

Journal of the Seventh-day Adventist Church in the United Kingdom and Ireland

Messenger

News to the churches • 9 November 2012 • Volume 117 • 23

Dublin is to become the British Union Conference City of Hope for 2014, said Pastors Ian Sweeney and David Neal at the Irish Mission day of fellowship in Drogheda on Sabbath 6 October. This marks the start of a three-year evangelistic drive in Dublin and across Ireland.

Speaking to an audience of 500 to 600 members and friends from across Ireland, Ian Sweeney explained that the Seventh-day Adventist Church has been a predominantly rural Church, making little impact on cities. With more than half of the world's population currently living in cities, it is important for the Church to develop and improve its outreach to urban areas.

It is with this in mind that the world Church will launch the ambitious 'Hope for Big Cities' project in New York City in 2013. In addition to this, each division of the world Church has targeted one 'city of hope'. The Trans-European Division has chosen London to be its city of hope. Following close on the heels of this initiative, each union will select one city in its territory to be a 'city of hope'. In the British Union this city will be Dublin.

In the afternoon Pastor David Neal gave more details of what this would mean to the Irish Mission. 'The mission's activities over the next two years will be focused on this outreach project. Our initial drive will be to make our congregations more welcoming and friendly to newcomers and to launch new efforts to make contact with the local community.' Marian Cully, a member of the Banbridge church, who is from a Roman Catholic background, told of how several informal contacts with the church over a period of time awakened a spiritual interest that led to her being baptised after a net-evangelism programme by Mark Finley. David Neal expressed the hope that this story would replicate itself hundreds of times over in the next three years.

The highlight of the project in Dublin will be a double evangelistic campaign led by Mark Finley for ten days each in May and September of 2014. The great aim of this project is that more people will be introduced to a living relationship with Jesus, and that new churches will spring up in Dublin, with many new members across the entire island.

The special day was also marked by the performances of several choirs. Dublin, Belfast, Cork and Ballinacrow were among the churches who thrilled the crowd with beautiful choral melodies. A children's choir from the Castleknock congregation also made a big impact.

The Sabbath was also a celebration of Adventism across the island, with one of the features being a multi-media virtual tour to the sixteen churches and groups across the Irish Mission. It shared some of the highlights of church life in each congregation.

Stephen Wilson, pastor of Dublin, commented that it was a joy for him to see so many churches sending coaches filled with people. 'Every church was represented.'

Pastor Ian Sweeney spent some time explaining that he also had Irish roots. His great-grandfather was Irish. Pastor Sweeney's claim was more than an attempt to find a connection with the Irish members. He reflected on the fact that immigration was a worldwide phenomenon, and that the temptation always existed to dream about the countries that we originally came from. The danger with this is that we sometimes lose sight of the fact that God called us to this new country for a reason. We become caught up with pursuing a more prosperous way of life without recognising that God wants us to become a blessing to the new communities in which we find ourselves.

Reflecting on the impact of the day, Sunny Nakka from Dublin Ranelagh said, 'Pastor Sweeney's message did it for me! It was a timely reminder of our mission here.'



Dublin - 2014 City of Hope

by Weiers Coetser, Irish Mission Communication

For your bookshelf

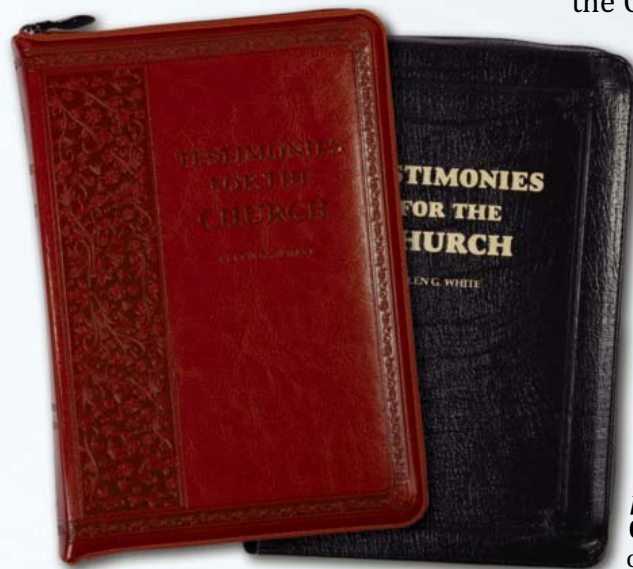
Testimonies for the Church

Within one zip cover, nine volumes of counsels from the Spirit of Prophecy giving both general spiritual commentary and specific instruction to members of the Church during Ellen White's time.

Available in:

- Genuine black leather – £44.95 each plus p&p
- Patterned leather-effect brown or black – £42.95 each plus p&p

Email sales@stanborough-press.org.uk or telephone **01476 591700** to place your orders while stocks last!



Enhancing Health

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

Natural pain relief (continued)

This issue concludes our focus on natural pain relief as we revisit the impact food may have on pain.

Dr Neal Bernard's book, *Foods That Fight Pain: Revolutionary New Strategies for Maximum Pain Relief*, has received worldwide interest and reviews from the medical community. The following is an outline of some of his research findings:

Anti-inflammatory foods – Dr Bernard's research found that green, leafy vegetables and legumes (beans, peas, and lentils) contain omega-3 fatty acids which are anti-inflammatory.

Hormonal balancing foods – Women suffering from menstrual pain, endometriosis, fibroid or breast pain may find some relief by avoiding animal products which raise levels of fat and oestrogen in the body. Concerning prostaglandin levels, which are higher in women with premenstrual syndrome, Dr Bernard states: '*Prostaglandins . . . constrict the blood vessels in the uterus and make its muscle layer contract, causing painful cramps.*' Bernard found that plant-based foods and low fat intake helped to eliminate oestrogen from the body, subsequently reducing menstrual cramps.

Soothing foods – Bernard found that evening primrose helped to ease

the symptoms of arthritis. Flax was also found to soothe pain because of its high levels of omega 3.

Trigger foods – Referring to his own work on foods that trigger arthritis pain and research in *The Lancet* (12 October 1991), Dr Bernard states: '*The culprits were as common as a glass of milk, a tomato, wheat bread, or eggs.*' When these were eliminated – '*Many patients improved dramatically: pain diminished or went away, and joint stiffness was no longer the routine morning misery.*' Bernard also found that sugar made some individuals more sensitive to pain.

Herbal remedies

Among the list of herbs reported to fight pain are the following:

Chamomile – anti-inflammatory (pubmed.gov)

Fenugreek – external poultice for local inflammations (*Herb Power* – Professor Winston Craig)

Ginger – anti-inflammatory and migraine relief (pubmed.gov)

Rosemary – eases nerve and muscle tension, and headaches (National Institute of Medical Herbalists)

Sage – improves aching muscles and inflammation (pubmed.gov)

Turmeric – anti-inflammatory (avoid high doses if on anticoagulants and high steroids) (pubmed.gov).

Always remember that if you have pain you need a diagnosis. This ensures that, whatever treatment options you choose, a practitioner can have a clear picture of your condition, monitor your progress, highlight other treatment options and be alert for any adverse reactions.

If you require additional information regarding pain management you can also contact the Pain Relief Foundation via the website at: www.painreliefoundation.org.uk.

Good health!



ABC BOOK SALES

November

11	Sheffield Burngreave	10am-2pm
11	Nottingham Central	10am-2pm
18	Manchester South	10am-2pm
18	Ipswich	10am-2pm
25	John Loughborough	10am-2pm
25	Croydon	10am-2pm

December

2	Brixton	10am-2pm
2	Bradford	10am-2pm

ABC Shops

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

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

Advent Centre
Mondays & Wednesdays - 6.30pm-8.30pm,
Sundays - 11am-3pm,
Saturdays - November, December, January. After sunset.

editorial

'Have you heard of G. K. Chesterton?' For many, the answer to that question might well be: '*Not that I can think of.*' Or, '*Isn't he a bloke who sells property in London? No, no, wait, isn't there an old windmill by that name somewhere in Warwickshire?*'

My first exposure to him was through his dramatic poem, *The Donkey*, which we recited in primary school.

Gilbert Keith Chesterton (29 May 1874 – 14 June 1936) was an English writer who wrote widely on such divergent subjects as philosophy, fantasy and detective fiction. He is known as the '*prince of paradox*,'¹ and whenever possible '*made his points with popular sayings, proverbs, allegories – first carefully turning them inside out.*'²

According to his '*friendly enemy*', George Bernard Shaw, Chesterton was '*a man of colossal genius.*'³ He was also an energetic and effective apologist for the Christian faith. In fact, his writings were arguably one of the most profound Christian influences in Britain during the first fifty years of the twentieth century.

None other than C. S. Lewis '*considered Chesterton's The Everlasting Man as integral to his conversion to Christianity*,' and thought of Chesterton as '*the best popular apologetic I know.*'⁴

Writing about another of Chesterton's famous titles, author Philip Yancey said: '*I would say Orthodoxy had as much influence on my spiritual direction as any single book, and it is one of the few books that I go back and reread. It was a revolutionary book for me.*'⁵

Why Chesterton?

So why would I devote an editorial to someone like Chesterton? Good question. But it's already answered above – he is worth reading.

There are two cautions that I must mention, however: a) bear in mind that he, like Lewis and Yancey, was not an Adventist, so here and there we may differ with him on certain points; b) he can be deep and philosophical in some of his arguments.

In the light of this last point, I thought it would be good to introduce you to him gently, through a selection of his pithy sayings, proverbs and anecdotes.⁶ Please enjoy them as much as I have.

General

- '*Art, like morality, consists of drawing the line somewhere.*'
- '*Hope is the power of being cheerful in circumstances that we know to be desperate.*'
- '*Tolerance is the virtue of the man without convictions.*'
- '*Fallacies do not cease to be fallacies because they become fashions.*'
- '*People generally quarrel because they*

The 'prince of paradox'

cannot argue.'

- '*The way to love anything is to realise that it may be lost.*'
- '*There are two ways to get enough. One is to continue to accumulate more and more. The other is to desire less.*'
- '*The Christian ideal has not been tried and found wanting; it has been found difficult and left untried.*'
- '*Jesus promised His disciples three things – that they would be completely fearless, absurdly happy, and in constant trouble.*'
- '*Men do not differ much about what things they will call evils; they differ enormously about what evils they will call excusable.*'
- '*There is the great lesson of "Beauty and the Beast", that a thing must be loved before it is lovable.*'
- '*It has been often said, very truly, that religion is the thing that makes the ordinary man feel extraordinary; it is an equally important truth that religion is the thing that makes the extraordinary man feel ordinary.*'
- '*You say grace before meals. All right. But I say grace before the concert and the opera, and grace before the play and pantomime, and grace before I open a book, and grace before sketching, painting, swimming, fencing, boxing, walking, playing and dancing, and grace before I dip the pen in the ink.*'
- '*I wish we could sometimes love the characters in real life as we love the characters in romances. There are a great many human souls whom we should accept more kindly, and even appreciate more clearly, if we simply thought of them as people in a story.*'
- '*It is always the secure who are humble.*'
- '*Religious liberty might be supposed to mean that everybody is free to discuss religion. In practice it means that hardly anybody is allowed to mention it.*'

Apologetics

- '*Reason is itself a matter of faith. It is an act of faith to assert that our thoughts have any relation to reality at all.*'
- '*The most incredible thing about miracles is that they happen.*'
- '*It is absurd for the evolutionist to complain that it is unthinkable for an admittedly unthinkable God to make everything out of nothing, and then pretend that it is more thinkable that nothing should turn itself into everything.*'
- '*When men choose not to believe in God, they do not thereafter believe in nothing: they then become capable of believing in anything.*'
- '*The truth is, of course, that the curtness of the Ten Commandments is an evidence, not of the gloom and narrowness of a religion, but, on the contrary, of its liberality and humanity. It is shorter to state the things forbidden than the things permitted; precisely because most things are permitted, and only a few things are forbidden.*'
- '*Science must not impose any philosophy, any more than the telephone must tell us what to say.*'

The sages have a hundred maps to give
That trace their crawling cosmos like a tree,
They rattle reason out through many a sieve
That stores the sand and lets the gold go free:
And all these things are less than dust to me
Because my name is Lazarus and I live.

— G. K. Chesterton (1922)

¹'A statement that seems self-contradictory but may be true', *Collins Compact Dictionary*, 1998 edition, reprinted in 2000
²'Orthodoxologist', *Time* 11 October, 1943 (http://en.wikipedia.org/wiki/G._K._Chesterton)
³ibid '<http://blog.logos.com/2011/05/the-chesterton-birthday-sale/>'
⁴ibid 'http://www.goodreads.com/author/quotes/27973.G_K_Chesterton?page=6



Julian Hibbert
Editor



Are we forgetting something?

by David Marshall

'They're calling this "The Age of Austerity". When I first heard a politician use that phrase, it rang a distant bell.

I was born in an age of austerity. I didn't understand the word 'austerity' but I knew what it meant in practice. The phrase was in use for most of my junior school years. So it must have lasted for at least ten years.

In the 1945-55 Age of Austerity we were said to be paying off the debts we had run up while fighting World War II. The victory won for freedom made our belt-tightening seem, on the whole, worthwhile, so we didn't blame anybody.

By contrast, the present comparative austerity is blamed by the Lib-Cons on 'the last Labour government', by the Labs on the Lib-Con disinclination to 'go for growth', by the red-tops on 'the casino-bankers' and the crisis from which 'we' had to bail them out, and by the BBC's Robert Peston on 'America's sub-prime mortgage fiasco'. What can I say? It's global. It's hitting the euro-zone hard. Ask any Athenian and he'll blame his woes on the German Chancellor. Ask many Africans and they would settle for the economic woes of the Greeks – and, by implication, introduce you to the idea that austerity is a relative concept.

My memories of the Age of Austerity of my childhood feature three meals a day around that scrub-topped, seven-seater dining table – which had room for three or four incomers at weekends. True enough, we all had trim figures in those days, but I don't recall actual hunger.

What I do recall are those scenes at mealtimes around the family table when, however many or however few of us there were, spontaneously and gratefully we

Gratitude. Is that what we are all in danger of forgetting?

gave thanks. My mother had written a verse of 'grace' to the tune of 'Praise God From Whom All Blessings Flow', and we sang it with gusto.

Gratitude. Is that what we are all in danger of forgetting?

Charles Colson served time in prison for his part in the Watergate scandal. There he became a Christian and wrote the book *Born Again*. After his release Colson, with his editor, did a nationwide post-publication publicity tour for the book. The schedule was punishing.

One night they were late back to their hotel. Famished, they ordered two cheese omelettes from the pink-uniformed waitress.

When she returned with their omelettes, the waitress found the two men with bowed heads, thanking God for the anticipated meal.

'Hey! You guys were prayin'?' she cried.

'Yes, we were,' said Colson.

'That's great!' said the waitress so that everybody heard. 'I'm a Christian. At least, er, I used to be . . .' she continued. 'Lost interest. Went to Hawaii. Forgot about it. But when I saw you guys prayin' I got excited all over again. . . .'

Colson wrote later, 'Until that night I'd felt awkward about praying over meals in restaurants. Never again.'

From the first age of austerity I recall gratitude to God for His provision. I also recall a sceptical visitor asking why God deserved so much of the credit for our daily bread. And I remember my father's response:

'Back of the loaf is the snowy flour,
And back of the flour the mill,

And back of the mill are the wheat and the shower,

And the sun – and the Father's will.'

In another age of, shall we say, 'relative austerity', let's not forget to say thank you.



The president's dream

by Patrick Boyle

Some people dream dreams they cannot remember, but I remember a lot of mine. Recently I had a very strange one about someone else's dream. I know you'll laugh, but I had a dream about a dream the General Conference president had! It went like this:

He was sitting in his office with a long queue of people outside, all waiting to speak to him. In turn, each visitor confronted him with his or her serious or urgent questions.

One wanted to know what he was doing to make the Church more aware of the signs of Christ's imminent return. Another quizzed him on his views about science and a six-thousand-year-old creation. Another wanted to know, 'What is the Church doing about Islam?' One minister even enquired about same-gender relationships. A rather agitated couple wanted to know his views on women's ordination. Someone else told him that publishing the book *Great Controversy* was a foolish exercise because people do not read long books!

As the people came out, they milled around complaining that he was 'polite, but didn't listen to what we said'.

Suddenly, he got up from his desk and walked out to them and said: 'I am sorry, but I cannot answer any of your questions because I never think about them!'

Someone then shouted at him: 'You never think about these important matters we are trying to bring to your attention! What in Heaven's name do you think about? We have asked you really significant questions and all you can tell us is that you never think about them. What kind of a person are you?' Others jeered, 'Hear, hear.' Several screamed, 'Why don't you resign?'

He lifted his hand for silence, and the angry members reluctantly gave it to him: 'I only think about one thing. It's on my mind day and night. It presses itself so powerfully on my brain that I can think of nothing else. All I think about are lost men and women, boys and girls. I think about how the Church can become obsessed with a burden for the souls of men and women. How can the Church's administrators become obsessed with the lost? How can the ministry and lay members become obsessed with the lost? How can the youth become aware of how they could energise the Church if they had a burden for the lost? That is all I can think about. I can't think of anything else.' Then he stopped speaking. I saw he was crying. And the people who had asked him the questions were crying too.

Then I woke up. Crying people embarrass me. All this emotion made me feel uneasy. It was a very strange dream. I saw it was time to get up, and I did.

It's strange how some dreams seem to last longer than others. But then, dreams are not usually important or real, are they? Imagine being obsessed with a burden for the lost, and not thinking about anything else. What kind of a General Conference president would such a person be? Indeed, what kind of person would anyone be who was obsessed with saving the lost?

with Andrew Puckering



Two new kings

When Elijah fled from Jezebel, he ran for his life, filled with panic and the adrenaline it gave him – and when that failed, out of energy and options, he sank down exhausted and ready to give up: mentally, physically and spiritually. It was only divine intervention that got him going again (1 Kings 19:1-7). When he got to Horeb, the mountain of God, he needed some serious encouragement, and God gave it to him (1 Kings 19:18), along with the instruction to anoint Elisha the son of Shaphat as his replacement (1 Kings 19:16).

That's not all God told Elijah, though. He also told him to anoint Hazael as king over Syria, and Jehu the son of Nimshi as king over Israel (1 Kings 19:15, 16). Elijah never got round to doing these last two before being taken up to Heaven in a chariot of fire (2 Kings 2:11, 12), and Elisha was left carrying the can. Elisha, however, although he went to Damascus, didn't approach Hazael directly, but let Hazael come to him (2 Kings 8:7-9). When Hazael asked if his master, the king of Syria, would recover, Elisha said that he certainly would – if he ever got the chance – and then admitted that that was a chance he'd never get – and then started crying (2 Kings 8:10, 11).

If Elisha seemed to be dragging his feet with this anointing, the next verse shows why. Hazael was going to do some really nasty things to the Israelites. Hazael, shocked, claimed he wouldn't dream of doing them – but when he found out he was going to be king of Syria, he wasted no time in becoming the murderer Elisha prophesied he would (2 Kings 8:12-15).

Elisha, understandably, left his next anointing to one of the sons of the prophets, giving him the warning to leg it once he'd done so (2 Kings 9:1-3). The hasty, irreverent manner in which Jehu's comrades first denounced the prophet, then acted upon his message to make Jehu king, suggests that he was wise to do so (2 Kings 9:11-13). Jehu was apparently the hastiest of them all, since he could easily be recognised by his furious driving (2 Kings 9:20)!

The implacable Jehu, given the instruction to end the idolatrous House of Ahab, which had been killing the LORD's prophets (2 Kings 9:7), embarked on what can only be described as a most thorough purge: doing away with Ahab's son (2 Kings 9:21-24), then his friend the king of Judah (2 Kings 9:27), then Jezebel (2 Kings 9:30-34), then the rest of Ahab's household (2 Kings 10:1-17), then finally the entire system of Baal worship – and anyone who still clung to it (2 Kings 10:18-28).

Jehu recognised that he was fulfilling prophecy, and the LORD commended the termination of the House of Ahab, the most evil dynasty Israel had ever seen (1 Kings 16:30-34; 2 Kings 9:25, 26; 10:30). However, Jehu still worshipped the national idols of Israel, and the LORD sent Hazael against him as a result, cutting off Israel's territory piecemeal, until the LORD had pity on them because there was almost nothing left for them to lose (2 Kings 10:29, 31-33; 13:1-7).

All of this God revealed to Elijah, in direct response to his complaint that the House of Ahab was persecuting him (1 Kings 19:14, 17). Our Saviour God hears the cries of His oppressed servants – and when it comes, His wrath is dreadful.

- Who is the One who sets up kings and deposes kings? (Daniel 2)
- What is the natural response to persecution? (Psalm 69)
- What is Jesus' advice to the persecuted? (Matthew 5)
- Did the LORD still love Israel? (Isaiah 48)
- Vengeance belongs to Whom?



'O God, I'm so lonely' – when men experience loneliness

by Pastor Andrew Rashford-Hewitt, NEC

What happens when men experience loneliness – a 'must-read' for everyone

It was during the years between 1982 and 1984, the golden years of the camp meeting experience down at Poole in Dorset.

The speaker was Pastor Dick Barron, and the hall was packed. Everyone eagerly awaited his opening sermon. Then, as he began, Pastor Barron announced his title, 'O God, I'm so lonely!' Since hearing that recording, I have heard those words resound in a cacophony of personal experiences from teenagers, young men and women, male and female adults, senior citizens as well as pastors – all of whom have cried out from deep within their souls, 'O God, I'm so lonely!' Perhaps this is what the writer of Psalm 102:6, 7 meant when he wrote (KJV), 'I am like a pelican of the wilderness: I am like an owl of the desert. I watch, and am as a sparrow alone upon the house top.'

But how can this be? Surely amid all our Adventist activity people cannot be so terribly lonely within our churches, especially men? Unfortunately the truth is that feelings of loneliness are not at all uncommon within our churches, even for those among us from the helping and caring professions. If the truth be told, many of them have experienced what I call 'leadership loneliness', the strain of leading in the face of opposition and misunderstanding when no one else seems to have caught the vision.

Loneliness

What do I mean by loneliness? *Wikipedia.org* describes it as an 'unpleasant feeling in which a person feels a strong sense of emptiness, yearning, distress and solitude resulting from inadequate quantity or quality of social relationships'.

The reality is that even for young men, loneliness is something that haunts many. A recent article by the Campaign to End Loneliness, entitled 'Measuring Loneliness', stated that approximately one in twenty adults aged over 16 feel 'completely lonely' in their daily lives. Loneliness is something we all should take seriously as it can affect one's mental health. *The Daily Telegraph* dated 13 August 2012, in an article entitled 'Loneliness as Harmful as Smoking and Obesity',

indicated how loneliness affects one's mental well-being and can lead to 'an increased level of depression'.

Loneliness can be dangerous

Recently I was deeply saddened when I was informed of a young man in his twenties who committed suicide due to feelings of rejection, despair, loneliness and depression. Loneliness can also affect older men. An article dated 7 May 2003 in *Ageing Mental Health*, entitled 'Loneliness, Health and Depression in Older Males', indicated that 'social isolation may also influence the experience of depression in older males'. Unfortunately, loneliness is not something that is going to go away. An article by *BBC News Health* of 9 July 2012 quoted Laura Fergusson, director of the Campaign to End Loneliness, who said that 'Loneliness is a public health issue to be tackled urgently.' So, as Christians, if loneliness is so prevalent, where do we see it stemming from?

'In the beginning . . .'

Biblically, loneliness can be traced back to man's pre-Fall state in Genesis 2 – for there in Eden, Adam had a sense of loneliness. This indicates that God created us for social fellowship with each other. Unfortunately, due to Adam and Eve's sin (Genesis 3) and mankind's subsequent fallen state, our sense of loneliness is now more acute than God intended. Now, because of sin, loneliness involves estrangement, mistrust, separation and alienation.

This doesn't mean, however, that a person experiencing loneliness is a terrible sinner, but that loneliness is a part of our human condition. Perhaps that is why our modern society has emerged with such things as Twitter, Facebook and LinkedIn, social networks that offer people a form of social connection. Indeed, some may argue that while these components have a role to play, they do not allow people to feel connected on a more personal level.

Loneliness and what men think others will think

'But what does all this have to do with men?' I hear you ask. Surely men don't experience

loneliness? Allow me to share some general observations from my counselling and pastoral experience. After speaking with men on this matter, someone described loneliness as 'an invisible friend that you don't want, an annoying friend who just keeps coming back'. Yet another described it as 'just me and my shadow, and sometimes even that seems to leave me'. While some men accepted loneliness, most are not so willing, and herein lies a major problem.

For many men, admitting they are lonely is like admitting that they are weak and socially inept, as loneliness is commonly seen as something associated with women or the elderly. Also, men fear that if they should open up to other men about feeling lonely they will be seen as weaklings. This fear of what other men will think is a major factor for most men when dealing with life issues. It leads to increased brokenness among men. Roy McCloughry points out in his book, *Hearing Men's Voices*, that while men fear what other men will think of them, they will become even 'more isolated'.

Young men – free, single and lonely

Another aspect of loneliness for young men is being single and lonely. A single man who was in his late thirties expressed it as follows: 'Being single at this point in my life is no fun; you see other male friends settling down and it makes you feel miserable because you would like to be in a positive relationship/marriage too. You spend time with them because they are your friends, but they begin to think that something is wrong with you because you are male and still single! Then you begin to think that those same male friends don't really want to spend time with you – they have their own families after all – and what's more, you get tired of feeling like a gooseberry! You know the saying: two's company and three's a crowd!'

Thus, for some single men, singleness brings its own share of loneliness, and for a male divorcee it can sometimes be even more problematic, due to the issues surrounding divorce and re-marriage, including the stigma associated with having had a broken marriage.



Married and lonely

But what of men in marriage: can they be lonely also? Indeed, loneliness in marriage can happen when a man and his wife have failed to connect on a more intimate, emotional, social, and spiritual level, or when he feels misunderstood. At various times through my ministry men have expressed frustration and a sense of loneliness when their wives have been pre-occupied with their careers, or church life, or just totally absorbed in their care for their children. In such instances some men have expressed disappointment and felt loneliness when they seem to be edged out of the parenting role.

Regrettably, if a man feels lonely in marriage he may begin to drift away from his spouse rather than towards her. In such cases, if the matter is not worked through with the spouse, or if counsel is not sought early on, then alienation can lead to marital breakdown and a door of temptation can be opened that may lead to extra-marital affairs.

The family man and loneliness

Loneliness can also be experienced by fathers and husbands who face the pressures of supporting and caring for their families – especially in the light of our current economic climate. For example, the financial pressures of holding down a job to provide for the family; the growing and often unpredictable emotional needs of the children; the complexity felt in trying to meet his wife's emotional needs, coupled with the expectation that he be the priest of the home. Add to this his need to be a spiritual role model in the church, along with the 'Great Expectations' he may feel he has to live up to for his wider family, friends and community – not to mention his own internal expectations for himself.

All of these factors can bring immense pressure to bear upon a man's shoulders, while his greatest inner fear is that he will fail and be seen as a failure. This fear of failure only increases his sense of isolation.

One family man who felt the fear of failure and the loneliness associated with the weight of expectations explained what taking a shower meant to him. 'A shower is the place where grown men go to cry when they're afraid they can't keep the promise they made to their wives and children to always take care of them and don't want their family to see how afraid they are,' he said, in a *Psychologytoday.com* article entitled 'Why Men Use Porn and How to Get Them to Stop' dated 7 January 2010. (Not that I agree with all of the advice given in that article).

Another factor that can increase a man's sense of loneliness is if he fails to invest in healthy male friendships. During my pastoral counselling experience I have noted that men seldom intentionally connect with other men routinely. As a result they miss the opportunity to talk about life issues, their personal strains, and their hopes and fears. Consequently, as the years go by a man's circle of male friends reduces. Thus, one day a man may wake up to find that instead of having built positive male relationships around himself, he has successfully built walls of isolation and separateness around himself. It is within this unintentional social vacuum that feelings of loneliness, desperation and emptiness may arise.

The danger zone

If a man is suffering from acute loneliness, symptoms will ultimately emerge. Some of these symptoms are similar, but not identical, to those experienced by someone who is

depressed. For example, if a man becomes lonely and unable to express it, he may feel that his potential as a man is lessened, and he may become negative and apathetic, thereby increasing his social isolation. On the other hand he may become an obsessive workaholic, or increasingly a perfectionist, or he may even become more self-centred, seeking to become the centre of attention, wanting everything to revolve around him, his needs and his viewpoints. Yet still, he may begin personal habits that bring a sense of pleasure and self-gratification: practices such as comfort eating, substance mis-use, pornography or masturbation, or certain TV viewing, and so on. Unfortunately, these counter-productive activities only give way to deeper feelings of isolation, guilt, inner emotional distress and spiritual depression.

Ultimately, a man suffering from loneliness may slowly and silently withdraw himself from being around others. His fear of the loneliness may lead to feelings of anxiety which can lead to spiralling negative thinking. This can then lead to irrational emotional ways of conducting the few remaining relationships he possesses, which in turn pushes people further away from him, further increasing his isolation. (*Freedom from Fear*, by Dr Neil T. Anderson and Rich Miller). Ultimately, in this storm of unmet emotional needs, a man eventually begins to think that even God has left him.

Thus I question, what can be done for our men? What is a man to do who finds these layers of loneliness lingering about his soul?

A way forward

An answer is to be found in Genesis 4:9, where God asked Cain (NIV), 'Where is your brother . . . ?' In this divine question lies a principle that God wants us to grasp; that men need to connect with other men for social, emotional, spiritual and mental well-being in a healthy, non-sexual, Christ-centred male arena, where men can support each other to fulfil their God-given potential. Simply put – we need structured men's groups. We need brotherhood.

The Bible alludes to 'repairing the breach' in Isaiah 58:12. I would like to suggest that we can begin to repair the breach, this distance that has emerged between men due to the fear we feel about what other men will think of us. We can repair the breakdown of men's personal inner emotions by working together through mentoring and accountability, through openness and confidentiality in men's groups. In such a context men can begin to share and teach each other how to build and maintain better relationships with others, and so acquire the emotional skills; skills that perhaps were not learnt in the earlier years of development or were pushed aside due to painful experiences in life. By such brotherhood men will be able to support one another through loneliness. So here are a few pointers as to how to overcome loneliness.

For the individual

- In those times when you seem unable to hear from God, see His work in your life, or feel His presence, know and accept that

God is with you; for after all, His name is Emmanuel – God with us – and it doesn't change!

- Accept by faith God's Word that reveals how much God loves you and His commitment to you. See Jeremiah 31:3; 2 Peter 2:9; Philippians 1:6; 4:6, 7; 1 Peter 5:7; Joshua 1:9.
- Believe in the potential God has placed within you by virtue of your creation (Genesis 1:26-28). Do not define yourself by your past, your failures, your loneliness or anything other than your creation in God's image.
- Intentionally plan to meet up with old or new male friends who are of a godly influence.
- Seek a Christian counselling service to support your journey towards a better well-being. These are two Adventist services you could try: NEC – Rainbow counselling service on 0161 740 3602, or SEC – Cornerstone counselling service on 0207 7238050.
- Join a local club that engages in a hobby you enjoy doing.
- Avoid those zones that bring you into temptation and counter-productive activities.
- Get involved in one of your church's outreach activities and help others in your community.
- Be thankful, develop a prayer routine and start an exercise programme.
- Read selective books that will help you develop and cope with the feelings of loneliness and enable you to enjoy life more abundantly: for example, *Wisdom for Men* by Andrew Rashford-Hewitt (available from the ABC) or *Overcoming Loneliness* by Carter, Meier & Minirth, or *Freedom from Fear – Overcoming Worry & Anxiety* by Dr Anderson & Miller.

For the church

- Intentionally give a higher priority to men's ministry groups in your churches.
- Plan a men's social night out, watch a football game together, and so on.
- Co-ordinate the men of your church to be prayer partners for each other.
- Plan a prayer breakfast with time for testimonies and sharing.
- Brothers, give a telephone call to a man you know who is lonely.
- Purchase a few selected books for your church library to help men: for example, *Wisdom for Men* by Andrew Rashford-Hewitt, or *The Hidden Value of a Man* by Smalley and Kent.

In conclusion, with so much at stake, I believe it is time for us men to empower each other. It is time for us to share with each other. It is time for us to grow together, to know God intimately, to build up our families, churches and communities and to let the world know that because His name is Emmanuel – God with us – we are never alone, and that there is coming a day when Jesus will crack open the skies and no one will ever need to say, ever again, 'O God, I'm so lonely.'

'Redesign Sabbath worship, please – to make it more innovative and interesting'

Any sincere effort to establish present attitudes and future trends within our faith community deserves commendation and attention. For this reason we have decided to publish some key conclusions from the recently completed 'SEC youth and teens 2012 survey'. The final document was compiled by Paul Thompson* (SEC Youth Advisory), but we have had to edit it for summary purposes. Please contact the SEC Youth department for the full electronic copy.

**Paul Thompson is the executive vice-chairman of Experto Credite.*

This is one of the most in-depth random youth and teens surveys carried out in the last ten years, during which 1,298 youth and teens were asked to paint a vivid picture of their current church life. The evidence suggests that they are genuinely interested in the future, well-being and growth of the Church – but not without reservation. For example, 77% of those surveyed believe that it is a good/great idea to redesign Sabbath services to make them more innovative and interesting, to help new converts join the faith. Without this, in their view, we will not achieve our true potential growth.

The results suggest that our youth and teens are positioning themselves to take on key responsibilities and frontline leadership

positions within the Church. A convincing 74% would like real involvement in leading worship services, and believe that more youth-designed services could lead to a genuine increase in young converts. They are convicted that there is a lost generation in the UK, and that Adventism holds the key to a new outlook on life for many young Britons.

Recreational life

The results support the view that recreational events build the Church (66%) and that we have failed to capitalise on the key social media



tools to bring the message home to the new iPhone and Blackberry generation.

Basically, the survey is telling us to offer more social and recreational events to make church life more enjoyable for young people.

Spiritual needs

However, despite the zeal and enthusiasm of the youth, a worrying red flag was raised by the question: 'My spiritual needs are being met by the congregation I attend.' Sadly, 39% felt they were unsure, disagreed or strongly disagreed that the Church delivers what is



required to sustain their long-term spirituality. More worrying is whether this figure is a growing, long-term trend, as no data exist against which to measure it. We now have a stake in the ground, however, and this will feature as a key statistic in future surveys.

The survey also asked: 'To what extent do worship services or activities help you with everyday living?'

This involves a number of issues. Are weekly sermons having an impact? Are Sabbath School lessons and other types of training equipping them to tackle the key challenges facing young Britons today? Is the Church enabling them to cope with high-profile social issues such as crime and gang culture, binge drinking and drug misuse, teenage sexual health and pregnancy, exam pressure, unemployment and negative stereotyping, and hanging out with nothing to do and nowhere to go?

Of those surveyed, 68% felt that worship services helped only to a small extent, or not at all, in the day-to-day issues of life.

Are the pastors 'in touch'?

So where do the pastors feature in the lives of our youth in the Church today? Are they in touch? A recent ministerial workers' survey, which sought to measure pastoral perception of youth spirituality, revealed the following to the question: 'My youth spiritual needs are being met by the congregational pastor.' Eighty-eight percent were in agreement. By stark contrast, this survey showed that nearly 70% of our youth conclude that worship services add only marginal value to their Christian experience! Many youths study for themselves and take full responsibility for weekly spiritual input in their lives, yet in all sincerity our pastors seem to believe they are meeting their needs.

The challenges revealed in the survey should be seen as opportunities for change, to take the Church forward. Although the youth appear to be struggling to find their place in the Church in its current shape, the facts reveal that they have an unquenchable, earnest desire to bring others to the message. Providing the Church is willing to change

direction, this should be a win-win situation.

One of the questions relating to evangelism was, 'Would you be prepared to invite friends or relatives who do not now attend a worship service?' Sixty percent said they would, and have done so in the last twelve months.

Twenty-five percent, however, were not prepared to do so until the Church made real changes to the style and content of worship service messages, and dealt more with the real-life issues facing youth in society today.

Outreach

Our youth also have a desire to become engaged in front-line evangelism and community ministry. Seventy-five percent of those surveyed would like to become involved in UK or overseas mission activities delivering aid, working with the poor and homeless, assisting drug rehabilitation programmes, or working with battered women or sexual abuse victims. A further 21% agree that it is a very good idea.

Despite the survey revealing an intrinsic desire to be involved, the results also showed an underlying tension. Many youths would like to be allowed to establish their ministries in church and this is a root cause of frustration. The current Church model does not readily accommodate 'out of the box' concepts, and many youth complain about being met with bureaucracy, overregulation and lack of funding when they try to get their ministries off the ground.

Eighty-six percent of our young people would like the freedom to establish their own ministries; however, only a very small percentage are able to do so at present. Lack of funding and underinvestment in youth outreach were cited as a root cause.

Concluding thought

In Britain today, we have the opportunity to make a real change before it is too late. To invest in our youth spiritually and financially, and give them the emotional security and freedom to take our Church in the UK forward, however, we must act now and we must empower them today.

'The history of the Seventh-day Adventist Church reminds us of young people, driven by the Holy Spirit, being able to preach, teach and lead in the establishment of the end-time Church. I am proud to lead young people who share the same aspirations and zeal as our founders. The survey results highlight a need for change that should include more youth and young adults being given leadership responsibilities and input into the services of the Church - without this, we are in imminent danger as a Church. God's hand has led the Church in the past; therefore let us not fear. We must define a clear role for the young people in the Church, and let them take their place and lead.'

Dr Steve Thomas, SEC Youth director

Ripples of goodness in Long Eaton

by the editor

Many of us are painfully aware of the plight of many smaller charities in the face of the Government's public spending cuts. Canaan Trust is one of those charities that fell before this slashing sword of austerity and, although still supported by their local council, they face dark days ahead.



Even the children did their bit for the trust

The trust is dedicated to providing 'the homeless with somewhere they can come to start the process of rebuilding their lives': Something it has been doing tirelessly in Long Eaton (Nottinghamshire) since 1995.

On Saturday evening, 29 September, I attended a benefit concert arranged by Long Eaton Adventist Church on behalf of this trust. And what a success – not only did they raise £1,307 for this worthy charity, but they also created ripples of goodness in that community.

The event was a celebration of giving. The Gospel singing group, Palmers and Friends, gave their talent for the evening. Tesco and ASDA gave refreshments,

and so on. The church members devoted time as parking and door attendants, ticket sellers and ushers, and for a host of other essential duties. The local mayor, Jennifer Hulls, and her consort, Bob Hulls, gave up their precious time to attend in an official capacity.

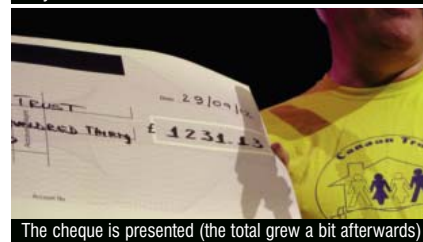
In fact, there were 160 people in attendance and they all seemed to enjoy themselves. One visitor said: 'When is the next one?' Another: 'We need more of this happening in our community to bring us out!'

At the heart of the event was Pastor Roman Šmejkal and his enthusiastic team, showing that Adventists can make a difference while making good friends.

Well done!



Mayor Jennifer Hulls takes the mike



The cheque is presented (the total grew a bit afterwards)



Young and old were involved



The organisers and singers pose after the concert



Diamond wedding anniversary – Ron and Rachel Surridge

Sunday 12 August 2012 marked the diamond wedding anniversary of Pastor and Mrs Ron and Rachel Surridge.

They were married in Binfield on 12 August 1952 and left to live in Ipswich, where Ron served as an intern with Pastor S. G. Hyde. After a period of five years of study in America they returned to England.

Like many ministerial couples of the nineteen-fifties and sixties, Ron and Rachel spent a number of years as missionaries in West Africa. Ron worked as a teacher and pastor in East Nigeria, and then as a departmental director at the Union headquarters in Accra, Ghana. Rachel worked as a teacher, mainly teaching the children of other missionaries, but also her own two boys, Robert and John.

In 1969 Ron gained a Master's degree from Manchester University before serving as a departmental director at the British Union Conference and then as minister of the Stanborough Park church. Again Rachel served as a teacher, this time at Stanborough Primary School. Further periods of service included the Trans-European Division (Youth director), Northern Ireland and the North England Conference (President), and a period of teaching at Newbold College.

In retirement Ron and Rachel have remained very active, both in their local church at Grantham and in the various churches they have visited around the North England Conference.

PASTOR JOHN SURRIDGE

news

Twelve baptised in 'The Better Option'

Two weeks of compelling ministry by Pastor Joseph Smith, from the Northern Caribbean University (supported by his wife, Orchid), exuberant praise and worship and a health awareness segment constituted 'The Better Options' – an evangelistic series at the Willesden church between 1 and 15 September.



The nightly messages to a packed sanctuary were streamed live, preceded by 'cutting edge' health presentations on the heart, the prostate and children's holistic health. Worship started with a video (www.willesden-adventist.com) and praise.

In the first week, Pastor Smith focused on a relationship with God and living a life that counts, 'The Need for Promoting the Better Option', 'The Better Option to Happiness and Freedom', 'The Better Option to Crime and Violence' and 'The Name for the Better Option'. Hearts were stirred and three were baptised on Sabbath, 8 September: Claudette Gentles, Fabian Cummings and Moroosi Molapo.

The second week, messages included 'The Better Option to Debt', 'The Better Option to Obedience', 'Experiencing the Better Option', 'The Urgency of Embracing the Better Option' and 'The Better Option in Service and Commitment'. The baptism of a further nine individuals came on 15 September, the final day of the series: Tamar DeLeon, Jheuvay Esterene, Joshua Jackson, Jermaine Lyston, Joan Malcolm, Andrew Ojedapo, Kemique Scantlebury, Marvia P. Wilson, and Arthur Yambayamba.

Final words of encouragement came from Orchid Smith, in her beautiful poem on 'stepping' with Christ, our truest friend.

The campaign concluded with Tina Brooks and Joyce David leading the Willesden choir in a rendition of 'The Hallelujah Chorus'.

An exclusive interview with Pastor Smith can be seen at: <https://vimeo.com/49983352>.

NORMA-ELAINE WHYTE



Baptism in the surf

Pastor Chris Peake and Steven Hulbert led Jake Jackson into the sea to be baptised at Chapel Porth's beach on 29 September, witnessed by family and friends.

Jake had previously decided not to be a Christian once he left home. But when he moved to St Austell for studies, a church member would call him and bring him to church regularly. The active, outdoor life connects the LIVE St Austell church-plant with the community, and Jake stands as a testimony that this form of active evangelism reaches people with the Gospel.

Pastor Chris Peake, area leader in Cornwall and Devon, said: 'Jake Jackson joined the team as an unbaptised volunteer. . . . Belonging to a group that was just living out their Christian faith in an honest and authentic manner brought Jake to faith. . . . Jake learnt to belong before he believed.'

KIRSTEN OSTER-LUNDQVIST AND STEVEN HULBERT



SEC TEENS MINISTRIES PRESENTS

Prayer and Faith CONFERENCE

18TH – 22ND FEBRUARY 2013

STANBOROUGH PARK SCHOOL WATFORD WD25 9JT

£75 PER PERSON
PLACES ARE LIMITED SO BOOK EARLY TO AVOID DISAPPOINTMENT

PHONE 01923 232 728 EMAIL dejan@secadventist.org.uk
WWW.SECYOUTH.CO.UK

First aid training

As soon as the North England Conference Session ended, departmental directors Grace Walsh and Pastor Alan Hush engaged in first aid training in the conference room in the Zulla Road office on Sunday 7 October. Ten students gathered to complete this vital part of Master Guide training.

The first aid qualification is now recognised outside the Church: accredited by First Aid International, the course gives competence and confidence in basic first aid skills.

Pat, from Nottingham Central, has had reason to use first aid skills twice in her life, and found the Nottingham course was more than a simple refresher.

Grace Walsh, NEC Health director, says, 'It could help to save a life on this earth for those . . . also leading people to spiritual salvation.'

PETER JEYNES



First trip to Kenya for Curative Music Foundation

A special fundraising programme was held at Edmonton Church on Saturday, 6 October, for the Curative Music Foundation Ltd. London Adventist Chorale member, Vivegy Fifi Mckenzie-Cook, told of her first trip to Kenya for the charity, which lasted from 23 May to 14 June.

The charity, launched in May 2012 by Fifi and husband Terrence, was created to help African children and young people to learn music. The couple's plan is to build a music centre in the small town of Dol Dol, in Naivasha.

Fifi spoke of how God has constantly been leading the project: 'My friend has her own charity. . . almost immediately she said that they already had 13 acres of land and that we could put the music centre there for free. I didn't expect this! It was like an answered prayer.'

The evening was a celebration of what has already been achieved, as well as an appeal to help further work: it incorporated musical, poetical and artistic offerings, along with stories and photos from the trip.

A touching slide show described how excited the children had been when given donations. Some are forced to marry at 8 years old or only have one meal a day.

To raise awareness, a competition had been run for UK children to design a T-shirt to raise money. Rio Alexis won, and his winning design was revealed to the church.

If you would like to donate or hear more about the Curative Music Foundation, please visit the website: www.curativemusicfoundation.co.uk.

KATIE RAMHARAKSINGH



1919

Nurturing your future through
Quality Education

Register Now:

- ✓ Multiannual awards, up to 50% off tuition fees
- ✓ Candidates: Year 7, Year 9 or Year 10 prospective students
- ✓ Examination: 25 November 2012, 14.00 to 17.00.



Scholarships & Bursaries

To register or to find out about the eligibility criteria please contact Mrs Sonia Poddar at registrar@spsch.org or call 01923 673 268.

STANBOROUGH SCHOOL
Stanborough Park, Watford WD25 9JT
Phone: 01923 673 268 Fax: 01923 893 943
WWW.SPSCH.ORG

Making Seventh-day Adventist education more affordable

Many Seventh-day Adventist parents in the UK would love to send their children to an Adventist school, but may think this too expensive.

The good news is that Seventh-day Adventist education at Stanborough Secondary School may be more affordable than you think. Stanborough fees are already modest, and all Adventist members are entitled to a 30% discount. Additionally, Stanborough Secondary School is offering scholarships and bursaries for the second year running. Last year 13 multi-annual scholarships and bursaries were awarded.

The examination will take place on 25 November, 2-5pm, for prospective students entering Years 7, 9, and 10 in September 2013. The maximum award is worth a 50% reduction on tuition fees. Candidates must register and pay an administrative fee of £10. To find out about the eligibility criteria, please contact Mrs Sonia Poddar at registrar@spsch.org or call 01923 673 268. Stanborough School would like to thank the Alumni and Friends of the School for making this support possible. If God is impressing you to make Adventist education more accessible, please contact the BUC Treasury department and ask how to support the Stanborough Secondary School Scholarships and Bursaries Fund.

JAMES SHEPPLEY



Music summer school at Stanborough Park Church

Nineteen 6-15-year-olds from Garston enjoyed a week of music-making entitled 'Holiday Music Fun' between 23 and 27 July at Stanborough Park.

Music workshops taught by professional musicians included the guitar, recorder, ocarina, hand bells and piano, as well as choir sessions. On the final day a very successful lunchtime concert was arranged for the parents.

This, the second summer music school at the church, was organised by Jiae Ahn, director of the Stanborough College of Music, who aims to make this department of the church a music centre of excellence for the local area.

COMMUNICATIONS DEPARTMENT

Headteacher required

The British Union Conference invites applicants for the position of Primary Headteacher, effective from 1 January 2013.

Stanborough Primary School is a dynamic Adventist school, with a Christian and multicultural ethos. It is popular with both the Seventh-day Adventist constituency and the local community, and has thrived under the leadership of Mrs Hanson; the BUC now seeks a suitably qualified educator and school leader to succeed her. The successful candidate will be a practising Seventh-day Adventist and is expected to demonstrate:

- Vision and leadership skills to motivate and inspire the staff in fulfilling the mission of the school;
- Sound grasp of educational leadership and management principles and the ability to be an effective professional leader and team builder;
- The skills to manage and develop the curriculum to meet the needs of pupils, the expectations of the church community and national initiatives;
- The ability to work with governors in developing school policies, formulating the strategic plan and managing the school's improvement strategy for raising achievement;
- A successful track record in contributing to the creation of an effective teaching and learning school community;
- An understanding and commitment to the Seventh-day Adventist philosophy and practice of education; and
- Good communication and interpersonal skills.

Further details and an application pack are available from: Mrs Anne Pilmoor, Education Director, British Union Conference of Seventh-day Adventists, Stanborough Park, Watford, Herts WD25 9JZ. Tel: 01923 672251. Email: apilmoor@adventist.org.uk.

Closing date for applications: Friday 23 November 2012



Dundee's International Day

International Day at Dundee Church on Sabbath 6 October started with controversy as Pastor Neil Robertson fired challenging statements at the Sabbath School class: but his context was the great controversy and God's unfailing love!

Dundee Lord Provost Bob Duncan, accompanied by his wife, led a colourful 'parade of the nations' with national flags, before all sang 'We Have This Hope'.

Morning and afternoon programmes featured prayers, Scripture readings, music, poetry and talks, many in different languages. Pastor Marcel Ghioalda gave an action-packed children's story on honesty and a sermon on humility, moderation, patience, love and Christ, the 'Man for All Nations'.

The many non-Seventh-day Adventist visitors went away very impressed.

JOHN WALTON

Young preacher supported at Netherfield

Netherfield Church has an active training programme in force for the children, and encourages all of them to become involved. On 16 September the Netherfield congregation welcomed to the pulpit, for the first time, Chloe Norman (12), and her sister Paige Norman (14).

Chloe delivered a well-prepared sermon titled 'Trust and Obey', comparing Jonah with Shadrach, Meshach and Abednego. Aibly supporting her sister, Paige ensured that the programme ran smoothly.

Chloe hopes to become a preacher, and Paige is currently a trainee deaconess, in the Lord's service. Please pray that they will win many souls to God's Kingdom.

SHEILA WILKINSON



27TH JAN
2013
10AM-4PM



SEC YOUTH MINISTRIES PRESENTS
Youth Matters Symposium
an exciting event for discovery and planning for the youth work within the SEC

talks covering various aspects including
social | church life | mission | congregation | worship
leadership | programs | spiritual connections
and many more will be covered

@ Salisbury Hall, Newbold College
St Marks Road, Binfield, Bracknell, Berks, RG42 4AN





Women and well-being

Holloway Women's Ministries kicked off their annual week-long seminar on 23 September, with Cecile Mwaniki empowering women to be starters, not followers.

The seminar covered the topics, 'Breast Awareness', 'Parenting', 'Clothes and Fashion', 'Falling in Love with Jesus', 'From Miracles to Mediocrity' and 'Sexual Health', presented by Grace Adesina, Malika Bediako, Valerie Bernard-Allen and Patsy Reid.

The Women's Ministries also targeted the youth. Women were taught how to check their breasts for abnormalities. Other themes included 'Last-chance Parents', how to handle children and be supportive, men as role models, and clothes and fashion.

Friday night's teen-focused topic focused on how, when teens fall in love with Jesus, nothing can stand in their way. The teens helped us to reflect on how the behaviour of older members affects them.

During the Divine Hour, Valerie Bernard gave a thought-provoking sermon on not settling into mediocrity after miracles take place in our lives.

AYS, taken by Patsy Reid, included scenarios to raise awareness of the dangers of sexually transmitted diseases.

On Sabbath, a pink bow presented to all members raised awareness of breast cancer, and the special offering will go towards breast cancer research.

HOLLOWAY WOMEN'S MINISTRIES DEPARTMENT

BUC/ASNA TRAINING CONFERENCE
Sunday 18 November 2012

FOR DISABILITY AWARENESS COORDINATORS & THOSE INTERESTED IN DISABILITY MINISTRY IN THE BRITISH UNION CONFERENCE

Equipping for change: A holistic approach to disability ministry

Aims of the event will be to:

- Provide information and resources.
- Share good practice.
- Foundation for new ideas.

• VENUE: Stanborough Park Church Centre
• COST: £20 - includes lunch & resources
• TIME: 9.30am - 4.30pm
• TOPICS: The Bible & Disability, Deaf Awareness Training, Disability & Church Access, Mental Illness Awareness, Nutrition & Autism

For further details contact:
Mrs Dawn Tompkins
BUC Offices
Stanborough Park
Watford
Herts, WD25 9JZ
Phone: 01923 672251
Email: dtompkins@adventist.org.uk



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, assistants, and anyone who can give legal advice. 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.

SEC Pathfinder & Youth Ministries Present

iLead

YOUTH LEADERSHIP CONFERENCE

29th March - 10th April 2013

OAKWOOD UNIVERSITY
© THE BRADFORD CLEVELAND BROOKS BUILDING


LESIE Pollard CARLTON Byrd PRUDENCE Pollard
and many more speakers

Package prices: 4 people sharing - £891.00pp | 3 people sharing - £968.00pp

For more info visit: www.youngadventists.com/iLead





Health expo in Bulwell

On Sunday 9 September, Nottingham Bulwell Seventh-day Adventist Church had the privilege of ministering to the community by holding their very first health expo in the local market square – a good choice, because the turnout was outstanding. More than once, the question was asked: 'When are you going to do this again?' The public's enthusiasm has reminded Bulwell members that many people want to hear the health message and attain a higher quality of life.

ASANTE NTATA

Newark comes to Grantham

On Sabbath 6 October, Newark Church joined Grantham Church to celebrate harvest, but also for the dedication of Abigail, baby daughter of Rebecca and Matthew Sammy. A full church welcomed friends and family from across the country.

Pastor Peter Jaynes, pastor of Newark Church, led the service, highlighting how both children and harvest are blessings from God for which to give thanks.

The recipients of the harvest gifts are the Grantham Foodbank and the church's own Sunday Breakfast programme. In the evening, at the harvest supper, an auction of fresh fruit and vegetables raised funds for the same projects.

COMMUNICATIONS SECRETARY



Super Sabbath School

On 8 September, Sabbath School at Holloway Church was upgraded to Super Sabbath School as SEC Personal Ministries director, Pastor Kirk Thomas, transformed lesson study from its usual class format into a rousing and inspiring study involving the whole church. Members and visitors were all encouraged to participate, and those who did were rewarded with a special welcome: a greeting from the entire congregation! The welcoming theme continued during Divine Service, when Pastor Thomas preached on the overwhelming love of Jesus.

PASTOR MATTHEW HEREL

obituaries

Pamela Marie Sobieradzki (1944-2012) d. 22 July.

Pamela came from Wales, travelled to London and married Edward (PhD), and eventually lived in Colchester. She was a student who searched for truth; who kept an open Bible, an open dictionary and an open mind. She had not met her mother for many years. She visited Wales, London and Bath and other places to be reunited with her mum for the first time in sixty-two years. Her mother was a Christian, a Seventh-day Adventist. Pamela wanted to know the teachings of the Church. Subsequently a series of studies was offered to Pamela, and she was baptised on Sabbath, 4 April, 2009. John Peterson's words were apt:

'It took a miracle to put the stars in place,
It took a miracle to hang the world in space;
But when He saved my soul,



Cleansed and made me whole,
It took a miracle of love and grace!'

This year Pamela was suffering from cancer. She was brave and trusted in her Lord. She passed away on Sunday, 22 July. We believe that 'nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord' (Romans 8:39, NLT). She will be one of God's jewels in His Kingdom.

Pamela leaves Edward, her husband, and two daughters, Melissa and Lorraine, knowing that God's promises will console them.

PAUL R. SMITH

May (Benfield) Stewart (1920-2012) d. 6 August.

May was born on 27 May 1920, in the village of Frampton Cotterell, near Bristol.



From a little girl she was expected by her parents to attend Newbold College to train as a Bible worker. After leaving school at 15, she worked in Bristol, a 16-mile bicycle ride away, earning 12/6 a week to pay her fees. A year later she had only saved £20 of the £50 she needed, so for her first year at Newbold she worked scrubbing floors in the college kitchen for forty-four hours a week to make up the deficit. She graduated four years later, during World War II, and so was not able to become a Bible worker straight away as she had to do 'work of national importance' on the night shift of the Sunny-Bisk line.

Over the next six years she worked as a Bible worker with Pastors Mustard and Ken Vine in Torquay and London.

While on holiday in Bristol in 1947, she met Victor Benfield, who was the ministerial intern at her old church. Their friendship blossomed, and in January 1948 May and Victor were married.

In addition to working as the Publishing Department secretary for eight years, Victor and May pastored ten churches scattered over the SEC, NEC and Welsh Mission, finally settling in London where they pastored the Wimbledon, Hampstead (Chalk Farm) and Harrow churches before retiring in 1985. By this time May had been in church work as a Bible worker and minister's wife for forty-three years.

Shortly after retiring they visited their son John, who was then living in Melbourne, Australia. Having decided they liked Melbourne, they moved there themselves in 1987 –

Halifax hymn-singing festival

On Sabbath 6 October, Halifax Church held its first hymn-singing festival since the death of Mansel Jones – who helped to start it as a Welsh Camanva Ganu – in July 2010.

The Halifax congregation met at St Hilda's Church, Halifax, where they always have a warm welcome.

Pastor Barry Stokes' Sabbath School was followed by the Second Service, in which Dr David Marshall linked hymn-writing with the revival initiated by the Wesley brothers and also experienced in Wales.

During the afternoon festival, Elder Edwin Baker of Huddersfield gave the history of the authors of those hymns: it was often through tragedy that God provided the inspiration. In trials, it is always good to turn to God for comfort, as did those hymn-writers.

'O Thou In Whose Presence' by Joseph Swain was remarked upon especially for its lyrics. Jesus becomes real during distress.

The people attending passed encouraging comments, and it is hoped that this annual festival will continue.

COMMUNICATION DEPARTMENT

with their daughter Elizabeth and her husband Choon following a couple of years later.

Shortly after their golden wedding anniversary Victor died of cancer, and two years later May moved to a Seventh-day Adventist retirement village. There she met a Scottish widower, John Stewart: who, she said, swept her off her feet! John and May married in October 2002 at the youthful ages of 81 and 83. They had six happy years together before John's health began to deteriorate, and, early in 2008, John passed away.

After a long and full life May fell asleep in Jesus on 6 August 2012, aged 92 years. As Christians we are very blessed to know that we will be reunited with those we love when Jesus comes.

ELIZABETH YAP

Pastor Richard Anderson Holder (1956-2012) d. 18 September.

Richard Anderson Holder served in the South England Conference as a pastor for more than twenty-seven years. Born on the sunny Caribbean island of Barbados on 18 April 1956, Richard attended the Colridge School and Victoria Park Secondary School until he came to the UK in 1968 to reunite with his family.

Sensing the call of God, Richard enrolled at Oakwood College, where he trained for the Gospel ministry. He achieved a Bachelor of Arts degree from Oakwood College, followed by an MA in Business Administration and an MA in Religion from Andrews University.

In 1979, Richard married his beloved Pennie Cornelius of Greensboro, NC. They were blessed with four children: Daniel, Nathaniel, Hadassah and Candace.

With his sharp mind and creative ability to expound the Word of God, Pastor Holder was indeed a gifted and eloquent preacher. Being a well-travelled minister, Richard had a well-rounded worldview and could appreciate and relate to different cultural settings. He was respected among the ministry, and many ministers found his counsel and advice invaluable. Pastor Holder was instrumental in training a number of young ministers during their internship years. Indeed, he was a man of integrity and dignity, and had a great sense of humour.

Interestingly, Pastor Holder was not only gifted in speech but was also very skilful and exceptionally gifted with his hands. He designed and made Crystal Clear Communion Sets, which are used by a number of pastors in our churches today. Richard also left a legacy as an author, having written and published two books: *The*

Power of a Double Portion and *The Olympic Christian*.

It was particularly painful to watch as Richard's health failed over the passing months of his illness. He fell asleep in the Lord on 18 September 2012 at his home, surrounded by his family and loved ones.

The ministers of the South England Conference are deeply saddened by the passing of their friend and the loss of a fine colleague. However, we are convinced that Richard fought a good fight and has finished his course. Richard kept the faith. We are convinced that there is a crown of life that is laid up for him and that one day Jesus, the Righteous Judge, will give it to him and all those who love His appearing.

PASTOR EMMANUEL OSEI

Raye Loma Gilbert (1923-2012) d. 23 September.

Raye was born at Te Puke, New Zealand, as the fifth child of Joseph and Hilda Williams. Because of her father's work, the family moved frequently. When the family moved to Auckland, Raye worked at the Sanitarium factory before attending Longburn College. She trained as a registered nurse at the Waikato Hospital, Hamilton. She met and married John Coltheart in 1948 and had three children: David, Alvin and Alison. For the next twenty-six years, she supported John in pastoral ministry and evangelism in New Zealand, Australia, the UK and Europe.

After John's death in 1974, Raye returned to Australia, where she worked at the Fox Valley Medical Centre. Following her retirement, she married Gordon Gilbert in 1986 and gained a loved step-daughter, Glenda. Raye assisted Gordon in volunteer service in South New Zealand and they celebrated their twenty-fifth wedding anniversary at the end of 2011.

After a short illness Raye passed away on 23 September 2012 at the Mater Private Hospital, Cleveland, Queensland, Australia. After a memorial service at the Victoria Point Seventh-day Adventist church, she was buried at the Cooranbong Cemetery on 2 October 2012, and is survived by Gordon (Victoria Point, Queensland) and her children: Alison and John (Wales, UK), Alvin and Pirjo (Redland Bay, Queensland), David and John (Buderim, Queensland) and step-daughter Glenda and her husband Aaron (Thornton, New South Wales). Until the Resurrection, she is missed by her family, including ten grandchildren and two great-grandchildren.

PASTOR BOB POSSINGHAM, GORDON GILBERT AND PASTOR AARON JEFFRIES



back page

Going for Gold

A sporting challenge commenced at 9.30am on 8 September when the youth of Wednesfield Church (Wolverhampton) took their places on the starting line.

Their trainers, Jonathon McCool and Febbie Sulumba, engaged the spiritual athletes, family and friends in the art of running the Christian race.

Among the track events were a pledge to Christ and a 'skit' performed by some of the athletes. Other athletes joined the praise team and choir, and after lunch a health challenge was presented by Joseph Thompson.

Youth leader Sean Williams encouraged all to train harder spiritually by studying their Basic Instructions Before Leaving Earth.

JO FISHER MITCHELL



YOUTH & PATHFINDER LEADERSHIP TRAINING LEVEL 1

THE NORTH ENGLAND CONFERENCE YOUTH & PATHFINDER DEPARTMENTS PRESENT
LEVEL 1 YOUTH & PATHFINDER LEADERSHIP TRAINING
 FRIDAY, 14 DECEMBER – SUNDAY, 16 DECEMBER 2012
 VENUE: SMALLWOOD MANOR SCHOOL, UTTOXETER, STAFFORDSHIRE, ST14 8NS
 COSTS: £40 (TRAINING, FOOD AND ACCOMMODATION)
 FOR MORE INFORMATION PLEASE VISIT WWW.NECYOUTH.ORG.UK



MOHAP – 'I am healed; praise God!'

The first Ministry of Healing and Prayer (MOHAP) day retreat took place on 7 October at Newbold Church, attended by 100 or so people from as far as Wales and Newcastle. Pastor Curtis Murphy (Stewardship director, NEC) started the day with praise and worship, which continued later with flute renditions by Hopieann Platt.

Dr Michael Hamilton (Prayer Ministries director, TED) expanded upon the theme, 'Lord, Make Me Whole', by reminding attendees of God's healing power, and Dr Christopher Levy (emergency physician and lifestyle doctor) gave a presentation on chronic diseases. Sharon Platt-McDonald (Health director, BUC) enthusiastically outlined how diet, positive thought patterns and willingness to forgive can improve our physical health, while Janet Hamilton (MOHAP founding director) facilitated a short interactive discussion on our sovereign God.

One lady, after nearly a year of extreme chronic back pain, put her trust in God and waited. One morning, weeks later, she awoke and the pain had completely gone and never returned. Another individual testified at the end of the day, 'I came in with a request for healing and I'm leaving healed. Praise God!' The day was punctuated with corporate prayer, and Heather Haworth (Prayer Ministries director, BUC) reverently facilitated personal prayer sessions.

A number of pastors attended, some specifically to minister in the anointing service, introduced by Pastor Emmanuel Osei (Prayer Ministries director, SEC).

The next MOHAP day retreat will occur in January 2013 – please look out for adverts in the *Messenger* and on the SEC/BUC



Pastor Curtis Murphy

events pages. For MOHAP queries, contact Janet Hamilton at: mohaprayer@gmail.com or on 07407 692 256.

JANET HAMILTON

Messenger

Volume 117 • 23 – 9 November 2012

Editor: J. G. Hibbert
 Contributing Editor: Dr D. N. Marshall
 Design: David Bell

COPY FOR No. 25/26 – 15 November 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	Nott	Edin	Belf
Nov 9	4.20	4.32	4.19	4.15	4.32
16	4.10	4.22	4.08	4.03	4.20
23	4.01	4.14	3.59	3.53	4.10
30	3.56	4.08	3.53	3.45	4.03

MESSANGER SUBSCRIPTIONS

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