

Messenger

News to the churches • 22 November 2013 • Volume 118 • 24

Massive health screening initiative

by Dr Dina Borges MBBS

Every day we hear that the number of people with diabetes in the UK is increasing rapidly, and that the country faces a potential public health disaster unless the Government makes improving diabetes detection and early treatment an urgent priority. In fact, since 1996, the number of people with diabetes in the UK has risen from 1.4 million to 2.9 million, with expectations for it to rise to 4 million by 2025!

It is estimated that the NHS spends around 10 per cent of its entire budget, around £173 million a week, on treating diabetes and its complications.

Early detection, treatment and lifestyle changes can have a major impact on the risk of developing complications. However, some people with type 2 diabetes have symptoms so mild that they go undetected until it is too late. It was for this reason that the Bournemouth church's health team decided to organise a free health screening service for those attending the annual Air Festival.

From 29 August to 1 September, a team made up of doctors, pharmacists, nurses and other qualified healthcare workers, drawn mainly from among the members of the local church and led by Dr Dina Borges, Health Team director, screened more than 350 members of the public.

Each person requesting the service was screened for height, weight, body mass index, body fat, blood pressure, resting pulse rate, blood glucose, lung function and lung age, and then completed a lifestyle questionnaire. At the end of the process they were interviewed by a doctor who provided advice based on the results. During the four days providing the service the team identified fifteen individuals with findings that caused significant medical concerns, and these were provided with a referral letter and advised to see their own GP immediately for further investigation.

The service was a 'first of a kind' event for the Air Festival and attracted a great deal of interest from the local authorities. In fact, the team was visited by the Mayor and First Lady of Bournemouth, who both went through the entire screening process. Subsequent to this, the mayor asked that the health team contact him with a view to the church running similar projects in the town with council support.

This was the first time that the health team had organised and run a project of this nature, and it was gratifying to see over two thirds of the church working to make it a great success.

[Editor's note: The team have since been asked by the Mayor of Bournemouth to run a similar project in February 2014 with council support.]



From the top: Dr Dina Borges with Councillor Dr Rodney Cooper, Mayor of Bournemouth, and Mrs Cooper. Councillor Dr Rodney Cooper has his blood pressure checked by Elsa (nurse & Bournemouth member). Conroy (pharmacist & Bournemouth member) evaluating a patient's results. Cheimeika (medical student & Bournemouth member) measuring a patient's lung function. Above: Dr Dina Borges and Chris Harris (Bournemouth member) with Councillors Michael and Anne Filer, Bournemouth Borough Council. Main photo: Several members of the Health Screening Project – Back row, left to right: Pastor Dan Thompson, Douglas Vine (optometrist), Henry Walls, Vivien (SRN), Emile Elliott, Dr Camilla Elliott (physician), Christine (social worker), Riliah Walls (SRN), Elsa. Front Row, left to right: Pastor Richard Vine, Peter Breedon, Chris Harris (biochemist), Dr Dina Borges (physician), Judith (SRN & Portsmouth member), Debbie. Except where otherwise indicated, the team are from Bournemouth Church.



NEC pastors learn new techniques

During the latter part of September the North England Conference Ministerial Association director, Pastor Richard Jackson, led seven pastors and the NEC treasurer on a hands-on training visit to the Church's fastest-growing Division, Inter-America. Jamaica was to be their specific destination. This was Pastor Jackson's rationale for the visit:

'Wherever in the world the work is doing well, it is not about the pastor doing it all. It is about the pastor and the laity working hand-in-hand, together. What we want to do in England is to change the whole aspect of the church membership relying on the pastor or director wholeheartedly in terms of the work. What we would like to see is the pastors empowering the laity to help with the work.'

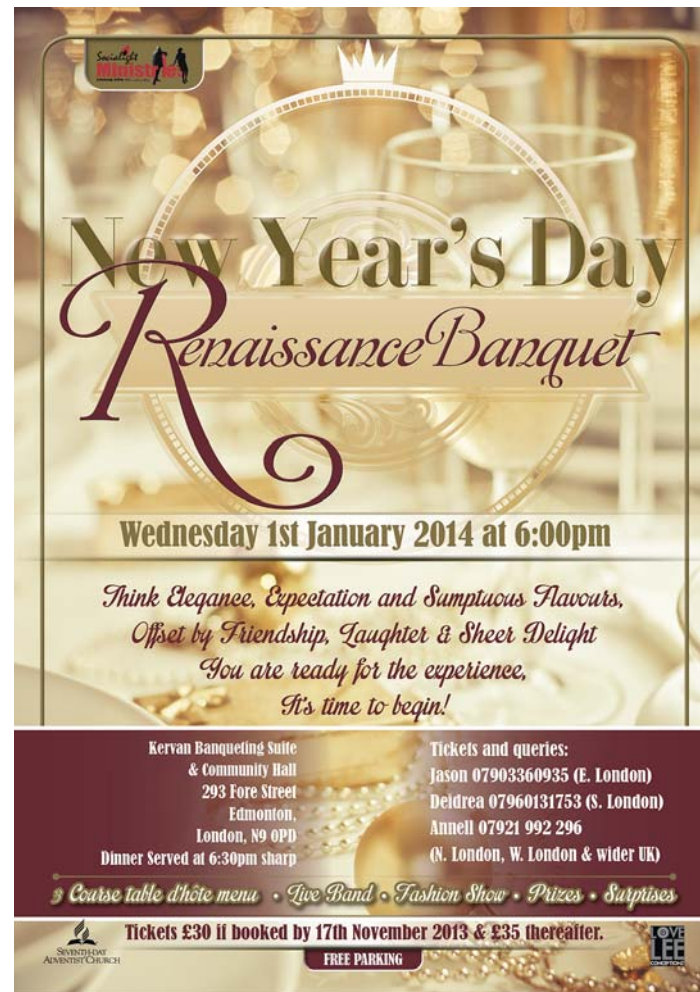
The pastors were assigned as evangelistic speakers to churches where the laymen had already done the preparation. According to Pastor Jackson: 'During the day pastors will be going out with Bible workers doing visitation; they will sit with the local pastors, who will share the dynamics of how they go about various things, so their learning process will take place from when they arrive until when they leave.'

This bold initiative is a key step towards realising the strategic vision of the North England Conference and involves teaching pastors the benefits of not hovering over the membership, but empowering them to move the work forward. Pastor Jackson believes that the membership is ready to do this, but that they have not yet been given the opportunity to do so.

It is hoped that the knowledge and experience gained from this latest initiative will prompt positive change in the growth of our membership and benefit the development of our Church.

It is hoped that the North England Conference will host a Festival of the Laity in 2015-2016, and Pastor Jackson and Personal Ministries director, Pastor Mike Simpson, are working towards this.

GERALDENE FARMER



New Year's Day Renaissance Banquet

Wednesday 1st January 2014 at 6:00pm

*Think Elegance, Expectation and Sumptuous Flavours,
Offset by Friendship, Laughter & Sheer Delight
You are ready for the experience,
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Dinner Served at 6:30pm sharp

Tickets and queries:
Jason 07903360935 (E. London)
Deldrea 07960131753 (S. London)
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3 Course table d'hôte menu • Live Band • Fashion Show • Prizes • Surprises

Tickets £30 if booked by 17th November 2013 & £35 thereafter.

FREE PARKING



Enhancing Health

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

DIY as a health-enhancing activity?

The Independent, on Tuesday 29 October 2013, published an article by Charlie Cooper titled: 'Green fingers or light DIY "cut risk of stroke for over-60s"'.¹ It stated: 'A spot of gardening or some light DIY are as good as rigorous exercise for fending off heart attacks and strokes in the over-60s, a study has found.'

The Swedish study involved more than 4,200 people aged over 60, living in Stockholm. The study found that older people who engaged in a lot of 'non-exercise physical activity' (NEPA), including daily tasks like gardening (hedge cutting), home repairs or car maintenance, were '27 per cent less likely' to suffer major cardiovascular problems. Researchers suggested that these types of low-level activity proved beneficial even when individuals did not undertake conventional exercises.

Study participants were monitored for over twelve years and assessed on the regularity of their engagement in up to twenty-four varying NEPA tasks. The more active group were found to be 30 per cent less likely to die during the study period than those with little activity.

Study authors from Sweden's Karolinska University and the Swedish School of Sport and Health Sciences conclude: 'Our findings are particularly important for older adults, because individuals in this age group tend, compared to other age groups, to spend a relatively greater proportion of their active day performing [routine activities] as they often find it difficult to achieve recommended exercise intensity levels.'

Senior cardiac nurse Christopher Allen, from the British Heart Foundation, agrees: 'Being physically active is important in maintaining good heart health. But, as this study demonstrates, you don't need a gym membership to do that. As long as they make you feel warmer, breathe harder and make your heart beat faster, activities such as DIY and gardening count towards the 150 minutes of moderate-intensity activity recommended for a healthy lifestyle.'

However, there has been controversy over whether housework or DIY-related tasks should be classified as a health activity or take the place of regular exercise. An earlier BBC Health News report,² on 18 October 2013, carried the headline: 'Housework "not strenuous enough" for exercise targets'.

This report discounted the theory that housework and DIY-related tasks could count towards the NHS recommendations of 150 minutes of moderately intensive exercise weekly. It referenced the BMC Public Health Study,³ which surveyed more than 4,500 adults, finding that those who counted housework as exercise were heavier than those who did other activities; therefore more intense exercise was necessary.

Let's get moving!

¹<http://www.independent.co.uk/life-style/health-and-families/health-news/green-fingers-or-light-diy-cut-risk-of-stroke-for-over60s-8909569.html> ²<http://www.bbc.co.uk/news/health-24570276> ³<http://www.biomedcentral.com/1471-2458/13/966/abstract>

editorial

Did the childhood stories you were told have any positive impact on you? Can you remember them? I can – and there is one in particular that has stuck.

It is the story of 'Honest Abe'. It popped up in storybooks, classrooms and parental conversations. I am sure you remember some of it . . . early on in life Abraham Lincoln 'worked as a general store clerk'. One evening, while he was cashing up, he found the takings to be a few cents more than they should have been. Reflecting on the day's sales, Abe realised that he had accidentally short-changed one of his customers. Result? He closed the shop and walked a long distance that night to return the customer's missing money.¹

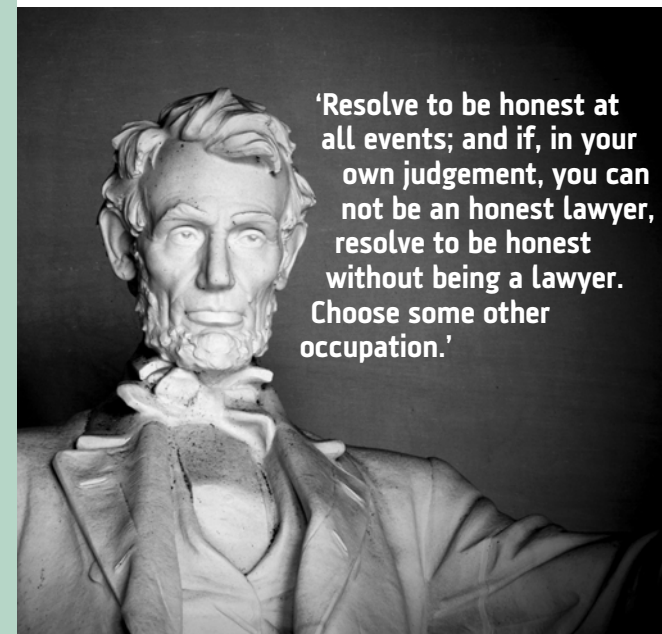
Lincoln the lawyer

Lincoln's honesty didn't stop there. According to Mark Steiner in *An Honest Calling: The Law Practice of Abraham Lincoln*, one day, while defending a client, the great man realised that his star witness had just perjured himself – something that no one else in the court could have known. What did he do?

Asking permission to address the court, he simply said: 'Gentlemen, I depended on this witness to clear my client. He has lied. I ask that no attention be paid to his testimony . . . I do not wish to win in this way.'²

Lincoln practised law for twenty-five years before becoming president, and in recent times men like Steiner have been able to delve into the 'surviving documentation of more than 5,600 of his cases'. This research has revealed much about the man, fully endorsing the fact that he never deviated from his personal resolve to be honest.³

These are his own words on the matter: 'Resolve to be honest at all events; and if, in your own judgement, you can not be an honest lawyer, resolve to be honest without being a lawyer. Choose some other occupation.'⁴



Even if it hurts!

Honest Alf

As a child and teenager, I read about 'Honest Abe' – but I lived with 'Honest Alf'. My father was a stickler for the truth.

He had his faults, like all of us, but dishonesty was not among them. Dad told the truth and he encouraged his four children to do the same. But truth is usually the first casualty in any conflict, a point well proved by our strong sibling rivalries.

These were not infrequent in our home, and they often ended with four widely differing versions of *who* had done *what*. It was then, for our sins, that we would get 'Honest Alf's' lecture about the value of truthfulness and honesty!

Does it hurt?

I can't remember all the small details of my father's honesty lectures, but invariably they included this phrase: 'Remember to always tell the truth, even if it hurts!'

Does the truth hurt? Yes, it does. At times it can embarrass us; cost us the 'friendship' of those who disapprove of our honesty; even necessitate a change of employment. But I am convinced of one thing, **that truth-telling will always cause less pain than the traumatic emotional injuries that dishonesty inflicts.**

Let me illustrate the point. Isaac was blind and frail. He sensed that his life was drawing to a close. He wanted to hand over the 'birthright' to Esau, his eldest, but Rebekah beat him to it. She conspired with Jacob to deceive the old man into giving him the blessings of the firstborn. Listen to the five blatant lies that Jacob tells (Genesis 27:19, 20, 24, NIV):

Jacob said to his father, 'I am Esau your firstborn. I have done as you told me. Please sit up and eat some of my game, so that you may give me your blessing.'

Isaac asked his son, 'How did you find it so quickly, my son?'

'The LORD your God gave me success,' he replied . . .

'Are you really my son Esau?' he asked.

'I am,' he replied.

He carries out the deception successfully and walks away with the birthright. But that walk turns into a desperate, headlong flight to escape his brother's white-hot anger. Lonely and fearful, Jacob trudges on for at least 600 miles to Haran, where he finds Laban's family, which takes him in.

Can you imagine how many times Jacob looked over his shoulder during those fourteen years he lived in Haran? And in the first months of his stay, I am sure that he slept lightly, easily disturbed by the night noises. The pain of his dishonesty throbbed on for years. Those five lies had changed his life.

There was worse to come

Then something dreadful happens. He wakes on the first morning of his honeymoon, to find that he has been deceived (Genesis 29). He slept with the wrong woman. He is married to his fiancée's sister!

He now has to serve for another seven years for the hand of the woman he really loves, while living intimately with a painful reminder of what his deception did to others.

Fortunately, Jacob and Esau are eventually reconciled to each other, but not before a final time of extreme anxiety caused by those five lies he told to his blind father. Genesis 32:6-8 (NIV) tells the tale:

When the messengers returned to Jacob, they said, 'We went to your brother Esau, and now he is coming to meet you, and four hundred men are with him.'

In great fear and distress Jacob divided the people who were with him into two groups, and the flocks and herds and camels as well. He thought, 'If Esau comes and attacks one group, the group that is left may escape.'

What a way to live! Saddled with so much unnecessary guilt, emotional pain and fear – all because of dishonesty.

Yes, the truth hurts – but the alternative is clearly far, far worse!

¹http://www.myhero.com/myhero/go/specialevents/hero.asp?hero=Lincoln08_honestabe&eid=1 ²<http://www.niupress.niu.edu/niupress/scripts/Book/bookresults.asp?ID=417> ³<http://www.fpri.org/footnotes/1316.200806.howe.honestabemoralcharacter.html>



Julian Hibbert
Editor



Does it carry a GAT label?

Our editor reflects on some neglected verses from *Deuteronomion*, the 'second law'.

I am sure that we have all watched a programme or two of *Fake Britain* or *Cowboy Builders*, with Dominic Littlewood in hot pursuit of the rogues who prey on our country's innocent and trusting citizens.

I marvel at Dom's terrier-like tenacity. At a mere five feet seven inches he doesn't look like a heavyweight contender, but when he swings into confrontation mode Dom is a match for most of his illusive ('slippery' might be a better term) subjects!

But what really leaves me shell-shocked about these programmes is the tenacity of these rogue traders that Dom exposes. Almost without exception, they will try to justify their shoddy practices on camera, even though the facts are stacked high against them.

It is easy to despise them I find it easy to despise these rogue traders. Perhaps you do too – and we both know that God does. He couldn't have put it clearer than this:

'Don't carry around with you two weights, one heavy and the other light, and don't keep two measures at hand, one large and the other small. Use only one weight, a true and honest weight, and one measure, a true and honest measure, so that you will live a long time on the land that

God, your God, is giving you. Dishonest weights and measures are an abomination to God, your God – all this corruption in business deals! (Deuteronomy 25:13-16, The Message – emphasis supplied.)

He calls it an abomination, something abhorrent, disgusting! Proverbs 11:1 drives home the same point: *'God hates cheating in the marketplace; he loves it when business is aboveboard.'* (The Message.) Which brings me to a tough question, but one that I need to ask myself before I get too accustomed to the 'moral high ground'.

Is all my business 'above board'?

Do I ever cheat in 'the market place'? Do the products I sell, or the services I render, always carry the **GAT** label? Can **GAT** – '**God Approves This**' – be proudly stamped on the contents of every sermon I preach? What about the articles I write – do they present 'the truth, the whole truth, and nothing but the truth'? Am I comfortable for my byline to appear beneath everything I write?

You might like to assess your own **GAT** compliancy. If you are a competent businessperson, or a real professional, you will know what questions to ask yourself. You will also know how true your answers are!

Beyond the 'market place'

To tell the truth, God's concern for our thoughts, words and deeds extends far beyond the traditional 'market place'. He wants everything about us, and all we do, to bear His approval. Which is probably the

point that Paul is trying to make in 1 Corinthians 10:31, NIV: *'So whether you eat or drink or whatever you do, do it all for the glory of God.'*

This justifies more questions. Is your homemaking **GAT**-compliant? Are all your relationships open, honest and true? Do they all carry the '**God Approves This**' label, or are some of them suspect?

Is everything about you, and me, 'above board'?

What's in my bag?

Let's return briefly to Deuteronomy 25, to consider the matter of our 'weights' and 'measures':

'Don't carry around with you two weights, one heavy and the other light, and don't keep two measures at hand, one large and the other small.' (Verses 13, 14, The Message.)

I can vividly remember the fruit and vegetable van that made a regular weekly visit to our village. It was a wonderful way of shopping. The freshest market produce was brought, almost to our doorstep, by a wonderfully colourful character with a sun-ripened face, who appeared to know the pedigree of every item of produce on the back of his old green Bedford.

He was a great salesman too. *'Madam, you need to taste these grapes . . . just smell this peach . . . feel the weight of this watermelon . . . not those, Madam, these are the fresh ones, only the best for you . . .'* and so it went on.

But it was his scale pan and weights that most held my boyish attention. If Mom wanted a pound or two of grapes, the vendor would plonk down a battered weight on the scale tray and the grapes in the pan, until they balanced each other. Then he would toss in a small bunch for goodwill.

Mom trusted those weights. Do you *always* trust yours?

Why two weights?

Knowing my mother, I am sure she had done her own discreet checks on that vendor's scale. After all, she had her own more modern version tucked away in the pantry.

But what of the old or unsuspecting? What about those without a good set of scales at home? Did he have two sets of weights at the back of his van – one for the likes of her, and one for them?

I don't think so. I think he was savvy enough to know that he would never sell anything in our village again if he ever tried that trick! In this, that itinerant greengrocer in his old green Bedford is a metaphor for what we each seek in our own community – to be trusted.

For once people trust us, we

will have their respect. If they respect us, chances are that they will – at some point – engage us in discussion about our faith. And isn't that really what we all eagerly want?

Editor's note: This is an adaptation of my article that appeared in the ASI newsletter earlier this year.



'Don't carry around with you two weights, one heavy and the other light, and don't keep two measures at hand, one large and the other small.' (Verses 13, 14, The Message.)



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

'Do tuna fish have scales or not? Also, what can I replace fish with? Quorn tuna doesn't do it for me anymore!' Dominique Quebec

A Thank you Dominique for this relevant question! It is an important issue: 'These you may eat of all that are in the water: whatever in the water has fins and scales, whether in the seas or in the rivers – that you may eat. But all in the seas or in the rivers that do not have fins and scales . . . shall be an abomination to you; you shall not eat their flesh, but you shall regard their carcasses as an abomination. (Leviticus 11:9-11, NKJV.)

Having said that, do tuna fish have scales or not, and therefore are they 'abominable'? We are assured by the Northeast Fisheries Science Centre (the research arm of the US National Oceanic and Atmospheric Administration) that all 'tunas' have scales, 'but scales are so small over most of the body as to be nearly invisible. Prominent scaling appears only around the head, on the cheeks, and in a triangular area on each side of the body near the head.'¹

However, it should be acknowledged that the classification of some 'tuna' is debatable. According to the BBC, bonito tuna and skipjack tuna fall between the categories of tuna and mackerel, although they could be classified as tuna,² and in fact the Northeast Fisheries Science Centre does so. Controversial species include the 'dogtooth tuna', which the Merriam-Webster online dictionary defines as 'a medium-sized scaleless tuna (*Gymnosarda nuda*)'.³ This implies that at least one species of tuna does not have scales: however, this might not actually be a tuna, despite its name, since it's not of the genus *Thunnini*, although it is classed in the same family (*Scombridae*). Tunas are distinguished from other fish like 'dogtooth tuna' by having 'a fundamentally different swimming mode, a radically different thermal biology, increased [metabolic] rate functions . . . and a markedly different cardiac physiology'.⁴

In conclusion, therefore, it would appear that tuna is clean, with the possible exception of 'dogtooth tuna'. You may also wish to ensure, if your tuna is canned, that it has a 'dolphin safe' label on it, as cans labelled in this manner are theoretically less likely to include dolphin meat (which is 'abominable')!

Regarding fish substitutes: there's nothing sinful about eating fish, since Jesus Himself, who never sinned, did this (Luke 24:41-43; Hebrews 4:15). However, it is generally believed that a totally vegetarian diet is healthier. Dr Clemency Mitchell recommends 'choosing a variety of whole, unrefined plant foods' and gives mouth-watering recipes based on them in *Understanding Nutrition* (available from your Adventist Book Centre). Vegetarian recipes emulating the taste of fish can also be found online.⁵

¹www.nefsc.noaa.gov/faq/fishfaq1d.html ²www.bbcgoodfood.com/glossary/tuna ³www.merriam-webster.com/dictionary/dogtooth%20tuna ⁴Jeffrey B. Graham; Kathryn A. Dickson, 'Tuna comparative physiology', *The Journal of Experimental Biology*, issue 207, pp. 4,015-4,024 ⁵See, for example: www.thekitchn.com/vegetarian-lunch-chickpea-of-1-114022

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? If your question doesn't appear in the next issue, don't despair – we will deal with it in due course.

Adventist Services and Laymen's Industries UK (ASI) Convention

31 January – 2 February 2014

Venue: Staverton Park De Vere, Daventry

Guest speaker: Dr Daniel Duda, Education director & Ministerial Association associate director, Trans-European Division

Also: Gifford Rhamie, lecturer in Pastoral Studies (Newbold College) and Pastor Obinnaya Iheoma

Music: Paul Lee and company

To book, or for further information, please contact Christine Manners-Smith at: rovingcms@gmail.com or on 07790 452920. ASI-UK website address: www.asi-uk.info

Weekend cost:

1 night = dinner/b&b/lunch/conference
2 nights = dinner Friday to lunch Sunday/conference
All bookings include all-day refreshments & spa

Members: 1 night £65 per person/2 nights £130 per person
Non-members: 1 night £70 per person/2 nights £140 per person
(but if you join ASI-UK at weekend same as members)

Children (5-12 yrs): Half adult fee (4 and under free)
No supplement for single booking

Sabbath only:

(Including conference, refreshments, lunch, dinner, spa)

Members: £35 (with dinner), £25 (no dinner)
Non-members: £40 (with dinner), £30 (no dinner)
Students: £35 (with dinner), £25 (no dinner)
Children (5-12 yrs): Half adult price (4 and under free)

Saturday evening dinner only: £19.95

Pre-booking only for these prices



Solon and Dee Kyriacou



NEC pastoral couple, Solon and Dee Kyriacou, haven't always lived the way God wanted them to. But He is patient . . . and gracious, and this is their story.

Solon: God had not been a reality to me in my early life. He wasn't mentioned or called on by either my parents or my grandparents. I never saw a Bible in either home. To all intents and purposes, I was an atheist who considered that God was only for weak people – for those who needed a psychological crutch to make it through life, and for those who wanted to control them.

Mind you, on the other hand, I'd never been convinced by the idea that everything came from nothing, or that living organisms had come spontaneously into existence. I didn't have answers to those kinds of questions.

I'd been very politically left-wing in my youth – I was even a member of the Young Communist League – but I later came to recognise that politics didn't really provide solutions for society's problems. I'd still have described myself as a political animal when I met Dee in 1989 though.

Both of us were looking for a serious relationship, having been let down badly in the past – and ours developed rapidly. We met in May and I'd already moved in with her by August!

Dee: My road to faith was more straightforward. I'd been raised as a Christian and my mother became an Adventist in her later years. I was baptised in 1986 but

by mid-1988 I'd already been away from church for about 18 months. To be honest, I'd gone back to my old lifestyle. Which is ironic – for it's largely because that kind of life hadn't worked that I came to church in the first place!

I was a seemingly independent single mother, with my own house and car, but my life wasn't working out emotionally by the time I met Solon. Our relationship moved on pretty quickly and within three months we were living together. We're not advocating that, of course – anything good that came out of that is the exception, not the rule.

It so happened that the new

district pastor came to visit at just that time. His approach to our living arrangements was to address the issue head-on, but in a compassionate and tactful way. We always remember how he broached the subject. He said quietly, 'I have a problem.' He could have said, 'You have a problem', or even 'You're a problem for the church!' Instead, he gently let us know there'd be consequences for my church membership for as long as we remained unmarried.

I was on the horns of a dilemma: I was in a new relationship but I wanted to go back to church – how would that go down with Solon, who had no religious inclinations at all? We had the 'big conversation' about what Adventists believe and our lifestyle, during which I feared that this could be a tipping point for our relationship. I made it clear that I didn't think the relationship would be able to withstand the strain of one of us being a believer and the other not. I was also apprehensive about walking back through the church doors after such a long absence – how would I be received there?

That's when I asked Solon to accompany me when I went back, for emotional support. He appeared resistant at first, but he did want

to be supportive and he could see that going back to church meant a lot to me. So he came. I'm so glad that my church family in Derby received me with such warmth and that they were delighted to meet Solon.



to be supportive and he could see that going back to church meant a lot to me. So he came. I'm so glad that my church family in Derby received me with such warmth and that they were delighted to meet Solon.

Solon: Following her pastor's visit, Dee told me that she wanted to get back to church life. I said, 'That's fine, but count me out.' Later, however, when she told me, in church-speak terms, that being 'unequally yoked' wouldn't work, I thought I'd better listen a bit more. I confess that not wanting to lose her was my primary motivation.

She told me about the Sabbath and I was surprised, having always thought that Sunday was the seventh day of the week. Then she told me about the dietary principles and I was disappointed that I'd have no more bacon butties or prawn cocktail starters.

And then she mentioned tithing – and I was horrified at the thought of handing over a tenth of our income!

Feeling apprehensive about returning to church, she asked me to come with her for moral support. I agreed, somewhat reluctantly, but the folks were pleased to see her again and made quite a fuss of the young man she'd brought with her. Nevertheless, I wasn't keen on all the 'pray, stand up, sit down, sing old hymns, pray, pay your money, pray some more, pay some more, and so on, and so on'. I didn't mind the sermons, though.

Soon after this, Dee asked if we could go to small-group Bible studies on Daniel and Revelation together, held at members' homes. I wanted to know more about what the Bible actually said, so I agreed. I remember being asked to say a short prayer after the first study. Feeling rather caught on the hop, I recall starting with, 'Dear God, I don't even know if you're there, but if you are . . .'

It was something as simple as the presentation of Daniel 2 that was a bombshell for me: if the Bible could actually foretell the rise and fall of world empires, maybe it was worth finding out what else God had to tell me through it.

Dee: I love the security that God's unconditional love for me provides, as well as the friendships and the sense of family I get from being part of God's Church. I've been amazed at how much we can learn and grow in that environment. God met us at our point of need, both emotionally and intellectually.

Solon: Soon we were both attending church regularly and we were married in November 1989 (a rush job at the Registry Office to be in line with church protocols – we were planning a 'proper' service the following year!). I was baptised in February 1990.

Dee: Seeing Solon baptised was an extraordinary event – to say I was bursting with joy would be an understatement, considering he'd had no belief at all to begin with. God really does take us on amazing journeys. If He had told me in the beginning where we would be today, I'd never have been able to see it.

Solon: You might have noticed my horror at the tithing requirement. Let me confess: I never 'paid' tithing before becoming a church member. And even when I was baptised, I only

calculated the amount of tithing I owed on the proportion of days in the month of February I'd actually officially been a church member for!

Once, early in our married life, we had a large winter gas bill. Mathematically, I knew we couldn't afford both that and the tithing. So I said to God, 'Look, I promise to pay a double tithe next month' – and promptly paid the gas bill. There were no other big bills due the following month and guess what happened. Nothing. No unforeseen expenditure. And I did pay 'the God tax', as I still thought of it.

But I was struck by such a strong conviction that this was wrong that I purposed that the tithe cheque – from that point on – would always be the first cheque to be written come payday – no matter what bills arrived. We've been through some very difficult times, especially financially, but God has honoured our frail attempts at faithfulness. There were many months where I couldn't tell you how we made ends meet – and sometimes we didn't – but over the long haul, God has seen us through.

At first I simply came into the church following the woman I love. But God hooks us individually, and for me it was through my conviction of the truth of His prophetic word. I also believe in His word because I think it reflects human nature accurately, both in general terms and in its warts-and-all portrayals of even its greatest heroes. On top of that, I believe in Christianity and salvation through Christ because I don't think it's something we would have made up. Isn't it the only religion in which the favour of a higher Being isn't gained by what we accomplish? Instead, we are to have active faith in what God in Christ has already accomplished for us. To sum up, to me a biblical worldview makes much more sense than one without God (and the enemy) in it.

Dee and I certainly didn't do things 'by the book' when we got together, but we're both convinced that God worked in us and for us in spite of ourselves to bring out something that was far better than the sum of its parts! We can't do Family Ministries programmes and tell young people, 'We did it this way and it works', because in the majority of cases it doesn't. Instead of having two people come to Christ, more often one more person finds him- or herself outside God's fold.

Creation and evolution seminars at Stanborough Park

John Mackay, an international speaker, presented two seminars on the flaws in the theory of evolution at Stanborough Park Church recently.

He is the international director of Creation Research and has a track record of debating and defeating many of the world's leading evolutionists, including the world's best-known atheist, Professor Richard Dawkins.

In 2009 John produced two successful TV documentaries exposing the folly of evolution: *Darwin on the Rocks* and *Darwin's Evolution: A Very Unnatural Selection*. His Bible and science programmes appear on TBN and SKY networks in the UK. He has also appeared on the BBC's *Hard Talk* with Gavin Esler in 2006.

The seminars, entitled *'Exposing Evolution, Confirming Creation'*, took place over a weekend; the Friday evening topic was *'Dinosaurs: the Monsters that God Made'*, and on Sabbath afternoon the topic was *'Exposing Evolution'*. There was also opportunity to view fossils and

ask questions at the end of the meetings.

According to church elder and organiser Eustace Cornwall, 'Both days went very well – the turnout was around 160 on the Friday, with quite a few unfamiliar faces from the local community, and on Sabbath the attendance was around 250. John Mackay was very well received, as he laid out some clear points on how the scientific evidence supports the Creation story found in Genesis, and . . . why evolution is promoted as the only rational explanation for life, despite the many flaws in its theory.'

He added that they had arranged for John Mackay to speak at Watford Boys Grammar School earlier on the Friday, where he presented his message to 300 Sixth Formers, who also took the opportunity to ask "difficult" questions, which were, of course, answered expertly by John, which I think was a great Christian witness to the boys and staff. He will be in the UK next year, early September – so it is quite possible that we will invite him to Stanborough again.'

JUNE COOMBS



Community Cooking Hub update

Twenty-six health ministry teams from seven different churches attended the first delivery of Community Cooking Hubs, a two-day foundation health ministry course teaching the principles of God-centred health, healthy eating and cooking demonstrations. Participants took part in a range of activities, including the exploration of ideas and opinions about healthy eating, and looking at guidelines for choosing healthier foods. They also had some practice in knife skills in an effort to hone their skills and make their food demonstrations more effective. One of the requirements of the course is for teams to work together and develop a project in their church for their community. They then choose recipes that they will practise and demonstrate on the second day of attendance. Our next delivery will be for the second pilot of Community Cooking Hubs at Bristol Central Church: 26 January and 24 February. Both dates need to be attended and bookings are accepted only in advance. Please email createnutrition@gmail.com for a brochure and application form.

ANGLETTE MULLER

The witch of Ambalavo

by Jim Ayer, vice president for Advancement, Adventist World Radio, General Conference.



A Malagassy village group listening to an AWR broadcast.



General Conference AWR Advancement vice president, Jim Ayer, and Ben Schaub, with former Buddhist monk, Milla, under the gaze of his former god.

'The demons told me to meet them at the river the next day. I did what they said, and when I met them on the riverbank, the leading demon said, "Go down under the water." I continued walking down the muddy bank until I was fully submerged – where I spent the next day and a half underwater.'

If you live in Europe or America, it may be difficult for you to imagine that this kind of thing happens – that it is actually real. But after visiting more than sixty countries of the world and travelling to some of its most remote regions, I can assure you that it is very real! As a matter of fact, I spent time with Rasanga – a former witch – and this is her personal story.

Rasanga lives in Madagascar and grew up in a home where the entire family carried on

Being a powerful witch offered many advantages in her country – so she agreed. The very moment she told me she went under the water for one and a half days, I stopped the interview because I knew I must have misunderstood what she said. 'Oh,' she said, 'the devil fed me underwater and gave me mighty powers. I could control lightning and be shot with a gun – it wouldn't hurt me! One day the national army came to take over my village and I created potions that kept the entire army away.' She was a very powerful witch!

Dear reader, if you think you can beat the devil on your own, you are greatly mistaken. Understand that Satan was the fourth most powerful being in the universe next to God the Father, Son, and Holy Spirit. We fool ourselves if we think we can handle

temptation and life's struggles on our own. But we can overcome Satan by the power of God! I have read my Bible from cover to cover and God does not lose. I have heard the children in Africa sing, 'Jesus is a Winner Man, a Winner Man. Satan is a loser man, a loser man!' It is true!

Rasanga continued, 'I did something that made the demons mad and I was very sick. I went to many doctors but received no help. One day two young ladies told me that there was a God in Heaven who could heal me and asked if I wanted them to pray for me. I thought, well, the devil hasn't done anything for me lately – go ahead.'

They prayed for her and she was healed immediately. Then they gave her a radio and tuned it to *Adventist World Radio (AWR)*, saying, 'Listen to this; it will change your life.' She did, and soon fell in love with Jesus.

She interrupted my next question and asked, 'Can you help me build a church?' 'Why?' I responded.

'I have been sharing Jesus with more than 100 people and they are ready to be baptised.' God is far more powerful!

I have the great pleasure of meeting people from around the world whose lives have been changed by AWR. But stories such as Rasanga's can't happen without people like you providing their gifts of love.

AWR broadcasts in more than 100 major languages of the world, providing the opportunity to blanket over 80% of the world's population with the message of Christ's love and His soon coming. We use AM/FM, shortwave, the internet and podcasts to reach the world's population.

Our shortwave broadcasts reach areas of the world where missionaries cannot safely go. For example, we beam the Gospel into China for 10 hours each day. We also blanket North Korea, Vietnam, northern Africa, Saudi Arabia, Somalia, and other areas. We began using podcasts (internet broadcasts) three years ago, and we now have more than 4 million subscribers to our daily programmes.

We received a message at our office that brought tears to my eyes. 'I never knew in all of my life,' the letter said, 'that there were any other religions than Hinduism and Buddhism, but you have introduced me to Jesus Christ. Thank you for allowing me to taste the sweetness of God.'

I met a man in Nepal who had been a Buddhist monk for his entire life, but, he told me, 'There was no peace in my life.' Imagine a monk who had never experienced peace. But one day he was tuning his radio to the BBC News when the Holy Spirit stopped his hand on the AWR programme's frequency and he heard the message of Jesus Christ. 'At that moment,' he said, 'peace flooded my life.' Just imagine a man in his 60s experiencing peace for the very first time in his life. Then I asked him what his greatest desire in life was now. He responded with a look of yearning, 'Oh, if I can win one person to Jesus Christ.'

If you would like to win someone to Jesus Christ, but cannot travel as a missionary to a distant or dangerous land, you can still win people to the Lord by supporting the life-saving broadcasts of AWR.

With AWR you can 'pay the piper' and call the tune . . .

Adventist World Radio has two 'give-away' programmes. Here's how they work.

Firstly, you can sponsor a shortwave radio for use in remote areas. These powerful devices may be driven by solar power, crank generators, conventional batteries or electricity, and it is not uncommon to find 100 to 200 people listening to a single AWR radio. In fact, one AWR radio-give-away programme, involving just 50 sets, resulted in 6,500 baptisms!

Secondly, the Ambassador solar-powered unit can be pre-programmed with 160 hours of material, including an audio Bible, a series of Bible studies

and *Steps to Christ*. These are particularly helpful in those areas where radio reception may be problematic.

These units are perfect to change lives in some of the most remote regions of the world. Both the shortwave radios and the Ambassadors can be sponsored for a mere £25 (\$40). This includes customs and any other fees incurred while reaching their intended destinations.

What a wonderful Christmas gift to give to world mission –

sponsored by you, your family or your congregation. If you would like to 'pay the piper' and call the tune, it is as simple as letting Jim Ayer know (AyerJ@gc.adventist.org) and making your specified donation via, **a.** your tithe

envelope; **b.** direct debit payment into Adventist World Radio, HSBC

Bank PLC, 9 High Street, Bracknell, Berks, RG12 1DN (sort code: 40-13-10, account number: 51438948); or **c.** sending your cheques (payable to Adventist World Radio) directly to Adventist World Radio, Project #20, 1 Milbanke Court, Bracknell, Berks, RG12 1RP, England.



Irish Mission Session report

Five of the delegates at the recent Irish Mission session, held on 2 and 3 November at the Belfast church, were under the age of 20. An astonishing 70% of the session's 103 delegates were representing their church for the first time at such an event. That statistic demonstrates the new face of Adventism in Ireland, but also highlights the need for learning together, for developing integration skills, and for discovering ways for these 'new Irish' to build spiritual connections with their Irish hosts.

That is happening, and came to the forefront during a debate on Mission to the Cities. A delegate from the Dublin Ranelagh congregation recalled that when he arrived in Dublin thirteen years ago the church was very small. 'Now it has grown massively,' he stated. 'I am delighted now that we are actively in a position to reach out to the Irish population.'

Not everything was good news, though. The economic downturn, particularly in the south, hit the Church hard. Some churches closed as immigrants without work returned to their home countries. ADRA-Ireland could no longer be maintained. Grianach House School in Galway was forced to close. The Mission ran a negative budget for four years. As BUC treasurer Victor Pilmoor pointed out, in the economic reality of Ireland, that there has been any increase in income at all is something for which to praise the Lord.

A reason for significantly more praise came in the Secretariat report. Pastor Paul Lockham noted a membership increase of 169 members from 532 to 701 over the three years to

December 2012. This included eighty baptisms, and, according to Pastor Lockham, was a significant boost for a Mission where membership had been fairly static around the 300-mark for many years.

Noting that in a number of congregations attendance is considerably higher than membership, Angus Rothwell, a delegate from Ballinacrow, made the significant point of asking about those over the years who no longer attended. Pastor Lockham responded, 'We need to keep in touch with them and show we care, even if they are on the fringe somewhere.'

Speaking on the issue of the Church's changing demographics, Pastor Lockham noted that this kind of change is happening worldwide. 'Migration between countries happens all the time. Sometimes this has an impact on the home church. How we handle that is very crucial.' As Pastor Neal stated in the president's report, 'We all need to take time to hear the perspective of the other as well as expressing our own.'

Mission to the Cities was the major and most important discussion of the day. While the major focus will be on Dublin, Pastor Keough thanked Pastor Neal for equally 'making it a call for every other church in Ireland, for every individual to be involved and work for God in a big way'. Health will also be one of the strong evangelistic strands of this project. Betty O'Rourke noted, 'We have found it is a tremendous way of breaking down barriers in rural Ireland. I use the Catholic Church newsletter to promote our expos. We now also run cooking classes in the

Newmarket church – with fifteen villagers coming.

Department sponsors:

Communication: Pastor Weiers Coetser, Pastor Stephen Wilson (assistant).

Health: Ms Edith Samambwa.

Youth: Pastor Adam Keough, Pastor Ben Pontanar (associate/youth pastor, Greater Dublin area), Pastor Jeff Freeman (associate youth, Pathfinders).

Family Ministries, Trust Services, and Adventist Discovery Centre: Referred to the incoming executive committee.

Executive committee:

Pastor David Neal ex-officio (president & chair)

Mr Victor Pilmoor ex-officio (treasurer)

Pastor Paul Lockham ex-officio (secretary)

Pastor Adam Keough

Pastor Jeff Freeman

Mrs Lynda Walker (Belfast)

Ms Rebecca Matheson (Banbridge)

Mr Bobby Johnston (Larne)

Mrs Lilian Cooper (Newmarket)

Mr Andrei Rotaru (Dublin Romanian)

Mr Jeason Kanaraj (Dublin Ranelagh)

Mr Ropo Dare (Dublin Castleknock)

The full Session Report Book, the credentials and licences report and a photo gallery can all be found on the Ireland section of the Adventist Church website at: [Adventist.ie/home](http://adventist.ie/home). For a more detailed report, go to: <http://adventist.org.uk/news/2013/2013-ir/youthful-delegates-impact-irish-mission-session>. Further comments and information on the day can be seen on the Irish Mission and BUC News Facebook pages.

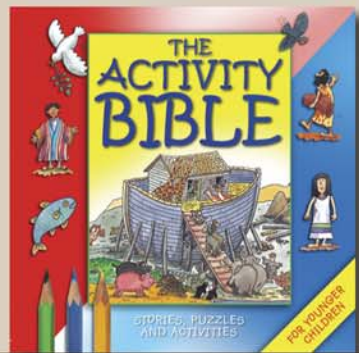
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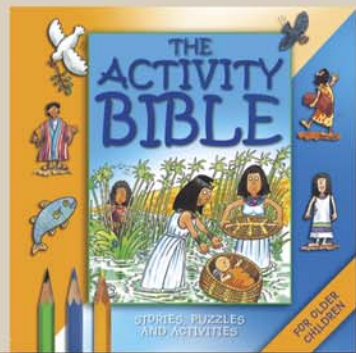
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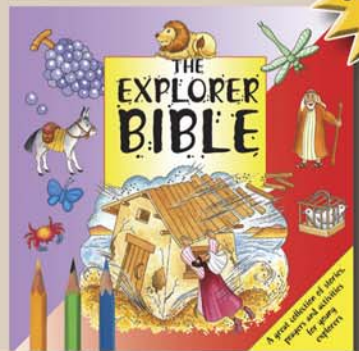


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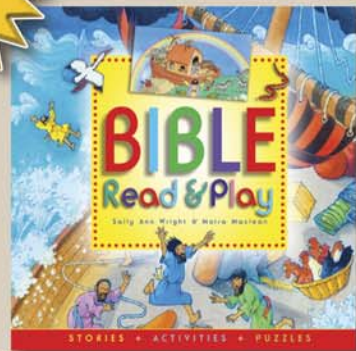
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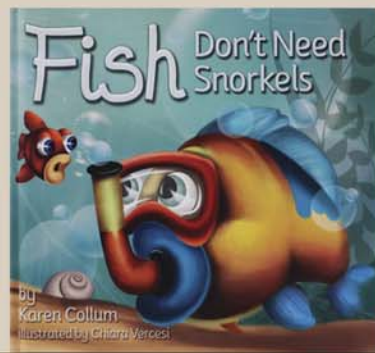
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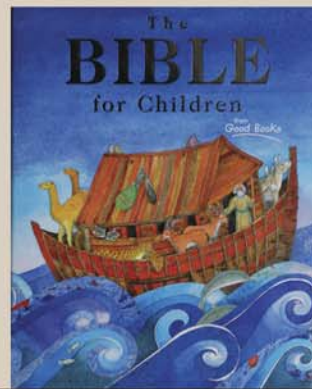
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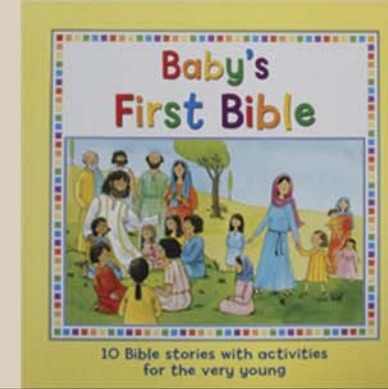
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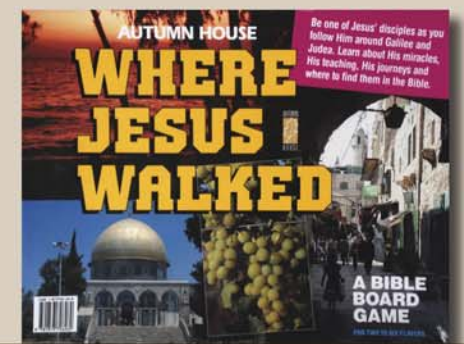
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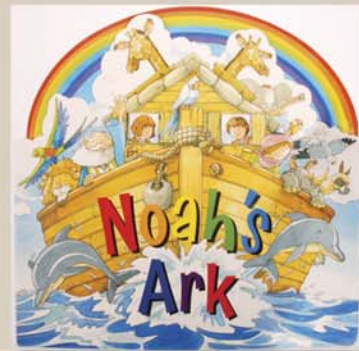
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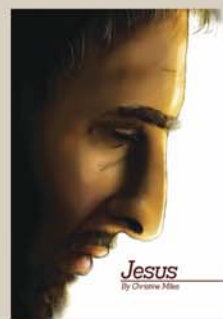


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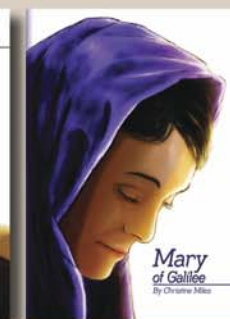
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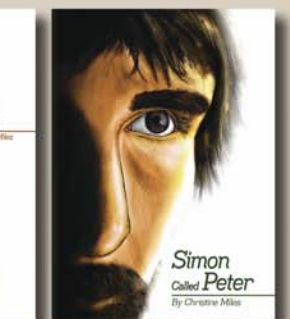
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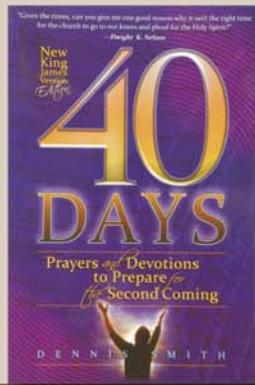
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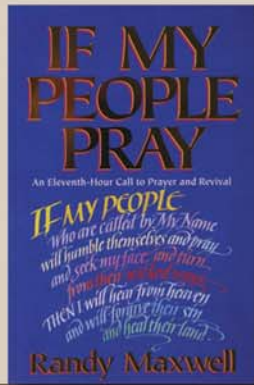


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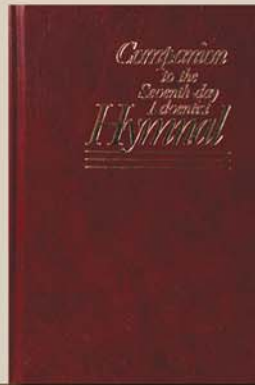
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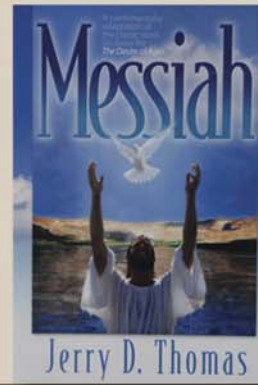
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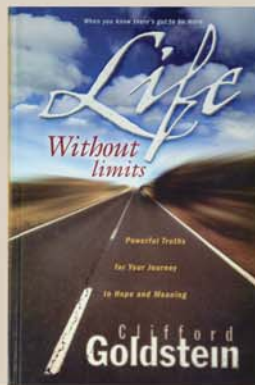
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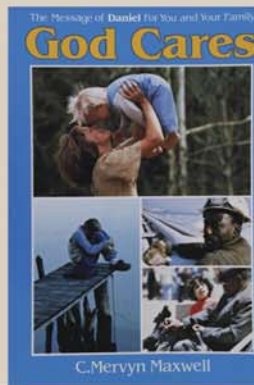
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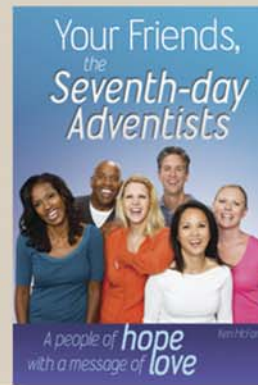


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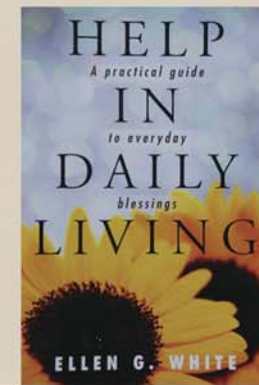
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Southport success

Each year the PEACE Centre of Evangelism runs an evangelistic seminar in support of the local church where the training course is being held. This year the event was held in Southport during August, and entitled 'Prophecies of Hope'.

The PEACE course participants were heavily involved in the seminar preparations, including the extensive advertising that drew more than forty visitors to the opening night in the prestigious Vincent Hotel.

Pastor Ian Philpott and Matthew James (Southport Church) were the sponsors, and Craig Gooden (PEACE outreach co-ordinator) was the main speaker. He was supported by Bkay Kheswa and Tracey Philpott, who ran the children's meetings.

The best way to capture the excitement and success of the event is to listen to the testimonies of those who attended. Here is a sampling. . . .

Lloyd and Adam, both in their early twenties, decided to attend because of a flyer received from Lloyd's mother. According to Lloyd, he arrived at the first meeting with an arrogant attitude: 'I knew it all! What could they possibly teach me?' His real interest was conspiracy theories and he would post all his latest findings on his Facebook wall. But after the opening night he found something new to share. He invited his online friends to attend – the only one to respond was Adam.

Together these guys drank in everything they heard at the seminars – like sponges. Now both have expressed the desire to be baptised, even though some of their former friends are shunning them.



Shirley.

longer the Lord of her life.

Eventually she returned to church but didn't find 'much substance' in the teachings of the congregation she had begun to attend. She felt compelled by one of her dreams to read the Bible, especially the book of Revelation, which she found hard to grasp. She was later impressed to read Daniel, and while doing so she came across the 'Prophecy of Hope' seminar advert in the newspaper.

She felt drawn to attend and these are her

comments: 'The first night introduced me to the very core of the seminars, based on the books of Daniel and Revelation. Everything spoken that night was exactly what I had read a few nights before. I know that God was, yet again, faithfully answering my prayers, and He had something specific to say to me.'

There is nothing new-fangled about the evangelism PEACE has been doing in Southport. It is a combination of enthusiastic door-to-door work and old-fashioned evangelistic preaching, but God has added His blessing.

If you would like further information on the PEACE courses please contact us at the North England Conference office (0115 9606312) or email info@peacecentre.eu.

BASED ON A REPORT BY BKAY KHESWA



Marilyn Daly and Sue Horn, who attended almost every night, Pastor Ian Philpott and Craig Gooden.



Left to right: Adam Finlay, Craig Gooden (PEACE outreach co-ordinator) and Lloyd McDonald.



WANTED: Pioneer Taskforce Volunteers

The North England Conference seeks volunteers for the following:

To set up Bible studies through efforts such as door-to-door visitation, health and nutrition seminars, literature evangelism, distribution of Bible request cards, various methods of friendship evangelism and small-group activities. Applicants must have a well-rounded knowledge of Seventh-day Adventist teachings, and prepare contacts for baptism. Their personal lives will reflect the Seventh-day Adventist lifestyle. These are voluntary positions for which full accommodation and a living allowance

will be provided. Starting date: 1 December 2013/January 2014. The minimum term of service is one year. Apply online at <https://www.adventistvolunteers.org> or to Pastor Michael Simpson at the Church Planting department, North England Conference, 22 Zulla Road, Mapperley Park, Nottingham, NG3 5DB. You may also use msimpson@necadventist.org.uk, or tel: 0044 1159606312, or fax: 0044 1159691476.



Supersleuths search the Bible!

The children of Leicester Central Church took centre stage on the morning of Sabbath, 19 October 2013, under the expert guidance of Denise Roberts, Merle Joseph and a brilliant team of tutors. The theme for the day was simply, 'Supersleuths'.

Reece Tattoo and Nyasha Chapangara in the accompanying photograph ably participated in a short dramatic performance as supersleuths, outlining the huge benefits of combing the Bible – in a search for its truths – for they provide wisdom for real-life situations. In a microcosm, this was one of the central themes of the day.

In well-crafted presentations, the children summarised their Sabbath School lessons, memorised Bible verses, and introduced sections of the morning programmes, all with confidence and poise. One children's choir, led by Suzette Jeannon, sang 'Worthy is the Lamb' in French, while another, led by Denise Roberts, sang 'Supersleuth', the theme song for the day.

Cameryn Joseph and Jordan Lake both presented sermonettes during which they spoke about God's unconditional love for us, despite our waywardness. It was a day when the children provided us with inspiration beyond their years. No wonder Jesus said, 'Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these.' Luke 18:16, NIV.

PHILIP HERBERT, COMMUNICATIONS

'Your children come first'

This was the unspoken theme of the Upper Room's recent Children's Ministry programme. Conducted between 18 and 20 October by this church in Nottingham, the seminars were a great success.

The presenter was Dr Saustin Mfuné, General Conference Children's Ministries associate director, an animated speaker much loved for his gift of engaging and inspiring children. The event began at the church's regular meeting place, All Souls Community Centre, with a presentation about parenting, and then moved, on the Saturday, to a local Baptist church to cope with the large numbers attending.

During Sabbath School the programme was presented by the Wonderful Voices Kids, whose main theme was to ask God to help us love our enemies.

Pastor Saustin's sermon focused on the importance of laying a solid foundation in the first three years of a child's life, and parents and church leaders were reminded that they cannot control the storms of life, but they can control the building of a child's foundation. The reminder for parents and churches was to spend 'real' time, not just 'quality' time, with children during those years – and to provide the best of resources for them.

In the afternoon Pastor Mfuné followed up on the morning's presentation, focusing on the visual influences upon children in their very earliest years. The audience heard of the danger of subliminal messages, found in many cartoons, which seep into the subconscious of the child and manifest themselves as the child grows older.

The weekend ended with meetings at Nottingham Central Church, where young people were given advice about courtship and relationship development. This was well supported by the Stanborough Press, which provided good literature to support the weekend's teaching, preaching and family development activities.

Andile, one of the youth, found the presentations 'very powerful', while one of the event conveners, Flossie Kainje, described the event as 'wonderful, exciting' – and it surely was!

PASTOR PETER JEYNES

Education, Care and Health Services

Family Placement Team, St Blaise Building, Civic Centre,
Stockwell Close, Bromley, Kent, BR1 3UH

Long-term foster carers required

We are looking for a long-term foster family for Jack (8) and Matthew (6). The boys are of Jamaican heritage, and we need a family who can reflect and promote their culture. They have grown up together and have a good close relationship.

Both boys are pleasant-natured but have fallen behind at school due to poor attendance and are now catching up with their peers. They may need therapeutic support when they are settled in their new family, to help them understand their past and make the most of their future.

We are looking for an insightful two-parent family where one parent is available during the day. Carers must be willing to attend training and work to develop their parenting capacity, knowledge and skills. The boys need an active family that will promote their individual interests.

Can you provide:

- Two bedrooms for fostering;
- Support for direct, supervised contact with their birth family eight times per year in a neutral location?

If so:

An enhanced fostering package will be available to support the right family. In addition, there will be support from a dedicated and experienced supervising social worker, twenty-four-hour telephone support and access to a wide range of training.

If this is you, and you would like more information, please contact Sheila Delliston (Senior Practitioner, Fostering and Adoption, Education and Care Services), on 020 8461 7701, or at sheila.delliston@bromley.gov.uk.



. . . Ordains three pastors

by Pastor Weiers Coetser

The warm embraces of 600 people provided an emotional conclusion to the Irish Mission Day of Fellowship for three special pastors and their wives. Pastors Stephen Wilson and Ben Pontanar were ordained, and Pastor Anthony O'Rourke was commissioned, on Sabbath, 19 October 2013 at a special service hosted at the Crowne Plaza Hotel in Blanchardstown, Dublin.

The personal significance of the event was clearly seen on the faces of the ordinands and their families as they were called to the stage and introduced. Pastor Gavin Anthony introduced Ben Pontanar, a young pastor from the Philippines, who has no interest in personal power or politics, just a passion for ministry, a commitment to teamwork, and an incredibly calm disposition.

Stephen Wilson was introduced by Pastor Douglas McCormac, who had supervised him in his early years as an intern. Douglas spoke of Stephen's passion for ministry and evangelism, which he had observed from an early age, especially his interest and skill in working with young people in an urban context. The bond between the two pastors was evident, as was the mutual passion for being the best pastors that they could be.

There were misty eyes in the audience as Pastor David Neal introduced Tony O'Rourke, a senior minister who had followed a different spiritual pathway. Tony and Betty's journey involved significant change. Spiritually searching to discover the truth about God through the clear lens of Scripture, rather than through the filter of the Church, they were baptised together in Galway in 1992 by Pastor Eugene Taylor. An elder of the Galway church since 2000, the Lord quietly prompted Tony to consider full-time Gospel ministry, which commenced in 2008.

Pastor Paul Lockham, BUC executive secretary, explained that there was very little difference between an ordained minister and a commissioned minister. These designations merely mark two different pathways into ministry. Locally, in the British Union and in Europe, ordained and commissioned ministers have exactly the same authority and status in the performance of their duties.

As the ministerial couples took their seats on the stage, their members responded with special music and enthusiasm, leaving the congregations in no doubt that they are held in high regard.

The sermon itself focused on the vulnerability that accompanies pastoral ministry, with Pastor Ian Sweeney, president of the Seventh-day Adventist Church in the United Kingdom and Ireland, encouraging them to keep their commitment strong, while exhorting the members to continue supporting them.

Pastor Wilson's response on behalf of the ordained pastors also reflected on the odds that are aligned against pastoral ministry. He reflected on a website that encouraged pastors to resign. 'Pastors would serve the world better as counsellors or community workers, than as spiritual leaders.' His response was to reaffirm the commitment of all three ministers to make God known through their lives and ministry.

Mrs Jennifer Sweeney and Mrs Marci Neal, wives of the BUC and the Irish Mission presidents respectively, charged the pastors' wives to make it their sole concern to be good Christians and good mothers. That would allow many of the other demands to fall into the right place.

The ordination/commissioning of these ministers marks a continuing maturing of the ministerial team in the Irish Mission, which currently employs ten pastoral workers to oversee its work among eighteen groups and congregations.



Above: Pastor Stephen and Mrs Lindita Wilson with Pastor Douglas McCormac. Left: Pastor Anthony and Mrs Elizabeth O'Rourke with Pastor David Neal. Below: Pastor Ben and Mrs Joy Pontanar with Pastor Gavin Anthony.



The service was one highlight in an all-day event that included presentations by the Dublin churches about their preparations for the 2014 Dublin City of Hope project, as well as a worship service led by Pastor Cedric Vine from Newbold College. The hall, which accommodates 600 people, was filled to capacity by members who had travelled by car and bus from across Ireland to attend.

A selection of photos of the event are available on the Adventist Church picture gallery at: adventist.org.uk/news/gallery/gallery-irl/ordinationcommissioning-service-2013.

114 Pathfinders decide for baptism

The air was filled with excitement and laughter as almost six hundred Pathfinders, club leaders and other support staff arrived at Beaudesert Park, Staffordshire, for their long-awaited camporee (11-18 August).

The opening ceremony was attended by a representative from the mayor's office, a director from Beaudesert Park, the site manager and the area co-ordinator of the Girl Guides.

The theme for the week, which has been our theme for the year, was 'Pathfinders Today, Leaders Tomorrow', with Pastor Abraham Henry as the guest speaker. He challenged the Pathfinders to grow, not only physically and mentally, but also, and most importantly, spiritually: helping them to understand that the effort they put into life today will determine their future, and that wherever life's journey takes them they are to be leaders for Jesus Christ.

The focus of this camp was to engage the children in earning Pathfinder honours and further developing their life skills. The aim was for the children to leave camp with a sense of achievement after having completed a number of honours and learning some new skills. During the week eleven honours were taught.

The clubs were eager to lead out in the morning and evening worship services, providing group songs and leading in the nightly Scripture readings.

Each evening Pastor Henry made his appeals for the Pathfinders to make a new commitment to serve God, and by the end of the week 114 Pathfinders had decided to be baptised. Their details have been passed to their local pastors and some baptisms have already taken place.

Parents, friends and clubs from the North England Conference visited throughout the week, along with our president, Pastor Sam Davis; Pastor Paul Tompkins (TED Youth director); and Teens director, Pastor Dejan Stojkovic. On Sabbath, Pastor Nathan Stickland (BUC Youth director) and Pastor Alan Hush (NEC Pathfinder director) spent most of the day with us.

When we go camping we like to leave something positive behind, as



a gift to the site. At Beaudesert Park we were given the opportunity to renovate their garden chapel, which had become overgrown with weeds and was not usable. The Pathfinders volunteered their free time to this project. Armed with just protective gloves, shovels and a few other basic tools, they cleared the garden chapel of all weeds and overgrown bushes, and recreated the seating areas, thereby restoring the chapel.

As you can imagine, the staff at Beaudesert Park were impressed by the conduct and behaviour of our Pathfinders – the largest single group of campers they have ever had – and we left such a positive impression on them that they would be more than happy for us to come again!

BY PASTOR KEVIN JOHNS, SEC PATHFINDER DIRECTOR



'Trouble-free' holiday – thanks to VBS

The Newtown company in Wales had a major impact on their quiet market town recently. They held a Vacation Bible School between 5 and 9 August, with five children from the local community attending daily. They, along with the company's own children and teens, were able to learn exciting Bible stories and interesting new crafts. The Adventist teenagers even found the time to have a friendly basketball game with some of the local boys.

Tracey Moyo was the co-ordinator, assisted by Hubert and Julie Samuel-Smith of Scunthorpe. One of the week's highlights was a trip to Borth Beach that even drew one of the community grandparents to attend. On 10 August, a Sabbath, certificates were handed over to all who attended.

There were many positive comments from the locals, including the postman, with one community leader thanking us for 'contributing to one of the quietest, most trouble-free summer holidays in years!'

KENROY MCKENZIE



Leeds Central investiture

The annual investiture service took place at Leeds Central on 5 October. Twenty-one Adventurers (including eight Eager Beavers), sixteen Pathfinders, two Master Guides and one APLA were invested and awarded honours. The theme for the day was 'Disciples for Jesus' and the guest speaker was Mark Sinclair.

His sermon was taken from 2 Kings 5, the story of Naaman and the little maid, and illustrated that no matter how young you are you can still spread God's love.

During the year the Adventurers and Pathfinders took part in many witnessing activities, including the visitation of nursing homes and shut-in members, and singing at the bus station.

The afternoon programme continued the 'disciples' theme and included musical items and plays.

VANESSA MAYNARD, ADVENTURER CLUB SECRETARY



Members of the Inner City Health Improvement team appearing from left to right are Mary Philip, Kate Cook (health promotion specialist worker), Teresa Cirant and Morowa Selaissie (health trainers).

Bristol Central holds health expo

On Sunday 21 July, a number of health-related activities took place in the Bristol Central church car park, as a service to the community. Members of the public were offered blood pressure and blood sugar checks, BMI measurement, advice on diet, local fruit juice demonstrations, leaflets and advice on health-related matters and free fruit and water. A number of people from the community took advantage of these services, which began at 12pm and ended at 5pm. The theme, 'An Assurance of Our Values', had already begun on Friday night with personal testimonies by church members, and continued throughout the Sabbath with the entire programme dedicated to health.

The Sunday event was jointly sponsored by Mary Philip (Health Ministries leader) and Steve Makore (Personal Ministries leader). It was well supported by Kate Cook and other public health colleagues from the Inner City Health Improvement team, who are working with Bristol City Council. They provide welcome advice and information to raise the awareness on a range of health issues facing the community.

You can hear more about the event and the Adventist position on health in the following podcast: <http://www.bcfmradio.com/2013/07/16/16/wellbeing-show-84/31001>.



Annual Bridgwater weekend

Hill House Christian Centre, near Bridgwater, was the venue for the eighth annual retreat during the weekend of 4-6 October. Twenty-one members from Cornwall, Cheltenham and beyond met there for a weekend of spiritual refreshing and fellowship.

Pastor Alan Hodges, the guest speaker, presented a series of thought-provoking studies on the choices that have been made for or against God. He showed how, from Adam through to Noah, and from Abraham to the present, there have been those who have faithfully chosen to follow God, whatever the consequences.

The weekend was ably organised by Tony and Christine King, and Janet and John Overy. There was good food, very good weather, good walks, much conversation and lots of laughter.

In the final devotional on Sunday, Pastor Hodges challenged those present to choose, every day, to follow God, come what may.

It was hard to say our goodbyes, but we left encouraged and uplifted by our time together.

RAY MORRIS (CHELTENHAM CHURCH)



Men of faith

'Adventist men in a changing world' was the theme of the second annual Men of Faith retreat (20-22 September), organised by the Milton Keynes Men of Faith group at the Frontier Centre, Northamptonshire. In attendance were some forty-plus men from the Milton Keynes, Bedford, Bletchley, Luton and Aylesbury churches.

The focus of the weekend was maintained by the insightful presentations of Pastor Sam Davies and Dr L. Nga Nunu, to name a few. There was plenty of time for prayer, reflection and recreation, as the men built a common bond over the weekend. Plans are already being made for the retreat in 2014.

SAMUEL SEIDU



Windsor Street retreat

Windsor Street Church's annual women's retreat couldn't have come any sooner, both for those who realised they needed a break before their arrival, and for those who only saw their need as the weekend progressed.

It was held at the Purley Chase Centre over the weekend of 27-29 September as part of the church's Women's Ministries outreach and in-reach programme.

For many women, it was a time of reconciliation and healing, for building new friendships and strengthening old ones. It was also a chance to renew family bonds as sisters had invited sisters, mothers, daughters and friends.

Malika Bediako, SEC Women's Ministries director, did an excellent job as guest speaker, stressing to the gathered women, who were a 'sisterhood', that they needed to be together, needed to support each other, and needed to encourage and help each other.

But her biggest challenge was the directive to 'invest in yourself'. This initially sounded quite a selfish thing to do. After all, as women, we have been nurtured and trained to serve, to be selfless, and unknowingly or knowingly to always put ourselves last. The concept of taking time to 'invest in me' began to take on a whole new perspective as the weekend progressed.

We learned that it was right to take time out, to reflect, to play, to have a hobby, to get together with friends and to do all this as part of a regular routine.

There were also numerous powerful testimonies, from both members and non-members. Then, at the end, this very special weekend was sealed with a song of unity: 'Side by side we stand, awaiting God's command. . . Meet me in Heaven, we'll join hands together; meet me at the Saviour's side. . . Pray that we all will be there.'

JUNE RICHARDS, COMMUNICATIONS TEAM

obituaries

Huldah L. Jules (née King) (1940-2012) d. 24 December 2012.

Huldah was the last of ten children born to her Adventist parents in the Commonwealth of Dominica. She received a very sound Christian upbringing, learning whole passages of Scripture, which she was still able to recall up to the time of her death.

She inherited her father's love of reading and you had to use the right grammar when she was around or she would correct you.

Huldah later secured employment with the British Aircraft Corporation, and held that job for fifteen years while helping her husband, Robert, provide for their young family. They bought their first UK house in Trafford Street, Preston, and it was there that they lost their only son, Osbourne, who died in his sleep. As a result of this tragedy, Huldah's hair turned grey overnight, but she maintained her dignity, and her Christian strength and hope shone through.

Huldah served the Preston church in many ways over the years. Such roles included those of church clerk, treasurer, Personal Ministries secretary, Sabbath School superintendent and a teacher of various age groups. She was also an active Ingatherer, gave advice and counsel to the youth and kept her home open for the church members.

Huldah loved her family and they were a close-knit unit, going away together on holidays and weekends. When she and Robert retired to the Caribbean, they were sorely missed. On returning to the UK, after a few years in retirement, the couple settled in Birmingham near their daughter Joanna. Huldah and Robert joined Windsor St South and became active members in Sabbath School and Personal Ministries work. They both belonged to an early-morning prayer group, through which they developed a deeper relationship with God and experienced incredible answers to prayers.

Throughout her life she continued to walk with God on the 'narrow way', not departing to the left or to the right. She fell asleep peacefully in Jesus, with her family singing songs of hope and quoting Scripture around her



hospital bedside. Thank God for the blessed hope as we look forward to meeting her again soon on that Resurrection morning.

CHURCH CLERK



Lois Spencer (1965-2013) d. 8 February.

Lois was born at Marston Green Hospital, Birmingham, to proud parents Lionel and Louisa Spencer. Lois was the first of three children, the others being her sisters, Shirley Parnell and Sharon Spencer.

Lois enjoyed studying and was always seeking opportunities to further her education. She loved the challenge of those 'big' books. After graduating she continued to pursue her career at Aston University. Later, during her illness, she worked as a teaching assistant to students and teachers at the Harper Bell Seventh-day Adventist School. This was totally in keeping with the type of person Lois was: supportive, caring and compassionate.

She was a committed Christian woman, always working hard behind the scenes, with the interests of others close to her heart. She served her home church, Windsor St South, over the years in a variety of offices, such as church clerk, Conference treasurer, Pathfinder counsellor and chorister.

She was family-oriented, and displayed a quiet, genuine and consistent nature that was seen by everyone with whom she came into contact. It was evident that her philosophy was always 'others first'. She was protective of and loyal to her family and friends. When support was needed Lois acted as a big sister and friend, always there for others when needed.

She felt that her primary duty was to care for her parents. She was a chaperone to her mother and accompanied her wherever she went. School friends, neighbours, work colleagues and church members always spoke highly of her. She was not afraid to speak her mind; however, she did not become involved in conflict. She saw her role in life as a mediator.

Lois enjoyed life and was a seasoned traveller. Nowhere was too far for her to go for a life-changing experience. Those annual holidays and pampering

sessions were enjoyed and valued by each family member. On the adventurous holiday in Rome and Gran Canaria last year a great time was had by all, which was always the case whenever Lois was around. Little did the family know that this was to be the last vacation the family would spend with her.

She was diagnosed with breast cancer in 2011 and underwent treatment with the hope of a favourable outcome. However, during the Christmas period of

2012, she became unwell again and discovered that the disease had spread. After a short spell in hospital she was sent home, where she fell asleep in Jesus on 8 February 2013.

Lois's lively sense of humour, contagious laugh, and friendship will be missed. We know life has to continue without her but it will never be the same, and we are heartbroken knowing she had to leave so early. But God knows best and we must trust Him.

CHURCH CLERK

Harlestone Road's harvest

On 28 September, a beautiful sunny day, Joshua Nkire (13) was baptised by Pastor Ron Edwards, who had travelled all the way from Lincoln for the event. More than a decade earlier Pastor Edwards had dedicated Joshua in the very same Northampton Highlands Avenue church.

Joshua was joyously supported by his parents, his grandfather, and an overflowing church.

During the same service, Eddie and Zipporah Tunda were baptised by Pastor Cyril Sweeney.

Joshua was welcomed into membership at the Harlestone Road church in the weeks following his baptism and is already working in their Communication team, doing projection, photography and videoing, along with a number of other tasks.

ANASELIA MORRIS, COMMUNICATION



Leamington Mission baptism

Leamington Mission was packed full on Sabbath 12 October to celebrate the baptism of three of the church's youth: Robyn Jamieson, and brothers Andrew and Laurence Clark, who have all grown up in the church. Pastor Milan Gugleta led out in the service, which included all three young people taking part in the church band. Robyn played the drums, Andrew played double bass and Laurence played guitar.

Nigel, Andrew and Laurence's father, and Karen, Robyn's mother, thanked the church for the support and encouragement of the members who have helped develop the faith of these young people, through the many events they have organised over the years.

LORRAIN GLINTON





Alexandra conquers Mt Toubkal

Alex Browne* of the Riverway church in Sidcup recently completed a demanding trek up Mount Toubkal in Morocco, raising over £2,000 for Parkinson's UK in the process.

Alex (20) is a third-year Classics student at Durham University who heard about the trek on the Parkinson's website. She said: 'The thought dashed across my mind: "Why not?" and in a flash I had signed up to climb Mt Toubkal in Morocco in aid of Parkinson's UK – the highest mountain in North Africa. Parkinson's UK is a cause that is very close to my own heart, and I decided that I wanted to do something completely out of my comfort zone for a disease that, at the moment, is completely incurable.'

Thus began eight months of training and fundraising, which culminated in early September, when she joined a group of fourteen complete strangers on their big adventure, aiming to raise £30,000 for the charity. 'The trek lasted five days, my painful toes three,' she recalls. 'I clambered most of the way up the mountain, concentrating purely on where my next step would be, and slid most of the way down – however, the whole group managed to survive the 4,167-metre climb and get back in one piece!

'Due to the generosity of others, I have managed to raise £2,285. But the money raised and the impact that it will make will last much, much longer than this. I truly believe that it will go towards changing lives, and that one day we will find a cure, and beat Parkinson's once and for all!'

JUNE COOMBS

*GRANDDAUGHTER OF PASTOR PATRICK BOYLE



Aberdaron Advent Campsite activity instructors

Aberdaron Advent Campsite, in conjunction with the NEC Youth & Pathfinder departments, is looking to develop its range of outdoor activities and requires volunteers to train as

activity instructors. If you have an interest in outdoor pursuits (such as kayaking, sailing, climbing and archery), with the possibility of developing these skills into a supplementary earner or full-time career, please send your CV to Aberdaron Advent Campsite, Glan-yr-Afon, Anelag, Aberdaron, Pwllheli, Gwynedd, LL53 8BT.

Aberdaron Advent Campsite 2014 summer staff

These volunteers are required: one head chef, two sous chefs and five kitchen staff for three weeks; four maintenance staff for ten weeks. Food and board are provided, along with a monetary allowance. Please send your CV to Aberdaron Advent Campsite, Glan-yr-Afon, Anelag, Aberdaron, Pwllheli, Gwynedd, LL53 8BT.

Golden wedding anniversary

Max and Elaine Thompson, the parents of Bournemouth and Weymouth minister, Pastor Daniel Thompson, celebrated their golden wedding anniversary on 21 September with a celebratory meal with their three children, Daniel, Michelle and Ryan, and other close family members, and also a trip to Venice.



Elaine has been a much-loved member of the Stanborough Park church for years and they now have six grandchildren, five boys and a girl. She has also been very active in personal evangelism, including introducing both her sister, Mary, and her mother to the church.

Max has a lifelong love of cars, especially Jaguars, and has rebuilt one of his own. He also tends two allotments, keeping the entire family so well-supplied with sufficient food that they have dubbed him 'Mr Sainsbury'!

JUNE COOMBS

THE SOUTH ENGLAND CONFERENCE TEENS DEPARTMENT PRESENTS

SEC TEENS DAY OF FELLOWSHIP

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

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	Lond	Card	Nott	Edin	Belf
Nov 22	4.03	4.15	4.00	3.54	4.12
29	3.56	4.09	3.54	3.46	4.04
Dec 6	3.53	4.05	3.49	3.40	3.59
13	3.52	4.04	3.48	3.38	3.58

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