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Messenger

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A neighbour in need



Ancient words, modern lives

by Pastor Eglan Brooks, President of the British Union Conference

*'Make us to be what we pretend to be;
Let prayer be prayer, and praise be heartfelt praise.
From lives untrue, O Lord, now set us free,
And let our words be echoed by our ways.'*

These poignant words are the third stanza of the ancient hymn, 'Awake, O Lord', by Henry Twells. Born nearly 200 years ago, he was once the curate of Berkhamsted, a small Hertfordshire town approximately 12 miles from the BUC office.

Many of the nineteenth-century hymnwriters penned soul-searching words that offer full surrender to God and invite His guidance in their daily lives and witness. Twells is no exception. In this stanza, he is asking God to sanctify his life so that his words and his actions mirror each other.

As the British Union Conference launches its new strategic plan in January 2023, we invite God to sanctify our vision, values, and organisational culture so that there is congruence between our written ideals and our daily practicum. The vision and values should inspire an organisational culture that encourages our fields to become centres of excellent Christian witness.

Vision

Cultivating a healthy organisation that drives our mission towards preparing people for the Kingdom.

Over the next four years, our internal windows need to be constantly cleaned so that we can clearly see our mission – *preparing people for the Kingdom*. We cannot allow the windows to be dirtied by false conspiracy theories or sullied by complaining. Each day we must wipe from our windows the grime of worldly ambition, cleanse them with the Word of God and buff them with prayer. Our vision as a church *must* be clear.

Values

- Trust & accountability
- Integrity
- Respect
- Responsibility
- Servant leadership
- Valuing people
- Inspiring hope
- Transforming lives

Our values are based on biblical principles; therefore, these should already be embedded into our organisational DNA as Seventh-day Adventist Christians. However, values can be open to interpretation. Consequently, we must encourage our leaders, staff, volunteers, and members to adopt and practise these values.

In the practice of our values, we will have to be brave and make difficult decisions around the twelve strategic priorities. Our values must not be watered down to suit the whims of dissenting voices. Our



values are intrinsic to our operation, and we will seek to operate from principles based on our values.

Organisational culture

Throughout the British Union Conference of the Seventh-day Adventist Church:

- We will be accountable to each other, and for each other.
- We will value integrity, transparency, truth, and accountability.
- We will commit to operating with integrity.
- We will engage with each other respectfully.
- We will operate from a position of trust and servant leadership.

Our culture is best expressed through relationships. As a church, a charity and a corporate organisation, our culture is essential. An organisation's culture creates either a positive or a negative environment in which its vision and mission exist. If an organisation's culture is aligned with its values, the execution of its vision and mission is simplified and engenders trust. Our organisational culture throughout the BUC must be one that is modelled around the life, ministry and witness of our Lord and Saviour Jesus Christ.

The last line of Twell's hymn states, 'Change marches onwards; may all change be blessed.' As we launch the strategic plan of the British Union Conference, please keep us in your prayers. We are desperately trying to encourage you to build healthy relationships that lead people to Christ. Please pray that God will be the Leader, and that we will trust in the Lord with all our hearts and lean not on our own understanding (Proverbs 3:5).



From the editor . . .

Julian Thompson,

Editor

Dear Reader,

As we draw ever closer to the end of what has been a challenging year, we find ourselves in the anticipated cost-of-living crisis. With inflation now hitting 10%, we all find ourselves facing the reality of having to pay ever higher prices for everyday expenses such as food, housing, and energy. While many gen-Xers, gen-Zs and millennials such as myself have never lived through double-digit inflation, others have; in fact, just the other day I found myself benefiting from the wisdom of someone who's experienced double-digit inflation before. It's good to talk; I often find that talking can help to provide perspective and reassure us that we do not have to go through life's challenges alone.

We hope that this edition of *MESSENGER* will give us the courage to have those conversations regarding the cost-of-living crisis that need to be had, and to have them safely. Some of us may discover that sharing the truth about our cost-of-living struggles will open the doors to help; others may find themselves wrestling with the responsibility of deciding

how best to use their time and means to lighten the load of others while not taking away their dignity. In these trying times, let us draw together as a church community and engage with this crisis with such a spirit of love that all will see that the kingdom of God is indeed close at hand. Maranatha!

Double-digit inflation



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God will provide

by Pastor Matthew Herel

It's perhaps a sign of the times we're living in that if I were to mention the current national crisis, you probably wouldn't be sure which crisis I was referring to. There was a global health crisis, we've seen a domestic political crisis, and now we face a cost-of-living crisis.

The chances are that you're very aware of this cost-of-living crisis. The supermarket checkout and your smart meter are no doubt doing an excellent job of relaying the message. Prices are increasing at a

remarkable rate as people are forced to make critical decisions about things they really need. 'Do we prioritise food or heating? New winter coats, or new school shoes for the kids?' These are impossible choices that we probably never envisaged having to make; and the present financial instability has not been helped by the instability we've seen in the Government. Will the installation of a new prime minister help to bring a sense of stability? (I won't mention the name of said prime minister, in case there is an even newer incumbent by the time you read this article!)

During times of real financial struggle, the most natural response in the world is to batten down the hatches and try to make things secure for one's own household. Surely now is not the time to be thinking about those *outside* of my gates? Well, perhaps now is actually the best time. In 1 Kings 17, we find a very real time of recession and depression brought about by drought. No water means no harvests, which means no food.

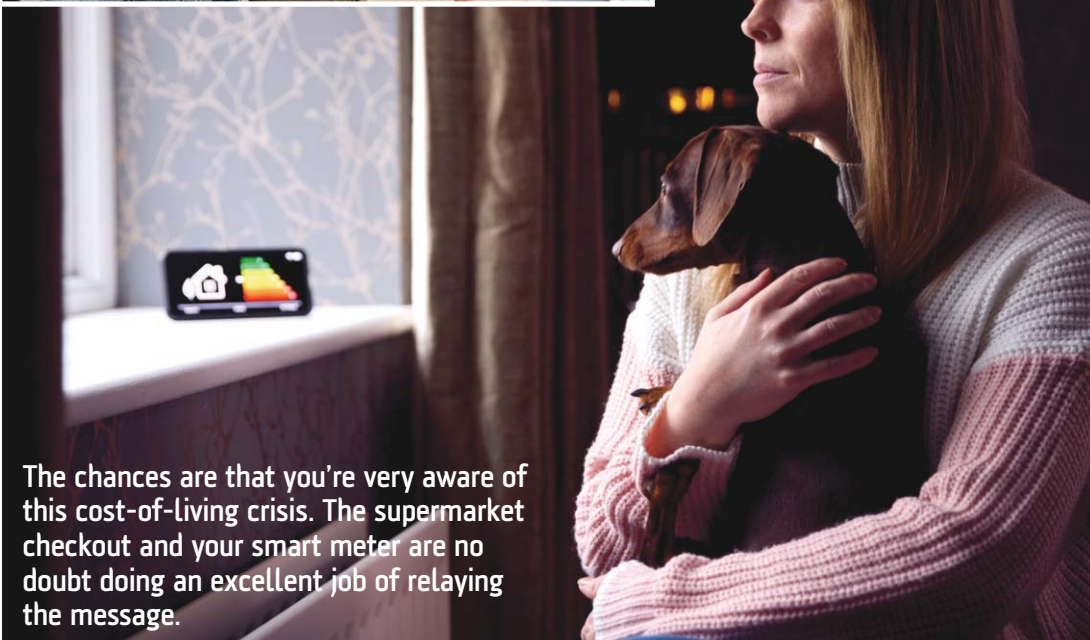
Scarcity leads to high demand and low supply: the exact recipe for a cost-of-living crisis.

A nameless widow in the region is feeling the brunt of this crisis. She is one of the most vulnerable people in society, and has reached the limit of her ability to provide for herself and her son. All she has left is a tiny bit of flour and oil: enough to make one last loaf of bread – one final meal – and then they plan simply to wait to die of starvation. It's as bleak a situation as you can imagine. This would be the time that one would probably worry about one's own household. Well, there happens to be a newcomer in town who has even less than this poor widow. Elijah, the prophet of God, doesn't have two morsels to rub together, and God sends him to this widow to get his dinner.

Elijah approaches this lady and tells her, 'Make that last loaf for yourself, but first of all make something for me. And God says your flour and oil will not run out until He sends the rain.' Every instinct in this woman must be telling her to reject this request. *Does he not know that we're in a cost-of-living crisis?* But this is one of those instances when a person's faith outweighs their fears. Thinking about someone else's need in a time of crisis might not be logical . . . but it is *spiritual*. And so this widow takes God at His word, and shares with Elijah from the poverty of resources that she has. And, through this act of faith, 'the jar of meal was not emptied, neither did the jug of oil fail.' She and her son don't just survive the famine: they thrive through the famine. But if she hadn't made that sacrifice and helped someone in need . . . the outcome would have been grave.

As this account unfolds, we see that the only reason Elijah survived this famine was because of the widow. But the only reason the widow survived the famine was because of Elijah. It's almost as if God designed that we would need each other to survive!

Without wishing to be a financial pessimist, as we head into the winter, things might get harder before they get easier. But God's principles of provision have been consistent since time immemorial. His provision inhabits the faithfulness of His people. When times get tough, we are called to be sensitive to the needs of those around us, in the knowledge that God has ways and means to provide for *our* needs. If we serve Him as Elijah did, He will lead us to the 'widows'. And if we can be a faithful 'widow', He will surely send the 'Elijahs' to help us find our passage through any and every crisis.



The chances are that you're very aware of this cost-of-living crisis. The supermarket checkout and your smart meter are no doubt doing an excellent job of relaying the message.



Help us to help others

by Sharon Platt-McDonald, BUC Director for Adventist Community Services, Health & Women's Ministries

'Don't look out only for your own interests, but take an interest in others, too' (Philippians 2:4, NLT).

Earlier this year, we developed the 'ACTS of Service' initiative. This sought to make outreach ministry meaningful by applying four key elements: **A**ttention, **C**ompassion, **T**eamworking and **S**olutions. See the full article at: <https://adventist.uk/news/article/go/2022-06-23/1224/>.

Following on from the launch of ACTS of Service, we have developed two new projects which build on the ACTS principles but specifically address the repercussions of the rising energy bills and cost-of-living crisis. These are the 'Layers' and 'Share' projects. We will be launching both these interventions in collaboration with Urban Ministries, led by Cathy Anthony-Boldeau from ADRA-UK.

The Layers Project

'If you see some brother or sister in need and have the means to do something about it but turn a cold shoulder and do nothing, what happens to God's love?' (1 John 3:17, MSG.)

Thinking of practical responses to the steep energy bills that continue to escalate, and the subsequent dilemma around keeping warm, Sharon has created the Layers Project. The name 'Layers' refers to wearing extra layers of clothes or using additional coverings to add extra warmth. By donating warm clothing and bed coverings through the Layers Project, individuals in need can survive the cold, even if they are unable to keep the heating on.

The request is to donate NEW items such as blankets, duvets, comforters, throws, hats, scarves, gloves and socks. These can be purchased items or handmade.

If you are interested in donating these items, please contact our Adventist Community Services Department at communityservices@adventist.uk to register your willingness to donate, and further instructions will be sent to you.

The Share Project

'Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God' (Hebrews 13:16, ESVUK).

The Share Project is another practical response to the current cost-of-living crisis.

We are seeking donations of food items such as in-date dried and canned goods, and any household items that can help to replenish the essential items that individuals in need may not be able to afford on a regular basis.

We will provide you with a list of items that you can donate when you contact us.

If you are interested in assisting with the Share Project, please contact our Adventist Community Services Department at communityservices@adventist.uk to register your willingness to donate. You will be given additional information on how to proceed.

We want to unite the work of Adventist Community Services, Health & Women's Ministries – to mobilise our departmental leaders and members to participate in practical ministries that relate to our current national challenges.

There are several scriptures that encourage us to attend to the needs of others; one in particular that comes to mind can be found in Luke 3:11: 'If you have two shirts, give one to the poor. If you have food, share it with those who are hungry' (NLT). I believe this text speaks to both the LAYERS and SHARE initiatives. These two projects will help to ensure that individuals in need will be adequately provided for. Thank you in advance for your help and generosity in making this a reality.

Share

PLEASE DONATE THE FOLLOWING ITEMS:
Dried foods, Canned goods & Household items.

SHARE is an initiative of the BUC Health Ministries, Adventist Community Services & Women's Ministries departments, in collaboration with ADRA- UK to assist individuals during the cost-of-living crisis.

Contact: Community Services
Email: communityservices@adventist.uk

As supplied, errors and omissions excepted

LAYERS

PLEASE DONATE THE FOLLOWING ITEMS:
Blankets, Duvets, Comforters, Throws, Hats, Scarves, Gloves & Socks

Layers is an initiative of the BUC Health Ministries, Adventist Community Services & Women's Ministries departments, to provide warmth and comfort for individuals during the energy bills crisis.

Contact: Community Services
Email: communityservices@adventist.uk

As supplied, errors and omissions excepted



Eat or heat: coping with the strain of debt and mental health

by Dr Paul Thompson*

How worried are you about paying your bills and managing your money? Do you find yourself awake at night? Is this the first thing on your mind as you wake up? It feels like Britons have jumped out of the frying pan and into the fire as the UK becomes engulfed in political turmoil, gripped by a major cost-of-living crisis.

The average cost of filling a tank of petrol is close to £100, and totals at the tills are creeping up each week. Millions of people face the 'eat or heat' choice, forced to choose between forgoing a meal and heating their homes.

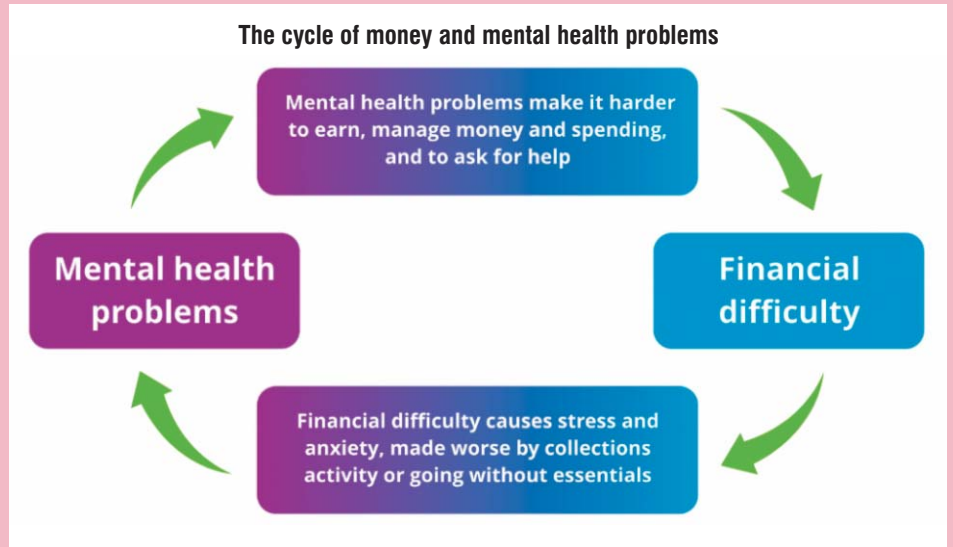
It doesn't stop there. When Ofgem announced its latest review to the energy price cap in late August, the average household energy bill was set to rise to £3,549 from October. This represents an 80% rise from £1,971 in the previous quarter.

According to Mind, the UK mental health charity, one in four people will experience some form of mental health problem in 2022, with mixed anxiety and depression on the increase. Debt experts are now beginning to identify strong causal links between mental health and money problems, particularly among the low-income groups, which require strong social support.

The latest figures from the Office of National Statistics (ONS) confirm that 87% of adults reported cost-of-living increases in 2022 as a major source of concern. This year, UK inflation has risen to a 40-year high, standing at 10.1% in September 2022, culminating in British workers experiencing the largest real-terms pay drop on record.

As the grip of the cost of living tightens, debt charities are under strain. Step Change, a leading debt charity, warns that cost-of-living pressures have reached a tipping point, causing calls for help to reach unprecedented numbers. Of even greater concern is a new development in which many Britons now state, 'I didn't answer the phone and I wouldn't open the post, and debt after debt stacked up.' Many people feel that they are backed into a corner with no resolution in sight, and this has led to an increase in referrals for help in relation to mental health issues as they buckle under pressure.

So, what are the signposts symptomatic of money-related mental health problems? And what steps can we take to become financially resilient?



The debt and mental health cycle

©<https://www.moneyandmentalhealth.org>

Money problems and UK mental health

Money problems can affect our mental health if left unchecked. Here are some signposts.

- Certain situations might trigger feelings of anxiety and panic, like opening envelopes or attending a benefits assessment.
- Worrying about money can lead to sleep problems.
- You might not be able to afford the basic necessities you need to stay well, such as housing, food, water, heating, or treatments like medication and therapy.
- If you're feeling low or depressed, you may lack motivation to manage your finances and feel as if it's not worth trying. You might feel a sense of helplessness.
- Spending may give you a brief high, so you might overspend to feel better, but this exacerbates the problem, leaving you feeling low and insecure. This conundrum increases depression.
- If your mental health problems affect your ability to work or study, this might reduce your income. Many young people and students face this challenge.
- You might avoid doing things to stay on top of your money, like checking your bank account or engaging with creditors.
- You might try to avoid thinking about money completely.
- Having a mental health problem might

affect your insurance, so you could end up paying more.

- You might feel guilty for spending money, even if you know you can afford it; or you might feel guilty for seeking support, even if you know you need it.
- You might feel ashamed for needing support, afraid to ask for prayers or confide in anyone at church – after all, everyone else seems to be successful and happy, and appears to be coping well, apart from you.
- You might feel stressed, for example, if you're under a lot of pressure to support yourself and others.
- Trying to navigate the benefits system may feel stressful.
- You might feel tired or worn down, especially if you've been struggling with money problems for a long time.

Building financial resilience

If you find that your debts are out of control and you are feeling overwhelmed, take a deep breath and consider this fact: **you are not alone**. There are significant numbers of people struggling with debt, and it is inevitable that some may well be people you know.

According to the Office for Budget Responsibility, which was created in 2010 to provide independent and authoritative analysis



of the UK's public finances, UK household debt stood at £2 billion in March 2022, and this is on the increase. The average household debt, including mortgages, was £65,151, with personal debt interest running at £132 million per day. These are eye-watering figures.

So how can we fortify ourselves against the mental strain that debt problems bring? What preparations can be made?

Financial self-care

- **Make yourself more marketable** – Investigate the marketplace and make sure you are getting paid the right rate for your skills. If you need to upgrade skills, invest in a course, if possible, online.
- **Start a side hustle** – A piece of work or a job that you get paid for doing in addition to doing your main job is considered to be a side hustle. But it's no sideshow, given that it generates income worth £72 billion for the UK, or about 3.6% of UK GDP. This has grown significantly during COVID-19. Can you earn more?
- **Understand your spending so you can change it** – Effectively managing your personal finances means planning. It's simply not possible to strictly control your money if you aren't budgeting. Start budgeting today.
- **Improve your debt-to-credit ratio** – To achieve this, you need to increase the amount you pay monthly towards your debt. Extra payments can help lower your

overall debt more quickly and avoid taking on more debt. This also increases your credit rating.

- **Automate your bills so you can pay them on time** – Sign up for automatic debits from your creditor. Set up House Bills, and pay these via your bank.

Here are seven additional tools that you can use to help you cope with the strain of debt on your mental health.

1. Start talking. Voicing your thoughts out loud makes them more real than just kicking them around in your head.
2. Set goals, and keep them at the forefront daily.
3. Monitor your bank accounts – check them at least twice daily.
4. Establish a realistic budget – share it with a trusted accountable friend.
5. Borrow wisely, if you need to, and pay it back quickly.
6. Track your money – reflect on what you spend your money on.
7. Motivate yourself – if you have a debt problem, it's a blip in life; sort it out and get back on track. . . . This does not define who you are.

Finally, as Adventists, we recognise that we serve a God who does not leave us alone in our struggles, including financial ones. The Lord does not want us to be in debt; He wants us to be free to take the lead and share the

Gospel with a world that is in need of good news. Place your debt and mental struggles in God's hands, follow the principles laid out here, and trust that the Lord will bring you through. Breaking your debt habits is not easy, but with Christ all things are possible.

Here is a list of useful numbers and people you can turn to for support:

- Money Advice Service, or call 0800 138 7777
- National Debt Line, or call 0808 808 4000
- Step Change Debt Charity, or call 0800 138 1111
- Citizens' Advice Bureau – customer service: 0808 223 1133
- FCA – Financial Conduct Authority
- Your pastoral team, a trusted friend, and of course Jesus.

*Dr Paul Thompson is an entrepreneur and is currently undertaking research at the University of Oxford. He is a Fellow of the Chartered Institute of Credit Management and a Fellow of the Chartered Institute of British Management. He is also an ordained elder at Reading Central Seventh-day Adventist Church.

In times of uncertainty, the last thing you need is an increase in variables. On 27 October, Vladimir Putin addressed his audience, suggesting that the next decade could be the most dangerous one since World War 2. He referenced nuclear warfare and a new world involving Russia and its allies. Speaking of variables, we've recently had our fair share of prime ministers here in the UK. Our current prime minister and chancellor have let it be known that difficult decisions will need to be made to put an autumn budget together and navigate the coming months and years.

We've all been experiencing an increase in the cost of living, not least because of escalating energy prices. Most of us do not live with abundant affluence, so balancing household budgets is vital. If we can't afford the basics any more, we have to look into where we can economise: this may come from a reduction in savings or essentials. Either way, we are adjusting due to variables.

There is no shame in moving from a four-bedroom detached house to a three-bed terraced house if life becomes more affordable with your income and expenses. I heard of one part of the UK where people were tending to buy property at the top end of their affordability, to a point where they couldn't afford to furnish the inside; so they were parking their new car outside their new home but could not afford anything else. It was about image, but the bottom line is that, as beautiful as a home may be, we can't take it with us when we go. The only thing we can take to heaven is people, so where should my cost-of-living concerns lie? Don't get me wrong: I have had times when I've worried about how many pennies are left on my electricity key meter and how long I can make a packet of noodles last. For people in this situation, there is a very real cost-of-living crisis. What I am toying with is the affordability of progressive affluence. If we experience a cost-of-affluence crisis, how tempting is it to cut back on our planned giving to God?

In Luke 14:25-35, Jesus talked about the cost of living – that is, the cost of Christian living. Our tithe return figures and church membership statistics show an embarrassing discrepancy. I pointed this out some years ago at a pastors' meeting, having heard the latest church membership figures and hearing a round of applause when the treasurer announced we had broken a certain million-pound threshold. I couldn't help but mention that, the night before, a programme on TV suggested that the average income in the UK was about £27,000 (It's now £31,400.) Working with a simple formula of only half the membership having an income, I calculated that each earning member returned just over £1,200 per year in tithe. Using current statistics and formulae, the same region of the BUC has an average earner tithe return of



A cost-to-me crisis?

by Pastor Nathan Stickland



about £1,300 (though this variable changes according to how you do the calculation, but not by too much).

When people ask me how they should work out their tithing, I ask them what they base their mortgage on. If you base your mortgage on your gross income, why would you not base your tithes on your gross income? This is a whole arguable point that I don't really want to ponder over in this article; but finish this calculation/formula, and it likely means that, at best, an Adventist earner has a gross income of somewhere between £16,000 and £21,500. While these rough calculations do not consider all variables, I hope you understand that we seem to be short of those returning tithes. I wonder how many non-tithe returners hold church office or have presumed to be delegates at a session?

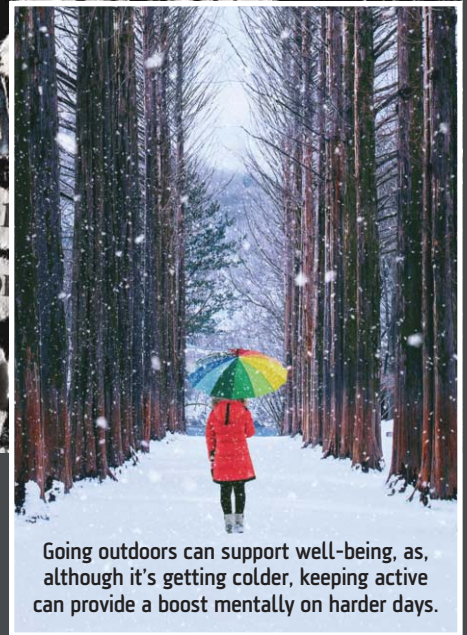
In God's economy, He's giving us 100% and looking for 100% return. Often, when we want to economise with God, it's because we are looking to hold something back. So, while our living costs have variables, there are no Christian cost-of-living variables. If we think that our cost of living for God stops at 10% of our income, then maybe we haven't heeded the 100% call from God. Of course, this isn't just about money. Still, if we could trim our aspirational expenses so that we have less concern over economic variables and more to give in service to God, maybe we'll have a better idea of what Jesus meant in Matthew 6:33 when He said not to worry about things, but to seek the kingdom of God first. I can't help but reflect on Jesus' words about it being hard for a rich person to enter the kingdom of

heaven. This is less about richness than building our lives around our richness. I think this is less about calculating the most I can have, and more about reflecting on what's the least I need so that I can give more to God.

If we put Jesus first in all things, and ourselves last, we move towards averting a crisis, as we will already give God our all. A crisis is when we feel a demand on us, especially if we have to give up more. It's when we are like the 'other person' Jesus spoke of in Luke 9:59, when we find excuses to avert the cost-to-me crisis, like saying, 'But first let me. . .'

'But first let me get the house I wanted,' or 'but first let me build my career,' or 'but first let me [add your own hesitation here].' If there is ever a 'but first let me', we have relegated Jesus in our lives. Following Jesus will cost you, and it can't be a deferred payment; it's an all-in immediate transaction *now*. There's no such song as 'Almost all to Jesus I surrender, almost all to Him I partially give . . . worldly pleasures, some forsaken; take me, Jesus, when I'm done . . . I will surrender all; I will surrender all; all for me, my blessed Saviour, I almost surrender all.'

I ponder not only about the potential storehouse funds, but also about the availability of every believer in living a 100% follower lifestyle, in simplicity and service to God. Until you're ready to give 100% to God, it'll always seem that your life for Jesus is in a cost-of-Christian-living crisis. What needs to change for you to be all-in for Jesus before you buy into this world's dangerous, egocentric 'but first' decisions and are blinded to the soon coming of Jesus?



Going outdoors can support well-being, as, although it's getting colder, keeping active can provide a boost mentally on harder days.

The cost of living continues to challenge us – what can we do?

by Jodi Timbou

The term 'cost-of-living crisis' has become a relatable way of describing the current financial situation of 93% of adults living in the UK. Families with adults and/or children with disabilities are impacted with additional living costs to support specific health and social care needs. This further disadvantages these families who experience marginalisation already. The increasing cost of living is indeed dangerous, not just uncomfortable.

Inflated energy and food costs are key concerns. We know there are multiple contributing factors for this challenging experience; while they all need to be addressed, most people are in a position where it feels completely irrelevant to debate how we got here. Solutions are needed, but what is important in the midst of all this is taking action and finding support in the meantime. People need their basic needs met in full, and met sustainably. Most people in this situation feel let down by the government: we hope this will change soon; but, while we wait, we can shift our own focus from the bigger picture to our personal daily picture. Finding ways to get through each day on a personal level is essential to getting through the colder, darker months.

The increasing cost of living is entwined with the declining mental health across the UK. Understandably, the continuing lack of clarity in outlining a pathway to affordable living costs is inflating anxiety, stress and depression across our population. Our perceptions and mindsets are key in these challenges. In order to preserve and improve our mental health and steer away from mental

illness while experiencing financial hardship, it can be a healthy choice to step away from the collective misery found in media sources. Being selective and intentional about what we consume in the news each day can be a helpful way to place boundaries. Staying up to date with the latest government changes and movements is wise, but immersing ourselves in the narrative of the continuing crisis can become overbearing day after day. Do a check-in next time you're watching or listening to any news on these topics and notice how it makes you feel. If those feelings are negative, place boundaries.

Give yourself permission to step back and just focus on your daily living. Swap time spent watching the news and checking social media for time researching local charities that can support you with living costs, such as school uniforms for children, heating costs and food banks. Also, use the time to have a conversation with someone, either by message or by phone. Staying connected to others is vital. Don't be afraid to reach out and talk with someone you trust about how you're feeling: perhaps a neighbour, a family member or a friend. We need to become comfortable with sharing more openly when it comes to financial struggles, because often there are people in our lives who want to support us; perhaps by sharing meals or providing quality clothing, in some cases even with gifts of food or support towards bills. You may find, in sharing your challenges, that your trusted person may share relatable experiences too, and ideas for keeping afloat. This can enable support for each other, with the compassion that can sometimes only be offered from

someone who shares the journey. Finding a friend this way can make challenges feel less lonely. Sometimes it can be hard to contact people we know to ask for help – if so, try the Samaritans, who are available on the phone to offer listening and support to people and communities in times of need. Always discuss mental health concerns and challenges with your GP. Some local GPs can refer you to services which provide financial support via charities and food banks. Citizens' Advice Bureaux can also support you with this. For non-urgent mental health support, contact the mental health charity Mind.

Spend time out of the home (if appropriate) to manage heating costs. Consider exploring local parks or a local library. Look out for free projects nearby in shopping or community centres this winter. Enquire with local communities such as places of worship – there are often free events on offer which welcome visitors. Going outdoors can support well-being, as, although it's getting colder, keeping active can provide a boost mentally on harder days.

When the cost-of-living crisis feels too consuming, remember to permit yourself a break from focusing on the overwhelming wider difficulties. Instead, look at how far you've come so far, challenge yourself to keep going as best you can, reach out to ask for help from people around you, and do not forget – you are not alone, and your financial situation does not define you.

Helpful contacts:

- You can contact the Samaritans for free, 24 hours a day, 365 days per year, on: 116 123
- Citizens' Advice: <https://www.citizensadvice.org.uk/debt-and-money/using-a-food-bank/>
- Mind: <https://www.mind.org.uk/about-us/local-minds/> 0300 123 3393



Introducing a new ministry in the British Union:

The Centre for Conflict Resolution Europe (CCRE)

by Pastor Dan Serb, Irish Mission President



Conflict is part of life. It can lead to a more mature understanding of reality and relationships and facilitate growth if adequately resolved, or it can cause hurt and resentment, and lead to the breakdown of humanity. It can bring about cooperation or cause war. It all depends on how it is dealt with. Our lives, families, communities and churches are not exempt from conflict. Some would even suggest that it results from proximity and closeness. For these reasons, training and the practice of conflict resolution have been deemed a priority in the Irish Mission, where the Centre for Conflict Resolution Europe (CCRE) was established.

It all started with an organic and faith-affirming relationship with the Centre for Conflict Resolution at La Sierra University in California, which functions under the capable and selfless leadership of Richard Pershing. In 2019, eighteen people (both pastors and lay people) were trained by Dr John-Robert Curtin and Tony Belak from the 4Civility Institute, who, between them, have trained more than 6,000 people across the world. Upon completion of their training, the participants were certified by the Mediators' Institute of Ireland. That initial training was followed by an Advanced Mediation Training course which took place during August-September 2020 via Zoom. And then, in January 2021, CCRE was officially established in the Irish Mission.

Training continued, and CCRE's scope extended to the rest of the British Union territories. Mediators were trained in the South England Conference in 2021, and then in the North England Conference during the summer of this year (2022). Currently, pastors and lay

people are trained as mediators in the Welsh and Scottish Missions. To date, CCRE has a taskforce of more than thirty mediators who are ready to assist with conflict-resolution workshops and mediation services throughout the British Union territory. Some of the services on offer from the CCRE include conflict-resolution workshops and awareness events, mediation services, the Kindness Survey, Listening Circles, and Restorative Congregation programmes. More information can be found on the CCRE website (still being updated): ccreurope.org.

What is mediation?

Mediation is a structured and interactive process where an impartial third party assists disputing parties in resolving conflict through the use of specialised communication and negotiation techniques. All participants in mediation are encouraged to actively participate in the process. Mediation is a party-centred process focused primarily upon the needs, rights, and interests of the parties. The mediator uses a wide variety of techniques to guide the process in a constructive direction and to help the parties find their optimal solution.

Listening Circles

The latest training organised by the CCRE was the Listening Circles workshop from 11 to 12 October at the BUC offices in Watford, and was led by Cliff Wright and Darryl Allen of the CARES Learning Partnership from Chicago, Oakland & Philadelphia in the USA. Darryl said: 'There was a gathering of administrators, laity and pastors from across the BUC that

committed themselves to developing "tools for these times". These committed Christian professionals spent two days working to discover how to create SAFE SPACES: SAFE SPACES occur when trust is earned and people feel heard. All ministries are enhanced when SAFE SPACES are intentionally created. Listening Circles create SAFE SPACES. When our churches and members are perceived as SAFE to share with, people trust Jesus because they can trust church members.'

This is what some of the participants had to say about the training: 'The sentence that stood out most for me was, "We bring our history with us; we are our history." I have found this to be so true in my career as a nurse, particularly in the field of mental health. The ability to listen with respect is very powerful when it takes place in a safe and structured environment. Listening Circles are a restorative ministry that can be used in the local church or in the community in building up trust and relationships with those who need a secure and safe space to verbalise their thoughts without being judged' (Betty O'Rourke, IM).

'What an unexpected breath of fresh air! This training highlighted and emphasised that we are not always called to fix or resolve the issues of others when they arise, but instead, at times, we are simply to listen; and, in listening, we can also participate and share our own experiences, which facilitates building trust and deepening relationships. This training experience shifted my perspective and has given me another valuable tool for ministry' (Pastor Gina Miller, NEC).

'The two days' training on the use of Listening Circles as healing circles has profoundly impacted my mental health and well-being. In our groups we held the space for each other by being fully present, and you could feel the inner healing taking place' (Annette Pearson, SEC).


'CARES opened up to us the power of Listening Circles: that it is not only that we listen to one another, but that we provide a safe, non-judgemental and restorative space for each other' (Lucinda Calvert, BUC).

The CCRE seeks to develop and reach other territories within the Trans-European Division and the rest of Europe. We wish to thank the TED, BUC, IM and especially the Versacare Foundation in the USA for their financial support in making this ministry possible.

'For God was in Christ, reconciling the world to himself, no longer counting people's sins against them. And he gave us this wonderful message of reconciliation' (2 Corinthians 5:19, NLT).

For more information, contact Helena Kunova at helena.kunova@ccreurope.org. Helena Kunova is the CCRE's co-chairperson and project's coordinator.

¹Derwin L. Grey, *The High Definition Leader*



‘The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free, to proclaim the year of the Lord’s favour.’

Luke 4:18, 19 (NIV)



Creating a culture of evangelism – part 4

by Dr Kirk M. Thomas,

Evangelism, Missions, Publishing, Personal Ministries & Sabbath School Director of the British Union Conference

Let's be honest: we live in a world of spectators. Stadiums are filled every week as twenty-two men or women shout, grunt, cry or celebrate to bring a semblance of joy to the hearts of millions. Perhaps it's a sad reflection of our time. Many would prefer to look at cooking shows rather than prepare healthy meals for themselves; order food and groceries rather than venture to the supermarket and select the items they want. Some would prefer to watch exercise programmes rather than feel the pain that comes with a full-body workout at the gym, the track, or the confines of the living room. I remember an advertisement a few years ago where a man was urged to do some exercise and he asked the question, 'Would it be as easy as lifting the remote?' He clearly was not willing to go beyond the weight of the television controls! Let me quote David W. Henderson in his book *Culture Shift*: 'In a world of couch potatoes, spuds glued to the tube, how do we break through with biblical truth? Christians who want to communicate to this world run headlong into a formidable obstacle. The challenge of the world of entertainment is just the opposite of the world of the consumer. Where consumerism is troublesome because of the way it makes us think, entertainment is challenging in the way it keeps us from thinking.'

As we seek to nurture a culture of evangelism and discipleship in our congregations, a vital question must be asked: *How can we move the membership from spectatorship to enthusiastic participatory doers of mission?* The premise for this question is that very few church leaders engage a large percentage of their membership in a life of faith that includes regular involvement in the congregation. It seems as if it's always the faithful few. What about the inactive many? I once listened and participated in a painful conversation with a group of members who attended several training programmes. They were sponsored by the church for some of these programmes, but upon their return, despite their best efforts, they were not allowed to implement many of the proven ideas that were shared at the conferences they attended.

According to Henderson, for centuries human development has taken its bearings from the Bible, which provided a spiritual perspective on life. As the scientific worldview emerged in Europe, that frame of reference changed. People saw themselves as living in an objective physical world, a place where things became more important. That view became the compass to which life was orientated. Today, we take our bearings from yet another source: not from the Bible or the physical world, but from luminous devices like televisions, computers, mobile phones, and social media. The virtual world has taken over! Today, digital devices decide for us who or what is important, what to think, and even how to dress. Sometimes these devices disorient more than they orient. While promising to help us make sense of the world, they often merely multiply the collage of disconnected images and sounds that we experience. It's a recipe for spectatorship!

We should therefore heed the words found in Colossians 3:1-4: 'Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things. For you died, and your



life is now hidden with Christ in God. When Christ, who is your life, appears, then you also will appear with him in glory' (NIV). Creating a culture of evangelism includes working with the spectators, those on the fringes, and, importantly, the many who may think that they are not needed in this great work of saving souls. As we try to increase the vitality of our membership involvement, it is imperative that we make every effort to include that large group of potential disciples – our inactive membership.

Speaking of the 20/80 ratio, where 20% of our members do the work and 80% are inactive spectators, Scott Thumma and Warren Bird, in their book *The Other 80 Percent*, suggest the following ways everyone can be involved:

- Firstly, take an assessment of the opinions of members – listen to them (the highly involved and the least engaged) about what motivates and what hinders commitment in your congregation.
- Second, learn the patterns of involvement as well as the roadblocks and challenges in your community, in your church programmes, and in the expectations of your lay leaders.
- Third, identify those activities you are doing currently which promote and attract robust involvement, and intentionally strengthen these to a greater degree.
- Fourth, think outside the box of ways of being the church, connecting members in ministry that fits their everyday lives and lifestyles and that meets their needs, the church's needs and the mandates of the Gospel.
- Finally, remember that involvement and participation are the correlates of spiritual growth and a person's spiritual fulfilment. Eighty percent participation isn't the goal – spiritual fervour and growth is.

To increase involvement in our church, we will need to move in directions we might not have previously considered. We may need to reshape the church's systems of operation. Sometimes the congregation's efforts and primary focus on welcoming newcomers can hinder its need to track and recall those who are gradually drifting away. Indeed, many of the reasons for the seeming decline of membership involvement and commitment to congregational life are quite complex and challenging. To truly reverse what seems to be an inevitable pattern in many congregations will require a spiritual revival of godliness and rethinking of how life and faith are lived in this post-COVID-19 society. It will also require us to think multidimensionally, culturally, sociologically, psychologically and spiritually, and to employ a great deal of common sense. Romans 15:5, 6 exhorts us: 'May the God of steadfastness and encouragement grant you to live in harmony with one another, in accordance with Christ Jesus, so that together you may with one voice glorify the God and Father of our Lord Jesus Christ' (NRSV). A question for each one of us to consider is: *Am I a spectator or an active participant in God's movement?*

References:
Henderson, D. W., *Culture Shift* (Grand Rapids, Michigan: Baker Books, 1998)
Thumma, S., Bird, W., *The Other 80 Percent* (San Francisco: Jossey-Bass, 2011)



by Sharon Platt-McDonald, Director for Health, Adventist Community Services & Women's Ministries

Winter wellness tips – part 1

In this issue of 'Enhancing Health' we commence a mini-series on how to keep well during winter.

Case study

Chrissy dreaded the winter months. It was always the same episodes of falling ill. Annually, she would succumb to bouts of flu, experience loss of energy, and struggle with altered sleep patterns. She also suffered from SAD (seasonal affective disorder). After decades of these seasonal blips in health, she attended a health & well-being retreat where she learnt several lifestyle tips and her winter wellness experience began to improve. She changed her dietary habits, implemented a regular exercise routine, became more intentional with her sleep preparations, and rearranged her social life.

If you struggle each winter to stay well, you too can see some improvements in your health by implementing some wellness tips. Here are some suggestions that could help.

NHS advice

The NHS has recognised some individuals as being more at risk of ill health during winter months. On their website, they make the following statement: 'Cold weather can make some health problems worse and even lead to serious complications, especially if you are 65 or older, or if you have a long-term health condition.'¹

The NHS website identifies the following as being at greater risk from cold weather:

- People aged 65 and older
- Babies and children under the age of 5
- People on a low income (who cannot afford heating)
- People who have a long-term health condition
- People with a disability
- Pregnant women
- People who have a mental health condition

The UK Health Security Agency gives detailed advice on winter wellness and has published a leaflet titled 'We're here to help you stay well this winter'. This can be accessed in the footnotes to this article.²

Additionally, essential information on keeping warm, and its impact on well-being, has been outlined in a leaflet titled 'Keep Warm, Keep Well'. To access this leaflet, please visit: <https://www.gov.uk/government/publications/keep-warm-keep-well-leaflet-gives-advice-on-staying-healthy-in-cold-weather>.

Mayo Clinic tips

Dr Brent Bauer, an internal medicine specialist at the Mayo Clinic, in an interview titled 'Practical tips for a healthier winter', states: 'Many people dread the dark days of winter. Having to spend time indoors can bring on the blues, and close quarters can increase the risk of catching a cold or flu.'³

He shares his top three tips for staying healthy in the cold weather:

- 'I think the No. 1 thing is that we still have to stay active.' He suggests that we dress appropriately and 'head outside for a breath of fresh air. Join a gym. Or simply turn up the tunes and dance.'
- 'I think the second thing is that we do know that colds and the flu are much higher in the winter months, and that tracks very closely with the humidity level. So as humidity goes down, colds and flus go up.' He suggests setting your home humidity level to 40% to 50%.
- The third tip from Dr Bauer relates to vitamin D. He says: 'We get our vitamin D from the sun. Most

of us don't get a lot of sunshine in the winter. So many of us start to see low vitamin D levels in the winter months, and there are a few studies that suggest low vitamin D levels may make you more susceptible to colds and flu.'

More tips

Better Living⁴ suggests eleven essential tips for winter wellness. Here are five to get you started:

- Take extra care of your skin (hydrated skin provides a protective barrier).
- Try dry body brushing before bathing (it increases circulation).
- Make sure to get your vitamin D (if you have low levels).
- Stay hydrated (avoid caffeinated and soft drinks, which increase dehydration).
- Support your immune system with nutrition (increase fruit and vegetable intake).

The next issue of Enhancing Health will examine these tips and more in further detail.

Good health!

¹<https://www.nhs.uk/live-well/seasonal-health/keep-warm-keep-well/>

²https://assets.nhs.uk/nhsukcms/documents/221005_SWTW2022_HUHY_Stay_Well_Leaflet_LargePrint_WebAcc.pdf

³Mayo Clinic Minute: 'Practical tips for a healthier winter' – Mayo Clinic News Network

⁴11 Winter Wellness Tips for Healthy Living' – Better Living (onbetterliving.com)



The big yellow house that ADRA helped to build

by ADRA Sudan



Arriving at St Joseph's Kindergarten and Basic School, you can see a yellow building surrounded by a row of small, wood-covered classrooms. A big tree sits in the middle of the courtyard, providing shade to kindergarten students waiting to be picked up. School is out, and thus the typical noise caused by children playing and making okes has stopped. The headteacher shares that they currently have 1,230 students and 21 classes from kindergarten to primary 8 (P8). This seems surprising at first glance, due to the lack of buildings, but this school is full of surprises, as you

find out when you go behind the yellow building – multiple classrooms and even a library can be seen.

This school, located in Kuajok, Warrap State, is part of the Girls' Education in South Sudan 2 project, funded by the UK's Foreign, Commonwealth & Development Office (FCDO) and supported by USAID, the European Union (EU) and Canada. The school has been part of the project since 2018, receiving both cash transfers for girls and capitation grants for the school. St Joseph's is a perfect example of the impact of the GESS2 project, as it has allowed it to continue to grow and provide more opportunities to the children of the community.

The school started in 2013 as a kindergarten, but the demand from the community has encouraged them to expand. They added one grade every year until they opened P8 last year. Receiving support from various donors throughout, they have been able to expand their infrastructure. The small classrooms in front of the yellow building (which serves as the administration) are used for kindergarten and the younger grades, and the other classrooms at the back are for the older students. Unfortunately, they had to convert the library into classrooms because they didn't have any more space for their ever-growing student body. Nonetheless, the nuns who run the school are always positive and happy to accommodate more children if they can. They currently have 37 teachers supporting the school, of which 10 are women.

Most schools use their capitation grants to improve or build their infrastructure and buy equipment or furniture for the schools, or school

materials such as stationeries and chalk. Yet at St Joseph's the nuns identified another area of need that they could also use the funds for: orphaned children. The school has taken to supporting children who have lost their parents and have limited resources to cover their tuition. These children can go to school and have an opportunity to obtain an education thanks to the charitable hearts of their teachers and the support from the GESS2 project.

As is the case with most schools in South Sudan, despite the general improvements in infrastructure, student enrolment, and general support, there are many needs and challenges that still need to be addressed; yet schools like St Joseph's show us that, with a little support, they can make the most of what is given and share with the community. Over the last two years, ADRA-UK and ADRA South Sudan will strive to continue to support girls' education and schools in South Sudan, hoping that education can be accessed and enjoyed by all children in the country.

If you would like to support the work of ADRA as it works with some of the world's most vulnerable people, please click on this link: www.adra.org.uk/donate.



Saul or Paul?

This message was preached by Pastor Njabulo King Ndlovu at Dundee SDA Church.

'There is no ship that has been built for the harbour . . . set sail.'

– Pastor Njabulo Ndlovu



The sermon begins around 24:14 and can be found on the Adventist Media: SCOTLAND YouTube channel as part of the Dundee Worship Service streamed live on 24 September 2022.

Scan the QR code above to see Pastor Njabulo King Ndlovu preach.

South-East London Community Church – 20th anniversary celebration

On 10 September 2022 the South-East London Community Seventh-day Adventist Church gathered to

celebrate its 20th anniversary and thank God for its achievements. Since its organisation on 13 January 2001 the South-East London Community SDA Church has established three other churches in the South England Conference and acquired a church building, among a range of other achievements.

This week-long programme started on Sunday 4 September 2022 with a community outreach day on the church premises, where the community joined in various activities like face painting, youth sports activities, a Pathfinder display, a barbeque and various games like musical

chairs and a bouncy castle.

On Wednesday 7 and Friday 9 September we met via Zoom to look at the church history and review how far we have come; there was also an opportunity to watch video clips of various church members, including those who have moved to other places in the world. It was an exciting time of reflection and celebration. Pastor Lewis Quaye admonished us to remember our heritage and our overriding mission to carry the message to all the world, starting in our community. Pastor Dr Albert Owusu Darkwa followed on the Friday and reminded the church that the Lord can use anybody for His work – all He needs are a willing heart and an attitude of service.

On Sabbath the theme was ‘Our journey together’, and a range of programmes included a Pathfinders’ display, a children’s

pantomime drama display, and a musical fiesta. We were blessed with reflections from our special guests of honour, current and previous first elders and pastors of the church. The South England Conference President, Pastor Emmanuel Osei, was our guest speaker. He reminded us that our journey as a church, like that of the Israelites, is tenuous and tortuous, but the Lord will lead us to the fitting end.

The afternoon programme was graced by Pastor Sam Davis, former SEC president, who commended the church for all its efforts and achievements but also challenged the church to do even more in the community and be like salt, influencing it for good.

We would like to say a big thank-you to all who participated in any way to make this programme a success.

PHYLLIS ARHIN



Hackney Church read the entire Bible in four days

It was *not by might nor by power, but by God's Spirit* (see Zechariah 4:6) that the Hackney Seventh-day Adventist church community completed the reading of the entire Bible in four days. The monumental quest, which began with the reading of Genesis on Wednesday 24 August at 4pm, was brought to completion with the reading of Revelation on Sunday 28 August at 1pm. Such a feat could not have been accomplished by Hackney Church alone. Support from the community, Hackney's sister church at Wood Green, and several other churches from our local Area 6C (including Clapton, Leytonstone, London Asian, Plaistow, Stratford and Woodford Green among others), enabled Hackney to get over the finish line in four days to the glory of God.

To scenes of jubilation at the completion of the reading of the entire Bible, Hackney's pastor, Joojo Bonnie, himself caught up in the emotion of this special biblical journey, shared with the church community the reasoning behind this special venture: 'We kept our church doors open twenty-four hours of the day for the past four days to read the Bible non-stop to let the community know that the Bible is still relevant in 2022,' said Pastor Bonnie. He continued, 'Let us not just be readers of the word, but doers of it. May this day forward be a transformation in all our lives. Let's all make it to heaven – but, until then, let us serve our Lord and Saviour, Jesus, faithfully until He returns.'

Members from the Hackney church community, assisted by those from various Area 6C churches and our sister church, Wood Green (also pastored by Joojo Bonnie), took turns in reading chapters from each book of the Bible. It was clear to see the range of emotions on display during the reading of different books of the Bible – a sense of awe during the reading of Genesis, praise and thanksgiving during the reading of Psalms, giggles with blushed faces during the reading of the Song of Solomon, and jubilation during the reading of Revelation. For those who took part in the Bible readings, it was an experience that will never be forgotten.

Tanesha Anglin-James, a member of the Wood Green church, said: 'The Bible reading experience was such a fun learning experience for me. I got to see God's holy, unchanging, loving, faithful and gracious character. A most memorable part of the experience for me was reading throughout the night without tiring.'

A London Asian SDA church elder, Rohail John, who also participated in the Bible reading, was equally complimentary of the experience he had: 'The experience was absolutely fantastic,' said Elder John. He continued: 'Hearing the word of God being read so diligently and with so much commitment truly increases one's faith, simply by hearing the word. Nowadays we hardly even open the Bible, let alone read the whole thing, so this was a brilliant endeavour by Hackney SDA.'

When asked by other church leaders of what the outcome would be from the undertaking of such a task, First Elder John Mathieu admitted that Hackney's pastoral team did not know, but were convinced that the Word of God is powerful and that anyone who reads faithfully, with an open mind and heart, will be transformed and changed. He added: 'The real power of God is that His word transforms and changes lives, and it is hoped that this unique four-day Bible-reading experience has accomplished that.'

Throughout the four days the Bible readings were livestreamed on Zoom and Facebook, with many commenting on how amazing it was to see the Bible speak for itself day after day, night after night, including on the Sabbath. There were no sermons, platform parties or standard



82-year-old Ruby Merchant

protocols; neither were there any 'traditions of men' on display. The Bible, read by God's humble servants, was the sermon.

Hackney Church's reading of the entire Bible in four days will go down in history as one of Pastor Joojo Bonnie's most defining legacies to the church during his nearly six-year leadership of it, and for that we, both young and old, are most truly grateful.

DARELL J. PHILIP, HACKNEY CHURCH PR & COMMUNICATIONS ASSISTANT

Church End's Got Talent

Nothing brings people together better than food and music! This proved to be the case on 31 July at the Health Fun Day in Church End, Brent, hosted by various community and health organisations, including Willesden Seventh-day Adventist Church, Brent Health Matters, The Somali Advice and

Forum for Information (SAAFI), The Central and North-West London NHS Trust, and Catalyst Housing. The event, which was conducted at a community well-being hub owned by Catalyst Housing, saw more than a hundred people from the community attend for health checks, well-being seminars, food and music! The focus of the expo was diabetes, BMI and nutrition, and cancer, as these were the identified areas of need in the borough. Short seminars on diabetes, mental health and prostate cancer were also conducted by various health professionals from the NHS and Willesden Church.

We had an opportunity to speak to the several community partners who took part, including local representative Councillor Johnson – who, together with his wife, was in attendance all day and took part in all activities – and SAAFI leader Rhoda Ibrahim. Mrs Ibrahim spoke of the challenges of raising children from immigrant and refugee communities and the mental health impact of the social and economic challenges they face. She identified how faith communities can help support healthy social integration and acceptance.

Brent Health Matters community lead Hinda Mohammed shared how the organisation has been working to reduce health inequalities and how she was pleased to see the various community and faith groups collaborating to help reduce health inequalities in the borough. She was also happy to see health checks being done within the community by professionals from the church and NHS clinicians who had come out to serve the community that Sunday. Hinda Mohammed believes that the key to engaging with communities is going out to meet people where they are, rather than expecting people to come in to where we are. She also highlighted how SAAFI and Brent Matters had been proud to contribute food for the day. The food stations, including a hot served lunch, smoothies and juices, indeed proved to be a hit with all who attended.

The brilliant afternoon was capped off by a talent show featuring young people from the local community who danced and sang their way into future stardom and brought some cheer to the spectators.

Councillor Johnson, who attends the Willesden New Testament Church of God, had a lot of praise for the work done by the health team in Willesden under Sister Cheryl Allen and the SEC Health Expo team. He aptly summed up the big 'Why?' for health expos and the health message. This is what he had to say: 'One of my beliefs is that we should not contain the message of Christ within the four walls – we need to get out and speak to people, because that's what Christ did. He went out and met people. . . . We should partner together to witness and to do other things which actually affect our community, such as health, employment, mental health, assisting our elderly. That is our mission . . . more outside the walls of the church than inside the church.'

EDITH SAMAMBWA, SEC HEALTH MINISTRIES DIRECTOR



Councillor Johnson



Holloway International Day of Praise

An array of colours adorned Holloway Church on Sabbath 16 July as the Social Committee, led by Brother and Sister Barclay, invited all to dress in their national attire to celebrate the International Day of Worship and Praise in the sweltering heat of the day. The theme for the day was 'Unity in Diversity'.

Working tirelessly behind the scenes, members of the Social Committee prepared for months, visiting churches of different nationalities, networking and inviting members to participate. Pastor Moore remarked, 'The Social Committee visited churches that even I had never been to!'

The quest was very successful, as Pastor Gil arrived with about thirty members of the Asian Church, who performed using their traditional musical instruments; approximately twenty members came from the Hispanic Church, adding a South American flavour to the day; Redhill International Church members descended on the doorsteps of Holloway, embellishing the event with their Filipino flair; approximately twenty of our Ukrainian brothers and sisters also came in support; and SEC Ministerial Director Pastor Hezron Adingo also graced us with his presence. This was a truly 'International Day'.

Since COVID-19 reared its ugly head, the face of Holloway Church has changed. The number of attendees had dwindled drastically; but, on this particular Sabbath, Holloway regained the buzz that had been lost for a while, accommodating at least 900 people within its beautifully decorated sanctuary, decked with flags from every nation.

The morning programme was hosted by Mike Johnson, while Rumbi Sithole and Peter Nathan led the afternoon programme. Five-year-olds Amiya-Zuri and Nylah set the church ablaze with excitement as they kicked off the programme with a rousing, action-packed rendition of 'Jesus, I'm in'. A series of soloists and choirs of diverse nationalities then followed suit, dotted with a few testimonies.

The Pathfinder Drum Corps, led by Drum Major Edmund King, Pathfinder leader, Councillor Shamaine Owhuo and Elder Anderson escorted the Mayor of Islington, Councillor Marian Spall, and her consort Helen to start off the afternoon programme. In his address of appreciation to the mayor, Pastor Moore stressed, 'It is our intent to work closely with the council to ensure we address the needs of the community.' After this, the mayor's consort took to the floor to express her gratitude and pleasure, on behalf of the mayor, for having been invited and 'hoping that this wouldn't be the last time that Holloway Church sees us'.

Elder Paul Spicer of Redhill International Church commented, 'The programme was fabulous, with a variety of items from soloists, choirs, and instrumentals by multicultural groups. It was truly an international and world-class spiritual and uplifting afternoon.'

The production manager – Marcia McKenzie, who worked under immense pressure – and the audiovisual team, led by Duane Davidson, were applauded for their professionalism at collating backing tracks, slotting in the online pre-recorded performances and sticking to deadlines to ensure the success of the day.

The Social Committee had three goals in mind: to demonstrate that there is 'unity in diversity', to show 'love in action', and to give glory and praise to God.

To sum up the whole day, Glendale Gumanji of Redhill Seventh-day Adventist Church commented, 'I was not only welcomed, but the whole

event was fantastic. The singspiration, words of wisdom, variety performances and bountiful food – I say it was an amazing event. I praise God for guiding the organisers; they have done such an amazing job.'

One of our online viewers wrote in, 'A very lovely and well-planned day; God be praised. May God continue to bless Holloway, the Barclays and their team. A big thank-you to all! Until the next one!'

Holloway Church aims to continue to strengthen and build on all the relationships that have been forged while preparing for this successful event. God be praised indeed!

HOLLOWAY SOCIAL COMMITTEE



Weston-super-Mare Pathfinder Investiture

On Sabbath 1 October, nine Pathfinders from the Weston-super-Mare church were invested as Friends, Explorers or Companions in a service dedicated wholly to the Adventurer and Pathfinder clubs. Even though COVID-19 had restricted these young people from getting together in person for over a year, meetings had convened through Zoom, and once they were able to get back to regular club activities they made up for lost time. A total of 124 honours were awarded. These were earned during club meetings and from the BUC e-honours during COVID-19; the Areas 1, 2 and 3 curriculum camp at Youlbury, Oxford; and the SEC camporee at Phasels Wood, Herts.

Thanks were expressed to the club leaders, Maybelle Espulgar, Desire Sonder and Alva Gallaher, as well as the parents who backed them up.

CYNTHIA SOUTHCOTT



Immanuel Tamil SDA Church Family Fun Day

By the grace of God Almighty, the Immanuel Tamil Seventh-day Adventist Church in Wembley and the World Tamils Historical Society jointly organised a Family Fun Day programme on 2 June 2022. The vision of the programme was to reach out to the non-Christian and non-Adventist Tamil community and build Gospel-centred relationships. The programme was held at the World Tamils Historical Society in Oxford. Some of the activities included running races, tag rugby, musical chairs, kilithattu (a traditional Tamil game), tug-of-war, and face painting. Toddlers enjoyed playing on the bouncy castles while children and adults participated in the track and field events. Resuscitation training was also offered by nurses from our church. At the end of the programme, the winners of the events were recognised with medals and certificates, and a special gift along with the booklet *8 Laws of Health* was given to each family. This event enabled us to connect with some 25 families.

TENNYSON DANIEL



Bristol District of Churches at Jamaica's 60th Independence Anniversary

In March this year, the Bristol Central church board was informed of the Jamaica 60th Independence Anniversary event due to take place at Rose Green Cricket Ground. A request for the Seventh-day Adventist Church to work in collaboration and be a part of the event on Saturday, 6 August, came from one of the main organisers, Donna Pinnock.

The event was an excellent opportunity to build relationships and raise awareness of the Adventist health message. Pastor Namushi Namuchana suggested that the Bristol District of Churches should support it, so the Bristol Central Community Health Ministry team, under the leadership of Ingrid Anderson and Mary Philip, were given the responsibility of collaborating with the Bristol North and South churches.

The day finally arrived with glorious sunshine and a buzz on the ground. Church members proudly wore white T-shirts with the caption 'HEALTH IS WEALTH' and ministered through various services, which included free health checks, vegan tasters, fruit dishes, smoothies, singing, literature distribution and counselling. All the stalls were buzzing with visitors. Brother Evan Green from Newport Church challenged many to ride the smoothie bike, where after 3-5 minutes of pedalling they received a smoothie; more than 250 were given away!

In addition, a small team of healthcare professionals offered health checks; Sisters Debbie and Arlene presented gospel music on the main stage; vegan tasters were prepared and served by Nadine Brown; Angela Baker-Wright rallied the younger children to prepare goodie bags; and Elder MacDonald reported that 30 Bibles and numerous other Adventist books were given away.

What a day! What a blessing! To God be the glory; great things He hath done.

MARY PHILIP, BRISTOL CENTRAL COMMUNICATION SECRETARY/COMMUNITY HEALTH MINISTRIES

Horse-riding social trip

Sister Sharon and Elder Padmore organised a horse-riding trip as part of the social calendar for members of Camp Hill Church.

Six members attended on 16 October 2022. It was a beautiful sunny autumn day at a horse-riding school in picturesque Meriden. They had a full hour of horse-riding, learning to mount, dismount, hold the reins, walk, trot and stop the horses, which were up to 16.5 hands high.

After returning helmets to the storage area they had time to fellowship and take light refreshments. It was a beautiful day spending time with some of God's elegant creatures. The horses were well behaved, and one was even treated with an apple for her excellent behaviour during the lesson.

Thankfully, there were no unexpected moments, and nobody suffered any injuries or major worries during the event, although the location of the riding school was somewhat difficult to find!

The Social Committee at Camp Hill have been responsible for a wide range of fun and interesting activities for members and friends.

The Social Committee are planning more events and have organised a number of innovative initiatives, including trips to Scotland, visits to English seaside towns, and barge trips. They're planning a Cahoot quiz in November, and a trip to Holland in 2023. Camp Hill Church is blessed to have a great team taking care of its social events.

DR JACQUIE HALLIDAY-BELL (CAMP HILL SDA CHURCH COMMUNICATIONS)

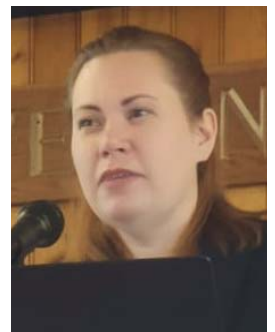


Health event at York Church

On 7 and 8 October the York church organised a two-day event on the importance of health by doctors, nurses, counsellors and health professionals, highlighting the significance of health for our church and our community. The theme was 'Your health, your life', and the main speaker was Dr Beatrice Kastrati, Health and Possibility Ministries Director for the North England Conference. The programme was divided into four main areas: mental health, physical health/financial well-being, social/emotional/technological well-being, and spiritual health.

Pastor Sergio De Sousa highlighted that this health event left a clear message of the importance not only of becoming aware of possible risk-lowering strategies, but also of educating others about healthy living and how to put these actions into practice.

DEBI DE SOUSA





Elder Rohail John

Area 6C holds day of prayer

'Believe in God' was the key message drilled home by Elder Clarence Jackson and Pastor Fitzroy Morris, guest speakers at the Area 6C Day of Prayer held at Clapton Seventh-day Adventist Church on Sabbath 30 July 2022.

The host pastor, Nerine Barrett, welcomed members from the various Area 6C churches in attendance on the day, among them pastors, elders and prayer intercessors. This was followed by a Sabbath School programme jointly coordinated by Clapton's Prayer Ministries leader, Edrick Gaskin, and one of the Area 6C Prayer Ministries coordinators, Eileen Philip, which included a poem about the five-finger prayer read by 8-year-old Levi Greaves from Hackney Adventist Church, music from the Plaistow recorder group, and a special item in song by Clapton Church children.

In his summary of the adult lesson study for the week – 'Extreme Heat' – Elder Rohail John, a member of the London Asian Adventist church, said: 'We should view God's testing of us in extreme heat as an opportunity to realise our helplessness, and, like Job, we must place our trust completely in God, who is ultimately working things out in our favour and for His glory.'

A number of testimonies were shared which highlighted prayers that changed members' lives. Eileen Philip shared a moving testimony of how persistence in prayer from family and church members led to God's deliverance in her life after a seven-year battle with depression and mental health problems. Elder Rohail John also shared how prayer led to God bringing an end to his health-related crucible, to the relief of himself and his parents.

Throughout the day, prayer intercessors led out in various seasons of prayer which met the needs of those requiring healing from illness, those needing strength in overcoming spiritual battles, as well as special prayer for all young people and those within our Area 6C community needing to know about the good news of salvation.

The calming voice of Cynthia Mkandawire led attendees into the presence of God in preparation for the message, which would come through the appointed guest speakers for the day. In his message, entitled 'Why we pray', Pastor Fitzroy Morris said: 'As Christians, we are engaged in a spiritual warfare which requires spiritual weaponry in order for us to be victorious. Prayer is the key component underpinning the spiritual armour we are admonished to put on in Ephesians 6:10-18. I am a product of prayer, because it was my very own mother's prayers that led to me being in the place I find myself in today – with Jesus.'

Elder Clarence Jackson then encouraged Area 6C members to believe in God and find themselves in a solitary place, just as Jesus did, in order to receive the strength needed for the battles that lay ahead. He said: 'If you get into a consistent habit of praying, of communicating with God, then you become walking dynamite. . . . The battles I faced with immigration, lack of finance and depression were all overcome through prayer – without it we are spiritually dead. So pray without ceasing, believe in God, and act upon that profession of your faith in Him.'

Stirred by the messages given, Area 6C members then came together in the afternoon in a service of thanksgiving led by Elder Rohail John and Rachel Johnson, youth leaders from the London Asian church. As well as the sharing of more testimonies, there were special songs sung by the London Asian church in the Punjabi and Hindi languages, alongside musical items on the piano and organ by East London School of Music Director, Fiona Paquette. Further words of encouragement were given by Elder Claudius Munangati on 'The Kinsman Redeemer', and by Area 6C Elders Coordinator, Elder Anslim Narinesingh on 'The Great Prayers of King Hezekiah'.

The day came to a close with a vote of thanks given first by the Area 6C Prayer Ministries Coordinator, Elder Alex Dhlakama, followed by the Area 6C Coordinator, Pastor Joojo Bonnie, for all that the Lord had done.

All who attended this special day of prayer, from the youngest to the eldest, were able to testify to the glory of God and to the importance of prayer alongside God's word and the Holy Spirit in their lives in the past, present and future.

BY DARELL J. PHILIP, AREA 6C COMMUNICATIONS COORDINATOR



Left to right: Sam Seidu, Sylvonie Noel, Vernon Noelsample

Building community at a local carnival

The heatwave on Sabbath 9 July did not deter West Bletchley Seventh-day Adventist Community Church from reaching out to the community with the health message.

The carnival is a regular community event that we have been attending for some years. Using our 'Oasis Stall' we capture the crowd's attention with free bottled water and accompanying leaflets promoting the benefits of increased water intake and exercise. An added feature this year was a juicing demonstration and recipe sheet, which proved more popular than we had imagined! Our samples were quickly depleted and received many complimentary remarks.

In the past we have supplied food parcels to community members. One family who we had supported in a time of need approached our stall and made themselves known to us. We praise God for using The Oasis to provide much-needed refreshment in our community.

SYLVONIE NOEL, COMMUNICATIONS DEPARTMENT



Community member appreciating juice

Pastor Wilfred Masih heads to Scotland

Pastor Wilfred Masih, son of Pastor Dalbir Masih (who was instrumental in much of the progress of this church and had the vision of building the large sanctuary that sits alongside Birmingham's well-recognised architecture), has left Camp Hill Seventh-day Adventist Church to take up a pastoral position in Inverness, Scotland. Pastor Wilfred was born in India and travelled



Pastor Cyril Sweeney and Pastor Wilfred Masih

with his family as a 9-year-old boy to live in Oldbury, West Midlands. His father had been called to serve in the Adventist Church in the UK after converting from Sikhism. Before taking up full-time ministerial work as a pastor, Wilfred was a science teacher, teaching Chemistry up to A level. He fulfilled this role for a period from 2008 until his recent appointment. He has also previously worked in pharmaceutical sales and marketing. Pastor Wilfred met Pastor Michael (Jimmy) Botha, President of the Scottish Mission, on one of his journeys to Edinburgh. Their discussion led to this newly qualified pastor being offered the role to minister in the Inverness district. This scenic Highland region is geographically large with a small population and an even smaller number of Adventist families who meet in their homes. He has a sizeable challenge ahead of him. The population of Scotland is 5,463,300, and the number of Adventists is below 800. Camp Hill's Pastor Sweeney and the whole congregation prayed for success in his mission for Christ.

DR JACQUIE HALLIDAY-BELL (COMMUNICATIONS, CAMP HILL CHURCH)



'Hope for the Family Crisis' series concludes with a baptism

On Saturday 15 October, Portsmouth Church saw the culmination of their eight-day evangelistic series, 'Hope for the Family Crisis'. The guest speaker, Pastor Keith Boldeau, delivered ten dynamic messages on how families can navigate the many challenges faced in today's society. The congregation were also blessed by a specially invited guest, Pastor Remus Mateciuc from the Portsmouth Romanian church, who presented engaging nightly quizzes based on the previous night's sermon. To top it all off, eight precious souls, including five Pathfinders, decided to give their lives to Jesus in a glorious baptism, which was conducted by the resident pastor, Elliott Williams. Family members and friends who weren't able to attend the baptism in person joined in online on YouTube and Zoom to witness this joyous occasion. A huge congratulations to all the baptised candidates. We are overjoyed you've made the decision to follow Christ. Your journey has just begun . . . but remember: whatever situation you may face, keep 'Christ in your crisis'.

FELICIA GLASGOW



The candidates with the Pastors



Left to right: Pastor Keith Boldeau and Pastor Williams



The candidates



Left to right: Pastor & Mrs Mateciuc, Pastor Keith Boldeau and Pastor & Mrs Williams



Highams Park baptism

October 15 wasn't just a bright autumn day: it was a day of renewal, revival and new beginnings at Highams Park Seventh-Day Adventist Church in Chingford. Church members, friends and family witnessed the baptism of Paul and Honour Daley. This was a special occasion for the church family, as it was their first baptism since their inception in 2019 as the newly formed Highams Park Seventh-day Adventist Church. Pastor Emmanuel Asamoah baptised the couple and delivered a sermonette in which he spoke about the importance of deciding for Christ and understanding that there are streams of mercy even though we fall. The message was so moving that six more people responded to the altar call and made the decision to begin the journey towards baptism. The day couldn't have been such a success without the love, support and dedication of the Highams Park church family.

JENNIFER AND JESSICA ENTI

Immanuel Tamil Seventh-day Adventist Church celebrates a special baptism

On 23 October 2022, despite the harsh weather and travel disruptions, faithful believers from the Immanuel Tamil Seventh-day Adventist church group gathered at the Southall Adventist Church to celebrate the baptism of Sister Jesintha Satgunarajah by Pastor John Melki, witnessed by her three children and her husband. Sister Jesintha, formerly a Hindu, was not interested in knowing Jesus until she went through a relationship dispute. While visiting a relative in Germany, she was impressed by the Spirit of God and, on her return to the UK, contacted an Immanuel Tamil church member and began studying the Bible. Initially, her parents and extended family were not pleased with her decision to stand for Christ. Still, her faithfulness paid off, as her husband and children came around to publicly supporting her decision. The service was also attended by Pastors Wayne Erasmus, Jay Michael, Jefferson Melki and David Aruldoss. Sister Jesintha's prayer is for her immediate and extended family to accept Jesus Christ as God and Saviour. Please remember her in your prayers.

TENNYSON DANIEL (TREASURER)



Eleven young people baptised at Northampton

On Sabbath 15 October, at Northampton Central Seventh-day Adventist Church, eleven young people from Northampton International Adventist Church – Jeremy Frimpong, Kwaku Amofa, Albert Owusu, Merriam Boakye, Timothy Asante, Emmanuel Aboagye Oppong, Kwasi Opoku Reeves, Essel Nimko, Jonathan Wiredu, Philips Obiri-Yeboah, and Alvin K. Quainoo – were baptised by the district pastor, Pardon Chenjerai, assisted by Elders Henry Robert and Amos Ntansah. To God be the glory!

CHRISTIAN KWATENG, CHURCH CLERK



Baptism at Dudley

Sabbath 15 October 2022 was a memorable day for the Dudley Seventh-day Adventist church when three precious gems were added to the membership through baptism, namely Ms Simangele Khumalo, Mr Jeff Junior Sentama and Miss Lillianna-Mae Wilson. The officiating minister was the church pastor, Rainford McIntosh, who delivered a thought-provoking homily. He was assisted by the Personal Ministries leader, Pastor Amos Elusode, and other elders including Grace Walsh, Matthew Lawrence, Errol Tomlinson, Valton Benjamin and Anthony Sawyers. We wish the newly baptised great success on their spiritual journey.

DUDLEY COMMUNICATION DEPARTMENT

CLC member baptised in Romania

Adela Simon has been attending the Central London church after being invited by a friend; and one Sabbath, after the main service, she approached Pastor Colin, telling him of her desire to be baptised. This was music to the ears of the pastor, and so he promptly asked if they could study so that she could be prepared for baptism.

After the first study meeting, Pastor Colin discovered that Adela had grown up in an Adventist home and had completed a number of studies from different pastors and individuals over the years, and consequently saw that truly nothing was standing in her way to choose the date and be baptised in CLC. What a joy!

But then Adela said, 'Pastor, there's a problem!' She went on to say, 'Pastor, I have made my decision to be baptised, but I want my elderly grandmother to witness it with the rest of my family in Romania.' She then continued, 'My grandmother is too old to travel, so can you (Pastor Colin) come to Romania to my home church and do the baptism there?'

Pastor Colin, of course, agreed. On 7-9 October, twenty-two of us flew out to Romania with Pastor Colin.

The service took place on Sabbath 8 October and was led by Seventh-day Adventist Romanian Pastor Bogdan in Chinari, Transylvania. At the service Pastor Bogdan also baptised five of his own members from the various churches he cares for. This was an



amazing experience for all, with wonderful singing from the local choir, including songs from our own church members. Pastor Colin gave the baptismal address, and the whole Sabbath was filled with wonderful fellowship, inspiring worship, and high testimony. No one wanted the service to end, so it continued after lunch with an impromptu musical and preaching service. God is great!

Everyone returned home safely after this glorious weekend. God be praised. Adela is the General Manager at Travelserve, Heathrow Airport. Please keep her in your prayers.

CENTRAL LONDON CHURCH COMMUNICATIONS

Two precious jewels from Welling Seventh-day Adventist Church baptised

The sun shone brightly; the air was filled with excitement. It was World Pathfinders' Day on 17 September 2022. The setting was Stanborough Park.

In the middle of the park there was a stage and a large monitor, and central to this was a portable pool where eleven young people were baptised.

For two children from Welling Seventh-day Adventist Church, their parents, family, friends and counsellors, this was the day they had eagerly waited for.



This sense of anticipation was equally matched by the members in church as they gazed on the Zoom monitor. Smiles widened on their faces as it was announced that Somto would be the first to be baptised, followed by Toni-Ann. They were baptised by our local pastor.

Somto is 11 years old. He decided to be baptised at the age of 7, unknown to his parents. In July 2022 at camporee there was no holding back.


Somto responded to an appeal for baptism. He didn't tell his parents about his decision, but somehow they were informed. When asked about this, Somto told his mother, 'I had given my heart to God a long time ago. It's just that I hadn't told you.' Since Somto's baptism he states that he is feeling more enlightened.

Toni-Ann is 12 years old. Like Somto, she also responded to an appeal for baptism at the camporee in July. Toni-Ann decided to be baptised because she wants to be more like the Lord and to follow in His footsteps. Toni-Ann made her decision without parental input. Her mother said that she was given to the Lord, and they are overjoyed that Toni-Ann has given herself to Him.

As a church we pray that these two precious jewels will shine brightly for Jesus until He returns to take His children home.

LESLIAN ELLIS, COMMUNICATIONS


**26TH
NOVEMBER
2022
9:00AM**




**VENUE: TUNSTALL
METHODIST
CHURCH, QUEENS
AVENUE, ST6 6EE**


**STOKE SDA DISTRICT DAY
OF FELLOWSHIP**

**SPEAKER:
DR DANIEL DUDA**





**AFTERNOON PROGRAMME
FROM 3:30-5PM
LUNCH PROVIDED**



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**CHRIST OUR FINAL
HOPE**

*"The Lord is my portion," says my soul. "Therefore I hope in him!"
Lamentations 3:24*

As supplied, errors and omissions excepted



**Church pension
plan notice**

The church pension plan trustees are trying to trace the following people:

- Anderson, Peggy Allman
- Aymes, Deborah
- Chigariro, Kudzai Bessie
- Horton, Maria
- Kirk, Delores
- Koo-Mo-Shan, Mark Adrian
- Mann, Sandra Elaine
- Mercer, Melanie Edith Dawn
- Middleton, Verity
- Murphy, Henry Steve
- Okyere-Boateng, Rosemary
- Tsang, Mong Sing
- De Vera, Methy
- Walters, Beverley
- Wright, Ruth

If you have any information on how we can get in touch, please contact the Seventh-day Adventist Retirement Plan Secretary, Pastor Jacques Venter, at the BUC Office. Phone: 01923 672251. Email: jventer@adventist.uk.



To all Adventist Credit Union members, notice is hereby given of the 34th Annual General Meeting (AGM).

The 34th Annual General Meeting of the Adventist Credit Union Limited will be held on Sunday 11 December 2022 at 2pm. (Access to the AGM Departmental Reports Booklet will be available on the ACU website from 4 December 2022, or at the AGM venue from 12pm onwards on 11 December 2022.)

Venue:
Holloway Seventh-day Adventist Church, 381 Holloway Road, Holloway, London, N7 0RN (nearest tube is Holloway Road).

Visitors will be accorded the status of observers at the AGM. So please feel free to invite your fellow church members, family and friends to the meeting. After the business section of the AGM, visitors will be able to meet with us and be furnished with an ACU membership application form, should they wish to consider becoming a member of the ACU.

*For more information please contact us via email:
info@adventistcreditunion.co.uk.*

We look forward to seeing you at the AGM.

DUANE DAVIDSON, ACU CHAIR

Frances Ruth Johnson née Gammon) (1944-2022) d. 14 October.

We were saddened to learn of the death of Frances Johnson, who passed away on 14 October 2022.

Frances was born on 2 December 1944 in Bristol, to Pastor Kenneth and Beryl Gammon. As a pastor's child, Frances attended thirteen different schools before she entered denominational work at the South England Conference in July 1976 as a bookkeeper and cashier. In 1982 Frances became the hostess at Broomhill, before joining the Treasury team at the Trans-European Division as an accountant in 1986.

Frances worked at the Trans-European Division until 30 June 2020, a period spanning some thirty-four years. During this time it became evident that she had a fight on her hands with cancer. Sadly, even after an extensive operation, her condition slowly deteriorated until she lost her battle to cancer on the evening of 14 October 2022.

She is survived by her mother Beryl and her sister Heather.

We look forward to Christ's soon return and that glorious resurrection day.

JACQUES VENTER
(BUC ASSOCIATE EXECUTIVE SECRETARY)

Ronald Valerius Edwards (1932-2022) d. c. 8 September.

It is currently understood that Pastor Ronald Valerius Edwards passed away on 8 September 2022. However, we are waiting for confirmation. Pastor Ron, as he was known, was born on 21 October 1932 in Sevenoaks, Kent. He completed a BA in Theology at Avondale College, Australia in 1955, and an MA in Theology from Andrews University, USA in 1958.

Pastor Ron entered official denominational employment in 1959 as a pastor and evangelist assistant in the Scottish Mission, and in August 1963 he accepted a call to pastor in the North England Conference. In February 1968 he accepted a call to pastor in the Welsh Mission, and in 1972 he returned to the North England Conference.

In February 1974 he moved to the Irish Mission, where he served as a pastor until June 1982. From there he returned to the North England Conference,

and, apart from an eighteen-month leave of absence, he continued to serve in the North England Conference until his retirement in October 1997.

It came as a shock to Ron's family when they received the news that he had been found asleep in Christ a few days after 8 September 2022. He will be missed.

JACQUES VENTER
(BUC ASSOCIATE EXECUTIVE SECRETARY)

Messenger

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		Sunset				
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		London	Card	Notf	Edin	Belf
Nov	25	4.00	4.12	3.57	3.50	4.09
Dec	2	3.55	4.07	3.51	3.43	4.02
	9	3.52	4.04	3.48	3.39	3.58
	16	3.52	4.04	3.48	3.38	3.58
	23	3.55	4.07	3.51	3.41	4.00

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The Holiday Season is fast approaching!

We have some lovely gift items for the whole family:

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