Pedestrians and motorists travelling down the bustling Lisburn Road in Belfast during the week of 13 to 19 April were greeted with a new sight as they approached the traffic light opposite the City Hospital. A parking area had been transformed into a vibrant exhibition space which everyone was invited to enter.

In front of the Adventist church, Belfast, was a marquee where friendly volunteers were inviting the public to browse through the Jesus7 Exhibition. On Friday morning a team of children issued the invitations. On Sabbath afternoon Karl Rothwell and Kent Muldrew, two young people, played their guitars and sang worship songs at the corner of the parking area to attract the public’s attention.

Pastor Adam Keough reports that during the week between 120 and 150 members of the public responded to the invitation to enter the exhibition space. It was a case of ‘Jesus, first, last and best in everything’. Visitors were greeted with a neatly laid out exhibition providing information on places where significant events in Jesus’ life and ministry happened. The exhibition experience was enhanced with samples of food that would have been eaten when Jesus lived. There were artistic images providing opportunities for contemplation and many other additional materials inviting visitors to enter into the world in which Jesus lived.

The innovative exhibition was only one part of a more comprehensive project. With the invitation to explore the exhibition space came an invitation to be part of a Jesus7 seminar that took place nightly in the Belfast church.

Jesus7 venues across Ireland
This Jesus7 project was not confined to Belfast. It spread throughout the Irish Mission. Similar exhibitions could be found in two Dublin venues and in Derry/Londonderry. The congregations behind these exhibitions also looked for ways to expand their reach beyond the walls of traditional churches. The Dublin Ringsend exhibition took place in a local community hall. The Maldron Hotel in Drumcondra hosted a further exhibition. In Derry/Londonderry Church members received permission to exhibit two of the exhibition posters every day on the central Guildhall square.

Stephen Wilson and Lindita Vani describe their project enthusiastically: “We were praying and thinking about how we could give people an opportunity to see, read and hear, or perhaps even make something as part of a real experience during this exhibition. We wanted to help people engage at a deeper level. So, the inspiration came as we pondered and reflected on each night’s topic.” On the first night the topic was about Jesus, the greatest gift. During the exhibition each attendee was given a beautifully wrapped gift box, with a ribbon. The box was fully of promises that Jesus Himself gave: “I am the light of the world”, “I am the resurrection”. The visitors were invited to open the gift and share in front of a video camera how they felt. The activity generated a good few smiles and giggles and reflection on how we receive Jesus, the greatest gift.

In an effort to reach beyond the traditional four walls of the church it might be ironic that some of the members of Dublin entered the four walls of another church. Lindita reports: “Throughout the week, a group of young people set themselves up in the Christchurch Cathedral in Dublin from 9.30 to 4pm. There they invited people to copy the Gospel of Mark by hand.” One of the students, Deborah Kozzari, reflects on this experience: “It was interesting. At the beginning there weren’t many people coming towards the table to copy the Gospels, so the vicar suggested that we put the board right next to the entrance.” This time the response was better. People now participated in the activity at the beginning of their visit, not at the end.
The Editor, Julian Hibbert will be back in the driving for the next issue.

http://www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-adults.aspx

http://www.bbc.co.uk/news/health-23518037

NHS recommendations article, RT 22-28 March 2014. 72 Cor. 5:21, NL T . Radio Times

The New Testament Magdalene College, Cambridge, and McGrath to King’s College, London. 3Published by SPCK in 2009.

90% had not used a gym.
88% had not been swimming.
If you have children, exercise with them.
46% had not engaged in walking for leisure for more than 30 minutes continuously.
Talk to gym personnel or a personal trainer about your busy schedule and what exercise regime would fit your lifestyle.
Around 8% of adults who had good mobility had not walked for amere five minutes continuously during a four-week period.

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It was worth coming just to hear Mandy,” said BUC Communication director Victor Hulbert, guest speaker at the West of Ireland Day of Fellowship at Newmanstown-on-Fergus, County Clare. Mandy, the daughter of a Rwandan refugee, is a member of the congregation that meets Sabbath by Sabbath at the Kilnasoolagh Adventist campsite. To the congregation gathered from all over the West of Ireland, Mandy’s beautiful smile and captivating testimony clearly demonstrated that God still makes a difference in young people’s lives.

Mandy plans to study Medicine when she leaves school this year. A major problem when asking an important question for quality for university entrance was scheduled for a Sabbath. Mandy made a personal decision not to take the exam and, therefore, to endanger her prospects for entering university to prepare for the only career she has ever wanted: Faithfulness to God is her number-one priority.

All Irish students, apart from Mandy, sat the exam on Sabbath 1 March. But God was faithful to Mandy. On the following day arrangements were made for her to travel to Dublin, on the opposite side of Ireland. There she was the only student in the whole of Ireland to sit the exam on a Sunday.

Mandy’s decision made her relationship with God and her decision with regard to the seventh-day Sabbath a major topic of conversation among her fellow students. Among those inspired by Mandy’s stand was Seipo from Cork. He shared with the Day of Fellowship congregation that he is now meeting up with friends from school to discuss his faith. Among those who has been able to help is a fellow student who has had a breakdown.

Doreen told the congregation how she has started a church plant in the Millstreet Refugee Centre where she lives.

Galway Longford and Newmarket pastor, Tony O’Rourke, expressed his joy and encouragement that the faith is taken by the youth of his congregation.

The New Testament

A study undertaken by the University of Bristol segment on exercise benefits with a look at the latest research on UK residents’ exercise habits.

If you have children, exercise with them.
Ask your employer to support an employee fitness programme.

The last century has seen two world wars together with massive ‘natural’ and man-made catastrophes which have shaken all belief systems to their foundations.

The increasing influence of the last sixty years has provided more distractions than the more basic, one of putting bread on the table ever did.

The growth of the mass media and its (mainly) counter-Christian influence, together with its presence in nearly every home, cannot in a language understood only by the better-educated clergy. In the Reformation, scholars skilled in both biblical languages and contemporary speech exposed the Gospel in accessible, local languages. Was that ‘Christianity’s Dangerous Idea’? Not entirely. But it was the assertion of the reformers that everyone had the right, not just to read, but to interpret those Bibles for themselves. Readers would be able to see for themselves what the Gospel Church had blocked the way to: the Person of the Living Christ. More that they could relate to him personally and, through that relationship, find their salvation independently of the Church pyramid of priests and prelates. The early Christian Church had locked up the liberating Gospel in Latin Bibles. For a thousand years the Western Church had ‘sold’ the Gospel to every generation by the Church’s own very being

As part of our health promotion series, we present some tips for incorporating exercise into your daily schedule.

NHS recommendations stipulate that individuals aged 16-64 need to exercise at moderate intensity for a minimum two a half hours and a half hours every week to experience some level of health benefit. This could be broken down in 30-minute segments over five days. However, research found that 50-minute one-hour sessions of exercise up to five times per week had the most beneficial outcomes. Recommended exercises include activities such as brisk walking, cycling, basketball and hiking.

Health Ministries director, BUC

by Sharon Pratt-McDonald, RGN, RM, RVH, MSc

Spotlight on exercise

Continuing our series on healthy resolutions for 2014 we conclude this segment on exercise benefits with a look at the latest research on UK residents’ exercise habits.

A study undertaken by the University of Bristol found that 80% of subjects failed to meet government targets of engaging in moderate exercise for a minimum of twelve times in a four-week period. In the study, exercise data from over one million UK adults was analysed. The results revealed the following:

About 5% of adults who had good mobility had not walked for a mere five minutes continuously during a four-week period.
46% had not engaged in walking for leisure for more than 30 minutes continuously.
88% had not been swimming.
90% had not used a gym.
Around 25% of respondents over the age of 16 had done minimal physical activity.

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Mandy’s telling testimony

enhancing health

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**Education Day highlights primary education**

by Kirsten Bister-Lundquist, SEC Communication director

showcasing talent from Adventist primary schools across the South England Conference, the First Day of Fellowship specifically for the Conference primary schools was held on Sabbath and the launch at Reading West Church.

SEC Education director, Ophel Johnson-Christie, led the day, and ensured that a diverse group of children from the various schools within the SEC were the focus. In addition, three invited guests from the USA York Conference attended. Mrs Viola Chapman, school superintendent in New York, spoke on the importance of an Adventist education. ‘It’s about teaching our children about Christ. Our mission is to ensure our children are prepared for the Last."

**Sabbath Privileges**

The above photograph appeared in our 24 January issue, together with a request for information. The response has been overwhelming. The photographs contain members of Seventh-day Adventist families from various parts of the UK including Scotland, north-west England, West Yorkshire and Essex. Front row centre features WA Gilling and his son. In an age when it was difficult and impossible for Seventh-day Adventists to find work ‘with Sabbath privileges’ Adventist employers were aware of this. One such was WA’s Boot and Shoe Works at Gillingham in Kent.

Let Pam Whittle of Paignton begin the story.

**Dear Editor**

My grandfather, Walter Arthur Girling, was the youngest of twelve, born about 1885 in Leyton, London, the son of a bootmaker. Dear Editor

**Hold the line**

by Pastor Sam Davis, SEC president

**It’s a dog-eat-dog world,** and **It’s the survival of the fittest.** However, anyone who has seen **Gandhi** on the BBC or who are awaiting news of what is happening in the Middle East will know that the world is not as simple as this. We have witnessed much global

**Final Note**

We are also indebted to Dennis Porter, John McGoldrick, David Patrick, and Agnes Woodfield for further information, which will be shared in the next issue.

**Gwen Masen of Cannock, who knew the Gilmans, has also been in touch.**

"Hold the line" and may God bless you as you go into the exam season this year.

So students, **stand up for you – after all, we are His children, made in His image!** I have written many letters on behalf of students who have faced this challenge and God has amazingly made a way around their situation. So students, remember, ‘hold the line’ and may God bless you as you go into the exam season this year.

**Tip to students:** From the moment you become aware of the clash of the exam date with the Sabbath, let the person in charge of the exam know, in writing, so that you have a ‘guarantee that you follow your establishment’s protocol for appealing for an exemption to take the exam on another date. Seek supporting documentation from your local pastor or Conference to back up your appeal.

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The Big Read
by Pastor Peter Jeynes

P
rofessor Patricia Douglas has a bee in her bonnet. She speaks too much about reading books. I agree with her. Now, Patricia is not just a thinker and a talker; she’s a doer too! She is promoting an initiative called ‘The Big Read’. The suggestion from Pastor Douglas is that the church divide into small groups to read. The idea is to find the time, and the best way, for your congregation to get together and read. The suggested method is to do the following, as Patricia describes: ‘We encouraged the congregation to divide up into small groups, with a child in each group. They were then given a list of books that were age-specific for the children in their group. This was thoroughly enjoyed by all who took part in the Sabbath School programme that week. The programme may be the catalyst that inspires parents to see the necessity of spending quality time reading to their children. You can develop this in your local church by working with a book club or by creating a story hour, and so on.

So here are a couple of suggestions for us to consider. Pastor Curtis Murphy has applied the method in the following way. He, and his elders, linked the Conference strategy of ‘rebuilding walls’ with the need to deepen his congregation’s knowledge of Scripture. During a free slot on Sabbath afternoon, just after lunch, Pastor Murphy runs a book club. They choose a book, read it and discuss it. You could modify that idea to suit your congregation so as to encourage a wider number of participants – not just the adults. The idea has a wider application than just a time in church to read books. Rose Gomez, a Bible worker in the Manchester area, spotted a need among the people she visited. Parents were asking for advice on how to encourage their children to watch TV and not to be so absorbed by the latest video games consoles. Parents were effectively asking for help on how to restore home life.

The solution came with the development of a book club among those with whom she worked. Rose can speak with some authority when she says that the idea really works. The programme has been running for several families for over three years. Each family creates its own club. A time is set and books are chosen from the ‘book box’. The family then sits and reads. Your younger children may need a little help from parents, but older children and youth will choose and read their own books. Mum and Dad, if not involved in helping the little ones, can make their own selection and get reading too.

Does it work? Well, according to Ruth, on one occasion, on book club night, two teenagers turned up. Rather than ask the boys to return later they were invited to join in. Books were chosen and for the next 45 minutes they became part of the family’s book club!

You could modify the idea to suit your own situation. You could apply that to a particular family night at home – or you could apply it in your church.

Have a look at the poster Pastor Patricia has created. Think about the suggestions – and work out how you might apply the initiative in your church and your family, to help nurture the precious gifts God has entrusted to your care. You might take the idea to your pastor and the elders and urge them to promote and develop ‘The Big Read’ initiative for your church.

For more information contact Patricia Douglas at the NEC. For a selection of good books contact your nearest ABC or phone 01475 851700. Monday to Thursday, 8.30pm – or contact your local PM secretary.

Sabbath School: the year of the teacher*

by Beulah A. Plunkett

2014 has been designated the year of the Sabbath School teacher! In my view, Sabbath School teaching is training and healing (Matthew 4:23), and it is vital that we take seriously the importance of teaching in our Sabbath Schools and churches. This is the year 2014 has therefore been about training and empowering Sabbath School teachers, teaching and equipping them with the tools of food, spiritual direction and skills for teaching and facilitating the Sabbath School in our churches. We have trained students to study the Word and engage with the Sabbath School; all series of Sabbath School Emphasis Days and Sabbath School Teacher Training Days have been held over the thirteen weeks of the first quarter.

The Sabbath School teachers have all been specifically targeted to receive training, teaching and resources. ‘Your Sabbath Schools are centres of teaching and learning,’ assured the Sabbath School director Beulah Plunkett. Each Adult and Youth Sabbath School class will be moving students towards greater understanding of the Word of God, and confidence to share their faith.

Beulah Plunkett has taken the Sabbath School Emphasis Days and the Sabbath School Teacher Training Days as an opportunity to focus on teaching and learning on the road to ten churches in the NEC so far (Birmingham, Halesowen, Sabden, Coldfield, Bethel Derby, Leicester West and Leicester Central, Manchester Central, Windsor Street, and Bolton), a total of nine weeks on the road in the first quarter, with members from all the churches in the districts surrounding each church also attending.

On the Sabbath School Emphasis Days the church is introduced to participative and educational Sabbath School classes. Inspiring sermons that are linked to the lesson, practical skills for in-depth Bible study, useful resources and much more. In the teacher training sessions Sabbath School teachers are trained to how to study, plan and deliver a participative lesson that encourages learning and spiritual growth and where everyone can gain knowledge of God’s Word.

Teachers are challenged to go back to their churches and make this happen, with follow-up training promised for next year.

We are now into the second quarter and given copies of the Texiarian, an excellent Bible study booklet that can be purchased from the ABC, to encourage young people to get into the Word. Superintendent packs were given out, and teachers’ packs were available at the training. There was something for all the age groups. All the resources can be ordered from the NEC Sabbath School department and there are further resources being developed.

*Sabbath School Director and PEACE associate director, NEC.

Why not have a time to read in your church? A time where everyone is divided into small groups. And regain the joy of spending quality time with the children. This could be the beginning of something amazing...
Jesus the Carpenter • Mark 6:3; Matthew 13:55
There’s not much written in the Bible about Jesus being a carpenter. But most Jewish boys learnt their jobs from their father, and helped them from quite a young age. So Jesus may have spent many years working as a carpenter with Joseph.

I spy!
Look around the room where you’re sitting right now. Make a list of everything in the room that’s made from wood – don’t forget there may be some wood you can’t see, hiding under cushions and carpets! Draw three things Jesus might have made out of wood in the boxes below.

A forest full of trees!
• Unscramble the letters of the trees in the word forest. Jesus may have used wood from these trees to make things.
• Write the verse in which each tree is found under the letters of the tree. Sometimes different Bible versions have different names for the trees.

Doing my best!
Jesus would have done His very best when He worked. He would have watched His father and then practised on scraps of wood. He would measure the wood carefully; cut the wood straight; make good, solid joints so that His furniture would last; and make it smooth and comfortable.
• What do you want to be really good at? Being kind to others? Playing a musical instrument? Running?
• What else do you need to learn or practise so you can be even better than you are now?

Hard workers!
Lots of people in the Bible had different jobs.
• Match the person’s name to their job.
• Which of these jobs would you most like to do?

Dear Jesus, please help to do my best. Love from
Lea Valley baptises eleven

At the end of an exciting and Spirit-filled Youth Week of Prayer conducted by the energetic and exciting Donald Yearwood, an evangelist from Leytonstone Church, eleven people were baptised at a colourful baptismal service at the former John Loughborough School, Holcombe Road, on Sabbath 5 April.

During the one-week campaign, Donald presented the Gospel of Jesus very powerfully through titles such as: ‘He Got What He Wanted But Lost What He Had’, and ‘Two Lovers Caught In Church’.

He told us that the love of money, the godless pursuit of the opposite sex, jewellery, the eating of unclean foods, tattoos, alcohol and drugs are not only unhealthful, but also unhelpful in our Christian experience. ‘However exciting they may be, they have got to go,’ he said.

Pastor Lewis Guaye, who conducted the baptismal service, welcomed the members into the fellowship of the church.

Closing the series with a candid service and the rousing rendition of the theme song, ‘Meet Me in Heaven’, Donald urged the members, especially the youth, to let their light so shine that men will see their good works and glorify their Father in Heaven!

South Cumbria

Evidence that the Holy Spirit is constantly at work was shown on Sabbath 4 January when a visitor walked through the door of the South Cumbria church. Philip Wren has been worshipping with us ever since and on Sabbath 2 November he was re-baptised into the body of Christ.

His grandparents taught him Bible stories. He believed in God from an early age. He attended church but felt that something was missing. After praying and asking God to show Himself it was if the answer came to him as he read John 14:9 (KJV) – ‘Have I been so long time with you, and yet hast thou not known me, Philip?’

Some years later he felt like the prodigal wanting to come home, and come home he has, becoming an important addition to this small church with a big heart located in the little town of Dalton-in-Furness.

Newbold College vacancies

Chaplain & Dean of Men: Newbold seeks to employ a full-time Campus Chaplain & Dean of Men from August 2014 to July 2015. The successful applicant will have at least a Bachelor’s degree in an involve field, a history of developing programmes and initiatives to reach young adults and offer their study and the willingness to live on campus and work flexible hours. Responsibilities will include mentoring and supporting students with a particular focus on offering the faith of young Christians. We also find support them in their faith, to give them opportunities to grow in the faith of the Adventist Church. We do appreciate both young and not so young, who have been so kind to me.’

At the end of his testimony, Chris had written that he thanks God that he was baptised and appealed to everyone to continue praying for him to have strength in his Christian path. ‘I was very touched by this baptism because when Chris was telling me why he decided to be baptised, it was because of how the church had treated him,’ said Jerry Smith, pastor of the Chatham church. ‘It was the people of the church, the way they lived and loved him, that made him want to give his life to God. It’s something we need to keep doing, keep going in this direction, to deliver God’s message through the way we live.’

Newbold student and former successful lay-evangelist of our church, preaching on the death to self and the resurrection to newness of life.

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At the end of his testimony, Chris had written that he thanks God that he was baptised and appealed to everyone to continue praying for him to have strength in his Christian path. ‘I was very touched by this baptism because when Chris was telling me why he decided to be baptised, it was because of how the church had treated him,’ said Jerry Smith, pastor of the Chatham church. ‘It was the people of the church, the way they lived and loved him, that made him want to give his life to God. It’s something we need to keep doing, keep going in this direction, to deliver God’s message through the way we live.’

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Newbold student and former successful lay-evangelist of our church, preaching on the death to self and the resurrection to newness of life.
Sir James Carlisle gives Easter address in Swansea

On Sabbath 19 April the guest speaker for the morning service in Swansea was Sir James Carlisle, former governor-general of Antigua and Barbuda. Sir James and his wife, Lady Emma Carlisle, have been attending the Swansea church for a few months while on an extended visit to Wales, and their district minister, Pastor Jovan Adamov, did not want to let such a wonderful opportunity pass.

Invitations were sent out to dignitaries and anyone with a connection to Antigua and Barbuda and on the day more than one hundred people were present. These included the former high sheriff of West Giorango, Martin Trainer and his wife Susan, who are personal friends of the Carlisles. They were joined by John and Solweig Dann, who have a special interest in flags of the world and are well-known locally for flying a different flag each day from their house.

Lady Carlisle began with an inspirational story for the children—a story which told of a man who came from a poor background yet studied and worked hard and eventually became very well-known and influential. In latter life he never forget where he came from. He was always kind to people and did his best to help the poor and uneducated people of his country. Though she did not reveal the name of this man there were more than a few a person who suspected that he might actually be in the room.

Sir James then took the stage and held the audience spellbound with extracts from his incredible life story. He told of his early career in the forces, which led him into the field of dentistry, and then indirectly into local and national politics. The Prime Minister of Antigua and Barbuda, Sir Vere Cornwall Bird, was a dental patient of James Carlisle, and it was he who invited him to serve his country as governor-general. Aware of the challenges and potential conflicts which could arise with a Seventh-day Adventist in such a high public office, James was initially reluctant. His wife too had concerns about some of the very real dangers which could face in public political life. However, they eventually agreed to accept the offer and, James, soon to be Sir James, served as governor-general from 1993 to 2007.

Well aware that most of his congregation were not familiar with political titles and roles, Sir James explained that the position of governor-general is actually an appointment of Her Majesty the Queen and the main function is to serve as the Queen’s representative in the Commonwealth with roasts.

It was the occasions when Sir James’s Adventist principles clashed with public duty that most intrigued his audience. In particular his refusal to serve alcohol during any public function at his 250-year-old Government House residence. At some early functions this prohibition led some guests to walk away in disgust, though they eventually came to accept it. Fortunately, as well as some dissent, there was considerable support for this policy, particularly from the Salvation Army.

Sir James and Lady Carlisle came across as a loving couple, deeply devoted to each other, their church, their country and the monarchy, but most of all to their God, who will always take priority in their lives.

PASTOR JOHN SUMRIDGE, WELSH MISION CONRSCRIPTOR/DICTION

Exeter’s Easter outreach

The Sabbath Prayer Group, which meets once a month under the leadership of prayer co-ordinator, Alison Heyns, planned an Easter visit to a local care home. Card packs were prepared so that the residents could each make an Easter card to mail to a friend or family member.

The residents and staff were invited to join in the hymn singing, which they did with enthusiasm. Nine-year-old Jesse Ondieki beautifully recited a thoughtful Easter poem.

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An exciting weekend at Plymouth

Sabbath 13 April was the second time Plymouth Church opened its doors to the ‘Easter and pastel’ project of Fleetwood School for ‘Messy Church’.

The team identified fifteen individuals whose results caused significant medical concern. In all cases they were given a copy of their results and a referral letter addressed to their own GP and were advised to have more detailed investigations undertaken without delay.

The afternoon concluded with a quick meal for all involved. This time we will be providing a quick meal for all involved. This time we will be running its next health screening service in Boscombe on Sabbath 31 May and Sunday 1 June. For its part, the council has agreed to provide the church with access to a vacant retail outlet within the commercial centre in Boscombe in which the screening services will be provided and in addition will advertise the service the church via its social media facilities.

Planning of the event is now underway and the church is open to offers of support by qualified medical personnel. Contacts for further information: Dr Dina Borges, MBBS (07717 757 630 – email: drdinaborges@yahoo.com); Chris Harris (07825 500 521 – email: chris.harris@bodams.org).
Jaikeem George


*Monday-Thursday.

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Ramipril          2 a day   For blood pressure
Amlodipine     1 a day   For blood pressure
Bisoprolol       1 a day   For blood pressure
To lower cholesterol
Allopurinol      1 a day   For gout
Pantoprazole   1 a day   To reduce acidity caused by Clopidogrel


In this issue we cover this important theme and FOCUS

prospects, now’s the time to give them the latest copy of

As more and more of our family, friends and neighbours are concerned about our world’s worsening weather...

What happened to the health message?

A modern testimony

My health deteriorated as I gained weight, increasing to a 40-inch waist. I suffered a number of side effects from my medication, including dizziness, skin rashes, muscle pains, swallowing problems, and variably behaving bowels with both constipation and diarrhoea!

Worse was to come: I took ill on a flight from abroad, due to what was thought to be heart problems. The plane was almost diverted. I ended up lying in the kitchen area of the plane, with oxygen waffling around me. I was kept in hospital for a week.

My diet: food

Diet-wise, I did go back to eating a bit of fish and chicken. I also ate dairy products, including cheese. I drank 6-8 glasses of water every day. Despite thinking I was eating a generally healthy diet I developed gout, in addition to other health problems. I was doing a small amount of exercise. In a few years I went from no medication to 8 tablets a day:

My diet: pills

Ramipril 2 a day   For blood pressure
Amlodipine 1 a day   For blood pressure
Bisoprolol 1 a day   For blood pressure and to regulate heart rhythm
Clopidogrel 1 a day   To lower cholesterol
Allopurinol 1 a day   For gout
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Pastor Hart’s doctor was involved in the revolution in his medication and lifestyle. He did not stop ‘taking the tablets’ without medical advice.

I resigned myself to this fact. I was put on a twice-a-day tablet to try and control my blood pressure. Over the years, further tablets were added to achieve better control. I also found out my cholesterol was too high. More tablets were added, including medication to offset the side effects of other medication!

Edited by Pastor Hart’s doctor. The church I was associate pastor of at the time, in Lewisham, hosted a health series called CHIP (Complete Health Improvement Programme). This twelve-week programme, designed by Adventist health professionals in the USA, involved having blood tests and a health check before and after. Mine revealed a cholesterol level of 6.2 (5.0 or lower is considered normal). CHIP taught the Adventist health message clearly, using scientific research, healthy eating recipes and lifestyle advice. My wife and I took on the message actively with enthusiasm. We

We stopped all meat and dairy, cut fat and salt out of our diet as much as possible and stopped snacking. By last year my blood pressure was dropping noticeably. I stopped my night-time blood pressure tablet. A couple of days later I went to see my GP. She was impressed and wanted to follow me closely. I continued to follow the guidance religiously. By week 2, I had stopped another blood pressure tablet. By week 3, after discussion with my GP I stopped all my tablets! After a month my GP said my blood pressure was completely normal. After 16 weeks of following this healthier diet, my cholesterol had dropped from 6.2 to 1.7! All those medication side effects? Gone! I slept better and woke feeling refreshed with so much more energy, and my turn was happy and settled.

I have lost almost all the excess weight I had, and continue to feel great. I am living testament to the wisdom of God’s word regarding our health, and the power of the health message. I hope to bring CHIP to my new church soon. I feel like a new man. I am better able to minister for God’s Kingdom – what could you gain by trusting in God’s plan for your life here on Earth, not just your eternal life? Pills no more!

Editor: Notice that Pastor Hart’s doctor was involved in the revolution in his medication and lifestyle. He did not stop ‘taking the tablets’ without medical advice.

In twenty years ago I was diagnosed with hypertension (high blood pressure). When I saw my cardiologist (heart specialist), I told him I was vegetarian, could not smoke or drink alcohol and was on an exercise regime. He told me that my hypertension was inherited and there was nothing I could do about it, so I resigned myself to this fact. I had stopped another blood pressure tablet. By week 3, after discussion with my GP, I stopped all my tablets! After a month my GP said my blood pressure was completely normal. After 16 weeks of following this healthier diet, my cholesterol had dropped from 6.2 to 1.7! All those medication side effects? Gone! I slept better and woke feeling refreshed with so much more energy, and my turn was happy and settled.

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The streaming event was also accessed by other small groups around the Irish Mission. Pastor Gavin Anthony shared the experience of one of the Raneforth church members who watched the programme in a friend’s home with seven other Christians. ‘She thought that it was important that the programme was not trying to be sectarian, which would have put people off. They were disappointed the series finished so soon.

West of Ireland

Betti O’Rourke wrote a beautiful report on their experience in the West of Ireland: ‘It was not the aroma of delicious pizzas served at the home of Telia Davoie to the Galway Church youth and their friends that captured their attention. Neither was it the memories of a busy day spent helping out the elderly, cutting lawns and distributing literature around the neighbourhood. All eyes were focused on the Jesus7 seminar being streamed into Telia’s comfortable sitting room. Some recognised familiar faces in the Belfast audience but all recognised the gifted speaker as someone who made the Word of God come alive. The youth particularly liked the interactive style and the visual aids used to convey the story of Jesus’ walk on this earth.

In Limerick City, church members and friends gathered at the home of Bruno and Nualla Bresni. The timing of the seminar was perfect as both college and secondary students took time out from their usual studies to spend it in the study of Scripture.

‘Many more homes in the West of Ireland are experiencing the blessings of these presentations and some older folk are learning a new aspect of technology which has the power to transform lives.’ Reports continue to come in about small groups throughout the Irish Mission who participated in the downlink.

The impact

What have the results been so far? On the final night of the project, Pastor Kovacs-Biro made a call. In Belfast four people requested baptism, including one of the people who had come into the meetings from the street.

In Drumcondra an English tourist attended the Wednesday evening meeting. ‘She was the only visitor that evening and the group there had prayed that someone would come,’ reports Stephen Wilson. ‘They were disappointed that it looked like nobody would be there that night, and then this lady came and stayed for the seminar. She came back every night since then. She wants to be part of our “community” even when she goes back to England on Monday. Three young men from India came each night. They are Catholic, but they also want to join us more often. On Sabbath I met a few Baptists from Brazil who said our church and its programmes felt more like home than the Pentecostal church that they had been attending.’

On Sunday morning, the members of the Derry/Londonderry church celebrated the end of Jesus7 with an Easter breakfast at church. They spoke with enthusiasm about the friendships that they had made. The one visitor who attended four of the evenings and asked to join the church could not make it to the breakfast, but there was a sense of accomplishment and pride in a project that was very well done. We’ll give the final word to Pastor Adam Keough: ‘The four walls of any church are both a tremendous blessing and a big challenge. They provide security, stability, reassurance and comfort. They are also barriers to keep “the world” outside and prevent people from entering and experiencing the blessings within. The Jesus7 Project is an ongoing project to attract people in to meet Jesus...’