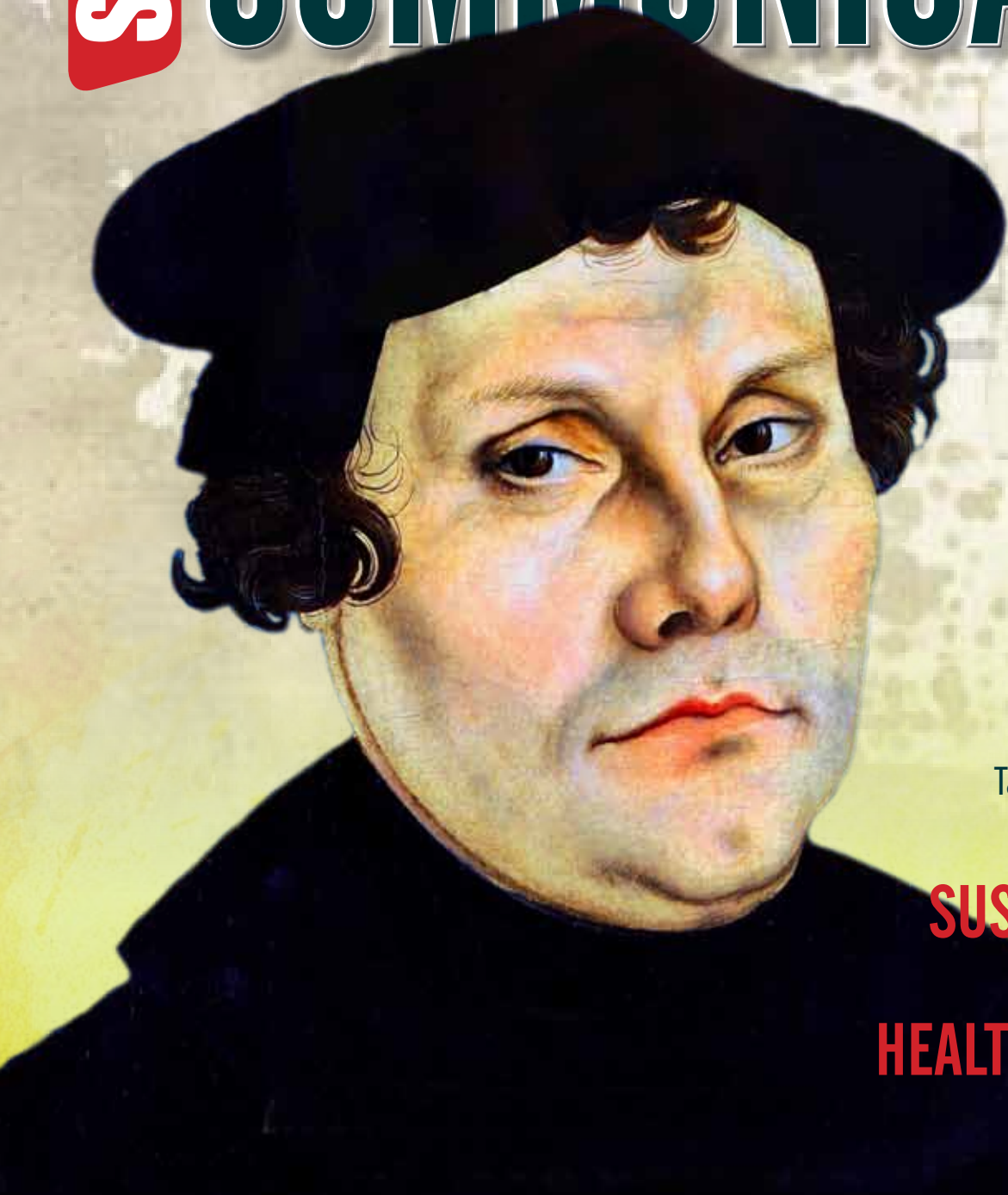


**SEC**

# COMMUNICATOR

April 2017 # 02



## REFORMATION

500 years on  
Does the local church  
need Reformation?  
Just do it like Martin  
Sons & Daughters of  
the Reformation  
The Christian Heritage

## HEALTH AND REFORMATION

Adventist Health Reform  
Food impact  
Taking control of your Diet  
- Healthy Vegan recipes

## SUSANNE KIRLEW

How to become a Vegan

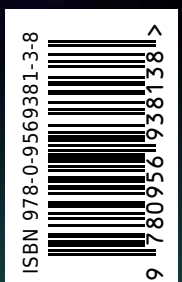
## HEALTHY CHURCHES

## SEC NEWS

500 YEARS OF

**REFORMATION**

£2.00







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# Editorial

In this issue of the Communicator, we are celebrating 500 years of the Protestant Reformation.

Even though the Protestant world would want to look back and hail the reformers for their courage and tenacity in confronting the abysmal way Christianity functioned in that era, we are still faced with an incessant call for a reformation in the way we do church today.

A view that set me thinking about the meaning of celebrating the Reformation was one that I read from an Anglican blogger who said he cannot celebrate reformation day because "the Christian Church has failed to really, truly reform from within". (<http://nathanrhale.com/reformation-day-shouldnt-be-a-celebration/>)

If this opinion is credible, then there is need for soul-searching and a strategy for change that will make the church much more relevant to its publics in an age that demands differing approaches to the diversity population of the United Kingdom.

Many of the Christian views we hold today were much shaped by events of five centuries ago. Ellen White was not silent on the significance of the Reformation and its impact on Christianity. The Seventh-day Adventist Church is a product of a reformation. The question is, can we afford to halt reformation considering our mission is to bring the gospel to '... everyone everywhere?' As a movement, we cannot. There is need for us to be at the forefront of a constantly reforming church that

seeks to invite the "good and the bad" to the kingdom of God (Mathew 22:9,10) Where do we go from here? The 500th anniversary can very easily become a mere commemorative event with the status quo intact if there is no desire to effect reform from within. Martin Luther's famous "Here I Stand" declaration is still important for reigniting in each one of us, a resolve for an internal and personal reformation. A reformation for mission – A "Total Membership Involvement", "Evangelism Everyone Everywhere."

The other focus in this issue is on health reform. As Seventh-day Adventists, we have prided ourselves over the years, with our health message. Many who have lived by the principles of healthy living have experienced the numerous benefits. Documentaries studying longevity among demographic groups have highlighted Seventh-day Adventists as people who practice healthy lifestyles. However, with the proliferation of lifestyle diseases, it is worthy revisiting this important aspect of our teaching – the Health Message and its relevance for us today.

We have featured a variety of subjects on healthy living, comprising, "living well", "sleeping well" and "The impact of food". We have also included a special selection of tasty vegan recipes courtesy of Susanne Kirlew, a TV presenter, whose vegan cooking show is broadcast on 3ABN who has also contributed an article on developing a vegan lifestyle.

I hope you will try these healthy recipes for a change as you reflect on the benefits of the Reformation.

### OUR COVER



Cover Photo: Mervin Weir



**SAM O. DAVIES**  
Editor

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## The President's Desk

**DR EMMANUEL OSEI | SEC ACTING PRESIDENT**

This quarter has been a very busy but exciting time. We began the year on an all-time high with our annual Evangelism Expo. A record-breaking one thousand plus members were present and eager to learn how we can be more effective in fulfilling the mission of the church. There was clear evidence that our membership is motivated and passionate to individually and collectively begin playing their part in evangelising the territory of the South England Conference and ushering in the Second Coming of our Lord and Saviour, Jesus Christ.

To open the Evangelism Expo, we were particularly blessed to have as our guest speakers Pastor Mark and Ernestine Finley from the General Conference, who spent the entire day with us; Pastor Raafat Kamal, President of the TED; and Pastor Audrey Andersson, Executive Secretary of the TED. We were captivated and challenged by Pastor Finley's keynote address as he spoke candidly and inspiringly on the theme of evangelism.

After the keynote address, we broke out into the various workshops scattered across the Newbold campus. Members reported that they experienced good, holistic training and were ready to return to their local churches to implement the good practices they witnessed and experienced.

In the afternoon, we shared the South England Conference's vision of making our churches relevant in the community. We invited local churches to visit their local councils during the first quarter of 2017 to ascertain the challenging needs of the community. The church boards were then to prayerfully select one or

two of the needs highlighted by the local councils and then serve and minister to their local communities by implementing a strategy to successfully become a church that reaches and positively impacts the community.

I was particularly pleased as we travelled across the entire Conference for scheduled appointments with each pastor as we conducted their yearly appraisals. We were encouraged to note that most of our ministers had taken our vision seriously and had already made contact with their local authorities. Some had identified needs and were already addressing them. Others had formed links with charitable organizations within their vicinity that were already engaged in ministry and were planning to work collaboratively. As this first quarter comes to an end, we can look back and thank God for preparing the hearts of those in our communities to work together.

It is also worth noting that we were particularly pleased with those students at Newbold College who were almost ready to complete their ministerial training. Newbold College does an impressive job in preparing quality students who will serve our churches as pastors. We are grateful to the dedicated professors for the fine work they do in the preparation of our ministers.

We now look forward to implementing our exciting plans for the second quarter. This would involve church boards meeting, discussing, and choosing which ministry their respective congregations will be undertaking as they seek to make their church relevant in their communities.





# REFORMATION

## 500 YEARS AND COUNTING

SHERRILLE HYATT | EDMONTON CHURCH

Half a millennium has passed since Martin Luther began a religious, spiritual revolution. Are we any further forward or has Protestantism regressed?

### A Brief History

In the opinion of some historians, the Reformation in England was a result of expediency. Henry VIII (1509-1547) was a true Catholic. Such was his standing in the Catholic faith that in 1521 he published *Assertio Septem Sacramentorum* (Defense of the Sacraments), for which Pope Leo X awarded him the title *Defensor Fidei* (Defender of the Faith). This title can still be found on English coins—look for F.D.—which carry the head of our Protestant monarchs.

The Reformation sweeping northern Europe had barely touched England. The most important thing to Henry VIII was his need for a male heir to succeed him. This was made difficult due to the age of his wife Catherine of Aragon, who had only given him a daughter. Henry therefore sought a divorce so he could marry the younger Anne Boleyn.

Pope Clement VII was in an awkward position. Emperor Charles V—the most powerful European ruler of the time—was the nephew of Catherine of Aragon. Who did he fear to anger more? It was not Henry. So in 1533, Henry broke away from the Roman Catholic church and precipitated the English Reformation, an act for which he was promptly excommunicated (removed from the Catholic church—a bit like being disfellowshipped in the Seventh-day Adventist church).

It appears that the English Reformation did not begin because of a religious conviction but as the result of a monarch who wanted to have his own way and would allow nothing to stop him. Henry's personal desires became the catalyst for the introduction of Protestantism into England. From 1533 onwards, the influence of the papacy was crushed and replaced by the monarch as the Supreme Head of the Church of England (Anglican).

### Spirituality

Many people in the 16th century were appalled and dismayed at the corruption and abuse of position that took place in the Catholic church. The papacy was one of the worst offenders, growing richer and richer due to the superstition of the times. Sales of indulgences (essentially buying pardon for sin) were particularly pernicious. Money talked.

Dissenting voices were soon heard. God first used John Wycliffe (1330-1384), who advocated the Bible as the only sure basis of belief. He wanted the Bible translated into English for greater accessibility to all and saw the traditions of the church as being less important than scripture.

By the time Martin Luther nailed his 95 theses to that Wittenberg church door in 1517, God had everything in place for a closer and clearer examination of His Word.

Luther challenged traditional beliefs about salvation by works instead of faith, papal power, purgatory, and transubstantiation (where the bread and wine actually become the flesh and blood of Christ), among others.

### Why is the Reformation important?

Many Protestants are confused. Some want a closer relationship with the Catholic church. Others see their ideals being diluted with debates about homosexuality threatening the unity of the Anglican community. We seem a million miles away from Luther's beliefs. It appears as if Protestantism is going backwards.

The English Reformation lay the foundation for the Pilgrim Fathers, resulting in a Protestant United States. The impact and influence of the Reformation cannot be underestimated. We need to maintain the values and beliefs that underpinned the Reformation. It is ever more important that we diligently search the scriptures as Luther did so we are not deceived by our enemy.

God put the Reformation in place. Let us all seek to uphold the will of God.



# Does the Local Church need A REFORMATION?

HUMPHREY WALTERS | FORMER SEC PRESIDENT

Fortunately, the ecclesiastical errors and aberrations of Martin Luther's day are decidedly not ours to deal with in the 21st century.

Surely, this is a sign that all must be well. But, what are we to make of the fact that, in our day, broad aspects of the church's life and work are often experienced as anaemic, stodgy, dysfunctional or boring - and that, not by the godless (who couldn't care a hoot), but by the godly, who unashamedly love the Lord and his church? Little wonder, honest-hearted souls in pews across the land sometimes ponder: does the local church need a reformation?

Granted: your particular local church and all its accomplishments might very well be stellar impressive. But, exceptional achievements here and there notwithstanding, many would yet heartily contend that it's so obviously clear reformation is called for, that even blind Brother Bartimaeus can see it!

Let's roll out the case for reformation, using a working definition courtesy of Ellen White. *"Reformation signifies a reorganisation, a change in ideas and theories, habits and practices (Selected Messages, book 1, p.128).* If we were to take a survey of local congregations - yours included, chances are the findings would

be both hopeful and troubling. Hopeful, because much good is indeed being accomplished. But, troubling, because, in light of their glorious calling, many congregations (maybe, yours excepted) can at times get rather too self-focused and inbred, instead of being kingdom-focused and mission-centred. Or, is that being too plain and pointed? If local churches are to be restored to being effective mission-driven communities, surely reformation is going to have to be front and centre of the programme!

Church history reveals that God's people have an alarming tendency to go astray echoed in the words of Robert Robinson's well-known hymn: *"Prone to wander, Lord I feel it, Prone to leave the God I love..."* Given that the results of such waywardness are always disastrous, little wonder that the General Conference is issuing urgent appeals for revival and reformation. Is the response of the local church to be: *"Business as usual is okay?"* *"Contentment with the status quo is fine?"* Roll back the centuries and try telling that to the estimable Martin Luther and his fellows!

The message of the church is the Good News that God's salvation is already here and that it's gloriously destined to transform the entire world. However, it is also emphatically God's plan that the

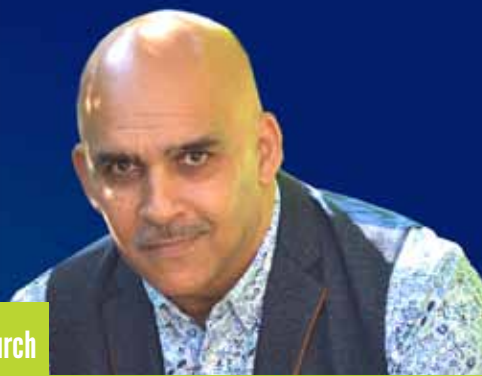
congregation which dares to make such extraordinary claims should do so with compelling credibility. This inescapably means embodying the message it bears. Failure to do so would expose the church to being considered in the same light as a bald-headed man marketing hair restoration lotion. Reformation is welcome because it prompts critical reflection and resolute action to closing the gap between the church's walk and its talk, it's lip service and life service, word and deed.

Church, at its best, will typically be a place of welcome, joy, healing, hope, fellowship, challenge, growth, praise, wonder and much more besides. Yet, based on almost any metric we might care to consider, the Western church is struggling to hold its own in what is termed a post-Christian, postmodern world. Sizeable constituencies of folk who remain fiercely loyal to Christ and his church nonetheless wonder whether, in today's world, the church in its present state, is still fit for purpose - i.e., equipped to operate at its optimal best. Doubtless, the growing interest in exploring fresh expressions for the faith represents a tacit acknowledgement that reformation is indeed called for. A helpful watchword from the Reformers is salutary: *semper reformanda* - a reformed church continuing to seek for reformation!



# JUST DO IT!

## Like Martin



MERVIN WEIR, North Wembley Church

He's been called the most influential man in the last one thousand years. He was certainly the most famous man in Europe. He literally changed the course of history and we're still living with the impact of his actions today. In fact, even if you don't know a lot about him now, that's all about to change. 2017 marks the 500th anniversary of the Protestant Reformation and there are celebrations going on all over the world to honour Martin Luther, the man at the centre of it all.

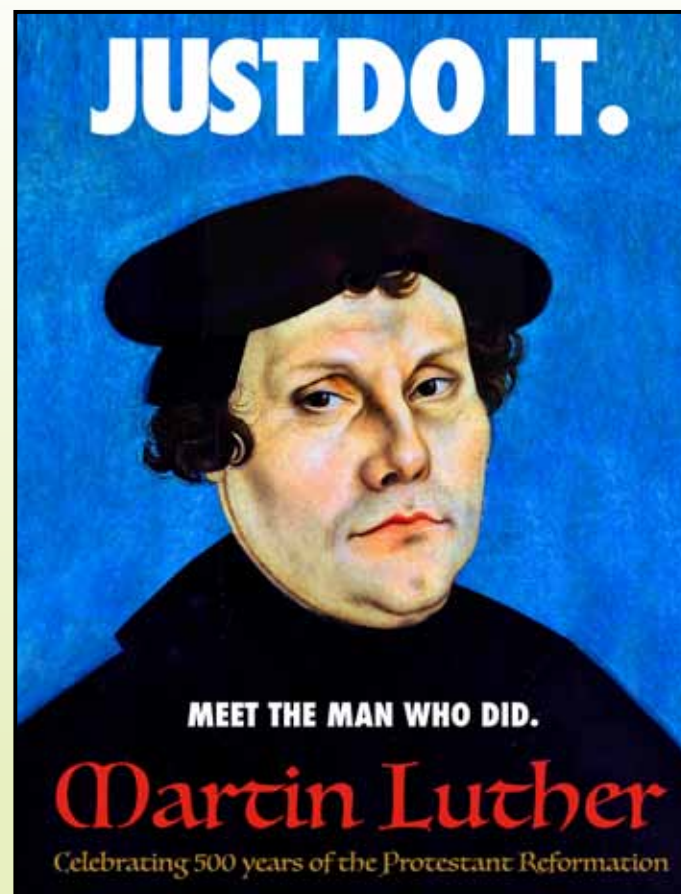
He had a message so revolutionary, so anti-establishment, so challenging that it immediately went viral, which was pretty remarkable for the 16th century without social media. But, there was a new technology in town that was just starting to get established and that helped his ideas to spread rapidly. We take it for granted today but back then 'printing' was just becoming affordable enough to become a means of mass communication. If he were alive today, he would be all over Facebook, Instagram and YouTube. His messages would be retweeted on twitter to millions of followers.

You might think this is an old, historical and irrelevant message but you would be mistaken. No Protestant Reformation, no Seventh-day Adventist church! Really, it might be time to dust off that old copy of the "Great Controversy". In it, you'll find a history of Protestant reformers that reads like the list of Bible heroes portrayed in the faith chapter of Hebrews 11. Men like: Wycliffe, Huss, Jerome, Zwingli, and Tyndale each playing their part in keeping God's truth alive and sometimes dying for the cause.

There's a popular quote by Tommy Lasorda that says, "There are three kinds of people in this world: people who make things happen, people who watch what happens, and people who wonder what happened". Martin Luther is one of the people who made things happen. Though he was no highly-toned athletic specimen, were he alive today, Nike would undoubtedly recruit him as the face of their "Just do it" campaign. The famous Nike tagline captures a spirit of grit, determination and passion, and Martin Luther was the living embodiment of that same spirit of resolve and purpose. He just did what needed to be done regardless of the cost. He was no saint and had plenty of faults that are well documented.

Nonetheless, Ellen White could have been talking about him when reminding us of what kind of people we need to be to impact the world with God's message: "The greatest want of the world is the want of men - men who will not be bought or sold; men who in their inmost souls are true and honest; men who do not fear to call sin by its right name; men whose conscience is as true to duty as the needle to the pole; men who will stand for the right though the heavens fall". (Education, p57)

It's a timely reminder in the digital age, that Christianity can't be limited to a virtual, vocal or visual experience. It must be lived and experienced in the real world. The 'word became flesh' is not just a picture of Jesus' incarnation, it's also a reminder that we have to "be the change we want to see in the world". Our mission hasn't changed, it's still to take the gospel to the world. We know the need, we know the theory, we have the message. Now, are you ready to be like Martin and "just do it!"



## When Sons and Daughters of the REFORMATION practice

DR AUGUSTUS LAWRENCE

# COMPASSION



*"When he saw the crowds, he had compassion on them, because they were harassed and helpless, like sheep without a shepherd." Matthew 9:36 NIV*

The eyes of Jesus must have seen something that was not visible to the ordinary person, for He saw with the mind an inward spiritual perception. He felt the deepest of human feelings. It is correct to suggest that the heart of Jesus is embedded in Matthew 9:36. So, it is correct to suggest that Jesus looked beyond people's physical needs, which had left them according to the Greek, "harassed, lying about, abandoned and neglected," to their deepest of inner human needs.

It is interesting how this single verse paints a picture of the struggles and needs of a world in which the sons and daughters of the Reformation are called to practice compassion in their daily lives. They, like Martin Luther, have responded to the radical call to follow Jesus. This verse lays on the sons and daughters of the Reformation the burden to see as Jesus saw and feel as Jesus felt, so that they can act as Jesus did.

What did Jesus see? First and foremost, He was unlike His disciples, whose eyes were fixed on the peripheral, and who perhaps misjudged the real needs of the people, thus missing an opportunity to see as Jesus did. Instead, the Master Physician with his Divine perception saw that the people were "troubled" or "vexed." Simply put, the people next door to the church and the local community had multiple challenges. They wore their pain in their hearts and on their faces. Today, Jesus sends out the call to the sons and daughters of the Reformation to practice compassion so that people may find help.

Second, not only did Jesus see troubled people, but by His Divine perception, He

saw the people around the corner from the church and within the church and along the way as "downcast or thrown down." The verse is suggesting and describing a condition that leaves people in our community and those just further away from our community as utterly helpless, forsaken and desperately in need of the Saviour.

In his book 'A Shepherd Looks at Psalm 23', Philip Keller describes how sheep can get stuck on their backs and not be able to get up by themselves. According to Keller, such sheep are called "cast" or "cast down" sheep. If the sheep are left in this condition, they will become helpless and vulnerable and eventually die unless they receive the help of the shepherd.



So then, it is for these "cast down" people that the sons and daughters of the Reformation, the children of God, are called to practice compassion. Since our communities are replete with the dispirited and the distressed, understanding and caring when our community is hurt or troubled is a way of showing compassion, even if it means simply listening, saying

kind words, and being a friend to somebody who might be in need.

**How can we practice compassion?** Practicing compassion is wanting to help and being a friend to someone rather than beating ourselves or others up over faults, flaws and shortcomings. The example of Jesus says that He was "moved with compassion on the multitudes." He was touched with, or sympathised with, our stresses and troubles. In all points of the lives of his sons and daughters, he practices deep compassion in both physical and spiritual circumstances. In spiritual weaknesses, he identifies with our troubles. In stressful situations in our lives and the lives of the whole community, he is close by.

It is in this way, therefore, that the sons and daughters of the Reformation have been called to practice compassion. When compassion is practiced, then we will see as Jesus saw and feel as Jesus felt, and do as Jesus did.

Dr. Augustus Lawrence is SEC Family Ministries Director



# THE CHRISTIAN HERITAGE

## THE LINEAGE JOURNEY

TAMARA MUROIWA

In reviewing our past history, having traveled over every step of advance to our present standing, I can say, Praise God! As I see what the Lord has wrought, I am filled with astonishment, and with confidence in Christ as leader. We have nothing to fear for the future, except as we shall forget the way the Lord has led us, and His teaching in our past history. (*Ellen G. White, Life Sketches, p.196.2*)

The above much-quoted passage has inspired many of us to keep remembering our past and gaining encouragement from what God has wrought in our lives and in our movement. Yet for many Seventh-day Adventist young people, the danger is not that they forget the Lord's leading in our past; the issue is that they've never known it.

For others, perhaps more well-versed in Christian and Adventist heritage, the names, dates and figures might have been read, the stories may even have

inspired faith and zeal on first discovery, only to become lost in a sea of facts, or relegated to the list of *'things I should know,'* or even *'things I do know, but couldn't quite relate, if needed'.*

One way of making church history compelling is to visit the sites in question. The name John Huss probably sticks in my mind because I have visited the Bethlehem Chapel where he preached, and the quarters in Prague, where he lived. As a youth leader, I dreamed of taking a church group to the Waldensian valley, hoping that the simplicity and solitude of the surroundings would bring home to their young hearts the sacrifice our predecessors made for their faith. Years later, I was inspired by reports of PEACE<sup>[1]</sup> excursions to places of historical relevance here in the United Kingdom.

Now, young people can sit in the comfort of their homes and watch Lineage. Launched in 2017, the videos are aimed primarily at young people,

and take the viewer on a journey tracing our spiritual DNA across the British Isles and Europe. Each 3-5-minute episode highlights a key moment in Christian history; from early Celtic churches nestled in the serenity of remote Scottish islands, to figures such as Wycliffe, Luther, Calvin, Knox and Wesley.

The series consists of 52 episodes, with one being released each week on social media channels including Facebook and YouTube. In the words of Pastor Alan Hush, NEC Executive Secretary and a former Youth Director, "Youth are engaging with media like never before. Yet they desire identity and purpose in life. Lineage is an excellent production which traces our Christian heritage and Adventist history in a creative, professional and attractive format that our youth will enjoy and benefit from."

The project was conceived when freelance videographer Clive Couet approached the NEC Youth Director, Pastor Adam Ramdin, with the idea of filming sites of historical relevance in his hometown of London. According to Pastor Ramdin, "The idea was great, but it quickly grew from just London, to Oxford, Lutterworth and Edinburgh. Then we thought, why stop there - we should do some of the sites on mainland Europe as well."

Ramdin added, "More than ever it is important for us to understand what our spiritual heritage is as Seventh-day Adventists. Our church was not formed in a vacuum, isolated from the rest of the Christian world; on the contrary, our prophetic identity shows that ours was the culmination of a long journey



of truth lost and rediscovered over the period called the Dark Ages. Wanting to make history more real, relevant and easier to access was a large part of the inspiration behind this video series. Understanding our identity today is vital, and a key component of that is understanding where we have come from."

Jared Thurmon, the Ministries Marketing Director and Liaison for Strategic Liaisons at Adventist Review stated, "We are excited to be collaborating with the Lineage team to share with the world why the flame of the Reformation still burns in many hearts today". He continued, "When you see the stunning footage and solid content of Lineage you will see for yourself a variety of places we often just hear spoken of in sermons or read about in books".

The year 2017 marks the 500th since Martin Luther nailed his 95 theses to the door of the castle church at Wittenberg, an event that kick-started the Protestant Reformation and forever changed the landscape of Christianity. At a time when many around the world are questioning the validity of that protest, and considering the great prophetic calling to which Adventists have responded, it is crucial that church members, both young and old have a solid grasp of the beliefs, struggles and sacrifices of those who've gone before us! It's vital that we appreciate the experiences that form the foundations and backbone of who we are as a movement today.

Lineage can be accessed by visiting [www.lineagejourney.com](http://www.lineagejourney.com) where you can subscribe to weekly updates, watch videos and support this project. On social media, its handle is @lineagejourney.

[www.lineagejourney.com](http://www.lineagejourney.com)

[1] PEACE is a UK Centre of Evangelism sponsored by the North England Conference.





# Women's Health Day

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# DR RICHARD DE LISSER

A TRIBUTE TO A PASTOR AND A GENTLEMAN | BY SAM O. DAVIES



At the 2015 SEC Conference session, Dr Richard de Lisser was voted President. However, due to ongoing health challenges, the SEC Executive recently voted to reassign him. We here at the SEC would like to pay tribute to him as a pastor and a gentleman.

The decision was not taken lightly and comes after a prolonged absence due to illness from his role as President eight months after being elected to the conference office.

Pastor Ian Sweeney, the British Union Conference President who presided over the SEC Executive Committee, announced to the constituents on 26 March that: "On Sunday 19 March, the South England Conference Executive Committee, in considering the wellbeing of both the president, Pastor Dr Richard de Lisser and the South England Conference, brought a motion that Pastor de Lisser be reassigned to another pastoral role other than that of president". This motion, which was presented the next day via a postal ballot to all 25 SEC Executive Committee members, was carried. It should also be noted that the motion was carried in harmony with section 12c of the South England Conference constitution, which requires a decision of such importance to have at least two-thirds of the executive committee members voting in favour.

In light of this decision, I would solicit your prayers for Pastor de Lisser, his wife Joanne and their son, Akala in this time of pastoral transition. I would also like to express heartfelt thanks for his leadership and the course he has set for the South England Conference during this quadrennium, most exceptionally with the clarion call of, "Evangelism, Everyone, Everywhere."

Moving forward, the South England Conference Executive committee will meet, as a matter of priority, to appoint a new president - a decision for which we would also solicit your prayers.

Dr Richard de Lisser commenced his ministerial service in July 1993, and was ordained to the ministry in 1998. In 1999, he completed his doctoral degree and graduated from North Park Theological Seminary Chicago, Illinois, USA.

Richard has pastored seven churches and has served as a district coordinator, Chairman of the London Area Advisory Council (LAAC), Personal Ministries, Sabbath School, Communication and Stewardship and Trust Services Director prior to his previous appointment. Richard is also a published author and his first book, *The Credit Crunch Christian* is published by Stanborough Press. He is also a member of the Institute of Directors.

He is married to Joanne Graham-de Lisser, a health professional and both are blessed with a son, Akala Joshua Alexander de Lisser.

We wish him well in his future role.

PS: During Pastor de Lisser's absence, The SEC Executive Committee appointed Dr Emmanuel Osei to serve as Acting President. At the time of going to press, the Executive committee is yet to meet to appoint a substantive President. We take the opportunity to express a heartfelt gratitude to Pastor Osei for the competent manner in which he led the Conference in the past year.



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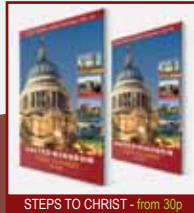
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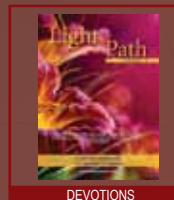
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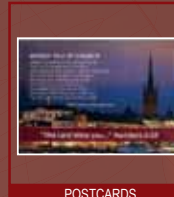
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**PRESENTER - DR JASMINE RHAMIE.** Dr Jasmine Rhamie is Principal Lecturer and Deputy Director of the School of Education, University of Roehampton. She has worked as a qualified teacher and has taught in Adventist and state schools in the UK and Caribbean. She has been an education consultant to a number of local authorities and is the author of *Eagles who Soar: How Black learners find paths to success* (Trentham Books). Jasmine has published widely on matters related to social justice, race and ethnicity and teacher education. She was the Co-Convenor of the British Educational Research Association's Race Ethnicity and Education Special Interest Group (2013-2016). Jasmine has been involved in Initial Teacher Education (ITE) for over 10 years. She has run parenting workshops in the US and UK. She has two children Serena and Jonathan. She brings her wealth of knowledge and experience to supporting and guiding parents in developing their children educationally and spiritually.

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# THE IMPORTANCE OF THE HEALTH REFORM FOR CONTEMPORARY ADVENTISTS



## HEALTH AND REFORMATION

**The 21st century has been characterized by the steady increase of diseases, obesity, depression and mortality, mainly caused by unhealthy lifestyles.** In a world filled with pain and unhappiness, hundreds of people are daily seeking comfort, purpose, and something that will improve their quality of life. Health reform introduces some healthy choices that will benefit the individual and community. This article examines why health reform is important for contemporary Seventh-day Adventists and the world at large.

Applying health reform to Adventists and contemporary society offers a broad range of benefits in all the aspects of life: physical, mental, and spiritual. Leading a healthy life helps people to live more comfortably. The benefits of health reform are perceived to be efficient not just for prevention and treatment of diseases but also for longevity. Studies have shown that Adventists live longer than the rest of contemporary society as a result of their dietary choices and health habits. Accordingly, every health adjustment made in life is important to improve its quality.

Since humans were created in the image of God, our bodies are perceived to be spiritual temples for the indwelling of the Holy Spirit; consequently, our Creator wants us to maintain our bodies in the optimum condition, in order to fully honour and glorify God. Ellen White argues that there is a significant link between the physical condition and spiritual experience, stating that *“the body, with the mind and its central nervous system, is the only medium through which God can communicate with human beings”* (Ministry of Healing, p. 130). Hence,

spiritual development and health are closely connected with our physical and mental health. The body is perceived to be an instrument in the communication between God and humans, and in order to maintain this relationship, Adventists need to follow health reform.

*“A clear mind enables us to understand God’s will; a strong body enable us to do it.”* (SDA Encyclopedia 1976, p. 574)

In contemporary Adventism, health reform is a key for evangelistic ministry aimed at contemporary society. The strong emphasis on health promotion and education attracts a range of people, reaching different social classes and different cultures. The longevity of Adventists attracts many people, and the universality of the Adventist health message finds access to people’s hearts and minds, enabling the truth and the Holy Spirit to work and bring people to God. Adventist health reform connects with people by meeting their needs and helping them to reach their full potential. The daily reality of contemporary society is living a life with struggles, dependence and isolation; thus, the health message is attractive to them because it enables them to have an active life, live independently and play an active part in our community.

The aim of health reform in Adventism is to promote a healthy lifestyle for individuals and communities that would be beneficial in all aspects of life, in order to serve God more effectively. Maintaining a healthy lifestyle is not just about improving the quality of life or spiritual growth, but is also used as a great instrument to minister to those who are seeking for a better life and the presence of God.



Dr. Radisa Antic is the Director of the Ellen G. White Research Centre and Principal Lecturer in Systematic Theology at Newbold College of Higher Education

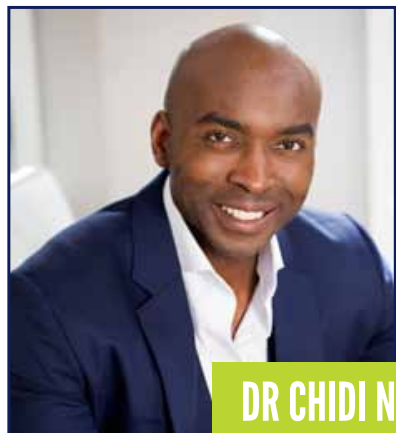
**DR RADISA ANTIC**



Eleonora is the Research Assistant at the Ellen G White Research Centre and a Theology Student at Newbold College

**ELEONORA BEACOVICH**





**DR CHIDI NGWABA**

# LOOKING WELL



# THE FUTURE IS NOW



**DR SARAH ITAM, Lewisham Church**

After saying goodbye to the old year, we have greeted the New Year with resolutions to be healthier, wealthier, and wiser. For those of us who have at least a modicum of willpower, those resolutions may have lasted up until mid-January. For the rest of us, sadly only until January 2! I'm reminded of that African Proverb: "Wherever a man goes to dwell, his character goes with him."

It is often difficult to shake off those old habits, which seem to be holding us back. Our spending habits, which keep us struggling with debt; our personal habits, which seem to sabotage our relationships; and, of course, our eating, drinking, and lifestyle habits, which rob us of our health for today and tomorrow, all prevent us from moving forward.

The majority of resolutions made during the beginning of the year are related to our health: "I must lose weight." "I need to start drinking less." "I'm going to start exercising more." These are, without doubt, noble and legitimate aspirations for someone wishing to improve their health. But let me kindly suggest to you that our health is really a matter of how we look! Now, I'm not referring to what we see in the mirror, although clearly it has some part to play. No, deeper than what we eat or drink or how often we exercise is how we look at life.

The late, great motivator Zig Ziglar used to say: "Look Back with Forgiveness, Look Forward with Hope. Look Down with Compassion and Look Up with

Gratitude."

It's difficult to think of a better prescription for a healthy life. For more than twenty years, I've had the privilege of helping people regain their health by reversing high blood pressure, diabetes, obesity, heart disease, arthritis and other ailments. Yes, there are practical changes that need to be made, like a change of diet or the implementation of an exercise routine. But at the core of those bad habits that keep us from enjoying great health are our negative states of mind and emotions: stress, worry, fear, guilt, anger, bitterness, etc. The evidence is overwhelming that these negative emotions lead to ill-health.

Dr David Williams, from Harvard Medical School, demonstrated that African-American women who perceived that they were being racially discriminated against suffered a 300% increase in breast cancer. The stress and bitterness that they experience causes them to release more stress hormones, such as cortisol, into the blood stream. Over long periods, stress causes our blood pressures to rise as well as increasing our risk of cancer and many our illnesses. That doesn't seem fair. Why should the abused suffer even more at the hands of the abuser? What's the answer?

**"Look back with Forgiveness..."**

The quicker we learn to forgive, the sooner we start to be healed.

*"Not forgiving is like drinking poison and expecting our enemy to die from it."*

It is important to forgive for our own sakes, irrespective of what someone has done or is still doing to us. We forgive to help ourselves, not them. We are releasing ourselves from a self-imposed prison.

Those bitter and stressed thoughts also encourage us to eat more sugar and fat which leads to more ill-health. There must be a reason why the word "Stressed" is "Desserts" spelled backwards!

**"Look Forward with Hope..."**

*"Man can live about 40 days without food, about 3 days without water, about 8 minutes without air...but not one second without Hope."* Hal Lindsey

Looking forward with hope rather than fear is a perfect antidote to stress. "But," I hear you say, "what if the future looks really terrible? How do I change that fear into hope?" I am reminded of the story of David and Goliath. My question is, if David never met Goliath, where would he be? He would have still been a great shepherd, but not a king. It seems that God sent Goliath not to defeat David, but to promote him.

What about the Goliaths in our own lives - the financial Goliaths, the relationship Goliaths, the health Goliaths? Could it be that God wants to use them, not as stumbling blocks for defeat, but stepping stones to success?

*"Even though I walk through the valley of the shadow of death, I will fear no evil; for You are with me..." Psalm 23:4*

This helps us to change our view of a perceived threat and turn it into a challenge or an opportunity. Ask yourself, "I wonder how God wishes to bless me with this new challenge?"

**"Look Down with Compassion..."**

Kind and compassionate people live longer and healthier. They have lower BP's and lower risks of heart disease and cancer. Furthermore, one of the most effective ways to break a cycle of depression is to take your mind off yourself and do something for someone else who cannot reciprocate. Therefore, by helping others we are really helping ourselves.

**"Look Up with Gratitude..."**

Simply being grateful each day for what we have protects us from focusing on and worrying about what we don't have. God has blessed us all with so many gifts; let us at least thank Him each and every day.

"Our gratitude is the attitude that determines our altitude."

I pray that this year will be the year where we all look well, whether it's backwards, forwards, downwards or upwards. And then, when we look in the mirror, we will see what God wants us to be: healthy in body, mind and spirit.

**Dr Chidi Ngwaba, MB, BS is SEC Health Ministries Director**

**"If you don't find time for health and fitness, you'll have to make time for sickness".**

Imagine yourself ten years from now. Will you be one of the 200,000 people who will have a heart attack each year? Will you join the ranks of the 150,000 people who will have a stroke; that is one stroke every three and half minutes? Will you spend at least three days of your week in hospital receiving dialysis for kidney failure? Will you struggle with day to day chores because of impaired vision?

All of these conditions can be caused by high blood pressure and diabetes and despite medical advancements, doctors still struggle to undo the damage to our bodies through our lifestyle choices. However, the good news is it is not too late to make a difference to your health so you can reap the rewards later.

Many years ago I was on a GP attachment



which focused on communication skills. I vividly remember an encounter with a gentleman who was a double amputee. As he spoke to me from his wheelchair, he told me how he came to lose both of his legs through diabetes. After we spoke at length about his condition, he looked up at me and said something that I will never forget, "if I knew what I know now I would have lived my life differently...".

I discovered that he had since learned that type 2 diabetes and many of the other lifestyle diseases that we suffer from in Western countries are almost entirely avoidable. Perhaps, if he had taken more care to ensure that he did regular exercise, maintained a healthy weight, and avoided unhealthy foods, then his life could have turned out differently.

Our everyday lives are busier than ever and often we do not find the time to cook properly, exercise regularly or rest sufficiently. Admittedly, it is easy to see

how long working hours can tempt us to consume fast food and ready meals; and the convenience of transport means we walk less than we should. It is a sad fact that UK has the highest rate of obesity in Europe and nearly 100,000 people per year will die due to physical inactivity. So there is little doubt that the choices we make about our health today can impact upon our quality of life in later years.

In 3 John 1:2 God's wish for us is that we may prosper and be in good health. The question is do we share this wish? Do we value our health as much as God does? Do we not only aspire to be healthy but actually live healthily? 1 Cor 10:31 encourages us that whatever we eat or drink we must do all to the glory of God. God values our health as He knows that sickness can cause us great personal suffering. However, it is not just about being healthy for ourselves but also for others as we take part in the Great Commission to make disciples of men and women. It is harder for us to work in His vineyard if we are not in our best form, both spiritually and physically. Trading bad habits for good ones can be difficult, but you have to be motivated to make the best lifestyle choices and endeavour to stick to them in the long term.

As the gentleman looked at me from his wheelchair, his eyes were filled with remorse and I could sense that he was imploring me to make better choices than he did. It is inescapable - we need to value our health now or risk having regrets ten years in the future.

**Dr Sarah Itam | FRCS (Urol) MEd BSc Urological surgeon and presenter of Prevention Web Series.**

**www.preventionseries.com**





# Are you rewarding yourself with a QUALITY SLEEP?

DR RAYMOND ARHIN, South East London Community Church

After six days of creation, the Lord rested on the seventh day. Indeed, in the creation story, the day was for the work of creation and the night was for rest and rejuvenation, and this principle is inherent in nature for repair and recovery. However, modern life has challenged our understanding of sleep and health. With the current “24/7,” or “the city never sleeps” lifestyle, making a conscious effort to find sufficient time for sleep, relaxation and recovery continues to be vital if we are to remain good stewards.

There is now a wealth of evidence to conclude that lack of or poor sleep is detrimental for our health, being associated with a wide range of conditions including hypertension, diabetes, depression, Alzheimer’s, dementia, obesity, heart attack, and cancer. Therefore, getting enough good quality sleep is a key component of a healthy and balanced lifestyle, similar to being physically active or eating a healthy diet.

Rest comes in many forms but can be grouped into two main areas: sleep and relaxation. The former constitutes an unconscious state where the the person is resting with diminished brain activity and certainly no physical activity. The latter entails a conscious state where the brain is engaged in more relaxed and stimulating thoughts, and this may occur in the middle of the day when one takes a rest.

Many of us know the importance of getting enough sleep before many of life’s important events, such as going for a job interview, embarking on a long drive, or taking an exam. However, the

true extent of the relationship between sleep and our health and wellbeing is often underestimated.

Worryingly, research from the Royal Society for Public Health (RSPH) suggests that many people may be under-sleeping by up to an hour per night, which when accumulated over a week amounts to the loss of almost a full night’s sleep.

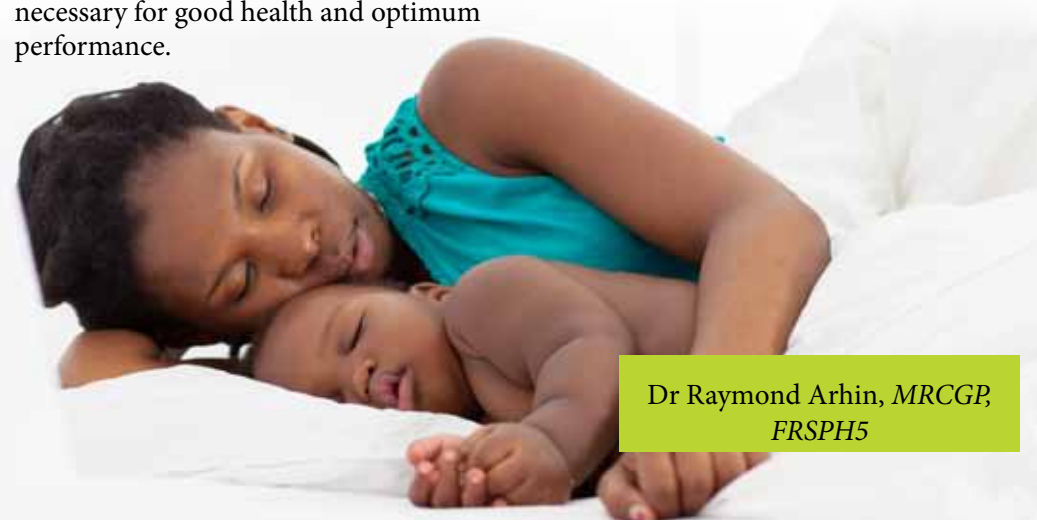
People whose lifestyles may affect their sleep includes new parents, shift workers, commuters, computer gamers, party animals, and young people. For young people, the biggest cause of death is transport collision, and one in five of these deaths is related to sleep deprivation.

Given the crucial nature of rest, it is vital that everybody has the opportunity to get the sleep they need to optimise their health and wellbeing. To determine the amount of sleep needed by each person, the RSPH has introduced a “slumber number” as guideline hours of sleep each day. Although the exact amount of sleep varies from person to person, this serves as guidance for how much sleep is necessary for good health and optimum performance.

To provide the public with more accurate information, in consultation with their experts, the RSPH has devised a “slumber number” table for specific age groups to guide the public on roughly how much sleep they should be aiming to have.

SLUMBER NUMBER	
Age Group	Sleep Hours
1-2 years	11-14
3-5 years	10-13
6-13 years	9-11
14-17 years	8-10
18-64 years	7-9
>65 years	7-8

For most people, the solution to sleep deprivation remains within their grasp. It would involve making personal choices to escape the rat race, exerting disciplined effort, and finding specific times for sleeping which one adheres to. For some people who have a medical condition, seeking treatment to improve sleep would be ideal.



Dr Raymond Arhin, MRCP, FRSPH5

# FOOD IMPACT A Global Perspective

SHARON PLATT-MCDONALD, BUC Health Director



“Let food be thy medicine and medicine be thy food.” (Hippocrates)

Attending a conference on nutrition, the audience and I were amused when the keynote speaker opened his address with the question, “Are you digging your grave with your teeth?” However, following a few chuckles, the enormity of the question hit home. What we eat impacts our life! In this article, we take a look at food and its lifestyle impact.

On June 30, 2014, Channel 4 broadcasted a television documentary entitled “The World’s Best Diet.” Show hosts Jimmy Doherty and Kate Quilton collaborated with leading nutritionists, scoring countries on their best and worst foods and its impact on the nation. Not only did they analyse countries and people groups on their food habits, but also on their health lifestyle. Based on a league table compiled by nutritionists, countries and people groups were assessed on rates of obesity, diabetes, heart disease, diet-related cancers, alcohol intake, cultural attitudes to foods, nutritional indicators, and life expectancy. The top 10 countries and people groups were:

- Iceland
- Italy
- Greece
- Seventh-day Adventists
- Japan
- Sweden, Norway, Denmark (joint)
- The Kuna Indians (Panama)
- France
- Spain
- The Netherlands

The documentary was consistent with current research findings advocating the benefits of a diet rich in fibre, fruit, vegetables, and

lower in red meat, sugar, saturated fat, and processed foods. The environment in which food is eaten was also identified as important. The coveted title won by Iceland was clearly not just about diet, but a result of a holistic lifestyle including the benefits of an optimal living environment. It was noted that Iceland has the lowest pollution levels and cleanest environmental living. The documentary also mentioned their unique gene pool, higher levels of longevity, and lower levels of lifestyle disease. Along with their “balanced diet” and superior environment, they had the highest male life expectancy in the world, with men expected to live to 81 years (or above).

Incidentally, other research shows Iceland ranking amongst the top 10 happiest nations in the world (at number 9), and as number 1 on the ranking of the world’s most peaceful nations, as identified on the Global Peace Index.

While we can’t all move to Iceland, perhaps we can learn a lesson about the way they live. It appears that on balance, Iceland has it all; that’s why they won.

In “The World’s Best Diet” documentary, England emerged at number 34, while Scotland, Wales, and Northern Ireland trailed at 35, 36 and 37. The Marshall Islands, in last place at 50, and Mexico, placed at 49, had the highest rates of processed foods, obesity, and diabetes.

So how can we improve our lifestyle and wellbeing outcomes here in the UK? A quick look at some studies might provide some suggestions. A growing body of research points to the impact food has on wellbeing. Here are a few examples:

**RED MEAT AND CANCER** Research indicates that 1 in 10 cancers cases in the UK are caused by unhealthy diet. The British Journal of Cancer published a report in December 2011. The section titled “Cancers attributable to dietary factors in the UK in 2010” highlighted findings relating to red meat as follows:

- Consumption of red meat (beef, lamb, goat, pork and veal) has been positively associated with the risk of both colon and in particular rectal cancer.
- Carcinogenic compounds in red meat formed during processing or cooking is identified as a causation factor.
- Cooking meat at high temperatures is indicated as a risk factor.
- The high fat content of the meat boosts hormone production, increasing the risk of hormone-related cancers of the breast and prostate.
- Meat lacks fibre which is a protective factor.

The advice? The World Cancer Research Fund /American Institute for Cancer Research’s (WCRF/AICR) issued a joint press release May 23rd 2011 highlighting their research on cancer and diet. An excerpt read: “On meat, the clear message that comes out of our report is that red and processed meat increase risk of bowel cancer and that people who want to reduce their risk should consider cutting down the amount they eat.”

**FRESH FRUITS AND VEGETABLES** Evidence from the World Health Organisation in 1990 concluded that populations consuming at least 400g of fruit and vegetables daily can reduce the risk of deaths from chronic diseases such as heart disease, stroke, and some cancers.

However, data from the Health Survey for England shows that the average number of portions consumed is less than the DOH recommendations, with men consuming only 3.5 portions and women 3.8 portions (Aresu et al, 2009).<sup>1</sup> Current research by Cancer Research UK points to a positive link between the consumption of fruits and vegetables and reduced rates of certain cancers. In a report captioned “Fruit and vegetables may reduce the risk of some cancers,” they state the following:

- Research has suggested that eating fruit and vegetables could reduce the risk of mouth, upper throat, larynx and lung cancers.
- Fruit and vegetables contain a wide variety of different nutrients with properties that could make it more difficult for cancer to develop. These nutrients include carotenoids, folate, vitamin C, vitamin E, selenium, flavonoids and various other phytochemicals (chemicals found in plants).
- Fruit and vegetables are also a very good source of natural fibre and there is strong evidence that eating foods high in fibre reduces the risk of bowel cancer.

In the UK, most of us do not eat the recommended amounts of fruit and vegetables. Food habits, lifestyle, and health outcomes are clearly linked.

With the rich variety of natural foods easily accessible here in the UK, there is little excuse for us not to enjoy a healthy diet. With less consumption of processed foods, a greater intake of fresh fruit and vegetables, more exercise and less stress, perhaps we may begin to see an improvement in our general wellbeing.

Here’s to your health!





AN INTERVIEW WITH  
**KERRY WELLINGTON**

# TAKING CONTROL OVER YOUR DIET

**Q: How did you become a vegan?**

**KERRY:** It was in 1997 when I was first being introduced to the Adventist Church through my husband's mum that the idea initially came across to me. It was her who entreated me to the concept of eating healthily, because she was a vegan herself. I asked her, why don't you eat meat and dairy. She went into the reasons why she didn't eat meat and dairy, which she explained as being partly because of the church's health message and because of her vocation as a homeopathic therapist. She helped me to understand the reasons why vegans don't eat certain things. As I learnt more about dairy and what it does to the system and so on, I then made that conscious decision to cut dairy out of my diet. At that time, I wouldn't say I called myself a vegan, but I wasn't eating, dairy, I gave up red meat, chicken and then eventually fish. It was a process. For me, it was about being more health conscious and that is why I went down that root.

**Q: What were your main struggles converting to veganism?**

**KERRY:** Not knowing what you can eat instead and not knowing where you can buy vegan produce. Back then, vegan food was not as accessible as it is now, there wasn't much variety, so I learnt to be creative and coming from a Caribbean background as well, I experimented with making plant

based substitutes to foods such as jerk chicken. I would look at meat dishes and create vegan alternatives to them. So, for example if you like stew beef, you can buy soya protein and season it up the same way you would the stew beef and you'll cook it down and make it tasty.

**Q: Were you at all tempted during the process of transition to go back to eating meat?**

**KERRY:** I am not going to lie, I would say only because it was just easier to get something to eat when you are out. For example, when I was studying Dentistry, my struggle was with finding food for lunch, so I would end up buying something like a cheese sandwich because there was nothing else to eat out there. But then I later realized the effect it was having on my system when I did introduce dairy back into my diet. You get all the horrible symptoms of lactose intolerance and my belly will be hurting. That temptation fizzle out after a while and I wasn't tempted anymore to go back to things that I decided to give up. But yes, there was a bit of a struggle or temptations when you go to family dos and they're cooking nice curry goat and rice. But I am not tempted anymore. It makes it easier when you know what to cook and what to replace certain things with. And I think once I ventured out and knew where to buy things and knew how to change it to my taste, it was easy after.

**Q: What advice would you give to those who fear becoming vegans?**

**KERRY:** My advice to them would be, that there is nothing really to be afraid of. I would say, take the process very slowly, rather than just jumping into vegan diet. And that's where people become scared, because they don't know what to eat and then they lose lots of weight and their health deteriorates rather than benefit from the diet. So, my advice would be not to be afraid to research more into the variety of foods and recipes that are so easily available now online, even fast food places now have vegan options on their menu. There is nothing really to be afraid of now. Maybe many years back when there weren't much options out there, people would be quite concern and be afraid.

**Q: Are you an advocate of veganism?**

**KERRY:** I would say I am now. Only because I see the health benefits from it. And like I said earlier, where I reverted to eating cheese and I saw the effects it had on my system, I know now, it is not good for you. The diet that I have been eating for the last 18 years has definitely helped. I go to my Doctors, have my blood tested and it all comes back very good. And I'll tell them I am a vegan and they'll be like but your iron is very good. And so yea, I would say I am an advocate.

**Kerry Welly is a member of the Leytonstone Adventist Church who became a vegan soon after joining the Seventh-day Adventist in 1997. Kerry is a dentist by profession, but is recently expanding her vegan experience into a healthy vegan industry called "Vedeliciou" which she says, is God's business. She added, as Adventists, God has blessed us with a health message that we should have been sharing long ago given that others without the express message we have are out there doing it.**

**KERRY WELLINGTON**





**SUSANNE  
KIRLEW**

TV VEGAN PRESENTER



[www.KirlySuesKitchen.co.uk](http://www.KirlySuesKitchen.co.uk)

## HOW TO BECOME A VEGAN

**Veganism is on the rise in the UK and there has been an increasing need in recent years for information on how to become a vegan.**

One of the main questions has been around what vegans can eat, and the best way to make the transition from eating meat and fish to a plant-based diet. The stereotypical image of veganism in the recent past has conjured up images of anemic-looking, tofu-and-lentil-eating people who love to wear Birkenstocks. But today, thanks to a significant number of celebrity vegans and vegan super-bloggers, veganism has suddenly become far more glamorous.

This is not just a celebrity trend. The Vegan Society has reported that the number of vegans in the UK has doubled in the last nine years, from 150,000 to around 500,000. In addition, the market research company Mintel has reported that the non-dairy milk market dramatically increased from 36 million litres in 2011 to 92 million in 2013, making it worth over £150 million.

There's no doubt that a vegan diet can be great for your health. With the popularity of health food stores and the fact that many people are looking to improve their health, this means it's easier than ever to enjoy a satisfying vegan diet.

So what are some points to note when becoming a vegan?

- Your friends and family will ask a lot of questions – but that is ok, just be prepared to answer.
- You may need to have a vitamin B12 supplement – but check with your GP if you feel you do.
- You will have to find new protein sources – but lentils, quinoa, peanut butter, etc, are all rich in protein.
- Try not to replace animal products with

junk food – the less processed food the better.

- Take it easy with the soya based products – too much is not good, but occasionally it is OK.
  - Be prepared to read food labels – there are animal products in the strangest of places, e.g. some crisps are made using milk powder.
  - You may not have to avoid your favourite restaurant – lots of restaurants are happy to make a vegan dish if you let them know in advance.
  - It does not have to cost more money to be vegan – being vegan is not as expensive as some may believe. After all, meat and fish cost more than vegetables, beans and pulses.
  - You don't have to make the transitions all at once – start slowly and phase it in slowly, one meal at a time.
- What are some of the benefits of a vegan diet? All of the following nutritional benefits come from a vegan diet full of foods such as fresh fruits and vegetables, whole grains, nuts, and beans.
- Reduced saturated fats. Dairy products and meats contain a large amount of saturated fats. By reducing the amount of saturated fats in your diet, you'll improve your health tremendously, especially when it comes to cardiovascular health.
  - Carbohydrates. Carbohydrates provide

energy for your body. When you don't have enough carbohydrates, your body will burn muscle tissue.

- Fiber. A diet high in fiber (as vegan eating usually is) leads to healthier bowel movements. High fiber diets help fight against colon cancer.
- Magnesium. Aiding in the absorption of calcium, magnesium is an often-overlooked vitamin in importance to a healthy diet. Nuts, seeds, and dark leafy greens are an excellent source of magnesium.
- Potassium. Potassium balances water and acidity in your body and stimulates the kidneys to eliminate toxins. Diets high in potassium have been shown to reduce the risk of cardiovascular diseases and cancer.

Vegan food is as tasty as you make it, so you can use the same seasonings for your vegan recipes as you would use for meat or fish. This will make your vegan dishes more enjoyable.

There are good and bad cooks for all kinds of food, so if you have tried vegan food and not liked it, this could be down to the chef and not the food. Veganism is also a mindset, so why not decide to judge vegan food for yourself, by trying out some dishes you have cooked personally?





# HEALTHY VEGAN RECIPES

# HEALTHY VEGAN RECIPES

## CARIBBEAN LENTIL & POTATO BAKE



**Preparation time:** 15-20 mins

**Cooking time:** 45-60 mins

**Serves:** 4-5 portions

### Ingredients

- 7-8 medium potatoes (peeled and thinly sliced)
- 14 oz or 400 g red lentils (rinsed)
- 1 tbsp light olive oil or 2 oz or 50g vegan butter
- 1 onion (chopped)
- ¼ tsp salt
- 1 garlic clove (crushed)
- 2 inch piece ginger (grated)
- ¼ tsp paprika powder
- ½ tsp cumin powder
- ¼ tsp coriander powder
- ¼ tsp turmeric
- 2 medium sized fresh tomatoes (or one 7 oz or 200 g can tomatoes)
- ½ tsp garam masala
- 2 oz or 50 g coconut milk (or 2 oz or 55 g creamed coconut)
- Spray oil

### Preparation

1. Parboil thinly sliced potatoes for about 10 minutes or until they are half cooked, drain and set aside.
2. Heat the oil or butter and then add the onions and garlic. Fry until the onions are caramelised.
3. Add the salt, cumin, coriander, turmeric and paprika powder.
4. Mix for a minute and then add the tomatoes.
5. Cook until it begins to thicken.
6. Add 4 tbsp or 60 ml of water and stir. Then add the lentils and mix thoroughly.
7. Cover and simmer for 15-20 minutes stirring every 5 minutes so that it does not stick.
8. Add the ginger and the garam masala and simmer for a further 5 minutes.
9. In a large baking dish put a thin layer of the lentil mixture (enough to cover the base).
10. Add a layer of potatoes to cover the lentil mixture.
11. Keep adding layers of lentil mixture and potatoes and end with a layer of potatoes.
12. Spray the top with spray oil (can brush lightly with oil if you don't have any spray oil).
13. Bake in a medium oven for 45 minutes-1 hour or until potatoes are cooked.
14. Serve with a side salad or mixed vegetables.

## BAKED CHICKPEA BURGERS



**Preparation time:** 15-20 mins

**Cooking time:** 15-20 mins

**Serves:** 8 burgers

### Ingredients

- 2 tbsp olive oil (or canola oil)
- 8 oz or 225 g onions (finely chopped)
- 3 garlic cloves (minced)
- 1 tsp ground cumin
- 2 oz or 50 g carrot (finely chopped or shredded)
- 7 oz or 200 g canned or cooked chickpeas (drained)
- 1½ tbsp tahini (or peanut butter)
- 2 tbsp parsley (finely chopped)
- 1 oz or 25 g chickpea flour (white)
- ½ tsp baking powder
- 1 tsp salt
- 2 tsp lemon juice
- Salt and pepper to taste
- Spray oil

### Preparation

1. Sauté the onions over medium heat, stirring frequently, until they soften.
2. Add the garlic, cumin, and carrot and continue cooking for two more minutes.
3. Transfer to large bowl or food processor and add the chickpeas.
4. Mash or process until ingredients are combined.
5. Stir in tahini and parsley and lemon juice.
6. Combine the flour, baking powder, and salt in the small bowl, and then stir into chickpeas.
7. Add flour to the bean mixture.
8. Flour your hands, shape mixture into four patties, and dust them with flour.
9. Fry in 1 tbsp oil over medium-low heat for 1 minute, until just beginning to brown or spray with cooking spray and cook that way for less calories.
10. Bake in a medium oven for 20-25 minutes or until golden brown

## ADUKI BEAN & BULGUR WHEAT BALLS



**Preparation time:** 15-20 mins

**Cooking time:** 30-40 mins

**Serves:** 3-4 portions

### Ingredients

- 6 oz or 175 g aduki beans (soaked overnight)
- 11 oz or 300 g bulgur wheat
- 1 pint or 500 ml vegetable stock
- 3 tbsp olive oil
- 1 onion (finely chopped)
- 2 garlic cloves (crushed)
- 1 tsp ground coriander
- 1 tsp ground cumin
- 3 tbsp egg replacer
- 3 oz or 75 g dried breadcrumbs
- 2 tbsp mild curry powder

### Preparation

1. Preheat oven to 350°F, 180°C or gas mark 4.
2. Cook the aduki beans in boiling water for 40 minutes until tender. Drain and rinse. Let cool.
3. Cook the bulgur wheat in the stock for 10 minutes until the stock is absorbed. Set aside.
4. Heat 1 tbsp oil in a skillet to fry onion, garlic, and spices for 4-5 minutes.
5. In a bowl, mix onion, beans, coriander, curry powder, and egg replacer and mash with a potato masher. Add the breadcrumbs and bulgur wheat and stir well. Cover and chill for 1 hour, until firm.
6. With wet hands mould the mixture into 30 ball shapes.
7. Place on a greased baking sheet and bake for 30-40 minutes

## RICE & PEAS



**Preparation time:** 10 mins

**Cooking time:** 1½ hours

**Serves:** 4-6

### Ingredients

- Add 1½ pints or 500 ml of water
- 1½ pints or 750 g plain rice (uncooked)
- 7 oz or 200 g dry kidney beans or gungo peas (also known as pigeon peas)
- 3 cloves garlic (finely chopped)
- 3½ pints or 750 ml of boiling water
- 3 scallions (spring onions may be used as a substitute)
- ½ pint or 250 ml coconut milk
- ½ tsp of salt
- ½ tsp ground black pepper
- 2 sprigs fresh thyme (2 tsp dried thyme may be used as a substitute)

### Preparation

1. Add 1½ pints or 500 ml of water to the peas and leave to soak overnight.
2. Crush the garlic and add to 3½ pints or 750 ml of boiling water.
3. Add kidney beans or gungo peas and boil for 45 minutes.
4. You can test to see if the kidney beans/gungo peas are cooked by crushing them against the lid of the pot. (If they crush easily, you are ready to move on to the next step).
5. Add the coconut milk, rice, salt, black pepper and thyme to the mix.
6. Crush the scallion (do not chop) and add.
7. The 'rice and peas' should be ready after about 40 minutes (exact cooking time will depend on the brand of rice used).

## JAMAICAN PATTIES



**Preparation time:** 15-20 mins

**Cooking time:** 20-30 mins

**Serves:** Makes 7 patties

### Ingredients

#### For the pastry

- 9 oz or 250 g plain flour
- ½ tsp ground turmeric
- ½ tsp salt
- 125 g cold vegan margarine or butter (cut into cubes & frozen)
- 5-6 tbsp cold water

#### For the filling

- 1 tsp oil
- 1 lb 2 oz or 500 g soya mince (pre-soaked if dried variety or defrosted if frozen variety)
- 1 onion (diced)
- 2 cloves garlic (minced)
- 2 inch piece of ginger (minced)
- ½ tsp coarsely ground black pepper
- 2-3 tsp curry powder
- ½ tsp dried thyme
- ½ tsp paprika
- ¼ tsp salt
- 2 tomatoes (chopped)
- 4 Tbsp fresh wholemeal breadcrumbs
- ¼ pint or 125 ml water
- 1 vegetable stock cube

### Preparation

1. Preheat oven 350°F, 180°C or gas mark 4. For the pastry
2. To make the pastry, sieve the flour into a large bowl.
3. Add salt and turmeric.
4. Grate the frozen butter into the flour and crumble in with your fingers.
5. Add the cold water and knead to make a dough (the texture will be like breadcrumbs).
- For the filling
6. Heat the oil and add onions, garlic, ginger, and mince. Cook until the mince is browned.
7. Add curry powder, thyme, paprika, salt and black pepper and cook for a further 3-5 minutes.
8. Add tomatoes and cook for a further 3-5 minutes until tomatoes have softened.
9. Stir in the wholemeal breadcrumbs and cook for 2 minutes.
10. Add water and stock cube and simmer for approximately 30 minutes.
11. You should end up with a fairly thick stew.
12. Allow to cool.

13. Roll out the pastry on a floured surface.
14. Using a small saucer, place on the dough and cut around to create a circle shape.
15. Put approx 1-2 tsp of the filling onto the pastry circle covering less than half the circle.
16. Fold the pastry circle in half and press down the edges with a fork.
17. You should now have half a semi circle shape.
18. Prick the patties with a fork 2-3 times to allow the steam to escape.
19. Place in the oven for about 20-30 minutes.

## APPLE, MANGO & PINEAPPLE CRUMBLE



**Preparation time:** 15 mins

**Cooking time:** 20 mins

**Serves:** 8 portions

### Ingredients

- 2-3 apples
- 1 large ripe mango (can also use 9 oz or 250 g of tinned mango puree)
- ½ medium pineapple (can also use 9 oz or 250 g of tinned pineapple)
- 6 oz or 170 g brown sugar
- 6 oz or 170 g vegan butter or margarine
- 10 oz or 280 g plain flour

#### Optional Ingredients

- ¾ tsp ground cinnamon
- ¼ tsp ground nutmeg
- ¼ tsp cloves (crushed)
- 2 oz or 50 g rolled oats
- 1 oz or 25 g digestive or ginger biscuits (crushed)

### Preparation

1. Preheat the oven to 400°F, 200°C or gas mark 6.
2. Peel the apples and roughly chop.
3. Place in a pan with 4-6 tbsp of water and simmer for about 3 minutes until softened.
4. Add the mango and pineapple and set aside in an oven proof dish.
5. Cut the margarine or butter into small cubes and add this to flour.
6. Mix with your fingertips until it resembles an even crumb texture.
7. Cover the fruit with the crumble mixture. Bake for approximately 20 minutes until the crumble is golden and the apple mixture is hot.



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# NATURAL CHURCH DEVELOPMENT

Thinking differently about how Churches grow

**SIMON MARTIN**, SEC Church Growth Director

We are a culture that likes to talk about health. On a daily basis we are exposed to the latest diet regimes that promise us fast weight loss. The daily stream of television adverts convinces us that we can have the body of our dreams if we use their tried and tested products. Turn that one pack into a six pack! Even the government tells us we should be eating at least five pieces of fruit and vegetables a day to maintain a healthy and balanced diet (although I hear the number is increasing to seven, even ten). Health is important. We all know its value and we feel its effects when we don't have it.

The Bible likens the church to a body and encourages us to place just as much importance on developing healthy church bodies as we do on achieving healthy physical bodies! The truth is, we can't really speak about church growth without talking about church health. If God's work is to move forward, we must have church communities that function in ways that produce life and health, communities that are healthy and attractive.

Jesus often spoke about the growth of the church in this way. He often used nature as an example of how to think about how the church grows. Many of his parables describe the growth of His kingdom through nature. According to Jesus, the church does not manufacture growth through right methodologies, but through focusing on healthy organisms, knowing that when an organism is healthy, growth will be automatic. On one occasion Jesus asked his disciples to consider the growing lilies:

*"Observe how the lilies of the field grow; they do not toil nor do they spin, yet I say to you that not even Solomon in all his glory clothed himself like one of these." (Matthew 6:28-29)*

Notice the emphasis on how they grow, not just on how beautiful they looked. In the gospel of Mark we read,

*"And he was saying, 'The kingdom of God is like a man who casts seed upon the soil; and he goes to bed at night and gets up by day, and the seed sprouts and grows—how,*

*he himself does not know. The soil produces crops by itself; first the blade, then the head, then the mature grain in the head. But when the crop permits, he immediately puts in the sickle, because the harvest has come." (Mark 4:26-29)*

Here we see the "all by itself" growth principle. The seed does not work at growing nor does the farmer cause the seed to grow. The farmer helps to create good conditions for the seed by watering, weeding, and removing any threats to its growth. The growth happens all by itself. The seed grows due to the blessings of God upon the healthy conditions that exist. God is responsible for the harvest. Growth flows from good health!

One of the strategic goals of the Church Growth department is to help foster healthier Adventist churches through the use of Natural Church Development (NCD). NCD is all about releasing that growth potential that God has already planted within our lives and churches. It focuses on increasing the quality of a church rather than on numerical growth goals. Growth should be about quality (health) and not just quantity (numbers).

Based on research in more than 70,000 churches on all six continents, NCD describes eight universal principles that are operating in healthy, growing churches, and which are applicable regardless of culture or spiritual style. All must be present and none can be missing. The eight characteristics identified are:

- Empowering Leadership
- Gift-oriented Ministry
- Passionate Spirituality
- Functional Structures
- Inspiring Worship Services
- Holistic Small Groups
- Need-oriented Evangelism
- Loving Relationships

The NCD Survey, a diagnostic tool, has been developed to help measure the health of a church in these areas. The survey is intended to be taken annually by churches to provide an accurate up-to-date "snapshot" of the health of the church in relation to these

eight characteristics. It is like holding up a mirror which shows the behaviours and therefore the culture of the church. The survey is based on an assessment made by key people who are active within the church. Each survey enables the church leadership to assess improvement in the church's health over the previous year and focus on the area needing greatest attention for the coming year. It provides a long term strategic process for progressively improving a church's health, helping to create a healthy environment for God to grow His church. With NCD we have a way to help the local church come to terms with its current position and then give it direction on how to allow God to do more.

A significant number of churches within the SEC are now adopting the NCD approach and are benefiting from it in some of the following ways:

- It focuses on principles that are solidly grounded in the Bible and the Spirit of Prophecy.
- It supports our emphasis on health ministry as a church and makes it easy to comprehend and apply.
- It reminds us that God brings the growth and it is our role to partner with Him, not generate the growth ourselves.
- It helps us focus on principles not programmes.
- It provides a regular, accurate "snapshot" of a church's health.
- It outlines a process for improving quality, especially in identified areas of weakness.
- It helps leaders focus on essential growth values.
- It provides concrete input for developing or refining vision.
- It helps direct limited resources effectively.
- It gives declining churches hope.
- Healthy churches find greater success in keeping new members.
- The natural end result is a church that more effectively reaches the harvest and is capable of passing healthy DNA on to new daughter church plants!

To begin the NCD process in your church or to find out more, please contact the Church Growth department here at the SEC.

SEC Family Ministry Department  
Seventh-day Adventist  
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## Widows and Widowers BANQUET

# Never Forgotten

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SEC DEPARTMENTAL  
ARTICLES  
AND REPORTS

I have been fascinated by history all my life. In school it was my favourite subject. Although a boring subject for many, I think that my enthusiasm for history was thanks to the teachers who made it come to life. They instilled in me a passion to know more about the past and how it informs what we do in the present.

For me, history is more than just dates and events that have to be remembered and at times regurgitated for papers, reports, and even sermons. History is a collection of stories which have unfolded over time, stories which are about real people who make the history of our families, communities, cities, and for some, the history of our church and even our country.

Every quarter we prepare a membership report for the Conference. In that report we track the number of members who have been added to our ranks, whether this is through baptisms, transfers into our field, or professions of faith. We also see those who leave, who have moved onto “greener pastures,” those who have passed away, or those who just feel that the Seventh-day Adventist church is no longer the place for them.

There is a temptation to write off the membership report as just another collection of numbers and charts which adds little value to our story as the South England Conference. However, every one of those digits tells a story. Each baptism is a testimony to the continued work of the Holy Spirit using members to share the gospel, and precious souls responding to that call. Each “transfer in” is someone looking for a new start in a new land, someone coming to study,

or even someone returning to the place where they were born. But every one of them, whether they are coming or going, is a story, a precious soul loved by God and a part of His family. In the Messenger and BUC News we get to read some of those stories, and even through the pages of this Communicator you will read the stories from across our Conference.

Our membership continues to grow, with nearly 700 being added through baptism and profession of faith in 2016. That equates to a growth rate of nearly 2.8% up from 2% the previous year. Our membership, at the time of writing, is 24,544.

On a final note, last year I told you about our plans to move our membership records to a new database system which was developed by the General Conference, ACMS. Progress has been slow, but it has been important that we have a membership database which meets the needs of our Conference and Union, which is fit for purpose in the 21st Century, and which complies with the increasingly complex Data Protection legislation.

Brothers and sisters, when Christ was told that his family had come to see him (Mark 3:31-35), His response was mind-blowing: *“But He answered them, saying, ‘Who is My mother, or My brothers?’ And He looked around in a circle at those who sat about Him, and said, ‘Here are My mother and My brothers! For whoever does the will of God is My brother and My sister and mother.’”*



DOUGLAS MCCORMAC



A youth pastor once asked me, “What’s the most powerful gift you can give a young person?”

“Show them how to turn good ideas into something tangible,” was my response. It came off the tongue so quickly that even I was impressed.

We all have great ideas, but what makes the difference is when our ideas become real and we are able to make a difference. Knowing how to transform good ideas into tangible outcomes isn’t always practical or possible. I confess to being one of the many still carrying dreams I’ve done nothing about - yet!

In the life of the Christian, dreams don’t tend to come true because you “wish upon a star.” They come true because you’ve sought God for direction, put them on paper, and developed daily habits to orchestrate success.

Since September 2014, the South England Conference has facilitated activities that fit within the Evangelism Everyone Everywhere (EEE) strategic framework. The intent was to create the conditions for a new era of collaboration and experimentation to be felt in every area, every church, every department, and every member in the SEC. Only by working together with the same goals and objectives will we see EEE move from being a visionary slogan to motivated

congregations who are making a difference in their local communities.

At its heart, EEE is about our church collectively undergoing a transformation in four areas to maximise our impact:

- Transforming into a more Spiritually Hungry Church
- Transforming into a more Nurturing Church
- Transforming into a more Relevant Church
- Transforming into a more Resourceful Church

As a result of EEE, we anticipate seeing an increase in the membership of the SEC, improved retention of existing members, enhancements to the spiritual lives of the members, and improvements in the way we use our resources in the support of mission. As you develop your plans in your corner of the SEC, we encourage you to collaborate fully with the Holy Spirit, asking Him to lead you in identifying and acting on “the difference that will make a difference.”

Each year of 2016-2019 has a special focus on an area of church mission. 2017 is the year of Restoration. The word restoration brings to mind thoughts of renewal, healing, and the return of former glories. Restoration will be the theme for the 2017 Camp meeting and we would like

to encourage the church membership across the SEC to make it a focal point for prayer. The Seventh-day Adventist church began as a movement, but it seems that something happened along the way and it feels more like an institution stuck in the sands of inertia. As we focus our efforts and pray for restoration, may we, as a church, become an unstoppable movement in our mission to spread the gospel of Jesus Christ.

Since the beginning of 2017, EEE laboratory has gone from strength to strength. The laboratory has been an effective vehicle for building the membership’s awareness of the concepts behind this initiative and encouraging them to consider how they can apply its principles in a local context.

As I have responded to calls from the different churches, I have been inspired by the enthusiasm shown by so many of the members in engaging with EEE and localising it. I have no doubt that with God’s help we will be seeing some amazing breakthroughs.

If you’d like to host an EEE laboratory at your church, please do not hesitate to get in touch.

We’re also interested in hearing stories about how you have made evangelistic inroads in your community. Your story will help to inspire others.

According to the charity ‘Action on Addiction’, one in three of us are addicted to something. Addiction is described as lacking control over doing, taking or using something to the point where it could be harmful to you. It is most commonly associated with gambling, drugs, alcohol and nicotine, but it is possible to be addicted to just about anything. (NHS choices 18/04/15)

Larry Pearce, in his book ‘Beyond the Mask: Shattering Porn Addiction’, defines addiction as “an ‘illness of escape’... It is an ‘alternative’ to letting oneself feel hurt, betrayal, worry, and, most painful of all, loneliness. It is important to realize that the addiction itself is not a solution to pain, past trauma and anxiety; the addiction literally becomes a ‘coping mechanism’...” (Pears 2009)

The subject of addiction has been extensively studied, and this has contributed not only to an accurate definition of the condition, but also insight into how addiction can be reversed. Researchers have made the following statements defining addiction:

- “A brain disease from which recovery is always possible.” (Dr Jim Craig, Consultant Psychiatrist Castle Craig hospital)
- The state of being enslaved to a habit or practice or to something that is psychologically or physically habit-forming, such as narcotics, to such an extent that its cessation causes severe trauma. (Dictionary.com)
- A physical or psychological need for a habit-forming substance, such as a drug or alcohol. In physical addiction, the body adapts to the substance being used and gradually requires increased amounts to reproduce the effects originally

produced by smaller doses. (The American Heritage Science Dictionary, 2002, Houghton Mifflin)

- A habitual psychological and physiological dependence on a substance or practice beyond one’s voluntary control (American Psychological Association)

#### How extensive is addiction?

It is not possible to establish the actual number of addictions, as most of it happens in secret, but figures can be obtained from rehab treatment centres. An estimated 2 million people in the UK are fighting an addiction.

#### How do you know whether you have an addiction?

Addictive behaviours are some of the most obvious signs of an addiction. These can often be seen as obsessions or compulsions.

You are addicted if:

- You are obsessed about the addiction. For example, always talking about it and trying to get others to do it with you.
- You seek out and engage in the addiction, over and over, even if it hurts you or others.
- You are not able to control the addictive behaviours.
- You are in more of the addiction than you desire.
- You deny addictive behaviours and the existence of a problem.
- You hide the addiction behaviours.
- You fail when trying to stop addiction; relapse.

#### What is the root of an addiction?

Addiction is influenced by several factors which include your

- Genetic makeup
- Social environment (including family life, peer groups, and exposure to substances such as alcohol and drugs)
- Personality

Other factors include stress or burnout, anxiety, and post-traumatic stress disorder.

Types of addiction are;

- Gambling
- Gym
- Sports
- Internet
- Computer games
- Alcohol
- Substance
- Sex
- Pornography
- Food/chocolate
- Work
- Shopping

#### What are the effects of addiction?

Addiction can affect your work and family life. The stress experienced by your family can result in serious consequences such as anxiety, depression, high blood pressure, relationship difficulties, legal problems, financial problems etc.

#### How can you help an addict?

- Approach them in a caring, non-judgemental, non-confrontational manner.
- Express your concern and offer to help and support.
- Engage with all concerned parties such as siblings, adult children, or your pastor.
- Plant a seed. Leave information lying around the house, or offer to call for help straightaway.
- Place responsibility where it lies, with the addict. They must make the decision to get help.
- Offer hope, for all things are possible with God. Hope heals.
- Recommend a self-help group like Alcoholics Anonymous (AA) or Narcotics Anonymous (NA).

#### Where can you get help?

Cornerstone Counselling Service has counsellors qualified to work with addictions.

Above all, prayer and the

Word of God revealed through Scripture can bring about restoration where human intervention fails. But there are also organisations who can provide support and assistance. Below are listed some helpful organisations, among others.

**Cornerstone Counselling Service**  
Tel: 0207 723 8050  
sec.adventist.org.uk/counselling

**The British Doctors & Dentists (BDDG) family groups**  
bddgfamilies.org.uk

**Families Anonymous**  
famanon or 0845 1200 660

**The National Association for Children of Alcoholics (NACOA)**  
www.nacoa.org.uk or telephone 0800 358 3456

AI- Anon  
SMART recovery.  
Overeaters Anonymous website  
Gamblers Anonymous website

Make an appointment to see a Christian counsellor.

Cornerstone Counselling  
(Sponsored by the SEC).

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**ANTONIO BELGRAVE**



**THEMBIE MAPINGIRE**



# The Pathfinder Bible Experience

For the first time ever, all eight teams from the South England Conference who took part in the Pathfinder Bible Experience (PBE) Union-level event achieved first place in their category, and are therefore eligible to attend the Division event to be held in Chicago, USA. All eight teams are planning to attend!

The Pathfinder Bible Experience was born out of a telephone call from a mother asking what I was doing to “*help my child know his Bible*”. Her son had asked her questions that he had been asked by his friends at school, which she couldn’t answer. I must admit, at first I felt a little perplexed by her question, but as I took time to reflect, I too asked the question, “*What am I doing to help our Pathfinders know their Bible?*” This led to another thought: “*How do I encourage Pathfinders to study their Bible and enjoy doing so?*”

In order to enter the PBE, the Pathfinders need to study entire books of the Bible in addition to reading the introduction section of the book in the Seventh-day Adventist Bible Commentary, using methods of their own choosing. Each team is assigned a mentor and a coach to provide support and encouragement as the Pathfinders study.

Through this programme, lives have been changed as young people develop a love for reading the Bible and become confident in sharing what they have learned with their peers. They are able to speak openly and boldly about the Bible and explain how their study experience has impacted their lives.

Not only has their spiritual experience grown, but many have expressed changes in their school life. I have also learned that the children use the same techniques and level of discipline to do their school work as they do to

study for PBE with significant improvements in their grades, so that some who attended special after-school teaching sessions no longer need to do so.

The objective of this programme is being achieved, and not only is it impacting the lives of the Pathfinders involved, but also their parents, club, and church! Families have re-introduced family worship, clubs have grown stronger, and church members have drawn closer together as they work to support their Pathfinders in this programme.

This programme is helping to develop future leaders with an in-depth knowledge of the Bible. For the Pathfinders, the incentive is an all-expenses paid trip to the USA. The adults get to witness their children enjoy studying the Bible without coercion and through this study make a decision for Jesus.

I would like to appeal to local churches to make a plan for next year to financially support your Pathfinders. They may become a first-place team eligible to attend the Division finals in the USA! The trend shows that more Pathfinders will reach this position as more clubs join the programme. My aim is that every Pathfinder club within the SEC has at least one team competing in the Pathfinder Bible Experience. Now, that would be awesome!



**KEVIN JOHNS**

# Women’s Ministries Department

The year began with the Evangelism Expo. Under the EEE strategy Restoration, the department has chosen to focus on Women’s Health & Emotional Wellbeing.

On January 15th the department continued part two of the Effective Communication course, a personal development programme which equips women to understand and use their spiritual gifts, talents, and abilities to serve others.

During the half term school break (February 13th - 17th), the Holiday Fun Club commenced at the Hyland House School for families who really need additional childcare support during school holidays. Nineteen children from the church and community attended the club.

Sunday 19th February was the first SEC Women’s Ministries Tea Party at Balham Church. Harper Events London transformed the hall into a beautiful setting for afternoon tea, cakes, and fun. The department took the opportunity to introduce the Area 6B’s Women’s Advisory Team: ReForM (Ready for Ministry). Although the tea party was a time of

social interaction, three emotional health topics were addressed—anger, guilt and rejection—by presenters Marlene Levy, an experienced counsellor, and Leslene Peat-Brown, a psychologist.

Tuesday 21st February 2017 ushered in the first Domestic Abuse training course for Women’s Ministry Leaders and interested parties. This was hosted by Dr Bianca Petrova from Women’s Aid and Saphra Ross (Hackney Church), Assistant Trainer for Women’s Aid. Dr Bianca is an experienced lecturer/trainer with some 30 years of experience working with women and men living with domestic abuse. Those who attended said that it was a thorough and well-presented introduction to domestic abuse, giving the attendees information and tips on how they can support victims.

Area Seven’s Women’s Ministries Leaders training commenced at St Albans church on 26th February 2017. This was a combined refresher course for some leaders and an introduction for the new ones. We solicit your prayers as we continue to listen to and support women throughout the SEC.

## FORTHCOMING EVENTS 2017

DATE	EVENT	VENUE
Sabbath 4 March	Int’l Women’s Day of Prayer	All Churches
Sunday 19 March	Effective Communication*	Balham Church, Elmfield Road, SW17 8AD
Sunday 29 April	Friendship Banquet	The Irish Centre, Camden Square, NW1 9XB

\* Fully Booked



**MASLIN HOLNESS**



# Music Ministries

Since taking office, I have focused on developing and emphasizing two of the three pillars on which the SEC Music Department's philosophy is built: "Music for Worship" and "Music for Evangelism." (The third pillar is "Music for Enterprise") The term "philosophy" translates as "love of knowledge," and with that in mind, my team and I have created a virtual "centre of excellence" in the form of the Music and Worship Academy (MWA), where training is provided on concepts and skills for music ministry.

We have curated a number of conferences, including two worship leaders' conferences, with the last one also incorporating a ministers' convention, because we feel it is vital that pastoral and music ministries work hand-in-hand as described in 2 Kings 3:15. Back in July 2015, we also launched the first Music Makers Conference. Furthermore, I have been actively teaching and demonstrating what it means to worship "in spirit and truth" (John 4:24), and I facilitate weekly worship services throughout the SEC and beyond.

Our next major event will be the Songwriters and Arrangers Conference in August 2017 at Newbold College, with facilitators including Dr. Cedric Dent (formerly of Take 6) and Gale Jones Murphy (writer of the song "Sabbath Rest," which some churches are or have been singing).

In January 2017, the MWA published "The Worshipper's Guide," written from the perspective of the worshipper and to emphasise our individual responsibility to "bring our worship with us to church" (Psalm 100), rather than simply coming to "get a blessing".

## Worship – Are You Spectating or Engaging?

One of the key messages the Music Department has been proclaiming is the fact that God, in His infinite wisdom, has provided a means by which we can get a weekly taste of eternity, because music (particularly singing) and worship are eternal activities. Consider this concept when you evaluate how these areas are treated in your local church or your attitude to worship.



MICHAEL JOHNSON

If you've ever left church with the feeling that it was boring, long, or dry, it is a clear sign that you have not been in the presence of the Lord. In His presence is "fullness of joy and pleasures for evermore" (Psalm 16:11). If you're prone to ask, "Who's preaching today?" and are inclined to "go visiting" if the preacher is not someone you rate, check yourself; you are more likely to be a spectator than a worshipper – you're looking to be pleased, instead of coming to please God (Psalm 19:14). On the other hand, those who facilitate worship should create opportunities for worshippers to express their worship.

The concept of worship is important because the Great Controversy that we hear so much about is over worship; we find this in the messages of the first and third angel of Revelation 14. The first angel encourages us to worship Christ, who made heaven and earth, and the third angel warns us against worshipping the Beast. In Isaiah 14, we find the battle for the thrones—the Lord's throne was "high and lifted up," but Lucifer said he would exalt his throne "above the stars of God." One of Satan's temptations for Christ was that he would give Him all the kingdoms of the world, if He would "worship him" (Matthew 4:9).

The worshipper, in contrast to the spectator, is under the influence of the Holy Spirit and is therefore Spirit-motivated to know how to behave and how to express worship to God.

These are some of the characteristics of the worshipper:

- Comes to church with their worship (Psalm 100)
- Recognises the presence of the Lord (Mark 5:6,7; Joshua 5:13,14)
- Instinctive humility and reverence (Matthew 2:11)
- Ready to share God's blessing; has a testimony (1 Corinthians 14:26)
- Responds to God's call to serve (Isaiah 6:8)

This is the language of a worshipper:

- When can I share my testimony?
- I didn't notice the time!
- I feel a load has been lifted.
- I feel refreshed.

A word of caution. There is a form of worship that is unacceptable to God and many are engaged in it, for lack of knowledge. Unacceptable worship is when you are present at church and going through the motions, but the cares of life are weighing you down and your mind and heart is far away (Isaiah 29:13 and Matthew 15:8). We are calling on worship leaders, pastors, and elders to spend time before worship begins to put souls at rest so that true worship can be experienced as we usher worshippers into the presence of the Lord.

# Communication - A Visible Church in the Community

Is your church visible enough in the community where it is situated? If not, how can you make it more visible?

The absence of a regular public information about the local church, limits the significance of that church to their public. If the people in your community hear little about your church, you can hardly blame them if they classify it as irrelevant. On the other hand, the presence of lively church items in the local press raises the profile of the church. It informs the community that behind 'those walls' are real people who are having a great time together.

My department wants to encourage all communication secretaries to make use of the opportunities provided by the local press to tell their stories. If your church exists for its community then the local people should be aware of the services that your congregation has to offer.

One of the main functions of the local press is to disseminate information to its audiences. Editors and newsrooms depend on 'informers' – people who tip them off about events and stories. It isn't good enough to assume that they will hear about your church. You must provide them with newsworthy stories.

How do you go about telling them?

The following points can enhance a positive relationship with your local press. As a communicator, you want the press to report the positive events that you are organising for your members and the local community. In turn, the press want a good story – one that will appeal to respective audiences.

- The first thing to bear in mind for this relationship to work is TIME. This is very essential for you to make every storytelling opportunity count.
- Start a diary. Write into it details of the church calendar and add all known local events which relates to your church programme.
- Become familiar with your local newspaper. You will need to have a feel for the kind of material they publish. It is helpful to have copies of all church or religious news items published by your local papers. This helps you to know what type of religious stories they are likely to publish.

• Know who to contact. Ask to meet the editor or deputy editor and introduce yourself briefly in your role as church communication secretary. Find out how they wish to receive news items and leave them with your name and contact details for future reference.

• Once you have contacted the right individual, you need to systematically nurture the relationship.

• You must develop a nose for what is newsworthy by trying to discover what a non-SDA would want to read about your local church.

• Learn to evaluate what constitutes church-oriented news that catches the eye of the editor, by researching his papers over a period, perhaps about a month or two. Look out for any story or picture and storyline that has a church or religious connection interest-factor and try to pinpoint the reason for publication.

• Also, acknowledge what does not qualify as news in the local editor's mind. Some church activity and information is of limited public interest because it would have to be defined as domestic – having merely internal relevance. Some other church activity and information has wider public interest because it may justifiably be classified as 'community' – having some external relevance. It is essential to learn to differentiate between the two.

News is something that the editor perceives to be of consequence to the community. I hope that your church can begin to become more visible in your community through the local press who now publishes online.



SAM O. DAVIES



Did you know that there are over 11 million people with learning disabilities in the UK? Seven out of ten families reach breaking point because of lack of short breaks.

A few weeks ago, I was invited to run a disability and diversity awareness seminar with a group of Lay Bible Workers in the London area. I was particularly inspired and excited by the visible transition in the thinking and approach of the workers to the ministry for people with disabilities that took place during those three hours together. The vision of the SEC Disability and Diversity Ministry (and ASNA charity), is that the church sees the God-given gifts in everyone and that the church can be a place where all feel they belong and they are able to use their gifts for ministry.

During the session, we read 'disability-myth- dispelling' texts from the Bible that enhanced their understanding that the Gospel is for all and that all can become disciples, winning souls for Christ no matter their ability. The seminar also reviewed the characteristics of the Lay Bible Worker and provided three key additions to their 'positive -attitude- tool kit', essential to minister successfully with people with learning disabilities and special needs. I will share these three 'tools' below:

The importance of understanding difference

One of the strengths of the church community is its diversity. The

differences in skills, ability and needs creates a rich blend of experiences essential for the building of the Body of Christ and for the mission of the church.

The importance of developing positive relationships

The experiences of families living with disability in the church has not always been positive. Many feel stigmatised and spiritually abused when told that 'if you pray enough, your child will be cured' suggesting therefore that lack of cure must equate to lack of faith.

Also, many have found that the lack of facilities for a member in their family or the attitude of the membership leaves them feeling isolated, hurt and exhausted. Taking the time to be intentional about developing long-lasting relationships with families experiencing disabilities can enhance the spiritual experience of both the person with the disability and the carers. The best way to identify the needs and skills of people with disabilities is to spend time with the families.

The importance of creativity

Our traditional approaches to ministry may not always work when ministering to people living with disabilities and special needs. There is a need, through recognising difference, and developing relationship, to be creative in the way we minister. There might be a need to use music more creatively in ministry. Music is an important tool (for some people with learning disabilities) to access the world and the Gospel. Research has shown that music has a positive effect not only on the intellect but also on the emotional wellbeing. The spiritual blessings and evangelistic opportunities music can have for people with disabilities is yet to be tapped within our churches.

Using the interests and experiences of people with disabilities in ministry can help and enhance engagement with the message of salvation. Being creative in the places we hold our ministry can help to include more people to have access to the gospel. Holding ministry outside of the four walls of our church buildings will improve access to the gospel for people with learning disabilities.

Working together with families, people with disabilities and leaders, we can ensure the mission in Matthew 28: 19 & 20 is established in our generation through the Holy Spirit and the mighty Hand of Our Lord and Saviour Jesus Christ.

References and resources:

Here is a list of references from the article with additional organisations and resources. Each website or contact will have links to other useful groups and can sign post to other useful resources for this ministry.

SEC Disability and Diversity Ministry - [snicholls@secadventist.org.uk](mailto:snicholls@secadventist.org.uk) or [lbuzac@secadventist.org.uk](mailto:lbuzac@secadventist.org.uk)  
Adventist Special Needs Association Charity for respite residential breaks, resources and training - [www.asna.info](http://www.asna.info)  
Livability – [www.livability.org.uk](http://www.livability.org.uk)  
Prospects – [www.prospect.org.uk](http://www.prospect.org.uk)  
Through the Roof – [www.throughtheroof.org](http://www.throughtheroof.org)  
Torch Trust – [Torch Trust.org](http://www.torchtrust.org)  
Churches for all – [www.churchesforall.org.uk](http://www.churchesforall.org.uk)

Annual Special Needs Camp at Aberdaron, Wales - for a safe, caring, fun loving holiday in a Christian environment – [www.specialneedscomp.co.uk](http://www.specialneedscomp.co.uk)  
Adventist Deaf Ministries International - <http://www.adventistdeaf.org>  
Sign ministries – <http://signministries.wordpress.com>  
Sign the word – [lorna@signtheword.com](mailto:lorna@signtheword.com)  
5 stages of grief related to disability -<http://www.getbrainchange.com/blog/grieving-a-disability>



**SOPHIA NICHOLLS**

The SEC Youth department has spent the past three months engaged in much activity around the conference. January began with a major youth day in London, during February and March the Youth Director took the department out of the office and on his continuing road trip around the conference, interacting with the young people in their local environments. And March centred around the annual Youth Week of Prayer culminating with Global Youth Day on the 19th of the month.

'The past informs the present and the future.' This was the emphasis of the SEC Youth Day of Fellowship held at the Dominion Centre in Wood where 2700 people attended on Sabbath 27th January. In attendance at the event were not only the present generation of young people but those from 'back in the day', along with their former SEC Youth Directors. Pastors Des Boldeau, Sam Davis, Bernie Holford, David Neal and Colin Stewart, were invited to speak a word of encouragement to the youth, as they were interviewed by Costa Vaggas. Drawing on their wealth of experience in the field of youth ministries, they provided insights into the challenges of youth work, then and now.

Pastor Anthony Fuller, the current youth director, spoke passionately about his love for young people. 'It's a time for change,' he said, 'and that means 'it's a time to love, it's a time to remember, it's a time to unite'. Literally, taking off his 'jacket of youth ministry' and his 'pastor's waistcoat' he chose to identify with many of the youth of the past and present feel disenfranchised. But it was when he removed his shoes and revealed a hole in one of his socks, that he expressed his vulnerability and empathised with

everyone who has ever felt vulnerable. 'Please forgive us,' he pleaded as he apologised to all those young people who felt hurt by the actions of the church. Although only fifteen months into his term at the time, it was evident that he felt the pain and discouragement of many of young people, who are passionate about their God and their faith, but challenged by the treatment they receive in their local congregations.

Vulnerabilities were also expressed by the main speaker for the day, Pastor Paul Graham from Washington. Speaking of his own youth, he encouraged the attendees to be 'agents of change' while serving God. One of the aims of the day was to build generational gaps between the youth of the past and today's young people and the 'Throwback' concert in the evening fulfilled this purpose, giving today's youth a flavour of the rich talent that the church had to offer and encouraging them to leave a legacy of their own. Blessed Voices, 3D and the Nu Hope Singers returned to the stage for one night only and Sweet Harmony and the alumnus of the London Adventist Chorale, under the direction of Tina Brooks, delivered a stunning performance, along with the Golden Chords, possibly the longest serving musical group in the United Kingdom. Other musical guests included saxophonist Daniel Costin and Wade.

'Awesome' was the only word that SEC Acting President Emmanuel Osei could say as he summed up the day. 'I believe the stage has been set to continue to take youth work to a new level. I hope that those people who attended the event recognise that there

were and always will be challenges in leading youth work, but with the help of God, we aim to build on shoulders of those who have gone before and carry the mission of the Seventh-day Adventist Church forward'.

The SEC Youth Department would like to thank Milimo Ninvalle, Project Manager and her team, Jason Thompson, Music Director and the band, SEC Media and all those who helped make 'It's time to change' a reality'

Week of Prayer in the South England Conference was not only held in local churches, but was also broadcast online every day from the SEC Youth Ministries Facebook Page. Using pre-recorded presentations from a variety of leading youth speakers, such as Eddie Hypolite, now pastoring in Australia and Sam Neves, Associate Communication Director of the GC, the three minute presentations were engaging and encouraged the youth to develop meaningful prayer lives, not only this week, but as a daily habit. 'It's really easy for our young people to treat this Week of Prayer as simply an event,' said Anthony Fuller, SEC Youth Director, 'but I would love to see this week as a start of a prayer movement, right here in the UK'. If you've missed any of the presentations, please check them out on the SEC FB page [www.facebook.com/secyouthministries](http://www.facebook.com/secyouthministries)



**ANTHONY FULLER**



## ADVENT SHELTER

The SEC Community Ministries department provided shelter, warm food, clothing, and hot showers to over 200 clients through its annual Advent Shelter which opened on the 23rd December 2016 and closed its doors on the 3rd January 2017. In addition to the basic necessities, the shelter also provided a computer hub, and clients were encouraged to update their CVs and “brush up” on their computer skills using these facilities. Reports were received of several clients obtaining meaningful work and finding permanent accommodation by using this service.

The Advent Shelter is run on donations, and the local Tesco and Waitrose have contributed to the project, among other organisations. It also relies heavily on the support of volunteers, and this season over 240 people registered to volunteer. Their help is invaluable as they serve meals, talk with guests, and provide support and assistance to the clients to make their stay at the shelter more comfortable.

## EVANGELISM EXPO

This year’s Evangelism Expo on 8th January 2017 was the largest to date, with over 1000 delegates at Newbold College. The theme of Restoration is the focus for 2017 and Pastor Mark Finley, international evangelist, delivered a message of encouragement and motivation entitled *“Preparation for the Harvest.”* As part of the Expo, information and plans were introduced for a major evangelistic campaign in 2018 and it is anticipated that Pastor Finley will return later this year to provide additional training to ministry and laity in preparation for this next year’s outreach programme.

*“As we leave this place we do so recharged, inspired and enthused, ready to do something for God in this mission that He has given us,”* said Dr Emmanuel Osei, SEC Acting President, commenting on the theme for the day. *“I look forward to the amazing harvest that God is going to help us to reap for His glory in 2018.”*

## CHURCH SPOTLIGHT

### Tottenham West Green Road

Since the beginning of March, Tottenham West Green Road Church has been actively getting to know their neighbours by showing acts of kindness. Starting with the Women’s International Day of Prayer, attended by local councillor Barbara Blake, the church decided not to talk about the Seventh-day Adventist beliefs but to share their kindness with small gifts.

Sophia Charles, Women’s Ministry leader, led children and adults into the community and distributed 50 potted plants to their neighbours.

A week later, the church gave out another 60 plants, and the gifts were received with much appreciation. This initiative was the beginning of a personal connection between the church and their community.

Dr Jude Jeanville, church pastor, said that the church was following the SEC’s strategy for 2017’s first quarter, *“Making contacts with community leaders/organization and community,”* and fulfilling the biblical truism that *“He that winneth souls is wise” (Proverbs 11:30).*

### Cheltenham

Cheltenham Church is engaging with children from their congregation as well as the community by regularly running Messy Church and FAB Friday programmes.

Messy Church is a creative crafts-based worship for families which teaches the Bible illustratively. Cheltenham’s Messy Church is intentionally held at a local community centre. In March, the church reported nearly 80 people joining, with over a third of the attendees being non-Adventist.

Alongside the regular Messy Church, a monthly programme is held called FAB Friday, an acronym for Food and Bible Friday. The concept is to eat, read Bible stories, and then to enjoy craft and drama activities relating to the stories. Again, a third of the children who attended were from the community. Cheltenham church should be commended for its initiatives for children.

## NEW STAFF



**Devon Boyd**  
Men’s Ministries

Devon Boyd joined the SEC family as the Men’s Ministries Director. He felt compelled to accept the position after recognising that men both inside and outside the church need support.

*“Men are leaving the church,”* said Boyd. *“I would love to see a men’s choir, and a football team, united and strong in faith, and at the moment we are slipping away.”*

Devon is passionate about creating an atmosphere that identifies needs, guides and then teaches men within the Seventh-day Adventist Church to be unified and confident in their homes and in doing God’s work.

Boyd is married and has two children. He is also a trainee elder at Battersea church.



**Pr Carlos Patrick**  
Teen’s Ministries

Pastor Carlos Patrick was the senior pastor of the Hastings and Polegate Churches in East Sussex before accepting the position of SEC Teens Ministries Director.

Patrick is passionate about working with teens and youth and is working with Pastor Dejan Stojkovic, the newly elected BUC Youth Director, and a team of other staff members to target the spirituality of young people and help them build a deeper relationship with God. The emphasis of the team is to focus on the spiritual development of teens and to equip them with practical tools to deal with everyday challenges.

Carlos says he hopes that *“churches will become places where children and adults are not afraid of judgement, but they become so loved that they don’t want to go anywhere else, even if they have the chance to leave.”*



**Natasha Mirilov**  
SEC Communication/  
Media PA



# Communication re:volution at European GAIiN Conference

BY NATASHA MIRILOV

One hundred and fifty communicators from across Europe gathered to connect, collaborate and change the way the Seventh-day Adventist church uses technology, media and communication skills, at Newbold College of Higher Education, Binfield between the 23-26 March 2017.

Global Adventist Internet Network (GAIiN) Europe, was the first of its kind as previous conferences have been held at local or Division level, this was the first time the Trans-European Division (TED) and the Inter-European Division (EUD) have joined together in a conscious attempt to network and collaborate better on media projects. The organisers of this programme would like to make it an annual event.

TED Communication Director Victor Hulbert and EUD Communication Director Corrado Cozzi, the event's organisers, did exactly that on the opening evening, as they introduced the 'Catch Box', a soft throwable microphone, into the Adventist Media world which was tossed around during the inaugural programme as an icebreaker. Also, instead of using a programme, attendees were encouraged to download a specially designed guidebook app. On Friday the live Twitter TV screen was opened where attendees could direct their feedback and opinions by using the hashtag #GAIiN17.

"The internet is NOT virtual. It is reality. When you speak, there are people on the other end. - @jamespoulter," posted by Cozzi, was just one of the many tweets that popped up on the screen. James Poulter, Senior Global Social Media Manager at LEGO and a committed Christian, brought modern relevance to Bible themes during his presentation on 'good news or fake news'.

With the 500-year anniversary of Martin Luther nailing his 95 theses to the door of the Castle Church in Wittenberg, the theme for this year's GAIiN Europe was 're:formation, re:volution'. Cozzi explained that Luther's sentence, "Here I stand, I can do no other," a sentence Luther used as he started the reformation, inspired the GAIiN organisers during the planning process.



There were also seventeen useful workshops, including publishing, choosing various fonts, Social Media Strategies, iPhoneography and news production. Thrilled delegates have asked for more and longer workshops next time.

Opposites, an inspirational film, had its European premier on Saturday night produced in cooperation with Adventist Communication Training (ACT). Sam Neves, GC Associate Communication Director further elaborated on the growing potential of ACT on Sunday morning.

As the weekend-long conference was coming to an end, contact details were being exchanged as many ideas and products were being shared throughout the weekend. Stan Jensen, Canadian Union Communication Director shared that "this is the best GAIiN I have ever been to." He was not alone. Comments, both verbal and on the anonymous online-evaluation form indicate the same mood. "Great job! A wide variety of topics and presenters." Or the comment that touched Cozzi and Hulbert's hearts, "Big thanks for organising and your love of His Mission."

The next Global GAIiN conference will be held in Sao Paulo, Brazil, in August 2017 while GAIiN Europe will return in March 2018 to Spain.

\*Photos by Mervin Weir



# A DEVOTIONAL - RE:FORMATION

BY JAMES SHEPLEY

Perhaps you have stood at a potter's wheel, repeatedly pressing the foot-pedal to maintain the speed of the wheel, while gently squeezing the clay to mould it into the shape of a pot. The potter will apply firm, yet gentle pressure to produce a flawless piece of pottery. He knows what he wants the clay to become - a cup, a vase, a pot.

Isaiah used the image of the potter to describe our relationship with God:

*"But now, O LORD, You are our Father; We are the clay, and You our potter; And all we are the work of Your hand."* (Isaiah 64:8 NKJV)

It is an intimate image. It speaks of God's role as Creator and Designer. In the aftermath of the human genome project, it should be still more obvious to us today than it was to the Psalmist that mankind is "fearfully and wonderfully made" (Psalm 134:14). As Stuart Burgess, Professor of Engineering Design at Bristol University, wrote in his book *The Design and Origin of Man*, "When I look at the human being I can see clear evidence of purposeful design in the same way that engineering systems show evidence of purposeful design."

But the image of the potter and the clay doesn't only speak of Creation. It also speaks of God's continuing role in shaping our characters and our lives for His honour and glory.

Some may deny that there is a Potter. Others may build their ethical and moral teachings on the basis that the pot is the measure of all things. But the pot is hardly in a position to critique the potter (Isaiah 29:16). The pot is not worthless, however; it is valued, and, as it is moulded by its maker, it can fulfill its true purpose (Romans 9:21). Defining that purpose is the potter's prerogative (Jeremiah 18:6).

It may be uncomfortable to be thrown on the potter's wheel, but the pot is being shaped for service. In our lives, we too may be "thrown" around, and this may prove challenging. But it is through this forming and re-forming that God can allow us to be fitted for his purposes; we need to surrender to the divine insight of the Creator.

Like the pot on the potter's wheel, we are still a work in progress. But, if we let Him work with and through us, we will become a vessel fit for service here on earth and a citizen prepared for heaven.



Pastor James Shepley is the minister for Swindon and Cheltenham Churches



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Registration is free, and you can pre-book a Cafeteria meal ticket with your registration, or pay cash at the Cafeteria on the day.

<https://www.eventbrite.co.uk/e/newbold-bible-conference-we-cant-look-away-the-church-social-justice-tickets-32879890638>

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## BEING AT NEWBOLD HAS BEEN AN EXCITING JOURNEY SO FAR

Being at Newbold has been an exciting journey so far. My aim on arrival was to study hard and involve myself in activities. Being involved in things like the Newbold Student Association and Campus Ministries has also enriched my experience – both organisations have been such an encouragement that I decided to become a member to help others experience the impact they had on me.

As a first-year Theology student I realised that studying about God does not automatically improve your personal time with Him. Strange but true. This makes me even more grateful for the uplifting spiritual activities on campus which have acted as a reminder of the importance of a personal, one-on-one relationship with God.

*Sofenna Lowe - Theology*

For more information, visit: [newbold.ac.uk/experience-newbold](https://newbold.ac.uk/experience-newbold)