

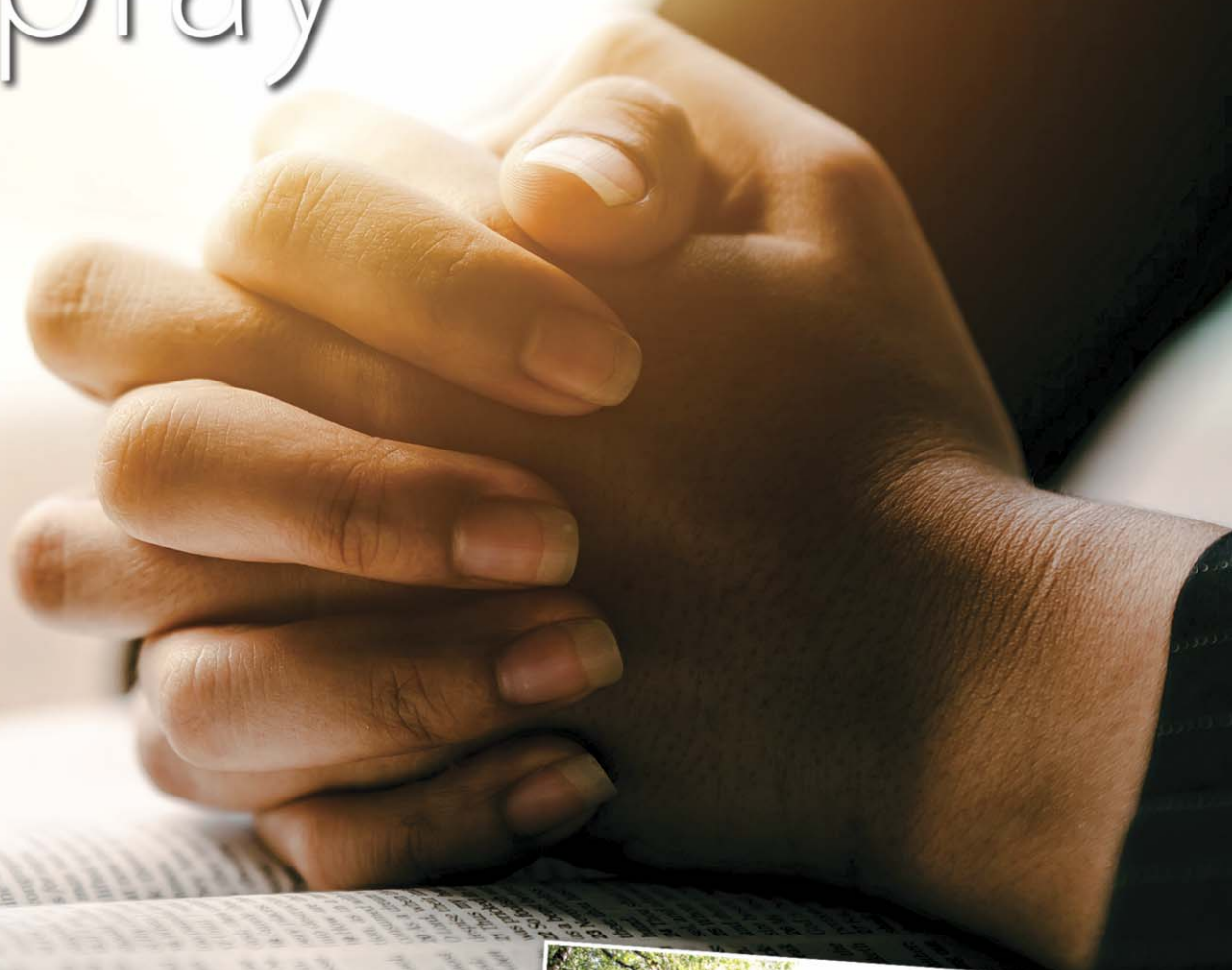
Messenger

Journal of the Seventh-day Adventist Church
in the United Kingdom and Ireland

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It's time . . .
to pray



Stories to tell –
Stanborough Press ministry



It's time!

by Catherine Anthony Boldeau,
BUC Stewardship Director

As I write this – at the midpoint of the year – I find myself in two meetings. The first has been called by a Christian organisation focused on mission, which invites us ‘not to give up’ despite the ever-increasing challenges that the world is facing at this time in history. We reflect, share and pray together. At the end of the meeting I shed tears as I am moved by the closing video in which God intervenes in the life of a drug addict.

The second meeting, with 82 people in attendance from the UK and Ireland, is in preparation for a national week of prayer (6-14 September 2025). We are invited during that week to ‘lay down our egos, our logos and our brands’ and concentrate on inviting our local communities to join us in praying for our nation.

Legacy of prayer

In May 1940, during the Dunkirk Crisis, King George VI called for a national day of prayer for deliverance from the Nazis during World War II. It was a time of great uncertainty, misgiving and despair, and it was obvious that divine intervention was needed.

In 2025, just a few weeks ago, nearly 80 years after the end of World War II, the phrase ‘World War III’ was on the lips of politicians, military leaders and news reporters. As the Seventh-day Adventist Church – who believe that, like the sons of Issachar, we ‘understand the times’ – *we sat in silence* . . . or, at least, relative silence.

Of course, private prayers were uttered, and churches mentioned it in their corporate prayers. But did the church of 45,000 members in the UK and Ireland remain silent?

And we cannot be silent!

Yes, we pray during our private devotions. Most, if not all, of our 420 congregations have at least one weekly prayer meeting. We have half-night and all-night prayer



meetings; some churches dedicate the first Sabbath of each quarter to prayer and fasting; daily early morning prayer groups are on the rise. Prayer is woven into the Adventist DNA.

But . . . when was the last time that we lamented for our nation, our politicians, our business and council leaders; for our church; for the Father to intervene in the numerous conflicts that are allowed to fester in our sacred spaces?

When have we cried out in corporate belly-aching prayer for the children who are dying on our streets from gun and knife crime; for those incarcerated in our prisons; for those in gangs, those involved in county lines scenarios, and those whose home is the streets?

When did we last intercede with our Father, God, for the millions who are suffering from the silent pandemic of poor mental health?

Did we petition Him as the MPs prepared to sign the Assisted Dying Bill or wail as MPs debated whether to legislate to criminalise abortion after 24 weeks of pregnancy? And, despite the incessant news reports, did these prayers catapult us into action for the vulnerable who are suffering in the Middle East, the Democratic Republic of Congo, Sudan, Yemen and the myriad of world crises that are on the rise?

Well, it's not too late. It's time to lament in prayer – not only to pour out our grief to the Father, but to ask Him for forgiveness for our indolence, our apathy and our constant self-centred consideration for only *our* own needs.

God invites us to return to Him in penitence; He says, ‘If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land’ (2 Chronicles 7:14, KJV).

It's time.

‘Let none indulge the thought that we have attempted too much. No, no; we have attempted too little. The work which we are now doing ought to have been done years ago. . . . What is needed now is a church whose individual members shall be awake and active to do all that is possible for them to accomplish’ (Ellen G. White, *Historical Sketches of the Foreign Missions of the Seventh-day Adventists*, p. 294).

It's time that we join hands in unity to pray for our nation and for the challenges in our world. It's time for us to be fervent in our prayers as we beseech God for regional, national and global breakthroughs. ‘Not to us, LORD, not to us but to your name be the glory, because of your love and faithfulness’ (Psalm 115:1, NIV).



Editorial

by Dusanka Rancic,
Editor

EDITORIAL

Dear reader,

‘For whatever things were written before were written for our learning, that we through the patience and comfort of the Scriptures might have hope.’
(Romans 15:4, NKJV)



As Christians we have all witnessed the transformational power that reading the Scriptures has in our lives. We often emphasise the crucial role the Bible plays, alongside prayer and the guidance of the Holy Spirit, in helping us get to know God’s character and understand His plans for our lives and for this world. If we want to grow spiritually, emotionally and intellectually, we must read.

In 1842 a young woman named Harriet Jacobs, an enslaved African American in North Carolina, hiding in a cramped attic crawlspace for nearly seven years to avoid capture, eventually escaped to the north. Ten years later she read the book *Uncle Tom’s Cabin* by Harriet Beecher Stowe. The book’s vivid portrayal of slavery’s cruelty and her own experiences compelled her to write her memoir, *Incidents in the Life of a Slave Girl*, published in 1861. Her story became one of the first widely read accounts of slavery written by a woman, rallying support for the abolitionist movement. By reading Stowe’s work, Jacobs found not only courage for her own freedom, but also the inspiration to speak out, changing countless minds about the reality of slavery.

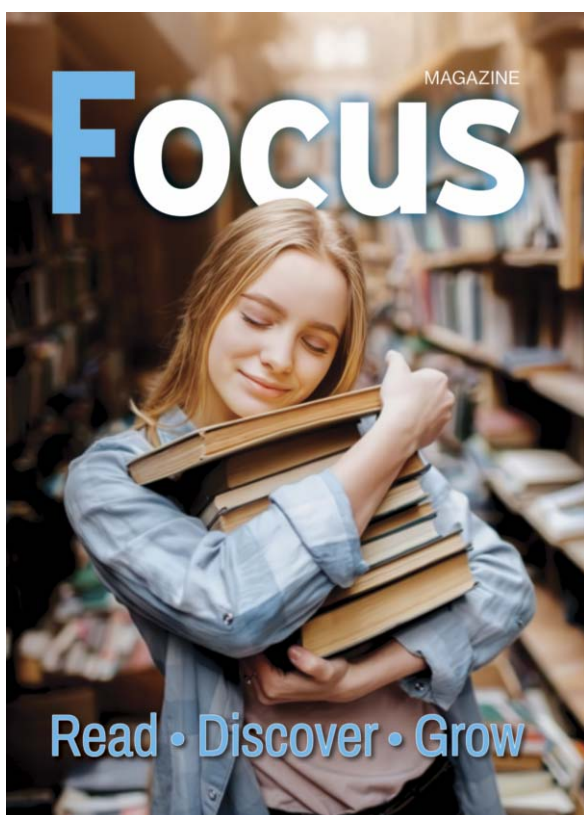
This example from history demonstrates the impact that a book can have on people – and especially impactful are the books written by praying, God-fearing individuals with the purpose to bring glory to His name.

Even though printed books have a unique quality, the shift to digital is unavoidable. And, while the data shows that

the act of reading the printed page is superior to digital reading in nearly every aspect, such as focus, retention, comprehension and immersion in the written content, we at the Stanborough Press advise you to continue engaging with good books in your favourite way.

While the benefits of reading are many, we discuss the most important ones in the newest edition of *FOCUS* magazine, themed ‘Read – Discover – Grow’. We believe that this magazine will be of great encouragement to you and your friends. Furthermore, we hope that it will inspire you to go back to the good habit of reading and rediscover some forgotten values in the process.

I am also using this opportunity to invite you once again to the Stanborough Press Open Day in Grantham on Sunday so that we can read, discover and grow together. Visit us and learn more about your publishing house and the ministry we provide in this country and all around the world. And don’t forget to order copies of *FOCUS* magazine and share them with your non-Adventist friends, colleagues and neighbours.



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Stanborough Press Open Day
Sunday 7 September – all are welcome!

'I will go!'

Further updates from the 62nd General Conference Session in St Louis, Missouri, USA from 3 to 12 July, compiled from various Session reports and edited by *Messenger* staff

With the 62nd General Conference (GC) Session in our rear-view mirror, we can now reflect on a gathering that left its delegates full of renewed hope, fresh motivation, a sense of reassurance, and lasting connections. The overwhelming sentiment among delegates was that the diverse elements in the church had all exhibited a remarkable degree of unity in their common purpose of carrying out God's mission.

Unity in diversity

The diversity of the church was highlighted by the intensely colourful Mission on the Move pageant on 12 July, which concluded the Session, with representatives from each nation donning traditional clothes and bearing aloft their national flags – a tradition that began in 1958 and continues to inspire members nearly seven decades later. Season Cromwell, the host and producer with Hope Channel International, appealed to the attendees, saying: 'As we watch the flags pass before us this evening, may they not only represent where the church currently is, but where our mission must still go!'

Many of the diverse ministries of the church were on display in the Exhibition Hall, including health, education, ADRA, and of course publishing ministries, with Sales Manager Trevor Johnson and CEO Elisabeth Sangüesa representing the Stanborough Press.

Even the children discovered how special it is to be part of a worldwide church family. When asked why she liked the GC Session, 4-year-old Sarah said, 'It looks nice! People wear pretty costumes. It makes me want to visit the countries they're from!' Six-year-old Benjamin was asked, 'Why do you think people came from all over?' His answer was insightful: 'To see important things and learn how our church works.'

Youth

The Trans-European Division (TED) was notable among the divisions of

our global church for having one of the largest proportions of young people among its delegates – 13 out of 87 – intentionally reflecting the biblical mandate to mentor and provide leadership roles to the next generation. Nevertheless, there is still much work for our church as a whole to do in this area, as one of the TED's young delegates from the British Union Conference, Abigail Wright-Stephenson, writes in the *tedNEWS*.

Happily, though, the young people's missional ministry looks set to be facilitated by a special youth edition of Ellen White's classic *Conflict of the Ages* set, as ministry to and by young people using her works is encouraged. And young people were active in mission on the streets of St Louis during Session. Busi Khumalo, GC Youth Ministries Director, led a dedicated team of young volunteers making a difference – one garden, one street, and one book at a time. Each evening, the youth gathered for worship, mission-focused conversations, leadership advice and social activities.

These youth reminded the church – and the city – what mission looks like on the ground. It's sweaty, gritty work – and it's exactly the kind of impact the world needs right now.

Cheque

On Monday 7 July, the Seventh-day Adventist Church presented a US\$100,000 cheque for disaster relief to the Mayor of St Louis, after the region was struck by a tornado on 16 May. Mayor Cara Spencer attended the event to thank the church for holding their convention in the city. 'This means so much to our city. We're grateful that you're here, and we're truly grateful for this investment in our future,' she said.

Elevating worship through music

Music is a powerful tool to prepare hearts, settle minds, and set the tone for worship. Understanding this sacred role, the music coordination team for the Session actually began

the multilayered process of music selection as far back as three years before the Session!

Serving as the primary orchestra for the Session was not a new honour for Montemorelos University – an Adventist institution overseen by the Inter-American Division. It was the culmination of years of service, commitment and musical growth in support of the Adventist Church. Many other contributors also joyfully took part.

New team for the TED

In the last issue (1 August) we reported that Dr Daniel Duda, Nenad Jepuranovic and Pastor Robert Csizmadia were all re-elected to their roles of TED President, Treasurer and Executive Secretary respectively, and we can now report that many other roles at the TED were voted at Session as well.

Pastor Ian Sweeney retained his position as Field Secretary with responsibility for Public Affairs, Religious Liberty & Publishing; Candy Layson was re-elected as Associate Treasurer; Dean Papaioannou kept his role as Associate Secretary; and Marcel Ghioalda was re-elected as Youth and Public Campus Ministries Director. Furthermore, Kevin Johns also kept his position as Teens, Adventurers & Pathfinders Associate Director; Kayle de Waal returned to serve as Education, Sabbath School & Personal Ministries Director; and Karen Holford was re-elected to her role as Family & Children's Ministries Director.

Pastor David Neal, formerly Communication & Media Director, is now Ministerial, Chaplaincy & Stewardship Director; his erstwhile associate director, Vanesa Pizzuto, has assumed his role as Communication & Media Director; and Pastor Joseph Philpott now fills Vanesa's former role as Communication & Media Associate Director, joining the TED from the North England Conference. The other addition to the TED team is Pastor Sylvia Mendez, now the



Gerhard Weiner/AME (CC BY4.0)



Justin Kim

Seth Shaffer/AME (CC BY4.0)



Parade of Nations at the Mission on the Move programme

Melvin Labajo Donadelle Jr/AME (CC BY4.0)



Exhibition Hall

Gerhard Weiner/AME (CC BY4.0)



Southern Asia Division

AME (CC BY4.0)



Erton Carlos Köhler, incoming president of the General Conference, presents Ted N. C. Wilson, outgoing president of the GC, with a Bible

Nathaniel Reid/AME (CC BY4.0)

Adventist Mission & Women's Ministries Director, formerly of the Australian Union Conference. More responsibilities will be assigned at the end-of-year meetings.

Retired church leaders honoured
Thirty church leaders of the world

church were honoured at the Session as they moved into retirement: staff of the GC and its institutions, as well as division executive officers, including presidents, secretaries and treasurers.

Changes to publications and constitution

Of note in the publishing world, *Adventist Review* and *Adventist World* are now merging into one magazine. 'For marketing simplicity, brand clarity, and global economics, we have consolidated our products under one name, the *Adventist Review*,' said *Adventist Review* editor Justin Kim on 12 July.

Updates to the *Church Manual* were also voted at Session, including a requirement that church officers return a faithful tithe (read more on pages 6 and 7), although an amendment was also passed to emphasise that 'the treasurer and the pastor should never disclose individual giving records, except with the consent of the giver, as required by law.' There was also an amendment to clarify that nominating committees don't appoint officers, but merely recommend them to the church.

Other changes to the *Church Manual* include an alteration in the section on credentials

and licences of pastors and other employees (to avoid needless repetition); a change to say that each division 'may' prepare a supplement to the *Church Manual* for its region (rather than suggesting that this should happen); and the addition of a suggestion that 'an offering

for the poor may be taken as the congregation leaves' a Communion service, 'in addition to regular and systematic offerings'.

Constitutional changes were also discussed, and a proposal to extend the time period for finalising numbers of delegates to future sessions from two to three years, in order to mitigate visa challenges, was referred to the Constitution and Bylaws Committee. The issue of financial appropriations was also studied intently.

An inspiring Sabbath sermon

The Seventh-day Adventist Church's new president, Erton C. Köhler, gave a message full of hope on the second Sabbath of the session, Saturday 12 July. He approvingly quoted Ellen White's powerful words, 'The Lord is coming. We hear the footsteps of an approaching God' (*Evangelism*, p. 219). While noting that the many tragedies of societal breakdown, wars and natural disasters around the world are indeed fulfilments of Bible prophecy, he stated categorically that our main emphasis should not be on giving way to fear, but on rising powerfully for mission. 'Our message is not a message of fear or sensationalism. It is a message based on hope and security, not anxiety or fear (see Luke 21:25-28). We are moved by hope. . . . We have the call, the commission, the promise of the power of the Holy Spirit, and the certainty that Jesus will be with us always, even to the end of the age (see Matt. 28:18-20).'

And what better way to conclude this report than that? Full of holy boldness, aware of the fulfilment of prophecy but with our primary focus on carrying out God's mission with convicted hearts and with the enabling presence of the Holy Spirit, may we go forwards in unity to share the message of the crucified, risen and soon-coming Christ.

Faithful attraction: how new GC directives elevate stewardship in the BUC

by Catherine Anthony Boldeau with Wederly Aguiar,
BUC Stewardship Director and BUC Treasurer



Sacred trust is the key lesson in the biblical narrative of King Josiah's temple repair, recounted in 2 Kings 22:3-7 and 2 Chronicles 34:8-13. The scripture highlights that the funds contributed by the people were entrusted to the workers without a detailed accounting, 'because they deal faithfully' (2 Kings 22:7, NKJV). This wasn't negligence, or lack of accountability, but a testament to an environment where integrity and diligent management built unwavering confidence. It emphasised the timeless truth that, when it comes to God's work, **stewardship is fundamentally not about merely fund-raising, but about 'faith-raising' – developing a faithful attraction.** It's about cultivating a deep spiritual commitment that inspires generosity and trust.

This very principle resonated through the amendments to the *Church Manual*, some of which concerned tithes, offerings, finance and accountability, approved at the 62nd Session of the General Conference of Seventh-day Adventists in July 2025. These are poised to significantly impact the British Union Conference (BUC) membership by emphasising *spiritual faithfulness as the bedrock of financial practices.*

Redefining stewardship: four key emphases

1. Stewardship as faith-raising, not fund-raising: The core of these amendments underscores that **stewardship is an outgrowth of our faith.** Stewardship is *not* about meeting budgets or quotas, but about growing trust in God's providence and responding to His blessings with a willing heart. Giving becomes a visible expression of our belief in God as the ultimate Provider and Owner

of all things, aligning our financial practices with our spiritual convictions. This cultivates a culture where generosity flows from a deep well of gratitude and dependence on God.

2. Giving as an act of worship:

The *Church Manual* now explicitly highlights that **giving offerings is an integral part of worship.** It echoes Ellen G. White's counsel that 'voluntary offerings and the tithe constitute the revenue of the Lord's work' (*Acts of the Apostles*, chapter 7, page 74). This isn't just a collection: it's a sacred moment when we return a portion of what God has entrusted to us, recognising His sovereignty. Second Corinthians 9:7 captures this beautifully: 'Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver' (NIV). When we give, we are participating in an act of adoration, praise and thanksgiving to our Creator.

3. Accountability through audits is essential: King Josiah's temple repair demonstrated trust born of integrity, but the new directives reinforce that **accountability through regular audits is essential for building and maintaining confidence.** The apostle Paul himself exemplified this principle, taking pains to ensure transparency when handling communal funds, as seen in 2 Corinthians 8:20, 21: 'We want to avoid any criticism of the way we administer this liberal gift. For we are taking pains to do what is right, not only in the eyes of the



Lord but also in the eyes of man' (NIV). Audits are a vital safeguard that ensure that funds are managed responsibly, protecting the church's resources and fostering transparency among members.

4. Church officers leading by example: A significant amendment now states that to **hold a local church office, an individual should faithfully return tithe and give offerings.** This emphasises that church leaders should lead by example in their financial faithfulness. As 1 Corinthians 4:2 states, 'Moreover it is required in stewards that one be found faithful' (NKJV). Leaders are called to model a holistic walk with God, where spiritual commitment translates into tangible acts of obedience, including returning tithe and giving offerings. This reinforces the idea that effective spiritual leadership encompasses all areas of life, including financial stewardship.

How do these changes impact members in the BUC?

We appreciate that **these changes will take time to roll out across the**



territory, and the BUC Stewardship and Treasury teams and their regional counterparts will keep you updated over the next twelve months.

The Seventh-day Adventist Church is required to comply with privacy laws in both the **United Kingdom** and the **Republic of Ireland**. This includes the UK's **General Data Protection Regulations (UK GDPR)** and the **Data Protection Act 2018**, as well as Ireland's **General Data Protection Regulations (GDPR)** and **Data Protection Act 2018**.

To ensure complete compliance across both jurisdictions, the BUC is seeking specialised governance guidance from a Data Protection expert. This step is crucial for establishing proper practices for handling sensitive data, maintaining legal accountability, and safeguarding the rights of individuals in both the UK and Ireland.

We trust that, after we receive clarification as to the implementation of the amendments for our territory, these will shape the spiritual and operational landscape of the Seventh-day Adventist Church in the UK and Ireland by:

- **Elevating leadership standards:** Nominating committees will then have a clear directive to ensure proposed leaders exemplify financial faithfulness, reinforcing their role as spiritual examples. Local churches will be guided to navigate this with wisdom and grace, emphasising discipleship over compliance.
- **Deepening stewardship education:** The BUC Stewardship Working Group (which includes

International Day of Peace

"We but mirror the world. All the tendencies present in the outer world are to be found in the world of our body. If we could change ourselves, the tendencies in the world would also change. As a man changes his own nature, so does the attitude of the world change towards him. This is the divine mystery supreme. A wonderful thing it is and the source of our happiness. We need not wait to see what others do." – Mahatma Gandhi

**Sunday
21st Sept**

8:00am

zoom

Meeting ID: 859 6791 4767
Passcode: 916730



Be the Change



Catherine Anthony Boileau



Pr Sam Ngui



Dr Dan Serb



Pastor Ian Philpott



Jermaine Lee Wong

Prayers For Peace

all elected directors and sponsors around the territory) will roll out stewardship education where giving is understood as a joyful act of worship and an integral part of one's faith journey, rather than just an obligation.

- **Strengthening financial trust:** The explicit call for accountability through more regular local audits will bolster trust within congregations. The BUC Treasury Department, in consultation with their regional counterparts, will give guidance on the new audit procedures so that members can be assured that their contributions are handled with the utmost integrity, mirroring the trustworthy administration seen in biblical examples.
- **Fostering unity and mission:** When leaders model faithfulness and financial practices are transparent, it cultivates a healthier, more unified church environment. This allows the

church to focus its energy and resources more effectively on its primary mission of sharing the Gospel, serving the community and preparing for the soon return of Jesus Christ.

Conclusion

The recent amendments to the *Church Manual* are more than just administrative tweaks: they are a **spiritual recalibration**. For the BUC, these changes serve as a powerful reminder that **stewardship is faithful attraction**. By prioritising **faithful leadership**, embracing **giving as an act of worship**, ensuring **robust accountability through audits**, and fostering a **culture of transparent integrity**, the BUC can strengthen its spiritual foundation and advance its mission to spread the Gospel in the UK and Ireland with renewed confidence and unity.

For additional information, please go to <https://buc-stewardship.adventist.uk/> and www.youtube.com/@buc-tv.

When humanity is targeted

by Abigel Gordon



The annual Humanitarian Commemoration Service at Westminster Abbey



Each August, on World Humanitarian Day, we pause to remember and commemorate humanitarian workers, including those who are part of the global ADRA network, who have lost their lives while serving communities in crisis.

They were willing to risk their lives to be there for those the world has often forgotten. Perhaps at the back of their minds lingered the thought that their families were waiting for them back home, not sure if they would return. During emergency responses in high-risk contexts, these are some of the questions aid workers have to face.

The civilians they serve endure some of the harshest conditions, lacking access to food, clean water and shelter, and often engulfed by the fear of impending conflict and violence. Yet aid workers choose to stand with families who have lost everything – loved ones, homes, and even the dignity that comes with the access to basic necessities that we often take for granted.

Increasingly, humanitarian aid workers have become targets in conflict zones. There has been a rise in reports of aid convoys being attacked, injuring or even killing workers. The OCHA (Office for the Coordination of Humanitarian Affairs) and the Aid Worker Security Database have observed that the rise in aid worker casualties is part of a broader trend of escalating attacks on humanitarian personnel and



increasing harm to civilians across multiple conflict zones worldwide. Female humanitarian staff face unique and often increased risks just because they are women.

It's heart-breaking that, though we live in a time hailed as the era of modernity and advancement, civilians all around the world, including humanitarian workers and healthcare professionals, are targeted and even killed.

The majority of people who get hurt or killed while helping others in dangerous places are the local staff who live there. Earlier this year in Sudan, an aid convoy working for the World Food Programme and UNICEF (the United Nations International Children's Emergency Fund) was attacked, killing five humanitarian workers and destroying crucial supplies meant for children and families.

In March this year, a convoy of clearly marked ambulances and emergency rescue vehicles was

attacked, killing 15 local Palestinian humanitarian workers. Tragically, these are just some of the incidents of violence against aid workers globally.

At the beginning of the year, a memorial plaque dedicated to humanitarian aid workers was unveiled during a ceremony at St Paul's Cathedral. The plaque celebrates the bravery of those who dedicate their lives to helping others and remembers those who have been murdered or injured while delivering humanitarian assistance. Hand-carved into the plaque are the poignant words: *'In celebration of Humanitarian Aid Workers. Helping those in need whoever and wherever they are. And in remembrance of those who have died in pursuit of their calling.'*

There is also a yearly commemoration at Westminster Abbey's Memorial for Innocent Victims, which seeks to honour those who have died in the service of humanitarianism and to celebrate the spirit that inspires humanitarian action around the globe.

Even in the face of danger and adversity, humanitarian organisations remain steadfast in delivering life-saving support. With humanitarian funding under severe strain due to recent cuts, aid organisations increasingly rely on generous donors like you to be able to respond to emergencies.

We cannot turn our backs now – your support is more crucial than ever.

Thank you for standing with us and being an essential part of the global effort to alleviate suffering and bring hope to those affected by crises around the world.

To read more about the work of ADRA-UK and emergency responses, please visit our website: adra.org.uk.

Nature's pharmacy, part 6b – Healing foods

by Sharon Platt-McDonald,
BUC Director for Health, Adventist Community Services & Women's Ministries



As we continue our series on healing foods, we commence this issue of Enhancing Health with a look at gastrointestinal health and the foods that enable its optimum function.

Gastrointestinal health

In an online article captioned 'Guide to Gut Health: What It Is and Why It Matters', published on the Gastroenterology Associates website, Dr Stephen P. Brackbill explains the following: 'Gut health refers to the balance and functionality of the gastrointestinal

(GI) tract, which includes your stomach, intestines, and other digestive organs. Central to this concept is the gut microbiome – a complex community of trillions of microorganisms (bacteria, fungi, and viruses) living primarily in the intestines. A healthy gut efficiently breaks down food, absorbs nutrients, and eliminates waste.'¹ The article further explains the extensive impact of gastrointestinal health on immune function, mental health, metabolism and disease prevention.

Best plant-based foods for digestive health

On the www.eatingwell.com website, Novella Lui, RD, MHSc, lists the benefits of plant-based foods for digestive health. In her article, 'The 7 Best Plant-Based Foods for Gut Health, According to a Dietician', she states: 'One of the great things about plant-based foods is that they're filled with fibre. This indigestible carbohydrate travels intact to the colon, where the beneficial bacteria that live there feed on it. That doesn't just help those healthy bugs grow and thrive. It also gives them the power to crowd out more harmful bacteria.'²

In her article summation, she concludes with the following advice: 'Plant-based foods are filled with nutrients for better gut health. So if gut health is a goal, reach for oats, mushrooms, berries, lentils, tempeh, almonds and cashews. They're filled with nutrients that have been shown to promote gut health, like fibre, antioxidants and healthy fats.' I have summarised Lui's explanation of the benefits of these foods as follows:

- **Oats** contain beta-glucan, a special type of soluble fibre that could reduce harmful LDL cholesterol and stabilise blood sugar. Additionally, oats may increase the concentration of certain types of beneficial gut bacteria, such as *Lactobacillus* and *Bifidobacterium*.
- **Mushrooms** also contain beta-glucan, and may stimulate the growth of protective immune cells that prevent inflammation.
- **Berries** (including blueberries, raspberries and blackberries) are rich in antioxidants called polyphenols, which could reduce inflammation and activate the proliferation of gut-friendly bacteria.
- **Lentils** contain resistant starch, which is a unique fibre that gut bacteria feed on.
- **Tempeh**, a fermented soy product containing numerous gut-supporting probiotic bacteria, is also a complete protein source.
- **Almonds**, according to some research studies, may increase the range of gut bacteria and reduce the quantity of some harmful gut bugs.
- **Cashews** may, according to some research, help the gut produce more of a special type of short-chain fatty acid

called butyric acid, which is more prevalent in cashews than other nuts. Short-chain fatty acids can protect your gut against harmful substances and may strengthen the immune system and combat chronic inflammation.

Further research

The journal *Nature Microbiology* published an article on 6 January 2025 titled 'Gut microbiome signatures of vegan, vegetarian and omnivore diets and associated health outcomes across 21,561 individuals'. Here are some key research findings stated in the discussion segment of the article:

- 'Vegan gut microbiomes had the highest prevalence of microbes shared with fruits and vegetables.'
- 'Since our data showed that omnivores on average ingest significantly fewer healthy plant-based foods than vegetarians or vegans, optimising the quality of omnivore diets by increasing dietary plant diversity could lead to better gut health.'
- 'In summary, our work reinforces how humans can shape their own gut microbiomes, and by extension their health, directly through simple dietary choices as well as more indirectly through agricultural and food production practices.'³

In the next issue of Enhancing Health, we continue our series on healing foods as we take a closer look at ongoing research into dietary habits and their benefits for total body wellbeing.

Good health!

¹<https://gastroassociates.com/guide-to-gut-health/#>

²www.eatingwell.com/the-best-plant-based-foods-for-gut-health-8716725

³www.nature.com/articles/s41564-024-01870-z



Stories to tell – Stanborough Press ministry

by Dusanka Rancic, *Editor*

As keen readers of the Bible, we Seventh-day Adventists love to refer to ourselves as ‘the people of the Book’. The Bible is the Book of many books and even more stories.

We love stories

Have you ever found strength in a story, in a journey someone else has taken? Think for a moment of the stories that have impacted you, stories that have offered you hope and resilience.

Did you know that the same brain regions are activated while reading about an experience as when experiencing it? This happens because reading produces a simulation of reality. As you engage with different characters from the story, you become better able to relate to and understand people in real life who are sometimes very different from you.

I suppose you too might sometimes catch yourself daydreaming about a story you are reading, wondering what the characters will do next. You are eager to finish your work so that you can jump back into the story as one of the characters. You experience their thoughts, choices, actions and emotions.

I remember a time when I was at university and a friend recommended a two-volume novel which I started to read. I became so engaged that for the following few weeks you could see me reading it while queuing for food in the students’ cafeteria, while eating, or during short breaks between lectures. You could also read the emotions on my face as I quietly laughed and cried in public, captured in the world of the characters. And soon these two volumes were shared around and read by almost all the girls at the university.

Why? Because everybody loves a good story. Listening to and telling stories is part of the human experience from the earliest age.

Children love hearing stories long before they can read them for themselves. Stories can be interesting and exciting – and we remember them long after we’ve forgotten other things. Jesus was the Master Storyteller, and He used stories to help His listeners better understand complex issues.

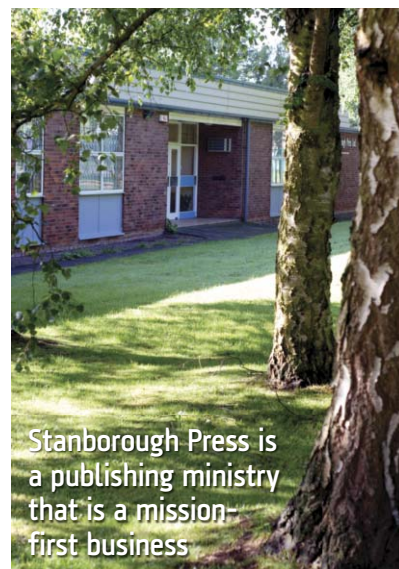
The Stanborough Press – where stories come alive

People often tell their own stories. However, we at the Stanborough Press make an effort to share God’s story with the world. We bring His narrative and His characters back to life. Our mission is to provide resources that help our church members to immerse themselves in Bible stories, connect with the characters, and grow in their relationship with the Author. All the materials we produce are intentionally crafted with that goal in mind. We and the British Union Conference (BUC) work as one team to achieve this goal.

And, while we seek new methods to reach people, the story is the same – the story of salvation. Exodus 13:8 (NKJV) says, ‘And you shall tell your son in that day, saying, “This is done because of what the LORD did for me when I came up from Egypt.”’ The Bible emphasises that we should share with people why we are who we are and consistently testify of what God has done for us.

The Stanborough Press has a long history of service. Over the last 141 years it has remained true to its goal, not only to produce content, but to support the spiritual **mission** of the Seventh-day Adventist Church and to **nurture** its members. We are a **unifying element** within the BUC, focused on equipping believers to understand and share biblical doctrines, grow spiritually, and be inspired for outreach, while also providing resources they can use to reach out to people.

Have you ever thought of a difference between the Stanborough Press and some other, secular



publishing house? While we might look similar in structure – both producing and distributing books, magazines and other materials – the purpose, guiding principles and success metrics are quite different.

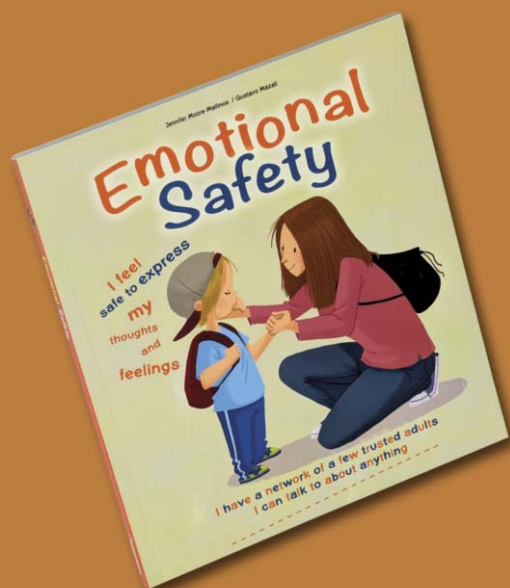
While we both may produce high-quality products, the Stanborough Press is a publishing ministry that is a mission-first business, while a secular publishing house is a market-first business. In other words, we choose projects based on alignment with our theology and mission, while a secular publishing house chooses projects based on current trends and commercial potential.

Also, a secular publishing house operates as a for-profit business. Its revenue goes towards shareholder or owner profits. On the contrary, we are a (non-tithe-supported) charity and operate as a nonprofit organisation. The revenue is always reinvested in ministry efforts, outreach or subsidised resources.

Finally, the success of a secular publishing house is measured in sales volume, market share and profitability. On the other hand, our success is measured in ministry impact, such as lives influenced, people’s spiritual growth, and mission fields reached. Moreover, the impact of our publications on people’s hearts has always been in God’s hands, and only in heaven will we fully understand the scope of the publishing ministry’s influence.

Until then, with your help, we will continue to faithfully share God’s story.

The Book of the Month



Emotional Safety

Here's a much-needed book on a topic you might not have seen before – emotional safety. But what is emotional safety?

Emotional safety means feeling safe to express your thoughts and feelings without being fearful of being judged negatively. It means the confidence to take risks and be yourself. It means knowing how to manage your feelings appropriately. And it means knowing whom you can go to to ask for help.

If you have ever wanted to help protect your child's mental health and wellbeing, encourage their social development, and avoid the many pitfalls that can stop your child from wanting to open up to you about the problems they might be facing, this book is for you. Packed with useful tips and amazing illustrations to engage your children's interest, it also contains a section for parents and caregivers at the back. May God bless you and your family as you read together.



To order this excellent book for yourself or to give it as a gift to someone you care about, telephone 01476 591700 (8.30am-5.30pm, Monday-Thursday) or visit www.lifeforcebookshop.co.uk.

Seek joy

by Adrian Samuel



With the gift that is British weather, choosing joy can often be a surprising act of faith.

'Joy' is a complicated word socially; its swift invocation can conjure different ideas and experiences. To some it is rapturous applause; and yet to others it's a soft, almost

muted quietude. Regardless of shape or articulation, it is joy.

We are told that even God experiences it, as the Scriptures say, 'He will joy over thee with singing' (Zephaniah 3:17, KJV). This reality graduates joy from the confines of a merely human emotion to a divine attribute. So, in our quest to be more like Him, we must find ourselves in its habitat.

The repentant King David knew his soul was in peril when he had lost joy's solemn savour; pleading to God, he cried: 'Restore to me the joy of your salvation' (Psalm 51:12, ESV).

David loved God, but recognised that the murmurings of his heart were for a different master. Despite knowing what was right, he found himself drawn into a lust for worldly pleasures and so laid himself at the feet of the only One who might offer deliverance.

The charade of joy can be an unfortunately common theme in the Christian experience. God is not deceived by this, as Scripture reads: 'I hate, I despise your feasts, and I take no delight in your solemn assemblies. . . . Take away from me the noise of your songs; to the melody of your harps I will not listen. But let justice roll down like waters, and righteousness like an ever-flowing stream' (Amos 5:21, 23, 24, ESV).

This scripture and others like it hum with warnings that God does not need or want mercenaries: people who merely follow after religious forms, but who lack the fruitfulness of heart that, by nature, produces the things of God.

Public praise cannot come before private prayer, just as the crown in heaven could not come before the thorns. For us to be like Jesus, we must pass through the valley of tears before joy can rain upon us; as the scripture says, 'Weeping may endure for a night, but joy cometh in the morning' (Psalm 30:5, KJV).

Besides the crown of life that will be given to the faithful who persevere, joy is a gift the Christian can receive in this world as an emblem that signals what our eternal future will be.

Seek joy.



Find in your own Bible: **John 3**

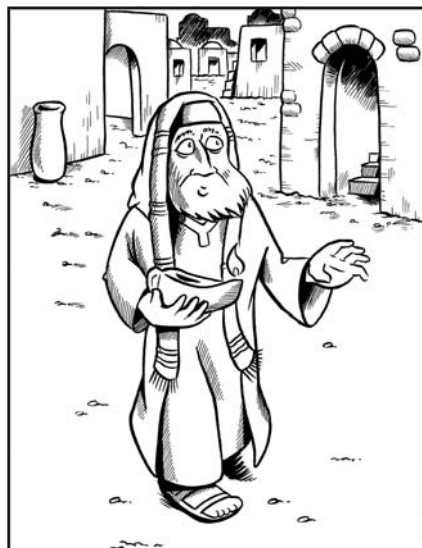
Nicodemus

There is a verse in the Bible that, if I start, I am sure you'll be able to finish. Shall we give it a go? OK. 'For God so loved the world, that He gave His only Son, that . . .' Yes, that's it! 'Whoever believes in Him will not die, but have eternal life.' I'm sure it's one of the most famous Bible texts. But do you know who Jesus said it to? That's a little harder. Well, it was to a chap called Nicodemus. The Bible says he was a teacher of the religious law – that's not something you hear every day, so let's have a look at what it means.

When Moses led God's people out of Egypt, God told them a bunch of things they were to do, and a bunch of things they were definitely not to do! Ten of them we call the Ten Commandments, but there were loads more than that – 613 altogether! That's quite a lot of stuff to remember! So the Jewish people had special teachers to help them remember and understand what they all were. Nicodemus was one of these teachers. Because it was his job, he knew the Old Testament super well (they called it the Scriptures); and, as we saw in Cleopas's story, God had put loads of clues and promises in there about His Son. The problem was, these Jewish teachers didn't believe that Jesus was the promised Son of God! Even though Jesus had done loads of amazing things, and had even told everyone, 'I can only do this stuff because my Dad, in Heaven, is the One helping Me,' they still wouldn't believe – they just wanted Him dead!

But Nicodemus wasn't so sure. He wanted to talk to Jesus himself – but, you know, 'just the two of us' – so he snuck away one night to see Him when everyone else was asleep. Jesus said things that puzzled Nicodemus.

Jesus spoke to him about being born again, which means that when we believe that Jesus is God's Son, God puts us into His family: we are 'born again' with a new Dad. Jesus spoke to him about the Holy Spirit giving us spiritual life, which means that when we believe that Jesus is God's Son, part of God – the Holy Spirit – comes and lives inside of us, teaching us about Jesus. Jesus spoke to him about living in the light, which means that when we believe that Jesus is God's Son, we can live right lives, loving people and doing good. Do you see the pattern? It's all about believing that Jesus is God's Son – which was just what Nicodemus was wondering! Well, Nicodemus must have believed in Jesus after that, because when Jesus was killed, he was one of the people who helped to sort out Jesus' tomb. I think there's a lot to learn in that story – but the biggest thing is this: we can believe that Jesus is God's Son!



Nicodemus was part of a strict Jewish group called Pharisees.



Nicodemus had questions and met with Jesus at night.



Nicodemus offered to help arrange Jesus' burial.



Nicodemus taught other Jewish men the law of Moses.

Taken from Heroes of the Bible New Testament colouring book.

To purchase yours, follow this link: <https://lifesourcebookshop.co.uk/product/heroes-of-the-bible-new-testament-colouring-book/>

Quotation by George Eliot

	A	B	C	D	E	F
1						
2						
3						
4						
5						
6						
7						

1. God called the firmament this in Genesis 1, NKJV.
2. He's called Didymus in John 11:16.
3. Aaron's sister in Exodus 15.
4. Rebekah's brother in Genesis 24:29.
5. They were changed ten times in Genesis 31.
6. Absalom rode on this in 2 Samuel 18:9.
7. Thread in Exodus 26.

3B	2A		3B	2F		1F	1B	1D	1B	3C		2A	2C	2C	
4A	1C	2A	1B		2A	2C		4C	1B		5A	2B	1C	2A	7A
															2C
3A	3B	5C	1A	2A		2B	1C	1D	1B		4C	1B	1B	4E	6B

SEC Camp Meeting 2025 at Newbold College inspires attendees to 'Proclaim!'

Don Roberts, SEC Communications & Media Department
Photos: Theo Guthrie

The South England Conference (SEC) Camp Meeting 2025 took place from Wednesday 23 to Sabbath 26 July at Newbold College of Higher Education, bringing together members from across the region under the theme 'Proclaim!' More than 1,000 people attended in person, while thousands more joined online for four days of worship, study and recommitment.

The event opened with a welcome from SEC President Dr Kirk Thomas, who encouraged attendees to embrace their calling to share the Gospel. Dr Dan Serb, Principal of Newbold College, also greeted participants and welcomed them to the campus. Other leaders present included British Union Conference (BUC) President Pastor Eglan Brooks and Trans-European Division (TED) President Dr Daniel Duda.

The adult programme was headlined by the Commitment Service speaker, Dr James Yansen, Jr, pastor of Hyde Park Seventh-day Adventist Church in Boston. On Wednesday he highlighted 'the greatest miracle' – a life changed by grace – through the testimony of a man who had overcome addiction through faith and community support. 'The same Jesus who changed me can change you,' said Yansen, pointing to the Gospel's capacity to meet people where they are and lead them towards recovery and renewal. Thursday's message, 'We Still Preach Christ's Reckless Love', explored Mary Magdalene's story and the role of personal conviction in Christian witness. 'Without a why, we don't have resilience. Without a why, we don't have satisfaction.'

Morning devotionals were presented by Dr Samuel Telemaque, Director of Adventist Mission and Sabbath School for the Inter-American Division. His Morning Manna sessions focused on intercessory prayer, the family as a centre for mission, and navigating faith in a digital world. His wife, Dr Elvetha Derrick-Telemaque, contributed to the Word Encounter devotionals, exploring the Gospel as both a historic truth and a personal calling to serve others.

Dr Laszlo Gallusz, Principal Lecturer in New Testament Studies at Newbold College, led Bible study sessions. He encouraged responsible, contextual reading of the Book of Revelation and warned against sensational interpretations. One session focused on artificial intelligence (AI), where Dr Gallusz discussed the implications for ethics, theology and Christian identity.

Workshops on Thursday and Friday offered a wide range of

practical and spiritual topics. Sessions covered healing from church-related hurt, trauma in immigrant communities, ministry to men and women, and supporting families affected by incarceration. Conflict-resolution specialist Titilayo Elewa presented 'Blessed Are the Peacemakers', highlighting biblical approaches to navigating conflict with grace and understanding.

Music played an integral role throughout the week, contributing to the reflective and worshipful atmosphere. Canadian soloist Pretha Garnett-Radlein featured prominently, offering vocal performances that supported the programme's central messages. The evening services also included contributions from choirs, instrumentalists and praise teams from across the Conference.

Children, teens and youth participated in age-specific programmes across the Newbold campus. Activities included storytelling, crafts, music, prayer and Bible exploration. Teen sessions, led by Dr Aaron Chancy from Philadelphia, USA, addressed identity, purpose and calling through interactive presentations and open discussion.

The youth programme offered space for peer-led reflection and conversations on real-life challenges, supporting spiritual growth in everyday contexts.

On Friday evening, the Communion Service followed the foot-washing ceremony. Pastor Clebson Braga delivered the sermon, comparing Christ's



Dr Daniel Duda, TED President



Ordination Service



Dr Kirk Thomas, SEC President



Communion Service



Baptismal candidates

sacrifice to a 'time machine' that links the past, present and future in the story of salvation.

Sabbath brought the week's highest attendance, approximately 2,000, as additional guests joined for a full day of worship. The Sabbath School programme, led by Director Nerine Barrett and Pastor Kwadwo Kwarteng-Ampofo, used testimonies, story-based teaching and interactive polling to highlight the continued relevance of Sabbath School in personal and communal spiritual

development. Later that morning, Dr Gallusz addressed theological questions, including 'Who hardened Pharaoh's heart?' and encouraged careful, contextual study of Scripture.

Sabbath also featured two significant spiritual highlights that affirmed personal faith and pastoral calling. At Newbold Church, four individuals were baptised in a service attended by family, friends and fellow members. Later that afternoon, an ordination service honoured the calling and ministry of three pastors: Curtis Samuel, Spase Gligorov and Bozidar Prgonjic. TED Ministerial Director Pastor David Neal offered the ordination prayer, and BUC President Pastor Eglan Brooks delivered the charge to serve with humility and commitment.

The final session of the week – the closing ceremony and commitment service – began with a musical concert featuring choirs, soloists, groups and instrumental performances. Dr Yansen then delivered his final message, sharing a personal story about the power of prayer during times of danger. 'Our circumstances should not change our prayer lives. Our prayer lives should change our circumstances,' he urged. He ended with a final encouragement: 'Whatever you go through henceforth, pray on, knowing that God is on your side.'

Dr Kirk Thomas concluded the SEC Camp Meeting 2025 with a call for members to hold onto their commitment and live out their calling, as attendees joined hands and declared together: 'GO SEC: Proclaim!'

Children's service at Newark Church

On Sabbath 28 June 2025 both adults and children were enthusiastic as the children of Newark Church yet again took over the Divine Service, as they had in April, assisted by the wonderful adults and parents who spend time with them each week in Sabbath School and in their Pathfinder activities. The church members have made the major decision to involve the children in our church life at every opportunity. Each Sabbath, those of our children who are learning to play a musical instrument join our mini orchestra to accompany the piano for hymn singing and musical accompaniment, which is meaningful to listen to and participate in.

Malachi Bernstein introduced the programme, and the two young ladies who were baptised in April, Abigail and Evie, introduced most of the items. The children were able to relay to the congregation what they had studied and learnt in their Sabbath School lessons by reciting Bible verses, telling stories, singing and giving special items. Some of the items were given by children from the same family reciting, singing or reading what they had learnt.

The adults involved were their mums and dads. It is wonderful to see the active part these parents play in helping to keep the Lord's message alive in their home life as well as at church on Sabbaths. We can only say a huge thank-you for the dedicated devotion given by the parents; and we look forward to the Divine Service of every thirteenth Sabbath, which has now been designated as 'Children's Sabbath Service'. And we give thanks to all the children for their enthusiastic and devoted participation in church activities.

VANESSA GENT



'We're not playing church'

A stirring youth weekend took place at Camp Hill Seventh-day Adventist Church from Friday 23 to Sunday 25 May 2025, led by the visiting speaker Pastor Nigel David. Here are some of the highlights.

The weekend opened with Friday Night Live as Pastor David spoke on salvation, urging young people to take hold of a personal relationship with Jesus. He spoke directly to the hearts of Gen Z and the millennials, acknowledging the real reasons many youth feel pushed out of church – judgement, lack of relevance, spiritual neglect, and exclusion based on appearance or lifestyle. His message was clear: Jesus came for the lost, the broken and the searching. It was an evening of honesty, healing and hope.

The next day's Spirit-filled Sabbath worship was emotionally charged. From the opening saxophone solo by Kwame Toussaint to the harmonies of the talented youth praise team, the atmosphere was reverent and joyfully expectant. Pastor David's dynamic sermon was his testimony of going from gang life, drug use and incarceration to his transformation through Christ and ministry around the globe. He then challenged the congregation with a passionate plea, 'We are not playing church,' which cut through the room like a sword.

Addressing generational gaps, digital culture, and the desperate need for authentic spiritual connection, Pastor David urged the youth to 'stop trying to be like the world. Trust God, and He will use you to become who He created you to be.' In a touching moment, he celebrated his mother-in-law's 91st birthday by calling Sister Sinclair to the platform. The church's heartfelt applause acknowledged the legacy of faith.

As the service concluded, Pastor David invited all the young people to the front of the church. Following a

dramatic halt to the music, twenty-five or so young people approached the altar, publicly declaring their commitment to Christ. Tears flowed. Hearts were broken open and healed. Pastor Nigel reminded each young person that God would guide them into all truth and help them become hearers and doers of the word: 'You have integrity. You have value. God has chosen you for such a time as this.'

The weekend concluded on Sunday with a deeply enriching youth prayer breakfast, open to young people aged 16-35 and their accompanying adults. It was a space of community, vulnerability and encouragement. Prayers were lifted for clarity of purpose, strength in trials, and the power to live faithfully in a challenging world. As Pastor David emphasised: 'Young people are not looking for entertainment – they are searching for God. And when the church becomes real, they will come.'

To God be the glory.

DR J. HALLIDAY-BELL, COMMUNICATIONS DEPARTMENT



Hanwell Community Fathers' Day dinner highlights men's mental health



Mental health care is a key need in the borough of Ealing. The BUC Director for Health and Women's Ministries, Sharon Platt-McDonald, underlined this point when recognising Hanwell as a centre of hope, health and healing on 10 May 2025, accentuating the

urgent necessity of addressing mental health issues and related areas with intentionality. She insisted on the need for the church's further development to 'know your borough statistics and illness prevalence to provide interventions that meet those specific needs'.

The Hanwell Community Ministries team followed up on this important prevalent need in Ealing during their Father's Day dinner, which they held the day before Fathers' Day on 14 June 2025.

The Fathers' Day dinner was intentional – it highlighted with testimonies how critically important men's mental health awareness is to promote solidarity and provide a necessary anchor during times of crisis. The Fathers' Day dinner brought men together in a supportive and reflective environment. The occasion served as a meaningful platform to address critical mental health issues affecting men today.

The attendees engaged in open discussions centred around suicide prevention, men's mental health, and the importance of creating safe spaces for honest conversation. The atmosphere was warm and respectful, encouraging all the participants to share personal experiences and support one another.

The facilitators emphasised the need to break the stigma around men expressing vulnerability and seeking help. Resources were shared, and group discussions highlighted how community and faith-based initiatives can play a key role in improving mental wellbeing.

The event successfully blended fellowship with purpose, leaving a lasting impact on those who attended by reminding them that reaching out is a sign of strength, not weakness.

SENIOR ELDER DUKAL DALEY, HANWELL SDA CHURCH



Chyara



Luke



Unathi

Manchester South's Children's Morning

'I love You, I love You, I love You Lord today,' sang Manchester South's talented Lighthouse Choir on 28 June 2025. The theme of this children's programme was love. You may see the service at www.youtube.com/watch?v=CJDQ6s14HfU.

The opening hymn was 'Tis love that makes us happy', and, as part of the welcome, visitors were greeted warmly with a smile and a bookmark. Through the song, all were reminded that 'God's love is free so [we should] pass it on to everyone.' All the other songs expressed similar sentiments: 'I am so glad that Jesus loves me', 'Jesus' love is bubbling over' and 'I've got the joy, joy, joy, joy down in my heart'. When it was time for prayer, Jessica sang 'All we ask is teach us love indeed'.

On children's mornings, the church has an adults' story in which the adults are taught important lessons about parenting. Celestia and Chavah reminded everyone of the love that Moses' parents showed to him, illustrating how all parents should be willing to protect their children from harm.

There were a number of scripture readings about love, and for the special item the Lighthouse Choir gave a powerful reminder that 'He's worthy; God's worthy'. We were then blessed with a sermon by three children who all love Jesus and would like to follow Him, all of whom are leaders in the church! Nevin urged us to encourage them and listen carefully to their sermonettes.

Unathi reminded us of how Jonathan and David showed love to God and each other in their friendship; Chyara reminded us of how Ruth demonstrated her love for God by loving a family member; and Luke reminded us of how we should show love to God by showing love to our neighbours and even strangers. We were reminded of Jesus' unconditional love towards us, for the good Samaritan truly had the wonderful love of our blessed Redeemer down in his heart!

As the children sang 'My little heart overflows with love because my God is a God of love', we were ushered out of the sanctuary – blessed by such a wonderful morning service!

A huge thank-you to all our children who led our Divine Service that morning, and to their parents and teachers for continually supporting them!

NAOMI GAYNOR



The Lighthouse Choir

'Waymaker' revival series at Welling Church



In recognition of the heartfelt need for a revival in our souls, Welling Church hosted a powerful revival series under the banner of 'Waymaker' from 22 to 28 June 2025. It was a Spirit-filled week that stirred hearts and lifted lives.

Pastor Ebenezer Jones-Lartey insightfully and passionately shared the Word, reminding us that God has always been his personal Waymaker, Promise Keeper, and Light in the darkness. We were especially blessed by his keynote address on Sabbath 28 June, titled 'The Plot to Kill Lazarus', in which he declared, 'Do not prevent the one who is revived from being active in

the work of God,' and 'It is crazy to try to kill the one who has been raised by God.' We were reminded of the scriptural truth that God will never fail nor forsake His people. He is indeed the Waymaker, leading us through darkness into light.

The series culminated in the baptism of five precious young people: Adilson, Blessing, Kyria, Nishaye and Victor. The service was beautiful not only for the genuine emotions the love of God evoked, but also because of the knowledge that, despite the fact that these precious souls are all under the age of 15 years, they have each made

their own decision to surrender all to Jesus.

Interlinked with every song and every scripture (read by a sibling) was the awesomeness and personal love of God to each one. Kyria's family, with touching harmonies, sang 'Take me to the King', a moment that filled the sanctuary with reverence.

The service concluded with rapturous singing by the congregation, echoing the joy of heaven and the power of revival. May the Spirit of revival continue to transform and reform us, shaping us into new people, ready for the kingdom of God.

LESLIAN ELLIS

Leadership in service

In 2025 the Bristol Central Health Ministries Department, led over the last twelve years first by Mary Philip and then by Ingrid Ramdanie-Anderson, has been committed to community focus and outreach, building links as it strives to emulate Jesus' method. This was beautifully captured in two recent community events, which took place in May and June respectively.

This department has been invited time and time again to participate in community events, which provide a great opportunity to demonstrate Jesus' love through the powerful health message. These examples are uniquely wrapped in loving gestures such as health checks, sharing a kind word, being a listening ear, or offering a delicious fruit bowl and smoothie to a thirsty soul. Every act is a free service and is often met with gratitude by the recipient.

On Sabbath 17 May, for the third time in less than two years, the department supported an organisation known as DET Entertainment at the Malcolm X Community Centre in St Paul to perform health checks. It was overwhelming to see the number of men who came forward, mainly from the Muslim and Pakistani community. Pathfinders also served at the stall.

From 2014, Bristol Central has been a permanent part of Race for Life Cancer Research, which takes place yearly in June on the Clifton Downs. This year the event was held on Sunday 22 June from 10am to 2pm. More than 4,600 runners, joggers, walkers and volunteers participated in this fund-raising venture.



Bristol Central Health Ministries Department on Clifton Downs

Our dedicated team of 12 were out early and on site by 7am. The red-and-white gazebo was erected parallel to the cancer research stand, and on display were literature, fruits and smoothies. Many came to sample the variety of smoothies that were freshly made that day with our newly acquired smoothie bike. Some took literature, and one lady accepted a Bible. A gentleman named Matthew requested Bible studies and has been contacted by the South Bristol health leader, Mufaro Masarira. Eleven runners and walkers from the Bristol district of churches taking part in the 10k and 5k raised over £600 for Cancer Research UK.

Reflecting on the continuous work done in this department, both in-reach and outreach, we can agree that 'success often comes as we persevere through challenges and find fulfilment; that it is not measured by what one can visualise, but by the ability not to lose one's enthusiasm'.

MARY PHILIP, BRISTOL CENTRAL COMMUNICATION TEAM

A July to remember: celebrating faith and achievement at the University of Birmingham

July is always a busy and joyful month for Pastor Obinnaya Iheoma, part-time university chaplain at the University of Birmingham (UoB). Each year, he joins in celebrating the academic achievements of Seventh-day Adventist students, attending their graduation ceremonies and sharing in their joy. But this year the celebrations reached new spiritual heights.



Benjamin and Joelle pictured with Pastor Obinnaya Iheoma

As part of UoB's 125th anniversary celebrations, the university hosted a variety of events, one of which was the baking of 125 loaves of bread. Pastor Iheoma, alongside students and staff, took part. The freshly baked loaves were donated to a local soup kitchen, symbolising the university's commitment to community service and compassion.

Yet the true highlight for Pastor Iheoma was witnessing the baptism of two students on Saturday 12 July. One of them, Joelle Ramsay-Johnson, marked the end of her three-year degree with a public declaration of faith. Raised in a Christian home in Jamaica and later moving to Canada, Joelle was deeply influenced by her Seventh-day Adventist grandparents. Upon arriving at UoB, she found a spiritual home in the Adventist Students on Campus (ASC) society and Halesowen Central Adventist Church, where she began Bible studies and grew in her walk with Christ.

Since the chaplaincy room used for ASC meetings also housed a baptistry, it was decided that the university would host the ceremony. However, due to ongoing safety checks on the baptistry, a portable baptistry was secured from the North England Conference.

Joining Joelle in this sacred moment was Benjamin Ebanks, a graduate from the University of Wolverhampton and a member of the West Bromwich Seventh-day Adventist Church. Though raised in a Christian home, Benjamin had drifted away from church during his teenage years. While at university, he began reading the Bible again and was struck by Exodus 20:8: 'Remember the Sabbath day, to keep it holy' (NKJV). This led him to seek out a Sabbath-keeping church, where he found a warm welcome and began Bible studies with Pastor Steve Palmer, and later with Pastor Iheoma.

The joyful baptismal service was attended by family, friends and fellow students. Musical items from Joelle Ramsay-Johnson and Donielle Johnson, Adrian de Lima and Lena Chitiyo, and Okanteh Ayeh and praise and worship led by Ikechi and Dorthee Iheoma celebrated the occasion with praise. Former ASC presidents Okanteh Ayeh, Jemima Nambo and Adrian de Lima were also present to witness this special moment. The NEC Teens' Director, Horace Radcliffe, encouraged and welcomed the newly baptised on behalf of the NEC.

Reflecting on the day, Pastor Iheoma shared: 'It is always beautiful when young people give their lives to the Lord. . . . This highlights the importance of Adventist Students on Campus (ASC). We hope this will be the first of many more baptisms at the university.'

ELIZABETH IHEOMA

Barnsley Church baptism

On Sabbath 7 June 2025, the church at Barnsley gathered in reverent anticipation to witness the baptism of Lindie Oben, Dan Dinca and Liviu Costin – each stepping forward in obedience to the call of Christ. This sacred occasion was officiated by Pastor Alan Hush and Pastor Jairaj Kanakaraj, whose spiritual leadership and pastoral care guided the service with solemnity and grace.



As a congregation we stood united in prayer and joy, grateful to be part of this significant milestone in the lives of our dear brothers and sister in Christ. The service reflected not only their personal commitment to follow the teachings of Jesus and the church, but also the strength and unity of the body of believers to which they now fully belong.

Through baptism Lindie, Dan and Liviu declared their faith publicly, symbolising a death to the old self and rebirth into new life. Each moment of the service was filled with deep spiritual meaning, and the sincerity of their vows and the peace that followed spoke powerfully to all who bore witness.

As a church family we lift up Lindie, Dan and Liviu in prayer as they continue their walk with Christ. May the seeds planted on this day flourish, and may their journey be sustained by grace, love and unwavering faith in our Heavenly Father.

ANNE LOMAX, BARNSELY CHURCH

Standing ovation and tumultuous applause at Dudley House School finale

The sanctuary of Grantham Seventh-day Adventist Church was packed to overflowing with past and present pupils, parents, church members, family and friends to see Dudley House School put on its last ever summer production on Thursday 3 July 2025. Going out on a high note, every single one of the children performed and sang amazingly well, belying how few of them there were, to dramatise key events in the life of Moses.

Following the play, there was opportunity to commemorate the journey the school has been on, and in particular to show gratitude and appreciation to all those who have made the school the incredible success that it was. The NEC Executive Secretary, Pastor Emanuel Bran, and the BUC Education Director, Lorraine McDonald, thanked the governors and the teachers and other staff for all their hard work in providing the highest quality of education, but more importantly for teaching our children biblical values and introducing them to Christ.

Special mention was made of the headteacher for the last twenty years, Jenny Johnson, whose dedication, professionalism, and untiring and self-sacrificial labours for the sake of the children have made an eternal impact



Headteacher, Jenny Johnson, receives recognition for her tireless dedication to Dudley House School

that will never be forgotten. As a teaching head, she has regularly gone above and beyond the call of duty in ensuring the wellbeing of the children in her care, often in incredibly challenging circumstances, and her evident skill and expertise in managing the finances and administration of the school have repeatedly left the school's governors in awe. She humbly received a standing ovation and thunderous applause in due recognition for her work.

The school finally closed its doors on Friday 11 July, and we ask for your prayers for each of the children and staff as they venture out into their new schools this month.

ANDREW PUCKERING

Ambassadors for greatness – Hyland House School's graduation ceremony

On a sunny afternoon on Thursday 10 July, Hyland House Seventh-day Adventist School (HHS), based in North London, held its July graduation ceremony. It was an artistically impressive afternoon when children aged 2 to 11 showcased their talents, including singing, miming, dancing and storytelling.

This year's Year 6 class constituted solely boys. After welcoming the boys with a wonderful speech, the headteacher, Mr Gayle, told us how they had received outstanding grades, outperforming the local authority's SATs averages. Classes at Hyland House are small and personable, allowing the pupils to form close bonds with each other and the staff.

Keynote speaker Clarence Jackson's speech, 'From Boys to Men', was both enthusiastic and moving. He encouraged the children to live up to their full potential for the rest of their educational journey. 'I will tell you who you are – you are purpose built; you are a gift; you are called; you are chosen; you are special; you are ambassadors for greatness,' he stated.

Bryven Petrie, the eldest graduate from Stoke Newington Seventh-day Adventist Church, received the school's Presidential Award for his excellent attitude throughout the year. Speaking with Levi Greaves, another graduate, he told me, 'I really enjoyed the speech today; it was short but interesting, straight to the point.' Levi, aged 11, received outstanding grades along with his best friend, Josiah Mridha. Josiah's father, who is an elder at London Asian Seventh-day Adventist Church, said he was very proud of all the boys, who are great friends.

The day before, the lads were treated to a three-course meal cooked by former students who had attended some 15 years ago. This was followed by an evening of games, music and laughs.

There was also recognition of staff members, including 'Grandma', an elderly lady who had been at the school for over 10 years. 'Hyland House has a community feel, where the children form lifelong bonds,' said one parent. Two members of the school PTA were given plaques for their hard work and support 'behind the scenes'.

In the opening welcome the children reminded us, 'Once a Hyland House child, always a Hyland House child.' Mr Gayle spoke about his gratitude for the dedication of the teachers and staff, also commending local businesses such as the fish market, where friends of the school are 'well looked after'.

We extend our well wishes to all the children moving up a year and say a big hearty congratulations to the six boys – Donnell, Bryven, Gabriel, Levi, Josiah and Miles – on their successful completion of Adventist primary education.

ZI BISHOP, HACKNEY SDA CHURCH COMMUNICATIONS AND FORMER HHS PARENT



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2025 Welsh Mission Session Notification

Notice is hereby given that the Triennial Session of the Welsh Mission of Seventh-day Adventists will take place at the:

Holiday Inn, The Coldra, Newport, NP18 2YG on Sunday 28 September 2025.

Delegates will receive documentation in advance of the session.


PASTOR MAX MCKENZIE-COOK (EXECUTIVE SECRETARY, WELSH MISSION)



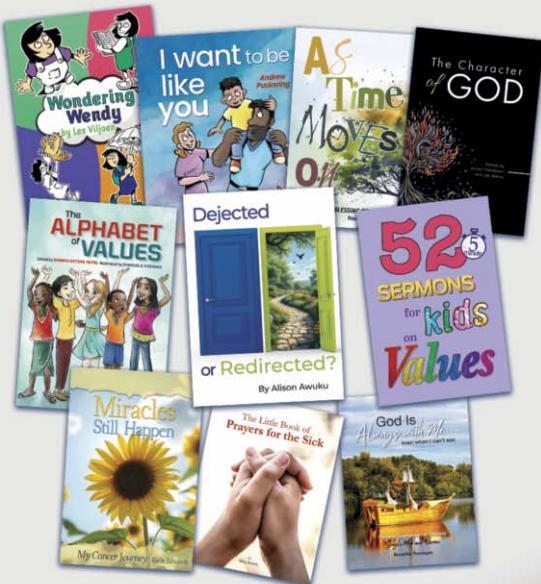
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Community spirit shines as London Ghana SDA Church tidies up Plaistow

Sunday 8 June was a truly uplifting day for the London Ghana Seventh-day Adventist Church. Their annual community clean-up saw more than 200 members, from the youngest to the oldest, enthusiastically tackle litter, clear weeds, and generally spruce up the streets surrounding their church.

The sunny morning with pleasant temperatures provided ideal conditions for the dedicated volunteers. This yearly event, now a decade-long tradition, began around 10am after a brief opening prayer and instructions. Armed with litter pickers, brushes and a shared sense of purpose, church members fanned out across the local streets.

A heartwarming moment occurred when a grateful resident spontaneously offered packets of crisps to the younger participants – a gesture that was met with immense appreciation.

Jane Lofthouse, Labour Councillor for Plaistow South, praised the church's work. 'The fact that young people are enthusiastically participating in the clean-up is both impactful and commendable,' she remarked, also highlighting the church's wider outreach, referencing their annual health expo, which she had previously attended.

Elder Emmanuel Nana Kakari, who oversaw the day's activities, reiterated the church's enduring mission to be a relevant and hopeful presence in the community. 'Our food bank is open every Thursday, and we are always ready to partner with the council to serve the community in whatever way we can. The physical needs of the community are just as important as the spiritual ones,' he affirmed.

By 1pm, more than sixty sacks of rubbish had been collected, leaving the streets visibly cleaner and the community undoubtedly stronger.

ROBERT KYEI-GYAU



Windrush Day Thanksgiving Service

It was the privilege of Leicester Central Seventh-day Adventist Church to host the *Windrush* Thanksgiving Service on 22 June as part of the *Windrush* Day celebrations for 2025, accepting the invitation offered to them by local charity Kainé Management and the Leicester *Windrush* Consortium, who coordinate events in the city. The event was an inspiring and enjoyable way to celebrate, commemorate and congratulate those of the *Windrush* generation (that is, people who travelled to post-war Britain from the Caribbean between 1948 and 1970 on ships including HMT

Empire Windrush) who chose Leicester as their destination.

The members of the community, many of whom had not been in the church building before, came together to experience a programme that received very positive feedback from all in attendance, expertly hosted by Elder Williams and his wife Denise. Included in the programme were the singing groups Gloria Rejoice Singers, St Kitts Singers and Sisterhood; scriptural presentations by Pathfinders; and poetry by The Archipelagos along with the Better Together *Windrush* Group. A presentation by Antonio Belgrave highlighted the significance of the *Windrush* generation to the city's culture.

In attendance were the Lord Mayor of Leicester, Councillor Teresa Aldred, and her consort, Rendall Munroe; Councillor George Cole and Pro Chancellor Vijay Sharma from the University of Leicester; the High Commissioner from Antigua & Barbuda, Ms Karen Mae Hill; the Barbados Deputy High Commissioner, Mr Mackie Holder; and the Jamaican High Commissioner, Mr Alexander Williams. They not only addressed the audience, but made presentations to the local Caribbean island associations. Among the clergy that were in attendance, we welcomed Bishop Jackson and Reverend Bailey, both from the New Testament Church of God.

Our very own pastor, Dr Patrick Herbert, preached about the kind of resilience exemplified by the *Windrush* generation in the context of 2 Corinthians 4:8, 9 (NKJV): 'We are hard-pressed on every side, yet not crushed; we are perplexed, but not in despair; persecuted, but not forsaken; struck down, but not destroyed.'

We thank all those in the church departments who contributed to the success of this event, including the leadership team, the audiovisual team, the hospitality team, the youth ministries, Pathfinders and caterers.

MAXINE CHAMBERS



Creating calm with inclusion

The church can be an extremely challenging place for those with sensory processing disorders. To mitigate this problem, New Life Seventh-day Adventist Church in London's Finsbury Park has established a sensory room to create a welcoming space for individuals with sensory processing disorders. This initiative positions New Life Church as a leader in inclusivity.

On Sabbath 28 June 2025, Dr Hezron Otieno Adingo, the pastor of New Life Church, blessed the newly decorated children's Sabbath

School room and commissioned the sensory room in the presence of congregational elders, children, the Children's Ministries team, and the wider church, which participated via live stream.

The sensory room is designed to stimulate or soothe the senses, providing a safe and calming environment. It features various lighting, textures, sounds and scents to support individuals with sensory challenges, autism, ADHD, dementia or anxiety.

Key uses of the sensory room include **sensory regulation** to support people in calming down; **relaxation and stress relief** to provide a peaceful retreat from loud, chaotic or overwhelming spaces; **inclusion**: creating opportunities for individuals with differing needs to feel safe, included and engaged on their terms; and **versatile spaces**: sometimes calming with a starry galaxy of fibre-optic lights, and other times energising with interactive panels and textured walls. Whether it's for grounding, learning, or simply escaping the world's buzz for a bit, the sensory room meets the users exactly where they are.

New Life Church prioritises compassion and understanding, recognising the challenges faced by parents of children with autism and ADHD. This sensory room serves as a sanctuary within a sanctuary and a sacred space where neurodiversity meets grace, allowing parents and children to retreat during overwhelming moments.

Parents can still connect to sermons via Bluetooth, ensuring they remain part of the service. With a diverse membership experienced in managing special needs and disabilities, New Life Church is dedicated to valuing inclusion and promoting a welcoming environment for all.

NORMA JULIUS, HEAD OF CHILDREN'S MINISTRIES, NEW LIFE SDA CHURCH



Cor's 80th birthday

June 14 was designated Women's Ministries Emphasis Day in Exeter, coordinated by Pastor Florin Orasanu and Sim Moyo. However, men were not forgotten, and the children spoke about their fathers before handing out Father's Day gifts. Cor van der Wijngaard, our valued organist and pianist, was presented with a hamper and card for his 80th birthday on 18 June. Cor is a member of an organists' society and plays pipe organs in churches

around East Devon. Exeter Church does not have a pipe organ, but Cor's solo items on the instruments in the church are greatly appreciated.

The theme for the morning was 'Cravings of the Soul', which considered identity, intimacy and intention. Johanna Samuel spoke on identity, quoting words attributed to John Calvin: 'Without knowledge of self, there is no knowledge of God. Without knowledge of God, there is no knowledge of self.'

Sibongile Manjoro and Sim Moyo sang a duet before Sibongile spoke about intimacy, reading from John 15:5 and explaining how people can abide in Jesus, the true Vine.

Mwangala Situtu talked about living intentionally once we have an intimate relationship with God, since Ephesians 2:10 reminds us that we are His workmanship and are created for good works. Sim Moyo then sang a beautiful solo, entitled 'Fill my cup.'

Pastor Florin Orasanu spoke about how much he valued the women in his family and in the church. He testified how his wife had returned to work for a short time during the week and he was left at home with three children! As a result, he had greater admiration for the way women balance so many things in their lives! God works continually in women's lives, and He blesses them in their mission.

STELLA JEFFERY

Messenger

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