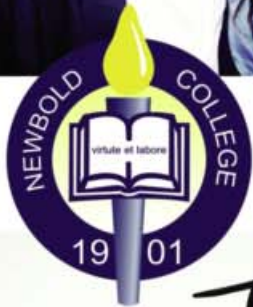


Messenger

News to the churches • 17 August 2012 • Volume 117 • 17



Newbold 2012 Awards Ceremony

by Maria Rosenquist, Marketing Communications officer



Dr Philip Brown opened the proceedings at the 2012 Newbold College Awards Ceremony on Sunday 15 July, his first since taking over as principal of the college. There were sixty-seven graduands, well supported by many family members and friends in the audience.

Councillor Mrs Jennie McCracken, mayoress of Bracknell Forest Borough Council, and her consort, Councillor Iain McCracken, were present, as were the Wokingham Town mayor, Councillor Peter Lucey, and Wokingham Town mayoress, Elaine White, Wokingham Town deputy mayor, Councillor Martin Bishop, and Wokingham Town deputy mayoress, Yvonne Bishop.

During her remarks, Councillor Mrs Jennie McCracken said that education cannot be underestimated because of the opportunities it yields. She thanked the students for their hard work, the parents for their commitment and the Newbold staff for their absolute dedication.

The guest speaker was Ms Kristel Tonstad, a graduate of both La Sierra and Harvard University. She currently works as an advisor at the International Law and Policy Institute in Oslo and is a member of the Newbold College Board of Governors. In her address, which was entitled *'Our Fragile Earth, Our Kingdom Calling'*, Ms Tonstad focused on Amos, Micah and Isaiah and their concern for justice in society. She said that responding to your calling is not some distant idea: it means labouring in the Lord here and now, and it has a central part in our Seventh-day Adventist heritage of preparing students for service in whatever shape that may take.

Dr Marko Luki responded on behalf of the graduands and acknowledged the responsibilities laid on them; he vowed that they would 'remain supportive of the ethos of the college and true to the teachings of Jesus Christ'. Marko is the first Newbold College student to be awarded a PhD

through its research degrees programme. Along with a number of other Newbold students, Marko attended the University of Wales, Trinity Saint David degree ceremony on Friday 13 July, and then returned to Newbold on Sunday 15 July to have his achievement recognised by Newbold College.

The ceremony was followed by refreshments outside the church centre. Two of the graduates, Fernanda Iniguez and José Caceres, were married just the day before, and so were celebrating their graduation as newlyweds.

Dr Brown said, 'We wish all God's blessings on each graduate as they continue to serve Him in an ever-changing world. May you choose to let Him lead you daily – in His way, in His time and for His purposes.'



For more information, please contact: Maria Rosenquist, Marketing Communications officer: 01344 407493/ 07795 364260/mrosenquist@newbold.ac.uk

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 BS3 1TF Tel: 0117 902 0344	Sun 19th August, 6PM ASHCROFT THEATRE Fairfield Halls Park Lane Croydon CR9 1DG Tel: 020 8688 9291
--	---	--	--

Thou Shalt Not – not to be missed!

Agape Theatre Company continues to entertain and inspire with their latest production, *Thou Shalt Not* by Mark Grey, which has been seen in theatres around the South England Conference and has its final performance at Fairfield Halls in Croydon on Sunday, 19 August, at 6pm.

The plot centres around one of the oldest love triangles, two brothers and one woman. Deeper still, there is a secret love story that emerges: not between those the audience expects, but one that was there, almost invisibly, throughout.

The characters are complex and explosive, making choices and decisions they feel compelled to make even though they know them to be destructive. This is so true in real life and the play amplifies this vividly. What stands out so

clearly is how easy it is to receive help – just a simple cry of 'Help me', and instantly there is salvation – but the characters continue their struggle, believing they are not worthy of it.

Strong characters, an enchanting set and a surprising plot all add up to an enjoyable and thought-provoking evening out. Don't miss your last chance to catch this final performance!

For more information and tickets, please call 0800 1123152, or visit:

<http://thoushaltnot.eventbrite.com> – or contact Fairfield Halls, Croydon, CR9 1DG – box office: 02086889291.

KATIE RAMHARACKSINGH – SUSAN WATT – BARBARA BROWN

Enhancing Health

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

Golden eight – part 8

Trust in God

'Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power – these are the true remedies.' Ellen G. White, *Ministry of Healing*, page 127.

Faith and healing

'The Saviour would have us encourage the sick, the hopeless, the afflicted, to take hold upon His strength. Through faith and prayer the sickroom may be transformed into a Bethel . . . and this conviction will itself do much for the healing of both the soul and the body.' *Ministry of Healing*, p. 226.

While several studies have reported the beneficial health outcomes of individuals practising their faith, the most convincing evidence-based reports to date have centred around emotional wellbeing. The Mental Health Foundation (2007) study titled *Keeping The Faith – Spirituality and Recovery From Mental Health Problems* identified that certain aspects of religious and spiritual involvement are associated

with positive mental health outcomes.

Mirroring this finding in earlier research, The Royal College of Psychiatrists discovered that mental health service users highlighted the importance of their faith in God as a key aspect of their recovery. As a result these service users reported better depression recovery, improved self-control, raised self-esteem, increased confidence and better relationships. *Spirituality and Mental Health* (2005).

Another study published by the Mental Health Foundation (2006) identified that people with severe mental health problems across a range of diagnosed conditions found significant benefits to having a faith which they practised. The results revealed that 60% of these individuals reported that their religious experience or spirituality was very helpful and had 'a great deal' of beneficial impact on their illness. This was particularly related to the feelings that religion and spirituality fostered and the positive emotions of being 'cared for' and not being alone. *Mental Health, Religion and Culture* (2004).

In a BBC 2 *Horizon* documentary aired on Tuesday, 19 February, 2008, a correlation was made between the strong religious beliefs of those who practised their faith and the positive response to stress that they demonstrated. Researcher Dr Kelly Morton, interviewed on the documentary, stated: 'There are many stressors in life that we cannot control. . . . Connection to something higher than oneself, connection to the sacred, connection to a tight-knit religious community, allows you to modulate your reactions, your emotions, to believe that there is a broader purpose, and therefore your body can stay in balance and not be destroyed by those stressors and traumas over time.'

Good health!

Our final torchbearer



Racquel Robinson, a 16-year-old member of the Balham church (who usually attends in Brixton), is our final Olympic Relay torchbearer. She carried the torch

through the Royal Borough of Kensington and Chelsea.

She was baptised in Jamaica at 7 and arrived in England soon afterwards. Despite early setbacks, she strives to excel in life. Her PE teacher, who nominated her for this event, says she has '*shown outstanding leadership skills . . . always works to full potential and is supportive of her classmates.*'

Racquel has organised a number of charity events, including a disability gala and a sponsored skip event for a heart charity. She has received school awards and has also excelled at sport.

She has been an active youth choir member and was also involved in a recent drama production of 'Kids Praise'. About being a torchbearer she said: 'I represent God when I am running.' She certainly is an amazing young lady.

ERROL ANDERSON
(BALHAM CHURCH COMMUNICATIONS DEPARTMENT)

editorial

During my twelve-year stint at the South African publishing house, I worshipped at the Claremont church in Cape Town. Being one of the local elders, it was sometimes my duty to serve on the pulpit in support of the day's preacher.

Now Claremont Church is probably the cosiest church I can remember. It had warm red carpets, ergonomically designed pews and an effective heating system.

The latter was installed under each pew, so that, by the time the sermon began, my damp socks were usually steaming contentedly under the pew in front of me, while my gluteus muscles (*maximus, medius and minimus*) nestled warmly on the pew beneath.

Unfortunately, many a 'saint' fell victim to that heating system. What is good for the parishioner isn't always a benefit to the parson!

In pursuit of a 'click'

Then one blustery Sabbath morning, while listening to the Sabbath School programme, I became aware of an irritating 'clicking' noise – faint but discernible – the sound of metal on metal. What was the cause? How could it be stopped?

Forty minutes later, while waiting in the vestry, I had my answer – it was the baptistry door. It clicked loudly as the wind huffed and puffed through the rafters above us. What should we do about it? Report it to the head deacon?

Oh, I forgot to tell you that this door was built into the vestry wall well above my head – to be reached by a special metal staircase put up only on baptism days.

Something said 'Leave it alone!'

Something inside me said '*Leave it alone!*' I should have listened – but I didn't.

Turning quickly to one of our sinewy young deacons, I asked, '*Colin, if we help you up onto the ledge of the doorstep, do you think you could pull that wretched door closed, and spare us this noise during the service?*'

'*Sure,*' he said, obligingly – and we heaved him onto the ledge – where he seemed to balance expertly for a moment while tugging energetically on the door handle.

High drama in the vestry

Then the inevitable happened. Handle and door parted company, and Colin made an emergency landing – on top of us!

We collapsed together in a corner of the vestry among the junk that usually infests such places: paint pans, rollers, rags, brushes and brooms!

Fortunately, nothing seemed broken except the door handle and our dignity. So we prayed and entered the pulpit area with decorum.

A 'dust-up' in the vestry

My lip . . .

Yes, you guessed, the ordeal wasn't over yet. My lip began to swell. My left eye felt puffy. And while facing the congregation that morning I quietly pondered two things: whether they could see that I had been socked in the face; and why I hadn't listened to the voice that said 'Leave it alone!'

Second-guessing

Second-guessing is a term which has recently crept into our English usage, and it simply means to '*criticise or correct after an outcome is known.*' I have done a fair amount of second-guessing about what happened in the vestry that Sabbath morning. I have re-run the incident numerous times, and (besides a good chuckle each time) these are my conclusions:

Be able to recognise when you are entering 'obsession mode'. It is very easy to become preoccupied with an irritant, an issue, an insult, an injustice, a painful wound or a disturbed relationship. I think that most of us have a 'clicking door' to contend with. Just answer a few simple questions to find out: What is it that irritates me? Who makes me agitated and uncomfortable, and why? Is there a pattern to my unhappy thoughts? Where do they point?

Be aware that a 'clicking door' can distort reality. What was the reality surrounding me that Sabbath morning? I was seated in a warm and comfortable sanctuary, among friends I had grown to know and love. The music, as always, was inspiring and uplifting. Sabbath School had been stimulating and well presented. Ahead lay the worship service and a good sermon.

Hard to believe, isn't it? Surrounded by all those privileges and blessings, I had distorted my reality until it revolved around the sporadic clicking of a baptistry door!

Don't try to fix a 'clicking door' without the right tools. It usually ends in embarrassment – not to mention bent or broken silverware, snapped car keys, scratched paintwork, slipped jacks and dented rims.

But things become more critical when the 'clicking door' is an uneasy or abrasive relationship. Using the wrong tools to mend or restore such things often ends in disaster. For example: many a teenager has responded to an abusive disciplinary outburst by leaving home – forever!

If you're going to fix a 'clicking door', please don't be like me: use the right tools!

When doors start 'clicking' in your life, resist the urge to act impulsively.

Check it out before you get involved. Think carefully before you act. Idle a bit. Chill. Take Alexander Pope's immortal line to heart: 'For fools rush in where angels fear to tread.'²

Years ago, an irate South African home owner, disgusted at having to remove 'doggy doo' from his lawn each morning, decided to fix this 'clicking door' once and for all. He impulsively made a crude deterrent out of old rubber car mats and some household wiring. Then placed it across his driveway and powered it from the mains.

The dogs walked around it – but one of the neighbourhood toddlers didn't – with tragic consequences!

¹<http://www.thefreedictionary.com/second-guess> ²From the poem 'An Essay on Criticism' by Alexander Pope



Julian Hibbert
Editor



devotional

A lesson from the 'Blade Runner'

by Julian Hibbert

For many the term 'Blade Runner' is an immediate reminder of the 1982 American science fiction movie directed by Ridley Scott, which starred a young Harrison Ford.¹ More recently, however, the term has taken on a new meaning.

It is now the official nickname of Oscar Pistorius, a South African sprinter, who holds the world records for sport class T44 in the 100, 200 and 400 metre events. He is known internationally as the 'Blade Runner' – 'the fastest man on no legs!'²

Sport class T44 is one in which disabled athletes can participate. These men and women are usually amputees who have lost a leg from below the knee. Oscar is a double amputee, having lost his legs at the age of 11 months.

What a way to start life!

His legs were amputated halfway between his knees and his ankles because he was born without fibulas.³ What a way to start life!

But there was nothing wrong with Oscar's 'backbone'. He literally stood up (on his

prosthetic legs) and took on everything life had to offer. Initially he played rugby, water polo and tennis, but in 2003 he smashed his knee in a rugby match. Undeterred by this cruel setback, as soon as he was able, in early 2004, he took to athletics with immediate success.⁴

This success is partly due to the amazing 'Cheetah Flex-Foot carbon fibre transtibial artificial limbs' that he uses as substitutes for his missing lower limbs.⁵ But the real key to Oscar's success is Oscar.

He is a deeply committed

athlete with a supreme determination to succeed. Along with this, he is also a dedicated evangelical Christian.

How good is he?

Oscar qualified for the London Olympics and challenged for a place in the 400 metre sprint, a category in which the Olympic record of 43.49 seconds* was held by Michael Johnson (USA).⁶ Oscar's best time since January for the same event is 45.20 seconds, which has been bettered at least fifty-six times already this year. But, whether he was to win or not, Oscar made Olympic history, becoming the first double amputee to compete at this level.⁷

The Asian Age of 19 July reported that the 'very fact that Oscar will be running at least in the heats to try and qualify for the 400m final will be a great victory for the disabled in sport. He will also be serving the highest Olympic ideal of being there just to take part.'⁸

Oscar proves a point

All of this serves to prove a vital point, doesn't it: **success is not really determined by what you don't have, but by how you use what you do have.**

Jesus tells an interesting parable about three servants who were given bags of gold to invest during their master's prolonged absence. Matthew 25:16-18 (NIV) summarises the result:

'The man who had received five bags of gold went at once and put his money to work and gained five bags more. So also, the one with two bags of gold gained two more. But the man who had received one bag went off, dug a hole in the ground and hid his master's money.'

Upon his return the master was equally pleased with the two productive servants, even though their efforts yielded widely differing returns. But for the one who just buried the gold he had a scathing rebuke!

This says something important about mankind to which William Barclay draws our attention: 'Men are not equal in talent, but men can be equal in effort.'⁹ I personally find it encouraging to know that Jesus judges my contribution to His cause on input, not output!

It also says something important about God: He 'isn't rating His followers based on the number of converts they win over or the number of church pews they fill; He's interested in

*the passion with which we use whatever gifts He has given us.'*¹⁰

I just love the way that was put – God wants us to be passionate in using the gifts He has given us! That's all He asks in return for His blessings.

Passionate people

Just look around you – you'll be surprised how many ordinary people there are who passionately use their gifts for Jesus. My congregation provides a breakfast each Sunday morning for anyone who needs a hearty meal and a warm, dry place to relax. We regularly serve more than twenty 'full English breakfasts', with all the trimmings, including fruit and fruit juice.

I find the visitors very interesting, and they seem to enjoy our cooking and the relaxed chatty atmosphere that goes with it. But I have also enjoyed observing the helpers on my Sunday shift. No one complains about the work: lugging the tables and chairs around, setting the tables, taking and delivering the orders, frying eggs and sausages (vegetarian ones, mind you), making toast, wiping tables, sweeping the floor and packing away. In fact, each one seems quite willing to do whatever menial tasks are assigned to them with passion and enthusiasm.

A great example

To me, Gideon is one of the best examples of someone who went out and did **what God wanted** – passionately – **with what God gave him!**

Jesus (the 'angel of the LORD') finds him threshing wheat in a wine press. He is working out of sight there to avoid detection by marauding Midianites and Amalekites, who are stripping the country bare.

In the dialogue between Jesus and Gideon (Judges 6), notice how Gideon is addressed: *'When the angel of the LORD appeared to Gideon, he said, "The LORD is with you, mighty warrior."*' (Verse 12, NIV.)

Gideon is taken by surprise by what appears to be a gross exaggeration of his status and ability. He doesn't feel like a 'mighty warrior' at all: *'Pardon me, my lord," Gideon replied, "but how can I save Israel? My clan is the weakest in Manasseh, and I am the least in my family."*' (Verse 15, NIV.)

Gideon tells it as directly and

honestly as most of us feel it. *'How on earth can God expect me to do that? I am a new Christian – they should choose someone with experience. I could never handle that responsibility!'*

But what does the 'Blade Runner' teach us? *Success is not really determined by what you don't have, but by how you use what you do have.* Gideon grasps that idea passionately and, starting that very night, he begins a reform movement in Israel. Aided by ten of his servants, he tears down his *'father's altar to Baal and cut[s] down the Asherah pole beside it.'* (Verse 25, NIV.)

That is radical. That takes courage, even at night. Even if he was afraid while doing it!

Less is more!

As this thrilling story unfolds (Judges 7), we see an interesting pattern: **Gideon is systematically made to see that 'less is more'.** His recruitment campaign nets him 32,000 men, leaving him vastly outnumbered by the invaders. Then God tells him he has too many!

He must release everyone who 'trembles with fear' and is suddenly left with only 10,000! But God is still not satisfied, and a final test leaves Gideon with an army of only 300 men!

Can you imagine the courage it would take to lead 300 men armed with 'flashlights and police whistles' – at night – against a well-equipped force of 135,000 (Judges 8)? Well, that is effectively what Gideon did.

What about me?

How often have I mumbled something like this when challenged to do something for God: *'Pardon me, my lord,'* but you seem to have forgotten that *'my clan is the weakest in Manasseh, and I am the least in my family.'*

Maybe the time has arrived for me to respond differently by emulating Gideon . . . and Oscar the 'Blade Runner' – 'the fastest man on no legs'.

¹http://en.wikipedia.org/wiki/Blade_Runner
²http://en.wikipedia.org/wiki/Oscar_Pistorius
³<http://records.unitarium.com/400m> ⁴<http://www.asianage.com/other-sports/taking-part-not-winning-blade-runner-achievement-526> ⁵<http://www.gospel.com/topics/parable+of+the+talents>
⁶The Daily Study Bible: The Gospel of Matthew, volume 2, chapters 11-28, page 323 (Revised Edition) by William Barclay, emphasis supplied. ⁷<http://www.gospel.com/topics/parable+of+the+talents>, emphasis supplied. * (as of 26 July 2012)

the Berean column

with Andrew Puckering



Anointed

When Elijah fled from Jezebel, he had only one thing on his mind: that he alone was zealous for the LORD, and now he was being persecuted for it by his fellow Israelites (1 Kings 19:14) – a cry echoed elsewhere in Israel's history (Psalms 69; 74; Habakkuk 1). God does reassure Elijah that there are in fact 7,000 other faithful Israelites who haven't bowed the knee to Baal (1 Kings 19:18). Before that assurance can be given, though, He gives Elijah three tasks: anoint Hazael as king over Syria; anoint Jehu the son of Nimshi as king over Israel; and anoint Elisha the son of Shaphat as Elijah's own replacement (1 Kings 19:15, 16). Apparently the opportunity to train up a replacement was what really caught Elijah's attention, because that's the task he jumped to first – leaving his pupil Elisha to perform the other two tasks (2 Kings 8:7-15; 9:1-3).

Elisha at first seems like a strange choice to replace Elijah. First of all, he was a farmer (1 Kings 19:19), in an era when – despite Elijah's lament that he was all alone – several schools for prophets existed in Israel, some of which would in time become too small to house all the students (2 Kings 2:3-5; 4:38; 6:1). Second, in seeming contradiction to Jesus' later instruction that God's faithful, when called, should not be looking back to their old lives (Luke 9:61, 62), Elisha asks to say goodbye to his parents first – a request which Elijah grants him, saying, 'What have I done to you?' (1 Kings 19:20.) Furthermore, Elisha was not completely obedient to his master. Elijah told Elisha three times not to come with him – and, each of those three times, Elisha said he was coming anyway (2 Kings 2:2, 4, 6). Finally, Elisha asked very hard things of his teacher – one of which being that he should have double Elijah's portion of the Holy Spirit (2 Kings 2:9, 10)! Given these traits, we might be excused for wondering why God nominated Elisha the son of Shaphat to take up Elijah's mantle.

As it turned out though, Elisha was no less obedient than the sons of the prophets who were around in his day, and he had a better understanding of God's working than they did (2 Kings 2:16-18). His primary reason for asking to return to kiss his parents goodbye was not so he could stay home a bit longer with his mum and dad, but so that he could burn the tools of his former occupation to provide a meal for the people (1 Kings 19:21) – an act which not only symbolised a complete break from his past, but also provided him with the means to feed those who may have been left hungry by the severe drought which had only recently ended (1 Kings 17:1, 12; 18:1-5, 41-46). Furthermore, during the course of his ministry, Elisha would have the opportunity to provide yet more people with food – using the very double portion of Spirit that he'd so boldly asked from Elijah. For example, the first miracle God wrought through him (after parting the Jordan when his master Elijah was taken up – 2 Kings 2:13-15) was to purify the springs of water outside Jericho (2 Kings 2:19-21): a miracle with long-lasting effects, as the writer of 1 and 2 Kings says the water stayed pure 'to this day' (2 Kings 2:22, NKJV). He also removed poison from a pot of stew, and fed 100 men with twenty loaves of bread (2 Kings 4:38-44). The second of these miracles foreshadowed on a smaller scale our Saviour's miracles with the loaves and fish (Matthew 14:13-21; 15:32-39). Despite first appearances, then, we can say with confidence that Elisha was the right man, in the right place, at the right time. God knew what He was doing when He appointed Elisha to be His prophet!

- What other miracles did Elisha perform to help the poor?
- Did Elisha perform any miracles to help the rich?
- Who eventually anointed Jehu? (2 Kings 9)
- Why might not the prophets have been keen to do this? (2 Kings 10)
- How did the sons of the prophets recognise that Elisha was anointed by God?

Success is not really determined by what you don't have, but by how you use what you do have.



Image courtesy of Oakley

When a man gets depressed!

by Pastor Andrew Rashford-Hewitt*

Be strong; be assertive; be successful; be a provider and protector for your family; be a leader; be a role model; establish a wonderful loving relationship with a woman; be a fantastic father; and be a godly man. These are some of the expectations men internalise and feel they need to live up to at different points in their lives. However, what does a man do when he cannot provide for his family, and does not feel strong or able to meet the other expectations mentioned above? How does a man cope when he has that sinking feeling within him that leads him to doubt himself, his potential, or his God? What is a man to do when clouds of despair begin to loom over him, causing him to feel insecure, unsettled, and even depressed?

Today men are subject to a range of pressures that can cause any man, when he is at a vulnerable point in life, to become depressed. Often a man will be unaware that he is depressed – or will deny that he is depressed for fear of being labelled as weak. He may further choose to suffer in silence because he feels he is the only man experiencing depression. The reality is, however, that depression is something that many men will experience in their lives. An article in the *Guardian Observer Society*, dated Sunday May 2010, entitled 'Depressed men missing out on treatment' by Tracey McVeigh, cited the chief executive of Mind, Paul Farmer, who indicated that men are just as likely to experience mental distress as women of the same age – and that men are far more likely to commit suicide. However, because depression is seen as largely a female issue, the degree to which the problem affects men is 'largely hidden'.

The reality is that depression affects men and women alike, in various ways, and this is not something to be ashamed of. Depression is a human experience through which God's grace can carry each of us. For example, depression is a part of the bereavement and loss experience. The loss of a significant relationship through death, divorce or separation can also bring on feelings of depression. The loss of employment or status can lead to similar feelings. Facing major disappointments or experiencing alienation, isolation, persecution or abuse at work or at home can also lead to feelings of depression and a loss of self-worth. Coping with personal illness or that of a loved one, excessive stress levels over a prolonged period, or emotional or physical fatigue – or experiencing burn-out due to work stresses – can all lead to a person becoming depressed.

Some may think, however, that depression is not to be the lot of a faithful, believing Christian. Yet, one only has to look in the Bible to see how the heroes of faith were at times surrounded with the feelings associated with depression. Take for example Jacob (Genesis 37:33-36), who was severely stricken with grief following the lying report that

his son Joseph had died; or David (Psalm 22:14-16), who was hounded like a fugitive, causing him major distress; or Elijah (1 Kings 19:1-4), who exhibited thoughts of total self-denial and fear, even asking God to take his life; or Jonah, who also asked to die (Jonah 4:1-4) – who, after wallowing in self pity, slipped into bitter disappointment and spiritual depression. These are just a few examples of male biblical characters who experienced the range of emotions and physical symptoms associated with depression.

The mere presence of certain symptoms, though, does not mean that one is depressed. All too often as Christians, we approach the subject of depression with spiritual presumptions which lead us to reject the thought that we could be depressed. Unfortunately, we associate depression with a sense of sin, failure or even demonic possession. We therefore need to realise that depression is a human experience that anyone may go through due to external and internal factors that affect our normal thought patterns, emotions and day-to-day functioning. It is an experience that both men and women may be subject to, even Christian men. Furthermore, through my voluntary work as a counsellor with Mind, my pastoral work and my connections with SACMHA** in Sheffield, it has become clear to me that depression affects not only people in their forties and older, but young people and an increasing number of young men.

At this juncture, I should point out that depression takes different forms, from mild to severe – and can last from months to years. It can come suddenly following unexpected life crises, or slowly, almost imperceptibly.

Signs of depression in men

A man who is depressed may present himself as having feelings of low self-worth, leading to experimentation with risky or curious behaviour such as drinking, gambling, increased use of tobacco or other substances, the use of pornography, engaging in sexual promiscuity and withdrawal from family and friends in order to perform such risky behaviour.

Furthermore, an increasing sense of depression may lead a man to exhibit more aggression in his relationships at home or work. He may lose his temper more often and use vulgar language. He may become highly irritable and display gradual negative changes in his character. In addition, he may begin to experience physical symptoms such as backache, frequent headaches, sleep problems and palpitations. He may feel unable to trust others, or accept authority. Besides blaming others, he may have feelings of inner fear and helplessness that perpetuate angry or violent outbursts and displays of power and control.

On the other hand, inner feelings of insecurity may render him unable to face others or carry out day-to-day tasks and responsibilities, leaving him with a sense of apathy and despair. Last but by no means least, he may find it increasingly difficult to motivate himself to fulfil his need to spend time with God in Bible study, prayer and worship. Sadly, when a man gets depressed, he loses focus on God – but thank God by faith, when men get depressed, God's mercy is expressed.

A man who was once depressed said, 'Depression is a scary place; you want help, but don't want others to know you need them. You are afraid of what they might think of you; you think you are alone; you doubt your-self image as a man – yet you put your best foot forward, fearing that, should anyone scratch beneath the surface, they would see your charade and pity you. You don't know what to do. You believe in God, but you don't know where God is. You try to hold on, but you don't know how long you can continue – it's a lonely, scary place.'

Depression is not easy, whatever form it takes, but there is hope for every man. From one man to another, let me share the power and promise of God's Word: 'And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness.' (2 Corinthians 12:9, KJV.) So, if you are a man going through depression, know that your God can and will take you through; and then use you to encourage others.

Some pointers

So how can a man work through his depression? Here a few pointers.

1. **Accept that you are going through depression** at this moment. Until you do, you won't move on (Proverbs 14:10).
2. **Know that God will take you through** – He is your Shepherd, and He will guide you through the shadows (Psalm 23).
3. **Seek help.** Others can help you regain your focus, balance and zeal for life (Proverbs 13:10). Contact your pastor, elder or wise and trusted church member. Ask friends to pray for you and support you through this period of your life's journey.
4. **Seek professional counselling**, preferably from a Christian (Proverbs 15:22). You can also try the NEC's Rainbow Christian counselling service by calling 01617403602, Mondays and Thursdays, 6-8pm – or email them at racs@necadventist.org.uk.
5. **Consult your doctor**, who may be able to put a few measures in place to aid your recovery – such as time off work, arranging a counsellor, or medication if needed.
6. **Find at least one friend** who you can open up to and just do normal things with, such as going for a walk, playing a game together or going out for a meal. Also engage in regular exercise such as walking, swimming, cycling, football, and so on.
7. **Work at working** through your depression while knowing that God's Grace is sufficient. Adjust your diet to more beneficial foods and routines. Try the NEWSTART principles and rest.

In conclusion, as men we need to understand that there is no shame in being depressed. As a Church we need to accept this, and help to remove the stigma that can be associated with depression by talking more openly about it. As men, we need to be bold enough and man enough to share our experiences of how God has brought us through. Too often we are fearful of each other and what we think others will think of us, when if the truth were to be told **we all feel the same**. So let us accept our human frailties and God's omnipotence. Let us seek to share our failures and victories, our lows and highs, to the extent that God will be glorified as we share with one another that if God could do it for me, He can do it for you, to the glory and honour of God and for the blessing of every man. Therefore remember: when a man gets depressed, God's mercy is expressed.

*Author of *101 Proverbs for Life and Wisdom for Men from the Book of Proverbs*.

**SACMHA – Sheffield Afro-Caribbean Mental Health Association – is a successful voluntary service that delivers a range of mechanisms to persons in the area of Mental Health Support.

To Tweet or not to Tweet

Dear Editor
I would like to respond to the article under Issues, 'To Tweet or not to Tweet' by Pastor Jeff Couzins, NEC, which was in the 22 June issue of the *MESSENGER*.

Frankly, I was shocked and amazed that such an issue should be promoted by a pastor of our Church – it seems that Adventists have become one with the world. Are we not told in the Bible to be a different and peculiar people?

Have we forgotten what Jesus did for us, dying under the terrible burden of our sins? Do we not go to church to worship God, to reverence Him? How can we be attentive, respectful, fearful of our all-powerful God if we are distracted by the goings-on in church of 'worldly things'?

Is it not better that we all pay attention to our worship of God during church? Then after the service we can go and tweet, text, phone, or otherwise communicate with our friends.

It is not just this issue that has me jealous for our God: it seems that church-goers also eat, drink, chat, sleep, come and go and generally make a racket during church. When the Israelites worshipped in the desert do you think this sort of thing would have been tolerated?

I can also relate to the article by Julian Hibbert in the same *MESSENGER* issue entitled 'Please Jesus, don't come back on a Sabbath morning' for the same reasons.

MARY

Editor's note: Once you have read the following letter (submitted by David Wright), then work out who 'Nick' might be!

To Tweet or not to Tweet

Dear Jeff
I don't see what the problem is! If someone wishes to use a hi-tech phone or iPad during a church service, then why not? What on earth is the Church all about unless it's about socialising, and catching up with friends – especially those I can't sit with or who don't come to church – and what better way of doing this than using new social networking technology? You'll be suggesting next that it would be wrong for me to read a chapter of my Kindle book, use iPlayer to watch the TV I missed during the week, play video games or get my

headphones out to listen to my downloads. That's the problem with the Church today – anybody would think that Saturdays were all about communicating with someone important!

NICK (AN OLDER MEMBER)

Obituaries

Dear Editor
Why oh why must you punish the senior members of the Church, whose sight is not as good as it used to be? I am talking about the Obituary section of the

MESSENGER.

Please, please print this section in normal-size print and on a white background as it used to be in the days of your predecessor.

The Good Book tells us to 'honour the hoary head', so why not consider my request?

VIOLET R. HAY

ADRA scarf

Fashion designer Oana Balan is now supporting the work of ADRA-UK in Rwanda through her new online shop 'Cup of Daisies' at <http://is.gd/i3ckha>.

The purpose is to raise funds for charities, through a line of ladies' clothing and accessories, raising awareness in society to help communities in need.

Oana studied fashion design in Spain and the UK. Now she supports various charities, including ADRA, through her products.

Miss Balan's beautiful handmade silk scarves will soon be available to buy online, giving the public an opportunity to own something unique and bespoke that can be worn with pride, because each purchase helps the

year. Oana designed a 100% twill silk scarf to celebrate the work of ADRA-UK. Ten percent of the purchase price goes to an ADRA women's education project in Rwanda. The design, inspired by native African flowers and motifs, was created for the project in Rwanda. This scarf is the perfect accessory for every season of the year.



Mission Southport

Based on a report by Pastor Mike Simpson

Southport is a coastal town just 16.5 miles north of Liverpool, with approximately 90,000 inhabitants – and it was there that Tony Moore of the Biblical World Ministry began a series of lectures for the public on Monday morning, 25 June.

Why in the morning? Simply because many people are only free then! Did it work? Yes, they had nine non-members that morning and twenty-nine for the repeat presentations that evening! This attendance trend continued for the first three presentations, entitled 'Amazing discoveries in the land of the Nile'.

This was followed up immediately by a twenty-eight-episode documentary series called 'Tracing the footsteps of Jesus', also by Tony Moore. Each episode begins with a beautifully filmed documentary

narrated by Moore, which is then followed by him leading the audience through a section from one of his four workbooks and some application questions.

Curious about the attendance? The organisers thought that the overtly religious nature of the series would put people off, but, to their surprise, morning attendance the first day included thirteen guests, with another thirty-three at the town hall in the evening.

After watching the enthusiasm and participation of the guests, this is what Pastor Mike Simpson had to say: 'The entire process takes about one hour and fifteen minutes. I must confess that I get a natural thrill when God's truths are presented and I am able to see minds slowly open as the Holy Spirit unfolds truth to



The evening audience for the first three seminars



The evening audience during the second series at the town hall



Southport's three 'apostles': Ebenezer Daniel, Tony Moore and Michael Simpson

them. It's just beautiful to see. There is nothing like it.'

After the first two weeks of the five-week programme guest attendance began to fluctuate between six and ten in the

morning sessions, and thirteen and twenty-two in the evening.

Who attended?

A fluctuation like this is not strange for such a long series, but what is unusual is the fact, as Pastor Simpson puts it, that 'all attendees are from the majority population, a group that most find difficult to attract to public meetings.'

He went on to state that he has not found it difficult to attract this group in his 'many years of experience in projects like these.' He feels the problem lies in a negative mindset that we have developed (among all segments of the Church) that blacks can't effectively evangelise among the UK's majority population.

He also feels strongly that an 'immediate, sustainable strategy must be implemented to sustain the work in the few areas where we have gained a foothold in reaching the majority population.' Along with this he is also suggesting that his conference should 'look seriously at cross-cultural ministry' and 'allocate resources to this most needy area of God's mission'.

What are the results?

After five weeks and fifty-six

continued on p.13



The group that attended on the fourth Sabbath



Guest speakers
Dr Leslie N. Pollard & Dr Prudence L. Pollard
 President, Oakwood University, USA



Special music
Tesserat
 Adventist Quartet
 Ken Burton, Paul Boldeau
 Robert Carr & Paul Lee



Special Price
Open Day Only
£5 each

Stanborough Press Open Day 2012 2 September



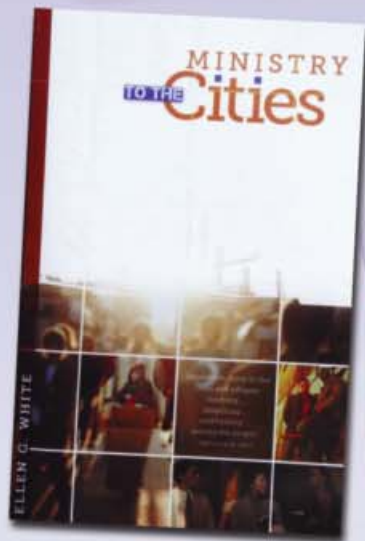
8am-4.30pm
 NG31 9SL

Open Day Special Offers

Teenagers will be inspired by the excitement, trials, heartache and joys of these well-known Bible characters!

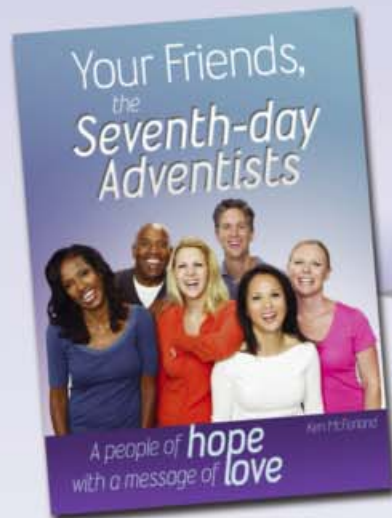


(RRP £1.95 each)
Set of 6 books
£10.50



A challenge to bring the Gospel to the cities of this world!

Special price
£2.95
 (RRP £7.25)



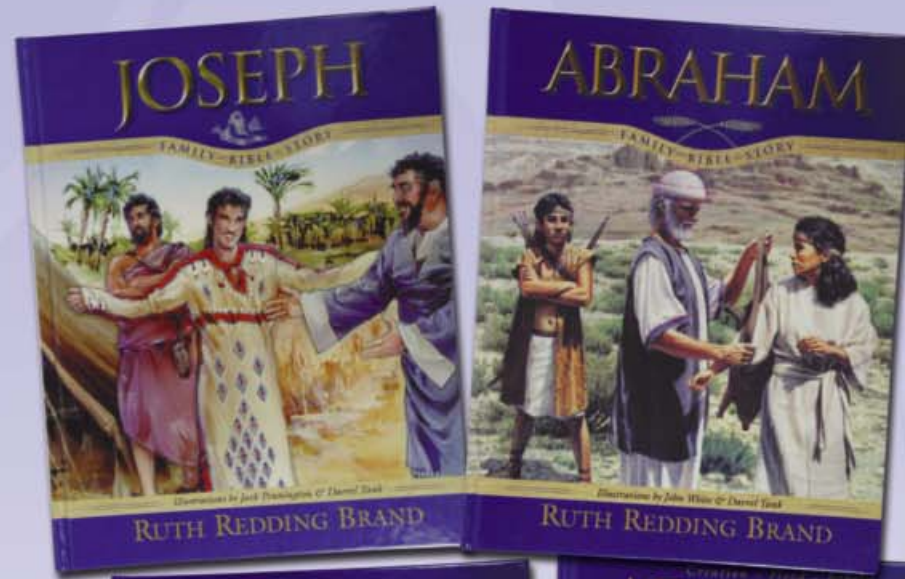
Help others to learn more about the Adventist church with this beautifully illustrated guide.

Only
50p



A great way to find your way around the Bible stories. It's fun, it's instructive and it's challenging!

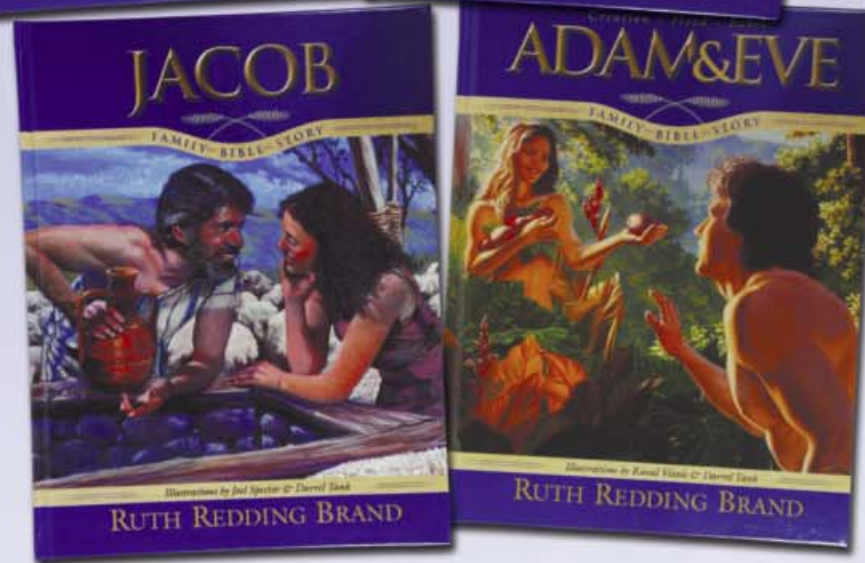
(RRP £1.99 each)
Set of 6 books
£10.50



Beautifully illustrated Bible stories for children of all ages; that will spark the imagination, build character and nourish the soul!

Please note, these sets are sold as seconds.

(RRP £57 per set)
Set of 4 books
only £10!



(RRP £53.75)

Large KJV Family Bible with five hardback books by Ellen G. White – *Patriarchs and Prophets, Prophets and Kings, The Desire of Ages, The Acts of the Apostles and The Great Controversy.*

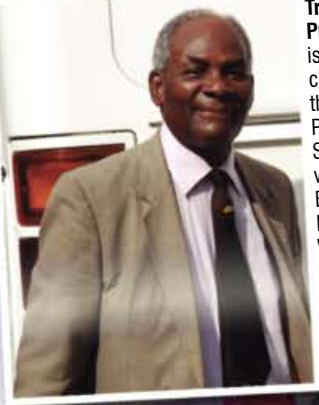


Buy this beautiful 2-tone leather Bible for just
£80 and receive the 5-vol Conflict of the Ages (HB) set **FREE**

We are here!
The Stanborough Press
Alma Park, Grantham
NG31 9SL



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!



We're looking forward to seeing you!

presentations the project has built up a contact database of more than fifty people. There were twenty-two guests in attendance on the last Sabbath of the project, and fifteen of them have signed up for the next series that started on Sabbath 4 August. This is a series entitled 'Unfolding Daniel's Mysteries', presented by Pastor Simpson with the help of Pastor Ebenezer Daniel, who is the local minister.

The wider impact
Pastor Ian Sweeney has stressed that the Church needs to make a discernible impact in the community – not just in the lives of individuals. How does the Southport mission measure up in this respect?

According to Pastor Simpson, near the beginning of the project, he received a call from the senior vicar of the Church of England who had seen their advert in a local newspaper. He had a question: 'What is the intent of the programme?' After our pastor's answers, which included a brief summary of our fundamental beliefs, the vicar said: *'We appreciate you Seventh-day Adventists; like ourselves, you are soundly orthodox – it's only that we have a different day for Sabbath.'*

Well, the differences may be more substantial than the vicar thinks, but listen to this from Pastor Simpson:

'The following Sunday, in his main service, he held up the newspaper with our advertisement on the front page and said: "These people are putting their money where their mouth is. Look what they have done. Are we willing to do the same? The only difference between them and us is that they keep Saturday as Sabbath and we keep Sunday." He then invited them to attend our meetings!'

Apparently a similar announcement of support was made at the local Baptist church!

Pray for Southport
Pastors Simpson and Daniel solicit your prayer support for the work that lies ahead. The first baptism from this series will be held on 8 September with others to follow. If you would like more information on how to run a similar project in your area, please feel free to contact Pastor Mike Simpson directly at msimpson@necadventist.org.uk or on 07780991916.

BUC residential evangelistic training

The BUC has just completed two intensive training sessions designed to equip our members for various forms of evangelism. Here are the reports . . .

Evangelism

by Hyacinth Bishop

We are told in the Bible that we are all preachers of the everlasting Gospel with a royal command to go and be fishers of men. During the week commencing 15 July 2012 the BUC arranged training for this purpose. This course, with approximately twenty-one people in attendance, was offered by Pastor Louis Torres and his wife Carol at the DeMontfort University in Leicester, and was designed to equip church members for evangelism in their local communities.

The course covered all aspects of evangelism, from the planning of a series to the preaching and follow-up Bible studies. It was not all theory, however, for every evening the group observed Pastor Torres in action in Leicester Seventh-day Adventist Church. There was also the opportunity to put theory into practice by going door-to-door in the community, making contacts and building friendships. The group learnt that while flyers and hand-outs produce 'suspects', personal contact produces real 'prospects' for the Gospel. They also learnt that we are all preachers, as every conversation we have that uplifts Christ is considered preaching. Pastor Torres stated that evangelism is not an act, but rather a cycle, and likened the process to that of the crop cycle: prepare, sow, cultivate, harvest, preserve – then start all over again!

By the end of the training the evangelists were

enlightened and ready to return to their various churches for God's service.

Literature evangelism

Based on a report by Juliet St Rose Wong Chong

Held simultaneously with the evangelism training was that for the literature evangelists. Their training was co-ordinated by Pastor Eglan Brooks, whose training team for the week consisted of: Elisabeth Sangüesa (Stanborough Press Marketing director); Pastor Peter Sayers (NEC LE sponsor); Roger Blake (SEC LE sponsor); and Paul Thompson (executive vice-chairman of Experto Crédito) and his wife, June.

The twenty-five literature evangelists in attendance were not only exposed to excellent classroom training, but they were taken out into the suburbs of Leicester for the real thing – 'cold canvassing' – calling on potential clients without an introduction or referral. Bravely they went from door to door, gathering a variety of experiences about which to testify the next day.

In addition to a day full of lectures and practical training, the literature evangelists were also eager supporters each night at the series conducted by Pastor Louis Torres and his wife, Carol. Truly, at the end of the week they knew why the training session theme was 'Saved to serve others'.



NEC joint leadership summit

by Pastor Sidney Almeida

A highly successful leadership summit was held from 18 to 20 May at Daventry for NEC church leaders and pastors. Organised by Pastors Michael Simpson and Richard Jackson, and Grace Walsh, it featured Pastor Alex Royes as the main presenter, supported by Dr Brighton Kavaloh, Professor Winston Craig and Pastor Ian Sweeney.

The purpose of the summit was to bring together the local church leadership with their pastors so that they 'could share the same vision in resourcing and

training the membership'. Among the things that featured prominently in the discussions were: how to nurture the relationship between the pastor and his head elder; how to resolve conflict between them and promote reconciliation; and how to make sure that in our leadership we first connect with God before trying to connect with others.

The participants were enlightened and greatly blessed by this summit, but not all questions were fully

answered: 'What should we be doing to reach the majority population group of the country? What are we personally doing to reach the local community around us?' These are issues that still need to be pondered on. . . . Perhaps we will have our answers by the next leadership summit.



Baptism at Leeds Central

The Leeds Central church family was blessed on 26 May with the baptism of Raphael Chisholm. Raphael was supported by his family and friends in taking this important step; certain life experiences and the support of his friend, Ashley Dublin, had shown him that Jesus is the answer. NEC Personal Ministries director Pastor Simpson performed the immersion.

V. MAYNARD



Basingstoke revived again

Revive us again! This was the prayer of Basingstoke members and friends from the Guildford, Oxford and Reading churches who attended the 'Revive Us Again' meetings. Basingstoke members wanted a fresh anointing of the Holy Spirit and eagerly studied *Revive Us Again* by Pastor Mark Finley, given to all those who attended the meetings. Each of the six sessions over the two weekends of 13-21 July focused on a chapter of the book. Local Pastor Sinisa Horvat conducted one of the sessions and Pastor Evangelist Ray Patrick the rest.

Members felt spiritually rejuvenated and more able to face obstacles, and wish to hold regular Bible studies and prayer meetings. Plans to accommodate these suggestions are in progress.

JANET HAMILTON (ELDER)



Pastor Sinisa Horvat



Pastor Ray Patrick

NBTA lauds Adventist role

by Sharon Platt-McDonald, director for Health, Disability Awareness and Women's Ministries



Caring for others and saving lives are key principles of the Christian faith. So when the writer was invited to be a member of a new national board supported by the Department of Health, she agreed. This national board, NBTA, is the National BAME Transplant Alliance – the co-ordinating voice for black, asian, and minority ethnic transplant donations. She was invited because of her influence in the Adventist Church, and as a Christian representative.

The board wishes to raise awareness about the following:

- People from these communities are three times more likely to need an organ transplant than the rest of the population – but less than 2 percent have recorded their wishes on the NHS Organ Donor Register; and
- While around 90 percent of white patients in need of a bone marrow transplant may find a match, for the BAME population the matching rates can be as low as 40 percent.

The group will raise awareness of inequalities and promote donation. They will also support other charities and advise them on getting the message across.

The NBTA's official launch on 4 July 2012, at the Institute of Contemporary Arts, London, was attended by Anne Milton MP, who gave the keynote address, Alesha Dixon, Colin Salmon, and Gladys Knight.

In his launch address, NBTA co-chair Kirit Modi presented the Seventh-day Adventist Church as a 'leading example of what can be done to raise awareness about the need for organ donation within the BAME community'.

Public Health minister Anne Milton said: 'Giving an organ or bone marrow is a chance to save someone's life. It is tragic that nearly 200 people from black, asian or ethnic minority backgrounds die each year waiting for an organ. Lower levels of donation mean those in need of an organ transplant often wait up to twice as long.'

We want everyone to join the NHS Organ Donor Register and discuss their wishes with family members. We want potential donors to come forward and show they are life-savers.

Actor David Harewood states: 'I know how important it is for people from ethnic minority backgrounds to donate their blood, organs and stem cells. By becoming a donor, you have the potential not only to save someone's life, but to change the lives of their friends and family too.'

For more information, visit the NHS Blood and Transplant website at: http://www.organdonation.nhs.uk/uk/campaigns/other_campaigns/other_campaigns.asp

Stewardship summit

On Sabbath 23 June 2012, more than forty Stewardship leaders, treasurers, elders and pastors converged on the Brixton church for the second SEC Stewardship summit. The congregation swelled to more than 600, with people from as far as Bristol and Chelmsford.

The leaders had come to listen to the associate director of the Stewardship department for the General Conference of Seventh-day Adventists, Dr Larry Evans, preach a sermon entitled 'You can take it with you!', encouraging the congregation to look at what we can take to Heaven: not money, but the richness of our character, forged through our relationship with God.

The next day, the Stewardship leaders met at the Advent Centre to listen to Dr Evans' further presentations: 'The Three Angels and the



Wall Street Protestors', and 'God's Response to Greed'.

The Stewardship summit ended with these leaders ready to lead God's people!

DR RICHARD DE LISSE
SEC STEWARDSHIP AND COMMUNICATION DIRECTOR

Baptism on 21st birthday for Marcel

Marcel Calin, a Romanian who came to Wales aged 15 and able to speak only a little English, was baptised by Pastor Dranca at Croscombe on 17 June – his 21st birthday! Martin Pugh, a Croscombe member, had been invited to visit a Romanian orphanage to carry out repairs through the work of REACH, an Adventist-affiliated organisation. Martin met Marcel and was impressed to offer him a home in England, foster him, and adopt him as a son.



Marcel soon became proficient in English language, and qualified as a carpenter and joiner, giving him a full-time job. He has attended Croscombe Adventist Church regularly, where he is respected and loved.

The Croscombe minister, Pastor Dranca, studied with Marcel for six months before baptising him in Martin and Elizabeth's indoor swimming pool, which is used by Richard, their other

son, who suffers from muscular dystrophy. Elder Sieg Edwards welcomed him into membership.

MRS Y. L. BAXTER

Baptism in the sea at Clacton-on-Sea

Kingsley Patterson used to smoke and watch TV in the garden shed while his wife Carol had Bible lessons in their house – however, Kingsley, who is in his 70s, got fed up with this and saw the good things his wife was doing! He decided to get baptised, and Pastor Sam Ouadjo performed the baptism for him in the ocean at Clacton-on-Sea in June this year.



TREVOR HARRIS

Hope Channel paralympic specials

Friday 24 August, 8pm: *Faith Talks (UK)* introduces Pastor Patrick Johnson and his son, Espen, in a stimulating programme on living with disability (repeated Saturday 25 August, 6.30pm).

At 8.30pm: *'Et Vakkert Liv': A Beautiful Life*, an award-winning Norwegian film, follows Espen's family and their struggle with a life-threatening disability (repeated Saturday 25 August, 7pm).

Viewers are reminded that programmes also continue on Thursdays at 8.30pm and Sundays at 1.30pm. Watch the Hope Channel live on Hope Channel Europe, or online at www.hopetv.org.uk.

VICTOR HULBERT



Baptism of Jamie-Lee

On Sabbath 30 June, Jamie-Lee Hilton was baptised at the Chelmsford church by Pastor Sam Davis. Jamie-Lee is a teenager who decided to give her life to the Lord before moving to Australia with her parents and brother in August this year. She felt it vitally important to be baptised in her church, in the presence of church members who had shaped her life so positively. She has been an inspiration to many other teens and youth who are preparing for their baptism, including her brother Ryan. Her baptism was attended by family, friends, pastors and leaders from the SEC, BUC and TED.

JOYCE DHEERAJ



HANDS – making the Gospel accessible

ASNA is pleased to announce the re-launch of the ASNA project HANDS, developed to increase access for people living with deafness. The re-launch took place during the tenth ASNA AGM on 24 June at the Stanborough Park church. Guest speaker Dr Larry Evans (pictured in the front row, middle), GC liaison for International Deaf Ministries, stated: 'The value of a person begins in their heart, not in the use of their limbs, speech or hearing.' He encouraged ASNA to continue its work to reach everyone with the message of salvation in a form that is accessible to all.

The HANDS project is supported by ADRA UK and the South England Conference. It aims to increase the number of qualified BSL signers in the Church community, raise awareness of people living with deafness and provide resources to make the Gospel accessible for all. For further information, or to register an interest in the HANDS project, email info@asna.info or call 07768298297.

SOPHIA NICHOLLS (SEC DISABILITIES MINISTRY CO-ORDINATOR/ASNA TRUSTEE)

Rental accommodation for Seventh-day Adventist family or student available in Wolverhampton from September 2012 – for further information please contact Alton McFarquhar by telephone: 07815840176 or email: goalton@hotmail.com.

814 baptised on Scottish youth mission trip

by Daniel Johnson

On 27 June, six Adventists from Aberdeen (Amber Fairlie, Tarrick Haynes and Daniel Johnson) and Inverness (Michael, Ellisha and Zipporah Walker) left Edinburgh for Lima, Peru.

Some, this being their first time abroad, found the surroundings quite unfamiliar – they had to get used to international traffic laws, and an extremely friendly culture. On the second day the group flew out to Iquitos, their final destination.

They met other students and organisers from America, and preached on the first Friday evening in separate churches. After much prayer, it was much less fearful than they originally thought – despite the devil trying to disrupt the meetings.

The nearby evangelical church blocked the road to Daniel's church with a tent meeting – but after prayer, there was heavy rain and the thick mud shut them down. Michael's translator struggled to translate a sermon about the Sabbath, and decided to back out. Almost all the rest had technical problems during their sermons, and one student's voice disappeared four different times during the sermon.

All of these problems, however, were rectified through prayer. One night, the most powerful witch doctor in the Amazon appeared at their hotel – but the group prayed, as did the churches back home, and no one heard from him or his partner again.



With Jesus in the vessel . . .

On Sabbath 26 May the Palmers Green Youth department set sail with forty-six passengers on a boat trip along the River Lee from Broxbourne, Hertfordshire, some 30 minutes from our church. The aim was to fellowship and worship in a different environment, reflecting on aspects of the Bible related to water and boats through organised activities, as well as learning about the natural environment of the River Lee.

Adults and children (who were non-Seventh-day Adventists) were also present, and the organisers (Lorraine Imbrah and Susan Craig)



On the last Sabbath the speakers took Sabbath School and spoke about Heaven, finishing with an appeal. Then, following a powerful sermon from the local pastor, 814 came forward to give their lives to Christ in baptism! Each of the speakers saw those from their churches being baptised as a result of the Lord using them. Each one returned to Scotland even stronger in the faith and motivated to spread God's Word.

had made Bible brainteasers, allowing passengers with little Bible knowledge to participate – the first person to solve the Bible maths challenge was someone who does not attend church! As a group we sang 'Happy Birthday' blessings to a child and an adult who are not always able to attend church, and this was appreciated by them and their relatives.

Passengers also learnt how boats go uphill or downhill on the river – passing through a lock was a real sensory experience, with rushing water and the gates of the lock opening to let the *Pride of Lee* through.

The children enjoyed looking at wildlife, and being escorted by the ducks added to the excitement! It all gave a context to what the disciples must have felt: 'With Jesus in the vessel we can smile at the storm'.

PALMERS GREEN COMMUNICATIONS DEPARTMENT

Equipped to Serve

From 5-9 July Hebron Hall Christian Retreat Centre was the venue for the first health summit in the Welsh Mission, attended by members from the Mission and visitors from Jamaica, Nottingham, Gloucester, Stevenage, and Yeovil.

The theme – 'Equipped to Serve' – provided members with the skills and resources necessary to be effective witnesses. Topics including 'Forgiveness As Healing', 'Stress Management', 'Food Hygiene', 'Nutrition and Health' were well presented.

Christine Hutchings (Health Ministries representative at Yeovil



Ivana's ordination – Stoke Newington

On Sabbath afternoon 9 June, Stoke Newington Church celebrated the ordination of Ivana Mendez as elder.

Members from other churches joined Stoke Newington Church for this ordination conducted by Pastor Wilfred Blake, a former minister of our church, and assisted by Pastor Mfakazi Ndebele of the Sureway Community church and the Stoke Newington elders.

Special items were rendered by Aletta St Omer and the church choir. Pastor Blake, in his sermon 'Consider yourself for serving', admonished us that whatever we do for God must be done for love. Elder Lascelles McKenzie read the charge to Ivana and then presented the certificate.

The service concluded with a consecration prayer by Pastor Ndebele.

FLO SUTHERLAND



Stoke Newington celebrates Queen's Diamond Jubilee

On Sunday 3 June, Stoke Newington held a street party to celebrate the Queen's Diamond Jubilee, reaching out to neighbours in Yoakley Road and the surrounding streets.

Letters had been dropped in all the neighbouring letterboxes informing residents, followed by a meeting with neighbours in the church hall.

Part of Yoakley Road was blocked off, flags adorned the street, food was prepared, and a bouncy castle and a gladiator were set up to entertain the youngsters.

The event also featured a special appearance of the 'Queen', 'Prince Phillip'

Church) said the summit 'far exceeded our expectations. . . . We learned that forgiveness [should be] not just something we do, but . . . a way of life for the Christian. . . . The teaching was of an exceptionally high standard.'

The 'vigorous exercise sessions certainly put us through our paces! We were kept well fed with vegetarian food. God's love was evident in the fellowship between brothers and sisters in Christ. . . . We truly came away "Equipped to Serve"!

HEALTH MINISTRIES DEPARTMENT

and 'Prince William' lookalikes in cardboard masks.

Despite the heavy rain and another street party in the high road, there was a very large crowd – someone estimated it to be nearly 500 people!

Music was supplied by a DJ and the drum Corps, from which the crowd insisted on an encore – some visitors said they were drawn to the event by their drumming.

The event took a lot of planning, preparation and support, and was a great success. Now that the ice has been broken, members look forward to seeing visitors from the community coming through the doors!

FLO SUTHERLAND



Healthy eating in Swindon

During April, Swindon Church was treated to healthy cooking classes.

Aldona Netto, who had been planning this for a long time, wanted to show people how important the right food is – it has both physical and mental effects.

All recipes were vegan and raw: homemade soya milk (with help from Lilian Baraka), smoothies, quiche, pumpkin paté, raw chocolate cake and more.

COMMUNICATION SECRETARY



Haverhill Fellowship music day

The stage was set in the auditorium of Samuel Ward Academy School on 19 May for the second annual music day of the Haverhill fellowship, a church-plant of the Cambridge

church. Praise songs filled the theatre hall, touching almost 250 guests, twenty of whom were non-Adventists.

Among the artists were The Levites from London, Advent Melodies, The Advent Male Quartet, and a host of others – including 5-year-old pianist Navani West – all offering thanksgiving to God.

Brothers Julian and Oscar co-ordinated the proceedings, and the congregation were clamouring for more. A sumptuous lunch and birthday celebration fed the guests.

Haverhill's second music day was a resounding success – God's name was lifted in praise!

THABANI BAFANAH



Erdington's annual investiture award ceremony

Erdington celebrated its annual award ceremony on 30 June 2012 with a display of pageantry by the Pathfinders and Adventurers, some as young as 6, performing drills with a marching band before the church and the community.

After Sabbath School and Divine Service, awards and medals were given for dedication to the Lord, presented by Councillor Francis and Area co-ordinator Loretta Griffin, who accompanied Pastor Alan Hush to the ceremony. Awards were presented to the Little Lambs, Eager Beavers, Busy Bees, Sunbeams, Builders, Helping Hands, Friends, Companions and a Ranger.

The guest speaker for the day was Pastor Alan Hush, the NEC Pathfinder director, who spoke on unity within the Adventist movement.

During the afternoon session the young people marched again to Erdington High Street – shoppers gathered to watch these precious little people, led by Kenrick Fagan and C. Morgan-Davis. Onlookers admired the young people for their dedication and sense of togetherness! They really enjoyed themselves, and the club leader, Trevor Davis, wishes to thank all who helped to make the ceremony a success. A special thank-you goes to John Rowley, the director of System 2000 in Erdington, who willingly donated to the sponsorship and currently is engaged in securing the church from vandalism.

JOHN OSEI-BEMPONG





Old Stanboroughian/Newboldian honoured by University of Birmingham

Christine Arthur, who attended both Stanborough School and Newbold College, has been selected as Birmingham University's Alumna of the Year.

After receiving her award from the vice-chancellor, Professor David Eastwood, Christine presented the keynote address to 1,000 graduates, friends and professorial staff assembled for a graduation ceremony in the Great Hall.

She was both humbled and honoured, but totally mystified as to why she had been chosen – no less than 170,000 former students of Birmingham University currently live all over the world.

As managing director of the Birmingham office of McCann PR (part of McCann Erickson, the world's largest advertising and communications network), Christine has worked closely with the university's School of Business Studies in providing work experience and employment for students.

Her mother, Ruth, attended the event, but her father, Pastor John Arthur, was forced to view proceedings over the internet because of ill health.

Christine paid tribute to teachers at Stanborough School and Newbold College for establishing a good launchpad for her career.

(Report based on Live Stream coverage of Birmingham University degree awards ceremony – 4 July 2012.)



Newbold College staff say farewell to Pastor Henrik Jørgensen

At the end-of-year staff dinner on Wednesday 11 July, Newbold College staff said goodbye to Pastor Henrik Jørgensen. Henrik first came to Newbold College as a student in 1976 and returned to join the staff in 1991 as Dean of Men, becoming Chaplain and Director of Family Housing in 1997; Head of Student Services and Gap Year Co-ordinator in 2005; and Head of Student Experience in 2011.

Throughout his twenty-one years of service at Newbold, Henrik kept the students at the heart of his mission, encouraging an ethos of inclusivity, respect and deep thinking. He was the driving force behind The Gap Year, a one-year course in which students combine academic exploration with volunteer experiences – offering them a wider worldview, a deeper spiritual life and greater self-awareness. This included facilitating and joining students on humanitarian trips to places such as Dembidollo, in Ethiopia.

Newbold students greatly appreciate Henrik's dedication. A legacy that Henrik will leave is the legendary Waffle Wednesday

prayer breakfast in the church café!

Henrik also touched the lives of his colleagues at Newbold College. A video created as a tribute to Henrik was played at the staff dinner, and by the end there were few dry eyes. Henrik responded with thanks to the staff, and expressed his desire that Newbold College continue to be a place of inclusivity.

Henrik has accepted a role as a departmental director in the Danish Union of Churches from October this year. We wish him God's blessings in the next stage of his life.

MARIA ROSENQUIST



Elizabeth reaches 100

Mrs Anne Elizabeth Beattie, who celebrated her 100th birthday on 31 January, was once saved by her brother as he grabbed her ankle when she was caught up in the air by a whirlwind! She was baptised in 1980 in the Ipswich church and accepted into membership of the Chelmsford church, and started attending Brighton and Hove Church in 1988. She was able to go out for lunch on her birthday with her family and Pastor Leslie Hill and his wife, Jill. Anne opened the card she had received from the Queen while waiting for the food to arrive.

NORMAN BEATTIE

Key stage 1 Practitioner urgently required

(To start as soon as possible: latest January 2013)
Salary: MPS, will apply (depending on experience)

The governing body of Harper Bell School wishes to appoint a Seventh-day Adventist teacher who is approachable, determined to succeed, confident, dynamic and inspirational, with a passion for school improvement and driving up standards. The successful candidate should:

- Have QTS and up-to-date professional knowledge;
- Take an active part in school life;
- Demonstrate the Seventh-day Adventist Christian faith, with the ability to integrate this faith into the curriculum.

An interest in the teaching of extra-curricular activities would be desirable.

For an application form, contact Mrs L. McDonald on lmcdonald3@hotmail.com or send a text message to 07736 804299. Closing date for applications: Monday 27 August 2012, 6pm.

The successful candidate for this job will be working with children, and will therefore be subject to a disclosure check through the confidential process administered by the Criminal Records Bureau. The school is committed to safeguarding and promoting the welfare of its children and expects all staff to share this commitment.

obituaries

Philip Jackson (1938-2012) d. 6 May

Philip was born in Churchdown, Gloucester, on 19 November 1938 to Arthur and Hilda Jackson. His sister, also Hilda, was 21 when Phil was born, and his brother Charles was 17.

Phil's early years were not easy – between the ages of 11 and 17 his mother, father, and brother died, leaving his sister Hilda to bring him up. Phil was raised an Adventist and baptised in Stanborough Church – events that were to stay with him all his life.

Phil moved to Watford when he was quite young and attended Leggett's Way School. He had lots of friends at Stanborough Park, in Garston near Watford. While still at school he worked in the Granose health factory on Stanborough Park, and when he was 16 he left school to work at the Stanborough Press in Watford. One day while looking out of a window at the Stanborough Press, seeing the senior girls playing hockey, he said, 'I am going to marry that girl Rita' – although Rita didn't know that yet!

At 18 Phil moved to Somerset to do his National Service, during which he worked for Mr Ron Nash and his son Keith in forestry work (Phil and Keith were to become lifelong friends). Following this period Phil worked for Mr Bill Willmott and his son Cyril at C.R.W. (Cyril, who was also a lifelong friend, would give Phil lifts to Watford which kept the flame alight for the romance). Phil had qualified as a Heavy Goods Vehicle driver and continued working for C.R.W. which was now being run by Cyril, and he continued in this work until his retirement. During this period he was closely involved in service to humanity via ADRA, driving trucks loaded with food and medical supplies and other essentials to foreign parts – an undertaking that was not without risks and hazards.

On 25 June 1961 Phil and Rita were married in Stanborough Park Church – they moved to Gurney Slade and became regular members at Croscombe Church. In the following year Stephen was born, followed two years later by Andrew. Stephen was to marry



Helen Greaves, and they had three children: Abigail, Matthew and Timothy. Andrew married Ilona Search, who bore five children: Jake, Orin, Theo, Barney, and Bo. All Phil's family were important to him and he loved them dearly.

Phil was closely involved in church activities, serving as deacon and then as elder. Phil was a dedicated believer in his Lord and God, and was highly respected by those with whom he worked and came in contact.

In his latter years Phil suffered ill health, involving much prolonged pain and treatment – at this time he was lovingly supported by Rita 'in sickness and in health'. Phil would often witness that he was in Good Hands – it's possible that God looked down on the pain and allowed Phil to fall asleep, until that great day when such things are no more.

The thanksgiving service was conducted by Pastor Dranca and Pastor Islwyn Rees, a former minister of Croscombe Church and a long-time friend of Phil, in the presence of many members and friends who had been touched by the influence of this godly man.

When one considers some of the sadness he suffered in early life, it is a witness to his faith that he never bore grudge or grievance to anyone – and indeed he had a good sense of humour. He leaves behind a wife and family, but they trust in God, and we commend them to His good care in the days to come.

YVONNE L. BAXTER

Joan Catherine Gullivan (1926-2012). After a short illness, Joan laid down the burdens of this life in the sure and certain hope of the Resurrection at the return of her Saviour.

Joan was the wife of the late Dr Terry Gullivan. After Terry's death, life was lonely for her: however, it was enlivened and brightened by her grandchildren, of whom there are seven: three from her daughter Kathryn, and four from her son Richard.

At her funeral service the point was made that Joan was 'a righteous woman'. There were many evidences of this: not least, her impartial love, care and respect for all of her grandchildren. She loved them and they returned that love. All of them, except Kathryn's daughter Emma,

paid tribute to their granny. Emma was in Australia and unable to be present.

Joan's faith was central to her life. She became an Adventist under the ministry of Pastor George Emm in her early 20s. It was through Pastor Emm's meetings that she met and later married Terry. Their care and love for each other was an example of true Christian love and marriage. For almost fifty years Joan was a faithful member of Stanborough Park Church. Her quiet, consistent life of faithfulness, walking in the ways of God's commandments with a living faith in Jesus her Lord and Saviour, was an inspiration to all who knew her.

She rests in the promise of Jesus – to come again and bring all who have faith in Him to life everlasting in the Kingdom of God. The prayer of all Seventh-day Adventists is, 'Come, Lord Jesus.'

Joan is missed by her son Dr Richard and his wife Angela, her daughter Kathryn Duffy and her husband Stephen, and her seven grandchildren. They express their thanks for the cards, prayers and support received from church members and friends. Pastor Paul Clee and the writer shared in the service. The committal was at North Watford Cemetery.

PATRICK BOYLE

Steve Search (1939-2012) d. 23 June. Steve Search was born on 29 January 1939, in a town near the Hungarian border in Romania. He was brought up in the Protestant faith in a town on the north shore of Lake Balaton in Hungary, and attended church regularly. Upon leaving school he served an apprenticeship as a plumber, which involved him in a 23-mile-round cycle ride each day. His first contact with Seventh-day Adventists was through a friendship with a young Adventist girl.

By 1956 there was much political unrest in Hungary; Steve and a group of like-minded young friends formed plans to leave the country by bicycle, but when Steve and his friend arrived at the meeting place they were the only two of the original group. These two 17-year-old lads set out together across fields and woods in order to avoid being arrested by Russians. Eventually they met up with a large number of refugees like themselves, waiting to be resettled. Steve expressed a wish to go to America but was sent to Derby. At this time a young lady, Zaria Raines, obtained his name as a pen friend, and thus Steve

was reintroduced to Adventists. He was baptised in 1964 and they were married on 19 July the same year. Their marriage was blessed with two daughters: Ilona in 1968, and Yolan in 1970. Steve was now working as a self-employed electrical contractor and his business was flourishing.

In 1978 Steve realised a wish to return to his homeland and to introduce his new family to his original one. The visit lasted nine weeks, but as they crossed the border in to Austria on the return journey, Steve must have given a sigh of relief – for after all, he was still a Hungarian citizen and could have been detained.

Steve was a father who wished to be supportive to his family and perhaps give them what he had missed in his early life.

Steve continued to run his business, but it was no longer as busy – and when he suffered a stroke in 1994 his working days were virtually over. From this time on Steve's health gradually deteriorated, but he enjoyed being involved with his grandchildren while Ilona was working, and following out his hobbies. Zaria followed through on her vow of 'in sickness and in health' as she faithfully looked after him over the next eighteen years.

His faith was deep, and Steve attended the Croscombe church until prevented by ill health. To Steve, the most meaningful story in Scripture was that of the believing thief on the cross, and his request: 'Jesus, remember me when You come into Your Kingdom.' Pastor Islwyn Rees reflected on this future hope at a thanksgiving service on 6 July at Mendip Crematorium, in the presence of Steve's family and friends. The service began with the Hungarian National Anthem. Jake and Orin, two of Steve's grandsons, spoke very sincerely, and were obviously moved as they recounted the life story of their grandfather.

To Steve's wife Zaria, their daughters Yolan and Ilona, and Andrew her husband, and the grandchildren Jake, Orin, Theo, Barney, and Bo (in a few weeks they lost both their grandfathers) we commend the love of God – that love which knows best how to comfort broken hearts – and the sure and certain hope of the Second Coming.

YVONNE BAXTER

In respect to our older readers, we have increased the type size for the obituaries, and will continue to do so as space allows.

DAVID BELL, MESSENGER DESIGNER



Health expo at Portsmouth

Portsmouth Church conducted a free community health expo during the community May fayre at St Mary's Church, Portsmouth, on Bank Holiday Monday 7 May from 10am to 4.30pm. Health professionals and volunteers from the church encouraged attendees to look after their physical, mental, social and spiritual health. Seventy-five people visited the health stations and received advice, counselling, healthy treats and recipes and a relaxing massage.

Copies of the recent health edition of the *FOCUS* magazine, the little books of health by Sharon Platt-McDonald (BUC Health Ministries director) and literature supplied by other health charities were handed out to attendees, along with spiritual tracts, Bibles, and books such as *Steps to Christ*, *The Great Hope* and *When God Said Remember*.

The church's pastor, Robin Lewis, and Health Ministries leader and Area 3 Health co-ordinator, Mary Jacobson, designed freebies and an eco-friendly reusable tote bag printed with the church's name, contact details and the Lord's assurance in Jeremiah 30:17 that He will restore our health.

Attendees were very appreciative, and some gave their contact details, requesting information on future health seminars or courses to be presented by Mary at the church on upcoming Sabbath afternoons.

The annual expo always

attracts new attendees, reaffirming the immense potential of such initiatives to establish our presence as a caring and compassionate faith community, as well as developing useful contacts. For example, the neighbourhood watch chairwoman was so impressed that she invited the church to conduct a health

Change of address: The Dudley Seventh-day Adventist church now congregates at the old Methodist church, Parkes Hall Road, Woodseton DY1 3SH. Sabbath services start at 10am, and the number 82 bus stops very close by. For more details, phone Hubert Smiley on 07868288310.
HUBERT SMILEY

Luton Friendship Home Carers' annual general meeting
Luton Friendship Home Carers would like to invite service users, Luton friendship Home Carers, and company members to their annual general meeting (AGM), which is being held on Thursday 13 September 2012, 6.30-8.30pm.
Venue: Luton Central Seventh-day Adventist Church, 1 North Street, Luton, Bedfordshire, LU2 7QD.
JEAN MCLEARY, COMPANY SECRETARY

screening programme at another upcoming fair in the city. Another attendee, a local GP, offered to volunteer her service at future expos. The expo also served as a useful opportunity to train members from nearby Adventist churches to carry out similar community health outreach initiatives in their localities. The church was delighted to share the blessings of healthful living and the Good News of Jesus with the wider community.

HEALTH MINISTRIES TEAM – PORTSMOUTH CHURCH

Empowered
REACHING WOMEN, RESTORING LIVES, REFLECTING CHRIST.
BUC WOMEN MINISTRIES CONFERENCE
SUNDAY 9TH SEPTEMBER 2012 STANBOROUGH CENTRE

Registration - 09:15
Programme - 09:45-16:45
Conference fee: £10

Covering:
Spiritual, emotional, physical & social wellbeing

WORKSHOP MATERIAL AND LUNCH INCLUDED

To register contact Dawn Tompkins on: **01923 672251**



New books of the week
Saul, Mary of Galilee and Mary of Magdala
Christine Miles

Take a fresh look at some of the best-known characters from the New Testament in these exciting new books, perfect for young teens eager for Bible stories!

Contact ABC Sales on
01476 539900
or email: sales@stanboroughpress.org.uk
to purchase your copies at
£1.95 each plus p&p.

ABC BOOK SALES

August
21-26 European Pastors' Council, Slovenia

September
2 Stanborough Press Open Day 8am-4.30pm
14-15 NEC Session, Cheltenham

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

Messenger

Volume 117 • 17 - 17 August 2012

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

COPY FOR No. 19 - 23 August 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. For general enquiries, email: info@stanboroughpress.org.uk
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	Noff	Edin	Belf
Aug 17	8.18	8.31	8.26	8.44	8.50
24	8.04	8.16	8.11	8.27	8.34
31	7.48	8.01	7.55	8.09	8.17
Sept 7	7.33	7.45	7.38	7.51	8.00

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