



BUUC NEWS

Edition #693 (16 July 2010) NOW ON FACEBOOK & TWITTER

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

Contents:

NEWBOLD COLLEGE 2010 AWARDS CEREMONY
LYRICAL SOLDIER WINS 'NEXT BIG ACT'
SCOTTISH FAMILIES ASK "WHY AM I HERE?"
WATFORD CHOIR OUTREACH
HAPPINESS IS...MORE VEGETABLES!
GREAT FAMILY DAY AT STANBOROUGH PRIMARY SCHOOL
IPHONE APP FOR ADVENTIST CHURCHES
FINLAND BOUND
LATEST MESSENGER ONLINE
THIS WEEK ON THE HOPE CHANNEL

NEWBOLD COLLEGE 2010 AWARDS CEREMONY [Jane Sabes, Principal]



The year 1901 was a significant year in world history. In January 1901, Queen Victoria died, having ruled Great Britain and all its dominions for more than sixty years. The American medical community presented compelling evidence that mosquitoes caused yellow fever. The Russians completed the Trans-

Siberian railroad, from Moscow to Port Arthur, thus opening large-scale access to Siberia. The Chinese Boxer Rebellion ended while the Boer War began. By an act of English Parliament, the commonwealth of Australia came into being. Sigmund Freud published his book 'The Interpretation of Dreams', and, in 1901, Newbold College, once a dream, became a reality.

Throughout its 110 years, Newbold College has graduated thousands of students. Most acquainted with the College know that it trains pastors and Church leaders. What many may not know is that Newbold graduates can be found working at the United Nations, as a staff member for the Norwegian government, a Swiss businessman, an advisor to US AID, the Executive Vice President of Human Resources for the International Carlson Hotel Group, as a German television producer, as Pro-Vice Chancellor of a British university.

This past Sunday, 11 July, at 11:00 am Newbold College held its Awards Ceremony in which forty-eight graduates, hailing from twenty-eight countries, celebrated their academic achievements.

Councillor Ian Leake, Mayor of Bracknell Forest Borough Council, gave special recognition to the Newbold College Choir and its director, Dr Sandra Rigby-Barrett, for a most stirring rendition of God Save the Queen now played at each of the Borough's inductions for new UK



citizens. Pastor Tony Seager, pastor of the Binfield Free Church offered the invocation and Dr Gunnar Pedersen, retiring head of the Department of Theological Studies, offered the dedicatory prayer for the graduates.

This year's keynote speaker was Ronald Onyango, member of the Manchester South Seventh-day Adventist church. Born in Kenya, he has for the past fifteen years studied and worked in the UK. He earned a Bachelor of Law from Lancaster University and a Postgraduate Diploma in Law from Manchester Metropolitan University. He has worked for several law firms – in London, Harrow, Basingstoke and Manchester, specialising in employment law and, more recently, in corporate law. In 1992, Onyango was awarded Kenya's Presidential Bronze and Silver Medals for his physical prowess. His passion for personal fitness continues through hockey and cycling. But Onyango's appeal to the graduates was to be fit for service. His passion for restoring hope for those less advantaged can be seen in his personal labours on behalf of orphans in Kenya and the UK – providing them with educational and health opportunities that they – as he in his life – never dreamed of enjoying.



Ronald Onyango

And what future dreams do these young adults have? To pursue master's degrees in library sciences, linguistics, theology, forensic psychology and law; to work as pastors in Scotland, Stockholm, Estonia, Mauritius and London (to name just a few); or to work as volunteers for one year. Wherever they go, we pray for them God's richest blessings.

To find out more about study opportunities at Newbold visit www.newbold.ac.uk.

LYRICAL SOLDIER WINS 'NEXT BIG ACT'



Lyrical Soldier, otherwise known as Michael Agyei has won the Next Big Act category of the African Gospel Music Awards held at the New Zanzibar Banqueting Suite in Sydenham, London on Saturday, 10 July. "It's such a blessing to have received the award and it still hasn't sunk in fully!", Michael told BUC News. However, he is very aware that his primary focus is mission, not awards. He quotes Pastor Eddie Hypolite's congratulatory message, "Human recognition is good but recognition from God determines true success!"

An active member of the London South East Community church, Michael is a preacher, singer, rapper and a spoken word poet. He sees himself as a 'Lyrical Evangelist'. Through his God-given use of words both in song and through preaching, he is able to draw and plant a seed of interest in the minds of people as to who Jesus Christ is.

The whole evening was one of joy for gospel music fans reverberated to the new sound of African gospel music at the African Gospel Music Awards. The icing on the cake for them was a performance by giants of African gospel music, namely Sonnie Badu, Gabriel Eziashi, Diana Hamilton and Uche Agu joining hearts, minds and voices together on stage as they led the guests in a time of worship.

The actual awards started with the eight nominees for the 'Next Big Act' category, so Michael's nerves were not held on edge for too long. In his heart-warming speech, Michael thanked God for blessing him with his gift which has allowed him to spread the gospel message through music. He also thanked his family, friends and the church for their continuous support and encouragement throughout the years.

SCOTTISH FAMILIES ASK "WHY AM I HERE?" [John Wilby]



"Why am I here?"

This was the question posed by Jeff Freeman, family counsellor and guest speaker at the Scottish Mission Church Camp near the idyllic remote west coast village of Kilberry from 2 to 9 July. It was a question that might have been in the minds of 40 Pathfinders as they struggled on arrival to erect their tents in driving rain and occasional near gale force conditions.

But, just as the glorious sunny spells were enjoyed in the days that followed, so Pastor Freeman captivated daily worship audiences with a self-revealing journey that left no doubt about the answer to that question. He led a step-by-step exploration of Christ's Beatitudes with animated biblical stories and riveting personal testimony.

On Sabbath morning, Pastor Bernie Holford, Mission President, enlisted the help of several young ones who donned a variety of caps depicting the many facets of God's character and personality. He said "The good news about God is that He comes to us in different ways at different times, according to our needs".

For more than half the youth present this was their first experience of the Christian-owned site in a natural unspoilt environment. Therefore, a communal hike over some low-level challenging terrain tested some but was judged by most as a great success. A full recreational programme included indoor and outdoor sports and movie and talent nights.



Pastor Jeff Freeman

At a time when families are counting every penny, there was no surprise when a vote for next year's venue received popular support for, "next year in Kilberry".

A selection of photos from the camp are available on the BUC picture gallery: www.adventist.org.uk.

WATFORD CHOIR OUTREACH [Catherine Anthony Boldeau]



A local choir that aims to both witness and bring together a diverse community of adults and youth hosted its premier concert at the Watford Palace Theatre on Tuesday, 13 July. The concert by the Watford Gospel Community Choir was part of the week long Watford Live Community Arts Festival, 10-18 July.

An air of anticipation filled the auditorium as members of the public, invited guests and friends arrived to hear a new choir from their local community. Meanwhile, backstage there was a hive of activity and various melodies echoed in the corridors as performers honed their sound and calmed their nerves in the dressing rooms.

Joining the choir for the evening were Tessara (BBC Songs of Praise), Paul Lee, Gospel Arts Manna, led by Susan Watt, Jader Feijo, Jehiel and female trios, Nicole, Dorling and Claudia, and Connie, Natalie and Josie. The concert was skilfully compered by David McQueen and the choir was musically directed by Tony Best. The theatre's production team, ably led by Richmond Rudd, ensured that the sound of each performer was perfected. The SEC Media team, led by Stefan Stanciu, recorded the event on behalf of the choir's management.

Many in the audience were moved, some to tears, by the messages the songs conveyed. The various styles of gospel music presented by the artistes highlighted diverse talents and crossed the boundaries of culture and religious belief. Specially invited guest, Councillor Alan Burtenshaw, Chairman of the Watford Borough Council commented, "What a wonderful concert. I really enjoyed it! Whether you are religious or not, you couldn't help being blessed by the music."



The Watford Gospel Community Choir (WGCC) is managed by Jacquelyn Johnson of the Watford Town church and Joel Mannix, a local businessman. It is an inclusive inter-faith and multi-cultural choir for young people and adults representing various backgrounds and ages. One of the youngest lead singers is 7 years old! Its aim is to reach people, bringing them together to enjoy singing gospel music at its best and to inspire all to experience the joy of worshipping God through music.

HAPPINESS IS...MORE VEGETABLES!

A recent study published in the [Nutrition Journal](#) indicates that vegetarians are likely to be happier than their meat-eating peers. The study, conducted by the Department of Nutrition at Arizona State University, focused on Seventh-day Adventists in the South-western United States where, they claim, around one third of Adventists are vegetarian. This group was chosen as it was easier to account for external influences other than diet coming into play. The study noted that vegetarians appear to have a lower incidence of depression, anxiety, and other mood problems than their meat-eating neighbours.



This surprised researchers who actually expected to find higher levels of issues like depression, anxiety, and mood problems. This was because vegetarian diets score significantly lower in omega-3 fatty acids obtained by eating fish. Many studies have found omega-3 to be important in improving mental and physical health. Yet researchers found the opposite result. Vegetarians scored lower on depression tests and had better mood profiles than their fish and meat-eating peers.



"These results challenge what is known about the link between dietary fats and brain function and suggest an unrecognized benefit of vegetarian diets," the report states. However, the researchers note that one factor influencing the results might be that Seventh-day Adventists not only follow a vegetarian diet, but in addition made conscious decisions to eat healthily, eating less processed food in favour of fruits, vegetables, nuts, and oils high

in omega-3 alpha-linolenic acids.

With North America's largest vegetarian restaurant catering to Adventists at the recent World Session of the Adventist Church in Atlanta, USA , 23 June and 3 July, BUC News took the opportunity to ask some 'customers' if they thought vegetarians were happier.

One Indian delegate felt that vegetarians would be happier because "vegetarians will live a long life and will be healthier." A North American participant agreed that vegetarians might suffer less from depression but wondered if there were other factors, "Are they making a choice to be positive?" That could be a factor within a religious community. One Caribbean lady felt that they would be healthier but not necessarily happier. Another felt that a balanced vegetarian diet helped "overcoming the down-slope faster." One happy young adult stated that he enjoyed life including some meat along with his veg!

Richard Willis, Secretary of the Food and Health Forum for the Royal Society of Medicine, notes that perhaps the Arizona State University study should have taken into account other external variables and influencing factors. He states that, "whilst there is always a 'feel good factor' to having one's personal practices vindicated, the wider context cannot be ignored." Richard cites the [University of South Wales research](#) that provides what he sees as a needed counterbalance. It shows that 'grumpy types' are better at decision making and are less gullible. He concludes, "Striking a sensible balance is clearly a necessity."

Seventh-day Adventists believe in a holistic picture of health including a balance of good nutrition, work, exercise, diet, fluids, rest, sunlight and trust in Divine Power. It looks like a sense of humour also helps.

GREAT FAMILY DAY AT STANBOROUGH PRIMARY SCHOOL [Catherine Anthony Boldeau]



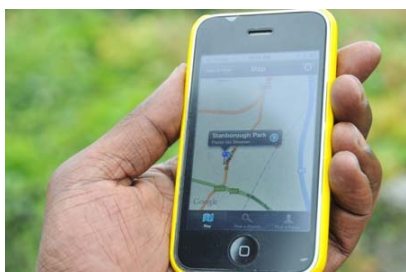
Stanborough Primary School held their annual Summer Fete on Sunday, 11 July. The event was attended mainly by people from the local community as well as parents, students, teachers, well-wishers and friends. Activities during the day included a football shoot-out tournament, a car boot sale, a bouncy castle, and a mini concert by the Watford Gospel Community Choir. The event was organised by the HSA (Home and School Association) along with the head and teaching staff. It raised £974.00. These much needed funds will go towards a new PA system that will enhance school performances both inside and outside.

Headteacher, Kathleen Hanson, said, "I love these events. There is such a wonderful coming together of the community. The event is a great family day out and it's great to see the school working alongside its parents. This kind of co-operation helps to make Stanborough Primary School a success".



Stanborough Primary School caters for children from 3 to 11. For further information about the school, to arrange a visit or request a prospectus, contact 01923 673291 or visit: <http://www.stanboroughprimary.org.uk>.

IPHONE APP FOR ADVENTIST CHURCHES



An increasing range of 'Adventist' applications for the iPhone are coming on the market. The latest free app, designed by Darren Allen of the Willesden church, gives a significant edge to those seeking to find an Adventist place of worship in the UK and Ireland. Building on the BUC database of churches already available at www.adventistchurches.org.uk, Darren's app, 'Adventist Church Finder', will allow users to search for a church by name or pastor and includes an option to open the location in a maps application to allow for directions. Further features will be

added shortly but this is another enhancement to the range of tools, including POI for car Sat Navs, that allow members, visitors and friends to find their way to Adventist services. Look for the 'Adventist Church Finder' in the online iTunes store or linked from the Sat Nav page on www.adventistchurches.org.uk.

Darren is part of the South England Conference [Media team](#). He states that he "wanted to come up with something that would be useful to many people." Adding that as he had "used the website www.adventistchurches.org.uk many



times in the past, I and other members of the SECmedia team thought that Adventist Church Finder would be a good place to start."

This is one of a whole series of 'Adventist apps', many of which were released in time for the General Conference Session. This includes the Sabbath School lessons for adults and children, the Ellen White Estate, Adventist World Radio and the Hope Channel. For more details on some of these new apps read the ANN story, <<http://news.adventist.org/2010/07/adventist-apps-keep.html>>.

FINLAND BOUND [Catherine Anthony Boldeau]



The British Union Conference Youth department spent Sunday, 11 July loading one of the 40-foot containers bound for the Trans-European Division Pathfinder Camporee in Finland. Nearly 700 Pathfinders and their leaders from the United Kingdom are planning to travel to Iso Kirja, a Christian Centre on a stunning lake in central Finland, between 27 July and 3 August. There are 23 clubs from South England, 11 from North England, 28 Pathfinders from the Scottish Mission, 13 individuals from the Middle East Union and 54 volunteer staff from around the British

Union.

The United Kingdom has the largest group of Pathfinders and will join a further 1500 others from the Division. The main speaker for the event is Pastor Bobby Bovell, a British 'home-grown' boy who is now pastoring in Denmark. The theme is 'Faithbook', a take on the social networking site Facebook.

Pastor Des Boldeau, BUC Youth director states, "Preparing and planning for Camporees is really hard work – not only mentally, but physically. I would like to thank the volunteers who came to help on Sunday, Pam and Paul Catchpole, Graham Harvey, Jason Edwards and Vernon Noel. I would also like to thank Pastor Nathan Stickland for arranging the containers and special thanks to Natalie Davison, my assistant, for her efficiency and dedication."



All that hard work will no doubt pay off as the Pathfinders enjoy a fantastic Finnish adventure, make new friends, learn new skills, and deepen their relationship with Jesus.

For further details about the TED Camporee see <www.camporee.fi>.



LATEST MESSENGER ONLINE

The 23 July edition of the Messenger, the official journal of the Seventh-day Adventist Church in the UK and Ireland, can now be found online at <www.adventistnews.org.uk/messenger>. 'Proclaiming God's Grace' takes an overview of the GC Session highlights. Heather Keough goes back to her childhood and The Muppet Show for a 'View from the balcony' – and a lesson on tolerance. David Marshall takes a refreshing look at 'The return of God'? and with NEC Camp Meeting reports, baptisms, witness and outreach, this is a very full and informative edition.

THIS WEEK ON THE HOPE CHANNEL

Standing in the doorway of the plane being hit by a wave of heat, humidity and burning yellow light. This is Robin Anthony's enduring memory of his arrival in Sri Lanka as a small boy – but was also the



start of a life of adventure. Culture shock, colourful religions and trying to fit in, are all themes that run through Robin's story of travel and personal discovery crossing three of the world's continents. He is this week's guest on "In Conversation" on the Hope TV satellite channel and on the web at www.hopetv.org.uk.

Friday 16 July: 4:30 am and 8:00 pm: [Bill Kitchen](#)
 8:30 pm: Faith Development.
 Sabbath 17 July: 12:30 am and 3:00 pm: Bill Kitchen
 3:30 pm: Faith Development.
 Monday 19 July: 3:00 am and 9:00 pm: [Robin Anthony](#)
 Wednesday 21 July: 8:00 am: Robin Anthony
 Friday 23 July: 4:30 am and 8:00 pm: Robin Anthony
 8:30 pm: Faith Development.
 Sabbath 24 July: 12:30 am and 3:00 pm: Robin Anthony
 3:30 pm: Faith Development.



Jazz musician and theologian,
 Alexander Douglas

New on the www.hopetv.org.uk website: [Alexander Douglas](#) doesn't play music to earn a living, he lives to play. Yet as a jazz musician and composer, his style of music and the performing of it in a Christian environment is often at odds with the conservative attitudes of his church. In this thought-provoking interview, Alex sets out his considered and sometimes complex arguments for jazz in a Christian context.

Also: [Marjukka Ostrovljanovic](#) lived a double life. A good Adventist teenager Sabbath morning, but a party animal increasingly involved in alcohol and drugs the rest of the week, she had no time for school, family or Christian friends until the day when, as a 16-year-old, her cannabis taking triggered severe panic attacks and a morbid fear of death. Learn how a caring mother can make the difference in the life of a troubled teen, and how a return to God, prayer and Christian music helped her year long road to recovery, a successful return to study, and her ability to assist others in their search for God. See her story on "In Conversation".

BUC News is a weekly news bulletin produced by the British Union Conference of the Seventh-day Adventist Church, and edited by the Communication Department. Victor Hulbert, director; Mary Kapon, secretary. Items for inclusion should be sent to <bucnews@adventist.org.uk> and need to be received by 6.00 pm on Wednesday, preferably as simple email text. All unattributed stories written by the editorial team. Coming Events and Small Ads should be kept short and preferably be submitted via the on-line form at: <www.adventist.org.uk>. The editor reserves the right to modify articles received to make them suitable for inclusion. The views expressed by individuals cited in this bulletin do not necessarily reflect the views of the Seventh-day Adventist Church, though we try to ensure that they do. You are free to re-print any portion of this bulletin without the need for special permission. However, we kindly request that you identify BUC News or other sources whenever you publish these materials. Back issues and an RSS feed including photographs are available on our website at <www.adventist.org.uk>.

You can manually unsubscribe from this mailing list by clicking on reply and including the word 'unsubscribe' in the subject line. You can subscribe to ANN (Adventist News Network), the email news bulletin of the General Conference of Seventh-day Adventists, on the GC website at: <<http://news.adventist.org>>. You can subscribe to TED News, the email news bulletin of the Trans-European Division, by sending your name and email address to: <tednews@ted-adventist.org>.

The British Union Conference of the Seventh-day Adventist Church accepts no liability to any party for any error, omission or mis-statement by any contributor in any material published in this newsletter.