Summer brings with it renewed energy and a zest for life; with longer days and shorter nights there is a feeling in the air that much can be accomplished. In the life of the Church, summertime brings with it evangelistic activities and accomplishments. With over 200 new members being added to the Church through baptism for the months of April to July and hundreds more being contacted daily, the work of the Church goes on relentlessly as others are thinking of holidays, rest and respite.

At the Cornerstone church in Eastbourne an Asian couple who had studied with Pastor Alan Hart were baptised at a service held at the Polegate church and joyfully received into fellowship. Through the leadership of Pastor Hart the Cornerstone, Polegate and Hastings churches are engaged in field evangelism, conducting community surveys leading to community events, distributing Bible study cards and establishing a community outreach choir, breaking down barriers through the power of gospel music.

In Great Yarmouth, Thetford and Lowestoft, Pastor Michael Walker continues to conduct an evangelistic seminar which has attracted great interest. One lady who had not been to church for fifty years (since she was a little girl) stated that these meetings have awakened her interest in the Bible.

In Northolt Pastor Everett Picart has led his group in conducting a community survey which has yielded fifteen postal Bible study requests and four regular home bible studies. In addition to this, the community survey has uncovered a family parenting and youth need in the area that the Northolt group is endeavouring to meet. In Southall, Pastor Picart reports that a witnessing programme organised by the Youth & Teens department took place during Sabbath School time, with more than a dozen young people attending to share their faith, witnessing to the local people in the park, in the streets and near the entrance of the busy market place.

In Plumstead, Pastor Simon Exeter reports that six people were added to the church through baptism as the churches gear up to celebrate twenty-five years of community involvement through a series of meetings from 22-24 August in which they will honour community champions.

In Hope Community, Pastor Fergus Owusu-Boateng reports that while many may have been celebrating Midsummer’s Day on 21 June, the Beckenham Hope Community church was engaged in celebrations of a heavenly kind. Four precious souls were about to demonstrate publicly their decision to walk with the Lord through baptism, and another was given the right hand of fellowship. Pastor Owusu-Boateng also reports that following a successful evangelistic campaign held at the Lee Valley church by international evangelist, Dr Paul Adu Sampah, twenty-four members were added to the church through baptism.

After five weeks of evangelistic meetings held in the Tottenham West Green Road and Edmonton Central churches, Pastor Burnett reports that twenty-five new members were added to the church through baptism. This number swells to thirty-two if we included the seven baptised in March following a youth campaign conducted by Pastor Steve Riley from Trinidad.

In Lemington, following a successful evangelistic campaign held by Pastor Nir Thamas, Pastor James Philips reports that eighteen new members were added to the church through baptism.

The summer is not yet over and the harvest continues.

See further reports on page 4.
EMOTIONAL IMPACT
This segment of the brain health series explores the emotional aspects relating to brain health. This will include internal stimuli such as thought patterns and brain chemistry, and external influences such as social influences and environmental factors. We will also examine the role of trauma and certain medications in relation to their connection to emotional wellness. Food and mood will also be analysed in relation to their nutritional impact on emotional well-being.

General overview
Brain chemistry
Science is currently able to assess the biological effects of the nervous system and chemical elements associated with emotional wellness. One such area examined is that of anxiety disorders.

Researchers at the University of Manchester’s Faculty of Medical and Health Sciences are studying the relationship between the biology of the nervous system, anxiety symptoms and emotional problems.
In particular, they have progressed studies in the area of a condition called generalised anxiety disorder (GAD) which relates to excessive worrying. Research outcomes identified in Science Direct (30 March 2005) found that anxiety disorders are associated with changes in the activity of the brain circuits which deal with anxiety. The research indicates that abnormalities in brain chemistry (in the region of the brain that helps to regulate mood, emotion, sleep and appetite) influence these emotion circuits. Therefore they are better able to understand anxiety treatment options in susceptible individuals.

Mood and food
The nutritional aspect of food has also been linked to mood. For example, a UK meta-analysis (published in the British Journal of Nutrition) provides similar results to several other studies. It demonstrates a association between low serotonin and a significantly greater incidence of depression and other negative mood states. Additionally, several studies have examined the relationship between food patterns when individuals are stressed.

Social impact, trauma and psychological influences
Following the aftermath of the tragic 2004 Tsunami, Dr Perry has been working with the children that Dr David Kersh at Newcastle University looked to improve the compound.

He has progressed work to help them deal with the catastrophic and traumatic issues at hand. The organisation is researching the behaviours of these children and their impact on the community. It then seeks to understand the lessons of these children’s experiences. The research team is now training other facilitators to do the same work with other communities.

Good health!
CB: ‘Let’s say I see this cute little girl go... That’s as far as he gets before Pastor Lucy interrupts. ‘Why must she be cute? Huh? Why can’t someone fall in love with someone who has freckles and a big nose? Explain that!’ CB: OK. ‘Let’s start again. I see this girl walk by with this great big nose...’ That’s when Lucy snaps: ‘I didn’t say GREAT BIG NOSE!’

CB sighs and shrugs: ‘You not only can’t love. You can’t even talk about it.’

If we can’t talk about it, let alone explain it, let’s see if we can pick up a hint or two from a story first told by Dale Galloway. Chad was a shy, quiet little lad, small for his age. He was the only child of a single mother. Three weeks before Valentine’s Day, he came home from school and told Mum that he wanted to make a valentine card for everyone in his class. Mum, like the rest, has a heart that could be described as L-O-V-E. She thought, ‘I wish he wouldn’t do that!’ She had watched the children walking home from school. They laughed, their arms round one another’s shoulders — while Chad walked behind, on his own, not included. Nevertheless, she decided to go along with Chad’s plan. She bought coloured card, glue and crayons. Night after night for three weeks, Chad painstakingly made thirty-seven valentine cards.

Valentine’s Day dawned and Chad was beside himself with excitement! Carefully he counted the cards, stacked them in a box — and ran to school as fast as he could.

Remember the Peanuts cartoons — Snoopy, Lucy and Charlie Brown? In one strip Lucy challenges Charlie Brown: ‘You know what I don’t understand? I don’t understand love!’ CB says, ‘Why doesn’t Lucy understand? ’ Explain love to me, Charlie Brown!’ CB: ‘You can’t explain love. I can recommend a book or a poem or a painting, but I can’t explain love.’ Lucy: ‘Well, try, Charlie Brown. For goodness sake try!’

‘I didn’t forget a one, not a single one!’ Loving was giving, for Chad. Giving and giving inclusively was his priority.

F. W. Faber wrote that ‘the love of God is broader than the measures of man’s mind’. And that’s a great truth, but Chad wanted to get there.

Jesus did not come to make God’s love possible, but to make God’s love visible. His primary aim was not for us finally to submit to the power of God. It is that we should finally surrender to the love of God. It is not that our will is crushed, but that our heart is broken.

‘God demonstrates his own love for us in this. While we were still sinners, Christ died for us.’ Romans 5:8.

That dazzles me like a sudden dawn. God’s love has done everything we need, everything we shall need. That verse makes no sense unless we accept Jesus as the ‘enfleshment’ (incarnation) of God. God didn’t say, ‘You’re in a mess! I’ll send somebody to help.’ He said: ‘You’re in a mess. I’m coming down.’ The death of Jesus demonstrates the height/depth/breadth of the love of God ‘because the Messiah is the fully human being (how much more human can you get being crucified?) in whom the living God is fully present.’ And God didn’t come down to save good people, but to save sinners, not to save his friends, but to save his enemies.

Some men may be prepared to die for a good person or in a good cause or for a great and good principle. The wonder of the Gospel is that Christ died for us when we were still sinners, outcasts, pig-pan prolegonds, beyond the pale. Love can go no further than that.

To the prodigal daughter who turned up at the feast of Simon the Pharisee Jesus said, ‘Your sins are forgiven...’ The Gospel is, ‘God is already reconciled to you. Why don’t you be reconciled to him?’

All other religions say, ‘Clean up your act and come to God.’ Christianity says, ‘Come as you are. Only God can clean up your act.’ That is the message of Romans 5. ‘For if when we were enemies, we were reconciled to him through the death of his Son, how much more, having been reconciled, shall we be saved through his life?’ (Verse 10.)

God’s great love does not impose itself on anyone. It has to be discovered and welcomed. Once discovered and welcomed, it is received. Once received it is shared. And to share God’s love is life-transformation.

There is a love whose measure is an umbrella.

There is a love whose extent is the biggest marquee you can think of.

There is a love as vast as the impersonal sky.

The New Testament’s aim is to convert the umbrella into a tent. More than that: it is to merge the tent into the glorious canopy of the all-enfolding heavens.

Push back the walls of the family until they include your neighbour.

Push back further until the walls include the stranger.

Is that the love God modelled in Christ?

Lee Valley: 24 baptised

by Pastor Fergus Owusu-Boateng

I was not only a glorious and exciting Sabbath afternoon for members of the Lee Valley church in North London, but also a joy for tens of visitors, mainly friends and relations of twenty-four new believers who had turned their backs on the world and decided to take up the cross of the Saviour. These were the festivities of a well-attended evangelistic campaign, the first ever by the church since its organisation in October 2006.

The four-week campaign had attracted unprecedented attendance at the young church, but the atmosphere on the Sabbath when the baptism took place was described by members as unparalleled in terms of attendance, preparation, worship and a powerful and inspirational sermon which propelled many from the congregation to respond to an altar call.

The campaign, under the theme, ‘The Power of His Word’, was conducted by a Ghanaian international evangelist, Dr Paul Ade Sampah. The four-week event was attended by over 200 visitors. Sixty of them had already begun a Bible study programme with the church.

The baptism was witnessed by hundreds of people from other sister churches in London, especially the London Ghana Adventist church, out of which the Lee Valley church was born.

Joy could be seen in the faces of all present, especially at the time when it was announced that eight out of the twenty-four candidates were from two different families. Mr Emmanuel Kwarteng and his wife Theresa, together with their two lovely children, Derick and Marcus, tied the knot with Christ on that day.

Gifty Nelson and her three children, Jocelyn, Sandra and Theo, formed the other family who were baptised on that day.

One after the other, each candidate walked solemnly into the baptismal pool as the large congregation sang their favourite hymn. Mercy Opoku-Agyeman, the first female candidate to be baptised, bore in her face the same look that had been the look of a soldier who was about to follow her husband who had been baptised into fellowship about a year ago, the invitation to accept the Lord’s call was so intense nothing could stop her from being baptised.

Many were thrilled when, in a display of oneness, solidarity and co-operation, Dr Ade Sampah, who had been at the edge of the pool watching proceedings and joyfully present each newly-baptised member, changed into a baptismal robe and joined Pastor Fergus Owusu-Boateng in the water. Relatives and friends of the new members could not wait, and even before the new Adventists came out from the dressing-room, well-wishers had already flocked to present flowers.

In a short interview, Pastor Owusu-Boateng said the campaign was a huge success and the church would make it an annual affair to win more souls for the Kingdom.

Tottenham and Edmonton: 24 baptised

by Roger Charles

The Tottenham and Edmonton Central churches share the same minister: Pastor David Burnett. They joined forces for a joint ‘Now is the time’ evangelistic campaign. ‘God is working through these churches to bring a stable environment for orphaned or abandoned children, which also aims to make a difference in the community in which it is based.

To help them develop their project there, our volunteers spent just under two weeks working in the hot summer sun, clearing a building site for a new bakery that ICC will open to play. We also learnt a lesson about how far we removed ourselves from the SKI from the food chain, as we spent 2-3 days harvesting potatoes in the fields surrounding the project. We certainly is different from just going down to the local supermarket, and it gave us all a taste of that life is like for many who need to do this to survive.

And we were also able to spend time interacting with the children. These children, ranging in age from 5 to 13 years, were loving and open, and quickly attached themselves to our volunteers. They were delighted in the work and an impressive spirit of love and unity. We all shared a house which was across the road from the ICC Romania Project. This is a project which provides a stable environment for orphaned or abandoned children, and which also aims to make a difference in the community in which it is based.

On 26 July Saralinn Frazier was baptised in the Rhyl church by Pastor Geoff Dennis. Witnessing the event were her mother Sandra and grandmother Edith, three aunts – Maureen, Edith and Yvonne, her three sisters – Anita-Zelina, Carina and Sharnene Heidi, and her uncle, Vicky. Although it is not usually surprising to have many family members present at a baptism, in this case three had come from Norway and two had travelled all the way from California to help make Saralinn’s day special. Another key person at the baptism was Malcolm Turner, elder of the Rhyl church. Back in the late 1990s when he was a New Zealand student, Malcolm gave Bible studies to Sandra and Edith Frazier – Saralinn’s mother and aunt respectively – at the farm manager’s home where the family lived. They were subsequently baptised by Pastor W. Fraser. Many years later, and now living in Rhyl, Sandra invited Malcolm to study with his daughter Anita-Zelina, and she was baptised by Pastor Geoff Dennis in 2005. After witnessing her sister’s baptism, Saralinn made no secret of the fact that she, too, wanted to be baptised, and once again Malcolm Turner was invited to conduct the Bible studies. These studies culminated in Saralinn’s baptism, which Malcolm shared in by assisting Pastor Geoff Dennis in the baptismal pool.

In his sermon Welsh Mission pastor Pastor John Surridge spoke of the wonderful celebration there is, both in Heaven, when someone makes a commitment to Jesus. In the case of Saralinn, whose positive attitude, infectious happiness and zest for life make her a joy to know, this is especially true.

Welsh Mission trip to Romania

It’s amazing what can happen when you are taken out of your comfort zone. The twenty volunteers who went to work on an orphanage in Romania all experienced things that had a great impact on them. Firstly, all of the volunteers, most of whom were new to each other, quickly showed a willingness to work together, and met each other’s needs, showing the power of operation and an impressive spirit of love and unity. We all shared a house which was across the road from the ICC Romania Project. This is a project which provides

Saralinn’s baptism

Olympics, where I volunteered as a chaplain,’ said Richard. ‘This time around I was trying to go as a chaplain but none ... as a freelance on the offchance, showed them some of his work and what he planned to cover, and got accreditation.

In a short interview, Pastor Owusu-Boateng in the water.

Daly reports from Olympics

We can’t all compete in the Olympics, but Bristol pastor, Richard Daly, loves the atmosphere so much that he flew to Beijing on 12 August. I have been to the last two Olympics, where I volunteered as a chaplain,’ said Richard. ‘This time around I was trying to go as a chaplain but none were taken on from overseas, so I thought I would try a different tack.’ Richard is known for his writing for various newspaper columns. He applied to the British Olympic Association Media Department as a freelance on the off chance, showed them some of his work and what he planned to cover, and got accreditation.

Richard is taking a personal holiday to enjoy the event during which he plans to write articles on Christian athletes and he will also be recording interviews for the likes of Premier Radio.

How does this fit in with his regular ministry? ‘I plan to report on the church in China,’ he says. He hopes to attend the 1,000-member Adventist church in Beijing and gain a picture of what the church there is like.
Preston church experienced a true revival at their evangelistic campaig

who are faithful and ‘Children of Worth and Influence’ were the three sermonettes ably presented by members of the Powerpoint class, Sadie Ann, Nina Modi and Tino Sakomanso. They explained that chil-

Newbold school takes church service

Let the World Know’ was the theme for the day on Sabbath 5 July when the children’s Sabbath School hosted the programmes for the entire day. Rather than a sit-down and listen approach, the congregation was encouraged to participate as the Sabbath School programme was attractive. The children learned that there are many ways to witness and that it is not reserved for older people but you can start when you are young.

‘Let the World Know’ was the theme for the day on Sabbath 5 July when the children’s Sabbath School hosted the programmes for the entire day. Rather than a sit-down and listen approach, the congregation was encouraged to participate as the Sabbath School programme was attractive. The children learned that there are many ways to witness and that it is not reserved for older people but you can start when you are young.

‘Let the World Know’ was the theme for the day on Sabbath 5 July when the children’s Sabbath School hosted the programmes for the entire day. Rather than a sit-down and listen approach, the congregation was encouraged to participate as the Sabbath School programme was attractive. The children learned that there are many ways to witness and that it is not reserved for older people but you can start when you are young.
Debt is an ever-increasing problem that affects the lives of many at some time or another. Experts predict that we are heading into a recession and that the problem will only get worse. Recognising that people in debt or struggling on benefits often feel very alone and need help and assistance to relieve the pressure, The Watering Hole wanted to do something about it.

In several chapters of Deuteronomy and Leviticus God’s people are instructed in ways to make life easier for people struggling with debt. When Jesus walked the Earth, his presence, his teaching, and miracles brought hope and healing to many. In 2008 there are still people who are prisoners of the evil one who need the help that the Church working in Jesus’ name can bring. We have a work to do that affects lives now and for eternity.

The Watering Hole, a church plant in Hampshire, decided to partner with The Frontline Project and train volunteer advisors to provide debt and benefit advice. The Frontline Project has been providing such advice across the south since it was founded on the Isle of Wight twenty years ago.

The debt centre provides free, independent, confidential and competent advice to anyone needing help regarding their financial situation.

Genuinely caring and working for the good of the community has made a big impression on local people. Some have already offered their help in various ways, others now invite their friends to come to things that they enjoy, and local government agencies are starting to work with the church plant so that, together, we can make a difference.

www.adventist.org.uk

Feedback

Dear Editor,

I really enjoyed your article in the 20 June Messenger on Celebrating the San.

I arrived in the UK from what was then Rhodesia (now Zimbabwe) in January 1962. After landing in Southampton, I made my way to Wootton by train and bus. I knew I needed to go to Stanborough Park to see Pastor A. W. Howard, the Publishing secretary for the BUC, and also to go to the Stanborough Press for my first supply of books. It was my intention to walk my way through Newbold College.

To cut a long story short, I arrived at Stanborough Park at lunchtime. The office being closed, I started walking towards the Press buildings when a vehicle drew up. A man called to me and asked, ‘Do you know the Press buildings?’ I replied, ‘I’ll have to look. It’s quite a distance.’ He immediately said, ‘Follow me. I can take you there.’

I will never forget this gesture of kindness and hospitality, both Dr and Mrs Williams were perfect hosts. If only we could have more people like them today and Abraham of old, I am sure many a young and older person would find their way to the Kingdom.

I N W H EPPLI

The Williams family

The Editor is very grateful for all the positive feedback on the ‘commemorating the San’ historical feature published on 20 June 2008.

There have been enquiries with regard to the daughters of the late Dr A. H. Williams, Dr Leslie Williams, who lives in retirement in Gwent, confirmsthat ... and den-tistry in 1980. Lorna, the only sister tomarry, remained with the NHS as sister-in-charge of a department.

To cut a long story short, I arrived at Stanborough Park for my first supply of books. It wasmy intention to earn my way throughNewbold College.

IF NTil 0THTH

RETURN DENTAL CENTRE, Sundays 11am-3pmWatford BUC, 1 Watermead Way, Watford, Hertfordshire, WD18 8DF

ABC Sales line: (01476) 539900
Email: dbell@stanboroughpress.co.uk
Fax No: (01476) 577144.

ABC BOOK SALES

Sunday 7 September
PRESS OPEN DAY

WATERING HOLE

St Albans

To the family members known to

The water centre provides free, independent, confidential and competent advice to anyone needing help regarding their financial situation.

Genuinely caring and working for the good of the community has made a big impression on local people. Some have already offered their help in various ways, others now invite their friends to come to things that they enjoy, and local government agencies are starting to work with the church plant so that, together, we can make a difference.

www.adventist.org.uk