The following is an edited version of a 6 February dispatch received from Pastor Llewellyn Edwards, Egypt field president.

We have some 700 members in a country of around 85 million people. We have twelve pastors and around thirteen churches. None, to my knowledge, have been involved or hurt in the present events. Certainly the churches outside of Cairo and Alexandria are meeting regularly. One of the Upper Egyptian pastors told me that as soon as the events in Cairo began he started a series on prophecy, and his meetings are full each night.

The two churches in Cairo – the one in Heliopolis and the other in Ramses Square – were open today (5 February), as was the church in Alexandria. Pastor Anwar Eskander, executive secretary and Heliopolis pastor, reports that, although attendance was lower than normal, a good number attended at each venue. Pastor Sameh reported that around sixteen attended at the Centre church.

Karin and I went to Nile Union Academy on Friday morning to support the staff and students there. We held services on Friday night and this Sabbath morning. They were services consisting of singing, Scripture promises, prayer, and Bible study. It is a very special occasion because we have mentioned our friends and fellow teachers at the Academy in our Prayers. The students are also praying for our church and friends in London. They were expressively thankful for our prayers.

None of our churches have been damaged or affected by the troubles. There was an attempt to break in to rob one of our churches in the city of Assuit, Upper Egypt, but an army unit quickly arrived and captured the men, and there was no damage.

Expatriates are safe
All the ‘foreigners’ working in Egypt are now safely outside of Egypt. Most are in Athens, some in Beirut and a couple in Canada and Latvia.

Nile Union Academy
The school was suspended shortly after the unrest began and the Egyptian students were sent home as their families requested. The only ones to remain were Egyptian nationals (who are on the staff) and some Sudanese students, for whom NUA is home.

We are indebted to these staff families and students who guard the academy around the clock against possible looting.

Alexander Prodreszy, who teaches IT at NUA, had a narrow escape while standing talking to a student. Suddenly something whizzed between them and struck the ground at their feet – a bullet!

The boot is on the other foot
The day the police inexplicably disappeared, the street militias took over! Armed with steel pipes, wooden bats and the odd firearm, they menaced anyone who came down their section of street.

Vigilantes rule!
Each night some of us would go out into the street and talk with our vigilante ‘street guards’. Most of them are Muslim, with a sprinkling of Christians. In the absence of law and order, we were grateful to these community vigilantes for the security they gave us, as well as our office block and our neighbouring church in Heliopolis. These are the community vigilantes who saved the school.

This showed me how very important it is for us to make good friends with our non-Adventist neighbours.

The prayers of the saints
Finally, I want to thank those who sent the numerous emails, and made the Skype and phone calls we received. The assurances of prayer from all over the world – Scotland, England, the USA, Latvia, Australia, South Africa, Sweden, Brazil, Greece, Cyprus, Lebanon and our church family in Egypt – were a great encouragement. Thank you all!
Launch of the BUC Health department’s strategy for older adults

by Sharon Platt-McDonald

Now also when I am old and greyheaded, O God, forsake me not; until I have shewed thy strength unto this generation, and thy power to every one that is to come. (Psalm 71:18, KJV)

The BUC Health Ministries department will launch its Older Persons’ Health strategy on 5 March 2011.

Recognising the need to respect and care for the older members among us, this strategy seeks to raise awareness about age-related wellbeing. It also aims to increase the level of support required to address the health needs (emotional, physical, spiritual and social) of older members in our Church and community.

The following key aspects will be addressed in workshops:

**Physical** – health screening, nutritional advice, general health, and mobility-enhancing exercise;

**Spiritual** – nurturing spiritual wellbeing, and support programmes;

**Social** – volunter programmes, benefits, and social activities for older adults.

A Needs Assessment document has been formulated to help health leaders, and other supporters of older persons’ care, to deliver support to vulnerable older adults.

Training events and workshops will also be delivered to address the health needs in the four areas identified above.

Relevant resources developed by, and available from, the BUC Health Ministries department include:

- A leaflet entitled Embracing Age;
- The Little Book of Health for Seniors (also available from The Stanborough Press).

We have a biblical directive to treat our elders in a particular manner. Leviticus 19:32 (KJV) states: ‘Thou shalt rise up before the hoary head, and honour the face of the old man, and fear thy God: I am the LORD.’ We can honour our older members by providing for them and caring for them. It is hoped that this will help our older members to feel valued, included and nurtured all the days of their lives.

*Sharon Platt-McDonald previously worked as an NPO Service manager for Older Persons Services at J兰don MNG Primary Care Trust.*

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When, however, we become aware of our (Psalm 71:18, KJV), real humility has the

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- Lymph nodes are very small organs which form part of the lymphatic system. These nodes are located in various areas of the body but are mainly clustered around the arm, underarm and groin areas. It is estimated that there are between 500 and 700 lymph nodes in the body. If you become unwell and pay a visit to the doctor, he/she sometimes examines the ‘glands’ (lymph nodes) in areas such as the neck, underarm and groin; for when they are raised it is an indication of infection or disease.

- The lymphatic system’s key role is to protect the body from unwanted substances is impeded and the lymph nodes can become blocked. This weakens the body’s immunity and decreases its ability to resist disease.

Other organs that help the lymphatic system to produce the white blood cells (lymphocytes) that fight infection are the bone marrow, the thymus and the spleen.

Did you know?

- An unhealthy lymphatic system can seriously affect your health.
- Research demonstrates that poor lymph function is associated with conditions such as fibrosarcoma, bleeding and poor digestion, chronic fatigue syndrome, generalised aches and pains, some autoimmune diseases and even cancer. Other studies have shown that an unhealthy lymphatic system can contribute to cellulite, fatty deposits and obesity.
- If our bodies are overloaded with toxins, the lymphatic system’s work of filtering bacteria, dead cells, micro-organisms or other unwanted substances is impeded and the lymph nodes can become blocked. This weakens the body’s immunity and decreases its ability to resist disease.

**Good health!**

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I count myself among the few Adventist pastors who can claim to have had a head deacon by the surname of Deacon. This coincidence occurred during my tenure at a large church in the city of Port Elizabeth, South Africa.

Winston Deacon and I became good friends and shared many memorable experiences during the eight years I was his pastor — one of which has a bearing on the subject of this editorial.

It happened during my first communion at that church. Winston, one of the city’s prominent retired businessmen, arrived at church early that day in his stately, big green Rolls Royce. As he stepped from his car, immaculately turned out in his tailored suit and shiny shoes, he was nothing but the epitome of wealth and dignity.

We greeted, then busied ourselves with the routine Sabbath morning activities and the special preparations for the Lord’s Supper.

It was only as the men converged on one of the church’s upper rooms for the foot-washing ceremony that I came face-to-face with Winston again. ‘Pastor, may I have the privilege of washing your feet today?’ he enquired.

‘Sure Winston! I would like that. Thank you.’ I felt grateful that this eminent senior member was ready to wash my feet, and moved quickly to find him a chair and place a bowl of water at his feet.

He sat. I knelt. He slipped off his right shoe . . . and both of us gaped, for protruding through a massive hole in the sock was his big toe!

He laughed. I chuckled respectfully. Then the left shoe was removed to expose another embarrassed big toe!

**The irony**

That moment was pregnant with irony – I will never forget it. The green Rolls Royce, immaculate suit, shiny shoes and dignified demeanour were brushed irreverently aside at the sight of those socks.

They were aware that they had disobeyed God. They sensed with dread that their innocence was gone – stripped away by sin. Don’t we really embarrass ourselves? When Peter protested so vehemently against Christ washing his feet, was it over what the Saviour was about to do, or what Peter had left undone?

I think he felt guilty that he had not stepped humbly forward to do the servant’s work. A guilt that was about to be compounded if Christ washed his feet.

**Our bared feet are symbols**

To me, during the foot-washing ceremony our bared feet become symbols of our collective inadequacy. Symbols that strongly proclaim Paul’s message that ‘There is no one righteous, not even one . . . Their feet are swift to shed blood; ruin and misery mark their ways, and the way of peace they do not know.’ (Romans 3:10, 15-17, NIV)

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Winston had holes in his socks and mine were fine, but all of us are actually barefooted waifs in the presence of the Almighty.
I don’t seem long since I was ‘the young
at the press’, and ‘suddenly I’m ‘the old
man’. How did that happen?
For that matter, it doesn’t seem
that I was 22 and starting work as a teacher
at Stanborough School. Though long since
demolished, with the rest of the school,
Room 20, where I taught full-time for ten years,
still exists in my mind. It is intact in my sub-
conscious, too, because I occasionally dream
about it. And they are dreams, not nightmares,
for memory focuses on the good times and
skips over the tough stuff.

The day I left that Union committee
etched is my memory; not, however, because
it was a ‘good time’. Perpetual membership of
the commission was an aspect of the job
that no one had thought to warn me about,
though they were an adequate assemblage, then, and (it
seemed to) look themselves terribly seri-
ously. On my first day I was in danger of being
overwhelmed. These tall, dignified Scotsmen
Elias, Ernest Logan and Colin Wilson –
appeared to be an main problem – but I soon
discovered that such dignity may mask an
engaging sense of humour. Mellow Englishman
Joe Low was the one who cut out of his
way to make me feel at home.

That first day on the BUC Exec does not,
however, seem very long ago. I was very
conscious of the passing of time. As I look
at my photographs I am very much aware that
only one of them was black and around seventy
per cent of them are dead.

Nor has the sense of the passing of time I have
have to begin to review the 840 issues of
since 1967 seemed to me) took themselves terribly seri-
ously, I think. And yet, even as an 82-attitude
woman, I have had the experience that
‘Every time a [blessing] grinds you down’.

The first coping mechanism was to make a
peaceful focus of attitudes. I knew that
the choice was between the Genesis 42:36 attitude
of the submitter: ‘This could only be the wails,’
‘Everything is against me!’ in the second, Paul
writes, ‘. . . in all things God works for the
good of those who love him, who know God,
who have been called according to his purpose.’ God is at
work. He ‘co-operates for good’. That does not
mean that he is responsible for everything that
has happened. It means that God is the ultimate
Expert at bringing good out of dire circum-
stances. Every day there is a choice: to be beat-up, or
to be up-beat.

The second question is ‘when will you need it?
When do you, finally, have the hindsight perspective
on a situation, you can often recognise God’s
modus operandi. Suffering seasons are fitting
seasons: when the Christian knows his stuff.

God doesn’t waste suffering. Reflecting on
one such time Hudson Taylor wrote, ‘What circum-
stances? I have lived in the very midst of God’s
word, the presence of God more real, the
help of God more precious’? (A Reptol救, ch.
9). But why? The reason is not always obvious.

And I have a sense that I have been privileged
to have been saluted by the Church for teach-
ing, preaching, writing and editing – the things
I most enjoy doing. No one who has ever sided
with me on a committee, however, would expect
me to pretend that the journey has always been
smooth. I am convinced that God never intended me
to be a committee man.

Of course, it is only the exercise of my selective
memory that enables me to have ‘warm glow’
recollections of all my years as a teacher
and an editor. There have, of course,
been tough times when God is ‘in a good
mood’ – as far as I can tell – but a faith
that hasn’t been tested cannot be trusted.
Paul catalogued ‘his tough times’; and as
we review the items in the catalogue there
are a whole lot that we could say of these days. A few
items, sadly, have remained constant across
the centuries. There have been times when I have
felt alone and exposed. However, just as God
sent Titus to encourage Paul when he suffered
‘conflicts on the outside, [and] fears within’ so
he has invariably sent help to me in the form of
encouragers. Such people have played vital
roles in my development of coping mecha-

nisms. Right in the midst of one of my tough
miles I would occasionally receive a beautifully
written handwritten letter from a friend in ministry.

Sometimes the encouraging messages took an
unexpected form. One referred me to a newspa-
per story relating to Mr Matas, a member of
Mrs Thatcher’s cabinet then under severe press
which had the exhortation, ‘Don’t let the [blessings] grind you down’.

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items, sadly, have remained constant across
the centuries. There have been times when I have
fellasm and faith of our many immigrant
counterparts.

The first chapter of John’s Gospel, arguably
the most profound of all the foundations of
the option of viewing God as One who operates
from a safe distance, sending, missionaries,
the other stuff to ‘teach us a lesson’, Jesus, the Word, was ‘in the beginning
. . . with God, and the Word was God’. Jesus
came to show us what God is like – and
that fear in others, we are not doing God’s
work. ‘For God has not given us a spirit of fear,
but of power and of love and of a sound mind’.

To get a sense of the passing of time I have
been told that, ‘A faith that hasn’t been tested
cannot be trusted’.
A mind alive

An edited version of the tribute paid by Bill Knott, the editor of Adventist Review, to Dr David Marshall at his farewell dinner.

More than twenty years ago, I was asked to visit a major Adventist college in the US to interview theology students for possible placement in the conference – in my church, working with me, as an intern.

In the space of just twenty hours, I interviewed a total of thirty junior and senior theology majors – all of them in their third-year suits, with blow-dried hair, clean fingernails and, where possible, a pretty wife or fiancée on the phone.

After the first ten or twelve, I concluded that I was going to learn very little by asking them questions about their interests in biblical studies, archaeology, preaching, or public evangelism. They were all deeply committed to Greek (the usefulness of which in pastoral life I did, and still do, have some doubts); they all expected to spend the sawdust trail as evangelists; and none of them could think of anything more exciting than to spend their afternoons than to give Bible studies to poor children of Canaan (Numbers 21:21), who spied out the land of Canaan (Numbers 13:2, 6), who was one of the two returning spies who brought back an encouraging report (Numbers 13:30; 14:6, 7), and who survived according to the word of the LORD (Numbers 14:8). But Caleb had more reason than most to receive his allotted portion – for his portion was Hebron (Joshua 14:13), and Caleb was the son of Jephunneh the Kenizzite (Joshua 14:6).

We can only imagine Caleb’s feelings as he saw Hebron, the burial place of the ancestors he shared with the Israelites, when he spied out the land of Canaan (Numbers 13:22). Hebron was the city of the greatest of these giants (Joshua 14:15). Caleb had waited forty-five years for this moment (Joshua 14:10).

But Caleb had yet further reason to take Hebron. He was the son of Jephunneh the Kenizzite (Joshua 14:6), who spied out the land of Canaan (Numbers 13:22) to receive his allotted portion in the promised land (Joshua 14:14). He pre-empted the negative conclusions of his fellow spies (Numbers 13:31) by telling the Israelites that they were ‘well able to overcome’ any obstacles that came their way (Joshua 13:30, NKJV), thus wholly following the LORD his God (Joshua 14:8). But Caleb had more reason in general to receive his allotted portion – for his portion was Hebron (Joshua 14:13), and Caleb was the son of Jephunneh the Kenizzite (Joshua 14:6).

Kenizzites were not of the twelve tribes of Israel. They were the descendants of Kenan, the grandson of Esaù (Genesis 36:10, 11), a Hittite (Genesis 36:2). However, Caleb, although a descendant of Esaù, shared a distant family connection to the Israelites. And those family connections were buried at Hebron (Genesis 23:19, 23:2; 25:7, 27:20). We can only imagine Caleb’s feelings as he saw Hebron, the burial place of the ancestors he shared with the Israelites, when he spied out the land of Canaan (Numbers 13:22). No wonder Caleb came to Joshua and specifically asked him for that territory, even though the land was fortified (Joshua 14:12), and full of giants (Numbers 13:33, 13:23), and even though Hebron was the city of the greatest of these giants (Joshua 14:15). Caleb had waited forty-five years for this moment (Joshua 14:10).

Could Caleb have foreseen at this time of his life what his career would have been like? We can only imagine how Caleb’s feelings as he saw Hebron, the burial place of the ancestors he shared with the Israelites, when he spied out the land of Canaan (Numbers 13:22) to receive his allotted portion in the promised land (Joshua 14:14). He pre-empted the negative conclusions of his fellow spies (Numbers 13:31) by telling the Israelites that they were ‘well able to overcome’ any obstacles that came their way (Joshua 13:30, NKJV), thus wholly following the LORD his God (Joshua 14:8). But Caleb had more reason in general to receive his allotted portion – for his portion was Hebron (Joshua 14:13), and Caleb was the son of Jephunneh the Kenizzite (Joshua 14:6).

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But Caleb had yet further reason to take Hebron. He was descended from Adah the Hittite (also translated ‘daughter of Heth’ – Genesis 26:34, 37–38). The sons of Heth, or Hittites, who lived in Hebron had been approached by Abrahah after Sarah’s death (Genesis 23:2–4), and he bought the field of Ephron the Hittite to bury his father there (Genesis 23:16). Ephron actually offered to give it to him (Genesis 23:10, 11), but Abrahah insisted on purchasing it fair and square (Genesis 23:13); the fact that he did so is repeatedly emphasised (Genesis 23:17, 18, 20). So, by taking Hebron, Caleb was redeeming the land which his ancestors (the Hittites) had legally sold to another of his ancestors (Abraham). He was taking back the land of both his sets of ancestors – from the Anakim who currently occupied it (Joshua 14:12).

Caleb had therefore made many legitimate reasons to follow the LORD’s command to take possession of his inheritance – it was his: several times over, and it had been given to him by God. Althoughtechnically an ‘outsider’, he displayed more zeal than those who were born of Judah, and the LORD rewarded him.

• Caleb didn’t take Hebron on his own. Which tribe united with Judah in its struggles (Judges 1:1), and what does this tell us about the importance of cooperation?

• What happens when we don’t trust God and claim his promises? (Numbers 14)

• What was the former name of Hebron, and why?

• Where was Rachel buried, and which great men would be interred there? (Genesis 35:20–21, 31–34)

• What last act of service did Jacob and Esaú do for Isaac their father? – can grief help to unify us?

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• Where was Rachel buried, and which great men would be interred there? (Genesis 35:20–21, 31–34)
With the 2011 Annual Appeal imminent, we asked Pastor Bert Smit, chief executive officer for ADRA-UK since January 2006, to explain the importance of the work of ADRA and how we, as a Church community, can help.

To meet these requirements, and approach our humanitarian aid in a more professional manner, ADRA-UK was established as a separate charity in 1998.

The old term, ‘Ingathering’, was replaced by the Annual Appeal. So, for a period of up to three weeks we may collect for the work of ADRA-UK from door to door under special licence from the Home Office.

Editor: Has this new status improved matters?

Pastor Smit: Yes, Julian! There are only forty-three charities in the UK that have this national permit to collect, and it gives us a unique opportunity to meet other people and ask legitimately for a contribution to our humanitarian work.

The new status also permitted ADRA-UK to partner major donors like the British Government (DFID) and the European Commission, thereby attracting more funds.

Editor: What fundraising activities are permitted during the Annual Appeal?

Pastor Smit: The main reason for the Annual Appeal is to ask the general public to help the work of ADRA. Door-to-door knocking is the most effective way of doing that, but these days many employers are willing to support their staff in raising funds for charity. This has increased the number of alternative fundraising activities such as sponsored walks, cycle tours, golf tournaments and so on. Some churches organise alternative events like cake-bakes, car boot sales, car washes or sporting events. The South England Conference Church Ministries department even organises a ‘Fun Run’ at Crystal Palace Park to help raise funds.

Editor: Knocking on a stranger’s door can be scary.

Pastor Smit: Some people are a bit wary of this, and that’s understandable. However, knocking on someone’s door to ask for help for people in need is a different matter. You are not asking for something for yourself, you are not evangelising – you are simply asking for £1, or whatever people want to give, to help those in need. Our leaflets are clear for those who want to know more. Our website also has full information on what we do and where, as well as an opportunity to give regularly or by Gift Aid.

Editor: Who will benefit from this year’s appeal?

Pastor Smit: The funds raised this year will benefit projects in Burkina Faso, Ghana, Mongolia, Thailand, Nepal and Tanzania and the UK. They will also help us to provide immediate assistance when disasters strike. Our team is working on new proposals for other countries and, as the year progresses, we hope to be able to extend our work.

Editor: How much was raised in 2010?

Pastor Smit: I am delighted that, despite the difficulties with the economy, people are still really generous. We raised a total of £621,298 – roughly £25,000 more than in 2009. This is a great result given the current economic climate. Our goal for 2011 is £700,000, but to do that we need all the help we can get!

Editor: Bert, what percentage will go to projects?

Pastor Smit: We have agreed with the trustees that 90% of the Annual Appeal income will go to projects. The remainder is used to promote the Annual Appeal (leaflets, posters, badges and so on). The promotional budget is much lower than that in many charities, and we work hard to keep our costs down.

Editor: Finally, Bert, what is it that excites you about your work?

Pastor Smit: ADRA-UK is a unique agency. We are quite small, but we excel in the work we do, bringing relief and healing to tens of thousands of people.

I have a picture on my wall of a family in Burma I met some time ago. They are crouching together because the husband, U Zaw, is crippled.

He was born with a birth defect and is paralysed from the waist down. With no wheelchair, he just crawls around using his upper body strength. But he had the most wonderful smile in the world when I met him.

Because of his disability U Zaw was unable to work and the family often went to bed hungry. As part of one of our projects he received eight goats from ADRA. Now, U Zaw is raising goats and his life is changing. His little herd has grown to sixteen, his children can go to school, and food is on the table. I have never seen better-looking goats than at the small farm of U Zaw.

Such experiences excite me and keep me going.

The support from our church members is vital in what we do and, plainly speaking, without their help we could not do our work. ADRA is actively doing what we preach: helping the needy and sharing our vision of hope. When ADRA and our church members work together raising funds we can bring opportunities for a better life to people like U Zaw. There is nothing more rewarding than that!
**Can I take your picture?**

by David Bell, **Messengers designer**

Digital photography has revolutionised the art of picture-taking. Photography was once the preserve of professionals, keen amateurs and holiday snappers. Now easy-to-use digital cameras have opened up the field to just about everyone. Put this together with the internet, offering sites such as Flickr and Facebook, and suddenly everyone’s at it! We all seem to have cameras in our pockets or bags, even if they’re only on our mobiles. And why not? They’re easy and very accessible.

So, what does all this have to do with the Messengers? Almost every photo published in *Messengers* comes to us in digital form. Some are excellent – and those you see published. However, a large number we are unable to use for various ‘quality control’ reasons. So here I hope to offer some simple suggestions to help improve your news photographs.

**Step 1 – Basic camera settings**

It doesn’t matter if your camera is an automatic point-and-shoot pocket camera or an expensive digital SLR, always make sure that it is set to maximum resolution. It is pointless having a 10 megapixel camera if you have it set to 1 megapixel.

**Step 2 – Composition**

Think about where you are taking your pictures. Does the location help tell the story?

Try to position your group or individual against a clean background, free of clutter. You don’t want a flower arrangement growing out of their heads, or a microphone stand poking out of an ear. Try to get groups to bunch up together: it looks so much better than the usual ‘fringe-squad’ pose. But do make sure that the shorter members aren’t hiding at the back. If there is a nice flower arrangement close by, why not incorporate it in your picture, next to your subjects?

Get your subjects laughing and smiling if appropriate, because readers like to see happy people, not miserable people. Try different camera angles. Shooting from elevated positions, for example, can result in an interesting shot. Look for action shots! A Pathfinder making a craft item is more interesting than one holding a certificate. Get in close. If you are taking a picture of four people at the front, you do not need the whole platform in the picture. Let the four people fill your viewfinder.

**Step 3 – Lighting/Exposure**

I have put these two subjects together, as one has a definite bearing on the other. Most of us shoot in some form of auto mode these days, so it’s important that you get adequate light. Ideally, go outside, weather permitting – but don’t make your subjects stare straight into the sun or they will squint. There is no substitute for natural light. What if your subjects are in the shade? Use your flash. This will mean setting the camera flash to Flash-on (Fill-in Flash), not Auto. This will help to lighten their faces just enough.

Don’t worry if you have to stay inside. Get as close as to your subject as you can. Churches are notoriously big places, and your average camera flash can’t cope over long distances. Indoor lights can be a problem. If your flash lights are fluorescent, and your flash is not up to the job, then the chances are that your picture will have a yellow cast over it: so get up-close and personal. Unless light is really good – or you have a high-end digital SLR – you will probably always need your flash indoors. If you are in low light and can’t use a flash (for instance, during a service), then slow your shutter speed and look for moments when the speaker is not moving. Take a lot of photos and find one or two that are good.

**Step 4 – Taking your picture**

Give your subjects fair warning, so that everyone is looking at the camera at the same time and not yawning, talking or blinking. And most importantly, take lots of pictures – that way, hopefully, at least one will be a winner; but hopefully more (which will give us a choice).

**Step 5 – Submitting your pictures to Messengers**

Don’t be afraid to be critical of your work. If you think that a picture is poor, dump it. If your picture has a ‘whow’ factor – that is the one we will want to use.

Most people use email to send us their photos. This is fine. But here are just a few points to consider:

- **Make sure that your photo application/email is not reducing the size of your photo to make email quick. This does happen a lot. Also, don’t be tempted to reduce the files yourself.** I am always happy when the pictures which arrive are 1mb or more, but so often what I get is something around 50kb or less (see picture top right). You may get away with it for a website, but for print it is just not detailed enough.

- **Get it right the first time!** So, you have lots of pictures to send to us, but they are too big for your email to cope with. Easy. Upload them to us through the internet. On the PC, select all your files, right-click them, then click ‘Send to’, then ‘Compressed’ (or ‘Zipped’). On the Mac, click your selected files, and click ‘Compress’. This will create a single file, ‘name.zip’. Now go to your browser, then to www.mailbigfile.com (see picture bottom right) and click the ‘Final’ button. From here you can put in your recipient’s email address, attach your file (name.zip), and then send your file. This method totally bypasses your email. Your file is uploaded to MailBigFile’s servers; they send a simple email link to your recipient, who can then download the file. And that’s it. However, having a lot of photos does not mean you have to send them all to us. Choose the best.

- **Please don’t print out your photos and then send in your prints.** Scanners are designed to scan images that are litho-printed (from a magazine or book). Home printers print in a totally different way, so when I scan your prints the results will not be good.

- **Don’t import your pictures into your Messengers report using Word.doc.** All we want from you is a jpeg, just as your camera produced it in the first place.

- **Label your pictures.** If you want a caption with a person’s name you need to tell us.

Please send your photos as an attachment to your email (if not using mailbigfile), to: editor@stanboroughpress.co.uk or bucnews@adventist.org.uk. You can send them to the BUC for inclusion on their website, or for BUC News, to bucnews@adventist.org.uk.

Photography is fun, so get out there, snap away; you never know, you may be pleased with the results!

I hope this guide may be of some help. We appreciate the time taken by our contributors who send us their photography. Keep it coming, but try to make it better. Just remember, if you are not sure of the last shot, take it again!
Government statistics show that 81% of children are living in low-income families, the highest proportion in the UK. Every day people go hungry because so many people cannot afford food. In the area alone, 36% are living on working class credits and almost half of the adults living in the ward are unemployed.

Hodge Hill were also among the top ten most deprived wards in the country and have high levels of child poverty. We wish to tackle this problem within the community.

Foodbanks help prevent crime, housing loss, family breakdown and mental health problems. Your donations to our Foodbank will make a big difference!

VALERIE MOODIE, COMMUNICATIONS DEPARTMENT

Launch of the Ladywood Foodbank – ‘Labour of Love’ 2011

Addressing the needs of people in crisis!

T his new initiative is being co-ordinated by Debbie Morrison (a new convert) and fully supported by the Ladywood church.

The well-attended launch of the Ladywood Foodbank took place at St Luke’s Church Centre, Great Colmore Row, Birmingham on Friday 21 January 2011.

Present at the meeting were service providers from the Birmingham City Council, who cover the Ladywood constituency and welfare poverty units, as well as charitable organisations, homeless charities and other religious organisations, with whom the Ladywood members will work closely.

The purpose of the meeting was to introduce the project and to discuss the needs to be met for those families and individuals, who reside within Ladywood and its surrounding areas, who cannot afford one of their most basic needs – food.

Unfortunately, hunger is not just a third-world problem. Today, many people across the UK struggle to feed themselves and their families. It is estimated that there are 12 to 13 million people living below the poverty line in the UK.
Holloway baptism

Family, friends, and church members filled the Holloway church on Sabbath 22 January 2011 to witness the baptism of eight special candidates: Rachael Cuffee, Janice Jeffery, Boaz Sohe, Nana Phillips, Baptiste, Jehnaya Elagoz, and brother and sister, Lintho De'ryn and La martha Barclay. Pastor Holder was the officiating minister. The congregation was particularly glad to see that some of their `prodigal sons' were among the candidates.

ASSOCIATE LEADER – COMMUNICATIONS

Baptism at Romanian All Souls Parish Church

The Romanian All Souls Parish Church held a wonderful baptism of three children on 29 January this year. A number of them had no previous Adventist background.

EMEKA NWOKOYE

COMMUNICATIONS DEPARTMENT

Southall baptises eight

There was great rejoicing at the Southall church on 13 November 2010 as eight precious souls gave their lives to the Lord, six through baptism and two on profession of faith. Family, friends, and members packed the church to witness this moving event conducted by Pastor Everett Picart. After the beautiful baptismal service the pastor’s `appeal yielded another two potential candidates.

SOUTHALL COMMUNICATIONS DEPARTMENT

Middlesbrough counts its blessings

Sabbath 29 January in Middlesbrough was a cold and frosty morning with a -3°C start to the day. Inside the Middlesbrough church, however, the sun was shining brightly for three special sets of parents. Pastor Colin Woodford dedicated three babies at the church that morning.

First was a 5-month-old Bryane Khialani, presented by her parents, Bob and Lyana. Next was 1-week-old Mutandase Epwasi, presented by her mother, Leah. They were followed by 3-month-old Joshua Arturo Chio, presented by his parents, Hanil and Grace.

ASSOCIATE LEADER – COMMUNICATIONS

Diamond Wedding at Lowestoft

Eric and Jean Baker celebrated their 60th wedding anniversary in a surprise party organised for them on 27 December, 2010, by the Lowestoft church. The couple were married in the original church building – a former salt store – on Boxing Day, 1950.

J. SAWYER

Ordination at Cardiff

Dr Theophilus Gokah, a Fellow of the Higher Education Academy (UK), has been ordained as an elder of Cardiff North Church. Dr Gokah first came to the UK from Ghana for further studies in 1999 and has been an active to the church through his zeal and enthusiasm for evangelism, including Prison Ministries. Pastor John Surridge, Welsh Mission president, assisted by Pastors Clyde Moore and George Boalye Asiamah, led out in the ordination service.

PASTOR GEORGE ASIAMAH AND RONALD ALAN BARTON-MICHAEL GEORGE

Obituaries

David Colin Pearce

(1842-2011) d. 29 January

D ave was a true English gentleman. A born, honest man with no airs and graces – what you saw was what you got. He was born on 12 November, 1842, to House and Panama Pearl of Wafford. At that stage the country was at war and Bouzip was employed in the National Fire Service.

Three months short of his fourth birthday, David sailed with his family to West Africa, where his parents served as missionaries – five years in Nigeria and seven in Gold Coast (now Ghana). During this time, six months of every two years were spent in England, or travelling, which played havoc with Dave’s education; something he saw was what you got. After the fire in Watford the press relocated to Grantham, where operations began in 1966. Moving beyond printing, he worked as a bindery machine operator, works engineer, warehouse operative and forklift driver. He was a kind man, a quiet man and an example to us all.

David’s character and life can best be described as one of faith, meaning and service. He was a true English gentleman. He was a kind man, a quiet man and an example to us all.

First Christingle service for Loughborough children

The children in the Loughborough church held their Christingle service on 18 December 2010 – a new experience for most of the group.

They walked into the church holding their christingles and singing, then explained the meaning of each part of the christingle and shared the history of the illustration before singing the lively Graham Kendrick song, ‘Can You See What We Have Made?’

The children then told us about Jesus’ birth, placing models they had made onto a large Nativity scene as the story unfolded.

Keisha Andrea Ferriegen

(1877-2010) d. 28 November

Keisha Andrea Perrigon was stricken by cancer in the prime of life and passed away in her thirty-third year on 26 November, 2010. She lived a full life, and we knew she had a natural sense of humour, and rarely complained. She had a nature that restored your faith and set a standard that made life today an easier task to cope with.

Over the years Dave was relied on in many different circumstances. For example, at one stage in their ministry, Pastor Colin Woodford dedicated three babies at the church that morning. Pastor Ian Sweeney.

Keisha’s last prayer, as stated by her husband, was ‘May God supply all your needs and may God be with you.’ She was praying for him, and he was progressed to become a trainer iner in the Burngreave church. She was buried in the City Re-formed Church where ‘the snow lay round about, deep and crisp that afternoon.

To her husband, parents, siblings, other family and friends, the Church extends its deepest condolences.

Kathleen (Emm) Watson

(1919-2010) d. 31 December

Kathleen Mary Watson was born in Wiltshire, England and died on 31 December, 2010, aged 91.

On leaving school she worked at Doctor Shone’s Nursing Home in London, before attending Newman College at both Newman Reel and Packwood House in Warwick. She graduated as a nurse in 1942. On 15 August 1946 she was married in the Bridgnorth Church to Charles Watson, a young pastor.

Together they worked tirelessly, especially for the youth and those who had left the church. They began in Rale, followed by Nottingham, Watford and Edgware; before becoming missionaries in Ethiopia (East Africa) and Lebanon.

After this they went to Washington D.C. where Charles worked for the Secretariat at the General Conference. Upon their retirement they moved to Delaware, Florida, USA, where Charles passed away in 2009 after enjoying sixty-three wonderful and exciting years of marriage with Kathleen.

She is survived by two children (Scotland) and Margaret Cole (Spain), one adopted son, Eric Melinars, and several nephews and nieces and their families.

Kathleen’s love for flowers is well-known, but so too is her love for people, irrespective of their circumstances. For example, at one stage in their ministry, where Kathleen was also in charge of the Temperance department, she would often travel through the pubs of Watford on a Saturday night in search of those who had drunk too much. She would then bring them home for Kathleen to talk to out so they could be returned to their families. She will be remembered as a woman of kindness, courage, faith and fortitude.

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SABBATH DAY

Maurice Franks

(1890-2010) d. 28 November

Maurice had three sisters and six brothers, and was born in York in 1910. In 1979 he married Dawn Gudle and they were blessed with two sons, Andrew and Peter.

Maurice was baptised in the York church in 1937 when he was 17 years old. They moved into the church in 1937 when he was 17 years old. They moved into the church in 1937 when they were 17 years old.

He passed away on 28 November, 2010. His funeral was live-streamed on 26 November, 2010.

Maurice leaves his wife Dawn, sons Andrew and Peter, daughters-in-law Stacey and Gemma and grandchildren, Beste, Andrew and Tilly – all of whom long for that resurrection day!
New book of the week
Samson
Tracy A. Morgan
Set apart for God, Samson is legendary for his strength, but also for his flaws. Read this exciting story anew through the eyes of Tracy Morgan. It’s a tale that literally brought the house down!

Contact ABC Sales on 01476 539900 to purchase your copy at £12.95 plus p&p.