

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

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## Speak up . . .

by Pastor Jeff Couzins (in collaboration with the *MESSENGER* editor)

**'Speak up for those who cannot speak for themselves, for the rights of all who are destitute.'** (Proverbs 31:8, NIV)

To speak 'for those who cannot speak for themselves' is always a noble act – something to be applauded. The Ex British-Chinese Soldiers' Benevolent Association (1857-1997), a Government-registered charity,<sup>1</sup> deserves such applause for speaking out on behalf of 'more than 1,500 soldiers and some 100 Royal Naval Hong Kong servicemen', who were 'abandoned' during the British withdrawal from Hong Kong in 1997.<sup>2</sup>

After a 140-year-long tradition of loyal service to Crown and country, only 500 of them were granted British passports. The rest were left stranded in Hong Kong with their dependants!

According to the e-petition which closes on 30 May this year, 'the UK Government should make amends for this shameful act and issue them with UK passports. The British-Chinese soldiers deserve the respect of our nation, which they helped to defend.'<sup>3</sup>

How does this touch the

Church? Well, through Russ Banks, honorary member (International Affairs) of the association, whose wife (Christel) belongs to the Preston church, that congregation also became involved.

### A special song

During last year, and the first months of 2013, the Preston congregation's musicians joined Russ in writing the lyrics and music for a song entitled '*Forgotten Heroes . . . Listen to Our Voice*' in honour of these 'forgotten' servicemen.\* Then they recorded it in support of the association's ongoing campaign on behalf of the veterans. Since then it has been aired on Hong Kong Radio and Radio Shine (90.9 FM) locally.

It is now planned that the song will be 'one of the centrepieces' at a forthcoming fundraiser to be held at the Ming-Ai Institute, London, and attended by HRH Prince William and Lord Chris Patten of Barnes CH, who was the last Hong Kong governor.

### Further developments

Members of the association in Hong Kong are so grateful for the help and support provided by our Preston members that they have made contact with the Seventh-day Adventist church in Hong Kong. In fact, during May, Roger Ching, co-founder of the association, will be visiting our church in Sha Tin, Hong Kong, to say thank you for the support and open a 'friendship' link with them. Many of the veterans are Christians and it is hoped that this may help some of them find a spiritual home in the Adventist church.

So Preston's challenge is clear: 'Speak up for those who cannot speak for themselves, for the rights of all who are destitute.' (Proverbs 31:8, NIV.) You just never know where your noble deeds may lead you.

\*Editor's note: You may listen to the song at <https://www.soundcloud.com/banksy-8/forgotten-heroes-final-d>

<sup>1</sup><http://www.ebcsba.org/New/>

<sup>2</sup><http://www.abandonedbritish-chinesesoldiers.org.uk/>

<sup>3</sup><http://epetitions.direct.gov.uk/petitions/34421>

Below: Pastor Jeff Couzins receiving a plaque from Russ Banks and soloist, Wendy Smith, in recognition of Preston's support. Bottom: Some of the British-Chinese veterans.





# Megapixels of creation

## Spring has sprung

Doesn't this lovely weather make you want to go outside for a walk with your camera?

Spring is definitely here now, and we are seeing some really nice days, so time for you all to go out and take pictures.

Please send in your photography to me at: [dbell@stanboroughpress.org.uk](mailto:dbell@stanboroughpress.org.uk). Just remember to keep it 'hi-resolution'. Happy snapping!

DAVID BELL, MESSENGER DESIGNER

To see more of your images, go to: [www.adventistpictures.org.uk/megapixels](http://www.adventistpictures.org.uk/megapixels)

\*Pictures sent in to Megapixels may be used by us at our discretion on other projects.

Photo: Abigail Murphy



## Enhancing Health

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

### Cancer: the facts – part 3e

#### Examining causation and risk factors

##### Dietary factors (part 2)

One in ten cancer cases in the UK are caused by unhealthy diet (*British Journal of Cancer*, 2011, 105, supp. 2, 6 December 2011).

There is convincing evidence that the use of processed and red meats, a high salt intake (examined in the last issue of *Enhancing Health*), a high-fat diet and the use of alcohol significantly increase the risk of cancer.

This issue highlights further research on salt, and looks at the evidence for cancer risk from high fat intake and alcohol intake.

##### Salt (cont.)

The *International Journal of Cancer* published its findings (2006) on high dietary salt levels. It found that:

- A high salt intake could increase the risk of stomach cancer by damaging the lining of the stomach and causing inflammation.
- A high salt intake may interact with a stomach bug called *Helicobacter pylori* that causes stomach ulcers and stomach cancer. *International Journal of Cancer*, 2006, 119(1): pp. 196-201, *PubMed*.

##### Fats

The European Prospective Investigation into Cancer and Nutrition (EPIC)

used food diaries to assess fat intake. The findings suggested that:

- Those women who eat the most saturated fat have a higher risk of breast cancer (*Lancet*, 2003, 362(9,379): pp. 212-4 & *Journal of the National Cancer Institute*, 2007, 99(6): pp. 451-62).
- 'The consumption of high-fat foods such as meat, dairy products, fried foods, and even vegetable oils causes a woman's body to make more oestrogens, which encourage cancer cell growth in the breast and other organs that are sensitive to female sex hormones.' (<http://pcrm.org/health/cancer-resources/diet-cancer/facts/meat-consumption-and-cancer-risk>)

##### Alcohol

It is estimated that around 4% of cancers in the UK (12,500 cases annually) are caused by alcohol. ([www.cancerresearchuk.org](http://www.cancerresearchuk.org))

Cancer Research UK's report on alcohol published 1 February 2013 states: 'There is no doubt that alcohol can cause seven types of cancer.' These were identified as cancers of the bowel, breast, larynx (voice box), liver, mouth, oesophagus (food pipe), and pharynx (upper throat).

Alcohol can cause cancer by:

- Increasing the levels of some hormones, such as oestrogen. Unusually high levels of oestrogen increase breast cancer risk.
- Damaging liver cells, thereby causing cirrhosis, which, in turn, increases the risk of cancer.
- Lowering the level of folate in the blood. Studies found that some cancers are more common in people with low folate levels.
- Increasing absorption of some carcinogens through the mouth and throat tissue.
- Causing the production of highly reactive molecules, called Reactive Oxygen Species (ROS) in our cells. These molecules can damage cell DNA, resulting in development of cancer. ([www.cancerresearchuk.org](http://www.cancerresearchuk.org))

More food facts will appear in the next issue.

**Good health!**

# editorial

When my children were approaching their teens we lived on a tranquil estate. Our home was less than a mile from a small supermarket and a branch of my bank.

On my way home one evening I stopped off to draw money from the bank's cashpoint, then walked to the supermarket for milk and bread. Mission accomplished, I drove home to the family.

We all indulge in little rituals upon reaching the safety of our homes. Mine? I like to lose the shoes, empty my pockets and find my chair. But something was wrong that evening . . . the change came out, the keys and a comb – but there was no wallet!

I checked the kitchen, and the car. But there was no sign of my wallet. My cash was gone, but worse than that – my cards too! I drove down to the supermarket, just in case it was there. No one had seen it.

By now I was in a panic situation. I had to notify the bank that the cards were missing before someone tried to use them. (In the days before 'chips' and PINs card fraud was much easier.) I went home and rang the card cancellation numbers.

#### I didn't sleep well

I didn't sleep well that night. But at breakfast things got even worse. One of the children took the milk from the fridge, still in its plastic supermarket bag, and brightly announced: 'Hey, Daddy! Here's your wallet. You must have put it in with the milk last night!'

Has that ever happened to you? Have you ever claimed something was missing or stolen, only to have it turn up where you left it?

#### On another occasion

Shortly after this incident my precision-made Swiss Army knife went missing. It was an irreplaceable gift and very useful when camping or hiking.

To my shame, after I had quickly checked the places where I thought it ought to be, I began to interrogate the family. My wife was first: 'Honey, do you know where my knife is? Have you put it somewhere? I hope you haven't misplaced it!' The children got their day in court too!



The children got their day in court too!

## The blame game – do you play too?



Julian Hibbert  
Editor

Then, with no conclusive evidence against any of them, I jumped quickly to my next suspect: 'I bet it was that woman who cleaned for you recently. I never did like the look of her!' Blame is easily pinned on those who are not around to defend themselves – and the poor woman remained a suspect for months.

Then, one day, I wore my grey suit again . . . and you guessed it: my missing knife was where I had left it – safely in one of my jacket pockets!

#### The 'blame game'

I am convinced that many of us, myself included, are experts at the 'blame game' – a sport that was already in vogue in the Garden of Eden (Genesis 3:12, 13).

Elliot D. Cohen, president of the Institute of Critical Thinking, defines the game like this: 'The blame game consists of blaming another person for an event or state of affairs thought to be undesirable, and persisting in it instead of proactively making changes that ameliorate [improve] the situation.'<sup>1</sup>

According to Cohen, the game is based on four irrational claims, which I have adapted as follows:

1. **When something bad happens, 'someone else must always be to blame'.** We all know that this is not true. There are many instances in daily life where blame cannot be apportioned directly to anyone. How rational would it be for me to claim that my wife 'is to blame for my flu – I caught it from her'? It is irrational, because it is based on the logical fallacy that since 'that event followed this one, that event must have been caused by this one'.<sup>2</sup>
2. **'If you are blameworthy then you are less worthy of respect.'**<sup>3</sup> This flies in the face of Christ's treatment of people. In fact, through Him we see a God who treats people with respect in spite of their failings. Just think for a moment about the powerful statement He made by inviting Himself to the home of Zacchaeus (Luke 19:1-10). Jesus, the Messiah, pays a visit to Jericho's most despised man, thereby showing him respect regardless of his miserable failings!
3. **If you are less worthy of respect, then our treatment of you should reflect that fact.** This claim justifies the use of abuse in order to make 'sure that people get what they deserve'.<sup>4</sup> Which can include the 'silent treatment', avoidance, neglect, verbal abuse and violence. Once again, none of this mirrors Christ's treatment of others – even of those who crucified Him. They received only His forgiveness!
4. **I won't take responsibility for mistakes because I never make them.** This final claim takes us back in the New Testament, to watch Jesus struggle with the perfectionism of the Jewish leadership. They were faultless in their own eyes. They had convinced themselves that they could do nothing wrong. Unfortunately, Jesus didn't share their optimism: 'Woe to you, teachers of the law and Pharisees, you hypocrites! You are like white-washed tombs, which look beautiful on the outside but on the inside are full of the bones of the dead and everything unclean. In the same way, on the outside you appear to people as righteous but on the inside you are full of hypocrisy and wickedness.' (Matthew 23:27, 28, NIV.)

#### One great truth

There is one great truth for us to accept – especially if we want to give up the blame game. Paul states it clearly in Romans 3:23 (NIV): 'for all have sinned and fall short of the glory of God.' Until we accept that fact, we will continue to play the blame game, trapped in the stifling world of our own faltering humanity.

Cohen is right when he states that 'by failing to take personal responsibility the road to constructive change is blocked'<sup>5</sup> – and who wants to be stuck in a cul-de-sac?

<sup>1</sup><http://www.psychologytoday.com/blog/what-would-aristotle-do/201207/stop-playing-the-blame-game>  
<sup>2</sup>[http://en.wikipedia.org/wiki/Post\\_hoc\\_ergo\\_propter\\_hoc](http://en.wikipedia.org/wiki/Post_hoc_ergo_propter_hoc) <sup>3</sup><http://www.psychologytoday.com/blog/what-would-aristotle-do/201207/stop-playing-the-blame-game> <sup>4</sup><http://www.psychologytoday.com/blog/what-would-aristotle-do/201207/stop-playing-the-blame-game> <sup>5</sup><http://www.psychologytoday.com/blog/what-would-aristotle-do/201207/stop-playing-the-blame-game> <sup>6</sup><http://www.psychologytoday.com/blog/what-would-aristotle-do/201207/stop-playing-the-blame-game>





## Could service be the key?

by Dr Terry Messenger, South England Conference executive secretary

How can we ensure that we lead happy, fulfilling lives? Could it be something to do with having a purpose in life and living the way God intended?

There are many best-selling books offering advice on how to get the best out of life. They cover a wide range of subjects, including financial success; building self-esteem; character development; and positive thinking. These are good, but only go part of the way in answering the question. We are created to add to life on Earth, not just to take from it.

During the London transport bombings on 7 July 2005, known as 7/7, a glimpse of this was seen when people unselfishly helped each other escape the Tube system. Because of the bombings the Tube system closed down that day and many commuters either walked home or waited hours for taxis. One man who drove a people carrier stopped by Broadcasting House in the evening and asked at the taxi rank whether anyone was going to South London. He picked up twelve people and dropped all of them outside their homes. Afterwards the driver described how this unselfish act made him feel very happy and positive about himself.

This is hardly surprising when you realise that we were created to serve, saved to serve, called to serve and commanded to serve.

Ted Engstrom in *The Pursuit of Excellence* writes:

'I was cleaning out a desk drawer when I found a torch I hadn't used in over a year. I flipped the switch but wasn't surprised when it gave no light. I unscrewed it and shook it to get the batteries out, but they wouldn't budge. Finally, after some effort, they came loose. What a mess! Battery acid had corroded the entire inside of the torch. The batteries were new when I put them in, and I'd stored them in a safe, warm place. But there was one problem. Those batteries weren't made to be warm and comfortable. They were designed to be turned on – to be used!'

'It is God himself who has made us what we are and given us new lives from Christ Jesus; and long ages ago he planned that we should spend these lives in helping others.' Ephesians 2:10 (LB).

Before I was a Christian all I wanted in life was a secure, comfortable job (one that would deliver a good pension), to have friends with

whom I could go out and enjoy myself, to find a woman with whom I could settle down, play music, take photographs, enjoy holidays, and so on. There was no thought of helping and serving others. When I became a Christian all that changed – I took risks, and as a result life became powerfully meaningful, fulfilled and happy.

It cost Jesus His life to purchase salvation. We don't serve God out of guilt, fear or even duty, but out of joy, and deep gratitude for what He has done for us. Through salvation our past has been forgiven, our present is given meaning, and our future is secured.

'If I have no love for others, no desire to serve others, and I'm only concerned about my needs, I should question whether Christ is really in my life. A saved heart is one that wants to serve.' Rick Warren, *A Purpose-driven Life*, p. 228.

It is not only the clergy who are called to serve God – in reality every Christian is called to service. Our acceptance of salvation includes an acceptance to serve – you cannot have one without the other.

'But you are the ones chosen by God, chosen for the high calling of priestly work, chosen to be a holy people, God's instruments to do his work and speak out for him, to tell others of the night-and-day difference he made for you.' 1 Peter 2:9, 10 (Message).

In some churches in China they welcome new believers by saying, 'Jesus now has a new pair of eyes to see with, new ears to listen with, new hands to help with, and a new heart to love others with.'

The problem with mainline Christianity is that too many church members are singing, 'Standing on the Promises', when they are merely sitting on the premises.

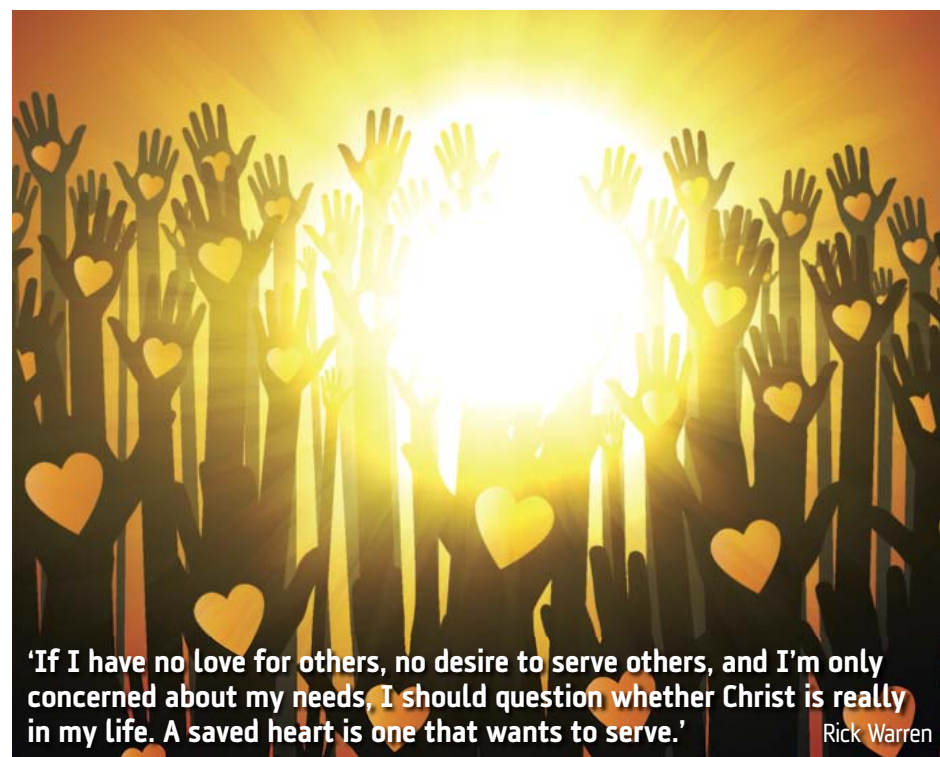
One reason we need to be connected to the Church is to fulfil our calling to serve believers in practical ways.

'All of you together are Christ's body, and each of you is a part of it.' 1 Corinthians 12:27 (NLT).

Over at the Holy Ghost Tabernacle, Pastor Martin Catrell was rather disappointed that things were not 'happening' in his church. He asked one of the leading deacons, 'What is wrong with our church? Is it ignorance or apathy?' The deacon responded, 'I don't know and I don't care.'

What excuses are we using not to serve? Abraham was old, Jacob was insecure, Leah was unattractive, Joseph was abused, Moses stuttered, Gideon was poor, Samson was co-dependent, Rahab was immoral, David had an affair and all kinds of family problems, Elijah was suicidal, Jeremiah was depressed, Jonah was reluctant, Naomi was a widow, John the Baptist was eccentric, Peter was impulsive and hot-tempered, Martha was worried, the Samaritan woman had several failed marriages, Zacchaeus was unpopular, Thomas had doubts, Paul had poor health, and Timothy was timid. That is quite a variety of misfits, but God used each one in His service.

If we want to be happy, fulfilled Christians, then we need to live the life that God intended for us – to serve others – because that's where true happiness lies!



**'If I have no love for others, no desire to serve others, and I'm only concerned about my needs, I should question whether Christ is really in my life. A saved heart is one that wants to serve.'**

Rick Warren

## Same-sex marriage

Dear Editor

I refer to the letter submitted by Dr William Ackah (*MESSENGER* 22 February 2013), in which he argues that, as we do not take a firm public position on issues such as the preservation of freedoms, equality, and human rights, we should not take a firm public position on same-sex marriage, and thus avoid interfering and attempting to deny minorities their rights.

Dr Ackah's stance can be applied safely to many issues, but same-sex marriage is not one of them, for a very important reason: it concerns the violation of a sacred institution.

At Creation, before the entrance of sin, God put in place two institutions to identify His people: first, the Sabbath; second, marriage. Satan's attack on the first institution has been almost universally successful. He is now trying to pervert marriage. The vigour of these attacks indicates the importance of the matter. Are we then to lend strength to Satan's arm by giving same-sex marriage our tacit approval (to fail to condemn is to approve), albeit for seemingly plausible reasons?

Are we to become like the MP who voted in favour of same-sex marriage, and declared in a letter that as a Christian he acted according to his conscience? Are our consciences to be determined by issues, rather than the plain teachings of Scripture?

To follow the path suggested by Dr Ackah is to embark upon the road to acquiescence: taking the easy road rather than making a firm stand. Where does this road lead? If we do not make a clear stand on God's second institution, it is a small step to not making a clear stand on His first institution, the Sabbath.

We waver from this at our eternal peril.

CHARLES LAMONT, WORCESTER CHURCH

Dear Editor

Dr William Ackah's conclusion in his letter (*MESSENGER*, 22 February) regarding homosexuality legislation is far from the truth. He states that 'robust equality and human rights legislation ultimately protects us all'. Really?

Just a few months ago two Christian hoteliers in Cornwall were taken to court for refusing to

give a homosexual couple a double bed. They lost the case, plus their business. Who was there to protect their right to follow their consciences?

PASTOR KENNETH CLOTHIER (RETIRED)

## Dress

Dear Editor

We are blessed by reading your columns and the other articles in *MESSENGER*, but I would like to mention something I have noticed recently in some of the wedding and youth photographs. Sometimes the dresses that the brides and the bridesmaids wear don't look modest. They are inappropriate for Adventists and set a bad example for young children and visitors. Some even wear jewellery – which is contradictory to our teachings and lifestyle. As parents, we find it very difficult to justify this to our children.

I pray that you will see this positively and not allow the printing of such pictures.

DIAMOND SATHE

## Jargon

A shortened response to the editorial of 12 April this year, submitted by Barry Gowland:

Dear Editor

This jargon business has more implications than may be thought. A little over forty years ago we actually had a demonstration of how our 'Adventistspeak' could cause no end of misunderstanding when reporting to the press, national or local. It involved a reporter's response to our use of the term, 'Sabbath School overflow': 'We couldn't find anything about it in the *Plumbers' Guide* – oh, you mean it's an offering!'

BARRY GOWLAND

## Why so few sermons on the perfect commandment?

Dear Editor

The perfect number in the Bible is 7. We preach many sermons on the Seventh-day Sabbath, but very few on the Seventh Commandment.

Why is this? Are pastors afraid to preach it because it will alienate the members? Or is it because preachers do not think it is necessary?

I think the youth of our Church need a clear message on the Seventh Commandment.

SAMUEL AYEH



**Ever had questions about our faith, doctrines or practice that you want to see resolved? Each week I'll be hosting Q&A in an effort to answer them.**

Andrew Puckering

## 'Why do some Christian denominations hold the virgin Mary in such high regard?'

**A**The Roman Catholic Church regard Mary the mother of Christ with veneration for several reasons. According to their catechism: 'Mary's role in the Church is inseparable from her union with Christ and flows directly from it. . . . After her Son's Ascension, Mary "aided the beginnings of the Church by her prayers." . . . Finally the Immaculate Virgin, preserved free from all stain of original sin . . . was taken up body and soul into heavenly glory, and exalted by the Lord as Queen over all things. . . . The Virgin Mary is the Church's model of faith and charity. . . . Therefore the Blessed Virgin is invoked . . . under the titles of Advocate, Helper, Benefactress, and Mediatrix.' They do so claiming as justification her 'magnificat', the song given in Luke 1:46-55, particularly verse 48 (NKJV): 'For behold, henceforth all generations will call me blessed.'<sup>1</sup>

The Orthodox Church take the view that the 'Theokotos' ('mother of God') did not 'simply return to the life of the flesh and set aside her spiritual role in the salvation brought to mankind by Jesus Christ'. Nor do they understand Jesus' brothers and sisters to have been literally born of Mary, claiming that she remained a chaste virgin even within her marriage to Joseph. Though they do not 'worship' Mary, or believe her to have been 'born without sin' or to be a 'co-redemptor with Christ', as the Catholics do, Orthodox believers do 'venerate' her and consider her 'an image . . . of the Christian goal of becoming Christ-like, of *theosis*'.<sup>2</sup>

Our view, following Scripture, is that the 'doctrine that Jesus was miraculously conceived by a mother who was a virgin [Mary], through the power of the Holy Ghost' is 'literal, historical fact' (see Matthew 1:18-25). However, we do not believe in the perpetual virginity of Mary, primarily because of Matthew 1:25, although we also acknowledge 'a complete lack of evidence that she bore other children',<sup>3</sup> or that she ever ascended to Heaven.

According to Scripture there is only one name by which we are saved, only one Mediator between God and man – the Man Christ Jesus (Acts 4:12; 1 Timothy 2:5).

Regarding Mary: 'The Bible does not teach Mary was sinless (Romans 3:23). It does teach she was a godly, righteous woman. It does not teach she should be worshipped. Worship belongs to God alone (Revelation 14:7). When John fell at the feet of a heavenly angel to worship, the angel emphatically told him not to do it and instructed, "worship God" (Revelation 19:10). The best way we can honour Mary is by following the instructions she gave . . . "Whatsoever [Jesus] saith unto you, do it." (John 2:5, KJV).'<sup>4</sup>

<sup>1</sup>[www.vatican.va/archive/ccc\\_css/archive/catechism/p123a9p6.htm](http://www.vatican.va/archive/ccc_css/archive/catechism/p123a9p6.htm)

<sup>2</sup>[orthodoxinfo.com/inquirers/theotokos.aspx](http://orthodoxinfo.com/inquirers/theotokos.aspx)

<sup>3</sup>'Virgin Birth', *Seventh-day Adventist Encyclopedia, Commentary Reference Series: Volume 10*, Review and Herald Publishing Association: Washington DC, 1966, p. 1,379

<sup>4</sup>Mark Finley, *Studying Together*, revised edition, Hart Research Center, 1995, p. 72

**Do you have a question you'd like to see answered in Q & A? Why not send it in to us at: [editor@stanboroughpress.org.uk](mailto:editor@stanboroughpress.org.uk)? If your question doesn't appear in the next issue, don't despair – we will deal with it in due course.**





## Empty nest: Preparing for flight

Avery Davis speaks frankly about the challenges facing parents as their teenagers prepare to leave home for the first time.

The Universities and Colleges Admissions Service (UCAS) figures show that applications for undergraduate degrees are down 17% this year (2012/13). This is mostly due to the increase in tuition fees to £9,000. Even so, a large number of our (Adventist) young people are away from home at university. How ready are they for this new adventure? How ready are you?

Lejaun is in his final year of sixth form and has recently gone through the selection process for drama school. When asked if he's ready his answer is a definite 'No! I'm a mummy's boy. I let her do everything. I'll be on the phone to her every minute like... how do you do this and how do you do that.' Nevertheless, he considers the experience of living away from home another step towards maturity, and just as important as his formal education.

Start to prepare your teens for living away from home. Give them a shopping list and £50. They will learn how much (or how little) it can buy, how heavy a trolleyload of groceries can be, and the price of a tin of beans. Let them plan the menus for a couple of weeks and source the ingredients. They will soon discover that there is more to a pot of rice and peas than meets the eye.

Warren, an undergraduate at Nottingham Trent, knows his way around a kitchen. He tends to cook in bulk and refrigerates. He's fortunate to have access to the kind of food he likes: plantain, ackee, callaloo. In his own words, 'everything'. Kelly, on the other hand, likes to eat freshly prepared food, so she cooks every day. She's studying in Coventry, and finds it difficult to source the kinds of food Warren is enjoying. Both find sharing a kitchen with

strangers challenging.

If you can, send them off with the staples: pasta, rice, flour, oil, beans and certain tinned goods. If they like vegetables they will eat them. If they don't they won't. Don't lose sleep over it. Expect the odd phone call asking for recipes and cooking methods. Generally, this information is requested just as the food is going into the pan, so be flexible. Encourage them to freeze what they don't eat. Once the money runs out, the freezer will become a source of nourishment.

Raid the kitchen cupboards for pots, cutlery and cooking utensils *before* you head off to Wilkinson or Asda. Your children will appreciate having things around them that they recognise from home, even if they have no idea how to use them!

Does your 17-year-old know how to do a load of laundry? Kelly's housemate had no idea that you need to add soap to the washing machine! Initiate them into this minefield by showing them how to wash their own clothes. Better that they ruin them at home than miles away without the means with which to replace them.

They will make mistakes. Last October we travelled north to spend Sabbath with our daughter, Sarah, who is in her first year at Liverpool University. Sarah greeted us with her usual smile and introduced me and her father to half a dozen of her new friends. Partway through the afternoon programme, she turned and whispered in my ear, 'Mum, I did something really stupid.'

Instantly, a whole raft of possibilities swept through my mind. *She's only been away from home for three weeks. How bad could it be?*

It later transpired that Sarah had decided that she simply *had*

to have the latest iPhone. Sadly, her online purchase from an unscrupulous fraudster left her with no phone and a sizeable part of her first term's living allowance gone.

It is difficult – in the first term, when their lives alter so radically – for your teens to keep to their budget. Be supportive when they mess up, but once you have set the boundary of *when* and *how* you will bail them out, stick to it.

Student debt has become a fact of life. The majority of students will need a loan. The student finance application process is not complicated. There is a helpline, so phone them if you're stuck.

Many universities do not guarantee accommodation beyond the first year. So, if your student is housed in university halls, towards the end of the first semester, he or she will start to think about where to live in year two. Once your children find a house that suits them they will have to pay a deposit of some sort to secure it. They will certainly have to sign a tenancy agreement before moving in. Most are straightforward and fair. Go online or to a local stationery shop and have a look at the different types available.

Mum and Dad, if you indulge in the odd drink, or are careless in what you do on Sabbath, consider the example you are setting. *'Love the Lord your God with all your heart and with all your soul and with all your strength. These commandments . . . are to be on your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up.'* (Deuteronomy 6:5-7, NIV.) Fix a mother-daughter, father-son date. Talk to your young people about chastity, the

Sabbath, staying safe. Encourage tithing – it will be good training for handling money responsibly.

Research the local churches before they leave. Many of our young people are baptised by the time they leave school, but, away from the nurturing environment of home, the pressure to conform is enormous. Suddenly, *they* can decide what to do on a Friday night, and, come Sabbath morning, Mum and Dad are not there to prod them into getting ready for church. Opportunity is the number-one reason for them making poor choices.

Find out who the pastor and youth leader are. Write or email to let them know your son/daughter will be going to university in their town. We have been fortunate. Sarah's youth leader in Liverpool is married to someone I grew up with. They have an effective student support strategy in place and have made her feel at home since her first visit. If they had been complete strangers Sarah's experience could have mirrored Kelly's, who doesn't feel comfortable at her university church and seldom attends, preferring to travel home for Sabbath, or stay in her room. Warren, who moved to Nottingham last summer, finds the idea of walking into a church full of strangers by himself daunting. 'I'm waiting for some of the other guys [from his home church] to visit me and we can go together.'

Keep in touch, but don't crowd them. Text or email them first

thing in the morning or at night; include photos, share a Bible text. Pray. Pray with them and for them. Surprise them with a letter or a card. Enquire after their friends. Plan a Sabbath visit. Don't be startled when you discover your daughter has dyed her hair orange, or taken up jiu jitsu. Be courteous to your son's new girlfriend, but don't start to plan the wedding just yet. Above all, don't be jealous when your children make a decision for Christ in a strange church among people you don't know. Be happy for them. Sometimes it is in the circumstances created by living away from home that our young people find God.

You will miss them. They will get homesick. 'I don't even want to say this,' Kelly admitted sheepishly, before confessing that in those first few weeks away she did 'a lot of crying'. Eight years ago, when our eldest daughter left home, I cried every day for three months. Last summer, before Sarah had even left, I stood in the houseware aisle of Wilkinson with tears streaming down my face. Whatever they say to the contrary, they will miss you too.

When they come home for the holidays, remember that they are adults and treat them with the respect they deserve. Make time for them in your new routine.

Whether your children are leaving home to get married, to start a new job, or to live independently, let go of them gently. It's a long way down, and, like you, they are still learning to fly.

## New campus, new church, new responsibilities

by Pastor Nathan Stickland, BUC Youth director

Life has significant milestones, and moving out of home is one of them – significant for both students and parents!

For students it is the newness of not having parents around to remind, to chase, to encourage, to cook, to do the laundry, or to scrounge money from.

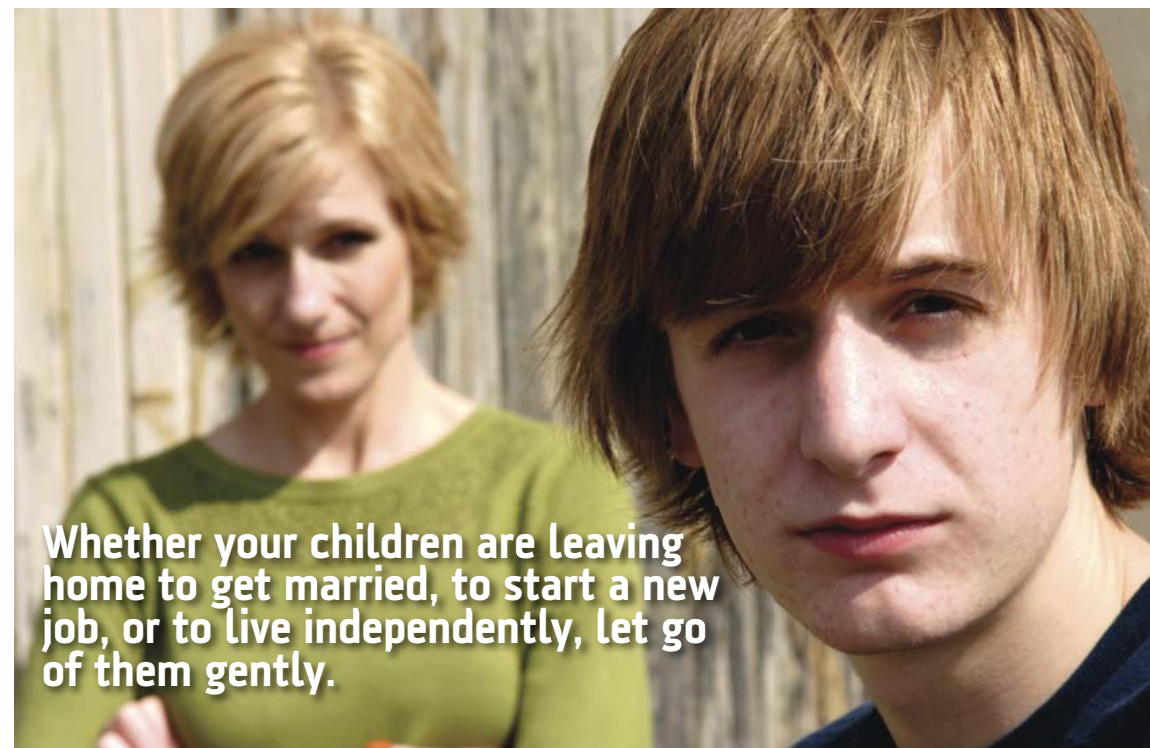
For the parents, it's the newness of absence, a quieter home, fewer demands for assistance, the sadness of a separation.

Parents should give increasing responsibility to their teens so that both parties are ready for the departure, however temporary or far apart the separation may be.

I am surprised at the number of young adults who don't think much about what church they will attend when they leave home to study.

It also disappoints me that a number of young adults I have spoken to have had bad or indifferent experiences while at their new 'local' Adventist church.

So, while parents are releasing responsibility, and students are taking on more, let's not abdicate our congregational responsibility to send students off well-prepared, socially and spiritually. Let's also make these 'nomads' welcome. After all, they might be missionaries God is sending to your church – new and valued attendees.



Whether your children are leaving home to get married, to start a new job, or to live independently, let go of them gently.

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## Why not LIFEconnect at a computer near you?

A report compiled by Divinia Reynolds (Balham church), Miroslav Pujic (Trans-European Division Communication & Media director) and the MESSENGER editor.

'Talk it, pray it, sing it, fill the world with the message of His truth, and keep pressing on into the regions beyond.'<sup>1</sup> Those rousing words from one of our denominational pioneers are as true today as they were when first written, around 117 years ago.

It is estimated that the world population reached one billion for the first time in 1804. It was another 123 years before it reached two billion in 1927,<sup>2</sup> and now we are well past the 7-billion mark.<sup>3</sup> Clearly that makes the task more daunting than it was in Ellen White's day, but we mustn't forget the massive advantage our modern communication technologies place at our disposal.

Now, added to the formidable mix of radio, television and the print media, we have the enormous influence of the internet – with its growing family of what is now called 'social media'.

### What is 'social media'?

There are many definitions, but this one is as

good as the next: social media is a form of communication through which 'individuals and communities share, co-create, discuss, and modify user-generated content' freely, easily and informally via mobile and web-based technologies.<sup>3</sup>

From among the different types of social media available, Kaplan and Haenlein (*Business Horizons* article [2010]) classified them into six groups. For example: 'collaborative projects' like Wikipedia; 'blogs and microblogs' like Twitter; 'content communities' like YouTube; and 'social networking sites' like Facebook.<sup>4</sup>

These types of social media may be linked or integrated with each other with relative ease, thereby creating a 'ginormous' web of individual images, videos, ideas, opinions, comments and feelings – much of it authored by ordinary people.

### Its influence

It is impossible to quantify the influence of

social media, but we had an inkling of its power during the so-called 'Arab Spring':

'In countries like Egypt, Tunisia, and Yemen, rising action plans, such as protests made up of thousands, have been organised through social media such as Facebook and Twitter. "We use Facebook to schedule the protests," an Arab Spring activist from Egypt announced, "and [we use] Twitter to co-ordinate, and YouTube to tell the world."<sup>5</sup>

Twitter is just 7 years old, but it now clocks up over 400 million tweets per day! Yes, that's right: 400 million per day! It is as the company's Karen Wickre put it: 'Twitter has become a true global town square – a public place to hear the latest news, exchange ideas and connect with people all in real time.'<sup>6</sup>

### Where is the Church?

Where is the Church in all this? Are we part of this media revolution? Someone has aptly said that: 'If you are not present on the internet, you simply do not exist.'<sup>7</sup> Fortunately, the Church does exist – it is part of this revolution. At the Trans-European Division (TED), under the leadership of its Communication & Media and Ministry to Postmoderns director, Dr Miroslav Pujic, a very focused effort has been made to secure a social media presence for us.

Dr Pujic believes strongly in the idea that 'different methods are to be employed to save different [people]'.<sup>8</sup> Foremost among those 'different' people are the 'postmoderns', many of whom experience the social media as an acceptable, non-threatening environment,

through which to explore spirituality and religion.

With this in mind the TED has sponsored the development of the LIFEconnect (LC) website ([www.lifeconnect.info](http://www.lifeconnect.info)) and a Facebook fan page – both being places where we can 'connect' with people, especially postmoderns, and 'explore life' together.

New participants introduce themselves by creating profiles called 'bios', mini autobiographies that add a personal touch to their interaction and help meet that sense of belonging that many find missing from our busy, isolating, contemporary lifestyles.

The social-media dynamic reflects the postmodern cultural shift away from elite groups of experts with all the 'knowledge', to a process of 'learning through dialogue'. The content members post is often about ideas or real-life stories that meet the postmodern hunger for authentic personal experience.

This approach also brings the participants into contact with thought-provoking blogs, articles, videos and music – even online Bible studies. They are able to explore freely and engage other participants in discussion using the private chat facilities.

### Is it working?

During last year alone, according to Dr Pujic, there were 1.5 million visitors to the LIFEconnect website, many of whom were typical postmoderns. Here is one positive experience as told by Mirjana Kicušić, LC network developer and marketing manager:

'I met a girl in a Facebook group. She left a comment saying she was interested in studying the Bible and asked if anyone could help. I messaged her straight away, saying I could. I also gave her a link to the LIFEconnect website, telling her about the section for Bible studies – ones she could do online.

'We chatted often and she opened her heart, explaining that she was unhappy and didn't see the purpose in life. I noticed she was very depressed. She wrote that she had a big problem and needed somebody to pray for her. I organised a prayer group for this purpose. A few months passed and then I received a message from her saying all her problems were gone.

'She explained that the previous year she couldn't pay for her university course, and couldn't graduate because of that. One day a man came to her, offering to pay for her studies. She didn't know him but he covered all her costs. She was so happy and felt God was working in her life. She said she felt our prayers, and this is what she wrote:

' "Thanks a lot for your invitation. I found very encouraging words. I can't find the right words to thank you and God for providing me with people I didn't know personally, but who gave me hope for a brighter day ahead. . . . Thanks for being a friend in Christ. . . . I am very hopeful that this place can help me rebuild my relationship with God. . . . I am very grateful that beautiful people want to befriend small people like us. . . ."

'After that, when her graduation was approaching, I found out that she didn't have money to buy a dress. She asked if I had any old ones. I sent her two dresses and sandals.

She was so thankful and happy. She found a job and is working now. I also offered to arrange a meeting with a pastor from her city and she is willing to do Bible studies with him.'<sup>9</sup>

Pastor Miroslav Lorencin of Croatia also has a positive story to tell, albeit a very different one:

'I received a phone call from a young man. He had found the whole truth about Christ over the internet and he wanted to meet me. I was sceptical, but suggested he come to a Bible lecture. The young man really came. His name was Anedio and he asked if his brother, Emanuel, could also attend. When I realised how serious he was, I invited him to my home for Bible studies. After a few meetings, I asked:

' "How come you chose to listen to such serious lectures over the internet? When did you realise the Adventist Church was giving you real Bible truth?"

'This was their answer:

' "We were very dedicated Catholics. While listening carefully to hundreds of lectures on the internet, we were eliminating web pages and speakers, but then we realised that you are the only ones who follow the whole Bible truth. We want to become members of your Church."

' "You let the Holy Spirit lead you towards the real truth," I replied.

'I sensed their great sincerity as they adopted every single truth, including God's commandments, the Sabbath, tithing, the state of the dead and prayer to only one Intermediary, our Saviour Jesus Christ. Both Anedio and Emanuel have requested baptism. They are a special testimony to God's power working across the internet. Thank God the Gospel is "flying through the sky" and is available to every single human being on the whole planet.'<sup>10</sup>

### There is a role for you too!

Through connecting via the internet, you can meet people like Anedio and Emanuel just where they are. All you need to do is log on and find a world of mission at your fingertips. By becoming a LIFEconnect contributor you too can establish friendships like these through which to share the love of Jesus.

Why not subscribe to the LIFEconnect Facebook page, or join the website at [www.lifeconnect.info](http://www.lifeconnect.info)? You could also invite your church and unchurched friends to join! **Why not LIFEconnect at a computer near you?**

<sup>1</sup>Ellen White, *Testimonies for the Church*, vol. 9, p. 30

<sup>2</sup>[http://en.wikipedia.org/wiki/World\\_population](http://en.wikipedia.org/wiki/World_population)

<sup>3</sup>[http://en.wikipedia.org/wiki/Social\\_media](http://en.wikipedia.org/wiki/Social_media)

<sup>4</sup>Ibid

<sup>5</sup><http://www.policymic.com/articles/10642/twitter-revolution-how-the-arab-spring-was-helped-by-social-media>

<sup>6</sup>[http://articles.washingtonpost.com/2013-03-21/business/37889387\\_1\\_tweets-jack-dorsey-twitter](http://articles.washingtonpost.com/2013-03-21/business/37889387_1_tweets-jack-dorsey-twitter)

<sup>7</sup>Albert Mohler (Tuesday 26 February 2013), article: 'The Christian Leader in the Digital Age': [www.albertmohler.com/2013/02/26/the-christian-leader-in-the-digital-age/](http://www.albertmohler.com/2013/02/26/the-christian-leader-in-the-digital-age/)

<sup>8</sup>Ellen G. White, *Evangelism*, 1946, p. 106, quoted from *The Review and Herald*, 14 April 1903

<sup>9</sup>Mirjana Kicušić (March 2013), LIFEconnect story

<sup>10</sup>Miroslav Lorencin (March 2013), story: 'Finding the Truth Over the Internet'

## Council decision to be challenged by Berton Samuel

The Board of Governors of John Loughborough School (JLS) intend to challenge Haringey Council's 'disappointing' decision to seek the closure of the school by the end of this academic year. So far 1,700 people have signed a petition and many have written letters in support of this secondary school, which provides a safe and caring environment for students in one of the most deprived neighbourhoods in England.

At a cabinet meeting on Tuesday, 16 April 2013, a presentation by JLS chair of governors, Berton Samuel, pointed out flaws in the proposal for closure. The councillors, however, voted to close the school by the end of August 2013.

School governors recognise that the school's exam results in some key GCSE subjects have not met government targets, but in others John Loughborough students have done better than the national average. Much hard work has already been done to turn matters around, with some promising results. This, along with further expert help already in place, is aimed at further improving academic standards. According to Berton, 'If students are forced to leave and enter other schools, it will be hugely disruptive and the council agrees there is no guarantee that they will do any better elsewhere.'

Head teacher, Ms Edwena McFarquhar, argues that, 'The strength of support for the school is partly because, in an often troubled area, it offers a safe space to learn and grow.'

This is confirmed by Ofsted inspectors who, only a few months ago, reported that: 'Students continue to behave very well in lessons and around the site.' They also noted that students 'are happy, feel safe and relish being a part of the school community. Attendance levels are above the national average for secondary schools and are slightly higher than at the same time last year.'

The school was set up by the Church, and even though it also caters for pupils of other backgrounds, it relies on ongoing financial and practical support from the Church as well as state funding. The governors believe that the council has mistakenly concluded that this means it is not financially viable. But because it is a voluntary aided school, it is expected that the foundation or trust which owns the building will help to meet costs, unlike voluntary controlled schools, which depend entirely on state funding.

Pastor Sam Davis, president of the Adventist Church in the South of England, says, 'This is a sad day because we have fought valiantly for the school's continuance as an academy. We will not give up our struggle to save John Loughborough.'

Schools adjudicators (who are independent but appointed by the Secretary of State for Education) could still overturn the council's decision. The Board of Governors are looking at options for challenging the decision, to enable the school to continue to improve its performance and offer an education that addresses young people's academic, emotional and spiritual needs.



# features

## Hemel's Easter eggs 'hatch'!

Graham Lucas shares how his church has gently built up the Adventist brand.

For years Hemel Hempstead Church have delivered chocolate Easter eggs to the local Women's Refuge before each Easter weekend. They have also supported Women's Aid with the proceeds from their harvest festivals and Christmas toy services, and for many years the charity has also used their church hall for weekly trauma counselling sessions.

Now the eggs have 'hatched' – as I found out recently when I

attended the Women's Aid AGM. As I approached the venue a lady came up to me and asked, 'Are you from the Seventh-day Adventist church?' 'Yes,' I said, and she replied, 'I remember seeing you when I attended (counselling) sessions there.' Once inside, another lady I knew introduced me to her friend as 'Graham from the Adventist church'. I soon realised the church was



The children sing 'Clip Clap'



### VBS at Southern Asia

The Manchester Southern Asia church recently held a successful Vacation Bible School, with children ranging from 4 to 13 in attendance.

Daily attendance varied between thirty-five and forty, and for the first time children from the community attended – eight in all!

Church support was excellent, not just with the programmes and games, but with the good meals that were served daily.

At the end of the week all the children received certificates, and the non-member children each got a Bedtime Story book while their parents received a Bible and a copy of *The Great Controversy*.

SACHIN KATE, SABBATH SCHOOL SUPERINTENDENT

well-known by many of the people there. The chairperson opened the meeting, welcomed the committee members, then looked over to me at the back and welcomed me as 'wonderful Graham from the Adventist church' – I know she really meant 'Graham from the wonderful Adventist church'! After the meeting I was introduced to another lady who was promptly informed about the good work the church has done for Women's Aid.

I put my coat on and was just leaving when a lady ran up to me and said, 'I just wanted you to know that I attended the counselling held in your church and it changed my life!'



Sheryl Abdelmessiah as Mary Magdalene

### Scenes from Hemel Hempstead's Easter programme held on 30 March . . .



Hannah Lucas tells us of Easter joy



Colin Watt as Peter

### Intelligent Design seminar

ASI-UK and Stanborough Park Church will co-sponsor a seminar on Intelligent Design, at 3pm on Sabbath, 1 June, at the Stanborough Park church.

Professor John Walton of St Andrews University and Dr Alistair Noble, director of the Intelligent Design Unit, will be presenting a scientific and compelling argument as to why life must have been designed by our omniscient God.

In particular, those who feel confused by the relentless propaganda of the prevailing secular arguments are invited to attend. If you would like more information or to book, please go to: [http://adventistwebministries.org.uk/forms/3264/form\\_submissions/new](http://adventistwebministries.org.uk/forms/3264/form_submissions/new).

For those staying over lunch, a cup of soup and a bread roll will be available with prior online booking.

JIM CUNNINGHAM, ASI PRESIDENT

If you cannot attend then view from the comfort of your home or local church.

Connect to: [www.livestream.com/stanboroughparkchurch](http://www.livestream.com/stanboroughparkchurch).



**NEC Camp Meeting coach service:** 17-23 June, 2013, for those living in area from Birmingham to Wolverhampton. Contact Hubert Smiley on 01384213803, 07868288310, 07831958114 or 07736509625; or at [hubert.smiley18@gmail.com](mailto:hubert.smiley18@gmail.com).

# A 24/7 church

Judy Hamilton-Johansson, Community Services leader, reports on her church's almost round-the-clock impact in Middlesbrough.

Not even these endless cold blasts from Siberia can freeze the spirits in Middlesbrough. One year ago we celebrated the opening of our new church – and 'open' it most certainly is.

On Tuesdays and Thursdays we have a credit union operating from our building, which provides a fantastic way for the locals to manage their money. On Thursdays we offer karate for the young – and not so young – taught by Abdu Shaheer, himself a former world champion. Every week, on the same evenings, we provide asylum seekers with a hot meal before they settle down to a warm night's sleep on our premises. The next morning they get a good breakfast and a chance to 'freshen up' before leaving.

'Where does the foodbank fit into all of this?' you might ask. On Wednesdays, along with the Zumba® classes for the Asian ladies in the community, we become a Foodbank Distribution Centre. Although we only opened five weeks ago we've become one of the most popular distribution centres in Middlesbrough, which is one of the fastest-growing foodbanks in the country.

An already-massive need continues to grow, not helped by the benefit cuts taking effect this month. This week Ann, an adviser from CAP, came to collect food parcels for two clients unable to come to the church themselves, and we were also able to supply Tracey, her partner Abba, and five children with much-needed food.

Tracey told me how she had felt 'petrified and ashamed' to come to the foodbank, but after meeting us she felt differently. She commented on the non-judgemental and caring way we treated her, and said, 'If it weren't for foodbanks, my family would not have eaten.'

Thankfully her ordeal is now over, and to give something back, Tracey, Abba and their friend Donna have all requested to volunteer at our foodbank. Tracey has also returned to church. We offer everyone a 30-second prayer along with a selection of books and DVDs, and even a menu to help them cook the food they receive.

Working closely with Middlesbrough council, we've



made arrangements to collect unused food from supermarkets and takeaways and drop it off at various centres for the needy in Middlesbrough. Due to our good relationship with the council, they have allowed us to run health audits among the homeless people of our town, which have helped to pinpoint their specific medical needs, which were previously neglected.

There are lots of lost and hurting people outside your church doors too.

Please – try to be 'open all hours' and see what God can do through you.



THE NORTH ENGLAND CONFERENCE YOUTH DEPARTMENT PRESENTS



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## Highlights from Handel's 'Messiah'

A member of the group 'Only Men Aloud', Ben Smith, joined a group of fifty performers at Stanborough Park Church's Easter concert, which featured highlights from Handel's 'Messiah'.

More than 300 members with their friends and neighbours attended the concert, and, according to Audrey Balderstone, 'The atmosphere was electric throughout the concert and at the end of the Hallelujah Chorus there was spontaneous applause.' In fact, at the end of the concert there was further prolonged, thunderous applause for the choir, orchestra, conductor and solo performers.

The guest soloists are talented students at the Royal College of Music with impressive CVs. Soprano Elizabeth Holmes is a postgraduate student who has already performed many operatic roles around the country and won awards, including a 'Fringe First' at the Edinburgh Festival.

Tenor Ben Smith is a third-year student who has enjoyed phenomenal success since joining the Pontypridd Male Voice Choir in 2009, and has performed with 'Only Men Aloud' at various venues, including the opening ceremony of the London Olympic Games in 2012.

After the concert there was an Easter egg hunt for the children, and refreshments for the adults, giving them the opportunity to socialise and discuss the concert. The event raised a total of £3,000 for the church's development fund.

JUNE COOMBS



## Haverhill shares cards and roses

On 16 March, Haverhill Fellowship's youth led out in a community-focused kindness project, in line with the worldwide Global Youth Day (GYD) theme. Instead of meeting at their usual worship venue, the youth chose to walk the length and breadth of the town handing out greeting cards and roses. This helped put smiles on the faces of one hundred ladies – and a few gentlemen who accepted the tokens on behalf of their spouses. The cards had a short message that wished the recipient a wonderful day, and had the fellowship's contact details.

Clad in white T-shirts with the GYD logos back and front, the fellowship members braved chilling temperatures and occasional drizzle to spread the love of Christ to many surprised townsfolk. The Haverhill members believe that this act by their youth will help to build bridges between them and the community.

SITHABILE ELAINE BAFANAH

## Stanborough students teach in India

Five Stanborough students spent two weeks teaching in an orphanage in India during this year's half-term break. The trip was organised by Mr Kish Poddar, assistant head teacher, as part of the community service ethos of the school. The students raised their own airfares and travel costs to the city of Hosur in Tamil Nadu, India, and taught at the BESSO Children's Home.

The BESSO Children's Home – built by STOP International in 2002 – houses 100 orphans, who attend the home's primary and nursery schools.

Our students were challenged by the basic facilities at the orphanage, such as using chalk and blackboard, no computers or internet, and the 30-degree temperature; but they soldiered on, teaching in English, Maths, Geography, Citizenship, History, Science, Spelling and Grammar.

Daniela, one of our 'young teachers', said: 'I had the time of my life. I will keep memories of this trip in my heart forever. To teach such adorable and sweet children was a touching experience. They are orphans, yet there seems to be a special joy and happiness about them. I now want to have an Indian sister.'

Elizabeth said: 'The children out there use a pencil right down until it is finished, whereas in England if we lose it we are able to buy another. I am personally going to stop complaining about things I do not have and start being thankful about things I do have.'

In addition to the teaching, Miss Gautran, an accompanying teacher, organised the donation of new underwear from the Stanborough School students and parents. Several dozen sets were taken to India. When these were distributed to the children of the BESSO and the Way To Life orphanages, the delight on their faces was incredible. Reward enough for the effort!

TEXT AND PHOTO BY KISH PODDAR



NEC PATHFINDER'S DEPARTMENT PRESENTS  
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## Melodious fundraising for ADRA

Leslie Wood from Ystrad Mynach Church in South Wales recently passed an organ examination with distinction. Leslie has played the piano from childhood, and for church services in Berkshire, but when he retired to Radyr, near Cardiff, he decided to study the organ more seriously. So he took lessons

on the amazing organ at Llandaff Cathedral from David Thomas, a well-known organist and teacher.

Then, recently, in order to put his studies to good use, Leslie decided to do a sponsored recital for ADRA in Radyr's parish church, where he raised £200 to swell the funds.

Why not join Leslie and let your talents fundraise for ADRA at any time of the year?

MIRIAM WOOD



## Holloway REBORN

Under the leadership of Pastor Sam Ouadjo the Holloway church has set out a two-year evangelistic impact strategy – the tried and tested REBORN: Revival; Equipping; Bible-based ministries; Outreach programmes in the community; Reaping through evangelistic meetings; and Nurture events for new believers.

The revival phase of the strategy ran from 27 March to Sabbath, 30 March, with great success. Members were challenged to invite friends and relatives, and the person who invited the most at the end would receive a mini iPad as a prize. Serita Tapper brought twenty visitors and in the photo above Pastor Ouadjo is seen congratulating her for an outstanding effort. Other members received token gifts for their efforts in inviting visitors to the revival.

JEREMIAH BONNER (PM LEADER)

## Rejoicing at Fartown

On 24 November, 2012, the hall of the Fartown company was packed to capacity as family and friends came to celebrate the baptism of Tatyana Muberuka (right in photo) and Sharmain Lawrence (left in photo). The congregational singing was rousing, after which Pastor Barry Stokes led the candidates through their baptismal vows and Pastor Micah Campbell preached a sermonette entitled: 'Just flick the switch', based on Romans 13:11-14. The essence of the message was, 'Ask Jesus to come into your life, flick the switch and let the Light in.'

Both candidates were radiantly happy and wonderfully supported by their families.

MAXINE FRANCOIS



## TYWF V

The Thames Valley Youth Federation Prayer and Faith Conference V took place from 1 to 5 April, under the theme, 'The Triumph Over Fear', and was aimed at aiding our youth to face day-to-day challenges by submitting their fears to Christ. Pastor Alvin McQueen was the speaker for the week, and he explored the topics of media manipulation and Bible truth. The young people shared inspirational testimonies of how God was working in their lives, and many of them were left in tears at what they had witnessed.

Young people are encouraged to come to the next PFC (Prayer and Faith Conference), because the discussions are extremely beneficial, allowing every young person to ask questions – even on those 'taboo' topics they would not feel comfortable asking about anywhere else.

The PFC staff are experienced, and they know how to talk to young people in a respectful manner. They also understand the many difficult situations that modern youth face daily.

At the end of this PFC, twenty out of the sixty-eight attendees decided to give their lives to Christ and prepare for baptism.

ZEE SAYI

**SOUTH ENGLAND CONFERENCE**  
Ministry of Healing and Prayer (MOHAP)  
'Ministering to the terminally ill and those with chronic illnesses'

**Sunday 26th May '13**  
Registration 9.30am, Start 10.00am

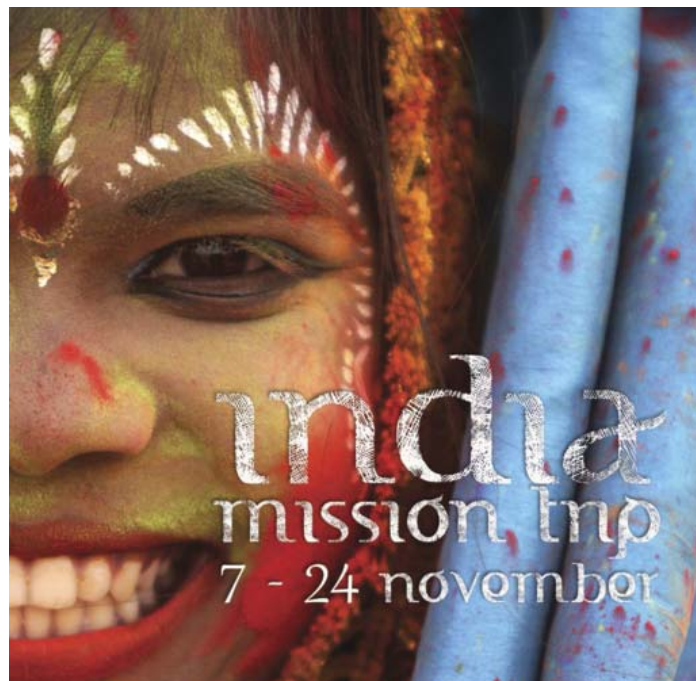
**Fervent Prayer**  
**Health Presentations**  
Dr Colin Gordon  
(Psychologist - Emotional / Mental Healing)  
Dr Christopher Levy  
(Emergency Physician - Physical Healing)

**Discussion & Time for reflection**  
**Devotional - Pst Terry Messenger (SEC Exec Secretary)**  
**Praise & Worship**  
**Testimonies**  
**One-to-one Pastoral Counselling**  
**Prayer & Anointing**

**Newbold Church**  
**St Marks Rd, Binfield, Bracknell, RG42 4AN**



Download booking form at:  
[sec.adventist.org.uk/events](http://sec.adventist.org.uk/events)  
For queries contact Janet Hamilton:  
[mohaprayer@gmail.com](mailto:mohaprayer@gmail.com) or 07407 692 256  
[www.mohap.org](http://www.mohap.org)





**india mission trip**  
7 - 24 november

THE NORTH ENGLAND CONFERENCE YOUTH, PATHFINDERS & PEACE DEPARTMENTS PRESENT  
**MISSION TRIP TO INDIA**  
7 - 24 NOVEMBER 2013  
FOR MORE INFORMATION PLEASE VISIT [WWW.NECYOUTH.ORG.UK](http://WWW.NECYOUTH.ORG.UK)

NEC PATHFINDER DEPARTMENT PRESENTS

# PATHFINDER EXPEDITION CROATIA

31 JULY - 8 AUGUST



PATHFINDER EXPEDITION TO CROATIA  
FOR MORE INFORMATION VISIT THE  
PATHFINDER WEBPAGE AT  
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## DOT held at RAF base

On 30 March the churches of Cambridge, Haverhill, Bury St Edmunds and Lakenheath's RAF base (RAFL) combined for worship, praise, visioning, and planning. They also ordained seven new leaders, three elders and four deacons.

The venue for this DOT (District Day of Togetherness) was the state-of-the-art 390-seat Air Base Liberty Wing Chapel, used by all denominations on the base, and now the home of the Lakenheath Adventist community. The base chaplain, Lt Col Snyder, welcomed the Area 8 churches to the facility with a 'happy Sabbath', then later circulated this message to the base's other senior officers:

'I am writing to pass along some great news about a fantastic event that was hosted in the Liberty Wing Chapel today by the RAFL Seventh-day Adventist congregation. Today's event was a Day of Togetherness shared by four Seventh-day Adventist congregations, Cambridge, Haverhill, Bury St Edmunds and RAFL. More than 200 people attended today's event, which included the usual Sabbath day education and worship activities and an amazing potluck dinner. As part of the worship service there was an ordination ceremony in which seven persons, including the RAFL congregational leader Mrs Bonnie Steinbrunner, were ordained.'

United in mission and purpose, the members of the four churches, their families and friends worshipped throughout the day, and refocused their attention on the core purpose of the Church – making disciples for Jesus.

Area 8 pastor, Colin Stewart, is leading his committed members in a plan to plant another group in Newmarket, which lies in the centre of the district. Mission to the city of Cambridge is their goal for this year, and nothing will deter them from that worthy goal!

COLIN STEWART AND COMMUNICATION TEAM PHOTOS: NUVIA, BRANDON, IAN, LAVON, MALUMBO



## Ingathering at Plumstead

On Sunday, 7 April, Pastor Bernard Akakpo took some of his Plumstead members out in glorious sunshine to knock on doors on behalf of ADRA. The youngest members of the team were the day's star collectors! From left to right they are: Audley Mcgihuh, Pauline Stephens, Randolf Stephens, Pastor Bernard Akakpo, and Thando and Thabiso Mafu.

NDUMIE MAFU

# obituaries

**William Bernard Palfrey (1923-2012) d. 31 October.**

Sadly, Bernard passed away at his home last October. He was the eldest of nine children and had a tough childhood growing up in Cwmbran, South Wales. He was a loyal and loving son to his parents and always endeavoured to support his family as much as he could.

He served his country during the Second World War, and was officially recognised for an act of gallantry in which he saved the life of a fellow soldier.

It was during this time that he met the 'love of his life', his dear Dutch wife Cisca. They enjoyed a long, successful marriage of sixty-four years, and lovingly brought up their three children, Philip, Janet and Susan.

Bernard became a Seventh-day Adventist during the 1960s – a decision made as a result of much thoughtful study. He loved his God, and studied his Bible with great care and enthusiasm. He wrote a number of his own books, which are now available on this website: [www.walk-with-jesus.co.uk](http://www.walk-with-jesus.co.uk).

During his working life Bernard enjoyed working for the Church – for a period of time as a colporteur, selling the many Adventist publications from door to door.

Bernard had very clear priorities in his life. He believed



wholeheartedly in his Saviour and loved studying his Bible. He adored his wife, and always emphasised the importance of family life. He was always ready to help anyone in need, and was a great support to his family. He leaves behind three children and their partners, eight grandchildren and sixteen great-grandchildren.

Although he had a long life of 89 years, it is still very difficult to live without someone we love. We miss him very much and look forward to the day when we will be re-united with our loved ones.

SUE HANSON

**Huldah Lucretia Jules, née King (1940-2012) d. 24 December.**

Huldah was born in St Joseph, Commonwealth of Dominica, West Indies, to Harold and Wilhelmina King, the last born of ten children.

Her parents were the first Seventh-day Adventists on the island, and she had a very strong Christian upbringing. She attended Pathfinders, where she learnt whole Bible passages that she still was able to recite until her passing.

She was always mischievous and playful, and that continued till the day she passed away. Huldah was teased at school for being an Adventist. The children called her 'one of those seven devils', and she got into many fights defending her honour.



## Leamington celebrates

Leamington Spa recently celebrated two grand birthdays.

Firstly the 80<sup>th</sup> birthday of Eileen Fong, originally from Jamaica, who retired to Leamington to be near her family – after years in the health care sector. She has been a valued member of the Leamington Spa Mission church for seventeen years. She was presented with flowers and a cake during the morning service. Eileen is a ray of sunshine who fills the church with 'Caribbean sunshine and laughter'.

Secondly, there was Doctor Doreen Bull, who celebrated her 90<sup>th</sup> birthday. She became a medical doctor shortly after the Second World War, and later married Dr David Bull. The two served for ten years as medical missionaries in Trinidad, helping to establish the Port of Spain Adventist hospital there. The couple practised for twenty years in Leamington Spa after their return from mission service.

After retirement, Dr Doreen co-edited *A Guide to Family Health* for the Stanborough Press, along with her work as a medical adviser to Christian Outreach Relief and Development (now CORD). One of her strengths is her care and concern for others, and she sends little letters, poems and cards to those who may need encouragement.



She loved being around boys, but she only had one boyfriend, whom she married on 3 December 1959 – Robert Jules. Her first child, Belinda, was born in the Caribbean, but in order to make a better life for them her husband came to England, and after a few months of loneliness he sent for her. It was a shock to her system. You see, being the youngest child, she had wanted for nothing; and, coming here in the '60s, things were tough. The weather was freezing cold; the sky was grey and dark; and they shared one room, as opposed to her large house in the West Indies. England was dirty, and she had her first experience of being treated as a lesser person, and she just wanted to go back home. Nevertheless, soon after this, her second child, Osbourne, was born; then Celia, and then finally, four years later, Joanna.

The family attended Preston Seventh-day Adventist Church for many years, and Huldah held many church positions, including: church clerk, treasurer, Personal Ministries secretary, Sabbath School superintendent, and teacher in the various age groups. She was also an active Ingatherer and gave counsel and advice to the youth.

While in Preston she lost her child, Ossie, who died in his sleep, and despite her hair growing grey overnight she maintained her dignity and her Christian strength, and hope shone through.

It was always her desire to return to the Caribbean, and in 1987 she went back to nurse her ageing mother. It was then that she was hospitalised for the first time, with dehydration. After her recovery she returned to England

to be with her children, this time settling in Birmingham, and attended Windsor Street Church. Huldah remained very active in church life, and was the driving force in a very early Sunday morning prayer group.

Throughout her life she remained faithful to God and her faith was strong. When she was going on holiday to the USA around 11 September 2001 she told her husband that if anything were to happen to her, 'Don't bother to waste money flying my body back: just look for me when Jesus comes again!'

Huldah was a very keen reader and never missed an opportunity to encourage and witness to others. She always had a smile on her face, and an encouraging word to share with everyone.

Sadly, she passed away peacefully in the early hours of

Christmas morning within a few hours of becoming ill, with her family singing songs of hope around her bedside. She will be sadly missed for her mischievous, playful and friendly nature.

Thank God for the return of Jesus, when Huldah will be able to sing in the heavenly choir with that new singing voice for which she so longed.

ROBERT JULES

**David Reeves Lowe (1929-2013) d. 19 February.**

David was born in Derby on 21 May 1929 and enrolled at Newbold College in 1944. He commenced work as a pastor in the North England Conference. In 1951 he married Joy (née Laflin), who worked as a Bible instructor before their marriage. In 1952 their first daughter, Heather, was born.

They moved to the Welsh Mission to serve the Newport, Monmouth and Pontypool churches, where their second daughter, Hazel, joined the family. David also served the Aberdare, Trearlaw, Shrewsbury and Wrexham churches.

In July 1959 David was ordained as a minister in Cardiff. Carol had joined the family in 1957, followed by Malcolm and Jeni in the 1960s. David's denominational employment ceased in 1975, after twenty-five years of busy and dedicated service.

Living in the Doncaster area, he then set up a Christian Friendship Fellowship (CFF), which he ran from home with the help of five staff. About 1,000 marriages resulted from this fellowship.

David had some distinctive and personal views, and was never slow in contributing to Sabbath School services and to practical issues involving the wider community.

After a short stay in hospital, David died on 19 February.

At his funeral on 1 March at All Saints Church, Silkstone, a lifelong friend, Pastor Ron Surrridge, and David's youngest daughter Jeni gave their reflections on David's life.

David was a keen walker and gardener. He grew vegetables and other plants, which he often shared with family, friends and church members. He was very kind and generous to people whom he felt were in need.

The family would like to thank everyone who sent messages of sympathy and support.

HAZEL SCHOLES, COMMUNICATION SECRETARY



# back page

## MOHAP at Balham

The Balham church was the venue for the MOHAP day-retreat held on Sunday 31 March. While most attendees were from the SEC, some came from as far as Scotland and the West Midlands. Pastor Simon Martin's devotional focused his listeners' minds on the lame man at the well; he emphasised that Jesus knows our condition and what it takes to make a difference in our situation. Then one of the attendees shared an amazing testimony of how God healed him from the late stages of cancer.

Sharon Platt-McDonald spoke on depression, and Angelette Muller shared a God-centred nutritional approach to well-being and its impact on the whole body. Pastor Andrew Fuller encouraged people to pray in twos for each other's needs, and then in the afternoon Pastor Jonathan Burnett provided an opportunity for quiet meditational prayer.

Pastor Brighton Kavaloh spoke on the biblical authority for anointing and provided instructions for the anointing service.

The next MOHAP day retreat is on 26 May, at Newbold Church. Please see [www.mohap.org](http://www.mohap.org) or [www.sec.adventist.org.uk/events](http://www.sec.adventist.org.uk/events). Telephone: 07407 692 256 for queries.

JANET HAMILTON

## GBK Women's day

Great Brickkiln Church's last Women's Ministry day drew a packed church, with a number of visitors from the community – two of whom have since become 'regular' Sabbath visitors! The theme was women of the Bible, including Mary and Elizabeth.

DELVA CAMPBELL



Raquel Arrais, associate Women's Ministries director for the General Conference of Seventh-day Adventists, is coming to London



**DATE:**  
**Wednesday, 22 May 2013**

**VENUE:**  
**The Advent Centre, London**

**TIME:**  
**7pm – Exhibition and networking followed by keynote presentation**

### FREE EVENT

To register, phone Dawn Tompkins on: 01923 672251

Join us for an inspirational evening with our GC leader for Women's Ministries worldwide, as she shares with us her wisdom tools for our preparation to minister to women during the Mission to the Cities programme.

## One man and his dog (part 3 of 3)

The Lord continues to challenge us – the Oldham members – with a steady increase of hungry and needy visitors, both male and female. The females are invariably the bigger challenge (attitude, behaviour and language)!

We have implemented a new protocol at our church kitchen – no one leaves until a prayer has been offered. The faith of our visitors is growing, and, following Gee's recovery, his master has shared several stories of how God has blessed him. In fact, he says he has discovered a new faith in God.

Another visitor, who once rejected any thought of God, has put on a new character along with a new (to him) coat we were able to procure for him.

As the weeks pass we learn more about their tragedies: fights, beatings, abandonment, adoption, divorce and police raids.

But God is at work: just a few weeks ago, during a pause in the final prayer, suddenly a new voice took over and we realised that one of our new friends was praying for the first time!

We have supplied Bibles and other reading material to those who have asked for them. But they have taught us to count our blessings and praise the Lord for all He does for us. They have also shown us how easily life can change for the worse through one or two wrong decisions taken without His guidance.

Please pray that God will continue to use us here in Oldham, and don't forget our experience if someone comes to your church door with a dog.

MAUREEN CLARKE



## Good Friday Walk of Witness

Members of Sutton-in-Ashfield Church joined Churches Together at St John's Methodist Church over Easter. After a short address about Christ's birth and ministry, death and resurrection by Rev. Alan Boyd, Pastor Melvyn Ellis led more than eighty of us, carrying a cross, as we proceeded in silence to Portman Square in Sutton. Here Sutton's pastor, Paul Haworth, spoke of Christ's arrest in Gethsemane, through to Pilate handing Him over to the crowd.

Then, after singing 'Tell me the story of Jesus', we walked on into the Idlewells Shopping Centre, where Charles Claydon of the Zion Baptist Church had one of his members testify of how he came to Christ through his wife, and was to be baptised on Easter Sunday.

Tim Mitchell, New Cross Church, then gave us a short sermon on forgiveness and we closed the service by singing 'How Deep the Father's Love for Us.'

MORAY STEWART

### Messenger

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### Sunset

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

	Lond	Card	Nott	Edin	Belf
May 10	8.39	8.51	8.48	9.10	9.14
17	8.49	9.01	9.00	9.23	9.27
24	8.59	9.11	9.10	9.35	9.38
31	9.07	9.20	9.19	9.46	9.48

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