Jesus7 Project: It's all happening in Ireland

by Weiers Coetser, Communication, Irish Mission

edestrians and motorists travelling down the bustling Lisburn Road in Belfast during the week of 13 to 19 April were greeted with a new sight as they approached

the traffic light opposite the City Hospital. A parking area had been transformed into a vibrant exhibition space which everyone was invited to enter.

In front of the Adventist church, Belfast, was a marquee where friendly volunteers were inviting the public to browse through the Jesus 7 Exhibition. On Friday morning a team of children issued the invitations. On Sabbath afternoon Kari Rothwell and Kerri Muldrew, two young people, played their guitars and sang worship songs at the corner of the parking area to attract the public's attention.

Pastor Adam Keough reports that during

the week between 120 and 150 members of the public responded to the invitation to enter the exhibition space.

It was a case of 'Jesus, first, last and best in everything'. Visitors were greeted with a neatly laid out exhibition providing information on places where significant events in Jesus' life and ministry happened. The exhibition experience was enhanced with samples of food that would have been eaten when Jesus lived. There were artistic images providing opportunities for

contemplation and many other additional materials inviting visitors to enter into the world in which Jesus lived.









The innovative exhibition was only one part of a more comprehensive project. With the invitation to explore the exhibition space came an invitation to be part of a Jesus 7 seminar that took place nightly in the Belfast church.

Jesus7 venues across Ireland

This Jesus7 project was not confined to Belfast. It spread throughout the Irish Mission. Similar exhibitions could be found in two Dublin venues and in Derry/Londonderry.

The congregations behind these exhibitions also looked for ways to expand their reach beyond the walls of traditional churches. The Dublin Ringsend exhibition took place in a local community hall. The Maldron Hotel in Drumcondra hosted a further exhibition. In Derry/Londonderry Church members received permission to exhibit two of the exhibition posters every day on the central Guildhall square.

Stephen Wilson and Lindita Vani describe their project enthusiastically: 'We were praying and thinking about how we could give people an opportunity to see, read and hear, or perhaps even make something as part of a real experience during this exhibition. We wanted to help people engage at a deeper level. So, the inspiration came as we pondered and reflected on each night's topic.' On the first night the topic was about Jesus, the greatest gift. During the exhibition each attendee was given a beautifully wrapped gift box, with a ribbon. The box was full of promises that Jesus Himself gave: 'I am the light of the world', 'I am the resurrection'. The visitors were invited to open the gift and share in front of a video camera how they felt. The activity generated a good few smiles and giggles and reflection on how we receive Jesus, the greatest gift.

In an effort to reach beyond the traditional four walls of the church it might be ironic that some of the members of Dublin entered the four walls of another church. Lindita reports: 'Throughout the week, a group of young people set themselves up in the Christchurch Cathedral in Dublin from 9.30 to 4pm. There they invited people to copy the Gospel of Mark by hand.' One of the students, Deborah Koizumi, reflects on this experience: 'It was interesting. At the beginning there weren't many people coming towards the table to copy the Gospels, so the vicar suggested that we put the board right next to the entrance.' This time the response was better. People now participated in the activity at the beginning of their visit, not at the end. >p. 16

testimony

'It was worth coming just to hear Mandy,' said BUC Communication director Victor Hulbert, guest speaker at the West of Ireland Day of Fellowship at Newmarket-on-Fergus, County Clare. Mandy, the daughter of a Rwandan refugee, is a member of the congregation that meets Sabbath by Sabbath at the Kilnasoolagh Adventist campsite. To the congregation

Mandy's telling testimony

gathered from all over the West of Ireland, Mandy's beautiful smile and captivating testimony clearly demonstrated that God still makes a difference in young lives.

Mandy plans to study Medicine when she leaves school this year. A major problem arose when an important exam for her to qualify for university entrance was scheduled for a Sabbath. Mandy made a personal decision not to take the exam and, therefore, to endanger her prospects for entering university to prepare for the only career she has ever wanted. Faithfulness to God is her number-one priority.

All Irish students, apart from Mandy, sat the exam on Sabbath 1 March. But God was faithful to Mandy. On the following day arrangements were made for her to travel to Dublin, on the opposite side of Ireland. There she was the only student in the whole of Ireland to sit the exam on a Sunday.

Mandy's decision made her relationship with God and her decision with regard to the seventh-day Sabbath a major topic of conversation among her fellow students.

Among those inspired by Mandy's stand was Seipo from Cork. He shared with the Day of Fellowship congregation that he is now meeting up with friends from school to discuss his faith. Among those he has been able to help is a fellow student who has had a breakdown.

Doreen told the congregation how she has started a church plant in the Millstreet Refugee Centre where she lives.

Galway Longford and Newmarket pastor, Tony O'Rourke, expressed his joy and encouragement at the faithful stand taken by the youth of his congregation.

Appropriately Victor Hulbert centred his sermon on Romans 1 verses 16, 17, in which Paul states that he is 'not ashamed of the Gospel of Christ' because it is 'the power of God for the salvation of everyone who believes'.

IRISH MISSION COMMUNICATIONS

Camp meeting coaches

Hubert Smiley is organising the traditional coach transport for church members to the NEC camp meeting this year (30 June – 6 July), from the Camp Hill, Handsworth and Wolverhampton areas. Call him on 01384213803, 07868288310, 07736509625 or 07831958114, or email hubert.smiley18@gmail.com to book your seat!



Enhancing Health

by Sharon Platt-McDonald, RGN, RM, RHV, MSc

Spotlight on exercise

Continuing our series on healthy resolutions for 2014 we conclude this segment on exercise benefits with a look at the latest research on UK residents' exercise habits.

A study undertaken by the University of Bristol¹ found that 80% of subjects failed to meet government targets of engaging in moderate exercise for a minimum of twelve times in a four-week period. In the study, exercise data from over one million UK adults was analysed. The results revealed the following:

- Around 8% of adults who had good mobility had not walked for a mere five minutes continuously during a four-week period.
- 46% had not engaged in walking for leisure for more than 30 minutes continuously.
- 88% had not been swimming.
- 90% had not used a gym.
- Around 20% of respondents over the age of 16 had done minimal physical activity.

NHS recommendations² stipulate that individuals aged 19-64 need

to exercise at moderate intensity for a minimum two and a half hours every week to experience some level of health benefit. This could be broken down in 30-minute segments over five days. However, research found that 50-minute to one-hour sessions of exercise up to five times per week had the most beneficial outcomes. Recommended exercises include activities such as brisk walking, cycling, basketball and hiking. Health experts also advocate the inclusion of muscle-strengthening activities that work major muscle groups such as abdomen, arms, chest, back, shoulders, hips and legs on two or more days a week.

Among the reasons people give for not being able to exercise is that they are too busy. If this is your challenge, here are a few practical tips which include ways for incorporating exercise into your daily schedule:

- · Use the stairs instead of the lifts.
- If you park a mile from your workplace you will get at least two
 miles of walking each day.
- Ask your employer to support an employee fitness programme.Sign up to a gym near work so you can visit before or after work or
- during your lunchbreak.
- Undertake office exercises that are quick and easy (google desk exercise).
- Cycle to work.
- Talk to various people who exercise to get some inspiration and motivation.
- Talk to gym personnel or a personal trainer about your busy schedule and what exercise regime would fit your lifestyle.
- If you have children, exercise with them.
- Get a dog: that way you will be forced to walk!

Good health!

1http://www.bbc.co.uk/news/health-23518037 2http://www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-adults.aspx

guest editorial

You could call it 'The Tale of Two Professors'. Richard Dawkins struck first with his *The God Delusion*. Alister McGrath hit back with *The Dawkins Delusion*. Both profs had a background in the sciences, but only McGrath had any grasp of theology. Both profs played well. McGrath's game was more convincing, but Dawkins scored some memorable goals. Some thought he came out ahead on points. Certainly, like his hero C. S. Lewis before him,¹ Professor McGrath has found it an uncomfortable experience to be a Christian apologist at Oxford and accepted a post elsewhere.²

Anyone who assumes that the Dawkins-McGrath match was a Dawkins victory or even a draw would have to ignore McGrath's more important book *Christianity's Dangerous Idea: The Protestant Revolution.*³ There *his* most important goals are scored.

For McGrath, the Reformation was a time when millions shook off the shackles of institutionalised Christianity along with their Latin Bibles. For a thousand years the Western Church had locked up the liberating Gospel in a language understood only by the bettereducated clergy. In the Reformation, scholars skilled in both biblical languages and contemporary speech exposed the Gospel in accessible, local languages. Was that 'Christianity's Dangerous Idea'? Not entirely. It was the assertion of the reformers that everyone had the right, not just to read, but to *interpret* those Bibles for themselves. Readers would discover afresh what the Medieval Church had blocked the way to: the Person of the Living Christ. More: that they could relate to Him personally and, through that relationship, find their salvation independently of the Church pyramid of priests and prelates.

The problem for the Jewish hierarchy of Jesus' day was similar to that of the pre-Reformation Church. They blocked the way to God. Hebrews (1:1-3) says, 'Long ago God spoke many times and in many ways to our ancestors through the prophets. And now in these final days, he has spoken to us through his Son. . . . The Son radiates God's own glory and expresses the very character of God' (NLT, my italics). In the Old Testament God was sending advance sketches of Himself. In Jesus He sent 'the precise expression of his own very being'. A But when God came in Person, the Jewish hierarchy not only failed to recognise Him. They set out to kill Him.

Despite the New Testament's account of the revelation of God-in-Christ, again religious people built over that revelation an ecclesiastical hierarchy that obscured the Gospel, presented a distorted view of God, and became a barrier to knowing God. In the religious hierarchy taking shape by the fourth century, you have something entirely foreign to God's revelation in both Testaments. Let's be clear. There are two separate phenomena here:

The liberation of Adventism



David Marshall

Christianity: God-in-Christ, the means of our salvation.

Religion: the elaborate man-made structures which, like big international companies, tend to be self-serving and to promote their distinctive franchise. The word *religion* comes from *religio*, the Latin for obligation. The rules-and-rituals emphasis gives many churches a great deal in common with pagan religions and nothing whatever in common with Christianity's fundamental principle: salvation by grace through faith in the God who was and is 'in Christ, reconciling the world to himself'.⁵

Almost all the goals scored by Dawkins were let in by *religion*, not *Christianity*.

So, we might ask, if the apparatus of religion blocked access to the Person of God-in-Christ before the Reformation, what is doing it now?

There are several factors, only a few of which we have room for here:

The last century has seen two world wars together with massive 'natural' and man-made cataclysms which have shaken all belief systems to their foundations.

The increasing affluence of the last sixty years has provided more distractions than the more basic one of putting bread on the table ever did.

The growth of the mass media and its (mainly) counter-Christian influence, together with its presence in nearly every home, cannot be ignored. Ian Hislop wrote recently of the 'evangelically secular media environment' within which we all live. The media are not just secular. Over time they convert others to think their way.

Then there has been the advent of the 24/7 electronic media which have altered life's game plan beyond recognition. That has, among other things, shrunk attention spans, and led to a whole new language, and to the bullying of those who try to resist the advance of secular thinking.

It has to be said, too, that the Reformation right for individuals to interpret the Bible for themselves has led to the growth of a plethora of denominations. Many have developed hierarchies to rival those of the Catholic Church. These can serve as distractions – appear as 'ends' rather than 'means' – and lead their leaderships to 'stress the distinctives' instead of the Gospel which Paul called 'the power of God for the salvation of everyone who believes' (Rom. 1:16, NIV 1984).

That Gospel through which we begin our encounter with Christ is found in the New Testament.

The Medieval Church locked down the Gospel in a dead language. Are we at times guilty of locking it down in an antique form of English? The New Testament was translated, not from classical Greek, but the Koine, market-place Greek. Are we guilty of using the exalted, dignified rhythms and cadences of a language 'authorised to be read in churches' in 1611 and almost impenetrable to many today? Are there dangers when individual congregations choose to behave like secret societies with their own antique language, obscure

customs and arcane rituals?

Isn't it time to release the heart of the Gospel of Christ? The Gospel is CHRISTIANITY, *not* RELIGION.

'For God made Christ, who never sinned, to be the offering for our sin, so that we could be made right with God through Christ.'⁷

Would not a gracious presentation of the Gospel of Christ encourage more prodigals to come home to the Father's embrace? And even make the most dyed-in-the-wool elder brother and sister hold the door open – then, perhaps, join in the celebration?

¹Alister McGrath, *C. S. Lewis: A Life* (Hodder and Stoughton, 2013), pp. 309-315. ²Lewis moved to Magdalene College, Cambridge, and McGrath to King's College, London. ³Published by SPCK in 2009. This book has been commended for both scholarship and readability. ⁴Hebrews 1:3, *The New Testament for Everyone*, translated by Professor Tom Wright of St Andrews University and published by SPCK in 2011. ⁵2 Cor. 5:19, NLT. ⁶*Radio Times* article, RT 22-28 March 2014. ⁷2 Cor. 5:21, NLT.

The Editor, Julian Hibbert will be back in the driving for the next issue.

students



by Pastor Sam Davis, SEC president

A message for students

uring the first few months of 2014, we have already witnessed much global tragedy: the missing Malaysia Airlines flight MH370, holding 239 passengers and crew; the capsised ferry in South Korea, transporting 476 people including children and teachers on a school trip: and the devastation of the bomb blast in Abuja, Nigeria, that left seventy-two dead and 164 injured.

Scientists continually remind us that we are all animals in the jungle: 'It's a dog-eat-dog world,' and 'It's the survival of the fittest.' However, anyone who has seen the anguish on the faces of those who are awaiting news of their missing loved ones will realise that we are far more than just animals in the jungle. Human life is so precious that no expense will be spared in searching for the missing flight or in finding each person lost in the sunken ferry.

The united efforts of Britain, Australia, Malaysia and America will continue with the search for flight MH370 at an estimated cost of over \$50 million until the plane is found and the black box recovered. We don't do that for animals.

Human beings made in the image of God are of infinite worth. There is an irreplaceable hole in the hearts of those families because loved ones, made in the image of God, have gone missing and that hole will never be filled. While we sympathise and pray for the families of the missing, we are reminded of our infinite worth by the psalmist David, in Psalm 139:14: 'I praise you because I am fearfully and wonderfully made' (NIV). Let us remember to pray for the families struck by tragedy while we continue to give God thanks for life.

While we continue to

Hold the line

remember that God is the reason we are here, society's changing climate seems to be helping us to forget. For many years school exams were always held during the school week; it was almost unheard of for school exams to be taken on Saturday here in the UK. However, in the past few years it has become relatively common for educational establishments to hold examinations on Saturdays. Not surprisingly, this has caused a problem for Sabbath-keepers.

As we move into the exam season across the UK, it is important for our students to 'hold the line'. Do not capitulate and take that exam on Sabbath! If you do, not only do you set a precedent for others who will be told. Jane did it last year and she was a Seventh-day Adventist', but it will also weaken your own position because, once you have done it, you will be expected to continue with the practice.

Stand up for God and He will stand up for you - after all, we are His children, made in His image! I have written many letters on behalf of students who have faced this challenge and God has amazingly made a way around their situation. So students, remember, 'hold the line' and may God bless you as you go into the exam season this year.

Tip to students: From the moment you become aware of the clash of the exam date with the Sabbath, let the person in charge of the exam know, in writing, so that you have a record. Ensure that you follow vour establishment's protocol for appealing for an exemption to take the exam on another date. Seek supporting documentation from your local pastor or Conference to back up your

inbox



Left to right, back row: Arthur from SDA Lowestoft, Reg Mudford, Dick Johnson, 4th man: non-SDA, Arthur Lockyer, Jack Mahon. Middle row: Albert Balderstone, Douglas Elias, Frank McGoldrick, Leslie Lockyer, Mr Mahon, Steve Foster. Front row: 1st lady: non-SDA, Ethel Mahon father of Pam Whittle (Girling Jnr), grandfather of Pam Whittle (Walter Arthur Girling), Doreen McGoldrick, Eileen McGoldrick

'Sabbath Privileges'

The above photograph appeared in our 24 January issue, together with a request for information. The response has been overwhelming. The photograph contains members of Seventh-day Adventist families from various parts of the UK including Scotland, north-west England, West Yorkshire and Essex. Front row centre features W. A. Girling and his son. In an age when it was between difficult and impossible for Seventh-day Adventists to find work 'with Sabbath privileges' Adventist employers were at a premium. One such was W. A. Girling's Boot and Shoe Works at Gillingham in Kent.

Let Pam Whittle of Paignton begin the story.

My grandfather, Walter Arthur Girling, was the youngest of twelve, born about 1885 in Leyton, London, the son of a bootmaker.

He started work in a pork butcher's, where he slept in a dormitory

with other young boys. When at night he knelt down to pray at his bedside, the other boys used to throw their boots at him.

At this stage I must add - I do not know how and when he became an Adventist, although I do know he was extremely passionate and sincere about the Adventist message.

He married a girl from Leyton, London, and moved to Wales, where he was a colporteur and where his son (my father) was born.

They moved back to a house in Oxfordshire from where my grandfather used to travel around the area collecting and delivering boots and shoes he had repaired. At some time later they moved to Gillingham, Kent. This picture was taken at Livingston Road, about 1933/4 - my father was unsure of

Again they moved some time before 1941, to Winslow. Buckinghamshire. I was born in the living quarters over the shoe repairing shop he had set up again, and once again employing Adventists. While working he was always singing hymns, and he and his wife passed away at The Dell Rest Home in 1977. PAM WHITTLE. PAIGNTON

Pastor Jack Mahon, after a distinguished career in the UK, the Middle East and Africa, currently resides in Binfield, Berkshire, and has been in touch. He appears at the top on the back row, young then and (his joke) 'faithful to

Dear Editor

I believe that in regard to the photograph of the staff of the shoe repair firm Girling and Son of Gillingham, Kent, which you published in a recent Messenger issue, I am one of two remaining survivors. I was in fact the youngest member of the Girling staff but have quite clear recall of local history at the time the firm was in business and up to the present day. I served some seventeen years overseas in the Middle East and in Africa and in fact retired at the end of my last African service. Walter A.Girling was a Seventh-day Adventist businessman. I joined the Gillingham staff as a youth of 14 before the Second World War and remained in employment with Girling's successor, Leslie Lockyer, until he was killed by enemy action. His widow, Doreen, and myself are the only survivors. Walter Girling Senior was a good, even a great, Adventist layman, and deserves to be wellremembered. I can identify all the personnel in the photograph, including the three members of my family, three members of the McGoldrick family of Bradford and of course others from various points of the compass. We had a very lively church (a wooden ex-army hut) and Arthur Lockyer, fresh from Newbold College, was our YP leader. One of his topics I very well recall was titled 'Cobblers awl 4 men who were faithful to the last!' JACK MAHON

Haydn Jones has been in touch on behalf of his mother Doreen Jones, then McGoldrick, who appears front row, second from right, and lives in Halifax. He also identifies other relations.

Dear Editor

Barry Stokes visited my mother after the service in Halifax, and he took her the Messenger with her picture in it. My sister was there as well, so it gave us something to talk about. She reminded us that our uncle Douglas is also on the picture. He married my mother's sister, who is sitting next to her on the right of the front row. Douglas Elias is standing second from the left of the second row, next to my mother's brother, my uncle Frank, third from the left. He is standing next to Leslie Lockyer, my mother's first husband, who was killed by a bomb soon after they got married. I am in the process of clearing out my mother's house and I found their marriage certificate and his death certificate. They are dated two months apart. For accuracy, the caption implies that the picture was taken post-war. In fact it was taken pre-war. HAYDN

Gwen Mason of Cannock, who knew the Girlings, has also been in touch.

As a regular avid reader of the Messenger for the past 80 years, I was interested in the photograph of 'W. A. Girling & Son' and your request 'Can

I grew up in the original High Wycombe Church and well remember 'Father Girling' regularly being on the preaching plan to take Sabbath services. He was a real gentleman, a very enthusiastic witness of God's Truth, and was always warmly welcomed as a true friend.

I don't recall his talking very much regarding growth of his business, but doubtless his witness enabled him to extend employment to other brothers in the faith who found it very difficult to obtain work with Sabbath privileges.

I have not had the privilege of meeting you, Pastor Hibbert, but would say I am the 95-year-old sister of Harold Wilmot, who has been worshipping in Grantham Church for the past year. I now live in Cannock to be near my daughter, and wish you every blessing in your good work.

Final Note. We are also indebted to Dennis Porter. John McGoldrick. David Patrick, and Agnes Woodfield for further information, which will be shared in the next issue.

FDITOR

Education Day highlights primary education

by Kirsten Øster-Lundqvist, SEC Communication director

nowcasing talent from Adventist primary schools Cacross the South England Conference, the first Day of Fellowship specifically for the Conference primary schools was held on Sabbath, 22 March at Reading West Church.

SEC Education director, Opal Johnson-Christie, led the day, and ensured that a diverse group of children from the various schools within the SEC were the focus. In addition, three invited quests from the USA's New York Conference attended. Mrs Viola Chapman, school superintendent in New York, stressed the importance of an Adventist education. 'It's about teaching our children about Christ. Our mission is to ensure our children are prepared for the

Kingdom,' she explained. This sentiment was echoed by British Union Conference Education director Anne Pilmoor, who summarised the philosophy of Adventist education as being 'all about teaching children about God's love, and coming to know Him'. According to Mrs Pilmoor this was clearly apparent in the dav's programme.

Every school contributed to the programme, and Reading West Church was generous in opening its doors for a truly different worship experience. Newbold School and Eden Independent School were responsible for the Sabbath School. Music, choir, Scripture readings, lesson study and drama - the morning was fully

packed as pupils demonstrated a wealth of talent. On the story of Jonah, Eden School pupil, Shmaiah N'Guessan, reflected, 'We would probably run away too, because who would go to a city where you don't know anyone?'

Other schools included a local church-run supplementary school in Slough and Hyland House School in Waltham Forest, Based in Plymouth, Fletewood School sent an apology for not attending personally, instead participating with a pre-recorded interactive children's story.

The preachers of the day were 5-year-old Hanna Cudjoe and 8-vear-old Tarrun Davis, from Hyland House School. The story of Joseph was put into the context of a child's challenges. As Hanna wisely put it, 'Just like Joseph we have to be strong to stand for what is right.' Hanna reminded the adult members of the congregation, 'Parents have to be fair to all their children, even

if they don't always behave!' Speaking to the children, she talked from her own experience of overcoming fear.

Tarrun continued Hanna's sermon and the story of Joseph, drawing parallels to Nelson Mandela, among others. He urged the audience not to 'be discouraged by what people see in you, but be encouraged by what God sees in you'. He closed the sermon with an appeal to the congregation to re-dedicate their lives to God.

The children attending were inspired by their fellow students and were actively recording the sermons on their phones, unintentionally reminding the congregation in a very visual way that education today looks very different than it did when their parents were the pupils.

A selection of photos from the day can be found on the Adventist Church picture gallery at: adventist.org.uk/news/gallery/ gallery-sec/education-day-2014.







special feature

'The Big Read'

by Pastor Peter Jevnes

Pastor Patricia Douglas has a bee in her bonnet. She thinks people ought to read more books. I agree with her. Now, Patricia is not just a thinker and a talker – she's a doer too! She is promoting an initiative called 'The Big Read'.

The suggestion from Pastor Douglas is that the church divide into small groups to read. The idea is to find the time, and the best way, for your congregation to get together and read. The suggested method is to do the following, as Patricia describes:

'We encouraged the congregation to divide up into small groups, with a child in each group! They were then given 10-15 minutes to share a story together, using books that were age-specific for the children in their group. This was thoroughly enjoyed by all who took part on the Sabbath afternoons that we ran the programme. This may be the catalyst that inspires parents to see the necessity of spending quality time reading to their children. You can develop this in your local church by forming a book club or by creating a story hour, and so on.

So here are a couple of suggestions for us to consider. Pastor Curtis Murphy has applied the method in the following way. He, and his elders, linked the Conference strategy of 'rebuilding walls' with the need to deepen his congregation's knowledge of Scripture. During a free spot on Sabbath afternoon, just after lunch, Pastor Murphy runs a book club. They choose a book, read it and discuss it.

You could modify that idea to suit your congregation so as to encourage a wider number of participants – not just the adults.

The idea has a wider application than just a time in church to read books. Rose Gomez, a Bible worker in the Manchester area, spotted a need among the people she visited. Parents were asking for advice on how to encourage their children to watch less TV and not to be so absorbed by the latest games consoles. Parents were effectively asking for help on how to restore home life.

The solution came with the development of a book club among those with whom she works. Rose can speak with some authority when she says that the idea really works. The

programme has been running for several families for over three years. Each family creates its own club. A time is set and books are chosen from the 'book box'. The family then sits and reads. Your younger children may need a little help from parents, but older children and youth will choose and read their own books. Mum and Dad, if not involved in helping the little ones, can make their own selection and get reading too.

Does it work? Well, according to Ruth, on one occasion, on book club night, two teenage friends turned up. Rather than ask the boys to return later they were invited to join in. Books were chosen and for the next 45 minutes they became part of the family's book club!

You could modify the idea to suit your own situation. You could apply that to a particular family night at home – or you could apply it in your church.

Have a look at the poster Pastor Patricia has created. Think about the suggestions — and work out how you might apply the initiative in your church and your family, to help nurture the precious gifts God has entrusted to your care. You might take the idea to your pastor and the elders and urge them to promote and develop 'The Big Read' initiative for your church!

For more information contact Pastor Patricia Douglas at the NEC. For a selection of good books contact your nearest ABC or phone 01476591700, Monday to Thursday, 8am-5.30pm – or contact your local PM secretary.

Why not have a time to read in your church? A time where everyone is divided into small groups.

And regain the joy of spending quality time with the children. This could be the beginning of something amazing!

The Big Regg!

NEC Children's Ministries' Department: Copyright © Pr P Douglas 7/11/13

report

Sabbath School: the year of the teacher by Beulah A. Plunkett*

2014 has been designated the year of the Sabbath School teacher! Christ went about teaching, preaching and healing (Matthew 4:23), and it is important that we recognise the importance of teaching in our Sabbath Schools and churches. This first quarter of 2014 has therefore been about training and equipping the teachers with spiritual food, spiritual direction and skills for teaching and facilitating the Sabbath School lesson and motivating the students to study the Word and engage in personal evangelism. A series of Sabbath School Emphasis Days and Sabbath School Teacher Training Days have been held over the thirteen weeks of the first quarter. The Sabbath School teachers have all been specifically targeted to receive training, teaching and resources. 'Your Sabbath Schools are centres of teaching and learning,' assured the Sabbath School director Beulah Plunkett. Each Adult and Youth Sabbath School class will be moving students towards greater understanding of the Word and

confidence to share their faith.

Beulah Plunkett has taken the
Sabbath School Emphasis Day and
the Sabbath School Teacher Training
Day programmes of Bible study,
teaching and learning on the road to
ten churches in the NEC so far
(Bourneville, Halesowen, Sutton
Coldfield, Bethel Derby, Leicester
West and Leicester Central,
Manchester Central, Windsor Street,
Bolton, and Bilston), a total of nine
weeks on the road in this first
quarter, with members from all the
churches in the districts surround-

ing each church also attending. On the Sabbath School Emphasis Days the church is introduced to participative and educational Sabbath School classes, inspiring sermons that are linked to the lesson, practical skills for in-depth Bible study, useful resources and much more. In the teacher training sessions the Sabbath School teachers are trained how to study, plan and deliver a participative lesson that encourages learning and spiritual growth and where everyone can gain knowledge of God's Word. Teachers are challenged to go back to their churches and make this happen, with follow-up training promised for next year.

Members and visitors are not left out; in the morning and in the afternoon they are actively participating in a hands-on, in-depth Bible study where they search the Scriptures for themselves. These

are practical sessions with Bibles, Bible dictionaries and commentaries being used by all. The members are really keen as they study the depths of Genesis and Matthew. And as the study progresses you hear individuals exclaim, 'I didn't know all of this was in my Bible!' and, 'I am going home to study my Bible more from now on.' One newly baptised member of three years said this was just what she needed. But it was not all about study. 'Be ye doers of the Word' is also a part of the clarion call. The newly designed Sabbath School Personal Evangelism Record cards have been given out, and all were encouraged to make visits and calls, help others, give out tracts, and give Bible studies and then keep a record and give a report of these activities to the church.

Members' attendance to the Sabbath School teacher training on the Sundays has been very good, with large numbers turning out. The evaluations have provided positive feedback: 'I have been very well informed on how to go about planning a lesson, and listening to the class, and the different teaching styles' (Bolton); 'I have learnt how to encourage members to better understand the Scriptures and to help them share their faith' (Manchester Central); 'It was great to understand how adults learn, what makes a good lesson, and how to study the Sabbath School lesson – a very good course' (Windsor Street).

Samples of resources developed by the Sabbath School director, Beulah Plunkett, were shared with the churches: adult visitors' welcome packs, which can also be used as witnessing packs; *members' packs* that give members some helpful guidance on Bible study and living the Christian life: visitors/members' children's packs, in which the children were very much engrossed as they completed the activity books on the Bible. The youth were introduced to and given copies of the *Textionary*, an excellent Bible study booklet that can be purchased from the ABC, to encourage young people to get into the Word. Superintendent packs were given out, and teachers' packs were available at the training. There was something for all the age groups. All the resources can be ordered from the NEC Sabbath School department and there are further resources being developed.

*Sabbath School director and PEACE associate director, NEC



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

Andrew Puckering

'Is duck OK for Seventh-day Adventists to eat or not?' Claire Hall

Hello Claire! There is controversy about this in online forums – some Adventists think that any creatures with webbed feet should be considered unclean, although that doesn't come from the Bible.¹ Others point to the fact that ducks have sometimes been known to eat crustaceans and even larger animals as evidence that they are 'birds of prey', although apparently they could more accurately be described as 'omnivorous anseriformes'.²

Prohibited birds are listed in Leviticus 11 and Deuteronomy 14, but duck isn't mentioned there in any translation of Scripture. Annoyingly, while the land animals have the rule 'only that which has cloven hooves and chews the cud' and the sea animals have the rule 'only that which has fins and scales', Scripture stipulates no such general guidelines for the birds: not even anything to do with 'webbed feet' or being a 'scavenger' or 'bird of prey'. This is all the more vexing given the ambiguous identities of many birds on the Leviticus 11 list – particularly 'the swan, and the pelican, and the gier eagle' (Leviticus 11:18, KJV), which could just as easily be 'the white owl, the iackdaw, and the carrion vulture' (Leviticus 11:18, NKJV). If the swans we have today were meant here, then ducks, which are in many ways similar, might be suspect; but LeRoy E. Froom, writing in the *Ministry* magazine, argues from *Strong's Exhaustive Concordance* that 'the identity of the bird cannot be fixed with certainty, save that it was obviously not the swan of today . . . it probably referred to the glossy ibis'.3

In response to this uncertainty, the Jews have developed a series of signs, or *simanim*, to identify clean birds. They say a bird is definitely clean if all of the following apply, and possibly if most do: it has a crop; the inner lining of its gizzard can be peeled; it possesses an 'extra claw'; and it is not *doreis* (uses its claws in a certain way) – and 'any bird that has webbed feet and a wide beak is certainly not *doreis*'. The most rigorous Jews therefore consider ducks to be acceptable – they give online recipes of kosher duck, procure various quantities of it, and even offer advice on how to prepare it. Some North American rabbis claim that Muscovy duck isn't kosher, but rabbis from other parts of the world argue vehemently that it is; that it has a valid *mesorah* (tradition) of being considered kosher; and that it is eaten at Jerusalem.

However, we are not to make human traditions our benchmark, but to rely on Scripture – and that advises that while our original diet was vegetarian (Genesis 1:29), in all our eating we should glorify God with our food, thanking Him for it, while striving not to offend others over it unnecessarily (Romans 14:14-23).

¹clubadventist.com/forum/ubbthreads.php/topics/65864/Webbed_Feet.html ²yeahadventists. tumblr.com/post/18437453461/alright-it-seems-ive-got-yet-another-response ³Ministry magazine, April 1934, available online at https://www.ministrymagazine.org/archive/1934/04/ the-swan-of-leviticus-11 ¹rabbikaganoff.com/archives/1609 ⁵www.kolfoods.com/kosherproducts/5-Amish-Lake-Pasture-Raised-Duck/ ⁵www.aaronsgourmet.com/html/kosher_ duck.html ¹www.jewishjournal.com/foodaism/item/great_kosher_duck_20111004 °www.hakirah.org/Vol%2011%20Zivotofsky.pdf

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.



baptisms



South Cumbria

Evidence that the Holy Spirit is constantly at work was shown on Sabbath 4 January when a visitor walked through the door of the South Cumbria church. Philip Wren has been worshipping with us ever since and on Sabbath 2 November he was re-baptised into the body of Christ.

His grandparents taught him Bible stories. He believed in God from an early age. He attended church but felt that something was missing. After praying and asking God to show Himself it was if the answer came to him as he read John 14:9 (KJV) – 'Have I been so long time with you, and yet hast thou not known me, Philip?'

Seeing a small advert in the local press for an evangelistic campaign he went along. He says that it was as if the light was turned on as many of his guestions were answered.

He was baptised and became a member of the Adventist Church. Life was good; he married a church member and had children who became Pathfinders. But things went badly wrong. His marriage broke down and he left the church.

Some years later he felt like the prodigal wanting to come home, and come home he has, becoming an important addition to this small church with a big heart located in the little town of Dalton-in-Furness.

Philip was baptised by Pastor Roman Smejkal. Joe Philpott, a Newbold student and former successful lay-evangelist of our church, preached on the death to self and the resurrection to newness of life.

PASTOR KEITH HAMILTON – COMMUNICATION SECRETARY

PHOTO: ETTIENNE DE BEER



Youth stand for Christ

April 5 was an amazing Sabbath during which Xavier Kyle Manasse (Cambridge Church) and Machai Boitumelo Tolosi (Haverhill Church Plant) were baptised in front of a packed Cambrige church.

Family, friends, members from both churches, and visitors from the local community attended this joyful service. They enjoyed rousing



Lea Valley baptises eleven

At the end of an exciting and Spirit-filled Youth Week of Prayer conducted by the energetic and exciting Donald Yearwood, an evangelist from Leytonstone Church, eleven people were baptised at a colourful baptismal service at the former John Loughborough School, Holcombe Road, on Sabbath 5 April.

During the one-week campaign, Donald presented the Gospel of Jesus very powerfully through titles such as: 'He Got What He Wanted But Lost What He Had', and 'Two Lovers Caught In Church'.

He told us that the love of money, the godless pursuit of the opposite sex, jewellery, the eating of unclean foods, tattoos, alcohol and drugs are not only unhealthful, but also unhelpful in our Christian experience. 'However exciting they may be, they have got to go,' he said

Pastor Lewis Quaye, who conducted the baptismal service, welcomed the members into the fellowship of the church.

Closing the series with a candlelit service and the rousing rendition of the theme song, 'Meet me in Heaven', Donald urged the members, especially the youth, to let their light so shine that men will see their good works and glorify their Father in Heaven!

ERNEST OSAFO - COMMUNICATION/YOUTH LEADER



singing from the youth team and an interactive sermonette from the new student pastor, David Mano.

The service involved the elders of both churches and the baptism was conducted by Pastor Colin Stewart and one of the head elders, Dr Burke. It was fantastic to see two popular, talented young men taking a stand for Jesus

At the end of the service an appeal was made by Pastor Stewart, to which a number of other young people responded.

COMMUNICATION TEAM



Chris comes home to kindness

Chatham Church pulled out all the stops to celebrate the baptism of Chris Moore on 22 March.

Chris arrived at baptism after a barrage of obstacles had been overcome. His baptism, scheduled previously for earlier in 2014, was cancelled due to illness and Chatham Church continued to pray that nothing would further stand in his way, as he had come so far already.

He gave his testimony. When young he had no aspirations to include God in his life. He grew up being cared for by his mother, who was his 'guiding star'. Chris described that even now, after having gone through major brain surgery and post-operation issues that almost took her life, his mother is still strong and true. He spoke of how many people prayed for her recovery.

Chris had no interest in Christianity even after meeting his future wife, Liness, in 2009, who is an Adventist. However, after his third operation in two years, things changed.

'One day I surprised Liness when I asked her if I could attend her church the following Saturday. I think I've never seen her happier,' said Chris. 'The following Sabbath there I was, standing in the entrance hall and terrified, not knowing what to expect. I remember that Elder Charles, Sister Martha and Sister Trina welcomed me warmly. Trina later became quite an influential friend. Her kindness had a huge impact on my development in the faith of the Adventist Church. I do appreciate so many people, young and not so young, who have been so kind to

At the end of his testimony, Chris had written that he thanks God that he was baptised and appealed to everyone to continue praying for him to have strength in his Christian path.

'I was very touched by this baptism because when Chris was telling me why he decided to be baptised, it was because of how the church had treated him,' said Jerry Smith, pastor of the Chatham church. 'It was the people of the church, the way they lived and loved him, that made him want to give his life to God. It's something we need to keep doing, keep going in this direction, to deliver God's message through the way we live.'

Newbold College vacancies

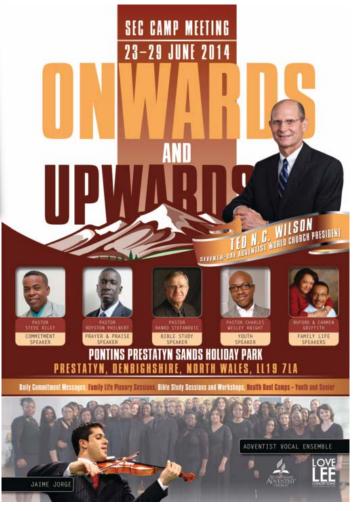
Chaplain & Dean of Men. Newbold seeks to employ a full-time Campus Chaplain & Dean of Men from August 2014 to July 2015. The successful applicant will have at least a Bachelor's degree in a relevant field, a history of developing programmes and initiatives to reach young adults and affirm their faith, and the willingness to live on campus and work flexible hours. Responsibilities will include mentoring and supporting students with a particular focus on affirming the faith of young Christians in ways that support them in sharing their Christian experience with others, and co-ordinating spiritual, service-oriented and outreach activities for higher-education students. Applications close 30 May 2014.

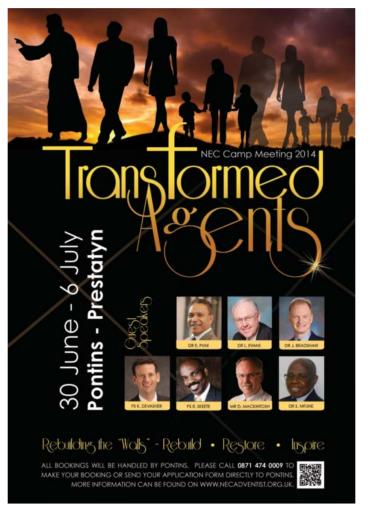
Accounting Facilitator & Lecturer. Newbold seeks to employ a qualified, dynamic, full-time Accounting Facilitator & Lecturer who will enhance the college's current School of Business provision by devising and facilitating new Accounting opportunities and lecturing within the discipline. The successful applicant will have a Master's degree in accounting, finance, or another related discipline (or equivalent professional qualifications), experience teaching/training at an undergraduate level or in a professional setting in the area of accounting/finance, and the proven ability to manage and drive new projects. Responsibilities will include enhancing the quality and range of learning opportunities and experiences in the School of Business by driving the introduction of new endeavours within Accounting (including professional programmes such as ACCA, and short courses), for increasing student numbers, and for teaching a range of accounting, finance and other appropriate undergraduate modules.

Applications close 30 May 2014.

Visit www.newbold.ac.uk/employment for more information.







news



Agape wedding fair

Last month the Hope Community church in Beckenham hosted a unique occasion and probably the first within the UK. The first Agape Wedding Fair saw Adventist brides from all over London attend and enjoy the occasion, with exhibitors coming from as far as Bristol to take part. It also highlighted the tremendous talent and array of skills and professions within the Adventist community as many of the exhibitors are members of various churches across London.

Michelle Richards, who is a member of Hope Community and organised the event, was overwhelmed by the response: 'Support from my church family and pastors from Beckenham and Croydon Churches has been tremendous. The feedback from the fair showed it to have been a great success. We hope to do it all again next year in larger premises. I also hope that we can expand this into a wedding ministry in which we mentor young women to help them make better relationship choices.

Pastor Simeon Esson, attached to Beckenham Hope, said: 'This was a multi-ethnic event and we welcomed all through our doors to enjoy the spirit of the occasion. It was truly a blessing to see such a diverse range of people from the community enjoying the day and I look forward to the next one being bigger and even better.

This event showed not only love in union but also love in action. It's hoped that it will also provide the non-Christian community an access point for wedding information. NATHAN JOSEPH





Sir James Carlisle gives Easter address in Swansea

On Sabbath 19 April the guest speaker for the morning service in Swansea was Sir James Carlisle, former governor-general of Antiqua and Barbuda. Sir James and his wife, Lady Emma Carlisle, have been attending the Swansea church for a few months while on an extended visit to Wales, and their district minister, Pastor Jovan Adamović, did not want to let such a wonderful opportunity pass.

Invitations were sent out to dignitaries and anyone with a connection to Antigua and Barbuda and on the day more than one hundred people were present. These included the former high sheriff of West Glamorgan, Martin Trainer and his wife Susan, who are personal friends of the Carlisles. They were joined by John and Solveig Dann, who have a special interest in flags of the world and are well-known locally for flying a different flag each day from their house.

Lady Carlisle began with an inspirational story for the children – a story which told of a man who came from a poor background yet who studied and worked hard and eventually became very well-known and influential. In later life he never forgot where he came from. He was always kind to people and did his best to help the poor and uneducated people of his country. Though she did not reveal the name of this man there were more than a few present who suspected that he might actually be in the room.

Sir James then took the stage and held the audience spellbound with extracts from his incredible life story. He told of his early career in the forces, which led him into the field of dentistry, and then indirectly into local and national politics. The Prime Minister of Antiqua and Barbuda. Sir Vere Cornwall Bird, was a dental patient of James Carlisle, and it was he who invited him to serve his country as Governor-General. Aware of the challenges and potential conflicts which could arise with a Seventh-day Adventist in such a high public office, James was initially reluctant. His wife too had concerns about some of the very real dangers they could face in public political life. However, they eventually agreed to accept the offer, and James, soon to be Sir James, served as Governor-General from 1993 to 2007.

Well aware that most of his congregation were not familiar with political titles and roles, Sir James explained that the position of Governor-General is actually an appointment of Her Majesty the

hymn singing, which they did with enthusiasm. Nine-year-old Jesse

Alison gave a short talk about the origins of Easter eggs and related the symbolism of new life to the resurrection of Jesus and the hope we have for eternal life due to His death and resurrection. The church members then helped the residents to assemble their Easter cards and it was wonderful to see their appreciative faces. It also gave an opportunity to talk and to get to know one another better. At the end of the programme, Jesse and his five-year-old sister, Phoebe, carried baskets of the chocolate eggs around the room, so that residents and staff could select their small gift.



Queen and the main function is to serve as the Queen's representative in the Commonwealth realms.

It was the occasions when Sir James's Adventist principles clashed with public duty that most intrigued his audience. In particular his refusal to serve alcohol during any public function at his 200-year-old Government House residence. At some early functions this prohibition led some guests to walk away in disgust, though they eventually came to accept it. Fortunately, as well as some dissent, there was considerable support for this policy, particularly from the Salvation

Saturdays too proved to be a challenge as, being a Seventh-day Adventist, Sir James would not attend secular functions on the Sabbath. This principle even led to him writing a personal letter to the Queen when, soon after entering office, he was honoured with the title 'British Knight Grand Cross of the Order of St Michael and St George'. Unfortunately the investiture service was scheduled for a Saturday and therefore had to be declined. The Queen graciously rescheduled the event and Sir James was finally invested at Buckingham Palace in July

Sir James and Lady Carlisle came across as a loving couple, deeply devoted to each other, their church, their country and the monarchy, but most of all to their God, who will always take priority in their lives. PASTOR JOHN SURRIDGE. WELSH MISSION COMMUNICATION DIRECTOR

An exciting weekend at **Plymouth**

Sabbath 12 April was the second time Plymouth Church opened its doors to the children and parents of Fletewood School for 'Messy Church'.

Throughout the summer

months we will be holding the event every month to tell the children the story of creation. Co-ordinated by Ophelia each month we make four crafts for fifteen to twenty-five children; two for a day of creation and two for an upcoming event. This time we focused on Easter and the second day of creation.

We made Hairy Airies: balloons with faces and hair, and wind chimes to signify the air. We also made foam and ribbon-weaved crosses, as well as foam mosaic tiles showing the cross, to signify Easter. As well as the church members we had help from a Fletewood School mum leading out with one of the crafts. The children greatly enjoyed the activities over an hour and also had the opportunity to get their face or hand painted with colourful Easter designs including bunnies, chicks

After craft time the children all followed Rachel down to the church for a sing-along with Matthew at the piano. The children really enjoyed the songs as they knew them from school and picked their favourites. Then Pastor Herman followed with a lively talk on how water can stay in a bucket when upside down, with centrifugal force.



Bournemouth gains council support for screening projects.

In August last year, during the Annual Bournemouth Air Festival, a volunteer team of doctors. pharmacists, nurses and other qualified healthcare workers drawn from members of the

Bournemouth church and led by Dr Dina Borges, MBBS (Health Team director) provided a free-of-charge health screening service to more than 350 members of the public attending the event.

Each person requesting the service was screened for height, weight, Body Mass Index, body fat, blood pressure, resting pulse, blood glucose, lung function and lung age. Following this they were asked to complete a lifestyle questionnaire. At the end of the process all were interviewed by a doctor and given advice based on his or her

During the four days the team identified fifteen individuals whose results caused significant medical concern. In all cases they were given a copy of their results and a referral letter addressed to their own GP and were advised to have more detailed investigations undertaken without delay.

On the first day the project was blessed by a visit of the Mayor and First Lady of Bournemouth, who were extremely impressed not only by the range of services being offered but also by the level of professionalism of the team members.

Following the project extensive dialogue has been held with the mayor and other council members to ascertain what support, if any, the council could offer the church in regard to running more screening projects and other healthcare-related events with a focus on the local community.

During the most recent meeting, the council asked the church if it would consider replicating the screening service at three specific locations during 2014. The first of the locations specified was Boscombe, a suburb of Bournemouth with an above-average level of deprivation and drug and alcohol abuse and subject of a council regeneration programme.

Following internal discussions, the church agreed to this and as such will be running its next health screening service in Boscombe on Sabbath 31 May and Sunday 1 June. For its part, the council has agreed to provide the church with access to a vacant retail outlet within the commercial centre in Boscombe in which the screening services will be provided, and in addition will advertise the service and the church via its social media facilities.

Planning of the event is now underway and the church is open to offers of support by qualified medical personnel. Contacts for further information: Dr Dina Borges, MBBS (07717 757 630 email: drdinaborges@yahoo.com); Chris Harris (07825 500 521 email: chrisharris@bdaims.com). CHRIS HARRIS

The afternoon concluded with a quick meal for all involved. This time we had veggies, quorn sausages and fluffy cloud mashed potato. For dessert we had cupcakes to celebrate anyone who has a birthday in

The following day we all gathered together at the front of the church for a tabletop sale and auction to raise money for ADRA. We had donations from the members and parents of Fletewood School from toys to mirrors. We also had a selection of handmade products such as paintings, wrought ironwork and framed photographs. We gathered the most valuable donations to auction towards the end and raised a total of £153.20 for ADRA to add to the growing total from Plymouth Church.

Exeter's Easter outreach

The Sabbath Prayer Group, which meets once a month under the leadership of prayer co-ordinator, Alison Heyns, planned an Easter visit to a local care home. Card packs were prepared so that the residents could make an Easter card for a family member or friend. Easter eggs were wrapped in netting and a gift card was attached with a ribbon so that the recipients would know who had been to visit them. On 5 April, Pastor Ian Lorek welcomed staff and residents to our short programme and offered a prayer. The group sang four Easter hymns and these were accompanied by Ami Neamtu on the keyboard and John Bailey on a variety of instruments. The residents and staff were invited to join in the Ondieki beautifully recited a thoughtful Easter poem.

pathfinders



Drum corps presentation at Lewisham

Recently several members of the Lewisham Pathfinder Drum Corps were selected to be part of the prestigious SEC Drum Corps.

On 12 April Alex Silcott, Natalie Bryan, Sajitha Ford and Marcus Anti of the SEC Drum Corps and Drill and March committee were at Lewisham Church to present beautifully mounted and framed certificates to those selected.

To be in the SEC Senior Drum Corps, drummers from around the SEC Pathfinder clubs went through rigorous assessment of drum theory, practical drumming skills and drum maintenance and were required to pass the Advanced Drill and Marching honour.

Deportment and outstanding personal qualities were looked at before the candidates were shortlisted. Names were then sent to various church boards for discussion and validation before the final decision was made for the selected names to be given a place in the drum corps.

Those awarded certificates were Jaikeem George, Dushane Morris, Miriam Chambers-Jones, Jordan Williams, Pauline Hilton and Daniel Anti from Lewisham, along with Pharez Moodie and Kereen Wilson from

Marcus Anti was also presented with a silver lanyard, which marked his position as the assistant SEC drum major.

It was a high day for candidates and all were delighted with their certificates. We will be looking out for their phenomenal contribution of talents around the SEC and further afield, for the enhancement of events, outreach, and high days in our conferences, to the glorification of our Lord and Saviour Jesus Christ.

Well done and congratulations to all.



This conference is for you!

1-2-3:16 will bring together experts from many fields who will help you decide your next career and study move. Answering questions such as:







'The world is not ready for the impacts of climate change, including more extreme weather and the likelihood that populated parts of the planet could be rendered uninhabitable, says the planet's leading body of climate scientists in a major new UN report."

This is how National Geographic Daily News led with its coverage of the UN's Intergovernmental Panel on Climate Change (IPCC) report released on 31 March.

As more and more of our family, friends and neighbours are concerned about our world's worsening weather prospects, now's the time to give them the latest copy of FOCUS. In this issue we cover this important theme and related issues . . . including a bit of hope for the future!

Order your copy now through your Personal Ministries secretary, or by telephoning 01476591700

http://news.nationalgeographic.com/news/2014/03/140331-ipcc-report-global-warming-climate-change-science/

testimony

What happened to the health message?

A modern testimony



My name is Alan Hart. I am currently pastor of Wimbledon International Seventh-day Adventist Church in London.

Healthy? I thought so!

Twenty years ago I was diagnosed with hypertension (high blood pressure). When I saw my cardiologist (heart specialist), I told him I was vegetarian, didn't smoke or drink alcohol and was on an exercise regime. He told me that my hypertension was inherited and there was nothing I could do about it, so I resigned myself to this fact.

I was put on a twice-a-day tablet to try and control my blood pressure. Over the years, further tablets were added to achieve better control. I also found out my cholesterol was too high. More tablets were added, including medication to offset the side effects of other medication!

My diet: food

Diet-wise, I did go back to eating a bit of fish and chicken. I also ate dairy products, including cheese. I drank 6-8 glasses of water every day. Despite thinking I was eating a generally healthy diet I developed gout, in addition to my other health problems. I was doing a small amount of exercise. In a few years I went from no medication to 8 tablets a day:

My health deteriorated as I gained weight. increasing to a 40-inch waist. I suffered a number of side effects from my medication, including dizziness, skin rashes, muscle pains, swallowing problems, and variably behaving bowels with both constipation and

Worse was to come: I took ill on a flight from abroad, due to what was thought to be heart problems. The plane was almost diverted. I ended up lying in the kitchen area of the plane, with oxygen wafting around me. I was kept in hospital for a week.

CHIP and a return to health

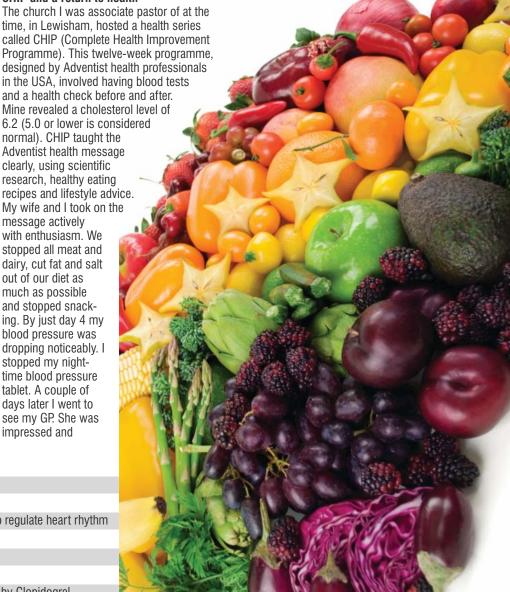
called CHIP (Complete Health Improvement Programme). This twelve-week programme, designed by Adventist health professionals in the USA, involved having blood tests and a health check before and after. Mine revealed a cholesterol level of 6.2 (5.0 or lower is considered normal). CHIP taught the Adventist health message clearly, using scientific research, healthy eating recipes and lifestyle advice. My wife and I took on the message actively with enthusiasm. We stopped all meat and dairy, cut fat and salt out of our diet as much as possible and stopped snacking. By just day 4 my blood pressure was dropping noticeably. I stopped my nighttime blood pressure tablet. A couple of days later I went to see my GP. She was impressed and

wanted to follow me closely. I continued to follow the guidance religiously. By week 2, I had stopped another blood pressure tablet. By week 3, after discussion with my GP, I stopped all my tablets! After a month my GP said my blood pressure was completely normal. After 16 weeks of following this healthier diet, my cholesterol had dropped from 6.2 to 1.7! All those medication side effects? Gone! I slept better and woke feeling refreshed with so much more energy, and my tum was happy and settled.

I have lost almost all the excess weight I had, and continue to feel great. I am living testament to the wisdom of God's word regarding our health, and the power of the health message. I hope to bring CHIP to my new church soon. I feel like a new man, I am better able to minister for God's Kingdom what could *you* gain by trusting in God's plan for your life here on Earth, not just your eternal life?

Pills no more!

Editor: Notice that Pastor Hart's doctor was involved in the revolution in his medication and lifestyle. He did not stop 'taking the tablets' without medical advice.



My diet: nills

	my diot. pins					
	Ramipril	2 a day	For blood pressure			
	Amlodipine	1 a day	For blood pressure			
	Bisoprolol	1 a day	For blood pressure and to regulate heart rhythm			
	Clopidogrel	1 a day	To thin blood			
	Simvastatin	1 a day	To lower cholesterol			
	Allopurinol	1 a day	For gout			
	Pantoprazole	1 a day	To reduce acidity caused by Clopidogrel			

<p. 1 In Belfast, Dublin, Derry/ Londonderry, and elsewhere more than 25,000 leaflets were handed out to make people aware of the Jesus7 event. The events at the various venues were advertised on Facebook and other media outlets. In Londonderry, Simone Coetser and Richard Roberts appeared on a Friday afternoon show to promote the exhibition and the nightly programme in the local church.

Nightly Jesus7 presentations

One of the goals of these exhibitions, the activities, and the promotions was to invite people to participate in the nightly meetings with the popular and friendly presenter, Janos Kovacs-Biro. The presentations would be made live at the Belfast church, but streamed in real time over the internet on the www.Jesus7.ie website.

The focus was on reaching beyond church walls. The Belfast church was transformed into a cafe studio for the event. Participants were encouraged to drink various beverages and help themselves to refreshments that were set out on the tables during the presentations.

A professional media team from the Trans-European Division worked hand-in-hand with local volunteers to manage the recording and the link to the internet.

Adam Keough reports, 'Every night we had about 35-45 people attending the seminars. Over the course of the week 13 visitors attended as a result of them encountering the exhibition on their route past the church. Another 17 visitors attended who were friends of members in our congregation and came as a result of a personal invitation.'

When Marci Neal attended the meetings in Belfast, she said: 'The content was well-delivered. The speaker was easy to listen to. The audience was enthusiastic.'

In Dublin each live streaming event was accompanied by a vibrant programme put together by local church members. In the Maldron Hotel there were activities and special music before the programme began. 'The great effort paid off,' says Stephen Wilson. 'We had 10-15 visitors in the city centre location and 10 teenagers regularly visited the community centre.' One night the group in Ringsend watched the sermon on an iPad. Annie Laile commented, 'It was a beautiful family-like experience!

Very warm and friendly.'

The streaming event was also accessed by other small groups around the Irish Mission. Pastor Gavin Anthony shared the experience of one of the Ranelagh church members who watched the programme in a friend's home with seven other Christians. 'She thought that it was important that the programme was not trying to be sectarian, which would have put people off. They were disappointed the series finished so soon.'

West of Ireland

Betty O'Rourke wrote a beautiful report on their experience in the West of Ireland: 'It was not the aroma of delicious pizzas served at the home of Telia Daiwoo to the Galway Church youth and their friends that captured their attention. Neither was it the memories of a busy day spent helping out the elderly, cutting lawns and distributing literature around the neighbourhood. All eyes were focused on the Jesus7 seminar being streamed into Telia's comfortable sitting room. Some recognised familiar faces in the Belfast audience but all recognised the gifted speaker as someone who made the Word of God come alive. The youth particularly liked the interactive

style and the visual aids used to convey the story of Jesus' walk on this earth.

'In Limerick City, church members and friends gathered at the home of Bruno and Nuala Basil. The timing of the seminar was perfect as both college and secondary students took time out from their usual studies to spend it in the study of Scripture.

'Many more homes in the West of Ireland are experiencing the blessings of these presentations and some older folk are learning a new aspect of technology which has the power to transform lives.'

Reports continue to come in about small groups throughout the Irish Mission who participated in the downlink.

The impact

What have the results been so far? On the final night of the project, Pastor Kovacs-Biro made a call. In Belfast four people requested baptism, including one of the people who had come into the meetings from the street.

In Drumcondra an English tourist attended the Wednesday evening meeting. 'She was the only visitor that evening and the group there had prayed that someone would come,' reports Stephen Wilson. 'They were disappointed that it looked like

nobody would be there that night, and then this lady came and stayed for the seminar. She came back every night since then. She wants to be part of our "community" even when she goes back to England on Monday. Three young men from India came each night. They are Catholic, but they also want to ioin us more often. On Sabbath I met a few Baptists from Brazil who said our church and its programmes felt more like home than the Pentecostal church that they had been attending.

On Sunday morning, the members of the Derry/Londonderry church celebrated the end of Jesus7 with an Easter breakfast at church. They spoke with enthusiasm about the friendships that they had made. The one visitor who attended four of the evenings and asked to join the church could not make it to the breakfast, but there was a sense of accomplishment and pride in a project that was very well done.

We'll give the final word to Pastor Adam Keough: 'The four walls of any church are both a tremendous blessing and a big challenge. They provide security, stability, reassurance and comfort. They are also barriers to keep "the world" outside and prevent people from entering and experiencing the blessings within. The Jesus7 Project is an ongoing project to attract people in to meet Jesus.'



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Sunset

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

		Lond	Card	Nott	Edin	Belf	
May	23	8.57	9.09	9.08	9.33	9.36	
	30	9.06	9.18	9.18	9.44	9.46	
Jun	6	9.13	9.25	9.25	9.53	9.54	
	13	9.18	9.31	9.31	9.59	10.00	

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