NEWBOLD SCHOOL CHARITY FUNDRAISER STANDS YOUR HAIR ON END
MISSION ON THE MOUNTAINTOP
PRAYER MEETING GAS SCARE AT FAIFLEY
CUTTING EDGE WEBSITE FOR NEWBOLD SCHOOL
CHILDHOOD OBESITY – THE ADVENTIST ANSWER
ADVENTISTS IN THE NEWS
SEEING BEYOND EPILEPSY – ADVENTIST TV THIS WEEK
LATEST MESSENGER ONLINE
COMING EVENTS

NEWBOLD SCHOOL CHARITY FUNDRAISER STANDS YOUR HAIR ON END

Luke Thomas is a special lad. Diagnosed with type 1 diabetes while on holiday last summer, this Year 6 pupil at Newbold Primary School, Binfield, chose to fight for
his condition rather than against it. With his fellow classmates he has organised a different fundraising event for every single day in January.

On Friday, 17 January it was mad hair day! Each pupil with a crazy hairdo donated £1 towards Diabetes UK, as Luke says he wants to do everything possible to help find a cure. Aiming for a goal of £300, by Thursday, 23 January he was already at £486 and now hopes to raise well over £500.

In a video interview for BUC News, Luke stated that "In the summer when I was diagnosed I wanted there to be a cure and if money goes towards it then sometime, maybe, there can be."

Luke attends a very supportive school. He states that, "When I came back after the summer everyone's been really nice to me." He said he was a bit scared to tell his friends, but they have been very supportive – as could be demonstrated by the especially mad hairstyles of his Year 6 classmates.

Mum Lisa confesses that the family were panic stricken when Luke first got ill and was hospitalised. "I think if we had known what to look out for I think we could have prevented it getting to such a serious stage" she said. Now they work on it together as a family, using lifestyle change as much as possible to control the condition. "It's not that Luke's eating something and we're eating something else", she said. "We've made the change together. On a normal day we just have healthy good food."

Lisa is also very proud of Newbold School. She originally sent her son to Newbold as he was having some difficulties in his previous school. Now she is doubly glad that he is in such a supportive environment. "Ever since Luke started here in Year 4 Newbold School has been beyond fantastic."

Luke agrees, and the happy smile on his face during his fundraising is the proof. Why not visit Luke's fundraising page, help him beat his goal, and join the fight against diabetes.

Enjoy some hair-raising photos by visiting the Adventist Church photo gallery.

[Victor Hulbert]

MISSION ON THE MOUNTAIN TOP

It all started in 1997 with an announcement to the church
members of Leamington Spa Mission. A Three Peaks event was being organised by the Fire Service. It involved climbing the three highest mountains in Scotland, England and Wales in under 24 hours. Was anyone interested?

Little did anyone realise what had been started. Stirred into action, a team of nine climbers, a driver and chef was soon formed and a bronze medal achieved. However, such was the overall enjoyment of the event, the challenge, the camaraderie and the 'unusual ministry', that it became a regular fixture in the Leamington Mission calendar, subsequently organised and led by Nigel Clark.

Over the years, the various teams went on to achieve a number of gold and silver medals (gold under 20 hours, silver under 22 hours), plus a 'Best Driver's Award', always thankful to God for the physical stamina, health and protection He provided. However climbers sought a greater purpose than one of personal achievement and started collecting sponsor money. Since 1997 many hundreds of pounds have been collected and donated to various charities, including ADRA.

Leamington Mission has stood out as the only church taking part. They were widely known as the 'Church team' and well regarded amongst the other teams from the regional Fire Service departments, the Police, Mountain Rescue, Sports clubs and Scouts. One non-Adventist who had been part of the team one year commentated on how impressed he was at how everyone cooperated together without the tensions you would normally expect in a competitive and demanding event.

Recently, the Fire Service issued medals to people who had taken part for 5 or more years. On Sabbath 18 January Nigel surprised three of the members who qualified and presented them with their medals.

We now hope the younger generation have been inspired to continue this unusual outreach.

[Lorraine Glinton]

PRAYER MEETING GAS SCARE AT FAIFLEY

Prayer took on new meaning for seven members of the Faifley Adventist church, Clydebank, when they discovered the home they were meeting in during the 10 Global Days of Prayer had a gas leak.

About an hour into their prayer time on Wednesday, 15 January, the five adults and two children, noted the smell of gas and contacted the emergency services. They hadn't realised the seriousness
of the matter until a few minutes later when four ambulances, two fire engines and several other emergency vehicles arrived. The entire street was cordoned off.

Audrey was one of the prayer team and states, "It was then that it occurred to me that this wasn't just a scare – it was potentially real danger. I had tightness in my chest and a few of the other members felt dizzy. What added to the scare is that there was a three week old baby with us at the time who had also been exposed to the gas."

All seven members were rushed to hospital, aided with oxygen and had several tests for gas inhalation before being discharged four hours later. It was confirmed there was no carbon monoxide exposure.

"At the time it happened I didn't understand why they made a big fuss out of it. They sent two fire engines, ambulances, and at some point the police came. It was only when I read the story in the news and the reporter explained how dangerous it could have been if something was lit or we inhaled the gas for longer that I realised that God truly saved us. Sometimes we don't realise what God has done for us until much later", says 11-year-old Kiki Magoma.

According to the Scottish Fire and Rescue Service, over the past year more than 330 people have been injured and four people killed as a result of gas-related incidents across the UK. The situation could have been much worse – none of the members were injured but went on to praise God and will always have a testimony about how God saved them from danger.

"It is true that God is my refuge and strength", adds Regina, also a member of Faifley church.

Faifley church culminated their 10 Days of Prayer with an all-night prayer meeting from Saturday evening into Sunday. This was followed by a prayer breakfast early on Sunday morning where members are still rejoicing in the goodness of the Lord.

[Kiki Magoma & Audrey Mutongi]

CUTTING EDGE WEBSITE FOR NEWBOLD SCHOOL

How does a small school keep to the forefront with a modern web presence? For Newbold Primary School, Binfield, the answer is to use the latest version of netAdventist, an active content management system that will keep pupils, parents, staff and community engaged.
The website is provided free by the General Conference and the British Union Conference but has been specifically developed further for school use by a parent, Daryl Gungadoo. "I wanted to do something that would be easy for staff to update but that would really catch the attention of pupils and parents", Daryl shared in the official launch on Friday, 17 January. "I took time to sit with the headteacher and staff members, to find out what their needs were, and to incorporate them into the site."

The result is a dynamic site that looks good on phone, tablet or a full blown desktop screen. With links to photo and media galleries, the latest Ofsted report, admissions, news, and even games and a countdown to the next major event, Headteacher, Jaki Crissey, could not be more enthusiastic about it. "We have long been in need of a web update", she told the children during morning assembly. "This site is beyond our expectations."

The British Union Conference makes the easy to use content management system of netAdventist available free to any Adventist church or institution in the UK and Ireland. Currently 234 sites are in operation: 69 in the North England Conference, 130 in the South England Conference, and 35 in the Missions or nationally. To find out more, visit http://netadventist.org.uk.

[Victor Hulbert]

CHILDHOOD OBESITY – THE ADVENTIST ANSWER

A rhyme from my childhood, part of the mischievous humour of my grandfather, Pastor Oscar Dorland, has stuck in my brain the rest of my life:

"The boy sat at the table when all the rest had fled
It was his thirteenth cup of tea, his fourteenth slice of bread.
'One more crust before I bust, one more cup of tea',
Bang, there was a loud report! The boy, oh where was he?
Ask the maid who swept him up, all breadcrumbs soaked in tea."

Pastor Oscar Dorland knew about austerity. He grew up on a farm in rural Wisconsin, then, becoming an Adventist at age 16, moved into a life journey that led him across the Atlantic to study at Stanborough College (the forerunner to Newbold College), marry an English lady and spend his life in pastoral leadership and ministry through the Great Depression, the Second World War, and then post-war Britain. It is doubtful he got anywhere near his fourteenth slice of bread, but he did grow his own vegetables and was one of a minority of Adventist ministers who at the time adhered to a strict vegetarian diet.
His poem of restraint, no doubt composed to chide his five children if they were hoping for second helpings of their favourite meal, might give pause for thought in the current obesity crisis that appears to be hitting the UK and Ireland. A BBC headline published on 13 January 2014 rang out, "Obesity crisis: Future projections 'underestimated'" , stated that a projection that half of the UK population will be obese by 2050 is a conservative estimate. While the BBC Radio 4 programme, More or less, disputes the statistic, believing that the trend for obesity has now turned, it did note that 60% of today's adults are overweight. They interviewed Tam Fry of the National Obesity Forum who admitted, "a little exaggeration forces the message home."

So should we relax? Not according to Sharon Platt-McDonald, Health Ministries director for the Seventh-day Adventist Church in the UK and Ireland. She states, "As far as children are concerned the health research shows that although childhood obesity remains 'worryingly high'" , one report (NHS Choices. Your Health, your choices) shows "...there has been some fall in the number of obese and overweight children in their final year of primary school in England for the first time in six years..." However it states: "...the levelling off of upward obesity rates tends to be among children from the most affluent areas, obesity levels in children from deprived areas remain high."

That gives a challenge to Adventists. Many of our churches are located near or in areas of social deprivation. Some families within our church community fit that definition. At the same time, on average, our church 'fellowship lunch' abounds with foods that are rich in nutrition and that are a far cry from the fish fingers and chips that some parents give their children on a daily basis as a cheap option that saves them cooking. Would there be value in opening up our fellowship lunch to the community surrounding our church? Might we then show them health by example?

Sharon writes, "It is evident that a more holistic approach to tackling the obesity crisis is needed. I was encouraged to see that rather than just addressing the food aspects more attention is being now focused on increasing physical activity options for children."

With Pathfinders, clubs, summer camps and other activities, Adventists may again have a role in setting a community example. Last year a 'green Sabbath' initiative encouraged members to walk to church. In June, Aberdaron Campsite will run a 10 day 'boot camp' which plans to take participants from boot to boost to boast. Organiser, Philip Emm, a physiotherapist from the Ringway Life church in Altringham states, "If Daniel and his three friends could do it in ten days, so can we."

Certainly the balance of good nutrition, positive exercise and the other elements that make up Adventist Health principles will make a difference for both adults and children.

"A more holistic approach to health and well-being is one that Seventh-day Adventists have advocated for over 100 years", Sharon states. "With the implementation and wide uptake of Lifestyle Intervention programmes such as CREATION Health, CELEBRATIONS, NEWSTART and CHIP, thousands of
Adventists have found a greater joy in living the abundant life and have demonstrated this not just with their higher than average longevity, but better emotional, physical, social and spiritual health."

Many churches will be planning Health Expos for adults and children over the coming year. Others are running healthy cooking classes, or, in the case of the Dublin church, handing out mugs of healthy heart-warming soup to passers-by one night each week.

The positive outcome may affect not just government statistics, but bring new levels of health and joy to our communities with consequences that will last into eternity. Maybe it is time to add a second verse to Pastor Dorland's rhyme.

"The boy raced from the table, his exercise to do,
Football, running, bike or games, he said, 'you come on too!'
My active life, my healthy food, sleep, rest and water pure,
Along with church and trust in God, it's my new way for sure."

[Victor Hulbert with Sharon Platt-McDonald]

ADVENTISTS IN THE NEWS

Following a report in BUC News on 10 January, the Loughborough Echo has taken up the story of the small Adventist church with big plans to build a new church – from rubbish. Loughborough member, Vivienne Barrett-Peacock wrote in to say that there are already donations promised but that they really need many committed donors to make a real difference. She writes, "My friend raised £28,000 in less than 2 years through the same scheme but she did have over 2000 collecting for her!"

The best praise always comes from an unsolicited source. This is true in Grantham where the letter column in the Grantham Journal includes thanks from Sarah High, Scheme Manager for local charity Home-Start. Many individuals and groups help the charity, and one of them was the Grantham Adventist church who donated toys collected at their annual toy service.

Internationally, a number of papers were pleased to report last week that Pastor Monteiro, an Adventist pastor wrongly imprisoned in Togo, was finally released. Prayers are still needed though, as lay-member, Bruno Amah, has been sentenced to life imprisonment. The decision by the Lomé Court of Appeals comes nearly 22 months after the two men and several others were detained in March of 2012 on charges of conspiracy to commit murder.

[BUC news]
SEEING BEYOND EPILEPSY – ADVENTIST TV THIS WEEK

Thursday 23 January, 8:30 pm – Revelation TV (repeated Sunday 26 January, 1:00 pm)
**Amy & John Ainsworth** share the secrets and challenges of living with epilepsy. How difficult is it living with a physical illness that people cannot see? Why marry someone when you know you will have to be a carer for life? And what does a lifetime condition do to your faith? Find out in 'Adventists In Conversation', *Revelation TV* (Sky 581, Freesat 692 and Roku).

Sabbath 25 January, 8:30 pm – Hope Channel (**www.hopetv.org.uk**, smartphone app or Roku)
**Animal Encounters**. A new series on Hope Channel that gives you the best nature without the evolutionary dialogue. Animal Encounters is a new, exciting nature documentary hosted by three women: Gabi from Germany, Kezia from Kenya and Cassila from Brazil. In each episode they share their personal experiences as they encounter God's creation. They meet other people who have found a closeness with their Creator as they help preserve, rescue and nurture animals that have been orphaned through hunting, injured in the wild or abandoned as pets, or threatened due to environmental deterioration. In this first programme the three adventurous girls spend the day with elephants, taking a ride, feeding the young and learning to admire these marvels of God's creation. [Watch the trailer here.](#)

Thursday 30 January, 8:30 pm – Revelation TV (repeated Sunday 2 February, 1:00 pm)
**Isobel Moraes** – Feeding your epilepsy medicine to the dog is not particularly good for dog or child, but this early experiment (or rebellion) eventually led to a career in science as Dr Moraes searches for a cure for Alzheimer's disease while also developing a passion for God and His creation.

Many readers are writing or phoning regarding how to get **HOPE CHANNEL**. No longer available on satellite in Europe, there are several positive ways to watch your favourite programmes – and to have more choice:

1. **Purchase a Roku box** to gain access to a vast variety of Hope Channel and other Adventist programming. Roku transmits programming via the internet. Simply connect it to your HD ready TV and the wireless internet in your house.

2. Watch on your smartphone or tablet. Get a free app from the iTunes store or the Android Play Store.
3. Enjoy a range of programmes on the [www.hopetv.org.uk](http://www.hopetv.org.uk) website. Watch the live stream and a range of on-demand programmes. Find links to other international channels.

[BUC news]

**LATEST MESSENGER ONLINE**

As might be expected, the 24 January *Messenger*, journal of the Seventh-day Adventist Church in the UK and Ireland, is packed full of year-end baptisms, Christmas witness, and a thought provoking editorial challenging the view of persecution of British Christians. What do you think? The editor would welcome your letters. Pick up a copy in your local Adventist church or read it online now.

[BUC news]

**COMING EVENTS**

**Sabbath 25 January:**
[Irish Mission Personal Ministries – Witness Training 1](#). Pastor Eglan Brooks and Pastor Kirk Thomas will be presenting a day seminar in a Dublin Hotel on witnessing in an urban context. Would you like to attend? Please contact [Marcie Neal](#).

**Saturday 25 January:**
[Motherland](#). The story of the Slave Trade as seen through the eyes of the students at The Eden School. A moving, magical night of song, dance, music and drama! Show starts at 6:30 pm. Tickets available now! Venue: The Eden School, Evershed Sports Ground, Wyke Gardens, Hanwell, N7 2BB.

[CLC International Night](#), 19:30 - 21:30 at Central London church, 12 Crawford Place, off Edgware Road, W1H 5HD. Come to a real international market, with food stalls for every taste bud, photo booth, music and rich performances bringing the world together in one place! Free entry.

**Sunday 26 January:**
[MOHAP Day Retreat](#), at the Advent Centre, London, from 9:30 am - 5:00 pm. Book online at [mohap6.eventbrite.co.uk](http://mohap6.eventbrite.co.uk). For more information see [mohap.org](http://www.mohap.org). For queries email [info@mohap.org](mailto:info@mohap.org) or phone 07407 692 256.

[SEC netAdventist Church Website Training](#), 10 am - 3 pm. The training is free to attend, but please email [communication@secadventist.org.uk](mailto:communication@secadventist.org.uk) to register your name and contact details, so that lunch can be provided for you. Venue: British Union Conference, Stanborough Park, Watford, WD25 9JZ.

**Friday 31 January - Sunday 2 February:**
[ASI-UK Spring Weekend](#), with guest speaker Dr Daniel Duda, also Pastor Gifford Rhamie and after dinner speaker Pastor Obinnaya Iheoma. Venue: Staverton Park, Daventry Road, Staverton, NN11 6JT. For more details or to book: email [Christine Manners Smith](mailto:Christine.MannersSmith@btinternet.com) or phone 07790 452920. Booking form also available here.

**Monday 3 - Friday 28 February:**
[Bible Boot Camp 2014](#). Every weekday during February. Time: 0500-0530 GMT. The online campaign is an international affair, hosted by Pastor Paul Graham (USA) and is sponsored by the Youth department.

Friday 7 - Sunday 9 February:
SEC Elders' Retreat 2014. Our annual Elders' Retreat will be held at De Vere Venues, Wokefield Park, Goodboys Lane, Mortimer, Reading, West Berkshire RG7 3AH. Click here for Elders' Retreat letter. Click here for Elders' Retreat Application form.

Sabbath 8 - Sunday 9 February:
NEC Deacon & Deaconess Spiritual Retreat. Guest speaker: Pastor Dr Nerval Myrie, senior pastor at the Toronto Perth Adventist church in Canada. For more details and to book click here.

Sunday 9 February:
London Adventist Credit Union Annual General Meeting, 13:30 - 17:30 at the John Loughborough School.

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

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.

----------------------------------------

SMALL ADS

REQUEST FOR OLD MOBILE PHONES. Got an old mobile laying around? CareEpilepsy, a UK based charity founded and run by Central London church elder Enat Yewnetu, is collecting old mobile phones (up to 10 years old) to be used in Ethiopia to connect people with epilepsy. For more information on their work please visit: http://www.careepilepsy.co.uk/. If you can help, then please drop off your phone and preferably matching charger at the South England Conference, Newbold church office, or Central London church office before Thursday 20 February 2014.

AU PAIR NEEDED. An Adventist family, members of Redditch church, are seeking the services of an Adventist lady to assist their family as an au pair. They have two boys aged 5 and 7. To find out more contact Samuel Mukelabai on 07778538481, 07929594456 or email mukesam@yahoo.com.

JOB VACANCY: Part-time Receptionist, South England Conference; Temporary Secretary, South England Conference. For full details of all available opportunities visit our job vacancies page.

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, we kindly request that you identify BUC News or other sources whenever you publish these materials. Back issues are available on our archive website at http://www.adventistnews.org.uk.

You can manually unsubscribe from this mailing list by clicking on reply and including the word 'unsubscribe' in the subject line. You can subscribe to ANN (Adventist News Network), the email news bulletin of the General Conference of Seventh-day Adventists, on the GC website at: http://news.adventist.org. You can subscribe to TED News, the email news bulletin of the Trans-European Division, by sending your name and email address to: tednews@ted-adventist.org.

The British Union Conference of the Seventh-day Adventist Church accepts no liability to any party for any error, omission or mis-statement by any contributor in any material published in this newsletter.

To unsubscribe from this newsletter please send an email marked unsubscribe to bucnews@adventist.org.uk.