The clanking of chains, the sound of voices, the cracking of whips, the cries of the distressed could be heard from the creaking bowels of ships sailing from Africa to the Americas with their human cargo on board. Slavery was alive and well.

But two men, determined to make a difference, determined to put an end to this blight on humanity, stood tall; William Wilberforce and Thomas Clarkson ... make a difference in the lives of people all around us by alleviating poverty today and setting millions of people free.

The Adventist Development and Relief Agency (ADRA) is the humanitarian arm of the Church with which you and I can partner in helping to make a difference. Our ... 15 April in the UK and until the 22 April in the Greater London area. The theme for this year’s ADRA-UK annual appeal is Make a difference!

The money raised during this appeal will help to:

- Provide new water boreholes for Yogo (Yoko District)
- Promote girls’ education in South Sudan
- Improve drinking water in Mali (Kolokani)
- Build a primary school in Sudan (Yei)
- Support women’s rights in Peru (Ayacucho)
- Train rice farmers in Madagascar (Fandriana)
- Teach adults to read and write in Papua New Guinea
- Help people with special needs in the UK
- Provide start-up grants for community projects in the UK
- Bring children back to school in Peru (Lima)

Last year the total raised for the UK was over £500,000. This year we aim to raise £1 million. I would like to encourage each one of you to collect or donate a minimum of £100. £100 from each person will help to raise £1 million for the ADRA-UK appeal 2007. This is our challenge: Together we can make a difference like William Wilberforce and Thomas Clarkson who helped bring an end to transatlantic slavery. Together we can alleviate poverty... Yes, we can!

Oliver is eight years old. When asked by his parents what he would like for his birthday, he responded that he did not need anything. After researching various causes on the ADRA website, he decided to ask all his playmates to make a donation to ADRA instead of bringing him a present. As a result, Oliver, a pupil at Dudley House School in Grantham, presented a cheque for £100 to ADRA-UK during morning assembly. The cheque was received by former ADRA-UK director, Pastor Doug Sinclair and the money will aid education projects in Sudan. Oliver now proudly wears an ADRA wristband in recognition of his donation.

Oliver stated that he wishes every child in the world to receive an education. He wanted to raise money to make a difference to another child’s life. Jenny Johnson, head teacher at his school, stated that she is very proud of Oliver. I am very encouraged that pupils at our school are making such mature, sacrificing choices at such a young age. Dudley House is a Seventh-day Adventist school attached to the Grantham church.

Bert Smit, director for ADRA-UK, told Messenger, “This letter was a lovely surprise to all of us at ADRA-UK. It touched our hearts to read how Oliver decided that his birthday could help other children get a better education. What a good start to the spirit of our Annual Appeal! I hope his example will have many followers!”

A new DVD, ‘Make A Difference’, promoting the Annual Appeal has been available since the beginning of March and will be sent directly to Ingathering Agents in the churches. The DVD features a special message from Pastor Don McFarlane, BUC president, and will present some of the projects that will benefit from this year’s Appeal.
LONGEVITY (part 2) Longevity factors

In 1958 Jeanne Calment died aged 122 – the oldest recorded age of death on record. She owed it all to a healthy lifestyle and to the ability to keep smiling as long as she could. On 24 January 2007 the Herald Tribune reported Emma Gough-Turner as the world’s oldest known person at the age of 114. Born in 1893 to former slaves, Tillman, one of twenty-three children, credits her longevity to God and a non-smoking, non-drinking lifestyle. She made without glasses and relativity wears a hearing aid! So, what impacts longevity?

Genes Longevity tends to run in families. Tillman (above) had a brother who lived to 108, one sister lived to 105 and another lived to 102.

However a study by Wilcox titled: "The power of genetic factors. In our work we’ve found that lifestyle accounts for about two-thirds of the life expectancy, only one-third is due to genetics.

Be hopeful!

Lifestyle Research on super-centenarians from Lena Linda pointed out that the Adventist lifestyle brought longevity (The Independent On Sunday, 7 January 2007).

- Maintain basic health principles
- Avoid the 7-5-0 diet – salt, sugar, snuff, smoking, sedentary lifestyle, smoking

Diet Reporting on The China Study Dr Colin Campbell found: “People who ate the most animal-based foods got the most chronic disease . . . people who ate the most plant-based foods were the healthiest and tended to avoid chronic disease and lived longer.”

- Opt for a plant-based diet

Rest/relaxation Research suggests that workaholics are more likely to be depressed, anxious, angry, have more health complaints and shorter lifespan than their non-workaholic counterparts. The chronic stress of constant work can lead to significant physical and mental health problems, affecting life span.

- Schedule rest as a priority
- Go out to dinner

Social impact Numerous studies show that social contact improves health and promotes longer life. Researchers found that men and women who had a good childhood and happy marriages scored better on a measure of mental health problems.

- Nurture family relationships and friends
- Maintain physical and emotional intimacy in marriage
- Nurture pets
- Be social

Environment Country living with reduced pollutants was found to enhance longevity.

- Avoid exposure to fumes
- Move to the country!

Long life!

Marriage If you are not ‘the weak link’ you had to say who Thomasius was, could you do it? Or Apollinaris? Or Fabiola? Thomasius was a Christian who felt called by the Lord who restored sight to the blind, to open the first institution for the blind. And all of these it or more than seventeen hundred years before there was a National Health Service.

They were the leaves, these humble members of a despised minority. Christianity was the first religion to seek to transform life for the sick, the weak, the aged, the children and the broken people.

And so should you and I!

Theological rightness does not make disciples. And so should you and I!

Wilberforce was proud to stand in that tradition. As a despised minority. Christianity was the first religion to seek to transform life for the sick, the weak, the aged, the children and the broken people.

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“You cannot say “No” to God on anyone else’s behalf. Jesus wants us to reach ALL people for him.” Lee Gallaher.

RE:VIVE – ONE STORY (among many)

Two years ago a couple from re:live decided to have a Christmas party at their house so that they could meet and perhaps get to know some of the people in their neighborhood. They invited their friends, the people who went for it are still going for it.

Today re:vive is a growing community, transforming people’s lives – seven days a week. Sometimes after a long day at work you may not feel like going out to a small group, but when we commit ourselves to God’s hands he uses us like going out to a small group, but when we commit ourselves to our lives that crops up once every seven days, it is not just a comfort in your slippers as you read this, be warned: do not ask God “What can I do?” if you don’t want an answer. We asked and had, ‘Do you want an answer?’ We answered and had. Two years ago a core team of ten people stopped attending the SDA church in our town and started a new church.

The new church is called re:vive. A year after the group was started, one ‘normal’ Wednesday evening in October, having worshipped and studied together, the group bowed their heads for a time of ‘conversational’ prayer. The conversation went on and on and on. At the end of the prayer time the group just looked at one another. Then someone said, “Wow, what happened there?” Rapidly and without prompting, the group began to discuss how “God is doing things in us” and the Holy Spirit showed up and everything changed! We know, we were there.

In the early stages of re:vive’s inception we came up with a slogan: building community, transforming lives. I think that fits our approach to the gospel commission of Matthew 28.

So, I dare you to ask God, “What can I do?” and wait for his response. I promise you, he will blow your mind!

Lee Gallaher
Southall baptism

On Sabbath 20 January, Southall church was packed to capacity to share the joy in celebrating the baptism of two candidates, Reedsaw Jena and Leonna Stewart. The members said that it was a day high in Zion and felt that the worship service led by Pastor Picart, together with the wonderful music, lifted them up to heaven. Both Reedsaw and Leonna were presented with a red carnation and a gift package.

The Green Regime

It was like honey dripping from a honeycomb onto a sponge that was completely dry. This is one way to describe the Manchester South Health Ministries weekend which was organized by the team leader, Bavardi Lekolori.

The weekend’s programmes were taken by the Health and Happiness team who work in conjunction with HerbalVine Ministries. Together they are a dedicated team teaching how to develop ultimate healthy living so we can live to our optimum level as God intended. The programmes started with a presentation by Garrison Bryan in divine service. He mentioned the importance of not eating meat here and now, as no one will be killing any animals in heaven to satisfy their cravings.

The afternoon programme consisted of another presentation by Gary Harrison who took us through certain items and foods in our kitchens. During the presentation, the listeners were informed of the hazards and dangers of which to be aware. Gary also introduced us to the ‘Green Regime’ and the ideal diet to follow for the best health.

Sunday was a continuation of the programmes when health checks for blood sugar, blood pressure, weight and consultations were carried out.

HACKNEY’S CHILDREN

The youth took centre stage on Hackney’s Children’s Day.

Stephanie Charles preached a sermon on love. She asked the church if giving a Valentine’s card to someone expressed love. The response was an emphatic ‘No!’ from the congregation. Stephanie, aged 10, based her sermon on the love Scripture found in 1 Corinthians 13:1-7. Paul wrote a love letter to the church at Corinth reminding them and now us of what ‘true love’ for God and each other is. True love is without conditions. In other words, we should love one another as God loves us.’ Stephanie was joined by Dea-Micha Ryan Walthe who preached a sermon on praise. The task of preaching rather overwhelmed the 7-year-old. However, with support from her mother, Dea-Micha was able to preach to the end.

Led by Deborah Burton, the children’s choir blessed the church with many songs including ‘I’ve Found a Friend’ and ‘There is Joy in the Lord’.

HACKNEY’S CHILDREN - SUNDAY, 15 APRIL 2007

The children also gave an entertaining and dynamic dramatic performance of the Bible story of Daniel in the Lions’ Den, dressed in appropriate costume as king, prophet, servants and lions, which proved exciting and entertaining for the older young people who looked on.

HACKNEY’S CHILDREN:

Hackney’s children were encouraged by three wives – Moyra, Gill and Ruth who drove the men to their starting point each day, and then motored to the next cove to join the weary walkers for drinks three or four times each day and the occasional Cornish cream tea!

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 hackney’s children

Peter David Neal, Irish Mission president, led worship on the first day with a talk entitled ‘Be careful what you hear, speak and see’. He cited modern-day examples of traps that can easily fall into and, in doing so, betrays our faith. On the second day, Scottish Mission president, Llew Edwards, showed a short inspirational video illustrating the importance of being the best we can be.

As is usual at such gatherings, much time between sessions was spent enjoying the making and renewal of friendships and exchanging views and ideas.
Newbold College is seeking a Headteacher for Grianach House School, Galway, Ireland. The school is an independent Christian school owned by the Emerald Foundation (USA) and administered by the Irish Mission of the Seventh-day Adventist Church. Located in the picturesque city of Galway, on the west coast of Ireland, the school currently has an enrolment of 32 pupils aged between 5-11. The successful candidate will:

- Provide leadership in the residential department of the College
- Along with the Head of Music Services, lead a small team of colleagues
- Perform a range of administrative duties

Further details may be obtained from the College website www.newbold.ac.uk. Salary will be according to the administrative scale.

A letter of application together with a current CV and the addresses of two referees should be sent to the Principal by 30 March 2007.

Dr David Penner, Principal
Newbold College
2r Marsh Rd, Binfield, Bracknell, Berks, England RG42 4ANTel: +44 (0)1344 407 401Fax: +44 (0)1344 407 404Email: dpenner@newbold.ac.uk

Newbold College Humanities Department ‘Day School’

Sunday 19 March, 2.00pm-Sunset
National Hall
The Lord of the Rings and Christianity

Dr Garry Gibbs, from the School of Divinity at Salford University, Manchester will talk about J.R.R. Tolkien and C.S. Lewis. Fee for the day: £25; concessions £15. Limited number of places. For registration or an informal enquiry, contact: Dr Rod Rosenquist, Tel: 01344-407 472 Email: rodrrosenquist@newbold.ac.uk

New address for Edmonton Central

Edmonton Central SDA Church
300 Fore Street
Edmonton
London N9 OBP

NEC LETS Training Workshop for Lay People

(Progamme A)

Date: 15-19 August
Venue: Newbold College, Orlando, United States

Guest Speaker: Barry SAll, from the Trans-European Division of the General Conference, and writer of Chronicles of Narnia: The Lord of the Rings: Christianity, Popular Culture and Mythology.

For registration or an informal enquiry, contact: Dr Rod Rosenquist, Tel: 01344-407 472 Email: rodrrosenquist@newbold.ac.uk

Newbold Awards Ceremony

The speaker at the Newbold Awards Ceremony on 8 July will be James Standen, Director of Legislative Affairs at the World Headquarters of the Seventh-day Adventist Church.

Why Awards Ceremony? not ‘Graduation’? And why July and not May or June?

To find out more go to www.newbold.ac.uk

Area 8 Grand Day of Fellowship

Sabbath 5 May, 10am-5pm

Guest speaker: Dr Jan Paulsen, president of the General Conference

Accompanied by Dr Bardi Wjander, president of the Trans-European Division

Venue:

Christ Church (United Reformed/Baptist church), Tacket Street, Ipswich

Seat reservations:

Ticket entry only. These will be issued free of charge on a first come, first served basis. To apply, please send a stamped-addressed envelope with a request for the number of tickets you require and your phone number to: Pastor M. I. Walker, 14 Yarmouth Road, Ormesby St Margaret, Norfolk, NR10 5DQ.

Crowds expected. Avoid disappointment. Reserve now.

New website for lawyers

The General Conference of Seventh-day Adventists, the world headquarters of the Church, has launched a new website with the purpose of drawing together Adventist lawyers from around the world. It also has the secondary purpose of keeping church administration and legal minds up to date with relevant legal and developments in the law. At the moment the site is in its infancy, and the material is principally relevant to America, but it is hoped that this will broaden out to have a more universal appeal. Law students and practising lawyers are encouraged to visit www.adventistlawyer.com where they will have the opportunity to log on and register their interest.

London-based solicitor, Asha Rivers, told BUC News, ‘This is an excellent initiative and the site is interesting and potentially very informative. For the future, I would welcome particular emphasis on the effect of relevant legislation emanating from Europe.’ Ava Walters of K A Walters & Company agrees, adding: ‘The facility is likely to be used as a form of networking – not just between members of the legal fraternity, but also church members looking for an Adventist lawyer to represent them in dealing with their legal issues.’

‘Endless Love’ Marriage Enrichment Weekend

29-30 September

Call Pastor Cyril Sweeney on 0115 9603612 to reserve your place on this very popular weekend retreat in Derbyshire.

For registration or an informal enquiry, contact: Pastor E. Brooks, Tel: 0115 960 6312 Email: csweeney@necadventist.org.uk