

Messenger

News to the churches • 22 June 2012 • Volume 117 • 13

Please Jesus, don't come back on a Sabbath morning ...

by Julian Hibbert, *MESSENGER* editor

Some time ago I drove 100 miles to preach in a large Adventist church. We checked the mileage and route beforehand, calculated the time required to get there, and left on schedule.

The trip was uneventful and we arrived with time to spare, parked next to the only other car in the spacious parking lot, and entered the impressive building well before the start of Sabbath School.

There were a few people in the foyer and they welcomed us warmly.

One hundred and ninety-four vacant seats . . .

We then slipped quietly through some large doors and took our places in the impressive 200-seat* sanctuary. But – when the superintendent welcomed us a few minutes later – 194 of those seats were still vacant!

Nothing could hide *his* embarrassment – and I can't help wondering how Jesus must have felt.

Oh, don't get me wrong. Throughout the Sabbath School people kept arriving, even during the lesson study. They came in ones, in twos, even in noisy family groups – irritatingly announced by the incessant opening and closing of those large sanctuary doors.

Where are the others?

The theme and lesson were about soul-winning, and the superintendent boldly asked this question in closing: *'What can we do to make our church more appealing to the unchurched – to visitors?'*

His words were scarcely cold, when someone blurted out: *'Be on time for Sabbath School!'*

This was grist for his mill, and he bounced back with this anecdote.

'Some time ago I invited a work colleague to this church for a special programme. He agreed to come and, true to his word, was here on time for Sabbath School. But we weren't! Just like this morning, there were hardly any of us here when things started.'

'Do you know what his comment to me was: "If this programme is so important, where are the others?" He hasn't been back!'

Now readers, that is the fundamental question: *'If this programme is so important, **where are the others?**'*

I don't know where they are . . . or why they are so 'faithfully late'. But Jesus does, and I hope He won't make the 'mistake' of coming back on a Sabbath morning!

*One of the senior members gave me the seat estimate and I believe he was right.



I still want your photography

Please keep sending in your photos for *Megapixels of creation*. I want your high-quality, high-resolution pictures of nature – landscapes, wildlife, close-ups – such as this lovely flower taken by Dona George.

If you enjoy photography and would like the possibility of your pictures being published, send them in to me at: dbell@stanboroughpress.org.uk.

Just remember to keep them 'hi-res'. Happy snapping!

DAVID BELL, MESSENGER DESIGNER

Megapixels of creation

Go to: <http://adventistwebministries-org-uk.adventist.eu/megapixels>

Enhancing Health

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

Golden eight — part 7

Water

Known as the 'elixir of life', water has for centuries been hailed for its therapeutic properties.

Advocating the beneficial use of water, E. G. White states: 'In health and in sickness, pure water is one of heaven's choicest blessings. Its proper use promotes health. It is the beverage which God provided to quench the thirst of animals and man. Drunk freely, it helps to supply the necessities of the system and assists nature to resist disease.' E. G. White, *The Ministry of Healing*, p 237.

In his book *Hydro-Hygiene: The Science of Curing by Water*, Dr R. Lincoln Graham, MD espouses the beneficial elements of water. Commenting on the general trend to underestimate its value he states: 'If the medical profession is ever called upon to answer in a high court for its sins of omission, one of the first questions it will have to meet will be, "Why have you, for almost twenty centuries, neglected to use water as a therapeutic agent?"'

Active in the area of health outreach, Millie Williams, a Health

Ministries leader, decided to put a 'water challenge' to the members of Chiswick Church. The task: to cut out all fizzy drinks and box drinks and replace those beverages with water for one month. Participants were to have no less than eight 8oz glasses of water per day, or the equivalent of 1.5 litres. The option of some freshly squeezed fruit juices (for those who found the sole use of water difficult) was allowed.

At the end of four weeks an evaluation was undertaken to ascertain the impact of the water challenge. The results were remarkable. Of the participants who took part, the following outcomes were reported:

- Improved concentration
- Constipation replaced with freer bowel movements
- Alleviated headaches
- Lower back pain disappeared
- Cleared skin problems (even blemishes that had not previously improved with medicated creams)
- Enhanced sleep as quality improved and quantity increased
- Weight loss (where previously individuals were unable to shift excess weight).

Individually, our requirements for water may differ according to our body weight, ambient temperature, dietary practice and exercise, as well as age and gender.

In the next few issues, we will address some of the common debates around water usage in relation to quantity, water types – their benefits and risks – and a detailed look at the therapeutic use of water.

Good health!



editorial



Julian Hibbert
Editor

Rachel weeps . . .

On Friday 25 May, at around 1pm local time, Syrian soldiers opened fire on a protest in the village of Taldou, Homs Province. The midday Islamic prayers were scarcely over when the shooting and shelling began.

When UN observers reached the scene some hours later they 'confirmed that at least 108 people were killed, including 49 children and 34 women. Some were killed by shell fire, but the majority' had been 'shot or stabbed at close range.'^{1,2}

I first picked up the report on Sky News – but it was what I saw online that tore my heart out. All life is sacred. Each death is a tragedy. But the callous slaughter of forty-nine innocent children, mostly below the age of 10, is utterly repugnant!

She lost ten . . .

One of the Taldou mourners was an old woman who lost 'three grandsons, three granddaughters, [a] sister-in-law, daughter, daughter-in-law and cousin' in the space of three blood-soaked minutes.³

What memories will haunt her sunset years? Can you quantify the emotional impact of that loss? I can't! But somehow I hear the echo of her tortured cries, as she knelt among them searching vainly for a flicker of life.

And perhaps this is what the prophet heard too . . . before he wrote: 'This is what the LORD says: "A voice is heard in Ramah, mourning and great weeping, Rachel weeping for her children and refusing to be comforted, because her children are no more."' (Jeremiah 31:15, 16, NIV 1984.)

Matthew applied this prophecy to Herod's slaughter of innocent boys in Bethlehem: 'When Herod realized that he had been outwitted by the Magi, he was furious, and he gave orders to kill all the boys in Bethlehem and its vicinity who were two years old and under, in accordance with the time he had learned from the Magi.' (Matthew 2:16, 17, NIV 1984.)

But it could just as easily be applied to

countless other cruel events that have mimicked its savagery since then – including those in Syria today!

Rachel still weeps . . .

She weeps from Syria's hillsides; her wailing wafts across the deserts of Dafur; her stooped shoulders shake as she listens to Anders Behring Breivik in an Oslo court; and she sobs while Duwayne (13), Jade (10), John (9), Jack (7), Jesse (6) and Jayden (5) are carried to a Derby coroner's van. Rachel has a thousand tear-stained faces – and lives in many sad and ghastly places.

Children don't only 'die' by the blade or the bullet. Rachel also weeps for the millions who 'suffer to live' – those who lose their lives **incrementally**, bit by bit, having it stolen by parental neglect or blatant abuse.

What is neglect?

According to the National Society for the Prevention of Cruelty to Children (NSPCC) this is the definition: 'Neglect is the persistent failure to meet a child's basic physical and/or psychological needs, likely to result in the serious impairment of the child's health or development.'⁴

The latest statistics from the same source (April 2012), indicate that neglect 'is the most common reason for a child to be the subject of a child protection plan or on a child protection register in the UK.'⁵ But those stats become something for Rachel to weep about when you translate them into faces: 'Almost one in 10 young adults (9%) had been severely neglected by parents or guardians during childhood.'⁶

Almost one in ten!

Never mind the politicians, the civil servants, the bankers or Rupert Murdoch – leave them alone for a bit. We should chastise ourselves for *this* national disgrace!

Yes, I can guess what a few of our readers will say: 'Mr Editor, it's the people of "the world" who made those statistics. Not us!'

Well, to anyone who thinks like that, let me say that I have worn the cloth long enough to know that some 'saints' practise what they would never openly preach! Abuse is also a problem within our Church.

So, while Rachel weeps, what can we do to change things? These are my simple suggestions, given humbly, because I have notched up a few failures too:

Pray this prayer daily, as often as required: 'Lord, please forgive my past parenting failures, and help me become the most positive parent I possibly can.' None of us are 'born' parents – we become parents by trial and error. Many of us also need to 'unlearn' the parenting failures of our own parents, including things that may have caused us great distress.

Recognise each of our children as a unique, living masterpiece that God wants to paint – with our help. Our chores include protecting the canvas, mixing rich and vibrant hues for His palette, and keeping all His brushes clean. He does the rest.

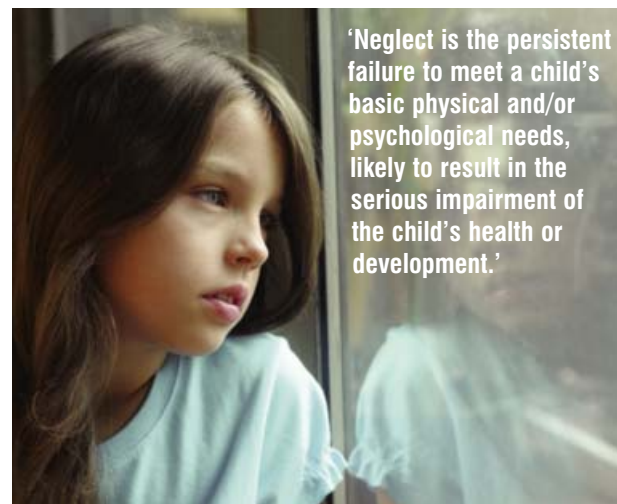
Try to give each child a daily preview of his or her portrait. Let them see their emerging beauty and help them visualise the unique quality of their finished product – especially on those days when they feel fragile or frightened by life.

Let them sense your growing pride in what they are becoming . . . never forgetting that they are God's work in progress . . . and as prone to sad and silly failures as we are. Celebrate them in ways to affirm their egos, but not inflate them.

There is much still to be said about this vital subject – but this is an editorial, not a book!

Rachel still weeps, but . . .

But she never weeps alone . . . the cumulative pain of her sadness, amplified by His capacity to feel it as only He can, means that Rachel never weeps alone. God sobs with her!



¹<http://www.bbc.co.uk/news/world-middle-east-18255521>. ²<http://www.bbc.co.uk/news/world-middle-east-18233934>. ³*Ibid.* ⁴http://www.nspcc.org.uk/Inform/resourcesforprofessionals/neglect_home_wda78444.html. ⁵*Ibid.* ⁶http://www.nspcc.org.uk/Inform/resourcesforprofessionals/neglect_statistics-wda79590.html.

devotional



Come to the fair

by Anita Marshall

Many years ago, October was always the month that lit up my sky at night. Why? Because of Hull Fair.*

Growing up, I used to love the fair, which was never known simply as 'the fair', but always Hull Fair, as if it were our own exclusive fair. Until I was ten or eleven years old, I just accepted that it appeared magically in the second week of October, spread itself over the 14-acre fairground, completely filled the longest street in Hull, and then vanished a week later as quickly as it had

come. It never occurred to me to wonder what those magical people did for the other 51 weeks of the year! I was simply fascinated by it.

Why *are* we fascinated by fairs? Maybe you don't bother with such things today, but as a child I loved the fair. In those far-off days we usually went without holidays, but to go without a visit to the fair was unthinkable!

Was it the sheer abandon of being whizzed, whipped, or whistled through the air at a

mighty rate of knots on one of those fabulous rides; screaming your head off – half out of delight, half from real, naked fear?

Was it the surrealistic food? Cockles and mussels (you didn't get those at home! And no, I wasn't an Adventist then.) Was it the pink, green or yellow candyfloss; hotdogs with lashings of onions; doughnuts soft and straight from the sugar bowl; coconuts and brandysnap?

Was it the doll you lovingly carried home, all tricked out in a mass of white net and sparkly bits? Or was it the thrill of winning for a change – even if the prize was only a half-dead goldfish that might not survive the journey home on the bus? I've come to the conclusion it was all of these things.

It was being out at night – safe among so many other people enjoying themselves. When I was a kid we hardly ever saw anyone misbehaving at the fair. The worst thing I can remember was the over-enthusiasm of eight young people trying to get into a Waltzer designed to hold five, but I dare

say there were worse sights later in the evening.

What was this fascination we had for the fair?

Was it all those bright lights? The freedom to make as much noise as you liked because you were surrounded by noise? The thought that you might see something you'd never seen before?

At Hull Fair several of those fourteen acres were covered with booths bearing banners proclaiming that within was the smallest women (two-and-a-half feet tall, perfectly formed, and by coincidence called Anita), the Snake Man, the Rat Woman, the five-legged sheep. My Mum and I once spent a considerable time admiring a glass-cased, eight-foot tall, *two-headed* giant (not alive!), and even if he wasn't real, they deserved all the threepenny bits they took!

Or was it **seeing the unusual**, the bizarre, even? And not, for once, turning away embarrassed, because you expected the unusual, the bizarre, at the fair. In fact you felt let down if you didn't see it!

Was it simply 'letting go'?

Why *are* we fascinated by fairs? Maybe you don't bother with such things today, but as a child I loved the fair. In those far-off days we usually went without holidays, but to go without a visit to the fair was unthinkable!

That was my biggest thrill at the fair. Being taken off terra firma and shooting through the dark but dazzling night air. Feeling it cold on your hot cheeks (hot from the last breathtaking ride), and then sucking in great gasps of it when you felt really sick on your return to earth. And when you'd recovered a little, staggering on to your next extra-terrestrial experience!

Something different. Something wonderful. Something magical. Something *for a change*.

The sense of fun, of adventure, was placed in us by a God who is not afraid of fun, of laughter, of sheer joy. And, let's face it, it isn't until we learn to 'let go and let God' that we really begin to enjoy the fun, the adventure, the wonder, the absolute difference of life as Christians.

Because he *has* made it fun. He *has* made it different. He *has* made it desirable. And he's made it everlastingly exciting!

The *darkness* – lit not by neons but by his presence – is a friendlier, safer darkness than most people know.

The *food* – healthier than hotdogs, though not as bright as candyfloss – keeps us fit to enjoy the fun of the Christian life.

The *movement* – the Great Advent Movement, that is, though maybe not quite as exciting as whizzing through the air at great speed – at least keeps us on His way.

And, ultimately, one day we'll experience a *real* extra-terrestrial tug as Jesus draws us through the air to be at his side. And then the meteoric rides we knew as children will fade with that earthly neon-lit fairground, and we'll be on our way to a God-lit heaven, and experiences more dazzling and wonderful than we could ever imagine.

I shall always be thankful that someone said to me as a child, 'Come to the fair', because it gave me a taste for experiencing the excitement of the unusual, a momentary but magical loss of self-consciousness, a sense of wonder.

And I shall always be glad someone said to me as an adult, 'Come to the Fairest'; because from the moment I did, I've had the wonder of enjoying His often surrealistic creations; I've felt the safety in letting go and letting God; and there has been growing within me the marvellous, exciting anticipation of a *real* space-ride with my Saviour, and

inbox

Bible ARME camp

Dear Editor

What an extravaganza the Bible ARME [Adventist Revival Movement for the Endtime] camp was. Organised by the NEC Youth department and the Sabbath School & Children's department, it was a great combination for youth and families to attend. The messages by the ARME camp team were new, refreshing and powerful, and showed us a new vibrant way to study our Bibles.

We were a bit sceptical about the United Prayer Room, but gave it a try. It certainly changed our perspective on coming together to pray with, and for, each other, and we were personally greatly blessed. We believe the prayer room opened the way for people to come and give their testimonies on the final night, especially the youth. These young people poured their hearts out about the struggles in their lives, and how the United Prayer Room had helped and healed them.

We also take our hats off to the young people who worked so hard over the five days of the camp. They and others provided tasty vegan food in the kitchens for nearly 600 people with cheerful smiles and lots of sweat on their brow. Give the young people in our church something to do and they will do it well.

Thank you to all the people who worked so hard to make this a memorable event, may we have more like it.

JACK & JOY RAYNE, MINISTRY HELPS

HUNT FOR THE 'TREACLE' BIBLE

The Great Bible, published in 1539, translates 'balm' in Jeremiah 8:22 as 'treacle'. Did some kind person lend a copy of this publication to the Newbold College Library? If so, he or she is requested to kindly contact Mrs Linda Baidam, the assistant librarian.

a deep longing for the brighter lights of Heaven.

* Hull Fair began in 1299, though it was a horse and cattle fair then. The second largest in the country, Nottingham Goose Fair, is a relative newcomer, beginning in 1542.

the Berean column

with Andrew Puckering



Trials and tribulations

Numbers crop up throughout the Bible – the seventh day of the week, the Sabbath (Genesis 2:1-3; Exodus 20:8-11; Deuteronomy 5:12-15); the 144,000 (Revelation 7:4-8; 14:1-5); and the feeding of the 5,000 with five loaves and two fish (Matthew 14:13-21; Mark 6:30-44). Jesus often used such occasions to teach His disciples, identifying the events by their numbers (Mark 8:11-21). One of the most intriguing numbers of the Bible, though, has to be 1,260.

Assuming that the phrase 'a time and times and half a time' means three and a half prophetic years, and that the Hebrew prophetic year had 360 days made up of twelve thirty-day months, then the phrases 'a time, times and half a time', 'forty-two months' and '1,260 days' are all equivalent. In that case, we first come across the 1,260-day period in Daniel 7, in the context of Daniel's dream of four beasts coming out of the sea (Daniel 7:1-8). These represented four successive kingdoms (Daniel 7:17), the last of which, strong as iron, was different from all that were before it – and out of it grew the power that would persecute God's people for 'a time and times and half a time' (Daniel 7:25, NKJV). A power that is later referred to as the 'abomination of desolation' (Daniel 12:11, NKJV).

Jesus then mentions the presence of the 'abomination of desolation' in the Gospels, and links it with the 'great tribulation, such as has not been since the beginning of the world until this time, no, nor ever shall be' (Matthew 24:15, 21, NKJV; Mark 13:14, 19). Luke expands on this a bit further in a parallel passage, giving the interpretation that Jerusalem would be surrounded by armies (Luke 21:20-24). Daniel's prophecy can only have been partially fulfilled when this event occurred, however, because John (writing after Jerusalem fell) wrote of a 1,260-day period of persecution as if it were still in the future – saying that the Gentiles would 'tread the holy city underfoot for forty-two months' (Revelation 13:3-7). It's reasonable to assume that these passages of Scripture, since they all last for the same timescale, all refer to the same period in history – a period of religious persecution which, given the 'day-year principle' of interpreting biblical prophecy (Ezekiel 4:5, 6), lasts in history for 1,260 years.

The important thing to remember, though, is that this persecution doesn't last forever. Jesus says that it's 'immediately' followed by celestial signs in the heavens, and then, eventually, by the return of Christ to take His people home (Matthew 24:29-31, NKJV). No matter how dire or long-lasting the persecution, Jesus will come – and He will put things right for good.

- What are the kingdoms represented in Daniel 7?
- Which of the kingdoms are named explicitly? (Daniel 8)
- Which world power does the persecuting in these prophecies?
- Which beast's deadly wound was healed? (Revelation 13)
- Is the 1,260-day period the only persecution Christians will face?

I restrict myself in this column to purely Scriptural evidence, so I haven't given too many details of the historical fulfilment of these prophecies: but it is a very exciting topic! Find out more with the Seventh-day Adventist Bible Commentary.



We need heroes

by Julian Hibbert, *MESSENGER* editor

Her life went pear-shaped on May 6, 2007, during the Osberton horse trials in Nottinghamshire. It happened on 'a course she had completed countless times' before, and on her own horse.¹

The weather was mild and the course conditions good, but as she rode her thoroughbred, Roland, through a patch of woodland his shoulder 'clipped a tree, sending Claire crashing to the ground, breaking her neck, back, ribs and puncturing a lung.'²

Claire Lomas was now a paraplegic

This young chiropractor from Melton Mowbray, Leicestershire – a four-star equestrian 'eventer' – was instantly doomed to life in a wheelchair.

Despite the best efforts of the staff at the Queen's Medical Centre in Nottingham and the spinal unit at the Northern General Hospital in Sheffield, the medical verdict was clear: 'it was unlikely she would ever walk again.'³

Claire's response was equally clear: 'They don't know who they're dealing with.'⁴

They didn't!

According to Claire: 'There were days at a time without any physio, and they refused to do any work on my legs, telling me, "They are no use to you now."⁵

So, with a display of what reporter Sadie Nicholas described as a mix of 'resilience and sheer bloody-mindedness', and against the advice of the consultant, she discharged herself after just two months of what was expected to be a six-month stay!⁶

Claire wanted to keep her legs as strong and mobile as possible – she was not about to abandon hope. Claire wanted to walk again!

Then, in 2008, at a time when she needed love and support, her

boyfriend of three years failed to give it. They separated and she 'was incredibly hurt', and her confidence 'was on the floor.'⁷

Put yourself in her wheelchair

What would I have done at this point, were I in Claire's wheelchair? How would my courage have stood up? Would my fighting spirit have faded in the face of such adversity?

What is it like to be totally dependent on others, even for life's simplest activities? Basic bodily functions, personal hygiene, nourishment, exercise, turning over in bed, or getting out of bed, dressing and undressing, drawing back the curtains . . . just to let the sun shine in – to need help for all this, and more – for the rest of your life. Unimaginable!

You can't visit friends easily – and they tire of visiting you. Your life partner no longer finds the relationship 'fulfilling' – wants to be your 'lover' not your 'carer'! That's when the numbness in your legs spreads quickly to your heart.

You find yourself thinking about those things you'll never do, never ever.

A reluctant hostage

But Claire Lomas is no wheelchair hostage. Like so many who live with disabilities, Claire strives to overcome hers.

Since her accident she has acquired a new skill (and career) as a jewellery designer, met and married the man of her dreams, given birth to a beautiful daughter and even tried her hand at snow skiing – on a specially adapted apparatus.

Were these to be her only achievements, however, we would probably not have heard of her again. But Claire was determined to walk again!

Enter ReWalk

ReWalk, is an Israeli-designed



8 May 2012, Claire Lomas, supported by her husband Dan Claire Lomas, completed the Virgin London Marathon after 16 days, with the aid of a 'bionic suit', raising money for her charity, 'Spinal Research'.

and made 'bionic suit' costing around £43,000, which 'enables people with lower-limb paralysis to stand, walk and climb stairs through motion sensors and an onboard computer system.'⁸

When she heard of this apparatus, Claire ordered one and set herself the goal of walking the London Marathon in it – all 26.2 miles of it – in a valiant effort to raise money for Spinal Research, a British charity, seeking to find new treatments for those with 'catastrophic' spinal injuries.⁹

Now lest we underestimate the task involved, bear the following in mind. The suit is made largely from aluminium, weighing 20 kg. It supports the body from the waist down, but does not stop the wearer from falling – neither does it dispense with the need for crutches.

In fact, when you think of the coordination, concentration and sheer determination required to use the ReWalk suit, you can only admire her. Listen to this description: 'A control module at the wrist has five modes – sit to stand, stand to sit, walk, climb and descend. Once the mode is

selected, the module beeps to give a three-second warning before the exo-skeleton moves using four motors – two at the knees and two at the hips.'¹⁰

Here is her explanation of the experience: 'It's so hard to use as it's all about balance and trusting your feet even though I can't feel them, . . . Lean too far back and you fall over, too far forward and your arms are in agony from taking the weight.'¹¹

Four months later

Four months later, on April 22 – not yet having walked more than a mile a day in her suit – Claire Lomas joined 36,000 other participants at the start of the London Marathon. For the others the race was finished that day – for her it took 15 more gruelling days before she crossed the line!

What is there to say in the face of such courage and determination? Words fail us – respectful silence seems the best response!

We are the winners!

Claire's feat raised a large sum of money for her charity of choice,

'won' her the donated medals of 14 other participants [she was not eligible for one because she couldn't finish the course within 24 hours], earned her the annual Virgin endurance trophy and a place in our hearts.'¹²

But we are really the winners here. Claire has given us far more than she received. Like all who live heroically, she models the triumph of courage and determination over adversity. She inspires us to aspire – to forsake the swamps of inability, disability and complacency – and live a bit closer to our potential.

Humanity needs heroes

Humanity needs heroes and heroines – and there is no better place for a Christian to find his or hers than in the Bible.

It is through our heroes (and heroines) that we preserve our religious value system. They keep alive the core of our faith through their dramatic stories.

This is why we have chosen to run a new *MESSENGER* series entitled 'Our heroes', the first of which will appear soon. I am not going to write every one. I am inviting our readers to submit their carefully-written contributions for possible publication as part of the series. The standard will be high and there are some rules to adhere to, but we know that some of you have the talent for this and we look forward to hearing from you soon.

¹<http://www.dailymail.co.uk/news/article-2143641/The-REAL-reason-marathon-woman-deserves-medal-Let-ex-needed-happiness-husband.html#ixzz1v2hJyUTJ>.
²<http://www.guardian.co.uk/sport/2012/may/08/paralysed-claire-lomas-london-marathon>.
³<http://www.futurede.com/a-real-bionic-woman-for-a-lot-less-than-6-million/>.
⁴<http://www.dailymail.co.uk/news/article-2143641/The-REAL-reason-marathon-woman-deserves-medal-Let-ex-needed-happiness-husband.html#ixzz1v2hJyUTJ>.
⁵<http://www.itv.com/news/2012-05-08/bionic-woman-completes-london-marathon/>.

The rules . . .

- You may write about any Biblical character in the style of your choice.
- The article may not exceed 1,600 words – preferably shorter.
- Avoid the excessive use of quotations – this includes the Bible and the writings of Ellen White.
- We welcome the use of 'sanctified' imagination but make sure that your basic facts are accurate.
- The article must demonstrate why the character of your choice is actually a hero.
- The editor is under no obligation to defend his rejection of a submission, but if he feels that the piece has potential, he may offer some suggestions for a redraft.
- The *MESSENGER* does not pay for any articles.

Facts, food and fun at BUC nutrition conference

by Sharon Platt-McDonald

BUC director for Health, Women Ministries and Disability Awareness

'Health reform becomes health deform when it is carried to extremes,' quoted Professor Craig as he read from E. G. White's guidance to avoid extremes in her book, *Counsels on Diets and Foods*. With these introductory words of wisdom, delegates were guided on how best to minister in the area of health and nutrition in a balanced and Christ-like approach.

Professor Winston Craig was the keynote presenter at the second BUC nutrition conference, held 20 May, at the Stanborough Centre.

He is professor of Nutrition and Dietetics at Andrews University in Berrien Springs, Michigan, and is hailed as a world expert in the therapeutic and nutritive value of herbs and spices. His expertise in other areas, such as the protective elements of phytochemicals, soy nutrition, the risks and benefits of a vegetarian or vegan diet, and how to avoid health scams was also a great benefit to those in attendance. It is hoped that his visit has put to rest some of the 'hot potato' issues and controversial debates around food.

Angelette Muller, nutrition consultant and director for CREATE School of Food and Health, presented the food demonstration segments. This was a fun, interactive and informative session where participants prepared food items and the eager attendees had the privilege of tasting them.

Knowing that the lunch at the nutrition conference would be closely scrutinised, the catering team excelled themselves both with the presentation, the menu and the ambience they created in the dining hall.

Scientific research, fabulous food and interactive demonstrations were the highlights of the day as Health Ministries leaders, health professionals and health enthusiasts who came from across the



British Isles were equipped to better serve in the churches and communities. The missions – Scotland, Ireland and Wales – were well-represented, as were attendees from the North and South of England, and satisfied delegates were vocal in their appreciation of the conference.

Comments such as 'an outstanding event', 'excellent', 'better than I expected', were voiced by a number of attendees, and the glowing evaluation sheet echoed those sentiments.

Included in the conference were a range of books by Professor Craig and resources from the BUC Health Ministries department. Some of these resources are still available and interested parties should contact the Health Ministries department at the BUC.

As a next step the Health Ministries will be progressing with its nutrition strategy and convening the courses from the CREATE School of Food and Health. It will also be developing the community cooking hubs, which will give individuals a chance to learn the skills Angelette Muller highlighted during the food demonstration segment of the conference.

For more information on nutrition resources and establishing a community cooking hub in your area, please contact the Health Ministries department at the BUC on 01923 672251.





Catching the moment

by Victor Hulbert, BUC Communications director, shares his views on making church attendance positive

It's kind of fun to beat the professionals at their own game. Despite those heavy rains back in April I still did the obligatory Sunday morning dog walk. Rounding a corner of our local park I noticed that the course for the Bracknell Half-Marathon now ran straight through the middle of what, overnight, had become a flooded road. Nipping back to the house, I grabbed my camera and returned in time to see hundreds of runners being diverted through a car-park, up a muddy bank, then back onto the route. I captured the moment.

Minutes later I met the official race photographer. He was on the other side of the park taking routine snaps of the runners. I mentioned to him that I had some good shots of the flood detour. He clearly was not interested. I couldn't blame him. After all, who was this stranger with a Nikon D300 slung around his neck. 'Send it in to the local press,' he told me.

And so I did – with a result. The main BBC regional news bulletin at 6.15 pm told the story of weather mayhem across the south of England – and the only

mention of the Bracknell Half-Marathon came along with my photo of the race steward diverting the runners. I had captured the moment and the spirit of the race. The official photographer had missed it.

With the multiplication of phone cameras, that is now often the case. The amateur gets the shot because they are there at the right time in the right place. And if that is important for journalism it is just as important in church!

How do you capture the moment? I visited a church in the East Midlands recently. A joyful lady, bedecked in jewellery, sat near the back and clearly felt at home. 'Ah,' she told me, 'one of the members invited me to help wash pans for the soup kitchen. They were so friendly and welcoming that I haven't stopped coming since.' Those members had caught the moment. They opened their hearts at the right time and place.

Contrast that with another church I visited. When I entered there was no one in the foyer and no sign pointing to where Sabbath School was happening. Apart from the open door the

church appeared deserted and derelict. I looked for 'the facilities' and discovered that the men's room had no toilet seat, no soap and no hand towel. If I hadn't been the preacher I would have left. They had missed the moment.

When I visit a church I look at it with 'outsider's eyes'. Does it look warm and inviting from the outside? Does the notice board tell me anything? Do I get a genuine welcome on the inside? Can I understand what is going on in the worship service? Is the language free of 'Adventist jargon'? Do members 'catch the moment' so that I can't help but want to come back the next week?

I met Jason in Stratford church. He interrupted my sermon. 'I have to tell my testimony,' he said. Jason shared that he had been searching for God. He had had serious questions and chose to write an email to four Sabbath-keeping churches, only one of them Adventist. Of the four, only one responded. Today he is having Bible studies prior to baptism. Someone captured the moment.

A student from New York came up to me at a service where I had commended the congregation on how warm and welcoming they were. 'That may be true for you,' he said. 'You are a pastor.' He then told me that the first time he visited that particular church nobody had spoken to him at all – for the whole morning. The following Sabbath he tried again. Nobody spoke to him and so he decided to walk out of church. Enough was enough. Thankfully, somebody noticed and chased him down the street. They caught the moment – and saved a lonely New-Yorker from dropping out of

Nobody spoke to him and so he decided to walk out of church. Enough was enough. Thankfully, somebody noticed and chased him down the street. They caught the moment – and saved a lonely New-Yorker from dropping out of church.

church. How sad for the 200 other members who missed that moment. A lady in my own home church, another large congregation, makes a point of going and talking to someone she doesn't know every week. She not only captures the moment. She seeks it out.

Those who 'catch the moment' are really living out the thought that Ellen White shares, 'The strongest argument in favour of the gospel is a loving and lovable Christian.' (*Ministry of Healing*, p. 470.)

What makes church a positive experience? For another lady from the East Midlands, it is

that the church she saw on the internet looked interested in community. She checked it out on-line. It seemed safe and she had a spiritual need. She walked in the door and was immediately made welcome. Straight off the street she hasn't missed a Sabbath. The strength of the church for her was that what was advertised on the outside actually happened inside. This is a church community that also publishes a quarterly newsletter that it shares with the 700 homes surrounding the church.

Can this happen in your congregation? It can take effort but the answer is undoubtedly

yes! A number of churches have recently engaged, as church families, in a local church communication audit. It is a very simple document that helps you look at your church through a stranger's eyes. What are your strengths? Where can you improve? What can you do to be more visible in the community? It may be simple, but it does work.¹

Catching the moment is an all-inclusive activity – the juniors in the Torquay church that approach visitors to offer a hand-made bookmark and a beaming smile; the members in the Guildford church (among others) that offer a free lunch to the homeless after every Sabbath Service; the many churches that open up their halls and engage in community activities; even the church member that chooses to park a little further from the church so as not to annoy neighbours; or another who takes time to say hello and chat with neighbours near the church.

Here are a few simple tips for 'catching the moment':

Stand outside your own church. Look critically at the building. Ask yourself: 'If I were not a member, what would attract me to come through the door?'

Move into the foyer. Ask the same question. Is it attractive and welcoming? Do visitors feel welcome? Are the notice boards up to date?

Then ask those same questions through into the main parts of the church, the children's rooms, even the toilets.

Think about how the community outside may view your church. If there is a negative image – what can you do about it? If it is positive, how can you enhance and build on it? If there is no image at all – would a community newsletter, a health-fair, a fun day or other programmes build bridges with those around you? Is your website advertised on the front of your church and linked on other community websites. Does your website also appeal to the public? Is it kept up-to-date?²

Most importantly, ask yourself: 'How can I, daily, catch the moment and be a loving and lovable Christian to the community around my church?'

¹The Communication Audit can be downloaded from the Communication page of the BUC website: <http://www.adventistinfo.org.uk/departments/communication.php>.
²The BUC, in association with your local Conference or Mission offers free, content-managed, websites for all local churches. See <http://adventistwebministries.org.uk>.

To Tweet or not to Tweet?



by Jeff Couzins, Pastor, North England Conference

I was at the NEC Leaders Summit at Staverton Park over the weekend, and the main presenter, pastor Alex Royes, made an interesting statement regarding using Twitter in church services.

Pastor Alex's point was that our young people engage with dozens (if not hundreds) of young people who will probably never enter an Adventist church – or any other church for that matter – during a worship service. They may enter for special services such as dedications, weddings, and funerals but, for the most part, do not see any relevance in church. Since our young people are engaging socially with their friends and contacts on Twitter and Facebook, Pastor Alex encourages them to tweet a nugget from his sermon to their friends. Sometimes they just tweet what they have heard, on other occasions Pastor Alex will deliberately say, 'Tweet that last point I just made'.

Now I know there are some people who question the presence of hi-tech phones and iPads in people's hands during church services, in fact I used to be one of them until I saw the Conference president using one, and then my wife started using the YouVersion Bible on her smart phone. I am not a technophobe or luddite (I used to be an electronics engineer and software engineer before training for the ministry) but I do feel I'm in a quandary in relation to some uses of hi-tech in churches.

If I have a concern over the use of Twitter (or other Social Network sites) in church, it relates to reverence. I am not suggesting that tweeters are less well behaved than others, in fact, far from it. The tweeters I know are respectful to adults and the church. Where I feel the reverence issue lies is over the linked questions of respect and attention. For example, is it respectful to tweet during a sermon, and if it is, how do we know the tweeter is sharing a sermon nugget or arranging to meet a school or college friend after church? We could verify what was tweeted by looking at the trail that was made. But is that ethical? It may be fine for a parent to check what was tweeted, but is it right for an elder or pastor to do so?

Also, how do we know whether someone is sharing a sermon nugget in real-time or playing tetris?

The attention aspect derives from the respect angle. If someone is online during a sermon and their focus is on the internet, it cannot be on the message being presented. Someone may object to what I say, but psychologically it is impossible to attend to a visual-stimulus and motor-response (reading and typing) whilst listening to (or watching) the message being presented in church. We have a limited short-term memory of around 2 seconds before the memory decays away or is overwritten. If we have not processed what we perceived (saw or heard) in around 2 seconds then it is gone forever.

The twin tensions I see are these: How do we know someone is on Twitter and not on Super-Mario? Also, whilst it is wonderful to think a tweet about a brilliant sermon nugget is being shared with the world – at what expense to the tweeter? What has the tweeter lost out on in the tweeting process? I know someone will say that the same is possible with someone using pen and paper, but the level of attention upon what is being written in a tweet is greater than what is being penned. Surely it requires greater concentration to type a message into a phone in Twitter format than it does to pen a few words on paper. For example, one pastor said, 'Preaching recently, I noticed the crowd was too busy tweeting to verbally respond. Click clack is the new amen.'

I am not saying tweeting in church should be outlawed by ecclesiastical law (or the *Church Manual*). I am hoping, however, to get some feedback from people as to what they think or feel about tweeting in church.

twitter

Victor Hulbert's photo that captured the moment and the spirit of the race



Skydive for charity

Mel Jennings took to the skies near Chiltern Aerodrome on 13 May to do a tandem sky-dive from 15,000 feet at 140 mph, raising over £2,500 to help fight motor neurone disease.

For Mel, the waiting before the jump was the worst part. 'Going up in the plane, I felt so nervous but ready. We had to circle at 10,000 feet for about half an hour, so this delay got me feeling nervous. Then suddenly, there was an announcement saying it's time. I screamed, externalising my fear, as I knew in five seconds it would be my turn. We had to quickly shuffle to the end; I was reminded what position to be in; dangled over the side of the plane; and one second later, I was falling!'

'I couldn't shut my mouth at 140 mph; I struggled to breathe for about ten seconds,' explained an exhilarated Mel, who teaches at the Seventh-day Adventist Newbold Primary School. 'Suddenly, I had to outstretch my arms and then I enjoyed it. Ten seconds later, I had to cross them again and brace myself for the parachute being activated.'

Mel's close family member, aged 38, is suffering from the devastating, terminal and degenerative motor neurone disease. She picked skydiving to raise money, and although her husband, parents and three children, aged 13, 11 and 6, had mixed emotions about the dive, they supported her.

KATIE RAMHARACKSINGH

Food donated during 'girls' night in' at Newbold

'The uplifting, positive, team-bonding and fun' 'girls' night in', organized by The Newbold Sisterhood, was attended by forty-eight women on 19 May 2012.

They were encouraged to cast away their fears by Vladana Santic, who used to list one of her fears as public speaking!

Team-building games were prepared by Anna Radosh and Elena Telyukina, and attendees were asked to bring non-perishable food items to donate to the Bracknell Food Bank.

More events are planned to unite women within our church and build relationships outside our church.

EILEEN SORITON BECEJAC



Mel, in the middle



Mel, on the right

AFRICAN Skies

A Fundraising Concert in aid of

MBOE

Seventh-day Adventist Church Zimbabwe
Featuring: PRAISE | SHADRACH STONE
POETICAL PRINCESS
SW LONDON GHANA YOUTH CHOIR
and many more...

07.07.12

HOLLOWAY SEVENTH-DAY ADVENTIST CHURCH
381 Holloway Road, London N7 0RN

We're going back to the heart of Christianity; LOVE. Our brothers and sisters at Mboe Seventh-day Adventist Church in Zimbabwe are mostly farm workers and do not have means to raise funds for their own Church building or resources; things we often take for granted. Come and join us for an exciting evening of cultural praise and worship through which we will remember the core principle of our faith and exercise it to help those in Mboe who need our help.

Bring a generous offering and a friend!

Doors open 6pm

For more details contact Rumbi at rumbis@hotmail.co.uk or Hayley on 07403 136129

Welsh Mission Health Ministries Health Summit

Equip to Serve

Hebron Hall Christian Centre, Dinas Powys, South Glamorgan, Wales

5-9 July 2012

Cost: £175 all-inclusive, £30 daily rate

Presenters: Sharon Platt-McDonald (BUC Health Ministries director) Grace Walsh (NEC Health sponsor)

Topics: Forgiveness; Live; Stress Management; Food Hygiene nutritional talks; Cookery demonstrations

Irving & Lil Saunders (Welsh Mission Health Ministries sponsors)

Tel: 01792549412 or 07590042977, email: saunderslil@hotmail.com
Book now to secure a place.

Good news for single Adventists!

A supporting ministry website is now available for single Seventh-day Adventists in the UK: <http://www.singleseventhdayadventists.com/>. It's a completely free social network in which single Seventh-day Adventists can fellowship and perhaps find life partners.

This can sometimes be difficult, because of the high ratio of women to men in the Church. Many church members have been unequally yoked, and left the Church as a result.

The other problem is that not all singles websites with 'Adventist' in the name are owned or administered by Seventh-day Adventists – and they charge a premium for the service, too. This website will be absolutely free.

Pastor Victor Hulbert (BUC Communications director) and Pastor Paul Lockham (BUC executive secretary) are fully up to speed on the project, as is Heather Haworth (BUC Family Ministries director). Please pray for this website, and if possible put a link on your webpage!

The Torquay church has a two or three bedroom flat available for rent (one bedroom is partitioned). References are required. For further information, please contact Pastor Ian Lorek on 01626 830727.

Attention: UK Adventists holidaying in Spain

One-bedroom apartment – very private, with own courtyard. Very quiet area 5 minutes from coast (Alicante Province).

Long/short bookings. Contact Margaret Cole (Emm) on 0034 660 187117 (this number was reported incorrectly in previous issues – this is the correct version).

PRESS RELEASE

Thou shalt not

... is a deep character study into the lives of five individuals who seemingly have it all. Mya, Rachel & Sly are at the top of the tree and the envy of not only all their friends but also their enemies. But they want more, and are prepared to do whatever it takes to get it. Their pact so casually brokered comes at a very high price... and now it's time to pay.

Thou shalt not

... is an examination of the complexities of human behaviour; the addiction of transgression, and the ultimate joy in finding the pathway to Redemption.

Reviews – what the press said

'Intense. An engaging piece, a well written, well acted drama.' – *New Christian Herald*

'Theatre's great secret is out. Mark Grey (playwright) is one of London's best kept secrets.'

'A strong cast with an intensity brought about by the quality of the acting.'

'You are actually in the room with them gaining an insight into their minds.' – *Kentish Times*

The South England Conference & AGAPE THEATRE COMPANY

present

THOU SHALT NOT

by Mark Grey

"Though every sin leads to destruction; the Saviour waits to offer Redemption"

"Intense. An engaging piece. A well written, well acted drama."

"Theatre's great secret is out. Mark Grey is one of London's best kept secrets."

"A strong cast with an intensity brought about by the quality of the acting."

Kentish Times



2 Men; 1 Woman; 10 Commandments:

Somewhere, somehow, something had to break...

BOX OFFICE <http://thoushaltnot.eventbrite.com>
0800 112 3152 £10-£15 & £6 conc.

Sat 7th July, 7:30PM OXFORD HOUSE Derbyshire Street Bethnal Green London E2 6HG	Sat 21st July, 7:30PM PUMPHOUSE THEATRE Local Board Road Watford Herts WD17 2JP	Sat 28th July, 7:30PM TOBACCO FACTORY Raleigh Road Southville Bristol BS5 1TF Tel: 0117 902 0344	Sun 19th August, 6PM ASHCROFT THEATRE Fairfield Halls Park Lane Croydon CR9 1DG Tel: 020 8688 9291
---	---	--	--

2012 PATHFINDER CAMPOREE

13-19 August 2012

Blackwell Adventure, Blackwell, Bromsgrove, West Midlands B60 1PX

Theme: **RUNNING for Home**

- The guest speaker is Pastor Israel Williams, who ministers in the SEC
- Loads of activities available, including water sports, crafts and tree-trekking
- Day trip to Alton Towers included
- Join 100s of Pathfinders from across the British Union and make friends for life
- Earn Pathfinder honours at camp

You won't want to miss it!

Visit www.bucpathfindercamporee.org.uk for all the details and forms you'll need.
Club leaders must register on the website and pay online for your club.

Remember, final deadline for all ticket sales is 30 June 2012.

For the latest news, sign up to Twoppy.com from your smart phone and search for BUC Pathfinder Camporee 2012.



More for the Lord in Belfast

On Sabbath 28 January, Belfast Church celebrated the baptism of Hazel Morrissey and Una Rolaka. Hazel contacted Pastor Adam Keough early in 2011, requesting Bible studies after doing online research about the Seventh-day Adventist Church. Prior to contacting Pastor Keough, Hazel had visited the Belfast Church website and was impressed, especially with pictures of the members. Pastor Keough and Elder Eileen Irvine began Bible studies with Hazel, which continue after her baptism.

Una came in contact with Seventh-day Adventists through her sister-in-law and other Fijian Adventists, who met for Bible studies and to watch Adventist DVDs with Emosi Naivalu. Una then requested personal Bible studies, which started with Pastor Keough.

In an afternoon programme, Hazel and Una gave a brief account of what God meant to them. Both the baptismal service and the afternoon programme can be viewed at: www.belfastchurch.org.

HEATHER KEOUGH



SEC Junior Camp 2012
29 July - 5 August

Chapel Porth, Cornwall

Cost: £125

Deposit: £25 (non-refundable)

Deadline for application & payment 2 July
After 2 July cost £140

For more information & application pack
Visit: www.secyouth.co.uk/pathfinders

Or contact SEC Pathfinder Dept on
01923 232 728
sworrell@secadventist.org.uk



Pure joy – baptism of Jemima Nambo

On Sabbath 14 April, Grantham Church welcomed visitors from Grantham, Sleaford, Romford and Nottingham to witness the baptism of their friend Jemima by Pastor John Ferguson. Jemima has been attending Grantham Church since the age of 1 and has been an able and popular pupil of Dudley House School, our church school in Grantham. Since her father became the pastor of the Nottingham district of churches in October 2011, she has been attending Nottingham Central Church with her parents.

Jemima was accompanied into the baptismal pool by her mother Queen, and recited her favourite Bible verse: Matthew 6:6. Pastor Nambo appealed: 'Jesus Christ has paid the full price for us to be in Heaven – don't disappoint Him.'

ELIZABETH CARNELL



ASNA 'Race of Life'

The 'Race of Life' respite family weekend, organized by the Adventist Special Needs Association (ASNA) for people with disabilities and special needs, was held at Wokefield Park Hotel, Reading, over 20-22 April. This, the eleventh such retreat, was set against the backdrop of the Olympic and Paralympic Games. Walks and outdoor activities supported the theme.

First-time attendee, Carmen Dublin, said she 'learnt a lot', and another first time attendee, Cassandra from Yardley Church, Birmingham, added that she found help to carry on caring for her son, who is an adult with additional needs.

Pastor Paul Liburd used the example of Derek Redmond's race during the 1992 Barcelona Olympics to show we have support of family, friends and our Heavenly Father. Talks presented by Grace Walsh (NEC Special Needs and Disability Ministries co-ordinator) and her team along with Joni from the Sydenham church, and Sophia Nicholls (SE Disability Ministries director) provided support for new and more experienced co-ordinators, launching development of the Disability Co-ordinators' Network and Advisory Group for co-ordinators in the SEC.

The inclusive children's programme showed the meaning behind the Olympic rings – C. J. Nicholls, one of the young people, said: 'Understanding the white colour in the flag to mean "peace" has given me a different insight into the Olympic Games and how this relates to our Christian principles.'

For other events and information, visit the ASNA website at: www.asna.info or email info@asna.info.

For information about the Disability Co-ordinators' Network and Advisory Group, email snicholls@secadventist.org.uk or telephone 07768298297. SOPHIA NICHOLLS, SEC DISABILITY MINISTRIES DIRECTOR, ASNA TRUSTEE



Perthshire women receive aid

On the first Sunday of each month, Crieff Church volunteers known as Hearts and Hands use sewing machines, ironing boards, scissors and pins, needles and wool to make toiletry bags, throws and pillowcases for the local women's aid centre.

Hearts and Hands invited Hazel Bingham and Isy Clarke from Perthshire Women's Aid to speak on Sabbath afternoon, 26 May. Domestic abuse is a serious social problem affecting one in five Scottish women over their lifetime.

Perthshire Women's Aid has been adopted by the members of Crieff Church as one of their 2012 Crieff Aid Projects, and at the end of the presentation Pastor Bernie Holford presented a cheque for £2,000 to Hazel and Isy for the women and children in their care.

CHRISTINE BAUWENS, COMMUNICATIONS, CRIEFF CHURCH



God's 'Men of Faith' in Milton Keynes

The Milton Keynes 'Men of Faith' hosted international evangelist Taj Pacleb during the month of April. The Men of Faith consists of twenty-plus men who meet every Monday evening to 'sharpen' each other: to become better people and conduits of God's blessing.

Taj Pacleb challenged the men to be 'God's Men of Faith' at a time of great moral decay. The coming of Taj has awakened interest in expanding men's ministry across Milton Keynes. Men, God wants you to be Men of Faith!

MILTON KEYNES COMMUNICATIONS DEPARTMENT

Let's get together

There were simply too many attendees at the Kettering, Wellingborough and Corby district day of fellowship, held on 14 April, for any of the three churches to accommodate – so they had to worship at the Baptist chapel in Kettering! There were far more attendees than at the last day of fellowship as the churches have grown considerably in the interim.

Pastor Lloyd Lambert expounded on the theme of the antediluvians who refused the offer of a place in the ark, comparing them with many in the world today. In the afternoon programme, Geraldene Farmer,

Newbold College sets out updated vision, mission and values



The Newbold College Board of Governors has authorised updated vision, mission and values statements, presented by the principal, Dr Philip Brown, at the AGM and Board of Governors meeting at Newbold College on Sunday 13 May.

Dr Philip Brown explained: 'Newbold College aspires to be the institution of choice for those wishing to study in Europe at a Seventh-day Adventist institution – this is now set out in our vision statement. Inseparably, the mission of the college is to foster a Christ-centred and diverse learning community that prepares our students for service in an ever-changing world.'

In response, Bertil Wiklander, chair of the Newbold College Board of Governors and president of the TED, said: 'I am delighted about the three navigational instruments authorised by the Board. Newbold College is opening its heart and confesses what drives the College forward and what kind of people it wishes to prepare for service. I like the warm, personal tone used to identify the college as a place where young people are inducted into the secrets and blessings of Seventh-day Adventist faith, life and service. The board fully supports this exciting direction for Newbold College.'

The full statements are as follows:

OUR VISION . . .

To be the Seventh-day Adventist Christian higher education institution of choice in Europe.

OUR MISSION . . .

To foster a Christ-centred and diverse learning community that prepares students for service in an ever-changing world.

OUR VALUES . . .

Spirituality We invite all members of our learning community to develop a personal relationship with Jesus Christ; to demonstrate personal integrity at all times; and to apply understanding of and respect for cultural differences in diverse environments.

Service We encourage all members of our learning community to engage in generous service to meet human needs and to participate in activities consistent with the worldwide mission of the Seventh-day Adventist Church.

Quality learning and teaching We challenge all members of our learning community to seek to discover, to enquire, to think, to communicate clearly and to understand life, learning, teaching and civic responsibility from a Christian point of view.

Nurture We encourage all members of our learning community to realise their full potential; to live full and joyful lives; and to embrace a balanced lifestyle, including time for intellectual development, physical activity, social and cultural enrichment and spiritual growth. For more information please contact: Maria Rosenquist, Marketing Communications Officer: 01344 407493/07795 364260/
mrosenquist@newbold.ac.uk.

MARIA ROSENQUIST

NEC Family and Women's Ministries director, challenged us to examine our choices.

Kettering was one of the earliest churches in the British Isles, and has an attendance of thirty to forty each week. Corby is the new kid on the block – a group of roughly thirty-five adults and nineteen children not yet fully recognized as a church, but with more than the required membership to move to the next level. Lisa, the caretaker, asked us to pray for her and sits where she can be a part of the service.

Wellingborough has outgrown its sanctuary; 'the church in the warehouse' is trying to raise funds to complete its extension.

We look forward to the next day of fellowship when, if the past is anything to go by, we shall need an even bigger venue!

WELLINGBOROUGH COMMUNICATIONS DEPT



Fishing season at Camp Hill

On 4 February the children took over for Camp Hill's Sabbath worship!

In Sabbath school we learnt of the theme: 'Be Like Jesus – Go Fish!' The budding praise team managed to get adults to join in with the actions, and during Divine Service every child had a part to play, from 4-year-olds to 13-year-olds, which included a powerful rendition from the 'Young Hope' children's choir and the message in the form of a skit.

The children's programme continued with music and poetry in the afternoon.

GIFT RUREMESA



Camp Hill celebrates twenty-five years

On 5 January and 10 May 1987, Camp Hill was burnt down and re-opened by the lord mayor some five months later.

On Sabbath 5 May 2012, Camp Hill celebrated the twenty-fifth anniversary of the 'new' Camp Hill with praise and worship to God and the ordination of four elders: David Brooks, Larry Joseph, Tyrone Harris and Jeffrey Hall. Tyrone is the youngest ever elder of Camp Hill at the tender age of 21.

The guest speaker, Pastor Curtis Murphy (former minister of Camp Hill) gave a sermon entitled 'Let The Fire Fall'. The children were blessed with a story from Sister V. Murphy, and all were blessed by the amazing music and singing. A number of Camp Hill's children between 11 months and 13 years were also awarded certificates for their efforts on the sponsored walk to raise money for ADRA.

NATAILE SUTHERLAND-WHITEHOUSE

'My heart can sing'

On 19 May, Wednesfield members of all ages presented a programme celebrating music, entitled 'My heart can sing' – NEC Music advisor Dr Diana Sinclair's sermon showed that music is God's gift to us, performances by Wednesfield's fledgling instrumental group were well received. The recently established voice choir rendered their own arrangement of 'My heart can sing'.

The inspiration for the Wednesfield Instrumental Ensemble stemmed from a music day in 2010, following which there was one recorder playing at the back. One year later, the ensemble has strings, keyboards and woodwind instruments played by sixteen musicians and directed by Sonia Williams.

Music workshops were held in the afternoon.

LEON FERGUSON

Haircuts for little princesses

On Friday 6 April, Alicia and Olivia Middleditch (from Loughborough Church) had their hair cut by Justine and Daniel of Keith Hall, Loughborough, for the Little Princess Trust: a charity that receives donations for wigs for children with cancer.

Olivia was just able to make the minimum length required at 17cm, but Alicia was able to send off 30cm! They are now hoping that it will be used to make some sick children feel really encouraged that other people care about them.

If you would like to know more about this type of project, please log on to <http://www.justgiving.com/Alicia-and-Olivia-Middleditch>.

GU DRUN MIDDLE DITCH



obituaries

Victoria Elizabeth Carmelita (née Taylor) Mitchell (1910-2012) d. 19 January. In January 2010 we celebrated the 100th birthday of Elizabeth Mitchell, born in 1910.



her strong 'old school' emphasis on worship, which greatly influenced the entire family.

P. RUSSELL

Phyllis Mary Robertson (1922-2012) d. 18 April. Phyllis Robertson (née McClements) graduated from the Bible Worker and Secretarial courses at Newbold Revel. She spent her working life as a missionary in West Africa and as a secretary and bookkeeper for the British Union Conference in Watford, and for the Northern European Division when it was based at both Edgware and St Albans. She was an outstanding wife to Desmond and an outstanding mother to Jennifer and Colin. Phyllis was a lady noted for her courteous reserve and disinclination to push herself forward; nevertheless, she was a warm supporter of the Adventist congregations at Watford Town, Stanborough Park, Hemel Hempstead and Kettering. She served in many church offices but is especially remembered for always being on the lookout for visitors. Visitors were welcomed in church and often invited for lunch at home.

From the Wright brothers to Richard Branson, Elizabeth lived through just about everything – and in her 90s expressed a desire to learn how to use the computer.

She was a member of the Cornerstone church in Hounslow, and equally known by, and part of, the Southall and Chiswick church families. During her earlier years in England she attended the Holloway and Regent Street services.

We thank God for her inherited Seventh-day Adventist upbringing, and

Phyllis McClements was born on 14 August 1922 at Harborough Magna, near Rugby in Warwickshire. Her parents were John and Enid McClements. John was the second of five brothers – Joseph, William, Samuel and Robert – who were the sons of a charter member of the Banbridge

ASNA makes Gospel accessible in Netherlands

Pastor Guisele Berkel of the Netherlands Union, invited ASNA to run a ten-hour series on Disability ministries during the biannual Great Commission Festival in the Netherlands Union Conference grounds during 16-20 May, with the theme: Making God Feelable, Visible, Grabbable'. Sophia Nicholls, Pastor Patrick Johnson and Karen Weekes shared examples of good practice, provided theological underpinning to the ministry and gave practical ideas and solutions to support the disabled in both the Church and the community.

Pastor Rudy Dingjan of the Netherlands Union, convenor of the festival, expressed his thanks and prayed that the ministry would be a light to the community.

SOPHIA NICHOLLS, ASNA CO-FOUNDER AND TRUSTEE, SEC DISABILITY MINISTRIES DIRECTOR



church in Northern Ireland. John trained for the ministry at Stanborough Park Missionary College. During World War One he was engaged in evangelism in Belfast. The dire diagnosis of a throat condition led to his abandonment of the ministry. With the help of his brothers he took up farming. When Phyllis was born he was farming near Rugby in Warwickshire.

Phyllis attended Newbold Revel, based near Stretton-under-Posse, only a few miles from her birthplace. She was there during the bombing of nearby Coventry in World War Two. MESSENGER 21 April 1944 carried an article entitled 'Prayer and Progress' with Phyllis's byline. She wrote of an extraordinary week of prayer which had changed the lives of many among the student body.

Researching the life of his mother, Colin Robertson turned up the records of a BUC session held at Watford Town Hall in 1950. There the name of Phyllis McClements appeared on a list of missionaries serving in West Africa. At the top of the list was Phyllis's uncle, Pastor William McClements, who worked for many years in West Africa. During the session, at a 'missionary rally', 'Miss P. McClements gave a very thrilling account of her first Camp Meeting, 230 miles north of Accra, Gold Coast (Ghana)'. Phyllis spoke of a 'land of harmony in sound, colour and movement'. For all that, Colin notes, 'She didn't go back!'

Soon Phyllis was working at the British Union headquarters on Stanborough Park. At the nearby Stanborough Hydro Des Robertson was working in the maintenance department. It will not surprise anyone who has known Phyllis and Desmond that they first met at a prayer meeting. Pastor A. K. Armstrong ministered at Stanborough Park in those days and was delighted to officiate at their wedding on 24 February 1954.

Phyllis and Des began married life in Edgware. Jennifer was born in 1955 and Colin in 1957. Subsequently, the Robertsons moved to Kings Langley and lived there until, following retirement, they moved to Barton Seagrave near Kettering, Northants.

Jennifer recalls that her mother was kind, peace-loving, patient, wise and perceptive. Phyllis shared cooking sessions and country walks with her daughter. She even joined Jennifer in listening to the French radio programmes which gave her a taste for languages.

Phyllis enjoyed visiting and entertaining people. She tried to see the best in everyone and spoke ill of no one. She and Des invested heavily in the education of Jennifer and Colin. Both went to Stanborough School, and were a credit to that school and to their parents.

Pastor Lloyd Lambert officiated at Phyllis's funeral at Kettering Church on 30 April. He was assisted by Pastors Robert Vine and David West. Colin delivered the well-researched eulogy of his mother upon which this obituary is based.

Left to mourn Phyllis is her husband Desmond, Jennifer and Helmut Schütz (and their children Gerald, Martin and Evelyn), and Colin and Pam Robertson.

The family paid tribute to Des for his care and nursing of 'Phyl' in her final years, and to the staff at the nursing home, and of the Fotheringhay Ward of Kettering General Hospital.

Pastor Vine, who has known the Robertson family since his own boyhood, said, 'We have come to remember Phyllis's life, and to weep for her death, but "we sorrow not as those without hope"'. Desmond says, 'We have a wonderful Saviour.' He it is who will organise the reunion.

DAVID MARSHALL WITH COLIN ROBERTSON



Area 2 youth retreat shines light

Over 11-13 May forty youths from Area 2 gathered for a retreat at St Gildas Christian Centre, Taunton, where Julian Thompson (Area 5 president and preacher from Reading) gave presentations on letting our lights shine.

Four workshops were based on what was stopping us from shining our light, and how we could change these things through God's will.

In the 'prayer room', a place of fellowship with the Lord, youth talked to Him for forgiveness, thankfulness, intercession and praise. It started off small, but grew into something great!

The youth now eagerly anticipate the next Area 2 event!

AIDEN HARMITT-WILLIAMS



Young and old swim for Loughborough Church

On Sunday 20 May, nine children aged 3-12 took part in a sponsored swim to raise money for a building for Loughborough Church – along with retired member Terry.

This was the first sponsored event for most of the children. Most sponsors were not Adventist, so this event gave us the opportunity for evangelism. Many are happy for us to invite them to church programmes in the future.

Terry was eager to get started, but it took twenty-five minutes to persuade our youngest swimmer, 3-year-old Anja, to get in the water! Terry and the four older children (7-12) swam 200 lengths between them, while the five younger children swam a combined 168 widths. The team raised almost £900 – far more than expected and a massive boost for our church building fund: thank God!

If you would like to sponsor the team or find out more see the 'Building' page on our website:

<http://loughborough.adventistchurch.org.uk/> or email loughboroughs-dachurch@gmail.com.

VIVIENNE BARRATT-PEACOCK

Weeping may endure but joy does come
Stories of pain, healing and restoration

Three beautiful women's stories, one a product of rape, one a pastor's wife in a broken relationship, the other . . . your story. The truth about them, the truth about you.

Heal the Pain retreat presents Mable Dunbar PhD and Shirley Haangala
 Luxurious Whyboston Lakes, 31 August to 2 September

Affordable

Book now as places are running out fast!

Contact: 0741 227 0613/
 0775 863 0434/
 0741 351 2554

Seminar on Creation

Dr Mart de Groot, a highly respected astronomer and scientist, came to Norwich on 14 May to give a five-day seminar about evolution and Creation.

He talked about the Big Bang model, and showed that the Christian worldview and science are not mutually exclusive but support each other.

He also outlined seven models of evolution, and showed that none of them can satisfactorily explain our existence and environment. The earth is so finely tuned for life that it points to an Intelligent Designer (God).

On the final night Dr de Groot showed us proof from the Bible that God created us.

WENDY GRADY, COMMUNICATIONS

Always Prepared
 Answers to questions about our faith

New book of the week
Always Prepared

A book that poses twenty questions that answer in a large part the overarching question, why am I a Seventh-day Adventist?

Contact ABC Sales on **01476 539900** to purchase your copy at £14.25 plus p&p.

ABC BOOK SALES

July

1 Brixton	10am-2pm
15 Newbold Graduation	10am-2pm
29 John Loughborough	11am-3pm

ABC Shops

Watford, BUC
 12.30-5pm, Monday-Thursday
 10am-2pm, Friday

Birmingham Aston-Newtown
 11am-4pm, Wednesday
 4pm-8pm, Thursday
 9am-1pm, Friday
 11am-3pm, Sunday

Advent Centre
 Mondays & Wednesdays, 6.30pm-8.30pm
 Sundays, 11am-3pm

God is looking for young people who will

STAND FOR 18+

right even though the heavens fall.

youth camp
 15th - 22nd July 2012
 @ Chapel Porth Caravan Site
 Goonwrea, St Agnes, UK

Paintballing
 Coasteering
 Deep Sea Fishing
 Beach Trip
 Quadbiking
 Off road Segway
 and more...

price **£110**

StandFor Youth Camp will be a life changing experience for many young people from around the conference and Europe. this year is your chance to come and experience why. The price is £110 which includes all meals and all activities (excluding transport). For further info contact Pastor S Thomas: 01923 232 728 | E-mail: stthomas@secadventist.org.uk

Messenger
 Volume 117 • 13 - 22 June 2012

Editor: J. G. Hibbert
 Contributing Editor: Dr D. N. Marshall
 Proof Reader: Andrew Puckering
 Design: David Bell

COPY FOR No. 15/16 - 12 July 2012

Copy should be sent to the Editor, MESSENGER, The Stanborough Press Limited, Alma Park, Grantham, Lincolnshire, NG31 9SL. Tel: (01476) 591700. Fax No: (01476) 577144.
 Email: Editor@stanboroughpress.org.uk
 Send high resolution pictures to: dbell@stanboroughpress.org.uk

ABC Sales line: (01476) 539900
 Mon-Thurs only, 8am-5.30pm.
www.stanboroughpress.com

The Editor may alter, clarify, précis or expand articles sent to him if he thinks it necessary. Published fortnightly on Fridays by the British Union Conference of Seventh-day Adventists. Printed in the UK.

Visit the BUC website at: www.adventist.org.uk
 ISSN 0309-3654

Sunset

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

	Lond	Card	Notf	Edin	Belf
Jun 22	9.22	9.34	9.34	10.03	10.04
29	9.21	9.34	9.34	10.02	10.03
Jul 6	9.18	9.31	9.31	9.58	9.59
13	9.13	9.25	9.25	9.51	9.53

MESSENGER SUBSCRIPTIONS
 Cost to members supplied in bulk to churches £6.
 Single copy subscription by post £13.
 Overseas airmail £27.50