‘Jesus is the Way, the Truth and the Life’

When Durham University wanted a proposer for the motion ‘Jesus Christ is the Way, the Truth and the Life’, they came to the British Union Conference of Seventh-day Adventists. Its president Pastor Don McFarlane took up the challenge. On Friday evening 27 April the debate took place. Present to report for Messenger was Pastor Peter Jeynes. ‘Don was like Paul on Mars Hill,’ says Peter, ‘but it was a wonderful witness for the Lord and for our Church.’

This issue believes that Jesus Christ is the Way, the Truth and the Life was the motion debated by Durham University’s Students Union.

It was loudly announced that the proposer was the president of the Seventh-day Adventist Church in the UK. Other proposers were Oxford philosopher Professor Richard Swinburne and Rt Revd Brian Smith, the Anglican Bishop of Edinburgh.

The opposers of the motion were hardly less well-known. There was Dr Stephen Law, author and scholar, Stuart Sim, another published philosopher, and Thomas Bull, a finalist in the world debating championships.

To be invited into the company of such luminaries is a symbol of acceptance and great good news – but to be asked to speak on such a subject suggests that someone, somewhere, has heard that Seventh-day Adventists know something about Jesus. It would appear that someone is beginning to hear our voice.

The debating hall, within sight and sound of the cathedral, was packed – not with theologians, philosophers and sundry academics, but with a large crowd of young people who... or ‘I’ve always been to church’, and ‘I was an atheist before I became a Christian.’ Solid and encouraging stuff.

The debate did not reveal any new approaches in how to persuade people that Jesus really is the Way, the Truth and the Life, nor did the opposition provide truly stunning arguments against our concept of God. What was important in the debate was revealed after the event.

Who won is not the issue. That the motion was lost proved that the opposers could shout the loudest. That the debate took place and that many students were involved and became involved is the victory. People heard some of the issues and put their brains to work. Victory!

After the debate Pastor McFarlane said that for him the aim was to make sure that the name of the Church was announced and held high. ‘It was a privilege,’ said Pastor McFarlane, ‘to put the case for Jesus – the Way, the Truth and the Life.’

For the full text of Pastor McFarlane’s speech see www.adventistinfo.org.uk/departments/president.php
ADRA appeal: 30% increase by Bert Smit, ADRA-UK director

Reports in from the Conferences and Ministries at the end of April indicate a 30% increase so far in the Ingathering total over the same period last year. As director for ADRA-UK, I would personally like to thank all those who participated in this year’s ADRA Annual Appeal. It was heart-warming to hear and read the reports from all over the British Isles about activities that have added to our yearly fund-raising effort. From car washes to sponsored walks to fund-raising concerts – all of it. We have made a great difference. I would also encourage you to remember the work of ADRA throughout the world. Contact your Ingathering agent to provide you with a special ‘home-run’ on Save the Children change at home.

Alternatively, you can make out a monthly standing order to ADRA. With Gift Aid added, every pound can make a real difference. If you would like a fun day out in Edinburgh, then the ‘Great Race’ will be held on Sunday 29 July at Crystal Palace.

It is well?

by Sharrin Pratt-McDonald BSc, RH, RV, MSc, Faith-Mindset director, BCC

IMMUNITY AND EXERCISE (part 3)

Little or no exercise encourages tau build-up, intense cell degeneration, and deposits which suppress the immune system. Exercise physiologists and researchers studying exercise and the immune system have suggested that moderate exercise appears both to protect and enhance immune function.

One study researched women who were put into either an exercise group or a control group. The exercise group walked briskly for 45 minutes, five days a week. These women experienced half as many colds as non-exercise group. The exercise group had a 50% reduction in colds.

Another study researched men and women who were put in a control group or an exercise group. Both groups took part in 30 minutes of brisk walking five days a week. The exercise group had a 60% reduction in colds.

The evidence is overwhelming that regular physical activity helps to maintain, recover, and restore cellular immune function. It is well to keep in mind that exercise can be just as important to immune function as diet and a healthy lifestyle.

Where vigorous exercises (in a standing position) are impossible or ill-advised, just sitting on a bouncer and rhythmically moving up and down is beneficial. This is an excellent exercise for older people or those rehabilitating after surgery or injury.

Advice:

Invest in a small trampoline or bouncer. Use for 15-20 minutes twice a day.

Cardiac, respiratory, and muscular performance are diminished during and for some time after even mild viral infections; avoid exercise when ill.

Exercise during a cold illness is fine if symptoms are above the neck-line – a stuffy nose, etc. However, if your bodily whole is affected by a systemic illness or the flu, symptoms with fever, extreme tiredness, muscle aches and swollen lymph glands don’t exercise. The College of Sports Medicine recommends waiting two to four weeks before training intensively.

Rebound exercise is an excellent immune booster. This aerobic ‘rebonding’ is a whole-body exercise, consisting of bouncing on a firm mini-trampoline, a bouncer or rebounder. The rhythmic bouncing activates the flow of the lymph glands. Tones move more effectively out of the cells into the lymph fluid and into the blood stream, for distribution. This rebounder exercise allows the white blood cells to defend the body against infection and foreign invaders, increasing immune function.

The fire brigade at around 10.20pm. While the children’s room was badly damaged, the bulk of the building remains intact and Pastor Michael Aimon hopes that the church can be reopened within eight weeks. The Micklefield church has a history of vandalism, including a recent arson attempt on the building, when a car was torched near the church. A genetic test does not dictate Micklefield members. Sunday morning saw them outside the church. Surveying the damage to their building, they joined hands and prayed for forgiveness, and a change of heart for those involved in the attack.

The Stanborough Press Ltd has a vacancy for an Administrative Secretary at its Grantham offices. Applications should be sent to Mr. D. C. Jerome, Managing Director, The Stanborough Press Ltd, Alma Park, Grantham, Lincolnshire, NG31 9SL. Tel: 01476 591700; Fax: 01476 577144.

Salary in accordance with denominational wage scale.

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When the disciples saw the man born blind, and believed, they asked his parents how it was that he had sinned and they adhered to the superstitions of folk religion by asking, ‘Who sinned, this man or his parents, that he was born blind?’ Jesus said, ‘Neither! They moved quickly to deny their superstition and, by implication, the whole Jewish system of rewards and damnation. Our reflex when tragedy strikes is to demand answers – answers that are often difficult to provide and even when we answer, they may not be easy to hear.

Jesus asked the disciples to think through their wrong questions. They were looking for someone to blame. Jesus implied that it was not their business to argue cause-effect. It was to allow God to work in the situation. In that situation, God’s work was to let in the light!

A Chicago lawyer, Spafford dedicated his life to the Presbyterian church which the elders of the church asked him to join his family in Europe once some business had been concluded in Chicago.

Mid-Atlantic, the sea three miles deep but calm, the SS Vibe de Havre sank after a collision with another vessel. The three Spafford girls drowned while the baby and the mother clung to the baby. Finally, the baby was swept from her grasp.

Ten years later Spafford arranged a European holiday for his wife and four daughters aged between 18 months and 12 years. Tickets were bought on the grand SS Atlantic. It was Spafford’s intention to join his family in Europe once some business had been concluded in Chicago.

The hurricane had struck the United States on 28 September and killed 263 people, wounded 1,200, and made 10,000 homeless. It was estimated that over the next five years over 200 people would die as a result.

As director for ADRA-UK, I would encourage you to remember the work of ADRA throughout the world. Contact your Ingathering agent to provide you with a special ‘home-run’ on Save the Children a monthly standing order to ADRA. With Gift Aid added, every pound can make a real difference. If you would like a fun day out in Edinburgh, then the ‘Great Race’ will be held on Sunday 29 July at Crystal Palace.

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The Great Scottish Walk: are you up for it?
by John Wilby, ADRA sponsor, Scottish Mission
If you were moved by the ADRA-UK Annual Appeal video, but couldn’t find time to door-to-door collect, then don’t despair, you can still do your bit. Maybe your church is organising a sale or some other fund-raising event. But if you really want to raise some serious cash, enhance your relationships with others and have a great day out, then ask yourself this question:
Would I like to take an enjoyable, leisurely six-or twelve-mile-walk, in the company of several thousand similarly inspired people, around one of the most beautiful and historic cities in the world and benefit my favourite charity?

If the answer is ‘Yes’ then this is how:
• Block-out Sunday 10 June in your diary.
• Get an entry form from your ADRA agent for the Edinburgh Great Scottish Walk, from www.adra.org.uk.
• Decide if you want to form a team (4-6 people) or enter as an individual.
• Send the entry form to the organisers with your entry fee(s).*
• As soon as you receive your sponsorship forms, start seeking sponsorship from your neighbours, friends, work colleagues or fellow students.
• When you have completed the walk collect the sponsorship money and send the sponsorship form and the total received by cheque to ADRA-UK.

* You can deduct the entry fee from the sponsorship money if you obtain £50 or more in received sponsorship.

(Entry fees: Adults £10. Under 18s, students & unemployed £8 – credit cards accepted.)

Middlesbrough is moving on
Sabbath 24 March was a very special day for the Middlesbrough church – and perhaps a unique day for Seventh-day Adventist churches in the British Union.
The members of the church had taken a decision to sell their building and move into rented accommodation. This was an unusual decision, but it had been taken in the light of major changes to the size of the congregation and the council’s imposition of a two-hour parking limit on the streets around the church. Add to that the pressing need to upgrade the facilities in the church to allow for easy access by the disabled, and to make the church a representative building again, and you saw the need for a move.

Baptism at Newbold Contemporary Service
On 3 March, Newbold church saw the beginning of the celebration of 100 years of the Adventist Church youth department. The young people led in a special baptismal service, the style was contemporary and the church was packed with youth and church members. As part of a series of sermons on the ten commandments Pastor Patrick Johnson preached on ‘You shall not steal’ and focused on how nothing should be able to steal our relationship with Christ.
Four young women walked into the baptismal pool and were baptised by Pastor Kirsten Brier-Lundqvist. In a church packed with over 500 people, Marju, Anja, Katha and Putri shared their testimonies. In particular, friends Putri and Katha shared low they, through friends at secondary school, had come to know Newbold church youth. Through discussion, both Katha and Putri had gone from atheism to accepting Jesus as their personal Saviour.

The president sang bass!
January 29 was a special day for Liverpool Kensington church as we were blessed by a visit from the BUC president, Dr Peter McFarlane. During the divine service, he exhorted the faithful with his sermon entitled, ‘Being a Servant’. In the afternoon, the church members were treated to a pleasant surprise when Pastor McFarlane joined the visiting King’s Sceptre Male Quartet from Birmingham in singing two beautiful songs in his deep bass voice. He later presented a PowerPoint presentation of ten ‘Hot Button’ issues he considered indispensable to the fulfilment of our mission as church in the BUC.

Casilda at 105
Mrs Smiley (Casilda, ‘Aunt C’) was born in Jamaica in 1902. She had fifteen children, six of whom are alive and well in 2007. She has been a Christian all her life and loves the Lord very much. She has been living in Dudley, West Midlands, since 1990 and at present she lives in a nursing home. Dr CasildaSmiley is a mother, a grandmother, a great-grandmother, and even a great-great-grandmother.
She is a woman who is loved and admired by all who are in her company, and she loves to express life through Jesus Christ. An inspiration to all, she has both knowledge and wisdom. Mrs Smiley is caring and compassionate, kind to all, and non-judgemental.
All of her descendants and friends would like to wish Mrs Casilda Smiley, Aunt C, hearty congratulations on reaching one hundred and five years on 2 April 2007.

Faces of Adventism
A Sabbath afternoon conversation in Newbold College’s Salsbury Hall climaxed a series of lectures by Dr Roy Branson, Professor of Ethics and Public Policy, and Director for the Centre for Law and Public Policy at Columbia Union College.
During the week, three lectures had identified three ‘Faces of Adventism personified by ‘dutiful rationalists’, ‘intrepid reformers’ and ‘passionate revolutionaries’. Dr Branson reminded the congregation in Newbold church that the Adventist church’s mission was ‘to be a people of Apocalypse, a people of visionary passion – Christ’s radiant presence in the world’. He encouraged members to shape their lives in a prophetic vision of the ‘holiness of beauty’.

In the Sabbath afternoon conversation, Dr Branson was joined by other ‘Adventist-watchers’ and academics for a conversation led by Newbold’s Vice Principal, Dr Ben Carson. The preacher for the day was George Pown, a former elder of the church and to many ‘Uncle George’. The church was built by Adventist builders on the site of two derelict houses which had been bombed in World War II.
There were tears – even from some of the men. There was an air of sadness for older members – and not a few of the younger members as well. However, for many it was a case of recognising God’s leading in the move as the sale of the church realised more than double the valuation offered.

The Middlesbrough church will be moving on to worship and minister in a nearby Anglican church whose leadership have bent over backwards to make us welcome. We have full access to their premises (we have our own keys) for the whole of Sabbath.

Inspired by Ben Carson
by Patrick McKerrow
Dr Carson, director of paediatric neurosurgery at the Johns Hopkins Medical Institution, is living proof that perseverance, prayer, and self-respect, combined with a devotion to knowledge, can overcome any obstacles in one’s way.
The internationally-renowned neurosurgeon, who first came to world attention in 1987 when he separated the conjoined Bindi twins who were joined at the head and shared part of the brain, is author of three books – The Big Picture: Reimagining Race and Reaching Hands. He is also an inspiration to many young people.
One of these is Sam Kebete, the eldest son of Enioh and Irene Kebete, both members of Bethel church in Middlesbrough. Born in Lusaka, Zambia, on 23 April 1982, and a fifth generation Adventist on his paternal side, Sam was attracted to medicine by reading Graced Hands by Dr Ben Carson. The book, given to him by his father Enioh, senior elder of Bethel, moved him to consider becoming a surgeon. He later presented a PowerPoint presentation of ten ‘Hot Button’ issues he considered indispensable to the fulfilment of our mission as church in the BUC.

Mr Menken’s, we miss you!
After 55+ years, Mr Terry Menken hung up his D&T lab coat, and laid down his Maths and Geography chalk. Clearly displaying excellence in all three subjects he taught, Stanborough School was truly blessed with having not only a skillful teacher, but also a loving friend.

From the day he arrived to the day he left, Mr Menken became synonymous with many things: virtuoso at the piano, expert in geography, mathematical genius, specialist in woodworking, loving husband, brilliant dad, and helpful friend. Mr Menken was the prime example of what Stanborough School wishes to offer to its students.

We remember Mr Menken as a man who encouraged his students to be creative and as one who willingly took part in charity events, helping little children throw wet sponges in his face for a good cause. We remember Mr Menken as a man who upheld values such as respect, honesty, confidence and integrity and brought them to our young leaders of tomorrow.

Mr Menken, we miss you and we wish you the best in your retirement.

Editor: Mr Menken began teaching at Stanborough School in January 1964. After that, apart from the January 1986-7 when he taught in the US and Australia, he taught at Stanborough Park for his entire teaching career. Terry retired recently and lives in Watford. He continues to be passionate about D&T, Maths and Geography.

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PETER McFARLANE

NEWBOLD CHURCH
PASTOR KIRSTEN ØSTER-LUNDQVIST,
www.newbold.ac.uk
A full report and photographs of the event can be seen on the Newbold College website, www.new

budd.ac.uk.

VICAR PERSEC: NERIBO PRO

Dr Ben Carson, an inspiration to the young

Although Dr Ben Carson is best known for his surgical skills and his memoir, he is also an inspiration to young people.

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There is a need for dedicated Adventists in the last days. God’s house is full, but the fields are empty. He asked his people ‘to go and make disciples of all nations … teaching them to observe all things that I have commanded you’ (Matthew 28:19-20). Members of His church who are not doing this are ‘spoil’, and God ‘will pluck out of it every stone that is绊脚的, and cast it into the sea’ (Matthew 24:31).
GOOD HEALTH ASSOCIATION LIMITED
Notice is hereby given that the hundred and fourth Annual General Meeting of the Good Health Association Limited will be held on Thursday 7 June 2007 at 2.30pm in the Board Room of the British Union Conference of Seventh-day Adventists, Stanborough Park, Herts.
In the Board of Directors
M. Hayles (Secretary)
SEVENTH-DAY ADVENTIST ASSOCIATION LIMITED
Notice is hereby given that the hundred and second Annual General Meeting of the Seventh-day Adventist Association Limited will be held on Thursday 7 June 2007 at 2.20pm in the Board Room of the British Union Conference of Seventh-day Adventists, Stanborough Park, Herts.
In the Board of Directors
D. Cleary (Secretary)
GOOD HEALTH ASSOCIATION (SCOTLAND) LIMITED
Notice is hereby given that the fortieth Annual General Meeting of the Good Health Association (Scotland) Limited will be held on Thursday 7 June 2007 at 2.35pm in the Board Room of the British Union Conference of Seventh-day Adventists, Stanborough Park, Herts.
In the Board of Directors
M. Hayles (Secretary)
ADRA-UK
Notice is hereby given that the ninth Annual General Meeting of ADRA-UK will be held on Thursday 7 June 2007 at 2.45pm in the Board Room of the British Union Conference of Seventh-day Adventists, Stanborough Park, Herts.
In the Board of Directors
B. Smit (Secretary)
THE STANBOROUGH PRESS LIMITED
Notice is hereby given that the hundred and thirteenth Annual General Meeting of the Stanborough Press Limited will be held on Thursday 7 June 2007 at 3pm in the Board Room of the British Union Conference of Seventh-day Adventists, Stanborough Park, Herts.
In the Board of Directors
P. Hammond (Secretary)