

Wood Green member listed for an OBE

by Communication Department,
Wood Green Community Church

God has surely used the personal tragedy in Mark Prince's life as a launching pad for his ministry. This personal tragedy has allowed him to reach out to and connect with the youth and other vulnerable members of the Haringey community and beyond with his anti-knife crime and counselling ministry, which is so needed at present.

Mark Prince has now been awarded an OBE in the Queen's New Year's Honours list for his 'anti-knife crime' campaign to help the youth of Haringey and other boroughs. He is also now reaching a larger audience by using social media. He uses Holy Scripture and his experiences in the boxing ring to connect with youngsters, showing them that there is another way to live life – without recourse to violence.

Mark has also written an inspirational book, *The Prince of Peace*, in which he highlights his journey from 'boxer to doctor'. In 2016 he gained an honorary doctorate in recognition for his campaign against the scourge of knife crime in London. He sees these honours as recognition for God having directed his path.

Mark's journey

Local elder, Tristan Cuniah, recalls when Mark and his siblings were taught in the children's Sabbath school, and received further grounding and training in the Pathfinder club.

Despite this positive start, Mark was homeless at 15, and using drugs and alcohol freely; he had two children by the age of 21; and was on the road to imprisonment because of his criminal activity. But Mark decided to make a drastic U-turn. He began a late start in the sport of boxing, which is considered to be one of the toughest sports in the world.

He trained hard, with focus and discipline, and, after a short but successful amateur career with one loss in nine fights – beating some of Britain's best amateurs in the process – he turned professional under the promoter Frank Warren in 1993. By 1997 Mark had become the top light-heavyweight in Britain. He was the World Boxing Organisation's (WBO) No. 1 contender by 1998, which earned him a shot at the world title. A terrible knee injury in AD 2000 ended his promising career



after nineteen wins, one loss and fifteen knockouts.

In 2006 Mark suffered another tragedy. His 15-year-old son, a talented footballer on the books of Queens Park Rangers, was stabbed in the heart outside his school gates, while trying to peaceably break up a fight. Kiyani's murder marked the beginning of a journey – which began with Mark having to defeat anger and strong thoughts of revenge, two of his toughest life challenges.

Mark came out victorious by using forgiveness and a commitment to use Kiyani's legacy to inspire, challenge and educate those youth caught up in the downward spiral of urban violence.

The Kiyani Prince Foundation gave Mark a sense of purpose and direction in life. It is a project that has seen Mark collaborate with ITV to create a powerful documentary called 'Put the Knives and Guns Down', which was screened on ITV London's *Tonight Special*. Mark was on the panel for the *News of the World's* 'Save Our Streets' campaign, and has also been a guest speaker at both the National Black Crown Prosecutors Association Annual Conference, and the National Governors Prison Association Annual Conference. He was also a speaker at the Metropolitan Police Operation Trident Programme.

In conclusion, Mark does not shy away from uplifting Christ and His saving grace and compassion in his public interviews and counselling sessions with the youth in the community. For him, Christ is the ultimate **Answer and Deliverer.**

To God be the glory!



The therapeutic benefits of kindness – Part 3

Emotional well-being impact

In the last issue, we listed a range of well-being outcomes arising from kindness. This issue examines some of the resulting emotional benefits.

The *Mental Health Foundation* published the article, 'Doing Good Does You Good',¹ in which it states:

"While many of us feel too stressed and busy to worry about helping others, or say we'll focus on doing good deeds when we have more "spare time", evidence shows that helping others is actually beneficial for your own mental health. . . ."

These are some of the benefits listed:

- Helping others feels good. When you help others, it promotes positive physiological changes in the brain which are associated with happiness.
- It distracts us from our own problems.
- It allows us to engage in meaningful activities.
- It improves our self-esteem and confidence.
- Helping others in need, especially those who are less fortunate than yourself, helps to provide a real sense of perspective.
- Engaging in random acts of kindness can help decrease negative emotions such as anger, aggression or hostility.
- The benefits of helping others last long after the act itself, by providing a 'kindness bank' of memories that can be drawn upon in the future.

On their website, *The Random Acts of Kindness Foundation* highlight the following emotional well-being outcomes from doing good:²

- **It reduces stress.** 'Perpetually kind people have 23% less cortisol

(the stress hormone) and age slower than the average population!'

- **It reduces anxiety.** Research on a group of highly anxious individuals recorded them undertaking a minimum of six acts of kindness each week for a month. The results were a significant increase in positive moods and relationship satisfaction, and a decrease in social avoidance in socially anxious individuals.
- **It reduces depression.** When we have an altruistic outlook on life and give of ourselves, life satisfaction and self-realisation significantly improve and depression is reduced.

We receive more than we give

Dr Donna Hamilton (MD), Chief Wellness Officer at *Manifest Excellence*, concludes: 'Surprisingly, research also shows that people who *give* kindness and compassion often receive more health benefits than people who *receive* acts of kindness. In the book *Wellbeing*, Tom Rath and Jim Harter explain how certain parts of the brain become more activated when we give money than when we receive money. Neuroscientists believe this reaction in the brain creates a sense of reward and emotional connection by causing the release of the neurotransmitters dopamine and oxytocin. These brain chemicals affect our ability to feel pleasure and experience social bonding.'³

Good health!

¹<https://www.mentalhealth.org.uk/publications/doing-good-does-you-good>

²<https://www.randomactsofkindness.org/the-science-of-kindness>

³<https://manifestexcellence.com/kindness-health-benefits/>



Collusion . . .

I doubt whether too many of us are familiar with the term 'state capture'. It was 'coined' by the World Bank around the year 2000 to describe 'a type of systemic political corruption in which private interests significantly influence a state's decision-making processes to their own advantage'.¹ It must be stressed that state capture is essentially **a covert process which is difficult to detect, and it may already be deeply entrenched before one realises it.** Here's how the former deputy finance minister of South Africa, Mcebisi Jonas, explained the methodology behind this insidious form of corruption: '*You remove management, and put in compliant management. You remove boards, and put in boards that are compliant. The rest is very easy.*'²

This type of corruption flourished under South Africa's former president, Jacob Zuma, but as a result of thorough ongoing investigations the guilty are being exposed and prosecuted.

Hindsight

They say that hindsight is 20/20 (vision), and, knowing what I now know about this process of state capture, I must admit that I have seen something similar at work a lot closer to home. These incidents are miniscule when compared to what has been seen in Hungary (2010-), Bulgaria (2013-2014), Romania (2017), South Africa (2016-), etc.³ **They are, however, sadly significant because they have happened at different levels within the Church we all love.**

Common denominators

Where I have seen these attempts at 'capture' within the Church, they inevitably share two common denominators. Firstly, those who initiate them usually suffer from at least one of these cravings: for greater **influence**; for greater **affluence**; and/or the opportunity for **retribution**. Secondly, they are willing to **collude with others** in achieving their objectives.

'Collusion' is defined as 'secret or illegal cooperation or conspiracy in order to deceive others'.⁴ This is not something that God's great leaders have usually been guilty of; and collusion is a method specifically frowned upon by our Church:

'It is not permissible for church or conference delegations to organise or attempt to direct their votes as a unit. . . . Each delegate should be susceptible to the direction of the Holy Spirit and vote according to personal convictions. **Any church or conference officer or leader attempting to control the votes of a group of delegates would be considered disqualified for holding office. . . . Decisions of the committee are not to be controlled or influenced by any church, group, or individual.**'⁵

Having said that, let's take a moment to recall some biblical instances of collusion. Why? To drive home the fact that **collusion is not just unethical – it causes casualties. It is never a victimless process!**

Joseph's coat

Genesis 37 records the treatment of Joseph at the hands of his brothers. It's a classic description of their attempt to silence someone they regarded as a whistle-blower:

'This is the account of Jacob's family line. Joseph, a young man of seventeen, was tending the flocks with his brothers, the sons of Bilhah and the sons of Zilpah, his father's wives, **and he brought their father a bad report about them.**' (Verse 2.)

Joseph's trouble with his brothers didn't start with jealousy over his dreams or his fancy coat. **It started with him providing an honest report about the bad things they were doing.** From that moment they had it in for him. On the other hand, his father's trust in him was growing and he sent him out for another honest assessment of how they were managing his assets: 'Go and see if all is well with your brothers and with the flocks, **and bring word back to me.**' (Verse 14.)

What follows next clearly illustrates **that corruption cannot tolerate scrutiny:** ' . . . So Joseph went after his brothers and found them near Dothan. But they saw him in the distance, **and before he reached them, they plotted to kill him.**' (Verses 17, 18.) Driven by **revenge** and fearful of being exposed again, the brothers quickly **colluded** to end Joseph's life. The tragedy of colluding 'in order to deceive others' is that **those who are guilty of it are forced to keep it up or be exposed!** Which leads the brothers to collude again, this time to present Jacob with Joseph's blood-stained coat (verses 31-35!)

Colluders don't seem to care who gets hurt by their plotting: Joseph becomes a slave, and his grieving father is left clutching a blood-stained coat.

David's letter to Joab

There is another clear example of collusion involved in King David's plan to have Uriah (Bathsheba's husband) killed in battle. At first David tries to camouflage his adultery by luring him to sleep with his wife while he is briefly away from the battlefield. However, Uriah's deep respect for God and his sense of military honour foil David's plan (2 Samuel 11:11):

'Uriah said to David, "The ark and Israel and Judah are staying in tents, and my commander Joab



and my lord's men are camped in the open country. How could I go to my house to eat and drink and make love to my wife? As surely as you live, I will not do such a thing!"'

David is running out of options to conceal his sin, so he colludes with his general, Joab, to bring a brutal end to this loyal soldier's life:

'In the morning David wrote a letter to Joab and sent it with Uriah. In it he wrote, "Put Uriah out in front where the fighting is fiercest. Then withdraw from him so he will be struck down and die." (Verses 14, 15.)

It was an utterly despicable plan, masterminded by David but executed by Joab and his battlefield subordinates. **Uriah was the victim of collusion**, and if you are still unsure about that then read the subsequent exchange of correspondence between Joab and the king, which ends like this:

'David told the messenger, "**Say this to Joab: 'Don't let this upset you; the sword devours one as well as another. Press the attack against the city and destroy it! Say this to encourage Joab.**"' (Verse 25.)

These letters were nothing but a hypocritical attempt to 'sanitise' the royal correspondence!

Should we be surprised?

No! For not even the innocent Son of God could escape the colluders of His day. Notice the actions of the Jewish leaders in response to His healing miracles:

'But the Pharisees **went out and plotted how they might kill Jesus.**' (Matthew 12:14.)

A final thought . . .

Yes, I think the case has been made: plotting and colluding are destructive, unchristian activities, no matter where they occur in God's Church. **However, no matter how small or great our guilt may be in such matters, we must never forget this sincere prayer by the king who ruthlessly orchestrated the death of an innocent man:**

'Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions. Wash away all my iniquity and cleanse me from my sin.' Psalm 51:1, 2.

Editor's note: All Bible verses are from the NIV and all boldface emphasis is that of the author.

¹https://en.wikipedia.org/wiki/State_capture²ibid. ³ibid.

⁴<https://en.oxforddictionaries.com/definition/collusion>

⁵*The Church Manual, 19th edition, revised 2015/updated 2016, pages 114/115*



An invitation to express interest

The Stanborough Press Ltd. has a coming vacancy for a **Production Manager**. The board seeks to appoint a person with experience in Publishing, Logistics and Organisational Management.

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A wonderful baptism at Darlington

On 15 December last year, the Sabbath services began with prayers at 9.45am as usual and Sabbath School at 10am. Then a visitor walked in and introduced himself as Pawel (which means Paul in English). Paul was not an Adventist, but he woke up that morning with a deep desire to attend church that very day.

It just so happened that the baptism of Brandon Linck-Hernandez (14) was scheduled for that Sabbath. He had been studying the Bible with the first elder and his grandmother, and had decided to be baptised. The church service by Pastor Dan Dachin was very moving, and the young man, Pawel, decided to stay for the afternoon baptismal service.

After a church potluck, the baptismal service began with much singing and praise to God. After Brandon's baptism, Pastor Dachin appealed for those who would like to give their lives to Jesus Christ to come forward. Then the unexpected happened. Pawel came forward and stepped straight into the water. It was a moving event and all were filled with tears of joy and gladness.

As I watched this extraordinary baptism, I remembered the words of Jesus: 'And the lord said unto the servant, Go out into the highways and hedges, and compel them to come in, that my house may be filled.' (Luke 14:23, KJV.)

Recently, a number of visitors have turned up at the Darlington church without anyone inviting them. Surely God is at work in the hearts of people!



Brandon

Pawel

Please pray for Pawel and Brandon, that they may grow spiritually and be witnesses to their families, friends and many other people.

ESTERY MWANJOKA

An outdoor baptism in Galway

Few actions show dedication to a cause more convincingly than being willing to be plunged into an outdoor pool in Ireland at the height of winter. The Galway church members were blessed to witness just such an act on Sabbath 8 December last year, when Juliana Rodrigues Medeiros was baptised.

Juliana originally comes from Brazil, but now lives in County Roscommon in the west of Ireland. She wanted to be baptised to declare publicly that she was following Jesus. She was so keen to do this that she was willing to enter the beautiful outdoor baptistry in the grounds of the Galway church – even though winter had arrived! Her mother, Jeanea, was there to witness the event, along with the rest of the Galway members.

In his sermon Pastor Tony O'Rourke said that there was rejoicing in heaven because of Juliana's decision to be baptised, and that 'conversion is the work of God, never of ourselves'.

After the baptism Juliana was presented with flowers by Anna, the church pianist. Elders Abraham, Vushu and Dimitri joined Pastor O'Rourke in praying for her. A delicious fellowship meal followed, and an extra joyful spirit could be felt in the church, where a music concert was held in the afternoon. The concert celebrated Juliana's baptism as a young person in the church, and also served the purpose of raising funds for various activities.

OLIVER MARTYN



Wycombe baptism

On Sabbath 29 December last year there was rejoicing at Wycombe Community Church for Sandie Mitchell, as she made a public declaration of faith to follow Jesus Christ and was baptised in front of a packed church.

Sandie's favourite scripture, Psalm 27:1-4, was read by Gabriella Morgan, and she was baptised by Pastor Wilfred Blake.

Sandie was born in Egypt to Christian parents. She said, 'I have always loved the Lord, but had a very difficult life health-wise.' Sadly, her five siblings are not Christians. However, she feels truly blessed and happy to have found her new church and family: 'I feel like I've finally come home, and I praise the Lord.'

SONIA LEE

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Celebrating a Lowestoft baptism

On 21 December last year members of the Lowestoft church, along with friends of the Joe family, braved wintry weather to see high school student Jie-né Joe make a public declaration of her faith in Jesus Christ through baptism.

Jie-né requested baptismal classes a year ago and faithfully attended weekly lessons with Pastor Mark Borrett, accompanied faithfully by her mother Esther. So it was, with deepest gratitude, that Mr and Mrs Joe witnessed the fruit of much sacrifice, prayer and preparation – the baptism of their eldest daughter.

Rain could not dampen the joy of the occasion, nor could the disruption at the airports that caused travel delays and the diversion of Mr Joe's flight as he returned from work in the Caribbean. Prayers were answered with his safe and timely arrival.

Mrs Joe opened vespers with a reading from John 10, followed by Pastor Borrett's uplifting message on the 'Abundant Life' that brings peace, assurance and security.



Afterwards, family and guests celebrated with light refreshments as they welcomed the newest member of Lowestoft Adventist Church.

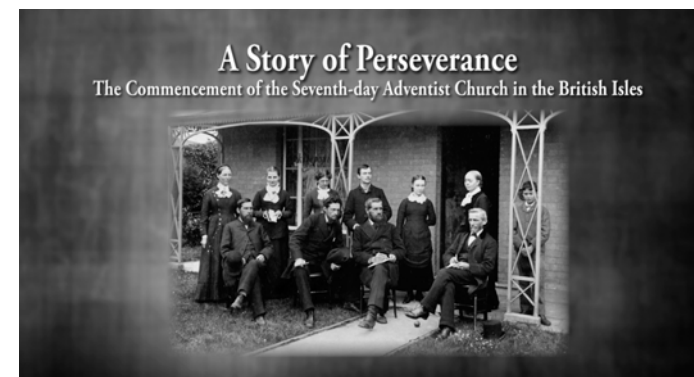
NORMA BORRETT

Bilingual baptism at Advent Centre

On 2 February, the Central London English and Portuguese churches held a joint baptismal service, led by their new senior pastor, Colin Stewart, and his associate, Pastor Clebson Braga.

The service, which was conducted with translations into both English and Portuguese, was well attended by both regular members and visitors. An appeal was made near the end of the service to those in need of baptism, to which a few individuals responded. The candidates were Rosilene Salimo and Fabio De Souza.

COMMUNICATIONS DEPARTMENT



New BUC documentary is now available

How well do you know the history of how the Seventh-day Adventist Church started in the UK and Ireland?

My interest in this topic was sparked by reading an old *MESSENGER* magazine that celebrated one hundred years of Adventism in the British Isles. This was followed by an in-depth search on the internet and the Adventist archives, which revealed a wealth of documents, articles, pictures and information about the pioneers who were responsible for providing the solid foundation of Adventism that we have today. Their story is an amazing one, and is now available for you to enjoy through a documentary produced by the British Union Conference (BUC) Media Department, entitled *A Story of Perseverance*.

This video can be seen via the following link:

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The relevance of the Gospel

One of the hot topics of conversation for Seventh-day Adventist Christians living in the UK is illustrated by these questions: 'How to be relevant to contemporary society? How do we make the Gospel meaningful in a world that is obsessed with consumerism? And what steps can we take to ensure that we "scratch where our local communities are itching?"'

A recent report by Oxfam provided these shocking facts: that the top 26 of the world's richest people have 'as many assets as the 3.8 billion people who make up the poorest half of the planet's population'. The report further revealed that during 2017 it took 43 of the richest people on earth to match the assets of the poorest half, and in 2016 the figure was 61.

It appears that the mega-rich are getting richer and much of the world is living in extreme poverty – an idea reflected in the words of Jesus in Mark 14:7 (NIV), 'The poor you will always have with you...'

So, then, as Christians, why don't we just accept the fact that this is a part of the sinful world that we live in and there's little that we can do to make a difference? Why don't we just continue to conduct 'business as usual' in our congregations: preach the Gospel; attend Bible studies; baptise a few people who attend a two-week 'campaign'; discuss the terrible events that are happening in the world and wait for the coming of Jesus?

Or dare I suggest that we should examine the ministry of Jesus Christ in greater depth to show how He treated the poor and those who were despised by society?

In Luke 4 we find the story of Jesus reading the Scriptures on

the Sabbath day in the synagogue. He reads the Messianic prophecy found in Isaiah 61:

'God's Spirit is on me; he's chosen me to preach the Message of good news to the poor, sent me to announce pardon to prisoners and recovery of sight to the blind, to set the burdened and battered free, to announce, "This is God's year to act!"' (Luke 4:18, 19, MSG.)

And then, at the end of the reading, He states, 'You've just heard Scripture make history. It came true just now in this place' (verse 21).

Instead of the congregation applauding Him for His compassion, 'They threw him out, banishing him from the village, then took him to a mountain cliff at the edge of the village to throw him to his doom...!' (verse 29). The relevance of the Gospel in Jesus' day was lost on the congregation, especially the Pharisees and church leaders, just as it was in the eighth century BC when Isaiah was writing.

And the relevance of the Gospel in the twenty-first century still has the same challenges. We need not only to preach and teach, but to live out the Gospel. 'The Saviour mingled with men as one who desired their good. He showed His sympathy for them, ministered to their needs, and won their confidence...!' (*The Ministry of Healing*, p. 143).

You have an opportunity this year to make the Gospel relevant by participating in the 2019 ADRA Appeal from 30 March until 21 April. We would love you to take part in the door-to-door collection because we are one of only 45 charities that are licensed to do this by the government. However, we are aware that not everyone is able to participate in this way. All we ask is that you take part in some way. Many

churches will be running fund-raising events, and it is possible to get involved with these. You may also wish to give a donation, and we would encourage you to give at least £25.

Our goal for this year is to raise £600,000 for the Appeal, and the funds received will benefit projects in Myanmar, eSwatini (Swaziland), Zambia, South Sudan, Sri Lanka and the UK. In addition, through the ADRA network we continue to respond to disasters in Yemen, Syria, Sudan, South Sudan and Indonesia, and wherever else emergencies arise.

Being a Seventh-day Adventist

Christian demands that you are faithful to the Gospel of Jesus Christ, and this means being relevant: and the Gospel's relevance means that we each need to help those who are poor and in need. Last year, because of your support, ADRA made a positive change to the lives of over 1.3 million women, men and children in need in the UK and abroad.

During 2019, our twentieth year as an official UK charity, we would like to increase that number. Your commitment to be a 'relevant' Seventh-day Adventist Christian will assist us in our endeavours.



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Further details and an application pack are available from:

Kathleen Hanson
Education Director
British Union Conference of Seventh-day Adventists
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Email: khanson@adventist.uk

Closing date for applications: Friday 22 March 2019.

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Special Needs Symposium

by Sophia Nicholls, Dr Patrick Johnson and Dr John Baildam



'Gifted, Needed and Treasured': This was the theme for the Joint Special Needs Awareness Symposium, held at Newbold College of Higher Education on 14-16 December 2018. It was hosted by Newbold, the TED and the SEC, and enjoyed by more than ninety delegates.

Symposium organisers, Dr Patrick Johnson (TED Ministerial Director), Sophia Nicholls (SEC Disability and Diversity Director), Dr John Baildam (Newbold Principal) and Dr Larry Evans (Assistant to the GC President with responsibility for Special Needs Ministry in the USA), developed the event to create opportunities for delegates to become more aware of the possibilities and opportunities available in making the Gospel accessible for all.

One delegate expressed how happy she was to be there: 'It was excellent,' she exclaimed. 'I learnt a lot about reaching people with disabilities and about the Deaf culture.' Another delegate said, 'It was very enlightening and a blessing to experience.'

The Friday seminar, presented by Pastor Jeff Jordan, was inspirational. Pastor Jeff, who is deaf, related his journey, from being a child who felt isolated and excluded because of his deafness to becoming an inspirational teacher, preacher and educator. Speaking through his wife Melissa (Missie), he encouraged the delegates to 'use whatever the Lord has blessed you with for His glory'.

Sabbath morning began with excellent presentations and workshops. The first presentation by Pete and Christine Winmill from 'Count Everyone In', a Christian organisation working to bring the Gospel message to people with learning disabilities, admonished the delegates to develop ministry that presents the Good News in a simple and interactive way, enabling people with learning disabilities to better understand the message. Dr Patrick Johnson continued with an informative workshop on 'The Image of God' from Genesis 1:27. This seminar developed the theme of God's love for mankind, summarising the image of God as being a gift of God's relationship with man. Nigel Nicholls (Chair of the Adventist Special Needs Association) ended the morning with a seminar on thoughts from John 9: 'Who sinned?' Nigel summarised his seminar by concluding that the historical and cultural milieu at the time of John 9 influenced the interpretation of disability and its relationship to personal sin. He concluded that sin has played a major part in distorting God's intention, yet our Saviour is in total control and is sovereign.

The inspirational sermon presented by Dr Larry Evans followed the theme of 'The Image of God'. He admonished the delegation to see all people as made in God's image and to see all 'mountains' as possibilities and 'valleys' as opportunities. Seminars in the afternoon included a thought-provoking presentation by the Samaritans, Jeff Jordan on Deaf Ministries, and a General Conference perspective of special needs ministry in other parts of the world. Dr Evans also expressed his hope for rebranding the special needs ministry as 'Possibility Ministries' to reflect the core focus of the work.

Sabbath evening focused on the 'life journeys' of people who had made a significant impact on their own lives and the lives of others through their ministry. The evening, hosted by Sophia Nicholls (SEC Director for Disability and Diversity), took the form of informal interviews. Amy and John Ainsworth shared their journey through the experience of living with epilepsy. Her story included a positive account of the support she experienced in her home church. Tigger, an autism consultant, related his journey into consultancy. He also relayed the importance of seeing all people as people first, before seeing their disability. Pete and Christine summarised their experience in ministry for people with learning disabilities, and Espen Johnson concluded the evening with an impact-filled presentation of his award-winning video, produced under his label, *Waist-high View*. Many were heard to say how much they enjoyed the evening and felt connected and encouraged by the life stories.

Sunday morning concluded the symposium with three instructional seminars: 'Grief and Loss', presented by Katherina and Sydney Gibbons; 'Ministry for People with Learning Disabilities', presented by Pete and Christine Winmill; and finally Dr Patrick Johnson's summary of the findings from his recently completed Doctorate in Theology and Ministry (DThMin), which highlighted the 'voices' of people with physical disabilities and their experiences in the church.

Dr John Baildam closed the proceedings, thanking all those who had worked tirelessly towards the success of the weekend. We look forward to future joint opportunities such as this one to bring about awareness and lasting change in the lives of people living with disabilities and special needs in their journey to the Kingdom.

Seminar notes and the PowerPoint presentation at the event are posted on the Newbold, TED and SEC online platforms.

SEC & NEC PRESENT

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Applicants must have a well-rounded knowledge of Seventh-day Adventist teachings, accept them fully and reflect them in their lifestyles. They should also be good communicators (fluent in English), be able to conduct Bible studies, seminars and evangelistic meetings, prepare contacts for baptism and have the ability to minister cross-culturally.

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Minimum term of service: one year, subject to applicant's suitability.

Closing date for applications: 10 March 2019.

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United Kingdom
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Mental Health First Aid Training
BUC Bereavement Care Ministry launch
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Food Demonstrations
Motivational Lifestyle Coaching

CLOSING DATE FOR REGISTRATION AND PAYMENT: April 24th 2019
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1 DAY Marriage SEMINAR



10AM to 3PM
SUNDAY 17 FEBRUARY 2019
SUNDAY 17 MARCH 2019

THE ADVENT CENTRE
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SEC FAMILY MINISTRIES DEPARTMENT

“BEFORE I SAY I DO” Seminar



10am-3pm 21st April 2019
STANBOROUGH CENTRE
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July 2019



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SEC FAMILY MINISTRIES DEPARTMENT

Singles Adults WEEKEND

26-27 JULY 2019



Special Guest Speaker
Dr Curtis FOX

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SEC FAMILY MINISTRIES DEPARTMENT

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2-6PM SUNDAY 12 MAY 2019

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23 FEBRUARY 2019
 Dunfirmline Church

Speaker
Dejan Stojkovic
 BUC Youth Director

For more info contact: **Claudiu Popescu**
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NECYOUTH

2019

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Relationship Weekend	Feb 15-17
Aberdaron Work Retreat	Feb 17-24
NEC Spring Ski Trip	Apr 19-28
Prayer Warriors	May 3-6
Big Six	Jun 16
NEC Youth Roadshow	Jun 24-29
Camp Meeting	Jul 1-7
Athletics Day	Jul 14
Aberdaron Junior Camp	Aug 4-11
Aberdaron Earliteen Camp	Aug 11-18
Aberdaron Youth Camp	Aug 18-25
ASC Student Training Retreat	Sep 2-8
NEC Students Day	Sep 28
iWorship	Nov 22-24

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Patrice and Patricia engage in role play

Mental health first aid training

On 18 and 19 November last year sixteen participants assembled at the Leicester Central church for a mental health first aid training course, run by Grace Walsh (Health and Special Needs Director for the NEC). Everyone has heard of first aid, which involves assisting a person until the ambulance arrives, but what is mental health first aid (MHFA)? Mental health first aid teaches you 'how to spot the signs and symptoms of mental health conditions and provide health on a first aid basis'. Just as physical first aid is given until the professionals arrive and take over, so it is for mental health first aid.

Mental health has recently come to the forefront of public health thinking due to the fact that 'approximately 1 in 4 people in the UK will experience a mental health problem each year', and that '1 in 8 adults with a mental health problem are currently receiving treatment' (mind.org.uk).

So how are mental health first aiders trained to assist? By following the ALGEE strategy:

- Approach the person, assess and assist with any crisis.
- Listen and communicate non-judgementally.
- Give support and information.
- Encourage the person to get appropriate professional help.
- Encourage other support, such as self-help strategies.

This is learnt through instruction and role-play activities, which stress the importance of the mental health first aider communicating in a sensitive manner, so that the person being helped feels they are being listened to and treated with dignity and respect.

As Christians we can also call upon God's spiritual first aid and the hope that comes with the belief we have in our Lord Jesus Christ.

PAMELA JOSEPH (PERSONAL MINISTRIES SECRETARY, CLACTON CHURCH)



Elizabeth Holden and Emma Wilson

Photo by Stephen Holden

A time for giving . . .

Grantham Church's Community Services Department arranged a time for giving by inviting Emma Wilson, who oversees the local 'First Carers', to receive a cheque for £350, made possible by the department's fund-raising projects.

'First Carers' gives support to unpaid carers who may find themselves looking after family members. Elizabeth Holden made the cheque presentation on 1 December, during which a number of other service organisations also benefited from the department's fund-raising projects, including the local food bank, a local hospice and Lincoln County Hospital, and our own weekly Sunday breakfast for those in need.

MIKE COWEN

SEC FAMILY MINISTRIES DEPARTMENT

Divorce Care SEMINAR

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11AM-3PM | 9 JUNE 2019

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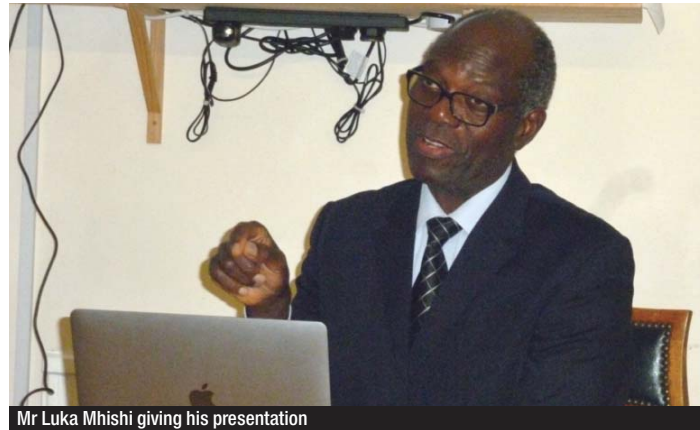
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Mr Luka Mhishi giving his presentation

Great Yarmouth Church hosts seminar on understanding youth depression

Youth depression is a major concern affecting many youth. Out of concern for those in the community who may be affected in some way with this problem, the Great Yarmouth church recently hosted a seminar on Friday evening, 30 November, to address the issues that help identify depression in young people, and also how to help in dealing with the situation.

The guest speaker was Luka Mhishi, a practising general and mental nurse who is a member of the Lowestoft church. His specialist field is in the area of mental health, for which he holds a Masters' degree. His presentation on 'depression in adolescence' included discussion with the group. Mhishi explained it to be a medical condition that affects how the individual feels, thinks and acts. It comes with feelings of sadness and withdrawn interest in activity, which in turn leads to social and educational impairment. Unless treated it could lead to suicide. Therefore, it is of tremendous importance to identify a young person suffering from depression.

Mhishi pointed out that it is very important to recognise this disorder because the person needs help, but it often goes undetected until the situation becomes more acute. Sufferers of depression are often loath to talk about their feelings. They need to be able to talk to someone whom they can trust, whether it be a parent or someone else; but that person needs to point them in the right direction, suggesting where and how they can find help. The first port of call should be their doctor. An important thing to remember is that the individual needs someone to listen to them rather than lecture them. Care and understanding are important.

MICHAEL L. WALKER (COMMUNICATIONS SECRETARY)



Councillor Gordon Wheeler presents an award to Shelia

Councillor Gordon Wheeler presents an award to the Red Watch Fire Service

Councillor Gordon Wheeler presents an award to Martin

Nottingham Recognition Service

On 11 December last year Nottingham Central Branch Sabbath School, known as The Bridgeford Hub Adventist Community Service, held its 2018 recognition ceremony, during which various people were recognised for their outstanding community service. Among those honoured by Pastor Curtis Murphy and Councillor Gordon Wheeler were Martin (for his support of the Greythorn Primary School); Shelia (for her outstanding community service); and the Red Watch Fire Service (for outstanding community service).

DENNIS TAYLOR (STEWARDSHIP LEADER)



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Gloucester Pathfinder investiture 2018

On Sabbath 24 November last year the Gloucester church held its Pathfinder investiture, during which the children received 216 awards and certificates between them.

Gloucester's Pathfinder and Adventurer clubs are growing rapidly, with a list of children waiting to join in the new year from both Adventist and non-Adventist homes.

Pam Catchpole, our Area 2 Pathfinder Coordinator, along with coordinators from Area 3, made the presentation of certificates and awards. In the afternoon, the



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From left to right: Eddie Musonda, Natasha Sharmah and Wandsworth Mayor, Piers McCausland

High honours to Balham three

Congratulations to Pathfinder Director Eddie Musonda and the two secretaries who support him, Trudian Francis and Natasha Sharmah. On Tuesday 26 November last year they were recognised by the London Faith and Belief Forum (FandBF) during the annual community awards ceremony for their positive contributions to the children in the city: specifically for their work with the counsellors and parents to enhance the well-being of the children who attend the Balham Pathfinder and Adventurer Club. They were nominated in July and the judges looked through 120 nominations, covering seven different categories, from youth inclusion to interfaith relations.

The FandBF and Her Majesty's Lord Lieutenant of Greater London's Council on Faith, Sir Ken Olisa, selected them to be honoured for their inspirational work. Eddie, Trudy and Natasha were three of the 19 individuals who were selected to receive an award for their individual contributions to the Londoners category. The event was attended by Director Eddie and his secretary, Natasha, at the luxurious venue of 1 Wimpole St (The Royal Society of Medicine).

The recognition did not come with a financial award, but it provided a unique opportunity for them to network with other individuals representing various organisations, including the Mayor of Wandsworth and one of the first responders to the Grenfell fire disaster. It also provided a forum to share their faith and promote the work of the Balham Pathfinder and Adventurer Club. Their role would not have been a success without the dedicated work the counsellors and parents do with the children and young people who attend the club. Well done to all, and may the team keep up the good work and continue to be a blessing to the children.

NATASHA SHARMAH (BALHAM PATHFINDER AND ADVENTURER CLUB)

congregation were treated to a range of musical items and a talk on volcanoes, all presented by the Pathfinders and Adventurers. Zwade Manifold received the Pathfinder of the Year Award, and Nyla Phillips received the Adventurer Award of the year.

R. HINDS



North Wembley's musical blessings

In 2018 North Wembley Church was blessed during the winter months by visits from two awesome US-based choirs. Pine Forge Academy Choir from Pennsylvania was the first, with their unique arrangements of praise and worship hymns and classic gospel songs.

Most recently they had the pleasure of hosting the prestigious Howard Gospel Choir of Howard University, who were also on a European tour. This irrepressible and talented choir took the members to higher worship experiences and even allowed members of the congregation to sing with them.

NORTH WEMBLEY COMMUNICATIONS TEAM

Unity – BUC Youth Day of Fellowship 2019



Youth reading



Pastor Anthony Fuller



say how well-fed and 'watered' people had been, not just from the food that Earl and his team were able to provide, but also from Pastor Anthony's sermon – which truly inspired us.



Challenge



Take a deep breath . . . and relax

What struck me when talking to our health expo clients at the St Crispin Community Centre, Duston, on Sunday 14 October was how busy everyone was – but not too busy to chat to a latecomer! One young lady who arrived just before the doors closed was so stressed! She shared with me that when she read the invitation flyer that had been pushed through her post box, she had exclaimed: 'This is just what I've been waiting for!' She said she was determined to make it to the health expo, and she did. She recognised that she needed to do something to take back control of her life and health, and she was convinced that this was the event that would steer her in the right direction – and I'm sure it did.

The leader of the Northamptonshire County Council, Councillor Matthew Golby, graciously supported the event together with his family. He enthusiastically took part in all the activities, including the 3-minute exercise step test to assess his pulse recovery rate. In his address to the visitors and organisers, he concurred that many of us lead very stressful lives, making reference to his own role in public life. He encouraged all to make the extra effort to look after our minds and bodies through altering our lifestyles and continuing to support each other to achieve this aim.

This was the fourth health expo Northampton Central Church has staged, and I am sure many more will follow. We are reminded of what Ellen White wrote: 'Every city is to be entered by workers trained to do medical missionary work. As the right hand of the third angel's message, God's methods of treating disease will open doors for the entrance of present truth.' *Testimonies*, vol. 7, p. 59 (1902).

AUBREY DAVIS (COMMUNICATION DEPARTMENT)

or university friends was a high point, and there may be another group who would claim that a recent outing with good friends was one of the best days ever. I believe that the British Union Conference Youth Day of Fellowship might be one of those days: when the family came together, and friends travelled from all around to see each other again.

The BUC Youth Day of Fellowship took place this year on Sabbath 26 January at the Dominion Centre in Wood Green, London. It was a day

BUC youth together. The British Union is quite large and includes the United Kingdom and Ireland, so it was never going to be easy to try to bring everybody together for just one day. Fortunately, however, for those of us sitting on that committee – which included the directors and sponsors from all the Union's entities – the dream did come true, and I am so thankful to God that we were able to agree on and work towards that one date.

For me, as the Union's Youth Director, it was important not to add another day into the already busy schedule of Conference and Mission youth events. This is where Pastor Anthony Fuller stepped in and offered us one of his existing dates for this Union-wide event – on top of which he offered to host and plan the event with the help of his coordinator, Milimo Ninvalle, and the various regional representatives – all of whom worked very hard to produce a top-quality programme.

My contribution was to provide the food for more than 2,000 people, and to do this I called on the services of none other than the BUC Treasurer, Earl Ramharacksingh, with whom I have worked so often in the past at events like these. I received many comments after the event to

At the end of his sermon, Pastor Anthony challenged those in the audience who were willing to rise to his call to unity to gather round the beautifully decorated table on the stage. It represented both our closeness with Jesus and the unity in our Union. He reminded us that it doesn't matter what region we come from, or what culture or ethnicity we originate from: we are all the same in God's eyes. Many people answered the call that day.

Between feeding the multitudes and a shorter afternoon programme, the youth were able to use the precious moments afterwards to make new friends and acquaint themselves with old friends. It was so beautiful to see the hugs, to hear the laughter and to watch so many people with smiles on their faces as they talked with one another.

Now, as this event passes into a sweet memory for me – and hopefully for those who attended as well – I would like to say a few thank-yous. Firstly, I would like to say thank You to God for giving us this wonderful opportunity to gather in peace and worship His name. I would also like to thank every single regional youth director and sponsor: Pastors

If I were to ask young people the question, 'What has been one of the most memorable days of your life?' I might receive any number of different answers. Some might answer that it was a particular Christmas when their whole family was able to gather together to celebrate. Others might suggest that a reunion with school

in which more than 2,200 youth travelled from all over – Ireland, Scotland, Wales, and North and South England – to be together. This very simple but powerful idea of bringing the family together arose last year during a committee meeting when, after spending some time in prayer, someone suggested that we try to bring the



Luton International Day

Showing 'love unlimited' to our neighbours is the main objective of Luton Central Church. We are a diverse church consisting of different nationalities, genders and age groups. On our international day on 3 November last year, our members dressed in their unique national costumes, shared their tasty cultural dishes, and sang and welcomed each other in different languages. Luton Central Church embraces diversity and upholds the belief that we are all the same in God's eyes and together we are united in Christ.

Although to the human eye we dressed differently, our main aim was to worship and fellowship together in one accord. The church was brightly decorated with different flags and the music group, *The Golden Chords*, enhanced the programme with their beautiful songs. The congregation also participated in learning at least a word or greeting in one of the other languages represented.

Pastor Ikwisa Mwasumbi graced the main service with a powerful sermon entitled, 'Am I doing a great job?' – thereby maintaining the theme of the day: 'Love Unlimited to Our Neighbours'.

The day was concluded with loads of praise during an evening concert – not forgetting the social afterwards, when members continued to share different kinds of cultural food and drink. The day was a blessed and a joyful Sabbath, and the church is looking forward to another international day soon – to celebrate both our differences and our oneness in Jesus Christ: 'United to Serve'. SEVI GWASIRA

Hackney welcomes student pastor

On 24 November last year Hackney Church welcomed their new student pastor, Japheth Obese-Amankwah from the London Ghana church, along with his wife and son. He was introduced to the church by Hackney's



pastor, Joojo Bonnie, during the *One Life: We Can Make a Difference* revival meetings with American evangelist, Pastor John Parker. He will be studying at Newbold College for the ministry while officiating in Hackney. Japheth is a qualified accountant with a passion for personal, community and youth ministries. DARELL J. PHILIP (PF AND COMMUNICATIONS ASSISTANT)

An eightieth birthday

On 15 September last year the West Bromwich church celebrated the eightieth birthday of Asenath Murray, who has been there for 44 years and active in a number of roles during this time: deaconess, Sabbath School teacher, community services, and the church choir. The celebration was organised by her children, and attended by her grandchildren and three of her great-grandchildren. Pastor Dan Majaducon, the current pastor, prayed for a blessing on the proceedings and expressed amazement at how active Sister Murray still is in the service of the Lord. She has been a valuable member of the West Bromwich Pathfinder club since 1992, being the chief cook at both Adventurer and Pathfinder camporees. WEST BROMWICH COMMUNICATION DEPARTMENT



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23 FEB

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Alford Buchanan (1933-2018) d. 21 November.



Alford (generally known as Fredrick/Fred) was the third of sixteen children born to Vita and David Buchanan in the parish of St Elizabeth, Jamaica, West Indies.

From a very young age, Fred developed a well-organised vegetable plot, which he tended before and after school. Fred's grandpa noticed this and rewarded him with a bigger plot, which generated an income for him while he was still at school.

Upon leaving school, Fred took up an apprenticeship in tailoring, something he excelled at. He was always meticulously turned out himself, too.

On 29 June 1955, 21-year-old Fred married his 18-year-old sweetheart, Isolyn Whyte (Lyn), in a marriage that lasted 63 years.

In October 1955, after almost four months of marriage, Fred left his bride, his family and Jamaica for the shores of England in expectation of a brighter future. Within a week of arrival he was working, and by June 1956 the couple were united in the UK.

In June 1957 their first daughter, Jennifer, was born, and by 1962 Dawn, Valerie, and Janet completed their family circle.

By 1960 hard-working Fred was the owner of two trucks, which formed the nucleus of his haulage business. Business was doing well and the family were growing up fast.

Although each member of the family can siphon off their own special moment from the many, there is, however, a single thread that runs through all their memories: Dad, Grandad, Great-grandad was a joy to be with.

But they are not alone: The day of Fred's funeral the Peckham church was packed to overflowing with Adventist Church members and non-members. They came from near and far across the seas. The 12-page multi-colour programme was sought after as if it were a prized souvenir. It chronicled various aspects of Fred's family

life, and depicted his gentlemanlike dapperness.

It was fitting that Pastor Des Boldeau, who baptised Fred during his tenure at Peckham, led the processional, together with two other former pastors: B. Kavaloh and O. Lewis. Other pastors were in attendance too.

In his introductory welcome, Pastor Lewis said of Fred: 'He was a man of few words. He was a dedicated, trustworthy and reliable deacon. . . . His quiet presence was always felt and made a difference'.

The contributions to the celebration service echoed a united message: Fred Buchanan was a humble man, and 'never flinched from doing the work of the Lord'.

Fred lived for others and sometimes worked three allotments just to have enough fruit and vegetables to give away to neighbours and friends – some of whom accepted his invitations to church and were baptised.

The entire church service was celebratory, with his daughters confidently encouraging all to 'Remember our dad and still talk to us about him. He will never be forgotten'.

At Beckenham Cemetery Fred's five grandsons, a son-in-law and an 'esteemed friend' reverently transferred the casket from the hearse to the shiny black vault where he was laid to rest. Then, Pastors Kavaloh and Lewis, together with lead singers, Olecia and Christiana Addo, respectfully guided those in attendance in a reverent and orderly ceremony of goodbyes to Fred.

The last line of the last song was both poignant and appropriate: 'When the roll is called up yonder, I'll be there.' The last scripture was 1 Thessalonians 4:14-18, and, as its encouragement died away, Pastor Nerine Barrett invited the Holy Spirit to send an angel to

guard the vault where Fred is laid, until Jesus returns.

That was the celebration of Fred's life.

DR ALBERT A. C. WAITE

Philip Elliott (1932-2018) d. 29 December.

Phil was born in Wimbledon, London, to Amy and George Elliott, and had one older brother, David. The family all attended the Wimbledon Seventh-day Adventist church, but World War II interrupted their education, and they were often evacuated to their grandparents' home in South Wales. In his teen years Phil contracted polio, and, although he recovered, this weakened him considerably.

During the war he was a conscientious objector, and worked on a farm in Surrey where he enjoyed the outdoor life.

He eventually worked in a buying office in London, and during that time met Joy Fuller from Lewisham Church. They married in September 1956 and had three children: Andrew, Yve and Elizabeth (who predeceased him by almost six years at the age of 48).

Phil and Joy eventually both worked at Newbold College during the 1980s, Phil's job being in the Maintenance Department, where he was happy and enjoyed meeting new challenges; but poor health forced an early retirement in 1994. They retired to Dorset and attended Bournemouth Church, but in 1997 Phil suffered a major heart attack and then had a quadruple bypass operation in Southampton Hospital. He recovered slowly and was able to enjoy a restricted retirement in the lovely market town of Wimborne Minster.

Various complications meant that Phil's health deteriorated over the years. He had kidney and prostate problems, but his weak heart meant that he could not undergo an operation that

would have helped. He suffered a loss of appetite in the last few weeks of his life, and he was only able to drink Complian. He was also in intense pain, for which he had to take morphine, but through it all his faith was constant.

He passed away at 9am on Saturday 29 December, and is now at rest – free from pain at last – and awaiting that wonderful day when he will meet his Lord and Saviour, Jesus, and when there will be no more pain and death.

JOY ELLIOTT

Messenger

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Sunset

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	Lon	Card	Nolt	Edin	Belf
Feb 22	5.28	5.40	5.29	5.31	5.45
Mar 1	5.40	5.53	5.42	5.46	5.59
8	5.53	6.05	5.55	6.01	6.13
15	6.05	6.17	6.08	6.16	6.27

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PRESENTS

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PRAYER CONFERENCE

Date
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Speaker
SHARON PLATT-McDONALD
BUC WOMEN'S MINISTRIES, HEALTH,
COMMUNITY SERVICES DIRECTOR

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