Fletewood impresses new pastor

by Pastor Clifford Herman

Fletewood Adventist School, situated in the centre of Plymouth, has an attendance of around seventy children and has an excellent reputation within its community. Every year around Christmas, the school does three amazing things. Firstly, about two weeks before the big day, senior members from the church’s community are invited to enjoy a three-course Christmas dinner hosted and prepared by the school, and 2013 was no exception. While the old folks enjoy the meal the Year Six students wait upon them, taking their orders, bringing their food and constantly making sure they are comfortable. The community members appreciate the gesture, while the children learn the value of showing respect and appreciation to the older generation.

Secondly, there is the performance of a very successful senior school Christmas concert and a junior school nativity play. For 2013, the production was entitled, ‘There’s Something Amazing Going On’, and it told the story of the first coming of Jesus, using contemporary religious music and showing that He came as the Saviour of the world. These successful events pack the Plymouth church to capacity with parents, past pupils and members of the church community. These performances involve every child in the school and are done to an impressively high standard.

Thirdly, Fletewood School involves its children and parents in collecting money and food for a local charity called Shekinah Mission. Shekinah, which is based in Devon, helps a wide range of adults, young offenders and ex-offenders in Plymouth, Torbay and South Devon. It tackles the complex issues of homelessness, substance abuse and social exclusion with its non-judgemental, holistic and integrated approach. The charity provides temporary accommodation, meals and emergency supplies to the needy, as well as a wealth of support through its comprehensive education, training and employment programmes. The relationship the school has with this charity is very positive, and this highlights the positive ethos of the school.

After having been involved with the school for a year now, I understand why it has such a brilliant reputation in the community, the excellent Ofsted inspection record, and the long waiting list of parents who cannot wait to have their children attend the school. For more information about Fletewood School, go to: www.fletewoodschool.co.uk.
The report goes on to list the following as the UK’s leading health risk factors:

- Tobacco smoke (including second-hand smoke)
- High blood pressure
- Obesity
- Too little exercise
- Alcohol use
- Poor diet.

Evidence from lifestyle change programmes such as ‘CREATION Health’, ‘NEWSTART’ and ‘CELEBRATIONS’ indicate that having clear goals for healthy outcomes is more than just implementing one aspect of well-being, but rather a combination of lifestyle factors that effects positive changes – without the risk factors.

So here are the top ten interventions according to a health report in news.com.au by Tania Gomez:

1. Give up dieting
2. Sign up for a fitness event
3. Don’t eat when you are stressed or angry
4. Have a fitness support network
5. Do more cooking at home
6. Train four or more days per week
7. Always have healthy food options on hand
8. Avoid the all-or-nothing mentality
9. Aim to train in the morning.
10. Use social media as a motivational tool.

We will look at the science behind these interventions over the next few issues.

Good health!


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LITTLE MINI VS. YELLOW BEETLE

Arguably, it is the most universally accepted moral guideline of all time. In fact, you find it among the writings and teachings of most religious traditions, from the Bahá’í Faith to Wicca (modern paganism). 1

In 1993 it was accepted by the Parliament of the World’s Religions as the pre-eminent principle on which to base interfaith relations, because ‘it established a common ground for people of faith to agree and to co-operate for the good of all’. 2 But respect for this principle is not limited to those who regard themselves as religious and spiritual; it is highly regarded by humanists and secularists too, as this comment clearly shows; it is ‘the single greatest, simplest, and most important moral axiom humanity has ever invented, one which reappears in the writings of almost every culture and religion throughout history’. 3

Christians tend to believe that this principle originated with Jesus, specifically during His benchmark sermon on the mount: ‘Do to others as you would have them do to you.’ Luke 6:31, NW-UK. Its roots go much deeper than that though. For in Leviticus 19:18 (NW-UK) we find what scholars regard as the ‘golden rule’ in its earliest form: ‘Do not seek revenge or bear a grudge against anyone among your people, but love your neighbour as yourself. I am the LORD.’ (Emphasis supplied.)

It is Jesus, however, whose life and teachings have invested the ‘golden rule’ with its deepest meaning. It is His death that has given to every human life an equal value – which is the very foundation on which this rule rests.

Muhammad taught it too! Somewhat surprisingly, the ‘golden rule’ is also found in the heathen, the collected accounts of Muhammad’s teachings. Here is an example: ‘None of you (truly) believes until he wishes for his brother what he wishes for himself.’ He uttered this wisdom more than five centuries after Christ, but was quite likely influenced by the latter’s teachings.

The yellow Beetle

In 1974, my fiancée, Elize (later to become my wife), was teaching at an Adventist boarding school while I was assisting an evangelist in a nearby city. The only time we had for each other was Saturday evenings, when I would drive my yellow VW Beetle the forty-odd miles to visit her. I was proud of that Beetle, and would park it just outside the house where I stayed over each week, ready for an early departure the next morning. Then the unthinkable happened. I stepped out of that house one Sunday morning, with not a second to spare, and the Beetle was gone! Yes, gone – as in missing!

The house was close to the school gate and my immediate reaction was . . . ‘It’s been stolen!’ For a minute or so I felt gutted, I had never had anything stolen before. I felt so unprepared for this. What could I do? What should I do? Then I caugth a mental glimpse of the evangelist’s angry face, . . . I wasn’t going to make the meeting. Who would set up for him? Who would operate his slide projector? I felt traumatised.

Tracks in the sand

It was then that I saw the tyre tracks in the sand. They were going the wrong way. Not towards the school gate, but towards the nearby camp meeting hall. I put my bag down and began to follow them, right up to its big steel doors.

I opened them open, and there, parked very snugly between two steel columns, was my beloved yellow Beetle.

How had it got there? Pupil power! Those pranksters had carried my car in the same ‘unsanctified’ manner that we had used to move Mr Rothwell’s little Mini – by its bodywork!

Call me MacGyver

Yes, I managed to get free of those steel pillars – call me MacGyver if you like. But I haven’t been able to escape the conviction that your little Mini and my yellow VW Beetle would be a lot safer if we all adhered to the ‘golden rule’ – ‘Treat men as you wish to be treated yourself.’

I am the LORD. Yes, I managed to get free of those steel pillars – call me MacGyver if you like. But I haven’t been able to escape the conviction that your little Mini and my yellow VW Beetle would be a lot safer if we all adhered to the ‘golden rule’ – ‘Treat men as you wish to be treated yourself.’

Ibid


http://www.bbc.co.uk/programmes/p015trph

http://www.bbc.co.uk/programmes/p015trph

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FIVE DEATHS AT PENGUINS

New South Wales, Australia

In response, Health Secretary Jeremy Hunt stated: ‘Many deaths happen because the NHS is not good enough at preventing people getting sick or because treatment does not rival that seen elsewhere in Europe.’

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http://www.bbc.co.uk/news/health-21654536

http://www.bbc.co.uk/news/health-21654536

http://www.bbc.co.uk/news/health-21654536

http://www.bbc.co.uk/news/health-21654536

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1. National Health Service

2. Ibid

3. Ibid

4. Ibid

5. Global_Ethics:_An_Initial_Declaration

http://www.bbc.co.uk/programmes/p015trph


http://www.bbc.co.uk/programmes/p015trph

http://www.adventists.org.uk/leadership/health/if-health-resolution-b- creates-a-2014-04-28-126776863441

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SPEAKERS:

GARRET COWLLW, COSTIN JORDASHE, DELWIN FINCH, KLAUS POPA, RAMUND DABROWSKI, VICTOR HUBERT, DARYL GUNAGDOO,

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EUROPE

IN MEDIA RES:

COMMUNICATING GOD TO A DIGITAL WORLD.

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EDITORIAL

Little Mini vs. Yellow Beetle

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The past is a foreign country . . .

by Sarah Jarvis

Hmmm . . . like that. It has a certain ring to it. Good opening line for a novel, perhaps? Oh, yes, it’s already been used by (L. P. Hartley in The Go-Between, in case you’re interested).

Yes, sounds good, but is it true – that the past is a foreign country and that they do things differently there? I’m not going to generalise yes and no, but I would suggest that for the Christian it should definitely be yes.

The first test to spring to mind to back my theory is 2 Corinthians 5:17 (NIV):

Then, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new, as also the Message has it: “anyone united with the Messiah gets a fresh start, is created anew. The old life is gone; a new life burgeons!”

We used to sing a chorus back in the days of yore when I was young: “I have decided to follow Jesus.” The final line was: “No turning back.” That reminds me of Paul’s words in that little gem of a book, Philippians:

“I’m not saying that I have this all worked out, that I have it made. But I am well on my way, reaching out for Christ, who has so wonderfully reached out for me. Friends, don’t get me wrong by no means do I count myself an expert in all of this, but I’ve got my eye on the goal to which God is beckoning us onward – to Jesus. I’m off and running, and I’m not turning back.” (Philippians 3:12-14, The Message.)

In other words, we can’t have a foot in both camps. We can’t live in the old country where things were different and in the new at the same time, or alternate between the two when we have our eyes fixed on the new country. We have a passport there – Jesus Christ and His abiding sacrifice – and we don’t need noexcursions into that old country.

So looking back. No excursions into that old country. Why concentrate our energies on something that is transient and some day soon will be gone and forgotten? The Bible promises that nothing will be shaken and nothing (or noexcursions into that old country).

“See, I will create new heavens and a new earth. The former things will be remembered, nor will they come to mind.” (Isaiah 65:17)

There’d be just one reminder of that foreign country – the marks in the hands and side of the One who has made this future possible.

“I began with an opening line, so here are some closing ones to conclude us food for thought as we look to the future.

“The story will be over. Except that I continue.” (Russell Banks, Affliction)

“We shall never be again as we were.” (W. H. Davies, “The End of the Game”)

“When we reach the city.” (Ray Bradbury, Fahrenheit 451)

“Morning, excellent and fair.” (William Styron, Sophie’s Choice)

You are the real healer, the real physician. The real power is in us!... The real power is in us!...

Stanbrook School vacancy

General M aintenance W orker

Stanbrook School wishes to employ a General Maintenance Person to provide maintenance services as needed/designated to the Secondary and Primary Schools. The role entails assisted duties and is responsible for the general maintenance for the site in which the school is located. The successful candidate will have responsibility for the general maintenance duties of the site.

Salary: £29,119 - £32,862 per annum. Hours: 37.5 per week (FTE). Must hold a Full Driving Licence. All applicants should note that the role involves a considerable amount of walking and lifting.

Closing Date: 6th March 2014.

For more information log on to: https://adventistbiblicalresearch.org/materials/practical-christian-living/anointing-service

The real healing agent is, as mentioned above, the Holy Spirit, invited into us at the baptism of fire. For more information, go to the Seventh-day Adventist Bible Commentary

If you think that you have the drive and vision to fulfill the position, hold the box and apply by sending your CV and covering letter addressed to the Principal, Mrs J. J. (Missy) James, Principal, and the Church’s name to the Clerk of the School, 123 Main Street, City.

Do Seventh-day Adventists allowances the sick with oil, as mentioned in James 5:14?

Do you have a question you’d like to see answered in Q&A? Why not send it in to us at: editor@stanboroughpress.org.uk

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The seventh-century AD text may be described as the earliest known instance of anointing in the Christian Church. The term ‘anoint’ is frequently used in connection with the Samaritan practice of pouring oil on a sick person as a means of curing disease. The anointing service is a significant element in the church’s worship and is often referred to as an act of healing or blessing.

In the present context it is symbolic. It is notew orthy that anointing in Scripture is performed when someone is set apart for special service. The oil is the symbol of the Holy Spirit, therefore the application of oil to the sick is a symbolic act whereby the sick person is set apart to be ministered to by the Holy Spirit. Having said that, while it’s true that the literal use of oil as a medicine has provided the basis for its symbolic use in Mark 6:13 and later on in the Christian Church (James 5:14), we should also recognise that the early Church did not attach any sacramental efficacy to the anointing, unlike the Christian Church. The act of anointing was simply a means of praying for the sick, in an attempt to heal the sick. The oil may have been used as a symbol, but that doesn’t mean there was anything magical in it.

The healing agency is the Holy Spirit, invited by prayer. James 5:13-18 begins and ends with prayer. Furthermore, the admission to pray runs like a golden thread throughout. ‘Confession of sin was necessary if prayer for the sick was to be effective’ (Jam es). The healing process can best be promoted as the sick person examines his life for any known sin and humbly confesses it to God. Furthermore, we are told ‘to ask the Holy Spirit to give clear direction in this matter that God will be done’, even if this may mean ‘that the service may not have a happy ending’ – submitting ourselves to God the Father, even as Jesus did in Senehame (Matthew 26:37-44). If healing comes in response to the ‘tendent prayer of a righteous man’, James 5:16, MKV, it comes not in automatic response to a specific ritual, but as the merciful blessing of our Sovereign Lord.

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with Sharon Platt-McDonald

In light of the recent court case over the death of five-month-old Ndingeko Kunene (June 2012), whose parents ‘are believed to be members of the Seventh-day Adventist Church’, we asked the British Union Conference Health director, Sharon Platt-McDonald (MSc, RHV, RM, RGN) to approach two of our denomination’s respected medical practitioners for their input on rickets, the disease that is said to have caused his death.

This was her interview with Dr Joan Roseman-Channer (MBBS, DCH, MRCGP), who has been a general practitioner since 1984 and is currently practising as a GP at St Giles Surgery, London.

Sharon Platt-McDonald:

Dr Roseman-Channer: Rickets is caused by vitamin D deficiency, which is  a consequence of inadequate calcium and phosphate, and is caused as a result of bone mineralisation, and this is caused by factors such as:

- **Vitamin D deficiency.**
- **Phosphate deficiency.**
- **Disorders of the gut/pancreas/liver/kidney.**
- **Congenital osteoblast/ mineralisation defect.**

**SPM:** What is vitamin D, and how does it impact our well-being?

**Dr RC:** Sharon, vitamin D is produced in the skin following exposure to sunlight and is transported to the liver and then the kidneys, where it is changed to the metabolically active vitamin D3.

We also get it in our diet and through supplementary sources. Ninety per cent of our vitamin D is usually derived from sunlight and the rest from diet. Foods high in vitamin D are usually fortified; for example, margarines and cereals.

**SPM:** Vitamin D is obviously important: what happens when we don’t get enough of it?

**Dr RC:** Vitamin D is important for our general good health and optimal physical functioning, but it is essential for the maintenance of bone health throughout life. Normal bone health depends on adequate calcium and phosphate levels, and these are maintained by vitamin D. Deficiencies will result in abnormal bone development, such as bowing in children and osteomalacia in adults. Rickets reveals itself through bone deformities, poor growth, reluctance to start walking, and bone and muscle pain and weakness in infancy and childhood.

**SPM:** Doctor, you’ve mentioned some of the general manifestations of rickets, but are there any very obvious things you might notice while examining a child with rickets?

**Dr RC:** Yes, Sharon, I would see bowing of the legs, deformity of chest and pelvic bones, tendon swollen joints, and delayed walking, with a waddling gait. The child could be miserable due to the bone and joint pain and may present with fractures, dental deformities, tooth decay and late teething.

In infants low calcium can present with irritability, convulsions, irritatation, breathing difficulties due to weak chest muscles, a soft rib cage and, on rare occasions, cardiac problems too.

**SPM:** I understand that vitamin D deficiency is more prevalent in certain groups. Can you comment on that?

**Dr RC:** Yes, certain groups have an increased risk of developing the deficiency – children and those over 65, certain ethnic groups with darker skins; those who routinely cover the face and body, thereby blocking the sunlight; infants who are exclusively breast-fed, especially past 6 months of age; also pregnant and breastfeeding women. These groups are advised to take vitamin D supplements. In 2012 the Chief Medical Officer recommended that all infants and young children should have daily supplement drops, while all pregnant and breastfeeding women should take a daily supplement of 400IU of vitamin D.

**SPM:** Are you seeing an increase of rickets in your medical practice?

**Dr RC:** Over the past year, in my practice, there has been an increase in the number of blood results indicating vitamin D deficiencies that require treatment. We have also noticed that a wider cross-section of the community is showing signs of vitamin D deficiency. Interestingly, Sharon, we have seen that African patients tend to be more deficient than non-vegetarian patients.

**SPM:** What advice do you have to help us prevent vitamin D deficiency?

**Dr RC:** Eat a wide range of wholesome plant foods with grains and nuts; undertake regular exercise; make sure that our children regularly get out in the sunshine to enjoy outdoor activities; and ensure a generous daily intake of water.

**SPM:** As you are aware, we recently heard about the tragic death of a five-month-old from rickets. Can you comment on the initial media reports, especially those in the newspapers?

**Dr RC:** I found the newspaper article that I read inaccurate, sensational and poorly researched, with misconceptions about the Adventist stance on healthy diet and lifestyle.

**SPM:** Dr Roseman-Channer, thank you for this frank and interesting interview.

Sharon Platt-McDonald also caught up with Dr Clemency Mitchell (MBChB, MRCGP), a retired GP and the author of Understanding Nutrition (Stanborough Press, 2011), to get her view on the case of baby Ndingeko. This was her response:

This is clearly a very unusual case, about which we have very little information. The newspaper articles tell us nothing about the medical and social history of this poor baby and his family, and offer very little about any of the other factors in his diet and environment which might be relevant to rickets. Rickets is a chronic deficiency disease affecting the bones, not in itself fatal, though in extreme cases with fatal complications. The two main factors needed to prevent rickets are adequate exposure to sunlight and adequate calcium intake in the diet, for both the baby and the mother during pregnancy and while breastfeeding.

Dr Platt-McDonald also added: “It would appear that during this period outside influences drew the family away from their spiritual home and the sound counsel and support that would have come to them within a supportive Adventist community. Unfortunately this led them to make health choices that were not in the best interests of their child.”

Having a strong health-and-wellness focus, the Adventist Church delivers regular health presentations and training to church members and the wider community. Adventist health professionals would always advise church members to seek and listen to medical advice. The holistic lifestyle advocated by the Seventh-day Adventist Church is one that is recognised worldwide as enhancing health and decreasing the risk of many modern-day illnesses. For over 120 years Adventists have discouraged the use of tobacco, alcohol and other non-medical drugs, and many enjoy a lacto-ovo-vegetarian diet, avoiding in particular red meats. Appropriate exercise, rest, fluid intake and trust in God are also part of the Adventist Way. As a result Adventists are often referenced in health studies being living a balanced, healthy lifestyle will reduce (but not necessarily prevent) the likelihood of contracting an illness or medical condition.

Believing in good health, many Adventists work in the health and care professions in the UK and Ireland, and the worldwide Church operates hospitals and health-care centres. The prayers and support of the Church family continue to be there for all those who have been involved in this tragic case.

More information on Adventists and health can be found here: [http://adventist.org.uk](http://adventist.org.uk) and [http://www.nhs.uk](http://www.nhs.uk) for more on Adventist health studies and nutrition.

More information on vitamin D and health can be found here: [http://www.wise Górna Health Index](http://www.wise Górna Health Index).

The Church’s response...

Here is the Church’s official response* to the reports about the death of Ndingeko Kunene that recently appeared in the national media.

Seventh-day Adventist Church leaders were saddened to hear of the death of Ndingeko Kunene, a five-month-old baby, who died on 14 June 2012. The child died of rickets, apparently as a result of poor diet.

On Tuesday, 14 January, his mother, Virginia Kunene, pleaded guilty to a charge of manslaughter. His father, Nkosiphelwa Kunene, made the same plea at a hearing on Monday, 27 January. They will be sentenced on Friday, 28 February.

Mr and Mrs Kunene, of Erith, south-east London, were members of the Seventh-day Adventist Church at the time of their marriage in 2009. They do not appear to have attended any specific Adventist church on a regular basis after that time, or certainly in the period leading up to the birth of their child.

In a statement released by the Adventist Church leaders, the church said: “It would appear that during this period outside influences drew the family away from their spiritual home and the sound counsel and support that would have come to them within a supportive Adventist Church community. Unfortunately this led them to make health choices that were not in the best interests of their child.”

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* [http://www.dailymail.co.uk/news/article-2547134/Five-month-old-baby-died-rickets.html](http://www.dailymail.co.uk/news/article-2547134/Five-month-old-baby-died-rickets.html)
focus on faces

In this day and age, magazines generally strive to use only the best photography, because they want their readers to enjoy the visual impact of each page. For us to achieve this, we need you to send us the best quality photos possible. This is why we have commissioned our designer, David Bell, to share his ideas with you.

Make your photography count
by David Bell, Messenger designer

First off, when it comes to photography, let me make it very clear, I am no expert . . . but I am a keen amateur. In my role as Messenger’s designer, I see hundreds of photos displayed on my Mac every month, sent in by all you good folk to illustrate your articles and news items. And I have to say that the general level of your photography has vastly improved over the years, to which end I feel that the appearance of Expert . . . but I am a keen amateur. In my role as to say that the general level of your photography has vastly improved all you good folk to illustrate your articles and news items. And I have see hundreds of photos displayed on my Mac every month, sent in by all you good folk to illustrate your articles and news items. And I have to say that the general level of your photography has vastly improved over the years, to which end I feel that the appearance of Messenger has improved. I am very proud of the magazine . . . but there is always room for us to do better . . . isn’t there?

It is very difficult with subjects like these not to get too technical, but I will try to keep it simple.

It would be unfair of me to suggest that you rush out and spend your money on a new expensive camera. Instead, I wonder if it wouldn’t be a good idea for your church to ask one of two members who already have the equipment, the keen interest and the understanding to be the official photographers for your congregation.

Equipment
I would like to say that with today’s digital cameras we don’t need to be as dependent on flash equipment as we were previously, and in many ways it’s true. But you do need to appreciate the limitations that your camera may impose on you, and therefore use it accordingly. What do I mean by that? Well, for instance, assuming you have an expensive SLR (Single Lens Reflex), with a vast ISO range and a fast lens, then you may well be able to achieve reasonable shots across a poorly lit church. But if, on the other hand, you have an inexpensive ‘point’n’shoot’ camera, then the chances are that you won’t, and so you need to be aware of this and get yourself in much closer to take a good photo. Sometimes it’s best to ‘zoom’ with your feet, rather than relying on the camera.

While we are talking about equipment, just a quick comment regarding mobile phones. The cameras on phones have improved over the years, some of which are now capable of providing some surprising results, but, dare I say it . . . don’t forget that they are phones first, and cameras second. I would view them as a backup, perhaps to be used as a last resort when you have forgotten your camera. On the whole, pictures sent in for Messenger that have been taken on phones are mediocre to say the least. I would avoid them if you can.

Composition
Be aware of what you are shooting, and think of the space that may be allocated to you in the magazine. So you have five baptismal candidates? We won’t be able to allocate space to five separate pictures, so it would be better to take some good group shots of the candidates together with the pastor. And try to group them close to each other, and not in a ‘firing squad’ lineup. The rule of thumb is this: the wider your photo’s frontage, the smaller the faces will print in the magazine.

When you are looking at the scene in front of you, take a quick scan around and behind your subjects. Try to make sure the background is clean and uncluttered. No one likes to see flowers sprouting from their heads, or, worse still, a mic-stand. Ask everyone to pay attention to you, the photographer, and to smile. Then, while you have their attention, take a number of pictures, as you will always find at least one person will have their eyes closed. Try to find an interesting camera angle. For example, it can sometimes work to elevate yourself, and so be looking down on large groups. I know I said to avoid flowers sprouting from heads, but if there is a nice arrangement close by, group your subjects accordingly to add colour.

Lighting and exposure
This is always a difficult subject, and one that you may not have much control over. I think it’s fair to say that a lot of us probably just use our camera’s ‘Auto’ setting most of the time, and that’s fine. If you have a good understanding of photography and what your camera is capable of, then it’s probably good to use some of the settings that allow you more control, but I suspect that in the main, people use Auto. If you can get in close enough, use your flash, but try to pull your subjects away from the background to lessen the harsh shadows that the flash throws up against white walls, and so on.

If you have a more expensive camera, one that will allow you to up the ISO speed, you may well manage without the flash, but beware of movement. Most cameras will be set to ‘Auto White Balance’, which is fine, but you need to be aware that sometimes your pictures may have a yellow cast to them, depending on the ambient lighting around you, and so it would be a good idea to experiment with other White Balance settings.

Taking pictures of dark faces is always difficult. Sometimes I receive pictures of one or two white faces among a larger group of black faces. More often the white faces will be fairly well exposed, while the black faces may show little or no detail. This is where you can use your flash to provide fair lighting and exposure, because if I don’t think it’s any good, I won’t publish it. Take hundreds of pictures personally, but when I’m trawling through them I can be very harsh on myself. If they are blurred, dark, poorly composed or just plain boring, they go. Why should I clog up my hand drive with rubbish? Just be aware that sometimes your pictures may have a yellow cast to them, depending on the ambient lighting around you, and so it would be a good idea to experiment with other White Balance settings.

Sending in your pictures
This is where a lot of you trip up. I regularly receive photographs that are way too small, less than 100k. Whatever size your camera is capable of producing, make sure you have it set to the largest file size, and then make sure that you send me that file size. Don’t let your email software reduce it, just so it sends quicker. What I want from you are large, attached JPEGs. Avoid embedding your pictures into your Word document. Also, try to avoid using Picasa to send pictures. It always seems to be a problem.

Send your pictures direct to me: dbell@standborough.press.org.uk. If you have multiple pictures to send, you can compress them into a single .zip file, and send that to me using www.madights.com or another similar site. In the next appearance of my Touchscreen column, I will elaborate on the sending of photographs – be on the lookout for it.

Happy snapping!
kitchen, and take this ‘supply’ bowl to the tent. Then each camper would have a turn to pour some water into a second bowl, have a wash, and empty the dirty water into the hedge. But woe betide the person who used the ‘supply’ bowl for their ablutions!

So we have memories of camps and camp sites of years gone by, and with 2014 being an anniversary year for two of our Youth Camp sites in the British Union, we want to collate stories and pictures of both Chapel Porth (the South England Conference site in Cornwall, thirty years of summer camps), and Aberdaron (the North England Conference site in north-west Wales, fifty years of summer camps).

You can submit your entries via email to bucyc@adventist.org.uk or contact us about how to send large files online. The Messenger and other publications will be covering the story this year, but as these are Adventist Youth sites we also want to commemorate these anniversaries in Encounter, the British Union Youth Ministries magazine.

I am sure you will enjoy the stories and photos from the past, but remember, you might have just the memory to share that others would love to read and see. And I might even share with you the chorus of this camp song, or even the subsequent songs we wrote and sang at the camp concerts.

**Summer Camp memories**

by Nathan Stickland, British Union Conference Youth director

“When I woke up this morning, I could see the sky was grey. My feet were cold and icy, boy, it was an awful day. I nipped over to the kitchen, to get water for my group, but instead of getting water, I got mouldy mushroom soup.”

These are the words of a camp song I and a few others in my tent put together in 1982 at a summer camp in Oxwich—the last year the South England Conference ran summer camps in Oxwich Bay. Some of the song’s words need explaining. Like going to ‘get water for my group’. Each tent had up to eight occupants, including the tent counselor. There was no ablation block as such in those days, not with basins and running water, and certainly not with showers or baths. To wash, someone would get a bowl of hot water from the kitchen, and take this ‘supply’ bowl to the tent. Then each camper would have a turn to pour some water into a second bowl, have a wash, and empty the dirty water into the hedge. But woe betide the person who used the ‘supply’ bowl for their ablutions!

So we have memories of camps and camp sites of years gone by, and with 2014 being an anniversary year for two of our Youth Camp sites in the British Union, we want to collate stories and pictures of both Chapel Porth (the South England Conference site in Cornwall, thirty years of summer camps), and Aberdaron (the North England Conference site in north-west Wales, fifty years of summer camps).

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Offer ends 31 March 2014
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On 14 December 2013, the Chiswick Junior Gospel Choir comprising children aged from 8 to 14, put on an evening of music, poetry and mime to raise funds for their church building programme. The youngest soloist of the evening was Shayah, aged 4, who led the choir in a song entitled, “I want to bless you, Lord.”

The audience was also blessed by a song written and performed especially for this church building concert by two members of the choir, Rivera Davis and Raisha Officer. Another original work was a poem written by Teah Davis. While reciting, she constructed a model church, with each part emphasising the sentiments of her poem.

In a special section called ‘Boys Zone’, each young man in the choir sang his own special item. It was well received, and some of the audience were genuinely surprised at the depth and range of the voices of these young men.

Through this event the Chiswick children collected a total of £892 for their church’s building fund. If you would like more information on how to support the fund, please visit their website: www.chiswickjdsa.org.uk.

Evangelism enthusiasm at January expo

Adventists in the South of England are passionate about evangelism. Around 800 of them attended the South England Conference’s annual Evangelism Expo at Newbold Church on Sunday, 12 January 2014. Pastor Juan Patrick opened the day with an inspiring sermon, challenging the attendees to make sure that God is ‘in the house’ and explaining that churches have information without transformation. “We have to make church so good that people will not leave,” he challenged. “We have to make this place so loving that people can’t wait for next Sabbath to come!”

The diverse range of presentations covered were aimed to equip local churches in ‘sharing faith in a secular marketplace’, ‘Time management and keeping the church family safe’. SEC departmental directors were all able to share their departmental work and plans with attendees through a variety of seminars.

Jenny Gorden from Riverway enjoyed the church clerk training. “Not only did it reinforce what the job should entail,” she shared. “It opened my eyes to how I can use that work for evangelism, by working with new members, and touching base with missing ones.”

Two departmental leaders from the North England Conference were also impressed with the day. “It was tremendous, and well-organised,” said Pastor Jackson, NEC Ministerial Association director. “I am leaving inspired. It would be so good if we could get this energy for training in the North.”

His sentiments were echoed by Pastor Michael Simpson, NEC Personal Ministries director, who stated: “The way the SEC does training of its members is definitely the way to do it.”

Please with the event as a whole, Pastor Davis stated that it had been a brilliant day, as church members demonstrated their enthusiasm for evangelism efforts. Members are keen and want to be inspired and motivated — something we certainly accomplished. Watch a video of Pastor Juan Carlos Patrick’s sermon at https://www.youtube.com/watch?v=4D7xXoX0M7A&feature=youtu.be. Photo memories from the day are available in the Adventist Church picture gallery. 

Norbury Church celebrates its thirtieth anniversary on 20 and 21 December last year. Working with the theme ‘Remembering, Rejoicing and Rededicating’, the anniversary committee (Adrian Hobbs, Courtney Hoilett and John Bishop) were tasked with the planning of the thanksgiving weekend. They arranged for three events, starting with a ‘Looking back as we look forward’ service on Friday night; concluding with the ‘Anniversary worship service’ on Sabbath morning, and concluding with a ‘Celebration dinner’ in the evening.

Every effort was made to draw ‘old friends’ back to Norbury to share in the celebrations, and among those who came were former ministers Anthony Opoku-Menah, Sinisa Horvat, Wilfred Blake and James Philips. The congregation was fortunate to have the president of the South England Conference, Pastor Sam Davis, with them on Sabbath as their guest speaker. His message was entitled ‘Drama in Heaven’ and was based on Revelation 5:1-10. He highlighted the fact that whatever Norbury Church or any other Adventist church in the South England Conference does must be for the benefit of the community, especially those who are in need.

The hall was filled to capacity for the anniversary worship service, packed with members from the past and present, and lots of visitors. Past member, Noah Naylor, joined the women’s praise team to conduct a rousing song service ‘just like it was in the old days’, singing many of the traditional hymns Norbury members knew and loved.

Pastor John took on the monumental task of writing a candid and illuminating history of Norbury, which he presented to the congregation. Some members took part in their own ‘My Story’, a video recording that told the church of their experience at Norbury Church. (This can be seen on the church’s YouTube channel.)

During the service there was also a special photographic ‘Roll of Honour’ tribute to remind the congregation of those members who had fallen asleep in Jesus. Later that day everybody returned for the evening celebration dinner, which featured light entertainment during which the church’s founders were acknowledged with a glass plaque for their hard work and financial sacrifice over the thirty years.

The anniversary committee also developed a motto for the anniversary: ‘Let us be BETTER’, which seemed the best way to capture what Norbury Church members strive for in their desire to be:

- Bold in our approach.
- Enthusiastic as we do God’s will.
- Ready, for no man knows the hour when the end shall come.

All in all, the members believe that their anniversary celebrations reflected that motto.
**SEC CAMP MEETING**

**23-29 JUNE 2014**

**PONTINS PRESTATYN SANDS HOLIDAY PARK**
PRESTATYN, DENBIGHSHIRE, NORTH WALES, LL19 7LA

Daily Commitment Messages, Family Life Plenary Sessions, Bible Study Sessions and Workshops

For more information please call 01923 232 728 or email campmeeting@secadventist.org.uk

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**2014 SEC BOOKING FORM**

Please complete this Booking Form and send it directly to:
Pontins' Ainslade House, Shore Road, Ainslade, Southport, P9R 2FZ.
TEL: 08714 427760

---

**Accommodation:**

Booking ref: ___________________________  
Holiday location: Prescot Sands

Arrival date: 21 June 2014  
Departure date: 29 June 2014

No. of nights: [ ]  
Total persons: [ ]

[ ] Total no. apartment siness

Number of apartments:

[ ] Club: [ ]

[ ] Classic: [ ]

[ ] Executive: [ ]

Number of people behaves for following message at date of holiday:

Self-Catering: [ ]

[ ] Single

[ ] Double

[ ] Twin

**Prices**

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<th>Type</th>
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<th>C2 Club</th>
<th>K1 Classic</th>
<th>K2 Classic</th>
<th>B1 Popular</th>
<th>B2 Popular</th>
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<th>Age</th>
<th>Title</th>
<th>Initial</th>
<th>Surname</th>
<th>No. of Rooms</th>
<th>Age</th>
</tr>
</thead>
</table>

*Please note: first named person must be over age 18. Special requests not guaranteed. Maximum persons in 2 bed in Apartment 16.*

**Address of First Named on Booking Form:**

Name: ___________________________

Address: ___________________________

Street: ___________________________

Postcode: ___________________________

---

**Special Needs/Requirements Section:**

Wheelchair Accessible apartment

Ground Floor apartment

**Declaration:**

I agree to abide by all extra rules and restrictions imposed by Pontins’ management. I accept the charge for accommodation and agree to pay the balance 9 days before the holiday date. By entering into this contract with you I understand that the deposit I pay will be in lieu of booking and providing me with hotel (PLEASE sign here)

Local Minsters Signature: ___________________________

Print Minister’s Name: ___________________________

Church Name: ___________________________

**OFFER CODE: SDA14**
Southport rings with PEACE on Earth

On Monday, 16 December, the Pioneer Taskforce Volunteers and Southport church members drew on talent from around the North England Conference to offer their community an unforgettable evening of sacred music at the Best Western Royal Hotel.

Florence Manji, the dynamic dynamic behind the event, has been a Taskforce worker here since last January, and admits that she relies heavily on her training as a PEACE graduate to interact confidently with people from the local community. According to her, “We sent invitations to more than a hundred of our contacts here in Southport, dropped leaflets through letterboxes, and advertised locally in the paper and on community radio.”

The well-attended free concert was supported by local community radio DJ, John Bradgers, who was very impressed with the quality of the music and offered to promote any future projects of the church on his show. Also present was Carolyn Lawry, the events manager for the Queen’s Jubilee in 2012, when we put on a street party for the church neighbourhood. Each month we circulate a little newspaper called The Link, in order to connect more with the community. In December we also gave out copies of Steps to Christ as a Christmas gift to recipients of The Link. Our bi-monthly vegetarian food demonstrations also attract a good interest, and as a result someone is now attending church each Sabbath – for which God must take the credit. 

Holloway Christmas lunch

Turkey, presents, carols and Christmas hats. Sounds like your typical family Christmas lunch doesn’t it? Well, this Christmas lunch took place around a very large table and the guests were not all from the same family.

On 25 December, Holloway Church decided to host a lunch for the homeless and other community members who were in need. Throughout the month the church members collected donations of food items, clothes and toiletries to be given on the day and these became the highlight of the Christmas programme. The twenty-five special guests were greeted with a short carol service and then invited into the upper hall for a hearty three-course meal. After this they were taken downstairs into the foyer to visit the ‘gift shop’ where the generous donations from the church members brought wide smiles to their faces as they were given the chance to help themselves and fill shopping bags with whatever they wanted.

With everything from tinned fish to toothbrushes and jeans, the ‘gift shop’ was a thoughtful and practical idea that proved to be just what our guests needed. One man who had just been passing by the church was invited in by one of the elders. According to him he was ‘so glad he came’ because his current shoes were full of holes and he was able to leave with a pair of trainers, a coat and many food items. His excitement brought satisfaction to the members’ faces, many of whom were young people encouraged by Pastor and Sister Gage to give up their own Christmas celebrations to help others. At the end of the day, all agreed that it had been a success and they were glad they had come. It was also decided to hold the ‘gift shop’ more often.

Being able to offer warmth, food and gifts to those in need reinforced our mission as Christians; even though we do not know exactly what day Christ came to Earth, we do know what He came to do – and through our Christmas lunch we believe we were able to help fulfill His mandate.

HARVEY MONROE-SEAY

Golden Yarmouth’s candlelight success

Christmas at Great Yarmouth Church was a great success. The ‘Community Candlelight and Carol Service’ was well attended with the church almost packed. This included fourteen visitors from the surrounding community. Besides Elder Mike Clarry’s warm introduction there were a variety of items ranging from congregational Christmas carols and Bible readings to a solo and two male vocal groups. One special highlight was 4-year-old Ryanne’s first piano solo, ‘Away in a Manger’, beautifully played. The pastor presented an illustrated message based on Isaiah 9:6, and the service closed with the lighting of candles and the singing of a final carol.

Afterwards we enjoyed warm mince pies, a welcome drink and the opportunity to mingle and chat together with our visitors. We have made a special effort in aiming at our immediate community since the Queen’s Jubilee in 2012, when we put on a street party for the church neighbourhood. Each month we circulate a little newspaper, called The Link, in order to connect more with the community. In December we also gave out copies of Steps to Christ as a Christmas gift to recipients of The Link. Our bi-monthly vegetarian food demonstrations also attract a good interest, and as a result someone is now attending church each Sabbath – for which God must take the credit.

MIDWINTER WELCOME

Come and take part in a lively welcome service

On Sunday 22nd December at 4.30pm, in the church hall.

GATHERING OF LIGHTS

A meeting of men seeking a life changing experience of Christ.

On Monday, 16th December, the Pioneer Taskforce Volunteers and Southport church members drew on talent from around the North England Conference to offer their community an unforgettable evening of sacred music at the Best Western Royal Hotel.

Florence Manji, the dynamic dynamic behind the event, has been a Taskforce worker here since last January, and admits that she relies heavily on her training as a PEACE graduate to interact confidently with people from the local community. According to her, “We sent invitations to more than a hundred of our contacts here in Southport, dropped leaflets through letterboxes, and advertised locally in the paper and on community radio.”

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**2014 NEC Booking Form**

Please complete this Booking Form and send it directly to: Pontins’ Atlantic House, Shore Road, Alladale, Southport. PRE 2PZ.
Alternatively please call 0871 474 0089 to make a telephone booking.

**Accommodation:**

- **Booking set:**
- **Holiday location:**
- **Arrival date:** 30 June 2014
- **Departure date:** 6 July 2014
- **Number of apartments:**
  - Single
  - Double
  - Bed
  - Self Catering:
    - Poplar
    - Single
    - Double

**Number of people between the following ages (at date of booking):**

- **Total:** 
- **60+:**
- **25-44:**
- **16-25:**
- **12-15:**
- **8-11:**
- **5-7:**
- **2-4:**
- **Under 2:**

**Prices:**

- **C1 Club:**
  - 1 bedroom apartment for up to 4 persons
  - 2 bedroom apartment for up to 6 persons

- **K1 Club:**
  - 1 bedroom apartment for up to 4 persons
  - 2 bedroom apartment for up to 6 persons

- **B1 Popular:**
  - 2 bedroom apartment for up to 4 persons
  - 2 bedroom apartment for up to 6 persons

**Special Needs/Requirements Section:**

- Wheelchair Accessible apartment
- Ground Floor apartment

**Address of First Named on Booking Form:**

- **Name:**
- **Home Tel:**
- **Street:**
- **Business Tel:**
- **Town:**
- **Email Address:**
- **County:**

**Notes:**

- **Church Name:**
- **Signature:**
- **Date:**

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**Advert and Booking Form as supplied**
The London Russian-speaking church held a spectacular Harvest service. The large number of visitors who joined them included trees that were bearing fruit. Not only did these visitors enjoy the service, but they also stayed to share in the celebrations afterwards.

This is their way of building bridges and making friends with the community.

Friends Reunited

The marriage of Sheila Allen and Gordon Skerrett on 17 November 2013 at St Michael’s Church, Stoke Newington Church Street, Stoke Newington Church Rooms, St Mary Stoke Newington, was the first date. It was truly a day of friends reunited! Sheila has been a member of the Exeter church since the ’80s, and the members pray for her health. This innovation has been running successfully for the last two years around the church. This is all part of Peckham’s ongoing evangelistic outreach in the area around the church.

It was especially good to see people who live in the same road as the church enjoying the event. Every effort was made to obtain their details and some clearly expressed an interest to come again for other church services. Praise the Lord!

In Peckham we have God-gifted talented musicians and singers, and we thank God for them. We will continue to use them to break down the barriers that exist in our community. As it’s our mission to preach the Gospel to the world.

Alfred Cobla

Alfred Cobla Abbequaye (1937-2013) died on 11 December. Alfred Cobla Abbequaye, known as AC, was born on 6 April 1937 in Sekondi, Western Region of Ghana.

He left Accra at the age of 17 and was determined to educate him, despite the many obstacles he faced. Alfred became a laboratory technician and a part-time lecturer in microbiology. He set up the HIV/AIDS Unit for the London Ghana church and was a member of the HIV/AIDS Control Unit for the same region. He also set up the Laboratory Service for the Takoradi Port Health Service and trained its staff.

He loved his Lord, His Church, and the chance to preach the three angels’ messages. He worked under the Hansen Road church in the capital of Ghana in the 1970s, and a district elder for many other churches spread over a large area. He loved prison ministry, and his work led to many baptisms.

Pastor Sackey conducted meetings in Sekondi, Western Region of Ghana, and there were about thirty-five new converts, but no one to nurture them. In an answer to prayer, AC was transferred to Sekondi, where he took over that responsibility and a successful prison ministry.

He and his team started their Sundays in nearby villages, giving the people health checks and education. Evangelistic meetings followed. There are now many churches in the city of Sekondi and the surrounding towns and villages.

AC would preach on week nights in nearby villages, then lead the entire church into the city for ‘door to door’ evangelism on Sabbath afternoons. He also evangelized at the Sekondi and Elkasi prisons – and all of this was done without AC ever loving or sharing the Gospel and open companies. He also loved to train young men, many of whom have grown to be lay leaders.

He loved the great Adventist hymns and was well versed in Adventist literature, having read all of Ellen White’s books and much more.

Upon retiring, he returned to Norwich, his home town. But ten years ago he visited his family in London, where he was diagnosed with renal failure and treated accordingly.

Despite his failing health he was able to visit his family in Norwich in 2013 and stayed for ten weeks as his health improved. Sadly, after returning to London, he fell asleep in the Lord on 11 December 2013 at Basildon Hospital. He had fought a good fight and run a great race, and now he is in a place beyond the glorioustemple, and praise the Lord for his life.

AC’s funeral service was held on Sunday 16 February at the London Ghana church and interment planned for in Awutu, Ghana.

Daniafua da, yie de! De Okoie! Rest in peace.

Visiting the hymns at her funeral were chosen by Vera and expressed her vocation, faith and hope. ‘That it may be our highest joy our Father’s work to do’ and ‘Jerusalem the Gold!’ now ver another wake-up call of their Saviour on Resurrection Morning.

The family would like to express their sincere thanks to all those who prepared and supported the funeral service, and for the very many expressions of love and condolences which were received.

Philip McCrow (1930-2014) died in January. Philip McCrow was an adherent of the missionary parents, Harold and Hilary McCrow, who were missionaries in British Guiana. On returning to England in the 1950s, Harold served as home missionary and Sabbath School secretary in the North British Conference.

Philip was born on 17 December 1930 in Kent, and by the time he was 21 he had lived in as many homes, in locations as diverse as Halesowen, Bristol, Hull, Manchester and Birmingham. Philip was a man of many talents.

The funeral service took place at Stanborough Park Church, followed by cremation at West Herts Crematorium.

Philip’s father’s hymn, ‘O Sabbath Rest,’ was an integral part of the service, and this stanza expresses the direction of our earthly pilgrimage.

Our hearts revive, our thoughts renew.

Reveal to us the Father’s face, Refresh us all life’s journey’s end.

Until we find Him in a place.

Philip is at rest. He is the hope in the promised return of Jesus, our Lord and Saviour. His family expresses their appreciation for the support they received during his illness.

The writer and Pastor Venter, senior pastor at the Stanborough Park church, officiated at the service.

Montserratians and Friends SDAY of Fellowship

You are invited to the 14th Montserratians & Friends SDAY of Fellowship

Date: Saturday 14 June 2014
Time: 12.00pm
Venue: St Mary Stoke Newington, New Church Rooms, Stoke Newington Church Street, London N16 9ES

Guest speaker: Pastor Richard S. Jackson, memorial secretary, North England Conference

For further information please contact: Rachael Oddy (Nottington) 01150400939; William B. Riley (Birmingham) 01214731718; Christine Carly (Cambridge) 01223720277; James Ryan (London) 02088032211; Robert Ainsworth (London) 07956213714; Mandy Allen (London) 07582517812; Anita Allen (Manchester) 01613426032; Peter Haynes (Preston) 01772510286; Andy James (Leicester) 01617967813; or Theresa Sharp (Welton Keynes) 07498566398.

Please bring a packed lunch. Facilities are available for you to sit and eat.

Be Hopeful

The London Russian-speaking church held a spectacular Harvest Festival last year. They adored their venue with all the products of the harvest, including trees that were bearing fruit. According to their pastor, Andre M. Balan, the most beautiful part of the service was the large number of visitors who joined them to show their appreciation in the service.

Not only did these visitors enjoy the service, but they also stayed to share in the celebrations afterwards.

This is their way of building bridges and making friends with the community.

Innovation, honesty and faithfulness

Scunthorpe Church has a unique way of ensuring all members and regular visitors receive the best from their church without paying for them at the beginning of each quarter. How?

Each year a calculation is made of the projected costs for quarterlies for the whole church community. This is then broken down to the minimum amount needed each week. Each class member then makes a weekly contribution and the results are displayed in the church’s bulletin. No one is told how much to give. All receive their quarterlies on time.

This innovation has been running successfully for the last two years because of the honesty and faithfulness of the members. The idea is the brainchild of Felicia Moghelela of Botswana.

HUMPHRY SMITH-SAMUEL, COMMUNICATION
‘We thank God for sending us ADRA . . . ’

by Bert Smit, CEO, ADRA-UK

Now I can read the Bible,’ says Margarithe. Johan echoes her sentiments: ‘I could not read the Bible but now I can!’

ADRA’s adult literacy project in Rwanda is supported by the Department for International Development. In technical terms we are helping local civil society organisations to deliver functional adult literacy training (FAL). That sounds lovely, but it is not easy to explain and promote. First of all there is this term: ‘functional adult literacy’ – what is that all about?

Well, it simply means doing more than just teaching people to read and write. One of the ADRA trainers explains: ‘If we teach students to read and write the word “sanitation”, we also teach them what it means in practical terms: how to keep your toilet clean, wash your hands, use soap properly, wash clothing, and so on.’

Functional adult literacy classes are an excellent vehicle for teaching skills that will enrich people’s lives beyond just learning how to read. Literacy classes can provide adult literacy training. Each could vouch for the fact that learning to read and write using ADRA’s method had changed their lives and ultimately changed their communities.

Eugenie, one of the FAL teachers, said: ‘ADRA’s training gave us the literacy skills to teach others how to read and write, but through the life skills training we have contributed to development.’ And she ended with this comment: ‘Even though the students come from many different faiths and backgrounds, we always start with a prayer – because we want to thank God for sending us ADRA, which has changed our lives.’

ADRA has worked with the Ministry of Education to create the official textbooks for FAL training in Rwanda. These have now been established as the official tools to provide adult literacy training. ADRA has worked closely with national and regional officials to make this project a success.

ADRA provides regular news updates of its developments around the world on Facebook (facebook.com/adrauk). Visit our website at www.adra.org.uk for more inspirational stories about our ongoing projects.