

Messenger

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This is war

**Nature and the giant tipi: how
Newbold Primary School is
transforming outdoor learning**



This is war

A call for Christian leaders to be courageous in a rapidly changing world

by Catherine Anthony Boldeau,
BUC Stewardship Director



'The supreme art of war is to subdue the enemy without fighting.'

Sun Tzu, The Art of War

We live in an age of disinformation, half-truths, fake news and outright lies. We live in a time of geopolitical challenges, violent protests, unhinged governments and civil, national and international conflicts.

We live in era of fast-paced social media echo chambers, citizen journalism without restrictions or ethics, the rise of generative AI, the decline of Christianity in some nations and the rise of Christian nationalism in others. In the words of Dickens, we live in 'the worst of times'.

As Seventh-day Adventist Church leaders, we know that 'when these things begin to take place, [we should] stand up and lift up [our] heads, because [our] redemption is drawing near' (Luke 21:28, NIV). But how should we lead our union, the two conferences, the three missions and the Seventh-day Adventist congregations in the twenty-first century as we await the coming of the Lord?

of Ephesians 6.

Courage to speak truth

In a world that prizes opinion over honesty, we must possess the courage to speak the truth. This means challenging false narratives, correcting misinformation, advocating for justice . . . even when it means standing alone. Paul counsels us to let truth be a belt around our waist (Ephesians 6:14). Leaders who speak truth will not see their organisations unravel. But remember always to speak the truth in love (Ephesians 4:15), not with arrogance.

Courage to have integrity

Deception thrives in the shadows, along with half-truths and manipulation. We are called to walk in transparency and integrity, having put on the 'breastplate of righteousness' (Ephesians 6:14, NIV). This means right living – being open about our successes and failures, admitting our mistakes, and ensuring that our actions align with our values. Integrity allows us to build trust through consistent ethical behaviour. Proverbs 11:3 states, 'The integrity of the upright will guide them' (NKJV).

Courage to resist conformity

The pressure to conform to the prevailing culture or organisational behaviour is immense. As leaders, we often seek to retaliate against or dismiss those who have opinions that differ from ours. Sometimes, in the way we fight internally, we behave more like secular leaders; but we are invited to have on our feet 'the preparation of the gospel of peace' (Ephesians 6:15, NKJV). Peace doesn't start in the boardroom, the church pew, or the classroom: it starts with allowing the Father to teach us to guard our hearts.

Courage to serve selflessly

Christian leadership should never be about power. Courage calls us to selfless service, prioritising the wellbeing of our stakeholders and the glory of God above selfish ambition. We are encouraged to take up the 'shield of faith' (Ephesians 6:16, NKJV), which we do with humility.

Courage to hope in God

We are invited to put on 'the helmet of salvation' and carry the 'sword of the Spirit, which is the word of God' (Ephesians 6:17, NKJV) as we develop hope in our Creator, 'praying always with all prayer and supplication in the Spirit' (verse 18, NKJV). Our hope in a God who has worked in the past is evident in the present and will be fulfilled by our soon-coming King in the near future. This is how we engage in war without fighting.

How do we engage in a war without fighting? The answer is through Christian courage.

As Joshua takes on the mantle of leading over a million displaced people into the promised land, God invites him to 'be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go' (Joshua 1:9, NIV).

The courage suggested here is not presumptuous or rigid – it is rooted and grounded in a profound trust in the Almighty. Let's take a few moments to unpackage this courage by addressing some of the closing verses



Living a different narrative:

In a world desperate for authentic guidance, Christian leaders have a unique opportunity to shine brightly. By embracing true Christian courage, grounded in Scripture, we will navigate the treacherous waters of deception, stand firm on the rock of truth, and lead with an integrity that points others to the ultimate source of all truth – Jesus Christ.

Editorial

by Dusanka Rancic,
Editor

EDITORIAL



Dear reader,

It was a lovely summer day – the kind that fills the air with warmth and promise. I had just completed my second year at the theological seminary and had been sent to a beautiful town in southeastern Serbia for my placement. Mary, an elderly church member with a heart full of faith, was guiding my colleague and me to visit a family who had recently been baptised.

As we walked along a narrow, sunlit street, a car suddenly came speeding towards us. Instinctively, we stepped back and sought shelter in an open garage nearby. Dust rose around us as the car rushed past, leaving our hearts pounding. We exchanged startled glances, silently questioning the driver's recklessness – when suddenly I heard Mary shout, 'Duska, don't move!'

At that moment, my foot was already lifted up, but I never made that next backward step. I saw myself moving as if in slow motion, and looking behind me I realised that if I had made that step, I would have fallen into a mechanic's deep inspection pit and badly injured myself or worse. My heart raced as I stepped safely forward. 'Oops, that was close,' I commented.

My colleague nodded, 'Wow, close indeed.'

The two of us were about to continue our walk, but Mary wasn't done. 'Young ladies,' she said softly, 'we need to stop and pray. God's angel just saved you from a terrible accident. Let's give Him the glory.'

To be honest, I didn't even realise what had just happened. I would have just walked away, thinking to myself, 'It's good that I didn't fall; that would have been embarrassing and painful. But Mary's words left me thinking. She helped me see what I had missed – the unseen hand of God at work in the smallest details of my life.'

That day, she taught me to open my spiritual eyes. She reminded me that life is not random or ordinary: it's a constant unfolding of divine care. God walks beside us in every step we take, even in the steps we don't take. When confusion clouds my path and I can't understand why certain things happen in my life, I remember that I am part of a greater story – a cosmic battle between good and evil – and suddenly everything begins to make sense.

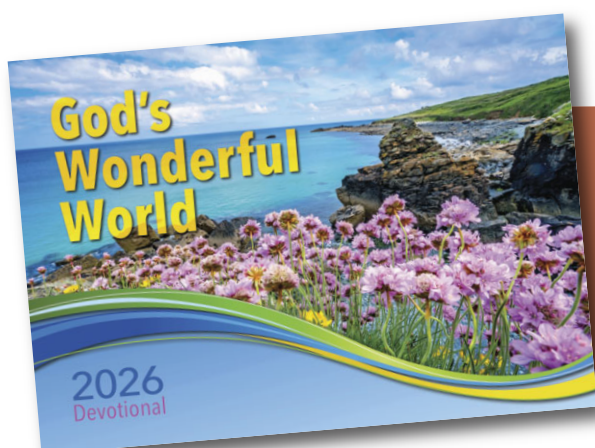
The psalmist prayed, 'Open my eyes so I can see what you show me of your miracle-wonders' (Psalm 119:18, MSG). It is a plea for spiritual sight – for God to lift the veil that blinds us to His love and protection. Paul echoes this truth when he writes that the Holy Spirit reveals to us the things of God (1 Corinthians 2:10).

Every day, we choose where to fix our gaze. When we focus on God, our hearts find hope and peace even amid trials. As Scripture reminds us: 'We don't look at the troubles we can see now; rather, we fix our gaze on things that cannot be seen. For the things we see now will soon be gone, but the things we cannot see will last forever' (2 Corinthians 4:18, NLT).

General Conference (GC) President Erton Köhler has emphasised on a few different occasions that the GC's priority is for us to be 'a church grounded in the Bible and focused on mission'. To live out this calling, we must nurture our relationship with God – through daily study of God's word and a passionate prayer life.

Plan your spiritual journey intentionally. Prepare resources for your family's growth: daily devotionals, Bible study guides, and devotional calendars with memory verses that anchor your heart. Let God's word dwell in you richly, so that when life's unexpected moments come, you will be ready – spiritually alert, faithful and unshaken.

Because the truth is, we are never walking alone. Every breath, every step, every narrow escape reminds us – He is with us every step of the way.



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We need each other: a reflection on systems thinking and the Christian mission

by Dr Alex Collins Arthur, an elder at London Ghana SDA Church*



During the 1960s, a young biologist named Ludwig Von Bertalanffy proposed a groundbreaking theory known as General Systems Theory. This framework emphasised analysing subjects based on their collective properties, rather than simply examining the attributes of the individual parts. At the time, scientific disciplines were often studied in isolation. Bertalanffy, however, recognised underlying principles and interconnections that became clearer when viewed as integrated systems, rather than fragmented elements. His findings suggested that the effective application of scientific ideas relies on collaboration and the harmonious interaction of related fields.

Furthermore, Bertalanffy believed that the roots of this systems-based thinking existed long before the 1960s. He pointed to early applications in medicine and philosophy, where thinkers had observed that parts of the human body or aspects of human society must work together to maintain balance and wellbeing. His theory was not just a scientific innovation – it was a rediscovery and formalisation of a principle deeply embedded in the natural and social worlds: the whole is greater than the sum of its parts.

Interestingly, this same idea appears vividly in the writings of the apostle Paul in the New Testament. Paul's metaphor of the church as a body – particularly in Romans 12:4-8 and 1 Corinthians 12:12-31 – offers a theological parallel to systems thinking. In these passages, Paul describes how each believer has a unique role within the Christian community, much as each part of the human body serves a specific

purpose. The eye cannot say to the hand, 'I don't need you,' just as the head cannot dismiss the feet. Every part is essential, and the body cannot function properly unless all parts are working together in unity.

This metaphor serves as a powerful illustration of interdependence. Paul emphasises that diversity within the body of Christ is not a weakness, but a strength. Just as the human body relies on the coordination of various organs and limbs to function, the church depends on the diverse spiritual gifts, talents and perspectives of its members to fulfil its mission. No single part is sufficient on its own, and none is superior to the others. Unity is achieved not through uniformity, but through cooperation and mutual respect.

What both Bertalanffy and Paul reveal – though in very different contexts – is the fundamental truth that we are designed to function in relation to others. In both science and faith, the effectiveness of any system – be it an ecosystem, an organisation or a church community – depends on the healthy interaction of its parts. Isolation leads to dysfunction, but collaboration leads to strength and resilience.

In the modern world, where individualism is often celebrated and self-sufficiency is prized, these insights offer a countercultural message. They remind us that autonomy has its limits. We are not meant to operate in silos – neither in our professional lives, nor our social relationships, nor our Christian journeys. Instead, we thrive when we recognise our need for one another and commit to working together for the common good.

This principle has practical implications in many areas of life. In

education, interdisciplinary approaches that draw on multiple fields of knowledge often lead to deeper understanding and innovation. In healthcare, a holistic view that considers the mental, emotional and social dimensions of a patient's wellbeing is more effective than treating symptoms in isolation. In the workplace, collaborative teams that value diverse perspectives tend to perform better than those that rely on a single way of thinking.

Within the church, the call to function as one body is not just a metaphor – it is a mandate. It challenges believers to recognise and affirm each other's spiritual gifts, to support one another in times of need, and to work together in service to fulfil a shared mission. Just as systems theory encourages us to look beyond individual components and consider the greater whole, the Christian faith invites us to see our lives as part of a larger, divine tapestry – one that requires every thread to be in place for the pattern to be complete.

In conclusion, the insights of General Systems Theory and the teachings of the apostle Paul converge around a simple yet profound truth: we need each other. Whether we are navigating the complexities of science, building stronger communities, or seeking to live out our Christian faith, the path to wholeness and effectiveness lies not in independence, but in interdependence. When we work together – valuing each part, respecting each contribution, and striving towards common goals – we embody the beauty and power of a truly connected system.

* Dr Arthur is a senior management consultant at a London-based construction practice and a fellow of the Royal Institution of Chartered Surveyors.

Ah, those labels . . .

by Pastor Adrian Peck

FEATURE



As I write, a candidate for the US presidency has come in for some sharp criticism for remarks he has been making about immigrants ‘poisoning the blood of our country’. It seems he has either forgotten or moved on from a 2017 statement where he asserted that, no matter the colour of one’s skin, we all bleed red.¹

The ‘immigrant’ label can be, or sadly is, stigmatising. Prefacing it with the word ‘illegal’ makes it even more so. It confers on the person a status that is very different from that of a citizen. And, even if that person goes on to adopt the nationality of their new homeland, anecdotally at least, it seems they are never quite the same as someone ‘from here’.

We need to use labels to help us negotiate our way through life. They help us cope with what can be the overwhelming amount of information that flows in ever-increasing volume around Planet Earth. Labels can help medical professionals as they identify and respond to health trends in different populations. Labels can highlight who is being marginalised in society.



Labels identify us as Christians, members of the Seventh-day Adventist Church, and disciples of Jesus. The problem is that labels also have the power to depersonalise people and are a step along the path to dehumanisation.

For, as soon as we label someone, we subconsciously group them with those with the same label. When we do that, something of the person’s individuality and personality is lost. Groups then allow us to resort to lazy stereotypes. Hence, to understand that I am British, in some eyes, is to suggest I am overpolite, apologise too readily, and eat a lot of fish and chips.

Some might also believe my being British means I lack warmth and emotion. Such a belief calls into question my humanity – especially compared to those groups who are thought to exhibit a full range of emotions and are not afraid to express themselves. Experts suggest that to deny a group of people the full spectrum of human emotions and characteristics is to ‘infrahumanise’ them.² ‘Infra’ means ‘under’ – so to infrahumanise others means to underhumanise them . . . to see them as less than human.

Infrahumanisation is a natural, unconscious consequence of distinguishing my group from yours. Consequently, research suggests that because I think my group is more human, I am less likely to socialise with your group. Why associate too much with those from groups who are not quite as human as me and my sort are? We might go as far as suggesting that if we were to mix, somehow it would spoil our group dynamics, make things less congenial, maybe even ‘poison the blood of our country’.

An example from Bible times can be seen in the animosity between the Samaritans and the Jews. As

many have pointed out, this is evident in the

exchange Jesus has with the lawyer in Luke chapter 10: for, when Jesus asks the lawyer in verse 36 who out of the priest, Levite and Samaritan was a neighbour to the wounded traveller, he cannot bring himself to even say the word ‘Samaritan’ in his response in verse 37.

Therefore, even though labels are necessary, they should be used with caution. Without being cautious we will tend to see those who are not Christians or Adventists as not being quite as human as we are. They, after all, are not as far down the route of being recreated in the image of God as we are; they don’t quite obey the Ten Commandments as we do; they aren’t as in touch with the Holy Spirit through their conscience as we are. Hence, we will tiptoe into their territory and then retreat back to where it’s safe and everyone believes in God and behaves as we do.

Even internally, we can distance ourselves from others by referring to them as ‘conservative’ or ‘liberal’. Indeed, we will regard those at the opposite end of the political, theological, moral or any other spectrum with much suspicion. You see, labels have the power to fracture and splinter a community.

The answer is to be found in de-labelling others; in seeing a person for who they really are; in enhancing and promoting others’ humanity; in remembering that, however fractured, all people are made in God’s image . . . with all that that entails.

¹<https://edition.cnn.com/videos/politics/2017/04/30/donald-trump-100-day-rally-bleed-same-blood-sot.cnn>

²Nick Haslam and Steve Loughnan, ‘Dehumanization and Infrahumanization’, *Annual Review of Psychology* 65 (2014), pp. 399-423 – <https://doi.org/10.1146/annurev-psych-010213-115045>

This article has been adapted from Pastor Peck’s book, *Church on the Move*. To order your copy, visit <https://lifesourcebookshop.co.uk/product/church-on-the-move/> or call 01476 591700 from Monday to Thursday, 8.30am-5.30pm.

The goodness of God in the life of Paul Weekes

by Manuela Mai

You may not know his name, but many of you will recognise him. He's the familiar face behind a camera at our large corporate gatherings such as the SEC Evangelism Expo and the SEC Camp Meeting; and, if you have a chance to talk to him about his role within the AV team, you'll not only discover the deep passion he has for his work, but most of all you'll find a man full of gratitude for how God has led him into this industry. Paul Weekes' journey, taking him from being a young teen with a fledgling passion for photography to a man with a professional career, is the simple and yet beautiful story of what God will do if we cultivate a willing, open and adventurous heart.

A good number of years ago, when Paul was around 16 years of age and a member of Hampstead Church in London with his family, his father suggested that they should video the upcoming church outing to Longleat Safari Park. Now here's a memory for those of a certain age: they hired a camcorder from the local Radio Rentals! With no experience, but eager to take on the challenge, Paul embarked on his first ever video recording. He also recalls how that same weekend he was asked to video a wedding. He laughs when he thinks back to the quality of his early work, but nobody complained. As the years followed, he was often asked to video weddings and special events, and his passion and creativity grew.

The most meaningful

opportunity came when he was tasked with making an internal training video at his workplace – the Department for Transport. This video, which featured the CEO, established him as the internal 'go to' person for any videography work. Without pushing, Paul was given his own camera so he could work more effectively. Without asking, he was sent on a professional training course at the BBC, which gave him the title of Professional Broadcast Cameraman. Without his requesting it, the company set up Paul's own editing studio. What stands out to Paul in all of this is how quickly he progressed from amateur videographer to a professional cameraman without ever having to complete an application form or attend an interview. The favour of



Paul Weekes filming outside 10 Downing Street



Paul Weekes filming at this year's SEC Camp Meeting

God has been on him throughout the journey, and doors have opened to some interesting and exciting opportunities. Paul has filmed on helicopters and yachts, and is even known by his first name inside number 10 Downing Street. Paul gives God all the glory for the way his life has panned out.

Gratefully received, abundantly shared: becoming generous – the journey of faith

by Pastor Jimmy Botha, President of the Scottish Mission and Stewardship Sponsor in Scotland



STEWARDSHIP



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What does it really mean to *become* generous?

At first, generosity might look like an action: writing a cheque, volunteering time, or supporting a project. But the deeper truth is that generosity is not only something we do: it is who we are becoming. Faithful Christian stewardship is a journey of the heart, a transformation of one's character into one that reflects God's own nature.

On my tenth birthday, my grandmother gave me a card that contained some banknotes, worth about £20 today. For a young boy, it seemed to provide endless possibilities. Yet, even amid that excitement, I thought about what I might buy for others as well as for myself.

Looking back, I realise that her gift contained more than money. It held her heart. She gave not because she was obliged to, but because that was who she was – a constantly cheerful giver. That is where true generosity begins: not in the act itself, but in the heart behind it.

Paul's call to cheerful giving

The apostle Paul captures this truth in 2 Corinthians 9:7 (NIV): '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.'

Notice his emphasis: not obligation, not guilt, not reluctance – but joy. Generosity flows from a heart that has been transformed by grace.

The Greek word translated 'cheerful' is *hilaros*, from which we get the word 'hilarious'. In Paul's time, it meant 'willing, ready, and joyfully inclined from within'. A cheerful giver doesn't put on a smile



while resenting the act. Instead, generosity flows naturally, almost instinctively, from who we are becoming in Christ.

The four stages of generosity

Spiritual writer Ronald Rolheiser outlines four levels of faith that also mirror our journey of generosity:

1. *Faith as fear* – giving to appease God, driven by superstition or guilt.
2. *Faith as reward* – giving in anticipation of a blessing, viewing generosity as a transaction.
3. *Faith as duty* – giving out of principle, faithfully and responsibly, even when inconvenient.
4. *Faith as love* – giving freely, joyfully and without seeking recognition, because it has become our very nature.

Faith as love is the goal. At this level, generosity is not about fear, reward or even duty. It becomes our identity. We give because love compels us.

Learning generosity through love

When I was a teenager, both of my parents passed away. During those uncertain years, my brother and I were taken in by a family who had little money but hearts full of love. Their home became ours; and, although they lacked material riches, there was always enough. Love always provides enough.

This is the essence of Christian stewardship. Generosity cannot be compelled; it must be cultivated. It develops as God's own generous nature transforms us.

Reflecting God's generosity

Generosity reflects God's character. Creation, salvation and daily grace are not given to us hesitantly or by force. They are given out of love.

When Paul urges us to be cheerful givers, he is calling us to reflect God's own character. Jesus, though He was rich, became poor for our sake, that we might be enriched (2 Corinthians 8:9). In Him we see the epitome of generosity and self-sacrificing love poured out for others.

To become generous is to emulate God.

From action to identity

So where are we today? Are we giving out of fear? Out of hope for a reward? Out of duty? Or are we becoming people who give because love flows through us?

Generosity is not judged by the size of the gift, but by the attitude of the heart. It is not merely an act to tick off a list: it is an identity we develop into.

A missionary once told the story of a young African boy who brought him a beautiful fish. The boy had walked miles from the river to deliver it. When asked why, he replied: 'Long walk part of gift.'

That is generosity: not convenience, but love; not performance, but transformation.

Conclusion:

becoming generous

God does not desire reluctant offerings with forced smiles. He desires hearts reshaped by grace so that generosity becomes our joy.

A call to prayer for the freedom of the church and the protection of our children

by Lorraine McDonald,
British Union Conference Education Director



A matter of deep concern has arisen once again within our nation – a challenge that touches the heart of Christian ministry, family life, and the freedom of the church to teach and nurture children in the ways of the Lord.

The government's recent 'out-of-school settings (OOSS)' call for evidence* has reawakened the troubling prospect of Christian gatherings – Sabbath (and Sunday) schools, youth groups, Bible clubs, and home education groups – coming under close state scrutiny. On the surface, this is being presented as an effort to improve safeguarding; yet beneath this language lies the potential for far-reaching state oversight into the life of the church and the family.

We have faced this before. In 2016 and 2018, similar proposals nearly gave Ofsted the power to inspect church Sunday (and Sabbath) schools. The Public Affairs & Religious Liberty Department of our church gave a compelling response. Though that attempt was stopped, the same ideas are now resurfacing. Once again, the Government is considering new powers to monitor what happens in any setting where children gather for teaching – including religious instruction. As a church we have already responded with both grace and truth.

Pray for wisdom and discernment: The scope of this proposal is vast. The government defines 'out-of-school settings' as including everything from private tutors and tuition centres to uniformed youth groups like Scouts and Brownies (including Pathfinders!), sports and arts clubs, and 'religious settings offering tuition or education in their own faith'.

The intent, they say, is to 'enhance the safety of children and give parents confidence' – yet the implication is that parents are no longer trusted to discern safe environments for their children, and nor are churches or Christian



organisations trusted to uphold their moral duty of care. Let us pray for discernment among parents, courage among church leaders, and wisdom among government officials – that they may recognise the God-given role of the family and the church in raising and guiding children.

Pray for truth and justice: The OOSS consultation asks the public what level of state regulation is needed – from voluntary registration to mandatory national registration with inspection powers. Yet existing laws and guidance already provide clear ways for authorities to act where genuine safeguarding risks exist. Pray that truth prevails over fear, that justice is upheld, and that the Government focuses on protecting those truly at risk.

Pray for freedom and faithfulness: The potential for state sanctions against churches or families who do not comply with future registration or inspection schemes is deeply concerning. The recently advanced Children's Wellbeing and Schools Bill already expands government powers in this area. Combined with the OOSS proposals, it suggests a shift towards a culture of suspicion-led surveillance – where ordinary Christian activity could fall under investigation.

We must pray fervently for the freedom of the Gospel in our land – that the light of Christ would continue to shine in our homes, our schools and our churches without fear or constraint.

Pray for truth to be protected: As our culture moves further from a biblical worldview, the meaning of

'safety' itself is being redefined. Increasingly, what is judged 'unsafe' is not physical harm, but the expression of Christian belief – especially regarding identity, sexuality and the created order.

Pray that the church will remain steadfast, that truth will not be silenced, and that Christian parents and teachers will be strengthened to raise children according to God's word with boldness and grace.

Pray for the church's witness: Many small Christian groups and volunteer-led ministries could be forced to close if required to comply with the same burdensome regulations imposed on schools. The impact would be felt across the nation – in every Sabbath/Sunday school, youth club, Bible camp and home-education community.

Let us pray for unity, and that the body of Christ will speak with one voice in love and truth. Pray that God will move in the hearts of legislators, that unnecessary and intrusive regulation will not become law. And pray that, whatever may come, the church will stand faithful, creative and unashamed in serving the next generation.

Lord, we bring before You our government, our nation, and Your church. We ask for Your protection over the freedom to teach Your word, and over every parent, pastor and teacher seeking to guide children in Your truth. Give us courage to speak wisely, to act righteously, and to trust in You above all human power. Let truth, love and freedom prevail.

*<https://www.gov.uk/government/calls-for-evidence/out-of-school-settings-safeguarding>

Nature's pharmacy, part 6d – Healing foods

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

We progress our analysis of healing foods with a look at dietary choices that reduce the pain associated with inflammation, as well as foods that calm the body's response to pain. First, let's delve a little deeper into pain-causing foods and the research related to them.

The Arthritis Foundation, in their article '8 Food Ingredients that Can Cause Inflammation',¹ list the foods to avoid that can trigger pain. These are:



- **Processed sugars**, which trigger the release of inflammatory messengers called cytokines;
- **Saturated fats**, which trigger adipose (fat tissue) inflammation (an indicator for heart disease) and worsen arthritis inflammation – found in pizza, cheese, meat products (especially red meat), full-fat dairy products, pasta dishes and grain-based desserts;
- **Trans fats**, which trigger systemic inflammation – found in fast foods, fried products, processed snack foods, frozen breakfast products, cookies, doughnuts, crackers and most stick margarines;
- **Fatty acid (omega 6)**, the excess consumption of which can trigger the body to produce pro-inflammatory chemicals – found in oils (corn, safflower, sunflower, grapeseed, soya, peanut and vegetable), mayonnaise and many salad dressings;
- **Refined carbohydrates**, high-glycaemic-index foods that fuel the production of advanced glycation end (AGE) products that stimulate inflammation – such foods include white flour products (breads, rolls, crackers), white rice, white potatoes (instant mashed potatoes or French fries) and many cereals;
- **Mono-sodium glutamate (MSG)**, which can trigger chronic inflammation and affect liver health – found in prepared Asian food and soy sauce, and added to fast foods, prepared soups and soup mixes, salad dressings and deli meats;
- **Gluten and casein**, sensitivity to which can instigate an autoimmune response that damages the small intestine and also causes joint pain;
- **Aspartame**, an artificial sweetener, sensitivity to which can trigger an inflammatory response; and
- **Alcohol**, excess consumption of which weakens liver function, causes inflammation and disrupts the function of multiple organs.

Foods for pain relief

An article by Debbie from *livingyourseniorlife.com* titled '11 Plant-Based Foods to Naturally Ease Arthritis Pain' states in the introduction: 'We'll explore eleven powerful plant-based foods that can help reduce arthritis symptoms, support joint health, and improve overall well-being. Whether you're looking to ease stiffness, reduce swelling, or simply feel more comfortable in your day-to-day life, these foods are a great place to start!'² She lists the following:

Avocado – contains healthy fats that reduce joint inflammation;

Berries – lower inflammatory blood markers, reducing pain and stiffness;

Broccoli – has anti-inflammatory properties, reducing joint discomfort and swelling;

Citrus fruits – with nutrient-rich vitamins giving energy and relieving stiffness;

Lentil beans – rich in antioxidants, which combat free radicals in the body and help reduce inflammation;

Spinach and leafy greens – rich in vitamins C and E, which are antioxidants that protect your cells and lower inflammation;

Chia seeds – rich in omega-3 fatty acids, which reduce inflammation, ease joint pain, support heart health and strengthen the immune system;

Walnuts – rich in omega-3 fatty acids, which reduce inflammation, particularly beneficial for rheumatoid arthritis, and also rich in the antioxidant vitamin E, which protects cells from damage;

Ginger – has strong anti-inflammatory properties that help ease joint discomfort;

Turmeric – its active compound, curcumin, has anti-inflammatory effects, easing joint pain and swelling – particularly beneficial for rheumatoid arthritis; and

Olive oil – contains oleocanthal, which works similarly to ibuprofen, helping to alleviate pain and protect joints from damage; also contains vitamin E, which supports the immune system.

Publication

In his book titled *Foods that Fight Pain: Proven Dietary Solutions for Maximum Pain Relief Without Drugs*, author Neal D. Barnard, MD gives advice on the most impactful foods for pain relief and how they assist in pain management. His earlier publication, titled *Foods that Fight Pain: Revolutionary New Strategies for Maximum Pain Relief*, carries this overview: 'A food-based approach to coping with pain explains how to use a nutritional programme that combines pain-safe foods, foods that soothe pain, and food supplements in a total strategy for relieving pain.'

Exercise

Try the foods for pain relief suggested in this article, and keep a journal of their impact.

Good health!

¹www.arthritis.org/health-wellness/healthy-living/nutrition/foods-to-limit/8-food-ingredients-that-can-cause-inflammation

²<https://livingyourseniorlife.com/plant-based-foods-to-ease-arthritis-pain/>

Nature and the giant tipi: how Newbold Primary School is transforming outdoor learning

by J. Crissey



Tipis are made from sustainable materials, can be assembled without machinery, sit lightly on the land and create a unique learning environment. 'It offers shelter, but you can still hear the wind rustling

through the trees and the birds singing around you. You're not separated from nature – you're immersed in it,' said Mrs Stanborough. 'It can be a deeply spiritual experience.'

The tipi quickly became a symbol of learning in harmony with the natural world. It was settled: the school's new classroom would be a tipi!

Last year, a group of Newbold School teachers and volunteers walked across three mountains and ended up in a giant tipi.

Nestled in the village of Binfield, Newbold Primary School is quietly transforming its approach to education. Where a brick-and-mortar outdoor classroom was planned, there now stands a giant tipi, rooted in the school's values of sustainability.

This is the true story of a school community, united by a shared vision for its children, which has attracted interest from local newspapers and television.

A growing vision

The school's approach to learning changed soon after their Forest School programme started. Mrs Vicky Stanborough, a teacher with a passion for outdoor learning, has been leading the initiative. Funded by the Parent, Teacher and Friends Association (PTFA), she completed 180 hours of training to become a qualified Forest School leader and then trained her colleagues.

Forest School takes place weekly in Newbold College's woods. Although just a short walk away, it feels like an adventure into the wild. Lessons are carefully planned with robust learning outcomes, covering everything from local ecosystems to scientific observation, problem-solving and teamwork.

Teachers noticed that the children returned to class energised, more focused, and eager to learn. Their

understanding of nature deepened and their confidence grew.

A pupil-inspired idea

As the programme flourished, the next step became clear: to extend outdoor learning to other subjects by building an outdoor classroom for all seasons.

Mrs Stanborough approached the school's headteacher, Mrs Crissey, with this bold idea, and she loved it. Initial plans were explored for a building of brick, timber or a hybrid of both. However, the price tags on even the most environmentally friendly options were too high; even worse, most required machinery, demolition, and building materials that didn't align with the school's green ethos.

The turning point came during a Key Stage 2 assembly on urbanisation. As pupils shared how rapid development affects green spaces and contributes to pollution, Mrs Stanborough realised that the building project was heading in the wrong direction: 'It just didn't feel right,' she said. 'We were about to damage part of our green space to build something meant to help children appreciate nature. It felt contradictory. Something had to change.'

The tipi solution

The spark of inspiration for the tipi again came from the children's favourite Forest School activity: being under a tent. A tipi is basically a giant tent.

Climbing mountains

To fund the project, Mrs Stanborough and a group of staff and volunteers took on the formidable Three Peaks Challenge – climbing the three tallest mountains in Scotland, England and Wales within 24 hours. 'It was exhausting but so worth it,' she said. 'We wanted the children to see that when something matters, you put in the effort to make it happen.'

Their challenge raised a considerable sum, but it still wasn't enough to purchase the tipi. Fortunately, the PTFA offered to bridge the gap. The tipi was now set to become a reality.

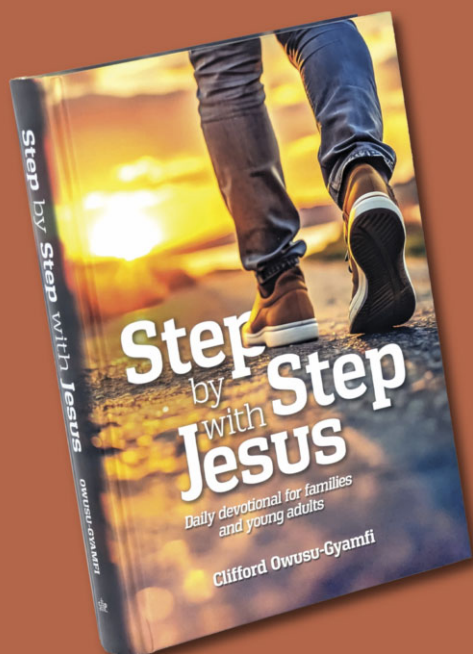
A classroom that breathes

Today the tipi stands proudly at the edge of Newbold School's woodland area – a living classroom, a space for storytelling, experiments, art and spiritual reflection. The children love it. 'It doesn't feel like a classroom, but we still learn so much,' one pupil said.

The tipi reflects Newbold's belief that learning should be rooted in real experiences. As Genesis 2:15 reminds us, God instructed us to look after the land. Newbold School is simply following His instructions.

'We wanted to build a space where children could learn *about* God's creation,' said Mrs Stanborough. 'What we ended up with was a space where they could learn *from* it.'

The Book of the Month



Step by Step with Jesus

Has your yearly devotional reading often trailed off by mid-year? Do you find yourself among those who struggle to maintain the commitment?

Step by Step with Jesus is not merely a daily devotional: it's a journey with the Saviour that engages and captivates you throughout the entire year.

Embedded within each devotion are timeless truths woven into stories and illustrations that reflect the challenges, trials and questions we all face. The pages of this book are designed to inspire commitment, offering a fresh perspective each day, and infusing your daily routine with spiritual vitality. The engaging topics, scriptural insights and practical applications will draw you into a deeper relationship with Jesus.

Written by Clifford Owusu-Gyamfi PhD, a Ghanaian systematic theologian based in Switzerland, *Step by Step with Jesus* is a personal invitation to walk hand in hand with the Saviour, step by step, day by day, growing and maturing in your faith.



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.lifefsourcebookshop.co.uk.

Save the children

by Adrian Samuel



In an ideal world, I'd have very little to write about because our collective sense of duty towards children would be instinctive, extending itself to protect, cherish and nurture them. Sadly, this is not the ideal world, and God is still waiting for a people who will help Him build it.

Second Timothy 3:1-5 states that in the last days there will be a class of individuals who will be 'lovers of their own selves' and 'without natural affection' (KJV). Even a cursory look at the world today reveals that the human condition is in rapid freefall, matching the dystopia prophesied. Values communities once held to be sacred and self-evident are now being trampled to dust.

If we are to preserve our lineage of responsibility and effectively teach future generations to do so, we must be able to convincingly explain two things: what is a child, and what makes children a special object of our time and attention?

For most social groups, and for parents in particular, the answer to these questions is obvious and requires no laboured explanation:

1. A child is 'a boy or girl from the time of birth until he or she is an adult' (*Cambridge Dictionary*).
2. We invest our time and attention in children because they are members of the human family lacking the agency to carry out their full potential. We nurture them because through them we have a chance to see the world renewed with a fresh perspective, unsullied by the world.

In this instance, Christians have the benefit of Scripture to help expand on these definitions. A child is not necessarily always young; he or she is, however:

1. Someone reliant on others to teach him or her about God (Isaiah 28:9).
2. A Christian without spiritual foundations who is especially vulnerable to false teachings (Ephesians 4:14).

Despite these apparent weaknesses, children's teachable nature and humility serve as our example of the people God wants to fill heaven with (Matthew 18:3): willing souls ready to accept everything necessary to receive membership into the family of God (John 1:12).

To answer the call to save the children is first to recognise that there are subtle, creeping influences that would seek to destroy their good nature; and without our intervention they might succeed.

Our Father desires us to be guardians at the gate of children's hearts, and to be their trusted teachers from the start.

When duty calls, will you answer?

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 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, 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 had questions and met with Jesus at night.

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/>



	A	B	C	D	E	F	G	H
1								
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1. He was imprisoned with Paul in Acts 16.
2. The word of the Lord will rest on this place in Zechariah 9.
3. A fellow worker who sends his greetings in Romans 16:21.
4. Zadok was a brave one in 1 Chronicles 12:28.
5. He was second to the king in 2 Chronicles 28:7.
6. Religion of the Jews.
7. Myths.

[illegible]

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Welsh Mission Triennial Session 2025: shining bright like diamonds

by Pastor Sam O. Davies, *British Union Conference Communication and Media Director*



The newly elected team of sponsors of the Welsh Mission, serving 2025-2028. Left to right: Thoko Kapida, Jonathan Nyangani, Pastor Adriana Fodor, Eileen McKenzie, Kenroy McKenzie, Pastor Max McKenzie-Cook, Pastor Graham Allcock, Aftab Barki, Jane Wells, Shola Semakula, Crystal Knight, Martin Walters, David Hanson-Bartholomew, Glenville Daniel, Pauline Allcock and Daniele Camara.

The Welsh Mission's 2025 Triennial Session on Sunday 27 September in Newport, Wales commenced with prayer, reflection and heartfelt gratitude for God's guidance. Delegates, officers and pastors from all over Wales and the British Union Conference (BUC) assembled to welcome attendees, approve procedural guidelines and appoint essential officers.

Honouring a legacy of service:

BUC President, Pastor Eglan Brooks, compared the Welsh Mission's extraordinary history of service to diamonds – precious and timeless. From distributing literature during the Welsh Revival to providing meals during the 1926 miners' strike and supporting families after the 1966 Aberfan disaster, its narrative is one of resilience and sacrifice. Members have also led health initiatives, youth camps and community outreach through media and service. Citing Matthew 5:14-16, he reminded the delegates that the Welsh Mission has long been a 'light to the world', urging them to continue to shine. He recognised the pressures faced by society today – wars, economic hardship, racial discord, and the exploitation of youth – noting that they reflect the harsh conditions under which diamonds are created. 'Diamonds do not create their own light,' he stated. 'They reflect it. Our calling is to reflect the light of Jesus, consistently, courageously, and together, until we unite as a crown in God's hand.'

Membership growth and care:

Welsh Mission Executive Secretary, Pastor Max McKenzie-Cook, presented his report on membership,

which began with a moment of silence to remember the thirty members who had passed away during the triennium. Despite these losses, he shared that the Mission's membership had increased from 692 to 809 by the end of 2024, with 149 transfers and 68 baptisms. The report emphasised the importance of welcoming and nurturing new members, strengthening local leadership, and enhancing record accuracy. Delegates voted on the Nominating Committee's report for new departmental leaders, many of whom are lay members collaborating alongside employed staff (see the full report at: <https://news.adventist.uk/all-news/welsh-mission-triennial-session-2025-shining-bright-like-diamonds>). Delegates' testimonies showcased the challenges of ministry in Wales, calling for resilience and a deeper cultural connection. Delegates also suggested increased use of the Welsh language, with the Welsh Mission Treasurer, Aftab Barki, assuring that funds were available to support language training for mission.

Strategic plan and ministry engagement: The Welsh Mission President, Pastor Graham Allcock, reviewed the 2022 strategic plan, which centred on revival, empowerment and disciple-making. He highlighted prayer initiatives, retreats and pastors' councils, including the European-wide gathering hosted by the Trans-European Division. Local churches enhanced community engagement through fellowship days, school presentations and health workshops. Communication improved through the Global Adventist Internet



Network conference, while safeguarding remained a priority, with training provided at Newbold College. Membership audits and facility maintenance were also part of the Mission's responsibilities.

Financial strength and innovation:

The Treasurer's report from Aftab Barki indicated that, despite global challenges – including the war in Ukraine, inflation, and cost-of-living pressures – the Welsh Mission's tithe increased by 45.5% from 2022 to 2024, with 67% of members contributing online through transfers, PayPal and the new 7me app. Working capital was reported at 17.5 months and liquidity at 16.3 months, reflecting a strong financial position. The implementation of the Adventist Church Management System's Treasury electronic module had streamlined processes, while the 7me app enabled members to monitor finances, return offerings and access resources. Barki urged greater promotion of Gift Aid and support for digital giving systems.

Looking ahead: reflecting God's image: In the closing address, Pastor Jacques Venter, BUC Executive Secretary, referred to Daniel 2 to remind delegates that human empires rise and fall, but God's kingdom stands forever. Humanity, made in God's image, is called not to dominate, but to reflect God's love, justice and compassion. He encouraged the Mission to embody Christ's method in the next three years, focusing on ministry through fellowship events, discipleship pathways, wellbeing workshops and mentoring new believers. 'Christ is the true image of God,' Pastor Venter concluded. 'As His disciples, our mission is to embody His compassion, teach His word and build communities of love until Wales shines with the hope and joy of His eternal kingdom.'

This article was first published in the *BUC News*.

Kingdom Kidz from St Albans Church release original song and music video

Kingdom Kidz, the children's choir from St Albans Seventh-day Adventist Church, released their debut original song 'We Are the Kingdom' and music video on Wednesday 10 September. This exciting project involved approximately forty children aged 1-10, supported by the teens, youth and the entire church community, creating a lasting legacy that celebrates young faith and talent.

The idea originated from the desire to find fun, simple, Christ-centred songs for kids that would have an impact on their lives and those around them. With limited resources available, and a local church filled with musical talent and passion, the idea of creating an original track was formed! 'We wanted to create a resource that the children can use to talk to their friends about God,' explained Delaverne Baxter (composer of 'We Are the Kingdom').

The project exemplified community collaboration at its finest. Church members, including youth, contributed in numerous ways, from project management and fundraising to security and wardrobe checks. A community bake sale alone raised £500 towards the project costs. Even children who couldn't participate in the recording contributed by creating self-portraits for the cover artwork or helping with fundraising efforts.

After months of dedicated preparations and rehearsals, approximately thirty children recorded their voices. The music video was filmed during an exciting family day in Rothampstead Park, Harpenden, thanks to council permission, where the event created much intrigue from passers-by. The large crew wore high-visibility vests featuring specially designed QR codes explaining the project, turning the whole production day into an opportunity for community witness and engagement. 'It's evangelism in action, delivered through the pure voices and hearts of our youngest members,' said Melita Pazitka, who leads children's ministries at St Albans Church and co-managed the music project with Delaverne Baxter. They wish this message of love and hope to touch the lives of not only all those involved, but also many children (and adults) far and wide.

Watch the video by scanning the QR code.

MELITA PAZITKA, KINGDOM KIDZ - WE ARE THE KINGDOM



Midlands Adventist Family Camp: 'Ready or not – Jesus is coming again'

Despite the forecast of rain, every attendee had a beaming smile upon their face as they arrived at the Midlands Family

Camp (26-31 August 2025). Once everyone was settled in their accommodation, we were all eager to hear the first of the week's very stimulating evening devotionals, 'Righteousness by Faith', from Pastor Adrian Broome.

The camp leader, Pastor Peter Sayers; the head cook, Joan Amore, and her team; the efficient site manager, Steve Bull; and his deputy, Akbar, had all come the previous day to ensure the campers' happiness and fulfilment.

Deborah Sayers gave the morning watch. We were truly encouraged and blessed by her lively presentation of God's love to start our day.

Yvette Chisholm directed the children's indoor activities and helped with trips to the beach. Children confidently played the piano, sang and offered meaningful prayers. Astral Hinds led some very early morning prayers.

The wonderful fellowship and companionship formed new connections among the campers, and by the end of the week they had made new Christian friends for life. After each evening worship, a group led by our excellent guitarist, (Alva) Santa Brooks, sang chosen hymns, as they also did during Divine Service on Sabbath.

The youngest lad was fifteen months old, and the oldest lady was energetic at 95. A range of Sabbath school classes for the children were ably led by Sue Campbell, Karen Campbell, Kim Marriot and Pat De Terville.

The music director, Dr Mark Sayers, with Deborah and Kamila, led the evening praise and worship. We all heartily praised God with the theme song, 'I Will Wear a Crown'. Mark encouraged the children to present their musical talents.

Three appetising and delicious meals a day were provided by Joan Amore and her team, with helpers in rota from the group. They provided for everyone's tastes, allergies and preferences with a varied international diet.

A huge thank-you goes to the organisers – the children were happily occupied from morning to night, which gave the adults time to share refreshing Christian fellowship and enjoy their breaks from home or work routines.

We were sorry that our dedicated treasurer, Charles Bramble, and his wife, Jackie, were unable to attend the camp.

VANESSA GENT

Faith, futures and forward thinking: UCY Careers Fair at Balham Church

The UCY Education and Careers Fair, held at Balham Seventh-day Adventist Church, provided a weekend (27-28 September) full of inspiration, learning and spiritual growth for young people and families across the South England Conference.

The Sabbath service, led by the UCY team, featured a praise team of UCY children and a powerful sermon by Pastor Dusanka Rancic, Chief Editor of the Stanborough Press. Her message reminded attendees that biblical figures like Joseph and Esther went through seasons of preparation before fulfilling their purpose – a timely encouragement for young people navigating their own journeys.

Serena Santana, the Academic Registrar of Newbold College of Higher Education, shared opportunities for study and growth at Newbold, emphasising the importance of faith-based education. Saturday evening's session on artificial intelligence, led by Pastor Ray Patrick and Craige Young, explored how AI can support personal development and ministry. Attendees left with practical tools and a deeper understanding of the role of technology in spiritual life.

Sunday's fair was bustling with activity, featuring



workshops on careers in media, healthcare, education, entrepreneurship, engineering and other fields.

Attendees engaged in meaningful conversations with professionals and mentors. The keynote speaker, Yolanda Brown OBE DL, inspired the crowd with her personal journey and message of confidence: 'Always say yes to opportunities.'

The UCY team sincerely thanks Balham Church for hosting the event, and all the contributors who helped make the weekend a success. Plans are already in progress for next year's fair, promising even more opportunities to empower and uplift.

CRAIGE YOUNG

Galway Church hosts 'The King's Daughters' event for teenage girls

'Thoughtful', 'creative', 'inspirational', 'a spiritual journey' – these are just some of the words participants used to describe a very special weekend, 22-24 August, at Galway Seventh-day Adventist Church. During this time, the church became the setting for 'Princesses Gathering: The King's Daughters' – an uplifting event that brought teenage girls together for joy, reflection, new friendships and a deeper discovery of what it means to be a true daughter of the King – Jesus Christ.

The vision came from Sayuri Betti, a Galway church member and health mentor, who longed to provide a space where young girls could encounter God personally. Remembering her own struggles as a teenager, and inspired by a similar programme in Brazil, she prayed for such an event in Ireland. With the support of the pastor, Children's Ministry director, and volunteers, her dream became reality. 'We wanted an unforgettable experience where these girls could not only have fun, but also be encouraged to face the challenges of this unique season of life,' Sayuri shared.

The weekend began on Friday evening with a presentation from Proverbs 31 and a moving crowning ceremony. Each girl was called by name, received a crown and gift pack, and was warmly welcomed into the princess-themed atmosphere. Their smiles revealed how treasured they felt. Joyful photos, a festive dinner and laughter marked the beginning of a truly special journey.

On Saturday, devotionals, talks and interactive activities guided the girls through the themes of relationships, purity, true beauty and honouring parents. A session on forgiveness and family healing invited them to write heartfelt letters, while group discussions reminded them of their worth in God's eyes. Phones were set aside, creating a space free from distractions, where hearts could be fully present. 'My favourite part was making new friends and hearing meaningful talks that help a teen growing up,' one participant reflected.

On Sunday we turned to the theme 'Temple of the King: Caring for Your Body with Purpose', with lessons on health, rest and emotional wellbeing. The girls even prepared a healthy chocolate mousse, learning that caring for themselves is part of honouring God.

The closing ceremony was filled with gratitude and hope as each girl recorded her lessons learnt and joined her fingerprint to a mural tree. Parents later expressed deep appreciation, and Sayuri reflected: 'It was truly special to witness what God did. My prayer is that many more events like this will inspire girls across Ireland and beyond to live with clarity, courage and purpose as daughters of the King.'

DEBORAH LESSA, IRISH MISSION COMMUNICATION SPONSOR



Women's Ministries Emphasis Day at Camp Hill

On 23 August 2025, Camp Hill Seventh-day Adventist Church in Birmingham held a powerful Women's Ministries Emphasis Day with Pastor Les Ackie, British Union Conference Director for Family Ministries and Children's Ministries, as the guest speaker. The church's women, dressing in red, blessed the congregation by singing 'I Know He Cares', setting the tone of confidence in God's loving care.

A special highlight was the baby dedication of Kai'yomi Jade Sutherland-Whitehouse by Pastor Bruce, who prayed for our Heavenly Father to guide and bless her with growing faith and loving protection.

Pastor Ackie, who is pursuing a doctorate in family ministry at Andrews University and is known for his pastoral warmth; his focus on family life, emotional and spiritual health; and his teaching ministry, quoted striking recent UK statistics on sexual assault, domestic abuse and domestic violence, showing how often we can fail to recognise or adequately address abuse. Women's Ministries members are called to help women reach up to God, and to be empowered and equipped to reach out to others in need.

At Camp Hill, the Women's Ministries' spiritual and practical efforts include weekly prayer meetings, Bible studies, birthday celebrations, baby dedications, a ladies' choir, prayer partners, prayer breakfasts and active support for vulnerable groups, including refugees. All women have felt supported by these ministries providing refuge, spiritual nourishment, mutual care and visibility in the lives of women who might otherwise feel isolated.

An afternoon session the same day, again led by Pastor Ackie, focused on emotional abuse, the most prevalent form of abuse in relationships, highlighting that victims might not recognise abuse, especially when it is gradual in onset or delivered verbally. Scripture reminds us that 'death and life are in the power of the tongue' (Proverbs 18:21, NKJV), but that God promises blessing and healing (Ezekiel 34:26-28).

In conclusion, the Camp Hill Church Women's Ministries Emphasis Day was a reminder of how essential it is for the church to acknowledge suffering, bring hope, and support healing. The team were encouraged to continue to see, hear and respond; to offer a place where healing flows, voices are restored, and every woman knows she is valued, protected and deeply loved by God.

DR JACQUIE HALLIDAY-BELL



'Building God's Family'

On Sabbath 23 August 2025 Welling Church celebrated Men's Ministries Day, an inspiring event centred around the theme 'Building God's Family'. The day was filled with insightful sessions, heartfelt fellowship, and spiritual growth, with activities designed to empower and strengthen the church community.

The event was meticulously planned and organised by Austin Nwankpa, the leader of Welling Men's Ministries, in close collaboration with the planning committee. Together, they crafted a programme that addressed both the spiritual and practical needs of men in the church and beyond.

The day's proceedings began with an engaging Sabbath school. The lesson study took the form of a panel discussion led by Antony Furrs, with support from Terrance Blackman, Ben Dantzle, Ian Thompson and Michael Asare-Bediako.

The communication, media and audiovisual teams

were recognised for their outstanding work in supporting the church's mission. The men's choir presented the meditational song, 'Great Is Thy Faithfulness'.

Devon Boyd, South England Conference Men's Ministries Coordinator, delivered an impactful sermon that resonated deeply with the congregation, focusing on how men can actively contribute to building God's family within their homes, communities and the wider church body. The afternoon session was equally enriching, as Alex Momoh took the floor to address an increasingly important topic – mental health and its challenges – through which he not only raised awareness about the mental health struggles many face, but also provided practical guidance on how the church can offer support and healing to those in need.

As the evening drew near, the event concluded with a heartfelt vote of thanks and a closing prayer by Pastor Habib. He expressed gratitude for the unity and commitment displayed throughout the day. His words resonated deeply with everyone, reminding all present that the true strength of God's family lies in the love, support and service shared among its members.

To God be the glory for a successful and enriching Men's Ministries Day. It was a day that truly celebrated the power of community, the strength of brotherhood, and the importance of building God's family in all aspects of life. We look forward to more such transformative events where we come together to grow in faith and fellowship.

AUSTIN NWANKPA

Lives transformed in Brixton's evangelistic campaign

In late summer 2025, Brixton Seventh-day Adventist Church held a powerful one-week evangelistic series themed 'The Time Is Now', led by international guest speaker Dr Gregory A. Carrol. From Sabbath 30 August to Friday 6 September, members and visitors gathered nightly to experience messages of renewal, hope and urgent discipleship.

Dr Carrol's sermons, which were also streamed live on YouTube, resonated deeply with his audience. He reminded listeners that there is no better moment to respond to God's call than the present. With conviction he challenged believers to embrace God's purpose, find peace through faith, and courageously step into a transformed life. His appeals echoed Brixton Church's mission to prepare hearts for Christ's soon return.

The week wasn't only about preaching – young people also had their chance to engage directly. In a special pizza night with Pastor Carrol, Brixton's youth asked their own questions in a relaxed, open setting, making the campaign intergenerational and inclusive.

The spiritual high point came on the campaign's final Sabbath, when the baptismal pool became a place of new beginnings. In a moving service led by Pastor Richard Daly, nine individuals declared their decision to follow Christ. Preston Robinson, son of Brixton's first elder, was baptised by his father alongside Pastor Daly. Twin brothers Kai and Keiran Jarret chose baptism together, their mother (not yet an Adventist) watching proudly. Edward Dwyer (87) responded to the Gospel after months of encouragement from his Adventist caregiver, who prayed and read Scripture with him faithfully. Nickesha Bailey had been caught up in worldly influences, but her heart was transformed when she discovered the church. Christine Mulimba, touched by



the Spirit during the week of meetings, responded to the call and committed her life to Jesus. Rikhuir Beny, inspired by the campaign's theme, began a new chapter in his faith journey with baptism. Anu Roberts embraced baptism as a symbol of renewal and dedication, surrounded by the warmth of the church community. Finally, Doreen Williams, having been invited by friends to visit Brixton Church, attended on Sabbath morning and made the Spirit-led decision to join in when she heard there would be a baptism that very day.

The congregation erupted in joy as each candidate entered the water, testifying that the Gospel still changes lives when hearts are open. The 'Time Is Now' campaign not only strengthened Brixton's members, but also revealed the urgency of sharing Christ in today's world. With nine new believers baptised, the church was reminded that the Holy Spirit is moving powerfully, calling people of every age and background to follow Jesus.

For Brixton Church, these baptisms are more than numbers – they are stories of transformation, proof that when the Gospel is preached with power and love, lives are changed. And for each of these nine new disciples, one truth will always remain: the time is now to follow Christ.

KELLEE HALLIBURTON, BRIXTON CHURCH COMMUNICATIONS

Three young souls embrace Christ

On Sabbath 16 August, three young individuals took a significant step in their faith journey by being baptised into the kingdom of heaven. This beautiful ceremony took place at Salford Seventh-day Adventist Church during the divine worship hour, creating a celebratory atmosphere filled with family and friends.

Pastor Romel Ricarte delivered a message centred on five key principles of secret prayer found in Luke 11:2-4, continuing this quarter's theme of discipleship. In line with the Great Commission given in Matthew 28:19, the congregation were reminded of Jesus' call to become fishers of men.

The baptismal candidates were all part of the local baptismal class led by Pastor Ricarte and had actively participated in the church's sports evangelism programme held on Sunday afternoons, aimed at engaging the local community. Additionally, one of the candidates had also contributed during the recent Vacation Bible School. All are already active and passionate for Christ.



The church is excited about the prospect of more baptisms later this year, as several individuals have expressed their desire to join the baptismal class. As the congregation eagerly anticipate the second coming of Jesus Christ, plans are underway for the long-awaited installation of a baptistry, reaffirming the church's mission to seek and save souls. In a poignant declaration, one of the candidates stated that she had left her old life in the watery grave and was now alive in Christ: a reminder to everyone to walk in newness of life.

ELEANOR DUNCAN

Adventist Radio London baptism

On 8 August 2025, the Adventist Radio London team (Paul Lee, Sha Lee, Josephine Wilkinson and Ray Patrick) had the privilege of baptising a mother and her two daughters into the kingdom of God at Stanborough Secondary School. While in the studio, Ray had received a call asking for Bible studies. He introduced the young lady to the Bible studies run by Adventist Radio London. The young lady, her sister and their mother attended, and after a few weeks they requested deeper study, culminating in their baptism on 8 August. This was Adventist Radio London's fourth baptism this year, and the team seek to continue moving from 'broadcast to baptism'.

The team also thank God for their twelve-step addiction meetings, which began this year, running on Zoom every Tuesday at 7.30pm. Approximately eleven individuals attend the meetings weekly as they seek to become free from any addictions or bad habits. The Adventist Radio London team are grateful to Acton Seventh-day Adventist Church for its collaboration in creating a safe environment for those who need it.

We invite you to tune into Adventist Radio London. Here you will find sermons, diverse Christian music, discussions, encouragement and much, much more. Be sure to scan the QR code for more information on live shows, donations and broadcasts, and follow us via YouTube, DAB+, Instagram and online. Here at Adventist Radio London we say, 'Go SEC! Inspired for Mission.' We thank God for this opportunity, and we are thankful to the listeners for their continued support. Please share the QR code with those of your loved ones whom you want to see in the kingdom.

RAY PATRICK, ADVENTIST RADIO LONDON



September baptism at Exeter

The Sabbath of 13 September found Exeter Church prepared for celebration as five young people decided to put their hands in Jesus' palm through baptism.

Sabrina, Grace, Beatrice, Max and Keren invited their families and friends to be a part of this special moment in their lives. Pastor Florin Orasanu's Bible message invited the congregation to 'look and live'. He reminded the young people that, just as with the bronze serpent in the wilderness, there is no magical power in the baptism itself, but the One who brings healing, restoration and blessing is God through our faith in Him. Also, they were encouraged to personally behold Jesus so that His redemption may be effective.

A retired pastor, Ron Clemow, offered the dedicatory prayer, encouraging the young people not to lose their faith when they face adversities and challenges because of their decision to follow Jesus. It is worth noting that other young people approached Pastor Florin after the baptismal service, wanting to begin Bible studies for baptism, having been touched by experiencing the joy and solemnity of the service. The celebration ended with a fellowship lunch for all those attending.

We praise God for such beautiful events in our church family!

PASTOR FLORIN ORASANU



Pin and Ley, the two pillars of the group, with Pastor Connie Tsang

Chinese Church celebrates third anniversary

At the Holywell Community Centre in Watford, about sixty people, including children, celebrated the third anniversary of the Chinese Church on Sabbath 13 September this year. The group started their initial meetings just three years ago with a dozen members. However, over the three years, that number has grown to some thirty or forty regularly attending members from various parts of the country, some coming from as far as Bristol, Manchester and Cambridge, and many places around the Greater London area.

The majority of their services are in both Cantonese and Mandarin, but they use English with their

visiting guest speakers.

It is interesting to note that Jesus spent three years with His disciples in laying the foundation for the Christian church, and we have reasons to believe that the Chinese Church, under the guidance of the Holy Spirit, is also laying a good foundation for its development and establishment. For those who are interested to give this group your support, and for further details, please contact Pastor Connie Tsang at ctsang@secadventist.org.uk and on 07455596396.

JOHNSON WONG

Area 1 Pathfinder Camp at Chapel Porth

More than sixty Pathfinders and counsellors from Devon and Cornwall met at Chapel Porth from 19 to 21 September for a weekend of praise and development, celebrating World Pathfinder Day 2025.

The weekend's speaker, David Sonder, encouraged those present to be 'Pathfinders on Purpose', citing biblical examples such as Daniel, David and Jesus. As Pathfinders and children of God, we should notice what needs to be done and put thought into action.

Over the weekend, despite the harsh rain and wind, we managed to complete the Camping Skills 2 honour with Counsellors Desire, Grace, Mwangala, Aggie, Verna and Area Coordinator Pam leading out in practical demonstrations and tuition. Our TLTs also joined in with the tuition, as Julia (TLT2) taught the Insect honour, Phoebe (TLT3) led one-minute games that kept everyone competitively entertained, and Ianna (TLT1) led worship and organised a dramatic monologue for her fellow Pathfinders to perform.



The weather tested our tent-pitching skills, as strong gusts threatened to carry one of our tents away. Thankfully Counsellor Aggie noticed and rallied us all to repeg the tent. It was a memorable weekend indeed. Despite the weather, the camp was a big success.

Special thanks to our camp cooks – Julia, Sue and Jackie – who tirelessly made sure everyone was well fed and energised for their busy schedule.

It is always joyful to meet as an area, renewing friendships and encouraging one another. We can't wait for our next area Pathfinder and Adventurer event.

JENNIE HALL

Kingstanding bake-off

There was a buzz around Kingstanding Church on Sunday 31 August as they hosted the unique combination of a mini bake-off competition alongside a mini health expo. Both parts of the combined event were well supported by members of the church and the local community.

It was the first time that some of our friends and neighbours had actually entered the building. Many commented favourably on the tasteful refurbishments that had taken place since the building was purchased.

Thirteen different cakes were presented, half of which were suitable for vegans. These were judged (with some difficulty because of the high standard) by six individuals, including our pastor, visiting friends, and the secretary of the establishment we had previously rented for many years – now a valued friend – along with her husband. The three winners each received a 'Star Baker' apron. The cakes were then cut and purchased by attendees, raising over £200 for ADRA and a local hospice charity.

Attendees could then visit health stations where they received insight and advice. Kingstanding members were delighted to welcome members from our sister churches who supported us, including health professionals. There was also a bouncy castle and face painting for our younger visitors, which were very well enjoyed.

Many engaging and meaningful conversations took place, with the hope that follow-up activities later this year will provide further opportunities for the church to show Christ's love to our neighbours.

MICHAEL BAKER



Seventy-five years of Pathfinder ministry



The New Jerusalem Church in Southend-on-Sea vibrantly celebrated the 75th anniversary of World Pathfinder Day on Saturday 20 September 2025, welcoming around sixty young people from the London Ghana Pathfinder Club. Dressed sharply in their Class A uniforms, the enthusiastic group, mostly

early teens, led the Divine Service and then stepped out into the community for mission-focused outreach.

For twelve-year-old Jesse Adu Acheampong, a local Pathfinder at New Jerusalem, the day was a huge success. 'I'm so happy we got to see all the lovely things the

London Ghana Pathfinders have been doing,' he shared, 'and it was really nice to meet all these people.'

Thirteen-year-old Melvina Boateng, who was part of the sixty-strong group from London Ghana, echoed the sentiment. 'I really liked the adventure of going on a coach on the Sabbath to do outreach in a different area,' she explained. 'I'm looking forward to more things like this.'

The event was a team effort, with Pathfinder leaders Ransford Sarpong, Daniel Tetteh, Eugene Rutayisire and other volunteer counsellors ensuring the day ran smoothly. Elder Jason Essel, who accompanied the group, remarked on the privilege of witnessing such a 'joyous and impactful occasion'. The day served as a powerful reminder of the global Adventist Pathfinder ministry and its mission to bring young people closer to Christ, as well as making a tangible difference in their local communities.

RUBINA FOSUA ARTHUR

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Cultural intelligence awareness session at Stanborough Park – a biblical call to unity and understanding

Stanborough Park Seventh-day Adventist Church became a place of learning, dialogue and transformation on 30 September as One Vision Charity, in partnership with Macmillan Cancer Support, hosted a groundbreaking cultural intelligence awareness session. Leaders from across Hertfordshire and Essex, including health, care, local authority, housing, faith communities, police and fire & rescue services, came together to confront the urgent need for cultural safety, understanding and inclusion.

In this safe but challenging space, delegates reflected on how cultural differences shape access to services, trust in leadership, and community outcomes. The session called leaders to move beyond words into action, humility and compassion. Through listening, kindness, curiosity and courage, discomfort was turned into an opportunity for deeper relationships and stronger communities. How do we create genuine cross-cultural relationships in our leadership? How do we build cultural safety in our teams? What steps will we take to



ensure trust and inclusion are anchored at the centre of Hertfordshire's future?

Special thanks were given to Samira Ben Omar, an experienced consultant, who facilitated a thought-provoking and deeply practical session on cultural intelligence in healthcare, and to Dr Tanvir Alam, Deputy Medical Director of the North East Essex Integrated Care Board, who powerfully guided the dialogue with lived experience, wisdom and clarity. Leaders left inspired, challenged and committed to act differently, to question assumptions and to ensure that inclusion and respect become non-negotiable values in their leadership, thereby embodying the call of Micah 6:8 (NIV), which states that God calls us 'to act justly and to love mercy and to walk humbly with your God'.

ENOCH KANAGARAJ BEM

Adventist pastors join faith leaders to promote unity and peace

On Thursday 4 September more than fifty faith and community leaders came together at Watford Fire



Station for an emergency community engagement event organised by One Vision. At a time when tensions and divisions are increasingly visible across the country, the gathering was a visible testimony of the power of faith, unity and leadership rooted in God's word.

The presence of Seventh-day Adventist pastors highlighted the church's important role in shaping conversations, reassuring communities, and pointing people towards the hope and peace found in Christ. Pastor John Melki reminded those gathered of the call to be peacemakers, citing Matthew 5:9; Pastor Jude Jeanville spoke about unity in Christ, citing Galatians 3:28; and Pastor João Relic Macedo reminded the gathering of the responsibility of spiritual leadership, citing 1 Peter 5:2.

The event drew wide support from civic and public service leaders, including Andy Prophet, Chief Constable of Hertfordshire Constabulary; Alex Woodman, Chief Fire Officer and Director of Community Protection at Hertfordshire Fire and Rescue Service; Councillor Laurence Brass, Chairman of Hertfordshire County Council; Matt Turmaine MP, Member of Parliament for Watford; Peter Taylor, Elected Mayor of Watford; the Reverend Jo Kelly Moore, Dean of St Albans Cathedral; Councillor Asif Khan, Watford Borough Councillor, who delivered the vote of thanks; and Samira Ben Omar, Chief Inspector of Public Health (North West London), and Dame Helen Hyde DBE, who both offered opening reflections on unity and inclusion.

The Seventh-day Adventist Church plays a vital role in times of uncertainty. In a world facing conflict, division and fear, the church must be a beacon of hope, pointing people to Christ as the Prince of Peace. By engaging with the wider community, supporting those in need, and modelling unity across cultures, the church lives out its mission to 'preach the gospel to the poor', 'proclaim liberty to the captives', and 'set at liberty those who are oppressed' (Luke 4:18, NKJV).

Enoch Kanagaraj BEM, Chief Executive of One Vision, who convened the gathering, added: 'This event demonstrated that no community is isolated. When faith leaders and public services stand together, Hertfordshire remains a beacon of unity and hope.'

The meeting reflected the enduring role of faith in promoting cohesion and reassurance. For the Seventh-day Adventist Church, this event was a powerful reminder that the church is called to be salt and light in the community, guiding people to Christ and showing that unity is stronger than division.

ENOCH KANAGARAJ BEM

The power of one in a multicultural church

On 20 September St Austell Seventh-day Adventist Church, with the Bodmin and Redruth churches, hosted a vibrant international Sabbath on the theme 'Proclaiming Unity in Diversity for Mission'. The sanctuary was alive with colour, song and joyful believers from diverse cultures, as well as visitors, to worship the one true God. It was a powerful reminder that, though we come from different backgrounds, we are bound together by the blood of Christ.

The SEC President, Pastor Kirk Thomas, inspired us by preaching about 'Kaleidoscope Jesus', emphasising that the church's strength lies in its diversity, harmonised by the love of Christ, and that nobody is ugly, but attitudes can be. He reminded us that in Christ every individual is beautifully made and called to reflect His character.

Members contributed their music, prayers, scriptures and fellowship to the beauty of the day, reminding us that heaven will be filled with 'a great multitude . . . from every nation, tribe, people and language' (Revelation 7:9, NIV). But only in Christ can walls of prejudice, misunderstanding and division be broken down. When we lift Him up, cultural differences no longer divide us – they enrich us.

The success of this international Sabbath would not have been possible without the commitment of the church family. The Sabbath School Department (Cynthia and Tees), the leadership team and every church member contributed. As we reflect on this blessed day, we pray for the Lord to keep us in perfect peace and unite us ever more deeply in His love.

PASTOR GOODLUCK AJUZIE



Serving our community with love

On Sunday 31 August Tottenham Lighthouse Seventh-day Adventist Church held a dinner party at a restaurant in Wood Green. The cost to members was subsidised, but for our visitors and community members the full cost was borne by the church. It was a beautiful time of fellowship, laughter and food.



Natalie, who lives in East London, was one of the non-members who joined us. She had been a regular attendee at our online Wednesday night prayer meetings, but was unable to join us when we resumed face-to-face prayer meetings at church. However, Lawanda Mansukani faithfully kept in touch with her. Can you imagine our joy when she accepted an invitation to our church for the first time, two Sabbaths before our church dinner?

How did Tottenham Lighthouse come in contact with Natalie? This is her story, in her own words. . . .

'About five years ago, while attending my friend's birthday party, I met a lovely lady called Lawanda. She was giving out books about God and the Bible. I have always believed in God, but I had never found a church that felt like home. I wanted to know more. We spoke, and she gave me some books and she said I could give some out. She then started to send me the link for a prayer group every Wednesday, which I ended up attending for about three years. It was really a lifeline for me. At that time, I was going through very severe menopause and I was feeling really down. Without the church family at the time, I don't know how I would have gotten through. They really did save me.

'I gave the books that I received to all the people in my building. My neighbour's mum, who had been severely alcoholic for twenty years, turned to God after reading the books that Lawanda gave me. She has now been clean all this time. She now attends church, and it saved her life. Meeting Lawanda that day literally saved two lives.

'Over the years I'd been to many churches, but when I came to Tottenham Lighthouse I felt at home, I felt at peace, and I felt that everyone there was genuinely there for God. . . . I am glad that I finally found a church where I feel like I have a family.'

Please join us in praying for Natalie, and for others who, like her, are waiting on us to make the first move to share the good news of salvation.

MAXINE DONOVAN, PRAYER MINISTRIES LEADER

Messenger

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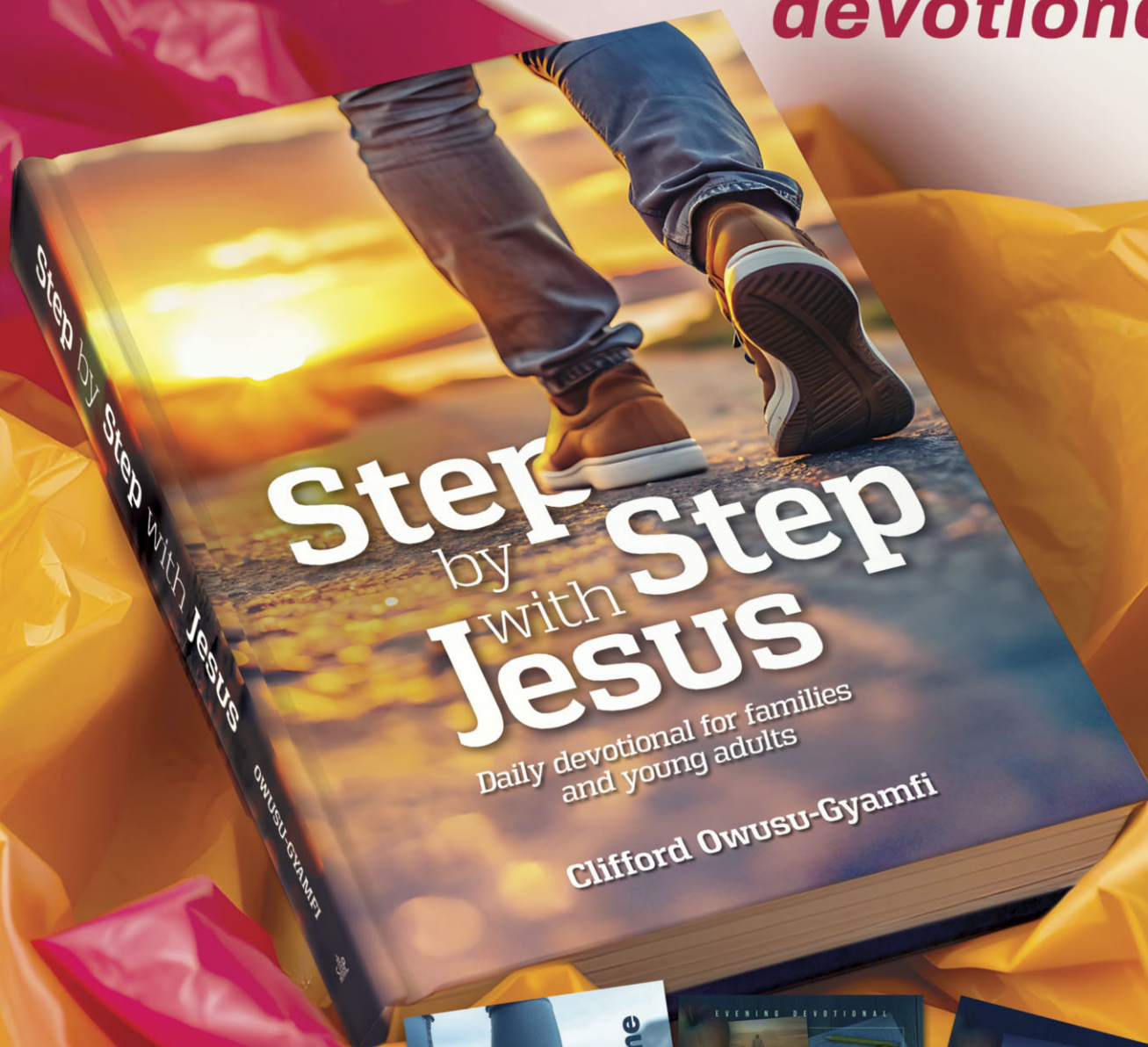
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