After months of hard work, the Adventist Discovery Centre (ADC) and Adventist Book Centre (ABC) have reopened on Stanborough Park following the devastating fire at the BUC Office on 16 November 2008. The fire service had worked hard to protect the ‘new wing’ of the building from major damage, so over the past few months restoration work focused on repairing or replacing water- and smoke-damaged walls and ceilings, rewiring parts of the building, replacing floors and carpeting, and taking the opportunity to reshape some areas to make them more fit for purpose. This was especially important for the ADC and the Media Centre upstairs, where walls were demolished and extra space created to facilitate enhanced production of media and distance-learning resources. It is hoped that the Media Centre will resume production in June.

With the installation of phone lines and Internet at the beginning of April, the ADC are delighted to be back in their spruced up office. Des Rafferty, ADC principal, says, ‘It has been a major disruption for all of our staff, but I am so pleased with their good spirit and teamwork. This means we are now back in full service, marking lessons and providing appropriate follow-up for the 13,099 active students on our books.’ Despite the disruption, the ADC has still managed to enrol almost 600 new students since January.

The IT infrastructure was a major concern for the move back, as currently the building has no mains electricity and continues to be powered by an industrial capacity generator. Special filters and battery back-ups have been put in place to ensure a steady current for computers. A special network based phone system was also installed for the whole BUC office following the fire, so that while the office may currently be split between different locations, the same phone number covers all.

The bookshop reopened on Monday 20 April and now carries a good selection of books and health foods. Currently...
It all begins here

David Marshall

At the time of Jesus it was not unknown for pagans to express admiration for the high ethical standards of Judaism. They might even ask the question: ‘How does one become a Jew?’

How would Jews respond?

With the words: ‘You need to be born again!’ By that they meant: You need to be born a Jew in the first place!

A Jew believed that he qualified for God’s Kingdom by virtue of his birth, his circumcision and his energetic law-keeping.

It is only at the foot of the Cross that new life is possible. As Nicodemus knew, the lifting up of the Son of Man had made it all possible. Cleansing grace. Regenerating grace. Grace for the long haul. New birth. It all begins here.

But what do we make of new birth?

Jesus, talking to Nicodemus, made it sound like the greatest ‘must do’ of salvation. But Nicodemus and Joseph had made gains. They had not just recovered the courage of their convictions; but the whole experience of salvation that comes with an appreciation of the significance of the Cross and who Jesus is.

If that was the point when everything came together for Nicodemus? At all events, it was then that he – and Joseph of Arimathea – broke cover. Ten of the disciples of Jesus went to Pilate’s HQ, asked for (and received) permission to remove and bury the body of Jesus and then proceeded to do so.

What made two of them break cover and accept the public reproach of being followers of Jesus, amazingly, was Calvary. To make sure Jesus was dead a soldier used a spear to pierce his side and (in proof that he was already dead) blood and water came from the wound.

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board meeting and it was January. Time to get really serious about this. Originally we had planned to have the Passion Play outdoors, having waves as if in a market, when suddenly the scream of Mary Magdalen penetrated the air, the lights dimmed, and everyone’s attention was focused on our stage. Everyone watched intently as the final events of Jesus’ life unfolded before our eyes.

Starting with the scene of Mary Magdalen and going through others scenes, such as the triumphal entry with a live donkey walking through — a surprise not only to the audience but to many of the actors as well — and the trial and the crucifixion. I sat there, watching with the audience, only in more amazement at how God had worked everything out. Two weeks beforehand neither Kimberly nor myself was sure if this was going to happen. But, here it was really happening. With the musical pieces in between each scene, the mood was right, then with the final song, “Arise, My Love” the words came to life as Jesus emerged from the tomb at the call of the Father.

A lot of the time we just read our Bibles, seeing it as a simple story, but with the Passion Play, the events we read about, the Person we believe in, come to life. He is alive. Because he is alive, we have life eternal.

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In our review of the Bible we have reached Job and Psalms

Job and Psalms — Reaching the parts others seldom do

by Llewellyn Edwards*

Once there was a lady who sued a local church — she cleaned it out of every penny it had. I will spare the details but her case was so unjust and the little flock so unjustly treated that my imagination stumbled across the idea of wishing her to fall under a bus and get her comeuppance. Compassion of me? Maybe not, but biblical — Yes! See Psalm 137:8-9: ‘O Daughter of Babylon, doomed to destruction, happy is he who repays you for what you have done to us — he who seizes your infants and dashes them against the rocks.’

That’s what I like about the poetic books of the Bible — Job, Psalms, Proverbs, Ecclesiastes, Song of Solomon and Lamentations (especially Job and Psalms) — they are so honest. Job calls God to account, David confesses it all, the choir gets ecstatic and the Babylonian exiles vent their anger. And our wonderful God sits back, making sure it is recorded, as if to say for the record of all of us reading today: ‘That’s OK, you have capacity for moods and deep emotions are part of our creation. Now learn to place them in the context of trust.’ Where better for the parts we often hide to be reached than in books like Job and Psalms?

In this short article I intend to reveal in just a few of the parts that cause my inner spirit to soar. But let me begin with what I think is the first of the keys to loving these poetic sections of Scripture — parallelism.

We used to enjoy the rhyme of rhyme. ‘Jesus loves me, this I know, For the Bible tells me so.’ Little ones to him are acceptable. They are weak, but he is strong.

The Hebrews loved parallelism — where the first line is repeated in a different way in the second line — and there are so many variations of it. Here are some examples: Psalm 104:5-7: ‘He set the earth on its foundations; it can never be moved. You covered it with the deep as with a garment, the waters stood above the mountains.’ Or Job 4:17: ‘Shall mortal man be more just than God? Shall a man be more pure than His Maker?’ And it’s not just repeating something with different words. Parallelism can be contrasting, like ...

Psalm 1:6: ‘For the LORD watches over the way of the righteous, but the way of the wicked will perish.’

Or Psalm 37:9: ‘For evil men will be cut off, but those who hope in the LORD will inherit the land.’

Parallelism can be of the expanding type — by the second line saying the same but adding more information to the first line. An example is Psalm 25:14. ‘The LORD confides in those who fear him, he makes his covenant known to them.’

Look out for parallelism as you read and see which lines ‘speak to you. ’It’s as if God, knowing that we are all emotionally different, made these poets write to make sure we hear through the words meanings that speak to each of us — reaching the parts others seldom reach. And rhyme would not have translated very well into other languages.

Let me list a few of those parts that have touched me so deeply.

My understanding of the great controversy is awed when I read Job 1 and 2 along with Psalm 82.

Read not just the words of Psalm 23 but its colours and scents and sounds, and let the LORD refresh and unshroud your heart. When I am angry I sense the spirit of Psalm 58, but I beg the Lord Jesus to make me follow the way of the Cross. Take me back to Psalm 51 to face my impure heart.

And, the prophetic mystery of Psalm 22! ‘You felt forsaken, David? There is One who will yet go further — for us. Then there is the last-we-forget-the-way-he-has-led-in-the-past Psalm 105. How often have we been there and forgotten his caring hand!’ And those praise, halleluiah and thanksgiving psalms (like 136 and 150). It’s like listening to Handel’s Messiah — they make you want to stand up!

That’s what books like Job and Psalms do. They touch the inner parts — the heart. When our hearts are sad or lonely or empty or hateful or filled to bursting with joy, God wants us to be honest with him. So tell him and let him be the glory and the lifter of your head. (Ps. 3:3.)

Maybe that is why Psalms appears to be Jesus’ favourite book — he quotes it more than any other. As he leaves the upper room on his way to Gethsemane and then the Cross, the book of Ager (p. 672) tells us.

Before leaving the upper chamber, the Saviour led His disciples in a song of praise. His voice was heard, not in the strains of some mournful lament, but in the joyful notes of the Passover hallel:

‘O praise the Lord, all ye nations: Praise Him, all ye people. For His merciful kindness is great toward us: And the truth of the Lord endureth forever. Praise ye the Lord!’ (Psalm 117.)

* Pastor Llewellyn Edwards has been president of the Scottish Mission for some years. As you read this article you can imagine Llew and his wife Karen packing for a move to Egypt, where Llew is to be president of the Union. With me, you will pray for God’s guidance and protection.

New President for Scottish Mission

by Victor Hubbert, Communication director, BUC

Pastor Bernie Holford, currently the head of Family Life department for the South England Conference, is to be president of the Church in Scotland starting this summer. His appointment comes following the decision of the current president, Pastor Llew Edwards, to accept a call to serve as president of the Church in Egypt.

Pastor Don McFarlane, BUC president, explains, ‘Working for the seventy-day Adventist Church can be an adventurous and exciting undertaking, especially when without warning one is asked to move to a new country and a new set of circumstances. This has been the experience of Scottish Mission president, Llewellyn Edwards. After serving the British Union for almost thirty-six years in a variety of positions, he has now been invited to serve as president of the Egyptian Field.’

‘Pastor Edwards’ calm attitude, deep spirituality, gentle manner and insightful leadership have all played a part in making him a balanced, talented, capable church leader. He and his wife, Karen, have served our Union with commitment, purpose and distinction. We will miss them when they leave in the summer but will not soon forget their outstanding contribution to the development of the Church in the British Isles.’

Pastor Holford has accepted an invitation to succeed Pastor Edwards as Scottish Mission president. ‘I will come to this role with considerable experience in various forms of church administration, including over twelve years in departmental work. His wife

Karen, who has been co-worker in Family and Children’s Ministries, has not been given an assignment in the Scottish Mission but hopes to find work in the Kingdom of the North.’

Bernie told BUC News: ‘The call to serve in Scotland came as quite a surprise! I am excited at the opportunity to work with our members and ministers there. Together we must pray, experience God’s power and guidance and help us focus on reaching Scotland’s five million people.’

Pastor Holford will bring a wealth of experience to the Scottish Mission. Looking at his vision for the future, he states, ‘Strengthening family relationships has been a passion for me as I have served with my wife Karen in Family and Children’s Ministries for many years. Healthy relationships are essential for effective evangelism. Relational evangelism works by helping us to build stronger connections in our churches and with our communities. It is through love in action that God’s Spirit will transform us and grow us to whom we minister.’

I am looking forward to hearing from those who have been born and raised in Scotland as well as those who have arrived more recently about how they believe God can help our churches grow stronger.’

He also has a challenge, stepping into the shoes of his well-loved predecessor: ‘In the last eighteen years Pastor Bob Rodd and Pastor Llew Edwards have led the Scottish Mission in a deeply spiritual and effective way.’ He says, ‘It will be a privilege to continue building a united team that can be powerfully used by God in this very special country.

Bernie and Karen’s loss will be felt by the South England Conference. Their president, Pastor Sam Davis, states, ‘On behalf of the SEC I would like to take this opportunity to wish Bernie God’s richest blessing as he takes up the new challenge of president of the Scottish Mission. Bernie and Karen have given quality service to the Family Life and Children’s Ministries department.’

‘Bernie and I came into the conference room together back in 1997. We served together briefly as Youth directors, Berrie for the provincial youth and I for the youth of London. Berrie has also headed up our “Keeping the Church Family Safe” initiative for several years. He has been instrumental in continuing with the growth and development of the Cornerstone counselling service started by Pastor Ole Bolsevik, to the point where they have outgrown their current location.

‘Bernie and Karen take with them talents and skills that they have honed and developed over many years of Spirit-led leadership. They are a loving, caring couple who will be missed here in the SEC.’
Options, alternatives and change

by Eddie Hypolite, Associate Youth director for Teens, SEC

The only thing wrong with change is that people don’t like change! To some degree, change is inevitable. Life is full of change, and the change that we face today is not just a little bit different in scope and magnitude from what we’ve experienced in the past. In some respects, the pace of change has accelerated, and in other ways we are more aware of, and more concerned about, the changes that are occurring.

One of the most obvious changes in the past decade has been the rapid spread of mobile communication technology and its impact on human communication. The impact of mobile technology has been profound, and it has had a significant impact on the way we communicate with each other. It has also had a significant impact on the way we think about the world and our place in it.

The rapid spread of mobile technology has also had an impact on the way we do business, and on the way we think about ourselves and the world around us. Mobile technology has changed the way we do business, and it has changed the way we think about the world.

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Treasurers’ council

by David Hulme

Photos: Earl Ramharacksingh

The stewards of a faithful people from both SEC and NEC met at Staverton Park, Daventry, Northamptonshire, for a weekend ‘treasurers’ council. After registration, Earl Ramharacksingh presided over the welcome. This was followed by an uplifting prayer and worship session, conducted by Paul Lee. Malika Bediako gave a reminder to apply to Grantfinder in order to raise funds for local community projects. She stressed the need for immediate action because this package is only available for one year.

Vessers was taken by the NEC president, Pastor Ian Sweeney, who based his homily on Matthew 19:16-22 and Mark 10:17-22. These passages describe how a rich ruler asked Jesus what he had to do to be saved. When told that observ- ing the Ten Commandments alone would not suffice and that he should commit himself fully to Jesus by giving his wealth to the poor, the reluc- tant young man went on his way full of sadness. In contrast, Zacchaeus, the once anxious tax collector, gave half his money to the poor and made restitution to those he had cheated as a token of his repent- ance, thus demonstrating a whole-hearted commitment to his Lord. (Luke 19:1-10.)

Building trust

The evening concluded with a pres- entation by the BUC treasurer, Victor Pilmoor, who spoke about the spir- itual calling of being a treasurer. The health of a society depends on its ability to trust. If, then, contrasted the unlikelihood and lack of trust generated by recent economic devel- opments with the timeliness and absolute trustworthiness of God. The Church is a spiritual enterprise that deals with the business of the pub- lic, who are our brothers and sisters. A church treasurer, therefore, must be both trustworthy and able to trust and, in turn, needs to trust the members. The treasurer’s primary task is not to organise or to count money or to make decisions, but to build organisational trust. The method of achieving this can be encapsulated by the acronym CORE, which stands for Competence, Openness, Reliability and Equity.

Presentation

After vespers on Sabbath evening, a presentation was made to Pastor M. Musgrave for his sixty-seven years of devoted service which began in pastoral service in the North England Conference and was followed by many years of mission work in vari- ous parts of Africa, including South Africa, Kenya, Uganda, Rwanda, Namibia and the Trans-Africa Division, and as treasurer of both South England Conference and British Union Conference.

Mervyn Leicester gave a very detailed and interesting talk on Adventist Risk Management and the importance of adequately insuring church property. He cited the recent examples of the fires at the BUC, Watford, and at some flats owned by the BUC in Liskeard, Cornwall.

Sunday morning was blessed with a devotional led by Pastor Anthony. A very informative workshop was held by Steve Okeo on the acquisition of church buildings, outlining procedures and warning of pitfalls. A brainstorming session then enabled the delegates to share a great variety of ideas for fundraising.

Sunday afternoon, Earl Ramharacksingh led a large group on a walk in the delightful surrounding countryside.

A church for Bedford Central

Bedford Central was founded in 1921 and was officially established as a church in 1964. In common with most churches, a place of worship was our greatest challenge. Few in number and stretched for funds, we never lost the vision of one day building a chapel beyond our ability to afford, but it was reduced to £135,000. All we could say was, ‘This is the Lord’s doing.’

In the days when the Dell retire- ment home at Oulton Broad, near Lowestoft, was popular with Adventists looking for a place to spend their later years in good Christian company, the Oulton Broad church, meeting in a chapel attached to the home, was a busy little place. The congregation benefited from the support of retired workers and committed members, and the spiritual life of the home was enriched by worship activities right through the week. Over the years, however, the number of Adventist residents and staff dwindled, until maintaining the institution became a burden the Church could no longer support.

A little over three years ago, the home and its chapel were sold to a private operator, and in March of 2006, with the redevelopment of the chapel, the congregation moved into one of the flats behind the Dell, which was rented back from the new owners, so that they could use its lounge room as their place of worship. Now, with the passing away of many of the remaining members, the congregation has decided the time has come to cease holding these services. Arrangements have been made for those members still living at the Dell to get to the nearby Lowestoft church, and those who live in the town but have been part of the Oulton Broad church will be choosing to join with either Lowestoft or Great Yarmouth, which is also not too far away for some of them. The lease on the flat termi- nates at the end of April, and Sabbath 25th saw the last Sabbath worship service of the Oulton Broad church.

Now that we had acquired the property, our challenge was to find funds to demolish the large hall and the hydrotherapy pool to build a church. Again the faithful members, with the assis- tance of Area 7, the SEC and a number of sister churches, helped us to accomplish that. We have a beautiful building in which we can worship with pride. The official church opening took place on 27th November 2008, attended by the presidents of BUC and SEC, our previous pastor and representatives from other churches, the builders and a local care home. Our special thanks to Pastor Roy Chisholm who worked tirelessly with his team to see the project through to completion.

We have witnessed a revival in Bedford Central church. Whereas our worship hall could only seat eighty people (with an overflow area where some felt cut off from the congregation), the sanctuary now has a capacity of approximately 150, and an adjacent mothers’ room with a seating capacity of thirty. We have witnessed the baptism of five candidates in the lovely baptismal pool.

A very informative workshop was held by Steve Okeo on the acquisition of building structures, outlining procedures and warning of pitfalls. A brainstorming session then enabled the delegates to share a great variety of ideas for fundraising.

End of an era at Oulton Broad

The evening concluded with a pres- entation by Victor Pilmoor, who warned against ‘budgetitis’, a disease which sometimes manifests itself when the treasurer’s function is not to work behind the scenes manipulating figures, but to involve the whole church in mission, demonstrating qualities which will inspire generosity. He’she should coach and co-operate, not command and coerce. The budget is a dream with price tags and it should be appropriate to the demography of the church. Members need to know what they are giving, why they are giving it, and how it will be spent. In short, churchmanship consists in honouring what has been given, using power with a sense of grace, and serving purposes greater than oneself.

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Front left to right: Sopher, Sophia, Nicholls, Sengar, Morgan, S. Matthias Esson, Philip and Pastor S. Matthias Esson.

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NEC Health Retreat
By Ezekiel Theoma

The first NEC Health Retreat was held from Friday 17 to Sunday 19 April at Quorn Hall International Centre. The eye-catching logo, ‘Spice of Life’, included the acronym SPICES, which stands for Spiritual, Physical, Intellectual, Cultural, Emotional and Social. The activities of the weekend attempted to embrace these aspects.

Health coordinators from various churches in the NEC gathered to glean some essential tools of health evangelism, as well as gain confidence in planning health events. Delegates arrived on Friday afternoon and were presented with their packs by a welcoming Val Grossett. In the evening, after a light meal, delegates were warmly welcomed to the event by Grace Walsh, NEC Health Ministries director, who also introduced the other two keynote speakers for the weekend – Elie Sjog, SEC Health Ministries director, and Pastor Valney Ham-Ying, director of SmartLife UK, a lifestyle coaching company. Pastor Ham-Ying has trained and worked within the healthcare profession in England, Africa and by Welsh Mission Health Ministries sponsor Mrs Lil Saunders.

The MicroCHIP programme was held in Newport’s Life Development Centre, a facility constructed in 2007 with money donated by Mrs Joan Gallivan in honour of her husband John Surridge. The eye-catching logo, ‘Spice of Life’, included the acronym SPICES, which stands for Spiritual, Physical, Intellectual, Cultural, Emotional and Social. The activities of the weekend attempted to embrace those aspects.

Seven graduate from Newport MicroCHIP programme
By John Surridge

In a brief graduation ceremony on the final day of Newport’s eight-week MicroCHIP programme, a total of seven students graduated by Welsh Mission Health Ministries sponsor Mrs Lil Saunders. Course presenter and qualified nurse Mr Evan Green was presented with a special facilitator’s certificate and thanked for the time and commitment he had put into making the programme a success. Although it was his first time presenting a MicroCHIP programme, Evan has considerable experience of lecturing and public speaking, both as a health educator and as an elder and lay preacher in the Newport church.

The MicroCHIP programme was held in Newport’s Life Development Centre, a facility constructed in 2007 with money donated by Mrs Joan Gallivan in honour of her late husband Dr Terry Gallivan, who was active in the church in Newport in his youth. Welsh Mission president Pastor John Surridge, who was present at the graduation, commented on the fact that the facility was being used in exactly the way it was intended. As a former BUC Health Ministries director, Dr Gallivan would have been very pleased to know that the centre is being used in such a way, he said.

MicroCHIP is all about lifestyle change, bringing a better understanding of Seventh-day Adventist health principles both to our members and to the wider public. That’s also why the Life Development Centre was set up here.

Eleven people started the course but due to work and other commitments only seven were able to meet the CHIP graduation requirement of attendance at least six of the eight sessions. Those who graduated were: Silbeina Chibue, Timothy Hope, Ellenor Nesbitt, Wendy Sammons, Harvey Scott, Olle Scott and Dorothy Smith-Cliff.

Three of these: Ellenor, Silbeina and Timothy, managed to attend all eight sessions. All of those who attended are pleased with the results. Some have lost weight and one, who suffers from diabetes, has been able to cut down on her insulin. Mike Sammons, who helped to coordinate the programmes, also points out that it is not an expensive programme to run. ‘Everyone who came contributed £30 each to cover the cost of food,’ he said, ‘and with other donations that have been made, it looks as if it won’t be costing the church anything.’

The Newport MicroCHIP programme is the second one to be run so far in the Welsh Mission under the leadership of Health Ministries sponsor Lil and Irvin Saunders. A full CHIP programme, to which the general public were invited, has taken place at Swansea and is still to be reported.

Furthermore, he is no stranger to the NEC, as it where he began his ministerial internship over thirty years ago.

In his evening address, Pastor Ham-Ying reminded us of the health benefits of laughter and shared the surprising statistics that children laugh at least 400 times a day, compared to an adult’s rather unimpressive fifteen to twenty times. He then led delegates through an unusual but memorable icebreaker of producing hearty belly laughs while greeting one another. At first, delegates laughed at each other, but as the occasion of good cheer bells laughed, coupled with warm handshakes.

Sabbath evening devotional was marked by delegates quietly reflecting and meditating on a PowerPoint of rotating scriptural verses and meditations about health that one day encouraged one not to live a life of pretence but to draw closer to God. Testimonies relating to health, such as the health benefits of water and CHIP programmes, were shared among delegates. During the morning worship, delegates were passively reminded that whenever Jewish leaders saw someone was an art of saving them. Pastor Ham-Ying asserted, ‘When we move closer to God, we move closer to Health to Living,’ and a musical item on the theme was presented in between his talk by Elizabeth Talbot from Swansea who delivered an enthusiastic and motivating presentation, challenging delegates to be at the forefront of health training in the community.

She stated, ‘God has given us so much knowledge and many skills, we should be leading the way.’ She also emphasised that physical exercise combined with good nutrition was a significant factor in health. Her talk ended with a season of prayer for strength and courage to make the changes that was to be a way of life, and to help others to make the change.

Newport MicroCHIP is the second one to be run so far in the Welsh Mission under the leadership of Health Ministries sponsors Lil and Irvin Saunders. A full CHIP programme, to which the general public were invited, has taken place at Swansea and is still to be reported.

Joanne Claire Elmadjian (née Pain) 30 August 1964 – 26 March 2009

Joanne’s death was the death of her saints’ work, as the words from Psalm 116:15 that David Cox, pastor of the Nicoma Adventist church, Cyprus, used as his ‘way of hope’ for the funeral of Joanne Elmadjian on Thursday 9 March.

Joanne was described in the service as a ‘chocolate-cake-making saint’. The youngest of eight children of Lincoln’s Pain family, she grew up in a warm Adventist home and gave her life to the Lord in her teens. At age 19 she started work as secretary to the headmaster at Stambourne Secondary School. Then, after marrying Alex in 1992, she moved to Cyprus. While Alex worked in Communications for the Church, Joanne served as an administrative secretary and later as office manager for the Adventist Church in the Middle East. Outside her work she was actively involved in church life and served passionately as Children’s Ministries director and treasurer for the Nicoma church. A close friend of the Shingle colloquium, Valeria Fieida, stated during the funeral service that these were sixteen years of work, worship and ministry.

She was a woman of love in the ladies’ singing group, played the guitar for worship and immersed herself in developing creative ways to present Jesus as a children’s friend. Her son, Aarin, was her story of health. Joanne’s life was cut short by pancreatic cancer. Surrounded by family members, she finally slipped to rest on her 26 March. Joanne, along with her family, wrestled with the unreadiness of her sudden and painful illness. Yet, despite all her doubts and unresolved prayers for healing from around the world, she expressed that it was at peace with her Saviour. As a large congregation of extended family and friends said their tearful farewells, they listened to Paul King-Brown express her faith in the song, ‘Puffer’s Heart’, an expression of Alex’s commitment to reunite one day with Joanne. As Pastor Cox said at the conclusion of his sermon, ‘Not in time, but one day we are promised eternity.’ The family would like to express their profound thanks to everyone who has extended love and support throughout the difficult months of Joanne’s illness and to those who, in lieu of flowers, have donated to the Middle East Children’s Scholarship fund.

www.adventistmeu.org./joanne.

From disabled to ‘Rock Climber’
By Gene Kol, BUC National CHIP co-ordinator

Tomorrow I will be taking the Pathfinders rock climbing. These were the words of Abigail from the Manchester North church as she received her MicroCHIP certification. Abigail had been suffering for some time with back pain, radiating down her legs. She felt incapacitated by the pain and thought that one day soon she would be in a wheelchair, cared for by her family. Then she got involved in her church’s MicroCHIP training programme, which surprised herself by losing approximately 1½ stone. This enabled her to increase her exercise regime and she went from walking up and down the stairs slowly to running and walking for an hour regularly a couple of times a week, which is excited about the significant health improvement and has applied the Coronary Health Improvement Project (CHIP) principles to her family diet. The children are enjoying the changes in their mother’s energy levels but some- times they still miss their meat meals. Abigail has been encouraged to make small changes until the children are used to their new diet.

Abigail’s is just one of the many stories you would hear at a MicroCHIP graduation. There are real benefits from adopting the CHIP balanced lifestyle. Focused through her desire to make a difference in planning health events. Pastor Clive de Silva. Since 2009 is...
**Windows on to God**

By Patrick J. Boyle

"If life hands you lemons, make lemonade," is the optimistic response of the positive personality. The realities of life sometimes intervene and it requires someone else to make our lemonade for us, for try as we will, we can't do it.

Helen and Douglas House in Oxford is a unique institution, the first of its kind in the United Kingdom. It provides end-of-life care for severely disabled boys and girls and respite for their parents. Under the inspirational leadership of Audrey Balderstone and Pat Walton, the Stanborough Park church membership contributes to support this institution.

A major flower festival is planned for 26-28 June, with the theme "Windows on to God." The aim is to raise the sum of £10,000 for Helen and Douglas House.

A visit from the Northampton Male Voice Choir was one of a series of events which are planned both to raise funds and generate interest and support for the flower festival in June.

The generous support of Nigel Phillips in arranging for the Northampton choir’s visit in February raised the sum of £700. Several more preparatory events are planned to promote the festival.

Avenue’s flower festivals are spectacular events. Any members and friends living within driving distance will find a visit in June rewarding. Refreshments are available on Friday and Sunday, 10am to 6pm. The festival is also open on Sabbath 27th 2-6pm. A preview evening takes place on Thursday 25 June. This is a ticket-only event with a light supper. Sister Francis Domino, an Anglican nun who founded the hospice, will open the festival. A limited number of tickets are available from Audrey Balderstone at abalderstone@btconnect.com or 01923 260270.

**DON’T MISS STANBOROUGH PARK FLOWER FESTIVAL 26-28 JUNE**

**And Finally...**

The good Lord didn’t create anything without a purpose, but mosquitoes come close.

When you get to your wits’ end, you’ll find God lives there.

People are funny; they want the front of the bus, the middle of the road, and the back of the church.

Opportunity may knock once, but temptation bangs on your front door forever.

Quit griping about your church. If it were perfect, you couldn’t belong.