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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

PLEASE NOTE: Due to commitments with the Trans-European Division, there will be no BUC News next week. However, please check the website for news updates. Our next edition will be published on 20 February.

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ADVENTIST CLERGY LEARN TO BEAT THE ILLNESS ODDS
In the week when Cancer UK announced that half of all people in the UK are likely to be diagnosed with cancer at some stage in their lives, Adventist ministers attended a training seminar to not only help them 'beat the odds', but to showcase the benefits of the Adventist lifestyle to church members and the larger public.

While Cancer UK noted that increased longevity increases the incidence of risk in older people, they equally emphasised that lifestyle factors also play a significant part. Professor Peter Sasieni, who led the study, stated, "There's a lot we can do to make it less likely – like giving up smoking, being more active, drinking less alcohol and maintaining a healthy weight."

While smoking and drinking are unlikely to be risk factors for Adventist ministers, Holistic Lifestyle doctor, Chidi Ngwaba, turned the spotlight on lifestyle issues that could make a difference in ministers' health and well-being.

Pastor Kevin Johns was one of those who attended the seminar at the British Union Conference office on Tuesday, 3 February. He is already positively dealing with health issues in his own life but stated, "Today's presentation was a must for all in ministry for by the very nature of our work we do come under stress. It is therefore very important that we do our best to be and remain healthy. Stress is the silent killer, which has very few symptoms but has serious results, e.g. heart disease, stroke, and kidney disease. High blood pressure is a warning sign that other things are going wrong in our body."

While Adventists have proclaimed, and largely lived, with a positive health message for over 150 years, Dr Chidi was doing more than just reiterating the old, familiar rhetoric. BUC Health Ministries director, Sharon Platt-McDonald, noted that "Dr Chidi's seminar spotlighted the global health challenges and their lifestyle risk factors. Using an evidenced-based approach Dr Chidi highlighted current research on maintaining holistic well-being and tackled some of the 'myths' in relation to health lifestyle practice."

The seminar was both engaging and informative and gave the attendees an opportunity reflect on their current health habits and lay the foundation for improving on health targets.
The seminar has led Pastor Eglan Brooks who, together with Pastor Llew Edwards, organised these regular training seminars for ministers, to make some changes in his own life: He says, "I wish someone had taken the time to teach me the health message, in the style and manner that Dr Chidi did. I now have a different outlook on vegetarian food. It is so much more than eating processed imitation foods." In practical terms Pastor Brooks is now planning on eating a low fat, low sugar, plant-based diet, and exercising every day.

So what tips did the pastors pick up? Pastor Johns noted that "Many of the diseases we suffer are caused by stress and can be prevented or even reversed by changing our lifestyle." Learning from Dr Chidi he now plans to reduce stress by:

1. Breathing – 10 minutes of slow, deep breathing three times per day – an exercise he plans to link to prayer!
2. Avoid stimulants such as caffeine and sugar.
3. Eat a plant-rich diet – in other words, "eat food as God intended!"
4. Exercise – 60 minutes every day – with an emphasis on exercise that gets you out of breath.
5. Rest – 6-8 hours of sleep each night, 1 day off work per week – aim for at least a weekend break away every three months.

That last point was significant for a man who has taken health issues very seriously over the past couple of years. BUC President, Pastor Ian Sweeney was clinically obese but last Sunday ran 12 miles ‘just for fun’. Yet even with his newfound passion for health, he states, "Until today, I never realised the relationship between physical health and forgiveness. Failing to forgive those that have hurt us can have detrimental effects on our health. I now see Jesus' answer to Peter's question as to how many times we should forgive someone in greater light."

BUC Executive Secretary Pastor Paul Lockham also picked up the positive side of the message: "We already know it, but Dr Chidi shares it in a way that reminds us that lifestyle is not about being less sinful but about the good news message and being positive about it." Paul particularly appreciated Dr Chidi's thought that "We are created by a Great Designer who wants us to live an abundant life."

While looking at the risk factors Dr Chidi continually noted that plant-based is best and that as humans we were just not designed to live on dairy. However, he noted, "We live in a broken
world and right choices will not eliminate the possibility of disease, but will significantly reduce the chances of contracting it."

It was this combining of recommendations and responding to searching questions with modern evidence and convincing common sense that appealed to Ministerial Association Secretary, Pastor Llew Edwards. Already practising a lot of the recommendations in his own daily life, and spending time counselling with ministers across the whole of the British Isles, he appreciated the six point challenge to drink lots of water and try to cut out all other drinks, to get an hour's exercise every day – with walking highly recommended, to cut out all dairy and meat products including milk products and take up a plant-based diet, to cut out all sugar and salt intake – apart from what is naturally in the plant-based diet, to breathe slowly and deeply every day, and to do good to others.

You may find a change in your minister following this seminar – and while not every minister was able to attend, all ministers will shortly have opportunity to link to the seminar online. Will it make a difference? With a smile on his face, and exchanging a packet of biscuits for a bottle of water, BUC Children's and Family Ministries director Pastor Cyril Sweeney concludes, "Dr Chidi's presentation was so simple and yet so profound. I have been encouraged to make some lifestyle changes that will be of great benefit."

Ministers' Health is one of 26 seminars for ministers and elders organised each year by the Evangelism and Ministerial departments of the British Union Conference. Other subjects tackled through the year include Growing in Christ, Crisis Management, Preaching Skills, Equipping pastors with skills to discuss Creationism and Developing team management.

[Victor Hulbert]
Hyland House School, the only Seventh-day Adventist primary school in east London, will be moving from its present site on Forest Road, Walthamstow to Holcombe Road in Haringey for the 2015/16 academic year. Work is well underway to renovate the current building from a secondary to primary educational institution in preparation for the Hyland House School Open Days, 19-20 May 2015.

There are currently ninety students enrolled at the school and the new premises can accommodate three hundred. "We have a three-year plan to increase enrolment at the school and we already have one hundred and twenty children registered for this coming academic year", said Gina Abbequaye, Headteacher.

Hugh Gray, Director of MAND Pls Ltd is the project manager responsible for the construction, design and building works that are taking place by Amcass, the building contractors. Mr Gray stated that, "we consulted with all stakeholders, including local residents, staff, parents and the resident church pastors, of the two congregations that worship at the Holcombe Road site during the weekends, to ensure that everyone was fully briefed as to the way forward." As a result, he says, "We were able to allay any fears or answer any concerns from our stakeholders and this helped to inform us in our decision-making."

Working alongside Mr Gray, who is also a member of the Beckenham Adventist church, is Chris Fadoju, Senior Associate at Pellings LLP. He is the building surveyor and contract administrator for the project. He explained, "it was my role to develop a feasibility study to assist with the relocation and transition and to ensure that I continually liaise with the project manager to ensure that the project is completed on time and within budget."

And this appears to be the case, despite the unexpected challenge of having to renew the roof on one of the main buildings. The project is still well under its million pound budget and due to be completed in April 2015.

Change is a challenge – and moving a whole school from one location to another can affect both staff and pupils. But South England Conference Education director, Opal Johnson-Christie has worked closely with both groups. "At the onset of the decision to transfer Hyland House School to the Holcombe Road site, we held meetings with staff, parents, governors and students", she explained. "The Education department also organised a weekend retreat for Hyland House staff
and family members. The focus was on 'Making the Most of Change'. The workshops were led by Dr Lincoln Sargeant who facilitated discussions on the potential benefits and challenges of the change of location. The outcome empowered staff to contribute to plans for a shared vision in order to maximise the potential of this transition.

"I'm really excited about moving to our new school", said the smiling headteacher. "I'll naturally miss the greenery of Epping Forest next to our current building, but the new Hyland House School will be one of the most up-to-date primary schools in London."

The newly refurbished school building will have two large state-of-the-art Science labs, including prep rooms, two art rooms, one large Home Economics lab, three Computer suites and a dedicated Music room, as well as spacious classrooms each equipped with the latest educational and technological devices.

A selection of photos of the refurbishment programme can be found in the Adventist church's picture gallery

[Catherine Antony-Boldeau]

CAMP HILL STRATEGIC PLAN LAUNCHED WITH MONTH OF PRAYER

How did you spend the first month of 2015? Did you make New Year's resolutions which were broken within the first week? Resolutions such as: developing a deeper relationship with God, making Jesus Lord of your life, getting fit, losing weight, eating less and watching less TV?

The members of Camp Hill church spent the first 31 days of 2015 in prayer and fasting for a deeper relationship with God. The programme was led and encouraged by Dr Patrick Herbert, Camp Hill's senior pastor.
A guide booklet was given to every family. In it they were encouraged to give up sweets, desserts, meat, secular TV and various forms of entertainment. Instead, the booklet served to highlight various daily scriptures and prayer focuses. This was in a quest for the Camp Hill membership to grow deeper in their personal and collective relationship with God. Throughout the month the prayer focus included prayers for pastors, families, youth, married couples, singles and going deeper in many spiritual aspects with God, along with hearing God's voice.

During the 31 days' journey guest speakers such as North England Conference President, Pastor Lorance Johnson, Pastor Paul Liburd, NEC Family Ministries director, and Pastor Ian Sweeney, BUC President, were invited to lead out in our midweek prayer meetings. In addition, members shared testimonies of how they could see God working for their good.

During this time of prayer and fasting, the members of Camp Hill launched their new Strategic Plan for the next five years. This plan highlights the vision of the church: "Camp Hill Seventh-day Adventist church exists to help people grow in Jesus Christ, share hope, facilitate healing within our community and prepare them for His soon return." Of the nine themes within our strategic plan, there is a strong Adventist heritage emphasis, a youth gain and retention emphasis and a community outreach emphasis.

Modern technology also plays its part. During the 31 days Dr Herbert sent encouragement to the members via the church's WhatsApp account. A booklet was also produced (both digitally and in hard copy) which the members were able to use at home or work which highlighted our daily prayer focus and scriptures for meditation in our quest to go deeper with God.
The prayer and fasting climaxed on the last Sabbath with Dr Herbert preaching around the theme of the 'Physician's Prescription'. This drew attention to the power than can be experienced through the prayer and anointing service. Our congregation was moved emotionally and spiritually by the offer of individual prayer and anointing by the elders and the pastor. For many this was the crowning feature of the month as they came forward and were blessed by the special prayer and anointing which took place.

[Natalie Sutherland]

SCOTTISH PATHFINDER & ADVENTURER STAFF 
SNOW-CAPPED BASIC STAFF TRAINING

The scenery of the snow-capped mountains in the heart of west Strathearn within the Scottish Highlands lifted the mood of the nineteen Pathfinder and Adventurer staff from across the Scottish Mission. They were attending a Basic Staff Training course, over the weekend starting 30 January.

Conducted by Nathan Stickland, BUC Youth Ministries director, an enthusiastic, passionate and humorous speaker, the training met its objective to equip newly elected leaders with the basic knowledge necessary for running a Pathfinder and Adventurer club. Nathan challenged the directors to see themselves as spiritual leaders chosen to support children in understanding the plan of salvation, developing habits of service, expressing God's love and assuring each child that they are both capable and loveable.
While most participants found the Adventist Risk Management element of the training overwhelming though necessary, none of the trainees had braved the snowy and cold weather only to be discouraged. Instead, phrases like, 'eye-opening', 'interactive', 'relevant', and 'informative' came from the participants.

"I sensed a willingness among the participants, to be God's instruments and to work closely with the policy framework, parents, pastors and church boards in advancing the philosophy and purpose of Pathfindering in Scotland", said Mthokozisi Ndlovu, Scottish Mission co-sponsor for Adventurers and Pathfinders. "This was encouraging for me and my hubby, Njay, as together we set out to facilitate such equipping programmes and continue the excellent work done by our predecessors, Pastors Clifford Herman and Marcel Ghioalda, in leading this department."

[Njabulo King Ndlovu]
Could you write a theme song for the next South England Conference Camp Meeting?

'Knowing God's Heart' is the theme of the 2015 Camp Meeting (15-21 June) and, to mark the occasion, the Music department, under the leadership of its new director, Mike Johnson, is inviting submissions for a theme song with a deadline of 13 March.

Lyrics should be in keeping with the theology of the Church and songwriters are encouraged to create a song that can be easily learned, as it will be sung each night. Ideally, it should be verse, chorus, bridge, chorus, but this is not compulsory. Afterwards, the winning entry will be recorded and be made available for download from the usual digital platforms.

If you are interested, please email your lyric sheet and a guide demo in MP3 format to: Keith Bazari, keithbazari@musician.org.

For those who do not know Mike Johnson, he is a radio broadcaster and co-founder of Adventist Radio Milton Keynes (ARMK), for which he won the Andrew Cross Award in 2000 for the series, 'Favourite Hymns'. He currently serves as Radio sponsor for the South England Conference and is responsible for managing the Conference radio station, Light FM. He is also founder of Secklow Sounds Radio in Milton Keynes; an online community radio station working to bring people and communities together on a common platform. The station receives over 20,000 plays from its on-demand service each quarter and has just applied to Ofcom for a full-time Community Radio Licence.

Mike has been involved in music for many years as a gospel music promoter. His company, No. 7 Promotions, was the first organisation to bring Grammy-winning group, Take 6 to the UK. Mike was appointed in January 2015 and will be developing the new Music philosophy, Music for Worship, Evangelism and Enterprise alongside the SEC Music Advisory Council.

For further information please contact Mike Johnson at music@secadventist.org.uk.

[Catherine Antony-Boldeau]
INDIAN-THEMED EVENT RAISES £2000 TO HELP ORPHANS IN INDIA

Stanborough School Science teacher, Kish Poddar, got the 2015 fundraising season for his STOP-International charity off to a good start by raising £2000 towards its current projects during an Indian Evening held in the Stanborough Centre last Saturday evening, 31 January.

Eighty-two people sat down to a full vegetarian three-course Indian meal which included samosas, a choice of vegetarian curries, rice, poppadums, naan bread, cakes and fruit salad. This raised approximately £700 for the charity. Enthusiastic teams of helpers prepared the meals in the Centre's kitchen which were served by some of the Stanborough Park church's teenagers – keen as always to do their bit for charity, and clad in saris to add a degree of authenticity to the event.

The rest of the money raised came from an auction of donated items such as mirrors, household items, an aquarium, an exercise bike and a car with an MOT until May 2015, and of promises of gardening, massaging and tuition etc.

STOP International was founded by Kish Poddar who arrived in Watford with his family as a school boy in the 1960s and still maintains his links with his home country. Having originally agreed to get a party of helpers together to build a chicken house for an orphanage in Tamil Nadu in 2000, he was moved by the extent of the need of the many local orphanages in the area to set up STOP International: 'Save the Orphans Please'.
Since those early days he has helped several orphanages in the area with increasingly ambitious projects and has spent a lot of time and energy in organising fundraising projects, assisted by friends and the charity's trustees. Earlier events have included sponsored London-Paris bike rides, sales, sponsored badminton marathons, carol singing, wrapping gifts at Intu-Watford at Christmas, and Indian-themed meals.

This year's projects include: drilling a new bore well for one orphanage whose present bore well has dried up, finishing the compound wall for the Love Home, painting the living accommodation of the Way to Life Home and building a new compound wall for the Vocational Training Centre.

Mr Poddar makes several trips each year to the orphanages with a team of helpers to undertake much of the work that needs doing themselves. Money raised also helps with the children's school fees.

[June Coombs]

**ALSO IN THE NEWS**

Seventh-day Adventists have featured in both the *Telegraph* and the *Guardian* newspapers this past week.

*The Telegraph* headlines the conclusion of its Christmas fundraising appeal, 'Sierra Leone's hi-tech weapon against Ebola'. One of the projects the newspaper has been supporting is Adventist-run Masanga Leprosy Hospital, a facility tucked away in the deep countryside but which supports the health needs of around 400,000 people. The paper reports on the Masanga Mentor Ebola Initiative that has set up a pioneering computerised training module to train community health officials how to deal with Ebola cases.

*The Guardian* is one of many newspapers and media sources reporting on the sad case of Andrea Gada, a five-year-old girl who sadly died in a road traffic accident just before Christmas. Her parents, members of Eastbourne Adventist church, appealed directly to the Prime Minister, David Cameron, after the Home Office refused a visa for the child's grandparents to travel to England for the funeral. The case is under review and the Gada family are grateful not just for
the support of their local community, their church family and their MP, but also the Archbishops of York and Chichester and 95,000 people who signed an online petition.

Also, visit the news pages of our website to discover how Portsmouth church rejoiced in four baptisms and a double ordination, why Galway members in the West of Ireland found their baptismal day to be so special, how Adventist ministers in the Irish Mission are planning for 2015, and how a district Day of Fellowship in the far north-west of Ireland tackled difficult issues.

Congratulations are also due to West Bletchley community church member, Dr Robbie Addaih who, after serving the community for the past 12 years as a magistrate has just been appointed to serve as a Justice of the Peace at the Crown Courts in Buckinghamshire. He says, "This is an immense blessing and I would like to thank God for such an opportunity."

[BUC news]

NEW SERIES OF FAITHTALKS

While FaithTalks will be taking its regular slot on Revelation TV at 8:30 pm on Thursday, 5 February (repeated at 1:00 pm on Sunday 8 February), prepare yourself for a new series starting next week.

On Thursday 12 February SEC Communication director, Kirsten Øster-Lundqvist, will host a programme on Church Growth and Faith. In subsequent weeks she will cover issues related to compassion, fundamentalism, good and evil, coping with grief and whether Christians can be perfect.

To find out how to watch Revelation TV, click here. The new series will also be released on the www.hopetv.org.uk website and on ROKU IPTV, the best platform for watching Hope Channel and other Adventist programmes.

[BUC news]
COMING EVENTS For a full listing of Coming Events please visit http://adventist.org.uk/events

Sabbath 7 February:
**A Matter of Conscience – Croydon church.** Join with worshippers at Croydon Seventh-day Adventist church for a special service that takes a look back at Adventist 'heroes' in WWI, with Pastor Victor Hulbert, BUC Communication and Media director. For more information and background to the subject visit the Adventist WWI website. Time: 11:15 - 13:15. Venue: Croydon Seventh-day Adventist church, 95 Selhurst Road, South Norwood, London SE25 6LH.

**Sharing Jesus Online.** A special Youth focused meeting with BUC Communication and Media director, Pastor Victor Hulbert. Time: 17:00 - 18:30. Venue: Croydon Seventh-day Adventist Church, 95 Selhurst Road, South Norwood, London SE25 6LH.

Saturday 7 February:
**Ilford Central SDA Presents: The London Adventist Chorale Fundraising Concert.** Entry Fee: £5 on the door (FREE for under 5 year olds). Kindly register your interest NOW on Eventbrite so we can keep track of the numbers attending. Go to www.eventbrite.co.uk then search ‘Chorale’, make sure the area is ‘Ilford’ in the search engine. Time: 7 pm (Doors open: 6:30 pm). For enquiries, please call: 0778 002 0706. Address: Ilford Central SDA Church, 14-16 Coventry Road, Ilford IG1 4QR.

Tuesday 10 February:
**Sabbath, Time and Faithfulness – Newbold Diversity Lecture.** Lecturer: Revd.Professor John Swinton – a minister in the Church of Scotland and Professor in Practical Theology and Pastoral Care in the School of Divinity, Religious Studies and Philosophy at the University of Aberdeen. Time: 19:30 - 21:00. Venue: The Smith Centre, Newbold College, St Marks Rd, Binfield RG42 4AN.

Wednesday 11 - Sunday 15 February:
**The God Chasers.** Worship Conference hosted by well-known pastor and motivational speaker, Pastor Fredrick Russell. The four-day event is organised by the SEC Music department and the Balham Adventist church, and culminates with an all-day Leadership Summit. For further information, please contact Mike Johnson on 07908 203 791. Venue: Balham Seventh-day Adventist Church, 83 Elmfield Road, London SW17 8AD.

Friday 13 - Sunday 15 February:
**Singing on the Mountain – Irish Mission.** Come and join us for a weekend of singing and praising God in the beautiful Vale of Ovoca, Co Wicklow. Let's join together in one big choir and celebrate the gift of music. Download full information and booking details in PDF Format.

Sunday 15 February:
**Root for Rory Aerobathon.** The Youth hall at Croydon Adventist church will transform into a gym for this fun but important fundraising event, along with stalls selling food, crafts and natural beauty and well-being products. All proceeds from the day will support the 'Root for Rory' campaign. Time: 08:00 - 16:00. Venue: Croydon Seventh-day Adventist Church, 95 Selhurst Road, South Norwood, London SE25 6LH.

**4th London Adventist Credit Union Careers Fair.** Meet and speak to professionals in the medical, engineering, financial, science, IT, craft/design and legal sectors, amongst others. Time: 11:00 - 15:00. Check link for further details. Venue: Brixton SDA Church, Santley Street, London SW4 7QG.
Friday 20 - Sunday 22 February:
Calling Men to Pray – Coventry Men's Prayer retreat. Presenters: Dr Michael Hamilton and Pastor Lloyd Lambert. Cost: £144 (£50 deposit to secure your place). For further information contact Pastor Lambert on 07855 989 140 or email: callingmentopray@gmail.com. Venue: Luther King House, Brighton Grove, Manchester M14 5JG.

Thursday 26 February - Sunday 1 March:
SEC GAiN/Academy. GAiN/Academy is a SEC Communication and Media training conference. GAiN/Academy is open to all those interested in using communication and media tools in local church settings. It includes a mix of technology and communication presentations by professionals in various fields. To register, and for more information, please visit: sec.adventist.org.uk/gain.

Two future events that you need to book for now:

2-6 April. BUC Youth Congress: Tickets on sale now! The last congress took place in Telford 4 years ago and tickets sold out. Don't miss out this time – buy your ticket today! Accommodation, meals, seminars, worships and socialising taking place on the same campus in Chalfont St Giles, Buckinghamshire. Only £140, all inclusive price. Book online now for this Easter Conference for Senior Youth (18+).

7-10 May. The TED Master Guide Camp in Slovenia.

SMALL ADS

EXHIBITORS AT BUC YOUTH CONGRESS: The BUC Youth Congress, 2-6 April, will be welcoming young adults aged 18-30 through the doors in their hundreds and we would welcome applications for exhibitors. If you have a product/service or ministry which is in keeping with the Adventist Church ethos and teachings, you are welcome to apply for an exhibition spot at the congress. For full details, please visit our information page.

JOB VACANCIES: Newbold College of Higher Education seeks to appoint a full-time Lecturer in Old Testament and a full-time Lecturer in Systematic Theology within its Department of Theological Studies. Closing date: 27 February 2015. Volunteer Deans needed for Stanborough Boarding School to commence 1 August 2015. Deadline for applications: 27 February 2015. For full details of these and other job opportunities with the Church, visit the job vacancies page on the Adventist Church website.

BUC News is a weekly news bulletin produced by the Communication Department of the British Union Conference of Seventh-day Adventists. Items for inclusion should be sent to bucnews@adventist.org.uk and need to be received by 6.00 pm on Wednesday. Coming Events should be submitted via the on-line form at: http://adventist.org.uk/events. The editor reserves the right to modify articles received to make them suitable for inclusion. The views expressed in this bulletin do not necessarily reflect the views of the Seventh-day Adventist Church, though we
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