

Messenger

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SEC Camp Meeting 2016

by Pastor Sam Davies, SEC Communication and PR Director



One word that reverberated throughout this year's South England Conference camp meeting was its theme, 'Revival'. The event took place at the South Coast resort of Pontins Camber Sands Holiday Park in Sussex (Monday 6 to Sunday 12 June), with attendance reaching the venue's capacity of 3,000 by the weekend.

The campers experienced pleasant weather for the duration of the meetings, and many took advantage of this to engage in daily walks, visits to the seaside and the various sporting activities for the youth, teens and children.

The positive spiritual tone of the camp was set right from the start as the SEC Executive Secretary, Pastor Douglas McCormac, welcomed the audience at the opening service. He then invited the audience to join in a period of prayer for the SEC President, Dr Richard de Lisser, who could not be present because of ill health.

From the early-morning prayer and praise sessions to the late-night commitment services, the speakers did justice to the theme, reminding their audiences to embrace revival so that evangelism would be effortless. The commitment speaker was Pastor Debleaire Snell, senior pastor of the First Seventh-day Adventist Church, Huntsville, Alabama, who kept his audience engrossed each night as he covered such topics as 'Trusting God When You Cannot See Him', 'The Revival of Faith', and 'The Revival to Endure'.

Dr Allan Walshe, Chair of the Department of Discipleship at Andrews University, USA, brought a different perspective to this year's Family Ministries presentation. He emphasised the importance of genuine spirituality and how to gain it, and at each presentation he engaged his audience in practical demonstrations for developing the spiritual life through meaningful reading of the Bible and a prayer life that knows the difference between thanking God for what He does and praising Him for who He is.

The health plenaries were as educational as they were spiritual. Dr Chidi, the Health Ministries Director of the SEC, held his audience captive with current research on lifestyle diseases and their prevention. He also made revealing references to detrimental medical practices of the past, such as treating patients with mercury or 'asthma cigarettes'! According to him the best medicine is food. He quoted Hippocrates, the 'father' of modern medicine, who said, 'Let food be your medicine and let medicine be your food.' Dr Chidi emphasised the need for prevention through healthy lifestyle practices.

A new feature this year was the introduction of a 'Preach Out' slot, which showcased the preaching talents of SEC ministers. The slot allowed four ministers on the Tuesday, and three on subsequent days, to preach back-to-back in one-hour slots as they challenged the listeners to be intentional about 'Evangelism, Everyone, Everywhere'.

SEC camp meetings always cater for the youth, teens and children, and this year was no exception. The guest speakers for the youth, who attracted a packed auditorium, were Pastor Jamie Kowlessar of the Dallas City Temple Church, USA, and Pastor Michael Lilikakis from New South Wales, Australia. Among the highlights from the teens and youth section were the communion service on Friday, a baptism of six youth on Sabbath and a social on Saturday night.

The adult communion service gave everyone the opportunity to welcome in the Sabbath. The speaker, Pastor Sorin Petrof, concluded his message by asking his audience, 'When you reach out to take the emblems of His body and His blood, will you reach out like that woman grabbing on to Jesus' garment?'

As it had begun, the camp meeting ended with fervent prayers for Dr Richard de Lisser and his family.

As the meetings came to an end, one could see attendees bidding farewell to one another with the hope of meeting again the following year.

Continued on p. 8



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editorial

'Don't forget to write!'



Julian Hibbert
Editor

In early January 1968 I booked my black steel trunk into the guard's van of the Durban to Cape Town 'milk train', said farewell to my family and began a sooty 1,016-mile journey to boarding school. That day, as the train moved slowly down the platform, my dear mother did what mothers do so well . . . gave my hand a last squeeze, blew me a kiss, and called out, 'Don't forget to write!'

I was reminded of her parting injunction a day or so later when I opened that black steel trunk to find that my well-stocked tuck box included a pad of Croxley airmail writing paper, envelopes and stamps! Mom meant business. She wanted to hear regularly from her son.

I tried hard to comply, I really did.

If only . . .

If only Ray Tomlinson had invented email a few decades earlier my mother would have been a lot happier, though.¹ I would have sent her a newsy email every Friday evening; and a pocket money request on the rare occasions that the month changed without her noticing it!

Those among us who reached adulthood before the digital age, will no doubt agree that the internet and email have been game changers. They have radically altered the way we live and work; compressing both time and distance as nothing has ever done before. For example, this very afternoon (Sunday), before sitting down to write this editorial, I was able to chat clearly and at length to my sister in Canada, courtesy of the internet and its derivative technologies.

In my work

In my work I experience the beneficial impact of the internet daily. It allows us to receive news items, photos, adverts and articles for *MESSENGER* almost instantaneously, and to acknowledge receipt thereof with negligible delay. Furthermore, it allows me to take my office with me. As a case in point, it allowed me to spend a full day at the BUC executive committee in Watford last Thursday, while Dave Bell, our designer, laid out the magazine back in Grantham. Then, when he was happy with the product, after just a few mouse clicks it appeared on my iPad screen for final approval.

Another way in which the Internet facilitates my work is by providing a vast, easily accessible and mindboggling source of information by which I can corroborate (and elaborate on) the facts and figures we receive for publication. It even helps me to know when contributors are submitting the words of others as their own!

And then there was spam

Sadly, as life proves time and again

though, there is a 'serpent' in every 'paradise', and the internet is no exception. I am sure that most of us have received unwanted or intrusive advertising from our inboxes, something that is commonly known as 'spam'.² Spam comes in a number of guises, ranging from the promotion of unwanted products and propaganda to 'phishing', a sinister activity which is defined as follows:

'Phishing is the attempt to acquire sensitive information such as usernames, passwords, and credit card details (and sometimes, indirectly, money), often for malicious reasons, by masquerading as a trustworthy entity in an electronic communication.'³

According to a Cyveillance white paper (2015) entitled 'The Cost of Phishing: Understanding the True Cost Dynamics Behind Phishing Attacks', a July 2013 study by the House of Commons Home Affairs Committee estimated the 2012 cost of cyber crime in the UK at £27 billion, 'with more than £600 million directly attributable to phishing attacks.'⁴ Although these figures are frightening enough, we can be assured that things have got a lot worse since then.

Freedom gone too far

As a journalist I support the need for *most information* to be freely available – how else are the public to make up their minds on critical issues? What I don't support, however, is the freedom to *promote degradation* – which is rife on the internet today.

What is degradation? Let the synonyms of 'degrade' answer that for us: 'demean, debase, cheapen, devalue, prostitute, lower the status of, reduce, shame, humiliate, bring shame to, humble, mortify, abase, disgrace, dishonour; desensitize, dehumanise, brutalise'.⁵

These degrading elements of the internet are sometimes as difficult to avoid as raisins in a fruitcake! Which calls us to be vigilant – both personally and on behalf of those we love. The natural curiosity of our children is a wonderful quality, but it needs to be managed by parents with great sensitivity and wisdom. It is a harsh reality that this curiosity can easily morph into rampant voyeurism, which is drawn to the sordid or the scandalous that is available through the internet.

Snail mail vs email

Despite my appreciation of email for its many benefits, you may find it strange that there is something about snail mail that I still hanker after. Snail mail gave the aggrieved and angry saint more time to reflect on whether their cause was just and honourable; whether all the facts in the letter were honestly, accurately and logically presented; and whether stuffing scores of letters

through the mouth of a postbox was really what Jesus would have done under similar circumstances.

During the tedious process of writing and folding all those personalised letters; addressing the envelopes by hand; licking their flaps closed (ugh!); plastering them with stamps (more ugh!) and feeding them into the nearest postbox . . . we had the chance to change our minds!

Perhaps there are lessons to be learnt from this.

'It only takes a spark, remember, to set off a forest fire. A careless or wrongly placed word out of your mouth can do that. By our speech we can ruin the world, turn harmony to chaos, throw mud on a reputation, send the whole world up in smoke and go up in smoke with it, smoke right from the pit of hell.' (James 3:5, 6, *The Message*.)

¹<http://www.internethalloffame.org/internet-history/timeline>
²<http://www.oxforddictionaries.com/definition/english/spam>
³<https://en.wikipedia.org/wiki/Phishing> ⁴<http://info.cyveillance.com/rs/cyveillanceinc/images/CYV-WP-CostofPhishing.pdf> ⁵<https://www.google.co.uk/webhp?sourceid=chrome-instant&ion=1&espr=2&ie=UTF-8#q=degrade>



Enhancing Health

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

Depression treatment research

In the previous issue of *MESSENGER*, we drew attention to this year's Mental Health Awareness Week (16-22 May) and highlighted the Government's plans to increase the resources needed to address our nation's mental health challenges.

Continuing our focus on mental health we highlight recent research aimed at identifying effective depression treatment.

A BBC online health news report by Michelle Roberts (health editor) on 7 June 2016 carried the headline: 'New blood test targets depression'. In this report she drew attention to researchers from King's College London, who had revealed that blood tests for inflammatory markers could help identify more efficient treatment for this condition.¹

Professor Carmine Pariante, the lead researcher, reported that, although the test required more work and development to ensure accuracy for routine use, the knowledge gained from the study could help tailor personalised treatment in future.

'About a third of patients might have these inflammatory markers and they would be people we might encourage to go on more aggressive treatment,' she says.

According to Professor Pariante: 'We would not want to go in prescribing too much medicine if it's not necessary, but we would want to escalate people sooner rather than later if they need it.'

The study was published in the peer-reviewed *International Journal of Neuropsychopharmacology*.

Responding to the study findings, NHS Choices – Your health, your

choices, raised some cautions: 'It is currently unproven whether such a test, based on measuring inflammation, would improve treatment outcomes.' They noted, however, that: 'Previous research has suggested high levels of inflammation – which is not just a reaction to infection, but can also be caused by stress – may impair the beneficial effects of antidepressants. . . .' Highlighting the study's limitations, NHS Choices concluded: 'The study was based on less than 200 people with depression, far too few to conclude whether it works well in most people with depression.'²

In her BBC health report Roberts captured the responses from other mental health spokespersons who are optimistic about the findings.

For example, Marjorie Wallace, from the mental health charity SANE, has stated: 'Being able to target those people with depression who don't respond to medication would be one of the most exciting steps forward in the treatment of mental illness for decades.'

Stephen Buckley, Head of Information for mental health charity Mind, said: 'Different people will find that different treatments help to manage their mental health – what is most important is that people have the knowledge needed to access the treatment that works for them, whether this is medication, or alternatives such as talking therapies, or a mixture of both.'

For more on depression visit: <https://www.nimh.nih.gov/health/topics/depression/index.shtml>.

Good health!

¹<http://www.bbc.com/news/health-36459679> ²<http://www.nhs.uk/news/2016/06/June/Pages/Depression-blood-test-could-lead-to-personalised-treatments.aspx>



Jessie

by Esme Sutton

Noise – angry, ugly, confrontational noise – erupted from the breakfast table where the homeless and vulnerable people from the community were sitting. Foul language poured forth like a raging torrent and engulfed Jessie, one of the young women, who strenuously denied the accusations against her.

'Language, language! Calm down! Be quiet and eat your breakfast or go!' I said forcefully. People at other tables paused to see what the next move would be while Jessie quickly made for the door and vanished. She was gone but the offending group continued to bluster on about the 'child molester', 'the pervert', who had dared to sit with them. 'Calm down – I mean it!' I warned.

It was a few days later that I met Jessie for the second time when she presented herself at the local foodbank. It was not easy to connect with her. She was restless and very tense. She reluctantly confirmed the details on the foodbank voucher. She was claiming for herself, a partner and a small child! I was suspicious! She prowled around the foodbank, looking for items of clothing and extra give-aways as I collected her bags of food.

'Is that it?' she questioned scornfully when I carried the food to her.

'Yes,' I answered curtly. 'This is food for three days for a

couple with one child.' I'd met her kind before: milking the system and fabricating dependants just to get goods that could be flogged later for cash, drink or drugs.

As we finished the session and got ready to go home, Mo, my colleague, said, 'Don't forget, dump the problems at the door.' She'd said that before and it was good advice. I must admit, however, that I did not dump the problems at the door that day, for my uncharitable attitude towards Jessie played on my mind. How would Jesus have treated her? I wondered. I had not been rude or unkind to her, despite her behaviour, but I hadn't treated her with my usual warmth; nor had I offered to pray with her. Maybe my attitude towards her had been coloured by the ugly words I'd heard previously – 'child molester', 'pervert', 'child abuser', 'prison', as well as information on the voucher that I felt was untrue. A child? A partner? Where are they then?

When we as a church became involved in providing Sunday breakfasts several years ago we were given lots of advice. The most memorable came from Mary, a very experienced volunteer. 'Don't judge: it's the hardest thing, but don't judge them! Love them.' She knew we were going to meet those that were easy to get on with, the friendly, the chatty, the charmers, the ones who voiced their gratitude. She knew we were also going to meet those who were not so easy to warm to, those who'd take you and your hospitality for granted, the ones who'd be quick to grumble and complain, but

would greedily grab all they could get their hands on. She also knew that we were going to meet those who'd be difficult to relate to, the confrontational, the surly, the foul-mouthed, those who'd have little respect for anyone or anything and who'd steal anything not nailed down.

You'd be surprised at the times we've had to remind ourselves – 'Do not judge them – just love them.' Jesus said it centuries before in Matthew 7:1, 2. The Message puts it this way: 'Don't pick on people, jump on their failures, criticize their faults – unless, of course, you want the same treatment. That critical spirit has a way of boomeranging.' He came across the same kind of individuals that we meet: some easy to get on with; some more difficult to relate to; others obnoxious and toxic. Jesus loved them all. It didn't matter to Him whether they were fine, frail, or foul. Jesus loved the sinner: He never condemned him, but He did condemn the sin. 'God has called us to despise evil, but He's never called us to despise the evildoer.'

In Jesus' day the Jews were well aware that kindness in judgement was their sacred duty. They also knew the six great works that brought them credit in this life and the next. They were as follows – study, visiting the sick, hospitality, devotion to prayer, educating their children in the law and finally, the last but not the least, thinking the best of other people. And yet, thinking the best of others was not the norm.

Ellen White commented in *Thoughts from the Mount of Blessing*, 'The atmosphere of selfish and narrow criticism stifles the noble and generous emotions, and causes men to become self-centred judges and petty spies.' (In particular she targeted the Pharisees!) 'They [were] not humbled with a sense of their own weakness, not grateful for the great privileges that God had given them. . . . Filled with

spiritual pride . . . their theme was, "Myself, my feelings, my knowledge, my ways." Their own attainments became the standard by which they judged others. Putting on the robes of self-dignity, they mounted the judgement seat to criticise and condemn.' (Page 123.)

When I saw Jessie a couple of days later at the Sunday breakfast, she was eating alone. She was being ignored by fellow guests, so I went and sat beside her. She scarcely looked up. 'I didn't know that you had a little girl,' I remarked.

She didn't answer. She looked uncomfortable, defensive, restless and uncertain. 'I've got two,' she said at last. 'I had one when I was just a child myself. I'm waiting to get Rosie back.' Then her tone changed. 'I didn't do all the things they said that I did. I could hit them!' She glared across at those who had verbally attacked her the previous week. She was just a little slip of a woman; but she was ready to take on all comers. She was angry, but there was pain etched in her face. Many scars criss-crossing her forearms showed that she'd tried to release some of that pain on previous occasions by self-harming. There was a tattoo on her left arm: a single word in bold letters said – Love.

How I wished, at that moment in time, that I could take her pain away and give her love. I got up as another regular took a seat next to Jessie. 'You're always welcome here,' I said as I left the two of them to their meal.

Why was that encounter so different to the one that I'd experienced at the foodbank? Why did one encounter leave me feeling irritated, upset and guilty; and the other with feelings of pity and concern? Perhaps it was because I was endeavouring to see Jessie through eyes of love and show the kindness and concern that Jesus would have shown if He had been at the breakfast table.

Seeing Jessie in a different light made me realise that I was unworthy to pass judgement (because I am a sinner), and unqualified to pass judgement, because I'll never be in a position to know all the facts about a person or a situation. For instance:

- I've never known the strength of another's temptations.
- I've not known what it is like to be passionate, hot-headed, fiery-tempered, for I am fairly placid, easy-going, laid-back.
- I don't know what it is like to be in an abusive relationship for I've always been in a strong and loving one.
- I don't know what it's like to live in a neighbourhood that harbours evil, fear and poverty because I've always lived on the proverbial 'sunny side of the street'.

It's impossible for us to judge when we do not know all the facts. Jessie came into the foodbank a week or so later. She strode in and sat down at a table. I joined her. She handed me the voucher and said, 'I'm sorry for the way I was with you last time. Will you tell the others that I'm sorry. I was in a really bad place. I hadn't got my flat sorted out and I hadn't got my daughter back. But that's all sorted now. I've got my flat – and I've got my little girls as well.' We went on to talk about practicalities – schooling, work, training for work – she wants to be a bricklayer!

'Can you manage that lot?' I queried when I put the box of food on the table.

'No problem,' she said, lifting it up with ease and placing it near the door ready for departure.

We talked for a little longer, then I asked, 'May I pray with you?' The unease returned immediately.

'No, I'm not in the mood,' she said.

'Well, you don't mind if I pray for you?'

'Not at all,' she said. 'I'll see you on Sunday. Rosie's going to her granddad's for the day.'

What a difference it makes to all concerned when you look for the best in people and leave the judging to the only One who is worthy and qualified to judge with love and mercy.

Think the best of others, for our churches need love, *not cruel criticism*.



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The pastor's wife

by Roxan Gardner (a pastor's wife)

As I sat uneasily in my seat listening to the special music being sung by another pastor's wife, a voice whispered in my ear, 'Do you sing, Roxan?'

To which I responded, 'No! I am not that type of pastor's wife.' I was unsure if that was the correct response, not having much experience, since my husband was fresh out of college. As a young girl, it was my desire to sing for Jesus; to be able to use my voice and make sweet melody that would bless the hearts of both men and women.

But as I came to know the extent of my talent I restricted my singing to a 'shower audience'. With that thought in mind I confidently walked into our next church assignment. But, as with the earlier experience, I was soon to be confronted with: 'Do you play the organ?' I thought I was dreaming; surely this could not be happening. At this point I had serious doubts about my position as the pastor's wife. I began to question myself as to my abilities and whether I had what it takes to take on the role. This thought, for the first time, began to haunt me.

I began to reminisce about my youthful days growing up in the Caribbean. I used to admire the pastor's wife who could sing well and would often render a solo while her husband made the appeal for people to come to the altar. It seemed so natural, so easy, that I believed that they were born with all the talents required to fulfil that role. It was not strange to see such wives offering to play the piano when needed or tell the children's story. I also remembered that their talents were also visible in

So your pastor's wife
can't sing,
play the organ or
tell children's stories?

the kitchen – they were great cooks. Being invited to the pastor's home for Sabbath lunch for me was a high calling. The food was cooked to perfection. As if their talents were limitless, these pastors' wives could tell a children's story that would often leave even the adults in awe. These things all brought me back to reality, and there were many times when I would have to say to my husband, 'I don't do children's stories!' For me, it did not come naturally; I felt awkward telling stories to children. Perhaps this could change – who knows? By this time I was really feeling inadequate and incapable as a pastor's wife. Had God brought me into this thing to embarrass me?

As time went by I attended various retreats for pastors' wives and prospective pastors' wives where scenarios like those mentioned above were commonplace – experienced by pastors' wives across the United Kingdom. I listened to these experiences with heartfelt

appreciation as they helped shape me into the person I am today. They were real women with real problems, real fears and, yes, some real talents too. I guess what I am trying to say is that these women, although married to pastors, were 'real'. They were blessed with different abilities and that's what made them special and unique. Ellen G. White wrote: 'I saw that the wives of the ministers should help their husbands in their labours and be exact and careful what influence they exert, for they are watched, and more is expected of them than of others.' *The Adventist Home*, p. 355. As a pastor's wife certain expectations seem to be placed upon you by members, knowingly or unknowingly. If you are not strong you can easily try to fit into the mould people try to put you in.

The best advice I received before entering the ministry was to 'be myself'. At the time I did not know exactly what that meant because I thought being a

pastor's wife meant you had to be serious and always ready to share a passage of Scripture at every given opportunity. But I now realise that it meant that it's OK if the organ is my least favourite instrument or that I love to laugh and tell a few jokes now and again. It's OK if I love the bass guitar and the drums and to raise my hands in worship to God, despite being judged 'a Pentecostal' by some. I am who I am because of the grace of God. I am a woman who happens to be married to a pastor. This is the life God designed for me and by His strength I will try and live up to the standard He expects of me. With this said I will leave you with the poem I wrote, called 'The Pastor's Wife'.

Pastor wife watching me hard you see
It was so intense the way she looking pan me
Me check me clothes but them was fine
So surely de fault could



not be mine

Me decide fu ask she what's de matter
Why she looking at me without a batter batter
She say being a pastor's wife is a hard calling
Sometimes she fed up with all de harassing

She say she carn play de piano nor sing one note
She carn tell children story or even give a joke
But them expect she fu be one super woman
Singer, author all compile ina one

She say she husband treat she well and understand she plight
He tell she, 'Honey be yourself and everything will be alright'
But it's so hard to please some people you meet
It's either you dress too short or them na like you teeth

And don't talk bout what them say bout she children
Sometimes she get so vex she ask if they feeding them?
Them say PKs should be always polite and never in doubt
But them is angels? So wha they talking bout!

By the time the conversation came to an end
She realise that people a people even from way back when
She unique and that's one thing she know
She a de pastor's wife and a God mek um so.

Newbold launches Sigma Beta Delta chapter



The Newbold College of Higher Education's Sigma Beta Delta chapter was launched on 6 May, welcoming its first five student members.

Sigma Beta Delta is an international honour society established 'to encourage and recognise scholarship and accomplishment among students of business, management and administration, and to encourage and promote aspirations towards personal and professional improvement and a life distinguished by honourable service to humankind'.¹

The Newbold chapter's president and programme leader, John Crissey, said that Sigma Beta Delta offers our best students the opportunity to be recognised by an international organisation. 'It also gives them additional opportunities to network and increased employment opportunities.'

Business student Esra Eliasson, one of the chapter's first members, said that it was an honour

to be invited to be a member of the society: 'Being a member of the Sigma Beta Delta Society will add to my credibility and provide an additional edge when it comes to securing employment or continuing with further studies.'

Students who have a GPA of 3.5 (according to the US academic system) and who exhibit exemplary leadership and community contributions are invited to join as lifetime members.

The chapter officers are John Crissey (President), Marinko Markek (Vice-President), Carly Wendel (Secretary/Treasurer), and Dr Robert Schwab (Visiting Advisor).

KIRSTY WATKINS

¹<https://sigmabetadelta.org/about-us/> – the Greek characters sigma, beta and delta are the first letters of the Greek words for wisdom, honour and aspirations respectively.

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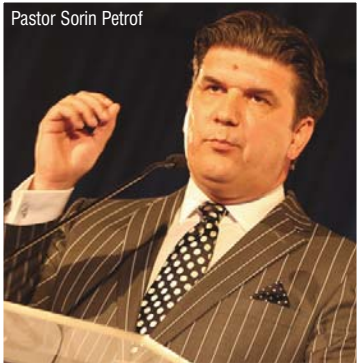
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Baptismal group



Pastor Sorin Petrof



Dr Allan Walshe



The Sabbath services

Pastor Kirk Thomas, SEC Personal Ministries and Sabbath School Director, used the 'Power of Seven' method to teach a lively, interactive, all-standing Sabbath School lesson study within 15 minutes!

After this Mrs Gina Abbequaye, SEC Education Director, showcased students from various schools within the BUC, showing that Adventist education helps our youth thrive both academically and spiritually. Their inspiring presentations were very well delivered and testified to the high quality of education they are receiving.

Pastor Simon Martin, SEC Church Growth Director, then introduced Mission Spotlight through presentations from outreach ministries such as: Hope Charity (Watford), Messy Church (Cheltenham), The Jewish Adventist Friendship Team, Adventist Muslim Relations, literature evangelism in Area 3 and the SEC Pathfinders, thereby showing that 'Evangelism, Everyone, Everywhere' is truly alive within the SEC region.

During his sermon, Pastor Debleaire Snell used Acts 16 to remind his audience that real faith is always followed by action. He went on to say that the presence of Satan is not always obvious, and that until Paul called the evil spirit out of the young girl it was not immediately obvious that she was possessed.

A praying church is a stronghold which the devil will have difficulty with. Pastor Snell emphasised that, by use of the evil spirit, the devil distracted the household when they were on their way to pray. The girl's loud shouts were an attempt to stop the church from praying.

When God's people decide to pray, the devil uses ordinary things to prevent them from praying so they lose focus on Jesus. Pastor Snell used Isaiah 26:3 to show that faith is based on our focus on Jesus. When the saints pray they receive power and strength to overcome and remain focused on Jesus Christ. In conclusion, he encouraged the worshippers to take on the character of Jesus Christ, stay in the household of faith and not become disconnected!

Immediately after this, the congregation was invited to witness the baptism of seven individuals who had committed their lives to Christ at the camp meeting – with six of them being from among the teens and youth.

By now the SEC School of Evangelism graduation is a regular part of the Sabbath programme at camp meeting. Candidates look forward to the ceremony, which involves a colourful parade by the Pathfinder Club in honour of the graduates. Personal Ministries Director and Co-ordinator of the School, Pastor Kirk Thomas, presided over the ceremony, during which the graduates received their well-deserved certificates.

One of the main highlights of SEC Camp Meeting is the musical concert in the evening: a time for relaxation and for the celebration of the musical talents within the conference. Music Director, Mike Johnson, had an arrangement of talents that did not just excite the audience, but left many remarking that the concert was 'icing on the cake'!

JACQUI CRAWFORD AND SAM DAVIES



Pastor Michael Lilikakis



Praise Team



Pastor Jaime Kowlessar



with worship, church and faith.

Pastor Jaime Kowlessar of the Dallas City Temple Church and Michael Lilikakis from the Australian Union Conference spoke

Time for revival

Camp meeting commitment services speaker, Pastor Deleaire Snell, based his sermons on biblical characters who needed to have their faith revived.

Preaching on the experience of the blind man in Mark 8:22-26, Snell's first lesson for the week was that *intercession* matters just as much as personal *conviction*. He concluded his first lesson by explaining to his listeners that Jesus needed two attempts to heal the blind man, because the issue was in the blind man's faith. The first touch was the step of conversion and the second touch was sanctification of spiritual and personal revival. During the closing prayer Snell invited members of the congregation who longed to know that second-touch experience with God to stand.

On Tuesday night, Snell questioned his audience: 'What do you do when your faith is shaken? When the very foundation of your life has been pulled out from under you?' He based his sermon on John the Baptist's question in Luke 7:19, where because of his imprisonment John began to doubt the Messiahship of Jesus. He then showed how necessary it was for John to send his disciples for an answer directly from Jesus.

'It's not over until God says it's over' was the title of Wednesday's commitment service

by Snell. He told the story of the raising of Jairus's daughter, found in Mark 5, from which he drew the lesson that we should never accept the first report. 'The devil will surround you with prophets of doom. They will try to convince you that your marriage is dead, that your church is dead, that your ministry is dead. Doctors will tell you that there is nothing else that they can do. But it's not over until God says that it is over,' said Snell.

Snell's last commitment service focused on the call of Abraham found in Genesis 12. The speaker pointed out the dangers of settling for what people think is good enough. In the example of Abraham's father, Terah was taking the family to the promised land, Canaan, but stopped in Haran, settling for what he thought was good enough. 'Each of us has a particular calling in life,' said Snell. 'If you learn to train your ears, God will reveal to you what that calling is.'

NATASHA MIRILOV (COMMUNICATION AND MEDIA ASSISTANT)

Youth

'Uplifting and wonderful praise and worship, and powerful speakers!' This is one young person's description of the Youth Ministries programme at Camber Sands.

Youth Director Anthony Fuller and his team explored how the theme 'Revival' connects

for the commitment service and power hour respectively. The music ministry of Chris Brooks and his team harmonised with Jill Monet, worship leader and motivational speaker from Arkansas, who also headlined the concert on Sabbath evening.

According to Pastor Jonathan Burnett, 'I've had a lot of positive feedback from young people who felt it was one of the best camp meetings they've been to.' So what was the secret behind the success? 'We tried to make sure it was a very spiritual time, with three worship services a day, and one workshop or seminar, but making sure there were gaps for people to chill.'

Part of the recipe for success was to couple the spiritual with the social. Instead of having just one big social event on Saturday night, the Youth Department introduced a social element every night – an intentional move to help people connect and make friends. In a 'pastors vs youth' football match, it was the youth who were found wanting, as the pastors won 12-8! The highlight of the social sessions was Thursday night, labelled 'Cheat Night'. Pizzas were ordered, ice cream was provided, the band had a live jam, and young people played games together.

Everything came together to make for a fruitful youth programme, marked by the decision of six young people to be baptised on Sabbath afternoon.

MATTHEW HEREL

Teens

Teens Ministries served up an energetic and vibrant week for the SEC teenagers. Asher McKenzie was the commitment speaker, and he kept the young people engaged with stories of travelling up mountains in Kenya; running through the Jamaican bush after nightfall; and trekking through English forests in pouring rain! Everything revolved around his theme: Purpose. Each evening, Asher drove home to the teenagers the point that God has a special purpose that He wants to fulfil in each of their lives.

Morning worship sessions were led by Luke Whyte and Pastor Sam Gungaloo. Both speakers' spirited and animated styles set the young people up to go and have a fun, Spirit-filled day. One of the highlights of the week was Friday night's communion service. Pastors Sam Gungaloo and Matthew Herel encouraged the teens to view the communion table as one big olive branch from God to them – an invitation to be at peace with each other – after which 85 teenagers participated in the Lord's supper.

By the end of the week, Pastor Dejan Stojkovic, Teens Ministries Director, was celebrating the decision made by five young people to give their lives to Christ in baptism.

MATTHEW HEREL

Mind matters

by Darell Philip

One in four people from all walks of life are affected by mental illness of some kind, but it is those from marginalised groups such as black, Asian and minority ethnic communities (BAME) who are at greater risk. In fact, according to a paper published by the Mental Health Taskforce in February 2016, BAME households are more likely to live in poorer or overcrowded conditions, increasing the risks of developing mental illness. To date there is no known cure for mental illness. Those affected must find ways to learn to cope and live with it. For many people the impact of mental ill health is

overwhelming, and to mark Mental Health Awareness Week (16-22 May) individuals from the Hackney Seventh-day Adventist church in Haggerston courageously shared their experiences.

Brenda Arnold's personal struggle with mental illness began in 1993. 'It just happened all of a sudden; I would be up all hours of the night reading and just freaked out. My mum noticed these changes in me and took me to my GP.' After being assessed by her GP, Brenda, who was not sectioned, was referred to Hackney Hospital – a hub for those diagnosed with mental illness.

Brenda has unhappy memories of her time there. 'I felt like I was in a different world with all these different people in different moods around me. It was a scary place. I suddenly found myself institutionalised. When this happens, you become your environment and do what everyone else is doing.' For many patients, ward rounds are a particularly disconcerting experience, admits Brenda: 'You are put in a room full of psychiatrists, doctors and social workers asking you all kinds of questions. If you laugh or cry you can forget about being released from hospital as these emotions are often regarded as the patient still

exhibiting symptoms of mental illness. It was a vicious cycle. I couldn't be myself.'

Like Brenda, Eileen Philip had rather negative experiences in hospital. Diagnosed with bipolar disorder in 1993, Eileen's bout with mental illness began while studying at university. She says: 'I had two young children at the time and just found it difficult to cope. I had moments of extreme happiness when I felt on top of the world, writing cheques to those who seemed unhappy and staying up all hours of the night. Then I would have moments of complete sadness when I would be quiet and withdrawn, not wanting to socialise or go outdoors.' For Eileen, the impact of the medication she received in the hospital was immense. 'My senses were dulled and I gained a lot of weight. My movement was slow and I became much quieter, withdrawn. It was a dark place, but with support from my family I got through it.'

While in hospital, Eileen, a member of the Seventh-day Adventist church in Hackney, received an epiphany from God encouraging her that she would see her family again and not return to the hospital ward the same way she went in.

It was with this thought in mind that after her release she wrote *ABWA (A Better Way Ahead)* – a personal development programme aimed at reaching individuals affected with mental illness: 'I wanted to reach those going through some of the same experiences I did, to let them know that they are loved, valued and not alone.' She adds: 'The programme was designed to build self-esteem, challenge negative thoughts and replace those with positive affirmations, giving individuals back the power and ownership of their lives while reminding them that through God there is always a better way ahead.'

Joining Eileen on this exciting venture was Brenda, who had not only gone to school with Eileen, but also been in the same hospital at the same time. 'It was a very surreal experience meeting Eileen in this way after so many years,' reveals Brenda. 'Things happen for a reason. God used our experiences to reach out and help those who were experiencing something similar. We are survivors, and by sharing our testimony with others we are able to help those who are suffering to have hope and to know that their

change will come too.'

It is this awareness and openness to mental illness that helps to dispel the stigma and labels placed upon individuals affected with the condition. 'My family were very open about my mother's mental illness,' says Sonia Ama, a teacher in the children's department at Hackney Church. 'Often Mum would deny she had an illness and did not respond well to taking her medication, but as a family we stuck together and the community to which we belonged in the Caribbean island of St Lucia were supportive. We just found ways of dealing with it from day to day.'

For many affected with mental illness that is the way to deal with it – on a day-to-day basis. For this reason Herminia Mathieu, Director of Health Ministries at the Hackney church, advises us all to participate in the Adventist programme of positive health – NEWSTART. She says: '*Nutrition* is important. We are what we eat. We must eat well and on time. Regular *exercise* need not be burdensome – a 5- to 10-minute walk every day really does make a difference. Drinking 2 litres of *water* a day keeps the body well hydrated and the mind clear. It's important to get outdoors in the *sunshine*, as many of us have a deficiency in vitamin D. *Temperance* in what we eat, when we eat and what we do throughout the day is a must. We must always get outdoors in the fresh *air* for clarity of mind and being in touch with nature. *Rest* includes getting our fully recommended 8 hours of sleep each night, not forgetting to put our *trust* in God, who created our minds and bodies to be healthy and vibrant.'

It is important for those suffering from mental illnesses to faithfully follow their prescribed medication and other treatments. Some, however, have augmented these by using natural herbal substances of which their doctors approve. For example, according to Anna Seepaul, member of the Hackney church, she has found lavender 'good for insomnia, nervousness and headaches. You can add the lavender essential oil to your bath to relax you, while lavender leaves in your tea leave you feeling calm and refreshed.'

The message is clear. You *can* live with mental illness and still make a positive difference in society.

Dr Chidi Ngwaba



Q&A with Dr Allan Walshe



Health plenary session

Everyone has weaknesses, but it is how one chooses to manage them that makes the difference. 'My weakness is sugar,' said Dr Chidi Ngwaba, SEC Health Ministries Director, during the first health plenary session at this year's SEC camp meeting.

Throughout the week the health guru shared the 'Dr Chidi Method' of mind over matter in helping overcome the issues that challenge the health and well-being of every person. Chidi challenged Adventist churches to be communities where the weak can become strong.

He also challenged his listeners to better understand those who have difficulties with some of the most common forms of addiction, such as drugs, sugar and alcohol.

Chidi advised people to 'embrace' their present pain in order to avoid greater pain later, and to look forwards, not backwards, as they learn to deal with their health issues. 'Help others and stop thinking just about yourself,' stated Chidi. 'And most importantly, let go of the things that cause you negative thoughts.' Chidi went on further to break down the issue of health into its two most effective 'medicines' known to man: diet and exercise.

Diabetes, heart disease and other life-threatening illnesses can all be reversed, not by drugs, but by a simple change in diet and regular exercise, said Dr Chidi. His captivated audience listened attentively throughout the week to the advice given as Dr Chidi explored the advantages of a sound plant-based diet in assisting and aiding the most common health challenges today's societies are facing. According to research, the richer the country

becomes, the more red meat it consumes. The Western diet of high levels of animal fat, red meat and dairy is spreading around the world rapidly. Someone who was baptised recently, and was attending her first camp meeting, told me that Dr Chidi's presentations had raised her desire to challenge new ways of thinking about her lifestyle: 'Already having a passion for healthy eating, I was motivated to strive even more than before.'

His easy-to-follow but highly effective seminars have certainly given people much to think about.

ANDREW LAYLAND

Family Life plenary session

The SEC camp meeting audience was treated to 60 minutes of practical, interactive, and witty presentations from the Family Life plenary speaker, Dr Allan Walshe, Chair of the Department of Discipleship at Andrews University, USA.

Reflecting on his own experience as a former Conference president whose spiritual life had become stale, Walshe shared some discoveries which he and his wife, Wendy, learned in renewing their walk with God. They learned to be intentional about alone-time with God, to enjoy His presence, to reflectively read the Bible, and to engage in praising God.

Reading Scripture devotionally vs informationally

According to Walshe, devotional habits allow God access into our lives to do His work. He introduced his audience to a way of reading Scripture through the eyes of the characters

involved, which the speaker found particularly effective with young people. He differentiated between reading the Bible informationally and reading it devotionally. Although both are essential, the former is geared towards a study approach, whereas the latter is more relational. It answers such questions as: 'What is God saying to me? How does Scripture touch my life? And what is Scripture inviting me to do?'

Listeners were warned that little benefit was derived from hastily reading the Scriptures, but were encouraged instead to reflect on the Word. In this process, one needs to learn habits of disengagement (which include switching off the TV and unplugging earphones) and habits of engagement (which consist of reflecting on Scripture, the power of praise and prayer as conversation with God). Walshe said, 'I want you to enjoy God.'

The importance of praise

Dr Walshe highlighted the distinction between praise and thanksgiving. He said, 'Although praise and thanksgiving are sometimes used interchangeably, they are not one and the same. When we praise God, we focus on who He is; when we thank God, the focus is on what He does.'

In a world that seeks to draw our minds away from God, praise raises our awareness of the presence of God and directs our minds towards Him. It focuses on the Giver rather than on the gifts. Through praising God we grow to love Him, for praise formulates a beautiful picture of the object of our praise. We cannot love someone until we form a beautiful picture of them. 'Praise is our highest exercise.'

Delighting in God, until He gives us what He wants

God has our best interests at heart and He is totally capable of bringing it about in our lives. One of the presentations which seemed to resonate very well with the audience was Walshe's presentation on prayer, in which he shared many new insights. Often our prayers tend to model request and thanksgiving; however, Walshe said, 'Prayer is not [merely] a means for us to get God to give us *what we want*; prayer is a means for us to get God to give us *what He wants*.' A valuable learning moment was the realisation that God does not respond to prayer requests in a disjointed way; He responds to them within our 'whole life' context. Walshe said, 'We possess a narrow view of life, but God sees our entire life; do we want God to respond to requests based on our limited view or on His entire perspective?'

Walshe proposed a deeper way of looking at prayer as an interactive conversation with God: one where we trust in God and delight in Him until He gives us what He wants. He was quick to clarify: 'Not that God does not want us to make our requests to Him: actually, He wants us to want more than our requests, more than our knowledge of life; God wants us to want His will for our life. This is why we should pray, "Not my will, but Thine."'

DR JUDE JEANVILLE AND PASTOR JAMES SHEPLEY



The Hackney SDA Church Mind Matters team



New members from left to right: Diana Waitawa, Mufaro Mushunje, Damian Mushunje, and Matthew McFarland together with family members and church leaders.

Canterbury baptisms

On Sabbath 14 May three of our young people were baptised by Pastor Israel Williams: siblings, Mufaro and Damian Mushunje, and their friend Diana Waitawa. They were well supported by family and friends and the service included some touching tributes by their parents, and some wonderful music proved by The Voices, a group of university students, and the church choir.

The service was also special for Matthew McFarland, who started attending church last year. During his testimony, he spoke of his love for God and his decision to become a Christian, which led to him being baptised in another denomination. However, while continuing to study the Bible, he felt the Lord leading him to the Seventh-day Adventist Church. Having completed Bible studies, he was accepted as a member on profession of his faith.

ZANIAH ABRAHAMS



Baptisms in Ayrshire

Irvine Church in Ayrshire, Scotland has a congregation of around 20 members, not all of whom are active. Recently this small church experienced a wonderful event – the baptism of three new members on 7 May. Precious, Adrian and Mark were baptised by Pastor Claudiu Popescu under the welcoming eye of Pastor Bernie Holford, Scottish Mission President.

The service was enhanced, as well, by the music of the church's choir, under the leadership of Erika Khanye.

CHRISTINA

First NEC Women's Ministries baptism

On Sabbath 7 May 2016, the North England Conference held its first-ever Women's Ministries baptism at Winson Green Church. The service was led by Pastors Jeff Nicholson and Patricia Douglas. Linda, the candidate, gave a moving testimony of God's love and faithfulness so far in her life. We thank Pastor Nicholson and his congregation for the love and warm welcome that we received.

FAITH MUIIMO AND HYACINTH GAYLE (AREA 3)



A baptism at Bath

Sabbath 14 May was a fantastic day. Not only because the car park was full, the church packed and the weather good; but because Bath Church ended its long wait for another baptism.

Pastor Puskas, in his sermon based on John 21:15-17, urged us to remember our first love before baptising Paul Tuinasakea to the delight of his family (wife Qui and kids Josh, 10, and Hilda, 7), friends, and new congregation.

Paul's journey to this point is inspiring. Here he tells it in his own words:

'I was raised in a non-Adventist community in my native Fiji. Both my parents were Methodists. In 2004 I left home to join the British Army and served with the 1st Battalion the Royal Regiment of Fusiliers for 10 years.

'My faith in God wasn't always strong but I believed in Him. I was always curious about the Sabbath but didn't look into it further. Towards the end of 2014 my life changed. One afternoon I was at home when a friend came to visit. We sat and chatted and out of nowhere began discussing God, at which point we decided to open a Bible and read. We turned to Exodus 20, the Ten Commandments, and when we came to the Fourth Commandment I realised that all my life I had been respecting the wrong day. From that very night I started to try and keep the Sabbath holy as the Scripture says. It was hard to change my lifestyle; my friends started to distance themselves from me and my family. But I had faith that God would always be with me through everything.

'From the moment I became a Sabbath keeper I always felt I was incomplete because I hadn't been baptised. With Matthew 28:18-20 as my inspiration I looked for an opportunity to be baptised, and on 14 May 2016 I was born again!

Our portable baptistry has shuttled back and forth between Bath, where it is stored, and the Salisbury church plant a few times over the past year. We are confident, through God's help, that it won't be long before it is pressed into service again.

COLIN HURLLOW

Plumstead Education Fair

As an extension of the 'Big Family Life Weekend' at Plumstead Church, an Education Day was held for both church and community youth on Sunday, 1 May.

A range of experienced professionals set up stalls with information about their field of expertise, including doctors, lawyers, accountants, nurses, social workers and dietitians. The young attendees were able to ask questions about the route to access these professions and the daily reality of what these roles involve.

The younger children were entertained with outdoor activities – bouncy castles and games – as God blessed us with a warm and sunny afternoon. At the same time, the Community Services Department provided refreshments to raise funds to support people in need.

Jodienne Ball, Fiona Lewis and Charmain Matandirotya spoke to the youth about the realities of university life. They stressed the importance of choosing the right friends and linking up with the local Christian Society to ensure that they associate with other young people with similar values. The speakers also emphasised the need for them to



focus on the Bible and maintain their worship, especially because of the negative influences associated with college life. The three graduates also gave advice on how best to present a curriculum vitae to prospective employers. Medical doctors, Akinniyi Solademi and Nike Dare, were the main guest speakers of the programme. They stressed the importance of making God the centre of one's career choice and guarding the avenues of the mind by making good reading choices. Careers and education, the presenters emphasised, should be viewed as tools to serve God better and not just ends in themselves, for 'What shall it profit a man to gain the world yet lose his soul?' Solademi and Dare continued by saying that prayerful patience and diligence pay off in the end, and that the financial freedom that education brings may enable them to take time out of regular employment in order to do missionary work overseas.

ANGELA LEWIS, COMMUNICATIONS DEPARTMENT



How old do you have to be?

On 14 May the children of Smethwick Church, supported by their Sabbath School teachers, P. Holness and R. Kumira, conducted both the Sabbath school and the worship service. Both services truly touched the hearts of all in the congregation. The sermonette was presented by 8-year-old Gift Pindeni, who has had a special talent of storytelling from the age of 3. Gift's first sermonette, entitled 'How old do you have to be?' and based on Romans 8:16 and 17, was an uplifting message for all ages. He encouraged the congregation to listen to God's voice and make the decision to follow Christ, and then reminded us that God can use us at any age. The message ended with his heartwarming testimony of how he gave his heart to the Lord on his baptism day – which he described as the best decision he has ever made. During the afternoon programme the children were awarded with the church's certificates, presented by the elders V. Parson and R. Perry and Sister R. Kumira for the completion of the level one Bible class, 'Let's Explore'.

AVA-GAVE PARSON, COMMUNICATIONS DEPARTMENT

SEC Sabbath School training

Dr Nadine Joseph, founder and CEO of Educational ConsultInc., spoke to Sabbath School teachers at the SS training days, held on Sabbath 23 April at the British Union Conference offices in Watford, and on Sunday 24 April at Lewisham Church. Approximately 100 participants attended, some coming from as far afield as Southampton and Birmingham.

The events were organised by the South England Conference Sabbath School and Personal Ministries Director, Dr Kirk Thomas, and his team. Thomas set the scene by sharing the global challenges Sabbath School is facing, including a drop in attendance. Dr Joseph's presentations were aimed at providing teachers with 'modern-day tools, research-based methods and techniques in order to have more effective Sabbath School classes.'

She also spoke of the need to 'infect classes with excitement for the word of God', and went on to point out that, rather than just transmitting knowledge or answering questions, teachers are there to help their classes develop critical thinking while guiding them to experience the Bible for themselves. She promoted various types of student-directed learning, such as delegating tasks for group work.

Joseph outlined how to cater for the different learning needs of students by varying the 'routes' to learning during lesson reviews. She suggested three possible ways: firstly, by varying the content in terms of difficulty and the nature of the themes covered; then, by varying the process of learning, such as the pace or activities used to achieve it; and lastly, by varying the products of learning: for example, students could produce charts, artwork or crosswords.

As well as knowing God, the lesson and their roles, Dr Joseph prompted teachers to know both their own personalities and the personalities of those in their classes in order to build better Sabbath Schools. She also motivated teachers to help students relate the content of Sabbath School to real-life situations.

Both Dr Thomas and Dr Joseph shared their vision of Sabbath Schools with attendees, in which caring and sharing occur naturally and are, as Dr Joseph phrased it, 'characterised by a deep respect for all.' She also recommended social events outside of Sabbath School as a way of getting class members to know each other better.

To economise on time, Dr Thomas advised limiting preliminaries to the lesson review in classes. Dr Joseph suggested that we not focus on every point made or cover the week's lesson in the quarterly day by day, but address the main themes instead. She quoted Ellen White's book, *Counsels on Sabbath School Work*, page 151, that Sabbath School 'should be a rest, a refreshment, and a blessing', and furthermore that lessons begin and end on an inspirational note.

According to Dr Thomas, classes are mini-churches which reflect the wider church. Therefore, Sabbath School departments should work together with their church leaders to promote a healthy climate by visiting, caring for and listening to members.

As the event concluded, Dr Thomas introduced the School of Sabbath School, which, with the support of Dr Joseph, will start this autumn and train Sabbath School teachers in various techniques from September to June every year.

Video recordings and PowerPoint versions of the training will be available under the 'Links and Resources' section on the Sabbath School page of the South England Conference website.

BOOKSALES

July
10 Sheffield (Concord Park)
21-24 NEC Session

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Scottish Mission launches new church

Paisley's African congregation recently set the Sabbath alight with colourful national dress and passionate songs sung in their native tongue. The occasion was the official transition from company to church, which was attended by many visitors from other West of Scotland churches.

In 2005, Paisley-based Glasgow church members started small groups that were co-ordinated by one indigenous member. As the Glasgow church membership increased from the influx of students, asylum seekers, refugees and economic migrants from all over the world, the church leadership decided to plant a church. The search for an appropriate venue resulted in a sub-lease agreement with the Christian Growth Centre (now Connect Church) and a church plant was launched in January 2009 under the leadership of the then Glasgow District minister, Clifford Herman.

Since then, despite nine transfers out, it has grown from nine baptised members and 44 regular attendees to a current membership of 36 baptised members – with a further 6 pending – and 65 regular attendees. One of the church's strengths is the fact that almost half of its congregation comprises young people and children. Consequently,

there is a youth programme and a vibrant Pathfinder club that strive at membership retention during and beyond tertiary education.

In his charge to the Paisley members, Pastor Bernie Holford said, 'I charge you to let the light of God's love show in you so that you will go and make disciples of all people, by serving, teaching, baptising and discipling until Jesus comes to take us home!' – to which the congregation responded, 'So help us God.' Pastor Paul Lockham, BUC Secretary, cited the story of the woman at the well and how, despite cultural differences, Christ's example in meeting people where they are and addressing their needs is a powerful motivation for moving out of our comfort zones.

In fact, the church has risen to the challenge of reaching beyond the cultural and secular divide by focusing on health ministry as its major outreach programme. With Scottish Mission Executive support, it is advancing plans to establish a healthy living centre and place of worship that will form a centre of influence for the West of Scotland and beyond. Paisley pastor, Claudiu Popescu, said, 'Beyond the formalities and celebration of this milestone in the life of our congregation, the occasion raised awareness of our call and the purpose of our existence – to respond to the needs of our community and to see the world and others through the eyes of God.'

JOHN WILBY



Retirement flats to rent in Swansea

Two flats are now available to rent in the brand-new Swansea church complex. The flats will initially be offered at slightly reduced rates to retired Adventist members, but if no suitable occupants can be found they will be offered to the wider Adventist membership. The first-floor flat is 56m² in size, and the second-floor flat is 58m², and both have balconies with a commanding view over Swansea, including the sea in the distance. Both flats have single bedrooms and a combined lounge/dining-room/kitchen. Please note that there is no lift, so successful applicants must be fit enough to climb the stairs. There is good access to the local shops and even better access to the church, which is right next door.

For further information please contact the Welsh Mission President, Pastor John Surrudge, by email at: jsurrudge@adventist.wales or by phone on: 029 2084 4106.

PASTOR JOHN SURRUDGE



Hanwell Church receives five-star food and hygiene award

The Hanwell church community lunch project received an added boost in February this year when it was presented a 'five-star food and hygiene award' from the local government Food and Hygiene Standards Agency at Ealing Council.

The Community Ministries Co-ordinator, Sarah Lubanga, said the award was a result of the dedication and collective effort of their six team members, adding that Pastor Dusan Uzelac and elders of the church gave them immense support in their work.

HANWELL COMMUNICATION DEPARTMENT



SEC ADRA Fun Run

Running or walking through Crystal Palace Park on Sunday, 1 May, were hundreds of eager people who had signed up for the annual Adventist Development and Relief Agency (ADRA) Fun Run.

'It's just fulfilling; it's just enriching. You're out there and you can't help but appreciate nature. You see all the flowers opening up – it's beautiful out there,' said Ronke Aborisade, Woodford Green Church ADRA agent.

Waiting for the participants with a smile were lots of volunteers who provided water and tracked everyone's miles. According to one of them, Rachel Johnson-Smith of Lewisham Church, 'Just the sense of fellowship that you get when you come down to something like this is wonderful.'



by Natasha Mirilov
(SEC Communication and Media Assistant)

One participant, Neville Burke, who was baptised last year at Croydon Church, had this to say: 'Church is not only for being within a building; you need to be outside as well. And you find that the church is also around you. You continue to just support everyone in need.'

This event, facilitated by the South England Conference, encouraged church members and

visitors to get involved with the charity. 'It is important for people to know that ADRA is actually doing something, and this Fun Run showcased that,' said Dr Kirk Thomas, SEC ADRA Co-ordinator. 'Everyone has enjoyed themselves... everyone has received their certificates, everyone is smiling. They have accomplished what they set out to do, to run and to have fun!'

Enjoy your sabbath with us as we worship the Lord, celebrate achievements, whilst having fun and making new friends.

Be there!

- Award ceremony
- Pathfinder concert
- Community outreach
- Marching in the city
- and much more!

LACU is now ACU

On Sunday, 22 May, the London Adventist Credit Union held its AGM at Holloway Church.

The initial concept of the credit union was constrained by legislation limiting its membership, first to North London and then to London. The union is now in a position to widen the participation criteria and it was unanimously voted to extend LACU membership to Adventists in the rest of England, Wales and Scotland. To reflect this change it was further voted that the London Adventist Credit Union should now be renamed the Adventist Credit Union (ACU).

In light of these changes ACU will be hosting a re-branding launch before the end of the year. The emphasis at the launch will be:

1. To encourage our children and youth to join ACU with the view of preparing them to lead ACU in the future, and
2. To help them to open savings accounts with ACU and acquire the habit of saving regularly.

Please pray for ACU as it endeavours to serve the members of England, Scotland and Wales. ACU can be contacted at info@lacu.co.uk if you require further information before the launch, which will be announced later.

Messenger

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	London	Card	Nott	Edin	Belf
Jul 1	9.21	9.33	9.33	10.01	10.02
8	9.17	9.29	9.29	9.56	9.58
15	9.11	9.23	9.23	9.48	9.51
22	9.03	9.15	9.14	9.38	9.41

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