

Messenger



ADRA-UK Gift Box Appeal: Thank you!

Children and adults from across the UK have been packing special boxes with toys, sports shoes, rucksacks, notebooks and stationery, in order to bring a smile to the faces of children far away. On 22 October the children of Kingswood Nursery visited ADRA-UK's offices to personally deliver their boxes for the Swaziland Gift Box Appeal. Each child was willing and eager to help, with one child expressing his desire to travel to Swaziland – but only for the day!

The Gift Box Appeal is one of the many projects that ADRA-UK is involved in, and their continued success in such projects is based on help from local churches and schools, such as Kingswood Nursery. Along with this, students from Stanborough Secondary School also delivered their beautifully decorated gift boxes – which will be gratefully received by the Swazi children in February!

By Thursday 19 November thousands of boxes had been safely packed into an airtight container and sent on their way to Swaziland to put smiles on the faces of children there. ADRA-UK wants to take this opportunity to express appreciation for the efforts of everyone – across the UK – who has supported the Gift Box Appeal this year.

ADRA-UK's vision is that of a world without poverty and our mission is to empower the world's poor with the resources, skills and opportunities to live a better life with dignity and hope. For more information on our projects and reports on the trip to Swaziland please visit <http://www.adra.org.uk>.

Keep up to date with ADRA-UK's activities via social media. Follow us on Facebook at [facebook.com/ADRAUK](https://www.facebook.com/ADRAUK) and Instagram at [Instagram.com/teamadra](https://www.instagram.com/teamadra).

ELIZABETH UHUKA (SUMMER PLACEMENT STUDENT)



Stanborough Secondary School adds beauty to generosity!

Stanborough Secondary School has supported the ADRA-UK Gift Box Appeal for many years, but this is the third consecutive year that it has been a whole-school initiative.

The students and staff collectively donated over £280 towards filling 101 boxes this year! On top of that, they also raised over £200 towards shipping costs! Besides their generosity, the students also decorated and personalised each box.

The project was co-ordinated by Ms Vanesa Pizzuto and Mrs Eileen Hussey.

WANDA REBOLLEDO, MARKETING ASSISTANT



Stanborough Secondary School

The staff of the Stanborough Press wish all Messenger readers a safe and blessed festive season!

Pax Romana

by Ian Sweeney, British Union Conference President

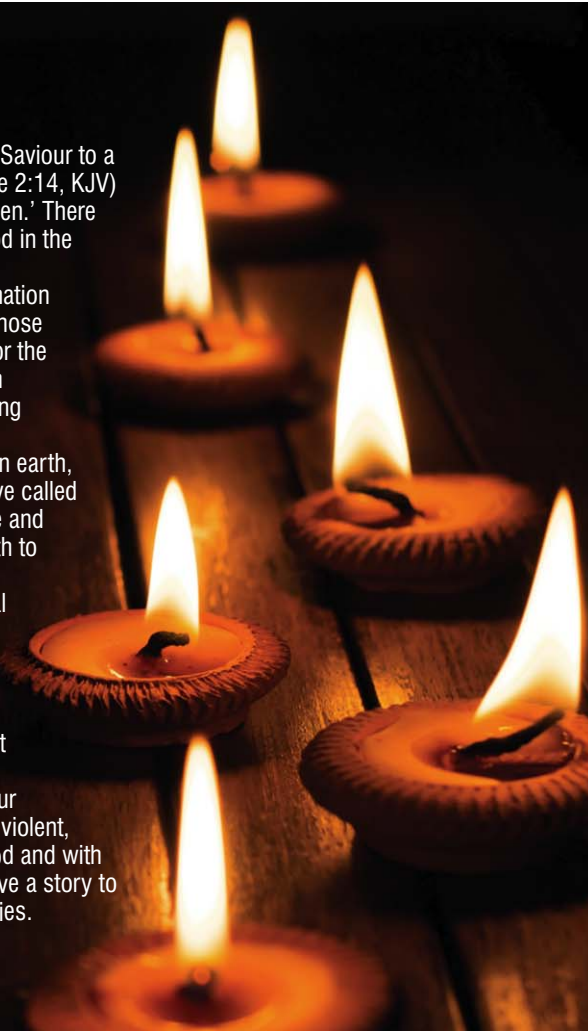
It was some 2,000 years ago that a multitude of angels announced the birth of our Saviour to a group of unnamed shepherds. In their joyous announcement they proclaimed (Luke 2:14, KJV) the doxology, 'Glory to God in the highest, and on earth peace, good will toward men.' There is both a vertical and a horizontal sense to this pronouncement, namely: 'Glory to God in the highest' (vertical) and peace on earth and good will towards men (horizontal).

The news over this past year reflects that the horizontal dimension of this proclamation is sadly lacking. As I write, the terrorist attacks in Paris still dominate the news. But those atrocities are just part of a sad litany of bloodshed that has mesmerised our media for the past year, with groups such as ISIL and Boko Haram fighting against the West, which retaliates with bombings and further military incursions. 'Peace on earth' seems a long way away.

It is interesting to note that when the angels made their announcement of peace on earth, the Roman Empire, of which Judea was a part, was experiencing what historians have called the 'Pax Romana' – 'Roman peace'. 'This 200-year period saw unprecedented peace and economic prosperity throughout the Empire, which spanned from England in the north to Morocco in the south and Iraq in the east' (<http://www.ushistory.org/civ/6c.asp>).

While there was peace throughout much of Rome's vast empire, there was no real peace within the hearts of men. The absence of war is not necessarily a sign of peace. The angels' announcement was a declaration that God was offering a peace that Rome could not give, a peace that could not be offered by the world. Some 33 years after the angels' announcement, Jesus said to His disciples, 'Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid (John 14:27, KJV).

As Seventh-day Adventists we have the distinct privilege and duty to share with our neighbours, family and friends our personal experience of finding Christ's peace in a violent, blood-soaked world. Through Jesus Christ we can share that we have peace with God and with our fellow men, and that God desires all of humanity to experience His peace. We have a story to tell of how Christ's peace has settled in our minds (Isaiah 26:3) and healed our families. Watching the news is frightening and we cannot be indifferent to the daily reports of violence. However, it is as a result of Christ's peace that we are no longer afraid, but wait and share expectantly that Christ is coming again!



Enhancing Health

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

Going natural Part 9a – Exercise: nature's healer

This issue begins a series looking at exercise as a natural method of healing and sustaining well-being. We commence with a look at what exercise does for the brain.

In an article published by the Time Inc. Network on 11 November, 2015, entitled 'Why Doing Squats Might be Good for Your Brain', new research reveals some interesting observations.¹ The study on which this conclusion is based appears in the 9 November issue of the journal *Gerontology*.

The research is the outcome of a ten-year British study that looked at the impact of exercise on muscle leg strength. The King's College London team concluded that leg strength is strongly linked to healthier brain ageing. They state that the findings suggest that simply walking more to improve leg force and speed could assist in maintaining brain function as we age.

The UK study subjects included 324 healthy female twins, aged 43 to 73, who were tested at the beginning and end of the study, analysing their thinking, learning and memory.

The subjects took part in various exercises such as squats and other leg-strengthening activities. The researchers found that the twin with greater leg strength at the beginning of the study maintained her mental capacity and had greater brain function and fewer age-related brain changes than the twin with weaker legs. In fact the researchers indicated that from their research leg strength was a

better predictor of brain health than any of the other lifestyle factors they looked at in the study.

Although the research outcomes did not prove causation (a definitive cause and effect), the researchers concluded that the evidence from their work seems to point to an association or link. They indicated that further study needs to be undertaken.

Lead study author Clair Steve stated that: 'It's compelling to see such differences in cognition [thinking] and brain structure in identical twins, who had different leg power ten years before.' She concluded: 'It suggests that simple lifestyle changes to boost our physical activity may help to keep us both mentally and physically healthy.'

Previous research has demonstrated that physical activity can enhance cognition and brain regeneration.² There is also animal research available that indicates that exercise releases hormones that encourage nerve cell growth.³ The associations indicated in this research are still unclear, but are believed to include other factors such as age-related changes in blood circulation, immune function and nerve signalling.

In the next issue we look at exercise as a mood enhancer.

Get moving!

¹<http://news.health.com/2015/11/11/strong-legs-linked-to-strong-mind/>

²<http://fitness.mercola.com/sites/fitness/archive/2015/01/23/brain-benefits-exercise.aspx>

³<http://www.ncbi.nlm.nih.gov/pubmed/19544415>

editorial

Fear factor



Julian Hibbert
Editor

At the end of this year CBS will have run the popular *Survivor* reality game show for 31 seasons – with more to come next year! Their version of this programme was launched in 2000 and has become the second-biggest earner in reality TV history.¹

NBC's response to *Survivor* was a series called *Fear Factor* that aired between 2001 and 2006, was revived in 2011 and – thankfully – ceased broadcasting in July 2012.² Why do I say 'thankfully'? Simply because it regularly contained scenes of unmitigated bad taste which usually involved such activities as close and confined contact with cockroaches, reptiles and rodents, not to mention the eating of live insects and various unmentionable animal organs.

Besides these activities *Fear Factor* also included many stunts that forced its contestants to confront their strongest physical fears and their deepest phobias. The result: during the show you would see them vividly expressing one or the other emotional state – everything from cool 'walk-in-the-park' confidence to total, heart-stopping fear.

Fear

We all have our 'pet' fears – spiders, confined spaces, heights, darkness, air travel and many more. By and large we either manage to master them or avoid the things and circumstances that cause them. Many of these fears originate from frightening or unpleasant childhood experiences. Let me illustrate.

As a young teenager I experienced the effect of a 'rip current' while swimming in the

warm waters of the Indian Ocean. These rip currents form when breaking waves push water towards the beach, which then needs to find a way back out to sea. In doing so it forms a powerful current that flows back between the incoming waves at right angles to the beach. This rush of water is called the 'neck' of the rip, but once it reaches beyond the breaking waves it dissipates into the 'head' of the rip and loses its power.

I unexpectedly walked into the 'neck' of a rip current that day, and before I knew it I was treading water out beyond the breakers – anxiously waiting for the lifeguard's swift intervention! It was all over in a matter of minutes, but the experience has left me with a fear of certain swimming conditions.

A specific kind of fear

Admittedly then, most of us have our own collection of fears to face. There is, however, a new type of fear that has stepped rudely into our lives this year. A fear that most of us have little or no personal experience or memory of – the fear of sudden, unexpected violent death!

Not since World War II has most of Western Europe been exposed to the level of civilian bloodshed seen during 2015.³ Things kicked off on 7 January in the Paris boardroom of the French satirical newspaper, *Charlie Hebdo*, leaving eleven dead and the same number injured. More were to die later – also slaughtered by the Islamist terrorist group Al-Qaeda.

Less than three months later on 18 March, Islamists attacked the Bardo National Museum in Tunis, causing twenty-two deaths, mostly among European tourists. Tourists were again the targets on 26 June, this time on the beautiful beaches of Sousse, Tunisia, where thirty-eight were left dead (thirty Britons among them).

Then on the evening of 13 November the worst yet, 'a series of co-ordinated terrorist attacks, consisting of mass shootings, suicide bombings, and hostage-taking, occurred in Paris', claiming the lives of another 129 innocent civilians, while leaving 368 injured, many seriously. Islamists were again responsible.⁴

This has truly become the year of *sudden, unexpected, violent civilian deaths!* In cities like Brussels and Paris, many ordinary people no longer feel safe at their favourite restaurants, cafés or theatres. When they are interviewed for TV you quickly sense the fear in their voices and the concern in their comments.

Should we be surprised?

No, we shouldn't. For in His description of the attitude of humanity just prior to His return, Jesus made it clear that men's hearts would be 'failing them from fear and the expectation of those things which are coming on the earth, for the powers of the heavens will be shaken' (Luke 21:26, NKJV).

Fear – **the fear of death** – will be an important distinguishing factor between the 'sheep' and the 'goats' at the end of time! God's followers, however, will not need to be afraid of anything because, as John aptly put it, 'There is no fear in love. But perfect love drives out fear, . . .' (1 John 4:18, NIV-UK). Clearly then, the most important preparation we can make for the dark days that lie ahead is to ensure that God's love has the space to do its 'perfecting' work in our lives until Jesus comes.

'If you say, "The LORD is my refuge,"
and you make the Most High your dwelling,
no harm will overtake you,
no disaster will come near your tent.
For he will command his angels concerning you
to guard you in all your ways;
they will lift you up in their hands,
so that you will not strike your foot against a stone.'
(Psalm 91:9-12, NIV-UK.)

¹http://www.forbes.com/2004/09/07/cx_pp_0907realitytv.html ²https://en.wikipedia.org/wiki/Fear_Factor ³The Madrid train bombing in Spain, on the morning of 11 March 2004 – three days before Spain's general elections – killed 191 and injured more than 1,800 ⁴https://en.wikipedia.org/wiki/November_2015_Paris_attacks

The MESSENGER team thanks those who faithfully submitted the news, adverts and various other items that filled our pages this year. We also wish all our readers a wonderful, safe and happy festive season!





'Invisible' power of the printed page

Stephen Holden compares two incidents of smuggling and their sharply contrasting outcomes.

HMP Stocken
HM Prison Stocken is a category C men's jail located in the parish of Stretton in the county of Rutland. The facility has a capacity of around 800 inmates.

A recent report in the national press reported that prisoners were being supplied with books and letters, the pages of which were impregnated with hallucinogenic drugs.¹ Although not illegal, these

drugs 'are less easy to detect because of [their] variable content. Normal methods of detection, particularly the use of search dogs, have only limited success.'² The effects of these so-called Novel Psychoactive Substances (NPS's) have been compared to LSD.

According to the report, pages soaked in the liquid herbal drug XTC were being smuggled into Stocken. The books were marked

in a particular way so as to indicate to the recipient those pages that had been 'spiked'. Prisoners were using these smuggled drugs themselves and also selling them on to other offenders.

The drugs are fast-acting and create significant and serious behavioural problems.

A ban on friends and relatives sending books to prisoners was introduced by the then prisons' minister, Chris Greyling, back in 2013 when this had been suspected, but was recently lifted, as it was ruled unlawful in the courts.

In June of this year a prison officer at this jail narrowly escaped death after being stabbed in the neck during a riot of inmates who were on these 'legal highs'. This resulted in 30 prisoners immediately being transferred to high-security facilities around the country.

Ravensbruk
During World War II, some 74 years ago, the Ten Booms lived in the district of Haarlem, Holland. Their house – a clock shop – was a hiding place for Jews and members of the Dutch underground who were being hunted by the Nazis.

During 1943 and 1944 there were often as many as seven people illegally living in the Ten Boom home.

Corrie became a ringleader within the network of the Haarlem underground. She, her family and many friends saved the lives of an estimated 800 Jews and resistance workers.

On 28 February 1944, the Ten Boom family were betrayed and the Gestapo raided their home. Although the soldiers systematically searched the

premises, they found no one other than the family, although six people were hidden behind a false wall in Corrie's bedroom.

Despite this, Corrie and Betsie, her sister, spent ten months in three different prisons, the last being the infamous Ravensbruk concentration camp near Berlin, Germany.

Life in the camp was almost unbearable, but Corrie and Betsie spent time sharing Jesus' love with their fellow prisoners. They were able to do this more effectively because they had managed to smuggle pages torn from a Bible into the prison. They formed a secret study group and would have been severely punished by the guards, if discovered.

Through all their experiences Betsie would say to Corrie that they should '*give thanks to God in all circumstances*' – and I recall that Corrie's response on one occasion was, '*I can't thank God for the fleas*' – which infested their hut.

Then one evening when a small group were studying together, guards were heard opening the door to search. '*No,*' said one, '*I'm not going in there – it's full of fleas.*'

Yes, from that point on Corrie gave thanks to God even for the fleas that plagued them constantly!

The effect of God's word on the women in that hut was said to be astonishing. The stealing and fighting that had been commonplace stopped and they started to show genuine care and concern for one another.

The power of God's love 'impregnated' into those pages of Scripture made a positive difference and it changed the lives of many inmates as it was shared among the prisoners.

What a sharp contrast between the responses to the pages smuggled into Ravensbruk and those received by the prisoners of HMP Stocken!

Consider this text in conclusion: 'Jesus said to the people who believed in him, You are truly my disciples if you remain faithful to my teachings. And you will know the truth, and the truth will set you free.' (John 8:31, 32, NLT.)

A conviction of truth brings freedom regardless of the circumstances – freedom from sin and its ultimate consequences!

¹www.telegraph.co.uk (19/10/2015) ²ibid. ³ibid.



Mary Philip is on the left

What a response!

I have never seen such excitement when it comes to giving as I witnessed when the staff at the Rosa Burden Centre in Southmead Hospital, Bristol, were introduced to the ADRA Gift Box Appeal. Their enthusiasm brought tears to my eyes as I stood and listened to the discussion among them as to how they would fill the boxes. I became emotional because it didn't take much convincing from me before they decided that they were going to participate and what they could do to help.

Their involvement started in August with a simple enquiry from one of the staff as to what event I was organising at the time. My response was, 'Oh, I am doing this Gift Box Appeal.' She asked what that was, and when I explained the concept her response just threw me off guard. She instantly said that she would help and she was sure that some of the other nurses would be happy to help too!

The next time I went in to work, I just happened to mention to the ward manager that I was doing the Gift Box Appeal, and that I had brought two boxes in. She immediately requested both boxes, and within a few minutes she had convinced four other staff members to join in. She didn't stop there – she involved the entire ward by sending emails to all her staff. Within a few days I received a text message from her requesting 15 boxes. I went onto the ADRA website to order the boxes but all orders had been suspended. I rang ADRA but they had run out of boxes. I then contacted other churches but did not hold much hope. I began to panic, but then I decided to ask for prayers from those on the church's WhatsApp forum.

The following day God answered those prayers, and I was directed to Des Mills from Lodge Causeway Church. He said, 'Mary, had you rung me one day later you would have missed me because I am leaving for Nepal tomorrow.' He brought me 13 boxes, which I brought to the ward. I was then informed that the boxes were not enough and that I had to find more. Many of the staff wanted more boxes. Some had involved their family members, who were now also asking for boxes. Others said, 'Please let us know any time that you are doing a project; we will help.' On Thursday, 1 October, I collected 21 boxes, which included one ordinary shoe box. I am overwhelmed and overjoyed at the team spirit that was displayed by the staff at Rosa Burden Centre.

MARY PHILIP

PHOTOS: NELSON KHONJE

'Au revoir'

Nearly three years ago, Nicoleta Limbosanu came from Romania to work in a nursing home. She joined the Exeter church and endeared herself to its members. Just over a year ago she married Florin Orasanu, a young Romanian pastor. They have joined in the life of the church and Florin has preached in a few West Country churches.

He has since been asked to participate in a mission project in Inverness. So, with much sadness, the Exeter Church members bade 'au revoir' to them on 17 October. Pastor Ian Lorek presented them with a card and cheque (to help them in their relocation), after which there was a fellowship lunch.

They will be missed in Exeter, but they have promised to visit in the future. So it is only 'au revoir!'

STELLA JEFFERY



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

Andrew Puckering

'What did Ellen White have to say about how we should celebrate Christmas?'

A First of all, while 'the twenty-fifth of December is supposed to be the day of the birth of Jesus Christ, and its observance has become customary and popular', Ellen White acknowledges, 'but yet there is no certainty that we are keeping the veritable day of our Saviour's birth.' She goes on to intimate that He may have concealed the time on purpose, that the day itself might not be given more glory than our Saviour as a form of idolatry,¹ since Christmas 'is generally spent in feasting and gluttony. Large sums of money are spent in needless self-indulgence. . . . These days are spent in glorifying self rather than God.'²

Given the above, we might suppose that she would recommend against observing Christmas: but nothing could be further from the truth. On the contrary, at Christmas, 'every household should remember their Creator and Redeemer' with 'gifts and offerings . . . would not the Lord be pleased with such a remembrance of Him?'³ In a section in *The Adventist Home* with the subheading in bold, 'The Day Not to Be Ignored', she counsels that, since 'the children have been instructed by precept and example that this was indeed a day of gladness and rejoicing', their 'desire for amusement, instead of being quenched and arbitrarily ruled down, should be controlled and directed' towards 'God and His cause and the salvation of souls'.⁴

Nor is such celebration to be dull and boring: she exhorts us to 'so [arrange] this matter that it shall not be dry and uninteresting, but full of innocent enjoyment that shall bear the signet of Heaven', as she was 'fully satisfied that innocent substitutes can be devised for many gatherings that demoralise'. This allowance even extended to Christmas trees 'for the amusement of the Sabbath school scholars', and when correspondents asked, 'Will it not be like the world?' she replied, 'You can make it like the world if you have a disposition to do so, or you can make it as unlike the world as possible [by decorating it with charitable gifts]'.⁵

Furthermore, 'It is right to bestow upon one another tokens of love and remembrance,' she says, 'if you do not in this forget God, our best friend. We should make our gifts such as will prove a real benefit to the receiver. I would recommend such books as will be an aid in understanding the word of God or that will increase our love for its precepts. . . . Here is a large field where money can be safely invested. There are large numbers of little ones who should be supplied with reading.'⁶ That makes sense, doesn't it? Christmas celebrates Christ's coming to save mankind. What better gifts to give each other than those that tell of such great salvation?

¹The Adventist Home, p. 477 ²Messages to Young People, p. 311 ³Counsels on Stewardship, pp. 296, 297 ⁴The Adventist Home, p. 478 ⁵Idem, pp. 482, 483 ⁶Idem, p. 479

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.



Burnout Britain

by Pastor Andrew Rashford-Hewitt

A sea of faces waits expectantly as the speaker for the morning clears his throat and begins to preach. The minutes tick by, till the clock at the back of the church shows that ten minutes have passed. The speaker glances over the audience only to find that a good number among the audience appear to have fallen into a deep meditation as they contemplate his profound and eloquent words.

Five minutes later the speaker pauses to survey the listeners again and notices that more appear to be in meditation mode with their eyes firmly closed.

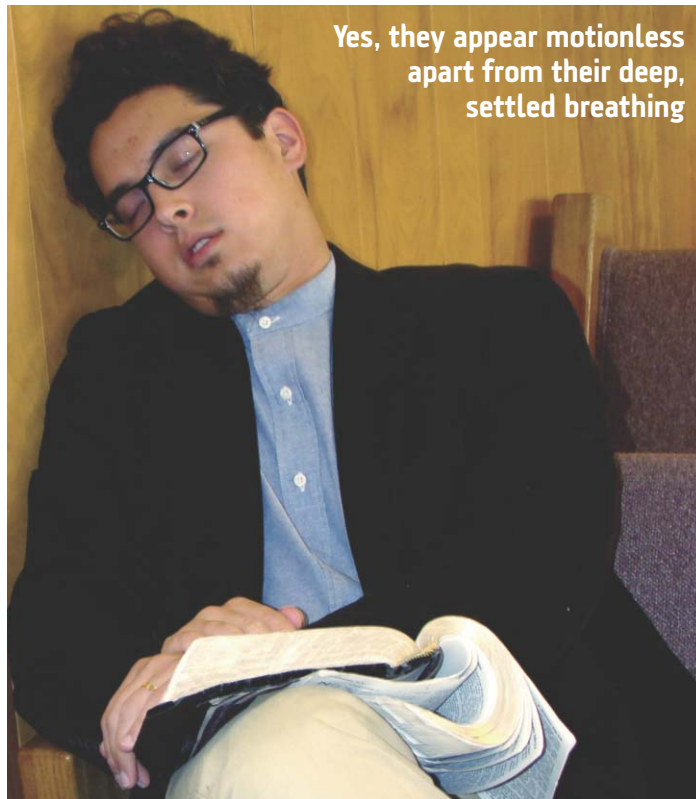
Some among them now appear to be actually in vision! Yes, they appear motionless apart from their deep, settled breathing, which reassures the speaker that the worst has not yet happened. Indeed, it appears that they are in deep vision, receiving wonderful revelations from the Spirit.

Then, suddenly, unexpectedly, here and there heads nod forward, only to be jerked quickly back into position. Their eyes are open again, glancing sheepishly from left to right to see if others have noticed!

This occurs week after week in many of our churches. It might even be happening in yours. In fact, I must humbly confess that it happened to me not so long ago, on a rare Sabbath off, as I sat with my wife in a church. But why did this happen to me? Why does it happen to so many of us? It can't always be because our preachers and speakers are uninspiring? Could it be because we are all just too tired? Maybe it is because we are just so busy during the six days of toil and labour, too consumed by all our social media and internet options that we are burnt out by the time we get to Sabbath morning?

Burnout Britain!

A recent article in the *International Business Times*,



dated 10 September, ran under the title 'Burnout Britain' and quoted a study by the Trade Union Congress that found that the number of persons working excessive hours since 2010 had risen by 15%. It went on to say: 'A total of 3.417 million people are working long hours [more than 48 hours per week], up by 453,000 since 2010'.

The report indicated that: 'The average working week in the UK is now 43.6 hours compared with a European average of 40.3 and limits of just 35 hours in France.'

Now the surprising thing about all these extra hours of work is that, according to data by the Centre for Economic and Policy Research, longer working hours do not equal higher output, better performance or greater productivity.

So what is actually happening in the UK is that we are working

Yes, they appear motionless apart from their deep, settled breathing

longer, producing less and becoming burnt out in the process. On a personal level, the result of all this is the increased risk of developing heart disease, strokes, hypertension, mental illness, stress-related conditions, marital difficulties and family breakdown.

Falling asleep in church?

Given such a work culture – one that breeds extended working hours and encourages us to take work home, stay at work late, or get to work long before others; constantly be stuck in meetings; not to mention the desire to fulfil multiple church offices; and faithfully discharge all our home and family duties – is it hardly surprising that many are falling asleep in church?

This brings us to the point of work-life balance. The idea of seeking to find balance in our lives between the commitments

of work and family; or between work and our needs for personal development, spiritual growth and service for the Lord and humanity. Perhaps we need to take more time to reflect critically on whether we are in balance or not, then learn that we can make choices that will bring balance and enrichment to our lives.

Tiredness affects our ability to relate to others

The other day I was talking to a friend who said, 'Andrew, I have come to realise that a tired man makes a lousy husband and father – so I am aiming to go to bed an hour earlier each night.' I then realised just how profound and yet simple his solution was. Tiredness affects our ability to relate to others. Tiredness also restricts our ability to serve God. So, in order to improve our relationships, our worship and our service for the Master, the first step is to provide ourselves with more rest. Here are a few tips to try to regain work-life balance.

A few tips

- Talk to God about the stress you are experiencing and the changes you would like to achieve in your life.
- Take regular time for a walk in nature to try to regain a wider perspective on life.
- While using Matthew 6:33, Psalm 133:1 and Ecclesiastes 9:10 as your reference points, take a sheet of paper and write down your priorities in order of rank.
- Decide what there is on your list that you can happily reduce or live without at this point in your life.
- Make the changes you want to and don't feel guilty – review your decision after a set time. Consider whether the changes have enabled you to serve God with more joy, your family with more peace and to be more restful in your own self. Review as regularly as seems necessary.

For further reading try *The Adventist Home*, by Ellen White, and *Work-life balance and health care benefits*, by Ann Tuchoika.

If we all take more time to reflect on our present lifestyles, we might see the need to make some simple changes that will improve our work-life balance – for our Lord, our families, our churches, ourselves and our employers.

Aberdaron Advent Campsite 2016 Summer Staff



Volunteers required for the summer of 2016.

Ten maintenance team staff required for nine weeks. Food and board provided along with a monetary allowance.

Please post your CV to:

Aberdaron Advent Campsite, Glan-yr-Afon, Anelog, Aberdaron, Pwllheli, Gwynedd, LL53 8BT or email it to: enquiries@aberdaroncamp.com.

Closing date for applications is **31 January 2016**.



www.aberdaroncamp.com



The sky's the limit

Leamington Spa Mission is housed in a former Roman Catholic church built in 1828 – a beautiful grade II listed building. It requires, however, ongoing maintenance, the latest of which is the replacement of a large, wooden-framed skylight that is rotting away. Among donations given in support of this project is that of Nigel Clark, who ran the Abingdon Marathon on Sunday 18 October. The church members once again generously supported his efforts, resulting in over £400 being raised. Nigel completed the race in 3 hours and 43 minutes, and wishes to thank everyone for their support. *NIGEL CLARK*



Customer's Appreciation Day

BOOKS



DVDs / CDs



FOOD



New vegetarian products available

Aston Newtown Resource Centre

Lichfield Road
Aston
Birmingham
B6 5SX

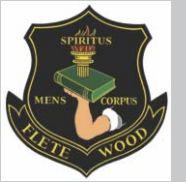
Tel: 0121 328 6380

13 December 2015
11am - 4pm

Rock Bottom prices on many items

As supplied, errors and omissions excepted

Fletewood School vacancies (Plymouth)



The head teacher and governors of Fletewood School invite applicants for the following posts:

Deputy Head Teacher (As soon as possible)

Fletewood prepares students for the 11+ examination and is highly regarded in the local community and by inspectors, for both its Christian ethos and high academic standards. Our aim is to provide a holistic education and develop the talents and abilities of every child.

We are looking for someone who:

- Has a clear vision of, and commitment to, the Seventh-day Adventist ethos and to the inclusion of all learners (as we are in the process of succession planning for a change that should take place in 2016, the successful candidate is required to be a practising Seventh-day Adventist)
- Has a strong personal faith that will enrich the life of the school
- Has proven leadership skills and the ability to encourage, support and challenge both staff and students; these skills should also include the ability to be innovative in ways that will improve our practice
- Is an effective communicator with good interpersonal skills, who will support and inspire pupils, staff, governors and parents/carers
- Gives evidence of excellent classroom practice across the curriculum
- Has experience of working both with pupils who are gifted and talented and with those who have additional needs
- Has a clear philosophy and the ability to put it into practice
- Is hard-working and has a good sense of humour
- Has experience in the UK school system and the right to work in the UK

Depending on qualifications and experience, salary will be up to £30,960.38 per annum.

Years 1 & 2 Teacher (Key Stage 1) (Starting September 2016)

If you would like to join a committed professional team; are familiar with the National Curriculum in the UK; enjoy being part of a learning and faith community; and have experience of working both with pupils who are gifted and talented and with those who have additional needs, then we would like to hear from you.

The successful applicant will be expected to show commitment to the vision of the governors and be willing to uphold the Christian Seventh-day Adventist ethos of the school.

The successful applicant is required to be a fully trained, experienced and qualified teacher and will receive a salary of £29,174.21 per annum.

A visit to the school is warmly welcomed. To arrange this please contact Mr John Martin at Fletewood School on tel: 01752 663782.

Fletewood School is committed to safeguarding and promoting the welfare of children and young people and expects all staff to share this commitment. The successful applicant will be required to undertake an enhanced Disclosure and Barring Service check before he or she can be appointed, and must also have the right to work within the United Kingdom.

If you are interested in joining the team in this successful school please request an Application Form, Job Description and Person Specification by either emailing Mrs Jacqui Crawford (jcrawford@secadventist.org) or writing to her at: South England Conference, 25 St Johns Road, Watford, Herts. WD17 1PZ.

Deadline for both applications: 31 December 2015.

J.A.M. celebrates seven years in ministry

After a spiritually uplifting camp meeting in 2008, a small group of young people from South London decided that their lives could never be the same again. Since inception, J.A.M. (Jesus and Ministries) has been a dedicated youth-led Bible study where young believers have been able to meet to study the word of God – and not just Adventists! J.A.M. is based in South London at the South East Ghana Church and led by Michael Agyei, who says: 'While we study God's word and learn how to apply what we have learnt to our lives, we also seek ways to minister to . . . the community in which we live.'

On 3 October J.A.M. celebrated its seventh anniversary with a full-scale programme for the day. It started with a dynamic Sabbath School followed by a powerful sermon by Asher McKenzie, who challenged the congregation to 'believe in the God you serve!'

After lunch was provided for all, a large group of church members, visitors and regular J.A.M. members walked down to Brixton Centre to lead out in evangelism. They sang songs of joy and handed out invitations to the J.A.M. Bible study. People from all walks of life listened and engaged in conversation with the members. 'This is great, I wish church could be like this every week,' commented a member from South East Ghana Church.

The evening programme started with the presentation of awards to the pastor of South East Ghana Church, Kwarteng Ampofo. After this, the J.A.M. leadership team engaged in a Q & A session on the challenges of running a ministry and the key to its success. The support from the SEC (South England Conference) was gratefully received by the members as the newly elected president, Pastor Richard De Lisser, presented J.A.M. with a cheque to show their support for this unique ministry. 'How can we as leaders help you?' the president asked. 'Apart from the ways you've outlined, we would like to help in a more immediate way.'

The evening programme continued into a time of worship during which the visitors who had been invited on the street earlier came in to enjoy a lively, diverse worship experience.

The climax of the day was the anointing service where a sermonette entitled 'The Potter's House' was preached by Shereen Rodney, who is part of the J.A.M. leadership team. 'You may have come in here broken today, but because you are in the Potter's house, He never throws the clay away.' Shereen then called upon the five SEC pastors present (Richard De Lisser, Kwarteng Ampofo, Anthony Fuller, Kevin Johns and Dejan Stojkovic) to come



Hyland House School Mime Group

forward, to pray with and anoint the awaiting congregation. Members and visitors alike came forward, while parents and children also came together to pray on specific matters. A moment of quiet reflection



Asher McKenzie



J.A.M. Leadership Team, from left to right: Pastor Dejan Stojkovic (Teens Director), Pastor Anthony Fuller (Youth Director), Pastor Richard De Lisser (SEC President), Michael Agyei (J.A.M. Leader), Pastor Kevin Johns (Pathfinders Director) and Pastor Kwarteng Ampofo (South East Church Pastor)

was had by many during this service.

Out of a small dedicated Bible study, many lives have been touched by the ministry of J.A.M. God doesn't need a lot of people; all He desires is a heart that is willing to sacrifice. J.A.M. is a testimony of how God can use anyone, even a group of eight young people who are passionate about the word of God to impact a community. *SHEREEN RODNEY*



Eight baptised in Oxford

The Oxford and Aylesbury district recently concluded a revival series entitled 'All About Jesus', led by Pastor Jonathan Burnett and a young dynamic preacher, Clarke Collins, which resulted in eight baptisms. Four candidates came from the Aylesbury church, three from the Oxford Filipino fellowship and one from Oxford Church.

The series was run on selected evenings throughout October, and members and visitors alike were thrilled to hear about the amazing grace of Jesus in reaching people no matter where or who they are. Pastor Burnett is convinced that this is just the start of great things that God is going to do in the Oxford and Aylesbury districts.

RAMESH MASSEY

Joyce Balentine: 102 years old

Chelmsford Church shared another milestone in Joyce Balentine's life when she celebrated her 102nd birthday on 4 September.

Family and friends provided the Sabbath lunch, as members celebrated Joyce's past service and her effort in establishing Adventist schools in India.

We wish her God's continued blessing and good health.

JOYCE SWAMY



Chelmsford homeless feeding programme

Chelmsford city centre was buzzing recently, both with the music of young children and with that of seasoned, experienced singers during the annual homeless feeding programme collection.

The music and the singing of hymns attracted the shoppers, who responded with both applause and donations. This was an excellent opportunity to witness to those people in the city centre about the love of Jesus, and to show what Chelmsford Church is doing for the homeless of the city. God richly blessed the collection, which raised £1,600 for this most worthy cause. *DHEERAJ*



Five baptised at Aston-Newtown

On Sabbath, 6 June, Aston-Newtown Community Church baptised five Pathfinders.

Over the past year Elder Peake and Sister Sinclair had conducted a series of Bible studies that led to Alwayne Campbell, Angle Simms, Josephine Hazeley-Jones, Milky Abebe and Maatii Abebe publicly declaring their faith in Jesus Christ through baptism.

The baptismal service was conducted by Pastor Jeff Nicholson and Elder Baker, who encouraged the candidates to depend totally on Jesus and maintain a close relationship with those who have a positive influence on them.

Each candidate chose an individual to read something inspirational on their behalf and a special hymn for the congregation to sing. The event was so inspiring that two more people indicated their desire for Bible study and baptism as soon as possible. To God be the glory. *KARMA SINCLAIR*

Holloway's centenarian

On Sabbath, 5 September, Holloway Church celebrated the 100th birthday of Alextine Roberts, who has been a member of the congregation for more than 31 years.

Alextine emigrated to England from Jamaica in 1956. After all these years she is still active and shows no signs of slowing down. She has even been known to take a bus to Sabbath School if the one assigned to give her a lift is 5 minutes late!

Holloway's members are very proud to have their own centenarian. *EMEKA NWOKOYE*



Newcastle's musicians shine

The Newcastle Children's Ministries department had a bright idea: 'Let's minister to someone.' And so it was that Lynne Samwanga and Rowena Ramos made friends with the chaplains at St Oswald's Hospice, a warm, friendly and bright place in Newcastle. This resulted in an invitation to sing there during the children's recent half-term break.

The programme they presented was a splendid one. David Wierzbki and Alexa Ramos melted hearts with their beautiful music on the violin and piano. The children were their usual highly professional selves as they formed an angklung choir. This was followed by their polished percussive performance. The songs and music were deeply appreciated by an audience made up of staff, full-time residents and day patients, many of whom shed tears of joy over what they heard and saw.

After the short concert people took an interest in the angklung instruments and praised the children for their behaviour and their performance skills. It was good for the parents to hear their children being praised in this way.

How do you measure success after an event like this? One chaplain has asked if the children could come and sing at the church she pastors. Another chaplain asked the children to come back very soon to sing again, while one of the hospice fund-raisers tried to book the children for a concert at the Gosforth garden centre on the following Thursday!

God was glorified and the children made their parents proud! *PETER JEYNES*



Middlesbrough Men's Ministry report

From 9 to 11 October the Middlesbrough Men's Ministry attended a retreat at the Langdon Beck Youth Hostel in the Forest of Teesdale. The theme of the weekend was 'Men Set Apart' – Men of Honour in the Bible – with Pastor Sandy Pairman as the main speaker. The facilities were excellent, and on arrival the twenty-two attendees were split into three groups, which during the weekend would be responsible for preparing and serving food while also keeping the venue tidy. With beautiful weather on Sabbath afternoon, Dr Andrew West organised a walk from the hostel to High Force waterfall and back. For some of the group the seven-mile round trip was quite exhausting, but this didn't get in the way of the excellent social event that took place later in the evening. A special blessing for the group was the attendance of two non-Christians who really fitted in and, hopefully, took away a positive experience of Seventh-day Adventists.

This weekend was about men spending time together in study, prayer, fun and sharing, and we are looking forward to more such weekends in the future.

COLIN WOODFORD



West Country retreat

Once again, October found us all looking forward to our annual 'get together' at Hill House Christian Centre, Bridgwater.

This much-loved spiritual weekend was started eleven years ago by Tony and Chris King and is still enjoyed by all those who attend.

This year our speaker was Pastor Michael Taylor, accompanied by his wife, Joan. Michael gave us some interesting insights into his much-loved hobby of stamp collecting, making many spiritual comparisons with how God 'collects' us. Stamp collecting involves taking the time to find the ones you want, and costs lots of enthusiasm, patience and money. In searching for us God's time has no bounds and His budget is unimaginable.

Many stamps sold at auctions are not perfect, and although they can be restored, they still aren't perfect, but those who are finally restored by the Master Restorer will show no imperfections.

Sabbath afternoon found us, according to our abilities, all enjoying walks, organised once again by Janet and John Overy. In the evening there was much hilarity (and a deal of cheating thanks to 'Google') as our brains were taxed by various quizzes.

This year we have to thank Lyn and Ray Morris for organising a very successful weekend, and we all, by God's grace, look forward to meeting again next year.

SANDY EDWARDS



Eleven baptised at end of MTTC series

As the first year of 'Mission to the Cities: Bristol' drew to a close, Bristol's four churches held an evangelistic outreach from 3 to 17 October at a modern academy venue.

This is the first time a major conference-backed campaign has been organised by a lay team (the Bristol Joint Evangelism Committee), using representatives from all the Bristol churches, with support and guidance from Pastor Kirk Thomas (SEC Sabbath School and Personal Ministries Director).

The speaker was Evangelist Eugene Benjamin, a charismatic preacher from Antigua, who used the book of Revelation to tie in current issues with biblical prophecy. These *Signs of the Times* meetings were well-attended – including 40 to 50 visitors. Home visits were made to these interests by the evangelist and his team of Bible workers over the two-week period.

On the last Sabbath there was a joyous baptism of 11 people at Bristol Central Church. Pastor Thomas baptised them and there were emotional scenes as Jennifer Phillips, one of six sisters, was baptised. Two of her sisters and family members sang a dedicatory song: 'The Longer I Serve Him'.

Other candidates included 13-year-old Favour Owwoye, whose proud father welcomed him into the church. Angela Ginis was supported by her fiancé and his family. They are preparing for their marriage in India in December.

There were smiles all round as former Bristol Central members, Gervan and Leeanna Kelly and their children, witnessed Gervan's mother, Jasmine Berry, being baptised. There was also delight as Simeon Tenev, who had been attending church for some time, made his decision for Christ – likewise for Victoria Nwoke-Marengi, who was also making one of the most important decisions of her life. And there were particularly emotional scenes as mother and daughter, Arlene Mitchell and Shanese Reynolds, were baptised together.

Ramone Williamson, who has been helping out in Bristol Central's AV team, said that he 'felt fresh, like a new person', starting a 'new chapter' in his life. Orville McPherson, who had been introduced to the message by a church member, was also overjoyed to make his commitment.

The evangelistic outreach was a great opportunity to 'work together to deplete the population of hell and increase the population of the kingdom of God'.

IAN SABADIN

Be of good cheer

This was the message that Pastor Dale Galusha, President of Pacific Press Publishing Association, shared with the members of Grantham Church on Sabbath, 12 September. Pastor Galusha, over on a visit that coincided with the annual Stanborough Press Open Day, reminded the church that Christ's instruction to 'be of good cheer' (John 16:33, KJV) has often been repeated to His people in times of distress. In the midst of crisis and turmoil, Christ's message is one of hope! With a rousing rendition of 'We Have This Hope' to end the service, those who heard his message were certainly left with food for thought!



SHEBA M. HUGHES



A marginalised church

Newbold's Week of Spiritual Emphasis (12-17 October) engaged young and old alike with the theme: 'Marginalised'. The week tackled social justice issues within the church through a series of talks by members of the Newbold community, on those circumstances through which individuals may be relegated to the periphery of our fellowship: gender, culture, sexual orientation, financial status, and religion.

'We feel that there are a lot of issues, many of which relate to young adults, that are not spoken about, and we felt strongly compelled to address them during this semester's Week of Spiritual Emphasis', said Pastor Alastair Agbaje, Newbold's chaplain. 'There are many people who identify with marginalisation, so it was a topic that we felt would resonate with the audience,' he added.

Talks throughout the week came back to the central question of whether the church is an avenue for addressing the social injustice experienced by the marginalised, or whether it is merely a social experience.

In a surprisingly honest series of discussions during the week, many opened up to talk about ways they have felt marginalised, and the part the church could play in dealing with this – such as encouraging the formation of small groups and individual contact points with which to reach out to those in danger of marginalisation.

'Church felt real this week,' said one student who attended the programmes. 'We see social injustice happening within the church and yet no one seems to engage in a conversation about the issues that surround it,' he said. 'I liked how the discussions after the presentations were not one-sided. The week opened my eyes to the current needs of the church in terms of social justice, the need to break the barrier placed before the gospel – a message that Jesus loves all regardless of their gender, sexual orientation, financial status, religion or culture.'

JUDITH MAKANIANKHONDO (COMMUNICATIONS ASSISTANT, NEWBOLD COLLEGE)

Wednesbury investiture

On Sabbath, 10 October, 18 Pathfinders and more than 10 Adventurers were successfully invested and awarded their hard-earned honours after a year of hard work and dedication.

The day commenced with a 'musical' Sabbath school by the Adventurers, and it was a pleasure to see them present their parts in an organised and confident manner. A praise team of three Pathfinders prepared the congregation to receive the word of God from Pastor Alan Hush (NEC Pathfinder Director).

Pastor Hush's sermon was entitled, 'We need to embrace the darkness'. He emphasised that God is present with us in times of darkness and through it He develops our characters.

The charge to the Adventurers, Pathfinders and Master Guides was then made by AC Mark Sinclair, and the dedicatory prayer done by AC Colette Harvey.

This was followed by a good fellowship lunch served to members, visitors and friends. The day concluded with a leaders' meeting to commence plans for the coming year.

Pathfindering continues to showcase a wonderful array of our children's talents and abilities.

KARMA SINCLAIR



A special gift . . .

Your neighbours see you dress up smartly each Saturday. Some of them even know where you are going, but do they actually know what makes a Seventh-day Adventist tick? A special edition of FOCUS magazine that has been released in time for Christmas may be the ideal way to share with them what you believe in a gentle, friendly manner.

'FOCUS on Seventh-day Adventists' not only gives the reasons why a former Adventist decided to return to faith (and become a minister), but shares the story of faith in the lives of Adventist musician, Ken Burton; top chemist and creationist, Professor John Walton; former hippy and now faith-grounded health promoter, Luisa Hulbert; and the witness of Adventist volunteers abroad and at home who give willingly of their time and effort to share the compassion of the God they love.

Pastor John Surridge's article, 'They were never meant to be museums', provides an engaging invitation to visit an Adventist church, while in 'Spot the difference', Pastor Victor Hulbert gently shares what Adventists have in common with other believers – and how we differ.

Don't just give a seasonal card this Christmas season – give something of lasting value. Neighbours, work colleagues,

friends and family will appreciate this engaging look at what it means to be an Adventist.

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Thanksgiving at Hampstead

On Sabbath, 26 September, Hampstead Church had the honour of having the longest-serving British Union president, Pastor Cecil Perry, fellowship with them for their special thanksgiving service.

But they celebrated more than the harvest. It was also a time of thanksgiving for both their new organ and some recent construction work to make the church accessible to disabled worshippers – both of which were also dedicated.

KIRK MORRISON (COMMUNICATIONS LEADER)



NEC Advanced Pathfinder Leadership training

Over the weekend of 3 and 4 October the Advanced Pathfinder Leadership Award (APLA) candidates gathered in Silverwood near Sheffield to continue their course, which began in February. The course, under the guidance of Pastor Alan Hush of the North England Conference, trains and equips Pathfinder leaders who then, in turn, train and equip the young Pathfinders.

During the weekend, candidates were further helped to develop their leadership skills by enthusiastic trainer, Pauline Matturi (Area 7 Co-ordinator). She ran animated sessions in management skills, methods of facilitation, understanding temperaments, training and presentation skills. Candidates were taught to deliver impromptu training sessions while their peers assessed them. The weekend would not have been complete without an extensive hike over the Trans Pennine Trail, facilitated by John Bishop.

It was a blessing to have NEC and SEC join forces as Area Co-ordinator Percival from the South England Conference attended and took an active part during the sessions. This being the third intake of the APLA course so far, the candidates are on track to complete it and be invested in 2016.

MGCINI MKWANANZI (AREA 2 CO-ORDINATOR)



20 years of flower festivals

At the end of August the Crieff church, situated at the Gateway to the Scottish Highlands, held its annual Floral Arts Festival. It was a special occasion this year as the church celebrated its 20th anniversary. The title for this weekend spectacular was, 'Thanks for the Memories'. The flower arrangers chose anything from the previous 19 years' displays. Some of the themes in those years were: 'All Things Bright and Beautiful', 'People Helping People', 'Treasures of the Earth', 'Beliefs of the Adventist Church', and 'Hymns'. As usual the festival ran from Friday afternoon to Monday afternoon, with home-made baking and crafts for sale (except on Sabbath) to help swell the donations. This year the church raised £1,000 to help children whose lives are disrupted because they need to care for a sick parent or sibling.

All our floral artists are amateurs, but they have gained a great reputation and people come from as far away as 60 miles to see the displays. Since we changed from the traditional 'flower festival' to 'floral art festival' we have become more and more ambitious. A big thank-you is due to Moyra Rodd and Dorothy Logan for the many hours they spent at church doing their own displays and encouraging everyone else as they worked on theirs. Thanks are due to those who act as receptionists, caterers, and those who move chairs around and do all the heavy lifting. It is an event where practically every able-bodied member of the church is involved – a time of being united in a common cause. Tired at the end of it? Yes, but uplifted!

RUTH FARRER

Redruth Harvest Festival

During autumn, thanksgiving services are held everywhere to thank God for His bountiful blessings. The first modern harvest festival was held in Cornwall in the mid-1800s, initiated by an eccentric vicar called Reverend Stephen Hawker, who was the minister of Morwenstow. The idea soon spread, becoming one of the best-loved services in the Christian calendar, celebrated throughout the land in congregations of all sizes.

On 26 September the Redruth church held their service, conducted by Pastor Chris Peake. As there are only seven members, a valiant effort was made to decorate the church platform. The picture shows the love and devotion that went into their efforts.

VAL ROWE



'Healthy Lunch Box' options

As part of the recent 'double adoption programme' between the Bristol church and the Glenfrone Primary School, the school's Community Event on Friday 25 September was well supported by members of the church.

The Bristol Joint Evangelism Committee (BJEC) was invited by the school's principal, Mrs Inger O'Callaghan, to bring an added flavour to this annual event by demonstrating a variety of healthy lunch box options for children. This was done by a team of 12 enthusiastic members of the church.

This initiative at the school follows on from the success of 'Healthy Lunch Box Alternatives', which was introduced at a national VegFest event in Bristol in May. Some members contributed delicious homemade food samples of vegan patties and wraps, which were well received by the parents. Others shared their recipes and techniques for healthy, nutritious and tasty juices, with one helper coming from as far away as Bath.

There were other participants whose 'finger-licking' vegan beef

Annual health checks in Exeter

'This is fun,' commented one lady who attended the Exeter health checks on 12 September. She had asked the vicar of St Stephen's Church in Exeter High Street when the Seventh-day Adventists would be coming back and was very excited when told the date. This is the third year running that Exeter Church has provided the service for the city at this ancient church, and a number of people have returned to benefit from a free health check.

Some even brought last year's record sheet in order to compare data. Fewer staff were available this year, which meant that those who did report for duty had to work solidly all day. Sixty-nine people attended and forty-eight completed feedback questionnaires. It was gratifying to see that 77 per cent felt the service was excellent and the rest rated it as good. After the final assessment 31 per cent were going to follow up by consulting their doctors. The banners spelling CELEBRATIONS were also appreciated and some people made notes about the health tips on each banner. Bags containing free water and literature were distributed to each attendee.

Later on in the month, two ladies came independently to an open day at the church and spent time talking to Pastor Ian and Romola Lorek and Stella Jeffery. They emphasised that they had really appreciated the health checks and hoped that we would be back next year. Yes, we shall, and plans are already being discussed!

STELLA JEFFERY



strips went like hot cakes off the trays, with even the young children coming back again and again. Evan Green from the Newport church, who manages a smoothie bike, also impressed the crowd with his range of smoothies made from berries, avocados and ripe bananas, to name a few of his ingredients.

Mary Philip, the Health Ministries leader, and Angela Baker-Wright were responsible for planning how the church would support the event. They were both thrilled at the overwhelming support from the staff and pupils of the school, especially the children who were there to greet them.

The event ended with an exhibition in the school hall where Mrs O'Callaghan thanked those who participated, and made special mention of the support received by the church. Jasna Philip commented that she really enjoyed being a part of the event and that the church should take this type of project to other schools in the Bristol area as soon as possible.

MARY PHILIP

PHOTOS: NELSON KHONJE

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SEVENTH-DAY ADVENTIST CHURCH

As supplied, errors and omissions excepted



BUC Women of Virtue programme

The first Women of Virtue conference held in the BUC to focus specifically on business, ministry and personal development took place at the Paragon Hotel in Birmingham on Sunday 27 October. The impressive line-up of guest speakers included change activist and international speaker, Jackie Lynton; career and business coach, Jaz Rodney-Sargeant; and creative design consultant and entrepreneur, Lydia Simon. The event dealt with the productive life of the woman of Proverbs 31 and highlighted how, as Christian women, we can make our business ventures and ministries productive, leading to positive results in all aspects of our lives.

The well-supported event was the fifth in the growing list of initiatives emanating from the Women of Virtue (WOV) programme, founded by BUC Women's Ministries Director, Sharon Platt-McDonald. Together with Sandra Golding, Sharon has authored the *Women of Virtue Manual*, which outlines thirteen key attributes of the virtuous woman of Proverbs 31, a valuable resource for use in the Women's Ministries Department.

Keynote speaker, Jackie Lynton, in her opening presentation entitled 'Change is not an option', emphasised that change was inevitable and that the transformation of our minds was essential in order to be what God wants us to be. 'People don't resist change,' she said; 'they resist being changed.' She went on to say that the nature of transformation included that we should have the mind of Christ (Philippians 2:5); we should be changed into His likeness (2 Corinthians 3:18).

Youthful entrepreneur, Lydia Simon, sent out a strong challenge to the women, asking them to consider this question, as Moses did: 'What do you have in your hand?' She encouraged attendees to use

their gifts, skills and abilities to develop their economic capabilities and emphasised that 'Christian women need to develop their business and ministry skills'. She also shared her own journey as a businesswoman. It started when she was in primary school with a tuck shop in her home and her siblings as her customers. She was also really good at drawing and used her artistic skills early to create items like posters and cards for others. Today she runs a successful design consultancy and feels that she is using what God has placed in her hand to bring glory to Him.

Jaz Rodney-Sargeant of Bedford Central Church inspired many with a testimony about her search for an identity separate from that of her family and the legacy of her parents. She left the church because she felt that it was not providing the identity she felt she needed. Enthralling the audience with anecdotes about her experiences, she emphasised that we should be preoccupied with what God says about us and not with the labels others assign to us. 'Stop hiding your deficiencies and work on overcoming them instead,' she urged.

The women were enthralled by the inspirational rendition of well-known hymns by virtuoso saxophonist, Mark Bunney, who also spoke of the role his love for music had played in his life.

Sculptor, potter, writer, songstress and pastor's wife Andrea Rashford-Hewitt explained the rationale behind her specially-commissioned sculpture of the virtuous woman and how she was unsure that she could create such a piece in the first place. She encouraged the women to explore their capabilities and to make sure that using their giftedness always brings glory to God.

Finally, after a jam-packed day of inspirational learning and fellowship, Jackie Lynton closed the conference with a charge to the women to live their purpose despite challenges, reminding them that there is a season for everything, a time for every purpose under the sun and that we need to find our purpose. She acknowledged that some people may be in the 'wilderness period' of their lives where things seem dry, arid and painful. She cited Joseph, Nehemiah, the children of Israel and Jesus as having had such seasons in their lives, then offered the following insight: 'Your choices in your wilderness season determine how long it takes and where it takes you. How long you are there is up to you.'

Everyone who attended should have found something they could take with them to apply to their business or personal life.

Sharon Platt McDonald (BUC Women's Ministries Director) was excited about the outcome of the day too. 'The verbal and written feedback has exceeded my expectation. Undoubtedly God was at work throughout the event.'

GERALDENE FARMER



Reading West Community Day

It was all about 'community' as Reading's community leaders and representatives joined our church members at Reading West Church and Life Development Centre to celebrate our Community Day (19 September). Among the community leaders were Councillor Rachel Eden and community champion, Rebecca Stoyanovitch. They had been invited to join the members to reflect on the impact the church and life development centre has made on the Reading community over the past 20 years. Malika Bediako, SEC Community Ministries Director, along with local leader David Aboagye and his team, were there to welcome them.

Talking about that impact on the less privileged, like those who attend the fortnightly soup kitchen, Rebecca Stoyanovitch said, 'We sit around the table and eat together... we are a family. It's not just about the food, but it's also about belonging to a family that shares stories, sings together and learns from each other.' Other community-focused activities that they run include: gardening; sporting activities for young people in the community; health expos; and creative/messy church. Obviously moved by the ongoing community programme, Councillor



Eden pledged her full support to it, emphasising the important role of Christianity in bringing communities together.

In her keynote speech – which followed after a delicious fellowship lunch – Malika Bediako shared some of the exciting plans that the South England Conference has for communities over the next four years. She highlighted the need for all Seventh-day Adventists to be innovative, creative and active in reaching out to their local communities.

Pastor Dennis Mingo reminded attendees that the recently acquired church and life development complex was not only acquired for congregational purposes, but also to serve as a life development centre for the wider Reading community.

The day ended with final preparations for a two-week evangelism series, 'Hope For Tomorrow – Staying Afloat in a Sinking World', to be run by Pastor Edsel Cadet from Boston, Massachusetts.

For more information on Reading West's life development centre, please visit: www.readingwestadventist.org.

ALISON AWUKU (ELDER)

PHOTOS: GEORGE DE SOUZA



Welsh ladies brimming with love

What is it? Where does it come from? How can we explain it? Can it be measured? And how does our love differ from God's love? These are just a few of the questions posed to the 12 ladies who attended the Welsh Women's Ministries retreat at Belmont Abbey, Hereford, during the weekend of 9-11 October.

We started with love and we ended with love. We discovered that love is a fruit that is always in season, and that the opposite of love is not hate; it is 'not caring'. We were also convicted that loving others, via our kind and good works, is an expression of our love for God.

As we savoured the presence of the Holy Spirit our hearts were warmed and filled with joy, and we realised once again that Jesus did the greatest work on earth by redeeming the world and teaching us how to love. As always during our retreats, we prayed hard, we talked about the importance of prayer and how it enlarges the heart and, finally, we looked at the size of our own hearts.

Our Women's Ministries retreats have been taking place for 20 years so we celebrated with a special birthday cake.

Two non-member ladies shared Sabbath evening with us and thoroughly enjoyed themselves as they joined in singing various choruses and sharing in much fun and laughter!

JENNIFER ROWELL (SPONSOR FOR WOMEN'S MINISTRIES IN WALES)



Hanwell's HBS 2015

For one week in August, Hanwell Church opened its doors to the community through its Holiday Bible School (HBS). From 9am to 4.30pm, Monday to Friday, around 43 children (13 of whom were from the community) participated in the programme. Each day, through singing, acting, Bible stories, movies, games and food treats, the children learnt that 'God Has the Power' to help them conquer all their daily challenges.

This year, the theme was set at a base camp on Mount Everest. Through daily Bible points, children experienced the power of God to provide, comfort, heal, forgive and love them as they embarked on conquering the mountain. The HBS finished with a graduation service on the Sabbath where friends, family and church members got to experience some of the week's activities for themselves. This was followed by the presentation of the certificates of attendance by Hanwell's pastor, Dusan Uzelac, amid loud cheers from proud parents and guardians.

The children have had a fantastic time at HBS, just like in previous summers, and some of those from the community later returned to attend Sabbath School and join up again with friends they made during the summer. The event has certainly raised the profile of the church in the Hanwell community in recent years.

DENESE CHRISTOPHER (CHILDREN'S MINISTRIES)

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for a plastic bag...?



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Journey to Swaziland!


GIFT BOX APPEAL



We have a chance for **TEN** volunteers to accompany us to Swaziland and distribute the gift boxes & help renovate a school classroom!

Sat 13th February - Wed 24th February
Email volunteering@adra.org.uk for an application form or more information

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www.facebook.com/ADRAUK
[youtube.com/adrauk](https://www.youtube.com/adrauk)
Registered charity 1074937 (SC03726 - IOM110)



As supplied, errors and omissions excepted

3ABN closes on European satellite

Church members across Europe with Hotbird satellite installations are expressing disappointment that 3ABN, following the lead of Hope Channel last year, cut their European satellite transmissions as of 31 October 2015.

With the satellite channels gone, members are asking, where is the best place for me to watch Adventist TV? Here are the current options.

Roku: A small box that connects between the internet and your TV. This will give you multiple Hope Channels (3 in English) along with 'on-demand' programming; 3ABN; and several other Adventist channels. Roku boxes start from around £39 and are easy to install.

Samsung smart TV: An excellent Hope Channel app is now available. It should also shortly be available on Amazon Fire.

On your **smartphone or tablet:** Look in the Apple store or Android Play store for Hope Channel or 3ABN.

On your **computer:** Watch 'on demand' videos or live stream on www.hopetv.org or <http://3abn.org/>.

VICTOR HULBERT
COMMUNICATION & MEDIA DIRECTOR

Messenger

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Sunset

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

	Lon	Card	Notf	Edin	Belf
Dec 4	3.54	4.06	3.51	3.42	4.01
11	3.52	4.04	3.48	3.39	3.58
18	3.52	4.05	3.49	3.39	3.58
25	3.56	4.08	3.52	3.42	4.02

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