

East London School of Music celebrates four years of mission

by Doreen I. Fray (ELSOM Secretary) and MESSENGER News Service

As a music school with a mission, the East London School of Music (ELSOM) has as its motto, 'I can do all things through Christ who strengthens me' (Philippians 4:13, NKJV). Based in Clapton, it's a music school designed to connect church with community, with students of age 5 years through to adults.

To celebrate its fourth anniversary since opening, ELSOM's staff and students led the Sabbath services planned by Fiona Pacquette, ELSOM's manager, on 27 April – named appropriately as Music Day – to celebrate the diversity of musical talents within the music school. Present were friends and families of students, and the Speaker of Hackney Council, Councillor Clare Potter.

Music Day began with Sabbath School as ELSOM's Violin and Woodwind Ensemble students accompanied congregational singing and then delivered their own ensemble pieces. The quiet meditative interlude prior to the commencement of worship was enriched with the musical tones of the piano and saxophone, playing hymns of adoration and praise. During worship, the Woodwind and Violin Ensemble returned with special musical renditions which Doreen I. Fray, Secretary of ELSOM, describes as 'bringing a beautiful atmosphere to the worship experience'. Chikezie Chike-Michael, ELSOM's voice and singing



Photos: KnT Photography

coach, delivered an appropriately themed sermon, 'The Song of Moses – The Second Option', explaining the themes of deliverance and redemption.

In the evening concert, which peaked the celebration, Councillor Potter was quick to give commendation for the performance of G. F. Handel's *Messiah* in this part of her borough. Featuring The Hampstead Adventist Chorus, Semi-Chorus and Orchestra, Fiona Pacquette conducted the combined harmonious sounds of choir and orchestra gracefully and with precision: all with the aim of bringing glory to the King of kings and Lord of Lords, and joy to every participant and listener.

'Hallelujah!

Praise God in his holy house of worship,
 praise him under the open skies;
 Praise him for his acts of power,
 praise him for his magnificent greatness;
 Praise with a blast on the trumpet,
 praise by strumming soft strings;
 Praise him with castanets and dance,
 praise him with banjo and flute;
 Praise him with cymbals and a big bass drum,
 praise him with fiddles and mandolin.
 Let every living, breathing creature praise God!
 Hallelujah!

Psalms 150 (The Message)



Chronobiology and human life – Part 2 Pharmacological impact

Chronobiology and medication

Current research is revealing the scope of impact chronobiology has on a range of diseases. These vary from cancer and cardiac disorders to allergies and arthritis. They highlight epidemiological data and clinical trials indicating the significance of prescribing medication at specific times. One research article published in *The Scientist*, titled 'Circadian Rhythms Influence Treatment Effects', has demonstrated that timing medications to the body's internal clock could improve their efficacy and even reduce side effects.¹ The research uncovers biological details around the molecular intricacies of cellular rhythms and the circadian clock's influence on medications.

The importance of taking medication at prescribed times is rightly emphasised. Here's why: 'For many years, doctors believed that it didn't really matter when a patient took medicine, but, as we are now learning, that isn't entirely true. All people are subject to natural daily rhythms that affect our biology, including our ability to metabolise drugs.'²

Some interesting research has emerged from studies in the West Midlands. Researchers at the University of Birmingham undertook studies over three winters, commencing in 2011. Study subjects over the age of 65 were invited to attend clinics for a seasonal influenza vaccination at specific times of day – either between 9 and 11 am or between 3 and 5 pm. Blood tests from 300 individuals were taken a month later and revealed that higher levels of antibodies were present if they had received their vaccination in the morning.³

Lead author Anna Philipps Whittaker concludes that the results suggest that daily rhythms of people's bodies tweaked the vaccine's efficacy. Drawing on previous studies, Whittaker explains that many hormones and immune signals are produced rhythmically in 24-hour cycles. For example, cortisol, known to suppress inflammation and regulate certain T-cell-mediated immune responses, peaks early in the morning and declines as the day progresses.⁴

Phillips observed that other facets of the immune system undergo similar cycles that could underlie the differences in antibody responses among people receiving the flu vaccine.

Francis Lévi, an oncologist now working at Warwick Medical School in Coventry, states: 'When you give a medication, you always know the dose.' He further states, 'We have found that the timing is sometimes more important than the dose.'⁵

Action:

- If you are taking prescribed medication, ensure that it is taken at the indicated times.

Good health!

¹<https://www.the-scientist.com/features/circadian-rhythms-influence-treatment-effects-31746>

²<https://study.com/academy/lesson/chronobiology-definition-examples.html>

³J. E. Long et al., 'Morning vaccination enhances antibody response over afternoon vaccination: a cluster-randomised trial', *Vaccine*, 34:2679-85, 2016

⁴Ibid.

⁵<https://www.nature.com/articles/d41586-018-04600-8>



Focus matters – 'Turning everyday conversations into Good News'

The most important question anyone can ever ask of us is, 'What is your God really like?' A quick reality check tells us that it's unlikely we'll ever be asked this question, unless there is some indication either by word or deed that God's on our radar. Nor is UK society* a place where conversations about spiritual things are commonplace. In the main, most friends, neighbours and colleagues live lives void of God, keeping a gentle distance from those of us who do – just in case!

Religious people are faced with the stereotype that they have a 'truth to tell', of which they can be incredibly zealous. Could this be the 'just in case' reason why Joe and Jane keep their distance? Once aware of this, we react by moving to 'risk averse' mode when it comes to faith sharing, because there's no way we want to cause offence. Thinking it best to keep our mouth closed, we buy into the 'Christian presence alone' form of witness, often with wonderful repeated selfless actions of kindness. Assured that 'the strongest argument in favour of the gospel is a loving and lovable Christian' (Ellen White, *The Ministry of Healing*, p. 470), we park the responsibility to actually speak about Christ. 'That's not my spiritual gift', or, 'That's the pastor's job' – and, anyway, 'Actions speak louder than words.' But Jesus said:

'You are the salt of the earth, but if salt has lost its taste, how shall its saltiness be restored? It is no longer good for anything except to be thrown out and trampled under people's feet. You are the light of the world. A city set on a hill cannot be hidden. Nor do people light a lamp and put it under a basket, but on a stand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.' (Matthew 5:13-16, ESV)

William Barclay comments: 'There can be no such thing as secret discipleship, for either the secrecy destroys the discipleship, or the discipleship destroys the secrecy.' It's obvious really, because Joe and Jane aren't mind readers! The apostle Paul put it something like this:

'But how can people call for help if they don't know who to trust? And how can they know who to trust if they haven't heard of the One who can be trusted? And how can they hear if nobody tells them? And how is anyone going to tell them, unless someone is sent to do it?' Romans 10:14, 15 (*The Message*).

By now I can hear your genuine response: 'I have tried talking about Christ; but in most places, and with most people, I feel I dare not.' The late evangelist Michael Green understood the challenge, and connects it with those faced by first-century Christians. In his book, *Evangelism Now and Then*, he notes the problems, which for our purpose I've summarised:

- There was the barrier of race – Galatians 3:28.
- There was the barrier of class – Galatians 3:28.
- There was the barrier of religious pluralism – Acts 17:22, 23.
- There was the barrier of decadence in society – 1 Corinthians 6:9-11.
- There was the barrier of political suspicion – Acts 13:27-31, 49-52.
- There was the barrier of cynicism – 1 Corinthians 1:18-25.

And yet, with all these barriers, as Green makes clear, 'These people were convinced that the meaning of the universe had been disclosed in the coming, death and resurrection of Jesus, and they could not keep quiet about it.'²

Focus can help

Is there still a place for talking about Christ in the UK today, confidently, but gently too? Distributed a couple of weeks ago with the previous edition of *MESSENGER*, *Focus* looks at what is now the topical theme of 'climate emergency'. Is there a Christian context? Is there an Adventist context? *Focus* is designed to help turn our everyday conversation into a spiritual one, specifically about the Good News. Full of conviction, it's designed to help build trust with friends and neighbours, but in a gentle, step-by-step way, like building blocks. I'm hoping you'll find it an interesting and thought-provoking read, but ever keep in mind that *Focus* is really for the Joes and Janes in your world. It's worth making a matter of prayer.

¹ *The Daily Study Bible: The Gospel of Matthew*, vol. 1, p. 119 – St Andrew Press, Edinburgh

² *Evangelism Now and Then*, Michael Green – London, 1992: ISBN 0-232-51979-X

*In Northern Ireland and Ireland there is still a significant Christian climate where it feels easier to have a conversation about spiritual things.

Prayer pointers

- Thank the Lord that somebody, at some time in your life, shared the Gospel with you. Do you remember who and by what means?
- Pray for those in your sphere of influence who do not know Christ. Pray for the Spirit to prompt you to confidently but gently share what Christ means to you.
- Pray for opportunities to share *Focus* magazine, and for God to show you how the printed word can still be used by the Holy Spirit to lead lives to Christ.

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Press the pause button

Pastor Nerine Barrett, minister of the Clapton and Woodford Green district, has a passion to see the love of God manifested in the lives of people. She shared this sermon at the British Union Conference Ministerial Council in May. Because all of us experience busy and stress-filled lives, we hope you will also experience the Spirit's prompting to 'pause' and 'rest'.

'When I pause in the hush of His holy presence,
When I'm so still I can hear each whispered word,
When I pause to pray I enter His cathedral:
These are the times when God seems so near . . .'

'When God seems so near', Bill & Gloria Gaither

As I listened to the words of the song, there was this longing inside of me to experience the hush of God's holy presence; it had been a long time since I felt like God was near.

Life can get so busy and hectic at times, to say the least. If you are not careful you will find that you get so caught up with so many things that you haven't got time to rest or to renew your energy and strength. Rest has become elusive for some of us. Most, if not all of us at the BUC Ministers' Council, can't remember the last time we truly rested. You see, as pastors and workers for Christ we don't have the luxury of being able to just chill. We are constantly on our phone, taking calls from members, family, friends and non-members; and when we are not on our phones we are writing and answering emails and text messages. The demands of our members are great, and the busyness of life keeps us on the go. We have sermons to prepare, Bible studies to give and

prayer meetings to conduct. We are expected to attend every meeting and chair most of them. On top of all that we have evangelistic seminars, mini series, funerals, baby blessings and weddings to do.

We are the go-to people for anyone and everyone. We are the shoulders they cry on, the ones to whom they turn to solve their problems and give them advice as to what they should and shouldn't do. We not only have members to think about, but most of us have families who also need us. They too need our attention; they too need a shoulder to cry on and someone to listen to their cry. As I speak, some if not most of us sitting here right now are checking our phones for messages, whether they be voice, text, or WhatsApp messages. We can't seem to keep still; we must be doing something. Let me ask: when was the last time you truly rested? And I'm not talking about a little sleep here or there – I'm talking about a rest from everything, a rest where it's just you and God and no one else. I'm not talking about just a physical rest, but a holistic rest: mind, body and soul.

**Let me ask: when was the last time you truly rested?
And I'm not talking about a little sleep here or there
- I'm talking about a rest from everything, a rest
where it's just you and God and no one else.**

on religion in Jesus' time.

The religion of the Jews was a life of endless rules. A man lived his life in a world of regulations which dictated every action of his life. It was a life filled with 'thou shalt not'.

It was just like growing up: when I was a child my parents would not let me do certain things or go to certain places. There were constant rules – you can't do this or that – and sometimes, when I asked why, they had no answer: they just knew that I shouldn't. Well, it was a similar situation in Jesus' day. Jesus recognised how difficult and burdensome it was for a person to live their life as one of God's people. It was a case where everything was legalistic. If you did something, you had to have a reason for doing it. There were ways in which you were to walk and talk. There were ways in which you were to sit, eat and drink. It was impossible for anyone to have any relationship with God, much less get to know Him. So the invitation was issued: 'Come to Me, all you who labor and are heavy laden, and I will give you rest' (Matthew 11:28, NKJV).

Nerrine Barrett



The simplicity of Jesus' promise is both striking and refreshing. Jesus doesn't offer us an eightfold path to peace-giving enlightenment, like Buddha did. He doesn't give us five pillars of peace through submission, as Islam does. Nor does He give us 'ten ways to relieve your weariness', which we sensible, self-help, modern-day people are so drawn to. Unique to anyone else in human history, Jesus simply offers Himself as the universal solution to all that burdens us.

To experience the rest that Jesus is talking about, we will have to press the pause button on our lives. We will have to be still and allow God into our everyday activities. Most of us, myself included, believe that because we are doing the work of God we should work ourselves into the ground, because if we take the time to rest and replenish ourselves we feel guilty. I don't know if you are like me – if sometimes you find yourself rushing from one place to another trying to take care of others and their needs, and at times it feels as if you are stretched to the limit. It is times like these when we need to press the pause button and take the time to breathe. It is times like these when we need to do as Jesus did and take the boat over to the other side and leave the multitude behind.

You see, even Jesus Himself realised that when you are serving people it takes a lot out of you. So many times we read in the Bible where

Jesus would leave and find a quiet place where He could spend some time with God the Father. Jesus knew the importance of rest: and so He would press the pause button and move away from the crowd, and rest. You see, Jesus knew that the crowd would always be there; He knew that their problems

would not go away overnight; He knew that most of the people in the crowd didn't really think they needed Him – they were there because of what they could get from Him. He also knew that some of the people in the crowd were there out of curiosity. And so He would move away because He knew that they wouldn't die immediately and their needs were not pressing; but He needed to replenish and renew His strength. So, if Jesus the Son of God took time out to rest, how about us? We are not superhuman, even though some of us believe that we are. For those of us who believe that we are superhuman, He issued the invitation: 'Come unto Me.'

In other words, Jesus is saying, 'Step aside for a while; move away from the multitude and the crowd. Stop filling your life with things that are not important; stop running yourself ragged for the majority of people in the crowd who don't need you. Most of the people in the crowd, if truth be told, can take care of themselves; they can find the solutions to their own problems. Most of the people in the crowd don't



David Wright

Model railways, Christ and a cuppa

David Wright loves people and the world they live in. In times past, he trained Youth and Pathfinder leaders in outdoor pursuits to expedition level. He writes from Tavistock, Devon.

In the December 2018 edition of *MESSENGER* (vol. 123, iss. 24), Pastor Ian Sweeney wrote about the Campaign to End Loneliness – how it affects people of all ages – and encouraged everyone to contact someone on their own over the Christmas period. While particularly poignant over the festive season, loneliness sadly lasts all year long for many in the UK. The well-respected charity, Age UK, for example, tells us that, in 2016/7, the number of lonely people aged 50 and over in just England was 1.36 million, and is projected to be over 2 million by 2025.

When I retired a few years ago, I decided I would offer one day a week to help a local charity, and, after seeing a small poster in my local post office asking for volunteers, decided to become a 'befriender' for a community-based organisation that provided support services for older people in the area. After some free training and a CRB check I was introduced to my first 'client' – an 85-year-old ex-military policeman, whom I got to know well over the two years before he died. With regular cups of tea we would chat about his life, often share lunch together, listen to music and sometimes go shopping in town. The main reason for

care about you and your wellbeing; so come. Press the pause button and breathe.' To pause means to stop for a while and be silent. We need to pause the hustle and bustle of life. We need to pause the television, radio, internet and telephone. Sometimes we need to pause social media, Twitter, Instagram, WhatsApp, Snapchat and Facebook.

I want to suggest to you this morning that it's time to pause: because, if we really want to experience the rest that God has to offer, it is time to turn off the phone, shut down the laptop and take up Jesus' offer of rest. You see, the rest that Jesus is offering is not just a rest from physical labour, but a total rest of mind, body and soul; because when we take up Jesus' invitation what we are really saying is that we want Jesus to *rest us*. And the reason why Jesus can rest us is because He *is* rest: so, when we come to Jesus, we come to rest. And the rest that He gives is holistic.

The song continues:

'There are times I cannot feel His presence,



I cannot recommend it enough to anyone with a few hours a week to spare - to consider becoming a befriender.

pairing me up with him was to encourage him to eat more regularly and healthily, and, by talking, to help him break through some of the memory barriers that his worsening dementia was causing.

I was soon introduced to a retired engineer, also in his eighties and suffering from severe

When my clouds of doubt obscure the
Master's smile,
But when I'm still enough to hear His gentle
whisper
Then I know my Lord has been there all the
while.'

We need to pause – to slow down – so that God can bring us into the hush of His holy presence; because it is only through His presence that we will be able to endure the waves, scale the walls and roll with the tide.

Come. Are you feeling distressed and want to de-stress? Come. Are you feeling burdened down with the struggle of your life? Come. Pretend that Jesus is standing right here in front of you today, arms outstretched, beckoning and whispering, 'Come to Me, and I will give you rest.' Because that is who He is – when we come to Jesus, we come to rest. Do you want to have ultimate rest? Then come; press the pause button on whatsoever you were listening to, the things that are occupying your mind and your time, and come.

dementia. The reason for putting the two of us together was that we both shared a love of model railways, and one of his hobbies had been building model boats and trains. We spent most of our time in his attic, talking about his life and playing with trains. Occasionally I was able to take him out to local model railway exhibitions, which he loved, and when he eventually had to be moved to a care home we were able to build a new but smaller model railway on the window sill, which all the staff would come to watch.

While I currently have two other elderly gentlemen whom I visit – one a retired postman and the other a retired fireman – I'll tell you about another. Living all alone in a rented cottage in the countryside with just his cat, and coping with the combined effects of a heart attack, stroke and dementia, he appreciated a regular opportunity to chat over a cup of tea, and to steadily recall the many aspects of a fascinating life. This included working as a

solicitor's clerk, a watch repairer, a high diver, a wrestler, a farmer and a builder. As a crane operator for a large construction company he had been responsible for the crane that built the Post Office tower and for placing the final aerial mast at the top. He also loved gardening, but due to an increasing number of falls was no longer able to do things safely in his garden. With help from the Lions Club, however, we were able to buy him a raised trough, placing it near his back door so he could plant and grow his favourite vegetables. I felt very privileged when I was asked to give the eulogy at his funeral last year.

It continues to be extremely rewarding to spend time with such wonderful people, to learn about their lives and to learn from them. I cannot recommend it enough to anyone with a few hours a week to spare – to consider becoming a befriender, to help make life a little happier and more interesting for those who are isolated and unable to leave their home on their own.

Most towns and cities in the UK will have a similar voluntary support organisation providing befrienders for those living alone, and they would welcome your time and interest. There is often a particular need for male befrienders to visit elderly men. Befrienders are always provided with free training, receive ongoing support and have travel expenses reimbursed.

Matthew 25:40: 'The King will reply, "Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me"' (NIV).

Bristol members believe 'it's nice to be nice'

'It's Nice to be Nice,' reads the 8-foot banner in the sanctuary of Bristol Central Seventh-day Adventist Church.

Whether you see it as just a pleasant sentiment or a determined aspiration, it's what the Bristol district of churches are endeavouring to live by in a practical way.

As part of the church's mission strategy, the church's aims are 'to be an open and inclusive church that cares and provides hope and support to members and the community in a loving environment'. Trying to put that into practical terms means making connections and meeting the needs of its congregation and the local community.

While for many years the church has engaged in various evangelistic activities, these have now been further strengthened and consolidated through the commitment and leadership of key members and the vision, support and encouragement of the Bristol district pastor, Royston Smith.

Arriving in 2016, Pastor Smith was an answer to local members' prayers: a pastor who was mission-minded and in particular had a burden for the members, as well as reaching out and meeting the needs of the surrounding community.

Many of the initiatives you may have read about in these pages are a direct result of those faithful few who have caught the mission focus of the church and taken it to the people.

A major factor in the church's mission efforts has been key members, such as the Community Ministries leader, Mary Philip. An evangelistic powerhouse, she has been the driving force behind several health and community-related activities. Starting from her appointment as Health Ministries leader in 2012, she gradually built up an ambitious health and community-focused ministry, and by being trained as a local health champion she was given access to work with the city council and

other community and health organisations. This resulted in a number of health expos and partnerships with doctors' surgeries, local schools, community organisations, and Southmead Hospital, where Mary works as a registered nurse.

Mary has helped set up several anchor events throughout the year, which are now well established. These include a tent at the Race for Life Cancer Research event, the Life Colours health event with Dr Chidi Ngwaba, and stalls in the church car park at the St Paul's carnival. Anywhere the church can be visible and meet the public, Mary is keen to be there.

Mary said, 'I'm passionate about health in the community, and my aim is to spread the good news and tell people that you can live longer if you change your lifestyle.'

Another member who has made a big difference to the local church is Albert Gardiner, whose passion lies with helping and reaching young people. As an assistant head in a secondary school he has a natural and engaging rapport with youth, and has been instrumental in developing a structured approach to engaging with the youth, helping them to develop confidence in leading out, drawing them closer together, and helping them to gain a deeper spiritual connection. Albert said, 'I see it as my calling, through serving and working with young people.'

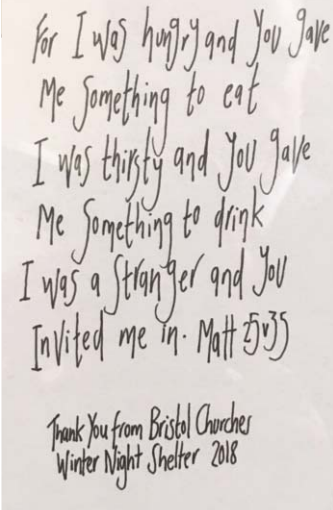
Some of the initiatives which Albert has introduced have been 'Connect Sabbaths', where young people come together in their own space, using the Acts 2:46, 47 model of the disciples coming together with one accord, breaking bread together, and praising God. He has also introduced a discipleship emphasis for young people through mentoring, taking Sabbath School, and being involved in family worship services and youth programmes.

'Down Your Way' is a new and regular *MESSENGER* feature to highlight an area of the British Union Conference. Often it will take a look at how mission is moving forwards in a particular city or church, rather than reporting one story or event. Is there something unique about how the church connects with the community? Earlier this year the *MESSENGER* Editor had the privilege of visiting the Bristol Central church. On the right-hand side of the sanctuary a banner caught his attention. Ian Sabadin, Communications Officer, provides the story of why it is there. . . .



many and various needs of the youth, as the Bristol district has approximately 200 young people from various countries and a mix of church youth, students and others. To this end Albert has set up six small groups so the youth can get to know each other better. They are encouraged to take part in weekly activities such as Bible study or social activities to bring people closer to each other.

Mary and Albert have also worked together on supporting students at the city's two universities, Bristol University and the University of the West of England. Partly in response to the sad statistics of several students committing suicide, it was decided to introduce a student hub, a place where students could come, study, talk, make friends, and feel at ease. This has been taken on by the university, and people are considering extending it to other places. With this in mind, work is ongoing to revamp Bristol Central Church's basement to make it a friendly, relaxed, safe place for youth to meet and socialise. It is envisaged that it may eventually be open throughout the week for various groups to use and meet up, such as the young married couples, so they can play games,



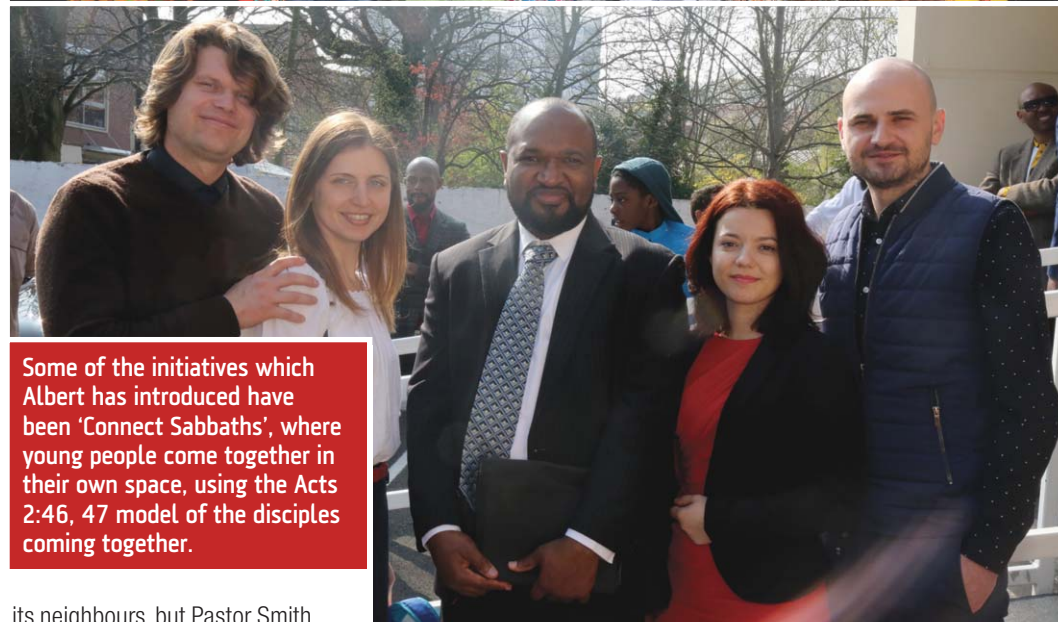
have discussions and Bible study, and thereby reduce the cost of hiring various venues.

In addition, Pastor Smith has launched his own initiatives to reach out to and meet the needs of the local community. One is 'Tea and Biscuits', where Pastor Smith is at the church on a Wednesday and is available for anyone from the community to come and have a chat over a drink. People from the community regularly pop in.

The other initiative is building a positive relationship with the Supported Independence charity organisation next door to the church. Previously there was no contact between the church and



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its neighbours, but Pastor Smith has struck up a friendship with the management and service users, to the extent that the church is invited to take part in and support the organisation's open day and use their car park.

Another supporting influence behind the scenes is the work of the Bristol Joint Evangelism Committee, who help organise and fund projects and events through grants from the South England Conference and Area 2. They support initiatives and events such as the annual Holiday Bible School, which is oversubscribed by local parents wanting to send their children; the Life Colours health event; and the annual Bristol Race for Life event for Cancer Research.

The church has also now been part of the Bristol Churches Winter Night Shelter for two years, led by Bristol Central's local treasurer, Beverley Thompson-Taylor. This involves taking in and feeding up to 12 homeless guests over a six-week period, which has also led to



contact with other Christian churches, breaking down misunderstandings and barriers between us.

So, through the hard work and commitment of these and many other members of the Bristol churches, the Adventist Church is becoming a more effective witness to its local communities and residents of Bristol, and by God's grace it will bring many people to a knowledge of Jesus Christ.

If you would like the *MESSENGER* Editor to come 'down your way' and have your church or district profiled, send a request to editor@stanboroughpress.org.uk. Alternatively, why not write a profile of your church, sharing its mission statement and all the things that make it tick?



Seventh-day Adventist becomes CEO of Christian Aid



Born in the UK and of Zambian heritage, Amanda is a committed Christian and member of the Seventh-day Adventist Church. So says the opening line of her profile on the Christian Aid website.

Recently appointed as the Chief Executive Officer of Christian Aid, Amanda Khozi Mukwashi took up her position in August 2018.

Christian Aid has always been a pivotal charity organisation within the Christian Church, throughout the UK and worldwide. It is an organisation which believes that 'human action is responsible for the underlying causes of poverty and that the world must be swiftly changed to one where everyone can thrive and share life in all its fullness'.

Amanda, whose parents came from rural Zambia, recently shared during an *In Conversation* interview that, though she was brought up as a faithful Adventist, she had nevertheless experienced personal struggles of faith. Studying to be a lawyer at the Zambian university, Amanda had an encounter with God through an

a cappella group whose singing and lyrics moved her to such an extent that, immediately, she committed her life to Jesus Christ.

Amanda shared how, when on the verge of completing her law degree, she failed one of the modules and subsequently found herself on a different path of employment within the humanitarian field, which was to change the course of her life.

Another crossroads came when, after getting married and having two small children, she left Zambia for England to further her education and to find work. However, to her surprise, despite her qualifications and experience, it seemed that every job she applied for was unsuccessful, and eventually she had to train to be a care worker just to gain work experience. She said it was not until she arrived in England that she experienced real deprivation, financial hardship and the greatest test of her spirituality.

The full interview, which can be seen below, highlights a remarkable life which demonstrates God's continual

leading and direction to the position she holds today as the CEO of one of the largest Christian organisations in the world.

One would think that with all her accolades and educational attainment her faith would become compromised, but Amanda has shown great strength of character born of her deep appreciation for her Adventist beliefs, which shape and embed her whole outlook towards life.

As a church we congratulate Amanda on her role and the influence she's having – not only in Christian Aid, but in shaping policies and projects to help those suffering in poverty around the world.

Her *In Conversation* interview with Dr Richard Daly can be seen at this link: <https://youtu.be/IEALHeOaCU4>.



World Refugee Sabbath 15 June

2019 theme: Hospitality

Further details, including a video, can be found at: <https://adra.eu/refugees/>

'Do not forget to show hospitality to strangers, for by so doing some people have shown hospitality to angels without knowing it.' (Hebrews 13:2, NIV)

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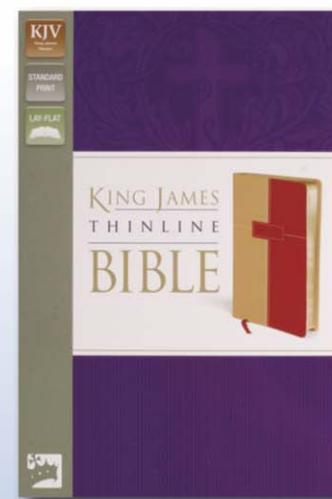


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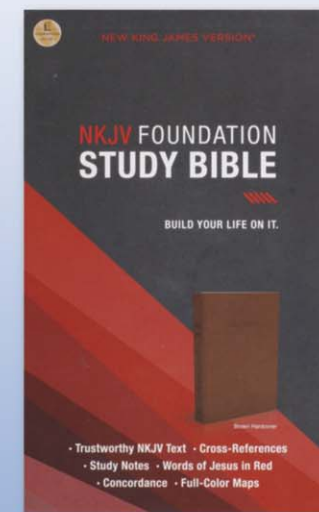
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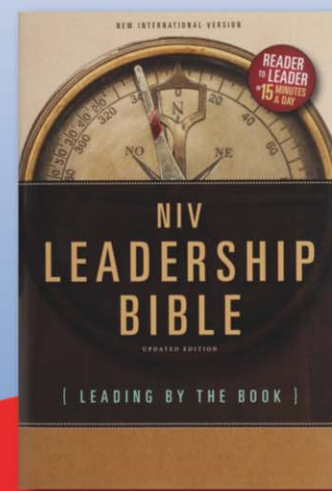
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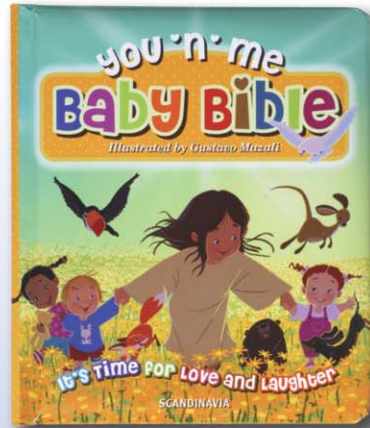
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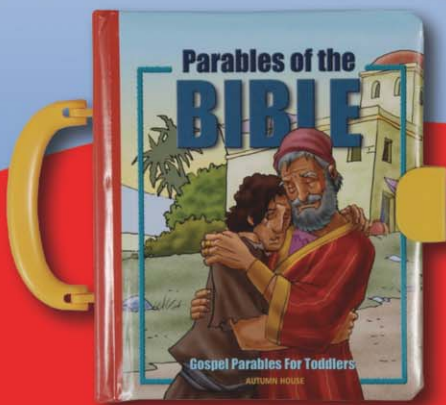
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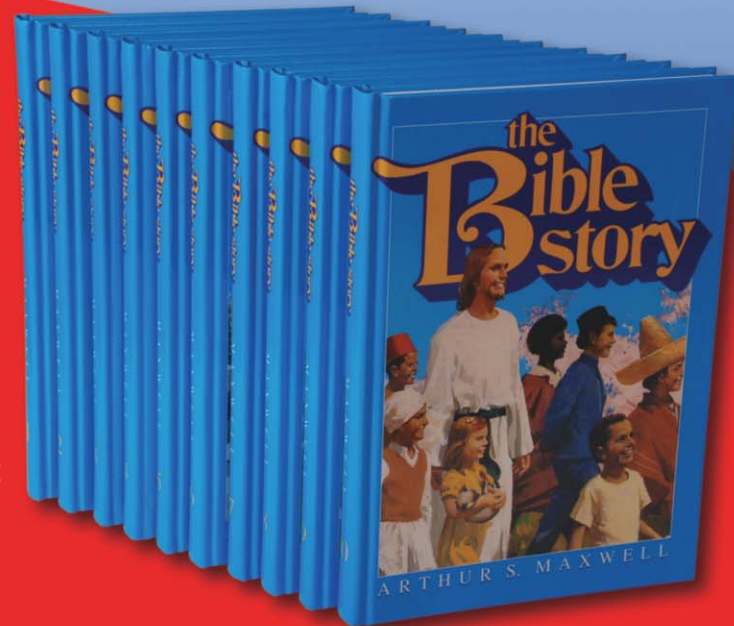


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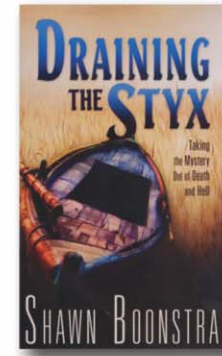
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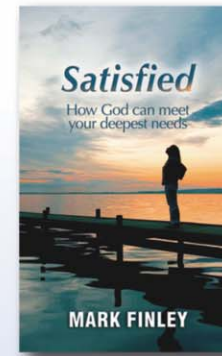
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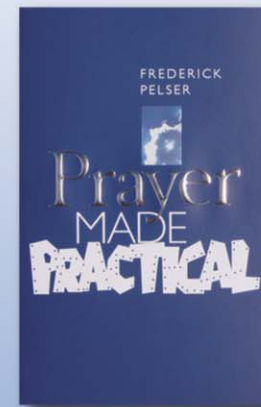
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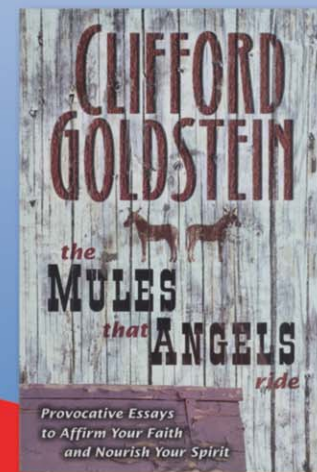
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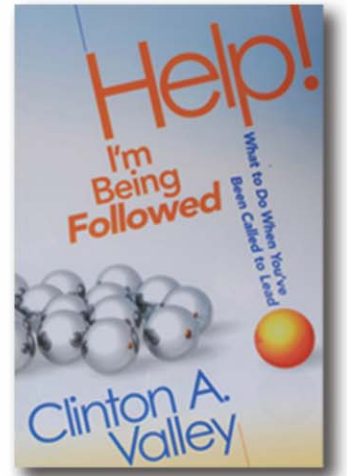


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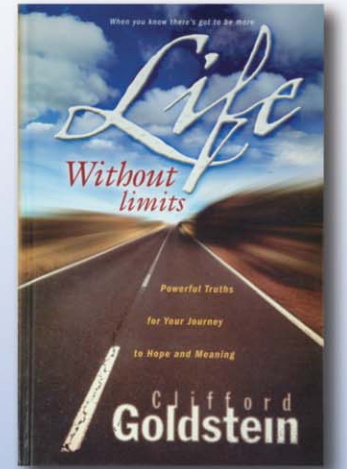


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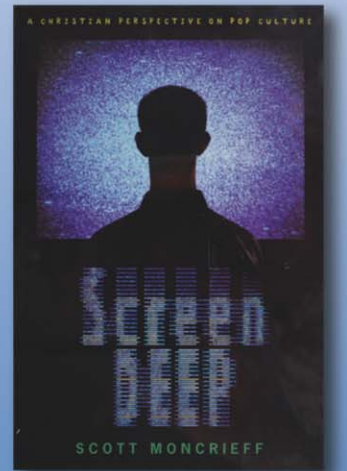
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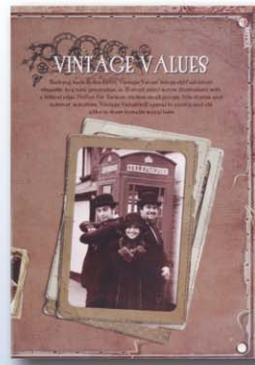


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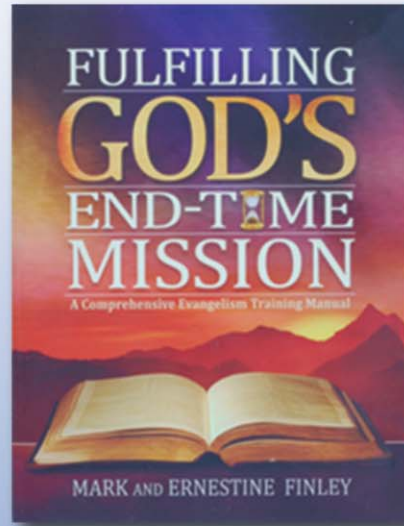


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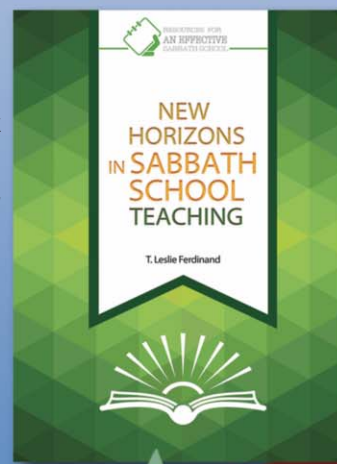
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Oneness in Christ – our aim

As the result of the end of 2018's Sabbath School lessons, Balham members worked together to share resources with each other, as Paul invited the early church to give to the poor. The Sabbath School Department challenged all classes each to do likewise in uniting and working together to raise money for an ADRA project.

After a struggle, each of Balham's seven classes, including the youth class, chose a project that they would aim to fundraise for in four months.

Despite several bereavements, sicknesses, and other challenges, we can celebrate with four classes who raised a total of £1,680 for four projects: namely, Nepal (agriculture) – 'Give a goat to empower a family': £580 raised; Togo (education) – books for literacy training: £540 raised; Cameroon (education) – school kits for disadvantaged children: £310 raised; and Swaziland (food) – twenty pre-school children's meals for months: £250. On 6 April 2019, Cathy Boldeau – the Development Education Officer for ADRA-UK – accepted the invitation as a representative to come and advise the Sabbath School of the process for these projects and to answer any queries. She also encouraged and thanked the church in person for our fundraising efforts through these projects in addition to the annual Ingathering commitment.

God be praised!

ANDREA BENNETT & JOAN ROBINSON (COMMUNICATION LEADER)

PHOTO: MARK GREY



£11,300 for ADRA – Thank you, Camp Hill!

The most prominent Ingatherers for the ADRA 2018 and 2019 Annual Appeal were recognised with certificates of achievement during the Sabbath of 11 May 2019.

The NEC target was surpassed by collection of funds via a range of innovative methods. £11,300 was raised in total. It was God's intervention that enabled this.

Door-to-door collections and sponsored swimming by mother and daughter, Shirley Chisholm and Hayley Ngorand, raised over £400.

Pastor Cyril Sweeney was sponsored in 2018 for his 'Goatee or No-tee' beard-wearing endeavour. He served as a true soldier for Christ!

Popular for both years was the Camp Hill 'bake-off' – a cake-making event raising over £800 for the two-year total and at the same time proving to be a tasty and fun-filled evening of fellowship.

Other prominent collectors included Sister Ruth Edwards; she made personal deposits to the collection tin on a monthly basis and received donations from family visitors to her home. She raised close to £290 in 2019 and over £300 in 2018.

Several children were among the most adventurous collectors.

Each of the members recognised was given a certificate to celebrate their efforts.

The church members who had served in the background were also named and thanked for their service in this field of God's worldwide work.

The appeal this year aims to support the move from poverty to prosperity for people in Zambia, South Sudan, eSwatini (Swaziland), Myanmar, Ghana, Rwanda, Sri Lanka and the UK.

The ADRA Appeal fund continues to enable volunteers to serve God and respond to disasters in Yemen, Syria, Sudan, South Sudan, Indonesia and wherever needed.

The Camp Hill ADRA team encouraged the church to continue to support the appeal each year, to show love and to help those in need.

JACQUIE HALLIDAY-BELL



Grantham cream tea to support local hospital

A crowd-funded charity in aid of improving Lincolnshire's hospital gardens caught the attention of the Community Services Department of Grantham Church.

Church members arranged for a cream tea and bric-a-brac/plant sale to be held in the church/school one afternoon (15 April), open to anyone in the local community who would like to come and donate money towards the project.

The charity GROW (Gardens Restore Our Wellbeing) is sponsored by a garden design partnership, which hopes to brighten the spaces seen from hospital ward windows in Lincolnshire hospitals.

The first of these projects is in Grantham & District General Hospital, where unused space outside Ward 6 will be featured.

A week or so later, Nikki Applewhite, one of the sponsors of the project, attended the church and was presented with a cheque for £350 by Carole Thompson, being the proceeds from the church's fundraising effort.

Yet another local interest that has connected our church with the community.

MIKE COWEN



'Restored to Rise'

Welsh Mission women met together over the weekend of 26-28 April 2019 at Shallowford House Stone, with the theme, 'Restored to Rise'. Centred around physical, mental and spiritual restoration, we were blessed by powerful messages from BUC Education Director, Kathleen Hanson; NEC Education Sponsor, Emily Tedds Otega; and BACP- accredited therapist, Fay Lindo.

ELIDAH NOTA

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Miriam's spare house builds kingdom

On 13 April 2019 the Adventist church building in Clacton was dedicated to the Lord. The dedication service was attended by the current pastor, Robin Leis, and past pastor, Sam Ouadjo, as well as SEC dignitaries Dr Emmanuel Osei (SEC President) and Pastor Douglas McCormac (SEC Executive Secretary).

The church plant started out as a group of Adventists who came together each week for Bible study in a sister's house. Little did they know that the Lord was working in the background on their behalf.

A lady called Miriam Heath was given two Adventist books on the Books of Daniel and Revelation. Having read them, she then tried to find a Seventh-day Adventist church in Clacton, and upon meeting with no success she contacted the Conference, who put her in contact with Sister Cynthia Austin, who invited her to join the Bible study group.

However, Miriam soon became concerned that the group didn't have anywhere for any correspondence to be sent. She herself had a spare house which she felt didn't belong to anyone but the Lord.

She quoted Luke 12:48, NKJV, 'For everyone to whom much is given, from him much will be required', as she handed over one of her houses to the Bible study group and a church plant was started.

From October 2010 the Clacton church plant worshipped in the house each Sabbath and soon became well known in the community, especially among the rough sleepers, who regularly attended the Divine Service and the potluck lunch afterwards.

The house was eventually sold and a bid on a church building was successful. However, the church building was in need of a lot of renovation and was also plagued by setback after setback. Many final completion dates came and went. Nevertheless, the church plant



Left to right: Pastor Andrew Davis, Cynthia Austin (elder), Pastor Robin Lewis, Dr Emmanuel Osei (SEC President), Jean-Claude Balisson (elder), Pastor Sam Ouadjo and Pastor Douglas McCormac (SEC Executive Secretary)

members finally moved into the sanctuary for worship in November 2017.

When the day for the dedication arrived it was clear that the wait had been worthwhile. The Clacton church plant members were joined by their Ipswich and Colchester church brethren as well as the Shepherd Choir, Sister Shamiso Shumba, musicians from the Romford church and the famous Adventist Connection. It can be said that throughout the service a joyful sound was made to the Lord as the sanctuary resonated to the sound of praise to our Lord.

Dr Osei gave a sermonette where he claimed to have confidence in what God would do for the Clacton church. He added that it was a privilege that God had chosen us (Adventists) to give the message to the people in the community of Clacton. He said that as we (members) minister to the community the church will be a beacon, drawing people to Jesus. He went on to emphasise that everything that we say and do (as Christians) must reflect God.

Please pray for us in Clacton, that everything we do to grow the church will bear fruit and bring glory to the Lord.

PAM JOSEPH (COMMUNICATIONS OFFICER)

Sabbath afternoon 'nature object lessons' in Williamson Park continued the 'active listening' dynamic of the day, which was organised by local Lancaster University students Douglas Gausi and Katlego Kobuane. It was an encouraging moment for the local leader, Alice Burrell, who's been a core Lancaster member for many past years. New members and friends are a sign to her of the growth she's been praying for.

ROMAN SMEJKAL

Double baptism at Mansfield Woodhouse

March 30, 2019 was a wonderfully special day in the life of Mansfield Woodhouse Church (formerly Sutton-in-Ashfield).

For the first time since the church moved to Mansfield Woodhouse a double baptism took place. Being our first baptism and first use of the baptismal pool, it provided a wonderful



Strive together – focus on the prize!

The first ever day of fellowship for the Lancaster, Carlisle and Dalton churches had as its theme, 'Stronger Together'. In October 2018, the Lancaster church plant was added to the district of South Cumbria and Carlisle churches. The Lancaster group has been tremendously supportive to the South Cumbria church, particularly when there's not been enough people to organise community projects. When Lancaster was added to the district, the idea expanded to organise the first district meeting with the value and purpose that we are 'Stronger Together' and can do things that we couldn't without each other's mutual support.

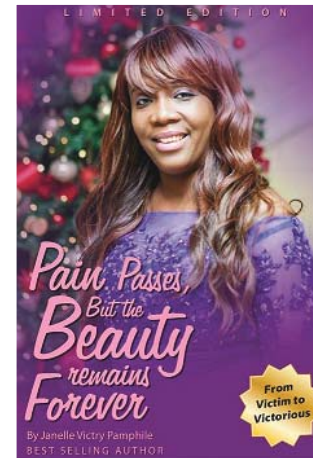
The speaker for the day was Pastor Andrew Rashford-Hewitt, who encouraged the churches to strive together and focus on the prize without getting distracted by personal preferences and agendas. Roman Smejkal, the local pastor, was encouraged by the vibrant group of children, and used his talents to include them in the Sabbath School and Worship Service.

new beginning for our church family.

Mrs Jackie Wilson and Mrs Jeanselmae Simple were baptised by Pastor Curtis Murphy and fully committed their lives to Christ. The beauty of this story is that they both 'belonged' to our church family, in spirit, before they fully believed about our mission and message.

To witness their commitment ceremony was an honour and a privilege for the whole congregation and those visitors who attended. Many tears of joy were shed.

DIANE MORTON (COMMUNICATIONS SECRETARY)



In her book she speaks from a passionate heart and believes that prayerful belief in God's power is one of the purest ways to touch and communicate with the hearts of the audience. She believes it all comes down to choice and taking responsibility for the direction of your life. Janelle is proof that you don't have to allow adversity to hold you down in life; you have a fascinating and inspiring destiny awaiting you.

Her achievements have inspired her children also to put pen to paper. Madiba, who attends the Stonebridge Primary School in Harlesden, is autistic, yet in his book – *Madiba Inspires Black Boys with Speech Impediment to Think Big!* – he writes about how parents can help their children who may have speech disorders, and about what methods can be used to help them overcome.

Speaking of her son, Janelle says, 'What is so amazing about my son is that he was born very ill and the doctors had given up on him, but as his mother I "fought the good fight", and although he is also an autistic child that did not stop him from aspiring to be great. He is so calm and

communicates wonderfully; he is the star of Stonebridge Primary School, and I give a lot of thanks and praise God for healing him.'

The Mayor of Brent has praised Madiba for his courage, and the Queen has written to him expressing how impressed she is.

Janelle's daughter, Annalise, is a very industrious and tenacious 8-year-old. Her passion for kindness started at the very young age of 3 when her mother realised that her daughter had indeed been blessed with a



Mother and two children all get new books published

It's not often you hear of a mother and her children being fortunate enough each to have separate books published simultaneously, but that's exactly what happened for Janelle Pamphile and her daughter Annalise (8) and son Madiba (4).

All three have had books published, and their achievements have gained public recognition.

Janelle, in her book entitled *Pain Passes but the Beauty Remains Forever*, shares a message of courage, hope and perseverance to help others find the strength to never give up. Janelle's childhood was not ideal. Her father was an alcoholic, and, as in many families of an alcoholic, this unfortunately led to domestic abuse – so she knows intimately the devastating effect this can have. Now she does her part to bring awareness to these issues, and to help those in need.

gift of really reaching out to people and showing love and kindness. Her book is entitled *Annalise Inspires Children to Be Kind: Allowing Kids to Express Their Feelings!*

Of her daughter's success, Janelle says, 'As Mum to these delightful kids I am indeed very honoured and proud. This is such a big achievement for such little children; their books are touching lives all over the world. I wanted to show my children that they do not have to go to the best schools to have a world-class mentality, and to add to that both my children have special needs and learning issues we have to deal with on a day-to-day basis. I'm happy that they both are making history as the youngest authors in their school.'

In her own book on domestic abuse Janelle says, 'Too few people talk about domestic abuse and honour-based violence. With two women dying every week in the UK due to domestic violence, and an estimated 2.1 million men and women suffering domestic abuse in the UK, these statistics should be a more prominent topic in society.'

Janelle courageously uses her father's 'mess' as a message to help others, and is of the belief that people can go through painful experiences in their lives and still find the strength to transform their lives to help others. She has been invited to speak at Parliament and was part of a prison ministry at her church, a means of encouraging inmates to see that prison does not have to be the end of their story.

Today she is 'the people's champion' and supports families affected by addiction and domestic violence in her community of Harlesden, where she is well known and respected. Janelle is proof that you don't have to allow adversity to hold you down in life – you have a fascinating and inspiring destiny awaiting you.

PASTOR RICHARD DALY

To obtain copies of these books see the following links:

Janelle: <https://www.amazon.co.uk/Pain-Passes-Beauty-Remains-Forever/dp/1912547252/ref>
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 Annalise: <https://www.amazon.co.uk/Annalise-Inspires-Children-Be-Kind/dp/1793881774/ref>



Glasgow youth making a difference

Despite the cold and rain, youth from the Glasgow and Faifley churches gathered together on the 2019 Global Youth Day, eager to reach out to the people of Glasgow in association with the No.1 Befriending Agency run by Audrey Mutongi of Faifley Church.



Equipped with games, music and the willingness to bring a smile to people, they set out to Ibrox Parish Church with the aim of bringing joy to some of the elderly folks of Glasgow. While some were helping prepare the teas and snacks and providing the best hospitality possible, others

mingled and had a great deal of joy speaking to the elderly and learning from their life experiences before presenting some praise and worship songs that they recognised. There were even some Scottish songs thrown in there, and it seemed that the older folks loved every single one of them. Some were so moved that they said, 'It's the best time I have had this year.' Through this, the youth were also able to share some of their experiences growing up, and to take some advice and comfort from those who have already been through it all. One youth said, 'It was a pleasure to be the sermon by adopting and showing love to those of the previous generation who worked hard to give them their opportunities in life.' As one of the leaders said, 'It's great to see young people being brave and strong and doing good for the community.' An example has been set that all should strive to follow. One act of kindness can reach many.

The ministry to the elderly was initiated by Audrey Mutongi. Through her agency, Audrey has been working and continues to work hard to give the elderly an opportunity to get out of their homes and make connections with others, young and old. She has become so close to them that she knows each of them by name and has become a friend to them. Her commitment and enthusiasm inspired us to include her ministry in our outreach project on Global Youth Day. Indeed, it was an enriching experience. We were not only meeting the basic needs of others, but most importantly we were meeting the people themselves and getting to know them as friends. Youth who were involved absolutely loved the experience and felt like they were truly making a difference to the lives of people who are sometimes forgotten. Each person was willing and enthusiastic to show love and kindness. In addition to this, with the funds granted by the Trans-European Division, we plan to make this a continuous programme throughout the year: not only adopting elderly folk, but also some youth who need befriending through various other projects.

Sometimes, an act of kindness is all that's needed to make a difference.

BENJAMIN BAKINA

MP joins Pathfinders to spruce up neighbourhood

Chelmsley Wood Pathfinders Club was officially recognised by the North England Conference as a club this year – with 22 children and teens. On 28 April 2019 this newly formed club went on a litter-picking initiative. Led by Chelmsley Wood Pathfinders Club, the aim was to work with local residents to spruce up the neighbourhood around the church, supported by Solihull Borough Council.

Together with the Pathfinders were Dame Caroline Spelman (local MP for Meriden), Carlton McDonald from Handsworth and Yardley members.

Instrumental in arranging for this event to happen was Chelmsley Wood elder, Elisha Johnson.

Dame Caroline Spelman spent the afternoon on this initiative and said, 'It was a pleasure to have been involved.'

In Matthew 10:8 the early believers were encouraged to serve the community by healing the sick, raising the dead, cleansing lepers and casting out



demons. The idea of serving others was started by God Himself, a value our children are enthusiastically taking on board.

Chelmsley Wood Pathfinders hope that this initiative will become a monthly event and part of the efforts of the church to serve the community while encouraging children and young people to be better citizens.

CALVIN KIBOMA



East Midlands parents – Dudley House is a 'good' school!

It was lunchtime. One small boy was led into the school foyer to be reunited with his mother. He had just completed his first morning in the nursery class and had enjoyed himself immensely. However, all was not well... he was crying loudly. He did not want to go home! He liked school. The other pupils at Dudley House in Grantham, Lincolnshire would wholeheartedly agree that their school has a 'sense of warmth and homeliness' that makes it 'a really good place to be'. In a recent Ofsted report – January 2019 – the inspector rated the school as 'good' overall, with some outstanding features. She praised the leadership and the management, identifying that 'they ensure that the curriculum is broad and well designed so that it deepens pupils' understanding and knowledge in a wide range of areas and gives them good opportunities to support their spiritual, moral, social & cultural development'.

When the inspector met with the governors for a formal interview she not only listened to our responses but made her own observations off the record, comments that you would never find in a report! She was full of admiration and praise. Not only are Ofsted inspectors impressed by the school, but parents past and present value and speak highly of the school, which offers a 'wonderful educational experience for their children'.

Jenny Johnson, head teacher, was thrilled that once again Ofsted recognised all the wonderful things happening at Dudley House and could see that we 'are constantly striving for excellence in all aspects of pupils' learning and development – as a result, pupils thrive and achieve well'.

On the wall in the school foyer, where the small boy was shedding his big tears of frustration and disappointment, is a plaque that announces that 'God is the Master of our School'. While He is in control, our school will continue to thrive – despite all the problems that rain down on us! God will continue to enter the hearts of little children and set them up for a life of happiness. If you have children of school age and live within driving distance of Grantham (the road networks are good), why not come and visit our school and seriously consider enrolling your children and give them the BEST of Christian education? Visit our website: www.dudleyhouseschool.co.uk.

ON BEHALF OF THE GOVERNORS



Children's Ministries training – aiming high

Collaborating in ministry together on 24 March, NEC directors Pastors Patricia Douglas, Mike Simpson and Grace Walsh led the annual Children's Ministries Training Seminar. Pastor Les Ackie (BUC Family Ministries Director) joined them to help train Children's Ministries leaders to serve with excellence.

Here are some takeaways from the seminar:

- Pastor Mike Simpson: 'Take Children's Ministries seriously as a means of saving children, harnessing their natural giftedness and mobilising them in ministry.'
- Pastor Les Ackie: 'God has given parents and the whole church family an opportunity to impact the lives of children for the good. Deuteronomy 6 reminds parents to be intentional in the spiritual formation of their children.'
- Grace Walsh: 'A healthy diet and exercise are necessary for growing children if they are to experience optimum health.'

Joining the NEC team for the day were a number of professionals associated with the development of children, who collectively encouraged participants to 'raise the standards high', resulting in transformation in the way we perceive and engage in Children's Ministries. Topics included child safety policy, the value of the Sabbath School curriculum, the importance of 'an inspiring church environment', Messy Church, and Creative Church.

The team worked hard to get a very clear message across that children matter! One delegate's response was, 'I would love my church to be more supportive.' Is she the only one to feel this way?

PASTOR PATRICIA DOUGLAS AND MESSENGER NEWS SERVICE

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Historic Adventist village visit



As an added bonus for NEC Pathfinders participating in the USA Bible Bowl, an opportunity arose to visit the Adventist Heritage Village site in Battle Creek, Michigan.

The sun was shining, although it was still a little chilly. However, it was a beautiful day for the tour, which started with an orientation video at the Welcome Centre, followed by a tour of the Dr John Harvey Kellogg Discovery Centre on the upper level. Teams then visited William J. Hardy's former house, where the teams learnt of the story of the African-American Adventist pioneers – W. J. Hardy, Anna Knight, C. M. Kinney, and others. The teams also visited the restored one-room nineteenth-century schoolhouse, which was donated by the Battle Creek Historical Society. The teams learned about the growth of Adventist education from its beginnings in Battle Creek in 1872. The tour guide led the teams to the Parkville church, which was originally located in Parkville, Michigan. This was the first church

to be dedicated after the Adventist pioneers chose the name, 'Seventh-day Adventist'. The group learnt that it was in this church, on 12 January, 1861, that Ellen G. White had a vision predicting the Civil War three months before the first shots were fired.

The tour continued to the log cabin where, in July 1852, the lives of David and Olive Hewitt were changed by a sudden knock at the door, leading to an all-day Bible study with Captain Joseph Bates. This event resulted in David Hewitt becoming the first Adventist convert in Battle Creek. Teams then visited the home that belonged to Deacon John and Betsy White (parents of James White), where they were challenged with the idea that no one is too old to change. Here, John, a Sunday-keeping deacon for over 40 years, accepted the Sabbath after a long study with James and Ellen White. There was so much history of the pioneers to digest, but there were still more

houses to see. The next one was The Second Meeting House. It looked more like a church inside. Here, in the replicated 1857 Meeting House, the PBE teams heard how God had blessed the Seventh-day Adventist Church from the beginning. The church is now a movement numbering over 21 million members worldwide.

That last house visited by the NEC teams was the home of James and Ellen White, located in the centre of the historic Adventist Village. The 1856 home is where Mrs White wrote *Spiritual Gifts* vol. 1, the first edition of *The Great Controversy*, following a vision received in 1858. In addition, the team heard other stories testifying to the family's focus on Jesus. In the corner of one room there was a piano that was said to have belonged to Ellen G. White's son, while upstairs there was a bedroom with a closet that



Alison Jeins: 40 years at the Press

The Stanborough Press recently celebrated 40 years of service by Alison Jeins. Often referred to as the face of the Adventist Book Centre, Alison started work at what she describes as the fledgling ABC at the Stanborough Press, after the shop in the Grantham town centre closed at the end of 1978. She started work with the SP on 16 February 1979, where she has worked to this day. At that time Dennis Archer was the manager and Tony Crouch the treasurer.



Alison was at one time on the road with the ABC at every camp meeting, Conference session and general local church sale. When the meetings ended, Alison's workload went into overdrive, ringing the till or chasing for a book through a crowded ABC makeshift shop. Reflecting on her experience she says, 'I feel I had a great rapport with church leaders, pastors and church members.'

Highlights over the 40 years include travelling abroad on behalf of the

Press to the USA, South Africa, and Europe. For the ABC in the UK it has resulted in hours on the road. 'Getting to and from the church with a van full of books,' she notes with a smile, 'does not travel fast!'

In recent times, Alison has been responsible for the Autumn House brand of books published by the Press for the UK and Ireland Christian book market. Press open days have come and gone, but one of a few that stand out was the visit of Dr Ben Carson with his book, *Gifted Hands*, an event Alison particularly singles out as inspiring. Call the Press sales hotline, and you've a 1 in 4 chance that she will be on the other end of the line.

A member of the Newark church, Alison is an experienced and excellent Sabbath School teacher. From the myriad of texts that inspire her, she still comes back to John 3:16 as the lines that encapsulate the Gospel.

And if she was to live a dream, it would be to own a Harley Davidson.

Alison, thank you for your continuing commitment to the Adventist Book Centre and your faithful service to *Messenger* readers.

EDITOR

belonged to Mrs White.

At the end of the tour and photo opportunities outside the White family home, the group returned to the Welcome Centre, where the Pathfinders and their guardians had a go at using Dr Kellogg's many inventions, including the machine designed to relieve stress and constipation. John Harvey Kellogg was a medical doctor, nutritionist, inventor, health activist, and businessman. The teams donated to the Adventist Village before heading to the White family burial place.

Oak Hill Cemetery

At Oak Hill Cemetery, the burial site of the White family and Dr Kellogg are in close proximity to each other. This is the same cemetery where Sojourner Truth (Isabella Baumfree), an African-American abolitionist, author and human rights activist, is buried. She died in 1883, two years after James White died. It would be interesting to know if Sojourner Truth and Ellen G. White ever crossed paths in Battle Creek.

Andrews University

The NEC Pathfinders then visited Andrews University in Berrien Springs, Michigan, an hour's drive away from Battle Creek. The university was previously known as Battle Creek College, then Emmanuel Missionary College, before being named Andrews University, after John Nevins Andrews, an Adventist minister, writer, editor and scholar – the first officially sponsored overseas missionary for the Seventh-day Adventist Church.

All in all, the trip to America was a resounding success. Not only did the NEC Pathfinders do well in the PBE testing, but they also got to learn about their rich Adventist heritage. Levon Johns, the NEC PBE Coordinator, said of the young people, 'They did very well, with over a 100% improvement on the number of teams that took part last year. I believe the development of this programme is set to get bigger in the coming years; let us all assist our young people to have a knowledge of Christ firmly fixed in their minds so that they can be powerful witnesses for the Lord in these last days.'

LYNNE SESINYE SAMWINGA (NEWCASTLE COMMUNICATIONS DEPARTMENT) AND PASTOR IKWISA MWASUMBI (NEC PATHFINDER DIRECTOR)

Verna Nelson Anderson (1933-2019) d. 31 March.



Verna was born in Bangor in Northern Ireland, the first daughter of Dr & Mrs John Houston. A sister (Denzil) and a brother (Rendel) followed. Verna's school life was interrupted by periods of poor health. In due course she graduated from Queen's University in Belfast with a Bachelor of Arts degree in 1954. This was followed with a Certificate of Education in 1955. She also attended Newbold College and graduated from the Teaching Course. Her working life was in education, especially as Head Teacher at Newbold School. She completed her educational career teaching French at Marlborough School in St Albans.

She was baptised in the Belfast church on 24 April 1948. Officiating pastors were A. J. Mustard and W. G. Nicholson. Verna was active in various church activities, not least in the Missionary Volunteer Programme.

On 12 August 1958 she married Pastor James Ginby in the Belfast church. James's work took them to Reading, Slough and Plymouth, and in 1964 they came to Watford. The move to Watford took place because James was elected Personal Ministries Secretary at the South England Conference; later he was elected to the same office at the British Union Conference. Verna and James were blessed with three beautiful children: two girls, Carola and Elaine, and a boy, Derald.

Tragedy came to the family when James became ill and, despite treatment, died in February 1978. This left Verna with the responsibility of bringing up a young family, a task she carried out well. Carola followed her mother in education, Elaine became a physiotherapist and Derald qualified as a medical doctor. Carola married Pastor Mike Parker, and they emigrated to

Australia with their firstborn son, Andrew. Elaine and her husband are medical professionals, and also in Australia. Derald practises medicine in Leeds. The distance between England and Australia made Verna wonder if she would ever see her daughters again.

Verna's life was one of faithfulness to her Lord, expressed by a much-loved text, Proverbs 3:5, 6: 'Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths' (KJV). God's direction led to a friendship with Pastor Philip Anderson that ripened into love and marriage, which took place on 22 October 1994 at Stanborough Park Church. This happy event led to new experiences in which two families became 'one' family. Visits to Australia and some closer to home became happy and regular events. Their union brought great happiness to both them and their respective families. When Verna's health deteriorated in the past few years, Philip's care and devotion were a tribute to the closeness of their marriage.

The funeral service took place in Stanborough Park Church. It was attended by a large number of friends and colleagues. Verna's love for God and His church came first in her life. She was a righteous and virtuous woman. As head deaconess her leadership was unique and outstanding. Her service and care are deeply missed.

Verna had a fall shortly before she went to sleep on 31 March 2019. Her sister Denzil and brother Rendel survive and both live in the United States. Her children, Carola, Derald and Elaine, and her grandchildren, Andrew, Karina, Eleanor, Alistair and Thomas, all have memories to treasure of a mother and grandmother. Philip is grateful that God lent Verna to him for twenty-five years, and that Graham, David and their children, Michael, Katie,

Jonathan and Philip, became part of a large family. Verna's faith in her Lord and Saviour was clear and strong, often well expressed in the Sabbath School class she attended and in her contributions to the discussions. She rests until the Lord she loved calls her to life everlasting at His return.

Interment took place at North Watford Cemetery. Pastors Patrick Boyle and Llew Edwards conducted the service.

PATRICK BOYLE

Messenger

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Sunset

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	London	Card	Nott	Edin	Belf
Jun 7	9.14	9.26	9.26	9.54	9.55
14	9.19	9.31	9.31	10.00	10.01
21	9.22	9.34	9.34	10.03	10.04
28	9.22	9.34	9.34	10.03	10.03

Prayer Warriors

Prayer Warriors 2019 was one of the best ones yet, according to many of the attendees this year who enjoyed a weekend of spiritual refreshment at the scenic Alton Castle. Prayer Warriors has now been going on for 21 years and has given rise to changed lives, miracles and spiritual healing.

The theme this year was 'Faith Through the Crisis' and our main speaker was Pastor Steven Conway from Detroit, Michigan, who examined Job and the woman at the well to show how we should use God's Word to relate to the various crises that come our way. We were also blessed with devotional thoughts throughout the weekend by Sam Walters and Shaun Gooden, as well as structured Bible studies on Sabbath and Sunday.

The weekend was not all preaching and Bible study, though: Saturday night saw a social in the sports hall, and on Sunday we had some really innovative games challenges in teams, including hide and seek in the castle!

There is something special about being in a secluded castle in a small village in the English countryside, hearing biblical messages, studying the Bible and spending time in Christian fellowship. Sunday evening saw an agape feast where testimonies of God's goodness were shared, tears were shed, hearts were encouraged and God's power was seen.

We look forward to Prayer Warriors 2020, which will be held from 1 to 4 May.

PASTOR ADAM RAMDIN



NEC Spring Ski Trip

Twenty NEC youth visited southern France for a spring ski trip from 9 to 28 April. Spending the first Sabbath in the shadow of the Salève at Collonges Adventist College overlooking the city of Geneva was a welcome retreat from the long drive down on Friday. On Sabbath morning the main service was translated for us by one of the faculty members, enabling us to connect with worship. On Sabbath evening we made our way to Tignes via the scenic road past Lake Annecy and settled into our accommodation.

From Sunday through to Friday we enjoyed our time in the mountains, doing a variety of activities, including skiing or snowboarding, the first time for some of us. All learnt the lessons of discipline, determination, hard work and persistence. In the evening time we ate, worshipped and shared together.

One of the surprises and highlights of the trip this year was a marriage proposal that took place between Eddie and Joanna, who met last year for the first time on the NEC Ski Trip. Some time later, back in England, they got together and fell in love, and Eddie thought it perfect to propose on the ski trip this year. Joanna's family were all there to enjoy the occasion as well!

On our final Sabbath we went to the English-speaking church in Geneva, Adventist Fellowship Geneva, and spent the Sabbath there, enjoying the morning worship and potluck and then taking a tour of the Reformation sites in the city afterwards. On our drive home we passed through Paris and were able to spend a few hours in the city at night.

PASTOR ADAM RAMDIN





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As supplied, errors and omissions excepted

Poppy's bike shed

Poppy was unable to sleep one night so she started thinking about what she could do to raise money for her auntie's orphanage in Thailand. She decided to bake cookies and sell them down her road. The next day she started baking and sold all the cookies in half an hour. Her chocolate chip cookies were delicious, so she expanded the project and sold them at the Trans-European Division office in St Albans, at school, at her daddy's workplace, and at St Albans Church.

Two weeks later, after baking 10 batches of cookies, Poppy has raised £1,515.31 for the Kirsten Jade Rescue Centre in Thailand. Althea Mason, who runs the orphanage and currently has 60 children to look after, was delighted with the amount raised and is going to buy bikes with the money. She has had a sign made for the bike shed, which she is naming after Poppy.

God has blessed Poppy in her project, and we pray that He continues to guide and bless the orphanage.

KAREN WINBOW

