

# Messenger

News to the churches • 11 October 2013 • Volume 118 • 21

## The Watering Hole at Chapel Porth, 2013

by Pastor Rosemary Lethbridge

**W**hy should a church run a community camp? If I must be honest it is tiring, involves a lot of planning, can be expensive and – if the weather turns nasty – can quickly turn into a logistical nightmare. But here is why we do it anyway: 'This evening was the best fun I have ever had in my life' – the comment of a man in his mid-30s after going down a 15-metre water slide built on the Chapel Porth campsite. 'No one has ever told me I am special' – the observation from a single mother in her mid-50s after she attended a daily worship service where the theme was, 'You are unique and special to God and us'. 'You make me feel so included and I feel safe when I am here' – a response from someone who faces abuse on a regular basis. Our other community friends say that this event is 'the highlight of the year' for them. So as you can see, it is

*really* worthwhile going to all this trouble and expense.

This year forty-two people came with us to the camp and only nine of them were baptised church members. Each year we try to organise at least one camping trip like this, as going away on holiday together is a great opportunity for building strong friendships. We also find that people are more inclined to try new experiences, such as attending worship services, when they are away on holiday.

Throughout the week there were lots of activities, including cycling on the Camel trail, power kiting, whizzing down the water slide and tie-dyeing T-shirts. In our second camp, held over the

weekend, we focused on living, loving and leading like Jesus. It was a camp intended to mentor new Christians and develop their leadership potential. During the seminars and worship activities people discovered more about themselves and how they might connect more closely to God. It was also an opportunity to find out their strengths and weaknesses, as well as understanding 'what made others tick'. For some this was a voyage of great discovery and many commented on how the worships made them feel closer to God. So will we be organising a camp next year? Absolutely right, we will.





# Community Cooking Hubs

Community Cooking Hubs (CCH) is a programme developed as part of the British Union Conference Health Ministry's Nutrition Strategy. The programme is designed to train health ministry teams to be more effective at promoting healthy eating and food demonstration in their local churches and communities.

Based on statistics from the Adventist Health Study 2,\* in which 96,000 Adventists living in the US and Canada filled out a 50-page diet and lifestyle questionnaire, we find that 64% of those who completed the questionnaire were non-vegetarians; 28% were vegetarians; and 8% were totally plant-based (vegans). When non-vegetarians were compared to the vegetarians it was found that they were more likely to eat more saturated fat, less fruit and vegetables, and foods with a higher glycaemic index (the rate at which blood sugar rises after eating a specific food). This suggests that most of our members would benefit from healthy eating education to help them improve their diet, starting from where they are. In fact, the community will also benefit from this. This is why the CCH programme is designed specifically for

community outreach while also benefiting the members of our churches.

Community Cooking Hubs is a programme that begins with a foundation course. The foundation course requires a two-day attendance, during which you learn more about God-centred health, health change techniques, food demonstration, healthy eating, knife skills, and how to develop a programme to deliver in your local community. After you have completed the foundation course, there is an option to add on modules or mini-courses that focus on specific areas, such as 'healthy eating on a budget'.

There is a fee to cover the course costs, and it is currently subsidised.

Our aim is to deliver the course in seven churches throughout the BUC in 2013/14. The first foundation course will be delivered in Watford Town Church on 3 and 24 November



2013; and in Bristol Central on 26 January and 23 February 2014. We are looking for churches to host the foundation course in the following areas: Scottish Mission, Irish Mission, North England (Manchester area), and the East of England. If you are a Health Ministry leader/pastor, apply via email to [splattmcdonald@adventist.org.uk](mailto:splattmcdonald@adventist.org.uk).

If you would like to apply to attend either of the above courses, please request an application form from the email address below. There are fourteen places available on each course, but should there be insufficient places we will create a waiting list. Only individuals who apply in advance can attend; unfortunately there will be no availability on the day. The course is tailored for Health Ministry leaders and their teams only. Further information is available by emailing [createnutrition@gmail.com](mailto:createnutrition@gmail.com).

ANGELETTE MULLER AND SHARON PLATT-MCDONALD

\*Loma Linda University (2013), 'About Adventist Health Study-2', <http://www.llu.edu/public-health/health/about.page?> (accessed 23 September 2013)



## Enhancing Health

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

### Cancer: the facts – part 7

#### Prevention and lifestyle factors

In this final instalment of the Cancer series we examine some lifestyle factors identified as helping to reduce the likelihood of cancer occurring.

The American Institute for Cancer Research has identified the following lifestyle factors which are linked to reducing our cancer risk:<sup>1</sup>

- 1. Weight control:** 'Be as lean as possible without becoming underweight.'
- 2. Exercise/Activity:** 'Be physically active for at least 30 minutes every day.'
- 3. Less sugar:** 'Avoid sugary drinks. Limit consumption of energy-dense foods.'
- 4. Plant-based foods:** 'Eat more of a variety of vegetables, fruits, whole grains and legumes such as beans.'
- 5. Reduce meat:** 'Limit consumption of red meats (such as beef, [goat] and lamb) and avoid processed meats.'
- 6. Avoidance of alcoholic drinks:** Replace alcohol with non-alcoholic grape juice, which is rich in antioxidants.
- 7. Minimal salt intake:** 'Limit consumption of salty foods and foods processed with salt (sodium).'
- 8. Avoid supplements:** (except for nursing mothers; those trying to

conceive or who are already pregnant; children from 6 months to 5 years; frail older people; and individuals with a vitamin deficiency). 'Don't use supplements to protect against cancer.' High-dose supplementation of some nutrients has been found to raise cancer risks.<sup>2</sup>

- 9. Breastfeed:** 'It is best for mothers to breastfeed exclusively for up to 6 months and then add other liquids and foods.'
- 10. Post-cancer care:** 'After treatment, cancer survivors should follow the recommendations for cancer prevention.'

Cancer Research UK states that 'more than 4 in 10 cancer cases could be prevented by lifestyle changes',<sup>3</sup> and, in addition to the prevention factors listed above, adds the following:

- Not smoking
- Staying safe in the sun
- Avoiding chemicals in the workplace
- Avoiding certain infections like HPV (human papillomavirus).

There are more than 200 different types of cancers. To reduce your risk of developing any of these, Cancer Research UK has formulated a downloadable chart highlighting the types of cancer and their associated lifestyle and environmental risk factors. To access this chart please use the following link: [http://www.cancerresearchuk.org/prod\\_consump/groups/cr\\_common/@nre/@hea/documents/image/cr\\_082588.pdf](http://www.cancerresearchuk.org/prod_consump/groups/cr_common/@nre/@hea/documents/image/cr_082588.pdf).

In relation to the risk of developing cancer, many individuals have asked whether prevention can be guaranteed. Cancer Research UK provides a good answer: ' "Healthy living" is not a cast-iron guarantee against cancer. Instead, it "reduces the risk" of the disease – it heavily stacks the odds of avoiding it in our favour.'<sup>4</sup>

Additional Cancer Awareness resources are available for purchase from the BUC Health Ministries department.

#### Good health!

<sup>1</sup><http://www.aicr.org/reduce-your-cancer-risk/recommendations-for-cancer-prevention/>  
<sup>2</sup>[http://www.aicr.org/reduce-your-cancer-risk/recommendations-for-cancer-prevention/recommendations\\_08\\_supplements.html](http://www.aicr.org/reduce-your-cancer-risk/recommendations-for-cancer-prevention/recommendations_08_supplements.html) <sup>3</sup><http://www.cancerresearchuk.org/cancer-info/healthyliving/introducingcancerprevention/can-cancer-be-prevented> <sup>4</sup>ibid

# editorial

'The more things change, the more they stay the same.' According to the *Random House Dictionary of Popular Proverbs and Sayings*, this well-known combination of words was first used by the French novelist Alphonse Karr (1808-1900).<sup>1</sup> More recently, they've been popularised through an interesting lyric by the American rock group Bon Jovi.

In fact, it's the first two verses of their song that sum up what I felt as I watched the carnage at Nairobi's Westgate shopping mall, courtesy of Sky and BBC:

*The more things change,  
the more they stay the same;  
The more things change,  
the more they stay the same.*

*Ah, is it just me or does anybody see,  
The new improved tomorrow  
isn't what it used to be.  
Yesterday keeps comin' 'round, it's just reality:  
It's the same . . . song  
with a different melody.<sup>2</sup>*

#### The 'right to life'

On 10 December, 1948, still surrounded by the rubble and destruction of World War II, the General Assembly of the United Nations voted the 'Universal Declaration of Human Rights', a document that 'represents the first global expression of rights to which all human beings are inherently entitled'.<sup>3</sup>

The first and, dare we say, most sacred of those rights is 'the right to life' (Article 3).<sup>4</sup> The right that was violated over and over again – as you and I listened to those horrifying broadcasts from Kenya. Sixty-seven people lost that right – at least 30 of them were children. Some victims were caught in the crossfire between the extremists and the security forces, but most were deliberately shot. Murdered. Savagely executed at close range.<sup>5</sup>

Sixty-five years ago this December, that group of well-intentioned world leaders hoped that their vote would staunch the flow of innocent blood. It hasn't. It won't.

#### What makes them kill?

What is it that drives people to kill like at Westgate? I am sure there are a lot of sociological and psychological reasons that could be suggested. I'll stick with the one that the apostle John provided: 'Anyone who hates a brother or sister is a murderer . . .' (1 John 3:15, NIV-UK). Hatred is a potent cause of violence. Hatred drives people to kill.

According to Proverbs 10:12 (NIV-UK) hatred 'stirs up conflict' and is, therefore, a major cause of war. Anyone who is at all familiar with the Rwandan Genocide, the Bosnian war crimes, or the present situation in Syria will know that hate plays a



Julian Hibbert  
Editor

## The more things change . . .

dominant role in sparking and sustaining such conflicts.

But hate, conflict, violence and killing are not *our* problem. They flourish elsewhere; in places you need a passport to visit. At least, it seems that way.

#### An infection

Some years ago, while living in Harare, Zimbabwe, I developed a sudden, sharp headache just behind my eyes; I felt feverish and my limbs began to ache. At first the doctor suspected malaria, but as the pain in my bones became more intense and my grip weakened dramatically, he ordered blood tests.

The results were a shock. I had dengue fever, a mosquito-borne disease common in tropical and sub-tropical regions, also known as 'break bone' fever. There is no specific treatment for dengue, so the 50-100 million who contract it each year basically have to 'tough it out' (with the help of a little paracetamol).<sup>6</sup>

The strange thing about my fever was that I wasn't living in a zone where dengue was endemic. I was hundreds of miles away from any danger, so how could I have contracted it? Well, here is how it probably happened for me, and the other five or so cases diagnosed in Harare that year. A nasty little *aedes aegypti* mosquito must have travelled by bus or taxi from the coastal areas of Mozambique, probably the city of Beira, to the highlands of Zimbabwe for a sip of my blood!<sup>7</sup>

#### Hatred works that way too

Hatred works in much the same way as dengue fever. We may think that only those in the 'danger zones' need to be concerned: religious extremists, white supremacists, racists, bigots, gang members, psychopaths and serial killers.

That's a nice thought, but it isn't true. Life is hatred's danger zone. *Wherever we are; whoever we are; there is the constant danger of infection.*

#### Does religion help?

Doesn't religion drape a safety net over us? Doesn't it immunise us against hatred? I wish it did, but the facts don't bear that out. In fact, Jesus Christ died a dreadful, violent death at the instigation of religious men – Sabbath-keeping, Scripture-reading, praying, church-going men who were scrupulous tithers!

Sad as it may sound, unless we are very careful, religion can create an ideal climate for hatred to breed. For wherever we have those things that are necessary for efficient organisation, such as committees, discussions about people, assessments and comparisons, assigned positions, authority, status and hierarchy, we have the potential for hatred to flourish.

Our weapons may make less noise than those used at Westgate, but they are highly portable and easy to conceal until we need them: carefully chosen criticism, sarcasm, derogatory labelling, whisper campaigns, cold-shouldering and withering looks, to mention a few.

Is this why Christ's brief comments about murder conclude as they do?

*'You're familiar with the command to the ancients, "Do not murder." I'm telling you that anyone who is so much as angry with a brother or sister is guilty of murder. Carelessly call a brother "idiot!" and you just might find yourself hauled into court. Thoughtlessly yell "stupid!" at a sister and you are on the brink of hellfire. The simple moral fact is that words kill.'* (Matthew 5:21, 22, *The Message*.)

Unlike dengue fever, perhaps the most insidious, dangerous feature of hatred is its ability to remain undetected by those around us. Dengue incubates within 4-10 days and the symptoms are there to see.<sup>8</sup> Hatred can be at work in our minds, lurking there unseen by others for decades.

Fortunately though, there is a treatment for it that trumps paracetamol:

*'Do not conform to the pattern of this world, but be transformed by the renewing of your mind.'* (Romans 12:2a, NIV-UK.)

<sup>1</sup>Random House Dictionary of Popular Proverbs and Sayings by Gregory Y. Titelman (Random House, New York, 1996)  
<sup>2</sup><http://www.azlyrics.com/lyrics/bonjovi/themorethingschange.html> <sup>3</sup>[http://en.wikipedia.org/wiki/Universal\\_Declaration\\_of\\_Human\\_Rights](http://en.wikipedia.org/wiki/Universal_Declaration_of_Human_Rights) <sup>4</sup><http://www.un.org/en/documents/udhr/> <sup>5</sup><http://www.dailymail.co.uk/news/article-2437207/Kenya-Westgate-mall-attack-Al-Shabaab-terrorists-shot-children-5-times.html> <sup>6</sup><http://www.nhs.uk/Conditions/dengue/Pages/Introduction.aspx> <sup>7</sup><http://www.who.int/mediacentre/factsheets/fs117/en/> <sup>8</sup>ibid





## Let's stay focused

by Peggy Rusike

Although we live in a world that is crumbling around our ears, we should stay focused on our Saviour Jesus Christ. Unfortunately, however, as we near the end of time there is so much going on that can distract us. The rate of unemployment is too high; almost everyone seems affected by the economic austerity measures; homes are being repossessed; many teenagers rebel against their parents and religion. All these things can discourage and distract us.

Technology has ushered in things that can be helpful, but, if misused, very distracting. Just think of the internet, Facebook, Twitter, television and all the mobile phone apps. When we are not focused, we become vulnerable to evil and sin.

The story below may show you how easily we can get distracted. When I was 12, my school in Zimbabwe organised a weekend trip to the beautiful Nyanga National Park, which is situated in the eastern side of that country. On the morning we were to come back from the trip, we went on a guided walk into the park. Before we went on the walk we were told by the park rangers not to lose focus; everyone was to stay alert and remain within the group. Lagging too far behind, going too far ahead of others and straying from the trail were not permitted.

These restrictions were put in place because it was easy to get lost or be killed by dangerous animals in the park. However, as we walked we discovered that along the trail we were following there were very beautiful wild flowers. So when the teachers and rangers were not looking, we would quickly dart into the bush to pick pretty flowers for our

mothers back home. This all went well for some time, until we crossed a small stream and one girl shouted out that George was missing. Quickly, one of the teachers and a ranger went back to look for him. Fortunately they found him, his face pale with fear while he trembled like a leaf.

What had happened? George had lost focus and deviated from the trail without realising it. Luckily he was found and brought back to the group. It is just as easy to wander off the path of life – the trail that leads to Heaven – and find it difficult to find our way back again.

You may think that because you have walked with the Lord for a long time, it is impossible for you to be distracted by anything. Don't be so sure of yourself. Remember King David, who woke up one day without planning to sin. As he strolled on the balcony of his house he saw Bathsheba taking a bath. It could have ended there if he had stopped looking, but he allowed himself to be distracted. He lost his spiritual focus, and before long he had committed adultery with Bathsheba and had her husband killed!

Sin is like a snowball that grows larger and larger as it rolls on, eventually out of control. David killed Uriah to cover his tracks. Not only did he commit adultery; he murdered. All this would not have happened if the king had not lost focus that evening (2 Samuel 11).

In those moments when you lose focus, you may not commit adultery or murder someone, but whatever you do that is not right, however small, can separate you from God in just the same way that David's sins did for him.

We can also get distracted



when we put our focus on what we think the Church is doing wrong; when we only see its faults and criticise its leadership. Sadly, when our focus is on the faults of the Church and its leaders, we easily lose sight of our own failures and weaknesses. We need to remember that when Jesus returns we are not going to be judged as a Church, but we will stand before God as individuals. Fighting the wrong enemy is a major distraction that makes Satan very happy!

To stay focused we should regularly examine ourselves, and

ask whether whatever we are doing pleases God. One way to achieve this is to have time daily to read our Bibles and meditate on His Word. We were never promised a life without troubles, but no problem should be allowed to become a barrier between ourselves and God. Our relationship with God should also be strengthened by prayer. If we lose focus and drift away, it is important to know that the door is open for us to come back. But prevention is always better than cure, isn't it?

Let us watch and be ready.

### Can you help Samantha?

Dear Editor  
I attended the Stanborough Press Open Day on 1 September and enjoyed this wonderful event, but for the fact that my car was badly damaged by someone who left no details at the scene!

I wonder if you could mention this incident in the next edition of *Messenger* and ask anyone who witnessed the incident or was personally involved to contact me at [samanthia\\_small@hotmail.com](mailto:samanthia_small@hotmail.com) or on 07961767570.

This has come at a point in my life when I have already been through tough times, to which this has just added more distress.

SAMANTHIA SMALL



## An interview with Mark Grey

The new film *Respect*, by director Mark Grey, stars Judith Jacob (*Eastenders*, *Real McCoy*) and screens in London on Thursday, 24 October, 2013.

Grey has been producing theatre for the Adventist community for thirty years and has received two awards for his filmmaking from the Sonscreen International Film Festival. His work includes stage pieces, *Ellen White – The Evidence* and favourite *Thou Shalt Not*, performed during the South England Conference's 2012 London Olympics schedule.

Katie Ramharacksingh sits down with the award-winning director to find out why *Respect* and why now?

**Katie:** 'Let's dive straight in Mark, what is the film about?'

**Mark:** 'Well, *Respect* is a film that introduces the concept of faith to someone who doesn't have any belief system in their life. The three female leads, Pre, Nicola and Saj, all deny the existence of God and consistently reject religion. They become increasingly frustrated at being unable to improve their situations and each comes to the realisation that they are not in control. They acknowledge that Someone bigger than themselves holds their lives in His hands . . . Someone willing to provide for their needs if they ask.'

**Katie:** 'It sounds like a big project: who made the film?'

**Mark:** 'It was more than one person. A film needs a lot of partnerships to bring it all together. It was made by Carmel Greystone, which is the film division of AGAPE. I directed the film, the South England Conference aided the production with some financial backing to get us going and some individuals caught the vision of what we were trying to achieve and bought shares in the film. For the rest, we did what all filmmakers do: beg and borrow!'

**Katie:** 'So, you mention sponsors "caught the vision" – what is the vision from your perspective?'

**Mark:** 'Ultimately, it's to reach those not in the church. And in order to do that we have to go to where they are. Many of us have friends that will not come to evangelistic meetings or a church service, but they will happily go and watch a film. So, really, *Respect* is a film specifically designed for our members to invite their friends along to where seeds can be sown in a non-challenging, non-confrontational way. It was a member of the British Union Conference Executive Committee who said, "Adventists are very good at witnessing to folk of other faiths, but we need to change our approach in order to impact people of no faith."'

**Katie:** 'So this is a witnessing tool. Can you give us a bit of info about where it will be showing?'

**Mark:** 'Yes, exactly. The confirmed dates are 7pm, Thursday, 24 October, at the Bernie Grant Centre in Tottenham (N15 4RX) and 7pm, Sunday, 10 November, at UKCCA, 3 St Mary's Road, Luton (LU1 3JA). We are planning more dates though, so please visit the website: [www.carmel-greystone.com/respect-the-movie.php](http://www.carmel-greystone.com/respect-the-movie.php) to view the official trailer, to book online and for further screening updates. People can arrange a screening for their church or community too, and you can contact us about that via the website.'

(Bernie Grant Centre Box Office: 020 8365 5450; UKCCA, Luton Box Office: 01582 437111)



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

'Can you please explain Isaiah 65:20? This gives the puzzling impression that both death and sin will be present in the new earth!'

Margaret Kruze

**A** This is a tricky one. On the one hand, the way the King James Version translates this verse makes it seem as if death and sinners will be present in Heaven: ' . . . the child shall die an hundred years old; but the sinner being an hundred years old shall be accursed.' However, Revelation 21:4 and Galatians 5:19-21 state that neither death nor sinners will be there at all.

It seems that the second half of Isaiah 65 refers to the new world that shall be created after Christ's return.<sup>1</sup> Isaiah 65:17 reads: 'For behold, I create new heavens and a new earth; And the former shall not be remembered or come to mind' (NKJV). Isaiah goes on to say that 'The wolf and the lamb shall feed together, The lion shall eat straw like the ox' (vs. 25, NKJV). Most would agree that in these verses he's talking about the life to come, not life for literal Israel, however blessed they might have been – and these verses bracket verse 20, suggesting that it will be fulfilled in the same context as they.

What then do we make of verse 20, which on the face of it suggests dying children? Well, Jesus says that He has come so that we can have everlasting life (John 3:16). Death itself shall die (1 Corinthians 15:52-55), and shall be cast into the lake of burning fire, nevermore to afflict humanity (Revelation 20:14). Therefore, there will be no death in Heaven, about which Isaiah is apparently talking. It seems, then, that what we have in Isaiah 65:20 is a case of hyperbole – 'a deliberate exaggeration used for effect'.<sup>2</sup> As Pastor Louis Torres puts it, 'This phrase seems to be a contradiction of terms. But it is intended to make a point.'<sup>3</sup>

We shouldn't be surprised at the existence of hyperbole in Hebrew poetry – after all, when Isaiah writes God's words, 'Let the potsherd strive with the potsherd of the earth' (Isaiah 45:9, NKJV), he's not expecting literal potsherds to go about striving. When Solomon says, 'Your hair is like a flock of goats, Going down from Mount Gilead' (Song of Solomon 4:1, NKJV), it would be remiss of us to take him literally! Similarly, the second half of Isaiah 65:20 uses hyperbole to paint a word-picture of the first half, which states clearly, 'Never again will there be in it an infant who lives but a few days, or an old man who does not live out his years' (NIV). In other words, death will *not* rudely interrupt the natural course of our lives as it so often does today. The focus is clearly on a dramatic lengthening of life, and this – not the continued presence of death – is what the passage is intended to convey.

The Good News Bible expresses the second half of Isaiah 65:20 in a less problematic way: 'Those who live to be a hundred will be considered young. To die before that would be a sign that I had punished them.' This might prove a more satisfactory way of reading Isaiah 65:20 – not as implying the existence of death or sinners in a new earth that will not contain them, but as suggesting a long, long life – eternal life – with our loving heavenly Saviour.

<sup>1</sup>For an alternative explanation that we didn't have space to include here, see the *Seventh-day Adventist Bible Commentary*, vol. 4, pp. 332-334. <sup>2</sup>*Collins English Dictionary*, 2003. <sup>3</sup>Louis Torres, *Bothersome and Disturbing Bible Passages*, TorresLC Ministries, 2010, p. 43

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.





## Too few good men

by Pastor Andrew Rashford-Hewitt

It is that time of the year. The time when we pray for an Indian summer – that last blaze of unexpected warmth before the cold sets in. That time when leaves swap their green tints for hues of golden brown, ruby red, sun-kissed yellow and burnt orange. Yes, it is autumn – nominating season.

It was while going through the nominating process with a few of my churches that we became exasperated as we sought to find a ‘few good men’ to fill positions. Why? Because we couldn’t find *any* more men. The few that existed were already committed to a number of other church positions and could not be considered for fear of placing unrealistic expectations on them and their families.

And so it was that we sat there looking at each other, thinking, waiting, praying, on the lookout for that glint of inspiration that would deliver us from the wilderness called ‘too few men’.

You might be in the nominating process too and I wonder if your churches are experiencing something similar. Perhaps you have also come to realise that it is not just *good* men who are scarce, but men in general!

A few years ago a report was published by the Tearfund (2007) entitled ‘Churchgoing in the UK’. It pointed out that church attendance was in an alarming decline – something that is not

new to any of us. The report went on to highlight that the number of men attending church was also in drastic decline, yet, at the same time, the numbers of women attending church was actually increasing. The ratio being 65% women and 35% men. The report also pointed out that in the last 20 years 49% of men had left the church and that, should the trend continue, by 2028 men would have all but ‘disappeared from the church in the UK’.

After reading this you might be tempted to say, ‘Well, that may be the Church of England in 2028 – should the Lord tarry – but that will never happen in our Church.’ I certainly pray that you are right. But before we move on from that point, we should ask ourselves why it is that we tend not to win men to the faith in similar numbers to women, or why the number of men attending most Adventist churches is constantly decreasing? Might it be because our message has become soft and not challenging enough for men? Have we presented too many images of a gentle Jesus and not enough of the conquering

Lion of the tribe of Judah? Have we begun to sing too many love songs to the Lord and not enough songs that rouse men to ‘stand up’ and ‘fight the good fight’ or to ‘go marching as to war’? Is it because we don’t know how to challenge men and meet their needs; or is it that, as one church member put it, ‘Men are just not as spiritual as women tend to be’?

I have often heard this last statement expressed as a reason why men tend not to go to church, and for a while I somehow bought into this excuse. However, over the years I have confronted that notion and, thank God, I have buried it! A further point from the Tearfund report indicated that, contrary to popular opinion, men are rather spiritual and religious individuals.

The study showed that in faiths such as Judaism, Islam, Hinduism and Buddhism and in the Eastern Orthodox Church, the attendance gap between men and women is the opposite. In other words, in these religions more men than women go to the temple, the mosque, the synagogue, and the church.

‘Ah, but,’ I hear you say, ‘these religions are all fundamentally patriarchal and we cannot possibly make a comparison between them and modern Christianity.’ That may be so to an extent. Nevertheless, that does not

negate the fact that they are doing something that attracts men and keeps them actively practising their faith. Whatever it is that they are doing to reinforce their male identity and spirituality, even if it is the mere act of men coming together in a common pursuit of worship – whatever it is, it appears to be working. Perhaps, just perhaps, they are doing something that we in our Adventist context might benefit from as we think of how to win men to the Gospel of Jesus Christ?

‘But,’ I hear you say, ‘we should not be seeking to present the Gospel in a way that reaches men differently to how we would do to reach women. We are to preach one message to “every nation, and kindred, and tongue, and people” (Revelation 14:6, KJV); then “whosoever will,” let them come’ (Revelation 22:17, KJV – my italics).

If this is what you might be thinking, allow me to share some old data. In 2003 the British journal *Evangelicals Now* (May issue) ran a title called ‘A Man’s Influence’.<sup>1</sup> In it they cited a body of research from the US. The research revealed that when a child is won to the faith there is a 3.5% chance that other members of the family will be converted; when a mother is won to the faith there is a 17% chance that other members of the family will be converted; while when a man is won to the faith there is a 93% chance that other members of the family will be converted.

If these statistics happen to be true, which I believe they are, then can we continue to hold such a ‘whosoever will’ attitude towards evangelism, towards our church services and how we preach this end-time Gospel? Personally, I don’t believe we can. In fact, it is time for us to seriously rethink how we do church so that we can present our message in such a way that men feel that it applies to them and their masculinity. We need to send out a loud and clear message that our churches are places where men belong, where men are nurtured, where men thrive and where men are disciplined in the way of Christ. I believe it can no longer be ‘business as usual’; we must take reaching men more seriously. We need to consider what message we are sending to men, when in many of our churches we have children’s ministries, youth ministries and women’s ministries, but no ministries for them!

Perhaps we have become accustomed to having so few men in church; perhaps we have resigned ourselves to thinking that men are just not interested in spiritual things. Whatever the cause of our malaise in regards to working with or reaching men, it is my hope and prayer that anyone reading this will join with me in critically rethinking our position with regards to reaching men for Christ, and will commit to praying sincerely to God for the power and wisdom of his Holy Spirit that we might learn how to win men for the King of Kings.

Pastor Rashford-Hewitt invites those with comments to post them on his Facebook page or drop a letter to the editor.  
<sup>1</sup>[www.e-n.org.uk/2790-A-man's-influence-htm](http://www.e-n.org.uk/2790-A-man's-influence-htm)

**Special request:** If you know of any British expatriates, Adventists, or Adventist churches in Brittany, France, please write to Ms Irene Grant of 37 Mortimer Drive, Aberdeen, Scotland, AB15 8EJ.

## How close have you been to Heaven?

by Tom Stone

Thomas Stone is a Newbold College student in his final year of the BA Theology degree

Have you ever experienced something heavenly taking place? Perhaps it was a wedding, a childbirth, a special celebration – something that gave you a clue as to what Heaven will be like. Was it inexplicable joy, unrestrained praise, or even absurd forgiveness? I’d like to share my thoughts on what Heaven will be like, the closest I have come to it so far.

For the last four years I have attended Special Needs Camp, run by the Seventh-day Adventist Church, at the Aberdaron camp-site. It takes place during the first full week of July, every year. For the last three years that I have been, I have had a distinct feeling, a quiet notion, that this is the closest I have ever been to Heaven. This year the feeling came straight back to me, flooded back to me, you could say. Let me explain why.

We arrived at the camp on Sunday evening, and soon after dinner we had our first evening worship together. It was the first worship of camp. During the programme, we sang the song, ‘Swing Low, Sweet Chariot’. It happens to be John’s\* favourite song. Now you need to understand that John has Down’s syndrome. Although he needs a good deal of personal care, his physical ability is good and he is able to function normally in that respect.

He had been quiet during the coach ride to Aberdaron, and in fact during the evening meal. (John is one cheeky chap, and so for him to be quiet for the whole day is rather unusual.) However, it was a long journey and so we thought he may have been tired. Despite this, after much encouragement, he went up to the front to help out with the actions to his favourite song. But as he did so it became clear that he was lost in his own world: singing, dancing, praising and worshipping God freely. I was moved so deeply that I felt like crying. He had no boundaries. No fears. No expectations. It was just John and God, and it was beautiful.

There were special moments like this throughout the week. Moments of such sheer beauty that you had to stop for a moment to take them in. There are two culmination points during the week: the Thursday night concert, and the Sabbath services.

Thursday night is the time that every camper looks forward to. It’s a high point in the week. The movie of the week, which the campers watch on film night (usually Monday or Tuesday), is ‘converted’ into a banquet theme. The hall is decorated to look like scenes from the chosen film, and the campers and staff are encouraged to dress up in related costumes. The banquet is then followed by the concert, which is unlike anything you would have seen before.

Almost all the campers and staff take part. Honestly, if there is one concert which you must see before you die – it’s the Thursday Night Concert at Special Needs Camp. It is the most awe-inspiring production you will ever see. I bet you! The splendour lies in the campers. To see them sing or dance is like listening in on someone singing in the shower. They simply don’t care about how good, or ‘not good’, they are. In their heads, and in ours as well, they sound pitch-perfect. They don’t worry about whether they are better than the person before them or after them. They make no comparisons. They simply sing or dance to their hearts’ content. All in.

Their participation feels like true worship, and it makes me feel that the angels and God Himself are singing and dancing with them too. Their joy during the concert is contagious. You can’t help but smile.

I can say that, just as Jesus’ heart was moved when He saw the cripple, the lame and the shepherdless crowd, my heart was moved when I watched those campers giving their all. The Greek word for ‘compassion’ literally means one is ‘moved in one’s inmost being’ – right down to the depths of one’s soul.

They don’t care whether they hit any of the notes in the song at all, or voice all the words. Nothing seems to matter to the campers at that moment. It is as though they have been waiting all year for that moment of freedom. That instant where they can praise and worship in their own unique way, not wondering whether Gary & co will buzz them off the show. Simply closing their eyes, and giving God their all. Without fear.

That, I would have to say, is the closest I have been to Heaven. No competition. No expectations. No dress code. Nobody to impress. Simply captives set free. *Hearts set free.*

\*The name has been changed to protect the camper’s identity.





# NEC: Day of Fellowship

## President calls Church to action

Geraldene Farmer, NEC Communications director

Pastor Lorance Johnson addressed a capacity crowd on Sabbath morning, 7 September, at the North England Conference Day of Fellowship in Sheffield City Hall. They were joined by a record number of online viewers, most of whom were watching in their churches around the NEC.

In his first address he made an impassioned appeal for revival and reformation, asking that members 'recognise the Laodicean state' of the Church, and using the analogy of the alcoholic who can only start on the way to recovery after admitting the state he is in. He warned that we are retreating towards Egypt through compromise, lack of knowledge of God and the falling away from prophetic foundations. According to him the last deception would be the kindling of a hatred against the Spirit of Prophecy, in support of which he cited the escalating unpopularity of the writing of Ellen G. White, readership of which registered a 50% decrease in the 2004 Valuegenesis Study report.

He encouraged members to diligently study the Word of God and said prayer is to be the first building block of reformation. He urged the members to rebuild the Church's crumbling walls: 'The time to rebuild is now. We want to see a mighty revival of God's Church where we as people demonstrate that there is a God in Heaven.'

'We have a work to do prior to the Second Coming. John called for repentance. We have to make a clarion call to the people, as did John. The time is here when we need to examine ourselves to see whether we are in the faith, whether we are reflecting God.'

In his afternoon address the president outlined the strategic vision in more detail, clearly revealing further layers of the plan to rebuild the walls of faith in the North England Conference.



- Reaching up through building a meaningful relationship with God.
- Reaching out through building loving relationships with fellow members.
- Reaching across through building saving relationships with others.

One member said that it was the clearest vision rolled out by the NEC for thirty years. He added, 'The thing is, how are the wheels going to get under this vision? How are we going to make it work?'

The NEC Day of Fellowship has passed, but the vision remains and it is now up to the leaders and members in the local congregations to work together to put the wheels under it so that the work of rebuilding the walls in the NEC can be completed to the glory of God.

Day of Fellowship messages are available to view at: [nec.adventist.org.uk/news/2013-nec/rebuilding-the-walls-at-nec-day-of-fellowship](http://nec.adventist.org.uk/news/2013-nec/rebuilding-the-walls-at-nec-day-of-fellowship).

Photos: Donald McKenzie

## NEC ordains two pastors

Ordination to the Gospel ministry is such a special event that the North England Conference decided to hold an ordination service for the second time this year. This time it was for two more senior men who took career-changing decisions in order to follow God's call. Both men were ordained to the Gospel ministry during the NEC Day of Fellowship on Sabbath, 7 September.

Pastor Ebenezer Daniel was baptised into the Adventist Church aged 14, albeit against the wishes of his parents. He studied science and then theology in India, serving at Adventist institutions in Bangalore before moving to England with his wife, a nurse, and his family. He regretted leaving full-time ministry and yearned to be actively involved again. With support from his local church, Manchester South, and from his family and the NEC, he resumed employment as a Bible worker in 2008 and was soon ministering to the Merseyside district of churches. Today he cares for Manchester Central, Manchester North and Oldham.

By contrast, Pastor Orlando Holder worked in the telecommunications industry for many years. However, his home, school and church background ignited his desire to become a pastor. Completing his ministerial studies at Newbold College in 2005, he began ministry as an intern in the Leicester district, then moved to Erdington, Tamworth, Cannock and Chelmsley Wood before his current district of Stoke.

A SHORTENED VERSION OF A REPORT BY PASTOR VICTOR HULBERT, BUC COMMUNICATION DIRECTOR



Pastor Ian Sweeney, BUC president, addresses the ordinands and their wives



On the left, Pastor Ebenezer Daniel and his wife; on the right, Pastor Orlando Holder and his wife

## news

### Special Olympian visits Bath Church

A keen athlete, Ieuan Scott, 29, was welcomed to church in Ystrad Mynach, South Wales, recently (31 August) and shared his experiences with the Sabbath School members. He was attending the Special Olympics National Games in Bath, but had chosen to take the Sabbath off to come to church.

'Earlier in the year Ieuan called to ask me for help to arrange for him to go to church on the Sabbath of the Olympics,' said Miriam Wood, his former foster carer. 'As my husband and I now live in Wales we suggested that he could spend Friday night and Sabbath with us.'

Ieuan was happy to show his medals: 3rd in the 200 metres race, 4th in the long jump, and his team, Ravenswood, came 5th in the Relay.

Ieuan was baptised at Special Needs Camp two years ago and is a member of the Maidenhead church in Berkshire. He lives in a shared house in Bracknell and attends church every week with carers who are happy to join in with the worship.

MIRIAM WOOD



### August at Ladywood

The Ladywood church in Birmingham has had a busy August. It started with our first ever family camp at Beaudesert in Staffordshire, which contained a mingling of practical Pathfinder curriculum and spiritual renewal. Special guest speaker Hilton Samuel held practical workshops, with sessions for both young and old, which highlighted restoration and togetherness.

We then leapt straight into our Vacation Bible School with the theme, 'Kingdom Rock'. Some thirty children attended, many of them non-Adventists from the community around our church. Halfway through VBS, on 17 August, we paused for our Pathfinders and Adventurers' Day. Finally, our month ended with our Health Day on the theme of 'Bowels of Mercies'. We were joined by Unity 7, who educated us on the importance of bowel health, which led many to make new commitments to care for their bodies.

During the month we also received wonderful news that two of our young men had passed their GCSEs. Congratulations to Wesley Bishop and Rojaune Irish, who will now be embarking on the next stage in their education.

KENDREA LEWIS



## "THE ELUSIVE QUEST: RELIGIOUS PEACE BUILDING IN A WORLD OF DIFFERENCE"

The 2013 Beach Lecture, given by  
**Canon David Porter**

Director for Reconciliation Ministry at Coventry Cathedral,  
and the Archbishop of Canterbury's Director for Reconciliation



Canon David Porter is from Belfast where he worked in community relations and peacebuilding. He now leads Coventry Cathedral's international reconciliation ministry and earlier this year was appointed Director of Reconciliation by the new Archbishop of Canterbury.

Presented by  
The Centre for the Study of Religious and Cultural Diversity

### EVENT DETAILS

- Tuesday 15 October 2013, 7:30pm
- Smith Centre, Salisbury Hall, Newbold College of Higher Education, St Marks Road, Binfield, Berkshire, RG42 4AN
- 07775612610

[www.newbold.ac.uk/diversity-centre](http://www.newbold.ac.uk/diversity-centre)

## Prayer and Faith CONFERENCE

SEC TEENS MINISTRY PRESENTS

28TH OCT - 1ST NOV 2013

STANBOROUGH PARK SCHOOL, WATFORD, WD25 9JT

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

CONTACT: Fr. DEJAN STOJKOVIC  
PHONE: 01923 232 728 EMAIL: [dejan@secadventist.org.uk](mailto:dejan@secadventist.org.uk)  
Follow SEC Teens Ministry   
WWW.SECYOUTH.CO.UK





## Liverpool's big losers

The Liverpool Central and Stonecroft churches recently ran the first Best Weigh weight-loss programme to be presented in the North England Conference. This low-cost, high-value, ten-week pilot project was aimed at impacting the local community, which has the highest rate of overweight and obesity in Liverpool.

Health Ministries leader, Romel Ricarte, said that the co-ordinated effort of volunteers and fervent prayer ensured that the programme went smoothly despite various challenges. Members young and old dropped leaflets, recruited participants, took care of the weekly admin, prepared delicious demonstration meals, facilitated at sessions and finally ensured that the graduation service was a success.

Facilitators shared weekly lectures on health, nutrition and the spiritual component of Best Weigh, which covers some of the fundamental beliefs of the Seventh-day Adventist Church, while participants received health and Gospel books as they shed weight from week to week.

Enthusiasm about the potential of this initiative, local elder, Melusi Ndebele, said, 'Our team's dream and vision could transform the health of the members of our local churches and the wider population of Liverpool! We could raise the profile of "Brand Seventh-day Adventist" in the city.'

Best Weigh is a weight management ministry designed to promote permanent weight loss by focusing on new eating habits and healthy food choices, and was developed by Texas-based Seventh-day Adventist physician and former associate Health Ministries director of the world Church, Dr Elvin Adams. Dr Adams has made his work, which teaches that only God can help us make lasting changes in our behaviour, freely available for use by the world Church. Best Weigh is safe and has been tested on thousands of people over 30 years, with many participants losing between 20 and 30 pounds in the first ten weeks of the programme. In addition to losing weight, participants learn about Adventists in a non-threatening way.

Among the big losers from Liverpool was Women's Ministries area co-ordinator Peninah Kogera, who lost more than 10 pounds. She said that the programme went so well that she had to stop herself losing more weight, as she did not want to alarm her husband!

Pastor Geoffrey Mapiki commented, 'This is only the beginning of what will be a very successful evangelism programme.'

Pastor Ian Philpott was so enthusiastic about the weekly lessons that he offered to help the other facilitators gain greater confidence to facilitate their sessions.

Noel, the most consistent non-Adventist participant, had tried all the mainstream weight-loss programmes before starting Best Weigh. Sadly, he had always regained any weight he managed to lose. His participation in Best Weigh has resulted in weight loss of more than a stone and offered him an alternative lifestyle with the prospect of lasting change. When asked to say a few words, Noel had this to say to the local church: 'When you run a programme like this, you as members need to take part in it as well!' A worthy observation, because, sadly, a few of the church members overlooked this gem of truth when they did not support as well as expected.

At the graduation on 4 July 2013 Mrs Grace Walsh, NEC Health



Ministries director, said, 'We are very happy with the way this pilot project has gone and it is hoped that many more churches in our conference will be willing to offer its benefits to their members and the communities they serve.'

In addition to the Best Weigh programme, this health-conscious congregation also runs a Healthy Walk programme led by a trained walks leader, maintains a church-owned allotment, and is flexing its muscles to repeat the Best Weigh programme before the end of 2013.

If you think you would like your church to experience the benefit of the Best Weigh programme, please get in touch with the North England Conference Health Ministries department to find out how you can get started.

Address your enquiries to: Orlene Dunkley, 01159 606312, ext. 214 or Grace Walsh, 07791 230043.

MELUSI NDEBELE, ROMEL RICARTE AND GERALDENE FARMER



## Health checks in Exeter

On 7 September Pastor Ian Lorek and Ruth Rose, Area 1 Health co-ordinator, headed a health team which invited members of the public to 'Know Your Numbers'. St Stephen's Church, a beautifully renovated building in Exeter High Street, was hired for the day. Members from the Exeter and Plymouth churches comprised the health team and they were thrilled when 67 people participated, some in response to a newspaper article and others who were prompted to leave their shopping for a while after seeing the huge banner at the door. Area 1 has acquired twelve new display panels, forming the word 'Celebrations', and these were placed around the room for people to read, as they moved from station to station. Each letter of the word represented a different aspect of health.

It was evident that people were concerned about their health and very appreciative of the service, often asking why we were doing it. One lady commented that she had never been keen on churches but she might have to change her opinion after this event. She considered it very impressive that a church just wanted to serve its community and was offering free health checks.

Twenty-five people were advised to consult their general practitioner as a result of tests carried out on the day. A bag containing a bottle of water, an invitation to a stress seminar, an ADC card, a Free Bible card, a LIFE.info magazine and a leaflet about Seventh-day Adventists was handed to each participant as they left. Surplus bags were handed out on the street at the end of the day. What a splendid way to witness!

STELLA JEFFERY



Justina Blackwood

## Megalungs health week

What do you do after a health expo that attracted seventy-five people to have their health checked? You run a series of meetings in the local community centre, helping people answer some of their health questions.

Upper Room Church did just that in the last week of August when it opened its doors to the Nottingham public for a week of meetings on key health issues.

Dr George Mabeza, senior elder of the church and a consultant in chest medicine, informed the Monday night audience about the 'blue zones' of the world: the five areas where people live long, active and happy lives, one of which is that of the Seventh-day Adventists living in Loma Linda, California. The Adventist 'blue zone' is unique in that it shows that our health advantage can be applied to anyone, irrespective of ethnicity or culture.

On the Tuesday Justina Blackwood, student nurse, biologist and civil servant, addressed the issue of cancer, outlining the major types of cancer and then taking the audience beyond the cancer risk factors to some sensible, risk-reducing suggestions.

Edgar Wallace, from Nottingham Central Church, spoke about nutrition on the Wednesday, including some guidance on how to make vegetarian and vegan food tasty as well as low-fat.

On the Thursday Grace Walsh, the Conference Health director, gave sensible guidance on mental health, making sure that she gave good scientific support for all of the evidence provided.

In the final presentation of the Megalungs health week the writer of this report demonstrated why trusting God is a positive lifestyle benefit.

PASTOR PETER JEYNES

# baptisms

## Gran's prayer is answered

One Sabbath during worship almost two years ago, someone at the Waterford company (Republic of Ireland) made a prayer request that the Lord would lead those who were searching for the truth to our fellowship. That afternoon, after the fellowship meal, there was a knock on the door: 'Is this where the Adventists meet?' asked the young man who was there, Krzysztof. We assured him he was in the right place and invited him in. He shared how he had been under heavy conviction about his life of sin and was seeking a way out. His grandmother in Poland had introduced him to the Adventist Church as a child and she continued to pray for him as he wandered in sin. Now he wanted to come to the Lord and live for Him.

As Krzysztof studied with Pastor Brad Bushey, interacted with the Waterford group and allowed the Spirit to move in his heart, his life direction changed. This led directly to his baptism on 24 August, shortly



Kris being baptised by Pastor Brad Bushey.

after the worship service. What an answer to prayer! Krzysztof is already active in developing a web ministry and witnessing to his friends. God hears the prayers of grandmothers!

BRAD BUSHEY

## Tottenham's harvest

The Tottenham church reaped a rich harvest during their 'Mission Impossible: No! Mission Possible' series, which culminated on 1 June with the baptism of thirteen new members: Dofton Atkinson, Jadine Williams, Avril Williams, Xanamarie Rodgers, Tadjae Rodgers, Ricardo Lewis, Demi-Shae Bassaragh, Hakeem Bennett, Abib Edwards, Antoinette Young, Alyissia Rodgers, Tamara Francis and Gevene Greensword.

This group included three adults, nine teenagers and a young girl of 7. They responded



positively to the preaching of Selburn E. Fray (evangelist) and the spiritual encouragement of Pastor Valentine Roach.

In response to questions from the church's communication department the candidates provided these responses:

'Since I've been baptised, I look at life in a more positive way and my faith is stronger.'

'Since my baptism I find that I'm praying more and I feel closer to God, and sometimes it feels like God is talking to me.'

'It has made me more aware of the things I was doing wrong and so my baptism has drawn me closer to God.'

'I want my peers to see a change in my behaviour and that being baptised is the right thing to do.'

Thank God for Tottenham's wonderful harvest!

GLENDA GREENSWORD AND DOREEN I. FRAY





# Irish Mission Summer Camp

by Heather Keough

You know that it is going to be a good summer camp when miracles happen before the camp has even begun! A week and a half before camp was due to start we got news that our seniors' speaker from the USA, Pastor Stephen Eastwood, had not yet had his passport returned to him. Pastor Douglas McCormac, the speaker for the juniors and a good friend of Pastor Stephen, sent him a message to say he believed in miracles. So messages were sent out asking for prayer over this matter, and a miracle happened: Pastor Stephen was given an emergency passport, enabling him to travel to Ireland. From the moment we heard that news we knew it was going to be a good camp, because God was preparing the way for His Word to be heard.

So, on Tuesday 13 August, eighty-five children, young people and staff arrived at Portlick Scout Site, on the beautiful shores of Lough Rea, Athlone. This was its sixth year of use for the Irish Mission Summer Camp, but since last year the site has had a massive facelift and now has much better facilities.

Every morning and evening all the campers joined together for some wonderful worship songs. Following this the campers were split up into juniors and seniors. Pastor Douglas McCormac spoke to the juniors about the book of Daniel and God's presence and protection in our lives. In the morning worship he led them in a craft activity associated with the message for the day, the most enjoyable of which was the building of two scarecrow statues based on King Nebuchadnezzar's dream in Daniel 2, a fabulous illustration to help them understand a difficult passage. Following camp, one of the kids who does not attend our church wrote on Facebook, 'Wherever you are, God will be with you every

step of the way' – evidence that the kids were encouraged by the message they received.

Pastor Stephen Eastwood spoke to the seniors on the book of Revelation, his theme being the Lion and the Lamb. He talked about personal experiences in his life and managed to relate them to passages in Revelation, helping the teenagers understand the difficult concepts in this book.

One of the more notable experiences at camp was the building of the throne room scene in Revelation 4 and 5 by a number of the young people and staff on the Friday. Then, as Sabbath began, a trumpet call was heard, calling the whole camp together for a re-enactment of the twenty-four elders and the angels bowing before a candlelit throne. Pastor Stephen highlighted the importance of coming before God and His acceptance of us. As the worship ended, the song 'Agnus Dei (Alleluia)' could be heard across the campsite.

Many activities were arranged for the eight days at camp, including kayaking, tag archery, zorbing, and the annual boat trip to an island out on Lough Rea, where a vegetarian barbecue and a game of capture the flag were enjoyed by all. The campsite's assault course and zip line ensured that there was little time for boredom to set in.



## Windsor Street Teens' Day

The church was bursting at the seams with excited youth, gathered from near and far, for the Windsor Street Teens' Day on Sabbath 27 July. Adam Hazel, speaker for the day, challenged them to examine God's ideal for His Church and for their personal lives. He further stressed that Jesus, having bought us at the cost of His life, will do everything possible to make sure we reach His ideal for our lives. Through practical illustrations and grippingly relevant experiences he held the attention of the congregation.

Everyone received a sealed envelope at the beginning of the service, which led to many quizzical looks. It turned out that the envelopes were not empty, but each contained several mustard seeds, which highlighted Jesus' illustration that faith has the power to grow from very small beginnings. All were encouraged to live by faith, to believe and receive God's Word as a seed absorbs and receives nutrients from the earth. He closed with these challenging remarks from Ellen G. White: 'Cast yourself at His feet with the cry, "Lord, I believe; help Thou mine unbelief." You can never perish while you do this – never.' ('Ministry', *Desire of Ages*, p. 429.)

After sharing a lovely fellowship lunch the day continued with varied Bible studies and an interactive and challenging AYS programme.

JUNE RICHARDS

On Sabbath afternoon everyone visited Athlone's town centre and nearby Ballinasloe to engage in 'book crossing'. Pastor Adam provided each group with books such as *Steps to Christ*, *God's little book of Grace* and *God's little book of Promises*, which had been registered with [www.bookcrossing.com](http://www.bookcrossing.com). The groups then had fun deciding on random places to leave their books, hopefully for people to find and take home. Two hundred and twenty-five were distributed, each with instructions stuck in them informing people how to register the book on the book-crossing website. The aim is that the books will be tracked as they pass from person to person. Since camp we have noticed that people have found some of these books and registered them online.

As we said our goodbyes we knew we still had a few days of hard work ahead – clearing all the equipment and tents away – but our hearts were buoyed up by the words that we have heard many times since then: 'This was the best camp ever.'

For more information about the Irish Mission Youth department, go to: [www.imyd.ie](http://www.imyd.ie).

## The Power of One:

# A report on the Pan-European Youth Congress

by Pastor Paul Tompkins, Trans-European Division Youth director

Every four years a pan-European youth congress is held in Europe. These gatherings of Adventist young people are important memory events where participants can say, 'I was there,' and, most importantly, where they have very significant spiritual development opportunities.

The latest congress took place in Novi Sad, Serbia, between 30 July and 4 August, at the SPENS International sports/event centre, which was designed by an Adventist architect in the 1980s. 2,500 participants registered ahead of time for this exciting event, with more than 100 of them from the UK and Ireland. Many others followed the event via live stream.

The theme of the congress was 'The Power of One', which was highlighted daily through powerful sermons from guest speakers Dejan Stojkovic, Matthew Gamble, David Asscherick, Patrick Johnson and Gilbert Cangy, as well as in a variety of workshops and associated activities. The theme was augmented visually by a centre stage featuring a large cross, and audibly by the participants enthusiastically singing a most memorable and meaningful theme song composed by Tihomir Lazić and Kärt Vahtramae.

During the congress twelve young people were baptised, 200 others gave their commitment to baptism, over 30 litres of blood was donated as part of the Impact day, and 6,000 books were given out on Sabbath in the 'book crossing' activity. Our Market of Nations featured Adventist life in the many different participating countries, and a health expo was organised for locals who also use the SPENS centre.

One of the young people baptised was Kari Rothwell from the Irish Mission. Originally eleven candidates were presented and proclaimed their profession of faith, but as they moved to the baptismal pool Kari came forward and requested baptism. After a quick phone call home, and with the consent of her local pastor, Kari joined the group and was baptised by Pastor Nathan Stickland, BUC Youth director.

Kari later said, 'My whole life has been a search for happiness. I always longed for a sense of completeness that I could never find – but I kept on trying. I finally realised that the only way I could ever feel at peace and complete was through Jesus. Only He could give me that true happiness that I'd been searching for! I finally realised that all I had to do was completely surrender every aspect of my life to Him. He is the only One who has the power to give me everything I need, and His love was all I ever needed. I always thought that I needed to be 'perfect' and be living a 'perfect life' before I could be baptised, but now I believe that baptism is a commitment to God and a statement to the world that I want to live my life for Him. I was reminded that in the Bible, when people met Jesus, they didn't wait around for months before getting baptised, so why should I? Giving my life to God was the best decision I've ever made. I know God doesn't promise an easy life, but He promises to be there with me through everything. Every day, I have to decide to surrender myself completely to God's will, but when I look at all that He's already done for me, the decision is so easy to make. He's changed my life completely, and if He can do so much in such a short space of time, I can't wait to see what He has in store for my future!'

The Pan-European Youth Congress was jointly organised by the Trans-European (TED) and Inter-European (EUD) Divisions. Reflecting on the congress, Paul Tompkins, TED Youth director, stated, 'I saw happy young people. The baptism, the Impact day – a whole day of reaching out to the community – these are just a few examples of how this congress will leave a profound, lasting impression on the lives of our young people as they return to their home churches and continue shining their lights for Christ.'

The congress is now history, but the memory certainly lives on in the lives of those who attended. Translator Bozidar Lazić from Serbia summed it up well in *tedNEWS*: 'I am amazed by God's guidance and the talents He has given to the young people of AYC. During this



Kari Rothwell



congress He has clearly shown us that young people already possess all the qualities for evangelism – go forth, young people, and finish God's great work!

## Pastor leaves

Pastor Robert (Bob) Bell and wife, Heather, have returned to South Africa. Their last appointment at Bodmin Church was memorable though, made special by the fact

that he dedicated Nathaniel Brown, then baptised Nathaniel's father, Mark. This is not something that happens often – and it brought a little joy to sweeten the sadness of the congregation's loss.

A. BLACKBURN





## Sky VBS

This summer Norbury Church hosted their twelfth year of VBS (Vacation Bible School) from Monday 29 July to Friday 9 August. It ended up being two weeks of pure joy, laughter, energy and excitement. The event was called Sky VBS and was full of memorable moments: thundering songs, 'experiential' Bible stories, parachute games, science experiments, lessons on life in Mali, and skits from Skyrunner – Sky VBS's very own pilot in training. Each aspect of Sky VBS was intentionally created to help kids experience the Gospel story and God's love for them in a new and exciting way. At Sky VBS, we learned that everything is possible with God and that we can trust Him because of His great love for us. Each time the daily point was mentioned, the kids would finish it by yelling out, 'TRUST GOD!' We also shared our 'God-sightings', how we had seen God working and moving in the past day.

Our mission project this year was to save the kids in the West African nation of Mali, where malaria is the leading cause of death in children under 5. Not only did our VBS students learn what malaria is, but they also learnt that they can help. And they sure did. They told their parents about the project and the next day they came with an offering – enough to buy three specially treated life-saving mosquito nets to protect the kids of Mali while they sleep.

This year 85% of the fifty-eight children aged 3-11 years registered were from the community around our church, while the other 15% were children from our Sabbath School.

We ended our VBS on Sabbath, 10 August, when parents, relatives and the church at large came together for a special Fly Away Finale. It was a wonderful opportunity for the children to show exactly what they got up to during the two weeks at VBS.

ADRIAN HOBBS, VBS DIRECTOR

## New pastor welcomed

After nearly a year of waiting for a replacement for Pastor Lorance Johnson, the Aberdeen congregation now have a new man at the helm. Pastor Njabulo King Ndlovu, affectionately known as Njay, was officially introduced to the congregation by Pastor Victor Harewood on Sabbath 17 August, prior to delivering his debut sermon. Originally from Zimbabwe, Pastor Ndlovu is married to Mthoko and they have two daughters, Nobubelo and Nobuntu, plus a son, Nyabane. Having recently completed his ministerial studies at Newbold College, Pastor Ndlovu will now shepherd the congregations in this district, which include Elgin, Inverness and Bucksburn. Pastor Harewood and his wife Candice have been working in the Aberdeen district from April on a temporary basis. However, during October they will transfer to the Glasgow and East Kilbride churches for a two-year period.

JANICE SAVIZON



**MAKE US One**

CELEBRATING A DAY OF CULTURAL DIVERSITY

SATURDAY 23<sup>RD</sup> NOVEMBER 2013  
DOORS OPEN 9:00AM SERVICE 9:30AM

SPEAKER: PASTOR SHELTON KILBY III

**THE DOMINION CENTRE**  
9 THE BROADWAY, HIGH ROAD, WOOD GREEN, LONDON N22 6DS

NO. 1000 AN EVENING CONCERT BY THE ORIGINAL BREATH OF LIFE QUARTET



SEC. STEWARDSHIP IN ASSOCIATION WITH NUMBERS SEVEN PROMOTIONS PRESENTS

**THE ORIGINAL Breath OF Life QUARTET**

INCLUDING SOLO PERFORMANCES BY WALTER ARTES AND SHELTON KILBY III

WITH SUPPORT BY NEW HOPE | GILL FRANCE | NEW DAWN SHELTON | THE GOLDEN CHORUS AFRO CANTON STEPHENSON

SATURDAY 23<sup>RD</sup> NOVEMBER 2013  
DOORS OPEN 6:30PM EVENT 7:30PM

**THE DOMINION CENTRE**  
9 THE BROADWAY, HIGH ROAD, WOOD GREEN, LONDON N22 6DS

TICKETS £10.00 NEWBOLD COLLEGE | TICKETS ONLINE  
<http://originalblq.eventbrite.co.uk>

FOR MORE DETAILS CONTACT:  
NINE 33 FACILITY - 07357 016 316  
or ask your local church agent

# obituaries

**Janet Francisca Penny (née Palfrey) (1947-2013) d. 3 July.**

Jan sadly passed away at the Queen Elizabeth Hospital, Birmingham, after traumatic surgery and a long fight against serious health problems. Her family, who adored her, were at her side.

Jan was born in the summer of 1947 in Cwmbran, South Wales, one of three children. She was baptised into the Newport church with her parents at the age of 16, and remained a devoted Christian for the rest of her life.

It was at Newport Church that she met Norman. They became a very happy and devoted couple who lovingly brought up their two children, David and Marie, both of whom were dedicated at Newport Church.

Everything she endeavoured to do, she did wholeheartedly. She was a dedicated teacher, loved caring for her family and served her church in many ways. Such roles included church pianist, Ingathering collector, Sabbath School teacher, Pathfinder



teacher, librarian, and youth leader along with her husband Norman.

Jan knew exactly what her priorities in life were and had many interests. She loved music and worked as a school violin teacher for many years. She loved to gain knowledge and teach other people. She enjoyed her home, painting, reading, helping charities, teaching Pathfinders (including her grandchildren), swimming, sign language and writing her own poetry. Many friends and family members were comforted by her poems (see [lulu.com](http://lulu.com)). The more she could learn, the happier she was. One of her most important priorities was spending time with her precious grandsons (Thomas, Daniel, Charlie and Alex).

One of her greatest achievements was the amount of love she managed to fill into her life. She was a wonderful wife, mother, nanny, daughter, auntie and sister, and a friend to many. We all loved her so much. She had a wonderful, happy disposition and always remained positive, despite having serious health problems. She was such an

inspiration to all around her and a true Christian witness. Life is not the same now because someone very important is missing. We look forward to seeing her again.  
SUE HANSON

**Hester Clare Barber (1929-2013) d. 6 July.**

Clare, as she was fondly called, was born in a small village in southern Ireland to the Parkes family. She was one of four children and grew up on a farm. One of her younger sisters died in infancy, and her father passed away when she was only 9 years old, leaving her mother, Hester, to provide for her young family.

Clare left school at the age of 14 and served as a domestic worker in Northern Ireland. Her life was about to change completely. She became an Adventist and enjoyed Adventist fellowship for the rest of her life. She later moved to Northampton, where she became a founder member of the Northampton church.

Two of her cousins, Ena and Sophie, told her that the conditions and pay were much better in England and she soon left for London, where she found employment in Baker Street. Clare soon moved to Wolverhampton Tettenhall College to work in their 'catering department'.

She met Harold Spence at their local church, and in November 1952 Clare and Harold were married. Clare adopted his two children, Linda and John, as her own. She moved with Harold to Athorpe in Northamptonshire and thereafter to Aberdeen in Scotland, where he took up employment as a mission evangelist.

In 1957 they moved to Birmingham, where their son David was born. They were further blessed with a daughter, Valerie, in 1960, and a son, Christopher, in 1962. Meanwhile,

Harold had become a 'commercial representative' for Fina, enabling him to support his family better and providing her again.

Sadly, her marriage to Harold later failed and she became solely responsible for five children.

Times proved hard, but Clare could always make a meal out of nothing and her family never experienced hunger or cold.

Clare loved her children and grandchildren dearly. She always prayed to God that He would spare her life until her children turned 18 years of age.

Once all her children had flown the nest, she found companionship with Arthur Barber. Love blossomed for Clare and Arthur. He was 80 years of age and she was 52, and this happy marriage lasted until 1987 when Arthur sadly passed away.

Eventually Clare moved to 'Murray House', where she made many friends among the residents and was able to keep herself well occupied.

This very brave, forward-thinking and courageous woman managed to pass a basic computer skills course. She also enjoyed keep-fit classes and general socialising.

Following a hip replacement Clare fell and fractured her leg. Her health deteriorated steadily, including her eyesight, until she could no longer do her wordsearch puzzles.

Clare's family were important to her. She loved her Lord dearly, attended church regularly, and could always manage a smile, even in adversity.

Her sudden death shocked her family and friends, and they celebrated her life at Northampton Highlands Avenue Church on 22 July 2013, with Pastor Cyril Sweeney as the officiating minister. She was later cremated at Milton Malsor and now awaits the blessed resurrection day.

The family said farewell to her with, 'Dia, gridch máthair' ('God be with you, Mum'). ANASELIA MORRIS



## COMMUNITY COOKING HUB

2 - day Foundation Healthy Ministry Course  
Sunday 3rd Nov 2013 & Sunday 24th Nov 2013 (full day)

Limited Places: 14 places  
Advanced Application Only

for application form & brochure email:  
[createnutrition@gmail.com](mailto:createnutrition@gmail.com)

Community cooking hubs is a training course designed to equip health ministry leaders and their teams to effectively promote healthy eating through cooking demonstrations in their community.

Watford Town Adventist Church  
1-5 Brixton Road  
Watford  
Hertfordshire  
WD24 4AR



## A diamond milestone!

Brother and Sister Newton from Camp Hill Church celebrated their 70th wedding anniversary on 25 July. They married in Barbados in 1943 and raised six children, who are still attending church. They have twenty grandchildren and twenty-two great-grandchildren.

On 27 July the church presented them with flowers and Pastor Patrick Herbert prayed for them. They also received a letter from the Queen.

DAWN THOMPSON





# back page



## Lewisham Pathfinder outreach

For one weekend, part of Bromley High Street was turned into a garden, transformed by grass and plants in order to promote the council's plans for the town centre enhancement. The

Lewisham Pathfinder club took the opportunity to be there and share their club's ethos and principles in order to show the local community what they do and encourage more young people to join.

Their drum corps was one of the main attractions of the morning and they enthralled the passersby with their complicated rhythms and well-orchestrated routines. While the people listened, the Pathfinders spoke to them and delivered questionnaires to determine the needs of children in the area. Their aim is to offer the local youth an alternative type of recreation, one that gives them good, solid values.

The club did a great job of promoting their organisation, with several people expressing an interest in having their children attend. The town centre manager also appreciated the job they had done. *JUSTIN VICTOR*



THE SOUTH ENGLAND CONFERENCE TEENS DEPARTMENT PRESENTS

# SEC TEENS DAY OF FELLOWSHIP

ministry

**SATURDAY 14TH DECEMBER**  
**AT THE EMMANUEL CENTRE**  
 MARSHAM ST, WESTMINSTER, LONDON, SW1P 3DW  
**STARTING AT 10:00AM**  
**EVENING CONCERT - PRAISE GALA**

**REGISTER AT WWW.SECTEENS.ORG**

FOLLOW SEC TEENS MINISTRIES ON FACEBOOK

CONTACT: DEJAN STOJKOVIC - 07919 172176  
 OR REBETO SAMUEL-OUADJO - 01923 656533

THE NEAREST STATION IS WESTMINSTER

## BOOKSALES

**October**  
 13 Willesden 10am-2pm  
 20 Nottingham Central 10am-2pm  
 27 John Loughborough 10am-2pm

**November**  
 3 Huddersfield 10am-2pm  
 10 Manchester South 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.

01476 591700 sales@stanboroughpress.org.uk

Adventist Book Center.com

## Health in action

Aldrena Somerville and her team from the Plumstead Community church recently ran a Health Emphasis weekend for the benefit of the general public. The Pathfinders gave out tracts advertising the event and encouraging everyone to attend for a free health check-up. Many responded and had their blood pressure, weight, and blood sugar tested. There were also health talks, cooking demonstrations and healthy smoothies to taste. There was a physical instructor on site who showed all present exercises that could be done at home. The event benefited the community, in particular two people who came in from the street and ended up going to the GP, one with extremely high blood sugar and the other with very high blood pressure. *VALDA E. TAYLOR*

## Messenger

Volume 118 • 21 - 11 October 2013

Editor: J. G. Hibbert  
 Design: David Bell

Proof reading: Andrew Puckering

COPY FOR No. 23 - 17 October 2013

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](mailto:Editor@stanboroughpress.org.uk)

Send high-resolution pictures to: [dbell@stanboroughpress.org.uk](mailto:dbell@stanboroughpress.org.uk)

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

[www.stanboroughpress.com](http://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](mailto:info@stanboroughpress.org.uk)

Printed in the UK.

Visit the BUC website at: [www.adventist.org.uk](http://www.adventist.org.uk)

ISSN 0309-3654

Masthead photo: Luisa Hulbert

## Sunset

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

	Lond	Card	Nott	Edin	Belf
Oct 11	6.16	6.28	6.18	6.22	6.35
18	6.01	6.13	6.02	6.05	6.18
25	5.47	5.59	5.47	5.48	6.02
Nov 1	4.33	4.46	4.33	4.32	4.47

MESSENGER SUBSCRIPTIONS

Cost £25 per annum for 24 issues.\*

\*Postage will only be charged for single copy subscriptions and overseas airmail.