

Messenger

News to the churches • 21 February 2014 • Volume 119 • 4

Fletewood impresses new pastor

by Pastor Clifford Herman

Fletewood Adventist School, situated in the centre of Plymouth, has an attendance of around seventy children and has an excellent reputation within its community.

Every year around Christmas, the school does three amazing things.

Firstly, about two weeks before the big day, senior members from the church's community are invited to enjoy a three-course Christmas dinner hosted and prepared by the school, and 2013 was no exception. While the old folks enjoy the meal the Year Six students wait upon them, taking their orders, bringing their food and constantly making sure they are comfortable. The community members appreciate the gesture, while the children learn the value of showing respect and appreciation to the older generation.

Secondly, there is the performance of a very successful senior school Christmas concert and a junior school nativity play. For 2013, the production was entitled, 'There's Something Amazing Going On', and it told the story of the first coming of Jesus, using contemporary religious music and showing that He came as the Saviour of the world. These successful events pack the Plymouth church to capacity with parents, past pupils and members of the church community. These performances involve every child in the school and are done to an impressively high standard.

Thirdly, Fletewood School involves its children and parents in collecting money and food for a local charity called Shekinah Mission. Shekinah, which is based in Devon, helps a wide range of adults, young offenders and ex-offenders in Plymouth, Torbay and South Devon. It tackles the complex issues of homelessness, substance abuse and social exclusion with its non-judgemental, holistic and integrated approach. The charity provides temporary accommodation, meals and emergency supplies to the needy, as well as a wealth of support through its comprehensive education, training and employment programmes. The relationship the school has with this charity is very positive, and this highlights the positive ethos of the school.

After having been involved with the school for a year now, I understand why it has such a brilliant reputation in the community, the excellent Ofsted inspection record, and the long waiting list of parents who cannot wait to have their children attend the school.

For more information about Fletewood School, go to:
www.fletewoodschool.co.uk



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Enhancing Health

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

Health resolutions for 2014

In *BUC News* (9 January 2014), I wrote an article entitled ‘A New Year – A New You!’¹ It carried the subheading ‘Cream cake or salad? Armchair or exercise? The New Year may be a time for new choices.’ The article outlined the positive actions that we can perform to enhance our emotional, physical, spiritual and social well-being.

How did you do with your New Year’s resolutions? Were there resolutions to promote better health outcomes among them? If so, what drives you to achieve better health?

In the holistic lifestyle and well-being workshops that I run, I usually hear participants making statements such as, ‘I want to be around for my grandkids’ or, ‘I want to enjoy a better quality of life’ as their reasons for wanting to embrace a healthier lifestyle.

The idea of making healthy resolutions and sticking to them is something most Britons would do well to embrace. A BBC Health News report by Michelle Roberts, health editor, published on 5 March 2013 carried the headline ‘UK “fares badly in European health league table”’.² It identified the big five avoidable killers as heart disease, cancer, stroke, lung disease and liver disease.

In response, Health Secretary Jeremy Hunt stated: ‘Many deaths happen because the NHS is not good enough at preventing people getting sick or because treatment does not rival that seen elsewhere in Europe.’³

The report goes on to list the following as the UK’s leading health risk factors:⁴

- Tobacco smoke (including second-hand smoke)
- High blood pressure
- Obesity
- Too little exercise
- Alcohol use
- Poor diet.

Evidence from lifestyle change programmes such as ‘CREATION Health’, ‘NEWSTART’ and ‘CELEBRATIONS’ indicate that having clear goals for healthy outcomes is more than just implementing one aspect of well-being, but rather a combination of lifestyle factors that effects positive changes – without the risk factor.

So here are the top ten interventions according to a health report in *news.com.au* by Tania Gomez.⁵

- Give up dieting.
- Sign up for a fitness event.
- Don’t eat when you are stressed or angry.
- Have a fitness support network.
- Do more cooking at home.
- Train four or more days per week.
- Always have healthy food options on hand.
- Avoid the all-or-nothing mentality.
- Aim to train in the morning.
- Use social media as a motivational tool.

We will look at the science behind these interventions over the next few issues.

Good health!

¹<http://adventist.org.uk/news/2014/2014-buc-a-new-year-a-new-you/> ²<http://www.bbc.co.uk/news/health-21654536> ³<http://www.news.com.au/lifestyle/health/ten-health-resolutions-to-make-in-2014/story-fneuzle5-1226796364341>

editorial



Julian Hibbert
 Editor

Little Mini vs yellow Beetle

Arguably, it is the most universally accepted societal guideline of all time. In fact, you find forms of it among the writings and teachings of most religious traditions, from the Bahá’í Faith to Wicca (modern paganism).¹

In 1993 it was accepted by the Parliament of the World’s Religions as the pre-eminent principle on which to base interfaith relations, because ‘it established a common ground for people of faith to agree and to co-operate for the good of all’.² But respect for this principle is not limited to those who regard themselves as religious and spiritual; it is highly regarded by humanists and secularists too, as this comment clearly shows: It is ‘the single greatest, simplest, and most important moral axiom humanity has ever invented, one which reappears in the writings of almost every culture and religion throughout history’.³

Christians tend to believe that this principle originated with Jesus, specifically during His benchmark ‘sermon on the mount’: ‘Do to others as you would have them do to you.’ Luke 6:31, NIV-UK. Its roots go much deeper than that though. For in Leviticus 19:18 (NIV-UK) we find what scholars regard as the ‘golden rule’ in its earliest form: ‘Do not seek revenge or bear a grudge against anyone among your people, *but love your neighbour as yourself*. I am the LORD.’ (Emphasis supplied.)

It is Jesus, however, whose life and teachings have invested the ‘golden rule’ with its deepest meaning. It is His death that has given to every human life an equal value – which is the very foundation on which this rule rests.

Muhammad taught it too!

Somewhat surprisingly, the ‘golden rule’ is also found in the *hadith*, the collected accounts of Muhammad’s teachings. Here is an example: ‘None of you [truly] believes until he wishes for his brother what he wishes for himself.’⁴ He uttered this wisdom more than

five centuries after Christ, but was quite likely influenced by the latter’s teachings.

What I find incongruous, however, is that Christianity and Islam have been at each other’s throats for a dozen centuries, despite the fact that their founding figures both endorsed the ‘golden rule’!

The little Mini

During my high school years I was involved in a number of pranks – some less commendable than others! Among them was one that occurred during the brief break in our evening study hour. It was quickly suggested that we move the supervising teacher’s Mini from its parking bay to the porch of the building where our study hour was held. It meant lifting the car up two steps and placing it just outside the building’s main door.

That may sound like innocent fun, but for those who know how cars are made, lifting them by their bodywork is not recommended in the owner’s manual. Neither is driving them off porches! But since when have schoolboys bothered about such matters?

Pupil power soon had the vehicle moved. We returned quietly to our books, and waited. Then, as the bell tolled, we surged from the room to enjoy the outcome of our prank. Needless to say, Mr Rothwell didn’t – and he let us know!

For a few years I pretty much forgot how Mr Rothwell’s little Mini got stranded on that porch.

The yellow Beetle

In 1974, my fiancée, Elize (later to become my wife), was teaching at an Adventist boarding school while I was assisting an evangelist in a nearby city. The only time we had for each other was Saturday evenings, when I would drive my yellow VW Beetle the forty-odd miles to visit her.

I was proud of that Beetle, and would park it just outside the house where I stayed over each week, ready for an early departure the next morning. Then the unthinkable happened. I stepped out of that house one Sunday morning, with not a second to spare, and the Beetle was gone! Yes, gone – as in missing!

The house was close to the school gate and my immediate reaction was . . . ‘It’s been stolen!’ For a minute or so I felt gutted. I had never had anything stolen before. I felt so unprepared for this. What could I do? What should I do? Then I caught a mental glimpse of the evangelist’s angry face. . . . I wasn’t going to make the meeting. Who would set up for him? Who would operate his slide projector? I felt traumatised.

Tracks in the sand

It was then that I saw the tyre tracks in the sand. They were going the wrong way. Not towards the school gate, but towards the nearby camp meeting hall. I put my bag down and began to follow them, right up to its big steel doors.

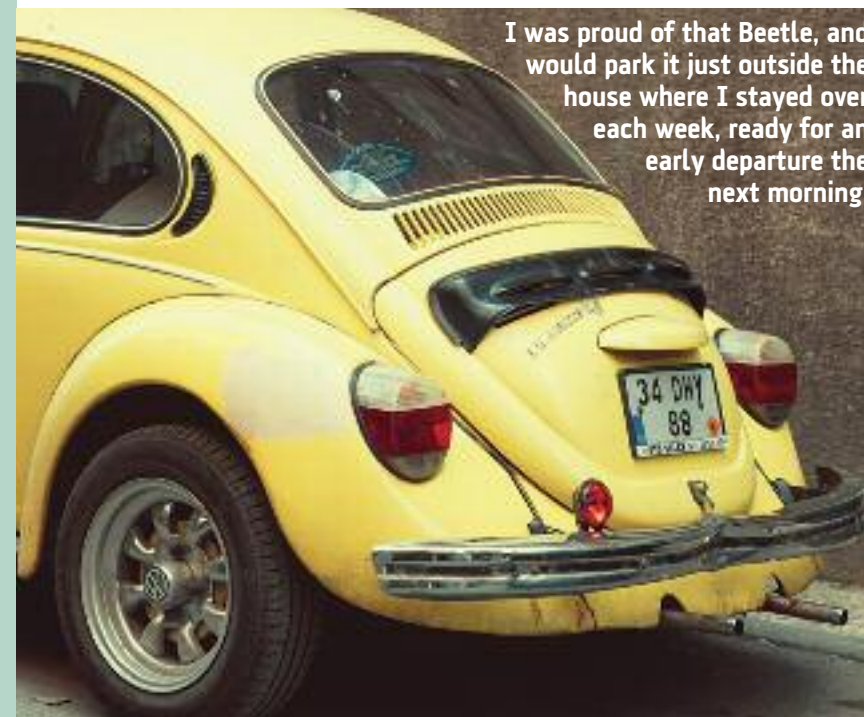
I prised them open, and there, parked very snugly between two steel columns, was my beloved yellow Beetle.

How had it got there? Pupil power! Those pranksters had carried my car in the same ‘unsanctified’ manner that we had used to move Mr Rothwell’s little Mini – by its bodywork!

Call me MacGyver

Yes, I managed to get free of those steel pillars – call me MacGyver if you like. But I haven’t been able to escape the conviction that your little Mini and my yellow VW Beetle would be a lot safer if we all adhered to the ‘golden rule’ – ‘Treat men exactly as you would like them to treat you.’ Luke 6:31, J. B. Phillips New Testament.

For that matter, so would the women and children in battle-scarred Homs, the old people in those poorly run care homes, and just about everyone else – except the devil and his angels.



I was proud of that Beetle, and would park it just outside the house where I stayed over each week, ready for an early departure the next morning.

¹http://en.wikipedia.org/wiki/Golden_Rule ²http://en.wikipedia.org/wiki/Towards_a_Global_Ethic:_An_Initial_Declaration ³http://en.wikipedia.org/wiki/Golden_Rule ⁴http://en.wikipedia.org/wiki/Golden_Rule ⁵http://en.wikipedia.org/wiki/Golden_Rule



The past is a foreign country . . .

by Sarah Jarvis

'The past is a foreign country: they do things differently there.'

Hmmm . . . I like that. It has a certain ring to it. Good opening line for a novel, perhaps? Oh, yes, it's already been used (by L. P. Hartley in *The Go-Between*, in case you're interested).

Yes, sounds good, but is it true – that the past is a foreign country and that they do things differently there? Well, in general, yes and no, but I would suggest that for the Christian it should definitely be yes.

The first text to spring to mind to back my theory is 2 Corinthians 5:17 (NKJV):

'Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new', or as The Message has it: 'anyone united with the Messiah gets a fresh start, is created new. The old life is gone; a new life burgeons!'

The text implies there is a distinct and complete sea change. The problem is, once we've united ourselves with Christ, while we want the new life and most of what it implies, we still like to hang on to those old things, that old life. And when we do, we hamper our growth and the new life won't 'burgeon'.

Jesus used an illustration about putting new wine into old wineskins to emphasise the fact that new and old in this context shouldn't mix – and if you try to make them, you're storing up trouble which will surface at some future date with detrimental consequences.

We used to sing a chorus back in the days of yore when I was young: 'I have decided to follow Jesus'. The final line was 'No turning back'. That reminds me of Paul's words in that little gem of a book, Philippians:

'I'm not saying that I have this all together, that I have it made. But I am well on my way, reaching out for Christ, who has so wondrously reached out for me. Friends, don't get me wrong: By no means do I count myself an expert in all of this, but I've got my eye on the goal, where God is beckoning us onward – to Jesus. I'm off and running, and I'm not turning back.' Philippians 3:12-14, The Message.

Off and running. No turning back. His past – the pre-Damascus-road past – certainly was a foreign country wherein he had done things very differently, and he was most definitely never going back there.

No. There should be no turning back. And the Bible has some salutary lessons to teach us on the dangers of doing just that. Think of the children of Israel who had been given freedom from slavery. They had witnessed the awesome and wonderful power of God at work on their behalf. Yet it wasn't enough – in the wilderness they longed for the fleshpots of Egypt. They had the promise of a new country which should be their own, yet they harked back to a country in which they were persecuted foreigners. And the result – no country at all for 40 years. And think of Jesus' words of warning about the one who hankered after the past in a very literal sense and was loath to give up what she had left behind: 'Remember Lot's wife.' (Luke 17:32, NKJV.) Her longing, lingering look behind had fatal consequences.

So, how does this not hankering after the foreign country of the past manifest itself in practical terms? Well, one of the marks of true salvation is a change in lifestyle. It's a change in appetite, it's a change in our whole thought process. And the foreign country of the past has a different sovereign. There we were once under the control of the prince of this world, but now we're under the control of the Spirit of God. The things we once hated, we now love, and vice versa.

Satan would have us return as captives to that metaphorical foreign country of our past, before we knew the freedom God offers, before we knew about the wonderful new country He is planning for us to inhabit.

And that reminds me of the hall of fame in Hebrews. Following his list of worthies, Paul says:

'Each one of these people of faith died not yet having in hand what was promised, but still believing. How did they do it? They saw it way off in the distance, waved their greeting, and accepted the fact that they were transients in this world. People who live this way make it plain that they are looking for their true home. If they were homesick for the old country, they could have gone back any time they wanted. But they were after a far better country than that – heaven country. You can see why God is so proud of them, and has a City waiting for them.' (Hebrews 11:13-16, The Message.)

So the mandate for us who have left the foreign country of the past behind is not to look back, but to 'fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.' (2 Corinthians 4:18, NIV-UK.)

In other words, we can't have a foot in both camps. We can't live in the old country where things were done differently and in the new at the same time, or alternate between the two when we feel like it. We have to have our eyes fixed on the new country. We have a passport there – Jesus Christ and His atoning sacrifice – and our citizenship is now in Heaven.

So no looking back. No excursions into that old foreign country.

Why concentrate our energies on something that is transient and some day soon will be gone and forgotten? The Bible promises that nothing will be remembered or missed.

'See, I will create new heavens and a new earth.

The former things will not be remembered, nor will they come to mind.' (Isaiah 65:17, NIV-UK.)

There'll be just one reminder of that foreign country – the marks in the hands and side of the One who has made this future possible.

I began with an opening line, so here are some closing ones to conclude to give us food for thought as we look to the future.

'The story will be over. Except that I continue.' (Russell Banks, *Affliction*)

'We shall never be again as we were!' (Henry James, *The Wings of the Dove*)

'When we reach the city.' (Ray Bradbury, *Fahrenheit 451*)

'Morning: excellent and fair.' (William Styron, *Sophie's Choice*)

Dear Editor

I don't know if you are taking letters to the editor, but an issue that rests on my heart and mind is the focus that our Church seems to have taken. We all know it is difficult to preach the Gospel in the Western world, and consequently we seem to have moved to running a variety of health programmes, or vegetarian cooking classes. Blood pressure is more important than the saving blood of Christ. I have moved through preaching astronomy after the style of Vandeman, and then it was archaeology. I am sure that these things are good, but are good things crowding out better things and becoming the enemy of the very best things? Perhaps what is needed is that we preach the very simple things of the Gospel. Who is Jesus? Why did He have to die? How can I have my sins forgiven? It would be nice to be known as the 'Jesus people' and not the health-conscious church.

PASTOR ALAN CONROY (RETIRED)

Stanborough School vacancy

General Maintenance Worker

Stanborough School seeks to employ a General Maintenance Person to provide maintenance services as needed/assigned to the Secondary and Primary Schools. The role entails assisting in a wide variety of maintenance activities; addressing immediate operational and/or safety concerns; assisting skilled trades; and ensuring that tools, materials and vehicles are maintained in good working order.

Applicants should note that they should be able to demonstrate some ability/experience in the maintenance field.

The salary range for the position is: £19,128 – £21,678.

Stanborough School is committed to safeguarding and promoting the welfare of children and young people and expects all staff to share this commitment.

The closing date for the application is **Thursday, 6 March 2014**.

If you think that you have the drive and vision to fulfil the position, hold the relevant experience and have authorisation to work in the UK, please email the head teacher's PA at: dwilliams@spsch.org with your CV and request the Job Specification and Application forms; or telephone 01923 673268.

The offer of employment in respect of this post will be subject to a satisfactory Disclosure Certificate from the Disclosure and Barring Service.

Is your church a caring church?

Would you and your church members be prepared to show kindness and pray for someone who asked for a prayer to be said for them? If so, we invite you to be part of an SDA Prayer Link.

SDA Church Prayer Link is part of the internet intercessory prayer ministry, Prayers 4 U

For more information log on to www.prayers4u-sdachurches.co.uk

Tenth year of internet prayer ministry Prayers 4 U

The intercessory prayer ministry, *Prayers 4 U*, was started in October 2004. Originally this prayer ministry was operated as part of the Grantham Church website, but over the years it has evolved a site of its own, with the facility for churches to have their own page. Now, as it enters its tenth year, it is returning to its core purpose of providing a prayer link between participating churches.

Over the past nine years, we have prayed for people from all over the world on four continents. We can only estimate the numbers touched by this ministry, as requests are often for a whole family; but it is at least two thousand. Usually we do not know who the people are, but we are confident that God knows them and knows their needs; we do not need to know – our responsibility is to pray.

We would like more churches to join us in this prayer ministry. Obviously, the more churches that get involved in this ministry the better. The names and contact details of participating churches are listed so that anyone posting a prayer request on the *Prayers 4 U* site will be able to see which churches have prayed for them and, if the church is local to them, may be encouraged to visit. Why not add your church's name to the Link?

More information at www.prayers4u-sdachurches.co.uk.

ANTONY CARNELL



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

Andrew Puckering

Do Seventh-day Adventist elders anoint the sick with oil, as mentioned in James 5:14? Roman Catholic priests do, but I haven't heard of it among Adventists.' Przemyslaw Boloz

A Yes, they do – and I personally know of a fellow Seventh-day Adventist who was healed of myalgic encephalomyelitis (ME) after such a service. The anointing service is a solemn ceremony, usually reserved for cases of extreme need.¹ It is also usually a private ceremony.² These two factors might explain why you haven't heard of it yet among Adventists.

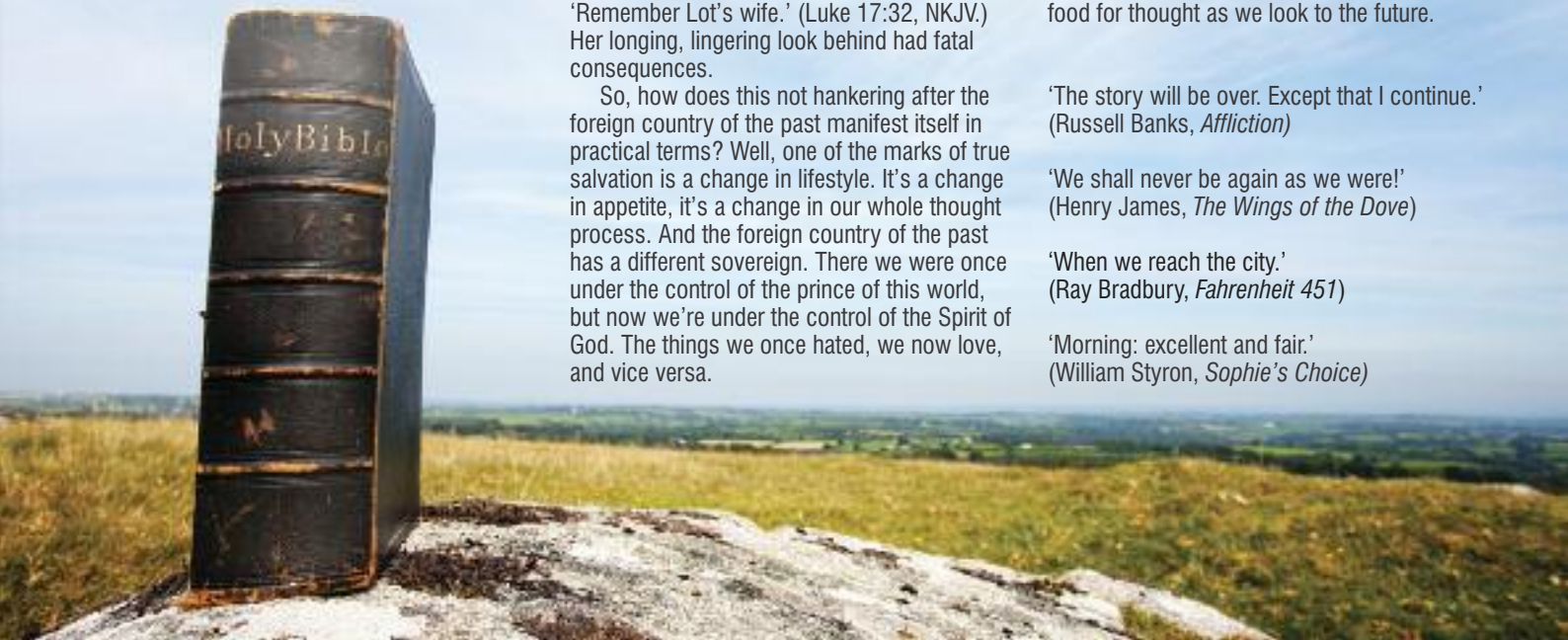
The *Seventh-day Adventist Bible Commentary* has this note on James 5:14: '**Anointing**. Gr. *aleiph*, "to anoint", "to smear", "to rub".³ Concerning Mark 6:13, when Jesus' disciples anointed the sick with oil, we read: 'Olive oil was commonly employed as a medication in ancient Palestine.'⁴ It was clearly used medicinally in the parable of the Good Samaritan (Luke 10:34). Could this historical medicinal usage, and the other possible translations of 'anoint' ('smear' and 'rub') imply a purely medicinal application of oil in James 5:13-18?

That is very unlikely, for members of the Biblical Research Institute rightly conclude that, in James 5, 'The oil is not used as medicine. . . . In the present context it is symbolic. It is noteworthy that anointing in Scripture is performed when someone is set apart for special service. The oil is also a symbol of the Holy Spirit. Therefore the application of oil to the sick is a symbolic act whereby the sick person is set apart to be ministered to by the Holy Spirit.'⁵ Having said that, while it's true that 'the literal use of oil as a medication may have provided the basis for its symbolic use [in Mark 6:13] and later on in the Christian Church [James 5:14],⁶ we should also recognise that 'the early Church most certainly did not attach any sacramental efficacy to the ceremony of anointing, though the Church later used supposedly "holy oil" as a substitute for pagan magic, in an attempt to heal the sick'.⁷ The oil may have been used as a symbol, but that doesn't mean there was anything magical in it!

The real healing agent is, as mentioned above, the Holy Spirit, invited by prayer. James 5:13-18 'begins and ends with prayer. Furthermore, the admonition to pray runs like a golden thread throughout. . . . Confession of sin was necessary if prayer for the sick was to be effective. . . . The healing process can best be promoted as the sick person examines his life for any known sin and humbly confesses it to God.'⁸ Furthermore, we're to 'ask the Holy Spirit to give clear direction in this matter that God's will be done', even if this may mean 'that the service may not have a happy ending'⁹ – submitting ourselves to God the Father, even as Jesus did in Gethsemane (Matthew 26:37-44). If healing comes in response to the 'fervent prayer of a righteous man' (James 5:16, NKJV), it comes not in automatic response to a specific ritual, but as the merciful blessing of our Sovereign Lord.

¹See for instance *Medical Ministry*, E. G. White, pp. 16, 17 ²<https://adventistbiblicalresearch.org/materials/practical-christian-living/anointing-service> ³*Seventh-day Adventist Bible Commentary*, vol. 7, p. 540 ⁴*Seventh-day Adventist Bible Commentary*, vol. 5, p. 613 ⁵<https://adventistbiblicalresearch.org/materials/practical-christian-living/anointing-service> ⁶*Seventh-day Adventist Bible Commentary*, vol. 5, p. 613 ⁷*Seventh-day Adventist Bible Commentary*, vol. 7, p. 540 ⁸<https://adventistbiblicalresearch.org/materials/practical-christian-living/anointing-service> ⁹*ibid*

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.





Rickets

with Sharon Platt-McDonald

In light of the recent court case over the death of five-month-old Ndingeko (June 2012), whose parents 'are believed to be members of the Seventh-day Adventist Church',¹ we asked the British Union Conference Health director, Sharon Platt-McDonald (MSc, RHV, RM, RGN) to approach two of our denomination's respected medical practitioners for their input on rickets, the disease that is said to have caused his death.

This was her interview with Dr Joan Roseman-Channer (MBBS, DCH, MRCP), who has been a general practitioner since 1984 and is currently practising as a GP at St Giles Surgery, London.

Sharon Platt-McDonald: Dr Roseman-Channer, you have wide experience in general medicine, but today we want to quiz you about a specific medical condition: rickets. Please tell our members what rickets is and how it is caused.

Dr Roseman-Channer: Rickets occurs as a consequence of poor bone mineralisation, and this is caused by factors such as:

- Vitamin D deficiency,
- Phosphate deficiency,
- Disorders of the gut/pancreas/liver/kidney, and
- Congenital osteoblast/mineralisation defect.

SPM: What is vitamin D, and how does it impact our well-being?

Dr RC: Sharon, vitamin D is produced in the skin following exposure to sunlight and is transported to the liver and then the kidneys, where it is changed to the metabolically active vitamin D3.

We also get it in our diet and through supplementary sources. Ninety percent of our vitamin D is usually derived from sunlight and the rest from diet. Foods high in vitamin D are usually fortified: for example, margarines and cereals.

SPM: Vitamin D is obviously important: what happens when we don't get enough of it?

Dr RC: Vitamin D is important for our general good health and optimal physical functioning, but it is essential for the maintenance

of bone health throughout life.

Normal bone health depends on adequate calcium and phosphate levels, and these are maintained by vitamin D. Deficiencies will result in abnormal bone development, such as rickets in children and osteomalacia in adults.

Rickets reveals itself through bone deformities, poor growth, reluctance to start walking, and bone and muscle pain and weakness in infancy and childhood.

SPM: Doctor, you've mentioned some of the general manifestations of rickets, but are there some very obvious things you might notice while examining a child with rickets?

Dr RC: Yes, Sharon, I would see bowing of the legs, deformity of chest and pelvic bones, tender swollen joints, and delayed walking, with a waddling gait. The child could be miserable due to the bone and joint pain and may present with fractures, dental deformities, tooth decay and late teething.

In infants low calcium can present with irritability, convulsions, tetany, breathing difficulties due to weak chest muscles, a soft rib cage and, on rare occasions, cardiac problems too.

SPM: I understand that vitamin D deficiency is more prevalent in certain groups. Can you comment on that?

Dr RC: Yes, certain groups have

an increased risk of developing the deficiency – children and those over 65; certain ethnic groups with darker skins; those who routinely cover the face and body, thereby blocking the sunlight; infants who are exclusively breast-fed, especially past 6 months of age; also pregnant and breastfeeding women. These groups are advised to take vitamin D supplements. In 2012 the Chief Medical Officer recommended that all infants and young children should have daily supplement drops, while all pregnant and breastfeeding women should take a daily supplement of 400iu of vitamin D.

SPM: Are you seeing an increase of rickets in your medical practice?

Dr RC: Over the past year, in my practice, there has been an increase in the number of blood results indicating vitamin D deficiencies that require treatment. We have also noticed that a wider cross-section of the community is showing signs of vitamin deficiency. Interestingly, Sharon, many of the patients I treat are non-vegetarian adults.

SPM: What advice do you have to help us prevent vitamin D deficiency?

Dr RC: Eat a wide range of wholesome plant foods with grains and nuts; undertake regular exercise; make sure that our children regularly get out in the sunshine to enjoy outdoor

activities; and ensure a generous daily intake of water.

SPM: As you are aware, we recently heard about the tragic death of a five-month-old from rickets. Can you comment on the initial media reports, especially those in the newspapers?

Dr RC: I found the newspaper article that I read inaccurate, sensational and poorly researched, with misconceptions about the Adventist stance on healthy diet and lifestyle.

SPM: Dr Roseman-Channer, thank you for this frank and interesting interview.

Sharon Platt-McDonald also caught up with Dr Clemency Mitchell (MBChB, MRCP), a retired GP and the author of Understanding Nutrition (Stanborough Press, 2011), to get her view on the case of baby Ndingeko. This was her response:

'This is clearly a very unusual case, about which we have very little information. The newspaper articles tell us nothing about the medical and social history of this poor child and his family, nor about any of the other factors in his diet and environment which might be relevant to rickets. Rickets is a chronic deficiency disease affecting the bones, not in itself fatal, though in extreme cases with fatal complications. The two main factors needed to prevent rickets are adequate exposure to sunlight and adequate calcium in the diet, for both the baby and the mother during pregnancy and while breastfeeding.

This appears to be a very mysterious case. A baby may lack vitamin D if its mother is deficient, but one would expect such a thing to be picked up during routine maternity care. And how could a baby of five months be short of calcium when its main food is milk, a very rich source of calcium? There must be other factors here about which we know nothing, so one can only speculate as to what actually went on.

¹Mail Online, 28 January 2014, <http://www.dailymail.co.uk/news/article-2547134/Five-month-old-baby-dies-rickets-devout-parents-strict-vegetarian-diet-faith.html#ixzz2sQwwbKDB>

In the next MESSENGER we will publish an informative and practical article about nutrition and the vegetarian or vegan diets.

The Church's response . . .

Here is the Church's official response* to the reports about the death of Ndingeko Kunene that recently appeared in the national media.

Seventh-day Adventist Church leaders were saddened to hear of the death of Ndingeko Kunene, a five-month-old baby, who died on 14 June 2012. The child died of rickets, apparently as a result of poor diet.

On Tuesday, 14 January, his mother, Virginia Kunene, pleaded guilty to a charge of manslaughter. His father, Nkosiyapha Kunene, made the same plea at a hearing on Monday, 27 January. They will be sentenced on Friday, 28 February.

Mr and Mrs Kunene, of Erith, south-east London, were members of the Seventh-day Adventist Church at the time of their marriage in 2009. They do not appear to have attended any specific Adventist church on a regular basis after that time, or certainly in the period leading up to the birth of their child.

It would appear that during this period outside influences drew the family away from their spiritual home and the sound counsel and support that would have come to them within a supportive Adventist community. Unfortunately this led them to make health choices that were not in the best interests of their child.

Having a strong health-and-wellness focus, the Adventist Church delivers regular health presentations and training to church members and the wider community. Adventist health professionals would always advise church members to seek and listen to medical advice.

The holistic lifestyle advocated by the Seventh-day Adventist Church is one that is recognised worldwide as enhancing health and decreasing the risk of many modern-day illnesses. For over 120 years Adventists have discouraged the use of tobacco, alcohol and other non-medical drugs, and many enjoy a lacto-ovo-vegetarian diet, avoiding in particular red meats.

Appropriate exercise, rest, fluid intake and trust in God are also part of the Adventist way. As a result Adventists are often referenced in health studies showing that a balanced, healthy lifestyle will reduce (but not necessarily prevent) the likelihood of contracting an illness or medical condition.

Believing in good health, many Adventists work in the health and care professions in the UK and Ireland, and the worldwide Church operates hospitals and health-care centres.

The prayers and support of the Church family continue to be there for all those who have been involved in this tragic case.

More information on Adventists and health can be found here: <http://adventist.org.uk/who-we-are/departments/health/resources-and-links>
For more in Adventist health studies visit: <http://www.llu.edu/public-health/health/index.page>

*BUC News, Edition 863 (28 January 2014)

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For application form go to:
http://nec.adventist.org.uk/events/2014-nec/community-cooking-hubs-in-manchester/_nocache

Location: Manchester South Church, 13 Wilbraham Road, Fallowfield, Manchester, M14 6JS

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 communities.

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Intimate Allies
Guarding the Foundations of Marital Love

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Presenters: Les & Irma Ackie

focus on faces

In this day and age, magazines generally strive to use only the best photography, because they want their readers to enjoy the visual impact of each page. For us to achieve this, we need you to send us the best quality photos possible. This is why we have commissioned our designer, David Bell, to share his ideas with you.

EDITOR



Make your photography count

by David Bell, *MESSENGER* designer

First off, when it comes to photography, let me make it very clear, I am no expert . . . but I am a keen amateur. In my role as *MESSENGER*'s designer, I see hundreds of photos displayed on my Mac every month, sent in by all you good folk to illustrate your articles and news items. And I have to say that the general level of your photography has vastly improved over the years, to which end I feel that the appearance of *MESSENGER* has improved. I am very proud of the magazine . . . but there is always room for us to do better . . . isn't there?

It is very difficult with subjects like these not to get too technical, but I will try to keep it simple.

It would be unfair of me to suggest that you rush out and spend your money on a new expensive camera. Instead, I wonder if it wouldn't be a good idea for your church to ask one or two members who already have the equipment, the keen interest and the understanding to be the official photographers for your congregation.

Equipment

I would like to say that with today's digital cameras we don't need to be as dependent on flash equipment as we were previously, and in many ways it's true. But you do need to appreciate the limitations that your camera may impose on you, and therefore use it accordingly. What do I mean by that? Well, for instance, assuming you have an expensive SLR (Single Lens Reflex), with a vast ISO range and a fast lens, then you may well be able to achieve reasonable shots



across a poorly lit church. But if, on the other hand, you have an inexpensive 'point'n'shoot' camera, then the chances are that you won't, and so you need to be aware of this and get yourself in much closer to take a good photo. Sometimes it's best to 'zoom' with your feet, rather than relying on the camera.

While we are talking about equipment, just a quick comment regarding mobile phones. The cameras on phones have improved over the years, some of which are now capable of providing some surprising results, but, dare I say it . . . don't forget that they are phones first, and cameras second. I would view them as a backup, perhaps to be used as a last resort when you have forgotten your camera. On the whole, pictures sent in for *MESSENGER* that have been taken on phones are mediocre to say the least. I would avoid them if you can.

Composition

Be aware of what you are shooting, and think of the space that may be allocated to you in the magazine. So you have five baptismal candidates? We won't be able to allocate space to five



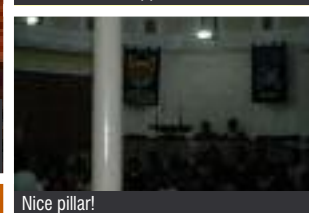
Photoshop gone horribly wrong!



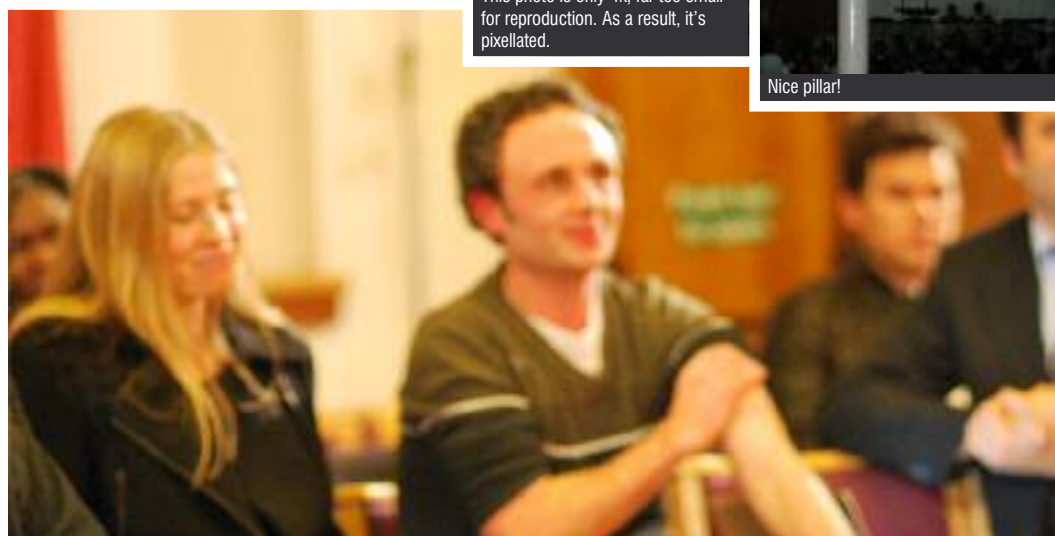
This photo is only 4k, far too small for reproduction. As a result, it's pixelated.



Not sure what happened here at all.



Nice pillar!



Sent in by a well-known Adventist establishment; apart from being very yellow (White Balance issue), it's plainly blurred!

separate pictures, so it would be better to take some good group shots of the candidates together with the pastor. And try to group them close to each other, and not in a 'firing squad' lineup. The rule of thumb is this: the wider your photo's frontage, the smaller the faces will print in the magazine.

When you are looking at the scene in front of you, take a quick scan around and behind your subjects. Try to make sure the background is clean and uncluttered. No one likes to see flowers sprouting from their heads, or, worse still, a mic-stand. Ask everyone to pay attention to you, the



Nicely grouped, and outdoors in the sunshine!



Well lit, well exposed, nice camera angle and lots of happy, smiling faces. An altogether lovely and engaging shot.

photographer, and to smile. Then, while you have their attention, take a number of pictures, as you will always find at least one person will have their eyes closed. Try to find an interesting camera angle. For example, it can sometimes work to elevate yourself, and so be looking down on large groups. I know I said to avoid flowers sprouting from heads, but if there is a nice arrangement close by, group your subjects next to it to add colour.

Lighting and exposure

This is always a difficult subject, and one that you may not have much control over. I think it's fair to say that a lot of us probably just use our camera's 'Auto' setting most of the time, and that's fine. If you have a good understanding of photography and what your camera is capable of, then it's probably good to use some of the settings that allow you more control, but I suspect that in the main, people use Auto. If you can get in close enough, use your flash, but try to pull your subjects away from the background to lessen the harsh shadows that the flash throws up against white walls, and so on.

If you have a more expensive camera, one that will allow you to up the ISO speed, you may well manage without the flash, but beware of movement. Most cameras will be set to 'Auto White Balance', which is fine, but

But, ultimately, you can't beat good old daylight – so if it's a nice day go outside to get your shots. But check where the sun is in relation to your subjects. It must illuminate their faces, but not be so bright as to cause them to squint!

Your results

You need to be critical of your own work. If you don't think that it's good enough, dump it. Don't send it in to me for the *MESSENGER*, because if I don't think it's any good, I won't publish it. I take hundreds of pictures personally, but when I'm trawling through them I can be very hard on myself. If they are blurred, dark, poorly composed or just plain boring, they go. Why should I clog up my hard drive with rubbish?

Sending in your pictures

This is where a lot of you trip up. I regularly receive photographs that are way too small, less than 100k. Whatever size your camera is capable of producing, make sure you have it set to the largest file size, and then make sure that you send me that file size. Don't let your email software reduce it, just so it sends quicker. What I want from you are large, attached JPEGs. Avoid embedding your pictures into your Word document. Also, try to avoid using Picasa to send pictures. It always seems to be a problem.

Send your pictures direct to me at: dbell@stanboroughpress.org.uk. If you have multiple pictures to send, you can compress them into a single .zip file, and send that to me using www.mailbigfile.com or another similar site. In the next appearance of my Touchscreen column, I will elaborate on the sending of photographs – be on the lookout for it. Happy snapping!



Happy children, always good to see, well captured.

just be aware that sometimes your pictures may have a yellow cast to them, depending on the ambient lighting around you, and so it would be a good idea to experiment with other White Balance settings.

Taking pictures of dark faces is always difficult. Sometimes I receive pictures of one or two white faces among a larger group of black faces. More often the white faces will be fairly well exposed, while the black faces may show little or no detail. This is where you can use your flash to provide the extra light your camera may need.



A nice informal group shot.



Summer Camp memories

by Nathan Stickland,
British Union Conference Youth director

'When I woke up this morning, I could see the sky was grey,
My feet were cold and icy, boy, it was an awful day.
I nipped over to the kitchen, to get water for my group,
But instead of getting water, I got mouldy mushroom soup.'

These are the words of a camp song I and a few others in my tent put together in 1982 at a summer camp in Oxwich – the last year the South England Conference ran summer camps in Oxwich Bay. Some of the song's words need explaining. Like going to 'get water for my group'. Each tent had up to eight occupants, including the tent counsellor. There was no ablation block as such in those days, not with basins and running water, and certainly not with showers or baths. To wash, someone would get a bowl of hot water from the

kitchen, and take this 'supply' bowl to the tent. Then each camper would have a turn to pour some water into a second bowl, have a wash, and empty the dirty water into the hedge. But woe betide the person who used the 'supply' bowl for their ablutions!

So we have memories of camps and campsites of years gone by, and with 2014 being an anniversary year for two of our Youth Camp sites in the British Union, we want to collate stories and pictures of both Chapel Porth (the South England Conference site in Cornwall, thirty years of summer camps), and Aberdaron (the North England Conference site in north-west Wales, fifty years of summer camps).

You can submit your entries via email to bucyouth@adventist.org.uk or contact us about how to send large files online. The *MESSENGER* and other publications will be covering the story this year, but as these are Adventist Youth sites we also want to commemorate these anniversaries in *Encounter*, the British Union Youth Ministries magazine.

I am sure you will enjoy the stories and photos from the past, but remember, you might have just the memory to share that others would love to read and see. And I might even share with you the chorus of this camp song, or even the subsequent songs we wrote and sang at the camp concerts.



Tamworth Children's Church

How did Jesus relate to children? He had a special interest in children (Matthew 19:13-15) and parents brought their children to Him so that He could bless them. But the disciples told the people to stop bothering Him, upon which Jesus said: 'Let the children come to me. Don't stop them!' (Matthew 19:14, NLT.)

It's no different today; Jesus is still interested in children. He loves them and wants them to learn about Him. At the Tamworth church we help the children do this by holding a 'Children's Church'. This is something very special in Tamworth and something our children really look forward to. One Sabbath is dedicated to Children's Church each month and the worship service is focused purely on them. It's their time to get involved and for us to use practical, hands-on illustrations that help them to understand the Gospel clearly.

Tamworth's sixth 'Children's Church' was held on 26 October last year and the theme for the day was 'Let your light shine for Jesus'. The message was given by Cheryl Grant from Birmingham. Through practical illustrations using light sources, Cheryl was able to get across to the children the importance of letting their light shine for Jesus through the things they say and do. Each child received a candle to remind him or her always to shine for Jesus.

None of this would be possible without the commitment of Annette Lawrence, our Children's Ministries leader, and her full team.

PAULINE NEWTON



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AND LAST YEAR'S CAMP MEETING PRESTATYN 2013

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• Tofu Medley	• Vegan Escovitch Fish	• Rice & Peas
• Pasta Dishes	• Vegan Ackee & Saltfish	• Fried Dumpling
• Escovitch Fish	• Vegan Peppered Steak	• Roast Potatoes
• Sweet & Sour Fish		

Desserts:

• Vegan Cheese Cake	• Talo (Sweet Bread)	• A variety of delicious
• Cornmeal Pudding	• Apple Crumble	Vegan Cupcakes

Drinks: A tasty range of homemade and refreshing drinks and juices and much more!

Meal prices are as follows:
Breakfasts: £2.00 - £4.50
Lunches and dinners - prices start from £6.00

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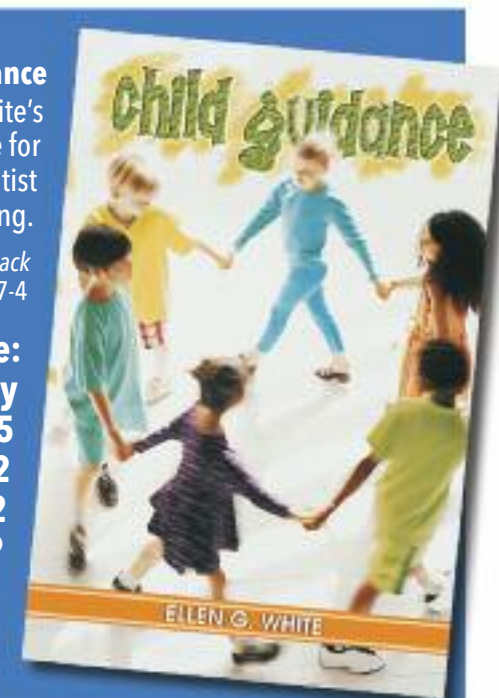
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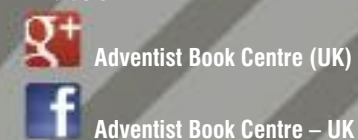
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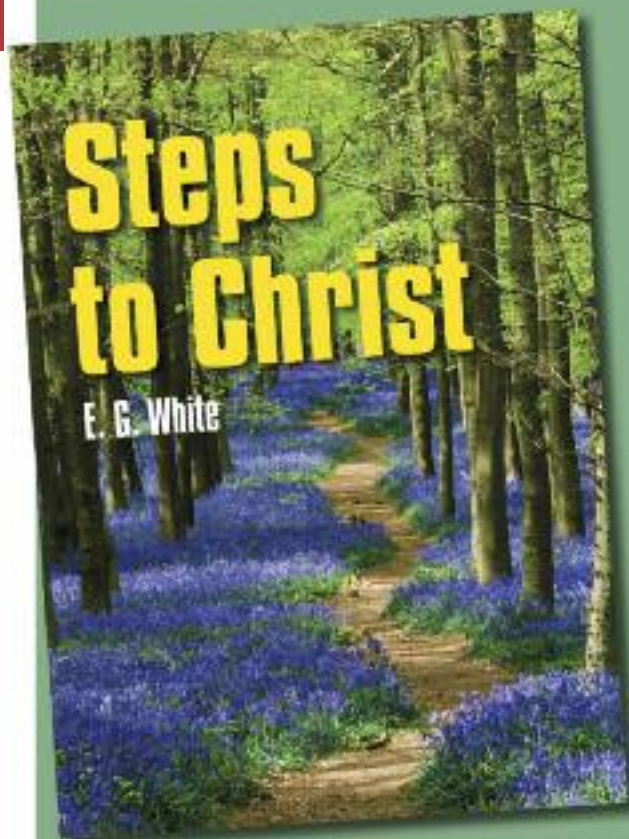
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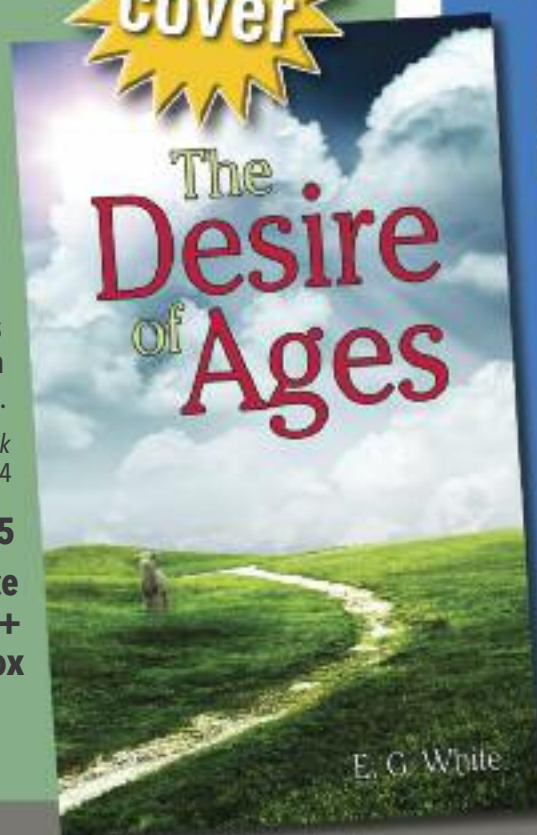
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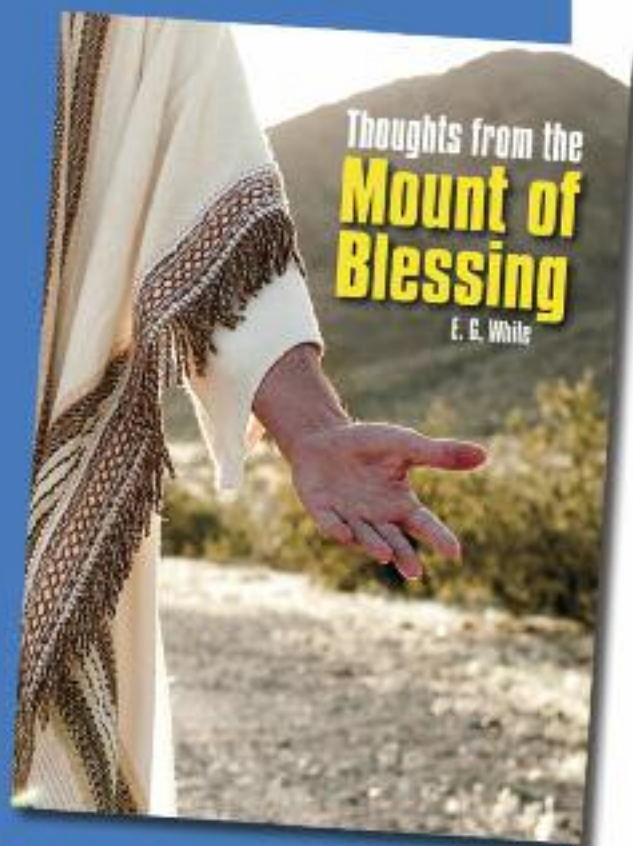


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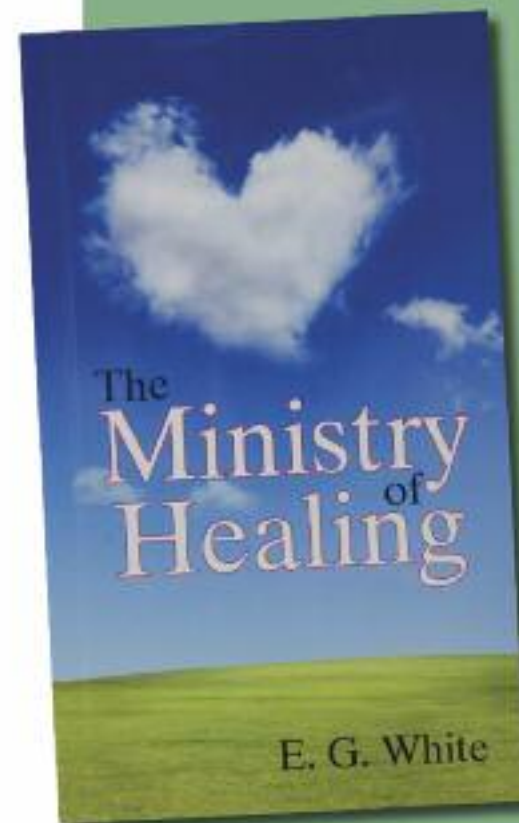
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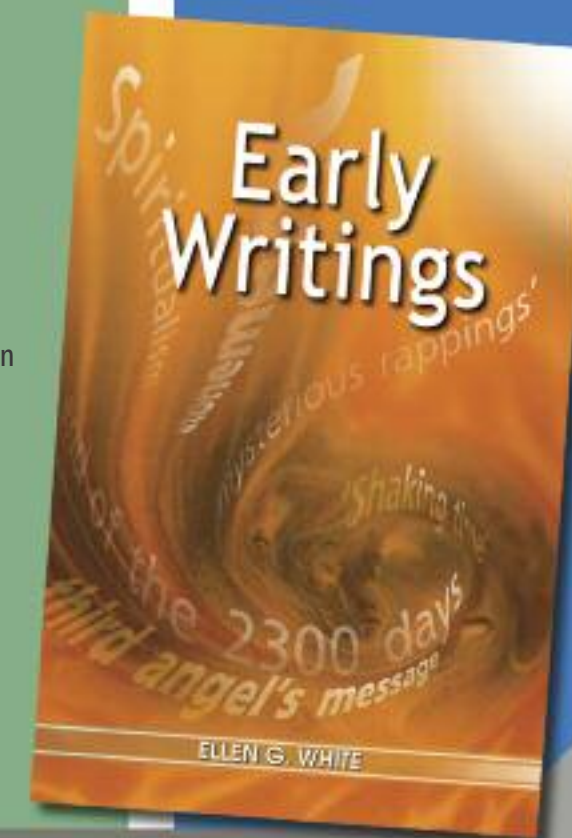
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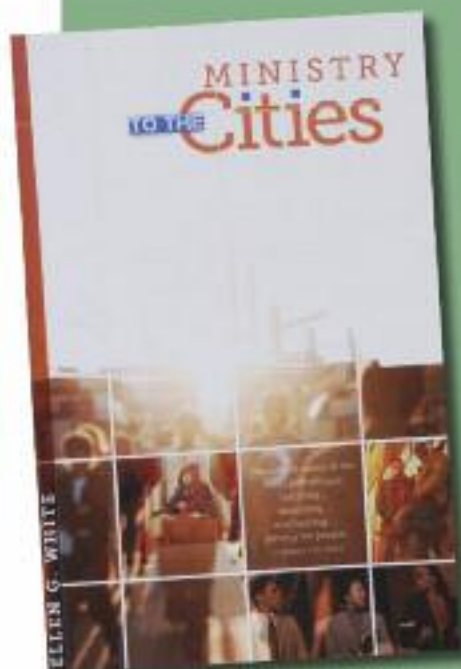
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Photo: Richard Timmerman

Chiswick Junior Gospel Choir

On 14 December 2013, the Chiswick Junior Gospel Choir, comprising children aged from 8 to 14, put on an evening of music, poetry and mime to raise funds for their church building programme.

The youngest soloist of the evening was Shayah, aged 4, who led the choir in a song entitled, 'I want to bless you, Lord'.

The audience was also blessed by a song written and performed especially for this church building concert by two members of the choir, Rianna Davis and Raina Officer. Another original work was a poem written by Teyah Davis. While reciting, she constructed a model church, with each part emphasising the sentiments of her poem.

In a special section called 'Boys Zone', each young man in the choir sang his own special item. It was well received, and some of the audience were genuinely surprised at the depth and range of the voices of these young men.

Through this event the Chiswick children collected a total of £892 for their church's building fund. If you would like more information on how to support the fund, please visit their website:

www.chiswicksda.org.uk

COMMUNICATIONS DEPARTMENT



Evangelism enthusiasm at January expo

Adventists in the South of England are passionate about evangelism. Around 800 of them attended the South England Conference's annual Evangelism Expo at Newbold Church on Sunday, 12 January 2014.

Pastor Juan Patrick opened the day with an inspiring sermon, challenging the attendees to make sure that God is 'in the house' and explaining that churches can have information without transformation. 'We have to make church so good that people will not leave,' he challenged. 'We have to make this place so loving that people can't wait for next Sabbath to come!'

The diverse range of presentations covered were aimed to equip local churches in 'sharing faith in a secular marketplace', 'time management' and 'keeping the church family safe'. SEC departmental directors were all able to share their departmental work and plans with attendees through a variety of seminars.

Jenny Gorden from Riverway enjoyed the church clerk training. 'Not only did it reinforce what the job should entail,' she shared. 'It opened my eyes to how I can use that work for evangelism, by working with new members, and touching base with missing ones.'

Two departmental leaders from the North England Conference were also impressed with the day. 'It was tremendous, and well-organised,' said Pastor Jackson, NEC Ministerial Association director. 'I am leaving inspired. It would be so good if we could get this energy for training in the North.'

His sentiments were echoed by Pastor Michael Simpson, NEC

Personal Ministries director, who stated: 'The way the SEC does training of its members is definitely the way to do it.'

Pleased with the event as a whole, Pastor Davis stated that it had been 'a brilliant day, as church members demonstrated their enthusiasm for evangelism efforts. Members are keen and want to be inspired and motivated – something we certainly accomplished.'

Watch a video of Pastor Juan Carlos Patrick's sermon at www.youtube.com/watch?v=4DTxXo00M7A&feature=youtu.be. Photo memories from the day are available in the Adventist Church picture gallery. BASED ON A REPORT BY KIRSTEN ØSTER-LUNDOVIST, SEC COMMUNICATION DIRECTOR



Norbury turns 30

Norbury Church celebrated its thirtieth anniversary on 20 and 21 December last year.

Working with the theme 'Remembering, Rejoicing and Rededicating', the anniversary committee (Adrian Hobbs, Courtney Hoilett and John Bishop) were tasked with the planning of the thanksgiving weekend. They arranged for three events, starting with a 'Looking back as we look forward' service on Friday night; continuing with the 'Anniversary worship service' on Sabbath morning; and concluding with a 'Celebration dinner' in the evening.

Every effort was made to draw 'old friends' back to Norbury to share in the celebrations, and among those who came were former ministers Anthony Opoku-Mensah, Sinisa Horvat, Wilfred Blake and James Phillips. The congregation was fortunate to have the president of the South England Conference, Pastor Sam Davis, with them on Sabbath as their guest speaker. His message was entitled 'Drama in Heaven' and was based on Revelation 5:1-10. He highlighted the fact that whatever Norbury Church or any other Adventist church in the South England Conference does must be for the benefit of the community, especially those who are in need.

The hall was filled to capacity for the anniversary worship service, packed with members from the past and present, and lots of visitors. Past member, Noah Naylor, joined the women's praise team to conduct a rousing song service 'just like it was in the old days', singing many of the traditional hymns Norbury members knew and loved.

John took on the monumental task of writing a candid and illuminating history of Norbury, which he presented to the congregation. Some members took part in their own 'My Story', a video recording that told the church of their experience at Norbury Church. (This can be seen on the church's YouTube channel.)

During the service there was also a special photographic 'Roll of Honour' tribute to remind the congregation of those members who had fallen asleep in Jesus.

Later that day everybody returned for the evening celebration dinner, which featured light entertainment during which the church's founders were acknowledged with a glass plaque for their hard work and financial sacrifice over the thirty years.

The anniversary committee also developed a motto for the anniversary: 'Let us be BETTER', which seemed the best way to capture what Norbury Church members strive for in their desire to be:

Bold in our approach.
Enthusiastic as we do God's will.
Tried in the fire so that He can make us pure gold.
Trusted like Abraham to be a friend of God.
Energetic so that we can endure until the end.
Ready, for no man knows the hour when the end shall come.

All in all, the members believe that their anniversary celebrations reflected that motto.

ADRIAN HOBBS



ADVENTIST VOCAL ENSEMBLE

JAIME JORGE

ONWARDS UPWARDS



PASTOR STEVE RILEY
COMMITMENT SPEAKER



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No. of nights <input type="checkbox"/>		Total persons <input type="checkbox"/>		Total no. apartments/rooms <input type="checkbox"/>		Classic: <input type="checkbox"/> <input type="checkbox"/>					
						K) 1 bedr'm 2 bedr'm					
Number of people between the following ages (age at date of holiday)								Self Catering:		Popular: <input type="checkbox"/> <input type="checkbox"/>	
								X		P) 1 bedr'm 2 bedr'm	
Total	60+	45-59	26-44	18-25	12-17	8-11	5-7	2-4	Under 2	Beds: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	
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Southport rings with PEACE on Earth

On Monday, 16 December, the Pioneer Taskforce Volunteers and Southport church members drew on talent from around the North England Conference to offer their community an unforgettable evening of sacred music at the Best Western Royal Hotel.

Florence Manji, the diminutive dynamo behind the event, has been a Taskforce worker here since last January, and admits that she relies heavily on her training as a PEACE graduate to interact confidently with people from the local community. According to her, 'We sent invitations to more than a hundred of our contacts here in Southport, dropped leaflets through letterboxes, and advertised locally in the paper and on community radio.'

The well-attended free concert was supported by local community radio DJ, John Bradders, who was very impressed with the quality of the music and offered to promote any future projects of the church on his show. Also present was Carolyn Lowry, the events manager from



Queenscourt Hospice, who gave a short presentation on the work done there and thanked the Adventist church for the donation of more than £238 collected at the event.

Artists who supported this event came from as far as Derby, Nottingham and Leeds, and they were a credit to the church.

One who made a special impact was 12-year-old Louis Richards, whose unexpectedly powerful contralto voice made the audience warm to her as she sang well-known favourites, 'O Holy Night' and 'Mary Did You Know'.

Besides singing beautifully, Camellia Bran shared the story behind the well-known carol 'Silent Night', while the female trio from Leeds, Victory Yours Today, had the audience clapping through their catchy tune and intricate harmonies in their rendition of 'Gentle Shepherd'.

Despite having a cold, Takudzwa Chingotere performed 'Desire of Ages' and 'Ten Thousand Angels', to the delight of the audience. Michael Asare drove from Bristol to play the keyboard, and a poem written by Tunda Manji was read by her sister, Florence, who followed it with a beautiful rendition of 'Oh, I Want to Know You More'.

During the break I spoke to some of the concert-goers for their reactions. Local resident, Fernanda, said, 'I came thinking it would be all right, but actually it is amazing.'

According to Joan Barsten, who read about the concert in her local paper and attended with two of her friends, 'The singers are absolutely lovely, all of them. We're enjoying it very much. We're the ones benefiting tonight.'

Pastor's wife, Tracey Philpott, felt it was a great turnout: 'I'm really happy,' she said; 'It's just what I needed.'

A DVD of the concert is available from the NEC at £5 a copy. All proceeds will go to the Queenscourt Hospice.

If you would like to support the work of PEACE or the Taskforce workers in the NEC, please contact the NEC office for more information.

GERALDENE FARMER, NEC COMMUNICATION DIRECTOR

CALLED TO MAKE A DIFFERENCE
25th -27th April 2014

The Gloucester Seventhday Adventist Church Men's Ministries Department would like to invite you to join us at what promises to be a life changing Men's Ministries retreat.

A meeting of men seeking a life changing experience at the Woodcroft Christian Centre
Woodcroft, Chipswold, Northamptonshire, NN15 9PL
WWW.WOODCROFT-ONLINE.ORG.UK

Price £57pp (Accommodation and food included) Minimum age: 16
Full and final payment to be made by 31st March 2014

Men's Ministries Workshops Topics covered include:

- Encouragement for married and single men
- Overcoming addiction
- What every church member should know about the Holy Spirit
- Experiencing the outpouring of the Holy Spirit
- The 66-20 principle that will bring greater blessing into your life
- Establishing Evangelism small groups
- Mens health

Call or email **Bro. Bryan** for a booking form together with arrangement for payment on **07817 545 712** or email: **errol@blueyonder.co.uk**
Book early to avoid disappointment

Holloway Christmas lunch

Turkey, presents, carols and Christmas hats. Sounds like your typical family Christmas lunch doesn't it? Well, this Christmas lunch took place around a very large table and the guests were not all from the same family.

On 25 December, Holloway Church decided to host a lunch for the homeless and other community members who were in need. Throughout the month the church members collected donations of food items, clothes and toiletries to be given on the day and these became the highlight of the Christmas programme. The twenty-five special guests were greeted with a short carol service and then invited into the upper hall for a hearty three-course meal. After this they were brought downstairs into the foyer to visit the 'gift shop' where the generous donations from the church members brought wide smiles to their faces as they were given the chance to help themselves and fill shopping bags with whatever they wanted.

With everything from tinned fish to toothbrushes and jeans, the 'gift shop' was a thoughtful and practical idea that proved to be just what our guests needed. One man who had just been passing by the church was invited in by one of the elders. According to him he was 'so glad he came' because his current shoes were full of holes and he was able to leave with a new pair of trainers, a coat and many food items. His excitement brought satisfaction to the members' faces; many of whom were young people encouraged by Pastor and Sister Gage to give up their own Christmas celebrations to help others. At the end of the day, all agreed that it had been a success and they were glad they had come. It was also decided to hold the 'gift shop' more often.

Being able to offer warmth, food and gifts to those in need reinforced our mission as Christians; even though we do not know exactly what day Christ came to Earth, we do know what He came to do – and through our Christmas lunch we believe we were able to help fulfil His mandate.



HAYLEY MCKENZIE-SEALY



Sini Paul giving one of the Scripture lessons.

Great Yarmouth's candlelight success

Christmas at Great Yarmouth Church was a great success. The 'Community Candlelight and Carol Service' was well attended with the church almost packed. This included fourteen visitors from the surrounding community. Besides Elder Mike Clarry's warm introduction there were a variety of items ranging from congregational Christmas carols and Bible readings to a solo and two male vocal groups. One special highlight was 4-year-old RYANNE's first piano solo, 'Away in a Manger', beautifully played. The pastor presented an illustrated message based on Isaiah 9:6, and the service closed with the lighting of candles and the singing of a final carol.

Afterwards we enjoyed warm mince pies, a welcome drink and the opportunity to mingle and chat together with our visitors. We have made a special effort in aiming at our immediate community since the Queen's Jubilee in 2012, when we put on a street party for the church neighbourhood. Each month we circulate a little newspaper, called *The Link*, in order to connect more with the community. In December we also gave out copies of *Steps to Christ* as a Christmas gift to recipients of *The Link*. Our bi-monthly vegetarian food demonstrations also attract a good interest, and as a result someone is now attending church each Sabbath – for which God must take the credit!

PASTOR MICHAEL I. WALKER

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Pontins - Prestatyn

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Please complete this Booking Form and send it directly to:
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Alternatively please call 0871 474 0009 to make a telephone booking

Accommodation:													
Booking ref _____					Holiday location <u>Prestatyn Sands</u>					Number of apartments			
Arrival date <u>30 June 2014</u>					Departure date <u>6 July 2014</u>					Club: <input type="checkbox"/> <input type="checkbox"/>			
No. of nights <input type="checkbox"/>					Total persons <input type="checkbox"/>					Total no. apartments/rooms <input type="checkbox"/>		Classic: <input type="checkbox"/> <input type="checkbox"/>	
Number of people between the following ages (age at date of holiday)										Self Catering:			
Total	60+	45-59	26-44	18-25	12-17	8-11	5-7	2-4	Under 2	X			
										Popular: <input type="checkbox"/> <input type="checkbox"/>			
										(P) 1 bedr'm 2 bedr'm			
										Beds: <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>			
										Single Double Twin			

Prices	C1 Club	C2 Club	K1 Classic	K2 Classic	B1 Popular	B2 Popular
	1 bedroom apartment for up to 4 persons (min 2)	2 bedroom apartment for up to 6 persons (min 4)	1 bedroom apartment for up to 4 persons (min 2)	2 bedroom apartment for up to 6 persons (min 4)	1 bedroom apartment for up to 4 persons (min 2)	2 bedroom apartment for up to 6 persons (min 4)
Discount to 31/01/14	£525.00	£665.00	£435.00	£560.00	£335.00	£435.00
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Title	Initial	Surname	No. of Rooms	Age*	Title	Initial	Surname	No. of Rooms	Age*

* Please note - first named person must be over age 18. Special requests not guaranteed. Maximum persons in 2 bedr'm Apartment is 6.

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County:	Post Code:

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Church Name: _____

Signed: _____ Date: _____



A harvest of visitors!

The London Russian-speaking church held a spectacular Harvest Festival last year. They adorned their venue with all the products of the harvest, including trees that were bearing fruit.

According to their pastor, Andrei M. Balan, the most beautiful part of the service was the large number of visitors who joined them to show their appreciation to God for all His blessings in 2013.

Not only did these visitors enjoy the service, but they also stayed on to share in the celebrations afterwards.

This is their way of building bridges and making friends with the community.

ANDREI M. BALAN



Friends reunited

The marriage of Sheila Allen and Gordon Skerrett on 17 November 2013 at St Michael's Church, Aliphington, Exeter, could have been subtitled, 'Friends Reunited'. The groom and his bride had worked together at the Post Office Telegraph Branch in 1947. They had been friends, but had eventually married other people and raised families of their own. Both of them lost their spouses in later years and Gordon also had to deal with the pain of losing

both his sons. In 2011, he was invited to attend the monthly St Michael's Church lunches and happened to sit next to Sheila. They talked about the days when they worked together and after several months Gordon invited Sheila out for lunch and a trip across Dartmoor. Their friendship blossomed and they became engaged a year after their first date. It was truly a day of friends reunited! Sheila has been a member of the Exeter church since the '80s, and the members pray that God will guide them in their new life together.

STELLA JEFFERY

Innovation, honesty and faithfulness

Scunthorpe Church has a unique way of ensuring all members and regular visitors receive their quarterlies without paying for them at the beginning of each quarter. How?

Each year a calculation is made of the projected costs for quarterlies for the whole church community. This is then broken down to the minimum amount needed each week. Each class member then makes a weekly contribution and the results are displayed in the church's bulletin. No one is told how much to give. All receive their quarterlies on time.

This innovation has been running successfully for the last two years because of the honesty and faithfulness of the members. The idea is the brainchild of Felicia Mogabala of Botswana.

HUBERT SMITH-SAMUELS, COMMUNICATION



Bow down and worship?

Peckham Church held one of its famous music days on Sabbath, 14 December 2013. Music and praise were at the centre of everything, from Sabbath School through to a festive AYS programme.

Steve McKenzie's sermon, 'Bow down and worship', was based on the Bible's account of the three Hebrew young men who refused to kneel before Nebuchadnezzar's golden image. He stressed our need to know how to stand for Jesus and our faith before we bow down to anyone or anything! Only then will our worship really be meaningful.

The day climaxed with a festive praise programme, with at least fifteen non-members present to enjoy the singing of both traditional and contemporary carols together with our members and Adventist visitors. This is all part of Peckham's ongoing evangelistic outreach in the area around the church.

It was especially good to see people who live in the same road as the church enjoying the event. Every effort was made to obtain their details and some clearly expressed an interest to come again for other church services. Praise the Lord!

In Peckham we have God-given talented musicians and singers, and we thank God for them. We will continue to use them to break down the barriers that exist in our community, as it's our mission to take the Gospel to the world.

AUDIOVISUAL AND MEDIA DEPARTMENT

Montserrattians and Friends SDA Day of Fellowship *Be Hopeful*

You are invited to the 14th Montserrattians & Friends SDA Day of Fellowship

Date: Saturday 14 June 2014

Time: 9.30am

Venue: St Mary Stoke Newington,
New Church Rooms,
Stoke Newington Church Street,
London N16 9ES

Guest speaker: Pastor Richard S. Jackson,
ministerial secretary, North England Conference

For further information please contact: Rachael Dyett (Nottingham) 01158040939;
William B. Riley (Birmingham) 01212417318;
Christine Carty (Camp Hill Birmingham) 07903593227;
James Ryan (London) 02088082211;
Robert Allen (London) 02082928174;
Manita Allen (Luton) 01582617812;
Anita Allen (Manchester) 01613420032;
Peter Kirwan (Preston) 01772510366;
Andy James (Leicester) 01162765723;
or Thelma Gage (Milton Keynes) 07949068398.

Please bring a packed lunch. Facilities are available for you to sit and eat.



obituaries

Alfred Cobla Abbequaye (1937-2013) d. 11 December.

Alfred Cobla Abbequaye, known as AC, was born on 6 April 1937 at Kwao Tettey, a village in the Central Region of Ghana, to Kwao Abbequaye and Adwoa Kaarle. His father died when he was a year old, but his mother was determined to educate him, despite the many obstacles she faced.

Alfred became a laboratory technician and a part-time lecturer in microbiology. He set up the HIV/AIDS Unit for the Western Region in Ghana and was a member of the HIV/AIDS Control Unit for the same region. He also set up the Laboratory Service for the Takoradi Port Health Service and trained its staff.

He loved the Lord, His Church, and the chance to preach the three angels' messages. He was an elder in the Hansen Road church in the capital of Ghana in the 1970s, and a district elder for many other churches spread over a large area. He loved prison ministries and his work led to many baptisms.

Pastor Sackey conducted meetings in Sekondi, Western Region of Ghana, and there were about thirty-five new converts, but no one to nurture them. In an answer to prayer, AC was transferred to Sekondi, where he took over that responsibility and a successful prison ministry.

He and his team spent their Sundays in nearby villages, giving the people basic health checks and education. Evangelistic meetings followed. There are now many churches in the city of Sekondi and the surrounding towns and villages.

AC would preach on week nights in nearby villages, then lead the entire church into the city for 'door to door' evangelism on Sabbath afternoons. He also evangelised at the Sekondi and Ekuasi prisons – and all of this without a car. He just loved to share the Gospel and open new companies. He also loved to train young church leaders, many of whom have grown to be lay leaders and pastors.

He loved the great Adventist hymns and was well versed in Adventist literature, having read all of Ellen White's books and much more.

Upon retiring, he returned to



Awutu, his home town. But ten years ago he visited his family in London, where he was diagnosed with renal failure and treated accordingly.

Despite his failing health he was able to visit his family in Awutu in 2013 and stayed for ten weeks as his health improved. Sadly, three weeks after returning to London, he fell asleep in the Lord on 11 December 2013 at Basildon Hospital. He had fought a good fight and run a great race, and now his life is hid in Christ until the glorious morning! We thank and praise the Lord for his life.

AC's funeral service was held on Sunday 16 February at the London Ghana church, with interment planned for in Awutu, Ghana.

Damifra due! Da yie, de flabi! De Okose! Rest in peace.

KWAO AND GINA ABBEQUAYE

Vera Stearman (1920-2013) d. 22 December.

The sun shone brightly on the morning of Friday, 10 January, as family members and many friends met at the Stanborough Park church for Vera's funeral. The service, conducted jointly by Pastors Jacques Venter and Paul Clee, was a celebration of Vera's life and absolute faith in her Saviour.

Born in Norwich, Vera and her mother, Flossie, gave their hearts to Jesus in the 1930s and were baptised by Pastor G. Howard. Subsequently she became a student at Newbold Revel and studied to become a Bible worker. While a student, her friendship with another student from Norwich blossomed into romance and, on 28 August 1944, Vera married Peter Stearman.

Within seven months they accepted a call to the Gold Coast (Ghana) where they ministered until 1953, when they returned to Britain with their three daughters, Kathleen, Carolyn, and Jacqueline. Peter was appointed as pastor in Bristol and the surrounding area. While in Bristol two more daughters, Rosalind and Anita, were added to the family. The family moved from Bristol to Southampton, to Bournemouth, to Stanborough Park, to Bromley and Lewisham and then to Cardiff, when Peter was appointed president of the Welsh Mission. From the Welsh Mission they moved to their home church



of Norwich, where they worked until moving to the Isle of Wight for a period of semi-retirement. In 1998 they returned once again to Watford and full retirement.

Through all of these years Vera, in addition to being a dedicated and loving mother, gave unstinting support to Peter's ministry, helping in whatever way she could – no job being too big or too small. This included offering hospitality, organising fellowship lunches, visiting, helping to organise events and programmes, Ingathering, and her special joy, singing, either as a soloist or with others. Even in retirement Vera became an active member and supporter of the SPC Senior Club, work that earned her the nickname 'Mighty Atom' for her energy and enthusiasm.

The hymns sung at her funeral were chosen by Vera and expressed her vocation, faith and hope: 'That it may be our highest joy our Father's work to do' and 'Jerusalem the Golden'. Vera now rests with Peter, awaiting the wake-up call of their Saviour on Resurrection Morning.

The family would like to express their sincere thanks to all those who participated in and supported the funeral service, and for the very many expressions of loving condolence they have received.

PAUL BELLAMY

Philip McCrow (1930-2014) d. 5 January.

Philip McCrow was one of four children born to missionary parents, Harold and Hilda McCrow, who were missionaries in British Guiana. On returning to England in the 1920s, Harold served as home missionary and Sabbath School secretary in the North British Conference.

Philip was born on 17 December 1930 in Kent, and by the time he was 21 he had lived in as many homes, in locations as varied as Middlesex, Bristol, Hull, Manchester and Birmingham, which was not helpful for a young boy's education.

Philip wanted to be a pastor and went to Newbold College, where he became known as a bit of a daredevil and prankster. Canvassing, a means of raising one's college fees, was not something he made a success of, and he left college. He was then called up for National Service, but refused, and was given two work alternatives – forestry or nursing. He chose nursing.

He met Joy German at a BUC conference and they were married on 7 August 1951 by his father. Joy's father gave one of his properties to Joy and Philip.

Shortly after this they sold the house for £300 and moved to Watford. Their mode of transport was a tandem bike loaded with personal belongings. Perhaps not the best way to travel from Sheffield to Watford! Repeated punctures eventually led to the belongings going by rail.

It was a great sadness to Philip that his parents moved to Australia in 1956. He was never to see them again. His mother died in 1962 and a year later his father was killed in a car accident, just months before an intended visit to his son and daughters.

Four children were born to Joy and Philip: Vella, Alvern, Heidi and Derrien. He and Joy were married for sixty-two years and celebrated their diamond wedding, with a telegram from the Queen. A year earlier they had celebrated their eightieth birthdays.

Philip was a man of many parts and erudite on a variety of subjects. Though his health declined, his mind was alert to the end. He was greatly loved by his family and before he finally laid down life's burdens he was able to express his love for them and his faith in his Saviour.

As sometimes happens, Philip had a long period of doubt, but he found his way back to God and at his baptism testified that God had given him a second chance and a clear and deep understanding of the love of Jesus. He was an inspiring man with a clean mind who delighted to talk about the Lord Jesus.

He is missed by his wife Joy, daughters Vella and Heidi, sons Alvern and Derrien, and the wider family.

The funeral service took place at Stanborough Park Church, followed by cremation at West Herts Crematorium.

Philip's father's hymn, 'O Sabbath Rest', was an integral part of the service, and this stanza expresses the direction of our earthly pilgrimage.

'Our hearts revive, our thoughts renew
Reveal to us the Father's face;
Refresh us all life's journey through
Until in Heaven we find a place.'

Philip is at rest. His is the hope in the promised return of Jesus, our Lord and Saviour. His family express their appreciation for the support they received during his illness.

The writer and Pastor Venter, senior pastor at the Stanborough Park church, officiated at the service.

PASTOR PATRICK BOYLE



'We thank God for sending us ADRA . . .'

by Bert Smit, CEO, ADRA-UK

'Now I can read the Bible,' says Margarithhe. Johan echoes her sentiments: 'I could not read the Bible but now I can!'

ADRA's adult literacy project in Rwanda is supported by the Department for International Development. In technical terms we are helping local civil society organisations to deliver functional adult literacy training (FAL). That sounds lovely, but it is not easy to explain and promote. First of all there is this term: 'functional adult literacy' – what is that all about?

Well, it simply means doing more than just teaching people to read and write. One of the ADRA trainers explains: 'If we teach students to read and write the word "sanitation", we also teach them what it means in practical terms: how to keep your toilet clean, wash your hands, use soap properly, wash clothing, and so on.'

Functional adult literacy classes are an excellent vehicle for teaching skills that will enrich people's lives beyond just learning how to read. Literacy classes can embed all sorts of skills within the curriculum: skills such as preparing food, personal hygiene and even how husbands and wives should relate to each other. These literacy courses have the power to transform communities as people are empowered by their

ability to read, write and advocate new ways of living for themselves.

While the objective of the project is to improve the ability of smaller local organisations to run FAL classes, it was great to see how it has impacted people on the ground. For instance, while the project set out to improve women's literacy, men also joined in to learn!

Let Manuel explain what happened to him: 'I have a small retail shop. Before I joined the FAL class, people often cheated me. They would come and want to buy things on credit. They would buy something worth 1,000 francs but write in the credit book just 100 francs. And when the time came to pay me back they pointed to the book. I lost so much money this way. Thanks to the FAL classes I can now manage my shop much better. I know how to read, write and count.'

For Rehema it made this difference: 'When I go to the doctor and get medicine, I can read what they prescribe for me. I now know how many tablets to take. I am also able to find my way around the districts since I can now read signposts.'

The students have learned many new skills, including basket weaving, better nutrition and improved farming skills.

During my visit I met just a few of the many thousands of people



Manuel



Daniel, ADRA trainer



Johan



Rehema



Margarithe



FAL group

who have benefited from ADRA's work in the Eastern Province of Rwanda. Each could vouch for the fact that learning to read and write using ADRA's method had changed their lives and ultimately changed their communities.

Eugenie, one of the FAL teachers, said: 'ADRA's training gave us the literacy skills to teach others how to read and write, but through the life skills training we have contributed to development.' And she ended with this comment: 'Even though the students come from many different faiths and backgrounds, we always start with a prayer – because we want to thank God for sending us ADRA, which has changed our lives.'

ADRA has worked with the Ministry of Education to create the official textbooks for FAL training in Rwanda. These have now been established as the official tools to provide adult literacy training. ADRA has worked closely with national and regional officials to make this project a success.

ADRA provides regular news updates of its developments around the world on Facebook ([facebook.com/adruk](https://www.facebook.com/adruk)). Visit our

website at www.adra.org.uk for more inspirational stories about our ongoing projects.

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Sunset

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	Lon	Card	Not	Edin	Belf
Feb 21	5.26	5.39	5.28	5.30	5.43
28	5.39	5.51	5.41	5.45	5.58
Mar 7	5.51	6.03	5.54	6.00	6.12
14	6.03	6.16	6.07	6.14	6.25

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9 London Ghana 10am-2pm
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