to its extreme. It says, 'In order to plant you have to uproot.' That is used not only as a rationalisation for the removal (with imperfect consultation) of an existing, working model of worship; but also as an excuse for the removal of effective church officers who get in the way of 'control'.

The second unhelpful idea is when senior members of the congregation say, in effect, 'If the youth are going to stay in the church, and the unchurched are going to attend the church, *it must be on our terms*. Our churchy ritual – Sabbath School as is; Divine Worship as hymn sandwiches – is non-negotiable.'

These unhelpful attitudes represent the extremes. The uprooting extreme destabilises existing congregations and results in the effective exclusion from church of more conservative believers, many of whom have sacrificed financially to build and maintain their churches, and have kept traditional Adventist witness alive in the last half-century.

The 'on our terms', 'don't spoil our service' extreme prevents growth and excludes youth.

There has got to be give. True enough, in areas where there is a high density of Adventists there is scope for separate congregations to accommodate those who prefer a more reflective, traditional form of worship; and those who prefer

inbox

An appeal

Dear Readers
I am Emmanuel Agyemang, a 16-year-old high school student. I also play the saxophone for the Marching Warrior Band of Herschel V. Jenkins High School. My parents are Dora and William Agyemang, both graduates of Newbold college in the UK. They were also members of the London Ghana church before they relocated to the US.

I was baptised recently. My health was good until I was diagnosed with osteosarcoma (bone cancer).

I have since been in and out of hospital – either getting chemotherapy or getting sick from it. The cancer requires aggressive chemotherapy before surgery, then more afterwards. The course of treatment is projected to take about one year. It has been very difficult and it takes a lot to get through one day, but I have faith in God.

I humbly request your prayers in these difficult times.

You may also visit my website at: <http://hstrial-doraagyemang.homestead.com> for more information.

God bless you,
EMMANUEL

ASI interviews

Dear Editor
I was one of those eighty who enjoyed the ASI spring convention reported in the 13 May issue of *MESSENGER*. You highlighted the witness of some of the participants – and a taste of that can be gained from a video made of the weekend, along with an extensive picture gallery, on the BUC website: <http://www.adventistpictures.org.uk/gallery/2011/ASIConvention>. Some of your readers may be interested in this further resource.

VICTOR HULBERT

New principal at Newbold College

On Sunday 8 May 2011, Dr Philip R. Brown from Australia was appointed to serve as the new principal at Newbold College. Brown is currently a vice-president at Avondale College in Australia, with particular responsibility for learning and teaching. He is the thirty-first principal in Newbold's 110-year history.



MIROSLAV PUJIC, TED NEWS

an altogether more modern, upbeat, alternative form of worship. This has been the case in the Newbold community and has come to be the case, I am told, in the Greater Watford community.

But for most that is not an option. That being the case, there has got to be give and mutual tolerance. There has got to be an acknowledgement of the need for the church: •to cater for the needs of its present membership, and •to reach out (experiment) with modes of worship that will fulfil the needs of its youth *and* be comprehensible to visitors with no church background.

It is good that inclusive worship experiments are being conducted in many parts of our Union. It is inevitable that there are varying degrees of success. In my observation: •alternative worship succeeds where it is attempted after full consultation and is not inappropriately imposed on a congregation that is largely uncomfortable with it; •alternative worship succeeds when it represents input from all parts of the church family, younger and older, and represents the best of the new and the best of the old.

Worship fails in an atmosphere of intolerance and rigidity.

Not all worship experiments are strictly seeker-sensitive. A group of ecstatic arm-wavers can be as non-seeker-sensitive as a traditional congregation using a rigid liturgy, and employing a combination of Victorian language and 'Sevspeak' (Yes! We have our own language!).

The arm-wavers will embarrass the majority of unchurched people; the unchurched will not thank you for embarrassing them, and neither will they necessarily forgive you.

The worship of the rigid traditionalists with the old-fashioned language will be impenetrable to the secular unchurched. The language we use must be comprehensible to the people who live in the community of which the church is part.

There has got to be tolerance across the generations. But we must minister to the congregations we already have, as well as to the ones we would like to have. A congregation is a family in which the wishes of each generation are represented in worship, not just Grandad's and mine!

the Berean column

with Andrew Puckering



Freedom!

We normally think of Revelation 18:4 as a warning cry: and we are right to do so! Babylon's iniquities have reached up to Heaven, and she is complacent, but doomed (Revelation 18:5, 7, 8). Her fall will be final, and all the world will mourn her (Revelation 18:9-21). However, there's more to this picture than fire and brimstone! Revelation 18:20 (NKJV) tells us to 'rejoice' – and in Revelation 19:1-8 the whole host of Heaven praises God with great enthusiasm: partly because justice will be done (Revelation 18:20; 19:2) – but what else is going on here?

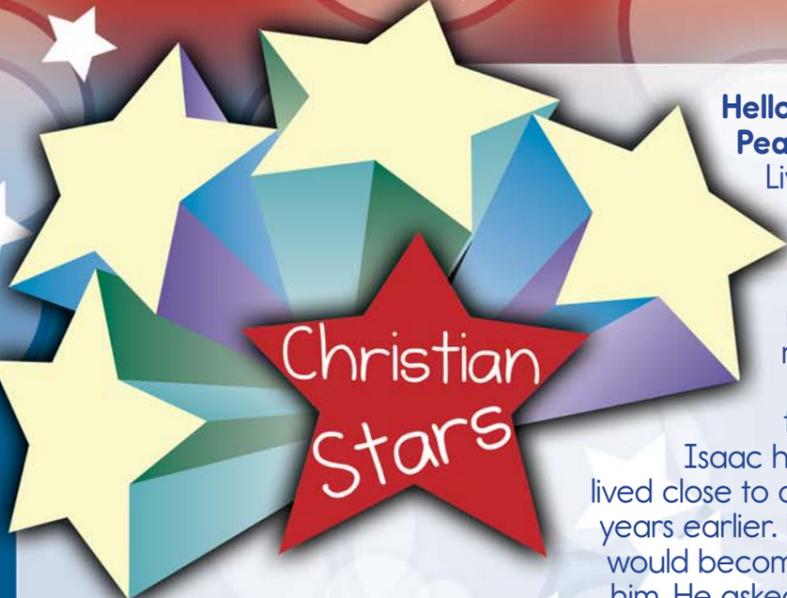
When the Hebrew captives came out of the literal Babylon, their destination was Jerusalem (Ezra 1:2-4; 2:1). They had been held captive for seventy years before being freed, just as the LORD had said (Jeremiah 25:12; 2 Chronicles 36:20, 21). Babylon, the nation God used to punish them (Jeremiah 25:9; Ezekiel 21), had enjoyed her task a little too much (Jeremiah 50:11-13; Zechariah 1:15), and so the Hebrews were to 'Move from the midst of Babylon', because God would send a coalition against her to make her a 'desolation' (Jeremiah 50:8, 9, 23, NKJV): the leader of which, revealed in Isaiah's time (Isaiah 45:1-7), now fulfilled Isaiah and Jeremiah's prophecies in every detail (Ezra 1:1).

So Cyrus had defeated Babylon and given it to Darius the Mede (Daniel 5:31; 9:1) – Babylon had fallen. Now, the thoughts of the Hebrews turned towards Jerusalem (Daniel 9:2-19; Nehemiah 1). Cyrus encouraged the Hebrews to go back to Jerusalem (2 Chronicles 36:22, 23). That's the place to which they returned (Ezra 1:11), and that's the place they were commanded to rebuild (Daniel 9:25). Much more emphasis was given to the place where they were going than to the place from which they were fleeing – the Hebrews were coming home!

They were not going empty-handed – Cyrus gave them what was theirs and more besides (Ezra 1:4-11; 6:3-5), just as the Egyptians had during the Exodus (Exodus 12:35, 36). Just as the Israelites had used Egyptian treasures to build the Tabernacle (Exodus 35:21-29), so too the returning Hebrews were commanded to restore the Temple (Haggai 1:1-8) to represent God's return to them (Zechariah 1:16, 17). They now had 'seventy weeks' of years (seventy sevens, or 490), to prepare the way for the Messiah to come (Daniel 9:24, 25).

So how do we, coming out of Babylon today, prepare for the Second Coming of our Messiah, the 'wedding of the Lamb' (Revelation 19:7)? Well, the number 'seventy times seven' appears in Matthew 18:21, 22 as a symbol of the abundant forgiveness we should display to each other. Furthermore, 2 Chronicles 36:21 reports that, during the final seventy years of the 490-year period since King David united Israel, the land of Israel enjoyed seventy years of Sabbath rest – possibly to make up for the missed Sabbath years during that period when the land should have lain fallow (Leviticus 25:2-7, 18-22) and when debts should have been cancelled (Deuteronomy 15:1) in order to alleviate poverty (Deuteronomy 15:4). Forgiveness and the cancellation of debts – the alleviation of poverty – the enjoyment of Sabbath rest – the promise of our coming Messiah: could these be our treasures with which we are to glorify God and prepare the way for his return?

- Who was the high priest when the Hebrews returned from Babylon? (Ezra 3)
- In which book of the minor prophets is this priest mentioned?
- What was he given in chapter 3 of this book, and why?
- What issue did merchants face in Nehemiah 13?
- Where is our destination? (Revelation 21)



Hello Christian Stars!

Peace is such a wonderful fruit of the Spirit. Living peacefully with family and neighbours is important, but this is only possible when we are at peace with ourselves. Only when we accept that God alone can make us peaceful and peace-loving can we receive the gift of peace.

One of the peaceful stories from the Bible that I love is found in Genesis 26:12-30.

Isaac had become very rich and prosperous. He lived close to a well his father Abraham had dug many years earlier. King Abimelech was worried that Isaac would become so powerful that he might be a threat to him. He asked Isaac to leave the land and find somewhere else to live. Isaac was a peace-loving man, and he left. Then his servants discovered a well, but some herdsmen from Gerar said the water was theirs. This happened twice, and each time he gave the well a new name and then moved to another place.

After the fourth move it seemed that everything was calm and settled. Isaac had been living at the well of Sheba for quite a while when Abimelech, one of Abimelech's friends, and the commander of his army appeared.

'Not again!' Isaac must have thought.

'We do not want to chase you away', they said. 'We know that the Lord is with you. We want to make an agreement with you. We want you to promise that you will not hurt us.'

Isaac was happy to make the promise. He threw an enormous banquet and then allowed them to leave in peace.

Use the code below to help you find the names given to Isaac's wells.

The well of:

A	E	G	M	N	O	R	U	T	H
✖	✖	✖	♥	◇	◊	★	◻	✖	⋮

The well of:

✖	◇	★	✖	★
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The well of:

★	◊	◊	♥	✖	◇	◊	★	⋮
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Dove of peace:

Copy this peace text from the Bible onto the dove.

Cut it out and use it as a special bookmark in your Bible:

'You, Lord, give perfect peace to those who keep their purpose firm and put their trust in you.' (Isaiah 26:3, Good News Bible.)

Peace flag:

A few years ago, when I visited Venice, I saw hundreds of flags hanging from the windows of the buildings. The flags were all the same. They had bright rainbow colours and the word 'pace' (pronounced 'PAH-chay') was written across them in white letters. The word 'pace' means peace. Although there were rainbow colours in the flag, the colours started with violet at the top and red at the bottom. The Venetians were begging the countries of the world to stay out of the war in Iraq. It reminded me of the first rainbow God 'flew' for Noah. God told Noah he was at peace with his people and he promised not to send another flood to destroy the world again. Just as then, only God can give us the gift of peace. Only God can change us from being arguing, quarrelsome, awkward people to those who are calm and peaceful. Only God can fill our hearts with goodwill toward others.

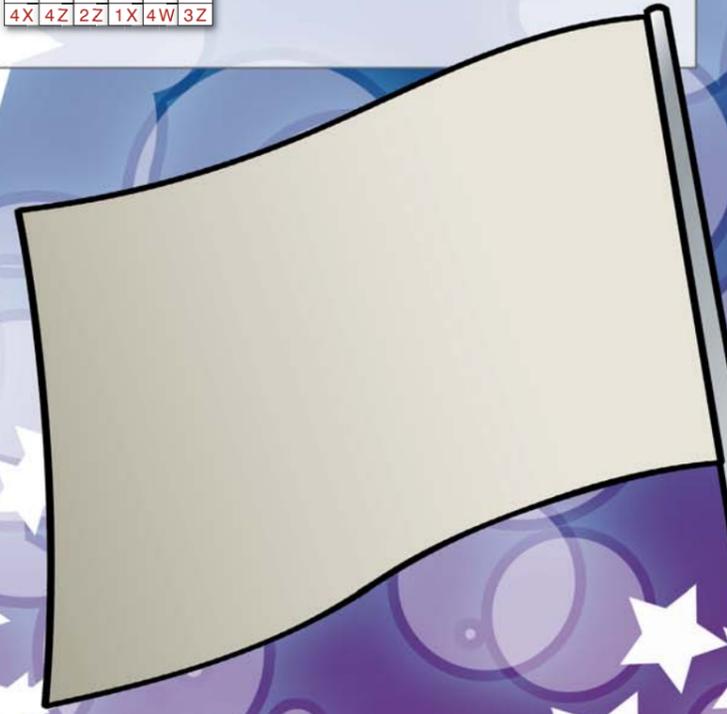
Design your flag of peace, in the flag on the right. What symbols will you use? How will you show that 'being at peace' and living peacefully are important to you?

Wise words about peace:

Use the co-ordinates to work out a peace quotation from Abraham Lincoln. Do you think you could apply it to your life?

Z	A	I	D	R	G
Y	X	M	H	T	J
X	E	B	S	F	W
W	Y	O	K	N	C
1	2	3	4	5	

4Y	3Y	1X	2X	1X	3X	4Y	5X	1Z	1W	4Y	2W	3Z	1X	3X	4Y	4Z	2W	1W
1Z	4W	1X	4W	1X	2Y	1W	2Z	3X	4Y	2W	2Y	1Z	3W	1X	3Y	2Z	2Y	
1Z	4X	4Z	2Z	1X	4W	3Z												



'Shalom' wordsearch:

Find all the meanings to the Hebrew word 'Shalom' in the wordsearch. All the words help us to understand the Bible definition of peace. The words go in eight directions.

B	K	L	W	P	W	Z	Y	Q	L	C	M	B	J	calm
S	S	E	N	I	L	D	N	E	I	R	F	K	Y	fortune
T	G	N	P	R	O	S	P	E	R	I	T	Y	U	friendliness
R	O	B	G	L	Y	J	R	H	F	L	Y	N	R	goodwill
A	O	Z	R	K	T	K	H	W	M	R	O	K	E	justice
N	D	S	E	R	E	N	E	L	X	N	X	R	F	nonviolent
Q	W	S	R	W	F	Q	A	F	V	P	A	X	L	prosperity
U	I	F	E	J	A	C	T	I	K	F	E	C	E	reflective
I	L	O	Q	C	S	D	O	C	L	Z	C	R	C	respect
L	L	R	N	L	U	L	J	E	E	G	I	H	T	safety
L	P	T	M	H	E	R	W	N	X	P	T	U	I	security
I	X	U	X	N	K	T	I	Y	Y	B	S	N	V	serene
T	Q	N	T	Z	P	K	M	T	H	N	U	E	E	tranquillity
Y	T	E	J	W	D	D	N	K	Y	K	J	L	R	welfare



Till next time, be stars of peace... Shalom!

'Doing God' is good for your health

By Catherine Butcher, head of Communications, Christian Medical Fellowship

Practising Christian faith is good for your health. That's the verdict of a new report which shows that the faithful live longer and remain healthier. At a time when the health service is facing financial cuts and the Government is seeking ways to enhance happiness, the report shows that politicians who say 'We don't do God' should think again!

The report, published by the Christian Medical Fellowship (CMF), issues a challenge to those who want to stop Christian medics and health professionals from talking to patients about faith. 'Patients do not simply present biological problems to be solved. Rather, effective medical interventions should address all the dimensions of our humanity. It is clear that most patients value and seek this form of holistic care', the report says.

Drawing on evidence from over 1,200 studies and 400 reviews, the report by Dr Alex Bunn and Dr David Randall, entitled 'Health Benefits of Christian Faith', points out that the overwhelming majority of scientific studies highlight the positive health benefits of faith, including protection from illness, coping with illness, and faster recovery from it.

Christian faith is shown to increase life expectancy: in one study of 21,204 adults, those who attended church regularly had a life expectancy up to fourteen years longer than those who did not.

Other benefits of faith include:

- Increased well-being, happiness and life satisfaction;
- Hope and optimism;
- Purpose and meaning in life;
- Higher self-esteem;
- Better adaptation to bereavement;
- Less loneliness;
- Lower rates of depression;
- Lower rates of suicide;
- Less anxiety;
- Lower rates of alcohol and drug abuse;
- Less delinquency and criminal activity;
- Greater marital stability and satisfaction.

So should doctors prescribe faith?

The CMF emphasises that Christians want to follow the example of Jesus, who was strikingly gentle and caring in his interactions with suffering human beings. The report stresses, 'The founders of the Church advised that Christians should respond to spiritual enquiries "with gentleness and respect". The General Medical Council came to the same conclusion 2,000 years later.'

But doctors also need to consider their patients' spiritual care in diagnosis and treatment, so the report says:

'The people we most need to listen to are patients, who typically are more religious than their carers. In one survey, patients and families stated that faith was the second most important factor in their decisions about cancer treatment, whereas the oncologists treating them imagined it would be last on the list. Even if we consider those patients who are not involved in organised religion, 76% admit to spiritual experiences and beliefs.

'Modern doctors need to become more patient-centred by supporting spiritual care, as secular training has tended to exclude some of the patients' deepest concerns. At a time of illness, spiritual issues often rise to the surface – questions of worth, mortality, and place in the world. The sensitive doctor will explore these by taking a spiritual history and considering how a patient's existing spiritual views may impact on their current illness and hopes for recovery.'

Bunn and Randall conclude: 'In contrast to the popular myth that Christian faith is bad for health, on balance, and despite its limitations, the published research suggests that faith is associated with longer life and a wide range of health benefits. In particular, faith is associated with improved mental health. At the very least, the burden of proof is on those who claim that faith is bad for health and that all forms of spiritual care should be excluded from modern medicine.'

Source: 'Health Benefits of Christian Faith', CMF files no. 44, Easter 2011, <http://www.cmf.org.uk/publications/content.asp?context=article&id=25627>.

Christian Medical Fellowship (CMF) is an interdenominational organisation with over 4,500 British doctor members and 1,000 student members. For further information, visit: www.cmf.org.uk.

MESSENGER advert guidelines

By Julian Hibbert, MESSENGER editor

MESSENGER is there to serve the BUC, particularly as a vehicle for the timely promotion of church-related events or initiatives that may have a metropolitan, regional, or union-wide target population.

In order for us to render this service in an efficient manner we need to have the ongoing co-operation of those who submit these adverts/announcements. That co-operation would be greatly enhanced if we follow these simple guidelines:

Closing dates for copy

Unlike the electronic media, printed magazines like MESSENGER must be prepared well ahead of their publication dates. For instance, there is a full month between the closing date for our copy/photos/adverts and the date at which the magazine should begin to arrive at our churches – the publication date. This is a clear indication to you that anything you want advertised/promoted via the magazine must arrive at our office well before your event takes place.

MESSENGER generally appears in the first and third weeks of each month, so if you want to hold an event on 10 September, for instance, you would need to have your advert appear in the MESSENGER no later than the second issue of August. This means that your copy would need to be at our office not later than 28 July – six weeks ahead of the event!

Getting your adverts in early makes a lot of marketing sense: a) you make sure that it gets to the target group well ahead of time, so that they can plan to participate; and b) you have the possibility of a repeat advert which may be seen by those who missed the first one, or have forgotten about it.

Advert format (visual)

Unfortunately, many of the adverts we receive are not designed for publication in a magazine. Advertisers send us a digital copy of their odd-size brochures, posters or three- or four-panel folded handbills, and expect us to fit them into the magazine!

Our experience is that these submissions are seldom suitable for use because they are often crammed with small type that is hardly legible when we reduce it to fit the available space.

Our rule of thumb regarding format is this: that your submission's type must be easily readable in an A6 size. To visualise how large this is, take an A4 sheet of paper and fold it in half twice. Once our designer shrinks your advert to that size, it must still look attractive and readable.

Alternatively, if you are in doubt about how good it will look, you can send us the copy in text format and we will place it neatly in a colour-tinted rectangle (a 'box') somewhere in the magazine.

Advert format (electronic file type)

It is important for us that MESSENGER be a quality magazine that makes a strong visual impact. This is as true for the adverts as it is for the photographs. To achieve this we need you to send us your adverts in the following electronic file formats, which are in order of preference:

PDF (Portable Document Format) – This allows us to easily open and use your documents in the design packages that we employ. There are different resolutions that you can choose when saving a document as a PDF, but we require it to be done in 'press' quality, not 'print' quality.

JPEG (Joint Photographic Experts Group) – This allows the document to be compressed to make it easier to send via the internet. The rule is the same here as with a PDF: send it in the highest resolution possible.

Please don't send us your adverts (or photographs) as part of an MsWord document. This is not a suitable format for quality results.

Finally, our designer has just reminded me that you should keep your advert copy brief and free from cluttered or busy backgrounds, and our proof reader urges you to proof-read your own adverts prior to submission, as PDF documents cannot be altered!

With these guidelines in mind, I am confident that your MESSENGER adverts will be stunningly successful!

Just remember that there is some practical wisdom in that slogan attributed to Warren Buffett: 'Early to bed, early to rise, advertise, advertise, advertise!'

PEACE Centre of Evangelism

Enabling, empowering and equipping at Croydon Church

From 28 February to 17 March, the PEACE School of Evangelism, run by the NEC in partnership with Amazing Facts, came to Croydon to equip church members for effective evangelism.

The Croydon night classes were held to give SEC members who can't attend the four-month PEACE course in Birmingham the chance to learn how to practise evangelism successfully.

One student said: 'I was fighting not to go to PEACE; I made so many excuses not to go, but God told me I must go and grow in character.'

During the course Pastor Adam Ramdin took the students

on a tour through Daniel and Revelation, showing how they can be used evangelistically.

The PEACE Outreach co-ordinator, Graig Gooden, challenged students to step out of their comfort zone and shared techniques on how to witness to someone at the bus stop or at the supermarket. Beulah Plunkett demonstrated skills to teach effectively, and the NEC president, Pastor Ian Sweeney, presented a very popular topic, 'Homiletics' (how to preach).

The night school culminated with a graduation ceremony, to which the students invited their families and friends.

VANESSA LORD-SUTHERLAND



An Olympic outreach programme has been established under the name of LIVE London – Adventist Sports Ministry (LIVELDN), the SEC youth outreach response to the coming of the London Games next year. The Olympic Games provide an opportunity for the Church to share the love of Jesus as never before. 'More Than Gold' (MTG), the Christian sports outreach group, has invited Adventists to sit on its executive committee. Adventist youth

departments in both Sydney and Vancouver have previously had similar involvement.

Now the Olympic Games are coming to London: so what will our contributions be?

- Helping people understand their importance in sharing the Gospel,
- Making stronger connections between AY departments of different churches and providing support for evangelism,
- Encouraging the production of

health and sports ministry resources by youth leaders and scholars so that the ministry continues long after the Olympic Games,

- Empowering the youth to use their abilities in health and sports for outreach, and encouraging self-development through volunteering and service.

SEC Youth directors have been promoting Olympic outreach since January, and will continue throughout the year. Each church

can engage in outreach in a new and dynamic way as we lead up to the greatest games on Earth. Resources are being prepared; sports-themed Bibles and health literature are being made ready now.

Your church can set up hospitality groups, hand out water to the public, open up a drop-in centre or community café, start a community health club, begin an exercise club . . . the list is endless. Everyone can share Jesus with the community!

Through the LIVELDN outreach, LIVE centres can be established in local churches, linking MTG, the Church and the community. These local youth clubs will change lives across the SEC. LIVE London seeks to equip everyone willing to take part with all the training and materials needed to help their communities through sports, health and social well-being.

If you want to volunteer as a 'Gold Champion' then go to the LIVELDN part of the youth website or the MTG website and get involved. It's not too late to jump on board!

PASTOR COLIN STEWART
(SEC YOUTH DIRECTOR)
LAVON JACKSON
(OLYMPIC OUTREACH VOLUNTEER)

ADRA fun-run and sponsored walk

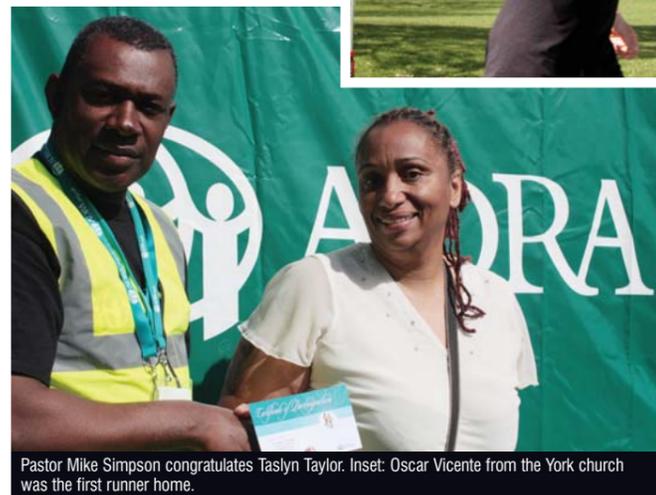
More than 170 fundraisers completed sponsored laps at Roundhay Park, Leeds, on Sunday 10 April to support the ADRA Annual Appeal.

Orlene Dunkley from the NEC office and Andrew Saddler from Leeds organised the event with the help of the NEC Personal Ministries department, led by Pastor Mike Simpson.

One lad in his pushchair came to help his mother get some exercise. Taslyn Taylor completed several laps with walking sticks to collect over £130. Out in the lead from the beginning was Oscar Vicente, from York: not that the event was a race, but it was taken very seriously! Bert Smit and Godwin Benjamin from ADRA-UK were there, giving advice and encouragement.

Several hundred miles further south, the Brighton and Hove church gained permission from the local council to collect funds for ADRA as they conducted a sponsored walk along the beach front, armed with ADRA T-shirts, key rings, leaflets, collection tins and, most importantly, prayer.

BUC NEWS



Pastor Mike Simpson congratulates Taslyn Taylor. Inset: Oscar Vicente from the York church was the first runner home.

Newport visits Hereford

On Sabbath, 19 February, about fifteen members of Newport Church visited the church in Hereford. It was a great opportunity to make new friends and meet old ones.

Hereford Church is growing again – there are now around fifteen members, and all visitors enjoy the fellowship and Sabbath School discussions.

When Newport members visited, Mr Chinkere Chigbo (Newport Church head elder) presented the sermon. All present wished visitation Sabbaths could come more often.

DAVID RANCIĆ



Newport Pathfinders celebrate investiture

Newport Pathfinders Club celebrated its second investiture day recently, with colourful uniforms, an enjoyable programme and a presentation of honours.

Pastor Des Boldeau was pleased by the Pathfinders' achievements, and Mrs Cathy Boldeau contributed to the event with a challenging sermon.

Pastor Boldeau asked the Pathfinders what they enjoyed the most in the club; Eriston made the church laugh, answering that he liked to make different types of fires, but that he still hadn't learned how to do it without a match!

DAVID RANCIĆ

Creating inspiring worship

The second training seminar for pastors took place in the board room at the BUC office on Tuesday 29 March. The topic, 'Creating Inspiring Worship in your Church', was presented by Dr Stephen Currow, principal lecturer in Pastoral Studies at Newbold College. The morning session, entitled 'Towards an Adventist Theology of Worship and its Application in Different Contexts', was well received, and can be viewed online on the *Hope Channel* website. All who attended thought more emphasis was needed on making the worship service more meaningful.

ALAN HODGES, BUC MINISTERIAL ASSOCIATION SECRETARY

DATE: JUNE 15 - 19, 2011
 VENUE: COUNCIL CONSTANCE GERMANY
 WORKSHOPS
 INSPIRATION
 TESTIMONIES
 SPECIAL SPEAKERS
 reach up, out, and across
 John Bradshaw
 Speaker/Director, It is written
 Ted N. C. Wilson
 President, General Conference
 WWW.ASI-EUROPE.ORG
 ASI EUROPE



Mother and daughter make life-changing decision

Nathalie Rachel Carter (mother) and Zanif Nataki Carter (daughter) were baptised in Cardiff on Sabbath 26 March, following a door-to-door campaign in Pontypridd led by André Taylor, visiting from America.

Nathalie had known there was something missing in her life, as she searched the Scriptures daily. The timing of André Taylor's visit was not a coincidence, and she found that interaction made it possible to affirm her decision for Jesus.

THEOPHILUS GOKAH

Louise Hall's baptism

The Sutton in Ashfield church celebrated the baptism of 19-year-old Louise Hall by Pastors Allan Hush (NEC Youth director) and Melvyn Ellis (the local church pastor) on Sabbath 19 February. Church members welcome Louise, and offer their full support.

RUTH BERRIDGE



Southend evangelism



The Personal Ministries council of the Southend church guides the outreach efforts in their local community during March.

FOOT CAMP
 13th to 19th June
 HEALTH

Advertisements printed as supplied

PROGRAMME OUTLINE

- Campers will adopt principles for optimal health, for example Nutrition and exercise.
- Health Educational seminars on Diabetes, Obesity, Hypertension, Coronary Artery and Heart Disease, Arthritis and other Chronic diseases.
- Private counselling and consultations available.
- Early morning walks and devotion.
- Seminars and cooking demonstrations.

Presenters include:

Nyse Collins, Grace Walsh, Sharon Platt-McDonald & more

Cost £55 (Registration fee)

To register please Book ONLINE now at <http://healthbootcamp.eventbrite.com>

Or call Orlene Dunkley at the NEC for help. Deadline 30th May

(You must be booked for camp meeting to join)
 - programme includes daily meals.
 - Places are limited so join early.

Contact:

Orlene Dunkley

Tel: 0115 960 6312
 odunkley@necadventist.org.uk

Mrs Grace Walsh
 Health Ministries, Community, Services & Disability Ministries Director
 North England Conference

Mobile: 07791 230043



Candidates pose with the pastoral team of Ladywood Church and Pastor Robert William, guest speaker at the baptism.

Baptism at Ladywood Birmingham

On 19 March 2011 a packed church witnessed the baptism of three precious souls for God's Kingdom: Debbie Morrison, Jenifer Semper and her daughter Junie Semper, who were presented with gifts of books to nurture their spiritual growth. We rejoice with them as they start their Christian journey and we know that there is greater rejoicing in Heaven.

RUTH IRISH
 LADYWOOD COMMUNICATION

'And There Was War'

The war in Heaven is rarely, if ever, dramatised in theatre, radio or TV: so Jermaine Lee Wong, first elder at Kennington Community Fellowship, wrote and directed the performance, 'And There Was War', which was performed on 25 and 26 March.

The whole cast put on a stellar play: both nights of the performance were completely sold out, and the reaction from the audience was overwhelming. More performances may be in the pipeline; for pictures and information, visit www.kenningtonlife.com or the Kennington Community Fellowship Facebook page.

KWABENA ADJEF-OWUSU



Church president prays for Stanborough students

On Friday 11 March 2011, Pastor Ted N. C. Wilson, president of the Seventh-day Adventist World Church, visited Stanborough School to greet both students and staff members.

Neither a long flight nor a tight schedule for the weekend prevented Pastor Ted Wilson from visiting Stanborough School, almost as soon as he landed in the United Kingdom, accompanied by BUC president,

Pastor Don McFarlane.

Pastor Wilson was warmly welcomed by the headteacher, Roger Murphy, who presented him with a gift and gave him a tour. Pastor Wilson admired the multicultural student body, and highlighted the importance of exchange programmes.

VANESA PIZZUTO



International Women's Day of Prayer

March 5 marked the International Women's Day of Prayer for the Northampton Central church and Harlestone Road – the local community had been well prepared over preceding weeks with flyers and a prayer walk, and women from all over the world brought their prayer requests during services that lasted from 10am to 6pm. So many members helped to make this possible that there wouldn't be space to list them all!

ANASELIA MORRIS AND REISS MOTHERSILLE



Saints go to finals

Stanborough School's senior under-16 basketball team earned a solid 51:23 victory against St Marys' School on Monday 21 March, securing a place in the Hertfordshire Schools County Basketball Final. On Monday 28 March, Stanborough Saints played against St Columba's College at the final in St Albans. Stanborough support was electric, and Pastor McFarlane, BUC president, prayed with the team before the match. Congratulations to all involved in the school sports programme this year, including students, parents and alumni.

VANESA PIZZUTO

Birmingham Fellowship moves

Birmingham Fellowship now meets at Elmwood Church, Hampstead Hill, Handsworth Wood, Birmingham, B20 1BU.

MusicTune
Seventh-day Adventist Church, Camp Hill Birmingham B12 0AP with...
Rudy Micelli
10th June - 7pm sharp
Doors Open 6pm
£3.00 Entry Ticket*

Get yours here at:
www.eventelephant.com/
MusicTune or phone Thando:
07780 331445 or
Ruthlyn: 07707 158425
*Some of the proceeds will be donated to the 2011 Pavilion of Hope campaign, in the West Midlands, Birmingham.

MUSIC-TUNE

obituaries



Evelyn Lindemira Grant (née Richards) (1931-2011)
d. 28 January.

Evelyn came to the UK from Jamaica in the early 1950s. Already engaged to her life-long partner, Zephaniah Grant, she joined him for Bible studies conducted by his co-worker, Aston Lunan. They were baptised at the New Gallery and married the following week at Chiswick Church – much amusement ensued when, defying expectations and popular stereotypes, they arrived at the ceremony on time! Evelyn's story cannot be told without reference to her impeccable timekeeping...

Evelyn was a skilled seamstress and overlocker. She requested the Sabbath off, but her company would not give it, so she left – showing how highly she valued the principle of the Sabbath. However, they missed her so much that one day when she was passing they called her in and reinstated her: with Sabbaths off! This was a time when there were few jobs available that did not involve Sabbath working, so her reinstatement was a sign of how highly she was valued.

As a creative person, Evelyn made

fabulous clothes and cardigans for herself and others, working out her own cable patterns as she went along. She was left-handed, so traditional patterns were impossible for her to follow.

A committed Christian, Evelyn did many acts of kindness, often behind the scenes. She knew her Bible inside-out, and her family have fond memories of her reciting Exodus 20, Psalm 91 and many other Scriptures.

Evelyn and Zeph lived in various parts of London, eventually moving to Watford in 1967, where they attended the Watford church. On their retirement they moved north to Lincoln in 1988, and became much-loved members of the Lincoln church family. Over the years Evelyn faithfully served as deaconess, greeter, and librarian, where her organisational skills came to the fore. Although latterly unable to travel to church, her heart was always there, and she was keenly interested in all that went on in her church family.

A lady of immense character, Evelyn quickly became known to new friends for her time-keeping – woe betide you if you were late! She was almost unique in how seriously she took appointments, and one loving friend commented at her funeral that 'we must never refer to her as "the late Sister Grant"'. Evelyn would have loved that comment, and with her own inimitable wit would have

had a fast and humorous retort.

Stanborough Press Open Day regulars will remember Evelyn as the lady who, with her husband Zeph, sold organic vegetables from his allotment.

The funeral service was taken by Pastor Bryan Webster, Pastor Peter Jeynes and Pastor Jeff Mapiki. As a token of the esteem in which Evelyn was held, there were close to 200 in attendance, many travelling from Watford, London, the Midlands and Jamaica.

Evelyn had lost two sisters and a brother, and is survived by her remaining sister Enid, who described her as 'a sister in a million'. She is also deeply missed by her children (Shirley, Andrew and Martin), their spouses (Amidou and Kerry) and their families, and also many good friends, including her best friend of forty-four years (Marie Blake), Wayne Sutherland and Lily Lawrence.

But most of all she is missed by her dearest friend of all, her husband of fifty-seven years, Zeph, of whom she wrote, 'If I could get all the nice people I know and make one person his name would be Zeph'.

We put all of these sorrowing ones into the hands of our loving Father, who holds Zeph and Evelyn still, although parted by time, to be united for eternity.

ISOBEL WEBSTER



Ronald Hubert Mckenzie (1918-2011)
d. 12 March.

Ronald Hubert Mckenzie was born 27 June, 1918, just five months before the end of World War One. His youth was lived at the slower and steadier pace of that era in the parish of St Elizabeth, Jamaica.

He grew up in a farming family and community, the second oldest of fifteen siblings, and was a role model to them all.

As a colonial, and seeking, like many of his contemporaries, to better his life's prospects, he emigrated to England in 1957. Settling in North London, he soon found work with Pickfords, the removal

company, where he faithfully worked for twenty-six years.

He was a keen gardener and took great pride and joy in the vegetable harvests at his allotments – right up to the age of 91! With a touch of friendly rivalry with his allotment neighbours, he would flash beaming smiles over his annual bountiful harvests.

Introduced to the Gospel message by Avis Harris of the Tottenham church, he received Bible studies from N. F. Riley and wholeheartedly embraced the Good News, being baptised on 5 May, 1984.

He faithfully served as a deacon, with the special duty to count and record the offerings. He was also a key-holder, renowned for being there early to open the church on Sabbath mornings and for prayer meetings. Along with all this he joyously served for many years as the church's janitor for the upper Sanctuary.

Both in his local church and beyond, Ronald Mckenzie achieved the accolade of 'champion ingatherer'. His annual ingathering tins were always full and one year he collected the goodly sum of £1,100. He truly lived out his slogan, 'nothing but the best'.

Ronald Mckenzie was a kind-hearted, compassionate and noble man with a bearing of grace and dignity. He remained a devoted family man, but most of all he had a passion for the Lord and his Kingdom.

After a bout of illness, he died on 12 March, 2011, surrounded by both his immediate and his church family.

On the morning of Tuesday 29 March, 2011, the coffin of Ronald Mckenzie was slowly drawn on a two-horse carriage, resplendent in the spring sunshine and surrounded by spring blossoms, to the church where he so lovingly served. There a thanksgiving service, attended by more than 250 people, was held in the beautifully adorned lower Sanctuary of the church.

He is survived by six children, fourteen grandchildren and four great-grandchildren.

'Be thou faithful unto death and I will give you the crown of life' would be a fitting epitaph for him.

DOREEN L FRAY
COMMUNICATIONS DEPARTMENT

CANVASSING FOR JESUS

8 weeks of outreach in the Kings Heath area of Birmingham
Training & Support provided.

JUNE-JULY 2011

6 places available

FOR MORE INFO OR TO REGISTER YOUR INTEREST
PLEASE CONTACT: Pastor Curtis Murphy on 01476 591700, or via email: cmurphy@adventist.org.uk; or Pastor Peter Sayers by phone: 01455 612232, email: phsayers@btinternet.com.

Put together by Harbury Seventh-day Adventist Church
Bringing vitality to our community

FUNDAY & HEALTH EXPO

ON STREATHAM COMMON - SUNDAY JUNE 5TH 2011, 10AM - 4PM

FREE ENTRY

- Free literature
- Sports and games
- Gospel music
- Fruit juicing demo
- Healthy refreshments on sale
- Seven different inflatable/bouncy castles*
- *£5 for all-day wristband

- Blood pressure test
- Harvard step test
- Biological age test
- Hydrotherapy demo
- Lung-strengthening exercises
- Anti-stress chair massage sessions
- Calculate your body mass index (BMI)

- Health talks:
Look Younger, Live Longer
Times: 1pm and 3pm
- Sponsored by
Norbury Seventh-day Adventist Church

back page

Special needs camp sparks romance!

On 28 November 2010 Natalie Redman and Ian Wilson were married at St Mary's Church, Hook with Warsash.

The vicar, the Rev Andy Norris, led them through the vows, but the rest of the service was conducted by Seventh-day Adventists.

This romance sparked into life while the bride and groom were helping at a special needs camp at Aberdaron. Ian is now a qualified carer in health and social care, and Natalie is qualified as a nursery nurse.

WENDY BRADLEY, WINCHESTER CHURCH



NHS Blood Services partner Adventists

By Sharon Platt-McDonald
BUC director of Health Ministries and Disability Awareness



'I find working with the Seventh-day Adventist Church so inspiring. I cannot think of another group who would embrace complicated health issues with such enormous generosity of spirit on a Saturday night. Truly you are an example to us all – it just shows

what amazing things people can, and will, do when they have a common cause and a strong community. David Cameron need look no further for his Big Society model . . . it is a pleasure and a privilege to work with you.' Liz Aram, Communications specialist, NHS Sickle Cell and Thalassaemia Screening Programme.

Liz Aram made this positive comment during her visit to the Balham church for the launch of the pilot project to raise awareness about blood disorders. This initiative also seeks to highlight the need to increase the number of donors from BME* communities where there is a huge deficit of 'community matched' blood. This means that in an emergency it is often hard to find a good blood match for rare blood

Vacancy: Administrative secretary

An exciting and demanding role requiring good secretarial skills, office experience and commitment to the Church's mission. The successful applicant will be well organised, flexible, able to work under pressure and handle confidential material.

Responsibilities include routine secretarial/data-entry tasks associated with the work of the BUC secretariat, and the preparation of reports and workshop/seminar materials requiring competency in the Microsoft Office suite of software applications. Regular denominational employment policies apply. Salary: £20-22.9k.

Closing date for applications: 30 May, 2011.

For a job description and application form, write to: Eric Lowe, Executive Secretary, British Union Conference of Seventh-day Adventists, Stanborough Park, Watford, Herts, WD25 9JZ. Email: elowe@adventist.org.uk.

groups in certain cultural groups. With this in mind, the majority groups among our members can play an important role in saving lives by donating blood.

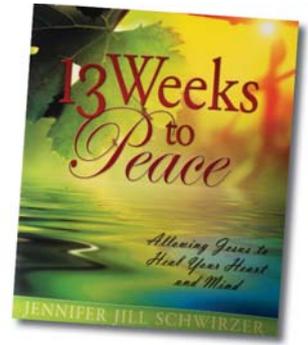
For this reason the Health Ministries department of the BUC has worked closely with the NHS Blood and Transplant Services and the NHS Sickle Cell and Thalassaemia Screening Programme since 2010. This culminated in a health awareness pilot project at the Balham church.

As part of this project, members were led through a discussion exploring factors that may affect their beliefs about blood donation, such as ethics, faith, culture and other social determinants. The information gathered from the discussion groups and questionnaires will help to inform the future development of the project.

The plan is that, following this pilot programme, we will train health leaders in all our churches to promote this important matter.

The NHS Blood and Transplant Services will be attending our camp meeting this year with their mobile blood unit on World Blood Donor Day, 14 June. We look forward to seeing many of you there to donate blood. If you would like more information about these projects please contact Sharon Platt-McDonald on 01923 672251.

*Black and minority ethnic communities



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Sunset

Sunset times are reproduced with permission from data supplied by HM Nautical Almanac Office.

	Lond	Card	Nott	Edin	Belf
May 27	9.02	9.14	9.14	9.39	9.42
Jun 3	9.10	9.22	9.22	9.49	9.51
10	9.16	9.29	9.29	9.57	9.58
17	9.20	9.33	9.33	10.02	10.02

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