

Investitures

Stanborough Park

'Brighten the Corner Where You Are', sang the Pathfinders and Adventurers on Sabbath morning, 1 February, as they were being invested. Under the banner of 'Service to God, Service to Each Other' the members of the club have done their best to fulfil their honours and requirements. They participated in community events such as distributing *Stanborough News*, visiting the local home for the elderly and doing ADRA Ingathering. Two Pathfinders, Juliana Keshishian and Paul Cooper, were baptised in 2013, bringing to eight the total of Pathfinders and Adventurers baptised over a two-year period.

Thirty-four Pathfinders, fourteen Adventurers, seven Eager Beavers and six Little Lambs were invested. The investiture charge was given by Pastor Paul Tompkins, Trans-European Division Pathfinder director, who also handed out the certificates.

FLORENCE ALLEN
PICTURE: DANIEL SABATIER



Manchester Southern Asia

Southern Asia's 'big' investiture, the third for last year, was held on 19 October with forty young and enthusiastic children being invested in various classes, from Little Lambs to Voyagers. Their Pathfinder leader, Sureen, was also invested as a PLA. The guest speaker was Pastor Alan Hush, NEC Pathfinder director, who emphasised the role of young

children in the church, something Southern Asia is acutely aware of – and trying to achieve. Pastor Mapp, church pastor, Kathleen Lopuszansky, area co-ordinator, and Pastor Hush greatly appreciated the outstanding work accomplished by the Pathfinder team during 2013.

SELVI BALAKRISHNAN



This new feature will appear periodically in *MESSENGER*, giving Sharon Platt-McDonald, our BUC Health director, an opportunity to converse with various health professionals on topics that will interest our readers.

Dr Christopher Levy trained at St George's Hospital Medical School, University of London, and also holds a BSc from King's College, London. After completing his 'intern' year he embarked on surgical training followed by specialist neurosurgical training. He subsequently settled into emergency medicine and currently works as an emergency physician (Accident & Emergency) and runs a community clinic, both in Surrey. He has had a passion to be a medical doctor since the age of seven and believes that his work is not just a career, but also a calling.*

SPM: Dr Levy, as an emergency physician you have seen it all before, from cardiac arrest to traumatic road accident injuries. Today, however, we want you to give our readers guidance on how to 'handle' those medical emergencies that occur at home.

Dr Levy: These are essentially the same as those we see in hospital. The key is how to deal with them before help arrives. Firstly there is anticipation and preparation, which are particularly important if you have children, as accidents are a major cause of morbidity in this age group. So place any harmful substances like medicines and detergents out of their reach. Cover or remove dangerous objects like fireplaces, hot irons and electrical leads. Don't leave young children unattended, which is a common precursor to falls or swallowing things they shouldn't. So, it is essential to do an inventory of your home and make sure it's safe.

Then, in anticipation that something could happen, make sure you are prepared by knowing what to do and who to call in an emergency. It's worthwhile attending a first aid or basic life support course. When you are prepared you are much less likely to panic, and therefore more likely to provide effective treatment. But remember this rule of thumb: do not attempt to do anything beyond your level of expertise. In an emergency this could worsen the situation and even result in death.

SPM: Given your emphasis on anticipation and preparation, what basic items should we keep in our home medicine cabinets or first aid boxes?

Dr Levy: I see the essentials as basic wound dressings, plasters, bandages, safety pins, material for slings, cleansing wipes, disposable gloves, tweezers, scissors and a thermometer. To this you can add creams for bites or stings, charcoal, simple painkillers

and antihistamines. Again, this list can be modified according to your expertise, experience and requirements.

SPM: What should a parent or carer do if a child has fallen from a stool and cut himself very badly?

Dr Levy: First, ensure that the child does not have a more serious injury, such as to the airway or neck, or have any breathing difficulty. These take precedence over the cut because they are potentially more dangerous. Then cover the wound with a dressing and apply pressure. Calm and reassure the child, and seek further medical assistance.

SPM: Dr Levy, please talk to us about the handling of medical emergencies at church.

Dr Levy: All congregations should be aware of, and follow, the Health and Safety policy of the BUC for churches. This includes having first aiders or appropriately trained personnel on hand who can deal with such emergencies. Under no circumstances should we place another life at risk by acting beyond the sphere of our competence. If in doubt, call the emergency services. However, it is perfectly acceptable for family members of the affected one to be taken aside and comforted by church members, and even to ask the church to pray for the patient while they are receiving appropriate attention.

SPM: So, keeping a clear head, allowing prompt action by properly trained first aiders, supporting the family and immediate intercessory prayer are essential to the effective handling of such emergencies.

Dr Levy: Yes, absolutely.

SPM: Now on to something which has become a major NHS concern – knowing the



difference between a medical emergency and the need for medical advice. What is the difference?

Dr Levy: This is a very good question. Medical emergencies are not necessarily easy to spot, even for experienced medical personnel. For example, a person may be having a heart attack, but his only obvious symptoms may be feeling sweaty or nauseated. A bleed in the brain may appear like a regular headache. A very sick child may simply look listless and drowsy. Again, if in doubt call for help or dial 999.

On the other hand, for things as simple as a mild toothache, don't go to A&E; make an appointment to see your dentist. Likewise, if you are a normally healthy person who has cold or flu symptoms, contact your local NHS surgery; don't go to hospital.

SPM: Along with what you have outlined so far, I would say that whether at home or at church we ought to have emergency numbers close at hand. For example, contacts like clinics, surgeries, community nurses or next of kin. For churches it would be wise to have a contact number for the community psychiatric team, especially when they have members attending who are mentally ill and a potential danger to themselves or others.

Dr Levy: Yes, that should all be part of the preparedness I outlined earlier.

SPM: Thank you, Dr Levy, on behalf of our readers . . . but before we close, one last question: painkillers with aspirin – how safe are they?

Dr Levy: Don't use aspirin alone as a painkiller as it may lead to gastric problems such as intestinal bleeding. The simplest OTC (over-the-counter) painkiller is paracetamol. But always check whether there are other means to relieve the pain and whether a specific medication is safe for you to take.

*Dr Levy is currently the chairman of the UK branch of the Adventist Medical Evangelism Network (AMEN UK).



Julian Hibbert
Editor

Please don't miss the boat . . .

In recent weeks we have heard disconsolate and irate homeowners from the UK's flood-affected areas speaking out on radio and television. Sadly, for many of them, the financial losses associated with their inundated homes and businesses will be very hard to bear – not to mention the monumental inconvenience of living and labouring in sodden buildings for months to come!

Many questions have been asked – most of them directed at the authorities. 'Why weren't the rivers dredged?' 'Why did the Coalition Government cut flood spending?' 'Why did it take so long before the armed forces were called to help?' 'Didn't we learn anything from 2007's disastrous floods?' There was some buck passing too, between the various government agencies and departments involved with such matters.

'What are you doing about it?'

There were also a lot of affected and apprehensive people asking that question to the local authorities; to ward councillors; to their MPs; to the fire brigade and the police – 'What are you doing about it?'

Bert Smit, the ADRA-UK CEO, has had to face the same challenge. A number of well-meaning members have cornered him with their own variation of this question: 'So, what is ADRA doing about the flooding?'

His response is outlined on their website and is worth reading in full, but here is a snippet from it: 'The ADRA network will only respond to major disasters if the government of the country affected has asked for assistance. However, the UK Government has said that they have the resources and ability to respond to this situation themselves.'¹ For the record, other aid organisations, such as Oxfam, have made similar statements.²

'What can we do about it?'

Although such organisations don't have a mandate to become involved in local community matters unless invited by the UK Government, there is nothing to stop our congregations becoming involved. As ADRA-UK puts it, each church is 'part of a local community' and it has the option to get involved in caring 'for people affected by natural disasters' in its area.³

Suddenly the question changes to, 'What can we do about the flooding?' This makes the issue of involvement something quite personal, doesn't it? It challenges us to respond; to take initiative; and to draft contingency plans for next year's storms. It should inspire us to work with our local authorities, letting them know what they can count on us for during an emergency.

Just two examples

The other day, while watching the flood coverage, I was inspired by two classic out-of-the-box responses to that question: 'What can we do about the flooding?'

Firstly, the camera's lens captured two women dressed in wellies, wading down a flooded lane towards us, each carrying an empty vending tray. Where had they been? What were they doing? They had been swimming bravely through the muddy water, delivering fresh 'ham and cheese' sandwiches to those still trapped in their homes!

They were the 'cutting edge' of what had started earlier that day behind the scenes at a local supermarket, where volunteers had gathered to make scores of sandwiches at the shop's expense. How had their kindness been received? With gratitude by all, and tears by some!

Secondly, the reporter focused in on a man in red waders and a woolly hat who was pushing a dinghy through waist-deep water. The boat was packed with supermarket bags full of essential groceries for those isolated by the rising water. But what was so special about him? He is the vicar of St John the Baptist, Egham (Guildford Diocese), Reverend Jeff Wattle, 'a trained sailor' who was doing his rounds by boat.⁴ Doesn't that just give new meaning to the idea of 'incarnational' ministry!

While he was floating in essential supplies, his 'student worker' had arranged for 'the Royal Holloway American Football team to fill sandbags', and his church had 'sent out letters to all villagers offering help and prayer' and letting them know that their kitchen was open and 'offering food, drinks and snacks'.⁵

Post-Christian Britain?

Yes, believe it or not, all of this – and much more – has been happening in good old 'post-Christian' Britain, courtesy of a 'dying' faith! In fact, I was personally amazed and heartened at the number of times the news channels positively featured the valued role of the Church in those flood-affected areas.

These were not publicity stunts. They are just pure examples of what Christ described in Matthew 5:14-16 (NIV-UK):

'You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.'

Good deeds like these 'glorify' God. They re-establish His profile; they remind people that when all else fails, the faithful and their faith are still around!

I closed my eyes . . .

And tried to imagine what could happen if we took the following statement seriously and harnessed the potential of our youth (and the young at heart) to meet some of the real needs that raw nature's unruly circumstances periodically confront us with:

*'With such an army of workers as our youth, rightly trained, might furnish, how soon the message of a crucified, risen, and soon-coming Saviour might be carried to the whole world!'*⁶

In my imagination I saw hundreds of Adventist youth, and many of the rest of us, handing out 'cheese' sandwiches; filling sandbags; carrying children and seniors to safety; comforting evacuees; and praying with the fearful.

I was so glad we hadn't missed the boat!

¹See more at: <http://adruk.org/news-blo/2014/02/adra-and-recent-floods/#sthash.6w8Tr47V.dpuf>
²<https://www.facebook.com/oxfamGB/posts/10151851498306396> ³<http://adruk.org/news-blo/2014/02/adra-and-recent-floods/#sthash.6w8Tr47V.dpuf> ⁴<http://www.churchofengland.org/media-centre/news/2014/02/church-working-with-communities-in-flood-affected-areas.aspx> ⁵ibid ⁶Ellen G White, *Education*, page 271

Editor's note: See page 12 for news on how the Watering Hole church made a positive impact during the stormy weather. If your church did something special during the floods, or if you have definite plans to be of help during future emergencies, please share them with us.

I was personally amazed and heartened at the number of times the news channels positively featured the valued role of the Church in those flood-affected areas.





I was lost – without knowing it

Mavis Griffin is a member of Handsworth Church and an enthusiastic Pathfinder leader. Here she records a testimony that was given by one of God's 'prodigal sheep'...

The experience that I am about to share with you is something I do reluctantly because it involves the resurrection of so many painful memories – things that have happened to me in the past. However, I believe that God has intervened in my life and saved me. He is now leading and guiding me and I recognise that I have a responsibility to bear witness to this – to let others know how this came about.

As a child I knew of God, because my mother took the decision to instil Christian values and beliefs in my life. She made sure I attended church to hear the Word of God, and what I did not learn at church she taught me at home. Sometimes the methods she used were warm and painful, but, in spite of this, I am so grateful to her for those valuable lessons. At that time I did not realise it, but those lessons would help me to make crucial decisions later in my adult life.

At the age of 18 I discovered something wonderful. It felt so good! I gained my independence and was suddenly able to make my own decisions with the belief that I now had the control that I wanted for my life. The first thing I did was to leave my parents' home, and although I did not have an address to go to when I packed my suitcase, I was able to find accommodation that same morning. For a while things went well because I was working and taking care of my own affairs. But the reality was this: I lacked experience and sound judgement about what I wanted to do with my life, and this led to my making some rather poor decisions – decisions that were based on the

advice of my friends, who were as naïve as I was and had no idea about life.

At 21 I became a father and had to make some tough decisions about the need to make provision for my new child. I changed my profession, which meant I had to attend college three nights per week. But more importantly, I accepted an invitation to attend this particular church. Unfortunately though, although I established a relationship with the church, I did not establish a relationship with God or seek His counsel. As you will appreciate, things did not improve but only got worse, and I eventually left the church to try and ignore my conscience. I hid behind the lie that I was OK.

Knowing that I had made many bad decisions in my life led me to develop a low opinion of myself, which, in turn, caused me to make more bad decisions. I was unhappy, and as time passed I began to miss my church family. I soon realised that they missed me too, because I used to receive messages from them urging me to come home. The invitations made me feel uncomfortable with my lifestyle, and after some years I once again accepted an invitation to a visitors' day programme at this church. I was touched by the Spirit of God and believe that He spoke to me through the activities in church that day.

I felt that things had to change, and, based on this feeling, I decided to return to

church, wanting to establish a relationship with God. My life seemed to be going in the right direction and I was having success in my business. I got married and I was very busy in the church. Unfortunately, I was not spending enough time building a personal relationship with God. I was not prepared to confront the challenges that every individual who wants to have a relationship with God has to deal with. I soon reverted to my own counsel and made poor decisions that brought a great deal of unhappiness into my home. This adversely affected my family and I decided to leave the church again, never to return!

Making bad decisions had become a habit and I had no confidence in myself. Worse was to follow and I was unable to resolve certain important family issues. 'What must I do?' and 'Where do I go from here?' were the questions I kept

asking myself. I knew that only God could fix my situation, but how could I approach Him when I kept choosing to go my own way? Whenever I thought about praying all I could feel was guilt and shame about what I had become and all the bad things I had done.

It was then that I knew I was lost, and I would have remained lost if God had not intervened in my life. First, He removed two individuals whom I had thought to be my friends completely out of my life; then He opened my ears to the voice of my wife; and finally, He re-introduced His kind of people (the church family) back into my life. The difference He made is miraculous. I am able to focus on Christ's righteousness and not my own. My home and family life is now comforting and I share the joy of salvation with my wife. I still face struggles and have many questions, but I am confident about the future and the chance to meet Jesus, who found me when I was lost.

My prayer and my desire is that we will allow God to guide all our decisions, not just some of them.



Everything was perfect in the Garden of Eden until one day Adam and Eve yielded to temptation. That one act of disobedience not only caused them to be banished from paradise but also set the course of world history that has been plagued by sin and sorrow. But the story doesn't end there, come and join us as we uncover how the courage and sacrifice of Jesus Christ that begins one night in the Garden of Gethsemane has changed history forever.

A TALE OF
TWO GARDENS
AN EASTER PRODUCTION

SAT 19TH APR 2014

Holloway SDA Church 5PM
381 Holloway Road, London N7 0RN
Refreshments to be provided!

ADMISSION: FREE

Vacancy at Newbold School Key Stage 1 Teacher

Newbold School seeks to appoint a full-time teacher for KS1. The successful candidate will need to commence with immediate effect.

If you would like to join a committed, professional team; are familiar with the National Curriculum; are keen to keep abreast with current educational practices; and enjoy being part of a learning and faith community, we would like to hear from you.

The successful applicant must be committed to the vision of the school governors, the Seventh-day Adventist ethos of the school and the inclusion of all learners. The successful applicant is required to be a fully trained, experienced and qualified teacher of KS1. Depending on the level of experience, annual salary will range between £26,970 and £33,039.

A visit to the school is warmly welcomed. To arrange a visit please contact Mrs Jaki Crissey at Newbold School on 01344421088.

The South England Conference is committed to safeguarding and promoting the welfare of children and young people and expects all staff to share this commitment. All successful applicants will be required to undertake an enhanced Disclosure and Barring Service check before being appointed.

Applicants are required to have the right to work in the UK and to complete an application form.

For a job application form, person specification and job description, please email Mrs Jacqui Crawford on: jcrawford@secadventist.org.uk.

Previous applicants need not apply.

Closing date for applications will be **28 March 2014**.

BOOKSALES

March
9 London Ghana 10am-2pm
23 Welling 10am-2pm
30 Wimbledon 10am-2pm & Retirees' visit to Stanborough Press

April
6 John Loughborough 10am-2pm

ABC Shops
Watford, BUC, Monday-Thursday - 12.30-5pm, Friday - 10am-2pm.
01923 893461
Birmingham, Aston-Newtown, Wednesday - 11am-4pm, Thursday - 4pm-8pm,
Friday - 9am-1pm, Sunday - 11am-3pm.
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Advent Centre, Mondays & Wednesdays - 6.30pm-8.30pm,
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'Since in Eden God said, "It is not good that man should be alone; I will make him a helper comparable to him" (Genesis 2:18, NKJV), how is it that there will be no marriage in the resurrection (Matthew 22:30)?' Derald Barham

It's hard for us to imagine the details of life in Heaven – 'Eye has not seen, nor ear heard . . . The things which God has prepared for those who love Him.' (1 Corinthians 2:9, NKJV.) Samuele Bacchiocchi argues that we will not be non-physical, unisexual beings in Heaven, because 'sexual distinctions of maleness and femaleness are presented in Scripture as reflecting the "image of God" (Genesis 1:27).'

'Does the cessation of the procreational function of marriage imply the termination also of its relational function? Not necessarily so. If God created human beings at the beginning as male and female, with the capacity to experience a oneness of intimate fellowship, there is no reason to suppose that He will create them at the end as unisex beings, who will live as single persons without the capacity to experience the oneness of fellowship existing in a man/woman relationship.'

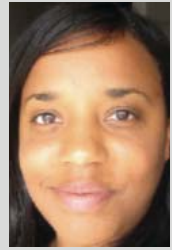
Ellen White, however, says of Matthew 22:30: 'The words of Christ are too plain to be misunderstood. They should forever settle the question of marriages and births in the new earth. Neither those who shall be raised from the dead, nor those who shall be translated without seeing death, will marry or be given in marriage.'³ The *Seventh-day Adventist Bible Commentary* on Matthew 22:30 offers the comment, 'Evidently there will be no need for marriage, because a different order of life will prevail.'⁴

Different in what way? Ángel Manuel Rodríguez of the Biblical Research Institute suggests, 'Marriage had two clear and closely related functions: procreation and companionship. Procreation had a very specific goal – "Be fruitful and multiply; fill the earth" (Genesis 1:28) – implying that in the absence of death once that goal was achieved procreation would come to an end.'⁵ That there will be an absence of death in the new earth is certain (Luke 20:35, 36). Rodríguez infers, 'At the resurrection people will not get married, because in the absence of death there is no need to perpetuate the human race through reproduction.'⁶

The other function of marriage, companionship, allows us to love as God loves, with a self-sacrificing ardour (1 John 3:16). Although Adam had no human companion to love before Eve was created, there will be innumerable multitudes in Heaven (Revelation 7:9) – and while their love may differ qualitatively from the 'Bone of my bones' love Adam had for Eve, they will enjoy the highest possible fraternal love, enjoined by Jesus to His disciples with the injunction, 'Greater love has no one than this, than to lay down one's life for his friends.' (John 15:13, NKJV.) Our union with each other is to approach that of the Godhead itself (John 17:20-23). Even greater than our love for each other, 'Marriage as an expression of companionship [will be], in the absence of sin, transcended by a deeper fellowship and union with God. . . . This refers to an experience of family life that goes infinitely deeper than marriage, enriching us in ways we can't even begin to imagine.'⁷

¹Samuele Bacchiocchi, *The Marriage Covenant*, Biblical Perspectives: Berrien Springs, 2001, p. 67 ²Ibid, p. 65 ³Medical Ministry, pp. 99, 100 ⁴Seventh-day Adventist Bible Commentary, vol. 5, p. 483 ⁵<https://adventistbiblicalresearch.org/materials/theology-heaven/marriage-heaven> ⁶Ibid ⁷Ibid

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.



How balanced is your 'ideal' diet?

Angelette Müller* is a nutrition consultant and culinary health chef who runs a private clinic specialising in autism, metabolic disorders and multiple food sensitivities.

The vegetarian diet is often associated with health benefits; however, just like any other dietary choice, it can vary considerably. Winston Craig, Professor of Nutrition at Andrew's University, California, states that 'appropriately planned vegetarian diets, including total vegetarian and vegan diets, are healthful and nutritionally adequate'. The 'appropriate' planning of meals is a key element in his statement.

But meal planning can be a challenge in our fast-paced lifestyles. It is particularly important that we plan our diets carefully, whether we are vegetarians or not, but in the case of vegetarians, lower intakes of specific nutrients have been observed. These nutrients include: vitamin B12, calcium, vitamin D, zinc, and long-chain n-3 fatty acids (Craig & Mangels, 2009).

A brief overview of each of these nutrients that tend to be lower in the vegetarian and vegan diets will be given below, with possible food sources.

B12 (See table 1)
Low levels of B12 can be found in both vegans and lacto-ovo vegetarians (especially if there is a low dairy and egg intake). Pregnant or breastfeeding mothers are at a higher risk of developing a B12 deficiency as well as elderly people.

Vitamin B12 is available in animal products such as meat and fish or eggs (especially egg yolks). It is often available in fortified vegan foods, but you need to check the percentage of recommended nutrient intake for vitamin B12 per portion.

Supplementing B12 is another option as 'No unfortified plant food contains any significant amount of active B12' (Craig & Mangels, 2009). The recommended daily adult intake of vitamin B12 is 2.4 micrograms; pregnant and breastfeeding women require higher levels, and there is variation on B12 requirements for infants and children.

Calcium (See table 2)
Calcium can also be a challenge to obtain in sufficient amounts for diets that are low in dairy products or when dairy products are completely excluded from the diet. The recommended daily allowance (RDA) of calcium is 1,300mg for ages 9-18, 1,000mg for ages 19-50, and 1,200mg for over-50s. Certain substances naturally occurring in plants can also interfere with calcium absorption, such as the oxalates found in spinach and Swiss chard. Greens such as kale, cabbage, pak choi, and broccoli have lower levels of oxalates. Tofu is a particularly rich source of plant-obtained calcium.

Supplementing calcium or using fortified foods is also an option.

Vitamin D (See table 3)
'Vitamin D status depends on sunlight exposure and intake of vitamin D-fortified foods or supplements. The extent of cutaneous vitamin D production following sunlight exposure is highly variable and is dependent on a number of factors, including the time of day, season, latitude, skin pigmentation, sunscreen use, and age.' (Craig & Mangels, 2009.)

Vitamin D can be synthesised through the skin from sunlight, but in the UK, for up to five months of the year, there is insufficient sunlight for the body to make enough vitamin D. It has to rely on its stores from the previous summer and dietary intake (MacDonald et al., 2008). Sunscreen and skin pigmentation can affect the speed at which vitamin D is made on the skin from sunlight. The darker the skin, the longer it takes, making darker-skinned people more vulnerable to vitamin D deficiency in the UK. Other than sunshine, vitamin D is obtained from animal products, fortified foods or supplementation. The RDA is 5µg for ages 9-50, 10µg for ages 51-70, and 15µg for over-70s.

Omega-3 fatty acids (See table 4)
Omega-3 fatty acids are a form of fat that the body can only obtain from the diet. It is generally deficient in Western diets, especially when the diet is low in fish intake. There are quite a few vegetarian sources of omega-3 but these foods are not always eaten in the diet. Some of the richer sources of omega-3 include flaxseed and chia seeds. Both of these seeds need to be ground up in order to access the omega-3. Omega-3 is also available in seaweed.

Iron (See table 5)
Plant sources of iron are not as easily absorbed as animal sources. Iron is more easily absorbed when taken with vitamin C.

Zinc (See table 6)
Zinc intake for vegetarians may

vary. Soaking and rinsing beans, grains and nuts can increase the availability of the zinc for absorption as it reduces levels of phytates, a fibre-like substance that sometimes binds to zinc and reduces its availability to the body. Plant sources of zinc include beans, wholegrains and nuts. The RDA is 8mg for ages 9-13, 11mg for males over 14, 9mg for females age 14-18 and 8mg for females over 19.

Iodine
Iodine is another mineral sometimes found to be lower in the diets of vegetarians and vegans. A small quantity of nori seaweed (12g) provides sufficient daily iodine for the average adult. Nori is the seaweed often used to make sushi, but it can also be added to foods such as soups and homemade burgers, or chopped and sprinkled on salads. Only a little is needed. The RDA is 120µg for ages 9-13, rising to 150µg for over-14s.

Conclusion
Becoming familiar with the types of foods that provide health benefits and nutrients is important. Educating yourself about the vegetarian or vegan diets, the types of nutrients that may be lower in these diets, and how to obtain them, is key to ensuring a healthy, balanced diet. It is also important to think about how to provide the best balance of vegetarian nutrition for the needs of children, those in pregnancy or breastfeeding, the elderly, and those who are unwell.

*Angelette holds a MSc in Nutrition Therapy and a MSc in Clinical Neuroscience & Immunology with a special interest in plant-based diets.

References:
Craig, W. J., Mangels, A. R. and the American Dietetic Association (2009), 'Position of the American Dietetic Association: Vegetarian Diets', *Journal of the American Dietetic Association*, 109 (7): 1,266-82.

MacDonald, H. M., Mavroelidi, A., Barr, R. J., Black, A. J., Fraser, W. D. and Reid, D. M. (2008), 'Vitamin D Status In Post-menopausal Women Living At Higher Latitudes In The UK In Relation to Bone Health, Overweight, Sunlight Exposure and Dietary Vitamin D', *Bone*, 42 (5): 996-1,003.

Recommended Daily Allowances were taken from: Gropper, S. S., Smith, J. L. and Groff, J. L. (2009), *Advanced Nutrition and Human Metabolism*, United Kingdom: Wadsworth.

This information is not intended to replace medical advice. If you have any health concerns do not hesitate to contact your GP. You are encouraged to continue to learn about how to make your diet healthier. The dietary analysis of food is based on dietary software results. The results for specific foods vary, so you are encouraged to read the labels.

Table 1

Food source	Portion	Vitamin B12
Egg yolk (raw)	18g, 1 yolk	1.2µg
Egg, whole (raw)	57g, 1 egg	1.4µg
Yoghurt (Greek, plain)	1 small pot	0.3µg
Cow's whole milk	135ml, on cereal	1.2µg
Cottage cheese	100g, average serving	1.4µg
Almond milk, fortified	135ml, on cereal	0.3µg
Rice milk, fortified	135ml, on cereal	0.1µg
Soya milk, fortified	135ml, on cereal	0.7µg
Suma sunflower margarine, fortified	7g, average spread on bread	0.4µg

Data obtained from dietary analysis software: Nutritics on 4 February 2014.

Table 2

Food source	Portion	Calcium
Cow's whole milk	135ml, on cereal	159mg
Yoghurt, plain	1 small pot	203mg
Tofu, raw	1/4 block	406mg
Curly kale, boiled	195g, 1 cup chopped	195mg
White cabbage, boiled	120g, large portion	31mg
Chinese cabbage, raw	120g, large portion	65mg
Broccoli	3 spears	55mg
Soya milk, fortified	135ml, on cereal	189mg
Rice milk, fortified	135ml, on cereal	118mg
Almond milk, fortified	135ml, on cereal	162mg

Data obtained from dietary analysis software: Nutritics on 4 February 2014.

Table 3

Food source	Portion	Vitamin D
Egg, whole (raw)	57g, 1 egg	1.0µg
Shiitake mushrooms	3 mushrooms	0.5µg
Ricotta cheese	1 tablespoon	0.2µg
Breakfast cereal, fortified	1 cup	1.3µg
Soya milk, fortified	135ml, on cereal	1.0µg
Rice milk, fortified	135ml, on cereal	0.4µg
Almond milk, fortified	135ml, on cereal	1.0µg

Data obtained from dietary analysis software: Nutritics on 4 February 2014.

Table 4

Food source	Portion	Omega-3
Chia seeds	1 tablespoon	1.9g
Flaxseed, milled	1 tablespoon	2.2g
Flaxseed, oil	1 tablespoon	6.7g
Walnuts	6 walnuts	1.1g

Data obtained from dietary analysis software: Nutritics on 4 February 2014.

Table 5

Food source	Portion	Iron
Cashew nuts, plain	10 cashews	1.1mg
Lentils, red, split	2 tablespoons	0.6mg
Lentils, green and brown	2 tablespoons	0.9mg
Tofu	1/4 block	6.2mg
Seaweed, nori	12g	2.4mg
Curly kale	130g, 1 cup chopped	2.6mg
Weetabix	2 biscuits	2.3mg
Oats	1 serving	1.6mg
Pumpkin seeds	1 tablespoon	1.2mg

Data obtained from dietary analysis software: Nutritics on 4 February 2014.

Table 6

Food source	Portion	Zinc
Almonds	6 almonds	0.3mg
Pumpkin seeds	1 tablespoon	0.8mg
Wild rice	1/2 cup cooked	1.1mg
Seaweed, nori	12g	0.8mg
Walnuts	6 Walnuts	0.8mg
Brown rice, basmati	100g	1.3mg
Spaghetti, wholemeal	Medium portion	2.4mg
Houmous	2 tablespoons	0.8mg

Data obtained from dietary analysis software: Nutritics on 4 February 2014.



touchscreen

... a forum in which to ask questions or share information about apps and all things digital that may enhance twenty-first-century spirituality, hosted by David Bell.

In this issue, I would like to discuss how to send in your pictures for good reproduction in the MESSENGER. DAVID

Size matters...

All too often, the pictures that are sent to me for the MESSENGER are far too small for good reproduction. By this, I mean their physical file size. At their worst, they could be less than 10kb (kilobytes). Better, maybe around 100kb. But I would prefer them to break the 1,000kb (1mb) barrier. This could be due to a number of factors.

Camera settings (image size)

The first thing you should do with a new camera, and certainly check this on your existing camera, is to make sure the image size is set to its maximum. The camera I have here in the office is a Nikon with a 10 megapixel sensor, giving a maximum image size of 3872x2592 pixels. And that is the setting I have selected. It is much better for me to reduce your pictures than to have to try to enlarge them. To enlarge a small picture simply causes it to pixelate badly. But remember that a large image size means a larger file size, which takes more space, which may mean you will need a larger SD memory card.

Emailing your pictures

It's all very well to send small pictures of little Johnny on the swings to his Aunt Flo. All she wants to see is a snap of how Johnny is progressing.

But when it comes to litho print, which is how MESSENGER, and the Radio Times for that matter, is produced, small pictures just don't cut it. You will all be using many different methods of emailing, so it's very difficult for me to say, 'This is how you do it!' So all I can really say is, 'Be aware of what's happening at every stage.'

Make sure, when you click the 'Attach' button, that the file you pick up is of a large size, most likely 4-5mb (megabytes). Then, make sure that your email system isn't automatically reducing the file size, just because it thinks it's too big. If it gives you a warning message about the size, try to ignore it. Now, it has to be said at this point that, depending on your Internet Service Provider (ISP), you may well be subject to limits, but you should at least be able to send up to 10mb if not more.

So this leads us on to sending multiple files. If there are too many, you can split your pictures between three to four emails or so. But if you have a lot more than that, you may consider compressing them into a single .ZIP file, and then uploading that using one of the free online sites such as www.mailbigfile.com.

To create a .ZIP file in Windows, select all the pictures, then right-click your mouse. From the little drop-down menu, select 'Archive' or 'Compress'. For a Mac, ctrl-click your selection, and again from the little drop-down menu, select 'Compress'.

Please don't embed your pictures in your MESSENGER report (Word document). Although we can extract them, the results are never very good. Try to avoid sending them directly from Picasa. I have had a lot of problems in the past with this, so it's better to avoid it. In simple terms, just attach your high-resolution pictures to an email. It just works.

Send them to me at: dbell@stanboroughpress.org.uk. I look forward to receiving them. If you have any further problems with any of this, please don't hesitate to contact me personally.

A brief report by
Fabrice Baker-Livingstone,
Communications officer,
ADRA-UK



Where does ADRA-UK work?

The green areas on the world map, above, show the areas ADRA-UK has worked in between 2009-2014. Red is the UK. ADRA-UK has not yet been to the blue areas.

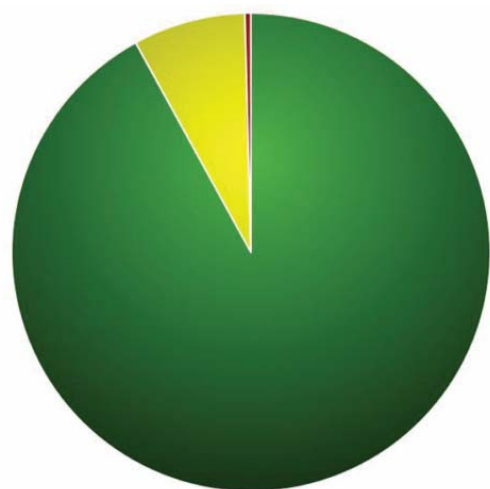


How does ADRA work?

ADRA-UK is part of the international ADRA network of more than 120 ADRA offices. It is a 'donor' office and supports some of the numerous 'implementing' offices around the world. In 2013, ADRA-UK worked in partnership with ADRA-Zimbabwe, ADRA-Rwanda and ADRA-Myanmar, to name just a few! One of the key events in the ADRA-UK calendar is the Annual Appeal, which runs this year from 29 March to 13 April (20 April in Greater London).

Please contact your local ADRA agent for more details or email communications@adra.org.uk. You can also visit our website (adra.org.uk) for more information on our projects and exciting ways to fundraise for them throughout the year.

How does ADRA-UK spend each pound?



Charitable activities Fundraising Governance

Charitable activities – 92%
Fundraising – 7.6%
Governance – 0.4%



Whom does ADRA benefit?

Dori is a small town in the Sahel district, up in the north of Burkina Faso. Together with film cameraman Frank Spangler, I visited the district in October 2012. With the Mali crisis looming and refugees fleeing the country we were advised to be careful when travelling north. (Today, this area is out of bounds for any foreigners.) Having travelled well into the hinterland of Dori we visited sites where ADRA has made a difference in recent years.

Often the children stand together while observing us, as if 'the circus has come to town'. When we point a camera in their direction they often scatter and run away, not knowing what to expect next. One way to ease their fear is to sit down, call them over, and show them pictures on my camera. Then I ask, in 'foot and hand' language, if I can take a picture of one of them, usually the one who looks like the 'group ringleader'. Once I show them that photo on the screen, they all want to have their picture taken. It is even more fun when after shooting video we turn the screen around facing them! Laughter and joy soon replace fear and worry.

So it was in a small village we visited near Dori. A bunch of young lads hung around but we soon became friends. I took tens of pictures of the group and individual faces. When I got home and checked my photographs I remembered our little friends. **Their smiles. Their friendliness. Their openness.** How they waved us farewell when we left. But I was also reminded of what ADRA has given their community: improved cooking stoves, better agricultural methods, access to clean water, and more food. Now, thanks to ADRA, these children have a chance of a better life.

With your help this year, ADRA will provide four women's maternal health shelters at existing hospitals in Zimbabwe, as well as assisting more than fifteen villages by developing livelihoods in the dry zone in Myanmar.

But to do so we need your help. When you go out to collect you will be doing so with 100 years of church experience behind you. Nothing's new. Nothing's changed. You will simply be asking people to help us to help others.

BERT SMIT, ADRA-UK CEO



How does ADRA help?

ADRA assistance works in five clear ways:

1. Food security
2. Livelihoods
3. Health
4. Disaster relief
5. Advocacy



How can you help ADRA?

Here at ADRA we have thought of a few fun ways you can fundraise for ADRA throughout the year: if you have any unique ideas, we'd love to hear about them – let us know!

Contact us at:
communications@adra.org.uk

1. Sponsored walk/run
2. Cake sale
3. Bring-and-buy sale
4. Dance-a-thon/
aerobics-a-thon
5. Treasure hunt
6. Talent show

Why not register to be an ADRA volunteer today at:
adra.org.uk/help/volunteering/register/

Dates for your diary

Annual Appeal
29 March-13 April
General Conference Offering
10 May

Visit the ADRA stand and pop-up shop at:

SEC Camp Meeting
23 June – 29 June
NEC Camp Meeting
30 June – 6 July

Kids' corner

Kids are important to ADRA too! Did you know that many children just like you are living in countries without running water or electricity? Every day ADRA helps girls and boys and their families, all over the world.

This year our projects for the Annual Appeal will help girls and boys in Zimbabwe and Myanmar enjoy a better, happier life.

For children's ADRA activities visit kids.adra.org.

New hand on the helm

by Pastor Victor Hulbert, British Union Conference Communication director

Known for her financial perspicuity, Deborah Harris, a London-based member, was elected on Sunday, 2 February, to lead ASI-UK for the coming year. She succeeds Jim Cunningham, a retired head teacher who has skilfully led a refocusing of this organisation for Adventist businessmen and women over the past three years.

Accepting the role following elections at the recent Annual General Meeting at Staverton Park Hotel, Daventry, Deborah acknowledged that, while she feels honoured to serve for this year, it is 'the useful, practical leadership of Jim Cunningham . . . that is the solid foundation on which I hope to build'.

Although Deborah studied Civil Engineering, she went on to train in financial services and banking with PwC. She is a chartered accountant and among other roles is currently a director of the management consultancy firm DHUA Ltd, a non-executive director and the Audit Committee chairman for the largest specialist eye hospital in the UK and also the chairman of the global Institute of Chartered Accountants (ICAEW) Non-Executive Directors' Group.

In his final report as president Jim expressed how much he had learnt in the role, including the significant commitment that many church members make to see their Church move forward.

It may be his Glaswegian background, but Jim is not afraid of tackling issues head-on. For an Adventist business professionals' organisation this means that he kept the focus very clearly on sharing Christ in the marketplace, facilitating discussion on how to reach out to the larger population of the UK and Ireland, and how to tackle the issues that young professionals face in the workplace, including an understanding of our faith and issues related to Creation.

Jim confessed that taking on the presidency in 2010 woke him up from a 'Rip Van Winkle slumber', as far as his relationship to the Church was concerned: 'The Church that I joined in the sixties has changed dramatically, but so has British society of which I am very much a part.' His response is no longer based on the 'Just leave it in God's hands' adage. That, he argues, 'is frequently used as an excuse for inaction or a repetition of old, tired



strategies'. In handing over the mantle to Deborah, he challenged, 'When I examine the Gospels, Christ's disciples played a full, active and sometimes very innovative role in spreading the Word. In our Church, we have members who are gifted, creative, innovative, non-factionalist and impassioned about spreading the message. I have no doubt that those people, who are very much in God's hands, can develop a way of engaging the people of this country that can be life-changing for them. It is these people that ASI must continue to support.'

In taking on that mantle, Deborah, who has always found herself active in church life, stated: 'ASI-UK will aim to expand the way we support very early-stage, lay-led ministries within the UK, endorse and signpost services that support church members who are also business owners, and also improve the frequency and ways we use to communicate with our members and supporting friends.'

Deborah is also open to ideas. 'I want to hear what we can do better, and what else members think ASI-UK could try to do this year, so please do let us know.'

The AGM came at the end of the ASI Annual Convention. For a full report of the weekend and pictures of the event visit the news page of the Adventist Church website. For more about ASI (Adventist Laymen's Services and Industries) and their support for students and business professionals contact Christine Manners-Smith on 07790452920 or email rovingcms@gmail.com.

Both Jim and Deborah have appeared in recent editions of the Hope TV series, *In Conversation*. To find out more about their lives, faith and vision, please see the Hope TV website.



York turns 60!

by Andrew Puckering

The invitation to York Church's sixtieth anniversary service on Sabbath 8 February 2014 led a former pastor, Paul Haworth, to ask, 'Didn't we celebrate its seventy-fifth anniversary in 1996?' Was the church defying time, getting younger by the day? Not really – the 1996 celebration commemorated seventy-five years of Adventist worship in York, which was once held in a dingy upper room in Micklegate, opposite the railway station. This year's event celebrated sixty years of worship in the church's own building, formerly the coach house of Heworth Hall, purchased in 1951 for £1,450.

The building did need some work. Pastor Don Lowe, a skilled woodworker, carved and gilded the 'Reverence My Sanctuary' sign at the front of the church. He also built the pulpit, for which he derived inspiration at the library from an 1840s book, *Antiquities of Ancient Churches*. The devil tried working on the librarian, who after hours saw a man in Edwardian dress, holding a book and wandering the aisles. When the librarian put his hand on the man's shoulder, the apparition vanished, and the book fell to the floor. It was the very book Pastor Lowe had been using to design the pulpit! The librarian's 'ghost' story, reported in the press, almost disrupted the York congregation's evangelistic campaign.

In 1954 John Barron was the first person to be baptised in the new baptistry, which he had helped to dig out. He wasn't the last: Pastor Kenneth Clothier recalled that, in those days, the pastor didn't have to go out seeking converts – they came seeking him! One time he visited a seeking lady who had a particularly annoying dog. She asked if pets will go to Heaven, saying, 'If my dog won't be there, I don't want to be there either!' Pastor Clothier replied: 'Madam, if your dog will be there, then neither do I!' However, she still made a donation to the church of £500, in an age when a house could cost £4,000. That would have helped when, in 1980,

the church's poor structural integrity necessitated a rebuilding of the sanctuary by Ben Hooson, in just five weeks, during which members continued to meet in the hall at the back.

The members have displayed amazing dedication over the years – from blind Jack Lacey, who regularly took the train to go colportaging with his guide dog; to church organist Sharon Puckering, who arrived as an answer to prayer for God to provide musicians; to Pastor Roger Neal, who persuaded Churches Together that Seventh-day Adventists were bona fide Christians; to Peter Gracen (elder), who, upon his retirement, was asked by his boss if he knew any other Seventh-day Adventists who could take his place – such was the value of the man's character and faith in the eyes of his employer! An example York members try to follow as their church continues its witness into the future.



The singing was led by Roxanne Nkomo.



Pastor Brian Pilmoor (left front) and seven of York's pastors. Back, left to right: Robert Vine, Melvyn Ellis, Roger Neal, Solon Kyriacou, Acquoi Karbah. Front, left to right: Brian Pilmoor, Donald Lowe, Kenneth Clothier.



Pastor and Mrs Brian Pilmoor, pictured here with their son Victor, became Adventists in York in 1947.



Ronan Avila.



Pastor Don Lowe stands beside his handiwork.



Music was provided by Sharon Puckering, Claire Hall and Michael Likupe.



Gina Pepper and Joy Barker, singing with gusto.



Halesowen turns 1!

Halesowen is located approximately 7 miles south-west of Birmingham at the edge of the industrial Midlands. Here, a year ago, a small group of enthusiastic Adventists decided after lots and lots of prayer that it was a great place to do evangelism. They had their first Sabbath School and Worship Service in February 2013.

A year later, on 8 February, 2014, they celebrated their first-year anniversary as a church, using the theme, 'One Spirit, One Mission, One Faith'. Not only were they blessed with sunshine, but the singing group, Advent Melodies, and Pastor M. Simpson were there to bring them further blessings during the Worship Service. He reminded them to start knocking on the doors of the surrounding community.

They were also blessed to have the deputy mayor and deputy mayor's consort, Councillor Margaret Aston and her son Councillor Adam Aston, join them during the service. She commended the Halesowen church for their activities done on behalf of the community over the past few months. All of this was followed by a hearty celebratory meal. After this there was evangelism within the community. The teens, with some adults, went out to different houses and dropped tracts, while a singing group went to visit a nearby nursing home, where one elderly lady asked that the group visit her regularly.

Upon their return from the outreach they held a commitment service. Pastor Obinnaya Iheoma, their pastor, inspired them to keep their light shining bright, not only within the community of Halesowen but wherever they go, whatever they do! A candle-lighting ceremony ensued, and this climaxed with Stephanie Flores singing 'Make Me An Instrument'.

It was a great 'first birthday' and they are all looking forward to the next one!

MARIEL JOY BRIGOLE (COMMUNICATIONS SECRETARY)

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Camp Menu will include:

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• Vegan Ackee & Saltfish	• Pasta Dishes	• Roast Potatoes
	• Vegan Peppared Steak	

Desserts:

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

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

Discounts will be given to those who purchase meal tickets for the week. All diets will be catered for. If you have any special dietary requirements or any queries please contact Rachel at the Conference.



Outreach in Bracknell

On Sabbath afternoon, 28 December 2013, a small group of Seventh-day Adventists from the Bracknell township in Berkshire defied the cold weather and rain to distribute flowers and Gospel tracts to the people in the neighbourhood. Led by Pastor Louis Amakye, elders and members, young and old, went from door to door distributing Gospel literature.

The group continues to distribute tracts every Sabbath in the community and town centre.

F. K. OPPONG (COMMUNICATIONS)



RAK to the rescue

In Totton the worst weather so far this year gave us the perfect opportunity to launch the Totton RAK Club (Random Acts of Kindness) on Valentine's Day.

Time is becoming a more precious commodity than money and at the Watering Hole we wanted to do something that gave people the opportunity to volunteer for something without having to commit time on a regular basis. . . .

So, clad in waterproofs and wellies and sporting huge fluorescent umbrellas, we offered shelter to people while they packed away their shopping, dashed from car to surgery, or desperately tried to get their pre-schoolers safely from car to nursery across flooded car parks. It being Valentine's Day, we gave away goody bags filled with details of the scheme, chocolate and balloons. Although one or two people were initially suspicious as we approached their cars, once they understood that we were there to help they became friendly and we soon lost count of the positive comments directed our way.

RAK is being advertised in the local press and we have a logo competition designed to attract the public's attention too. RAK is not meant to replace existing charities that focus on different needs 24/7. RAK will give people 'taster sessions' in working in a whole variety of ways before they consider volunteering on a regular basis. Our RAK will be determined by the people who volunteer. Their skills, interests and networks will drive the direction of the club. At present we have fence repair/painting, general cleanups after the storms, community flower bed repair and litter picking on the agenda, as well as organising a huge community Easter egg hunt.

The Watering Hole church is known locally for its 4 x L approach to church life: *live* – do activities that help you get more out of life; *love* – love and serve others; *learn* – discover more about God in ways that suit your learning style and level of commitment to spiritual things; *laugh* – make time in your life for friendship and fun. RAK fits neatly into the 'love' section and we hope it will bring renewed interest and enthusiasm for working together to bless our community.

Check out our Facebook page dedicated to this club:

<http://www.facebook.com/rak.twh>

ROSEMARY LETHBRIDGE



GBK induction

On Sabbaths 4 and 11 January, church officers elected to serve for the next two years were inducted during special services at Wolverhampton Great Brickkiln Street and Pendeford. The services consisted of a litany for church officers, a charge and a dedicatory prayer delivered by the local district pastor, Rainford McIntosh. The church officers, together with the total congregation, pledged their full commitment to service.

PASTOR RAINFORD MCINTOSH



London Ghana kickstarts 2014

The London Ghana church began 2014 with a four-week-long prayer and fasting exercise to foster the spiritual growth of its members, something which has become a tradition over the past five years or so.

According to the pastor, Fergus Owusu-Boateng, these programmes have resulted in membership growth and deeper congregational enthusiasm for evangelism around their church in Plaistow, East London.

He acknowledged that the exercise has led to an increase in small group activity, and member commitment to prayer and Bible study. He was of the view that members could only develop spiritually when the church takes them through such spiritual exercises.

Over the four Sabbaths, Pastor Owusu-Boateng took the members through the 'Beatitudes', studying each one in detail and impressing them to put them into practice with the ongoing support of their prayer partners.

On the last Sabbath two newly elected church elders and five deacons were ordained.

NANA SIFA TWUM (ELDER)

Perhaps you can help . . .

Dr DeWitt Williams, who is researching black Adventist missionaries, is looking for information on Charles Christopher Belgrave, who left Guyana for India in 1906. He arrived in London in 1938 and may have remained there. His wife's name was Vera Muriel Belgrave but I still do not know her family name. The 1938 passenger list shows five children: William, Muriel, Marjorie, Ronald, and Kenneth. If you are a descendant, or know anything about this family, please contact Sharon Platt-McDonald of the BUC on 01923 672251 or splattmcdonald@adventist.org.uk.

ADVENTIST VOCAL ENSEMBLE

JAIME JORGE

ONWARDS & UPWARDS

PASTOR STEVE KELLY
COMMITMENT SPEAKER

PASTOR ROBERT HILLBERT
PRAYER & PRAISE SPEAKER

PASTOR RANDI STEFANOVIC
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PASTOR CHARLES WOLLEY-FRISHT
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gbarham@secadventist.org.uk or 01923
232728

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Saturday 22nd March 2014
17:30pm

Entry: Free

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Proverbs 18:21
Death and life are in the power of the tongue;
and they that love it shall eat the fruit thereof.

Leicester Central Church, Corner of London/University Road, LE2 1EF

MOHAP's wide appeal

Seven apprehensive young teenagers from the Plumstead church were among the 170 attendees at the year's first Ministry of Healing and Prayer (MOHAP) day retreat at the Advent Centre, London, on 26 January.

Participants came mainly from the South England Conference, with a few from the North, including seven from Leeds, led by Pastor Ikwisa Mwasumbi. There were even some from other denominations and a few who were 'unchurched'.

Besides the praise, worship, prayer and testimony the participants enjoyed the presentations. Pastor Emmanuel Osei's* devotional focused on the leper, his faith and the obstacles he overcame in order to meet Jesus and receive His healing. Dr Chidi Ngwaba** spoke on the detrimental effect of sugar on one's health, in particular diabetes and hypertension, and the need to reduce its consumption. Dr Daniel Duda*** addressed the topic of fear and anxiety in the Christian's life and highlighted the appropriate and inappropriate responses to them.

There were also various opportunities for prayer and meditation, and a special prayer ministry offered by eleven pastors, who also offered counselling and anointing where needed.

And the youth? While apprehensive at the start, by the end of the day they stated, 'We have been so blessed, we want to attend other retreats and we are going to bring some of our friends.'

The next day retreat will be on Sunday, 23 March, at the Advent Centre. Book online or download a booking form at www.mohap.org. For queries phone 07407 692256.

JANET HAMILTON

*SEC Prayer Ministries director
**Physician and Lifestyle doctor
***TED Education director



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BUC Health Ministries Director - Physical Healing

Health Presentation Speaker
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SEC Stewardship Director
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Selecting able men

On the first Sabbath of 2014 the North England Conference ministerial secretary, Pastor Richard Jackson, charged the Wolverhampton Central church to focus their attention this year on working together in service for God. Both he and the local minister, Pastor Appiah, challenged the church, and especially the new officers, to use their gifts and talents to further the Gospel within the local community.

The highlight of the day was the ordination of five deacons – three of them young people – who were admonished to protect the unity of the church, evangelise and welcome all those who enter the church.

Wolverhampton Central is extremely proud of Hayden Thomas, Leonard Nembhard, Shaquille Green, Thamsanqa Mabi and Daniel Savanhu, and are confident that they have selected able men to serve all those who attend their church.

DONNA PALMER

obituaries

Irene Stockley (1919-2013) d. 31 December.

Irene Stockley was born in Middlesbrough, and her early life was far from easy – she never knew her father, and when she was 10, her mother died. After a brief stay with her grandmother, she went to live at Dr Barnardo's in Barking, Essex. This helped her to have a good education, which helped her realise her dream of becoming a State Registered Nurse. She commenced her training at the South London Hospital, Clapham, in 1937 and two years later she met Reginald Stockley. Engaged in 1941, they did not see each other again until 1945, as Reg was posted to the Middle East. Irene spent the war in London and became a midwife. When Reg returned, they married and lived in Chiswick, where their first two children, Christopher and Judy, were born.

Irene became a Seventh-day Adventist in the 1950s, during meetings at Twickenham, where she met her closest friend, Enid Tolman, and they both joined the Chiswick church. Reg followed two years later. In 1963 the Stockleys left London to run a vegetarian guesthouse in Devon. Their third child, Timothy, was born the following year. They attended the Taunton church and later the Exeter one. Irene was always ready to share her faith and was an excellent Communications secretary. She had a good relationship with the local press and had numerous reports printed in both the newspapers and the *MESSENGER*. As a deaconess, she made a practical contribution to the church and was very caring to those who needed help. Her floral arrangements and harvest displays often beautified the church. Her poems enhanced special occasions. She thought of God as her Father, as she had never known her own.

When she was widowed, after years of caring for her sick husband, she showed great fortitude and still reached out to those less fortunate than herself. She also took an interest in the lives of her children, grandchildren and great-grandchildren. Perhaps one of the most exciting things to happen to her was the reunion with her sister after sixty-three years. Joan had been given up for adoption at the age of 2, due to economic pressure at the time. Irene put an advertisement in the *Sunday Post* in the north-east, and successfully traced her. Their reunion was filmed by local television at the Exeter railway station and they were able to keep in contact until Joan's death in 2000.

Irene spent the last few years of her life in a residential home due to declining health, although her mind remained alert and she had a sharp



wit. However, she grew tired, and her suffering increased until, at 94, she passed away on 31 December 2013. Pastor Ian Lorek conducted her funeral on 20 January at the Exeter church. Her loving daughter, Judy Walker, presented the eulogy, which had been written mainly by Irene herself. Pastor Lorek, in his address, remarked that Irene had everything prepared for her funeral, which was very typical of her. He quoted from Ecclesiastes 9:10 (NKJV), 'Whatever your hand finds to do, do it with your might', which applied to everything she did. Stella Jeffery concluded the service by reading a poem, 'Nature's Joys', written by Irene. It reflected her great love of colour, of nature, and, most of all, her love for God. The beautiful flowers in the church and on the coffin were arranged by Angela Beckenham, a very loyal friend to Irene.

She now rests with her husband, awaiting the resurrection call, when they will be reunited and meet their Saviour face to face. *STELLA JEFFERY*

Ellen Mary Buchanan (1918-2013) d. 8 November.

Ellen Mary Buchanan (née Smith) was born to Adventist missionary parents near Gweru, Zimbabwe, at a time when food and water were often scarce for those living way out in the bush. From a very early age Ellen served others, learning to treat wounds and help those in need, something she continued to do throughout her life.

Having been born in Africa, Ellen felt a very strong tie to Africa and its peoples. As a child, life for her on this vast continent was an adventure, during which she learned from her parents about life in general and Christ in particular.

While living in Zambia Ellen married Martin Van Der Walt, and they had three daughters, Miriam, Yvonne and Hester. Sadly, Martin died suddenly, which left Ellen to fend for herself. But as she left his deathbed the words to the hymn 'God Will Take Care of You' came clearly to her mind. God did take care of her and the girls, even though times were very hard, especially during the depression. Later, while working as a hotel manageress, Ellen married Stanley Buchanan and they had one child, a daughter, Mary.

Ellen moved to Zimbabwe in 1977, to South Africa in 1980, and then to Australia in 1988. After a brush with cancer in 2003 things became very difficult for Ellen, and in 2005 she moved to Blackpool, Lancashire, to live with her daughter, Mary, and son-in-law, Andy, who cared for her from then on.

After being widowed again in 2010, Ellen spent more time



building a closer relationship with her Lord, reading her Bible for hours at a time. This brought strength and great peace to her.

Ellen always made friends easily and touched many lives with her love and compassion. She was a faithful Adventist and brought joy to many, having only good to speak of others. Always kind, Ellen had a peaceful influence in any situation.

After her 95th birthday her health deteriorated rapidly and she died peacefully at home, in her bed, on Friday, 8 November last year.

Ellen leaves behind many family members spread around the world, including her sister, Hilda (Australia); her brother, Steve (USA); and her daughters, Miriam (South Africa), Yvonne (Australia), Hester (South Africa) and Mary (UK). She will be sadly missed, and she leaves a void in our lives – but we look forward to our Lord's soon coming when we will meet her again.

MARY BUCHANAN-MOORE

Carmelie Alfreida Stephenson, née Burnet (1925-2013) d. 10 November. Carmelie Alfreida Stephenson was born on 19 May 1925 and was raised and educated on the beautiful island of Cuba, where she spoke fluent Spanish. She had two sisters and a brother (all now deceased): Gloria, Alice and Gladstone (Gladdy).

Carmelie recalled that her childhood was a happy experience, growing up with her siblings. Carmelie was the eldest of the Burnet children. She moved to Jamaica as a teenager with her family and learnt fluent English.

It was here that she met the love of her life, the late Lionel Nathaniel Stephenson. They married on 25 February 1950 and had two children, Anthony and Sharon (now Sharon Khan). Carmelie became stepmother to Lionel's sons by a previous marriage – the late Clyde, the late Clinton and the late Reg.

Carmelie and Lionel decided to emigrate to the United Kingdom, living initially in Balham, South London, where they were fervent members of the Balham church. They then moved to Watford, where they lived for around twenty years, becoming members of the Watford Town church, where Carmelie was a long-serving deaconess.

She worked initially as a seamstress for the John Lewis store in Watford, but later pursued a career in nursing until she retired. They decided to move to the seaside town of Lowestoft, Suffolk, where they lived happily for thirty-five years, with Carmelie taking up employment in a local residential care home. She served the local church as deaconess and in community services for a number of years.

In recent years Carmelie's mobility began to deteriorate, but she was still able to attend Lowestoft Church with the aid of personal carers and a taxi service. Finally Carmelie moved to Devon to be with her son, Anthony, and his

family, and it was there that she passed away on 10 November 2013.

She was cremated on Friday, 22 November, after a funeral service at Exeter Church. A memorial service was to be held later in her beloved Lowestoft Church, and her ashes interred with her beloved Lionel in Kirkley cemetery, Lowestoft, close to the community where she was loved and will be missed, and where she will await the return of Jesus.

JOHN SAMPSON, COMMUNICATIONS SECRETARY

Sheila Daniels, née Ellis (1932-2013) d. 21 September. Sheila was born on 31 July 1932 in Camborne to Sophia and William Ellis. She was the last surviving sibling of the family's ten children – five boys and five girls. Much of her childhood was spent in a Barnardo's Home in London, where she learned good manners and picked up her love of cultured living.

She also spent some time in different foster homes, and it was in one of these that she found herself in the care of an Adventist couple whose influence was so strong that, later on in life, when she wanted to draw closer to God, it was to the Adventists that she turned.

She met Tommy Daniels at the end of 1956 in a coffee tavern in Redruth. An interest was kindled but their love didn't bloom until a later meeting in Truro, when her heart was won – at least in part – by the smart blue suede shoes Tommy was wearing!

They were married the next year and bought their first house in Four Lanes, Cornwall, later moving to the village of Illogan. The couple had seven daughters, and with the family growing, Sheila developed a desire to draw closer to God. Remembering the positive experience of her childhood she wrote to the Adventist Church and in due course was baptised by Pastor Uppendale. From then on the family were brought up as members of the Redruth Adventist church.

For many years Sheila was an active member. She had a lovely singing voice, and sang in many duets and quartets. She also taught the children and at some stage helped the church with secretarial work.

In October of 1981 she was run over in a terrible accident, and she was not expected to make it – not even to the hospital. She spent six weeks in intensive care, and her mobility was never the same afterwards. She came to rely strongly on God, and loved listening to her 'talking' Bible.

She passed away peacefully in the company of her family on 21 September 2013, bringing to a gentle close a life that had been centred on caring for her husband and girls. Truly, we would be right to say of her those words of Jesus, 'Well done, thou good and faithful servant: thou hast been faithful over a few things, I will make thee ruler over many things: enter thou into the joy of thy lord.' (Matthew 25:21, KJV.)

CHRIS PEAKE



Baptismal candidates Hope Kumpalume, Ambé Cudjoe, Christine Kamara and Dawn Richardson wearing their Pathfinder uniforms, surrounded by their mentors.

Watford Town Pathfinders lead the way

What a sensational climax to 2013! Not even the chill of a winter Sabbath afternoon could dampen the excitement and emotion of a long-anticipated experience. From the day they were born, their parents prayed that these children would make the right choice, follow Jesus and be baptised. That day arrived on Sabbath 7 December last year and it was the Pathfinders who led the way.

In a packed church, full of family, friends and loved ones, Hope Kumpalume (15), Ambé Cudjoe (14), Christine Kamara (12) and Dawn Richardson (12) were baptised and accepted into the fellowship of the Watford Town church. Their parents shared their experiences with tears of joy and affirmed each child in the decision they had made. The



Saphir Perry, age 10 – Watford Town's youngest ever baptismal candidate.

officiating pastors were Sam Gungaloo (associate) and Kevin Johns (Pathfinder director, South England Conference).

There were others baptised at Watford Town during 2013: Shirley Simpson, Saphir Perry, Millicent Jarrett, Nadine Samuel and Vernadine Harris (profession of faith).

For the Watford Town family this was a wonderful Christmas present, the culmination of a truly inspirational Pathfinder Day, where Hope

Kumpalume and Jide Dehinde presented heartfelt messages to an expectant congregation.

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Mar 7	5.51	6.03	5.54	6.00	6.12
14	6.03	6.16	6.07	6.14	6.25
21	6.15	6.27	6.20	6.28	6.39
28	6.27	6.39	6.32	6.43	6.52

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