NOT ALL NUTS

"Health and diet can fracture the church – we don't need that," a top Adventist nutritionist told 90 delegates at a conference on Sunday, 20 May. Professor Winston Craig, Chair of the Department of Nutrition at Andrews University, Michigan, shared a very balanced and well researched series of presentations at the BUC Nutrition Conference held at the Stanborough Centre, Watford. "The health message should be a vehicle to reach people in a friendly way, not in a hostile way," he stated, adding, "Provide them with scientific information – then let them go from there."

Pausing to visit the UK during a European tour, Professor Craig adjusted his extensive speaking engagements to be the keynote presenter at the Nutrition Conference. He is a world expert in the therapeutic and nutritive value of herbs and spices. With expertise in other areas such as the protective elements of phytochemicals, the truth about soy, the risks and benefits of a vegetarian/vegan diet and how to avoid health scams the conference attendees were treated to a wealth of knowledge as the professor shared key research results.

Wisdom, fun and food were all highlights of the event attended by Health Ministries leaders, Health professionals and Health enthusiasts who came from across the entire British Isles. The practical elements of the day came from Angelette Muller, Nutrition Consultant and Director for the CREATE School of Food and Health. This was a fun, interactive and informative session where participants had the chance to engage in preparing food items and a chance to taste the finished products.

Comments such as 'an outstanding event', 'excellent', 'better than I expected' were voiced by a number of attendees and the glowing evaluation sheets echoed those sentiments.
Knowing that the lunch for such a group of delegates would be closely scrutinised, the catering team excelled themselves both with the presentation, menu and ambience they created in the dining hall. The highly praised menu and food variety was the talk of the day. While being commended for the quality of the menu comments were also made that the BUC Health Ministries director might need to add a presentation on portion size to future events. Sharon Platt-McDonald states, "It appears that the tasty meal excited the pallets of some attendees to the extent that dinner plates were overflowing with extra helpings!"

Sharon had her own plate full, not just with food, but with coordinating the whole programme along with her tireless assistant, Faye Weekes. Sharon states, "We were thrilled with the level of attendance at the conference and the interest demonstrated by the attendees. Everyone we spoke to applauded the expertise of Professor Craig and are enthusiastic about taking the learning back to their churches and communities."

The next step in progressing the BUC Nutrition Strategy will be to run courses with the CREATE School of Food and Health. The Health department will also be developing Community Cooking Hubs which will give individuals a chance to learn the skills Angelette highlighted during the food demonstrations.

For more information on Nutrition resources and establishing a Community Cooking Hub in your area, please contact the Health Ministries department at the BUC on 01923 672251. A BUC News video report of the Conference and a picture gallery are also available.

**CHURCHES RARING FOR THE OLYMPICS** [Olympic Outreach Team]

LIVE St Austell church plant volunteers were out on the street to see the Olympic flame pass through Cornwall on day one of its 70-day journey to the Olympic stadium, on Sabbath 19 May. It is not just the athletes that are gearing up. Adventist churches throughout the South England Conference are engaging in the biggest outreach initiative seen for a number of years as the Diamond Jubilee and the London Olympics and Paralympics approaches. Pastor Colin Stewart states, "The plan to centralise all events happening across the Conference specific to the summer's events are shortly to come to fruition with the soon release of the Official Timeline app as early as next week! This tool hosts information and an up-to-the minute range of events, not only from the Adventist Church but from More Than Gold."

With that the public and church members will be able to discover Bournemouth Adventists running an Olympic beach ministry, Stratford church closing the street for a jubilee street party, health fairs, sports related programmes, big screen events in church halls, torch relay programmes, even prayer runs. If your church has an Olympic programme planned make sure it is added to the list by sending an email to: sdaolympicoutreach@gmail.com.

Adventists from other parts of the world will be joining in the witness. Graeme Frauenfelder describes himself as a 'chief clown, communicator and creative catalyst'. He will be representing Australia at the Olympics for the 5th time – as a clown!

With 70 days of the Olympic Torch, why not also seek 70 days of prayer for the presence of God in your life. Read Nathan Strickland's daily reflections.
For more details on the LIVE Olympic outreach visit the continually updated website: <http://live-uk.org/>.

'SOUL SYMPHONY' CHANGES LIVES WITH ITS FIRST CONCERT  [Joanne Miller/SEC Communications]

Community Choir 'Soul Symphony', organised and conducted by Joanne Miller, held its first ever concert, on Sabbath, 12 May, in South Croydon. Joanne, from The Living Room Seventh-day Adventist church plant, brought the choir together after, as she says, "asking God to appeal to people who needed the skills, environment and relationship only He could provide."

The group now comprises of all ages, the youngest being 16 and the eldest 70, and of all backgrounds, from students to business owners. "From my experience, it brings people together – it's [using] a universal language that crosses potential barriers of age, gender and ethnicity; it was an excellent opportunity to build authentic relationships with people of the community," explained Joanne.

Choir member Faye Johnson stated that preparing for the first concert "was a very uplifting experience and I enjoyed every week of it." She added, "Joanne was an inspirational teacher and she believed in me; she has the patience of Job! She kept going over notes and information until we got it. I can't wait for the Soul Symphony rehearsals to start back again."

After the concert, and a tearful song dedication, three more people expressed an interest in joining the community choir. While some are already travelling over 45 minutes to get to rehearsals, each choir member has found it rewarding in a personal way.

"Before I joined Soul Symphony, I was feeling apprehensive, all I knew was it was something I'd like to achieve. It was challenging because you had to be committed to the team, as others were relying on you, as well as yourself. I formed good relationships with people who I now call friends," enthused Ernest Miller, one of the male voices in the choir.

The choir that was recruited by word-of-mouth, flyers and electronic media is already planning to start rehearsals again. Usually practising on Thursdays, they plan to resume on 12 July, at 7:00 pm, in South Croydon. Joanne encourages, "If you, or anyone you know, wants the opportunity to find their voice in a relaxed, friendly atmosphere, please come along for a taster rehearsal. No experience necessary, only enthusiasm. Sing your heart out, have fun, build your confidence and make new friends – you've got lots to gain!"

Contact Joanne for more information about Soul Symphony at jo_headley@yahoo.com.

SKYDIVE FROM 15,000 FT FOR CHARITY  [Katie RamharackSingh]

Pupils at a Berkshire primary school now hold their teacher in awe following her charity leap from an aircraft in aid of Motor Neurone Disease. Mel Jennings, wife, mother, teacher and charity fundraiser, took to the skies near the ChilTERN Aerodrome, on Sunday, 13 May. The forty-year-old thrilled to a tandem skydive from 15,000 feet at 140
mph while raising over £2,500 for her chosen charity.

"I couldn't shut my mouth at 140 mph, I struggled to breathe for about 10 seconds," explained an exhilarated Mel, who works as a teacher at Seventh-day Adventist, Newbold Primary School, Binfield. "Suddenly, I had to outstretch my arms and then I enjoyed it. 10 seconds later, I had to cross them again and brace myself for the parachute being activated."

Mel chose to support MND as a close family member, aged 38, is suffering from the devastating, terminal and degenerative disease. She picked skydiving as a way to raise money after deciding she needed to do "something big, something extraordinary, something daring and a real challenge." Her husband, parents and three children, aged 13, 11 and 6, had mixed emotions about the dive, but through worry and excitement they supported her, along with many other friends and family members.

For Mel, the waiting before the jump was the worst part. "Going up in the plane, I felt so nervous but ready. We had to circle at 10,000 feet for about half an hour, so this delay got me feeling nervous. Then suddenly, there was an announcement saying it's time. I screamed, externalising my fear, as I knew in 5 seconds it was my turn. We had to quickly shuffle to the end, I was reminded what position to be in, dangled over the side of the plane and 1 second later, I was falling!"

Mel is not new to extreme sports and excitement. She has previously run marathons for charity, one along the Great Wall of China. With this jump Mel was looking for something that would be mentally stimulating but equally physically challenging. "The views were amazing, it was so quiet. I just dangled as earth got closer," described Mel.

Having done the skydive, and knowing that her youngest son now thinks she's a 'cool mum', Mel was pleased with the donations received. Originally striving to reach £1,000, she was excited to learn that she had raised over £2,500, all of which will be going to MND.

ASNA MAKING THE GOSPEL ACCESSIBLE IN THE NETHERLANDS  [Sophia Nicholls]

The invitation to run a 10 hour series of Disability Ministries training seminars and workshops in the Netherlands came as a pleasant surprise. Pastor Guisele Berkel, a pastor in the Netherlands Union and also a parent of a young child with Down's Syndrome called in January 2012 to say, "We are organising our biannual Great Commission Festival from 16 - 20 May in the Netherlands Union Conference grounds with the theme 'Making God Feelable, Visible, Grabbable'. We want ASNA to come and share your story." So it was that three members from the ASNA team, Sophia Nicholls, Pastor Patrick Johnson and Karen Weekes shared their experiences and examples of good practice, provided theological underpinning to the ministry and gave practical ideas and solutions to supporting people with disability in the life of the church and community as well as empowering the delegation to work towards inclusive churches.

Pastor Rudy Dingjan, Church Growth, Global Mission, Music Ministries, and Personal Evangelism director of the Netherlands Union and convenor of the festival expressed how keen he is to see the ministry for people with disability develop in the Netherlands. In his prayer for the team and the charity, Pastor Dingjan prayed that the ministry would be a light to those in the community.
Brenda Elizabeth, a minister's wife was keen to understand how to work through stereotypes and cultural barriers. She expressed how she learnt the importance of developing 'healing churches' where people are supported towards an understanding that God's love is for all and that we should not be looking to cure the body but provide an environment where we can all feel God's healing grace and love within our soul. Rita Graus was excited to learn "practical ideas and solutions to supporting people with disabilities." Sylvia Nyenhuis, a newly baptised member gave a wonderful testimony: "I can now understand why my mother, ill for many years and often in pain, would always be happy and would often quote that the Lord was her Shepherd and she had no wants. Since my baptism, I can say the same." Sylvia is now planning to learn sign language. "For a long time, I have been wondering what I could do to support people in the community. You have given me a great idea."

Sophia Nicholls, co-founder and trustee of ASNA says, "I can truly say, we have been blessed by this experience. Not only because we were able to share our ministry in the Netherlands but also learning new ideas for church planting and ministry for the UK."

Pictures and seminar material from the event can be seen on the ASNA website.

DANISH INVASION [Heather Haworth, BUC KID Director]

In the 800s AD the Danish warriors invaded England. In 871, the godly King Alfred won a great battle against these invaders and made their leader, Guthrum, be baptised a Christian. A team of Danish warriors again invaded England at the Adventist Church Headquarters, Stanborough Park, Watford, 17 - 20 May. But this time the two men and two women came as Christian allies. Their mission was to join in the warfare against the spiritual darkness that is invading our homes by attending a four-day Kids in Discipleship training course.

The Danish team, from Copenhagen International church, joined with the other attendees from Newport, Sheffield Burngreave, Bedford Central and Milton Keynes International churches. They came with the mission to support parents, and other church members, who want to nurture the spiritual growth in their families.

The nine modules of training ranged from discerning what it is to be a disciple of Jesus to how to guide your child to be a disciple maker too. This was clearly illustrated by the 'live class' from the London Filipino International church, which has 4 groups running KID for their parents and children. After they had presented how to do an interactive family Bible study the parents shared how KID had enriched their life spiritually and in their daily routine. "When our children know it is the KID Bible study they come and get me as they can't wait for it to begin," said one dad. "What has personally impacted me in my spiritual life is the introduction of the KID TAG," commented Cynthia, who also helps to run KID.

The training was led by Pastor Leslie Ackie, SEC Family Ministries director; Pastor Todd Frias, SEC minister; Scottish Mission dedicated retiree Judith Martin; Malika Bediako, SEC Children's and Women's Ministries director; Geraldene Farmer, NEC Family and Women's Ministries director and Heather Haworth, BUC KID director.

As we sorrowfully said our goodbyes to the Danish team, their heartfelt feeling was this was the start of a new era for their church families. Anna of the Newport church summarised what those with grown-up children felt. "I wish KID had been around when my children were small." Sicelesile, also from Newport, now sees that KID can empower children to work for Christ.
Exotic animals may be great, but beautiful children are even better for music focused Vivegy McKenzie-Cook, affectionately known as Fifi, and her husband Terence. A life changing trip to Kenya meant that on Sunday, 20 May they launched their Curative Music Foundation Ltd (CMFL). The event, at a Community Centre in Edmonton, aimed to raise as much money, support and awareness as possible for Fifi's trip to Kenya, the first project for their Foundation.

"I went to Kenya with another charity previously and they took us to different schools and orphanages where we saw beautiful children," explained Fifi, when asked about how the Foundation originated. "I told the guide who was taking us around that I wanted to see the children, not the safari! And after speaking with him about how I wanted to help the children we had seen, he turned to me and asked 'what's stopping you?'"

As a piano teacher and member of the award-winning London Adventist Chorale, Fifi wanted to bring a musical element to any project she would drive. That's why the first project for the Foundation is centred around opening a music centre in Kenya, bringing instruments together with teaching and books so that the children in the community can learn and practise for free.

"I have a passion to go back and do something to help these children who are in desperate need. My aim is to go to Africa at least once or twice a year and use my musical talent to help children in need," Fifi enthused. "I would like to also give them the opportunity to learn and enjoy music in many different ways which they may never have had the chance to do so."

Sherrille Hyatt, a supporter of the Foundation and a member of the Edmonton Seventh-day Adventist church, is a great supporter. "They have talked very passionately about the Foundation and this first project. I think it's fantastic. They're getting money together, but we must not forget the time this couple are giving up. They are both such caring people."

The launch party, hosted by friend Winnie Nsimbi and Fifi's husband, Terence, included a soulful rendition of 'Can't Give Up Now' by Stanley, to cultural dances, to a short speech by Keon, a 4-year-old friend of the family, who used his skills as a member of his school council to speak about how the children Fifi will be reaching can now 'be as lucky as him' with all he has.

The couple have found support for the Foundation from near and far, through friends and strangers. "If anyone knows Fifi, they'll know the love she has for children – she's not someone who just speaks, but acts. We wanted, at the SEC, to support this foundation; we are very proud of what she has done and is about to do!" encouraged Paul Lee, Music director at the South England Conference.

Having left for Kenya on Wednesday, 23 May, Fifi will then be travelling to Mauritius to launch the Foundation there on 9 June, before heading back to Kenya, then returning to the UK on 14 June. Yasmine Burton, wife of London Adventist Chorale director, Ken Burton, commented, "It wasn't a surprise to me that when Fifi went out to Kenya that she decided to start a charity for the children – they will be very blessed through her."

To learn more about the Curative Music Foundation Ltd, visit: <www.curativemusicltd.co.uk>.
'ADVENTIST' SONGS OF PRAISE FOR PENTECOST

The Adventist 'Twittersphere' was jammed last Sunday evening as church members and friends thrilled by a BBC1 Songs of Praise that highlighted Adventist musicians shared their thoughts. Shirleyann Burrows stated, "Wow what a blessed and fantastic show," while Dr Eileen Baildam messaged Music director, Ken Burton, "You rocked it on Sunday night. I want to keep that Songs of Praise forever." Colin Watt, an Adventist singer in his own right stated, "Songs of Praise was both educational and uplifting. The choir and groups were brilliant." The programme is still available on iPlayer until Sunday 27 May when another Adventist-led edition of the programme will share the joy of Pentecost and includes interviews with a number of guests, including an Adventist bus driver who sings gospel songs while he works. Songs of Praise will air on Sunday, 27 May at 16:45.

LATEST MESSENGER ONLINE

With the Olympic flame already making its way around the British Isles, 'Olympic prayer focus' is the lead story for the 25 May edition of MESSENGER, the official journal of the Seventh-day Adventist Church in the UK and Ireland. Taken seriously, this initiative could lead to far greater things than a gold medal. Also in this edition, Julian Hibbert learns to leap a garden gate while retired pastor, David West, sets his sights higher, climbing mountains and enjoying the outdoors. We introduce AMEN – a special association for medical professionals and discover what Dr Albert Waite finds 'Disturbing!' Pick up a copy in your local church or read it online.

PROGRAMMES TO WATCH THIS WEEK

Here are some programme highlights for the coming week:

On Revelation TV (Sky 581 or Freesat 692).

Viewpoint, on Monday, 28 May, 8:30 pm. The Christian and Personal Finance. The world of finance has changed dramatically over the last 50 years. Increased home ownership, student tuition fees and an increased standard of living has increased people's needs, wants or desires. What is the Christian way forward in the 21st century consumerist society? How do we best manage our own, personal finances?

'Adventists In Conversation', Thursday, 31 May, 8:30 pm. Elvira Pearson has a missionary heart – but having a heart at all is exceptional for a girl who had to keep her Bible secret and hide her faith from her parents, even at age 14.*

On Hope TV you can watch a wide variety of programmes on the satellite and website. Next week's schedule includes the following UK produced programmes among its much larger international output:

Friday 25 May: 8:00 pm & Midnight: Michael Omolewa – Former President of UNESCO
Sabbath 26 May: 9:00 am & 7:30 pm: Michael Omolewa
Monday 28 May: 12:30 pm: Victor Marshall – Against all odds, 9:30 pm: Viewpoint: God in a Cruel World
Wednesday 30 May: 8:00 am: Viewpoint: God in a Cruel World,
Midnight: **Freddie Russell** – All about prayer
Thursday 31 May: 00:30 am: Searching for a God to love, *(Suffering – Why so much?)*

Friday 1 June: 8:00 pm & Midnight: **Tom Pignon** – Rural idyll to mission loneliness – A childhood challenge,
8:30 pm: Searching for a God to love, *(Living on the Edge I)*
Sabbath 2 June: 9:00 am & 7:30 pm: Tom Pignon

*Note: Only available on the website after the broadcast date.*

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**COMING EVENTS**

**CROYDON REVIVAL MEETINGS.** Continuing to Sabbath, 26 May with guest evangelist Pastor Brent St Jean from Dominica. Meetings each night 7:30 pm from Friday 18 - 26 May. Address: 95 Selhurst Road, South Norwood, London, SE25 6LH. Contact: Pastor Daly <richarddaly7@gmail.com>. Phone: 07958 433744.

**LIFE'S WORTH LIVING.** Continuing to Sabbath, 2 June. A two week series with Dr Keith Burton (Oakwood University, USA) supported by the internationally acclaimed gospel singer Anthony Whigham (Dallas, USA) and Paulette Marcyen. At Brixton Adventist Church, Santley Street, London, SW4 7QG. Contact: Joanna Eyeson <communications@brixtonsdachurch.co.uk>. Phone: 0207 2748283.

**LONDON YOUTH FEDERATION "GET CONNECTED" CONFERENCE.** Friday, 25 May to Sabbath, 26 May. Venue & time: Friday 25 The Advent Centre, 37-39 Brendon Street, Off Edgware Road, W1H 5HD; 7:15 pm - 9:00 pm (doors open at 6:45 pm). Sabbath 26 Westminster City School, 55 Palace Street, SW1E 5HJ; 9:45 am - 7:30 pm (doors open at 9 am). Guest speaker: Joakim Hjortland, Director of Evangelism at The Matteson Mission School in Norway. Price: £6.00 including lunch. Contact: Lorraine Anderson <gcregistration@flawedbynature.com>. Phone: 07903731835.

**MORE PRAYER, MORE POWER— PECKHAM PRAYER MINISTRY.** Sabbath, 26 May. We would like to extend a warm invitation for you to attend our Prayer Ministries Day on Sabbath, 26 May. Speaker: Dynamic NEC pastor, Robert Williams. Address: Peckham Adventist church, Ivydale Road, London, SE15 3DX. Contact: W Burnett <peckhamsdachurch@yahoo.co.uk>. Phone: 07904 924 589.

**COMMUNITY DAY OF PRAISE AND WORSHIP.** Sabbath, 26 May. Pendeford Adventist Church, Ryefield Road, Wolverhampton, WV8 1UD, on Sabbath 26 May 2012. Contact: Janet <pendefordsdachurch@gmail.com>.

**FUNDRAISING EVENT FOR ADRA.** Sabbath, 26 May. A social fundraising event at Central London church (Advent Centre). Performances, dinner and, after sunset, a great flea market with tea, desserts, art crafts, workshops such as massage, and an auction. All funds raised will go to ADRA. Starting at 7:00 pm, with performers, then dinner. Entertainment, enjoyable and great company, all to
raise funds for ADRA. Entrance is free, donations are accepted. Contact: Nerea <nereachafer@hotmail.com>. Phone: 0735380315.

GOSPEL EXTRA 2012. Sabbath, 26 May to Sabbath, 9 June. Struggling to put meaning to life? Have a broken family? Struggling with your finances? Confused about what the Bible has to say about sin and salvation? Join us from 26 May - 9 June from 7:15 pm nightly @ Greenwich Adventist Church, Devonshire Drive, London, SE10 8JZ (except Thursdays) for a series of lectures that will answer all your questions and bring relief to all your struggles. Speaker: Pastor and Evangelist Kirk Thomas (Sabbath School & Personal Ministries director, SEC). Inspirational singing from Paul Lee (Music director, SEC) and Nikisha Brown. For more info... please visit www.greenwichadventist.org.uk, email: info@greenwichadventist.org.uk or call 07944351801. A blessing awaits you!

CHILDREN'S MUSICAL CONCERT. Sabbath, 26 May. Children's Musical Concert: Sabbath 26 May, 7:00 pm. Come and listen to the talented young musicians of Stanborough Park church and their friends at 609 St Albans Road, Watford, WD25 9JL. Admission free. (A voluntary collection will be taken to support the music of the church and the ADRA-UK Annual Appeal.) Contact: Patricia Walton <walton@groats.co.uk>. Phone: 01923-672500.

THE SHOWCASE. Sabbath, 26 May. Hosted by TRIO (Clive Palmer & Donald Brown). Send seat reservations to artistadmin@gmail.com ASAP. Tickets will only be available on the night subject to availability. Exquisite cuisine. Doors open 6.30 for Meet & Greet. Food will be available upon your arrival and during the interval. The Showcase: 7.30 pm start. Interval 8.30 pm, food & refreshments – (payment for tickets & food accepted at this time). Second half start 8.50 pm (comedy will be appropriately introduced into the show after Sabbath hours). Tickets £10 also available online: www.eventelephant.com/theshowcase2. Come and enjoy an evening of inspiration, visual arts, vocalists, musicians, hilarious wholesome comedy, great crowd participation. Contact: Donald Brown <artistadmin@gmail.com>. Phone: 07716841813.

DONCASTER HEALTH EXPO 2012. Sunday, 27 May. For a NEWSTART in life come to the Health Expo at Frenchgate Shopping Centre, Food Court Area on Sunday, 27 May, 10 am to 4 pm. The Heath Expo will give you a full range of health checks and a final consultation and you can receive recommendations for improved future health and longevity. These include cooking demo, menu planning, hypertension information, weight management, stress management and many more tips. There will also be a special children's spot. Contact: Mandela Thyoka <mandelat@yahoo.co.uk>. Phone: 07725189991.

SMALL BUSINESS SHOW. Sunday, 27 May. The show is being set up to inspire and motivate those (especially young people) who may be planning on starting their own business. The show will be invaluable in terms of encouraging budding entrepreneurs. There will be other entrepreneurs and motivational speakers on hand to advise and answer questions. The show will be attracting a variety of business owners, which will enable them to: showcase their business; expand their customer base; sell and negotiate orders; network with other business owners. The show will take place at the Balham Adventist community church complex. The venue which is easily accessible by Balham underground, over ground trains and buses, provides limited on-site parking. Exhibitors, book now! Limited availability. Contact: Leslene Peat-Brown <leslene@edenic.co.uk>. Phone: 07949244722.

SG SONGS - SONGWRITING WORKSHOP (16YRS+). Sunday, 27 May. Learn how to write a great song. Do you have music but need help with lyrics? Do you have lyrics but would like to see how you can improve them? Maybe you don't have either and are just interested to give song writing a try! If you've answered yes to any of the above then this workshop is for YOU! 27 May 2012, 3-5 pm, £15 - Birmingham - Venue (TBC) - No experience necessary. Must contact SG Songs to book your place beforehand. Contact: Selina Gooden <sgsongs@hotmail.co.uk>. Phone: 07427 504 427.

BLACK CHURCH ACTIVISM & CONTESTED MULTICULTURALISM. Tuesday, 29 May and Wednesday, 30 May. An evening with Dr Walter E Fluker, Martin Luther King Jr, Professor of Ethical Leadership at Boston University, speaking on the subject of race, religion and
multiculturalism. Appearing with the London Adventist Chorale. Venue: Swiss Church, 79 Endell Street, London, WC2H 9DY. A free event, part of a two-day conference on Black Church Activism and Contested Multiculturalism at Birkbeck College, University of London, Malet Street. 29 - 30 May; 9:00 – 5:00 pm featuring international speakers from Europe, USA, and Africa. Contact: Dr William Ackah <w.ackah@bbk.ac.uk>. Phone: 07780707305.

JOHN LOUGHBOROUGH SCHOOL - GCSE ART EXHIBITION. Tuesday, 29 May to Wednesday, 30 May. The John Loughborough SDA School GCSE Art Exhibition. Excellent Work – A* results on Tuesday 29 May, 6:00 - 7:30 pm. Come along and celebrate with us. You will have the opportunity to see the outstanding work produced and talk with students and staff. We look forward to seeing you. Light refreshments will be served. Contact: Verona Hoilett <secretary@johnloughborough.haringey.sch.uk>. Phone: 0208 808 7837.

LIFESTYLE FOR HEALTHY LIVING. Thursday, 31 May. Lifestyle for Healthy Living: 31 May. Dr Christopher A Levy BSc. MBBS MRCS, will conduct a presentation on how our lifestyle affects our brain chemistry and how to live, eat and think for optimal functioning. Simple ways to a more healthy life. A light supper will be served at 7:00 pm. The talk will begin at 8:00 pm at the Stanborough Centre, 609 St Albans Road, Garston, Watford, WD25 9JL. Contact: Patricia Walton <walton@groats.co.uk>. Phone: 01923-672500.

ALL POWER SEMINAR. Friday, 1 June to Sunday, 3 June. A life-changing experience, a motivating seminar for personal growth, success and achievement. Get most out of your life. All power seminar presented by international speaker and life coach Leo Schreven. Central London Church, Crawford Place, London, W1H 5JE. Starting Friday, 6:30 pm. Contact: Mauricio Passer <mbpasser@hotmail.co.uk>. Phone: 00447949885104.

MONTSERRATIANS AND FRIENDS DAY OF FELLOWSHIP. Sabbath, 2 June. The Twelfth Annual Montserratians and Friends Adventist Day of Fellowship – 'Endure the Race'. Time: 9:30 am. Venue: Leicester Central Adventist Church, Corner of London Road/University Road, Leicester, LE2 1EF. Guest Speaker: Pastor Delcina Rodney, Associate Pastor, Holloway Adventist church, London. Contact: William B Riley <williambriley@hotmail.co.uk>. Phone: 0121 2417318.

CONFLICT - THE FIGHT FOR YOUR LIFE. Sabbath, 2 June. A Christian stage play depicting the lives of 2 women, their families and friends, as well as the various conflicts they face. Also portrayed are the rebellious lives of teenagers which can lead to devastating consequences on families and communities. It reveals an entertaining insight into gang culture, teenage violence, infidelity, jealousy, perseverance, trust, forgiveness and victory. Featured are brand new songs and poetry to create the appropriate atmosphere pertinent to the situations many of us can relate to in today's society. It reveals a Christian standpoint in terms of addressing and resolving these issues. Don't miss this scintillating, moving and life changing drama at the Broadway Theatre, Catford, London on 2 June. For tickets contact the box office www.broadwaytheatre.org.uk; 0208 690 0002/07852 002 545. For further info contact Tre Young <taayoung@hotmail.com>. Phone: 07904906204.

JUBILEE GAMES. Sunday, 3 June. Willesden Adventist church (London, NW10 2JD) warmly invites you to celebrate the Queen's Jubilee by enjoying a variety of fun and nostalgic games. A day for all the family. Small entrance fee: 50p. Food and drinks sale. Contact: Yvonne Cummins <k4cupuppetmin@rocketmail.com>. Phone: 07904906204.

DA MANS DEM (NEW PLAY BY ALAN CHARLES) - LUTON. Monday, 4 June. Love Sax and all that Jazz Chapter 2 (Da Mans Dem) takes an informative and humorous look at men and relationships exploring those age old questions what do men want? Drawing on Christian values Da Mans Dem tackles some sensitive issues in a sensitive way. Dunstable Conference Centre, 51 High St N, Dunstable, Beds, LU6 1JF. Doors open 7:00 pm - Show 7:45 pm. Tickets £15.00 adv or £17.50 at the door. Box Office: 0844 870 000 - www.theticketsellers.co.uk. More info: 07989 574 066 - focusarts@yahoo.co.uk.
3RD ANNUAL BELIEVERS' CONVENTION. Wednesday, 6 June to Sunday, 10 June. Blessed Hope SDA church, UK invites you to its 3rd Annual Believers' Convention. Theme: "Thine is the Kingdom". Featuring: FREE Health Checks; Seminars on Finance & Health; Marriage Workshop (Conflict Resolution and Forgiveness in Marriage); and empowering messages. Speakers: Pastor Ayodeji Adesina; Pastor Augustus Lawrence; Pastor Anthony Fuller; Pastor Bukky Ajide; and Pastor Gbenga Adeoye. Venue: Blessed Hope Adventist Church, Dartford, Kent, UK. Watch the video promo on YouTube: http://www.youtube.com/watch?v=UZP7K8zUp7k. Contact: Ayodeji Adesina <bhsdacpastors@aol.com>. Phone: 07984067594.

SCOTTISH MISSION DAY OF FELLOWSHIP. Sabbath, 9 June. Scottish Mission Day of Fellowship: Wallace High School, Airthrey Road, Stirling, FK9 5HW (on A9). 10:00 am - 4:15 pm. Guest speakers: Pastor Ian Sweeney [BUC President]; Pastor Paul Lockham, [BUC Executive Secretary]; Pastor Bernie Holford [Scottish Mission President]. Please bring a packed lunch. Contact: Carole Barratt-Peacock <office@sdascotland.com>. Phone: 01764 653257.

HARPER BELL SCHOOL – OLYMPIC THEMED FUN DAY. Sunday, 10 June. 29 Ravenhurst Street, Camphill, Birmingham, B12 0EP. Time: 12:00 - 5:00 pm. The Harper Bell School PTA have planned a wonderful day with you in mind to help raise funds for the school. Plenty to do and see, including a sports competition, talent show, music, bouncy castle, face painting, food & drink, stalls, car wash. If you wish to have a stall please contact us. Contact: Rose Kerr <harperbell_ptfa@hotmail.co.uk>. Phone: 07801802360.

SMALL ADS

JOB VACANCIES: Early Years Teaching Assistant, Stanborough Primary School. Student Recruiter, Newbold College. KS1 Teacher at Dudley House School, Grantham. Receptionist and Administrative Secretary at NEC office, Nottingham. Data Input Clerk (temporary), SEC office, Watford. For full details of these and other vacancies visit: <http://www.adventistnews.org.uk/vacancies.php>.

AU PAIR looking for a friendly family. Claudia, a 19-year-old Christian girl from Berlin is looking for a 6 month au pair position with a family in/near London. She is currently finishing her A-levels and looking for a position to start this summer. She loves children and is an experienced baby sitter who speaks English, German and Spanish. For more details email: die_claudii@hotmail.de.

DOUBLE ROOM TO RENT in Lewisham, very near to local amenities and transport. Monthly rent £370 including bills. Interested tenants can call Ivland on 07907956125.

BUC News is a weekly news bulletin produced by the British Union Conference of the Seventh-day Adventist Church, and edited by the Communication Department. Victor Hulbert, director; Mary Kapon, secretary. Items for inclusion should be sent to <bucnews@adventist.org.uk> and need to be received by 6.00 pm on Wednesday, preferably as simple email text. All unattributed stories written by the editorial team. Coming Events and Small Ads should be kept short and preferably be submitted via the on-line form at: <www.adventist.org.uk>. The editor reserves the right to modify articles received to make them suitable for inclusion. The views expressed by individuals cited in this bulletin do not necessarily reflect the views of the Seventh-day Adventist Church, though we try to ensure that they do. You are free to re-print any portion of this bulletin without the need for special permission. However, we kindly request that you identify BUC News or other sources whenever you publish these materials. Back issues and an RSS feed including photographs are available on our website at <www.adventist.org.uk>.

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