

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

Messenger

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'Pure dead brilliant!'

The Glasgow chat comment of Commonwealth Games president, HRH Prince Imran, when passing judgement on the Games during the closing ceremony, might well have been said about the Scottish Mission's *Commonwealth and Wellbeing Project*. The three-month joint Community Services and Youth department programme included a praise concert, a football tournament, four health expos, a health club and emotional intelligence seminar, a children's holiday club, a street cleanup and a fundraising bike ride.

The Project was formally recognised by inter-faith *More Than Gold* and Glasgow City Council's *Legacy Glasgow*. Their fundamental mutual purpose was to create an ongoing legacy that would benefit local communities. West of Scotland pastor Victor Harewood says, 'We have certainly achieved that. Contacts with local influencers and decision-makers have also opened doors for further outreach opportunities that we will be following up.'

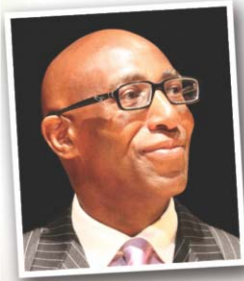
Many people have learnt more about the Adventist Church, particularly those who attended the health-related events. So far, church medical and nursing teams, supported at one point by contingents from Norway and Portugal, have serviced health expos in Edinburgh, Irvine and Paisley. As a result of the first three expos 228 people now know their 'health age' and, of these, 180 signed up to Adventist Discovery Health courses.

Yes, there is no doubt about it, the Scottish Mission's *Commonwealth and Wellbeing Project* was 'pure dead brilliant'!

JOHN WILBY

* That is a traditional Scottish way of saying that something is 'exceptionally good'.





Guest speaker:
Dr Jeffrey Brown,

president of the Bermuda Conference of Seventh-day Adventists and Family Life director.



Music:
Renowned Croydon Gospel Choir.



Church stall marquee: The church stall marquee is back, by popular demand. To book your pitch, contact Charles Bramble on 01476 515901. A small charge will apply!

Stanborough Press Open Day is an opportunity for fellowship, to be able to catch up with old friends, make new friends, to stock up on all your favourite health foods and purchase new titles from our extensive book display.

Mark **Sunday 7 September** in your diary, and plan to come along, . . . we'd love to see you!

For more details, contact us on:

01476 591700

info@stanboroughpress.org.uk



Enhancing Health

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

Activity slows aging process

An article published in the journal *PLOS ONE* on 28 May 2014 carried the caption: 'Keeping active pays off even in your 70s and 80s'. It concluded that exercise impacted medication use and hospital admissions.¹ The article referred to research from the Bristol University by co-authors Dr Bethany Simmonds and Professor Ken Fox from the Centre for Exercise, Nutrition and Health Sciences, titled: *Objectively assessed physical activity and subsequent health service use of UK adults aged 70 and over: A four to five year follow up study.*²

The study group was comprised of 213 individuals with an average age of 78 and a range of physical activity was measured. Using accelerometers – gadgets that monitor movements throughout the day – physical functions such as balance, leg strength and walking gait were measured. This was the first study of its kind involving an older age group.

The subjects in the study were followed over five years, with the resulting data outcomes:

- Physical activities such as brisk walking, cycling or swimming led to

a higher metabolism and better circulation. This was found to reduce the risk of high blood pressure, coronary heart disease, type 2 diabetes and strokes – conditions and diseases which are common in older age.

- Those who carried out less than 25 minutes of moderate to vigorous physical daily activity (as listed above) received fifty percent more prescriptions over the five-year duration of the study than those who were more active.
- With regard to hospital admissions the study found that being physically active reduced the risk of unplanned hospital admissions. Individuals in the most active third of the sample were achieving on average 39 minutes of moderate to vigorous activity compared to those in the low activity group. Those who were most active were at half the risk of emergency hospital admissions compared to those who were least active.

Dr Simmonds reports: 'We know that leading a physically active life has health benefits for all ages, but this study suggests there may also be economic benefits by reducing reliance on medication and preventing costly emergency hospital admissions. Our findings further support the need for greater availability of community-based programmes to increase physical activity and prevent loss of lower limb function.'

Professor Ken Fox added: 'Until now, very little has been known about the value of physical activity in later life, particularly when people are in their 70s and 80s. This research underlines that keeping older people active brings a whole range of health benefits. . . .'

Keep moving!

¹<http://www.bristol.ac.uk/news/2014/may/exercise-old-age.html>
²<http://opus.bath.ac.uk/39508/>

Newbold's Gap Year programme is back!



Newbold's Gap Year is back by popular demand and the programme will commence on 1 September. In the past the Gap Year has given students a chance to participate in a missionary trip abroad and this academic year will be no different.

If you have ever dreamt of taking some time out to grow spiritually, learn more about yourself and your life's purpose, the Gap Year at Newbold might just be your answer! The programme gives students the opportunity to participate in unique service activities and trips while being fully involved in the social and spiritual activities on campus.

During the Gap Year, students will work with an experienced mentor/counselor to discover more about themselves and what they would like to do with their lives. These discoveries and newly-acquired skills will be put into action through a variety of local volunteer opportunities, followed by a ten-day service trip to Europe which is scheduled during the autumn mid-semester break, usually in October.

To learn more about the modules offered for the Gap Year programme, please visit www.newbold.ac.uk.



editorial

'Robin Williams, one of the most unforgettable and beloved actors/comedians of all time has passed away . . .' was the news that greeted the world on 11 August.¹ Were you a little sad? I was. Sad over the circumstances of his death, and sad that such a great talent is no more.

We may not have endorsed every aspect of his personal life, or found all his humour to our liking, but there is no denying that he could be immensely funny in a wide variety of roles. Roles for which he was certainly recognized:

*'Williams was nominated for the Academy Award for Best Actor three times and won the Academy Award for Best Supporting Actor for his performance in Good Will Hunting. He also received two Emmy Awards, four Golden Globe Awards, two Screen Actors Guild Awards, and five Grammy Awards.'*²

Tastes differ

Despite the success of much of Robin Williams' work, comedy is very taste-specific. What appeals to one person may not necessarily bring enjoyment to the next. Comedy doesn't always travel well either. What is side-splittingly funny to the British might be viewed as weird, silly or even offensive in other cultural contexts, and vice versa.

In order for us to enjoy comedy we must have a sense of humour – something which is obviously universal, but differently shaped and conditioned in each of us by a variety of factors. Some of which are age, gender, social milieu, status, education, ethnicity and ethics.

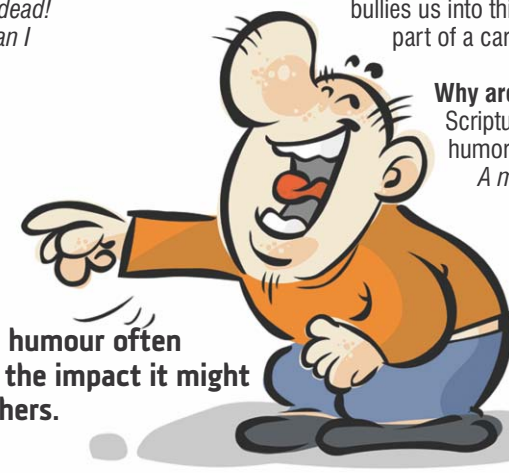
So what is most likely to amuse the widest number of people, internationally? Probably something like this, acclaimed as the World's Funniest Joke in 2001 – an award based on it having 'averaged the highest level of amusement worldwide, spanning numerous countries and cultures':

'Two hunters are out in the woods when one of them collapses. He doesn't seem to be breathing and his eyes are glazed. The other hunter whips out his phone and calls the emergency services.

He gasps, "My friend is dead! What can I do?"



Aggressive humour often disregards the impact it might have on others.



Why are you laughing?

*The operator says "Calm down. I can help. First let's make sure he's dead." There is a brief silence, then a shot is heard. Back on the phone, the hunter says "OK, now what?"*³ (With minor changes.)

You're finding it hard to believe that this joke was worth top spot? Me too!

Jokes aside . . .

But jokes aside, spend a moment with me looking at some interesting research regarding what we commonly call our 'sense of humour'.

Some researchers have identified 'four distinct humour styles: affiliative, self-enhancing, aggressive, and self-defeating', finding that two of them 'promote health and well-being' while the others 'can be potentially detrimental to mental and physical health.'⁴

They regard the **affiliative** style as having potential benefits, both for the individual and the groups in which he or she associates. In effect, this style of humour tends to enhance relationships within a group:

*'Individuals high in this dimension often use humour as a way to charm and amuse others, ease tension among others, and improve relationships. They are often spontaneous in their joke telling, frequently participate in witty banter, and enjoy laughing with others.'*⁵

If you practise **affiliative** humour you might be a blessing to yourself too, because research shows that those who do, generally enjoy 'increased levels of self-esteem, psychological well-being, emotional stability, and social intimacy.' They are also less likely to experience anxiety and depression.⁶

According to the research, **self-enhancing** humour involves 'having a good-natured attitude toward life' and 'the ability to laugh at yourself, your circumstances and the idiosyncrasies of life in [a] constructive, non-detrimental manner.' This is a great coping mechanism for the ups and downs of life. It helps us see the good in bad situations – and best of all, it helps us be self-critical in a constructive way. And here is the good news: having such people in the local church can promote creativity and reduce interpersonal stress!⁷

As far as the **aggressive** style of humour is concerned, anyone who suffers with this 'ailment' is likely to cause unnecessary harm in any group, especially a church. Why? Let the research spell it out: 'This type of humour is characterized by the use of sarcasm, put-downs, teasing, criticism, ridicule, and other types of humour used at the expense of others. Aggressive humour often disregards the impact it might have on others.'⁸

Having said that, however, if we are guilty of this style of humour, I guess the church is the best place for us to be! After all, Jesus has had some personal experience in coping with difficult people, hasn't He? Do you remember the nicknames He gave to two of His team?

James son of Zebedee and his brother John (to them he gave the name Boanerges, which means 'sons of thunder') . . . (Mark 3:17, NIV-UK).

The final style of humour is defined as **self-defeating**. This is a potentially detrimental form of humour designed to gain approval from others through self-disparagement. Those who practise it willingly – but unnecessarily – tend to make themselves the butt of the joke. It is often associated with a lower level of self-esteem and a higher potential for depression. Sometimes life

bullies us into this attitude toward ourselves – all the more reason to be part of a caring fellowship, within arms reach of a loving Lord.

Why are you laughing?

Scripture tells us how important it is to think positive, humorous and fun thoughts (Proverbs 17:22, NKJV).

A merry heart does good, like medicine, But a broken spirit dries the bones.

God designed us for laughter. He wants to hear us chuckling our way through life. It is important though, that we know *why* we are laughing.

¹<http://www.breathecast.com/articles/robin-williams-net-worth-heirs-mork-and-mindy-star-survived-by-wife-susan-and-children-zelda-zachary-and-cody-18658/> ²http://en.wikipedia.org/wiki/Robin_Williams ³<http://axiom.hdch.org/?p=171> ⁴http://en.wikipedia.org/wiki/Humor_styles



Julian Hibbert
Editor

Just how poor must we become?

by Julian Hibbert

According to the *Seventh-day Adventist Bible Commentary*, the Sermon on the Mount – as Matthew 5:1 to 8:1 has come to be known – was preached in the late summer of AD 29, about midway through Christ's earthly ministry. The event closely follows His appointment and ordination of the Twelve, and is considered by many to mark the 'first step in the organisation of the Christian church' – a kingdom of Grace. For this reason, this 'sermon' is seen to be setting forth the 'conditions of citizenship' for that kingdom.¹

If this was Christ's intention, then we will want to understand those 'conditions' and align our thoughts and actions accordingly. For this reason I have chosen to explore the meaning of the first twelve verses of Matthew 5, the so-called 'Beatitudes', during our *MESSENGER* devotionals for the foreseeable future. [This schedule will be flexible enough to accommodate the submissions of other contributors from time to time.]

'Conditions' versus 'qualities'

Although some may want to view the eight Beatitudes as 'conditions' to be met in order to become 'citizens' of Christ's kingdom, I prefer to see them as 'qualities' that will characterise the lives of those who *already* enjoy that citizenship. Why do I say that?

The answer is quite simple – just remember those comments that Jesus made to Nicodemus:

Jesus answered, "Very truly I tell you, no one can enter the kingdom of God unless they are born of water and the Spirit." (John 3:5)

According to Jesus then, there is only one way to acquire access to the 'kingdom of God' – by being 'born again' (John 3:3). So this is the long and the short of it:

'citizenship' is the result of *transformation*, not *compliance*. The Beatitudes are not 'conditions' that we must conform to in order to receive our heavenly citizenship. They should be the 'evidence' of what the Holy Spirit is doing in our 'born again' lives.

Blessedness

Those who possess these eight qualities are pronounced as 'blessed' – a term that describes the joy and peace bestowed on the believer through the conversion process. Could this be the experience Jesus referred to in Matthew 11:28, 29?

'Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.'

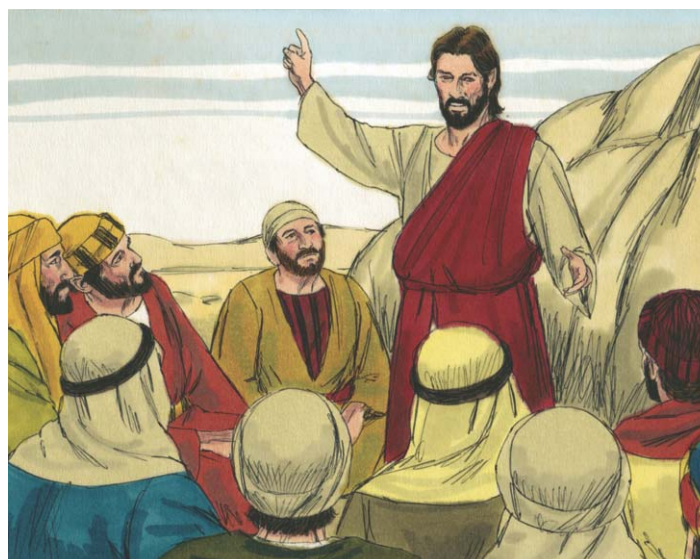
William Barclay, author of *The Daily Bible Study* series, further adds to our understanding of this blessedness by pointing out that it is a here-and-now experience:

*'The blessedness which belongs to the Christian is not a blessedness which is postponed to some future world of glory; it is a blessedness which exists here and now. It is not something into which the Christian will enter; it is something into which he [or she] has entered.'*²

Poverty?

The first beatitude is well known, but open to a little misunderstanding. The traditional translations read much like this: 'Blessed are the poor in spirit, for theirs is the kingdom of heaven.' (Matthew 5:3.) But the third most purchased English version today³ translates it differently, saying: 'God blesses those who are poor and realize their need for him, for the Kingdom of Heaven is theirs.' (Emphasis supplied)

In doing this, the New Living Translation raises some serious



'Blessed are the poor in spirit, for theirs is the kingdom of heaven.'
Matthew 5:3.

questions. Must we be poverty-stricken in order to enjoy the blessing of Christian joy and peace? Does Jesus really have a bias towards the destitute? Is there no hope for the non-poor?

There is no doubt that Jesus had immense sympathy and compassion for the poor of His day. It is also true that He commended the faith of the widow who put a few pennies into the temple treasury:

Calling his disciples to him, Jesus said, "Truly I tell you, this poor widow has put more into the treasury than all the others. They all gave out of their wealth; but she, out of her poverty, put in everything – all she had to live on." (Mark 12:43, 44.)

At the same time, we must not forget that Jesus saw the same depth of faith among the rich and powerful – and commended it too! In Luke 7:1-10 we read of a Roman centurion who requested Jesus to save the life of his dying servant. This is how the man reacted when he heard that Jesus was coming to his house:

He was not far from the house when the centurion sent friends to say to him: "Lord, don't trouble yourself, for I do not deserve to have you come under my roof. That is why I did not even consider myself worthy to come to you. But say the word, and my servant will be healed. For I myself am a man under authority, with soldiers under me. I tell this one, "Go", and he goes; and that one, "Come", and he comes. I say to my servant, "Do this", and he does it." (Luke 7:6-8.)

And this is how Jesus commended his attitude:

When Jesus heard this, he was amazed at him, and turning

to the crowd following him, he said, "I tell you, I have not found such great faith even in Israel." (Luke 7:9.)

It means this . . .

To my mind, the centurion's attitude eloquently illustrates what is meant by the term 'poor in spirit': 'Lord, don't trouble yourself, for I do not deserve to have you come under my roof. That is why I did not even consider myself worthy to come to you.' (Emphasis supplied.)

It is not about being poor and destitute. It's about poverty of spirit – a humble dependence that can only be experienced when we personally recognize the truth of John 15:5 – 'apart from me you can do nothing.'

Wander through scripture and you will find other examples of this poverty of spirit. There was David who confessed to 'a broken and contrite heart' (Psalm 51:17); the tax collector who cried out 'God, have mercy on me, a sinner' (Luke 18:13); and that emaciated, travel-stained young man who speaks on behalf of us all, saying, 'I am no longer worthy to be called your son' (Luke 15:21).

Having said this, I leave the last word to J. B. Phillips. I think his paraphrase is spot on:

'How happy are the humble-minded, for the kingdom of Heaven is theirs!' (Matthew 5:3, J. B. Phillips New Testament.)

Editor's note: All Scripture references are taken from the New International Version (UK), except where otherwise indicated.

¹*Seventh-day Adventist Bible Commentary*, vol. 5, p. 322 ²William Barclay, *The Daily Study Bible: The Gospel of Matthew*, vol. 1, p. 83 ³http://en.wikipedia.org/wiki/New_Living_Translation



. . . 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.

Roy Litchfield, of the Breath of Life church, Smethwick, Birmingham, writes in to tell us how his church is exploiting modern day tech to get their members communicating with each other. And I love the way he has actively involved the young people to make it work . . . after all, they are the ones with the skills. Maybe some of these ideas could be used by other churches.

How we got our church talking . . .

For years I sat in church wondering about how effectively we really communicate among ourselves as members. It seemed to me that many of us think that the weekly bulletin is doing it all for us. But is that enough in this day and age? Is it personal enough? And is it reaching out to that 'world' that Christ speaks about in Mathew 28?

Then the day dawned when I was asked to lead the Communication and Media department of my church. Now it was my challenge to communicate, and to encourage our members to do the same.

Many of our members live miles apart which makes it difficult for them to attend meetings, so we started by getting the church board to hold some of its sessions by conference call using www.freeconferencecall.com. We then got each department to have their own conference call line, which is free on landlines. Then Pastor Eric Lawrence mentioned the need for more prayer, so in addition to the Wednesday night meeting at church we now have a Prayer Line on Sunday evening at 8pm using a conference call line.

Social media has changed our world in the last number of years and we are changing with it. We now use Facebook to share photos of all our Sabbath events, including baptisms and outdoor events. To this we have added the improvement of our website. Now those unable to attend services are able to enjoy them via live streaming – a great facility for the sick or elderly, and those in other parts of the UK or even in other countries.

But what about visitors and non-members generally? I sat outside church a few weeks ago and noticed five families checking out our announcement board, but felt disappointed because I had nothing in my hand to give them. We decided to change that, so we had a postcard-size 'business card'



designed and printed – one we could carry and hand out to local people who showed an interest in our church and its services.

I noticed how tatty our Visitors book had become. It was supposed to have visitors' details written in it but this was not working. We designed an attractive 'Welcome to' card with space on the reverse for their details and follow up notes.

One thing led to another and now we 'advertise' in 30-second slots on local radio, regularly letting the local community know what's happening in our three-church district.

We also have plans to use Webinars (www.citrix.com) and Google Hangouts to further improve communication among and in our churches.

But I hear you say, 'You can't be doing this all yourself!' You are quite right – it wouldn't be possible without my thirteen-year-old assistant and a team of seven other enthusiastic young people who assist me. I have nominated them all special responsibilities: Webmaster and assistant, Video plus an assistant, still photographer and an assistant. Even the Project assistant videographer has an assistant!

The young people are the future of our church and they are the 'communicators' of today and tomorrow! So let's use that talent.

10 days of prayer

7-17 January 2015

This press release from the General Conference has come out early to allow our churches to make proper preparation for this forthcoming prayer project.

Experience ten life-changing days with the Saviour as you start your year with prayer during the *Ten Days of Prayer*, 7-17 January, 2015. The *Ten Days of Prayer* is a time to organize a group of friends, neighbours, church members, or family to spend uninterrupted time together in prayer.

The theme for this initiative is, 'Experiencing the Fruits of the Spirit', based on Galatians 5:22-25. Each day we will be praying for and learning about these ten attributes of the Spirit. You are encouraged to go to www.TenDaysofPrayer.org to register yourself or your group. While there, you will find promotional materials as well as downloadable guidelines for leaders, which will enable a first-time leader to easily walk a group through an hour of prayer. You'll also find daily theme sheets with prayer requests that reflect personal needs as well as the needs of the world-wide Seventh-day Adventist Church. At the bottom of the web page, you can post prayer requests or praises on the Community Comments section. How exciting to be uniting together as a church to pray for specific requests and to see God work by pouring out the Holy Spirit in even greater measure!

Hope Channel and the General Conference Ministerial Association will once again partner to produce live broadcasts of the programme, *Let's Pray*. Each evening, a devotional thought on the theme for the day will be presented and viewers will be invited to participate by sharing and praying for requests on the programme. *Let's Pray* can be viewed on DirecTV 368 and streaming online at hopetv.org.

Why do we have *Ten Days of Prayer*? It is a time for individuals to meet together and experience the power that comes with united prayer and to pray in one accord so God's power can be unleashed and the great controversy ended. If you or your group is unable to meet during the designated days, choose an alternate ten days that works for you so that you can still participate in the blessing.

'Why should the sons and daughters of God be reluctant to pray, when prayer is the key in the hand of faith to unlock heaven's storehouse, where are treasured the boundless resources of Omnipotence? Without unceasing prayer and diligent watching we are in danger of growing careless and of deviating from the right path.' *Steps to Christ*, pp. 94, 95.

After the 2014 *Ten Days of Prayer*, literally hundreds of participants wrote and shared their experiences with us: 'We have seen

former members returning and new people from the community coming to church, people got jobs, there has been an increase in prayer in our Sabbath services, and members have drawn closer to each other and to God.' Gloria Milton, Keynes Church, United Kingdom.

'The Ten Days of Prayer was so spirit-filled! On the night of the eighth day one of our neighbours experienced demonic possession. Myself and one of my elders were invited to pray for the lady. We went there and the demon manifested himself but the power of God prevailed. The testimony from the lady the following morning was that she didn't just see two of us enter her house. Instead she saw a multitude of angels that accompanied us. To God be the glory!' Pastor Francis.

'For us, a small church plant, it was both necessary and blessed to come together to pray. We just started a process of developing visions and strategies for our group and for that reason the Ten Days of Prayer was much needed and it has set our thoughts in motion toward a common goal.' Anton Torstensson, Arvika Church plant, Sweden.

'We saw the hand of the Lord, during the past Ten Days of Prayer. Miracles happened, healings took place, many long-time unanswered prayers were answered . . . I believe no church can afford to miss next year's Ten Days of Prayer . . .' Buhire Elie Brown, Guadeloupe.

God wants to pour out His Spirit on us now, just as He did for His disciples during Pentecost. Won't you join the world church in praying for that blessing during 7-17 January? Sign up today at www.TenDaysofPrayer.org, invite friends to participate, join the Facebook event of *10DaysofPrayer2015*, follow it on Twitter at *10DaysofPrayer2015*, and watch special episodes of *Let's Pray – 10 Days of Prayer* at www.hopetv.org. Join us and be blessed!

GC MINISTERIAL ASSOCIATION

Join us in
10 days of
PRAYER

January
7-17 2015

www.TenDaysofPrayer.org

avalanche ranch

Cambridge Church commenced their 2014 Vacation Bible School (VBS) on 28 July with fifty-six children from the church and community. That number had risen to sixty-four by the end of the week.

The VBS theme was Avalanche Ranch, a development of Group Publishing which focuses on *God as the only true God, God is with us, God is our strength, God is awesome* and that *we should obey God's commandments*. Each time the group heard any of these phrases they would all cheer.

The Western VBS theme captured the children's attention as they listened to stories about various Bible characters. The backdrop, set out in the St Philip's Church of England Primary School hall, conjured up mental pictures of the Wild West, open fields and pastures, grazing cattle and sheep, horses and cowboys around a campfire.

This is the second time the school has welcomed us to use their premises, which is perfect for a VBS. It has numerous classrooms and each of them is equipped with a projector and smart boards.

Each day the children visited the different stations – always starting with a Sing and Play Stampede where the children would act out various songs.

Then they moved on to the other stations: Imagination Station Crafts, Games, Chadder's Theatre, and Bible Adventures. All these stations focused on situations in life and how they can be dealt with through the help of God.

At the Imagination Station Crafts kids got to create arts and crafts such as a simple booklet or a stuffed teddy bear. The Games Station was where the kids got to play in the play area with fun activities set by the station leader.

In Chadder's Theatre they would see a short film about a chipmunk leaning to become a cowboy. During the week Chadder went through a series of adventures, highlighting how God is always there to keep us safe.

The Bible Adventures station involved 'immersive' stories through which the children got to become part of the Bible story themselves.

During lunch, the children enjoyed healthy vegetarian meals. But they also got involved in preparing snacks for the rest of us with an explanation of how they are made and what they are about.

As each day closed, there was a Spotlight Drama during which the children got to be part of a presentation or a music video with one of the songs in the music album. These are a series of photos where the children in each group pose in a way that depicts one of the Bible stories that they had showcased in the Bible Adventures station.

During the week everyone had a great time, thanks to the planning and organisation of the leaders and the members of the church, and their friends from the community. The children thoroughly enjoyed the experience and were asking when we could start VBS again. Some of them even thought that next year is not soon enough!

NILS PETERSSON, COMMUNICATION ASSISTANT



celebration



Ninety years of Adventism in Cambridge

by Pastor Colin Stewart

Cambridge Church celebrated ninety years of Adventist presence in the city of Cambridge on Sabbath, 26 July with the help of the mayor, Councillor Gerri Bird. The congregation, which included friends from the local area, heard the mayor charge them to continue in their commitment to community, as stated on the church's website.

The celebrations were not confined to the church building. They extended into the streets in a procession which marched along Mill and Hobart Roads, the location for the church and soup kitchen, then on to Marmora Road where the Annual Community Big Lunch takes place. From there they went on to Suez Road, where the celebratory service took place in the church of a friend, Canon Stephen Leeke. (The Adventist church on Hobart Road was just too small to cope with the large number of people who attended!)

The street rally was led by the official South England Conference Pathfinder Drum Corp. Kyle and Karllum, local Pathfinders, held the banner aloft, followed by local pastor, Colin Stewart, alongside other local clergy, Stephen Leeke of St Martins Church on Suez Road, and Stewart Taylor of St Philips Church on Mill Road. 'It shows real community when other ministers and congregations can come and support the achievements of others,' said Pastor Stewart.

The community certainly seemed impressed, with neighbours and shop owners coming out to wave them on and share greetings. One local resident stopped to thank them for all they have done in the area. 'They are a lovely bunch of people, [they] have made a huge impact on our little community here,' she stated as she

applauded their efforts to serve others. The day was filled with laughter, spirit-lifting praise and thanksgiving to God who has brought the church so far. Norman Hopkins and his wife are the oldest serving members of the Cambridge church and pioneers of the church's early development in the 1950s. Stories were told of how they acquired the various properties and places of worship, and their dedication as early members, cycling a 50-mile round trip just to attend each week!

Former ministers, Pastors Claude Lombart and Eglan Brooks, joined the congregation, while video messages and greetings were received from Pastors Robert Hines (now in Florida) and Drene Somasondram (in Australia). SEC president, Pastor Sam Davis focused the congregation on the Church's mission, to share the 'Three Angels' Messages' of Revelation 14. It was fitting to be reminded of how far a church can grow when the members are dedicated to mission and willing to make waves for the sake of the gospel.



creativity



Creative Adventists use art to evangelise

A group of creative young Adventists recently held a public art exhibition in a shop. This unconventional approach to evangelism stimulated many conversations about the Gospel with shoppers in one of Birmingham's busiest shopping centres and proved highly effective in reaching people from all walks of life, resulting in follow-up Bible studies with atheists and Muslims.

The exhibition, entitled 'The IQ: Innermost Questions', featured artwork themed around life's unanswered questions – such as the existence of humanity and the origins of morality – and was held from 20 to 22 June.

On the invitation of a friend, Valerie, an art enthusiast and self-confessed atheist, visited the exhibition unsure of what to expect. One of the exhibits has caused her to question her own aversion for rules and laws. This sparked a lengthy discussion with the team, which resulted in her accepting the challenge to read the Bible with a different approach.

Safi, a young Muslim, was in the city centre participating in Islamic outreach when he saw the exhibition and decided to have a look inside. The IQ team were able to give him a tour of the exhibition, which has led to his openness to further discussion about Christianity. He is now planning to begin Bible studies in an attempt to learn more about Christianity.

The Innermost Questions initiative was coordinated by Daniel Blyden from Aston Newtown Community Church and featured artistic contributions from a number of creative Adventists including Chrissie Hewitt, Paul Jones, Chari White, Anson Carridice-Davids, Abigail Hazel, Mawuena Patten, Reuel Jones and Keiran Mckenzie.

According to Daniel, 'My whole aim with the IQ project was to make use of the creative skills we have in the church to take the Gospel outside of the church walls to the people. I saw the perfect opportunity to produce this when a friend of mine opened a shop providing exhibition space back in February and felt that this could provide the perfect opportunity for us to create a place where we could help the people to meet Jesus through art.'

Vanessa and Safi, along with a number of other visitors who've shown an interest, were invited to a subsequent follow-up event designed to explore why the Bible can be trusted.

DANIEL BLYDEN

Southampton youth baptisms

This year Southampton Church has been blessed with three newly baptised members. The first two were baptised at the end of an evangelistic series of ten meetings conducted by Pastor Sam Davis, South England Conference president. He spoke each evening on current fulfillment of prophecy and these messages resulted in thirteen decisions for Christ.

Nyandura Biseko and Fundi Dlamini were baptised on the last morning of the series with many family members, friends and colleagues in attendance.

Also part of this series was a special Sabbath evening anointing service during which people were invited to bring their requests for special prayer.

On 26 July they had their second baptism of the year in a very packed church. The candidate was Rachel Marie, and many of her family and friends travelled down from Welwyn Garden City and beyond to be there for her special day. Rachel came to Southampton around three years ago to study English and French at Southampton University. It was with Pastor Mary Barrett, and later Pastor Douglas McCormac, that Rachel studied the Bible with a view to baptism.

After Pastor Barrett had preached a touching sermon, part of which contained her own testimony, Rachel was welcomed into the Church by head elder, Alther Jonas.

She was then baptised by Pastor McCormac. Sadly, it was also a day of farewell to Rachel, who has now moved to Kent to further her studies.

SOUTHAMPTON COMMUNICATION

Sisters baptised together

More than being biological sisters, Judy Anne and Jehann Importante are also the best of friends. This bond between them became even stronger as they were baptised together on 26 July at Worcester Church. Micah Campbell performed the baptism, supported by Andrew Davis and guided by Pastor Patrick Herbert.

Judy Anne decided to be re-baptised at eighteen as she felt that her



baptism in the Philippines at the age of nine happened when she was too young to understand the church doctrines clearly. At the tender age of eight she was diagnosed with Guillain-Barré syndrome and the disease left her completely paralysed. Reflecting on how God has fully restored her health, she dedicated her life to God's service – including her musical talents of singing and playing both organ and piano.

Halfway through the Bible studies given by Dorian Simmonds, Personal Ministries leader of Worcester Church, thirteen-year-old Jehann decided to commit her life to God too. She often discusses last day events and Bible prophecies with her dad and wants to be ready to meet her Redeemer. For her, baptism is a milestone in her life reminding her to 'avoid past mistakes and become a better person'.

Johann Importante, the girls' father and head elder of Worcester Church, states, 'I am so happy that my two girls have decided to give their lives to God. I thank the Lord that He has touched their hearts and it is my fervent prayer that they remain faithful to Him'. The consecration prayer included Almira, the girls' mother, as she also rededicated her life. It was truly an *important* day for the Importante family.

WENNA BOLOZ



Lowestoft baptism

There was joy at Lowestoft Church on the afternoon of Easter Sabbath, 19 April, when Marisa da Silva passed through the waters of baptism watched by her mother, Gaspar Ribero, and brothers, Reuban and Joel. Marisa was welcomed into membership of Lowestoft Church, although the rest of this Portuguese family are members at nearby Great Yarmouth Church. Marisa's husband, Diego, regularly attends the worship services and the couple have been blessed with a fine young son, Leonardo.

J. SAMPSON, CHURCH CLERK



Report 1

The Greenwich and Hope Community churches rejoiced at the baptism of Tanya Mambu, Fergie Nzita and Krina Limbatchia on Wednesday evening, 30 July. They were the first fruits of the 'Jesus is coming – prepare to meet Him' evangelistic meetings conducted simultaneously by the elders of these churches.

Shirley Grant, a close friend of the three young women, shared their spiritual journey with the congregation, telling of how they had searched across denominations to find the truth.

They were baptised by two of the elders, Nathaniel Zaka and Edward Yeboah, after Coreen Williams (an elder) had read the baptismal vows to them. The writer preached the sermon that evening: 'What does it mean to be a Seventh-day Adventist?'

PASTOR S. MATTHIAS ESSON



Report 2

The latest update from the Greenwich and Hope Community churches tells of three more baptisms. These took place at the climax of their evangelistic series on 2 August and involved Lorraine Sebata, Monica Barry and Tasharn Bailey. Once again the baptisms were conducted by the two elders, Nathaniel Zaka and Edward Yeboah, under the supervision of the writer.

PASTOR S. MATTHIAS ESSON

Dudley House School

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To work 4½ days per week, 39 weeks a year (Term time)

Dudley House is a small independent Christian school with a warm family atmosphere and dedicated staff. It seeks to appoint a school administrator of friendly disposition and excellent people skills, who is highly organised, reliable and able to work with the minimum of supervision.

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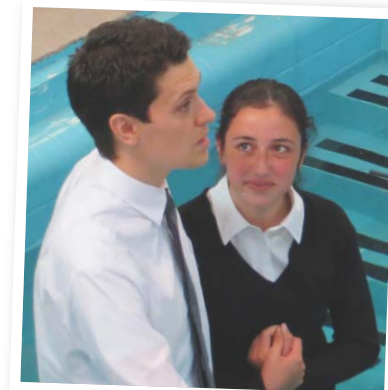
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headteacher@dudleyhouseschool.co.uk; or telephone: 01476 400184
Visits to the school are welcomed: 1 Dudley Road, Grantham Lincs. NG31 9AA
Apply to the headteacher by Thursday 11 September 2014

Dudley House School is committed to safeguarding and promoting the welfare of all children and expects all staff and volunteers to share this commitment. All appointments are subject to a satisfactory enhanced DBS check and employment references.

Historic baptism

On 5 July recently ordained pastor, Dan Thompson, baptised his niece, Esee Vitry, in the Stanborough Park baptismal pool. Esee was one of the last three candidates to be baptised in this historic baptistry which dates back to 1927. The next baptism will be conducted in the renovated church's new baptistry.

REPORT AND PHOTO: JUNE COOMBS



A convert from Hinduism

There was great excitement and joy at the Walsal church recently when members witnessed the baptism of someone from a Hindu background. Details must remain sketchy for obvious reasons but we solicit your prayers for this new believer – who was so obviously happy during and after the event. We also want to extend our thanks to the person whose influence led to this conversion – and to the pastor who reaped the harvest for Jesus.

EDITOR

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Newbold Church Pathfinders: prepared and ready

On Sabbath 19 July, Newbold Church witnessed the investiture of its Pathfinders during a moving ceremony. The boys and girls sat in their rows listening to Pastor Paul Tomkins as he urged them to be 'prepared and ready' for Jesus to use (taken from Ezekiel 38:7). They were to be ready to deliver Jesus' good news with urgency, as did the messenger who ran to tell Jesus that Lazarus was sick (story from John 11:1-4) Pastor Tomkins said, if it were today, Mary and Martha would have sent a person who knew Jesus and was young and fit. They would have sent a Pathfinder!

Newbold associate Pastor Vili Costescu thanked Barbara Abrahamian and Pat Dyckhoff who have been behind the establishment of a Pathfinder club at Newbold; Margaret Mugari for her leadership this far; and Sullivan Selassa who will be taking over.

The way the ceremony ended was stirring, with the Pathfinders



taking up their positions and marching out in an orderly manner. Some carried flags while others kept the group in step to their steady drumbeats. This was the Pathfinders' way of saying: 'We are ready to go and witness for Jesus!'

JUDITH MAKANIANKHONDO

'Wellness' not 'illness'

The Irvine church hosted a free Health and Wellbeing Expo outside the Rivergate Centre between 28 and 30 July. It was staffed by Scottish health professionals and wellbeing volunteers, many of whom travelled from as far away as Australia, Canada, France, Norway, Portugal, and Sweden.

Visitors to the expo were invited to participate in eight separate assessments, which, combined, formed the acronym 'NEWSTART': Nutrition, Exercise, Water, Sunlight, Temperance, Air, Rest, and Trust. Each of the seven stations produced a personalised wellbeing and lifestyle statement for each participant, which included test results such as heart recovery rates after step exercises, blood pressure, cholesterol, and blood sugar levels.

The last of the eight stations, Trust, was staffed by qualified counselors, who assessed mental wellbeing. They were also on hand to address any health concerns in a calm, reassuring and confidential manner. Where the test results highlighted serious health issues, like diabetes, individuals were urged to contact their own GP.

The final scores of all eight stations were entered into a computer programme which predicted each person's biological age based on their present lifestyle choices. Where the biological age was lower than the chronological age, their lifestyle had a higher score value, and they needed only to make small changes to enjoy the fullness of wellbeing and an extended life expectancy. The church's emphasis corresponds directly with the latest aim of the Scottish NHS – to focus on 'wellness' and not 'illness'.



According to Pastor Claiu Popescu of the Irvine church: 'We should follow the example of Jesus Christ's ministry: less preaching and worshipping in a building, and more social interaction. He was approachable, listened intently, was non-judgmental, and met peoples' physical, emotional, and spiritual needs where they were, in the community. Only by developing trust and forming personal relationships in this way can we serve the community, and get across the message of the Gospel, which is our calling.'

DR JOHN ATKINS
PHOTO: DR JOHN ATKINS, THE POETRY OF LIGHT

[For further information on Irvine community programmes and church activities, contact Pastor Claiu Popescu, 5/7 High Street, Irvine, KA12 0BA, or phone 07900 005602.]

DOF: Basingstoke, Bracknell and Guilford

Pastor Vicentiu Dranca's churches – Basingstoke, Bracknell and Guilford – held a district day of fellowship on 26 July at the Vyne School, Basingstoke.

The warm summer sunshine permitted attendees the chance to enjoy picnic lunches and relaxed fellowship on the school's extensive green playing fields.

The lively Sabbath School Bible discussion was led by a representative panel drawn from the three churches. Pastor Cecil Perry, former British Union Conference president, was the preacher and his sermon encouraged the listeners to discover what Jesus meant to them, based on John 20:24-29.

In the afternoon Dr Dina Borges, a Bournemouth-based GP, and Chris Harris, a Life Sciences consultant, outlined how their health screening work has built bridges with their local council and members of the community. The district churches were encouraged to engage with their communities by running health-screening sessions in their local areas,



something the Basingstoke church is planning to do in the near future. The rest of the afternoon was comprised of musical renditions, church activity presentations and a wonderfully engaging quiz which tested the memory and singing ability of the attendees.

BASINGSTOKE COMMUNICATION SECRETARY



How are your sea legs?

The Men's Ministries department at Wimbledon International Church organized their very first fishing trip to Brighton Marina on 20 July. The event, one of the department's main highlights of the summer, generated much interest and excitement. The idea behind the trip was to bring the men of the church together in an activity that would build their relationships.

The trip was also a great opportunity to invite guests from outside the church. There was a good turnout, with twenty men arriving at the church bright and early that Sunday morning. Although blessed with



fantastic weather, there was no guarantee that they would catch any fish, but they were pleasantly surprised. The plan for the day was a 90-minute sea fishing trip, on a boat called The Thresher, in search of mackerel, followed by a barbecue on the beach. One of the guests, who happened to be named Peter, caught eight fish!

Despite the fact that they were all novices, the group managed to catch twenty-three fish between them. With twenty hungry men around that beach barbecue, there weren't going to be any 'baskets' left over! They thoroughly enjoyed the fish and the excellent fellowship! The experience is definitely recommended and plans are already being laid for next year's trip.

BARRY ORDANZA

Picnic fosters friendship

Worcester church members visited Trentham Gardens, Stoke-on-Trent, on 20 July for a picnic, during which they enjoyed God's creation and each other's company.

The event also created an avenue for evangelism as five non-members joined the group and experienced that the Christian life doesn't have to be boring.

Frank Simmonds, who stays in bed at home most days, was elated to be among the thirty-nine people, young and old, who enjoyed the picnic and lakeside activities. He donned his long sleeves, baseball cap and sunglasses and marvelled at God's creation while manoeuvring his way around the lake and gardens in his electric wheelchair.

There was an abundance of wholesome food and good company. The children squealed with delight while rowing, and laughter reverberated around the gardens as several attempts were made by the group to form the letters 'AY' (Adventist Youth) during the group picture.

In the opinion of Micah Campbell, Worcester Church pastor: 'Socialising and worship go hand in hand, as both work on building relationships. We worship together to enhance our spirituality and Godly connection and socialise together to enhance our friendship. Members may pray for each other, but friends offer support for the intricate difficulties individuals go through. I love to see people grow both in and out of church and reflect the character of Christ in their interactions with each person they meet.'

Everyone enjoyed the day and some who haven't talked with each other in church engaged in meaningful conversation for the first time. 'Behold, how good and how pleasant it is for brethren to dwell together in unity!' (Psalm 133:1, NKJV).

WENNA BOLOZ





What's cooking at Holcombe Road?

The Women's Ministries department of the Holcombe Road church recently ran a six-week-long cookery course for its own members and the local community.

The course objective was for the church's experienced cooks to inspire the budding beginners and pass on valuable culinary skills to them.

Savoury dishes, including bread, roti, macaroni and cheese, as well as sweet dishes, including cakes and fritters, were some of the recipes on the course 'menu'. The emphasis was on healthy food preparation and there were classes on the preparation of smoothies, salads and pulses.

It was such a success that consideration is being given to making it a regular event.

ADAJIA BWOGA



Fifth year celebration of 'Love Sax and all that Jazz'

The girls are back in the hit gospel musical comedy stage play 'Love Sax and all that Jazz'. The play, which was written by Adventist poet and playwright Alan Charles, features a cast from churches across the capital. The show is now in its fifth year, having done runs in London, Birmingham, Liverpool, High Wycombe, Sheffield, Oxford and Trinidad. The production chronicles the experience of five female friends as they navigate their lives through all the turbulence that love brings. It takes its audiences on a rollercoaster experience of laughter and intrigue that uplifts, inspires and 'edutains'.

The show will be celebrating its fifth year with a debut performance at Millfields Theatre in north London.

Venue: Millfield Theatre, Silver Street, Edmonton, London, N18 1PJ
 Dates: Sunday 7 September and Saturday 13 September
 Times: Sunday: 6.30pm (doors open at 6pm); Saturday: 7.15pm (doors open at 6.45pm)
 Tickets: Specials available online from focusarts@yahoo.co.uk; or 07989 574066.
 Box office: 02088076680; www.millfieldtheatre.co.uk.



COMMUNITY COOKING HUBS

Location: Brixton SDA Church, London
2-day foundation Health Ministries course

Sunday 5 October & Sunday 12 October 2014

Time: 9.30am-4pm
 Limited places: 20 places

Attendance by advance booking only

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createnutrition@gmail.com

Community Cooking Hubs is a training course designed to equip Health Ministries leaders and their teams to effectively promote healthy eating through community cooking demonstrations.



The North England Conference Children's Ministries Department Presents...

Children's Ministries Emphasis Weekend

Sometimes I Mess Up

Sabbath 18 October, 10am - 6.15pm;
Sunday 19 October, 10am - 3pm

New Castle-Upon-Tyne, Nesham St (off Westmorland Road), Cruddas Park, Elswick, New Castle-Upon-Tyne, NE4 7BE.

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obituary

Betty Musgrave (née Fretten) (1920-2014) d. 21 June.

Betty Fretten was born on 12 July 1920 in Gillingham, Kent, where her father served as a marine in the British armed forces. The family moved to North London when Betty was in her teens. As a member of the Holloway church, her desire to become a Bible Instructor led her to study at Newbold Missionary College, near Rugby. There she met her future husband, Roy Musgrave, who was a ministerial student. On her graduation in 1944 she was called to Bible Instructor work in Scotland with the Edinburgh and Glasgow churches. Later she served in the Dundee church as the sole ministerial worker. Roy, then one of the South London team of ministers, was happily transferred to Dundee where they were married on 25 June 1947.

Feeling the need for additional graduate education they, with their two-year-old daughter Linda, left Britain on 19 February 1952 for studies in the USA at Washington Missionary College and the Seventh-day Adventist Seminary. To support the family Betty worked at Washington Sanitarium as a nurses' aid.

In 1956 the Adventist college in Kuching, Sarawack, Borneo,



needed a director with a British passport. Roy was appointed to this position and they served there for seven years. During this time their second daughter, Sandra, was born in Singapore. In 1963 they returned to the USA in response to a request for a Bible teacher in the New England Atlantic Union College. Betty resumed her nursing studies and graduated with a degree in 1966. After several years at New England Sanitarium and Hospital there was a call for them to relocate to Georgia, where Betty served as Director of Nursing at Louis Smith Memorial Hospital, and later at the Merriweather Hospital in Warm Springs, Georgia, until her retirement in 1985.

Upon retirement they built their home in Canton, Georgia, where, as members of the Woodstock Cherokee church, they regularly volunteered their services. Her death on Sabbath 21 June 2014 was sudden. Her memorial service was held in that church on the 94th anniversary of her birth - 12 July 2014. That day it was filled to overflowing with both community and church members who were there to commemorate the fullness and generosity of her life.

She leaves her husband, Roy, her daughters Linda and Sandra, and her grandson Nicholas.

PASTOR MAURICE MUSGRAVE

The North England Conference Children's Ministries Department Presents...

Children's Ministries Emphasis Weekend

Sometimes I Mess Up

Sabbath 18 October, 10am - 6.15pm;
Sunday 19 October, 10am - 3pm

New Castle-Upon-Tyne, Nesham St (off Westmorland Road), Cruddas Park, Elswick, New Castle-Upon-Tyne, NE4 7BE.

Speakers

Pastor Carlton Douglas and Marlene Simpson
 Children, come & praise God! This is worship especially for you! Singing, Drama, Art and more...

Free event. Lunch will be provided. For more information please call the Children's Ministries Department on 015 960 6312.

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 FIRST 50 AVAILABLE. ON THE DOOR PRICE: £12.00

Lecresia Campbell Alexis Spight

back page

Northern Caribbean University honours Pastor C. Perry

On 10 August Pastor Cecil Roy Perry was awarded the honorary degree Doctor of Religion and Theology (Honoris Causa) by Northern Caribbean University, Jamaica, for services rendered to the Seventh-day Adventist Church.

There are so many things that can be said about this much-loved and respected pastor. He had served the church for more than forty-five years at the time of his retirement in 2007. He was born and schooled in Jamaica, where his Methodist/Moravian mother, who later became an Adventist, prayed that he would become a minister. She made a deep impression on him and in 1951 he was baptised. Feeling a call to ministry he wanted at first to be a medical missionary; however, he pursued his pastoral training at West Indies Training College (now Northern Caribbean University) and graduated top of his class with the first BTh degree offered by the college.

While at college Pastor Perry served as Sabbath School superintendent as well as president of both the Excelsior Club and the Student Association. His passion for evangelism was kindled at WIC as he joined other students to establish the nearby Cedar Grove church. On 1 September 1957 there was a terrible train crash not too far from the college, which killed almost 200 people and injured more than 700. Along with other students Pastor Perry headed for the crash site to assist in the rescue effort. The following year in recognition of their efforts the Jamaican Government issued WIC students with a Certificate of Merit for humanitarian work done during this terrible disaster.

Pastor Perry entered ministry in Jamaica in 1960 as Bible and Science teacher, and subsequently as head teacher, at the largest Adventist high school in the Inter-American Division, Harrison Memorial High School. In 1967 he married Alma McIntosh, a qualified nurse.



Pastor Perry's gifts led him to hold numerous departmental portfolios in the West Jamaica Conference (Youth, Pathfinders, Sabbath School, Education, Community Ministries, Personal Ministries, Conference Evangelist, and Executive Secretary). In 1976 he graduated from Andrews University with an MA in Religion.

In 1979 he responded to a call to the United Kingdom and on 12 January he and Alma, and their three children, Paul, Christopher, and Sheryl, arrived here in the midst of deep snow and arctic blizzards. He was assigned the Brixton and Battersea district of churches, where, from the outset, he began meetings that resulted in hundreds of baptisms. Pastor Perry successfully negotiated the exchange of the Brixton church on Ferndale Road with the five times larger Church of England facility on Santley Street, in order to house the burgeoning membership.

During the Brixton riots in the early 1980s Pastor Perry served as a mediator to bring about healing and reconciliation, working along with the Archbishop of Canterbury and Lord Scarman to produce the Scarman report into the riots. He also served on the local Ministerial Fraternity, the Independent Housing Association, the Independent Adoption Board and the Police Liaison Committee.

In 1981 Pastor Perry was called by the South England Conference (SEC) to serve as Personal Ministries, Community Ministries, Religious Liberties, and Education director. He went on to serve as president of the South England Conference from 1985 to 1991, taking the lead during Harvest London, which saw hundreds of new members added to the church. Pastor Perry went on to serve as the first non-white president of the British Union Conference (BUC) from 1991-2006.

Before his retirement Pastor Perry was asked to serve as Ministerial director for the SEC and finally to pastor the Luton district of churches and Watford Town.

Pastor Perry is still preaching and teaching – he is retired but not tired – it is only fitting that his alma mater has chosen to honour him in this way. The SEC Education director and sponsor for this honorary award, Opal Johnson-Christie, stated, 'Pastor Perry is a well-respected and distinguished International Elder Statesman of the Seventh-day Adventist Church. His wisdom, work and commitment to the growth of the Church are engraved on the pages of its history. Pastor Perry has established an indelible legacy of service to God, to His people, and to His Church'.

DR RICHARD DE LISSER



Adventists gather on Isle of Man

The Isle of Man was the venue of the Central Philippine Adventist College Alumni Association UK (CPACAA UK) chapter's fourteenth annual general meeting and reunion held between 30 July and 3 August. The chapter was organized in 2001 and has grown substantially since then.

The college is located on the small island of Negros Occidental in the central Philippines. Sanny Espera, the UK chapter president together with Hannah Kitcher, the youth group president, were able to mobilize the local churches, the community, and the alumni and their families to join in the planned events. These included a sponsored walk for ADRA and Rebecca House (children's hospice), a health expo, a Gospel concert, a Philippine cultural presentation and various sports activities.

Pastor Lorance Johnson and his family attended the Friday Gospel concert and the Sabbath fellowship together with Mrs Grace Walsh and the Health Expo team of the North England Conference. The health expo was attended by many of the locals and the cultural evening was witnessed by the deputy mayor, Councillor Jonathan Joughin and his wife, Angela. Indeed, God blessed the whole programme which ran under the motto, 'To challenge and persuade members to become active and creative'.

CPACAA-UK

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Sunset

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	Lon	Card	Notf	Edin	Belf
Aug 29	7.54	8.06	8.01	8.15	8.23
Sept 5	7.38	7.51	7.44	7.57	8.06
12	7.22	7.35	7.28	7.39	7.48
19	7.06	7.18	7.11	7.20	7.30

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