

Messenger

News to the churches • 3 August 2012 • Volume 117 • 16

Open Day 2 September

by the editor

Say 'Open Day' and many BUC members will know exactly what you mean: The Stanborough Press annual book sale. Yes, our Open Day has become one of our Adventist 'institutions' here in the UK.

Members stream in from far and wide to enjoy a day at the publishing house. Here they meet old friends and make new ones. They stock up on books, Bibles and good Christian music, both for their own nurture and to give away to those they love. They also replenish their supplies of vegetarian foods. Then there is the chance to meet popular UK authors and collect an autograph or two.

Something special

But it wouldn't be an Open Day without something special. This time we have two special treats in store for you. The first will be a mini concert by Tessera, our own nationally acclaimed Adventist quartet led by Ken Burton (baritone), with the support of Paul Boldeau (tenor), Robert Carr (tenor) and Paul Lee (tenor/baritone).

The second treat will be the presentations by Dr Leslie N. Pollard and his wife Dr Prudence L. Pollard. Leslie is the president of Oakwood University, USA, and a captivating speaker. Prudence serves at the same institution as the assistant vice-president for Faculty Development, Leadership and Quality, along with her various professorships in business and public health. She recently presented a paper at the prestigious Oxford Roundtable, in Oxford.

Both Dr Pollards are accomplished authors, and one of their titles will be on sale among the hundreds of other books you can select from.

Will there be specials?

'Oh, yes!' as Churchill (the dog, from the car insurance advert) would emphatically say. Paul Poddar of the Adventist Book Centre has assured us that there will be bargains to be had. So if you are looking for them, come early! The doors will open at 8am and close at 4.30pm.

Don't bother to pack a picnic because a delicious selection of prepared vegetarian food will be on sale at reasonable prices. There will also be a place to enjoy the food indoors, just in case the 'jet stream' is planning the wettest September 'since records began'!

So plan to be there on 2 September – there is only one Open Day each year; don't miss it!

We're easy to find at Alma Park Industrial Estate, Londonthorpe Lane, Grantham, Lincolnshire, NG31 9SL.



Music for the soul

In addition to its many *Songs of Praise* appearances, the quartet has been a 'special guest' on the Lesley Garrett Christmas show for BBC 2, and is well known for its rendering of *Mary Did You Know?* Come prepared to buy their latest releases. Quartet members as per photograph: Paul Boldeau, Ken Burton, Robert Carr and Paul Lee.



Megapixels of creation

Fancy being published?

This swan was taken at the Attenborough Centre, Long Eaton, on one of those rare occasions when the sun shone.

Please keep sending in your photos for *Megapixels of creation*. Pictures of nature – landscapes, wildlife, close-ups. You never know your luck, you may get in print.

Send them in to me at: dbell@stanboroughpress.org.uk.

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

DAVID BELL, MESSENGER DESIGNER

To see more of your images, go to: <http://adventistwebministries-org-uk.adventist.eu/megapixels>

David Bell

Enhancing Health

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

Golden eight — part 7d

Water – therapeutic external use

'There are many ways in which water can be applied to relieve pain and check disease. All should become intelligent in its use in simple home treatments. Mothers, especially, should know how to care for their families in both health and sickness.' (E. G. White, *Ministry of Healing*, p. 237.)

The term 'hydrotherapy' refers to the therapeutic use of water for treatment of health conditions. The Bluebell Physiotherapy and Hydrotherapy Practice states: *'In terms of improvements to blood and lymph circulation, the relaxing of tension in the tissues, the alleviation of pain and the calming of the nervous system, hydrotherapy is at least as effective, and often more effective, than drug treatments.'* (www.bluebellspa.co.uk/techniques/hydrotherapy)

The Bluebell Practice identifies the following hydrotherapy benefits:

- Dramatically increased elimination of waste, assisting detoxification;
- The loosening of tense, tight muscles, encouraging relaxation;
- Increased metabolic rate and digestion activity;
- Cell hydration, improving skin and muscle tone;
- A boost to the immune system, allowing more efficient function;

- Improved function of internal organs due to stimulation of their blood supply.

Hydrotherapy works by using water as a vehicle for transporting heat and cold. Application of warm or hot water causes arteries and veins to expand, bringing additional blood and lymph fluid to an area. Applying cold water causes constriction of arteries and veins, thereby forcing blood and lymph outward. This movement of blood and lymph encourages oxygenation and nutrient absorption, and removes toxins and waste products.

The use of hydrotherapy involves varied techniques. These include the use of water in any of its three states – solid (ice); liquid (running water); and gas (steam). Among the treatments are hot and cold showers, hot and cold baths for limbs, fomentation (the application of hot and cold compresses), water-soaked towels and sheets, sponge baths for fever, and hot foot baths.

Some hydrotherapy cautions, contra-indications and risks (www.thebodyworker.com)

- Hydrotherapy is contra-indicated in patients with skin conditions.
- Diabetics should avoid a full body-wrap and hot applications to feet or legs.
- Sufferers of Raynaud's disease should avoid cold applications.
- If pregnant or suffering from abnormally high or low blood pressure, heart disease, diabetes, multiple sclerosis or peripheral vascular disease, hot immersion baths and long hot saunas are not recommended.
- If suffering from rheumatism, sciatica, pelvic inflammation, or bladder or rectal irritation, cold foot baths are not recommended.
- The elderly and young children should avoid full-body hot treatments as they could become exhausted by excess heat.

Good health!



editorial



Julian Hibbert
Editor

Are you catching enough J-rays?

Nobody I've met is happy with the weather of the past three months.

Isobel Lang, a Sky weather presenter, summed it up this way: it's 'been downright dull and much cooler than average – a miserable start to summer, that's for sure.'

She added: 'Worryingly, this is off the back of the wettest April on record and the Environment Agency has said that according to their statistics it has been the wettest April to June ever.'

Implications

This situation has affected a lot of people. Local tourism suffered; crops rotted in the ground; building sites became sodden; and thousands of homes are still blighted by mildew after the flooding.

These are all unpleasant things, but the gloomy weather may be a bigger threat than most of us realise. Let me explain.

Most of us are aware of the link between sunshine and SAD (seasonal affective disorder), a form of depression that is more prevalent in the sun-deprived areas of the northern hemisphere. Now researchers in the US have found that among those 'with depression, low exposure to sunlight was associated with a significantly higher predicted probability of cognitive impairment.'

So sunlight not only helps to regulate our serotonin and melatonin hormones, which help protect us from depression, but it also promotes blood flow to the brain, thereby helping us think clearly.

Vitamin D

We get most of our vitamin D through the direct action of sunlight on the skin. Previously, its benefits were regarded as important but somewhat limited, but modern research is causing a radical rethink of the role of vitamin D.

'Long dismissed as being important mainly for strong bones, the so-called sunshine vitamin is now recognised as a key player throughout the body, including the immune system.'

Dr Michael Holick of Boston University School of Medicine, a world expert in the field, claims that: 'You're more likely to live longer and you're less likely to die of serious chronic disease if you have adequate vitamin D on board. . . . It may well be the most important nutrient of the decade.'

The 'most important nutrient of the decade'! That doesn't sound like exaggeration when you add the findings of a US-based study of 1,739 Boston-area residents published in January, 2008, in which 'rates of heart attack, stroke and heart failure were about 50 percent higher in those with low levels of vitamin D.'

So we really have substantial reasons to grumble over our gloomy weather!

A symbol explained

But to be thankful, at the same time, that it gives deeper meaning to a biblical symbol found in Malachi 4:2: *'But to you who fear My name The Sun of Righteousness shall arise With healing in His wings . . .'* (NKJV).

Who is this 'Sun of Righteousness' with 'healing in His wings'? Matthew helps answer that in his description of Jesus during the visit of Moses and Elijah: *'There he was transfigured before them. His face shone like the sun, and his clothes became as white as the light.'* (Matthew 17:2, NIV.) Paul's face-to-face encounter with Christ en route to Damascus supports Matthew's description: *'About noon, King Agrippa, as I was on the road, I saw a light from heaven, brighter than the sun, blazing around me and my companions.'* (Acts 26:13, NIV.)

Then John has those visions that describe Christ's face as being 'like the sun shining in all its brilliance' (Revelation 1:16, NIV), and that *'his face was like the sun'* (Revelation 10:1, NIV).

So we are left in no doubt that Jesus is the 'Sun of Righteousness' and that this symbolism is important – especially in the light of what we discovered earlier about natural sunlight.

If Jesus is our 'Sun of Righteousness' it means that He is as vital to our spirituality as sunlight is to our daily lives:

- 1. He is the most important spiritual 'nutriment' of the ages – not just the decade.** Without Him we face the rapid decline of our personal spirituality; our characters won't develop as they should; our moral 'backbone' will weaken and deform; despondency and depression will settle in quickly, snuffing out our hope for better things; and we will lose the 'cognitive' skills to distinguish between right and wrong.
- 2. You cannot store Him up for future use – you need regular, daily exposure to Him.** Sources vary as to how much sunlight we need daily, but it seems that most will be safe with 15 minutes a day in summer. This is equally true for the spiritual life – daily, devotional exposure to Jesus through prayer, meditation and Bible study will keep us growing.
- 3. Beware of those 'good' things that keep Jesus out.** Sunscreen stops the UV rays from damaging our skin, but it also stops the sunlight from producing vitamin D. Likewise with Jesus – there are some seemingly good things that can block His influence in our lives, like being too busy 'running' the local church; or depending on your good works and deeds to make up for a skimpy relationship with Jesus.
- 4. There is no substitute for the presence of Jesus.** It won't help us to laze on a sun bed, bathed in artificial light. That gets you a tan that's only skin deep! As one researcher said about sunlight – *'In the winter, you could stand outside naked for five hours and nothing is going to happen'* – other than your catching a deadly cold! You have to be exposed to Jesus, to His warm love and glowing grace, if you want Him to do you any good.

Are you catching enough J-rays?

¹<http://news.sky.com/story/954453/weather-uks-wettest-ever-april-to-june> ²<http://www.elementsbehavioralhealth.com/depression/lack-of-sunlight-linked-to-depression> ³http://seattletimes.nwsource.com/html/health/2004179538_vitamind13m.html ⁴[http://www.thebodyworker.com](#) ⁵[http://www.thebodyworker.com](#) ⁶[http://www.thebodyworker.com](#) ⁷[http://www.thebodyworker.com](#)

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David Bell





Gladrags

by Stephen Holden

My text is taken from the first few words of Isaiah 61:10, where in the Message it says, 'I will sing for joy in God, explode in praise from deep in my soul! He dressed me up in a suit of salvation, he outfitted me in a robe of righteousness'.

Clothes raise many questions, don't they? What statement do they make about the person wearing them? Have we enough or too few? How important is it to have the right outfit for those specific occasions? Is your wardrobe large enough to house the variety you need or want? Can we really evaluate people by their appearance, or more particularly by their clothes?

Clothes can be fun, flamboyant, fashionable, formal or functional.

They can be comfy, casual or designed for combat and camouflaged.

They can be designer-labelled, delicately tailored or quite distressed!

They can be new, never worn, torn, shabby or simply chic.

They can be unique, unisex or uniform, or second-hand, third-hand or out of date!

In short, they can be all of these and a great deal more. How important should they be for us? What emphasis should be placed on them? Perhaps we place greater importance on clothing in our more formative years. Certainly, if I were able to ask the opinion of the younger fraternity, they would hold a

very strong opinion on what is acceptable and what is most definitely not acceptable. Peer pressure – the need to conform to avoid unwanted attention or even possible victimisation – is always strong among the youth of today. The label can make all the difference between clothing being acceptable, highly desirable at almost any cost, or not worth space in the wardrobe at all!

Sometimes this 'need to conform' follows through to adult life. The style gurus that are given a weekly platform in the colour supplements to air their opinions on trends seen on the latest 'catwalk' are ever eager to stir the marketing mix and inspire new purchases from their devotees.

Being fashionable usually comes at a price. For example, our ladies can buy a swimsuit set by Versace – only £629. For the gents – an item that puts the swimsuit 'in the shade' – a new range of designer sunglasses – only £405 a pair! A gold-rimmed accessory 'must' by the House of Armani, of course.

At the other extreme are the ever-popular charity shops – which I'm reliably informed number about fourteen in our small town at present – where clothing features strongly. These outlets offer somewhat more affordable items for your wardrobe. Anything from new and nearly new to comfortably 'worn in'. Such delights are usually reserved for those who are fortunate enough to belong



Can we really evaluate people by their appearance, or more particularly by their clothes?

to large families, where such shopping is obligatory! This hand-me-down system of acquisition offers 'value for money' while at the same time supporting good causes!

Putting aside our likes and dislikes and our individual purchasing power for a moment – what type of garments would God like us to fill our wardrobes with? In Colossians 3, Paul is speaking about living a new life in Christ, and he describes the old life as being one shaped by things and feelings instead of by God. As the Message Bible puts it, a life we should make sure is all 'done with!' It goes on to say, 'It's like a filthy set of ill-fitting clothes you've stripped off and put in the fire.'

In its place we are dressed in a new wardrobe: 'Every item

of your new way of life is custom-made by the Creator, with his label on it!' Verse 12 goes on to say, 'So, chosen by God for this new life of love, dress in the wardrobe God picked out for you: compassion, kindness, humility, quiet strength, discipline. Be even-tempered, content with second place, quick to forgive an offense. Forgive as quickly and completely as the Master forgave you.' Verse 14: 'And regardless of what else you put on, wear love. It's your basic, all-purpose garment. Never be without it!'

And the good news is, the new wardrobe is freely available to all who accept Christ as the Lord of their lives. Custom-made by the Creator Himself – with His own designer label on every item – that's being smart!

inbox

To Tweet or not to Tweet?

Dear Editor
I read with some shock and surprise the article by Pastor Jeff Couzins in the *MESSENGER* of 22 June.

Firstly, why are we in God's house at all? Surely it is to worship and praise the Lord and to fellowship with fellow worshippers. Anything that enhances the atmosphere of reverence should be looked at positively, while anything that disturbs or detracts from it should be curtailed. In making judgements on these matters we should take into account the whole body of worshippers.

The use of electronic devices in church clearly has the potential to cause disturbance and distraction, not only to those who use them, but to others around. The use of electronic devices, however carefully done, causes noise and light distraction. Obviously this distraction is an interference to reverence. On this basis they should not be allowed in regular church services.

However, I can see that they may be used as a means of spreading the Word, particularly for the younger generation. But surely this can be via dedicated projects or groups. In this way we can use the power of electronics while preserving the reverence of our worship. If it is required to reference the sermon we could arrange for sermons to be recorded for subsequent use.

ALLAN KISSACK

Re: your cover article on Sabbath School attendance

Dear Editor
In the past, when a six-day working week was the norm, being a Seventh-day Adventist called for considerable sacrifice and dependence on the Lord. Few young Adventists today would aspire to being shoe repairers or window cleaners, but in those days, quite a few Adventist men were shoe repairers and window cleaners. When jobs with Sabbath off were hard to find, Adventists were thankful for any honest occupation where they could be self-employed and keep the Sabbath. In those days, only a few very elderly and infirm members missed Sabbath School, and when only the most prosperous few had cars, it went without saying that one got to Sabbath School on time. Children growing up in those days knew the importance of Sabbath School and the Bible lessons they learned there.

But what about children now? What message are they getting

about the importance of Bible study, reverence and obedience to the Sabbath commandment? Their parents who get them to school on time, and get themselves to work on time, are happy to drift into Sabbath School anything from ten to fifty minutes late. Let's not delude ourselves. The message they are getting is that work and school are more important than worship, that Bible study doesn't matter that much and that it's more important to please teachers and employers than it is to please God. Is this a reason why so many young people drift away from church in their teens?

We in our Laodicean church are in a perilous situation. Read Revelation 3:14-22 for the solution!
CLEMENCY MITCHELL

Dear Editor

When reading David Marshall's article 'Why are religious people often insufferable?' (*MESSENGER* of 8 June), I was reminded of a quotation by Andy Rooney, the late American commentator who said, 'I'm pro-life, but I like the pro-choice people more than I like the pro-life people.' A sad commentary.

Julian Hibbert's editorial 'It has an expiration date' was thoughtful, but he should re-read Psalm 90. While it talks of the length of man's days being 70 or 80 years, it should be noticed that the psalm itself was written by Moses, who did not even begin his 'real' life work until he was 80! (N.B. According to Genesis 6:3, God seems to have established the human lifespan at 120 years.)

HANS VON STIEGEL



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As in the days of Noah

We believe the apocalypse – the time just before Christ returns – will be easily recognisable for those who are watching. The Bible gives several important clues: the sea and rivers will become toxic and like blood, and the Euphrates will dry up (Revelation 16:3, 4, 12); there'll first be terrible heat, then complete darkness (Revelation 16:8-10); the lost will be full of painful sores (Revelation 16:2, 11); and earthquakes, hail and catastrophes will manifest themselves like the world has never seen (Revelation 16:18-21), forming a backdrop for one last battle provoked by demons: Armageddon (Revelation 16:13-16). There'll be signs in the heavens and distress on earth (Luke 21:25-27).

However, this doesn't mean that we don't need to watch for the signs carefully. Right after telling the disciples that not even the angels know when His return will be, Christ says that the time just before His coming will be like the time just before Noah's Flood – some will be eating, drinking, and marrying, until the coming of the Son of Man (Matthew 24:36-39). Just as the people in Noah's time had no idea that the Flood was about to come upon them, so too the Son of Man will come at the time we least expect (Matthew 24:44). Before the end, there will be buying and selling, building and planting, just as in the days of Lot (Luke 17:28-30). As God called Noah and Lot (Genesis 6; 19), He urges His followers to flee from spiritual 'Babylon' (Revelation 18) and head for safety (Mark 13:14-19), resulting in two classes of people: one will be 'taken' and the other 'left' (Matthew 24:40, 41; Luke 17:34-36, NKJV). As if to emphasise the need for watchfulness, in the middle of describing the seven last plagues, Jesus takes time out to remind us that He's coming stealthily, like a thief – and will catch some with their trousers down (Revelation 16:15)!

Won't the time of the end be hard to miss? Well, people see what they want to see. There will be those who don't want the Lord to come, who won't pay attention to the signs – and, like those in Noah's day, they'll be caught completely off-guard (Luke 12:45, 46; 2 Peter 3:3-7). Jesus reminds those who do want Him to come again that He will – and although the fact of His return won't be surprising to them, the timing of it might (Matthew 24:3, 4, 42).

The fact is, the signs start appearing gradually, like the seasons (Matthew 24:32, 33; Mark 13:28, 29). The devil will send such plausible counterfeits that, if it were possible, even the most watchful might be deceived (Matthew 24:23-26). Jesus, describing the condition of the lost and saved, gave as an analogy five wise and five foolish virgins – all of whom fell asleep and needed waking up before the bridegroom came (Matthew 25:5), just as the disciples did at Gethsemane (Mark 14:37-41).

The difference between the saved and the lost at the end will not be who knows when the Lord will return, but rather who is prepared to meet Him – all the virgins in the parable fell asleep, but five took extra oil (Matthew 25:1-8). None of the servants in the parable knew when their master would return, but some were ready to open the door to him (Luke 12:35-39). To prepare for the marriage supper of the Lamb, we need to put on the wedding clothes He gives us (Matthew 22:11-13; Revelation 19:7-9), made white with His blood (Revelation 7:14): clothes of mercy, kindness, humbleness, meekness, and patience (Colossians 3:12). The important point is not when the Lord will return: it's whether we've accepted His righteousness in the meantime. If Jesus comes today, will we be ready and waiting?

- How many times during the last plagues will the lost repent?
- Why do you think God will send the last plagues?
- How else might we 'put on Christ'? (Colossians 3)
- What things might be holding you back? (Colossians 2)
- What does Jesus offer the Laodiceans? (Revelation 3)



The delight-filled church

by Victor Pilmoor, BUC treasurer

A fragrant, smiling waitress walked into a hotel breakfast room I was visiting, with 'Life is like a bowl of cherries' embroidered on her T-shirt. What a start to the day! Just suppose that every encounter in our Church were that cheerful?

There are many ideas about church development flaunted in conventions like the annual West Point lectures in the USA. So it is little wonder that some preach like drill sergeants! To me, such events imply desperation. To suggest that weaknesses can be cured by the 'appliance of science' or boot camps is surely naïve.

Paul speaks of transformation happening through the *renewal of our minds* rather than structures and strategies.

Many churches have become the rituals of predictable people with predictable results. Growth, however, is related to charisma, the chemistry of personal character, Spirit-led creativity and passion. This is difficult to cultivate artificially, but it is easily shackled.

Freeing ourselves

Some of our problems can be addressed by doing new things, but more can be done by freeing ourselves from some of the crushing authoritarianism around us.

Delight-filled churches emerge where the fruits of the Spirit are clearly evident: they display

dynamism; they experience more cheer than conflict. They are places where surprises happen, change is regular, and worship becomes a festival of sanctified innovation and inspiration.

The Sabbath is a day when people should be animated about their experiences, insights and God's revelation during the week. Yes, we refrain from our own pleasure, but not from pleasure in sacred communion. Creativity in music and expression flourish in delight-filled

Some of our problems can be addressed by doing new things, but more can be done by freeing ourselves from some of the crushing authoritarianism around us.

churches, and worship is a time when the tyranny of the urgent gives way to the mysteries of the eternally significant. 'I delight to do Your will, O my God, And Your law is within my heart.' (Psalm 40:8, NKJV.) By insisting that the Sabbath is a delight, we create a priority for leadership.

Our calling

Our calling is to create an environment where ideas are given life, where self-belief is restored, relationships are reconciled and sins are resolved. People come to behave as the people they believe themselves to be. 'As he thinks in his heart, so is he.' When

our liturgy emphasises wretchedness without restoration, our faith and its outworking become morbid. This is not said to encourage narcissism or fantasy, but for people to see themselves through the lens of the Cross, which restores 'in man the image of his Creator.'

This ethos requires intent. Our Church has a well-developed democratic order which leads to accountability. For the most part it is a strength, but it becomes a weakness when authoritarianism

becomes entrenched: when the creative majority become stifled by the vocally empowered minority; when young people are alienated by their youthfulness. Leadership requires that we take risks and the rap that goes with them. We are required to facilitate and deliver creative innovation and ensure the delight of the participative majority.

We seem to understand and apply the principles of delight creation in our Kindergarten Sabbath Schools. Indeed, this is a success story. Many lapsed members return to ensure that their children experience this delight. What happens as time goes on? Sadly, many drop out. This is not to suggest that adults and teenagers should derive delight from the infantile, but that the effort to meet the needs of our children should continue appropriately for every age group.

Fun, delight and laughter

Individualism has helped us believe that God is experienced uniquely, that we have a 'direct, dedicated line'. However, we know that where two or three gather in Christ's name, God's presence is invoked. Equally, where two or three are gathered there will be fun, delight and laughter. This is the contagious outcome of social engagement.

This joy, delight and animation is evidence of the Spirit when shared in communal mode, both formal and informal, in committees, discussion groups, play groups and study groups. This is not just about 'feeling good', for in truth, we are more focused, productive, retentive, enthusiastic and

spiritually authentic when we experience delight in our endeavours.

Here are some suggestions toward delight-filled churches:

1. They are **inclusive**, recognising that other people wish to express their creativity just as you wish to express yours. Church is not a one-man band, rather a choir with an orchestra. See yourself as a creator of harmony and rhythm.
2. They have **people who are real** even if their tastes are surreal! Take care of them.
3. They **respect individuality**. Forced labour may break rocks, but it rarely breaks new ground. Stand aside and allow people to do things their way.
4. They recognise that popularity arises from the **open expression** of engaging humanity, and not indulging populism. Delight-filled churches care and engage.
5. They adopt a **no blame** game. Change begins with ourselves; we are responsible for the current state of affairs. We choose to make the church delight-filled.
6. They are **high-trust** environments. People are allowed to take risks, they are allowed to fail – and failure is accepted kindly, not with anger or gossip.

7. They are **high-praise and low-criticism** environments. People grow with genuine appreciation. Focus on the wave, not the undercurrents.
8. They are **volunteer-friendly**. The load is lightened because people volunteer, and they do so because the 'turf barriers' are low, because they have chosen to act and can depend on support.
9. They are **low-shame zones** when it comes to asking for help. The need for help is not a sign of weakness or incompetence.
10. They **have fun**. Laughter happens. It is God's gift for healing incongruities.

And five for the committee: in delight-filled churches:

- a. **Not everything needs to be approved**. Give appointed leaders annual or quarterly frameworks and let them get on with it. If people take an initiative, let the knee-jerk response be applause rather than disapproval.
- b. **Everyone owns the mission** – there is no place for 'overlord' or 'job's worth' attitudes. Leadership and followership are roles that are dynamic and interactive and interchangeable.
- c. **People are given the tools for the job**. They are trained and resourced continually and regularly at every level and for every role. Heath Robinson is not a welcome board member. Leaders are continual learners.
- d. **Things are kept simple**. Small teams are trusted, because intimate teams have a special dynamic that is destroyed when groups are stacked with title holders.
- e. **People know the score**, willing accountability happens regularly, success is celebrated by everyone and failures are not for the whispering few.

Delight cannot be formulated or predicted. We cannot say with certainty that delight will bring growth, but we can be certain of attitudes that stunt. A delight-filled church will have grace-linked outcomes and experiential objectives that are as clear and pervasive as their statements of propositional truth.

Isaiah offers this promise: 'If you turn away your foot from the Sabbath, From doing your pleasure on My holy day, And call the Sabbath a delight, The holy day of the LORD honorable, And shall honor Him, not doing your own ways, Nor finding your own pleasure, Nor speaking your own words, Then you shall delight yourself in the LORD; And I will cause you to ride on the high hills of the earth, and feed you with the heritage of Jacob your father. The mouth of the LORD has spoken.' (Isaiah 58:13, 14, NKJV.)



Power to the people

by Pastor Eglan Brooks, BUC Evangelism director

'Power to the People' is a song written by the late John Lennon, of Beatles fame, released in 1971. *All Power to the People* is an epic 1996 documentary on the '60s Civil Rights movement. Both used a phrase which has become a powerful political slogan or rallying cry.

This idea of 'Power to the people' often reeks of revolution, radical change and a paradigm shift in cultural behaviour. The slogan is bold, brave and strong, and frightens leaders. But Jesus Christ, the greatest Leader that ever lived, used this concept of the empowerment of ordinary people in His last speech to His disciples before returning to His Father.

'But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the earth' – Acts 1:8 (NKJV).

What kind of power?

If you want to insult church members, just call them 'power crazy'. Something inside them seems to either die, or erupt, or both. There appears to be a stigma attached to the notion of power and the values of Christianity sharing the same platform. We like to see ourselves as humble: 'Blessed are the meek, For they shall inherit the earth.' Matthew 5:5 (NKJV). Often, we so value humility that it becomes false pride. But Christ was very clear and direct. He told His disciples that they would receive power. The kind of power that transformed empty lives and 'turned the world upside down' (Acts 17:6). Power that enables a drunk to become sober, that turns a gambler into a giver, and converts a sinner to a saint.

The Holy Spirit – the key ingredient

Although Jesus offers Christians power, there is a condition attached to it. As a Christian, you will receive power **when** – and only when – the Holy Spirit takes full control of your life. Most of us don't like to surrender, lose control or submit to anyone. In a world where 'my human rights' dictate moral and ethical agendas in governments, 'submission' is a dirty word. However, Christ states that the only way to receive real and

lasting power is to allow the Holy Spirit to be in control of your thoughts, words, and actions. Ellen G. White, writing in *The Desire of Ages*, comments extensively on how the Holy Spirit works in our lives. He:

- Transforms character
- Inspires true worship
- Is available to all who seek Jesus
- Imparts a sound mind
- Quickens all the faculties
- Dignifies and ennobles
- Brings truth to remembrance
- Helps disciples when in conflict with the forces of darkness
- Reveals Christ to His followers
- Co-operates in the preaching of the words
- Reveals deep things, and
- Qualifies disciples for church duties, among other things.

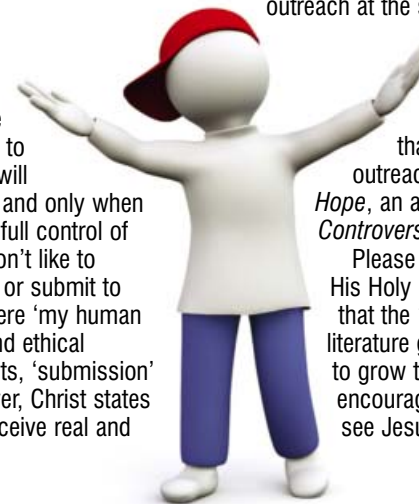
Outreach – the purpose of the power

Wow! I've got power! I've got power! But remember, 'With great power comes great responsibility' (*Oeuvres de Voltaire*, vol. 48). Our responsibility is Christian witness everywhere. What an awesome responsibility! So, the main reason that you and I, like the disciples, receive power through the baptism of the Holy Spirit is so that we can tell our family, friends and neighbours about a crucified and risen Lord, and a Saviour who intercedes for them and is coming soon!

This year the Evangelism department of the British Union Conference invites you to utilise your God-given power by joining them on 29 September 2012 for **The Power of 34,000**. This programme invites each of us to participate in a scheduled evangelistic outreach at the same time. This year we

encourage you to give out just **four** pieces of literature on this day. There is a special edition of *FOCUS* that we have commissioned for outreach purposes, and *The Great Hope*, an abridged version of *The Great Controversy*.

Please pray that God will pour out His Holy Spirit in such a mighty way that the 150,000-plus pieces of literature given out this year will help to grow the Kingdom of God and encourage people to say, 'we wish to see Jesus' – John 12:21 (NKJV).





'This little light of mine, ...'

Freya goes the 'second mile'

Based on a report by Lorraine Glinton

Seventeen-year-old Freya Shuttleworth, a much-valued member of Leamington Spa Mission, made both her church and her community proud recently. This girl from Southam, near Coventry, ran her mile of the Olympic Torch Relay on 1 July. But 1 mile turned into 2 when she agreed to run a second mile on behalf of someone who didn't turn up!

Freya is a young leader in Warwickshire Scouts, and a member of the Area Youth Forum, working to provide better opportunities for local young people. She is part of a group of youth working to establish links with a community in Brazil. Their aim is to address poverty and lack of aspiration among the youth in both communities.

Having worked very hard to get the project going and the necessary fundraising in place, she travels to Brazil this summer to work with projects for street children. Her aim is to bring back lessons for young people here about how much can be achieved with limited resources.



Leicester fans the flame!

Based on a report by Philip Herbert

On 2 July the Olympic Torch Relay wound its way through Leicester, on a route that passed the Leicester Central Adventist church. Positioned directly in front of the church doors – waiting for the torch bearer and his entourage – stood the Leicester Women's Gospel Choir.

Then, as the torch approached, the choir – supported by a group of enthusiastic members – burst forth with their own 'Olympic' song: 'This little light of mine, I'm going to let it shine!' The crowd was delighted and an announcer on one of the passing buses commended the choir for its contribution.

Not to be outdone by any of this, other members, assisted by the Pathfinders, handed out flyers advertising their church's forthcoming outreach programme, 'Life After Rock 'n' Roll'. This event will feature Pastor Louis Torres (president of the Guam Micronesia Mission) who was the bass guitarist with Bill Haley and his Comets. Torres will tell of his time with this legend, the 'father of Rock 'n' Roll', and others he rubbed shoulders with during his eight years in serious show business. He will then share the 'remarkable truths that have changed his life' for the rest of the series.

The Leicester Women's Gospel Choir has been run as a community outreach project in the city by Greg Smith (Leicester Central Church) and Maxine Chambers (Kaine Management Group) for the past two years.



Leon was there too!

Adapted from the BUC News of 29 June, 2012

On 27 June, Leon Squire of Lincoln carried the Olympic Relay torch proudly through the streets of Hogsthorpe, near Nottingham. This 16-year-old is truly an example our Church can be proud of. He turned down a potential football career with Lincoln City because of his Sabbath convictions. Then he did the same with athletics.

This was a tough move, for according to his mother he is possibly the fastest sprinter of his age group in the UK today.

Despite the fact that Leon suffers from supraventricular tachycardia, the main symptoms of which are a rapid heartbeat and dizziness, he remains a keen and accomplished sportsman. In fact, things are looking up for him – he has been offered a football scholarship with a professional club, Boston United FC, which plays Wednesday rather than Saturday matches! Faithfulness also has rewards!

Leon says: 'I enjoyed taking part in the Olympic Torch Relay and found it a wonderful privilege to be part of such a great event.'



MOHAP launched at SEC Prayer Ministries retreat

by Janet Hamilton (MOHAP founder), assisted by Dr Emmanuel Osei (SEC Ministerial and Prayer Ministries director) and Sharon Platt-McDonald (BUC Health, Disability Awareness and Women's Ministries director)

The weekend of 29 June to 1 July saw the birth of a dynamic new ministry called Ministry of Healing and Prayer (MOHAP) which ministers to the terminally ill and chronically sick – churched or unchurched. Held at the De Vere venue, Denham Grove, Uxbridge, it was attended by approximately 200 enthusiastic people.

Janet Hamilton, an elder at the Basingstoke church, is the visionary behind MOHAP, and since December 2011 she has been working with Dr Emmanuel Osei (SEC Ministerial director and Prayer Ministries director) to make it a reality.

The Annual Prayer Co-ordinators' Weekend Retreat

was amalgamated to include the launch of MOHAP. The programme comprised praise, worship, prayer and anointing, devotionals, inspirational testimonies, lively discussion and health presentations.

The majority of attendees were Prayer Ministry co-ordinators (approximately 150), but they were joined by individuals with various illnesses, thereby putting the focus of the weekend on ministering to the terminally ill and those burdened with chronic diseases. The aim was twofold: firstly, to teach Prayer co-ordinators how to pray and minister effectively to those with serious, life-threatening or incurable conditions; secondly, to

minister to the sick who were in attendance.

Friday evening was both uplifting and inspiring, and all were encouraged to affirm that if God was able to work wonders in times gone by then He can do the same today.

Sabbath provided a feast of inspiring presentations and heart-warming testimonies. Attendees heard the challenges and traumas, the battles and victories, the mountaintop and valley experiences, and could only conclude that wherever they go, God will continue to reveal His love and care for them.

On Sunday the weekend culminated in a one-to-one ministry for individuals requesting anointing, pastoral counselling and prayer. A number of dynamic conference and local pastors arrived on Sunday morning to join Pastors Ewo and Osei in a personal and private ministry to those in need. Simultaneously, in the main hall, an inspiring and moving prayer, praise and testimony service was led by Mrs Laura Osei to maintain the momentum for those not requesting an anointing, or those waiting to be anointed or prayed with, or requiring

pastoral counselling.

As the hotel was solely booked by Adventists, a request was made for sacred music to be played in the restaurant over the weekend in place of the regular secular music. The staff expressed their pleasure with the sacred music and could be seen at times waving their arms rhythmically in the air, particularly to one of their favourites, 'Lord I give you my heart, I give you my soul'. As a result, a recording of the music was promised to the restaurant team. They expressed delight that some of their favourite Christian songs were going to be given to them for their continued listening pleasure and the enjoyment of other diners long after the departure of the Adventists.

The response

Three non-Adventists who attended the retreat remarked on how blessed they were to be there. They were prayed for both corporately and privately, and subsequently stated that they were going back to their local congregations and communities to share the vision. They were already planning to attend the next MOHAP event.

Several of our members signed up to gain more information in regards to the development of this ministry and to introduce MOHAP chapters in their local congregations. Others felt that this ministry was timely and long overdue, and expressed interest in becoming more involved and receiving appropriate training to equip them accordingly.

Pastor Ewo was so impressed with the concept of MOHAP that he promised to introduce it to the Ghana Union Conference.

It is envisaged that MOHAP will include an annual weekend retreat and quarterly day retreats. Additionally it is hoped that local MOHAP chapters will be formed within local churches and small groups to cater for the needs of the sick on a bi-weekly or monthly basis. MOHAP will continue to be shaped and formed over the coming months under the leadership of Dr Osei and Janet Hamilton.

As a next step, a one-day MOHAP retreat is planned for Sunday 7 October 2012 to be held at Newbold Church. (Please contact the SEC Ministerial department for more information – tel: 01923 232728.)



Sharon Platt-McDonald prays with an attendee next to the prayer line



Karen Jordan-Nichols and Dr Andrews Ewo

Stanborough's garden party

Our fervent prayers were heard on Sunday, 24 June! Organising a garden party during one of our wettest summers was quite a challenge. But God

is faithful and the rain stopped just in time! The sun broke through the clouds and welcomed more than 200 people for an afternoon of classical music and a cream tea on Stanborough's beautiful grounds.

People from the local community, church and school gathered to listen to a group of talented performers, which included three alumni.



First off was the violinist, Song-Ah Choi, now studying at the Guildhall School of Music and Drama, who startled us with her virtuosity, performing Mozart's Violin Concerto No. 4 and Pablo de Sarasate's Gypsy Airs.

Next to perform was the harpist Isabella-Maria Asbjornsen, who has performed for Prince Charles and Prince William, among other luminaries. Isabella mesmerised the audience with her performance of E. A. Walter-Kune's Fantaisie sur un Theme de l'Opera 'Eugene Onegin' by Tchaikovsky, Tournier's Opus 31 and Grandjany's Rhapsodie Pour la Harpe.

Pianist Min-Young Bae, currently a scholar at the Royal College of Music, completed the trio of musicians with marvellous performances of Ravel's Une Barque sur l'Ocean and Liszt's Hungarian Rhapsody Number 2.

After the concert in the assembly hall, guests were served a home-made cream tea against the background of chamber music performed by pupils who are currently at the secondary school.

'I felt so privileged to listen to such high-quality performers in such a select audience', said one of the guests. Even the younger members of the audience were delighted. Joana, aged 8, said: 'I loved it!'

Over £600 was raised towards the Stanborough Secondary School Scholarship and Bursaries Fund: yet the best part was the delightful fellowship, the tangible friendliness of the people who attended, and to hear those who had never heard about our faith before say wholeheartedly: 'Do it again!'

JAMES SHEPPLEY & VANESA PIZZUTO

PHOTOS: DAN SABATIER

Stanborough Secondary School information

• Founded: 1919 • Our motto: Dominus Magister Ludi Nostris (God is the Master of our school) • GCSE results: 86% GCSE, A* to C (national average: 78.8%) • Cultural exchanges for our students: Spain/France/China • Admissions: Mrs Sonia Poddar, spoddar@spsch.org • Web: www.spsch.org



Joseph's helicopter journey to Egypt

Jubilee weekend, 1 to 4 June, saw almost 500 Adventurers and their leaders gather at the Walesby Forest Activity Centre in Newark, Nottinghamshire, for the annual NEC Adventurer camporee.

Campers came from as far as Newcastle and Northampton. The weekend started with vespers, taken by the Nottingham club, and the Sabbath programme began with morning watch, taken by clubs from Area 3. Clubs prepared for the opening ceremony by getting into their full dress uniforms, and once lined up the company were told that there was to be a special arrival. They marched to a large grassy area where they awaited the BUC Youth director, Pastor Nathan Stickland, and the camporee speaker, Pastor Steve Palmer – by helicopter! They were welcomed by the NEC Pathfinder director, Pastor Alan Hush, and an honour guard formed by the NEC Area co-ordinators.

The opening ceremony began with a prayer and an introduction to the camp masters, Levon Johns, Faye Cadagon, and Kathleen Lopuszansky. Pastor Stickland also gave a speech, saying the helicopter journey was too short!

The camporee theme was 'Joseph's Journey', and Pastor Palmer began his discourses on the life of Joseph for the Sabbath message.

Despite damp weather, Adventurers enjoyed activities such as crate stacking and the assault course. Some activities were moved into the marquee. There was also an opportunity for Adventurers to interact with real reptiles and farm animals in a safe, hygienic environment. The sheep shearing demonstration seemed pretty stressful for both sheep and shearer! The Sunday activities concluded with Pastor Palmer completing 'Joseph's Journey'.

At the closing ceremony on Monday, what all Adventurers (especially the leaders!) wanted to know was who would get the award for best club. This year, after hotly contested inspections of uniform and campsite, the Great Brickkiln Street club got the vote by the narrowest of margins over Windsor Street.

Once the awards had been completed the camporee was officially closed by Pastor Hush, and campers said goodbye to friends old and new – and vowed, God willing, to see each other next year!

NEC AREA CO-ORDINATOR, FAYE CADAGON



Kingdom increased by four at Sydenham

On Sabbath 26 May, Sydenham Seventh-day Adventist Church celebrated the baptism of Sheila Simpson, Errol Stanbury, Moye Ubanks-Brooks and Sharmayee Dennis – and their families and loved ones shared songs, Bible texts and encouragement during the well-attended service. We praise God for rescuing these lives, and thank all those involved.

OSWALD JONES



Baptism at Great Yarmouth

On Sabbath 24 June, Great Yarmouth Church was beautifully decorated and packed with family, friends and church members to celebrate the baptism of Ruben Da Silva Gaspar by Pastor Rio Espulgar. Ruben was initially introduced by his mum to Pastor Rio during a routine home visit. They became friends, played sports together, chatted about life goals and faithfully studied the Bible.

Yarmouth members thank the Lord for this young man's commitment and welcome him into the church family.

GREAT YARMOUTH COMMUNICATIONS DEPARTMENT



'Let's Zumba on the street!'

A feisty Zumba class and knife-juggling performance were two of the many activities held on Chelmer Road for the Clapton Community church's street fair on Sunday, 8 July. Vern Griffiths, from the neighbourhood, commented, 'I heard the music start up and we came over. The kids have had a great time!'

The church's Pathfinder drum corps opened the festivities by marching around the local area, bringing traffic to a halt and intriguing onlookers.

'It was amazing just to see all these young people out on the streets', enthused Pastor Kevin Johns, Pathfinder director at the South England Conference. 'It was a beautiful example of evangelism and reaching out to the community.'

From a 'sunshine boutique' filled with perfumes and clothes, to an arts and crafts area, to a 'healthy juicing' stall – those visiting had lots of choice!

One local catering company, 'The Cooking Pot', sold vegetarian Indian cuisine. Caterer Jurmieet Kaur explained: 'The money is going to an orphanage in India that we want to build.'

Sebastian, a professional juggler who performs in the West End, entertained the crowd for almost an hour with a sense of humour and knife-juggling skills, ending by juggling metal knives while balanced on a cylinder!

David Burnett, pastor of the Clapton Community church, said, 'This is what we all need to do! . . . As a church, we can't be just indoors; there are times we need to be outside. And the good news is that this is only the first of five events to come!'

Communication leader and event organiser, Kandi Cox, enthused, 'The reason we had this fair was really to bond with our community . . . letting them know we're here. At the moment we have a big church which has been empty for many years, so this was really to open our doors and let them know that we are here!'

SEC COMMUNICATIONS




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Mike & Vicky Beamish

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Class of 2012

The graduating class of John Loughborough School celebrated with a thanksgiving service, 'Aspiring to Greatness', at the Balham church on Saturday, 7 July.

Year 11 students joined families, teachers, church members and visitors for a full day of programmes led by the school. Opal Johnson-Christie (SEC Education director), Keith Boldeau (pastor of the Balham church), Earl Ramharacksingh (SEC treasurer) and Matthew Herel (intern pastor and school chaplain for John Loughborough) made encouraging remarks to the pupils.

Dr Edwena McFarquhar (head teacher) said the students 'are not only academically focused, but spiritually in tune with God – and I think the staff members have done a fantastic job.'

Students Christiana McCormark, Khiri Hamilton and Kwarteng Sarfo told the children's story, reminding younger children that 'caring is sharing', and Shaniel McKenzie, Sarah Owusu, Riann Brooks and Rochelle Parks-Cope from Year 11 gave a song of meditation.

Sam Gungaloo of Newbold College addressed the students on running mental and spiritual races, and head boy and head girl, Dwight Johns and Latiqa Barthley, said: 'You can see that God's truly blessed us'; 'I'm so grateful that we made it!'

SEC COMMUNICATIONS



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ministry

Piano competition success for young Adventist

At the end of June, Min-Young Bae (21) of Stanborough Park Church entered the International Piano Competition in Padua, Italy (Padova) and was awarded third place in the 19-22 age category.

She played Liszt's Rhapsody Number 2 and Ravel's Une Barque Sur l'Océan.

JUNE COOMBS



Minnie's birthday

On Sunday 8 April, Minnie Harding of the West Bromwich church celebrated reaching 99 years with a nice meal with Susan and Jim, her beloved niece and husband.

Though housebound, she is regularly visited by many church members. She thoroughly enjoys the Pathfinders' singing when they call on her. It is a joy to be with Minnie, as she has a sunny disposition and is always smiling.

We thank God for bringing her thus far in her walk with Him.

JUANITA CRAWFORD



From Massachusetts to bonny Dundee

Dundee Church opened its doors and heart to the Youth Ensemble of New England on Monday, 2 July. The community and members thrilled to the music of Albinoni, Bach, Beethoven, Vivaldi, Mozart and others, performed by forty-five young people aged 10 to 18, directed by Dr Connie Rittenhouse Drexler. Connie's son played a moving Scottish lullaby, composed by Connie for her son when he was a baby. Every heart in the audience was moved, so 'thank you' to the youth of New England! PASTOR NEIL ROBERTSON



Youth day – what's your purpose?

What is your purpose? On 30 June, the young people at the Stonebridge church tried to help each other discover theirs. After a thought-provoking lesson study, Craig Harriott of the North Wembley church gave an extremely moving personal testimony of how God can work.

Divine Service incorporated four sermonettes from Solomon Coker (Balham Church), Chantelle Henny (Balham), Shannon Alexander (Chiswick), and John Davis (North Wembley): each of whom showed Stonebridge members God's purpose for their lives.

JEROME HARDY



obituary

Olga Adelaide Cockle (1908-2012) d. 13 June. Olga was born at 63 Daggot Street, Dublin, the fourth daughter of Francis and Blanche Cockle. Her father was a rector in the Church of Ireland. She grew up in a Christian home, in which hospitality was extended widely to the community.

She began her nursing training in Harrogate. This was followed by a number of assignments in family homes before she went to work at Braemore House, a Church of Ireland orphanage in Cork, where she became Matron.

One of her charges, Freddie, was adopted by her sister Beryl. Here too she rescued Vera, a very premature baby on whom the doctors had given up. After five years in Cork, Olga moved to wartime London to work for Dr Barnado's homes as House Mother. In 1954 she left Barnado's and went to train as an SEN, after which she joined her sister to work in the Brighton and Hove district, retiring in 1972.

It was during retirement that Olga became a member of the Seventh-day Adventist Church. Her journey to our Church is remarkable, for it was through Vera – the baby for whom she tenderly cared – that the link was made.

It was Vera's life as the adopted daughter of Adventist parents, Pastor Leslie and Dora Watson, that would be a major influence on Olga. Vera tells us of the time when Annie, a close friend of Olga, died; Dora Watson, a Bible instructor by training, explained the Bible understanding of death. This proved both a comfort and a turning point for Olga. Her study of Voice of Prophecy courses resulted in her lying awake one night

thinking about the seventh-day Sabbath; she seemed to hear a voice calling her name. It took courage for a lady so firmly rooted in the Anglican tradition to join our Church.

The Brighton and Hove church greatly benefited from Olga's practical commitment to serving the needs of older members and friends. She was the church's champion Ingatherer (door-to-door charity collector) well into her old age.

While able, Olga loved to travel to see friends in Switzerland, and Vera and Tom Miller in the USA. She delighted to visit her family in Ireland, and it was that same family who gathered lovingly around her on her 100th birthday in March 2008, when she received congratulations from both the Queen and the President of Ireland.

Olga, who had survived so many serious illnesses in childhood, could not believe that she was the last of her immediate family of eight – six daughters and two sons. In the words of Daphne, her niece, here was '... a large, warm, lively and happy family with caring parents, who encouraged all their children to be fair, broad-minded and independent – including and especially the girls.'

Ours has been the privilege to know such a gracious Christian lady. Olga's funeral service was held on Tuesday 26 June at Woodvale Crematorium, Brighton, and was conducted by the writer. Through birth her father had been a freeman of the city of Dublin; and through the new birth his daughter has the assurance of an eternal citizenship, bought for her by her Lord and Saviour, Jesus Christ.

LESLIE HILL



CHIP Leadership Training Workshop

Sunday 12th August 2012, 10am–5:30pm

Aston-Newtown Community SDA Church
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£20 per person
includes lunch
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Who is this training for?
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Organised by the Adventist CHIP Association UK & Ireland
Sponsored by the North England Conference of Seventh-day Adventists

Leicester Central PAEB investiture

On 7 July 2012, fifty-one of Leicester Central's eighty PAEBs (Pathfinders, Adventurers and Eager Beavers) were invested. PAEB club members and junior counsellors aged 4-18 marched into the church, accompanied by the drum corps and supported by family and friends.

Under the theme, 'The Race for Life', club director Pauline Matturi said the club's purpose was 'turning tiny beings into wonderful people – and after songs, the Olympic theme was continued in a play by the Pathfinders, 'The Christian Life Race', which emphasised that there is no room for complacency.

Pauline Matturi summed up the activities of 2011-2012, acknowledging Adventurer leader, Beverley Lake and Pathfinder leader, Glynis Dublin, in particular – as well as junior counsellors and PAEB club members.

The awards were presented by the Area co-ordinator, Daniel Flemmings Danquah, before Pathfinders witnessed in the town centre.

PHILIP HERBERT



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back page



Happy with Jesus in Dublin

On 2 July, Dublin Adventist Church ran its first Holiday Bible School. Lydia and Jeason Kanagaraj have hoped to run the week-long programme since they arrived in Ireland seven years ago. On stories from Creation to the Second Coming, forty-eight children sang praises, enjoyed crafts, played games and were 'Happy With Jesus'.

Alexandra, whose parents are new Adventists, enjoyed the activities so much that she took materials about Jesus home to share with her friends. One of the parents said her 4-year-old son Esethu asked: 'Mummy, if we ask nicely can we go to the VBS next week again?' How wonderful it is when our children are excited to spend more time with Jesus!

LINDITA VANI WILSON

Corrigendum: The 'Adventist programmes hitting new audiences' article on p. 14 of *MESSANGER* 20 July should have read: 'programmes will continue on Thursday evenings at 8.30pm and on Sundays at 1.30pm'. We apologise for any confusion.



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Supported by the BUC Youth Department

Transport to the Stanborough Press Open Day

Coach transport is now being organised to take church members from London and the Midlands to the Stanborough Press Open Day in Grantham on Sunday 2 September! Coaches will pick up members from Brixton, Battersea, and Fulham in London, and Birmingham and Wolverhampton in the Midlands.

For details, contact Hubert Smiley on 01384 213803, 07868288310, 07831958114 or 07736509625. We look forward to seeing you there!

Medical missionaries and supporters needed

Yahway Health and Wellness is looking for medical missionaries interested in being part of a new Wellness Centre project: Adventist doctors, nurses, pastors, cooks, maintenance personnel, drivers, seminar instructors and assistants.

If you have a heart for medical missionary work or would like to support this work financially, please contact Richard on 07955 864 371 or visit our website: yahwayhealth.org.

African skies!

Holloway Church on Saturday 7 July was full of bright colours, smiles and bongo drums for 'African Skies': a fundraising concert organised by Rumbidzai Sithole and Hayley Mckenzie-Sealy to raise money for Mboe Church in Zimbabwe, so that its members (mostly farm workers) can complete its building work. They currently worship in a school classroom, but are in desperate need of their own church.

Over £550 was raised, with more donations still to come. We pray that the people of Mboe Church will be blessed! If you would like to donate or find out more, please contact Rumbi at: rumbis@hotmail.com.

ANESHA WEST

Netherfield SDA Church Community Services Day of Fellowship

With Grace Walsh and the Birmingham Ladies' Choir

You are invited to join us on 1 September 2012 for a day of worship and praise!

Time:

10am for a full day's programme

Venue:

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Potluck lunch
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11am-3pm, Sunday

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

Messenger

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Sunset

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

	Lond	Card	Notf	Edin	Belf
Aug 3	8.45	8.57	8.54	9.15	9.20
10	8.32	8.44	8.41	9.00	9.06
17	8.18	8.31	8.26	8.44	8.50
24	8.04	8.16	8.11	8.27	8.34

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