

## Ian Sweeney and Paul Godfrey agree to live on £2 a day to support the 2018 ADRA Appeal

**M**y name is Ian Sweeney and I'm the Chair of the Board of Trustees for ADRA-UK. Each year I have the privilege not only to attend meetings of the organisation and make decisions regarding its work, but I'm also blessed to be a volunteer on their behalf. Last year I was in Nepal and assisted with their goat-farming project, as well as being involved in a short sponsored bike ride for ADRA.

This year I'm going 'Hungry for ADRA' to help to raise £600,000 for projects overseas and in the UK. There are three major projects that ADRA-UK are supporting this year. Let me talk about the first two.

In Sri Lanka there is a great disparity between urban, rural and tea-estate communities, despite the country's middle-class status. Rural and tea-estate communities live in difficult situations with limited access to clean water, poor sanitation and cramped living conditions, and a low-income status. A lack of knowledge, awareness and accessibility to information about correct hygiene and sanitation practices perpetuates poor behaviour within communities.

ADRA-UK and its partners will be helping to improve the health, nutrition, hygiene and sanitation of some of the most vulnerable people in Sri Lanka among rural and tea-estate communities in the Uva and Central Provinces.

The second project is the Rwandan Girls Education Advancement Programme (REAP2), which works to ensure education completion for marginalised girls in Rwanda. The project focuses on Nyaruguru, where many girls are excluded from education for socio-economic reasons. Lack of education is a primary cause of poverty and ill health; therefore the project aims to improve the life chances of marginalised girls, with 11,900 girls in Rwanda able to complete a full life-cycle of education and demonstrate that learning.

**ADRA-UK plans to provide £100,000 each for ADRA Sri Lanka and ADRA Rwanda to implement these projects.**

**M**y name is Paul Godfrey and I'm a member of Stanborough Park Church, and I will be joining Ian to go 'Hungry for ADRA' during the 2018 ADRA Appeal. I'm from Burmese heritage, and therefore have particular interest in the third major project that will benefit from the 2018 ADRA Appeal.



Myanmar, the former Burma, has an estimated 500,000 children who are out of school for a variety of reasons within the ethnic minority states; and, despite families valuing education, school attendance is poor and drop-out rates are high. Twenty percent of the country's 10-17-year-olds are in work, out of the 1.5 million school-age children that live in Myanmar.

ADRA-UK, working with ADRA Myanmar, will lead an initiative to provide evidence-based research to create a coalition of organisations to help to change these young lives.

**ADRA-UK plans to provide £50,000 for ADRA Myanmar to lead this project.**

### What is 'Hungry for ADRA'?

Both Ian and Paul will go 'Hungry for ADRA' by living on £2 a day during the 2018 ADRA Appeal. This means that their two or three meals each day, including any drinks, can total no more than £2. During the Appeal they will keep a journal of the project and the challenges and joys that they face, and there will also be photos and video footage available on the ADRA-UK Facebook page, documenting their progress.

Ian and Paul are hoping to **raise £5,000** from the 'Hungry for ADRA' initiative and, like the apostles, 'all they asked was that we should remember the needy' (Galatians 2:10, GNT). And wouldn't it be fantastic if each of our 38,000 members were to get involved in some form of ministry during the 2018 ADRA Appeal to help those who are in need?

*'No one can practise real benevolence without self-denial. Only by a life of simplicity, self-denial, and close economy is it possible for us to accomplish the work appointed us as Christ's representatives.'* Ellen White, *The Ministry of Healing*, page 206.

During the 2018 ADRA Appeal, both Ian and Paul will be living a 'life of simplicity', 'self-denial' and 'close economy'. Not everyone is able to engage in such a project; however, we would encourage everyone who is able to connect, volunteer or donate to ADRA-UK in order to help to raise £600,000 for the world's poorest and most vulnerable citizens.

All the projects that we undertake, both overseas and in the UK, are made possible . . . **BECAUSE OF YOU!**



## How healthy are you? Part 2c – the HEALTHY format

### Attitude

In this issue of *Enhancing Health* we explore the third element in the HEALTHY format – attitude.

Research has demonstrated that our attitude can have a profound impact on our general well-being and even on our longevity.

Dr Laura Kubzansky, Professor of Social and Behavioural Sciences at Harvard's T. H. Chan School of Public Health, states: 'Your outlook – having a sense of optimism and purpose – seems to be predictive of health outcomes.'<sup>1</sup> Her statement comes from studying the health effects of diverse types of psychological well-being.

Data on 'emotional vitality' and health outcomes from the National Health and Nutrition Examination Study (NHANES) was analysed by Dr Kubzansky and her colleagues. From personal interviews and medical examinations they found that factors such as engagement in life, enthusiasm, hopefulness, and the ability to face life's stresses with emotional balance are associated with a substantially reduced risk of heart attack and stroke.

The research team discovered that:

- In 2007, among 6,025 participants, those individuals with high levels of emotional vitality had significantly lower rates of cardiovascular disease an average of 15 years later.
- In 2015, among 6,019 participants studied for an average of 16 years, greater emotional vitality was associated with a lower likelihood of having a stroke.

A number of studies have examined people's attitudes about ageing to ascertain a possible link between their perception and their health

as they aged. Here are some interesting research outcomes:

- 660 study participants aged 50 and older engaged in the Ohio Longitudinal Study of Ageing and Retirement (OLSAR). Researchers found that those who had positive perceptions about ageing lived an average of 7.5 years longer than those who had negative perceptions about ageing.<sup>2</sup>
- 453 participants in the Rush Memory and Ageing Project provided data that revealed that those individuals who demonstrated that life had purpose, meaning and direction, were goal-oriented, and undertook activities that gave them a sense of accomplishment were at lower risk of developing macroscopic cerebral infarcts.<sup>3</sup>
- Participants in the Baltimore Longitudinal Study of Ageing were analysed for brain changes associated with attitudes on ageing. A link was found between negative views of ageing and the development of brain changes connected to the development of Alzheimer's disease. MRI scans and autopsies revealed that individuals with more negative views of ageing had a decline in the volume of their hippocampus (essential for memory) and more amyloid plaques and neurofibrillary tangles, which are indicators of Alzheimer's disease.<sup>4</sup>

### Good thinking – good health!

<sup>1</sup> <https://www.health.harvard.edu/mind-and-mood/how-your-attitudes-affect-your-health>

<sup>2</sup> <https://www.ncbi.nlm.nih.gov/pubmed/12150226>

<sup>3</sup> <https://www.ncbi.nlm.nih.gov/pubmed/25791714>

<sup>4</sup> <https://www.ncbi.nlm.nih.gov/pubmed/26641877>



## Ever been a 'person of interest'?

Have you ever been classified as a 'person of interest' by any law enforcement agency, either here or abroad? Probably not, and if you had, I'm pretty sure that you would not easily admit it.

The fact of having been a 'person of interest' is not an 'achievement' that you would be happy to have on either a character reference or your CV. It's definitely not something that you would divulge on a first date, either. Why? Well, perhaps this definition from the *Legal Dictionary*<sup>1</sup> will provide a clue or two:

'A person of interest is someone the police are "interested" in during the proceedings of a criminal investigation.' One of the reasons given for this may be that he or she has 'specific characteristics' or is involved in 'activities that warrant further investigation'.

Unfortunately, the difference between being a 'person of interest' and a 'suspect' is easily blurred, which can have damaging implications for your reputation – even if you are innocent of any wrongdoing.

### I was under surveillance ...

On Friday 15 August 2008, I arrived at Sir Seewoosagur Ramgoolam International Airport on the beautiful Indian Ocean island of Mauritius for the first time. The visit was an unexpected one which required me to deputise for one of the officers of the Southern Africa-Indian Ocean Division. The event he had been scheduled to attend the next day was largely commemorative in nature and I wasn't too stressed about the part I would have to play.

I was fairly relaxed as I entered the immigration area of the old arrivals building. My passport was not subject to any visa requirements, so I was expecting a friendly welcome, a cursory glance at my documents and those musical words, *'Thank you Mr Hibbert; please enjoy your stay! You may proceed'*

But as the long queue of arriving passengers slowly zig-zagged towards the immigration officers I sensed that I was being watched. Running down the left side of the hall was a glass-fronted corridor populated by clusters of security personnel. Three or four of these men definitely had me under observation – not the person in front of me, nor behind me – but me!

They weren't smiling, but they were talking to each other, while progressing at my pace along the corridor towards the immigration counters. I had become 'a person of interest' to the Mauritian airport authorities.

Around this time, the island had a 'serious opiate abuse problem, ranking fifth in the world per head for opiate use', and home-grown marijuana was freely and cheaply available to those willing to smuggle it out. Mauritius was also a prime 'destination for child sex tourism'.<sup>2</sup> So guess what – as an unaccompanied, middle-aged male whose ticketing indicated that he was staying in their tourist paradise for little more than 48 hours, over a weekend when businesses were closed – I fitted the smuggler's profile!

### Then the questions ...

When it was my turn to present my passport, return ticket, and so on, one of the men who had kept me under surveillance beckoned me to join them at one of the terminals. 'What now?' I thought quietly to myself. I wasn't kept waiting.

The questions were many; the questioners unsmiling. Eventually I was forced to turn to my laptop, to my emails, to prove the purpose of my visit and the source of my invitation – the Mauritius Conference of Seventh-day Adventists.

### It isn't fun!

From my brief experience of it – the surveillance, the suspicion and the interrogation – being a 'person of interest' isn't fun.

There is another sense, however, in which being kept under close surveillance may be something very positive, a great privilege in fact. **I suppose it all depends on who is watching you and for what purpose.** For example, within the London Metropolitan Police Service there is a section known as Protection Command, which runs a highly trained and well-equipped unit called the Royalty and Specialist Protection (RaSP) branch. The name says it all. These are the people tasked



with protecting our Royal Family, our Prime Minister, her government officials and all diplomats who visit our country on official business.<sup>3</sup>

### At Hamleys ...

In 1979, while on a brief visit to London, I saw this at work. I was at Hamleys, 'the oldest and largest toy shop in the world', to buy some toys for my son. Having found what I wanted, I handed it to the nearest shop assistant and glanced briefly to my right while she took care of the sale. There, to my surprise, not more than four metres away from me, stood Mr Ian Smith, the former prime minister of Rhodesia (now

Zimbabwe), who was waiting for his purchase to be wrapped. He was in London for the signing of the Lancaster House Agreement<sup>4</sup> ... but he was not alone. At a discreet distance away, on either side of him, were a pair of hyper-alert burly bodyguards. Ian Smith was being carefully watched because he was a person of very special interest, whose safety mattered during those critical peace talks.

### In ancient Israel ...

The Old Testament records how David, both before and after his coronation, was kept under careful surveillance by a team of trusted and efficient bodyguards – his own RaSP! (See 2 Samuel 23:8-39.) But it is interesting that, despite this personal protection unit, David's writings consistently attribute his peace, safety and security to the efforts of a far greater Authority. Notice how he expresses it in Psalm 3:5:

*'Then I lay down and slept in peace and woke up safely, for the Lord was watching over me.'* (TLB, emphasis supplied.)

*'I sleep and wake up refreshed because you, Lord, protect me.'* (CEV, emphasis supplied.)

Then, in Psalm 121, 'immediately after learning of the death of Samuel [Ellen White, *Patriarchs and Prophets*, p. 664] – when David realised that his last influential earthly friend was gone – he turned to the Lord for his sole remaining help<sup>5</sup> and this promise burst from his lips:

*'The LORD will keep you from all harm – he will watch over your life; the LORD will watch over your coming and going both now and forevermore.'* (Verses 7-8, NIV.)

**Thank God today, that you, like David, are a person of special interest.**

<sup>1</sup> <https://legaldictionary.net/person-of-interest/> <sup>2</sup> <http://www.independent.co.uk/news/world/africa/the-dark-side-of-a-paradise-island-2185181.html> <sup>3</sup> [https://en.wikipedia.org/wiki/Protection\\_Command](https://en.wikipedia.org/wiki/Protection_Command) <sup>4</sup> [https://en.wikipedia.org/wiki/Lancaster\\_House\\_Agreement](https://en.wikipedia.org/wiki/Lancaster_House_Agreement) <sup>5</sup> *Seventh-day Adventist Bible Commentary*, volume 3, pages 907-8

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I was intrigued to see in the news a short while ago that we came pretty close to a collision – but not the sort that affects your no-claims bonus.

On Friday 9 February, at around 10.30 in the evening, an asteroid up to 40 metres in size that was only discovered five days earlier skimmed past the Earth, closing to within 40,000 miles of us. Now that might sound quite a long way, but in astronomical measures it's pretty close – just less than one-fifth the distance between the earth and the moon, or roughly twice as far as the belt of communication satellites which are in geostationary orbit around the earth. Travelling at more than 36,000 mph (or 10 miles per

second) and weighing in at an estimated 200,000 tonnes, a closer approach by asteroid 2018 CB could have spelt trouble. Although this asteroid was quite small, it could have been up to twice as large as the asteroid that entered the atmosphere over Russia in 2013, exploding over a Russian city, smashing windows and causing injuries to more than 1,000 people.

While it is quite fascinating that there are these massive rocks whizzing around up there, it reminded me that humanity in general does have its blind spots – and not just when it comes to space rocks. Just as we didn't see 2018 CB coming until five days before its arrival, so we missed out

on the arrival of Jesus 2,000 years ago, despite the prophecies and precise timing we were given. How will we fare, then, with His second coming? It seems that it too will be largely unexpected, as Matthew 24:37-39 (NKJV) puts it: 'But as the days of Noah were, so also will the coming of the Son of Man be. For as in the days before the flood, they were eating and drinking, marrying and giving in marriage, until the day that Noah entered the ark, and did not know until the flood came and took them all away, so also will the coming of the Son of Man be.'

The disciples, of course, were very keen to know when He would be coming back (24:3, NKJV): 'Tell us, when will these things be? And

what will be the sign of Your coming, and of the end of the age?'

In response Jesus gave them signposts that would indicate when the Second Coming's 'season' would be at hand, and we received them too, along with the observations of Ellen White regarding the events at the end of time.

Unlike the five-day warning the world had of the approach of asteroid 2018 CB, we've been given centuries of advance notice regarding the return of Jesus: but I wonder whether our neighbours, friends and family know? Don't you?



Dr Lombart standing at the front with a tie

Photo quality as supplied

for the largest baptism in the history of Adventism. Numbers are expected to exceed 120,000.

Adventism in China is unique in that there is no official church organisation on the mainland of the People's Republic of China (PRC). The work is facilitated, to a limited extent, from Hong Kong under Pastor Robert Folkenberg Jr's leadership. Despite the lack of infrastructure, institutions, and various organisational layers we are so accustomed to in other parts of the world, the church is growing. Church growth in China is first and foremost the work of the Holy Spirit with the full participation of the members – the 'priesthood of all believers' in action. Women in particular play a major role on an equal footing with men, in every aspect and facet of local church leadership.

As a church we are known to shun congregationalism since our organisational structure has served us well over the years. Adventist congregationalism is, however, a *fait accompli* in China. A case in point is found in the city of Hangzhou (9 million-plus population), where I spent most of July and the first part of August last year (2017). I stayed in an Adventist home; gave Bible studies; did much counselling; and preached on two occasions in one of the three Adventist churches there. They have no pastors. It's all done and run by ordinary church members, including sermons that last one hour and twenty minutes! They have their own 'elder' or leader, and there is a vibrancy and buzz rarely seen in churches elsewhere. In fact, the members spend all day in church.

There are more children, youth and young adults than there are older people. They have choirs. Tithes and offerings collected are spent locally. Church boards take care of all aspects of church life. Despite not appearing to follow church manuals they are organised and growing. They acquire their own church buildings.

Total membership will soon hit the half-a-million mark in the PRC. Refreshingly, Adventism in China knows nothing of the struggles faced by the world church over 'hot potato' issues such as women's ordination to pastoral work, authority wars, LGBTQ, etc. It is estimated that there are about 2,000 ordained women pastors in the PRC. They don't seem to function according to the GC working policies, but only as they believe the Holy Spirit is leading and moving among them. That notwithstanding, although they operate outside the jurisdiction of such policies, as is the case with Chinese culture generally, they are very respectful of church leadership. This is seen when the GC President and his team visit and are given the VIP treatment.

My visit to our church in the PRC was an inspiration and an eye-opener, and I still keep contact with one of the local leaders who preaches regularly, sending him sermon materials with Powerpoint attachments. I am also advising a young Adventist university student who attends the local university, plays a leading role among his peers and is eager to spread the Gospel where he is.



## UK debt and suicide: are teenagers under threat?

When a debt-ridden young man took his life in the spring of 2017 it sent shock waves across Britain, leading to calls for reform in the way credit is given to young people, as well as the way loan defaults are managed when it goes wrong.<sup>1</sup> Parents are supposed to be buried by their children, not the other way around, and so, on the crisp spring day when Jerome Rogers' family laid him to rest, the questions on their minds were likely to have been: How did it come to this? Could it have been avoided?

There is a growing concern that teenagers have been the subject of predatory lending in the UK. They have become the number-one target for credit card and bank lending, which is driven by one incontrovertible fact: lenders are convinced that teenagers are growing up believing that getting into debt is a way of life.

The Personal Finance Education Group (PFE), now re-named Young Money, is a leading charity that makes the point that many UK children fall into debt by the time they are 17, while at the same time many of them have a worryingly laid-back attitude towards debt and spending. There are also concerns that young adults lack the financial acumen to deal with the responsibilities of being an adult in terms of making such critical decisions. In a survey on attitudes towards money involving more than 1,000 14- to 18-year-olds, it was found that nearly a quarter of them thought that having a bank overdraft would allow them to spend more than they earned every month. One in five teenagers believed that getting a credit card would allow them to buy things that they would not otherwise be able to afford, while one in 20 of those questioned believed that there was no need to pay back credit card debt at all.

Another leading UK personal finance advice charity reports that teenagers are growing up thinking that debt is acceptable, which is not good news, as this adds fuel to Britain's current debt burden. There is a concern that young people who are growing up with debt learn from their parents, and it is important for the parents to lead by

example. It is difficult to quantify how much children are affected by their parents' attitudes towards spending, but what is certain is that the environment teenagers grow up in has real impact.

For clarity, credit cards are not normally issued to teenagers, unless they are over 18; most are only given overdrafts when they attend university, which many utilise within the first 12 weeks. Leading experts agree that the only experience most teenagers had of getting into debt was owing money to friends or family. However, there are now prepaid cards directly marketed to teenagers that are topped up by their parents and then used in the same way as credit cards. Many believe that these cards may cause irresponsible spending patterns that will be magnified in later life.

Jerome Rogers, who took his life in the spring of 2017, was being pursued over two parking fines for his moped, which he used to earn a small living doing ad hoc courier work. The fines escalated with fees, interest and bailiff charges into £1,019. At a coroner's inquest it was acknowledged that the presence of a bailiff knocking at the young man's door, confronting his mother, would have exacerbated the situation, adding pressure to an already fragile position. Many are calling for changes in the way bailiff and debt collection agencies deal with vulnerable clients. It was felt that this young man's inability to clear his debt and the stress of the bailiff's visits were a fundamental factor in his suicide.

In this case, many were shocked that, despite the bailiff's visit being labelled as a key stressor, bailiffs are still being allowed to seize people's tools of trade, which prevents them from working and earning a living. Jerome Rogers' mother reported that, after her son's death, she received a letter from a man who seriously contemplated suicide following contact with a firm of bailiffs because of the way they had treated him. Many payday loans and loan applications later, the man failed to pay off his debt, which led to bailiffs visiting.

Hours before Jerome Rogers was found dead, he sent his girlfriend a text pouring out his heart, telling her how much he loved her. He begged her never to forget him: this triggered the UK-wide search. He was found by his brother in the woods near the field where he often played five-a-side football. His family are certain that he died because he could no longer face his debt problem and the stress it brought to his mum.

Experts say that, had this young man been given good legal advice,

Continued on p. 6



There is a concern that young people who are growing up with debt learn from their parents, and it is important for the parents to lead by example.

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Continued from p. 5

he might still be alive today. UK bailiffs are not permitted to seize goods or tools of trade valued at less than £1,350. The bailiffs valued Jerome's motorcycle at between £1,500 and £2,000, while an independent valuation offered a value of £400. It seems the bailiffs had no right to take his motorcycle.

There has been a marked increase in the use of bailiffs across Britain, with a rise of 16% year-on-year. This is against the backdrop of leading charities raising the alarm that there is a marked failure to protect people in financial difficulty. With our debt running at £1,572 trillion, and the increased targeted marketing of young people, the chance of more suicides cannot be ruled out, and this should be a major concern for families with teens, especially those who may be caught up in secret spending, hidden from their parents. Many feel guilt, shame, disappointment and a sense of failure, with nowhere to go. The problem is real and it is likely to get worse.

So, what are the tips for teenagers to keep out of debt? Here are some vital steps:<sup>2</sup>

- **Identify your expenses:** Most teenagers have several expenses they need to deal with. Common ones include transport, entertainment, clothes, food, cash for dating, and gifts.
- **Make a budget:** Though it is simple in concept, budgeting is difficult for many teens. Basically, a budget is a guideline of how much you can spend on different expenses per month. Check out those financial websites where there are examples.
- **Start saving money:** A day might come when you need extra cash to cover your expenses, so put aside 20% of your wages in savings. If you struggle to save, cut back on your wants: a new phone, latest designer clothes or other such expensive items.
- **Think before you spend:** Before you spend, think of how you might use the item (or not) and if there's a less expensive alternative. Ask yourself if it's worth your money.
- **Avoid temptation:** If you're going shopping with your friends and you may be tempted to spend your

'clothes' money on some fashionable but unnecessary shoes (for example), leave your money at home, especially if you like fashion.

- **Use debit, not credit:** Debit cards take money directly from your bank account. When you are out of money, the card stops accepting. But with a credit card you can spend ten times more money than you have without a thought.
- **Save spare change:** If you have coins left over from your budget, save them! If you find a pound on the ground, pick it up! Little amounts of money can add up over time.
- **Pay off any loans as soon as possible:** Most sources of loans (like banks and credit card companies) charge interest. The quicker you pay off your loan, the less interest you will be charged, and you won't fall into the vicious cycle of debt.

- **Maintain your good money skills:** They will serve you well in adulthood, with slight adjustments (such as paying for electricity and water). If you do, you'll be in a far better state than many people your age.

Finally, a bit of biblical wisdom that will never fail you. If you need wisdom in managing your teen finances then try this:

'But if any of you lack wisdom, you should pray to God, who will give it to you; because God gives generously and graciously to all' (James 1:5, GNT.)  
Enjoy being debt-free!

<sup>1</sup> <https://www.theguardian.com/money/2017/apr/30/debt-ridden-couriers-suicide-after-bailiff-visit-prompts-call-for-reforms>  
<sup>2</sup> [http://web.archive.nationalarchives.gov.uk/20120106144421/https://www.education.gov.uk/publications/eOrderingDownload/My\\_Money\\_Citizenship.pdf](http://web.archive.nationalarchives.gov.uk/20120106144421/https://www.education.gov.uk/publications/eOrderingDownload/My_Money_Citizenship.pdf)

\*Paul Thompson is a Fellow of the Chartered Institute of Credit Management

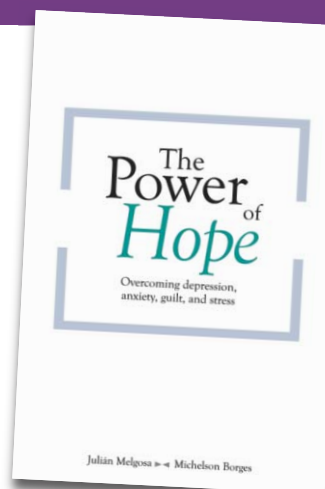
## Missionary Book of the Year 2018

Today, things like Brexit anxiety, loneliness, youth depression and a variety of mental health problems seriously challenge our emotional happiness. There is a desperate need for us to regain our sense of hope, which is why our General Conference has chosen *The Power of Hope* by Julián Melgosa and Michelson Borges as Missionary Book of the Year 2018.

Every member will benefit from this book and – at only 45p per copy – we can afford copies for our neighbours, friends, family and work colleagues too.

Available now at all ABC outlets (London, Watford and Aston Newton), and possibly at some satellite church branches.

You can also obtain copies through your PM secretary; or call us on 01476 591700; or email us at [sales@stanboroughpress.org.uk](mailto:sales@stanboroughpress.org.uk). Postage and packaging charges apply.



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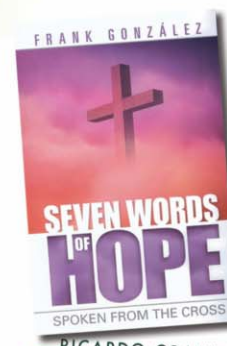
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## Easter Specials



### Seven Words of Hope – £6.95 (was £8.95)

Frank González captures the seven last sayings of Jesus before His death on the cross. Each phrase contains a message of hope for humanity, drawn from Jesus' longing to unite His children with their heavenly Father.



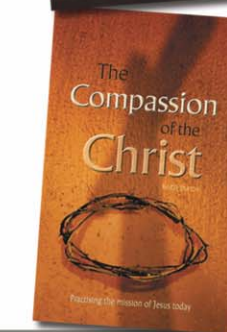
### Jesus Unlimited – £6.95 (was £9.95)

'Battered, bloodied and bruised; executed; dead; but not defeated!' Dr Ricardo Graham extrudes a valuable lesson from Christ's eternal sacrifice: however beaten down by sin you may be, God is always able to overcome it.



### Christ's Way to Restoration – £8.25 (was £9.25)

With time running short, Satan grows increasingly desperate. How will Christ restore this earth to its former glory? Dr Philip G. Samaan outlines Christ's strategy of restoration, explaining how His law of love will overcome the terrors and tragedies of our broken world.



### The Compassion of the Christ – £2.95 (was £4.50)

Keith Burton challenges contemporary Christians to continue Christ's compassionate mission in the twenty-first century. He encourages the reader to move beyond passive reflection on Christ's suffering.

### These Watched Him Die – £2.95 (was £7.25)

Renowned pastor and teacher Leslie Hardinge brings the crucifixion story into sharp relief, highlighting scriptural passages that view Christ's death through the eyes of the individuals who were present on that fateful day.

### A Thoughtful Hour – £4.99 (already an excellent price!)

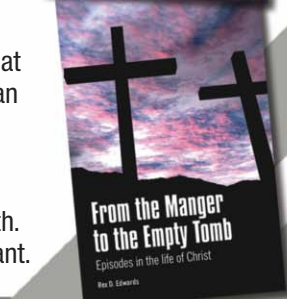
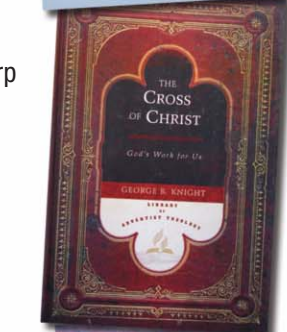
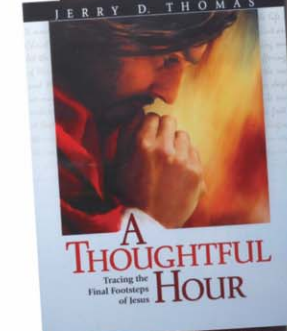
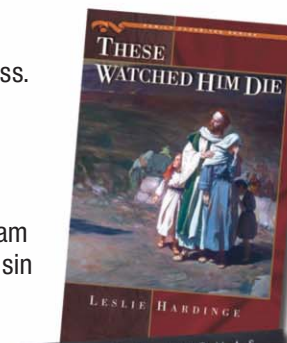
Jerry D. Thomas retraces the final footsteps of Jesus, encouraging the reader to take an hour each day to devote to learning about Christ's life. He faithfully captures the essence of the final chapters of *The Desire of Ages*.

### The Cross of Christ – £10.00 (was £14.25)

Revered academic George R. Knight presents a profound yet understandable look at the consequences of sin and the atoning work of Christ. He explores how God's plan to save humanity from sin was set in motion by the life and death of Jesus.

### From the Manger to the Empty Tomb – £2.95 (was £4.95)

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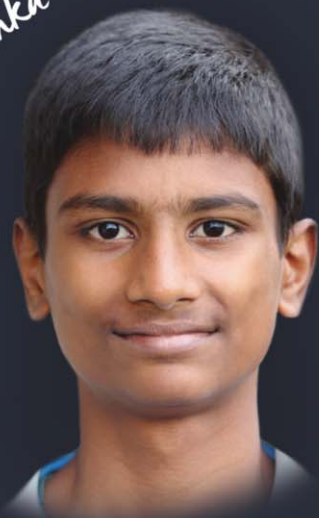
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## How we work

The Adventist Development and Relief Agency (ADRA) is the official humanitarian agency of the Seventh-day Adventist Church. Through an international network, ADRA delivers relief and development assistance to individuals in more than 130 countries – regardless of their ethnicity or political or religious association.

We create positive change every day through connecting with others to facilitate relief and development projects overseas and in the UK. **15% of ADRA's 2018 Appeal Fund will support projects here in the UK.**

ADRA-UK is a registered charity in England and Wales, Scotland and the Isle of Man. We are registered with the Fundraising Regulator and adhere to the Code of Fundraising Practice.



*Hi I'm Shanka*

### PREVENTING DISEASE

Shanka is 14 and lives with his family in rural Sri Lanka near Anuradhapura. In this area, access to clean water is limited. For years, many people here have suffered with chronic kidney failure, and Shanka's uncle even died from his condition.


**Because of you,** ADRA has developed a project to explain how to prevent disease by drinking purified water. Shanka's family have benefited from this project immensely. Now, they buy filtered water from ADRA, at a vending machine near where they live. Shanka rides his bicycle to get water for his family knowing that this will keep the family safe from disease.

*I now have access to purified drinking water that will keep my family safe from disease*

## £10

### Water and sanitation

Working with some of the most vulnerable people in Sri Lanka, ADRA and our partner agency, Oxfam Italy, (with funding from the European Commission) are improving the health, nutrition, hygiene and sanitation in rural and tea-estate communities in the Uva and Central Provinces.



*Hi I'm Margarithe*

### TEACHING READING & WRITING

Margarithe lives in Rwanda and could not read or write. This made the simple things in life difficult.

**Because of you,** ADRA's adult literacy project in Rwanda has been able to help local civil society organisations deliver functional adult literacy training to people like Margarithe. Your help has meant that we have helped people to improve their prospects in life through teaching them to read and write. Functional literacy is more than just teaching people to read and write though - If we teach students to read and write the word 'sanitation' we teach them also what it means in practical terms: how to keep your toilet clean and how to wash your hands using soap. These literacy courses have the power to transform communities and people's lives.

*I could not read the Bible but now I can*

## £25

### Education

In Rwanda, ADRA Rwanda and Health Poverty Action are working to effect change for marginalized girls, with funding from the Department for International Development-GEC. The project aims to improve the life chances of marginalized girls, with 11,900 girls in Rwanda able to complete a full life-cycle of education.

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**Thank you** • Thank you for your commitment to ADRA. • Because of you, ADRA can make a positive change every day to thousands of people abroad and in the UK. • Because of you, thousands of vulnerable people will be able to meet their basic needs and live a better life. • Every person matters in the fight against poverty, and your support can make a real difference.

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*Hi I'm Suleman*

### SUPPORTING FARMERS

Suleman grows maize on a small farm in Bilisikura, but could barely grow enough to feed his family.

**Because of you,** ADRA has supported farmers like Suleman in Northern Ghana through providing training, and helping to buy seeds and fertilizer and opening up market linkages. Farmers have been taught better methods of farming and harvests have increased by an average of 300%. Many farmers have managed to increase their acreage as they have prospered. In the last few years, Suleman has increased his land from one acre to fifty acres. He has purchased a tractor and now provides ploughing services to other farmers. Households now harvest up to 16 bags per acre of maize. With food needs at 3 bags per family per year, the surplus crop can be sold to invest in education and in health.

*Now I can grow enough food to feed my family*

## £50

### Livelihoods

Some of ADRA's biggest tools to fight poverty and hunger come in tiny packages. Goats from an animal bank, as well as seeds and agricultural training, can set a household or farm up for success that can last generations. Women, in particular, feel the effects of being able to sell their produce at markets, an option previously closed to them. This provides dependable income and self-reliance to them and their children.

donation to ADRA-UK: [www.adra.org.uk/donate](http://www.adra.org.uk/donate).

**Direct Debit:** The most effective way to give to ADRA-UK is by making a regular donation. For more information on how to set up a direct debit for ADRA, go to [adra.org.uk/donate](http://adra.org.uk/donate).

**Church:** We know that where God is, great things can happen. If you'd like to donate, use a tithe envelope available in your church or ask your ADRA agent for ways to donate and get involved.

Contact details:  
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Website: [adra.org.uk](http://adra.org.uk)  
Email: [info@adra.org.uk](mailto:info@adra.org.uk)

# ADRA Gift Box Appeal touches hearts

by Pastor Richard Daly (BUC Communication Director)

Most people familiar with Rwanda's history will always have etched on their minds the atrocities that took place there during the 1994 genocide. Almost one million people were killed in one hundred days of pure barbarism.

Almost 25 years on and Rwanda is a different place. It's amazing how the country has pulled itself together again, to the extent that it is now considered to be one of the fastest-growing economies in Africa.

However, the impact of its tainted history is still felt by the large portion of the population who remain displaced.

Last year the ADRA-UK Gift Box Appeal was earmarked for Rwanda, to be distributed at the Kiziba refugee camp, which is home to over 17,000 displaced people located in the western region of the country. The initial distribution plan was for 14 UK volunteers to hand out the boxes over a ten-day period, starting on 14 February. However, due to the security situation within the refugee camp, caused by internal factions, ADRA Rwanda deemed it unsafe to enter.

This resulted in the implementation of a plan B, whereby some of the gift boxes were distributed to children in nearby schools. The majority of gift boxes were to be distributed in the refugee camp by ADRA Rwanda at a time when it would be deemed safe to do so.

The distribution of the gift boxes in the schools, however, proved to be a very rewarding experience, not only for the children, who had great excitement on their faces, but for the volunteers too. Having joined the volunteers during the distribution and collection period I could clearly see the hard work and effort that had been put in at all stages of the project: from filling the boxes in the UK; through the loading and the shipping; to seeing them finally placed in the hands of stunned and overwhelmed children. It was an experience words cannot describe.

Many of the group, although initially disappointed that they were not permitted into the refugee camp, clearly saw God's hand at work in opening new doors to four schools with a combined enrolment of over 2,000 children who were able to go home with something new, lovingly given by a church, family or individual in the UK.

The volunteers, led by ADRA-UK employee Sophie Gordon and assisted by Desiré Lewis, provided a full schedule for the team, which

started at 6.30am with volunteer-led worship against the scenic backdrop of Lake Kivu to the sound of birds singing above. It was an amazing picture of serenity and splendour that made us aware of the creative awesomeness of God.

The joy on the faces of the children as they opened their gift boxes was worth the trip from England. While one child displayed the clothes received in their box, another held up a toy they had just found; both responding with

thrills of laughter.

Plan B also allowed the volunteers to visit some of the ADRA projects in the region. One such project was the anti-AIDS community club located deep in the highlands of the Kibuye district. The bus taking all the volunteers meandered along dust tracks and winding roads, climbing to a height of over 2,000 feet to meet a group of 20 people from the local village who meet each week to discuss how to raise HIV awareness in their local community. They provide educational classes, encourage residents to be tested and, if they are found positive, provide them with guidance on how to obtain the free medication they must take each day.

This group welcomed the volunteers with singing and traditional dancing, clearly revealing their joy at having a group from overseas show interest in what they do. After a question-and-answer period the visitors left feeling truly inspired and determined that upon their return to the UK they would initiate practical support for this project.

One of the volunteers, Des Mills from Bristol Lodge Causeway Church, said, 'This has been the most amazing experience in my life, something which I will never forget. Seeing the happy reaction of the children receiving their gifts will always be something I will treasure.'

Naomi from Hampstead Church said, 'It's a fantastic experience. I came expecting a lot and I was not disappointed. ... I was inspired to want to do more and come back to help make a difference.'

Sophie Gordon said this: 'It's just been an amazing experience. We brought out 14 volunteers, which is our largest group ever; however, it was a collaborative project as there are thousands in the UK that have supported us, and we thank all of them. Some may be wondering whether the boxes actually reach the children, but we can say for sure that these children have received the boxes and are so happy for them.'

After the group had completed the mission aspect of their trip the last weekend allowed for a well-deserved trip to the Akagera National Park.

If you are interested in joining a future ADRA trip see: <http://www.adra.org.uk/get-involved/volunteering/adra-connections/>.



Photo quality as supplied

## Wood Green baptism

On Sabbath 18 November last year, the baptismal pool at Wood Green Church was put to good use. Firstly, it was the turn of a 'band of brothers', Dean, Pharrell and D'angelo Lamey, who stood side by side and declared their acceptance of the fundamental beliefs before entering the pool together to be baptised by Pastor Joojo Bonnie, while their proud parents Mark and Daszine looked on.

Next in the pool was Wood Green's youngest member, Kael Ekoli, who despite his tender age displays biblical knowledge beyond his years. His baptism was watched by his younger brother and sister and their proud mother, Valerie Ekoli.

Davina Ampofoah-Berkye was the final candidate. She has a non-member background but was encouraged by a cousin, the only other Adventist in her family. Davina's journey to the pool was not an easy one, but she persevered, to the joy of all present, including her family and friends, who came out in support of her.

BARBARA SOMMERS



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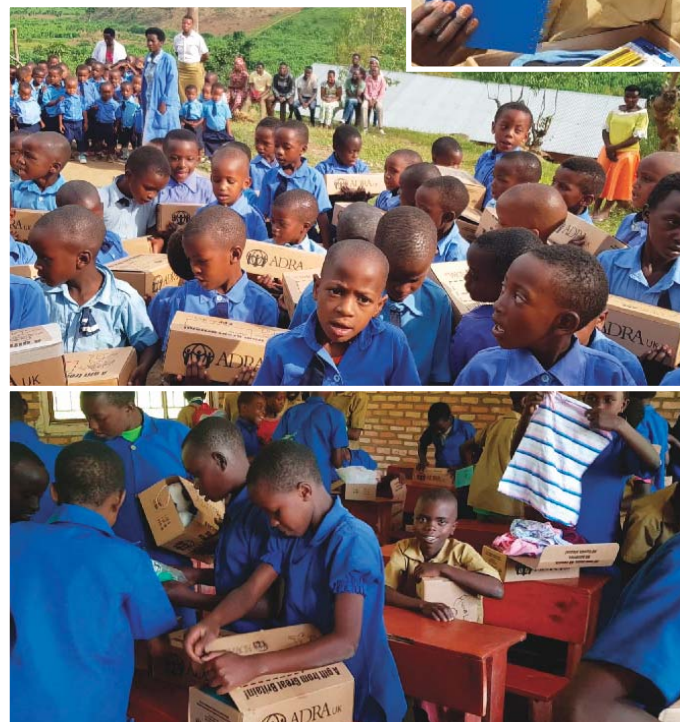
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## Hope for all!

On Sabbath 13 January, Hope Community Church opened its doors for the first time. This church, based at Sands in High Wycombe, is now home to what was previously known as the Micklefield church. The congregation last used Micklefield on 25 December 2016 and have since led a nomadic existence while extensive renovations were done at their new spiritual home.

As Pastor Wilfred Blake put it, 'We were wandering in the wilderness, but now we have come to Mount Zion and we thank God for His leadership and guidance.' He also thanked all who had made the move possible, including the head elder (Lenny Williams) and project manager (Rodney Bullock).

SEC President Pastor Emmanuel Osei delivered the morning message about hope, which was integral to the theme of the day. Elder Jerome explained that the church had chosen the name 'Hope Community' as it saw this as an opportunity to bring renewed hope, joy and peace to the community that they would be serving. Service continues to be at the heart of this congregation, which over the years has established a health screening programme, a prison ministry and a drop-in centre, in addition to which the members make visits to elderly care homes, conduct community concerts and participate at the annual Rye Festival... to name a few ways they serve.

Brother Joseph (the eldest member at 81) also recalled the market stall in the town centre at which he and others promoted health books and magazines. He has been a very active Seventh-day Adventist for 53 years, serving as a deacon and the Personal Ministries leader. It was an emotional day for him as he looked back over the journey. His encouragement to all was to stay committed and confident in the faith and beliefs of the worldwide Church, accepting and living the commission to 'go into all the world'.

Looking ahead, the church has many plans, beginning with a baptism. In addition, they plan to teach skills to children in the community as well as provide a Homework Support Club – projects close to the heart of the BUC Education Department. The church will also be looking at ways to support a local council initiative on sheltering the homeless.

Representing the local Wycombe Council was Councillor Brian Pearce, who officially opened the new building. Also in attendance were various officials from the BUC (Steve Okelo), SEC (Pastor Osei, Fred Shone) and Area 5 (George Dadey), as well as former Micklefield pastors (Kwesi Moore and Vince Goddard). The church is 'to be congratulated', said Pastor Osei, as he gave praise to God for the transformation since his last visit to the site. He also extended gratitude to the leadership and 'all who contributed to making this place a place of worship'.



New Hope Community Church is testimony to what can be achieved when believers unite for a common cause. The outcome is a beautifully and lovingly restored building, befitting the worship of God. 'There is a place here for you,' said Elder Iris to those present from the community, who certainly felt welcomed, and commented on what a fantastic day it had been!

KATHLEEN HANSON – BRITISH UNION CONFERENCE EDUCATION DIRECTOR

NEC CHILDREN'S MINISTRIES DEPARTMENT PRESENTS

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### North England Conference vacancy

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**Closing date – 12 noon, Friday 6 April 2018.**

An experienced, friendly and energetic person is needed for the part-time position of Assistant to the Site Manager at Aberdaron Camp.

Applicants must have good people skills and be flexible in approaching the operation of the site. Duties will include general administrative support, site maintenance, and supervision of volunteer staff. The position involves variable hours throughout the year according to the season, averaging 20 hours per week.

The Assistant to the Manager is responsible to the Site Manager and the Executive Committee through the NEC Administration.

Salary and terms of employment will be in keeping with denominational policies and are available on request.

The NEC office is committed to good working relationships, Christian service and the values of the Seventh-day Adventist faith.

If interested, request an application form by contacting:

Pastor Alan Hush (Executive Secretary)  
North England Conference  
22 Zulla Road  
Nottingham  
NG3 5DB

Email: [ahush@necadventist.org.uk](mailto:ahush@necadventist.org.uk)  
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### International Stanborough School vacancy

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Applicants should have the relevant qualifications and experience. For an application pack and a detailed job description please contact the PA to the Head Teacher.

Stanborough Secondary School is committed to safeguarding and promoting the welfare of children and young people and expects all staff to share this commitment. Any appointment will be subject to the required DBS clearance.

Applications should be sent to Milimo M. Mumbo, PA to the Head Teacher, Stanborough Secondary School, Stanborough Park, Watford WD25 9JT or [mmumbo@spsch.org](mailto:mmumbo@spsch.org).

**The closing date for receipt of applications is 29 March 2018.**

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## Stoke connects with the community

Last year Stoke-on-Trent District Pathfinder and Adventurer Club decided to do something for the community at Christmas. The children arranged a 'reverse' Advent calendar where, instead of receiving something each day, they put an item of food or toiletries aside to give to the needy.

They also wanted their carol service to be a witness to those from the local community. With this in mind invitations were given to friends and family, and distributed in the neighbourhood of the church as well. On Sabbath 16 December their hard work bore fruit when church and community members attended their carol service, in which twenty-eight children were involved. The Adventurers presented both a nativity play and a mime to 'Silent Night', in addition to which the Lighthouse Children's Hand Bell Choir performed an arrangement of 'Joy to the World', and the Pathfinders presented Bible readings about the birth of Jesus.

A collection was taken to support a local charity called 'Sanctus', which is managed by Rev. Sally Smith to assist asylum seekers and the homeless in Stoke-on-Trent. Stoke Church donated £300 plus warm clothes, food and toiletries to the charity. Our visitors were given wrapped copies of *Steps to Christ* and their children received a Bible story book. Our district pastor, Ian Philpott, gave a talk that gave the audience food for thought. After the concert refreshments were provided in the youth hall, and we had a chance to socialise with our visitors. This was a blessing to us since our young people reminded us all that it is more blessed to give than to receive during this festive season.

HASTINGS KANDAYA (CHURCH ELDER)

## Investiture at Taunton Church

On Sabbath 16 December last year, Taunton Church held its first Pathfinder and Adventurer investiture and induction ceremony – an event that delighted the church members, the club members and their parents, some of whom are non-members.

The club consists of eight Pathfinders and 25 Adventurers, drawn from three churches: Yeovil, Dorchester and Taunton. The club operates under the leadership of Pastor Deyvid Batista, his wife Gracie, and Maneleno Santo (AY leader). Chiedza Gwelo from Exeter Church has also been working closely with the leadership team and a group of counsellors since the club's inception six months ago.

The investiture programme started at 2.30pm, and all eight Pathfinders and 25 Adventurers were recognised for having completed their work (honours, and so on). Among the Adventurers was Lauren, who is not an



Adventist, but was very happy to have her parents attend the event.

The service ended once certificates of appreciation and gifts were awarded to all the counsellors for their immense contribution to the success of the club, and the church elder had thanked everyone for being present, especially the visitors.

SIBU WENYIKA

## London Ghana ordains new elders

The London Ghana church recently ordained four new elders. They were among nine elders elected to serve in the church this year.

This brief but very impressive service was conducted by the church's senior pastor, George Boakye-Asiamah, who acknowledged the importance of ordination and of eldership within the local congregation.

He also challenged them to be in constant touch with Jesus, the One who would provide them with wisdom, strength and humility to do their duty as elders.

'There is a lot of work for God's people to do, especially during this period of the world's history, so you need to live up to the calling,' he noted. He also urged the new elders not to hesitate to tap into the rich experience of the elder elders and to team up with them to ensure the effective running of the church.

NANA SIFA TWUM



## Crieff investiture

On 25 November last year Crieff Church had a very successful investiture service, which began with the children marching, holding flags and singing the Pathfinder song. Each group – Little Lambs, Adventurers and Pathfinders – presented their work and the children shared what they enjoyed most during the past year. The leaders and Master Guides then handed out the awards. These included: Bible Study, Prayer, Origami, Camping, Cycling, Cooking, Sewing, Healthy Living, and many others, and finished off with a slide show that captured some of the activities and outings of the year.

Following the investiture, which involved 17 children, six of the Adventurers moved up to the Pathfinders group for 2018. Well done, Crieff!

ELA WEICH



## Ordinations at Hemel Hempstead

On Sabbath 27 January this year Hemel Hempstead Church ordained its second female elder, two deaconesses and a deacon.

The deacon, David Moyo, and the deaconesses, sisters Anderona and Ingabelle Cole, were ordained first, after which Pastor Stickland presented them with a certificate of ordination bearing these fitting words: 'In Christ

alone my hope is found; He is my light, my strength, my song. This Cornerstone, this solid Ground, firm through the fiercest drought and storm . . . from the hymn 'In Christ Alone'. After this he and the other elders ordained Katrina Walker to the office of elder during a brief but solemn service.

Once Pastor Stickland had preached and the worship service was over, the congregation celebrated the wonderful event by sharing an 'ordination service cake' provided by the Head Deaconess, Sheryl Abdelmassih. It was draped in chocolate and inscribed with the words, 'God's richest blessings as you serve Him' – can you think of a more delicious and befitting end to a wonderful ordination service?

CLAUDETTE COLE (COMMUNICATIONS)



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## Messenger

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# Parenting CONVENTION 2

**"TRANSFORMING TRAJECTORIES  
CHANGE OUR THINKING"**



**SUN 10AM-4PM 8 APRIL 2018**  
**HYLAND HOUSE SCHOOL HALL, HOLCOMBE ROAD,  
TOTTENHAM, LONDON N17 9AD**

**This Parenting Convention brings together several professionals who will share their experience, knowledge and expertise on helping to change trajectories and thinking.**

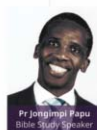
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# Extending God's Kingdom

North England Conference  
Camp Meeting 2018

Nurturing Each Other  
and Winning Another

**25 June - 1 July**  
Pontins • Southport

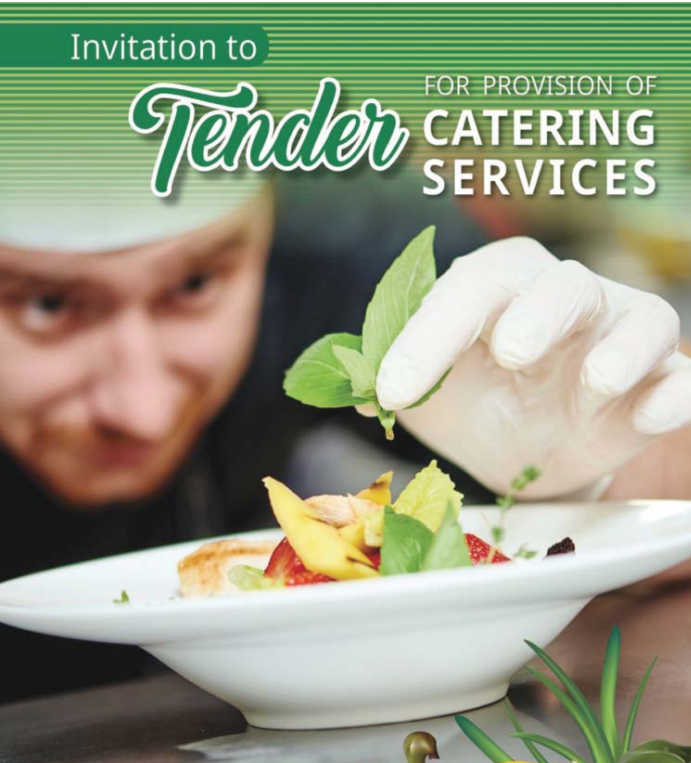


To make your booking, please call Pontins on 08714 7427765 quoting **NA18**, or send your application form directly to Pontins. More information can be found at [www.necadventist.org.uk](http://www.necadventist.org.uk) or contact the NEC Office on 0115 960 6312.



*As supplied, errors and omissions excepted*

## Invitation to Tender FOR PROVISION OF CATERING SERVICES



**SEC Camp Meeting  
18-24 JUNE 2018**

For more information and tendering criteria, please contact  
PAUL LEE on [plee@secadventist.org.uk](mailto:plee@secadventist.org.uk)

*As supplied, errors and omissions excepted*

# Reclamation

## CAMP MEETING

**SOUTH ENGLAND CONFERENCE**  
**18-24 JUNE 2018**  
 PONTINS PRESTATYN SANDS  
 Central Beach, Barkby Ave  
 Prestatyn LL19 7LA.

**Adult Commitment Speaker  
DR. CARLTON P. BYRD**  
 Breath of Life Speaker/Director  
 NAD Field Secretary

June Price  
Youth Speaker

Dr Alanzo & Dr June Smith  
Family Life Speakers

Dr Elliot Williams  
Bible Study Speaker

Pr Isaac Lybird  
Juniors Speaker

Pr Edsel Cadet  
Teens Speaker

**EVANGELISM  
EVERYONE  
EVERYWHERE**

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