

## TED Pathfinders continue Exodus tradition of celebrating Sabbath

Victor Hulbert – Trans-European Division News

It is hard to feel hungry at the TED Pathfinder Camporee, since the volunteers at the food distribution centre work tirelessly to supply the needs of 4,000 campers with wholesome vegetarian fare. Yet on Friday evening Melissa Myklebust, the animated youth pastor from Norway, walked through the auditorium clutching her stomach and complaining of hunger pangs. All became clear as she gradually moved the youth away from thoughts of the 'plenty' in Egypt to trust in God and the timely provision of manna to His people. Appropriately, at that moment 'manna' started flying over the back of the stage, covering the floor with a white layer. Hundreds of pre-prepared packs of 'manna' were on the front of the stage as a gift to campers, whose spiritual theme was to learn the lessons of Israel from their Exodus experience. They learnt another moving lesson of Israel on Friday evening as worship moved towards sunset. Israeli Pathfinders are invited guests at the camporee, and, as the sun dropped low in the sky outside, the Israeli club came onto the platform. Two special, oil-filled torches were lit, a blessing in Hebrew was read and traditional Hebrew songs were sung to welcome in the Sabbath.

Sabbath means rest, and, after a good night in warm, dry weather, Pathfinders woke up to a bright, sunny day. Dressed in

*Continued on p. 6*



Laura Kazuwa baptised by Pastor Gabriel Perea, Scottish Mission ©Victor Hulbert/Adams



Jesse Akwasi Opoku baptised by Pastor Dejan Stojkovic ©Victor Hulbert/Adams



©Victor Hulbert/Adams



Drill time for Scottish Mission Pathfinders ©Victor Hulbert/Adams

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## Chronobiology and human life – Part 8

### Drawing conclusions

This final instalment of the chronobiology series concludes on how chronobiology affects human life, particularly as we age. Giving an overview of our biological rhythms and their importance in human life, one study posted on ResearchGate outlines the following:<sup>1</sup>

- Biological rhythms are the essence of life and are implicated in both health and disease trajectories.
- Circadian rhythms in organisms are synchronised by the lighting regimen (day-and-night cycle) and the feeding schedule (how and when we eat).
- They are primarily orchestrated by a small brain area of roughly 20,000 neurons situated in the suprachiasmatic nuclei, while clock genes reside in almost every cell.

### Ageing impact

Is there any evidence to demonstrate that our body rhythms impact the ageing process? Yes, according to recent research. *Gerontology* journal (2017, vol. 63: pp. 118-128) published an article titled: 'Chronobiology of Aging: A Mini Review'.<sup>2</sup> Authors Cornelissen & Otsuka draw conclusions from their work and various studies, which have found the following:

- Ageing is generally associated with a weakening of the circadian system (body clock).
- Chronobiological studies provide indicators for disease and pre-disease by detecting alterations in rhythms that are characteristic of markers for increased risk before there is overt disease.
- Studying circadian rhythms can help track the ageing process, distinguishing between the effects of natural, healthy ageing and those associated with disease and pre-disease.

Highlighting the impact of ageing over time, study authors Cornelissen and Otsuka conclude:

"Tracking physiological changes as a function of time helps health maintenance and even health improvement, thus "adding life to years" and not just "years to life".

In other studies looking at light pollution, its impact on the human circadian system and the ageing response, *Chronobiology International – The Journal of Biological and Medical Rhythm Research* published an article by researchers Tähkämö et al. (2018) titled 'Systematic review of light exposure impact on human circadian rhythm'.<sup>3</sup> Their findings correlate with previous studies, suggesting that 'mistimed light exposure disrupts the circadian rhythm in humans, potentially causing further health impacts'.

The following conclusions were drawn from the correlated studies:

- Two-hour exposure to blue light (460 nm) in the evening suppressed melatonin (the hormone that helps control our sleep-wake cycle).
- Melatonin secretion and suppression were reduced with age.
- Light exposure in the evening, at night and in the morning affected the circadian phase of melatonin levels.
- Exposure to low light levels (5-10 lux) at night when sleeping with eyes closed induced a circadian response.

Live well; sleep well; age well.

**Good health!**

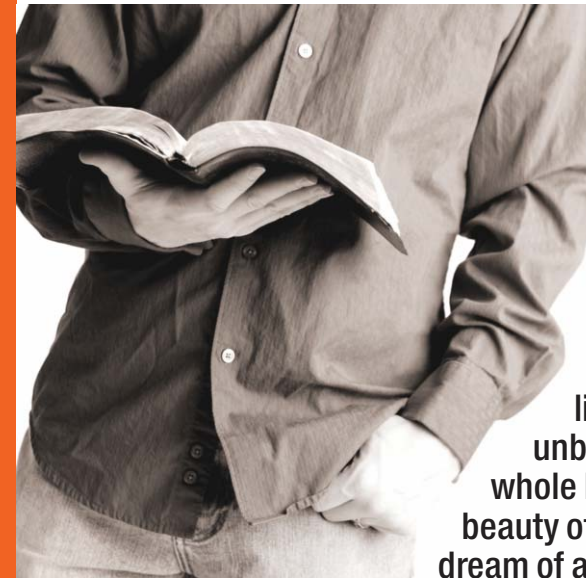
<sup>1</sup> [https://www.researchgate.net/publication/326128710\\_Chronobiology\\_of\\_mitochondria](https://www.researchgate.net/publication/326128710_Chronobiology_of_mitochondria)

<sup>2</sup> <https://www.karger.com/Article/FullText/450945>

<sup>3</sup> <https://www.tandfonline.com/doi/full/10.1080/07420528.2018.1527773>



## 'I have a dream of a church which is a biblical church ...



**... which is loyal in every particular to the revelation of God in Scripture, whose pastors expound Scripture with integrity and relevance, and so seek to present every member mature in Christ, whose people love the word of God, and adorn it with an obedient and Christ-like life, which is preserved from all unbiblical emphases, whose whole life manifests the health and beauty of biblical balance. I have a dream of a biblical church.<sup>1</sup>**

### 'Perhaps next Sabbath things will be different'

One Sabbath Jack was particularly looking forward to attending church. The previous few days had been difficult in the workplace. The boss was on his case. The company was in trouble and he wondered if he would still have a job by the end of the month. Serious matters for Jack and his family, but he had been very much looking forward to Sabbath – both for Bible study time and worship.

With Bible in hand he joined his usual Sabbath School study group. He was enjoying the current Bible studies about the responsibility of the Christ-follower to minister to hurting, hungry and oppressed people. And yet, he was quite perplexed and wanted to dig deeper. 'The Gospel Commission calls me to "Go" and make disciples. Yet how do I balance that with helping the poor? Are they in conflict with each other?' As he pondered these questions, he was confronted with another. 'How can I turn compassionate feelings for the poor to useful action?' For sure, he believed the Holy Spirit was prompting him about the matter.

The group study was interesting, with friendly discussion and participation. As the first bell signalled it would soon be time to end, he suddenly realised a problem. Great conversation, great fellowship, quite a few new insights about helping the poor, but not once – **'not once, he repeated to himself – did the teacher invite the group to open the Bible.**

'How strange,' thought Jack, but he never gave it another thought as he joined his family in their familiar pew for worship. Whatever pressures he'd faced during the week, for his family to worship together and hear a 'word from the Lord' meant everything to him. Meeting God in His time and place reminded Jack that Christ is the ultimate priority in his life, and that meant so much.

It was indeed a sermon about 'being faithful in all things.' 'How relevant,' he thought, as his pastor opened well with the story of Abraham. He liked his pastor: a caring, down-to-earth, enthusiastic, and well-organised person. As the sermon progressed, reference was given to a study about how people of faith seem to be generally more content than others, and can even expect to live longer. By now the tempo of the pastor increased, with the refrain, 'By faith ...!' Connecting his work issues to Abraham's faith, Jack so identified with what the pastor was preaching that he felt compelled several times to affirm it with an audible 'Amen'.

The pastor concluded with an appeal. 'We need more of Abraham's faith. More than that, we need the faith of Jesus!' The response hymn was 'All to Jesus I surrender'.

Jack went home with his family, encouraged, but perplexed. He had enjoyed the sermon, but was distressed that, during his time at church, not once had he been invited to open his Bible. 'It tasted good, but left me empty. Perhaps next Sabbath things will be different.'

### Under the influence

What happens when I open the pages of my Bible? I see ancient words, words I believe to be holy, showing what God is like. They show how He acts in a variety of circumstances over many centuries. The central characters in the story are God the Father, God the Son, and God the Holy Spirit as they reveal themselves to a variety of individuals. In particular, the Holy Spirit once impressed patriarchs and prophets, kings, the disciples and Paul to record their encounters with God, and where possible

to explain their meaning. Most fascinating of all is the story of Jesus.

The same Spirit today impresses me, invites me, to trust the ancient words I read. 'No prophecy of Scripture comes from someone's own interpretation. For no prophecy was ever produced by the will of man, but men spoke from God as they were carried along by the Holy Spirit' (2 Peter 1:20, 21, ESV-UK). These, then, are no ordinary words, but 'God-speak', so I'd better take them seriously. As a community of faith, we try to do just that.

As you see from the above, Stott challenges both pastors and members to experience a deeper and more mature relationship with the Bible ... 'whose pastors expound Scripture with integrity and relevance'. Dare I and my colleagues ever enter the pulpit without recognising it for the serious business it is? As John Newton said, 'My grand point in preaching is to break the hard heart, and to heal the broken one.'

Here's a challenge! As interesting a read as this edition of *MESSENGER* is, why not put it down for a while and pick it up later? Instead, open your Bible and read a psalm, or a gospel, or a letter of Paul, or a prophecy of Isaiah – and, as you do, pray this prayer:

Lord,  
Here am I;  
Here is my Bible.

Open my eyes,  
Open my mind,  
Open my heart,

And speak!

<sup>1</sup> John Stott – excerpted from *The Living Church* by John Stott, © 2007 John R. W. Stott, publisher: InterVarsity Press, Norton Street, Nottingham NG7 3HR

# Fletewood School



## 100 YEARS

## 1919 – 2019

### 13-15 September 2019

Register your interest to attend at [fletewoodschool.co.uk](http://fletewoodschool.co.uk)

<p><b>Friday evening – 13 September</b> Festival of stories over the decades Special music and favourite assembly songs Mrs Gina Abbequaye – BUC Education Director – vespers thoughts</p> <p><b>Sabbath – 14 September</b> Dedication service Centenary picnic Earl Ramharacksingh – BUC Treasurer and longstanding</p>	<p>friend and trustee of Fletewood School – speaker</p> <p><b>Sunday – 15 September</b> Open day Themed classroom displays Devon cream tea picnic</p> <p>Register or RSVP on Facebook: 'Fletewood School Centenary' or <a href="http://www.fletewoodschool.co.uk">www.fletewoodschool.co.uk</a> or call 01752 663782.</p>
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We are looking for stories of Fletewood over the decades for the Friday evening part of the celebrations. If you are coming, and you are willing to share a story of your time as a pupil, parent, or teacher at Fletewood School, please state your commitment on the Facebook or Fletewood School webpage or call Pastor Clifford Herman on 07737407754.

### Prayer & reflection:

Prayerfully re-read the dream for a biblical church. What changes do I need to make in how I connect with Holy Scripture? Is our aim as a Christ-follower 'an obedient and Christ-like life'? How different could my church be if the dream came true? Something worth praying for? How true is this little piece of wisdom?

If you have the Spirit without the Word,  
you blow up.  
If you have the Word without the Spirit,  
you dry up.  
If you have both the Word and the Spirit,  
you grow up.

If I am a preacher, what is the quality of the diet I serve my members?



# Living with hope

The following is an excerpt from Dr Reinder Bruinsma's new book on Christ's resurrection and our own, called *I Have a Future*.

We often use the word *hope* very loosely, as more or less synonymous with optimism. Being an optimist is an admirable quality that can positively affect our mental and physical wellbeing. Christians must be realists, but also optimists! For some, hope is more or less the same as wishful thinking. True enough, hope does not necessarily have a Christian connotation, for non-Christians also hope for things. When people buy a lottery ticket they hope they will hit the jackpot, and they may begin to fantasise about what they will do with those millions, even though the chances that they will actually win a major prize are extremely slim. When we leave for a vacation, we look at weather websites to see what the weather will be like for the next ten-to-fifteen days. If the forecast is not so good, we still hope it will turn out to be a little better than predicted.

Christian hope is far more than this. It is inextricably connected with our faith – with our trust in the One we have accepted as our Lord. Hope is not just a matter of feelings. It is primarily an attitude, a state of mind. In some sense it may even be called a decision. It is a divine gift that can change our outlook on life and deliver us from anxieties. . . .

Christian hope is centred in a Person – in the risen Christ. Faith in the risen Christ means the inner certainty that there is life after death; that there is a new world, even though many things seem to indicate that our present world is hopelessly falling apart. Our hope is not based on an idea. It is not based on a clever philosophy, but it is anchored in a Person: not just in any person, but in the God who created us, who sent His Son for us as our Redeemer, and who continues to guide us through His Holy Spirit. Our hope is based on our trust in who He is. With such a God there

is always reason for true hope. Charles Allen (1913-2005), a well-known American Methodist minister, once said: 'When you say a situation or a person is hopeless, you are slamming the door in the face of God.' The poet who wrote Psalm 147 assures us: 'The LORD delights in those who fear him, who put their hope in his unfailing love' (vs. 11). . . .

Living with hope is the antidote for the fear of death and for the exasperating uncertainty of so many about life after death. Those who are 'separate from Christ' are 'without hope and without God in the world' (Ephesians 2:12). The atheist and the agnostic will not agree with the premise that the concepts of 'hope' and 'God' belong inseparably together; they may point to a variety of secular kinds of hope: but in the end the Christian will maintain that (in particular at the end of life) true hope is connected with a Reference Point outside of ourselves. Our hope on the threshold of death is not based on the belief in progress or in the basic goodness of humanity, but is founded on God's promises and anchored in Him. . . . When we are at the end of our earthly journey we can say with Paul: 'I know the one in whom I trust, and I am sure that he is able to guard what I have entrusted to him until the day of his return' (2 Timothy 1:12, NLT). And we can sing the hymn that is found in many Christian hymnals:

'I know not when my  
Lord may come,  
At night or noontide fair,  
Nor if I walk the vale with Him  
Or meet Him in the air.  
But I know whom I have believed  
And am persuaded that He is able  
To keep that which I've  
committed  
Unto Him against that day!'

The Bible tells us about loads of difficulties that may lie ahead for God's people as the world

continues its course for yet a little while, and about challenges we may yet have to face in our personal lives. But 'all you need to remember,' we read in 1 Corinthians 10:13, 'is that God will never let you down; he'll never let you be pushed past your limit; he'll always be there to help you come through it.'<sup>2</sup> And then, when we must close our eyes, we can rest assured: 'Blessed are the dead who die in the Lord from now on' (Revelation 14:13).

And in the meantime? Let us decide to be grateful for the small mercies of every day. Life can still be full and fulfilling even when we face severe limitations. Jeremiah

reminded his people about their reason for living in hope and trust: 'Great is his faithfulness; his mercies begin afresh each morning' (Lamentations 3:23, NLT). Our hope is not built on human promises; it is not a pie in the sky, and it is much more than wishful thinking. Our hope is built on the Living One. Therefore, we may repeat at the beginning of every day: 'If we live, we live to the Lord; and if we die, we die to the Lord. So, whether we live or die, we belong to the Lord' (Romans 14:8). What more is there to say?

<sup>1</sup>The Seventh-day Adventist Hymnal, no. 511  
<sup>2</sup>As paraphrased by Eugene Peterson in *The Message*, p. 353

'This is a very insightful book affirming without ambiguity the historicity of Jesus, the truth about His death, the certainty of His resurrection and the reality of His second coming.'

*Dr Gabriel Masfa, Babcock University, Nigeria*

'[This is] a beautiful and valuable book: written in a very accessible way, but nonetheless dealing with some difficult issues . . . a beautiful and very informative book, and, in the positive sense of the word, a faith-building book. I hope it will prove a blessing to many readers.'

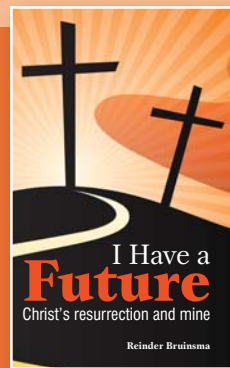
*Dr Gijsbert van den Brink, Professor of Systematic Theology and Research Chair for Theology and Science, Free University, Amsterdam*

'Dr Bruinsma's timely book, *I Have a Future*, explains in a relevant way how Christ's resurrection . . . not only broke the power of death for all of us who trust in Christ as Saviour, but also provided the means for us to receive a whole new perspective on life.'

*Pastor Raafat Kamal, President, Trans-European Division*

'*I Have a Future* . . . is a superb treatment of the age-long human quest for an understanding of the mysteries of life . . . a compelling, must-read book that is refreshingly non-dogmatic, objective, intellectually stimulating, theologically illuminating, and biblically sound. I unhesitatingly recommend this fine book.'

*Dr George W. Brown, former president, Inter-American Division*



## Book review: I Have a Future

by Herbert Blomstedt  
Swedish orchestral conductor

I have read this book with great interest – after all, I am now 92 years old, and death is personally closer than ever. But I must confess that I think of my own end very rarely – I am simply too busy to have time for it – and I am one of those people whom the Baroque poet and theologian Angelus Silesius describes as not longing for heaven because they are already in it – in spite of darkening clouds. And there is another reason: transience is the very core business of so-called 'serious' music. In one way or another it is always about the joys and troubles of life, but with beauty and meaning, and therefore ultimately with hope.

So it was a good experience to review again the biblical wisdom on life and death as described in this fine book, *I Have a Future*. All aspects of the problem are covered with clear biblical references. Some puzzling texts are illuminated, with all alternatives openly discussed. In all humility the author also acknowledges that he does not have answers to all the questions.

I finished reading this book while I was in Salzburg, conducting Mahler's Ninth Symphony. What a coincidence! With his Ninth Symphony, his greatest, he says farewell to life in the most moving way. Farewell to a world which he loved intensely, in spite of the most painful losses and unspeakable loneliness. But the symphony does not end in despair: it just fades away in quiet acceptance. After every performance the public in Salzburg remained silent for a long minute, with a feeling of gratitude to be alive. In this silence God Himself was speaking.

In the book *I Have a Future*, Reinder Bruinsma is the ideal guide in the biblical wisdom about life and death. Because the theme is so typically spiritual, it is mostly expressed in symbolic language – which is fine, and often the only way to express it – but it also makes it wide open to divergent interpretations. The author mentions many traditional possibilities, and weighs them with the overall message from all the Scriptures before arriving at his final conclusions. I appreciate this method, because there are innumerable ideas that look for support from the Holy Scriptures, some of them completely foreign to the biblical thinking as a whole.

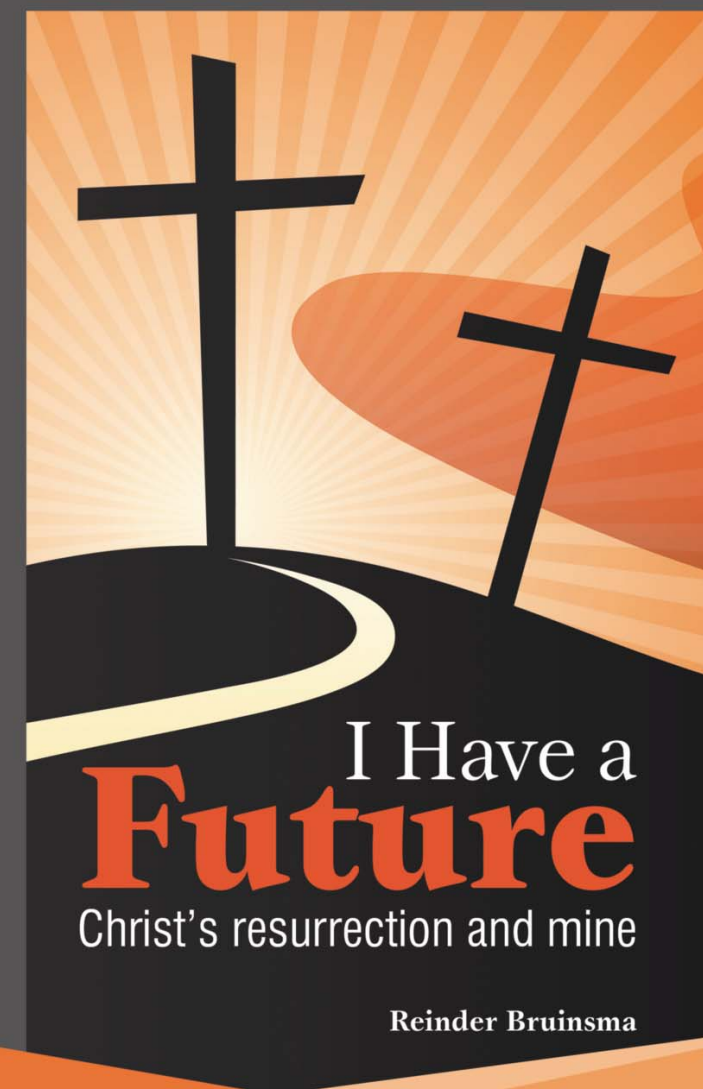
A very sympathetic trait of Dr Bruinsma's book is his modesty. He does not pretend to have all the answers. He is a seeker, and only seekers are trustworthy. We should beware of those who think they already have all the ultimate truth. Even St Paul, direct disciple of Jesus Christ, confessed that his knowledge was only 'in part', as if seen in a mirror (1 Corinthians 13:12). He knew that he would have full insight only after actual resurrection, and he said (in 1 Thessalonians 4:18, GNT):

*'So then, encourage one another with these words.'*

An inspiring new book full of promise and hope by Dr Reinder Bruinsma . . .

'... the truth about the death of Christ, the certainty of His resurrection and the reality of His second coming.'

*Dr Gabriel Masfa, Babcock University, Nigeria*



 Autumn House

Continued from p. 1

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Polish Union Pathfinders

©Victor Hulbert/Adams



their smart uniforms, the entire site then joined in a drum parade, circling the whole camp and then heading into the hall for a moving worship experience.

This climaxed in the baptism of twelve Pathfinders – including one who had made his decision at a previous camporee, but who found

Pathfinders so important that he waited to be baptised at this one. Another girl shared that she had been following Jesus but now wanted to make a full, public commitment, dedicating her entire life to Him. Each of the twelve had a story to tell. Each story was moving.

Linking baptism and the Red Sea experience together, the entire camp then left the auditorium through a giant barn door whose entrance was surrounded by a sea of blue and white balloons. These represented the parting of the Red Sea, and, for some, this was equally as

moving as the baptism.

'I am still going like "waaaww" at this,' enthused Isah Nkomo-Nyathi. 'What an illustration of crossing the Red Sea! Amazing, so amazing.'

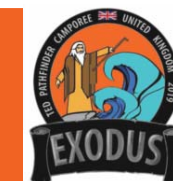
The Swedish camp hosted a variety of Sabbath afternoon activities, with options for puzzles, art and secret runners. The evening climaxed with the most vibrant singing of the whole week – including a double rendition of the theme song as its composer, 14-year-old Elijah Evans, was publicly acknowledged by the praise team.

What followed was a spectacularly clear explanation of the sanctuary as Pastor Melissa showed how each of the symbols pointed to Christ and touched on an aspect of their own Christian experience, whether forgiveness, baptism, witnessing, faithfulness or prayer.

In a practical exercise, tabernacle stations were set up along the walls, where Pathfinders placed heart stickers on the part of the sanctuary that was touching their lives at this time. 'The message was spot on – right on target,' stated one of the leaders from the Welsh club.

Many Pathfinders had taken the opportunity to visit a walk-in model of the tabernacle during activity periods, including Sabbath afternoon. As the sun set on Sabbath evening, it was yet another opportunity to reflect on trust, on God's goodness, and on His desire to be our Forever Friend.

## Camporee fast facts



- 4,000 campers
- Representing 26 countries
- Served by 250 volunteers
- Lead speakers: Melissa Myklebust (associate youth director, Norway) and Asher McKenzie (trainee airline pilot)
- Spiritual theme: 'Israel and the Exodus Experience'
- Baptised: twelve Pathfinders
- Theme song composer: Elijah Evans
- Raised: £16,000 (and still rising) for mission projects on a market day

And from the food distribution warehouse more amazing facts about what it takes to 'feed the four thousand' for a week. Managing food for the BUC clubs was Marcia John, and managing food for the overseas Unions were Christine & Ken Burt.

- A tradition at every camporee – tubes of Tartex were spread around (600).
- Over 3,500 vegetarian burgers were cooked.
- They were cooled by over 2,000 cucumbers.
- Almost 15,000 eggs were battered, scrambled, boiled or poached.
- Thirst was quenched by over 250 watermelons.
- 10,000 bananas were munched through.
- We were refreshed by over 1/3 tonne of soya ice cream.
- We chilled out with over 1.5 tonnes of ice cubes.
- We drank 1,000+ gallons of semi-skimmed, soya and oat milk.
- We enjoyed 1.5+ tonnes of potatoes.
- We were sustained by over 5,000 loaves of wholemeal and 50/50 bread.
- We supported 400 individuals with special dietary requirements.
- 1 tonne of sugar was ordered – but only one third of that was consumed by campers. Our dependency was reduced! Great news!

With thanks to Ken Burt

TED Pathfinders after re-enacting walking through the parting of the Red Sea

©Victor Hulbert/Adams



# TED Pathfinder Camporee

## When your gluten-free bread is not so sure

In Isaiah 33:15, 16 the prophet talks about the bread and water being sure for those who walk righteously. Would that include those who need gluten-free bread?

At the 2019 TED Pathfinder Camporee at the South of England Showground there were just under 400 campers who needed not only gluten-free bread, but also other dairy-free, soya-free, egg-free or vegan items for health and dietary needs.

Seeing the growing aisles in the mainstream supermarkets promoting their 'free-from' products, you might think that finding the right foods would be easy. But not so.

None of the supermarkets or suppliers could provide the large quantities we needed. They were way above the limit of online ordering, and one superstore said what we wanted for the camp was more than what the store sold nationally in a month!

After weeks of trying, with eight days before the camp, we were still looking for more than twenty-five important items of food, including 500 gluten-free bread

rolls, 400 free-from cakes, 200 gluten-free bagels and 50 packs of gluten-free pasta and spaghetti, soya desserts and much more. Nobody could help.

An urgent prayer request went out that week among a small number of organisers that the special 'bread may be sure' for the camporee, together with other dietary items. Then God sent Laura.

After visiting different stores, calling Asda HQ, Tesco HQ and food suppliers direct, out of desperation Asda HQ was tried again. This time the person who answered their customer care number had an idea. He told us to call the Community Champion of Asda Crawley. He tried putting the call through to her but there was no answer. After trying for four days running we finally reached Laura, who only worked part-time. Where others could not understand our needs, she got it. When others saw it as too much of a problem, Laura just wanted to help.

It was Friday morning 26 July at 9.45, just as Plans B, C and D were being readied for execution,



that Laura called to say she had sourced the vast majority of the items we needed from all the Asda stores throughout the country. She got them shipped to Asda Crawley on Sunday 28 July through the night and delivered them on site to the food distribution hall on the Monday before Camporee started.

It ended up with us being able to buy all we required, with a few baskets remaining to give the surplus to a local food bank for those in need who have gluten and

dairy-free food dietary needs.

We tried everything we knew and hit walls and problems. Two learning points from this. Even though we ask of God, we still need to seek to be able to find; then knock, and the doors will be opened. Most of all, no matter how much we think we can plan and prepare, 'Our heavenly Father has a thousand ways to provide for us, of which we know nothing.' Ellen G. White, *The Desire of Ages*, p. 330.

KEN AND CHRISTINE BURT

## Many cooks

Food is always an important ingredient in any event. If the food is good, people are happy. If the food is bad, or people are hungry, it does not take long before the complaints start. This has been the case for over 2,000 years. Food distribution was one of the first recorded leadership challenges in the Christian church. Greek widows were being missed out in the daily allocation of food. The twelve apostles said to the other disciples, 'It is not good for us to wait on tables.' The TED Pathfinder Camporee turned that logic on its head.

The TED Camporee kicked off with the feeding of the 4,000. Unlike Jesus, who fed the 4,000 with seven loaves and a few fish, Master Chef, BUC Treasurer Earl Ramharacksingh, organised an army of volunteers in the kitchen to serve a delicious and welcome meal for the tired and hungry Pathfinders who converged on the South of England Showground.

For the rest of the camporee, Pathfinders used many creative solutions to cook their food. Some opted for open fires, while others used gas or electric rings. That left the question of how to feed the 300-plus who volunteered as ambassadors helping the clubs, manning the Pathfinder food distribution, leading out in activities, looking after the site, media, security, and first aid. They did not have the time to stop and cook. Once again, Earl stepped up and took on the challenge.

From previous events Earl has a dedicated core team who give of their time and culinary skills to cook and feed, but this was a larger and longer event than anything previously attempted. Where do you find people who will cut up salads, chop vegetables, roll roties, and then wash pots which are almost big enough to have a bath in? Undaunted, Earl sent out the call to Treasury teams within the BUC and the TED, as well as to the leadership of the British Union, its Conferences and Missions. They responded gladly. The prize for the best pot washer goes to Pastor Ian Sweeney, who attacked the largest pots with good humour and elbow grease.

Leadership leads from the front. It is measured by where it invests its time and effort. Seeing the leadership of the BUC rolling up their sleeves and putting in long hours in the kitchen to ensure the success of the camporee spoke eloquently of their commitment to young people. Here are people who believe so passionately in the youth of the BUC and beyond that they are willing to ensure that those who are volunteering and serving are in turn served.

The twelve apostles said, 'It is not good for us to wait on tables' – but sometimes it is!



BUC Treasurer Earl Ramharacksingh and TED Treasurer Nenad Jepuranovic stir the pot



Brothers in the kitchen: Earl Ramharacksingh, Alan Hush, Emanuel Bran, Ian Sweeney and John Surridge

AUDREY ANDERSSON



# OPEN DAY 2019

Sunday 1 September • 8am-4pm

## Speakers



**Ranko Stefanovic** is Professor of New Testament at the SDA Theological Seminary at Andrews University. He earned a doctorate degree from Andrews University in 1995 in the area of the New Testament with an emphasis on the book of Revelation. Stefanovic is an author of numerous scholarly articles. He specialises in the book of Revelation; he has authored *Revelation of Jesus Christ*, a very popular 670-page commentary on Revelation, which is the standard textbook in many Adventist colleges and universities. His most recent book is *Plain Revelation: A Reader's Introduction to the Apocalypse*. He and his wife Estera have two adult children.



**Sharon Platt-McDonald**, BUC Director for Health, Women's Ministries & Community Services, will be speaking on her joint new project with ADRA, Urban Voices.

## Special music

The Golden Chords and Christine Burt Trio

## Food specials

We are happy to extend the offer from Camp Meeting on the Cedar Lake lines: buy one case, get the second half-price. We have a new line of non-soya mince: sunflower-based organic mince, which was introduced at both camp meetings this year. The introductory price will be kept for Open Day only.

## Food demonstration

An experienced dietician and chef will demonstrate some menus you can prepare using a range of the products we provide. You can try before you buy!

## Books & resources

There are host of new titles, Bibles and resources that you can take home with you.



**Entertainment available for the whole family – bouncy castles, food and good music – so make this date one not to miss and join us for the day!**

For any further information contact us on 01476 591700 or [eparkinson@stanboroughpress.org.uk](mailto:eparkinson@stanboroughpress.org.uk)  
The Stanborough Press Ltd, Londonthorpe Road, Grantham, Lincs. NG31 9SL

## Exhibition marquee

There will be space in an exhibition/vendors' marquee for those who respond early and meet our terms and conditions. Official permits may be obtained by **no later than 29 August**, at a cost of £35 from Elizabeth Parkinson (01476 591700 or [eparkinson@stanboroughpress.org.uk](mailto:eparkinson@stanboroughpress.org.uk)), and are subject to availability. *No displays or vending will be permitted on The Stanborough Press property without an official permit obtained in the above manner.*

## Catering

Provision has been made for an authorised caterer to supply a variety of tasty meal options at reasonable prices. No other food or refreshment vending will be permitted.

## Special Open Day offers

**Leading Like Jesus** - NEW £2.50

**Women in the Bible...and Me 2** - NEW £3.95

**Discipleship Handbook** - NEW £8.50

**Colours of Inspiration** - £3.95 £3

**Plain Revelation** - £11.05 £10.50

**THE BOOK OF REVELATION** - £9.75 £2.50

**APOCALYPSE!** - £3.95 £2.50

**the Bible Story** - £120 £65

**Colouring books for kids** - £1.05 £1.50 each

**A TREASURY OF MIRACLES FOR FRIENDS** - £8.99 £5

**from MOTHER to DAUGHTER** - £5.99 £3.50

**from FATHER to SON** - £5.99 £3.50

**Here I Come, Ready or Not** - £6.45 £5



Max McKenzie-Cook\*

# I am urban

What comes to mind when you hear the word 'urban'? Graffiti? Street culture? Dance music? The word 'urban' is defined as 'relating to cities'. People who live in urban areas don't live in ghettos, as is often mistakenly projected by the media; one of the key characteristics is that inhabitants in most urban areas have non-agricultural jobs. Urban areas are often densely populated, highly developed and the centre of commerce and economics. A report from the United Nations highlighted that 68% of the world's population are projected to live in urban areas by 2050.<sup>1</sup>

Therefore, as we see more people moving into urban spaces, we will have to give more considerable attention to urban areas as a place for community outreach. At the end of 2018, the 'I am urban' initiative between Adventist Development and Relief Agency-UK and Adventist Community Services (British Union Conference) was established to encourage the millennial generation to connect with the General Conference's vision



Urban areas are often densely populated, highly developed and the centre of commerce and economics.

**PEDAL FORWARD >>>>**  
Rebuild a Bike. Rebuild a Life.

**13 OCTOBER 2019**  
**10-6PM**  
at Stanborough Park, WD25 9JZ

Join a team of volunteers who will provide refurbished bikes to those on low incomes, or the unemployed. If you are unable to join us, but would like to donate a bike, please contact [iamurban@adra.org.uk](mailto:iamurban@adra.org.uk). For further information please contact [iamurban@adra.org.uk](mailto:iamurban@adra.org.uk) [www.adra.org.uk](http://www.adra.org.uk)

**URBAN** HUMANITY - JUSTICE - SERVICE

**ADRA**

**Mind** on their health and wellbeing

for Total Member Involvement. 'I am urban' exists to mobilise members to be the voice of the marginalised, oppressed and forgotten members of our society, especially in our urban areas. In other words, we see their humanity, voice their need for justice and follow up that voice with practical service.

After trying to understand why more people were moving into an urban environment, a few patterns and trends began to emerge. Firstly, it is a place of refuge: density creates safety for many vulnerable groups, including immigrants, the poor, and those living by themselves. Urban spaces have more crime, yet you will find high concentrations of these groups, because it allows them the opportunity to stabilise their lives.

The second reason is that urban spaces are cultural and creative hotspots: density also creates diversity. This diversity allows humans to express their culture in a variety of ways, and to expose others to that culture in enriching ways.

God created us in His image, and this is evident in our human interactions. We were made to live in a community, just as God lives in community. We were also created to explore our vibrant and creative potential, just as we acknowledge God as the ultimate Creator. However, sin has distorted that image. Where there is diversity we also find racism, classism and inequality. The presence of creative expression has allowed greed, exploitation, overworking and pride.

It is from this that the idea of 'I am urban' came about. 'I am urban' exists to mobilise each local church to recognise our call to urban spaces. We invite all our churches to become involved in social justice and support God-centred change to society through loving service.

In 2017, the partnership between ADRA-UK and ACS offered grants to local churches. In 2018, as the 'I am urban' initiative was being established, thirty churches received funding from the ADRA-UK Appeal through their 10% reversion scheme. It is estimated this year that the 'I am urban' initiative will give funding to more than 130 SDA congregations specifically for their community outreach programmes, and to encourage millennial involvement in these outreach projects.

<sup>1</sup> <https://www.un.org/development/desa/en/news/population/2018-revision-of-world-urbanization-prospects.html>

\*Pastor, Doctoral Candidate (Urban Ministries), Lead Champion (Urban Ministries)



# What on earth are you doing?

The last few weeks have caused me great concern. The news has been filled with stories that are highly disturbing – alleged sex-trafficking among those in ‘high society’; the ‘no-deal’ Brexit debate and its consequences; 50,000 children enduring ‘inadequate’ services; the rise in knife crime in the UK; and the shocking fact that millions of people in the UK live in poverty.

Overseas, we hear of the ebola outbreak in the Democratic Republic of Congo, the continuing refugee crisis and the debates surrounding climate change. The world is at the edge of a crisis, and what on earth are we doing? We sit in our churches, sing, pray, host Bible studies, run Pathfinder clubs and so on, all for our own benefit. We sit at the table of spirituality and feast liberally; we shake our heads and talk about the world coming to an end, and say that Jesus will return to make it all right and continue with ‘business as usual’.

But I would ask the question, ‘What on earth are we doing?’ Jesus’ earthly ministry spanned little more than three and a half years. But during that time He didn’t sit on the sidelines, shaking His head and just uttering the words, ‘A better day is coming.’ He spoke about prophecy and His second coming, but that didn’t blind Him to the immediate needs of the people around Him. And, while He told His disciples that they would minister ‘in the uttermost parts of the earth’ and encouraged this, He was very aware of the needs right where He was.

From my experience, I think it’s fair to say that twenty-first-century UK Adventists have great rhetoric. We can quote scripture after scripture, in addition to quoting passages from Ellen White. There is great attention to diet in many quarters. We have some of the best singers and musicians in the Christian world, and the majority of our congregations own their own church buildings. We are ‘rich and increased in goods’. At times we seem to be the most ‘organised’ church on Planet Earth, giving great attention, among other things, to the values of transparency and accountability: but do we actually care about the people whom Jesus Christ died to save?

The staff of ADRA-UK each and every day dedicate their lives to work for the betterment of others – those who live in abject poverty in developing countries, and those who live in relative poverty here in the United Kingdom. Each and every day, because of a commitment to justice, compassion and love, we dedicate our time and resources to being the hands and feet of Jesus Christ to the suffering masses.

‘Inasmuch as you did it to one of the least of these My brethren, you did it to Me.’ (Matthew 25:40, NKJV.) These are the words I want to hear my Saviour say to me, and I trust that He will: not because I adopted a plant-based diet; not because I read the Bible cover-to-cover in a year; not because of my ability to eloquently quote the Spirit of Prophecy verbatim; but out of the call to compassion that He’s put in us. As someone who claims to be a ‘Christ-follower’, seeking to understand what He wants me to do, I am called to serve others and so to give Him glory without the need for reward or recognition or recompense. That’s what I am on earth for. Is that not why we are all on earth?

I am not here to complain about the church. I’m not here to set the world to rights with my opinion. I’m not here to hold an office with a title or a composite salary. I am here to serve the people that Jesus died to save.

If you would like to serve some of the world’s neediest people, please



go to [www.adra.org.uk](http://www.adra.org.uk) and see how you can get to change even one life for the better.

**VOICES**  
*offering a voice to the voiceless*  
 Social Justice Conference  
**12-13TH OCTOBER 2019**  
 at Stanborough Centre  
 4 - 7pm - 12th | 10:30 - 4:30pm - 13th

Guest Speakers: Dr Sung Kwon, Marian Wadida, Pastor James Bokovoy

For further information please contact [iamurban@adra.org.uk](mailto:iamurban@adra.org.uk)  
[www.adra.org.uk](http://www.adra.org.uk)

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# Hackney youth reaching Rwanda

Following on from a peace march against gun and knife crime during the May bank holiday, youth from Hackney Seventh-day Adventist Church, based in Haggerston, now have Rwanda set firmly in their sights.

It was on a fateful day in March 2018 that lightning struck the Seventh-day Adventist church in Nyaruguru, Rwanda, causing the deaths of 21 people (view story here: [bbc.co.uk/news/world-africa-43362508](http://bbc.co.uk/news/world-africa-43362508)). It is a day that Michaela Mathieu-Marius remembers with profound sadness in her heart. ‘While living and working in Rwanda, I lost one of my Year 5 students in the lightning strike. It was a tragic and sad experience that changed my outlook on life, making me more reflective on my purpose for being here.’ It was after she shared her experience with family, friends and local church that a group of young people decided to do something about it. ‘Young people from our church and community felt impressed to help out their peers in Rwanda who had suffered, and so from then our ‘Reach Rwanda’ mission trip evolved.’

Seventeen young people from Hackney are in Africa (from 22 August to 1 September 2019) where they are spending part of their summer break renovating two classrooms in a primary school; purchasing and distributing yearly health insurance for 1,000 people, costing just £3 each; while also reaching out to the youth, orphans and genocide survivors within urban and rural communities in Rwanda. Michaela, a youth leader in the church, said she was heartened by the youth’s response to the call to reach out to their peers who are suffering across the world. ‘This trip will not only empower the seventeen young people going, but will also provide them with a learning experience which connects them with other youth in Rwanda. The mission will seek to show the seventeen youth the value of their gifts and the difference and impact that their lives can make to others, as well as presenting them with an opportunity to learn from the Rwandese people and culture,’ says Michaela.

Please support the cause through your prayers and encouragement, and if you would like to make any further donations to support the project then please contact Michaela Mathieu-Marius on 07903 403 110 or email her at [wereachrwnda@gmail.com](mailto:wereachrwnda@gmail.com).





# Brief encounters

... he accidentally touched the grass verge, and we found ourselves unceremoniously resting in a muddy ditch!

It was a cold winter's morning as I drove to work at Rectory Close, Barrowby, where my mother lived. A biting wind and snow

covered icy roads, making driving difficult: not the sort of weather you would want to be out in. As the morning went on, dark clouds

began to appear and flecks of white began to flutter down from the sky. Soon my work was done, so after a cup of tea and a sandwich with Mum it was time to go home.

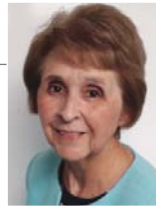
By this time it had turned to blizzard conditions, with the wind driving the icy snow burning against my face. As I drove out of the village I turned the bend. A Muslim woman stood at the bus stop, shielding herself from the elements. I pulled up beside her and asked where she was going and whether she would like a lift. She accepted gladly. Our conversation was brief, as she was only going to the bottom of the road. Before she left she thanked me and said, 'I never thought anybody would care to stop and give me a lift!' I said, 'I could not have left you standing there in such weather, and I am very happy to have helped.' I wished her God's blessing as she left.

Why does God lead us to such brief encounters? What can we say or do in a few minutes? My musings are interrupted by an irritating dripping tap in my kitchen; I give it a half-turn and return to my thoughts. Water means life, and I like to think that each kind deed or word of encouragement is like a drop of clear, cool water refreshing the soul. May we seek to pass on drops of life-giving water to those we meet as the Holy Spirit leads.

Sometimes we are on the receiving end of some of that refreshing water. This was the case when my husband Arthur and I had not long moved into a little bungalow in Henryd, a small hamlet in the Conway Valley, North Wales.

It was Sabbath afternoon and we got ready for our customary

Ann Eaton



walk, often up Conway Mountain with the two dogs. So, with boots, sticks and woolly hats, we set off for the short drive to our destination. The road was very narrow and hilly and rose to meet a T-junction ahead of us. Arthur was usually a careful driver, but, not yet being familiar with this road, he accidentally touched the grass verge, and we found ourselves unceremoniously resting in a muddy ditch! We got out to assess the damage, which was minimal, but before we had decided what to do a large truck came along the top road, on the back of which were a huge hook and chain! The driver stopped, leaned out of his cab, and, in his beautiful Welsh accent, shouted, 'Do you want any help down there?' Of course, we accepted gladly, and within minutes our little car was lifted out of the muddy ditch and on to firm ground as if it were a matchbox toy. We thanked him, and I shall always remember his reply. 'We all need help sometimes: I just like to pass it on.' Then he revved his engine and was gone.

Isn't God wonderful? His timing is always perfect! 'Before they call, I will answer' (Isaiah 65:24, NKJV.) Was it a coincidence that a recovery truck was driving along a country lane precisely at that moment? Why the truck? We weren't going anywhere in particular; it wasn't an emergency. We could have walked home and phoned a recovery service or asked a farmer for help. So why the truck? I don't know the answer, but I do know that sometimes our Heavenly Father just wants to show us that He loves taking care of us, and I am sure He wanted us to enjoy His beautiful Sabbath day too.

*Thank You, Lord, for sending the truck driver; we enjoyed a beautiful walk!*

Have you had a kindness shown? Pass it on!

'Twas not given to you alone; pass it on!

Let it travel down the years, Let it wipe another's tears,

'Til in Heaven the deed appears: pass it on!

Small kindnesses may not mean much to us, but they can mean a lot to the receiver.



## Colchester baptisms

On Sabbath 20 July three young students made public their decision to follow Jesus through baptism.

Elisha Mullings-Ogunmefun (aged 20) from Lewisham has studied the truths of the Bible with her family from early childhood. When she began attending the University of Essex, she joined the Colchester church. Elisha acknowledges her parents' influence in making her decision, as they had always stressed to her the importance of baptism.

Elena Mureşan (aged 21) was born into an Adventist family in Romania. She also came to the University of Essex and, like Elisha, began attending Colchester Church. Elena testifies to God's goodness, which has led her to make this commitment: 'The Lord has been good to me



throughout my life and blessed me in a special way during my university years.'

Patricia Asiedu-Marfo was born in Ghana and moved to the UK in 2012 to live with her mother. For a while London was her home, but she moved to Colchester after her marriage. She is currently studying Adult Nursing.

The baptisms were conducted by Pastor Robin Lewis and Elder Raveen.

KEN JONES

## Harlestone Road gains another baby

Late in 2018 Nathan Micah Mukusha was dedicated at Harlestone Road Church by Pastor Paul Dhanaraj. Pastor Paul appealed to proud parents Charles and Anthea to bring Nathan up to be God-fearing, and explained to the congregation that it is their responsibility to join forces with the parents to help provide a Christian upbringing for Nathan.

It was a most glorious service attended by family, friends and church family.

We pray that God will continue to guide and bless this young family as they bring up Nathan in the knowledge of Jesus.

ANASELIA MORRIS, COMMUNICATION SECRETARY



## Messenger

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### Sunset

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

	London	Card	Nott	Edin	Belf
Aug 30	7.52	8.04	7.59	8.13	8.21
Sept 6	7.37	7.49	7.43	7.55	8.04
13	7.21	7.33	7.26	7.37	7.46
20	7.04	7.17	7.09	7.18	7.28



## My new church family – friendly and caring

There was great joy in heaven and on earth when Beverley Robinson and Kenneth (Alfred) Rowe were added to the fellowship of Christ through the hand of fellowship. The two (who are both physically challenged) have been attending what was Bradford Ravenscliffe (now the Bradford South church plant) for a number of years. After completing a series of Bible studies they both requested baptism and therefore became fully-fledged members of Bradford South on 18 May 2019 by receiving the hand of fellowship, witnessed by loving friends and family members. 'I love to worship at Bradford South Church because there are friendly and caring people,' said Beverley with a big smile.

ANGELA GOODHALL



## Stanborough School Vacancy



Stanborough School, an independent Seventh-day Adventist Christian co-educational school with a strong and established academic tradition and family atmosphere, is looking to employ two assistant deans.

### Vacancies:

Boarding School Assistant Dean for Girls (1)  
Boarding School Assistant Dean for Boys (1)

### General responsibilities

- Caring for all sick boarders and coping with any emergencies or accidents in the boarding house
- Routine organisation of all aspects of the physical care of boarders, and sharing with the other Housemaster/Matron the duties of the boarding house
- Assisting the Housemaster/Matron and resident staff to plan and carry out a varied programme of activities for boarders after school and on weekends
- In an emergency, caring for day pupils is required; strongly supporting the Housemaster/Matron in maintaining a safe, pleasant environment for boarding pupils
- Maintaining a warm, friendly atmosphere in the boarding school so that parents, governors and school visitors feel welcome

The post comes with an annual salary of £12,000 and includes all meals and accommodation. The position has an immediate start date.

Stanborough School is committed to safeguarding and promoting the welfare of children and young people and expects all staff to share this commitment.

Interested applicants who have the right to work in the UK are requested to contact the PA to the Head Teacher for the application package. Email: mmumbo@spsch.org; tel: 01923 673268.

The advert will run until the positions are filled.

NEC Family Ministries Department  
**ENDLESS LOVE**  
Marriage Retreat

Friday 25th to Sunday 27th October  
Etlington Chase, Banbury Rd, Etlington, Stratford-upon-Avon CV37 7NZ  
www.etlingtonchase.co.uk

Speakers include  
Pastor Paul & Jeanetta Liburd  
Pastor Andrew & Andrea Rashford-Hewitt  
Dr. Victor Samwanga  
Lovemore & Thembi Masiani  
Counsellors  
Lebert & Vnette Hughes

Cost: £250 per married couple

To book, call Yvonne Weekes  
0159 606 302 Ext 210  
email yweekes@necadventist.org.uk

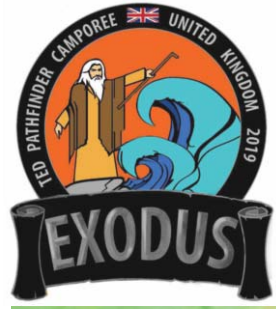
"Your time to be Encouraged, Empowered, Equipped and Enriched"

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# Elijah's song

by Lynne Sesinye Samwinga (tedNEWS)



Elijah Evans with Jos Elliot, camporee worship leader

A theme song should convey a strong message along with a tune that should stick in the brain. Can a fourteen-year-old achieve that? The answer at the 2019 Trans-European Camporee is a resounding 'Yes!'

Elijah's song, starting with the captivating line, 'Let me tell you about God's almighty hand', was written by teenager Elijah Evans from Windsor Street Pathfinder Club in Birmingham, England. Each evening it was sung with increasing vigour and understanding during the week-long camporee.

Elijah submitted the song as part of a contest run by the TED Pathfinder Department. The song is catchy, with words that focus well on the camporee theme: 'Exodus'. When he first heard about the contest, he contemplated working on a song but wasn't completely sure if he should do it. Then he talked to his sister about it. She encouraged him to enter. He first wrote the lyrics, before sitting with his older brother, a piano player, to work on the music part. That was only the start. He then asked two friends to sing the song on a demo recording for him to submit.

Elijah seems to understand the importance of working with others to achieve goals. Ask him, and he can't stop praising the people who helped him along the way.

After a two-and-a-half-month wait, on 20 June, his father received an email from the TED. Elijah's song had won! 'The whole household erupted

with joy as if England had won the World Cup,' he said. Elijah is a keen musician who plays the trombone and has recently completed his Grade 4 exam. He is thrilled, and he thanks God that the song he wrote is impacting people's lives at the camporee. Both with the TED live stream each night, and the 4,000 Pathfinders who returned home singing his song, that impact will only grow.

'We are proud of him,' states his Pathfinder Club leader, Caroline. She appreciates his insight into the Exodus experience as expressed in the song. Now, thanking God for his ability to write this powerful song, Elijah plans to write more songs in the future as other opportunities arise.

## Exodus

by Elijah Evans

Let me tell you about God's almighty hand  
When the Israelites went to the Promised Land.  
They went from slavery, and escaped through the Red Sea,  
And the same God  
Who was with them  
Is with me!

Pharaoh did what he could to make life bitter for them;  
They laboured long in scorching heat of day;  
But God saw their need and heard their desperate cry;  
To rescue them, He sent Moses on the way.

### Repeat chorus

After 10 mighty plagues, the king at last let them go  
But chased them down with armies to the sea;  
So, to make a dry path, God sent wind from the east:  
The Egyptians drowned and they walked to victory.

### Repeat chorus

They ate manna for bread, and water came from the rock;

The Lord was there in cloud and fire to guide.  
On Mount Sinai He gave the law for Moses to teach  
With Joshua assisting at his side.

Forty years was the time it took to enter the land,  
But this was not according to God's will.  
What from this can we learn?  
Follow not your own way:  
What God has said, He surely will fulfil.

Let me tell you about God's almighty hand  
When the Israelites went to the Promised Land.  
They went from slavery, and escaped through the Red Sea,  
And the same God,  
The Deliverer;  
And the same God,  
The Deliverer;  
And the same God,  
The Deliverer,  
Is with me!