

Messenger

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Cuisle Centre at Dublin Ranelagh Church opened

by Pastor Victor Hulbert
(British Union Conference Communication Director)



In a teeming city of over half a million people, a quiet centre of respite just south of Dublin city centre is rapidly becoming a hub for the local community. The 'Cuisle Centre', literally meaning 'pulse' in Irish, is located in the newly refurbished Ranelagh Seventh-day Adventist church. On Thursday, 10 September it was officially opened by evangelist and health educator, Pastor Mark Finley.

The Cuisle Centre is open most days and offers healthy snacks as well as health screenings, massage, counselling, or simply a place where people feel safe to come, chat, and spend some time. Run mainly by volunteers, busy doctors, therapists and counsellors are astonished at the difference the centre is already making in the community and are delighted to give freely of their time to support the initiative. Equally, senior pastor, Gavin Anthony, spends several hours a week at the centre, where he finds that conversations often turn towards Christian themes.

Nomsa Maphango, a registrar in paediatric surgery, confessed that she gave time because: 'It's a more relaxed environment and so people tend to open up more outside the hospital.' She added, 'People talk to you about other aspects of their lives that may be causing them to be ill. Social aspects or personal or spiritual aspects which perhaps in conventional medicine are not always highlighted.' Nomsa volunteers because she sees the value of the health principles held by the Adventist Church. 'It's a blessing God gave me to work as a physician. It is a responsibility for me to be able to give back to serve the community and help people get better health,' she concluded.

Similar sentiments were expressed by all the volunteers, including the centre manager, Edith Samambwa, a health educator who has taken a sabbatical from her role in the Irish health service in order to help establish the centre. She was planning to go overseas as a missionary, but has instead found a mission field in Ireland. Her initial

expenses are being paid by a generous donation from the Emerald Foundation, a group of Adventist philanthropists in the United States.

Pastor Finley couldn't help but notice the stream of well-wishers who passed through the building during the opening ceremony. These included a gentleman who had originally been referred to the centre for a health check by the nearby physiotherapist practice; a lady who has re-established her connection with church after many years and is now both attending church and developing real friendships; and a middle-aged lady, a sweet individual, who first came

through the door just two weeks ago, and, while puffing on an e-cigarette, remarked how much she loves the friendliness and warmth of the people. She also enjoys a good massage.

That friendliness has made an impact. The local florist totally refused payment for the attractive ribbon and bow she put together for the official opening. She told Irish Mission President, Pastor David Neal, how delighted she was at how the centre was bringing the community together and providing hope.

The Cuisle Centre is just one of around 350 such centres being established around the world, Pastor Finley stated. 'This is a gift to the community . . . Jesus was concerned about the physical, mental and spiritual connections of human beings,' he said, noting that these Life Hope centres are, in fact, 'the arms, the feet, the eyes, the heart of Christ, to bless others in our communities'.

The centre is the culmination of a two-year realisation for Pastor Anthony that ministry needs to encompass the mind, the body and the spirit. 'I feel increasingly convicted that we need to approach each person using that multi-faceted approach,' he said. He has been astonished at its simple effectiveness. 'As long as we have the doors open and are available to the community, people really do come through the doors, and they come to church,' he said.

The official opening is just one step on the journey. Finance will always be an issue but generous donations are helping. Volunteers will need to be able to sustain the momentum . . . and more volunteers will be needed as the centre becomes an increasingly important part of local Ranelagh life.

Find out more about the volunteers and the programme by watching a short video review of the official opening on the BUC website: adventist.org.uk/news, or put the following link into your browser: <https://youtu.be/JtVImiKcWZQ>.

Photos: Weiers Coetsier



Newbold's partnership is approved

The University of Wales Trinity Saint David has approved Newbold College of Higher Education as a partner institution and has also validated the following four Theology programmes for delivery from September 2015:

- BA (Hons) Biblical and Pastoral Studies
- Graduate Diploma in Biblical and Pastoral Studies
- Postgraduate Certificate in Ministry and Mission
- MA Theology

Words of commendation found in the institutional approval report as accepted by the University's Senate include the following:

- The College should be commended on its use of external networks and the steps it has taken to engage with UK quality assurance processes.
- There is sufficient evidence to demonstrate that Newbold College is of appropriate academic standing.
- The learning environment at Newbold College, including the human and physical resources, is appropriate to the standards of UK Higher Education.
- Newbold College has an understanding of the administrative and quality assurance requirements of UK Higher Education and will be able to fulfil those requirements.
- Newbold College's staff are appropriately qualified for the programmes they propose to teach, familiar with the requirements and ethos of Higher Education, have an understanding of UK assessment requirements, and will be able to deliver academic programmes successfully in collaboration with the University.
- Newbold College and its staff have experience appropriate to the mode of provision envisaged, and the learning environment is appropriate to that mode of provision.
- The panel agreed that Newbold College of Higher Education was well placed to enter into a partnership with the University and that the partnership had the potential to deliver mutual academic benefit.



editorial

Who says an editor's life can't be interesting? In doing my research for this week's editorial I came across some facts about the *pollex* and the *hallux* that not everyone may know. By the way, those are just the fancy Latin names for a **thumb** and a **big toe!**

Firstly, there are two basic grips for which we use our hands repeatedly in any given day. It takes us time to develop their use, but once mastered we hardly give them a second thought. They are the 'precision grip' and the 'power grip' and are defined by the relationship between the thumb and the fingers.¹

An example of the precision grip is the act of writing, where the fingertips and the thumb press against each other to firmly grasp a pen or pencil. It is also demonstrated when we open a jar with the use of our thumb and fingertips alone. The power grip is at work when we open that same jar by clamping down on the lid using the palm, fingers and thumb. The same grip is used when we grasp the handle of a hammer or that of an electric drill.

Just imagine . . .

Just imagine for a moment how life would be without your thumbs. How would you put on your socks; tie your shoelaces; carry your bowl of cereal to the breakfast table in one hand; spread honey on your toast; or pick out a needle from your sewing box and thread it? How would you 'thumb' through a telephone directory, or play tennis?

So much for the *pollex*

Let me now mention something interesting about the *hallux*. Although those unlucky enough to lose a big toe are usually able to cope reasonably well, this injury is not without its inconveniences. Especially when one realises just how much we depend on our big toes for balance:

*'The big toe carries the most weight of all the toes, bearing about 40 percent of the load. The big toe is also the last part of the foot to push off the ground before taking the next step.'*²

Today we are fortunate to have the benefit of NHS **prosthetists** and **orthotists** to provide all the support we need following the loss of a big toe. But there was a time when men were not so lucky. Let me illustrate with this morbidly fascinating bit of history:

'When Judah attacked, the LORD gave the Canaanites and Perizzites into their hands, and they struck down ten thousand men at Bezek. It was there that they found Adoni-Bezek and fought against him, putting to rout the Canaanites and Perizzites. Adoni-Bezek fled, but they chased him and caught him, **and cut off his thumbs and big toes.**' (Judges 1:4-6, NIV-UK, emphasis supplied.)

This seemingly brutal incident occurred after the death of Joshua, as the forces of Judah pursued their fleeing enemies. War is

Pollex and hallux



Julian Hibbert
Editor

always a messy business, but why did God's people resort to such sadistic brutality against Adoni-Bezek? It seems like a report from the battleground of modern Syria. But what inspired them to such extremes?

The answer seems to lie in the next verse:

'Then Adoni-Bezek said, "Seventy kings with their thumbs and big toes cut off have picked up scraps under my table. **Now God has paid me back for what I did to them.**" They brought him to Jerusalem, and he died there.' (Joshua 1:7, NIV-UK, emphasis supplied.)

This verse throws light on the event. Adoni-Bezek was himself the self-confessed perpetrator of multiple mutilations – 'seventy kings' had suffered the same brutality at his orders!³

Why had he done this?

Now it begins to make sense. His brutality ensured that those who opposed him (or might have) would never be able to wield a weapon again, or lead anyone into battle against him. He ensured instead that they would grovel at his feet scrabbling for scraps – a grotesque warning to anyone who might aspire to his throne.

When one then examines the reaction of the men of Judah in the light of Adoni-Bezek's record of brutality, it becomes clear that they acted within the law of equivalency – 'Whatever he has done shall be done to him' (Lev. 24:19, AMP) – and with considerable restraint.⁴

Adoni-Bezek's conscience

The thing that really caught my attention in this passage, though, was the unexpected way that this brutal, callous and power-hungry man, whose thumbs and big toes had just been hacked off, could admit: '**Now God has paid me back for what I did to them.** . . .' Contrary to expectations, Adoni-Bezek seems to have had a conscience after all. Not something one easily finds among those who ruthlessly pursue power.

Do you have a conscience that involves missing 'thumbs' or 'big toes'? Do I? Are there people in your past or mine, who haven't achieved their potential because we quietly and cunningly destroyed them? Lies and other misrepresentations are as sharp as honed steel. Wounds to character, competence or reputation are disabling and can fester on for years . . . even to the grave.

Most of us wield some form of power over someone else – in marriage, at home, in the extended family, in the congregation, in the church organisation, in secular employment or community life. How do we wield that power?

Have you and I made our mark in life 'by hook or by crook' . . . or should I rather say, 'by *pollex* or *hallux*'?

Whatever we may have done to others in the past, however, the brief story of Adoni-Bezek may have a silver lining to it. After his confession it says, 'They brought him to Jerusalem, and he died there.' (Judges 1:7, NIV-UK.) Despite his brutal past I would like to think that he finally found grace and forgiveness in Jerusalem, the 'City of Peace'⁵

¹<https://en.wikipedia.org/wiki/Thumb> ²<http://www.scientificamerican.com/article/no-big-toe-no-go/> ³These 'kings' may have included local clansmen or other community or regional leaders. ⁴For a detailed and interesting study on this theme, consult: <https://www.adventistbiblicalresearch.org/materials/ot-texts/exodus-2123-24> ⁵Editor's note: This is a little 'speculative' thinking on my part. I would like to think that God's grace was sufficient for a multiple mutilator like Adoni-Bezek too.



Enhancing Health

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

Going natural Part 7c – Herbal health cautions

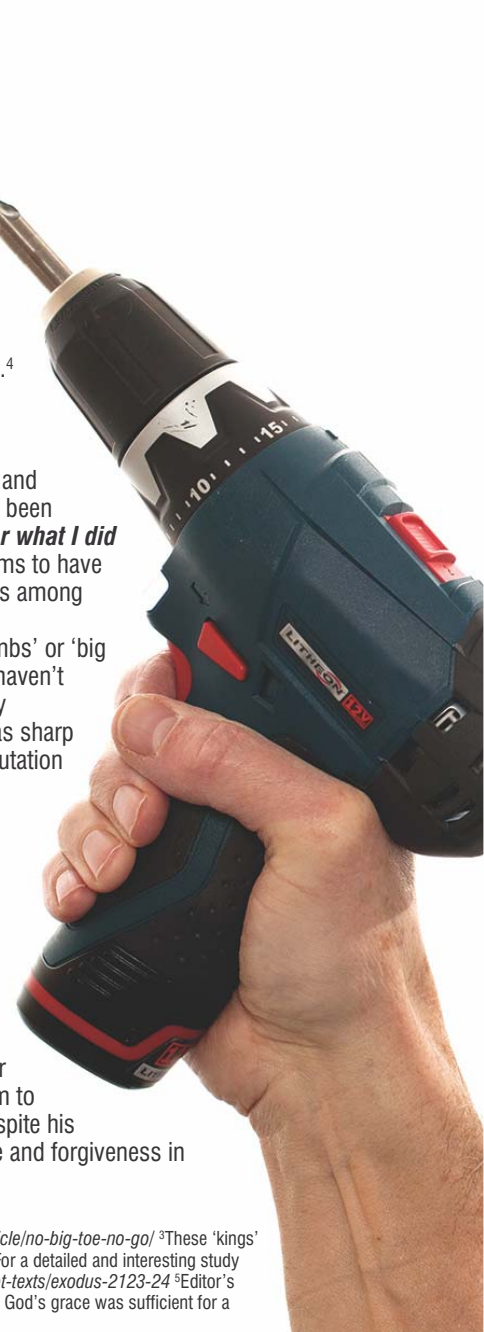
This final focus on herbal health cautions examines some herbs commonly used for various ailments and for promoting well-being. We highlight their suggested benefits, cautions and drug interactions.

MedicineNet.com published an online article (13 June 2014) entitled, 'Herbs: Toxicity and Drug Interactions',¹ which contained this helpful summary.

Name	Suggested use & benefits	Cautions	Possible drug interactions
Chamomile	Used as a sedative in the form of a tea.	Allergic reactions can occur, particularly in persons allergic to ragweed.	May interfere with anticoagulant (blood-clotting) medicines like warfarin.
Echinacea	Reported to boost the body's ability to fight off infection.	Can cause liver toxicity.	Should be avoided in combination with other medications that can affect the liver such as ketoconazole, methotrexate and isoniazid.
Feverfew	Commonly used for migraine headaches.	Can cause allergic reactions, especially in persons who are allergic to chamomile, ragweed, or yarrow.	Nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen, naproxen or Motrin can reduce the efficacy of feverfew. Can also impair normal blood clotting so avoid if taking anticoagulants.
Garlic	Used to lower blood pressure and cholesterol.	Skin inflammation, stomach upset and bad breath. Reduced ability to make sperm in male rats.	May decrease normal blood clotting so use with caution if on anticoagulant medications such as warfarin.
Ginger	Used to treat nausea and bowel spasm.	May lead to blood thinning.	Not recommended if taking anticoagulant (blood-thinning) medication, such as warfarin.
Ginkgo biloba	Used for dementia and to improve thinking/memory.	Mild stomach upset and headache. Appears to have blood-thinning properties.	Not recommended if taking aspirin or using anticoagulants or anti-inflammatory drugs. Avoid if epileptic and taking antiepileptic medicines such as phenytoin, Tegretol and Phenobarbital.
Ginseng	Used to stimulate the adrenal gland to increase energy.	Can elevate blood pressure, cause headache, vomiting, insomnia and nose bleeding. Not recommended in pregnancy or for individuals with mania or psychosis.	Avoid if taking aspirin, anticoagulants or anti-inflammatory medication as above.
Saw palmetto	Used for enlarged prostate and prevention of bladder infections.	Can cause stomach upset, affect testosterone and reduce sexual drive and performance.	Avoid with hormonal therapies (oestrogen and oral contraceptives).
St John's wort	Used for depression, anxiety and sleep disorders.	Sun sensitivity and nerve changes in sunburned areas; headaches, dizziness and sweating.	Avoid when using mood-altering medication such as Prozac.

Good health!

¹http://www.medicinenet.com/herbs_toxicities_and_drug_interactions/views.htm





From Plymouth to Romania . . . with love!

by Jennie Hall

'Throughout our lives we experience things that change us, and somehow motivate us to do more and better. This project taught me that regardless of our possessions, great things can be achieved with little.' – Otniel

Last year my cousin, Gemma, and I returned from a short-term mission trip to Albania, full of enthusiasm and inspirational stories that we shared with our church in Plymouth. After hearing our report the rest of the youth also became very enthusiastic and eager for us to plan a mission trip of our own. A visiting speaker told us about a project in Romania run by Darren Bullock and from then on we began our planning.

It took months of fund-raising to reach our goal of getting our group of seven to Romania. We held a sponsored walk, a fast, and a pamper session for the mums on Mother's Day. We also held craft stalls, selling various handmade products. Everyone was very generous and donations flooded in. We all paid for our own flights and the donations and sponsorship money saw to the rest, allowing us to travel within Romania and buy the project materials locally.

The departure date finally arrived, and on Friday 21 August Shemeka Tello, Lisia Matos, Otniel Rodrigues, Matthew Herman, Pastor Herman and I flew out of Heathrow bound for

Romania. Lisley Salimin later joined us in Romania a few days later. For 10 days Romania was to be our home.

Darren saw to everything and made us feel at home. We were also joined by two local Romanians, Andre Gabriel and Adelina Galeschi, who soon became part of the team, sharing the workload in the village and making our lives a lot easier by translating for us.

Nearly every day we travelled to the gypsy village of Posta to spend time with the villagers and help to make improvements to a few of their houses by building and renovating kitchen areas. The poorest homes consisted of just two rooms, which slept around 7-11 people each, often on one or two hay mattresses. Lisley made this comment about their simple living conditions: 'The toilet is separate from the house for a reason!' Adding that 'they are genuinely a happy bunch of people despite the lack of modern infrastructure'.

After our first day in the village, Shemeka voiced what we were all thinking. 'It's heart-warming to see how content they were, not having a lot, but appreciating what they have. Eye-opening.' We all have a lot to learn!

The main project was at Sandu's house, where we built on an extension using wooden posts concreted in for the main structure, with metal sheets for the walls and roof, and two plastic windows.

A second project was to renovate Gica's house. They are the largest family in the village and financially the worst off; feeding nine children and two adults can be very expensive. Darren and his team had previously built a second room onto their single-room house, which they used for many things, including a temporary stable! Our job was to renovate this building and equip it to be a working kitchen. The roof was leaking so that was replaced, the walls were painted and we added a plastic sheet to the existing window frame. We also put up shelving for their food and clothes and made a lid for their giant potato box. They concreted the floor themselves when we were off one day.

We also contributed towards a few other projects in the village through donations of building materials. One family already had the foundations of an extension laid but needed help to buy the bricks, which we gladly provided. Petri, one of the villagers, helped us a lot at Sandu's house and

received mortar from the project to finish his own house. We also gave a pallet of bricks to another household, allowing them to enclose their open kitchen area.

Before we left we added some drawers, plates, pans, cutlery and a gas cooker to both projects, as well as a few other homes in the street. They were thrilled. Throughout the week we also distributed a few pallets of food that had been shipped over from the UK. This included tinned goods, jams, pasta and cereals as well as hundreds of Snickers bars!

At both project sites we had help from enthusiastic neighbours who wanted to work with us to improve their friends' houses. Even the children joined in. Pastor Clifford was particularly impressed by one little helper. 'My favourite memory is of this little "Bruce Lee" carrying a piece of wood four times his size and going back for more without a sigh or complaint.'

From the start we decided that as long as we were helping at least one person we would go, and I believe we achieved our mission. We learnt valuable lessons and grew as individuals and as a team. Lisia said: 'I've learned that happiness is beyond material things, and especially the importance of sharing – not only what we have in excess, but what we don't have much of at all sometimes.'

Matthew commented: 'One of the things I learned was that we don't need everything in the world to be happy. Even if we don't have it all we can still be content with what we have.'

Nearly every day we got the chance to play with the children. Football was very popular, as well as organised party games, which got very competitive. One evening we relaxed with the kids and watched *Finding Nemo*: what a treat! We held short services on both Sabbaths, which included a brief message for the children and some simple songs. We also took a selection of craft materials with us for 'messy church', which all ages greatly enjoyed. On the second Sabbath we all headed out for a short walk to the local river and enjoyed a few hours by the water.

We all had a great time and even got the chance to look around Bucharest, Romania's capital, and head into the mountains for a day.

The people in Posta warmed to us quickly and made us feel welcome. Getting to know them over the week was very rewarding and I hope we have built lasting relationships. We all hope to go back to Romania to support the people of Posta in years to come.

'The most valuable lesson I've learnt is to accumulate less material things; instead, collect more experiences, stories and memories. And although there were so many communication barriers a simple smile remains universal.' – Shemeka

For more photographs and information about our Romanian adventure please see the Plymouth church website: <http://plymouth.adventistchurch.org.uk/>.



Camp Hill turns 60!

Between 8 and 15 August, Camp Hill Church hosted its annual 'Morning, Noon and Night Revival'. It was almost like a camp meeting, with 6am morning devotionals hosted by Dr P. A. Herbert. These followed the theme of the life of Joseph and included vibrant messages, testimonies and a great breakfast of porridge, plantain and peppermint tea!

As this was the build-up week to Camp Hill's 60th anniversary, the 'lunchtime lift' messages were shared by past pastors R. McIntosh, P. Chenjerai, J. Holder, E. Bran and J. Nicholson.

In the evening the 'power hour' speaker, Pastor Greg Nelson from the Maddison Mission church, Huntsville, Alabama, delivered his messages with such power that hearts were stirred and challenged. Pastor Nelson then held a late-night Praise and Worship workshop, singing his heart out alongside our praise team. According to Dr Patrick Herbert, Camp Hill's pastor, this revival was a 'no frills' revival, consisting only of 'prayer, praise and preaching'.

The week climaxed on Sabbath with the church's 60th anniversary celebration, combined with our homecoming day. The church was full to the brim with members past and present from all parts of the country, and even a small number from abroad.

Camp Hill began with approximately ten members and was originally known as the South Birmingham church, which was first situated over a butcher's shop on Stratford Road. The members later worshipped at various venues until a vacant church was purchased. It needed renovating, cleaning and decorating, and the members worked diligently until the doors of Camp Hill were opened on 2 April 1955 and it was officially dedicated on 14 May 1955. Twenty-two years later, on 5 January 1987, the church was gutted by fire, and the members worshipped in the St John's Church of England building for just five months and five days before the doors to the 'new' Camp Hill were opened: and it is now the home church of over 600 members.

Within Divine Service the diverse nature of the church was demonstrated by having representatives from 12 of its language groups reading Psalm 133:1 in their mother tongue. A chuckle was raised by one reader, a native of Jamaica, who expressively read from the Patois Bible, which was appreciated by many of the members.

The day's guest of honour, Pastor Masih, was invited to share his memories as Camp Hill's longest-serving minister, and was presented with a commemorative plaque for his service. Pastors McIntosh, Chenjerai, Holder, Bran, Nicholson and Layland were also recognised for their service. Local members, Annette and Wendy, were responsible for leading the audience in an engaging trip down memory lane.

The day would not have been complete without the church recognising the service of its senior members. Under the guidance of Vivia Selcedo as elder, a list of worthy recipients was compiled and Dr Herbert and his wife, Ann-Marie, presented each one with a commemorative certificate.

Pastor Nelson closed off the day with one last vibrant, captivating message. May God's name be praised!

NATAILE SUTHERLAND-WHITEHOUSE



Your children . . . their Sabbath School lesson . . . and eternal values

(an open letter to parents)

by Patricia Eastwood (Children's Ministries Sponsor – Welsh Mission)

Dear Parents
As I travel from church to church spending time ministering to our youngsters and promoting services for them, I have come to realise that there are very few children who actually study the Sabbath School lesson and have an understanding of it when they come to the class each week.

Here are some reasons why it is important that you spend time studying these lessons with your children:

- It gives them a good knowledge of Bible events and characters.
- It helps them understand God's leading and guiding in the lives of His people; the problems they faced in times gone by; and how they can apply these lessons to their own lives today.
- Through the questions asked in the lessons and the discussions that emanate from them, thoughtful reflection and spiritual awareness are promoted among the youngsters. I see a *huge* difference in the spiritual understanding of teenagers when they have had a full upbringing in the earlier lessons.
- Not all Sabbath schools are equipped to meet the needs of every child at their various stages. In-depth study at home helps alleviate this problem by adapting the material and its application in an age-appropriate way.
- Most importantly, it helps the youngsters develop a strong relationship with Jesus, an understanding of His love for them, and just what He sacrificed in order for them to be with Him through eternity. Decisions for Christ (and ultimately for baptism) are often made as a result of a child's study of these Sabbath School lesson themes – particularly at Junior level.

You can hugely add to the benefits and enjoyment of the lesson by playing Bible games with your children and following the daily activity suggestions made by the authors.

As parents we feel hurt and dismayed



when our children decide to leave our faith community. There are many reasons why our children make such choices. It behoves us, therefore, in love and with gentle leading, to use all the tools and resources available to help them make good choices as early as possible. This is done in several ways:

- Show your children a good example of what a spiritual life means. Practise what you preach and make sure they see you studying the Bible too and taking an active part in church life.
- Involve them in everything possible to do with church. Coming to church once a week is not enough – if there is no Pathfinder club or youth club at your church, start one! If this isn't feasible – run the course with your child in your own home and transport them faithfully to other youth clubs within your area or even further afield if necessary.
- Send your children to every camp, retreat, or weekend event that is available. Make them feel part of a wonderful and positive organisation of others like themselves. For example, don't insist they join you on the family holiday if a youth congress or other type of programme is available for them to attend.
- Have them take part in church

programmes. Encourage others in the church to see them as a great resource and use them effectively. This will enhance the life of the whole church. Our youngsters are frequently very skilful in music and technology!

- We do not have church schools within reach of everyone but there is a great deal of material online that you can access to enhance the spiritual lives of your children – use as much as possible.
- Help them choose very carefully where they will progress to for further and higher education. If you have a good church community, where possible encourage them to stay at home and attend school locally. If not, help them choose an institution that is near to a church that will fulfil their social, spiritual and cultural needs. Be with them on their first Sabbath in a new area and take them to their new church to help them to make friends and settle in.
- Where possible, and if a course is available that they want to pursue, do please consider Newbold College as a primary option for your son or daughter. This has made a world of difference in our family. The faculty there has more than their academic progress in mind and is always available to lead and guide in every area of life. Church programmes at Newbold are geared to their age group and the



extracurricular activities on the campus are greatly enjoyed by the young people. They get to know an eclectic group of Christian young people from all over the world and, as a result, will continue this worldview throughout their lives. At least one year at the college is a good precursor to any other university programme.

- Most importantly – lead them gently. Do not use a 'rod of iron', but with a sense of humour and a great deal of laughter and fun ensure that your children understand the joy of a relationship with Jesus.

The leaders of the church, both throughout the UK and locally, cannot possibly do everything necessary to support your children – it is up to *you* to do your best to ensure that your 'little flock' is with you when the Lord calls us home.

With prayers and blessings on the most wonderful ministry God could bestow upon you . . . that of being a Christian, Christ-like parent.

Re: Women's ordination

Dear Editor

With reference to *MESSENGER* articles of July and August about the outcome of the recent vote at the San Antonio General Conference Session: the comments, tone and conclusions expressed by some of our British leaders were somewhat disappointing, reminiscent of Judges 21:25 (KJV): 'In those days there was no king in Israel: every man did that which was right in his own eyes.'

During the conference, all present, myself included, witnessed the hours spent discussing the issue. There were also readings on the subject, including the full report of the 2014 Annual Council on the matter; various biblical references; and quotes from the writings of E. G. White. President Wilson asked the members to accept whatever the outcome would be irrespective of their preferences, as this is the policy of the Church. The GC in session is regarded as the highest authority in our church, something that was endorsed by Ellen White. There was also a prayer session for God's guidance in the matter.

GC policy is also clear that unions do not have the right to set their own criteria for ministers' ordination and are operating outside the parameters of Church structure if they do. The advice by Jerry Page, Ministerial Association Director, was, 'If we take time in prayer, humble confession, repentance, and service for others, we can move forward instead of spinning around and going backward because of the conflicts.'

The GC Executive Secretary also expressed the hope that there would be full compliance from all church entities, stating, 'We are one church.' This is synonymous with our Lord's final prayer for us to 'be one'.

DECILA ROBERTS

Editor's note: Letters in the Inbox reflect their contributors' views, which may or may not be those of *MESSENGER* staff or the BUC.



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 are the moral laws; the ceremonial laws; and the judicial laws? Can you tell me how important food is for salvation?' Rudy Yap

The distinctions between the moral, ceremonial and judicial laws, given by Moses to the Israelites in the wilderness, were given a brief explanation in the Adult Bible Study Guide for the second quarter of 2014, *Christ and the Law*. As the principal contributor, Keith Burton, explains, the moral law (the Ten Commandments) was of paramount importance: 'It was believed that all the other laws were contained in the Ten Commandments. In fact, the Jewish philosopher Philo, who was a contemporary of Jesus, wrote an entire book on the central place the Ten Commandments held among all biblical law. . . . Like their Jewish counterparts, the inspired writers of the New Testament recognised the purpose of the Ten Commandments for God's people.' In other words, these laws are supreme, and remain in effect for Christians today.¹

What, then, of ceremonial and judicial (or civic) laws? The civic laws were to apply specifically to the nation state of Israel, 'a state where He [God] would be the head and the people would enforce His legal mandates'.² For some good examples of these laws, browse through Deuteronomy 19-25. That nation state, however, passed with the destruction of Jerusalem in AD 70, and Christians need not subject themselves to those regulations (Acts 15:28, 29); though we are enjoined to subject ourselves to the laws of our own countries, so long as said laws conform with the moral law of God (Daniel 3:16-18; Romans 13:1-7). The ceremonial law, by contrast, 'centred around the sanctuary and its services, all of which, of course, were designed to teach the children of Israel the plan of salvation and point them to the coming Messiah. . . . Once He completed His work on earth, this old system – along with its sacrifices and rituals and feasts – no longer was needed (see Heb. 9:9-12).'³

All of these laws were given by our wise Creator for our good (Exodus 15:26; see also Deuteronomy 12:28): including the food laws, based on the unchanging facts of human biology.⁴ How important are they for salvation? Well, it's through Eve's transgression of a food prohibition that death entered the world and necessitated salvation (Genesis 2:17; 3:1-19). It's true that food, along with all earthly things, will be destroyed in the judgement (1 Corinthians 6:13). On the other hand, until then, our earthly bodies are temples of the Holy Spirit, and it behoves us not to defile them (1 Corinthians 6:15-20). Paul also reminds us that although ultimately God's Kingdom isn't about food, if others are turned away from the Kingdom through an aspect of our diet, then it would be far better not to persist with it (Romans 14:15-21).

Dietary restrictions are, therefore, important, but what is truly necessary for salvation is to accept Christ's sacrifice for our sins. Just as the ceremonial law looked forward to this, so today we celebrate it – with food (Matthew 26:26-28).

¹*Christ and the Law*, ABSG Thursday 3 April 2014, accessed online at: www.absg.adventist.org/2014/20/TE/PDFs/ETQ214_01.pdf – for more information, see the Q&A for *MESSENGER* 17 July 2015.²*Christ and the Law*, ABSG Monday 31 March 2014.³*Idem*, Tuesday 1 April 2014.⁴This issue was also addressed in the Q&A for *MESSENGER* 25 September

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.

God of Science
Conflict of Worldviews
A series of independent presentations and workshops
Saturday October 24th 2015, 2 - 8pm
Dinosaur and Space activity programme for the Children
Book and DVD sale
Refreshments
Free Entry

Why Biblical Creation is Good Science
Stuart Burgess is Professor of Engineering Design at the University of Bristol. He has worked as a professional designer and spent five years at the European Space Agency. He has published over 140 secular papers on the science of design, and as well as his work at Bristol University he has also lectured Cambridge University.

What do we know about the Origin of Life?
John Walton is Research Professor at the School of Chemistry, St Andrews University. His main interest is in free radicals and the development of organic syntheses and novel materials based on these species. He has written numerous research publications and is the recipients of several awards, and a frequent speaker at conferences and seminars.

Darwin or Design?
Alastair Noble, PhD, as the Director of the Centre for Intelligent Design is an experience speaker and debater on the subject of Intelligent design. He has also been a high school chemistry teacher, adviser, schools inspector and educational administrator. He has worked on educational programmes within the BBC, the CBI and the Health Service.

Plus several Workshops by Apologetics: UK

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Tel: 07877-303-106 www.godofscience.eventbrite.co.uk

As supplied, errors and omissions excepted.

open day



Top left: Happy shoppers.
Bottom left: Listening to Pastor Mark Finley. Top: Jacqueline Bramble demonstrating food from the new Cedar Lake range. Above: Pastor Mark Finley. Left: Pastor Finley and his wife Ernestine, book-signing. Below: Press manager, Elisabeth Sangüesa chats with customers. Bottom: Happy visitors.

Photos: Pastor Victor Hulbert



Massive turnout at Press Open Day

by Pastor Victor Hulbert (BUC Communication Director)

It may have been the good weather, the attraction of the bargains on offer, including a new range of tasty health foods, or the desire to hear a message from international speaker and evangelist, Pastor Mark Finley, or all of these factors that drew the crowds at Stanborough Press Open Day on Sunday, 13 September.

'Sales were up 58.3% with a total of 1,221 transactions,' stated general manager, Elisabeth Sangüesa. She was happy, not just for the sales, but for the opportunity for so many members from far-reaching parts of the British Isles to come and listen to great music and an inspiring speaker, and to fellowship together. 'It's like a mini-camp meeting,' said Paul Thompson of the Reading Central church, his arms full of evangelistic supplies.

Music drew the crowds to the marquee, where 'Resurrection', a four-lady quartet, thrilled the audience with their careful harmonies. The marquee then filled beyond capacity as Pastor Finley and his wife, Teenie, were introduced. Their level of enthusiasm was such that it was hard to believe they had

jumped on a plane from Dublin early that morning following four days of intensive meetings as part of the Dublin: City of Hope project.

Pastor Finley gave an overview of how God has shared His message of hope from the days of parchment and Old Testament scrolls, down through the invention of the printing press to the modern availability of life-changing books. The audience were riveted, accepting the call to purchase books that they could share with their families, neighbours and friends. 'A book sitting in this warehouse is not evangelistic,' Finley encouraged. 'A book sitting on a shelf in church or in a cupboard in your house is not evangelistic,' he continued. 'It is only when you share that book with someone you care about that it becomes evangelistic.'

Teenie told how she had joined the church after a visit to her home by a colporteur, followed by her study of a Bible course. Equally important to her was that, when she eventually walked through the door of an Adventist church as a 14-year-old, she

was made very welcome, with care and time given to her as she grew in her faith.

What sold the most? Watch a time-lapse video of the sales area and you will see the Bible section was always the busiest. 'That is as it should be,' stated Press editor, Pastor Julian Hibbert. 'We call ourselves people of the book, and it was especially encouraging to see the popularity of the Andrews University Study Bible,' he added.

People may have had to queue extra-long for their lunch but there were few complaints. With the highest attendance in at least a decade, satisfied church members headed back to their cars, minibuses and coaches feeling satisfied at a day well spent, and stocked with reading matter for themselves and others.

To find out more about the day visit the Adventist Church's picture gallery: <http://adventist.uk/news/gallery/gallery-na/stanborough-press-open-day>, or watch the BUC News video report: <https://www.youtube.com/watch?v=f-nLAobYICw>.

new products

Launch of a new product range . . .



The *MESSENGER* editor interviews Charles Bramble, The Stanborough Press Ltd CFO, about a new and tasty product range.

Editor: Charles, can you remember the days when The Stanborough Press supplied the British Union churches with Loma Linda and Worthington products?

Charles: Yes, Julian, I can. They were great products. Especially FriChik, Swiss Steaks and Big Franks, and I have often wondered why they disappeared from the market. I've since learnt that it was for their noncompliance with UK and EU ingredient and labelling regulations. Unfortunately, that situation hasn't changed.

Editor: Then where does our new range of meat substitutes come from?

Charles: I am happy to announce that we have become the local agents for Cedar Lake Foods, an Adventist-managed company in Michigan, USA. Their CEO is a previous president of Loma Linda Worthington Foods and the company has been in business since 1949.

Editor: So Charles, these are the products that we have been advertising in *MESSENGER* and that were launched at our recent Open Day.

Charles: You're dead right, Julian! We imported nine lines from their extensive product range in time for Open Day – 17,880 tins – and the initial sales were far better than expected. The great thing about Cedar Lake's

range is that they use non-GMO and organically farmed ingredients. They are suitable for vegans and vegetarians, and a few of their products are also gluten-free.

We will expand the range within the next few weeks to include their tasty FriChik equivalent, called Chik'n Bites, and a number of other products not included in the first consignment.

Editor: What is the range of products that you presently stock?

Charles: The current range is made up of: **Chops, Dinner Cutlets, Nutabella, Nutee Supreme, Vege-Steaks, Vege-Burgers, Quik-Burgers, Dinner Steaks and 7-Grain Cutlets.** The Dinner Steaks are sold in 13oz tins, while the rest come in 20oz containers. They are very easy to prepare and we are already getting very positive feedback from customers who bought them on Open Day. And, by the way, they come with a five-year shelf-life!

Editor: Ok, Charles, now we need to know how to obtain them.

Charles: Julian, we are busy developing a network of local agents, and as soon as this is ready we will advertise both in the *MESSENGER* and in the local churches. In the meantime our members can buy them directly from our ABC outlets, which are at the Advent Centre



in London, the BUC office in Watford and Aston-Newtown in Birmingham. You can also speak to our ABC staff here in Grantham on 01476 591700. Our next-day delivery charges are very reasonable and we can ship up to 30kg of these products for less than £5 at present.

Editor: Thanks, Charles. I am sure that our readers are now well informed about this new and tasty product range.

Press CEO's enthusiasm over new Finley study Bibles

I have no doubt in my mind that the new KJV Study Bible, with study helps written by Pastor Mark Finley, will prove to be a valuable tool for all those who love to search deeper into the Bible, and also for those who do not really know where or how to start reading this fascinating book.

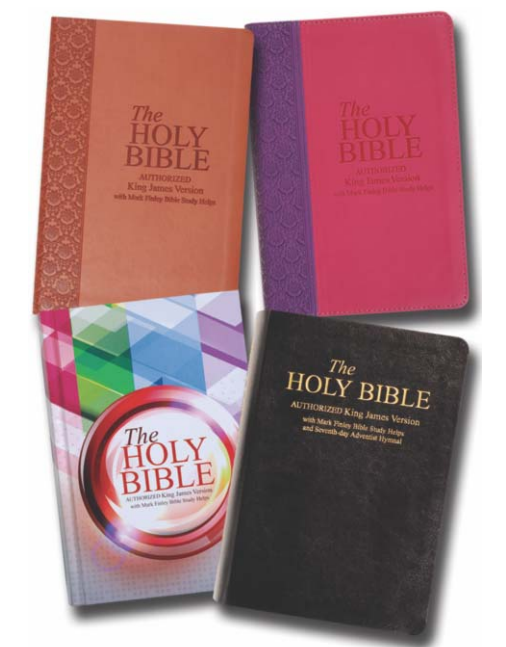
In order to facilitate the study and understanding of the Bible, Pastor Mark Finley has prepared three series of studies. These 74 studies will help us, and our friends and loved ones, to grow in the knowledge of God and His message for us.

Apart from the centre-column references, good-size text, and the words of Jesus in red, this study Bible also features Pastor Finley's easy explanation of the prophetic symbols and a guide of where to find the great prophecies in the Bible.

As you can see, the Bibles are available in a range of beautiful styles and colours and with or without a thumb index. Furthermore, if you wish to enhance your worship experience even more, do not miss the opportunity to have the Mark Finley Study Bible and the SDA Hymnal in one handy volume.

I invite you to use this Bible in your daily devotional life and experience God's blessings.

ELISABETH SANGÜESA



Aylesbury's first VBS

Aylesbury Church launched their Vacation Bible School (VBS) under the theme, 'Jungle Safari', with 30 children in attendance, on Monday, 3 August.

The week-long programme allowed kids to explore God's word through songs and memory verses, and focused on topics such as 'God is our Creator', 'God is our Provider', 'God is our Protector', 'God is our Saviour' and 'God is our King'.

Each day began with song time, during which the children praised God in song. This was followed by the much-loved story time, where Bible stories came to life under the skilful guidance of Pastor Jonathan Burnett. After this the children gathered in groups to complete their daily activity books, followed by their daily craft activities and a variety of games.



With such an energetic programme, lunch was a welcome break for everyone and the children enjoyed the healthy vegetarian meals.

On closing day there was a special programme to showcase what the children had learnt during the VBS. They dramatised the story of Daniel in the lions' den, sang songs and recited their memory verses. This allowed the parents to see what they had been learning all week.

Although this was our very first VBS the children thoroughly enjoyed the experience and wanted it extended for a month!

TISHONNA ENGLISH



'RIP Diabetes'

Dr Chidi Ngwaba, regular medical expert for ITV's *Good Morning Britain* and Men's Ministries co-ordinator for the SEC, presented his invaluable talk on how to reverse and prevent diabetes at a local community centre in Stevenage on 9 August.

There was a buzz of excitement as over 70 people from the local community attended this event, organised by the Stevenage church as part of their community outreach programme, ACTS (Adventists in the Community Together in Service). All who attended came eager to learn how to improve their health or that of a loved one in a town where 5% of the population are on record as being diabetic.

Dr Chidi shared a lot of sage advice and methods from scientific research on how lifestyle change can combat diabetes. He promoted a plant-based diet with no refined food and emphasised the importance of exercise. There were many questions after the talk, where people shared their experiences and learnt from each other under Dr Chidi's guidance. Attendees left encouraged, excited and generally hopeful about changing their lifestyles.

Free health checks for blood sugar and pressure were also on offer, as was a delicious array of vegetarian food, with many attendees wishing to learn how to make it all. 'An excellent event!' one attendee enthused. Stevenage Church are now planning a four-session series on diabetes from January to April 2016 as a follow-up.

KELLY AH CHIN KOW (COMMUNICATIONS SECRETARY)



Women Restored Conference

The first Women Restored Conference was held at the Jewels Suite on Rolfe Street in Smethwick, Birmingham on Sabbath 5 September 2015, with more than 300 women in attendance.

The event was an NEC-wide opportunity to acknowledge the prevalence of abuse in our Church, and to offer a message of hope and a promise of healing to those affected by abuse in all its forms.

A survey conducted during October 2014 at the annual NEC Women's Ministries retreat confirmed the prevailing statistic that one in four women is or has been abused in her lifetime. The survey further identified the most prevalent types of abuse in our church community as emotional, verbal, financial, spiritual, and sexual, along with general neglect. Physical abuse and domestic violence also featured in the list but to a lesser degree.

Abuse Awareness Emphasis Day was voted in as a special Sabbath by the General Conference in 2001, but not all of our congregations participate. In order to improve matters, the Women's Ministries Advisory decided to enlarge the impact of Abuse Awareness Emphasis Day by offering a conference-wide opportunity to broach this thorny topic.

NEC Women's Ministries Director, Geraldene Farmer, reminded the gathering, 'It is not God's will that we remain in abusive relationships of any kind. Too long we have been silent and when we have not been silent our voices have been silenced by social convention, church politics, our own fears, the ignorance of well-meaning church officials and our own shame.' She continued, 'When we are broken-hearted and downtrodden it is not easy to see God's hand in our lives or to feel His presence.' She reminded the audience to let go of their ashes (Isaiah 61:3) and allow God to do His work of restoration, keeping in mind Isaiah 61:7 as they face the future with hope (here paraphrased): 'He has taken away my shame and given me a double reward and recompense.'

The devastating and insidious effects of emotional and verbal abuse were dramatically demonstrated in a skit by ladies from the Bourville congregation, who used blankets over the head of someone to represent how layer after layer of abuse results in isolation and darkness, but also how, with the help of God and support from others, the effects can be reversed.

Speaking from personal experience, professional experience and the Word of God, Val Grosset, the worship service speaker, emphasised that 'God hates violence and abuse but there is healing at the cross.'

Then she added, 'Jesus came to heal our hurts and brokenness. He sees what's inside of us. He knows all the names we have been called. He knows all the lies that we have heard and still believe about ourselves. We must not continue to allow something in our past to control our actions in the present. See yourself as God sees you, as His workmanship, a masterpiece (Ephesians 2:10).'

The hurt and stifled emotions were palpable during an emotive altar call in which those who had been affected by abuse gathered to pray, some sobbing for themselves and some for the hardship, pain and suffering of their sisters.

Towards the close of the day the women felt free to testify and to share what they had been through: in some cases even sharing their disappointment at the response from their local churches. Others expressed deep gratitude for the way in which they were helped back on their feet by the women in their congregations. It is obvious that as a church we are not as helpful as we could be in cases of domestic violence and abuse, choosing to believe it is something that just happens in 'the world'.

There was appreciation for the contribution of Police Constable Debbie Downs from West Midlands Police, based at Smethwick police station, who provided valuable information on how the police respond to calls for assistance in domestic abuse cases. The audience learnt that even if someone withdraws an initial complaint it is up to the police to judge whether to proceed with a charge against the offending individual or not.

Special music provided by Andrea Rashford-Hewitt enhanced the day and most women felt blessed to have attended.

Comments from attendees included: 'This topic is taboo . . . I am so very glad we have discussed it today and we should discuss it



more often. It's great that we can come together as women but men need to be involved too, since they are doing most of the abusing.'

'The powerful testimonies have prompted me to go the extra mile for my sisters. It's time to talk less and do more.'

'We need this for men – by men – so they can know about the issues and get help as well as know how to help women in this situation.'

So much needs to be done in our conference concerning this issue but as long as church leaders at all levels refuse to acknowledge the extent of the problem, affected members will continue to suffer at home and be ostracised at church. Most women in attendance indicated that they wanted this to be an annual event on the Women's Ministries calendar and the department will be working to this end.

GERALDENE FARMER



Health expo in Newcastle

The practical culmination of the Health Missionary training recently conducted in the Newcastle church by representatives of LIGHT (Lay Institute for Global Health Training) was a health expo conducted in Cruddas Park flats just across from the church.

The expo itself was arranged by Rudo Sibanda (Community Services Leader) in co-operation with Violeta Lernacinska, the Tenancy and Estates Officer from 'Your Homes Newcastle', the organisation that operates the building. Violeta remarked that she loved the work we were doing, the professionalism with which we did it, and the bibs of the staff manning the booths.

The team under training at the Health Missionary school staffed



Bearwood health expo

Bearwood Seventh-day Adventist Church hosted its first health expo, themed, 'No wealth without your health', at the Brasshouse community centre in Smethwick on 9 August. The first attendee was already waiting when the expo doors opened at 11am and throughout the day there was a steady flow of participants: 60 people were screened and 25 wish to be contacted for follow-up programmes.

Dr Lovemore Nganunu and a team of nurses were assisted by Pastor Chenjerai and health expo experts Noah and Liz Naylor. The guest of honour was the Mayor of Sandwell, Councillor Barbara Price, and her consort, Councillor Robert Price. In her speech the mayor mentioned that she would accept another invitation in the future. She also visited every booth and took a number of health screenings. At one time during the day there was an exercise routine outside led by Joshua Osei. A number of people joined in. A health quiz game was also conducted by Brother Afram for everyone, including children, and a lucky few won some prizes. Community groups that supported the event were Diabetes UK and the Terrence Higgins Trust. The community of Smethwick really appreciated the expo and many people showed interest in another one soon. Such health expos can open opportunities for the church, even in difficult areas.

DELIGHT AVI (HEALTH MINISTRIES LEADER) AND PASTOR PARDON CHENJERAI



all of the expo stations and appeared to perform their tasks with confidence – especially the much-appreciated chair massages to relax tired and stressed muscles.

Local health team members suggested that cooking schools with massage comprise 'the way forward' for the Newcastle church.

Health checks were not the only elements of the expo. Time was taken to develop friendships with visitors. One estimate suggested that 40 people attended over the three-hour period of the event, some of whom went away with invitations to do the 'Take charge of your health' correspondence course from the Adventist Discovery Centre.

Church elder, Victor Samwanga, came away from the event with these thoughts: 'I came back tired, of course, but greatly blessed. I saw so much brokenness; I heard so much pain, anger, stress and loneliness! We as their neighbours can offer them genuine friendship, minister to their needs, gain their confidence and point them to the One who can satisfy their souls' greatest desires.'

VICTOR SAMWANGA AND COMMUNICATION TEAM

in association with

Asna
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present

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7.30pm (Doors open at 7.00pm)

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Church adopts school – school adopts 'shoebox' appeal

The Bristol Seventh-day Adventist Churches (BJEC) took a leap of faith as part of Mission to the Cities by adopting their first school, the Glenfrome Primary School, and supporting it through various projects. To their surprise and delight, however, the school's principal, Mrs Inger O'Callaghan, told them that she wanted the school to adopt the ADRA Shoe Box Appeal for Swaziland by taking 150 boxes. As a result, the Church was invited to take the assembly on 8 September to inform the children and staff about the needs of the children in that country. Representing the church were Pastor Anand Measapogu, Angela Baker-Wright, Nelson Khonje, Jasna Philip and Mary Philip. The children, ranged from Year 1 to Year 6, listened attentively as Mary Philip told them about ADRA and its work around the world. Mary explained that they will be putting a smile on the faces of children whom they may never meet. This was reiterated by Mrs O'Callaghan in her closing remarks. Pastor Anand Measapogu informed them of the poverty that exists in Swaziland while the other team members provided support in various ways – even demonstrating what a 'shoebox' should contain and how to pack it.

The initiative started when the Health, Community and Disability Ministries Leader was looking for a sustainable, long-term project to maintain as part of Mission to the Cities. While reading an article from an Adventist source, she came across 'The Back to School Give Away' concept and was soon convinced that it could work for them. It would be wonderful to give something back to the Glenfrome Primary School, which has educated so many of the church children over the years. Her phone call to the school led to a meeting with its principal, who not only endorsed the project but opened the door for volunteers from the church to assist the children with reading; help to run a healthy tuck shop; encourage parents to provide healthy packed lunches; and allow the church pastor to take assembly occasionally, among other things. It was during these meetings that the principal learned about ADRA's Shoe Box Appeal, and mentioned that the school would be interested in taking part! 'This is so exciting!' she said, and we share her sentiments, with the hope that we will be able to introduce something similar to other schools in the Bristol area.

MARY PHILIP (HEALTH, COMMUNITY AND DISABILITY MINISTRIES LEADER)
PHOTOS: NELSON KHONJE



Exeter Church's facelift

Exeter Church was last remodelled in 1977, and it was deemed necessary to give the front a facelift to make the building more appealing to people in the twenty-first century. A Christian architect was employed who understood our desire to make the inside more visible and welcoming from the outside. New, large-pane windows and a glass door were installed and the foyer was opened up by widening the narrow staircase leading into the church. Internal glass doors were also fitted to increase light and visibility. Pastor Ian Lorek worked closely with Jon Pengelly, a local builder, to co-ordinate the building process.

An open day was held on 19 August so that any passers-by could come and see the alterations, learn about the church and have some refreshments. Displays about ADRA and free literature were displayed in the hall. Sadly, it was the wettest day of the summer and crowds of people passed by, not on foot, but in cars heading for car parks! So the helpers were not rushed off their feet! However, one lady came, who remembered the witness of Win Bradbury, a retired Bible worker. Win passed away a number of years ago but her influence lives on in the road where she lived.

We are planning our next open day for 23 September and hope that people will feel impressed to come in and begin to regard our church as part of their community.

STELLA JEFFERY

Grantham opens its doors

On a recent Tuesday morning the church doors were opened for a visit by 25 members of the local U3A (University of the Third Age). The initial idea arose when a Scrabble-player friend asked, 'Could we come to your church? I know nothing about you people.' Plans and prayers came to fruition in a successful visit followed by comments such as: 'So very interesting, I had no idea.' 'Definitely better than any other church visit we have done.' 'When I have read the booklet I'll have some questions.'

Hot drinks on arrival had everyone relaxed and chatty. Following Pastor Solon Kyriacou's welcome three short talks were given on church history, basic beliefs, and our community outreach activities. The speakers were Esme Sutton, Karen Shelbourn and Jan Pearce. Each attendee left with a copy of *Your Friends the Seventh-day Adventists*.

JAN PEARCE



obituaries



John E. Barron (1938-2015) d. 13 April. Manchester South Church and Fish Pool Bury lost one of their brightest

and best stars when John Barron passed away after a short illness. His wry smile and genuine spirit drew others to him.

John was of good Yorkshire stock and raised an Adventist. It was in Manchester that John met and married his Lancashire girl, 'Margret', on 14 September 1958. It was 'love at first sight' and God blessed them with four beautiful offspring of which three remain: Denise, Carol and Paul. And 'behind every successful man is a great woman'!

Initially, John trained as a mental health nurse but he soon recognised that it was the building trade that interested him, and he set up his own business - 'J. Barron and Son Ltd Builders' - which was built on 'Truth and Honesty'. He made every effort to employ those who were in need, particularly among the local Adventists.

John took on the role of Pathfinder Director and helped establish the first Pathfinder club in Manchester. John was also a great supporter of camping and made it possible for many a young person to attend Aberdaron, where some gave their hearts to Jesus. Not content with just one campsite, John, who had a great geographical knowledge of the Welsh countryside, sourced two more locations that were used extensively by the Manchester youth for a period of eight years. Later, having trained youth leaders to take his place, John and his friend, George Taylor, led the church in a number of evangelistic programmes that led to the baptism of at least 10 souls.

John was also very active in what eventually became the ADRA programme, raising funds for local causes and encouraging the city's members to send more than 20,000 shoeboxes abroad during a 10-year period.

In 2002 John and Margret moved their membership over to the Fish Pool church, Bury, which had a small membership that needed support. They served the little church for thirteen years, giving of their best to build it up. John and Margret also supported many mission projects abroad and sponsored young people to attend the local ARISE and PEACE projects.

Both he and Margret travelled extensively all their lives, and loved touring through Germany, Holland, the Isle of White and the Lake District in their camper van.

Sadly, John fell asleep in Jesus earlier this year and among his last words were these: 'I have made my peace with Jesus. Please let everyone know He is coming soon!'

Fittingly, at his memorial service the Master Guides marched in front, holding the Pathfinder flag at half-mast - a fitting symbol for someone who did so much to promote this form of youth ministry.

John has left behind his wonderful wife and family, six grandchildren and three great-grandchildren.
GEORGE AND DIMPS TAYLOR

Penny Perkins (née Donaldson) (c. 1941-2015) d. 27 April. Penny was born during the Second World War in Rangoon, Burma, to Wilfred and Maude Donaldson. Following the Japanese invasion of Burma, when only a year old, she was evacuated with her two sisters and parents to India, where she stayed until partition in 1947. Sheila, Penny's oldest sister, remained in India, while Penny came to England with Peggy and their parents. She never met Sheila again, although they were in constant contact with letters and, in recent years, through email.

Having returned by boat to England, the family settled in Sowerby Bridge, near Halifax in Yorkshire, where Penny grew up. When her father retired, she moved with her parents to Totnes, Devon, and started working as a secretary with Kellock and Johnson's solicitors.

Penny married Bob Perkins at St Mary's Parish Church in Totnes in 1967. She stopped working when her daughter, Samantha, was born in 1970, but became a dinner lady for a few years when Sam first started school, and then a school escort with special needs children until she retired.

Penny's faith was strong. She had been dedicated in Rangoon in the Seventh-day Adventist church, and the church in Sowerby Bridge continued to play a big part in their lives.

Wilfred and Maude joined the Torquay church from 1960, which is where Penny was baptised.

In recent years Penny had many health challenges, which she bravely faced, being sustained by many prayers from her church family and the loving support of her husband and daughter.
R. MORRIS



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Why Stoptober?

Stoptober is an England-wide campaign calling on all smokers to quit, starting on 1 October and lasting for 28 days. The campaign will be supported by local NHS Stop Smoking Services, local authorities, pharmacies, retailers and large employers. Those stopping for 28 days are likely to stop for good. In 2014 thousands of people successfully quit in the biggest mass-participation stop-smoking challenge ever, encouraging people to be part of the challenge.

So why not get your church involved in this programme and ensure that your church becomes a centre for health, healing and wholeness in the community?

Breathe-Free 2

Breathe-Free 2 is a brand-new stop-smoking programme that our Church has launched. The success of the programme lies in a combination of scientific research, an open-source website, and the personal relationships that participants develop as they take the course - which is free.

The programme has roots in Breathe-Free, developed by the Adventist Church more than two decades ago, and the earlier Five-Day Plan to Quit Smoking, first introduced in 1959. But it uses a completely new approach because attitudes towards smoking have changed drastically in recent years, said Dr Handysides, assistant professor of health at Loma Linda University. Unlike in past decades, today's smokers don't need to be convinced that tobacco is bad for them and cannot be scared or lectured into quitting, he said. 'You cannot find a smoker in the world that does not know that cigarettes cause cancer, so our old model of lecture and fear doesn't work.'

That meant new methods needed to be found to assist smokers, and Breathe-Free 2 is putting a special focus on personal relationships. While the programme has a do-it-yourself version, it encourages smokers to join a local group where they can receive emotional support and, crucially, make new friends. This is where the church can make a difference by inviting smokers not only to quit, but to develop new friendships. These new friends could include the local programme facilitator and the other church members who assist Breathe-Free 2 participants.

Many people who quit only succeed after seven to ten attempts, and that's why it is important to create a place where they can feel welcome and comfortable.

Part of the advantage of the new programme is that all materials are available online at breathefree2.com. The first phase of the programme takes eight days to complete and is followed up with a series of meetings over the next days, weeks and months. What's important is establishing solid relationships that will last.

If you are interested in being part of the Stoptober initiative please make contact with Grace Walsh of the North England Conference for more details at gwalsh@nec.adventist.org.uk.

GRACE WALSH



BOOKSALES


October
25 John Loughborough 10am-2pm
25 Manchester South 10am-2pm

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ABC Shops
Watford, BUC, Monday-Thursday - 12.30-5pm, Friday - 10am-2pm.
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Birmingham, Aston-Newtown, Wednesday - 11am-4pm, Thursday - 4pm-8pm,
Sunday - 11am-3pm.
0121 3286380
Advent Centre, Mondays & Wednesdays - 6.30pm-8.30pm,
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NEC Youth Department Presents




Go Kart Sunday

November 29th

Times Either 10am or 11.30am
Cost £75 per team of 3
The race format will be 60 minutes with 10 teams of 3 drivers each. The team with the most laps wins!
Come and test your driving skills against the best drivers across the NEC!
Register at www.necyouth.org.uk

Location:
Fastlane Karting
151 King Street
Stoke On Trent
Staffordshire



NECYouth

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Corrigendum: MESSENGER staff apologise for the clash of text that appeared near the bottom of page 10 in the last issue, 25 September. The affected section is reprinted below:

Although not mentioned in the report, this trend should be cause for concern. Likewise, with the baptism trends between 2006 and 2014, which speak for themselves:

2006 – 621	2011 – 688
2007 – 740	2012 – 619
2008 – 531	2013 – 620
2009 – 790	2014 – 461
2010 – 624	



Ordination service
On Sabbath, 29 August, Hugh Gray was ordained as an elder in the Hope Community (Beckenham) church. He is married to Rachel and they have five children. He has attended Beckenham since 2002 and has held a number of positions. He has organised street evangelistic and Bible study programmes, and been active in university student visitation. The service was conducted by the writer.

PASTOR S. MATTHIAS ESSON

Messenger

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Sunset

Sunset times are reproduced with permission from data supplied by HM Nautical Almanac Office.

	Lon	Card	Not	Edin	Belf
Oct 9	6.21	6.33	6.24	6.28	6.41
16	6.06	6.18	6.08	6.11	6.24
23	5.52	6.04	5.53	5.54	6.08
30	4.38	4.50	4.38	4.38	4.53

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