On 1 February 2008 ADRA-UK began a two-year food security project in Zambia. The project, which is supported by a €539,181 grant from the European Commission, will be implemented by ADRA Zambia in the Senanga District in the Western province of the country. The main objective of the project is to reduce poverty for vulnerable people by improving food security for 1,000 farming households.

Senanga is an extremely impoverished area of the country. “We developed this project because this part of the country has faced problems for the past few years – droughts or floods, even as we speak, destroying people’s livelihood bases,” says ADRA Zambia country director, John Kunda. This has resulted in some of the highest malnutrition rates among children under 5 in the whole of Africa. Families in the project region regularly produce less than half the amount of food they need each year. Coping with the hunger period once the food runs out includes skipping meals and reducing nutritional intake, removing children from school and sending them to work, and marrying off daughters at a young age so as to reduce the household demand for food.

ADRA aims to reduce these food shortages and safeguard the households’ nutritional status. To achieve this, staff will train the households in improved farming techniques.

The slogan for this year’s ingathering campaign is ‘Give Opportunities’. Our goal is that working together we can end world poverty.

We should not underestimate the potential of people to help themselves when faced with difficult situations. ADRA aims to give people positive opportunities so that they can escape the cycle of poverty. We can give sufficiency. We can give hope.

With your help ADRA gives opportunities to people around the world including food security, better health and education. Help us in 2008 to continue to give opportunities.

What do you give?
are twice as likely to develop Alzheimer's disease. Damages brain cells directly, and even pre-diabetes. Several new research studies indicate that diabetes, brain. This can eventually lead to these vessels closing off completely. When this occurs, the brain tissue fed by the blood vessel dies, causing a stroke.

Brain Health Series

Part three

Chronic Illness Impact
This issue examines the impact of two long-term conditions on brain function.

Diabetes
Globally damages the small blood vessels in the brain. This can eventually lead to these vessels closing off completely. When this occurs, the brain tissue fed by the blood vessel dies, causing a stroke.

Caution: The higher the blood sugar levels, the more you harm your brain.

Advice:
• Avoid refined carbohydrates
• Exercise and lead a more active lifestyle
• Avoid saturated fats.

Hypertension
Very high pressure can cause a break in a weakened blood vessel, which then bleeds into the brain. This can cause a stroke.

A long-term study of 1,500 adults found that people with high cholesterol and high blood pressure had six times the risk of dementia.

Dr. Orleene Chang's article of 28 November 2007 (Chicago) reviewed research reports on hypertension impact on the brain. She identified that high blood pressure reduces blood flow to the area of the brain that controls memory and learning. Research has shown the risk of Alzheimer's disease.

Advice:
• Monitor and control blood pressure
• Reduce salt and saturated fats
• Increase physical activity.

Good health!
Transcendence in time
by Clifford Goldstein

More than twenty-six years after I was first shown Daniel 2, the prophecy remains for me what I believe it was always meant to be: powerful, rational, and true. I have studied the king’s dream and the angular numbers, and the angel’s interpretation, and the logical possibility that Persia, Medes, Babylon, and Greece could be represented by the four parts of one image#

Messenger

Roy Chisholm, Bedford Central

Conference treasurer and keeps a faithful account of all transactions. She is very confidential and actively urges members... Gift Aid programme. Ruth is a living testimony of the transformation and joy that the Gospel of Christ brings to the soul. Ruth is still the church’s elected... a senior citizen, although she has mastered the art of time management. You can guarantee that she will be first at every...®

Ruth Sam

Ruth Sam is a loyal and devoted servant of the Lord Jesus Christ and a long-standing member of the Bedford Central church. It would be difficult to find a more committed Christian, with an eye single to the glory of God. If you listened to Ruth speak of God’s goodness, you would readily come to the conclusion that she has never had a trial in her life. Ruth well understands the theory of spiritual care and... her community.

Ruth has mastered the art of time management. You can guarantee that she will be first at every duly called service or meeting of the church or any other activity that she deems important. She is the star gatherer in the Bedford Central church. She is in regular contact with the people of Bedford through the... and so even if an individual does not come from a long line of centenarians they could still make

BBC’s Horizon features Adventist longevity
by Sharon Platt-McDonald, Health Ministries director, BUC

On Tuesday 19 February, BBC’s 2 Horizon documentary revealed findings from a three-year research study by scientists Drs Bradley and Craig Willics (brothers) who observed three communities... that she had passed away some four weeks earlier. Ruth was highly commended for her interest in her community.

Ruth is still the church’s elected Conference treasurer and has a faithful account of all transactions. She is very confidential and actively urges members to... present in the events in the past and future are as real as events in the present. Does this mean that an observer ten billion light-years away would be moving in a plane that makes his ‘now-list’ 100 years in our past, can we get to the Earth to see this? That is possible, but according to relatively nothing can exceed the speed of light. So even if he were able to travel that fast, by the time he reached Earth, ten billion years would have elapsed since the events he had wanted to change would have, from his perspective, be long gone.

Deadlines

The report advocated the benefits of a ‘rainbow diet’, one high in antioxidants which protect against cell damage. These are the rich, colourful foods like orange, deep yellow, red and green fruits and vegetables which are key to enhancing health as we age. Ruth has an interest in her community.

Ruth St Germaine

Ruth St Germaine is a living testimony of the transformation and joy that the Gospel of Christ brings to the soul.
Newbold College Choir UK tour
March 13-23 2008

For the first time in fifteen years, the Newbold College Choir has chosen the UK as the location for its 2008 Spring tour. During their vacation, the choir of student singers, under the direction of Dr Sandra Rigby-Barrett, will present performances of their Easter musical, For the first time in fifteen years, the Newbold College Choir has chosen the UK as the location for its 2008 Spring tour. During their vacation, the choir of student singers, under the direction of Dr Sandra Rigby-Barrett, will present performances of their Easter musical, For the first time in fifteen years, the Newbold College Choir has chosen the UK as the location for its 2008 Spring tour. During their vacation, the choir of student singers, under the direction of Dr Sandra Rigby-Barrett, will present performances of their Easter musical, For the first time in fifteen years, the Newbold College Choir has chosen the UK as the location for its 2008 Spring tour. During their vacation, the choir of student singers, under the direction of Dr Sandra Rigby-Barrett, will present performances of their Easter musical, For the first time in fifteen years, the Newbold College Choir has chosen the UK as the location for its 2008 Spring tour. During their vacation, the choir of student singers, under the direction of Dr Sandra Rigby-Barrett, will present performances of their Easter musical, For the first time in fifteen years, the Newbold College Choir has chosen the UK as the location for its 2008 Spring tour. During their vacation, the choir of student singers, under the direction of Dr Sandra Rigby-Barrett, will present performances of their Easter musical, For the first time in fifteen years, the Newbold College Choir has chosen the UK as the location for its 2008 Spring tour. During their vacation, the choir of student singers, under the direction of Dr Sandra Rigby-Barrett, will present performances of their Easter musical, For the first time in fifteen years, the Newbold College Choir has chosen the UK as the location for its 2008 Spring tour. During their vacation, the choir of student singers, under the direction of Dr Sandra Rigby-Barrett, will present performances of their Easter musical, For the first time in fifteen years, the Newbold College Choir has chosen the UK as the location for its 2008 Spring tour. During their vacation, the choir of student singers, under the direction of Dr Sandra Rigby-Barrett, will present performances of their Easter musical, For the first time in fifteen years, the Newbold College Choir has chosen the UK as the location for its 2008 Spring tour. During their vacation, the choir of student singers, under the direction of Dr Sandra Rigby-Barrett, will present performances of their Easter musical, For the first time in fifteen years, the Newbold College Choir has chosen the UK as the location for its 2008 Spring tour. During their vacation, the choir of student singers, under the direction of Dr Sandra Rigby-Barrett, will present performances of their Easter musical,
This was the theme of the 8th Southeast Asia Union International Pathfinder Camporee held in Thailand in December 2007, where 37 countries representing every continent of the world participated in the biggest camporee in history. Bournville in Thailand were proud to represent the North England Conference along with four Master Guides from South England Conference.

The opening ceremony was an auspicious occasion with over 1,000 Pathfinders and Master Guides in full uniform, all marching under their country’s flag, standing in temperatures which soared to over 40°C. An excellent drill display was performed by the Adventist University of the Philippines which ended a fantastic and memorable ceremony.

Day two marked the beginning of skills classes. Thirty-nine classes were on offer for all to enjoy, including fire-lighting (without matches), sompotong, sign language, textile painting and many others. The highlight of each evening was the campfire performances where young people from all countries showed the delights of their homeland through music and dance. Glad in traditional dress, each performance had a story to tell of the life and customs of the people.

The final day saw a militant and organised investiture service. During the ceremony Bournville were proud to witness the investiture of five club members as PLaAs and one Junior Counsellor invested as a Master Guide. The service was attended by the Thailand Chief of Police who encouraged the newly invested to keep on the path of courage and morality. A hike of around five miles to the Waterfalls in order to witness the baptism of fifteen Pathfinders followed. Lunch by the cool waters was the order of the day and the baptismal service was very moving. On return to the campsite, each country sold goods in their own booths to raise money for the bamboo schools. This was called ‘Market Day’ and UK representatives sold traditional English wares including models of a London bus, Big Ben, postcards, pictures and badges of the Queen. A total amount of 6,000 bahts was raised which included a donation from the NEC. The last night was particularly special with the release of 152 komlokies into the night sky. Beautiful balloons made of rice paper went into the air by way of heat provided by a lit candle, in order to raise money again for the bamboo schools of Thailand. These are schools made entirely out of bamboo for underprivileged Thai children. Each conference or club represented bought a komloey for 100 bahts (approx £2) as their own donation to the bamboo school.

Thailand is a wonderful country, and the experience of a lifetime was had by all. Friends from different parts of the world were made, new skills and languages were learnt, and lives were brought closer to Christ by way of baptism. We now wait in anticipation for the 9th Southeast Asia Pathfinder Camporee in Malaysia in 2011.

If any young person reading this article is thinking of joining their Pathfinder club, three words come to mind. IT IS TIME!
Newbold principal announces resignation

Dr David Penner announced his resignation on 6 February after completing a six-year contract as principal of Newbold College. He submitted his resignation at this stage in the year in order to facilitate the College’s search for a successor and he will continue to serve until the summer. The principal’s decision was announced to the Newbold Staff Forum on 6 February by the Chair of the Board of Governors, Dr Bertil Wikander.

Dr Penner said: ‘There is never a perfect time for administrative change but this seems the most plausible moment. Good things are happening at Newbold. New programmes are being developed and the excellence in theology teaching for which the College has a long tradition is drawing ever-increasing numbers of students. We have resolved some of the funding issues and the finances are on a better footing. The search committee will have time to do its work before the next academic year. I am honoured to have been principal of the College. I have enjoyed the years here with family, friends and colleagues. Working together with the staff and students at the College has been a rewarding experience.’

Dr Wikander said: Dr Penner has served the College faithfully and well during a challenging period in its history. Many changes in our world are affecting the College, especially in its student recruitment. With love and a particular eye for the humanist and aesthetic aspects of college operations, Dr Penner has provided vision and care for the College. His keen historical insights and his connections in North America, as well as his splendid abilities as a teacher and great expertise in leadership training, have been particularly valuable. I have personally appreciated working with David in a close and warm relationship. I wish him and his wife rich blessings in the future.’

A search committee chaired by Dr Wikander will begin its work immediately and aims to appoint a new principal within three months. The committee will consist of one representative of the Newbold staff and four members of the College Board: Dr Wikander; Dr Daniel Ducla, Education director for the Trans European Division of Seventh-Day Adventists (TED); Pastor Raafat Kamal, TED Field General Secretary; and Pastor Don McFarlane, president of the British Union of Seventh-day Adventists. The Newbold staff representative will be the bursar, Ms Berit Lisle.

Dr Wikander appealed to those who care about the future of Newbold to contact the committee with suggestions. He said: ‘As we seek a successor, our search committee will be glad to hear from those who would like their names to be considered and from others who would like to suggest names for our consideration. Newbold’s principal makes a significant contribution to the work and leadership of the Church in Europe, and we want to make a thorough survey of the possibilities.

Please feel free to email or phone me or Dr Daniel Ducla with your suggestions.’

dtwikipedia@ted-adventist.org and bwl@wikander@ted-adventist.org

Mother’s Day project at Newbold

Newbold staff, students and alumni have created a new scheme which will benefit Ethiopian mothers and their children and at the same time offer valuable mission experience to Newbold Gap Year students.

In 2005, Newbold began to offer its new Gap Year programme under the direction of Pastor Henrik Jorgensen, head of Student Services. The Gap Year offers volunteers three months’ training followed by an assignment for a not-for-profit organisation.

One of the organisations which has given placements to students is the Tropical Health Alliance Foundation (THAF) – an American charity founded by Newbold alumnus, Dr Larry Thomas, an Emergency Medicine specialist with training in tropical Medicine. The Foundation’s mission is to provide funding for primary medical care, maternity services and health education. It sponsors healthcare workers and support staff in organisations that treat women who have trouble in pregnancy and childbirth, and also those who care for their surviving children. This year, THAF is sponsoring two Newbold students, Esther Nok and Daniel Duda, to teach orphans in a school called ‘The Learning Village’ just outside Addis Ababa.

In November 2007, Dr Larry Thomas, Pastor Henrik Jorgensen and Mrs Josee-Marie Penner, Newbold’s Admissions officer, visited some of the projects funded by THAF in Ethiopia and discovered that in the area of Gombe, one in seven female deaths is caused by needless complications in pregnancy or childbirth. As a mother and grandmother myself,’ says Mrs Penner, ‘I could not help thinking about my own daughters and grandchildren and how much joy they bring to our family. In contrast, so few Ethiopian mothers and babies will have the privilege of knowing each other.’

Now a new project to benefit both Ethiopian mothers and Newbold students has been launched at the College in time for Mother’s Day. Newbold staff and students are raising funds for Ethiopian mothers and children. THAF will continue to offer placements and sponsorships for Newbold Gap Year students to work as support staff in various learning and healthcare institutions.

The Mothers’ Day Card Project seeks donations of £15 (or £30 or £45 or £60, etc.). For each gift of £15, donors will be sent a Mother’s Day card to send to their own mother or mother-figure, outlining the work of the Foundation but also giving room for a personal note from the sender.

‘We are offering friends of Newbold the opportunity to give a Mother’s Day gift that will reach around the globe to help struggling mothers and their children in Ethiopia and also give young people the chance to make a difference early in their careers. It’s a winning combination,’ says Newbold’s principal, Dr David Penner.

Contributors should send donations to: Tropical Health Alliance Foundation, F.A.O. Josee-Marie Penner, Newbold College, Bracknell, Berks, RG42 4AN.

Contact: jpenner@newbold.ac.uk or dduda@ted-adventist.org

Wednesdays: Bittersweet farewell

The Turks and Caicos Islands Mission of Seventh-day Adventists will soon be reaping the benefits of leadership from a much-loved pastor and his family.

Pastor Richard Jackson left England on 6 February for the Turks and Caicos Islands and this was a bittersweet occasion for the members of the Wolverhampton churches which, with the surrounding churches, he has pastored for the last seven years.

On 26 January a farewell service was held at the Wednesfield church for Pastor Jackson and his family. With the building full to capacity, humourous but very emotitional presentations were made by church members and friends.

There were tears all round as members bid farewell to this well-loved family.

Pastor Jackson began his ministry in Wolverhampton on 1 September 2001 and, in the words of Pastor Fray, was ‘Everything to everybody’. This sentiment was echoed in the tearful presentations, heart-rending songs and the caricatures of one side presentation. Angela Jackson was also commended for her work and support and we were reminded that whenever Pastor Jackson was unable to reach a member, Angela would make it her duty to go in his place.

Among those giving presentations was Alisa Gordon (Leeyo) of Adassia’s Catering who, along with others, bare testament to the bargaining skills of Pastor Jackson who was always able to ‘get something for nothing’. Alisa also addressed Pastor Jackson’s young children Saltilia and Samuel, reminiscing them of the strong role models they had in their parents and encouraging them to follow closely in their footsteps.

Sabbath 8 December will linger in the memories of all those who witnessed the baptised of four young people. This was truly a district baptism as we had candidates from Liverpool, Stoneycroft and Wallasey churches.

Pastor Acquoi Karbah set a high spiritual tone for the baptism with his

Joseph Carr, Pastor was the last to be baptised. Lydia is active in the Walsalley church where she has preached, does talks, sings and operates the audio-visual equipment. Special thanks go to the Stockport church for kindly lending us their Portable baptismal, and to Stan Walkers of the Manchester Central church for transporting the tank in his van.

Merseyside baptism

Sabbath 8 December will linger in the memories of all those who witnessed the baptism of four young people. This was truly a district baptism as we had candidates from Liverpool, Stoneycroft and Wallasey churches.

Pastor Acquoi Karbah set a high spiritual tone for the baptism with his warnings not to touch the things of the world.

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Giving back to those who helped me

We have all lost friends and family to cancer and we all know someone who is currently battling with the disease. Brother Douglas, a member of Oxford Street, Wolverhampton, church was diagnosed with cancer in 2004 and then, as now, he ‘leaves it all to God’.

Over the last three years Brother Douglas has raised £1,440 for Cancer Research UK. On 9 February Leonie Hudson, the area volunteer manager for Cancer Research, informed the church about cancer and the work of Cancer Research. Following a very informative talk and DVD, Brother Douglas presented Leonie with a cheque for £450.

Under the banner of Douglas Promotions, the Amazing Grace concerts have featured talented musicians from the UK and as far abroad as Trinidad and Jamaica. These fundraising concerts enable him to raise money for the charity.

‘I decided to give back to the charity that supported me during my illness. Having lived with cancer I know how heartbreaking it can be for family and friends. Supporting Cancer Research is the least that I could do.’

Bournemouth mothers and toddlers

Leigh and Alison Sleeman, who have been part of the pastoral team at Bournemouth for eighteen months, are leaving for California. That was why the mothers asked Leigh and Alison to attend a special farewell presentation. ‘The mums had put together a beautiful photo album – a scrapbook with pictures of the special toddler events, with little notes from them all,’ says Joy Elliott, the group organiser. ‘One mum is very artistic,’ says Joy. ‘It was her idea. We also bought the Sleemans a framed picture of Corfe Castle, she continues. ‘There’s nothing like that in California!’

Twenty-two children were present on the day.
J

Irene Osborne (née Himsworth) (1903-2008) d. 16 January.

The Scripture that comes to mind whenever such questions surface is 1 Corinthians 1. - ‘We are fellow Christians to court, but perfectly proper for him to bring a suit against an Anglican, a Methodist, or a Baptist? Are they not Christians, too?'

It is one thing for me, as an individual, to agree to suffer loss or be defrauded. But it's quite another matter when, as a leader, I hold in trust the property, ... might be called to explain why I permitted 'vandals' in Christian dress to pillage the interests of the Church with impunity.

The Scripture that comes to mind as regards the voluntary decision to suffer loss, however, one important ingredient usually escapes us. We need to remember that Paul's counsel was to the individual Christian, and not to the Church as a corporate body. (As a corporate body, the Church had no legal standing in the Roman Empire.)

It is not, of course, to excise the Church from maintaining as high a standard as that expected of the individual Christian, but it is to recognise that there is a different kind of accountability once we move from the individual to the corporate body.

It is one thing for me, as an individual, to agree to suffer loss or be defrauded. But it's quite another matter when, as a leader, I hold in trust the property, influence, and standing of the Church. As an individual, I need answer only to myself. As a leader in the Church, I must give an account to others. I might be called to explain why I permitted 'vandals' in Christian dress to pillage the interests of the Church with impunity.

Even so, we 'should not go to law if it can be possible avoided.'* Pursuant to this, the Church in recent years has taken positive steps to foreclose unnecessary recourse to the courts within its ranks. Elaborate guidelines for arbitration and conciliation have been developed. They are in place for the use of members and church entities. If these arrangements were respected, there would almost certainly be no need for the Church or its members – or even its former members – to go to court against one another.

But, however elaborate, the arbitration process would fail, unless administered by men and women of integrity – competent, trustworthy, fearless, impartial, not siding blindly with either administration or lobby, Black or White, Red or Brown, male or female, liberal or conservative, rich or poor, educated and uneducated. Women and men who can be bribed, blackmailed, or intimidated. Do we have such people in sufficient numbers? I would hope so.

At the same time, we have a responsibility to keep a corporate body, to lessen the chances of friction. There should be a way to fire leaders of the Church who manifest injustice, arrogance, or foolishness, pushing people to bring suit against the Church out of sheer frustration.

On the other hand, let us all remember that when we take the Church to court, we are not primarily hurting leaders who might be the focus of our rage, but rather the great multitude of hardworking people who sacrifice to support this cause we love and who grieve when their gifts, meant for other purposes, end up lining the pockets of lawyers. Loving the Church as we do, we may all – leaders and lay – be prepared to go to the wall and to be ready to abandon it without even a moment's notice when we find it is no longer adding value.
techniques aimed at increasing their production of maize, the main staple food in the district. The project will also introduce new crops to the household food basket such as sugarh and cassava. These are drought-resistant and so are suitable for a district like Serengeti. ADRA will provide agricultural inputs to these households and supply basic farming equipment so that farmers can get into practice their newly acquired knowledge. In addition, working through community volunteers, ADRA will train people in basic farming practices, food preservation and storage methods. Mr Kunda explains: "This project means a lot to the people of the region, helping them to recover from natural disasters and build stronger livelihoods." ADRA-UK will contribute 10% of the cost of this project through the 2008 Annual Appeal. Help ADRA to give opportunities to people in need. We help to lift people in need and give opportunities to escape the cycle of poverty. Help us in 2008 to continue to give opportunities. What do you give?

Welsh Mission Project Romania 2008
Short-term project
27 July-8 August
Join twenty-five other volunteers in Romania this summer in order to bring a home, a family and a future to orphaned and abandoned children. To receive an application form or to find out more details, contact, Jeremy Tremer, 14 Cenydd Terrace, Senghenydd, Caerphilly, CF83 8HE, Tel: 02020 835580 or 07900 67233, email: jtremer@adventist.org.uk.

Lone Parent Family Camp
24-27 July
Chapel Port, Cornwall
An opportunity for single parents to have a great holiday, build relationships, and enjoy spiritual and social activities with their children. For more information go to www.sacredoasis.org.uk and click on Events, call Anika on 01352 656530 or email info@adventist.org.uk. Organised by the SEC Women’s & Family Ministries departments.

JOTAM
ON A ROCK
10.30am-2pm
Sunday, 9 March
The partnership with God of those ‘in Christ’ is the most powerful partnership on Earth. It is built ‘on the Rock, Christ Jesus’ and is proof against the worst that Satan can throw at it. On one level, the partnership is one believer and God. On another level, it involves the Kingdom partnership of every believer on the planet. On both levels, prayer is its most meaningful and potent system of communication. Against it Satan is impotent.

From Prayers to Powerful Prayer
by David Marshall

SESSION ANNOUNCEMENT
North England Conference of Seventh-day Adventists
Notice is hereby given that the Sixtieth Session of the North England Conference of Seventh-day Adventists will be held from Thursday 26 June to Sunday 29 June 2008 at The Spa Conference Centre, Scarborough.

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Pointers to Powerful Prayer
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Dear Editor

HOPE 08
There is a new buzzword: HOPE 08. It represents a new approach to evangelism by the evangelical Christian community: practical evangelism of the sort Jesus did. Ellen White recommends: The Saviour mingled with men as one who desired to do them good. He showed his sympathy for them, ministered to their needs, and won their confidence... Do we, as a Church, know about HOPE 08? Are we getting involved? I recently purchased the HOPE 08 RESOURCE MANUAL and did not find LIFE development listed. Are we an exclusive Church?

Anonymous Witness

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