Stanborough Park

‘Brighten the Corner Where You Are’, sang the Pathfinders and Adventurers on Sabbath morning, 1 February, as they were being invested. Under the banner of “Service to God, Service to Each Other” the members of the club have done their best to fulfil their honours and requirements. They participated in community events such as distributing Stanborough News, visiting the local home for the elderly and doing ADRA Ingathering. Two Pathfinders, Juliana Keshishian and Paul Cooper, were baptised in 2013, bringing to eight the total of Pathfinders and Adventurers baptised over a two-year period.

Thirty-four Pathfinders, fourteen Adventurers, seven Eager Beavers and six Little Lambs were invested. The investiture charge was given by Pastor Paul Tompkins, Trans-European Division Pathfinder director, who also handed out the certificates.

Manchester Southern Asia

Southern Asia’s ‘big’ investiture, the third for last year, was held on 19 October with forty young and enthusiastic children being invested in various classes, from Little Lambs to Voyagers. Their Pathfinder leader, Sureen, was also invested as a PLA. The guest speaker was Pastor Alan Hush, NEC Pathfinder director, who emphasised the role of young children in the church, something Southern Asia is acutely aware of - and trying to achieve. Pastor Mapp, church pastor, Kathleen Lopuszansky, area co-ordinator, and Pastor Hush greatly appreciated the outstanding work accomplished by the Pathfinder team during 2013.
The other day, while watching the flood authorities, letting them know what they can respond; to take initiative; and to draft contingency plans for next year’s storms. Suddenly the question changes to, ‘What can we do about it?’ This makes me wonder: ‘What are you doing about it?’

Dr Levy, please tell us about the hardy & medical emergencies at church.

Dr Levy: All congregations should be aware of, and follow, the Health and Safety policy of the BUC for churches. This includes having first aiders or appropriately trained personnel available on hand who can deal with such emergencies. Under no circumstances should we place another life at risk by acting beyond the scope of our competence. If in doubt, call the emergency services. However, it is perfectly acceptable for family members of the affected one to be taken aside and comforted by church members, and even to ask the church to pray for the patient while they are receiving appropriate attention.

Dr Levy: Don’t use aspirin alone as a painkiller as it may lead to gastric problems such as intestinal bleeding. The simplest OTC (over-the-counter) painkiller is paracetamol. But always check whether there are other means to relieve the pain and whether a specific medication is safe for you to take.

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Dr Levy: Yes, absolutely.
The experience that I am about to share with you is something I do reluctantly because it involves the resurrection of so many painful memories—things that have happened to me in the past. However, I believe that God has intervened in my life and saved me. He is now leading and guiding me and I recognise that I have a responsibility to bear witness to this—to let others know how this came about.

As a child I knew of God, because my mother took the decision to instil Christian values and beliefs in my life. She made sure I attended church to hear the Word of God, and what I did not learn at church she taught me at home. Sometimes the methods she used were warm and painful, and, in spite of this, I was so grateful to her for those valuable lessons. At that time I did not realise it, but those lessons would help me to make crucial decisions later in my adult life.

At the age of 18 I discovered something wonderful. It felt so good I gained my independence and was suddenly able to make my own decisions with the belief that I now had the control that I wanted for my life. The first thing I did was to leave my parents’ home, and although I did not have an address to go to when I packed my suitcase, I was able to make accommodation that same morning. For a while things went well because I was working and taking care of my own affairs. But the reality was this: I lacked experience and sound judgement about what I wanted to do with my life, and this led to my making some rather poor decisions—decisions that were based on the advice of my friends, who were as naïve as I was and had no idea about life.

At 21 I became a father and had to make some tough decisions about the need to make provision for my new child. I changed my profession, which meant I had to attend college three nights per week. More importantly, I accepted an invitation to attend this particular church. Unfortunately, although I established a relationship with the church, I did not establish a relationship with God or see His counsel. As you will appreciate, things did not improve but only got worse, and I eventually left the church to try and ignore my conscience. I hid behind the lie that I was OK. Knowing that I had made many bad decisions in my life led me to develop a low opinion of myself, which, in turn, caused me to make more bad decisions. I was unhappy, and as time passed I began to miss my church family. I soon realised that they missed me too, because I used to receive messages from them urging me to come home. The invitations made me feel uncomfortable with my lifestyle, and after some years I once again accepted an invitation to a visitors’ day and attended the service. I was touched by the Spirit of God and believe that He spoke to me through the activities in church that day.

I felt that things had to change, and, based on this feeling, I decided to return to church, wanting to establish a relationship with God. My life seemed to be going in the right direction and I was having success in my business. I got married and I was very busy in the church. Unfortunately, I was not spending enough time building a personal relationship with God. I was not prepared to confront the challenges that every individual who wants to have a relationship with God has to deal with. I soon reverted to my own counsel and made poor decisions that brought a great deal of unhappiness into my home. This adversely affected my family and I decided to leave the church again, never to return.

Making bad decisions had become a habit and I had no confidence in myself. Worse was to follow and I was unable to resolve certain important family issues. ‘What must I do? ‘Where do I go from here?’ were the questions I kept asking myself. I knew that only God could fix my situation, but how could I approach Him when I kept choosing to go on my own way? Whenever I thought about praying all I could feel was guilt and shame about what I had become and all the bad things I had done.

It was then that I knew I was lost, and I would have remained lost if God had not intervened in my life. First, He removed two individuals whom I had thought to be my friends completely out of my life; then He opened my ears to the voice of my wife; and finally, He re-introduced His kind of people (the church family) back into my life. The difference He made is miraculous. I am able to focus on Christ’s righteousness and not my own. My home and family life is now comforting and I share the joy of salvation with my wife. I still face struggles and have many questions, but I am confident about the future and the chance to meet Jesus, who found me when I was lost.

My prayer and my desire is that we will allow God to guide all our decisions, not just some of them.
The vegetarian diet is often associated with health benefits; however, just like any other dietary choice, it can vary considerably. Winston Craig, Professor of Nutrition at the University of California, states that ‘appropriately planned vegetarian diets, including total vegetarian and vegan diets, are healthful and nutritionally adequate’. The ‘appropriate’ planning of meals is a key element in his statement. But meal planning can be challenging in our fast-paced lifestyles. It is particularly important that we plan our diets carefully, whether we are vegetarians or not, but in the case of vegetarians, lower intakes of specific nutrients have been observed. These nutrients include: vitamin B12, calcium, vitamin D, zinc, and long-chain n-3 fatty acids (Craig & Mangels, 2009).

A brief overview of each of these nutrients that tend to be lower in the vegetarian and vegan diets will be given below, with possible food sources.

B12 (See table 1)

Low levels of B12 can be found in both vegans and lacto-ovo-vegetarians (especially if there is a high intake of plant products such as nuts). Pregnant or breastfeeding mothers are at a higher risk of developing B12 deficiency as well as elderly people.

B12 is available in animal products such as eggs, milk, milk products, and fish or eggs (especially egg yolks), but it is also found in fortified foods. It is often available in fortified vegan foods, but you need to check the percentage of recommended nutrient intake for vitamin B12 per portion.

Supplementing B12 is another option as ‘No unfortified plant food contains any significant amount of active B12’ (Craig & Mangels, 2009). The recommended adult intake of vitamin B12 is 2.4 mg/day; pregnant and breastfeeding women require higher levels, and there is variation on B12 requirements for infants and children.

Calcium (See table 2)

Calcium can also be a challenge to obtain in sufficient amounts for diets that are low in dairy products or when dairy products are completely excluded from the diet. The recommended daily allowance (RDA) of calcium is 1,300mg for ages 9-18; 1,000mg for ages 19-50; and 1,200mg for over-50s. Certain substances naturally occurring in plants can co-exist with calcium absorption, such as the oxalates found in spinach and Swiss chard. Greens such as kale, cabbage, pak choi, and broccoli have lower levels of oxalates. tofu is a particularly rich source of plant-obtained calcium. Supplementing with calcium or using fortified foods is also an option.

Vitamin D (See table 2)

‘Vitamin D status depends on sunlight exposure and intake of vitamin D-fortified foods or supplements. The extent of cutaneous vitamin D production following exposure is highly variable and is dependent on a number of factors, including the time of day, season, latitude, skin pigmentation, sunscreen use, and age.’ (Craig & Mangels, 2009)

Vitamin D can be synthesised through the skin from sunlight, but in the UK, for up to five months of the year, there is insufficient sunlight for the body to make enough vitamin D. It has to rely on its stores from the previous summer and dietary intake (Macdonald et al., 2008). Sunscreen and skin pigmentation can affect the speed at which vitamin D is made on the skin from sunlight. The darker the skin, the less long wavelength, making darker-skinned people more vulnerable to vitamin D deficiency in the UK. Other than sunlight, vitamin D is obtained from animal products, fortified foods or supplements. The RDA is 5µg for ages 9-50, 10µg for ages 51-70, and 15µg for over-70s.

Omega-3 fatty acids (See table 3)

Omega-3 fatty acids are a form of fat that can only be obtained from the diet. It is generally deficient in Western diets, especially when the diet is low in fish intake. There are quite a few vegetarian sources of omega-3, but these foods are not always eaten in the same diet. Some of the richer sources of omega-3 include flaxseed and chia seeds. Both of these seeds need to be ground up in low dosage in order to access the omega-3. Omega-3 is also available in seaweed.

Iron (See table 4)

Plant sources of iron are not as easily absorbed as animal sources. Iron is more easily absorbed when taken with vitamin C.

Zinc (See table 4)

Zinc intake for vegetarians may vary. Soaking and rinsing beans, grains and nuts can increase the availability of the zinc for absorption as it reduces levels of phytates, a fibre-like substance that sometimes binds to zinc and reduces its availability to the body. Plant sources of zinc include beans, wholegrains and nuts. The RDA is 8mg for ages 9-13, 11mg for males over 14, 9mg for females age 14-18 and 8mg for females over 19.

Iodine

Iodine is another mineral sometimes found to be lower in the diets of vegetarians and vegans. A small quantity of nori seaweed (12g) provides sufficient daily intake for the adult. Nori is the seaweed often used to make sushi, but it can also be added into foods such as salads and homemade burgers, or chopped and sprinkled on salads. Only a little is needed. The RDA is 125µg for ages 9-13, rising to 150µg for over-14s.

Conclusion

Becoming familiar with the types of foods that provide health benefits and nutrients is important. Educating yourself about the vegetarian or vegan diets, the types of nutrients that may be lacking in these diets, and how to obtain them, is key to ensuring a healthy, balanced diet. It is also important to think about how to provide the best balance of vegetarian nutrition for the needs of children, those in pregnancy or breastfeeding, the elderly, and those who are unwell.

References


Recommended Daily Allowances were taken from: Specker, S. L., Smith, J. L. and Gott, J. L. (2005), Advanced Nutrition and Human Metabolism, United Kingdom: Wadsworth.

This information is not intended to replace medical advice. If you have any health concerns or any other dietary choice, it can vary considerably. Winston Craig, Professor of Nutrition at the University of California, states that ‘appropriately planned vegetarian diets, including total vegetarian and vegan diets, are healthful and nutritionally adequate’. The ‘appropriate’ planning of meals is a key element in his statement. But meal planning can be challenging in our fast-paced lifestyles. It is particularly important that we plan our diets carefully, whether we are vegetarians or not, but in the case of vegetarians, lower intakes of specific nutrients have been observed. These nutrients include: vitamin B12, calcium, vitamin D, zinc, and long-chain n-3 fatty acids (Craig & Mangels, 2009).

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How does ADRA work?

ADRA-UK is part of the international ADRA network of more than 120 ADRA offices. It is a ‘donor’ office and supports some of the numerous ‘implementing’ offices around the world. In 2013, ADRA-UK worked in partnership with ADRA-Zimbabwe, ADRA-Rwanda and ADRA-Myanmar, to name just a few! One of the key events in the ADRA-UK calendar is the Annual Appeal, which runs this year from 29 March to 13 April (20 April in Greater London). Please contact your local ADRA agent for more details or email communications@adra.org.uk. You can also visit our website adra.org.uk for more information on our projects and exciting ways to fundraise for them throughout the year.

How does ADRA-UK spend each pound?

The green areas on the world map, above, show the areas ADRA-UK has worked in between 2009-2014. Red is the UK. ADRA-UK has not yet been to the blue areas.

Charitable activities – 92%
Fundraising – 7.6%
Governance – 0.4%

Where does ADRA-UK work?

The green areas on the world map, above, show the areas ADRA-UK has worked in between 2009-2014. Red is the UK. ADRA-UK has not yet been to the blue areas.

How does ADRA benefit?

Dori is a small town in the Sahel district, up in the north of Burkina Faso. Together with film cameraman Frank Spangler, I visited the district in October 2012. With the Mali crisis looming and refugees fleeing the country we were advised to be careful when travelling north. (Today, this area is out of bounds for any foreigners.) Having travelled well into the hinterland of Dori we visited sites where ADRA has made a difference in recent years.

Often the children stand together while observing us, as if the circus has come to town. When we point a camera in their direction they often scatter and run away, not knowing what to expect next. One way to ease their fear is to sit down, call them over, and show them pictures on my camera. Then I ask, in ‘host and hand’ language, if I can take a picture of one of them, usually the one who looks like the ‘group ringleader’. Once I show them that photo on the screen, they all want to have their picture taken. It is even more fun when after shooting video we turn the screen around facing them! Laughter and joy soon replace fear and worry.

So it was in a small village we visited near Dori. A bunch of young lads hung around but we soon became friends. I took tens of pictures of the group and individual faces. When I got home and checked my photographs I remembered our little friends. Their smiles. Their friendliness. Their openness. How they waved us farewell when we left. But I was also reminded of what ADRA has given their community: improved cooking stoves, better agricultural methods, access to clean water, and more food. Now, thanks to ADRA, these children have a chance of a better life. With your help this year, ADRA will provide four women’s maternal health shelters at existing hospitals in Zimbabwe, as well as assisting more than fifteen villages by developing livelihoods in the dry zone in Myanmar.

But do to so we need your help. When you go out to collect you will be doing so with 100 years of church experience behind you. Nothing’s new. Nothing’s changed. You will simply be asking people to help us to help others.

BRYN TAYLOR, ADRA-UK CEO

How does ADRA help?

ADRA assistance works in five clear ways:
1. Food security
2. Livelihoods
3. Health
4. Disaster relief
5. Advocacy

How can you help ADRA?

Here at ADRA we have thought of a few ways you can fundraise for ADRA throughout the year. If you have any unique ideas, we’d love to hear about them – let us know!
Contact us at communications@adra.org.uk.

1. Sponsored walk/run
2. Cake sale
3. Bring-and-buy sale
4. Dance-a-thon/
aerobics-a-thon
5. Treasure hunt
6. Talent show

Why not register to be an ADRA volunteer today at: adra.org.uk/help/volunteering/register?

Dates for your diary

Annual Appeal
23 March – 13 April
General Conference Offering
10 May
Visit the ADRA stand and shop at: SEC Camp Meeting
23 June – 29 June
NEC General Meeting
30 June – 6 July

Kids’ corner

Kids are important to ADRA too! Did you know that many children just like you are living in countries without running water or electricity? Every day ADRA helps girls and boys and their families, all over the world.

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In Conversation

Both Jim and Deborah have appeared in recent editions of the Hope TV series, In Conversation. To find out more about their lives, faith and vision, please see the Hope TV website.
The invitation to York Church's sixtieth anniversary service on Sabbath 8 February 2014 led a former pastor, Paul Haworth, to ask, ‘ Didn’t we celebrate its seventy-fifth anniversary in 1996?’ Was the church defying time, getting more years of worship in the church’s own building, formerly the coach house of Heworth Hall, purchased in 1951 for £1,450. 

The building did need some work. Pastor Don Lowe, a skilled woodworker, carved and gilded the ‘Reverence My Sanctuary’ sign at the front of the church. He also built the pulpit, for which he derived inspiration at the library from an 1840s book, Antiquities of Ancient Churches. The devil tried working on the librarian, who after hours saw a man in Edwardian dress, holding a book and wandering the aisles. When the librarian put his hand on the man’s shoulder, the apparition vanished, and the book fell to the floor. It was the very book Pastor Lowe had been using to design the pulpit! The librarian’s ‘ghost’ story, reported in the press, almost disrupted the York congregation’s evangelistic campaign.

In 1954 John Barron was the first person to be baptised in the new baptistry, which he had helped to dig out. He wasn’t the last: Pastor Kenneth Clothier recalled that, in those days, the pastor didn’t have to go out seeking converts – they came seeking him! One time he visited a seeking lady who had a particularly annoying dog. She asked if pets will go to Heaven, saying, ‘If my dog won’t be there, I don’t want to be there either!’ Pastor Clothier replied: ‘Madam, if your dog will be there, then neither do I!’ However, she still made a donation to the church of £500, in an age when a house could cost £4,000. That would have helped when, in 1980, the church’s poor structural integrity necessitated a rebuilding of the sanctuary by Ben Hooson, in just five weeks, during which members continued to meet in the hall at the back.

The members have displayed amazing dedication over the years – from blind Jack Lacey, who regularly took the train to go colporteuring with his guide dog; to Pastor Roger Neal, who persuaded Churches Together that Seventh-day Adventists were born fide Christians; to Pastor Ron Funk, who, upon his retirement, was asked by his boss if he knew any other Seventh-day Adventists who could take his place – such was the value of the man’s character and faith in the eyes of his employer! An example York members try to follow as their church continues its witness into the future.

Halesowen turns 1!

Halesowen is located approximately 7 miles south-west of Birmingham at the edge of the industrial Midlands. Here, a year ago, a small group of enthusiastic Adventists decided after lots and lots of prayer that it was a great place to do evangelism. They had their first Sabbath School and Worship Service in February 2013. A year later, on 8 February, 2014, they celebrated their first-year anniversary as a church, using the theme, ‘One Spirit, One Mission, One Faith’. Not only were they blessed with sunshine, but the singing group, Advent Melodies, and Pastor M. Simpson were there to bring them further blessings during the Worship Service. He reminded them to start knocking on the doors of the surrounding community.

They were also blessed to have the deputy mayor and deputy mayor’s consort, Councillor Margaret Aston and her son Councillor Adam Aston, join them during the service. She commended the Halesowen church for their activities done on behalf of the community over the past few months. All of this was followed by a hearty celebratory meal. After this there was evangelism within the community. The teens, with some adults, went out to different houses and dropped tracts, while a singing group went to visit a nearby nursing home, where one elderly lady asked that the group visit her regularly. Upon their return from the outreach they held a commitment service. Pastor Obinuju Iwema, their pastor, inspired them to keep their light shining bright, not only within the community of Halesowen but wherever they go, whatever they do! A candle-lighting ceremony ensued, and this climaxed with Stephanie Flores singing ‘Make Me An Instrument’.

It was a great ‘first birthday’ and they are all looking forward to the next one!
**Outreach in Bracknell**

On Sabbath afternoon, 28 December 2013, a small group of Seventh-day Adventists from the Bracknell township in Berkshire defied the cold weather and rain to distribute flowers and Gospel tracts to the people in the neighbourhood. Led by Pastor Louis Amayeye, elders and members, young and old, went from door to door distributing Gospel literature.

The group continues to distribute tracts every Sabbath in the community and town centre.

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**RAK to the rescue**

In Totton the worst weather so far this year gave us the perfect opportunity to launch the Totton RAK Club (Random Acts of Kindness) on Valentine’s Day.

Time is becoming a more precious commodity than money and at the Watering Hole we wanted to do something that gave people the opportunity to volunteer for something without having to commit time on a regular basis.

So, clad in waterproofs and wellies and sporting huge fluorescent umbrellas, we offered shelter to people while they packed away their shopping, dashed from car to surgery, or desperately tried to get their pre-schoolers safely from car to nursery across flooded car parks. It being Valentine’s Day, we gave away goody bags filled with details of the scheme, chocolate and balloons. Although one or two people were initially suspicious as we approached their cars, once they understood that we were there to help they became friendly and we soon lost count of the positive comments directed our way.

RAK is being advertised in the local press and we have a logo competition designed to attract the public’s attention too. RAK is not meant to replace existing charities that focus on different needs 24/7. RAK will give people ‘taster sessions’ in working in a whole variety of ways before they consider volunteering on a regular basis. Our RAK will be determined by the people who volunteer. Their skills, interests and networks will drive the direction of the club. At present we have fence repair/painting, general cleanups after the storms, community flower bed repair and litter picking on the agenda, as well as organising a huge community Easter egg hunt.

The Watering Hole church is known locally for its 4 x L approach to church life: live – do activities that help you get more out of life; love – love and serve others; learn – discover more about God in ways that suit your learning style and level of commitment to spiritual things; laugh – make time in your life for friendship and fun. RAK fits neatly into the ‘love’ section and we hope it will bring renewed interest and enthusiasm for working together to bless our community.

On the last Sabbath two newly elected church elders and five deacons were ordained.

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**London Ghana kicks off 2014**

The London Ghana church began 2014 with a four-week-long prayer and fasting exercise to foster the spiritual growth of its members, something which has become a tradition over the past five years or so.

According to the pastor, Fergus Owusu-Boateng, these programmes have resulted in membership growth and deeper congregational enthusiasm for evangelism around their church in Plaistow, East London.

He acknowledged that the exercise has led to an increase in small group activity, and member commitment to prayer and Bible study. He was of the view that members could only develop spiritually when the church takes them through such spiritual exercises.

Over the four Sabbaths, Pastor Owusu-Boateng took the members through the ‘Beatitudes’, studying each one in detail and impressing them to put them into practice with the ongoing support of their prayer partners.

On the last Sabbath two newly elected church elders and five deacons were ordained.

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**Perhaps you can help . . .**

Dr DeWitt Williams, who is researching black Adventist missionaries, is looking for information on Charles Christopher Belgrave, who left Guyana for India in 1906. He arrived in London in 1938 and may have remained there. His wife’s name was Vera Muriel Belgrave but I still do not know her family name. The 1938 passenger list shows five children: William, Muriel, Marjorie, Ronald, and Kenneth. If you are a descendant, or know anything about this family, please contact Sharon Platt-McDonald of the BUC on 01923 672251 or splattmcdonald@adventist.org.uk.
Seven teenagers from the Plumstead church were among the 170 attendees of the Harper’s First Ministry of Healing and Prayer (MOHAP) day retreat at the Advent Centre, London, on 26 February.

Participants came mainly from the South England Conference, with a few from the North, including seven from Leeds, led by Pastor Ilisiva. There were about twenty from other denominations and a few who were ‘unchurched’.

Besides the praise, worship, prayer and testimony the participants enjoyed the presentation of Pastor Dauda’s ‘devotional focused on the leper, his faith and the obstacles he overcame in order to meet Jesus and receive His healing. Dr Chike Chiboka spoke on the detrimental effect of sugar on one’s health, in particular diabetes and hypertension, and the need to reduce its consumption. Dr Daniel Duda addressed the topic of fear and anxiety in the Christian’s life and the importance of handling them appropriately and responding to them.

There were also various opportunities for prayer and meditation, and a special prayer ministry offered by eleven pastors, who also offered counseling and assuring responses to them.

And the youth? While apprehensive at the start, by the end of the day they were thrilled at the day.

We have been on an exciting journey. We have been so blessed, we want to attend other retreats and we are going to bring some of these ideas home.

The next day retreat will be on Sunday, 23 March, at the Advent Centre, with Pastor Emmanuel Osei-Mensah addressing the topic of fear and anxiety in the Christian’s life and the importance of handling them appropriately and responding to them. For more details, visit www.mohap.org.uk.

Irene Shekoni
06-03-2013
December, Irene Shekoni, 80, of Middlesbrough, passed away peacefully at home on Tuesday, 11 December. She was far too easy to fall in love with, a wife, mother, father, and when she was 19, her mother died. After a brief stay at her grandmother’s house, she went to live at Dr Banhamo’s in Banhamo Estate. Irene helped her grandmother to have a good education, which helped her realize the dream of becoming a State Registered Nurse. She commenced her training at the South London Hospital, Chalpam, in 1957 and two years later she met her husband, Fred, who was also training at the hospital. In 1941, they did not see each other again until 1943, as Fred was posted to the Middle East. Irene spent the last few years of her life in London until her death.

When Roy returned, they married and lived in Chiswok, where their first two children, Christopher and Judy, were born.

Irene became a Second Lady Adventist in the 1950s, during mission in Tshickenge, Zaire, where she met her closest friend, Enid Tolman, and they both joined the Chiswok church. Roy followed two years later in 1963. The Shekonis left London to run a vegetarian guesthouse in Devis. Their third child, Judy, was born the following year. They attended the Torchlight Mission Church and later the Chiswok church. Irene was always ready to show her hospitality and was a great example in excellent Communications secretary.

She had a great sense of humour and her sense of press and had numerous reports printed in both the newspapers and the church newsletter. As a daughter-in-law, she made a practical contribution to the church and was very caring to those who needed help. Her floral arrangements and harvest displays often beautified the church. Her poems enhanced special occasions. She brought of God as her Father, as she had never known her own.

When she was widowed, she spent years of caring for her sick husband, she showed great fortitude and she pushed out to those less fortunate than herself. She also took an interest in the lives of her children, grandchildren and great-grandchildren. Perhaps one of the most memorable memories was when she was the reunion with her sisters and brothers that had been given up for adoption at the age of two and a half and had lived most of her life in care. Irene was usually by her side. She had always been so independent and at times was very difficult to help in the latter stages of her illness.

Irene was a great cook and she always had a great sense of humor. She was a small woman but very strong in her faith. She continued to read the Bible for hours at a time. This brought strength and great peace to her. Irene always made friends easily and was always ready to help. She lived a long life and she left a great legacy to her family. She will be greatly missed by her family and friends. She was a woman of great grace and she will be greatly missed.

Physician and Lifestyle doctor
**Carmelle Alifeide Stephenenon, née Buretn (1925-2013) d. 10 November.

Carmelle Alifeide Stephenenon was born on 19 May 1925 and was raised and educated on the beautiful island of Cuba, where she spoke fluent Spanish. She had two sisters and a brother (all now deceased): Gloria, Alice and Gladstone (Gladdy).

Carmelle recalled that her childhood was a happy experience, especially in the church, where she was given a denomination. Carmelle was the eldest of the Buchanan children. She moved to Jamaica as a teenager with her family and learnt English.

It was here that she met the love of her life, the late Lionel Stephenon. They married on 25 February 1950 and had two daughters, Sharon Khan and Cassandra.

Carmelle was once upon a time an active member. She had a lovely singing voice, and sang in many duets and quartets. She also taught the children and at some stage helped the church with secretarial work.

Sheila Daniels, née Ellis (1932- 2013) d. 21 September.

Sheila Daniels was born on 21 July 1932 in Camberwell to Sophia and William Ellis. She was the last of their ten children and was adopted at the age of two, due to economic pressure at the time. Irene put an advertisement in the local newspaper and she was given up for adoption.

When she was widowed, she spent years of caring for her sick husband, she showed great fortitude and still reached out to those less fortunate than others. Irene was a devout Christian and had been given up for adoption at the age of two, due to economic pressure at the time. Irene put an advertisement in the local newspaper and she was given up for adoption.

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Watford Town Pathfinders lead the way

What a sensational climax to 2013! Not even the chill of a winter Sabbath afternoon could dampen the excitement and emotion of a long-anticipated experience. From the day they were born, their parents prayed that these children would make the right choice, follow Jesus and be baptised. That day arrived on Sabbath 7 December last year and it was the Pathfinders who led the way.

In a packed church, full of family, friends and loved ones, Hope Kumpalume (15), Ambé Cudjoe (14), Christine Kamara (12) and Dawn Richardson (12) were baptised and accepted into the fellowship of the Watford Town church. Their parents shared their experiences with tears of joy and affirmed each child in the decision they had made. The officiating pastors were Sam Gungaloo (associate) and Kevin Johns (Pathfinder director, South England Conference).

There were others baptised at Watford Town during 2013: Shirley Simpson, Saphir Perry, Millicent Jarrett, Nadine Samuel and Vemadine Harris (profession of faith).

For the Watford Town family this was a wonderful Christmas present, the culmination of a truly inspirational Pathfinder Day, where hope Kumpalume and Jade Odehinde presented heartfelt messages to an expectant congregation.