Email Newsletter of the Seventh-day Adventist Church in the United Kingdom and Ireland
For additional and updated news and a full listing of coming events visit our website: www.adventist.org.uk

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RESEARCH CONFIRMS THE ADVENTIST VEGETARIAN ADVANTAGE
Over 100,000 deaths a year in England could be prevented by changes in lifestyle and earlier intervention, according to a report published this week by Public Health England (PHE). The report focused on the 'big killers' in the under-75 age group drawing attention to regional variations in deaths due to cancer, heart disease and obesity.

A week earlier, a study published in JAMA Internal Medicine, a journal of the American Medical Association, demonstrated that vegetarians experienced 12 percent fewer such deaths during the six-year period of the research. It also noted that vegetarians were also more likely to drink less, smoke less and exercise more.

The study was conducted by researchers at Loma Linda University, California and tracked 73,308 Adventist church members who, in varying degrees, follow the Church's dietary counsel of a plant-based diet. The Daily Mail noted that "Vegetarian diets have been linked to lower risk for several chronic diseases, including high blood pressure, metabolic syndrome, diabetes and heart disease." They quote Liz O'Neill, head of communications at the Vegetarian Society: "With higher intakes of fresh vegetables, pulses and other plant-foods, it seems obvious to many that balanced vegetarian diets are healthier than those reliant on meat, but we do not need to rely on gut instinct with so much hard evidence of that health advantage, both in the UK and abroad."

In a BUC News video report recorded in the depths of the Surrey countryside, Victor Hulbert, Communication director for the Seventh-day Adventist Church in the UK and Ireland, pointed out that the Adventist lifestyle has many benefits that would help PHE achieve their goals. 'Balance' and 'joy' were two important words in his health emphasis.

The report is nothing new, according to Sharon Platt-McDonald, Health Ministries director for the Seventh-day Adventist Church. "The report corroborates what Adventists have known throughout their Church's history", she states, noting that this is one of some 300 peer-reviewed scientific papers that demonstrate the advantageous outcomes of Adventist health principles.

"Demonstrating the importance of taking care of our bodies and the gift of life that God has entrusted to us, Seventh-day Adventists advocate a balanced lifestyle", Sharon emphasizes. "With all this scientific information confirming what Adventists already know, we should now be at the forefront of both 'living the life' and sharing the good news with our neighbours, family and friends."

Across the globe Adventists are known for their healthy lifestyle and increased longevity. Their basic emphasis is the promotion of a healthy weight, nutritious vegetarian diet (rich in vegetables, fruits and wholegrains), regular exercise, adequate rest, positive social engagement, building a relationship with God and the avoidance of alcohol, caffeine and tobacco.
Pastor Desmond Rafferty takes this seriously. As Principal of the Adventist Discovery Centre he is delighted that a recent promotion of the nine lesson 'Taking charge of your life' course has attracted 1,400 new applicants to enquire about Adventist health principles.

Sally from Bristol, is already reaping the benefits. She writes, "I am very lost, confused and in a dark place at present. This course has come just at the right time. Thank you."

"It is very exciting to see the significant transformations in the lives and experiences of people all over the UK", Pastor Rafferty adds. "We now look forward to sharing this experience with a wider and more diverse audience in the UK and Ireland."

The PHE report highlighting various areas of deprivation and chronic lifestyle diseases that exists across the UK may well pose a challenge for the government. However, if people choose to live more like Adventists they will likely have better outcomes for their health. As a previous Daily Mail article (15 November 2007) by Peta Bee stated in a list to 13 things to help you live longer: #8: Go to church, and #11: Be a Seventh-day Adventist.

[Victor Hulbert Photo: Matthias Mueller churchphoto.de]

CORPORATE PLANS, PERSONAL RESPONSIBILITY

A day of reports, committees and planning led Welsh Mission delegates to empathise both the need for a corporate strategy and the necessity for every member to take personal responsibility for their witness.

Meeting at Cardiff Central Adventist church on Sunday, 9 June 2013, the Triennial Session of the Welsh Mission commenced with a call by BUC President Pastor Ian Sweeney "that today we are truly looking for God's will. That we are open to His calling in all we do." Looking over the life of Jeremiah as a forced immigrant in Egypt, Pastor Sweeney challenged, "Are we representing the God we serve accurately and honestly where we live now? Immigration to the UK was not for the weather or for missionary purpose…but we all need to understand that God has called us for a greater purpose than money, education or future prospects. We need to represent Him well now we are here in Wales."
Demonstrating the representation over the previous three years, Pastor John Surridge, President of the Welsh Mission, used his photographic skills to visually demonstrate the substantial number of programmes and activities that happen in Wales. This included evangelism though health programmes such as CHIP and Health Expos, a major Welsh language outreach through a specially translated version of 'A Day to Remember', DVD evangelism in Cardiff, and an 'afterglow' project in Swansea that was awarded special funding from the General Conference for its innovative approach. It was also a delight to welcome Cardiff North into the sisterhood of churches, to note a new church plant in Telford and the sudden growth the Newtown group in mid-Wales. For more details take a look at the Session report book available on the Adventist Church website.

Secretariat reported a net increase in membership of 55, giving a total membership in the Mission of 578. The best news was that not a single name had been dropped from membership during the three year period. Finances in the Mission showed an initial increase at the start, then a decline, but currently a stabilisation. When questioned about the figures, Victor Pilmoor, BUC Treasurer responded that "our income is not growing as it was – as our members are equally struggling with their finances." However, he also noted that even in difficult financial times, "our job in the Welsh Mission is to do the best we can so that members choose to support us."

While reports and elections will take up much of the time during a one day session, it is the debate on the floor that sets the tone for future plans. While a number of successful health programmes have been run in Wales, Lil Saunders, Health Ministries sponsor, noted that these should not just be 'one-off' events. "If you are doing a health screening then you need a follow-on programme such as a cooking programme that can gradually link to the spiritual programme."

George Watt noted that this is a positive way for church growth – and pointed out that another delegate in the hall was there as a direct result of the CHIP programme. In a number of discussions in health, children's ministries, evangelism and youth, it was pointed out that we can do more by working together than with individual, separate programmes. David Miller from Telford focused the discussion by stating that it is, "not what the church can do, but what can I do?" Another delegate suggested that engaging a volunteer youth worker could make a significant difference.

With so much being reported by various departments, Leslie Wood of the Ystyd Mynach church asked how events could be better publicised and reported. He was immediately pointed towards the events and news pages of the new Adventist Church website – particularly the Welsh section: http://wm.adventist.org.uk. The chair also pointed out that even as he spoke the event was also being blogged on the BUC News Facebook page – which over the day had more visitors then there are members in the Welsh Mission.

The subject of cultural diversity and how to reach out to the Welsh inevitably came up. One delegate stated, "I am from Jamaica. I have a cultural challenge in reaching out to the community around me that is mainly Caucasian. What kind of training can be given to help us to work within a culture we are not familiar with?"
Pastor Jovan Adamović, originally from Serbia confessed that when he first moved to Wales he had some bad experiences. He then decided to meet people where they are. "I put away my church clothes and went to play basketball with them. The difference was amazing." His conclusion? "We moved to this country, and as much as we accept the laws around us, so we have to accept the culture around us."

As the discussion swung back and forth Pastor Sweeney emphasised the biblical concept of mingling. "If I want to be part of the community I have to get out of the church."

Sponsors for the various ministries were elected. Credentials presented. Thanks given, but it was actually the closing devotional by Pastor Surridge that touched many hearts and set the tone for the next three years.

Back in January he joined with three others to kayak down a stretch of the River Wye. It was a well-planned charity fundraiser, but the unexpected happened with heavy overnight rain and a swollen river. He combined thoughts from this wintry and dangerous kayaking trip with Paul's counsel in Philippians 3:7-14 to emphasise to the Welsh members:

· **Keep to the mainstream** -- don't be distracted by the fringe.
· **Keep together** -- we may look and be different, but we achieve more together than we can as individuals.
· **Keep on to the end** - Our salvation is nearer now then it was when we first believed.

Going by the warm smiles and lingering discussions at the close of proceedings, it looks like that is exactly what Welsh delegates plan to do.

A full list of election results is [available here](#). Selected pictures from the day are also available on the [Adventist picture gallery](#).

[Victor Hulbert]

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**CHURCH SUPPORTS CHARITIES THROUGH 'LILY ROSE CANCER AWARENESS DAY'**

A lively auction at the new premises for Watford Town Adventist Church, Brixton Road, Watford, helped to raise over £1,300 for a Teenage Cancer Trust and The Watford Peace Hospice, on Sunday, 9 June.

Attended by Watford Mayor, Dorothy Thornhill, the auction was part of the 'Lily Rose Cancer Awareness Day'; an event organised by the church's Women’s Ministries and Health departments, to increase awareness and raise support for a disease that now affects one in three people in the UK.
"I'm delighted about today and that this church is growing," said Mayor Thornhill, whose son had run that morning in the St Albans half-marathon for Cancer Research.

"In its new premises here, the church is definitely doing things that benefit the community; it's about the cause and it's about community. I think that this is going to be a place where God's work is alive and well and stretches far out into Watford. Today is a really good start and of course it's being done by the women, the women of Watford!"

After auctioning off intricately decorated cakes, luxurious coats and special vouchers for family trips and grooming sessions, all donated by local businesses, everyone was able to enjoy a feast prepared by the church.

Many members of the local and church communities, some from as far as Harrow, came to support the fundraiser.

A team of four, from the nearby Northcott Sheltered Housing, had baked a wide variety of treats for the special event and were on hand to serve. "We try to do anything we can for charity, supporting them, whether it be making cakes or cooking," explained Dave Smith, on behalf of the team.

"It's just to bring a community together and to make people feel like they've got something to live for. We do cooking at our own scheme for all the residents and if they want to join in they can. There's the five of us that do the cooking; it's a way of just putting stuff back into our community and trying to value it."

An afternoon programme, led by BUC Health Ministries Director, Sharon Platt-McDonald, focused mainly on breast cancer, which is the most common form of cancer. Dr Sakar Vas, a Consultant Surgeon at Watford General Hospital, gave a presentation on how to look for symptoms and how doctors check for the occurrence of cancerous cells. Jane Gontier, from the Peace Hospice, and Carolyn Mwaniki, from the Teenage Cancer Trust, spoke of how the funds raised will help people who are suffering.

"We've lost a lot of our women to cancer," explained Androulla Best, team leader of those organising the event. "So we named the day after the favourite flowers of two women from our church that we've lost in recent years. I think the event allowed the community to see that we are a religious body and we share the same concerns in everyday health matters. Cancer has no boundaries - it affects everybody."
At the end of the day, people wrote messages for lost loved ones, or those currently struggling with cancer, leaving them on a 'Remembrance Tree' that will be kept inside the church for years to come.

A selection of photos from the event are available on the Adventist picture gallery.

The day is also featured in the local newspaper the Watford Observer.

[Katie Ramharacksingh]

THE GATHERING OF THE WEST

It is 'The Year of the Gathering', at least according to the Irish government. They see 2013 as a time to welcome home friends, colleagues, acquaintances, close family and distant relatives. A time to embrace those from whom we have been separated.

Seventh-day Adventists in the West of Ireland fully endorsed the sentiment at Newmarket on Fergus on Sabbath, 25 May. It was the official West of Ireland Day of Fellowship.

It was a time to build up, a time to laugh, a time to embrace, a time to plant, a time to sow, a time to keep silent, a time to speak, a time to love and a time of peace. (Ecclesiastes 3).

They came from Waterford and Cork in the south and Longford, Castlebar and Galway in the west to join with those who travelled from Limerick and Ennis. All gathered in a large and welcoming marquee erected on the grounds of the Newmarket church.

Some had challenges when travelling. Waterford elder Brad Bushey phoned, "We are stuck in the Limerick tunnel as a lorry has over estimated its height but we just want to let you know we will get there as soon as possible." He later arrived safely.
A group of young girls gingerly walked in the long grass savouring its texture and freedom as we lingered in the beautiful sunshine and caught up with old friends and met new faces.

Soon we were all seated and welcomed by Pastor Tony O'Rourke. Then the Newmarket Youth Choir made their grand entrance by singing and marching to the platform. While the adults remained in the marquee for a very interactive Sabbath School discussion, the youth enjoyed their class in the newly upgraded hall, completed just in time for this event. The church and cottage hosted the children's groups and teachers from all churches combined their talents to make it a very special Sabbath for the young people.

Irish Mission President, Pastor David Neal, found his focus for this spiritual gathering in Zechariah 4:6 "Not by might, nor by power, but by my spirit, says the Lord of hosts" and titled his sermon 'Pentecost Again'. It was a message filled with hope and confidence in the Lord. There was not an empty chair in the marquee. Silence descended, Gods word was spoken and hearts were touched.

Fellowship lunch was beautifully arranged and served by Lilian Cooper and the Newmarket ladies. Each church contributed colourful dishes to enrich the feast.

Soon we were gathered back under canvas to listen to the Mission Spotlight from the West of Ireland churches. Presentations and musical items from each church group, including Pathfinders and Adventurers, raised awareness of the evangelistic outreach to local communities. Even though there are geographical divides among God's people, all are united in sharing the gospel to others.

After every gathering there is a time to say goodbye. John Magner came to the West of Ireland Day of Fellowship with his carer, Jones, three years ago and faithfully every year since. Sadly, at the age of 96 John was laid to rest the following week and it was fitting at his funeral service that the words of Ecclesiastes 3 were read: "a time to be born and a time to die, a time to laugh, a time to mourn".

May God sustain us as we wait for His return.

Some photos of the event are uploaded in the gallery section of our website.

[Betty O' Rourke]

NEW SKILLS FOR SKILLED MASTER GUIDES
Pathfinder leaders from England were joined by colleagues from the Netherlands, Denmark, Norway, Finland, Greece, Russia, Germany, and Slovenia for the fourth Trans-European Division Master Guide Camp. It is the second time the British have hosted the event, this time at the Woodland Camp, Lambourne End, north-east of London, on 7-10 June 2013.

This leadership development event runs biennially, with the purpose of teaching new skills to experienced Pathfinder leaders. These new skills included paper quilling, an ADRA honour, semaphore, and making lightweight pots and wood burners out of old beer and food cans.

Developing their coordination and teamwork skills, twins Anton and Aaron attempted to cross a pond on a pontoon moved by a rope and pulleys. Balance is of the essence, especially with two people on board. Halfway across balance was lost, and for a third of the attendees to the camp the sight of these two brothers emerging from a leaf mulch filled stinking pond brought hilarious laughter.

Pastor Paul Tompkins, Trans-European Division Youth Ministries director, lead in the opening and closing worships, pointing out the importance of memory stones, based on the story of the stones collected and piled on the banks of the Jordan River on entering the Promised Land. This weekend was one of those memory stones for those attending, and we await the announcement of the next Master Guide Camp in 2015.

For more information on activities in the BUC Youth Ministries department visit: www.adventistyouth.org.uk.

[Nathan Stickland]

REFRESHED AND UPLIFTED AT MINISTRY OF HEALING AND PRAYER
Bright warm spring sunshine welcomed attendees, to the MOHAP day retreat, hosted at Newbold church, Binfield on Sunday, 26 May 2013. The classical piano music played by Nathanial Davis prior to the start of the programme, soothed each person who came with their individual spiritual, emotional and physical needs. It was hoped the retreat would provide an oasis of inspiration and peace. The consensus at the end of the day was summed up by one simple comment, "another refreshing and uplifting experience – Praise God!"

The day commenced by focusing our minds on God's love, through prayer, praise and worship; lead enthusiastically by Jacquei Johnson and Eleni-Jaye Anderson-Gray. The Lord's presence and Spirit continued to be sought and welcomed in prayer throughout the day, in various corporate, private and prayer in twos sessions which were led by Shiloh Harmitt and Pastors Cecil Perry, Vicentiu Dranca, Ian Sleeman and Bertie de Nysschen. Many were blessed and encouraged by Eleni-Jaye Anderson-Gray's personal testimony, regarding how the Lord had miraculously reversed a long-standing medical condition.

Pastor Terry Messenger, SEC Executive Secretary, focused on Mark 1:40-45 in his devotional. He outlined that many people believe God is unable to help them, because of their circumstances, but the healing of the leper demonstrates that God is more than willing to restore us.

Dr Christopher Levy an emergency physician and lifestyle doctor provided a thought provoking presentation, on the 'Body Mind Connection'. He examined how mental/psychological/psychiatric and neurological conditions and their treatments affect the body and how systemic conditions and their treatments affect the mind and brain function. He concluded with how to promote optimal brain function and thought processes in spite of physical illness. Attendees had the opportunity to ask questions and this evoked a lively and informative discussion.

Janet Hamilton, MOHAP Founder and Director, concluded the morning session with an open discussion on the role of medical science in the healing of the Christian. It was concluded that God can work through medical science, which does not preclude having a deep faith in God.

After a nourishing and delicious wholefood vegan lunch, the attendees listened to psychologist, Dr Colin Gordon. His lively and passionate 'Stressed BUT Blessed' presentation included a short stress level test and looked at the causes of stress. He also provided the attendees with the opportunity to discuss those things that stresses us the most. Colin showed us how to manage stress with practical techniques and ultimately to focus on the Lord. The session concluded with a question and answer session.

Pastor Emmanuel Osei, SEC Ministerial and Prayer Ministries director introduced the purpose and biblical authority for the anointing service and also offered the prayer of consecration for the participating pastors. The pastors also provided pastoral prayer and brief one-to-one counselling for those requesting it. Fen Braithwaite led a passionate Spirit filled praise, worship and testimony session, which was concurrently run with the anointing service. Many people testified how the Lord had miraculously been working in their lives. The experience and testimonies
moved many to tears, as it confirmed that there is a God in heaven who cares about each one of us.

Many were so stirred that they did not want to go home and remained long after the programme had ended, praying together, fellowshipping and praising God. One attendee said he had been at work the night before and had come straight from work and was intending to go home to sleep at lunchtime. He however felt he could not leave as he was enjoying the day so much. A group of young ladies commented that this was their first MOHAP retreat and were so blessed they "will be attending all the MOHAP retreats in the future and will be bringing more friends."

The MOHAP annual retreat will take place on Friday 30 August - Monday 2 September 2013, at Wokefield Park, Reading. The international speakers will focus on spiritual, emotional and physical healing. For more details and to make a reservation, please go to http://www.mohap.org.

[Janet Hamilton]

'REACHING OUT' EVANGELISTIC SERIES

Two weeks of 'reaching out' has made a difference to Camp Hill church, particularly for seven individuals who made a commitment to Christ at the end of the series, 11-25 May 2013.

This was 'local evangelism' at its best. The meetings, six nights a week, were hosted by Dr Patrick Herbert, Camp Hill's senior pastor. Church elders, such as Tim Chisholm, kept visitors on the edge of their seats with gifts and surprises, and Richard Russel and Tyrone Harris – supported by the church youth, kept the quizzes at a high standard. Intern pastor, Jonathan Holder, played the piano and clarinet ensuring that the music standard was also high.

Dr Herbert's catchphrase for the series was 'I'm reaching out to you because Jesus reached out to me'. This phrase saw people greeting friends and family with hugs and smiles. Using visual aids his topics were to the point, informative and well researched. The members of the congregation took detailed notes for their own reference including one young member, Candice Russell, who was able to recall all the titles of the sermons when Dr Herbert, at the end of the series, tested people's memory.

The series was brought to a climax with the baptism of seven individuals.

[Natalie Sutherland-Whitehouse]
I CAN DO ALL THINGS – INCLUDING SAVING A PENSIONER'S LIFE

'I can do all things through Christ who strengthens me' [Philippians 4:13] is the fitting signature on the end of every email from the Squire family in Lincoln. That was all the motivation Horace Squire needed when he found himself first on the scene at a house fire on Canon Street, Lincoln, late afternoon on Monday 3 June.

A police community support officer, he immediately crawled under thick, black smoke to drag a pensioner out of his blazing flat moments before the fire blew out a window. "At the time you don't really think of the danger", he told the Lincolnshire Echo. "You are thinking about helping and it is my job to help people."

Inspector Pat Coates of Lincolnshire Police said: "We are extremely proud of Horace's actions. His bravery prevented the serious injury of a member of the public and is testament to his professionalism and dedication."

Horace is a member of the Nottingham Central Seventh-day Adventist church where he is known as a man who will always step in and lend a hand. Pastor Curtis Murphy states that Horace is a very caring person, "he doesn't really think about himself. He thinks of others first."

Bravery appears to be part of the Squire family tradition. In 2012 his son, Leon Squire, carried the Olympic flame in recognition of overcoming difficulties in his own life.

[Victor Hulbert]

HOPE & REVELATION TV SELECTIONS THIS WEEK

Programme highlights for the coming week include:

On Revelation TV (Sky 581 or Freesat 692): The Journey: Thursday 13 June, 8:30 pm, repeated Sunday 16 June at 1:00 pm: Why did Jesus have to die? Next week, on Thursday 20 June, repeated Sunday 23 June: What kind of God do we serve?

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:
COMING EVENTS

For a full listing of Coming Events please visit http://adventist.org.uk/events

This weekend: 14 June: Scottish Women's Retreat, Sheffield hosts a NEC Depression Recovery Weekend, Dialogue Café at the Advent Centre, on Sabbath, 15 June, Rhyl celebrates a diamond jubilee, Yardley host a Youth Day, Depression Recovery & Emotional Intelligence – Luton churches. Lewisham Cantata, An evening of Praise with Rudy Mercilli, Rhyl church celebrates 60 years, and running all week: NEC Camp Meeting.


For more details and a larger selection of events both this weekend and in the future please visit the Coming Events website where events are continuously updated online. Select your region for
events nearest to you. You can also share events important to you on your Facebook or social media profile. You can also submit your event at the same location.

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**SMALL ADS**

**JOB VACANCIES.** Dudley House School, Grantham is seeking a temporary Foundation stage class teacher and a Year 5 & 6 class teacher. Harper Bell School, Birmingham, is looking to appoint an Early Years KS1 Primary Practitioner to start as soon as possible, and at the latest by September 2013 and a Year 6 teacher to start in September 2013. The South England Conference is looking to appoint a temporary data input clerk who will be available for work between July and September 2013 and three Clerks to the Governors for the Newbold Primary, Hyland House Primary and Fletewood Primary Schools. For all our job vacancies visit the jobs page of the Adventist Church website.

1 LARGE ROOM (queen sized bed, fitted wardrobes and all appliances in the fitted kitchen) in house share for a female in north London. Available for 3 months (August to October). Sharing with 2 non-smoking, tidy, professional young women. Rent is inclusive of all bills (including Wi-Fi and cable). Good access to central London and 5-10 minutes from the underground and shopping centres. For viewing and more details contact: communications@myholloway.org.

2 BEDROOM HOUSE for rent in Woodward Road, Dagenham. End of terrace, recently refurbished, new kitchen, new carpet, newly decorated. Central heating, double glazed windows and doors. Very clean house in a quiet area. Price £850 per month. Contact Elder Segun on 07940170601.

ROOM TO RENT: Adventist landlord seeks another Adventist sharer to rent a room available in Downham Way, Bromley, BR1 5HU with their daughter and two other non-Adventists. The room is £365 inclusive of water rates and council tax and electricity and gas is according to usage but currently an extra £20 per month. The ideal applicant would be an Adventist in full/part-time employment, available to move in as soon as possible. The property is located close to Grove Park Station, local shops and bus routes with a 95ft landscaped garden to rear in good condition. If you are interested please call Priscilla on 07790 754901.

ROOM TO RENT: Priscilla Elliott, a member of Lewisham Seventh-day Adventist church has a room available to rent in Downham Way, Bromley. The ideal applicant would be an Adventist working either part or full-time and will be renting with her daughter and two other tenants. The room is available to move into straight away at £395 inclusive of all bills. The property is conveniently located close to Grove Park Station, local shops and bus routes into central London. Suitable candidates can call her on 07790 754901 or during the day at work on 020 8691 8731.

**THE SMALL PRINT**

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 or submitted online. All unattributed stories written by the editorial team. Coming Events should be kept short and preferably be submitted via the on-line form at: http://adventist.org.uk/events. Small ads should be sent by email. 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,
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We all know the mantra - to live longer we need to eat more fruit and veg, take regular exercise, drink in moderation and cut out cigarettes.

Then last week the World Cancer Research Fund declared that we also need to give up bacon, pork chops and salt. Thankfully, there are other, less tedious ways to add years to your life. Here, the Mail shows you how...

TAKE UP POGO-ING

Exercise doesn't have to be dull. Bouncing on a pogo stick will work your leg and buttock muscles, build strength in your back and help prevent the stooping associated with old age.

It will also help you burn calories - up to 600 an hour, which is comparable to running or an aerobics class (but so much more fun).

WIN AN AWARD

Winners live longer. Oscar winners, for instance, live four to six years longer than average, says Professor Donald Redelmeier of the University of Toronto.

In a study published recently he looked at all 762 actors and actresses ever nominated for an Academy Award in a leading or support role.

On average, Oscar winners lived to 79.7 whereas other actors died at the age of 75.8

Meanwhile Nobel prize winners live 1.4 years longer than non-winners.

"Status seems to work a kind of health-giving magic," says Andrew Oswald, an economist at the University of Warwick, who conducted the research. But you don't have to win a major award to benefit.

"A sense of achievement that comes with doing well at something promotes feelings of well-being and boosts selfesteem that banishes the harmful chemicals and hormones produced by stress and depression," says psychologist Dearbhla McCullough of Roehampton University.

"Anything from winning an eggandspoon race to completing the London Marathon dressed as a banana can do wonders for longevity."

Read more...

- Housework can help you burn 50,000 calories a year
KEEP TOMATOES IN THE FRUIT BOWL

Storing red-coloured fruit such as tomatoes, watermelon, guava and red and pink grapefruit at room temperature doubles their levels of beta carotene, a yellow-red pigment that is converted by the body into the antioxidant vitamin A; it also boosts the food’s content of lycopene, another powerful antioxidant, by 20 times.

A study from the US Department of Agriculture also found that keeping uncut fully ripe melons at room temperature overnight increased levels of carotenoids (disease-fighting substances) from 11 to 40 per cent, compared with those put in the fridge.

MOVE TO THE COUNTRY

People who live in rural areas outlive city-dwellers by more than a decade.

According to official figures, women living in rural west Somerset, for instance, live until the age of 86; those who reside in Manchester live until they are 76 (the average life-span in Britain is 74 for men, 79 for women).

Other studies have shown that older people who live near green, open spaces live longer than those in urban areas.

Many researchers believe this is due to the so-called "biophilia" hypothesis: the theory that human beings have an innate need to be close to nature and the countryside.

SWAP THAT LATTE FOR A BLACK COFFEE

Studies into the benefits of calorie restriction suggest that consuming a third fewer calories could enable humans to live up to a third longer.

At America's National Institute of Ageing in Baltimore, Dr Mark Mattson discovered that mice fed every other day lived longer than those allowed to eat at will.

This was because the semi-starved mice were more resistant to brain-damaging toxins.

Studies in humans are expected to yield similar results.

A recent report revealed that milky and creamy drinks account for almost a quarter of our calorie intake and supply half of the added sugar consumed by the average person.

Simply switching from a whole-milk vanilla latte, containing 380 calories and 14.5 grams of fat in a large cup, to a black Americano or espresso could begin to prolong your life.

FLOSS DAILY

Flossing daily is a cheap and potent weapon against heart attacks and strokes.

That's because common problems such as gum disease (gingivitis), cavities and missing teeth are linked to heart disease.

They are a risk factor for strokes and heart attacks in the same way as high cholesterol levels.

Experts don't yet know why the link is so strong but one theory is that bacteria in the mouth stick to the fatty plaques in the bloodstream, directly contributing to blockages.
Dr Michael Roizen, a bestselling American author and expert on anti-ageing, says keeping oral bacteria at bay could add 6.4 years to a person's life.

MAKE LOTS OF MONEY - OR MARRY SOMEONE WHO HAS

The average life-span of billionaires is 78 years, according to an analysis of the In Memoriam section of the annual Forbes Billionaires list - that's 3.5 years longer than the average male (all but one of the billionaires in the list were male).

Nobody knows for certain why the super-rich, and their spouses, live longer.

Some experts believe it is simply that they have access to better medical care, others that it is linked to intellectual evolution.

Social status correlates strongly with IQ and intelligence correlates strongly with health literacy - the ability to understand and follow a prescription for disease prevention and treatment - studies have found.

Psychologist Ian Deary of the University of Edinburgh found mortality rates to be 17 per cent higher for each 15-point drop in IQ.

GO TO CHURCH

Regular church-goers - no matter what their religion - have a longer life expectancy, according to a study from the University of Pittsburgh.

In fact, their added years of life were close to those gained from being more physically active or taking cholesterol lowering statin drugs (an extra 3-5 years for regular exercise, and up to 3.7 years for statin drugs).

Dr Daniel Hall, who led the study, suggested that increased longevity in church-goers could be linked to a number of factors, including an enhanced sense of community support that leaves them feeling less isolated and stressed than non-believers.

He also suggested church attendance positively influences other lifestyle habits such as not smoking or medication compliance.

LAUGH DAILY

Looking on the bright side can extend your life by as much as a decade.

A Dutch study published last year found that those who were positive about the future and about relationships had 55 per cent less chance of dying early from all causes and a 23 per cent reduced risk of heart disease.

Pessimists lived an average 12 years less than optimists, according to American research.

This is because negative people were more likely to suffer viral illnesses, thought to be due to lower immunity as a result of their negative thinking, and less likely to carry out self-checks for serious diseases such as cancer.

If you can't think positive, just try laughing more often.

Norwegian researchers found that those who laugh every day live an average seven years longer than the miserable.

GIVE YOUR TEA BAG AN EXTRA JIGGLE

Tea can actually lower cholesterol levels - but you need to be a heavy drinker; Israeli doctors found that those who drank more than 14 cups of tea a week had a 44 per cent lower death rate than non-tea drinkers in the three and a half years following their
heart attacks.

Moderate tea drinkers - less than 15 cups a week - had a 28 per cent lower rate of dying over the same period.

The benefits are due to the disease-fighting antioxidants in both green and black tea.

And remember to give your cuppa a good stir before removing the tea-bag.

Recent studies have shown that jiggled tea bags release 15 per cent more polyphenols, the age-resisting and disease-fighting antioxidants in tea.

**BE A SEVENTH DAY ADVENTIST**

Seventh Day Adventists live on average four more years than the rest of us, says Dr Pramil Singh of Loma Linda University in California.

Analysing data obtained about the diets of Seventh Day Adventists, who are strict vegetarians, and other long-term studies, Dr Singh said that "long-term vegetarians have a 3.6-year survival advantage" and lived to around 86.5 years of age.

Even just cutting down on meat could extend your lifespan.

German researchers found that people who eat meat infrequently - 2-3 times a month - have "significantly longer lives".

**DRINK HALF A GLASS OF WINE**

Men who drink about half a glass of wine a day over decades outlive teetotallers, according to a 40-year-long Dutch study published earlier this year.

The researchers said that while starting to drink for its health benefits is not advised, anyone who currently drinks lightly could probably continue to do so.

On average, light drinkers lived four years longer, thought to be a result of a boost to HDL, or good cholesterol, and a lower incidence of blood clots. Cancer Research UK warns, however, that you can have too much of a good thing: a glass of wine (or the equivalent) a day raises the risk of some forms of cancer.

**PARTY MORE OFTEN**

Staying in touch with friends and socialising with people you like will add a decade or more to your life, according to Australian research.

A study of almost 1,500 people aged 70-plus showed that those with a good network of friends lived longer than those who didn't socialise.

This could be because friends may encourage people to look after their health, and help reduce feelings of depression and anxiety at difficult times.

*Share or comment on this article*
10th June 2013

Delegates from across Wales met at Cardiff Central Seventh-day Adventist church on Sunday, 9 June 2013 for the Welsh Mission Triennial Session.

A full report of the day is now available under the title, 'Corporate Plans, Personal Commitments'. However, church members in Wales and beyond may be interested in the work of the Adventist Church in Wales. As such we are publishing the main results of the day now. Other snippets catching the mood of the day and a photo album that was updated live throughout the day are on the BUC News Facebook page. An official photo album is now also available on the Adventist picture gallery.

The Session Report Book is also available online.

Key notes:

79 of the 91 delegates (86%) were registered and ready for a day of action by the opening of the first business session.

Nominating Committee:

Pastor Ian Sweeney (Chair)
Pastor George Asiamah
Mrs Pat Eastwood
Mrs Sandra Foster
Mrs Leoni Haran
Miss Whitney Maison
Mr Kenroy McKenzie
Mr Irving Saunders
Mr Malcolm Turner

Mr Malcolm Vaughan

**Credentials & Licenses Committee:**

Pastor Paul Lockham (Chair)
Mr Tim Barber
Mrs Lydia Campbell
Mr Neil Lawrence
Pastor David Rancić
Mrs Geraldine Turner

**Mission Sponsors voted to lead departments for the next three years:**

- **Brecon Family Camps** Pastor David Foster
- **Children's Ministries** Mrs Pat Eastwood
- **Communication** Pastor John Surridge (with a team to be selected by the Executive Committee)
- **Family Ministries** Mr Ndabezinhle (Andy) & Mrs Chipo Ndebele
- **Health Ministries** Mr Irving & Mrs Lil Saunders
- **Pathfinder Ministries** Pastor David Rancić
- **Stewardship** Mr Malcolm Turner
- **Trust Services** Dr Brian Phillips
- **Women's Ministries** Mrs Jenifer Rowell (now confirmed)
- **Youth Ministries** Pastor Jeremy Tremeer
  - **Youth Ministries Assoc** Pastor Jovan Adamović

**Executive Committee:**

Pastor John Surridge (Welsh Mission President)
Pastor Paul Lockham (BUC Executive Secretary)
Mr Victor Pilmoor (BUC Treasurer)

Pastor Jovan Adamović Pastor George Asiamah Mr Tim Barber Mrs Pat Eastwood Mr Bruce Khumalo Mrs Lisa Leal Mr Hezron Ottey Mrs Duska Rancić Mrs Mary Vaughan

**Credentials & Licenses:**

**Ordained Minister Credentials**

Pastor Jovan Adamović Pastor George Asiamah Pastor David Foster Pastor Clyde Moore Pastor David Rancić Pastor Jeremy Tremeer

**Missionary License**

Mr Malcolm Turner

**Lay Preachers**
Closing Address

In his closing address, Welsh Mission President, Pastor John Surridge, combined thoughts from a wintry and dangerous kayaking trip that he undertook for charity last January with Paul's counsel in Philippians 3:7-14 to:

· Keep to the main stream – don't be distracted by the fringe

· Keep together - we may look and be different, but we achieve more together than we can as individuals.

· Keep on to the end. Our salvation is nearer now then it was when we first believed.

The day concluded with a fitting hymn, 'Thy hand O God has guided, Thy flock from age to age.'

[Victor Hulbert]
Welsh Mission Session - 9 June 2013

Photos from the Welsh Mission Triennial Session, Cardiff, 9 June 2013. For a full report of the day visit our news page.
Election results can be found here.
Lily Rose Cancer Awareness Fundraiser

A lively auction at the new premises for Watford Town Adventist Church, Brixton Road, Watford, helped to raise over £1,300 for a Teenage Cancer Trust and The Watford Peace Hospice, on Sunday, 9 June. For the full story see our news page.
Church raises funds in cancer awareness day (From Watford Observer)

Watford Seventh Day Adventist Church's auction raises funds for Teenage Cancer Trust and The Peace Hospice

11:00am Wednesday 12th June 2013 in News By Frazer Ansell

(L-R) Sarah Jones, Watford's Mayor Dorothy Thornhill and team leader Andre Best.

A lively auction and buffet at Watford Seventh Day Adventist Church, in Brixton Road, helped raise more than £1,300 for Teenage Cancer Trust and The Peace Hospice on Sunday.

Attended by Watford's Mayor, Dorothy Thornhill, the buffet and auction was part of the "Lily Rose Cancer Awareness Day", an event organised by the church’s Women’s Ministries Department, in partnership with Health Ministries, to increase awareness of the disease and raise support for those suffering from it.

An afternoon programme focused mainly on Breast Cancer, which is the most common form of cancer.

Mr Sakar Vas, a Consultant Surgeon at Watford General Hospital, gave a presentation on how to look for symptoms and how doctors check for the occurrence of cancerous cells.

Jane Gontier, from the Peace Hospice, and Carolyn Mwaniki, from the Teenage Cancer Trust, spoke of how the funds raised will help people who are suffering.

Uplifting and inspirational songs were sung by the Watford Gospel Community Choir, and personal experiences were shared.

Andre Best, team leader of those organising the event, said: "We’ve lost a lot of our church members to cancer.

"Two of our young ladies, who have lost their mothers to cancer, named the event after their mother’s favourite flowers, Lily and Rose."
"I think the event allowed the community to see that not only are we a religious body but we also share the same concerns in everyday health matters.

"Cancer has no boundaries, it affects everyone directly or indirectly. This event was put on for our community, a time to learn, support & share."

At the end of the day people wrote messages for lost loved ones, or those currently struggling with cancer, leaving them on a remembrance tree that will be kept inside the church for years to come.
West of Ireland Day of Fellowship May 2013

adventist.ie/news/gallery-ir/gallery-ir/west-of-ireland-day-of-fellowship-may-2013

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