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Messenger

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Croydon broadcasts on BBC Radio 4

by Pastor Victor Hulbert (BUC Communication director)

Do Adventists have a relevant message that connects with the thinking audience of BBC Radio 4? Following the vibrant broadcast of a recent worship service from Croydon Church the answer appears to be a resounding 'Yes!'

One listener wrote in to the programme, saying, 'Thank you so much for one of the best morning services we have heard on the BBC. Joy, truth, clarity and the only hope for the future. So relevant in the light of current world events. Please may we have much more of this.'

Another tweeted that they were 'energised and joyous following *Sunday Worship*'.

They had a right to be. Broadcast on 11 January, the Sunday following the massacres in France, the leadership team at Croydon Church sought to mix topical relevance with Christian hope and a strong Adventist message. Special prayers were said, including the sensitive touch of French member, Marlene Levy, praying in her native language.

Pastor Richard Daly's message matched the Radio 4 brief

of being very current and speaking to the needs of listeners who would no doubt be questioning God after such a tragedy.

Yet within that context, the BBC producer, Philip Billson, expressed a keenness to have a unique Adventist story told.

'It's not very often that a national broadcaster comes to us and says, "Tell our audience of nearly 1.5 million why you think Saturday is the Sabbath day of the Bible, why Sabbath rest is important, and why the soon return of Jesus should give hope to all,"' commented Neil Nunes, a Croydon elder with many years of broadcasting experience.

Those two themes, explaining the name 'Seventh-day Adventist', came through positively and strongly throughout the service. Dr Chidi Ngwaba explained why Sabbath rest is beneficial to our health, while Croydon's first elder, Johnny Saul, who led the worship, creatively linked various hymns, special music, prayers and readings to show the blessing of both the Sabbath and the Second Advent.

Radio 4's *Sunday Worship* often reflects more of a cathedral style of service. With the Croydon Gospel Choir, and terrific congregational singing co-ordinated by Ken Burton, this particular programme shared a life and

dynamism that was clearly picked up by the listener. By the end of the recording, Mr Billson, a respected musician and worship leader in his own right, was full of praise for the vibrancy and 'splendid' quality delivered from the Croydon church and choir.

Are there larger lessons to learn?

Neil reflects, 'It is clear that there is an abundance of talent in our Adventist churches which even the national media find surprising when they "stumble across us".'

Music director, Ken Burton, who made the original invitation to Radio 4, states, 'We have an opportunity to continue to harness these gifts and talents in our churches and let our Advent light shine so others can worship the true and living God in spirit and in real truth.'

What was apparent to Croydon members throughout the service was the very high standards that they were expected to reach. No distortion would be accepted, no one coughing at the wrong time – everything had to be just right. Their diction during singing had to be spot on.

Herein lies a vital message for all our churches, and especially those reaching out beyond their church walls via various electronic or mass media. Neil concludes: 'Trying to reach a mass market calls for great attention to detail, great planning and excellent standards. We have to deliver top quality in our productions. People hardly have time for religion, let alone mediocre religious service.'

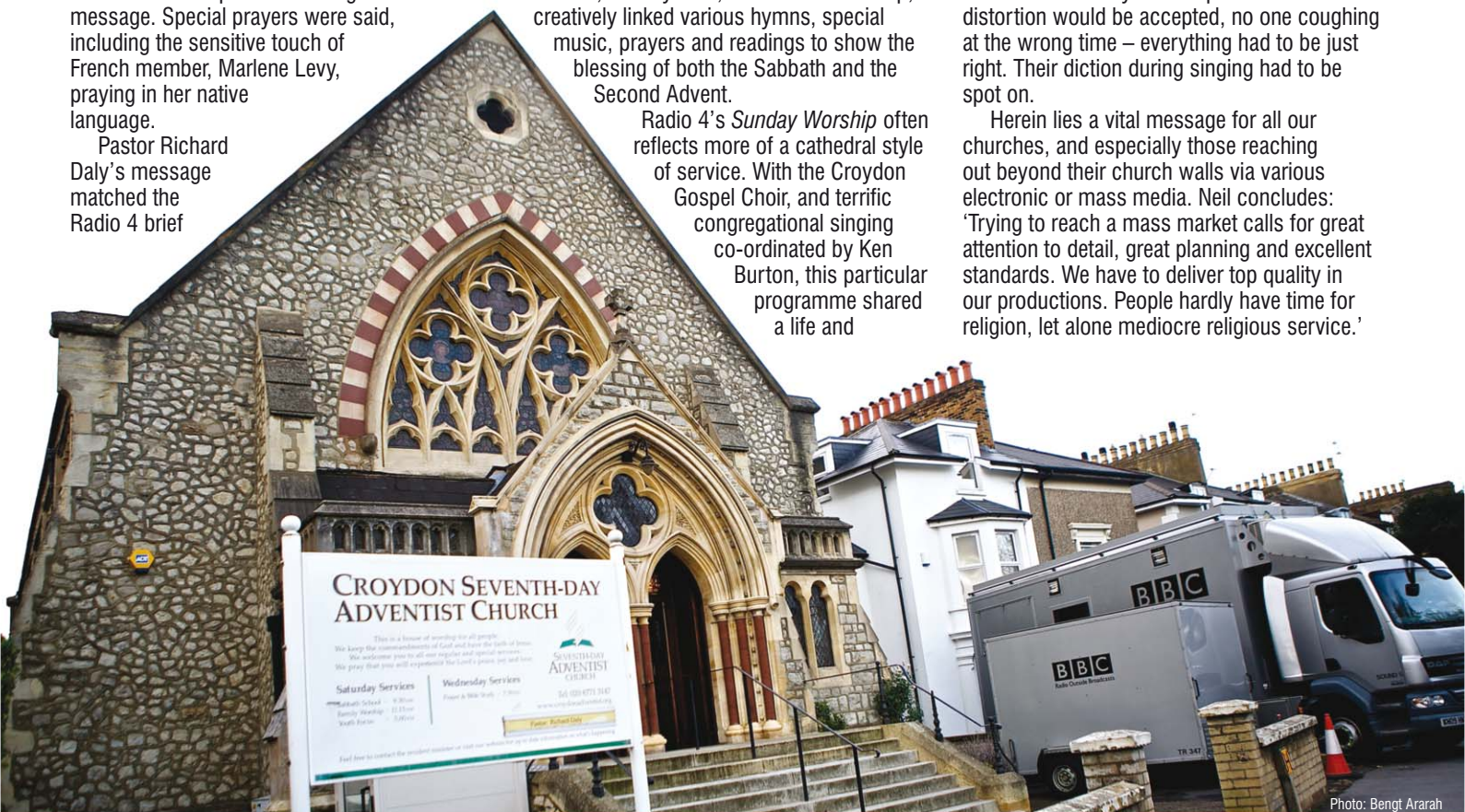


Photo: Bengt Ararah



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Enhancing Health

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

Medication caution

In the last issue of *Enhancing Health* I voiced the question, 'Are your medications competing?' and highlighted the possible complications from multiple medication use. In this issue we look at the reported potential links with some specific types of medications causing brain dysfunction.

A BBC Health online news report by Health editor Michelle Roberts carried the headline: 'Dementia "linked" to common over-the-counter drugs'.¹ Based on a study published on 27 January and reported in the journal *JAMA Internal Medicine*, she listed a group of common medications thought to be linked to higher dementia risk in elderly people when taken at higher doses for a prolonged period (daily, over three years).

Commenting on the study, Dr Doug Brown, from the UK's Alzheimer's Society, states: 'There have been concerns that regular use by older people of certain medications with anticholinergic effects, such as sleep aids and hay-fever treatments, can increase the risk of dementia in certain circumstances, which this study supports.'

The study was undertaken by Dr Shelly Gray and colleagues from the University of Washington, who engaged 3,434 people aged 65 and older with no signs of dementia at the start of the study and followed their health for ten years.

Both medical and pharmacy records were examined to ascertain how many of the individuals studied were given a drug with an anticholinergic effect. They also looked at dosage and frequency of the drug use and compared the data with subsequent diagnoses of

dementia over the ten-year period.

The most commonly used anticholinergic-type drugs in the study were:

- Medicine for depression – for example, doxepin
- Antihistamines used for allergies like hay-fever
- Sleep-inducing medication like diphenhydramine
- Urinary incontinence medicines – for example, oxybutynin (ditropan)

Anticholinergic drugs impact brain function by blocking a neurotransmitter called acetylcholine. This can lead to side effects including drowsiness, blurred vision and poor memory. A lack of acetylcholine is indicative of Alzheimer's.

Dr Brown cautioned that more research is needed to establish the dementia link. However, he indicated: 'We would encourage doctors and pharmacists to be aware of this potential link and would advise anyone concerned about this to speak to their GP before stopping any medication.'

Matthew Speers, representative for the UK trade association for manufacturers of over-the-counter drugs, states: 'Over-the-counter allergy and sleeping aid products are not intended to be used continuously and people are advised to talk to their pharmacist or doctor if they need to use these products long-term.'

Good health!

¹<http://www.bbc.co.uk/news/health-30988643>

editorial



Julian Hibbert
Editor

What if the baby had cried?

On 27 January we celebrated the 70th anniversary of the liberation by Soviet troops of Auschwitz-Birkenau, the largest Nazi death camp of World War II. This date was set aside as Holocaust Memorial Day by the United Nations General Assembly for the commemoration of the 'genocide that resulted in the death of an estimated 6 million Jews, 1 million Roma, 250,000 mentally and physically disabled people, and 9,000 homosexual men . . .'.¹

The day has also become an opportunity to remember the victims of subsequent genocides in Cambodia, Rwanda, Bosnia and Darfur.² Not to mention those who have suffered in the many lesser-known attempts at extermination, such as the treatment of the Herero and Nama tribes of German South-West Africa in the 1880s.³

'Righteous among the nations'

During the last week we have been exposed to some horrifying documentary material about the Holocaust. Scenes that beg the question: *What did the Jews do to recover from this unimaginable evil perpetrated against them?* There is no simple answer, but perhaps I could take us back to 1953 when the Israeli parliament (the *Knesset*) voted to establish *Yad Vashem*, Jerusalem's very own Holocaust memorial.

While Nazi-hunters like Simon Wiesenthal were hard at work tracking down those accused of war crimes, the *Knesset* chose to encourage Holocaust survivors to come forward and tell the stories of those 'non-Jews who risked their lives to save Jews' during the war. Since 1963, a commission headed by a justice of the Supreme Court of Israel has been charged with the duty of awarding the honorary title of 'Righteous among the nations' to these brave 'gentiles'. Not only are their deeds memorialised at *Yad Vashem*, but they have been awarded certificates and medals, and, for those willing to move there, an Israeli citizenship and pension are available.⁴

As of 1 January 2013 a total of 24,811

men and women had received 'Righteous among the nations' recognition for more than 10,000 authenticated rescue stories.⁵ I like to think that it is through the telling of these stories that many Holocaust survivors have been able to recover. The pure human kindness, unselfishness, bravery and sacrifice of the non-Jews recorded in these narratives have surely helped in some small way to ease their pain, dissipate their bitterness and restore their dignity.

Here is a story from Martin Gilbert's *The Righteous: The unsung heroes of the Holocaust*.⁶ I have specifically chosen a story from the Netherlands because, of all the ordinary citizens that came to their aid, the Dutch were the most involved. *Yad Vashem's* records show that at least 5,351 of them are named among 'The Righteous'.⁷

Levie Kanes

It was 14 March 1943 and baby Levie Kanes lay quietly in his mother's trembling arms. They were about to be deported from Utrecht by train to a labour camp and Caroline knew there was little chance that her little Levie would survive.

Constable Gerrit van der Putten was on duty that day. Suddenly he noticed Grietje Verduin, 'a nurse he knew from the resistance', enter the railway carriage. Caroline approached her immediately and whispered, 'Please smuggle my baby out of here, he will die if he comes with me!'

Grietje had but seconds to respond. The police were herding new passengers on board – soon the doors would close. 'Wordlessly she picked up the baby and hid him in her basket of clean gauze and wound dressings', then left the train without a word. 'Caroline ran back to the window to try and follow the nurse's movements through the crowds at the station. She watched as Grietje put the basket into a Dutch policeman's arms, then turned away' to be lost in the crowd.

Constable Gerrit suddenly realised 'that he had a living baby in the basket, and snapped to attention. . . . He moved quickly away from the train and back into the shadows of the buildings behind him.' How would he get it past the police officer on gate duty? What if the baby began to cry?

With the basket now firmly under his arm he gave Hank Janssen a salute and this quick explanation for the basket: 'I must be getting too busy – I forgot my laundry yesterday!' Hank smiled . . . while Gerrit walked toward his bicycle, a few metres from the train station . . . tied the basket firmly on the back of his bike, as if it truly was just a basket full of clothing, then rode quickly away.'

A few minutes later Gerrit rang the bell of Joop Wortman, a taxi driver. Once inside they lifted the linen sheet from the basket to find a dark-haired baby boy wearing only a nappy under his thin hospital blanket. A bracelet on his arm identified him as 'Levie Kanes, 25-1-43'.

'I guess we have a little boy with a Biblical name. Remember, Moses, in Exodus, was also saved in a similar basket,' commented Joop.

'Yes, that's true,' said Gerrit.

'You have done very well. I will take care of little Levie now,' said Joop – and he did!

Grietje, Gerrit and Joop – three 'gentiles' who would have been shot had the baby cried! Yet they were willing to put their lives on the line for little Levie.

I guess James knew what it means to be one of 'The Righteous' when he said:

'Does merely talking about faith indicate that a person really has it? . . .

'Isn't it obvious that God-talk without God-acts is outrageous nonsense? . . .

'Faith and works, works and faith, fit together hand in glove.'

(From James 2:14-18, *The Message*.)

'Isn't it obvious that God-talk without God-acts is outrageous nonsense? . . .

¹http://en.wikipedia.org/wiki/International_Holocaust_Remembrance_Day
²<http://hmd.org.uk/page/why-mark-27-january-holocaust-memorial-day#sthash.NPuyJB6H.dpuf> ³See *The Kaiser's Holocaust: Germany's forgotten genocide and the colonial roots of Nazism* by David Olusoga and Casper W. Erichsen, Faber and Faber Ltd (2010) ⁴http://en.wikipedia.org/wiki/Righteous_Among_the_Nations ⁵ibid ⁶Martin Gilbert, *The Righteous: The unsung heroes of the Holocaust*, pages 302-304, Doubleday (2002)
⁷Although 6,454 Poles have been cited among 'The Righteous', the 5,351 Dutch citations represent a much higher average involvement of their citizens (1:1,682) when compared to that of the Poles (1:5,392).

devotional



Branson might . . . but Jesus will!

by Stephen Holden

Delays are commonplace in our family's experience and these can be very frustrating when you have somewhere important to be by a certain deadline.

When our daughter, Anna, was at university in Birmingham we would often find ourselves driving at speed to Melton Mowbray railway station on a weekend. Either to meet a late southbound train she was coming home on, or – more critically – hurrying to meet one travelling in the opposite direction from Cambridge to New Street, Birmingham.

There would invariably be a delay of one sort or another, which quickly produced that uncomfortable 'knot in the stomach' and those repetitive 'will we, won't we make it on time?' thoughts.

Have you noticed how many slow-moving vehicles inexplicably find their way onto our winding roads when we are under pressure to meet an appointment? And then there are those L-plate drivers who stall in front of you and struggle to get their cars moving again, not to mention those weekend roadworks that choke the traffic flow through our towns and cities.

Perhaps the hardest of all is to have to turn back for that crucial pair of

contact lenses that were left behind in the rush to leave!

I well remember one occasion when we arrived just as the train was pulling into the station. Anna then had to buy a ticket from the machine on the opposite platform, while my wife and I ran on to plead with the guardsman to wait just another minute! We then watched breathlessly as she hared over the station bridge straight onto the train – with the doors closing as she did. What a relief – it was the last train on that Sunday evening!

Last year Sir Richard Branson firmly rejected his critics' claims that his Virgin Galactic commercial spaceship business would never make it off the ground – let alone offer customers an 'out-of-this-world' experience.¹ In the face of this, the world-renowned entrepreneur insisted that he would be on the first passenger flight of his new 'spaceline' by next spring (2015).

Speaking from inside the dome of the Planetarium at the National History Museum in Manhattan, Sir Richard promised he would still achieve his aim despite major hold-ups in the development of the rockets for the spacecraft. When Branson founded Virgin Galactic in 2004, he spoke of taking paying customers into space by 2007. In 2009 his company was talking of flights within the next two years and he was confident he would be on the way by the end of 2014.

Then, late last year, he was forced to acknowledge that this target had slipped again! At the same time, however, he revealed that his engineers had made the crucial breakthrough on rocket design and that test flights were set to resume.

Defying pleas from his own senior management not to announce any further launch dates he might fail to meet, he further predicted that the craft would make its first test flight into space before Christmas 2014. Tragically, the crash of one of his spacecraft, causing the death of a pilot, has put paid to that.

At one point, more than 700 customers, including a host of

celebrities, had already paid their deposits on the pricey \$250,000 tickets. (That's a lot of money for a two-and-a-half-hour trip into weightlessness that is only expected to reach some 60 miles above the earth!)

Branson is quoted as making this interesting comment about the proposed flights: 'We have faced a lot of criticism for being late, but we cannot rush these things and we are building a business that is offering return tickets,' he said, putting the emphasis on the 'return'. 'We have to feel completely confident about sending people into space. We're going to take them up and bring them back.'

Upon seeing this I could not help but recall the statement made by Jesus to His disciples about His second coming in John 14:1-3 (NKJV):

'Let not your heart be troubled; you believe in God, believe also in Me. In My Father's house are many mansions; if it were not so, I would have told you. I go to prepare a place for you, I will come again and receive you to Myself; that where I am, there you may be also.'

This is also an 'out of this world' kind of statement, but it is not a 'flight of fancy' or based on speculation. It is one that can be totally believed because it was made by our Creator and Saviour Himself.

While Branson may or may not finally achieve his aim of *return space travel*, Jesus certainly will! Having ascended the way He did, Jesus will most definitely return as promised. In fact, we already have the signs that this will be very soon: political tension and ongoing war in so many locations around the world; widespread famine, disease and natural disasters; increasing hostility towards Christians; mankind in love with pleasure and possessions; and so many people preoccupied with evil.

Things are going to unfold just as Jesus said they would in Matthew 24:33 (NKJV):

'So you also, when you see all these things, know that it [Christ's return] is near – at the doors!'

Unlike Sir Richard Branson, Jesus is not making any predictions about the timing of this event. He has not set any dates (Matthew 24:36, NKJV):

'But of that day and hour no one knows, not even the angels of heaven, but My Father only.'

But we can be assured that what has been prophesied from the very beginning will be totally fulfilled at the end when Jesus returns. 2 Peter 3:9 (The Message) says:

'God isn't late with his promise as some measure lateness. He is restraining himself on account of you, holding back the End because he doesn't want anyone lost. He's giving everyone space and time to change.'

This thought for today then: Since everything here today might well be gone tomorrow – do you see how essential it is to live a holy life now?

¹Philip Sherwell, *The Telegraph* (online edition), 28 September 2014.



Announcements

Special Needs Camp

Have you ever been on the team or would you like to find out more before committing yourself to volunteering?

Join us at a reunion/information day

Hereford Church, Aspire Community Hub,
Canal Road, Hereford, HR1 2EA

14 March 2015

Hereford members are providing lunch,
but contributions would be welcome.

North England Conference Family Ministries Announcements

Family Camp bookings

Dates for Family Camp 2015 are 24 July to 2 August. Bookings will open on Monday, 2 February, at 9am on the NEC website, www.necadventist.org.uk. Alternatively, you may request a booking form from the Family Ministries secretary on 0115 9606312, or via email from yweekes@necadventist.org.uk.

'Keeping the Church Family Safe' training 2015

(by Pastor Paul Liburd)

Sunday 19 April from 10am at Sheffield Burngreave Church, Andover Street, Pittsmoor, Sheffield, S3 9EE (for Areas 1-3)

The specific online DBS training for the Child Safety officers will be done separately.

Please note that all members working with children in any of the departments such as Children's Ministries, Sabbath School, Adventurers, and Pathfinders, or planning to attend the Master Guide Training Course 2015, should attend this 'Keeping the Church Family Safe' training.



Aberdaron Advent Campsite 2015 Summer Staff

Volunteers are needed for the summer of 2015: nine maintenance staff required for 10 weeks. Food and board provided along with a monetary allowance. Please post your CV to Aberdaron Advent Campsite, Glan-yr-Afon, Anelag, Aberdaron, Pwllheli, Gwynedd, LL53 8BT or email it to: enquiries@aberdaroncamp.com.

Closing date: 28 February 2015.



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

Andrew Puckering

'What exactly is a General Conference Session, and what will happen at the Session this year?'

This year's General Conference Session, entitled 'Arise! Shine! Jesus Is Coming!' will be held from 2 to 11 July 2015 in San Antonio, Texas, USA. As the General Conference website states, 'The General Conference Session is the forum for electing world church officers and voting changes to the church's constitution. Delegates also hear reports from each of the 13 administrative regions of the church. Voting delegates for Session represent world regions both by church population and the self-sustainability of administrative regions.'¹ In other words, it's a really big meeting of Seventh-day Adventists from all over the world to decide whether or not anything needs changing about our denomination's structure or policies. This meeting has gone from being an annual convention, small enough to fit inside a decent-sized church building, to being a massive gathering requiring a 70,000-seat sports stadium to house it, held once every five years.² Such a large venue is required to accommodate 'nearly 2,600 voting delegates . . . from more countries and language groups than any other meeting in the Church and possibly in the world', and the expected 60,000-plus attendees of the two Sabbath worships.³

Isn't all this a little expensive? Well, yes – to the tune of 7 million US dollars – which, as the General Conference points out, is only \$1.4 million each year, or less than 8 cents a year per member. 'Including indirect costs, such as air travel, lodging and programmes of local administrative units, the total cost for Session is approximately \$20 million, which is approximately one dollar per member.'⁴ Looked at this way, it doesn't seem quite so pricey, especially considering that, 'in order to maintain worldwide unity of the Church, it could cost 10 times this amount to replicate the type of infrastructure needed to gather and communicate'.⁵

So, what's to 'gather and communicate' about this year? Among other things, whether or not to ordain women pastors – a whole day will be spent discussing that – and editorial changes to our Fundamental Beliefs, including, significantly, the addition of a 'literal six-day creation' phrase to the Belief on Creation – all of which delegates will vote on in greater privacy with a new electronic voting system.⁶ We'll be able to keep track of all these developments using a multi-language mobile app, available to download from the Apple App Store and the Google Play Store from March onwards.⁷

The above topical issues, and others, need discussing to maintain the unity of the Church – but as Pastor Ted Wilson, the president of the General Conference, says, the ultimate goal is to 'lift up God's work as central in all that we do', under the theme of Christ's righteousness, and to 'pray together for God's leading . . . as we plead with the Lord for the outpouring of the latter rain of the Holy Spirit and the second coming of Jesus Christ'.⁸

¹www.adventist.org/information/meetings/ ²bid.2015.gcsession.org/images/uploads/Questions_about_Session_iii.pdf ³bid.2015.gcsession.org ⁴bid.2015.gcsession.org ⁵bid.2015.gcsession.org ⁶bid.2015.gcsession.org ⁷bid.2015.gcsession.org ⁸bid.2015.gcsession.org

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.



The birds and the bees have left the trees

by Pastor Andrew Rashford-Hewitt

Can you remember the birds and the bees? – the euphemism that many parents used to describe their bashful attempts at providing sex education to their offspring. If you can remember this phrase, then you will also be aware of just how society's attitudes towards sex and sexuality have radically changed. Nowadays there is so much explicit information available at the click of a button that we can honestly say that the birds and the bees have 'left the trees'!

Having said that, however, for most Adventist churches there is still a culture of uneasiness and reluctance when it comes to speaking or teaching openly about sex and sexuality. I propose that it's now time to become much more proactive, honest, open and intentional in dealing with the subject. In reality, the 'birds and the bees' have left the trees, leaving us to face the 'tigers and lions' of our over-sexualised society: something we will have to do if we ever hope to provide our youth and children with a balanced, biblical, beneficial and God-centred attitude towards sex and sexuality.

When I was at secondary school, if you wanted to know about sex, you would have to join the lads in the boys' toilet or behind the bike shed to be given tips, information or a quick peek at a certain type of magazine. Today's children, however, no longer have to go to the school toilet block or bike shed; instead they can find all that and a lot more on their smartphones and iPads at the push of a button. So, at what age are children pushing these buttons and what are they seeing?

Regrettably, they are seeing pornographic material. A study by Healthy-Mind.com found that the average age of first exposure to

online pornographic images is six. Other recent studies have suggested eight. The most frequent child consumers of internet porn are the 12-17 age group.¹

In an article by *The Sunday Times* dated 16 June, 2013, entitled 'Generation Porn', Eleanor Mills cites Shirin Rose Monks, a leading authority on the subject of children and internet porn. According to Monks the most frequent reason given by children for viewing porn websites was to 'find out about sex'. She went on to say that viewing such sites for pleasure was fairly low down on the list of reasons.

It doesn't stop there though. An article in the *Gloucestershire Echo* (8 February 2014) quoted a teenager as saying that 'easy internet access via smartphones has led to a generation of boys "addicted to porn"'.² The teenager went on to say that when boys view porn, it messes up the way they view girls, sex and relationships. This concurs with a forensic psychological study in 2013 which pointed out that 'pornography has been linked to . . . beliefs that women are sex objects . . .'.³ Some researchers even suggest that the viewing of porn by boys can increase the possibility of them using aggression and violence as a tool for sexual gratification against women, especially if it includes acts of violence or abusive language.⁴

Monk, speaking on this aspect, states: 'The violent behaviour young people see in pornography becomes indistinguishable from rape.'⁵

Sadly, porn also affects girls and distorts the way they see themselves; the way they see boys; and their expectations during sexual encounters.

Based on the above discussion, four points should be clear:

- That children, even young

children from the age of 6, become inquisitive about sex. Although some of this is due to natural inquisitiveness, there is a growing danger that our over-sexualised society may be stimulating an unhealthy interest in the subject through the public and social media, perhaps even in the classroom via the national curriculum.

- That children are turning to the internet to learn about sex.
- That the impact of viewing porn on the internet, by children or young people, can distort (a) their self view; (b) their view of the opposite sex; and (c) their view of a sexual relationship.
- That viewing porn may negatively influence young male attitudes to accept aggression and violence as a normal component of sexual relations. The danger here is that pornography is turning boys into desensitised, voyeuristic, emotionally dysfunctional sexual predators who may experience relationship/marital breakdown, depression and unhappiness later in life.⁶ Sadly, such affected young males may go on to become abusers if they are not helped.⁷

This is the point at which we should ask ourselves a few tough questions. Is it possible that some of our children may turn to the internet because they feel they can't turn to us? Does our silence on the topic make them fear that we will condemn their curiosity? Is it possible that within the church we have created a vacuum of shy silence when it comes to this topic? Has our own embarrassment led us to leave our children to seek their own answers? Is it possible that within our homes, we are quietly hoping that the other parent will take the initiative to educate our children about sex and sexuality?

Whatever our answers may be, the reality is that too many of our children and youth are receiving a view about sex that may bring unnecessary heartache into their lives. Perhaps, for too long, we

have failed our children in this area and would do well to recall that Hosea 4:6 (KJV) says: 'My people are destroyed for lack of knowledge.'

The time has come for a change. We need to become proactive. We have to equip our precious children and youth with God's view about sex and sexuality, and let them see how it flourishes within committed marriages where there is mutual respect, honour and love between spouses. However, to achieve this we have to be willing to talk to our children and young people about these topics and stop ignoring the issue.

So, how can we achieve this? Here are a few suggestions:

- Firstly, ask for the Holy Spirit's guidance and wisdom to make your planning sensitive to the issues as well as to the cultural expectations of each group. Proverbs 16:1-3.
- Raise the matter with the pastor and church board in a respectful and sensitive way.
- Create a team of partners from across the whole range of church departments, including Family Life, Youth, Children's Ministries, Stewardship, and Health and Temperance. Also identify any wise professionals within your congregation who may work in related fields. For example: youth workers, nurses, counsellors, social

workers and teachers. At the same time, don't forget those senior members who have many years of experience, particularly those who relate well to young people and children.

- Clearly identify the aim and remit of this partnership. For example, to promote the biblical view of sex and sexuality among God's youth between 15 and 18 years of age.
- Develop appropriate resources and a teaching scheme/presentation to be delivered to them over a number of sessions.
- Consider using existing Adventist resources, such as the SMART Love programme advertised by Pastor Patricia Douglas, NEC Children's Ministries director, or her counterpart in your region.
- Speak to your local conference or mission Youth department for whatever resources or personnel assistance they may have on offer.
- Plan age-appropriate discussion groups within which to begin this equipping process.
- Ensure that all those involved with the project are DBS-cleared.
- Make sure that your group regularly evaluates and prays

about its programme in order to ensure success.

The process outlined above may prove challenging, but it is a challenge that we can't deny or run away from if we wish to prepare our young men and women to become what God desires them to be. We need to be intentional now so that we can save a generation from the snares of the enemy and so prepare them to build secure, lasting relationships for the future.

Articles published in the Perspective pages do not necessarily represent the views of the MESSENGER staff or the BUC.

¹*The Sunday Times*, 'Generation Porn', by Eleanor Mills, 16 June 2013, www.thesundaytimes.co.uk/sto/public/article1274103.ece
²*Gloucestershire Echo*, 'Smartphones have created a generation of boys addicted to porn', www.gloucestershireecho.co.uk/Smartphones-created-generation-boys-addicted-porn/story-20590725-detail/story.html
³Do We Know Whether Pornography Harms People? <http://www.bbc.co.uk/news/magazine-22987051>
⁴'Pornography and Violence: A New Look at Research', http://www.socialcostsofpornography.com/Layden_Pornography_and_Violence.pdf
⁵*The Sunday Times*, 'Generation Porn', by Eleanor Mills, 16 June 2013, <http://www.thesundaytimes.co.uk/sto/public/article1274103.ece>
⁶*Psychology Today*, 'Inside Porn Addiction – Daily porn may not be good for your mental health', <http://www.psychologytoday.com/blog/the-heart-porn-addiction/201111/daily-porn-may-not-be-good-your-mental-health>
⁷*The Sunday Times*, 'Generation Porn', by Eleanor Mills, 16 June 2013, <http://www.thesundaytimes.co.uk/sto/public/article1274103.ece> – see also 'Pornography may also cause persons to be come addicted to porn', <http://www.theguardian.com/commentisfree/2013/sep/26/brain-scans-porn-addicts-sexual-tastes>



BUC ADVENTIST YOUTH CONGRESS

18+

reborn

2-6 April 2015

Venue:
Newland Park, Gorelands Lane,
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Cost:
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Includes congress fee, accommodation for four nights, meals (from supper on Thursday to breakfast on Monday), plus all resources.

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1ST-5TH APRIL 2015

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£75 PER PERSON

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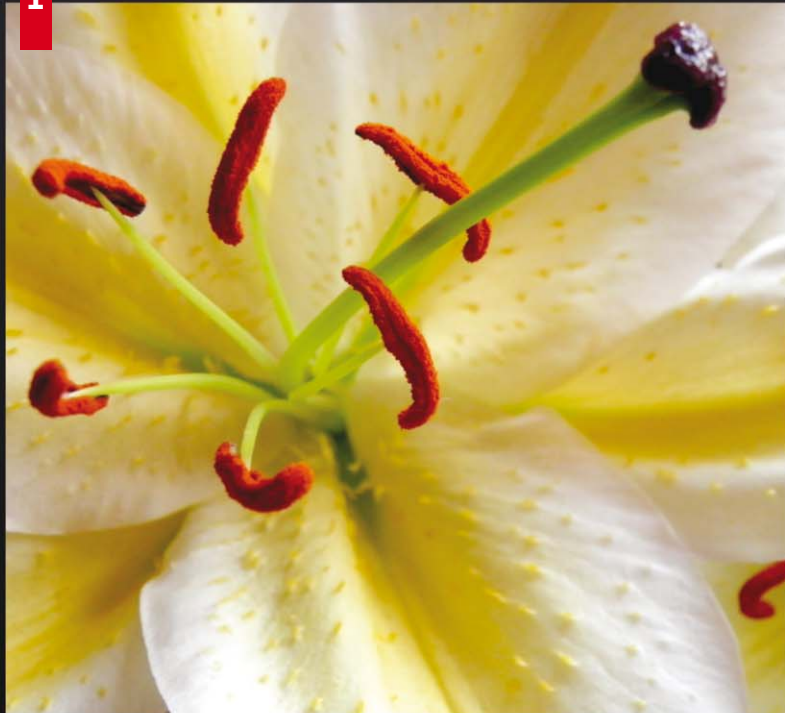
Contact: Pr. Dejan Stojkovic
Phone: 01923 232728
Email: dejan@secadventist.org.uk
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Readers' gallery

Megapixels of creation

... and it was very good!

1



- 1. **Flower close-up.**
Ruta, Olympus SP800UZ.
- 2. **Spider on web.**
Jimmy Paghastian, Canon EOS 5D.
- 3. **Mountains.**
Pastor David West, Olympus E-620.
- 4. **Robin.**
David Bell, Fuji X-S1.
- 5. **Sunlight through leaves.**
David Anderson, Nikon D70.
- 6. **Bumblebee.**
Dale McLaren, Nikon D3100.
- 7. **Rose.**
John Butters, Canon EOS Rebel.
- 8. **Ants.**
Daniel Johnson, Sony DSC-W50.

Please visit: www.adventistpictures.org.uk/megapixels for more pictures.

Simply beautiful . . .

. . . and no arguments!

Nature excites me! Does it you? It does me!

If I see a red kite through the car window, my wife quickly tells me to 'Watch the road!' Whether you're looking at a grand vista, or the close-up detail in a flower, it's all just so perfect, . . . beautiful!

Please keep sending in your pictures, such as these, which are all great, to:

dbell@stanboroughpress.org.uk – just remember to keep them 'hi-res'.

DAVID BELL

'And God said, "Let the water teem with living creatures, and let birds fly above the earth across the vault of the sky."'

(Genesis 1:20, NIV)

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Ebola volunteer motivated by love

Reading West church member, Edward Vandi, has returned to Sierra Leone for a second stint as an NHS volunteer. He will be working in an Ebola clinic and providing training and public awareness in the community.

Edward, who is a clinical team leader at Broadmoor Hospital, Berkshire, spent five weeks in the country in the run-up to Christmas, returning home on the same flight as Ebola victim Pauline Cafferkey, who has thankfully recovered from the disease.

Edward volunteered not only because he has the knowledge and skills needed, but because he has 'a passion to help vulnerable people'. As a child growing up at Masanga Leprosy Hospital in northern Sierra Leone, he was given love and care by two Swedish doctors, Roland and Brigitte Kazen. He claims he is the man he is today because of them.

Edward has been involved in charity activity for the past 12 years, including his support for ADRA projects in Sierra Leone that work with blind and deaf children. Why is he so involved with all these charity commitments? – because Jesus said: 'If you do it for one of the least of these, you do it for Me.'

Flying out in mid-November, Edward found it to be a distinct advantage that he spoke the language and that he could culturally identify with those he was seeking to help. This broke down a lot of barriers and prejudices – important in encouraging patients to attend the hospital.



Not every outcome is positive, like when he gave a doll to a little girl – only to find out later that it was the last act of love she had before she died. How do you cope in that kind of situation? 'Personally my mum taught me to pray and I pray a lot,' he says.

He took back £1,000 from ADRA-UK for a special project in Sierra Leone. When Ebola patients come to the clinic their clothes are burnt, their homes decontaminated and their belongings destroyed. They have nothing. Edward was digging into his own pocket to provide people with basic clothes, just so they could leave hospital. ADRA-UK and the members of Reading West Church are now helping to fund this simple but vital need.

To support the work that he and others are doing in Sierra Leone please donate to the ADRA support fund. If you go to <https://cafdonate.cafonline.org/donatesteps.aspx?beneficiarycampaignid=2538> you will be able to donate online.

VICTOR HULBERT

SMART Love at Bourneville

The Bourneville church's Youth department organised a SMART Love seminar for its young people recently. Some of the topics covered in the seminar included 'How to develop feelings of worth in yourself'; 'What is acceptable in a dating relationship?' and 'The difference between love and infatuation'.

An electronic anonymous question box was created for the youth to post questions via their smartphones during each session. This worked very well, giving them an opportunity to post sensitive questions while remaining anonymous. The presenters were the local pastor, Obi Iheoma, and his wife, Elizabeth.

The seminar ended in a graduation and banquet for those who attended, during which Pastor Patricia Douglas, NEC Children's Ministries director, encouraged the graduates to commit their lives to God and to let Him lead in their relationships. This was followed by the signing of a pledge to live a life of purity and obedience and a commitment song.

Lilliana, who attended the sessions, 'found the SMART Love seminar to be very informative'. She felt that it had prepared her for future relationships and for marriage.

Emma, who recently got baptised, said: 'I feel that after these weekly sessions I have gained a vast amount of knowledge, not only



about dating, but about the role God plays in these relationships. I feel I can go out and be more confident, knowing that somewhere out there, God has chosen someone special for all of us and that He does in fact have our happiness as a priority as well as our spiritual and emotional health.'

Tevin was impressed with the seminar because: 'It has taught me to be patient, as well as to keep in touch with our Father up above. I would encourage any youth organisation to hold a SMART Love seminar for its young people.'

Horace Radcliffe, the Bourneville Youth leader, felt that the seminar was 'very informative and fun. It created an opportunity where we were able to learn, discuss and ask questions openly – issues that are considered to be taboo, such as sex. . . . As one of the older youths that attended the seminar, I wish such information had been presented to me when I was younger.'

PRINCE AYEY AND ELIZABETH IHEOMA



West Bromwich baptisms

Pauline Taffe and Valerie Simpson were baptised in West Bromwich Church earlier last year, to be followed on 29 November by Sonia Wilson and Hanz (who will be joining the Wednesbury church).

JUANITA CRAWFORD



Left to right: Johannah Hyde, Pastor Dusan Uzelac and Chelston Ward

Hanwell baptism

On Saturday, 20 December 2014, friends, family and church members watched Hanwell's pastor, Dusan Uzelac, immerse Johannah Hyde and Chelston Ward in a warm baptismal pool inside the church. Johannah had worshipped at Hanwell for many years and had seen her two children grow up in the church. Chelston, on the other hand, has been a father, grandfather and husband to well-known and loved members in the church. He had recently decided it was time to give his life to the Lord.

COMMUNICATION DEPARTMENT



Baptisms at Windsor Street South

The Windsor Street South congregation took its new extension in use on 18 January last year and celebrated the event with the first baptism in their new baptismal pool.

One candidate for that first baptism was Emmanuel Coley. He was so keen to be baptised in that new pool that he put all his efforts into helping to finish off the church extension! His dream came true that Sabbath when he and six others gave their lives to the Lord: Jayden and Sherelle Annakie; Lydia Nicholson; Reece Morgan; Alan Dewey; and Hopeton Hamilton. Hopeton was especially happy to be baptised, having suffered through a catalogue of health issues. It was a joyous occasion for all and tremendously touching as Pastor Nicholson baptised his niece.

The year ended with three candidates being baptised on 20 December by the same pastor: Chloe Lutumba, Natasha Scott and Sandra White. It was a special moment for all, but particularly for 11-year-old Chloe, who marched into church accompanied by her fellow Pathfinders.

JUNE RICHARDS (COMMUNICATIONS TEAM)

★ ★ ★

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GRAVE
CAMPUS

Hosted by the Adventist Student Network in association with the Welsh Mission



Bolton's carol singing

Bolton Church was blessed to have had the permission of Bolton Council to sing carols in the town centre on 20-21 December last year. This resulted in an amazing opportunity to bring joy to our community and remind the Bolton residents that 'Jesus is the reason for the season'.

CHRISTINA CHIEGBOKA (COMMUNITY SERVICE LEADER)



Liverpool Stoneycroft show the Christmas spirit

Liverpool Stoneycroft Church's Women's Ministries department, accompanied by Pathfinders, Adventurers and their directors in full uniform, once again visited Whitechapel Centre for the homeless in Liverpool. It happened on Monday, 22 December, last year and there they delivered a very large donation of toiletries. From there they proceeded to Bridge Chapel Food Bank with various dry and tinned food donations amid cheers from both service users and staff.

Last May they did the same and were just in time to meet the mayor, who was on an inspection tour. He was very happy to see that some of his constituents had heeded his call. VOP booklets on health, Bible studies and *Focus* magazines were also distributed at these visits and much appreciated by the recipients.

LIVERPOOL STONEYCROFT COMMUNICATION DEPARTMENT



Langley shines

The Langley church's Children's Ministries department, under the leadership of Agnes Gill, put on a very special Christmas programme which included a traditional nativity play called the Christmas Hope. The church has also installed new Christmas lights to beautify the outside of the building.

ROHEET SUBRAI



Rediscovering Christmas

Traditionally Christmas is a season of goodwill, a time to share gifts and spend time with friends and family. It can also be a time to feast on tasty food while watching the Queen's speech. While for many people Christmas can be a very enjoyable and gratifying experience, for others it can be a very lonely and isolating time. For this reason members of the Hackney Community Ministries team ventured out to the many homeless and destitute individuals in the heart of central London. The team gave these vulnerable groups of people a Christmas to remember, for all the right reasons. As well as providing an appetising hot meal, every individual also received a specially wrapped gift to their surprise and delight.

'This is one of the ways in which we give back to our community,' said Vilma Williams, Hackney's Community Ministries leader. She added, 'Each month we go out to these people, often distributing as many as 170 hot meals and drinks along with blankets and clothes.'

In a world where the true meaning of Christmas is losing its significance, it's reassuring to know that there are some people making a real difference within a community that is all too often shunned.

DARELL PHILIP



Christmas at Bolton soup kitchen

During December last year the Community Service team of Bolton Church served a three-course meal to its soup-kitchen friends, some of whom are homeless. The guests were treated to the good food, carols by the Bolton Melodies Choir and lots of lovely gifts. Bolton members are glad to be God's hands in their community, reaching out like Jesus did, serving others, helping the less privileged.

CHRISTINA CHIEGBOKA (COMMUNITY SERVICE LEADER)

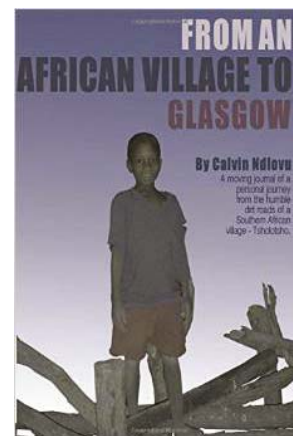
Herd boy to health professional

A church member has turned published author with a revealing and inspiring account of his childhood in a rural African village and his determination to succeed against all the odds. From humble beginnings, his journey from herd boy to health professional, via an Adventist education, is a thought-provoking story for those who may question sustainable aid to developing countries.

Now a staff nurse at a leading Scottish hospital, Calvin Ndlovu is also Glasgow's Family Ministries leader and Sabbath School super-intendent. He intends to devote part of the book's proceeds to an appeal to build a school library at his former primary school in Nemané, Zimbabwe.

The book, *From an African Village to Glasgow*, is now available online at Amazon.

JOHN WILBY



Breath of Life in action

The Breath of Life church in Smethwick, Birmingham, had an active programme last December. Firstly they held a special community lunch for more than fifty guests at the Brasshouse Centre in Smethwick (14 December). Apryl Peart and Monica Smith managed the catering along with a team of church members.

This was followed the next Sabbath (20 December) by an hour-long a cappella performance of the church's choir outside the Bearwood branch of Matalan in Birmingham, under the direction of W. B. Riley (an elder). During this event many books and New Year cards were distributed and a good sum of money was collected for a local charity.

ROY LITCHFIELD

Leeds Central hosts Christmas meal

The Leeds Central Community Services department held its annual senior citizens' Christmas meal for church and community members on 14 December last year. More than fifty people attended and were served a wonderful three-course meal. The occasion provides an opportunity for church and community to meet together in a more relaxed environment where people can share stories and make new friends.

V. MAYNARD





Gathered Together

MOTHERS PRAYER BREAKFAST

SUNDAY 1ST MAR 2015

**Advent Centre
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 For more information please contact: **Barbara Lawrence** on 07940 007331 or **Toyin Aworinde** on 07533793253

The Hallelujah KidzPraise (Mums in Action) Team cordially invites you to attend the Gathered Together, Mothers Prayer Breakfast. Come let us enjoy **breakfast together, prayer together, praise together** and **encourage one another together**. God is moving mountains on our behalf.

obituaries

Winifred Maude Snailham (1922-2014) d. 5 September. She was not called Winifred during her membership at Stanborough Park Church, but 'Granny Snailham', where she became an institution in her own right. Her weekly involvement in the Cradle Roll Sabbath School for over 30 years was legendary. Week by week, year by year she produced material that absorbed the attention of the children.

Her big bag of sweets which came to church with her was a magnet for all the children, young and old, upwards to seventy-five.

She was born in Worthing, where she married William Snailham in 1942, and bore nine children, of which five survived into adulthood. Mary was special among her children, though all were equally loved. As her son Garry said at her funeral service, 'Mum and Mary were more like sisters than mother and daughter.' When Mary became seriously ill it was the intervention of her mother in donating one of her kidneys to Mary that extended her life, and she bore two beautiful children, Samuel and Claire.

In her later years it was Claire who repaid her granny in measure by the care and attention she gave to her. Claire is an example and model of Christian care and behaviour.

Winifred's family has an ecumenical flavour, which was seen at her funeral service in Stanborough Park Church. Garry, one of her sons, is a member of the Mormon Church. He gave a moving tribute on behalf of the family. Charles, a Jehovah's Witness, flew from America to be present for the funeral. Her daughter Elaine is a significant member of Stanborough Park Church. It was in no small measure due to the tolerance and Christian character of Winifred that the diverse elements in her family respect and tolerate their deep differences of faith with courtesy and goodwill.

Our dear sister is missed by her immediate and extended family of five children, nineteen grandchildren, twenty-five great-grandchildren and three great-great-grandchildren.

She was cared for and spoiled insofar as it was possible to spoil a woman who spent her life giving to others.

It is difficult to sum up such a long and varied life. Perhaps the words of her son Garry were adequate when he said of his mother: 'You never told us how to do things but your example certainly was the light that showed all of us the way to live.'

Our sister rests in the sure and certain hope of our Saviour's promise to 'come again and take us to be with Him where partings will be no more'.

PATRICK BOYLE

Joan Richards (1924-2014) d. 3 October. Stoke-on-Trent Church lost one of its beloved members on 3 October 2014



with the passing of Joan Richards.

Her funeral was conducted on 13 October by Pastors Murphy and Holder. Her children, David, Mark and Karen, each paid tributes to her, and her youngest son, Mark, read the eulogy, thanking everyone for attending the thanksgiving service.

Joan was one of eight children born to Church-of-England parents, Frederick William and Ellen Rosa Spendilow. Joan was born on 7 May 1924, and at the age of 6 she lost her mother to tuberculosis. Two years later her father suffered the same sad fate and Joan and her four siblings were subsequently raised at St Christopher's Orphanage in Stoke-on-Trent. At the age of 15 she left the orphanage to seek employment. Her first job was a seamstress role at Enderly Mills in Newcastle-under-Lyme, a company manufacturing uniforms for the police and the armed forces.

Joan decided to pursue a career in nursing with the thought that this would at least guarantee her a room and bed. This career move lasted 42 years. Along with her cherished friend, Mary Cordell, she worked predominantly with sick children in the Cheethams Ward at the City General Hospital, Stoke-on-Trent.

On 28 August 1947 Joan married Stanley Thomas Richards, who at this time was a confirmed Seventh-day Adventist. During courtship and early marriage Joan converted from the Church of England to become a lifelong member of the Stoke-on-Trent church.

Joan actively served her local church in many roles and her faith was the centre of her daily life. In later life Joan made and sold copious amounts of jam and marmalade, donating all the proceeds to ADRA.

Joan was a loving mother to David, Mark and Karen, a caring grandmother to Stephanie, Harvey, Edward and Laura, and a wonderful great-grandmother to Sophia. She never missed any of their special family celebrations,



Oxford Music Day

Oxford Church held a successful Music Day on 6 December on the theme of 'How excellent is Thy name'. Music for the day was provided by a group from Slough; the Oxford Adventist Singers; OXFIL Chorale; and the Newbold College Choir. Mengie Foster and Dr Diana Sinclair were the speakers, while Alice Scott, chair of the Oxford branch of Homestart, was present to express appreciation for Oxford Church's support for this charity: 'I can feel the energy and warmth in this church. We are really pleased at Homestart to be invited to witness this wonderful evening and for your contributions to the work of Homestart.'

SOPHIA NICHOLLS



Christmas picture competition

Excited children, parents and teachers attended a prize-giving event at the Stanborough Centre on Monday evening, each one hoping that his or her entry had been selected as a winner in the Co-operative Food Stores Annual Christmas Picture Art Competition for local primary schools.

Children from nine primary schools stretching from South Oxhey to Hemel Hempstead entered their designs into the annual competition, which was being held in the area for the second time.

The criteria for the entries was that they should be a Christmas scene in any medium chosen by the children – paint/crayon/poster/collage – and were not to include any computer work or enhancement.

The children received their prizes from Councillor George Derbyshire, Chairman of Watford Borough Council, and the prize-giving event was organised and sponsored by a team of staff from Co-operative Foods who provided a buffet of Co-op 'goodies' for those attending. Church member, Enoch Kanagaraj, who is an employee of Co-operative Food Stores, has been the driving force behind this event and the church provided some of the judges. Senior minister, Pastor Jaques Venter, awarded a cheque for £100 from the church to each of the first-prize schools, which he suggested should be spent on art materials, as the subject was such an important part of children's development.

JUNE COOMBS

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The day will include:
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• interactive exhibition experience
• keynote presentations: *Lessons from the Life of the Virtuous Woman; Women of Virtue Arise*
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Time: 09.15 Registration & Viewing of Resources 10.00 - 17.00 Programme
Contact Dawn Tompkins at the BUC for your application form
Tel: 01923 672251
Email: dtompkins@adventist.org.uk
www.adventist.org.uk
(We need to receive your completed application form and payment by Wednesday, 18 March)
Errors and omissions excepted

such as birthdays – all were treated alike.

Stoke Church has lost a much-loved and devoted member, and the lessons learnt from her life will remain with those who shared her life and her faith.

AGNES KANDAYA, CHURCH CLERK

Audrey Mildred Powell (1925-2014) d. 14 December. Audrey was born in the village of Bovington, in Hertfordshire. Her father was owner of the local store and post office. Although he anticipated a son, instead he was blessed with two daughters, Audrey and Betty, her younger sister.

Audrey was a well-known and much-loved figure in the Garston area of Watford, as was evidenced by the large number of mourners who packed the large chapel at West Herts Crematorium, where her funeral service took place.

She served in secretarial and other roles in Granose Foods, Stanborough Press and Stanborough Secondary School.

Her interest in the children at the school was simply an expression of her caring nature. She married John Powell, the brother of Basil, who served as an overseas missionary, in the South England Conference and in the British Union. Audrey attended the Stanborough Park church but was prevented, by the sudden onset of illness, from being baptised.

She is missed by her daughter Amanda and the wider family. Amanda truly measured up to the requirements of the fifth commandment in the care and attention she lavished on her mother during her illness. Audrey now sleeps, awaiting the life call of her coming Saviour.

Amanda expresses her appreciation for all the help and support she received via phone calls, cards and personal visits.

The service was conducted by Mary Barrett, Patrick Boyle and Jacques Venter (the senior pastor of Stanborough Park Church).

PATRICK BOYLE

Dacorum Interfaith Day

To celebrate Interfaith Week last year, the Dacorum Interfaith network organised an Interfaith Day at the Adeyfield community centre on 23 November. Robert Gitain and Annette and Ian Mackintosh went to represent the church at the event, which was attended by more than seventy-five people from many different faiths.

We had, from the Personal Ministries department, a broad selection of *Signs of the Times* leaflets with our Hemel Hempstead church address on the back. There were also magazines from the church stock and a variety of other materials kindly supplied by Pastor Eric Lowe and the ADC.

This allowed us to present a full table of interesting pamphlets for those who visited our stand. Robert made many friends by being willing to help in setting up the hall, and some of them came past our table to see our magazines.

In particular, the *Signs of the Times* with the title 'How Old Is The Earth?' was very popular and we ran out of those about halfway through. All the faiths were given 5 minutes to introduce themselves, and there was an additional talk from the Interfaith group, who gave some interesting statistics about the distribution of various faiths in Dacorum Borough. We learnt there that Christians make up 58%, with the next-largest group being the Muslim faith (2%). Many people were interested in the biblical subjects and in health. The *LIFE.info* magazines were also popular; we made sure our visitors didn't leave empty-handed.

JOHN BUTTERS

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February
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22 Ipswich 10am-2pm
22 Derby Chester Green 10am-2pm
March
1 Brixton 10am-2pm
8 Leicester West 10am-2pm
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NEWBOLD COLLEGE
OF HIGHER EDUCATION

Vacancies

Newbold College of Higher Education, United Kingdom, seeks to appoint two full-time lecturers in its Department of Theological Studies. The department is internationally recognised in Seventh-day Adventist Christian circles as being a centre of excellence in biblical, theological and pastoral education. It attracts students from many countries and cultures and its undergraduate and postgraduate programmes require highly qualified teaching staff who are able to relate their disciplines to the diversity of the college's constituency.

Applications are invited from women and men with expertise in the disciplines of: (a) systematic, historical and biblical theology, with a special emphasis on Adventist theology, and with an ability to contribute to at least one other discipline; (b) Old Testament studies, and with an ability to contribute to at least one other discipline.

Selection criteria for both vacancies:

- Relevant successful teaching experience and an ability to contribute to flexible distributed learning;
- A PhD in a relevant subject field;
- A demonstrated understanding of current developments in the Seventh-day Adventist Church;
- Relevant experience in pastoral work;
- A demonstrated understanding of the European context;
- Excellent people skills.

Successful applicants will be required to perform the following tasks:

- Teach within a UK/European and US context;
- Work within the guidelines of the UK Quality Code for Higher Education;
- Work sensitively in a multicultural environment;
- Assume some academic administrative tasks within the department;
- Supervise research at undergraduate and postgraduate levels;
- Serve as tutor to a group of tutees;
- Maintain an active research and publishing schedule;
- Be involved in appropriate student-recruitment activities;
- Contribute actively to the wider spiritual and extracurricular life of the college and to the needs of the Seventh-day Adventist Church throughout the Trans-European Division.

All applicants must have the right to live and work in the United Kingdom and will normally be expected to live within reasonable commuting distance of the college to enable them to engage fully with the life of the college and of the local church community.

Starting date: August 2015.

Salary: As per the denominational salary scale.

A letter of application, a CV and the names and contact details of two referees should be emailed as soon as possible but no later than **Friday 27 February 2015** to Debbie McReynolds, Office Manager, Office of the Principal (dmcreeynolds@newbold.ac.uk).

Messenger

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Sunset

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	Lond	Card	Nott	Edin	Belf
Feb 13	5.11	5.24	5.12	5.12	5.26
20	5.24	5.36	5.25	5.27	5.41
27	5.37	5.49	5.39	5.42	5.55
Mar 6	5.49	6.01	5.52	5.57	6.09

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