



Special Needs Camp turns 40

by Joy Bussey

Our long-awaited celebration camp took place from 1 to 8 July on the Aberdaron campsite. Our theme song was 'Our God Is a Great Big God', and this was sung by everyone at all our worships during the week, as it expressed our appreciation for the many blessings God has given the Special Needs Camp over the past forty years.

Worships, led by our team of Pastors David Rancic and Curtis Murphy with Zephania Khoza, were frequently illustrated by our drama group of campers and staff, giving biblical examples of celebrations.

The usual expectations of a seaside holiday for our campers were not forgotten. We were blessed with warm, sunny weather, which meant that there were daily trips to the beach. Special art and craft sessions were also available each day, giving each camper – and each staff member who wished to participate – commemorative items such as bags to take home. Those who enjoy visiting Wales because they have an interest in small trains were not disappointed, as, early in the week, a small group had such a train ride from Porthmadoc. On Wednesday everyone visited a farm, where campers and staff enjoyed handling and feeding different animals. The usual stop was made at the dodgems before returning to the camp. More physical effort was required on Thursday for bowling, and then again on Friday for sports.

Staff worship on Friday took the form of an agape meal, followed by a candlelit service where we were reminded of the light each one of us has to show others from the Saviour.

Sabbath was a very special day, which started with one of our non-Adventist team members asking me why we celebrated a special day on Saturday, rather than Sunday. One thing which had been unusual during the week was that several of our non-Adventist campers had been asking to pray during worship, and were asking spiritual questions as well. Our pastoral team had conducted small group discussions during the week, and prayer requests had been shared by pinning them to an allocated board. At the end of one evening worship Zephania asked who wanted Jesus as their Friend, and the response was almost unanimous.

During our Sabbath worship time, a solo was sung by our oldest ever camper, experiencing his first holiday, who celebrated his eightieth birthday a few weeks after camp. We also heard again from Lena Rancic, one of the youngest on site, who sang 'My God Is So Big', as well as some special items from the camp choir.

I found that, for me, one of the most moving experiences of the camp was the final camper worship on Sabbath evening. Pastor Rancic talked about the celebration which will take place in heaven one day soon. Before he gave the closing prayer, he was interrupted with



requests from campers and a non-Adventist staff member who all wanted to pray before worship finished. I was reminded of the words of Jesus about becoming as a child as these simply phrased prayers were spoken.

Special Needs Camp is a holiday for people with disabilities, providing respite for their regular carers. However, it is also a mission. One of our earliest campers was a woman with a life-limiting condition. She contacted me afterwards to thank us for showing her Jesus, who was now part of her life as she spoke with Him every day. She passed away soon afterwards, but with a Friend she only learned about at camp.

We are very grateful to all who gave of their time this year. If your church would like to learn more about this mission, or if you would like to join us next July, please contact me via our website, specialneedscamp.co.uk.

Stanborough Press Open Day, Sunday 9 September –
plan now to attend • See page 9 for details.



Bone health

In this interview Sharon Platt-McDonald, British Union Conference Health Director, talks to Windi Lameck (MD, MPH), who is a PhD candidate at the Carnegie Faculty, Leeds Beckett University.



Sharon: Windi, what can you tell us about the importance of our bones?

Windi: Can you imagine our bodies without bones? It would be impossible to conduct life as we know it. Thanks to our Creator for creating us with a bony skeleton that supports our bodies, gives us shape and makes our movements possible. Bones are vital but we don't always give them the attention and care they deserve. Unfortunately, when bones are not well cared for, they become weak, easy to fracture or painful. For children, weak bones increase the risk of developing bowed legs (rickets).

Sharon: What is bone tissue composed of?

Windi: Bones are made up of minerals, mainly calcium and phosphate, water and other components such as collagen (a protein). The health of bones is determined by the amount of minerals in them, commonly referred to as Bone Mineral Density (BMD). BMD is measured by a special type of X-ray called a DEXA scan (Dual Energy X-ray Absorptiometry). When a DEXA test is done the results are either normal bones, mildly weak bones (osteopenia) or severely weak bones (osteoporosis).

Sharon: Windi, are there any specific tissue changes in our bones as we age, resulting in conditions that may have a negative effect on us?

Windi: For the first three decades of our lives we tend to build up BMD and afterwards we lose it. It has been noted that adolescence is the peak age for BMD accrual and that after 40 years the rate of mineral loss from our bones increases significantly due to some hormonal changes in our bodies, ageing and increased inactivity. For women, menopause is a significant age when their oestrogen levels drop significantly, putting them at risk of developing weak bones – osteoporosis. Another factor that affects the health of bones, especially for young women, is stress. It has been observed that young female athletes such as ballet dancers, gymnasts and others have an increased risk of developing osteoporosis. This has been attributed to the stressful demands of their sporting careers, which cause them to develop poor eating habits, which lead to energy deficiencies and possible eating disorders. They also suffer from menstrual disturbances, the most serious of which is amenorrhoea. They are also at a higher risk of low bone mass, which results in osteoporosis. This condition is commonly referred to as the Female Athlete Triad.

Sharon: How then can we preserve bone health as we age?

Windi: Two strategies that can be used to help our bodies develop healthy bones are: maximising the mineral accrual in the bones in the first three decades of life, and maintaining, or minimising the loss of, bone minerals after the age of forty. To achieve that we need a balanced diet rich in calcium and vitamin D to foster healthy bones. A good amount of calcium can be obtained from foods like green leafy vegetables such as broccoli, cabbage and okra, soya beans, soya drinks with added calcium, nuts, bread and other confectionaries made with fortified flour, milk and other dairy products, as well as fish that can be eaten with their bones, such as sardines and pilchards.

Sharon: Windi, what are the vitamins and minerals essential for healthy bones?

Windi: Sharon, we also need vitamin D for absorption of calcium and phosphate. Our bodies can make vitamin D from direct sunlight on our skin when we are outdoors. In the UK, most people are able to synthesise enough vitamin D from sunshine during spring and summer (i.e. from early April to late September). The sunlight between 11am and 3pm during spring and summer provides enough ultraviolet (UV) energy to facilitate the vitamin D synthesis.

A good exposure to skin, such as forearms, hands and lower legs, is needed to produce the daily requirement of vitamin D. However, care should be taken to avoid overexposure of skin to the sun, which can lead to detrimental effects such as sunburn or increased risk for skin cancer. Exposure of 10-15 minutes per day should be adequate to attain a safe balance during summer in the UK.

Sharon: What about seasonal changes? How should we respond to these?

Windi: During winter, between October and March, the sunlight does not contain enough UV energy to produce enough vitamin D. During this time we can rely on other sources of vitamin D such as foods (e.g. oily fish like salmon and sardines, beef, egg yolks, fortified foods such as breakfast cereals) and supplementation. It is worth noting that not all milk and other dairy products in the UK are fortified with vitamin D, but the situation is improving.

Sharon: What about exercise? Can it enhance our bone health?

Windi: Exercise is vital in enhancing strong and healthy bones. Studies have shown that exercises which generate relatively high-intensity loading forces, such as plyometric 'jump training', gymnastics, and high-intensity resistance training, increase bone mineral accrual. It is recommended that exercises to strengthen bones should be performed for ten to twenty minutes, twice a day in at least three days in a week. Some of these exercises might be challenging to the elderly and those with medical conditions such as hypertension, diabetes and obesity. Some adaptations can be made to suit them, depending on their ability. In general, all sorts of exercises have benefits to our bones. It should be noted that when we exercise we sweat, and we need good hydration: so drinking enough water is good for your bones and general health. Remember, about 10-20% of our bone material is water.

Sharon: How would you summarise all this in one sentence?

Windi: All in all, for healthy and strong bones, we need a balanced diet rich in calcium, enough exposure to the sun for our bodies to produce vitamin D, enough exercise, and water for good hydration.

Sharon: Windi, thank you for this enlightening interview.



The danger of 'little things'

On 6 February 2013 Adam Aspinall, reporting for *Mirror.co.uk*, wrote the following about something called domino toppling, which has more enthusiastic followers worldwide than you can imagine: 'During the whole month of setting up four million dominoes for a world record attempt, members of a Dutch team lived constantly in fear of accidentally knocking them over.

'But while they managed not to make any mistakes, their painstaking efforts were still undone... by a sparrow.'

Apparently, the team had set up the dominoes in an exhibition centre in the Dutch city of Leeuwarden in 2005, but were thwarted by the frantic efforts of a trapped bird that knocked down 23,000 of the dominoes. Unfortunately, there wasn't enough time to re-stack the display before the record attempt was scheduled to commence. Sadly, according to Aspinall, 'They shot the bird.'

It gets worse...

Yes, believe it or not, it gets worse. On 3 August this year, a committed group of 20 domino topplers in the picturesque town of Nidda, near Frankfurt (Germany), were trying for a place in the *Guinness World Records*. They were 'attempting to beat the record for the most mini-dominoes to fall in one go. But a fly landed on one of the tiny dominoes [which are no bigger than a little fingernail], triggering the chain reaction before they had completed the setup.'² In this case, the report doesn't mention the fate of the fly!

Well, seems to me that there are lessons to be learned here, and not just by domino topplers. It appears that little things may have an impact on life **that is totally out of proportion to their size or their normal significance.**

Domino toppling aside...

To drive home this lesson, let's look beyond the eccentricities of domino toppling. Take for instance what happened at the Koeberg nuclear power station, 30km north of Cape Town, South Africa. It is the only nuclear power plant in Africa, and at that stage it was the sole source of electricity for an area measuring 49,981 square miles – roughly the size of England, but with a much smaller population.^{3/4}



Koeberg was 'one of the first nuclear power stations designed to be specifically resistant to earthquakes... [built] to withstand a magnitude 7 earthquake at a focal distance of about 10km.'⁵ Its reactors were well-designed and built to last. But on Sunday 25 December 2005 the electricity supply across that vast area was shut down without warning. Why? There was a problem in the generator of Unit 1: 'While the generator was being powered up after scheduled refuelling and maintenance, a loose bolt, which was left inside the generator, caused severe damage, forcing it to be shut down.'⁶ **A sparrow, a fly and now a loose bolt!**

What was that lesson again?

The phrase 'fly in the ointment' is a common idiomatic expression describing 'a small but irritating flaw that spoils the whole'. And although its first modern appearance can be dated back to John Norris's *A Practical Treatise Concerning Humility* (1707), it is likely that the expression derives from Ecclesiastes 10:1:⁷

'Dead flies putrefy the perfumer's ointment, And cause it to give off a foul odour; So does a little folly to one respected for wisdom and honor.' (NKJV)

What is that lesson again, the one taught by **the sparrow, the fly and the loose bolt?** *It appears that little things may have an impact on life that is totally out of*

proportion to their size or their normal significance. Having said that, however, these little things that can have such a major and unexpected impact on life **are sometimes hard to avoid** – like the sparrow and the fly.

But Jesus had a different problem!

He was opposed by a group of influential religious people who were not trying to avoid little things: **they were obsessed by them!** Hear what He says in Matthew 23:23: '*What sorrow awaits you teachers of religious law and you Pharisees. Hypocrites! For you are careful to tithe even the tiniest income from your herb gardens, but you ignore the more important aspects of the law – justice, mercy, and faith. You should tithe, yes, but do not neglect the more important things.*' (NLT.)

Jesus has no intention here of discouraging faithful tithing; instead He is simply illustrating another danger associated with little things – don't let them distract or preoccupy you. **Don't let them divert your attention from the core realities of the Christian faith.**

Let imagination transport you to the pre-supermarket Palestine of Christ's day. A Pharisee has had a good crop of 'mint and anise and cummin' (NKJV) and he is busy counting through the piles of tiny dried seeds – thousands upon thousands of them – in order to pay his tithe. With a knife blade he separates them: one for God, nine for himself; one for God... He is patient, meticulous, fastidious – or, as the Americans say, a 'fussbudget'. His life is preoccupied with the 'technicalities' of being religious: about when and where to wash your hands; how, when and where to pray; who you can touch or even speak to; laboriously counting tiny seeds instead of quickly weighing them; how far to walk on a Sabbath or whether compassion is appropriate or not in the face of human suffering!

In the face of this, Jesus calls on the religious of His day **to get their priorities right – to avoid the danger of 'little things' – and not to 'ignore the more important aspects of the law – justice, mercy, and faith'.** It is not *new religion* He's calling for, but *true religion*:

'He has shown you, O mortal, what is good. And what does the LORD require of you? To act justly and to love mercy and to walk humbly with your God.' Micah 6:8 (NIV).

Editor's note: For further reading on the tithing of these garden herbs see the *SDA Bible Commentary*, volume 5, page 490, on Matthew 23:23.

¹<https://www.mirror.co.uk/news/uk-news/guinness-world-record-attempts-that-failed-1588421> ²<https://www.dw.com/en/fly-ruins-german-domino-world-record-attempt/a-44955761> ³https://en.wikipedia.org/wiki/Koeberg_Nuclear_Power_Station ⁴https://en.wikipedia.org/wiki/Western_Cape ⁵https://en.wikipedia.org/wiki/Koeberg_Nuclear_Power_Station ⁶*ibid.* ⁷<https://www.phrases.org.uk/meanings/fly-in-the-ointment.html>



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John 15:12, 13, NIV: 'My command is this: Love each other as I have loved you. Greater love has no one than this: to lay down one's life for one's friends.'

If you were walking in a westerly direction along Oxford Street towards Marble Arch and Hyde Park, turned left at Oxford Circus Underground Station and proceeded south-east down Regent Street, taking the fourth right onto Conduit Street and left at the end onto New Bond Street, and finally second left into Burlington Gardens, then right into Burlington Arcade, then stopped outside numbers 52-53 – where would you be standing?

Well, you'd be standing outside Hancock's & Co – a small jeweller's established in 1849 – and still (after all these years) doing very nicely, thank you.

A very prestigious address in West London's Mayfair, it attracts all the right clientele – that is, those with obscene amounts of disposable

How well do you know our capital's West End?

income – who regularly dispose of it. But, rather than bother about the customers, do you recall what the significance of this small jeweller's in Mayfair was and is?

Well, it is the company entrusted, since its inception in 1856, with the manufacture of the rarely awarded 'Victoria Cross', made from bronze taken from the melted-down breeches of guns captured at Sebastopol during the Crimean War. The remaining chunk of metal is capable of providing enough material for another 80 or so Victoria Crosses, and is kept locked away in what is described as a 'safe storage depot' belonging to the Ministry of Defence.

This bronze, in and of itself, has little intrinsic value, but, because of its provenance and the use to which it is put, it is irreplaceable, and therefore priceless. The rough-cast crosses are individually hand-finished by craftsmen at Hancock's – each one being quite unique, even before the recipient's name, rank, and serial number are engraved on the reverse – along with the date and act of heroism for which it has been awarded.

The inscription on the face simply reads: 'For Valour'.

At the risk of flouting the copyright of the Telegraph Media Group I'd like to make reference to an account which appeared in April (2008), written by Lord Ashcroft, about Lance Corporal Matthew Croucher, making a recommendation for awarding the VC for his 'selfless action' in Afghanistan. With all the negative coverage in the media at the time from various so-called 'theatres of conflict' around the world, along with the sad statistics which resulted from them, it was good to hear of an incident with a positive slant.

The report revealed that, with only seconds to make a decision, the 24-year-old Royal Marine, Matthew Croucher, threw himself onto a live Taliban tripwire grenade, which he had activated during a reconnaissance mission in a compound in Helmand Province in Afghanistan. He did this in order to save the lives of three other soldiers with him. Showing intelligence as well as valour, he twisted onto his back to allow his rucksack and field equipment to take the full force of the inevitable blast. Yet, even then, there was a high probability that, having made this 'selfless decision', the lance corporal would be killed – or at least sustain horrific injuries.

Instead, although the grenade exploded and the blast flung him across the compound, his shredded rucksack and kit saved his life.

He was left stunned, bleeding from the nose

and temporarily deaf due to perforated eardrums, but, remarkably, in one piece and very much alive. The report indicated that Matthew was up on his feet almost immediately, as if it were an everyday occurrence: 'just another day at the office'.

The young Royal Marine from Birmingham, we were told, even turned the incident into a military advantage for his patrol and they were subsequently able to suppress the armed insurgents although vastly outnumbered.

A proposal that Lance-Corporal Croucher should be decorated with the Victoria Cross was to be considered by the influential honours and awards committee. Later reports, however, indicated that he had been awarded another decoration in the form of the 'George Cross', which also recognises 'acts of the greatest heroism or of the most conspicuous courage in circumstances of extreme danger'. It is the highest civil decoration of the UK, but can be awarded to the military for incidents which occur where no enemy is actually present. Croucher is one of only 22 living recipients of the medal.

A thought for today then: the Victoria Cross and the George Cross remind us of another 'cross' that the Gospel speaks of – one that is to be *carried* rather than *worn* – one that we as Christians are requested by our Captain to take up daily. These crosses too are unique, as if they have our own names written on them. They also demand that we show courage and be resolute in the face of an enemy in a very different 'theatre of conflict': the enemy, nevertheless, being one who seeks to maim and destroy us.

Some 'red letters' of Jesus found in Matthew 16:24, 25 (MEV) say, 'If anyone will come after Me, let him deny himself, and take up *his* cross, and follow Me. For whoever would save his life will lose it, and whoever loses *his* life for *My* sake will find it.'

In losing our lives for the sake of Christ and His Gospel, we are promised that our temporal crosses will be replaced with eternal crowns – ones of glory that Peter tells us 'will never fade away' (1 Peter 5:4, NIV).

So let's keep that thought today and remember these words from John 3:16, 17 (KJV): 'For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should *not perish, but have everlasting life*. For God sent not his Son into the world to *condemn the world*; but that the world *through him* might be *saved*.'

Stephen Holden



Nathalie Johansson



From atheism to Adventism

While growing up I never questioned if there was a God or not because all my life I had been told that God was nothing but a myth. School taught me that evolution was a fact of life not to be questioned. While many Christians may find it odd to believe in humankind originating from apes, it never crossed my mind to doubt that.

My mum was a devoted atheist who believed in Darwin and Nietzsche. My dad was a firm agnostic. I was made to believe that Christians had their heads in the clouds and were a little bit crazy. I remember my mum confidently telling me that Christians were living in an unrealistic fairy-tale world; therefore, even if a Christian engaged me in discussion, there was no reason for me to believe in what they said.

Despite my parents' views on Christianity, strangely enough my mother was keen for me to learn about Christianity by making me meet Christian people and go to Christian churches. This was her reasoning: 'It is important for you to know about the Bible, Christianity and the Christians so that you will never ever become a Christian yourself.' It was about me discovering the fakeness of Christianity for myself, which would eventually make me gain the same anti-Christian views as my parents had.

My mother took me to the Baptists, Methodists, Jehovah's Witnesses, Mormons, The Salvation Army, Seventh-day Adventists and various evangelical groups while telling me why I should not join these churches.

I especially remember the Baptist, Salvation Army and Adventist churches because those were the ones in which I spent the most time. My mother had on several occasions taken me to the Salvation Army charity shop and after a short while I became part of their youth club (unfortunately the youth club ended after a few meetings).

Two of the ladies at the Salvation Army were members of the Adventist choir and on several occasions asked me to join, a request I declined. At the same time, my mum started attending courses at the Adventist church on personality types. She asked me to join, and again I declined.

I must confess that I was drawn more towards the Baptist church, although I never attended any services there. The Baptist pastor was a nice man, and every week some people from the congregation would sit on the grass outside the church, singing and talking, while others handed out cookies and cups of tea. The Baptist group offered a nice and friendly atmosphere, but in spite of that I never felt like I should become part of their group, a feeling I did not understand at the time.

After several attempts my mum finally convinced me to go to the Adventist church. Although I was not keen to attend the group she had joined there (it had now turned into Bible studies) I suddenly felt quite keen to join the choir. It was a small choir and I already knew the two ladies from the Salvation Army. The associate pastor who led the choir was really nice and immediately made me feel welcome.

I attended the choir regularly, and after a couple of weeks I finally started attending the Bible study group with my mum as well. The fact that the Bible study had a break where they offered delicious biscuits and drinks definitely helped me in my decision to become part of the group. The congregation was very small, which meant that they didn't have normal church services, replacing them with a Sabbath Bible study group in the afternoon. The pastor of the church was in charge of the group and he and his wife soon became like my second family.

One particular Sabbath the pastor told me to go to the library, pick up a particular book and have a look at a certain page. He told me that it would help me find answers about which day to worship on. I went to the library, found the book and read an entire description about how the Sabbath had been changed to Sunday. At that moment I knew that if I were ever to join a church it would have to be the Adventist Church, because all other churches that I knew of kept Sunday as their day of worship. However, this did not make me choose to become a Christian.

You may be wondering what happened in my life to change my mind and eventually lead me to join the Adventist Church. The answer is that the pastor, his wife and the church members took me in as one of their own; and this made me want to become part of that family, even if I was not fully convinced about God's existence.

It was a cold December evening and I was in my bed ready to go to sleep. I was battling with myself and unable to answer the question about God's existence and whether I should fully commit to becoming a member of the Adventist Church and be baptised. My room was dark. There were no lights outside my window.

I remember that at that moment I prayed to God asking Him to show me a sign, a sign that would convince me that He existed and that the Adventist Church was the church He wanted me to join. At that moment my room was filled with light, a light I could not explain. Suddenly I felt a warmth and peace in my heart that I had never had before. That was when I made the decision to get baptised in the Adventist Church, because I felt like God was telling me to do so.

One and a half months later I was baptised. I was the first person to be baptised in the Adventist church in my town for over 10 years, and Adventists from all over the area came to attend the event. My parents thought I had lost my mind – that it was simply one of those phases in one's life that one grows out of, and that one day I would come to my senses and leave the church.

My grandparents were convinced I had joined a dangerous cult and refused to listen to reason. I lost the majority of my friends. The greatest problem was that I had alienated myself from my family and friends because of the Sabbath, because I refused to eat pork and because my mindset and lifestyle had changed.

I was 14 years old when I was baptised, and almost twenty years have passed since I made the life-changing decision to follow God. I have not changed my mind: I am still a faithful member of the Adventist Church. My grandparents have changed their minds about the church, now being very positive about it, and my parents realise that I will never change my mind about my decision. I came to believe 100% in God's existence; I have grown and developed in my faith and I keep on walking on God's path.

One beautiful summer Sabbath morning, three years ago, my mother too was baptised in the same baptistry I was baptised in, by the same pastor. My journey and that of my mum, from atheism to Adventism, may have taken nearly two decades but it was well worth it.

My dad died of cancer two years ago. I am hoping he will join my mum and me in heaven one day. I am hoping we will see him again at the Second Coming, since he had the heart of an Adventist Christian during the final years of his life.



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Dear Editor
Pastor John Surridge's report on church structure (in the *MESSENGER* of 20 July) is disappointing and frustrating for several reasons.

To continue with structures which are not solving some of the significant issues he details (and some not noted) and expect improvement hardly commends itself to wisdom. To have a committee of only six persons to evaluate the matter and expect the outcome to be objective seems an inadequate way to deal with a complex issue.

The membership of the British Union has within its ranks men and women who serve in the government; in multinational corporations; and at the highest level of management in industry and commerce. Surely there would be wisdom in looking for input from among them?

While we are thankful for the growth in membership we should not be unaware, ignorant or complacent at our membership

losses. This is not to imply that we are, but it is a fact to be noted.

It is an unfortunate aspect of organisations like the Church that they do not welcome and are often not open to independent evaluation. This is a great loss of opportunity to ask ourselves, 'Is what we are doing effective and productive?' When you consider the tens of millions of pounds the members contribute to the work of God year by year, is it not wisdom to ask ourselves if we are getting the best value?

These and other issues suggest that at least one aspect of church structure which could be implemented is regularly submitting ourselves to objective evaluation regarding our progress or lack of it.

As Pastor Surridge notes, 'times are changing', and we can either respond to them or let them roll over us. We need to be open, liberal and respectful of all points of view in our examination of church structure.

Surely what is important in these matters is not to have closed minds, but to be open to free and honest discussion. After all, the best decisions are made with the maximum of information. The objective is how we can best serve the will and purpose of saving souls of which the Lord has made us stewards.

PASTOR PATRICK BOYLE

Dear Editor
It is good to see in the *MESSENGER* that various people in our church structure are beginning to think and write more about home education, including recently Dr Brighton Kavaloh and Kathleen Hanson. I have listened to Dr Kavaloh speak on subjects relating to this and he is very well researched, and I believe Kathleen Hanson would like to provide more resources for home-educating families, which is good.

As someone who has been home educating her two sons for 12 years, I would like to help dispel some apparent misconceptions/stereotypes about home education. In the UK among most of those who choose 'elective home education' or 'education otherwise than at school' (the British legal wording) it is known as 'home education'. The term 'home schooling' is American, and can create the image of very structured sessions sitting at a table with books. The reality is that home education happens in many places in many ways. The styles different families choose to home educate vary, from being very structured and workbook-based; through some structured book-work study mixed with practical activities, including trips and home-education groups; to very autonomous child-led education. Different styles suit different families and children depending on their characters and any special needs they may have.

Home education is something to be enjoyed together as a family. It is a lifestyle, a whole-life activity. We saw it as an extension of our parenting and family life.

Our family was somewhere in the middle of the spectrum of home-educating styles, including some book work but also a lot of reading and practical

activities. For us it was exploring nature, history, science and our faith through books, museums, trips, home-education group activities and being outside. It was conversations at the table, or in the car as we travelled; books we read together on the sofa; holidays here and abroad exploring new places, learning their history, geography, culture and natural history in a fun way. It included walks and bike rides, group activities run by local country parks and museums in the 'school' holidays, and church activities. We got to know each other as parents and children in a way we would have missed had our boys stayed in school. (We took them out of school at 7 and 4 respectively). It allowed the boys to spend extra time on the things which really interested them (in their case music and photography) and to develop those skills in a way which would not have been possible otherwise. Although it was a responsibility with some challenges it was very enjoyable and worthwhile for all of us.

I would encourage anyone who is interested in home educating their children to get in touch with other home educators to get a feel for it and to spend time together from time to time for mutual support. Do also get in touch with Kathleen Hanson via the BUC Home Education page of the BUC Adventist website, and also contact Neal Lawrence at the SDA Home Education Association at sda.homeschooling@ces-edu.org or tel: 01686 651067 to find out more about the legal implications and also to find other Seventh-day Adventist home educators in your area.

VICKY BEAMISH



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Catherine Anthony Boldeau, ADRA-UK Development Education Officer

After completing a successful pilot test for Swaziland during this summer, ADRA-UK's new Virtual Gift Box (VGB) campaign will benefit children in Sri Lanka and Burundi. From 14 September to 14 November you will have eight weeks to go online and pack a virtual gift box for children in one of these countries.

The Virtual Gift Box is a way in which ADRA-UK can utilise cutting-edge technology to provide much-needed supplies for children in developing countries, without any costly physical intervention in the UK. Funds will be transferred to the receiving ADRA office, which will purchase the supplies in the recipient country, and the gifts will then be hand-delivered to the children.

Sri Lanka's central mountains host beautiful tea plantations. While it may look pretty, life in these areas can be hard, especially for children. Many families there are just surviving, and 'making ends meet' is a daily challenge. Your virtual gift box, delivered by ADRA Sri Lanka, will bring a smile to a child's face there and light up their day.

Burundi is one of the world's poorest nations and faces almost constant political upheaval, which affects children in particular. ADRA Burundi is working in some of the most challenging areas of this small country, and with your help they will bring a bit of hope to disadvantaged children there.

Why not decide to donate a virtual gift box today? Just visit adragiftbox.org.uk between



Technology keeps giving and giving ADRA-UK launch their Virtual Gift Box Appeal

14 September and 14 November and provide tangible support to a needy child today.

Each virtual gift box you donate will cost just £10; and did you know that if you are a UK taxpayer, you can Gift Aid your donation to further assist ADRA-UK? Go to adragiftbox.org.uk and help children in need.

You may want to support a child in the mountains of Sri Lanka or the struggling nation of Burundi. What about supporting a child in both of these countries? Whatever you choose to do, please go to adragiftbox.org.uk and use technology to help needy children in positive and meaningful ways.

Note: 100% of your donation will go to your chosen country. Please

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Main speakers:



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GC Associate Director of Sabbath School/Personal Ministries



Pastor Dwain Esmond

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Theme: *Let's Take Another Look at Ellen White.*



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Paula Campbell
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In the Waiting Room



Avery Davis
Author,
Dear Rachel



Sharon Platt-McDonald
Author, columnist, and
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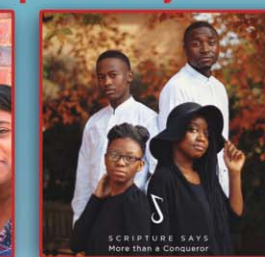
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PLUS: food stalls, games, and other activities for the whole family – don't miss out!

Seven baptised at Blackpool

Seven people were baptised into Blackpool Church on Sabbath afternoon, 24 March, at the Moor Park swimming pool. It was the first time Blackpool had hired a public swimming pool for a baptism, and the first time the pool had hosted such an event. It seemed that the curious bystanders also enjoyed watching these precious souls being baptised.

The names of the participants* who were baptised by Pastor Jeff Couzins are: Jimilai Kuruvakadua, his wife Alisi and daughter FiFi, who studied with Pastor Couzins prior to baptism; Joseph Massey, who found the Lord through evangelism, then found the church, after which Bible studies also followed; Majnal Rankin, who was influenced to accept Jesus through her Adventist family; and the young married couple, Jordan and Timea Illingworth, who were also influenced through family members.

Also present were singers from Preston Church who filled the pool area with the sweet sounds of their music. We pray that those baptised will remain firm in their faith and continue to be a witness to family and friends.

**As supplied by the local church.
COMMUNICATION SECRETARY*



Photo quality as supplied



Grantham's health expo success

To some the idea of a 'health expo' at a town carnival being held over a weekend, including the Sabbath, may seem strange, but not to the Health Ministries Department of the Grantham church.

Under the enthusiastic prompting of Sharon Braham, the department's leader, that is what happened in mid-June. A similar event had taken place last year, but this was more ambitious!

Surrounded by the trappings and noise of a carnival atmosphere, between 100 and 150 visited the stand during the two-day period.

38 families completed and returned the church's Health Course invitations, while visitors were offered a range of health checks, including BP and blood sugar monitoring. All the checks were conducted by qualified local Adventists.

Two 'visitors' were sent to the local hospital with extremely high pressure, while others were recommended to see their GP as soon as possible!

A number of 'goodie bags' were distributed which included health-related items, as well as devotional literature. Children were also catered for with a book and a free balloon!

The carnival organisers were very pleased to have us on board, since it was a first for this annual event, and invited us to partner with them in the future.

We may never know the far-reaching outcomes of the expo, but we are sure that quite a few were made more aware of the importance of what they eat and drink and the need for a possible lifestyle change in the future.

MIKE COWEN



Above: Majnal Rankin
Right: Jimilai, FiFi, and Alisi Kuruvakadua
Top: Pastor Jeff Couzins, Joseph Massey, Jordan and Timea Illingworth

General Conference Session 2020 Announcement for musicians

In keeping with the Trans-European Division's practice, we are once again inviting musicians (individuals and groups) from our territory to apply to perform at the 2020 GC Session planned for Indianapolis, USA. The final selection will be made by the General Conference Session Music Committee according to clear guidelines that are available at <https://session.adventist.org/music/>. This site also contains the full details about how to apply and how the selection process will take place.

Kindly note that completed applications, supporting documents and music must be uploaded to the application site by **31 December, 2018**. You must also be aware that those applying to perform **must secure their own funding** and provide for **all their expenses** including meals, transportation, and hotels.

Pastor David Neal
Division Music Co-ordinator



Father's Day with a difference!

To celebrate Father's Day on Sabbath 23 June 'The Church, Enfield' welcomed many visitors and members for a fun-filled day of exciting games, joyful worship and delicious refreshments.

Commencing with prayer led by guest speaker Adrian Lee, within no time toddlers, teens and adults alike were clapping their hands and stomping their feet to the kids' praise and worship song 'Father Abraham Had Many Sons'. It was the perfect song to set the tone for the joyous day ahead.

Upon arrival at the church grounds, there were two items that immediately caught my attention: a parachute and a vacuum cleaner. Though initially puzzled, as the games commenced my bewilderment was soon met with an explanation. The children raced to gather as many toy frogs as possible, while the adults shook the parachute, causing the frogs



to 'leap' onto the grass! I quickly discovered the purpose of these colourful toys. They demonstrated just how difficult it would have been for the Egyptians to escape the plague of the frogs.

With a central theme surrounding Moses, many of the other activities were also inspired by the patriarch's life. While Zoe blew imitation manna into the air using the vacuum cleaner, the youngsters were split into two teams to see which could gather the most 'food' in the 'wilderness'.

In addition to a variety of such educational games and engaging activities, which encouraged participation from both adults and children, the day continued with a short sermon led by Adrian Lee. Preaching on how God can turn what we perceive to be lemons into lemonade, he used Moses' early life as an illustration, preaching in such a way that could be easily understood by the kids.

To conclude the day's festivities, scrumptious hot dogs were served, followed by ice cream - the ideal treat considering the glorious sunshine the day was blessed with.

KRYSTAL SIMPSON

NEC student retreat

During the second week of July potential student leaders gathered at the North England Conference's Aberdaron campsite to train to be the leaders for the next term's Adventist Students on Campus student enrichment programme.

ASC stands for Adventist Students on Campus and is a network of Seventh-day Adventist student societies on university campuses within the NEC territory.

Under the leadership of Adam Ramdin and Joseph Philpott students gathered from a variety of universities and disciplines to focus on their biblical role as missionaries and develop the skills to fulfil it. Much of the practical guidance came from Alanna Rodrigues from Michigan. Herself a student leader, she has over 12 years' experience on public university campuses in North America.

According to Pastor Adam Ramdin, 'Campus ministries remains a key focus of the Youth Department for two reasons. Firstly we want to provide a safe haven on campus for the students while they are away from home and their home churches, and secondly we want to have an evangelistic outpost on campus.'

Morning worships led by the visiting students were followed by excellent Aberdaron breakfasts.

While not so much a camp as a series of workshops, the great advantages of having a super beach in Aberdaron Bay were not ignored. Monday's beautiful weather drew students in wetsuits onto the jetski for trips around the bay with both site manager, Steve Bull, and Pastor Ramdin helping to foster teamwork and good relationships.

There were further workshops during the early evening, covering such subjects as: 'Keys to being a successful student', 'How to study the Bible', 'How to give Bible studies', 'How to implement an evangelism cycle in the context of the academic calendar', 'How to create a balance between studies and spirituality' and 'How to organise and run your society'.

As a pastor with an ASC team in my district I recognise the blessings of having students minister to students. Campus ministries in the NEC is supported by both the Campus Advisory, which provides monthly support and quarterly visits to the campuses, and the Campus Chaplains group, comprising pastors who represent churches/districts that have an ASC in their territory.

PASTOR PETER JEYNES

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'Upwards ever, downwards never!'

Luton Central Church recently (26 May – 2 June) held an evangelistic outreach that was run by the congregation's children. The event was organised by Karen Anderson, one of the children's ministries leaders, and conducted by eight children ranging between 8 and 12. The meetings were at night and would not have been possible without the full support of the children's parents.

The speakers during the series were:

- Lincoln (12)**, whose dream is to become a food scientist and whose favourite verse is John 3:16. His sermon title was 'I believe I will fly'.
- Philip (12)**, who hopes to become a pilot and whose favourite text is Genesis 1:1. His title was 'Heaven insights'.
- Tiyamike (12)**, who hopes to pursue a course in Computer Engineering and whose favourite text is 1 Samuel 1:10, 11. His sermon's title was 'Will you follow me?'
- Chrishaun (11)**, who wants to become a footballer when he grows up and whose favourite Bible text is John 10:10. His sermon was entitled, 'Let nothing stop you'.

- Mikaela (10)**, who hopes to become a veterinarian. Her favourite text is Matthew 24:13, 14 and her sermon's title was 'How to make the first step'.
- Lilliana (10)**, who wants to be an ophthalmologist and whose favourite text is Philippians 4:13. Her sermon title was 'Stay focused on the prize'.
- Barak (9)**, who likes maths and science and hopes to become a scientist when he grows up. His favourite text is Philippians 4:13. (No title provided.)
- Talia (8)**, who wants to become a nurse. Her favourite text is Philippians 2:4. Her sermon title was 'Hold my hand lest I fall'.

The Children's Week outreach was attended by members and visitors from all age groups and is a yearly event at Luton Central.
STEVE CHIJOTA (COMMUNICATION LEADER)



Adventurer club raises funds

On the 28 May bank holiday, Wolverhampton Central Adventurer Club had a fund-raising car boot sale in the church's car park. Members of the church and community were invited and encouraged to donate and/or sell used or new items. The aim was to help the club raise funds for their various projects, events and resources.

The event was indeed a half-day of fun, fellowship, socialising, sharing and relaxation among church members from the Wolverhampton area. The district pastor, Samuel Appiah, as well as other local church departmental leaders, supported the event both by their attendance and financially. The Adventurers were given practical lessons in industry, sharing and recycling.

The event was a huge success, as over £300 was raised; and there wasn't even a drop of rain on the day, in comparison with the previous day of thunderstorms, heavy rain and flooding across certain parts of England. This was an answer to the prayers of the Adventurers and the church. To God be the glory!

CLEMENT JR NJIKA (ADVENTURER CLUB DIRECTOR); PHOTOS: JASON DALY



Many items of camp equipment are getting old and 'cantankerous', so many made donations towards a £15,000 goal. The kitchen is in special need, and who wouldn't want that helped!

If you have been an Aberdaron camper or staff member, past or present, and would like to help, please contact Steve or Violet in the Aberdaron camp office to make your donation. Thank you.

PHILIP EMM PHOTOS: JAMES BULMER



Whit and Wild 2018

Whit and Wild Camp 2018 started with cool, overcast weather (you do remember cool, overcast weather, don't you?). However, with Pastor Adam Keough wearing the Padre hat we were soon warmed instead by the Son found in his messages and the warmth brought by those attending the largest Whit and Wild camp ever held.

Added numbers brought added responsibility, especially for the amazing kitchen staff, who produced 1,150 meals in the four days, and the equally amazing washing-up team and volunteers, who had to wash the whole lot up!

The sun did break through though, enabling the water sports people to shine. Laughter, smiles, and no small amount of adrenaline were in plentiful supply during the boat rides, doughnutting, waterskiing and wakeboarding.

One young non-camper on the beach was heard explaining to his mother about the boat rides, 'Yes, it's free. You just stand in line and get on when the boat comes in. Everybody is doing it; just watch! It's always a good sign that things are going well when other people want to do what you are doing!'

The go-karts ran red hot, thanks to the usual array of engineers who are able to keep them going year after year. We were fortunate to be the first camp to try out the new go-karts, introduced by Steve Bull into the site activities.

Once again, we must thank those who come every year and who bring their friends and neighbours, introducing them to such a positive, warm and spiritual atmosphere. One new teenage camper said, 'I didn't realise worship could be so much fun!' Well done Pastor Adam and musicians.

The evening games were enjoyed not just by the huge queue of participants, but also by the onlookers who watched on.

A special thanks to Steve Bull and his new team, Violet and Akbar, for working long hours to make everything go so well, and for the patient ones who didn't complain when it didn't go to plan.

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Love, little ones and laughs

Between 2 and 16 June, evangelist Dexter Thomas (Trinidad and Tobago via the USA) encouraged and blessed families in Peckham Church and the surrounding community with messages under the theme of 'Reclaim, Restore & Anoint Your Family'. Aside from the presentations that touched on real and sometimes sensitive issues, participants had the opportunity to be involved in a vow-renewal ceremony for married couples, as well as an anointing service for our children, where parents and carers spoke words of affirmation to their children – young or old.

The series closed on Father's Day, 17 June, with a stand-up comedy show of holy humour by the 'Blind Evangelist', one of Pastor Dexter Thomas's many pseudonyms. 'Laughing to Live in London' was a huge success, with over 130 attendees travelling from across London and beyond, seeking to experience the proverbial 'best medicine'.

Resident pastor, Dr Steve Thomas (no relation to the evangelist) said, 'It has been refreshing to have Pastor Dexter come and speak to our congregation. My leadership team and I are 100% committed to growing and strengthening the families we have in Peckham and the new ones to come. Moreover, we want our children to be grounded and committed to Christ to hasten His soon coming.'

KAREN SATCHELWELL AND SAJITHA FORDE

An eighty-fifth birthday at Camp Hill

Sister P. Mosquito, who celebrated her eighty-fifth birthday on Monday 9 July 2018, was honoured with beautiful flowers and happy songs two days earlier by the Camp Hill church.

A long-standing but reserved member of Central Birmingham Church, Sister P. Mosquito has served in many posts, but is best known for her former role of pianist and organist.

Heralding from the picturesque island of Nevis of the Lesser Antilles archipelago in the Caribbean, she moved to the neighbouring island of St Kitts when she was 12 years of age, having already learned to play the piano at the age of 9. She is the mother of seven children, many grandchildren and quite a few great-grandchildren. In each of her offspring she has instilled a knowledge of Christ and a sound understanding of right and wrong. She expressed thanks to God for His sustaining power over her life.

JACQUIE HALLIDAY-BELL



West Bletchley Children's Day

On a bright Sabbath back in March the West Bletchley Community Church hall was decorated in a child-friendly way in celebration of Children's Day.

The youngsters led out in the morning's programme, from Sabbath School to the Family Service, when there were presentations by David Shumba (11) and Grace Magume (9). They gave advice in their messages to parents to say that their children know they love them very much, but they shouldn't feel they have to give them everything they ask for! Another profound point they made was to ask parents how aware they are of the content of the computer games they buy their children, which can have such a negative influence.

The number of non-members visiting was most encouraging, as was their participation in the day's lively worship.

SYLVONIE NOEL (COMMUNICATIONS)

Growing through Grief

Sunday October 14th

Kettering SDA Church,

Northants NN16 8RD. 10am - 3pm.



Growing through grief is a one day seminar designed to enable men and women who are going through grief to come to terms with their journey and find strength as they to grow through the process of loss.

The seminar will be facilitated by pastor Andrew Rashford-Hewitt a trained counsellor and systemic family life practitioner. To register text Growing Through Grief to 07931 732490. Cost £3. A light lunch will be provided. This seminar is brought to you by the Kettering SDA Family life team.

Limited spaces available. Text now to reserve your place. Sunday October 14th.

As supplied, errors and omissions excepted

Radomir Bardel (1925-2018)

d. 16 June. Born in the village of Laz in what is now the Czech Republic, Radomir grew up in a harsh world. School was a two-hour walk, summer and winter. After school he was expected to share the farm duties, with little time for the luxury of play.

Learning a trade was essential, and after trial and error he became a shoe maker. This proved a providential blessing when in 1943 he exchanged civilian clothes for a military uniform and was sent to serve at the Russian front. On the way the lorry taking him and other soldiers was stopped and an officer asked if someone called Bardel was on the lorry. He was taken off the vehicle and, to his delight, Radomir was saved from the front because an army marches on its feet and shoe makers are as essential as guns.

In 1945, when the war ended, he found himself in England with only a wooden suitcase and the task to find his future. He found work in a variety of occupations: shoemaker,



pastry chef, school chef, book-keeper and salesman for the Stanborough Press. In 1957 he settled for being a property manager, an occupation he filled until retirement in 1966.

In 1951 he was diagnosed with TB, and the prognosis was not good. He stayed at a nature cure clinic in Bedford, where his doctor told him his condition was serious. Recognising that he needed divine help, he went into a nearby field, knelt and laid the matter in God's hands. After the prayer he had assurance he would be healed, and so it proved.

He attended a Seventh-day Adventist church, and at the New Gallery Centre in Regent Street he met Diny, the lady who became his wife. They were married by Pastor Nicholson in 1960 and were blessed with three children: Ruth, Sharon and Andrew. The family moved to Watford for the children's education at Stanborough School. Radomir, his wife and children became much-loved members of the Park church. He was a faithful and righteous man whose Christian life was an example and inspiration for all those who knew him.

His family paid tribute to him as 'a devoted, loving husband; a compassionate, understanding father; an outstanding, good-natured uncle; and a role-model cousin, caring and thoughtful, whose unconditional love is a legacy to us all'.

His name means 'joyful peace' and he now rests, waiting for the return of the Saviour in whose love and service he lived.

The service was led by Pastors Jacques Venter, Patrick Boyle and Lorraine Fontaine.

PASTOR PATRICK BOYLE

Peter Thirkell (1923-2018)

d. 8 July. Peter was born in Pontardawe, Wales, on 9 January 1923. His mother was from Hertfordshire, and his father from Yorkshire. He had a half-brother, George, and sisters, Rosalyn and Audrey.

Peter left school at the age of fourteen and went out to work to help support his mother, as his father had died when he was 9. Peter was a third-generation Seventh-day Adventist, and during the Second World War, as a conscientious objector, he worked to help keep the Port of London secure, and worked on a farm. He attended Stanborough Park Church and met Audrey, a member of the Wood Green church, during social occasions. Peter and Audrey were married at Holloway Church in 1948. They were blessed with three daughters, Lynne (1951), Dawn (1957) and Beverley (1960).

Peter's carpentry skills have left a lasting legacy. His work can still be seen in the arched wooden ceiling that he constructed in the Gloucester church. He also built an extension in the Dell Rest Home, in Oulton Broad; updated and repaired caravans on the Chapel Porth site; built all the fire doors in the old Stanborough School; and even built a wooden amphitheatre at the old Roundwood Nursing Home, Crieff. In his latter working years, Peter built nearly all the loft conversions in Spring Gardens, Watford.

Peter and Audrey moved to Sheringham when he was 64. Retirement in Norfolk stretched over 30 very happy years. At the end of 2016 they moved to Crieff to live with their daughter and son-in-law, Dawn and Paul. Peter enjoyed the Scottish countryside, and his quiet garden. Christianity was always at



his core, and he was made to feel that he had come home by the welcoming fellowship of the Crieff church. The service of thanksgiving for his life was held at the Crieff church on Wednesday, 18 July, preceded by a family committal at the Crieff Cemetery. Both services were conducted by Pastor Paul Tompkins.

Peter's was a life well lived, a life well loved, the embodiment of Christianity and an example to us all of what human kindness should be. He was the best of fathers and a wonderful husband, and he will be sorely missed by his loving family, comprising Audrey, Lynne, Dawn and Beverley, six grandchildren and four great-grandchildren.

PAUL AND DAWN TOMPKINS

Messenger

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adra.org.uk www.facebook.com/ADRAUK [teamadra](https://www.instagram.com/teamadra) [youtube.com/adrauk](https://www.youtube.com/adrauk)
Registered charity 1074837 (SC037726 - IOM1101)

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ym.
YOUTH MINISTRIES

[Instagram](https://www.instagram.com/secyouthmin) [Facebook](https://www.facebook.com/secyouthmin)

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youthministries.org.uk

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INTRODUCTION TO GANG VIOLENCE AND YOUTH TRAINING

A 3 DAY COURSE
SUNDAY 02, 09 AND 23 SEPTEMBER

TIME:
11:00 - 14:00

VENUE: HYLAND HOUSE SCHOOL, HOLCOMBE ROAD, N17 9AD

PRESENTED BY:
THE SAFETY BOX
YOUTH PROGRAM CIC
WITH FOUNDER NATHANIEL PEAT

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PARENT AWARENESS WORKSHOP

A WORKSHOP EXPLORING HOW PARENTS CAN SAFEGUARD THEIR CHILDREN FROM KNIFE CRIME AND YOUTH VIOLENCE

SUNDAY OCTOBER 21
11.00
HYLAND HOUSE SCHOOL
HOLCOMBE ROAD
LONDON, N17 9AD

EXPLORING KNIFE CRIME CULTURE
EXPLORING YOUTH CULTURE AND ADOLESCENCE
EXPLORING THE ROLE OF GOOD PARENTING
EXPLORING THE KEY SIGNS

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