

s*ParkLife 26

aka LOCKDOWN NEWS 43

NOVEMBER 2024



THE ANNUAL TOY SERVICE WILL BE HELD ON 14TH DECEMBER

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◆ SPREAD THE LOVE THIS CHRISTMASTIME!

Last year, we introduced the idea of giving Christmas greetings to our Church family by displaying a card with a message in the church in return for a small donation to charity. The messages were also shown on the screens for everyone to see. This initiative raised over £500 for ADRA, saved our church family time and money and positively impacted our world by reducing the amount of waste.

This year, we are again running this initiative, hoping to raise even more funds for ADRA to support projects which directly and positively impact the lives of others. Whether you attend Stanborough Park in person, regularly or less frequently, or are part of our online community you can send your Christmas greetings by:

- 1) Donating a nominal sum (suggestion of £5.00), or more if you wish, either by cash or cheque made payable to Stanborough Park Church. Alternatively, you can transfer your donation to the Church Treasury with the ref: "Christmas card".
- 2) Drafting a message to the whole church family – please give or send to Alison Burgess: alison.burgess4@btinternet.com
- 3) Seeing your message displayed with others in our church/centre to show our whole church family that you are thinking of them this Christmas time.

Messages will be displayed from w/c 1st December. Please know that by writing a card and giving a donation, you'll be making a real difference in the lives of others through the work ADRA does.

Contact Alison Burgess or Audrey Huzzey abalderstone@btconnect.com for more information.

◆ INFORMATION FROM THE HEALTH DEPARTMENT: the importance of rest

The Health Department has been promoting the NEWSTART lifestyle health programme during 2024 giving health and lifestyle advice in the church bulletin — which the newsletter has reproduced when space permits. During the summer it has promoted the theme of ‘rest’. As September was Sepsis Awareness Month it was featured in the last newsletter rather than the Health Department’s submission. Here we try to redress the balance by amalgamating its last two items.

Modern life is busy and stressful and many of us struggle with work/life balance. We are certainly not expected to be on the go 24/7 and rest and sleep are important as our minds and bodies operate on a constant 24-hour rhythm called the circadian rhythm, with alternating periods of wake and sleep.

Sleep deprivation can cause memory loss, emotional instability, and affects our analytical abilities, motivation, and motor control. Lack of sleep can also impair our ability to learn as well as our creativity and productivity.

From the beginning, God gave us the Sabbath to ensure that we had one day in seven to completely rest in the presence of God. This is an important day, not only for the recharging of our physical and mental health but also for our spiritual development and growth.

Incorporating physical rest into weekly Sabbath observance also aligns with the body's natural need for recovery. The Bible highlights this principle, saying “There remains, then, a Sabbath-rest for the people of God; for anyone who enters God’s rest also rests from their works, just as God did from His”, underscoring the value of taking time to restore both body and mind.

In addition to these, yearly rest—taking extended time off for vacations or personal reflection—allows for more profound recovery, enabling you to step away from the constant demands of life and truly restore your energy and focus.

Incorporating regular daily rest, weekly Sabbath rest, and yearly rest aligns with the natural rhythm of life God has designed. Daily, weekly, and yearly rest are all essential for maintaining overall well-being. Daily rest provides short, regular opportunities to recharge, reducing stress and preventing burnout. Observing the Sabbath provides us with weekly rest and offers a deeper reset for mental, emotional, and spiritual renewal while resting in God’s presence.

Together, these practices help to enhance physical health, emotional well-being, and spiritual growth, creating a sustainable balance in life and work.

General Advice:

- Try to get eight hours of sleep each night and exercise regularly.
- Eliminate caffeine from your diet and keep to a regular bedtime.
- Exposing yourself to sunlight will help keep your circadian rhythm on track.
- Celebrate and enjoy the Sabbath and spend time in church fellowship.
- Prioritise time to connect with God.

Psalm 127:2 “In vain you rise early and stay up late, toiling for food to eat— for He grants sleep to those He loves.”
Hebrews 4:9-10 “ There remains, then, a Sabbath-rest for the people of God; for anyone who enters God’s rest also rests from their works, just as God did from his”

To learn more about the [NEWSTART program](#) and catch up on the related health advice, please refer to the [online NEWSTART resources website link](#).

◆ **Brain Health: The sleep impact***
by Sharon Platt-McDonald, BUC Health Ministries
Director (archived Messenger article)

A shocking headline appeared in an article in New Scientist on 6 September 2003. It stated: 'Lack of sleep can cause brain damage and affect memory.' OK, sleep is important; but surely losing some sleep could not amount to so much damage, could it? In this fast-paced, pressurised world we sometimes find ourselves with too much to do and not enough time in which to accomplish it. In an attempt to meet deadlines and squeeze more into a twenty-four-hour period than is reasonably possible, we can find ourselves cutting back on much needed sleep. Now scientists are finding that this is to our detriment.

Roxanne Khamsi, reporting in New Scientist on 11 February 2009, highlighted a new study which demonstrates that sleep deprivation can severely hamper the brain's ability to learn. In an experiment led by Seung-Schik Yoo and colleagues at Harvard Medical School in Boston, Massachusetts, the study demonstrated that people who fail to get a good night's sleep before studying new information did not retain as much information as individuals who slept well. In fact, the results showed that they remembered roughly 10% less than their well-rested counterparts.

The researchers concluding the report stated that it was 'a worrying finding', particularly in light of other current findings which suggested that the average amount of sleep people get each night is decreasing. 'This study shows that the brain has to be well rested to receive and store information for memory processing,' stated Seung-Schik Yoo. Previous studies have also shown that a full night's rest after studying can improve learning.

So what happens to the brain during sleep? Scientists have found that when we're asleep, our brain continues to learn the material we've been exposed to while we were awake. From all the information that the brain processed during the day it derives meaning. Subconsciously the brain analyses the information and works through unsolved problems. During this process the physical structure of the brain cells alters so that specific pieces of knowledge are etched more permanently in the memory. Neurologists refer to this process as consolidation.

Facts

- Adequate sleep is essential for study, retention and retrieval of information.
- Hours of sleep gained before midnight are twice as valuable and restful to body and mind as the hours after midnight.
- An hour of work in the morning is twice as productive

as an hour of work late at night.

**This article was originally published in the Messenger Volume 114 • 6 – 20 March 2009, and was number 11d of the 'Enhancing Health' series.*

◆ **THE AV DEPARTMENT IS MAKING CHANGES TO BROADCASTING SERVICES**

The AV Dept has changed service providers recently. The change took place at the beginning of October, slightly sooner than anticipated, so it has taken many by surprise.

The regulars in the chat room have found it easy to log into and watch the live service but were puzzled by the national flags accompanying each person's comments!

In the meantime there is restricted access to past services etc. According to the AV Dept historic videos are being moved to the Vimeo platform but are not all available yet. Past videos since the migration are gradually being transferred and are available via the church website or from YouTube.* "They are currently being transferred and are waiting to be organised into categories. We will be having videos back as far as September 2015 available, more historic videos are available but need to be retrieved from offline backups. They can be accessed from the Worship Service website tab. We will have forms available to request past videos if they are not available from the online library.

"We will update you of progress so check the home page for new announcements. New items will appear in the Downloads section of the menu at the top of the screen."

"On Sabbaths there is a slight delay from once the service has been streamed live to when it's available to view again. This is due to the time it becomes available and the time it takes to update the church website. This will be improved once the transition period is complete.

Thanks are due to the unseen heroes responsible for broadcasting both the main church and Parallel services (and those operating the cameras/sound). Unlike the latter group the team sitting in their hideaways staring at their monitors tend to be forgotten until problems with the slides, screens or equipment arise.

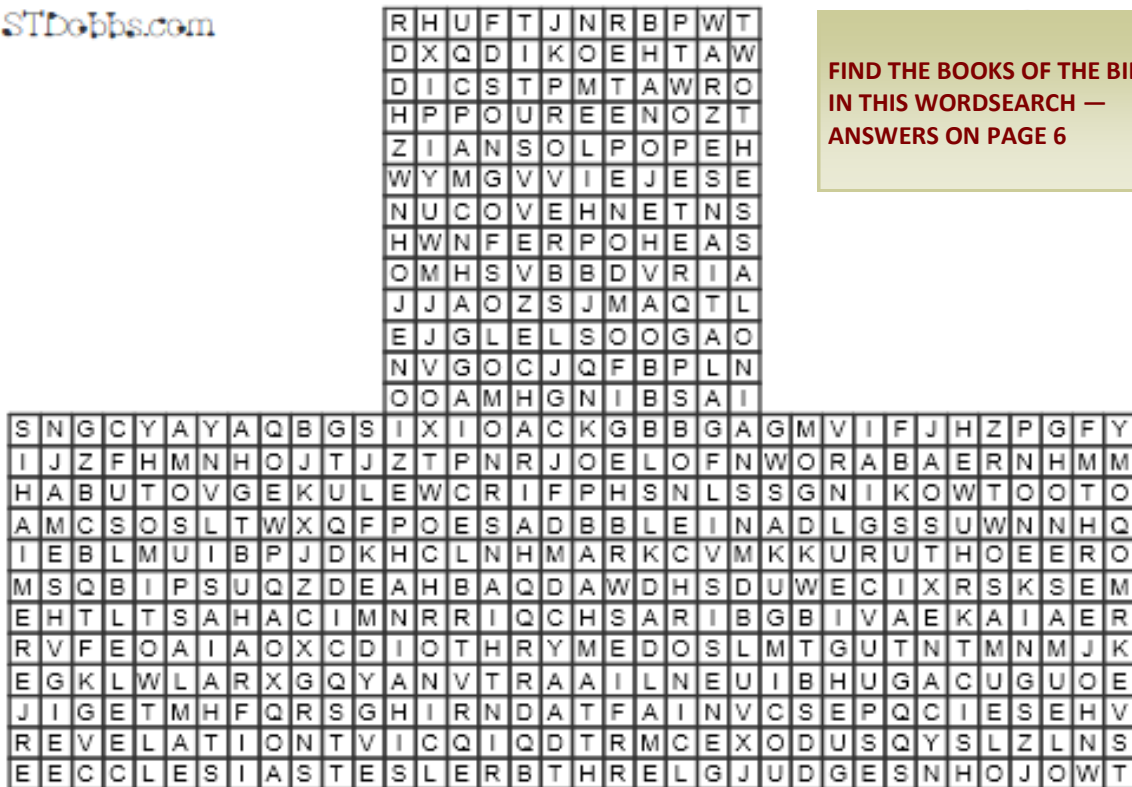
The job has presented many challenges over the years: producing broadcasts during lockdowns, coping with the problems caused by cars parked along the St. Albans Road during the Messiah concert affecting the signal and, on one occasion, a total loss of internet requiring a hasty trip to ASDA to purchase a dongle to enable the use mobile broadband as an alternative.

Youtube address <https://www.youtube.com/@StanboroughParkChurch/streams>

◆ PAGES FOR YOUNGER READERS

STDobbs.com

FIND THE BOOKS OF THE BIBLE
IN THIS WORDSEARCH —
ANSWERS ON PAGE 6



Genesis
Exodus
Leviticus
Numbers
Deuteronomy
Joshua
Judges
Ruth
One Samuel
Two Samuel
One Kings
Two Kings
One Chronicles
Two Chronicles
Ezra
Nehemiah
Esther
Job
Psalm
Proverbs
Ecclesiastes
Song of Solomon
Isaiah
Jeremiah
Lamentations
Ezekiel
Daniel
Hosea
Joel
Amos
Obadiah
Jonah
Micah
Nahum
Habakkuk
Zephaniah
Haggai

NEMOBEESNEJE
QSQCWXCTSSP
HOSEAMUHANS
HMLNBFAWTTNE
VNRORIGFIWAS
ZDZTDWHJOOII
LFZABLYONCPA
OKBZRFRNSOPN
SOVHCWQESRIS
MBMSZBETNILI
FAVMSFDHANII
ULLBDUUEMTHS
CKIAKPJSOHPM
TVAJGWYSRIEL
OSCYDHTAOAZG
EUTWQLILQNEH
SRSNZYVOUSKJ
TUSLAGMNOWIH
HEIJWEMIOVEA
ENEHEMIAHTLB
RUBJCFBNSEKA
FNOEMTDSWFSK
VYHTOMITENOK
QSNAISSOLOCU
HEBREWSLWOZK

Zechariah
Malachi
Matthew
Mark
Luke
John
Acts
Romans
One Corinthians
Two Corinthians
Galatians
Ephesians
Philippians
Colossians
One Thessalonians
Two Thessalonians
One Timothy
Two Timothy
Titus
Philemon
Hebrews
James
One Peter
Two Peter
One John
Two John
Three John
Jude
Revelation

BOOKS OF THE BIBLE

◆ BIBLES FOR THOSE WHO FIND THE FORMAL, ACADEMIC VERSIONS HARD GOING

Cool Bible Reading by Des Boldeau, former Youth director, BUC

(This article has been taken from the Messenger volume 114 • 11 – 5 June 2009)

Most Adventists were raised on the King James Version. Today the Bible is read for enjoyment as well as study. Which version you use depends on personal preference.

When Jesus lived, the Scriptures were available in the language read by ordinary folk. It was known as the Koine (or common) Greek. It was the language of the street, not that of the scholar. Today, the need exists to get the Gospel out on the streets and into the hands of ordinary people. This has led to lots of versions, translations and paraphrases being published. Here is a selection of such Bibles that I recommend to help nurture your relationship with God.

I hope that some of these renditions of the Bible will re-ignite the desire for the Word or will further grow your interest in deeper study of the Word of God.

The Message Bible is a paraphrase by Eugene Peterson. This makes reading of the Bible sheer enjoyment. It is fresh and exciting. Its language is modern and colloquial and it uses descriptive and colourful words. Try reading in Romans 12 the section titled: 'Place your life before God', as his language brings home very graphically what it means to give yourself to God on a daily basis.

The Word on the Street by Rob Lacey is interesting and tells the story in manageable chunks for easy digestion. Look for the essence of the stories and the truth behind them. It brings the Word of God to life. Don't use it for deep theological Bible study, but for fresh insights and application for everyday use.

The Green Bible (based on the New Revised Standard Version) refers to itself as 'a green letter edition'. Traditional American Bibles feature the words of Christ printed in red ink. In the Green Bible the passages that speak directly to the project's core message are in green. Features at the back of this Bible include 'The Green Bible Trail Guide', which leads the reader through a selection of Bible passages touching on six green themes that appear through the biblical narrative. There is a section on practical steps that can be taken by individuals, families and groups and a list of green organisations to contact called 'Where do you go from here?' There is a 'Green Subject Index' or

concordance. This is an excellent edition of the Bible that will hopefully correct a widespread misunderstanding in certain parts of the Church that green issues are not a Christian concern.

The New Century has been around for a while now and the publishers have produced several different editions. The one that still holds my interest is the Youth edition. Some say that if you find the NIV too taxing and the Good News too easy, then the New Century is a perfect balance. The 'life files' with their application and subject index for many teenage and youth experiences are a neat resource for you guys.

The Brick Testament is a story approach for children and is especially recommended for parents with younger children.

THE NEXT TIME you feel you are not worth much, just remember....

Noah was a drunk
Abraham was too old
Isaac was a daydreamer
Jacob was a liar
Leah was ugly
Joseph was abused
Moses had a stuttering problem
Gideon was afraid
Samson had long hair and was a womaniser
Jeremiah and Timothy were too young
David had an affair and was a murderer
Elijah was suicidal
Isaiah preached naked
Jonah ran from God
Job went bankrupt
Peter denied Christ (3 times!)
The Disciples fell asleep while praying
Martha worried about everything
Zachaeus was too small
Timothy had an ulcer..... **AND**
Lazarus was dead!

Now! No more excuses! God can use you to your full potential. Besides, you aren't the message, you are just the messenger. In the Circle of God's love, God is waiting to use your full potential..

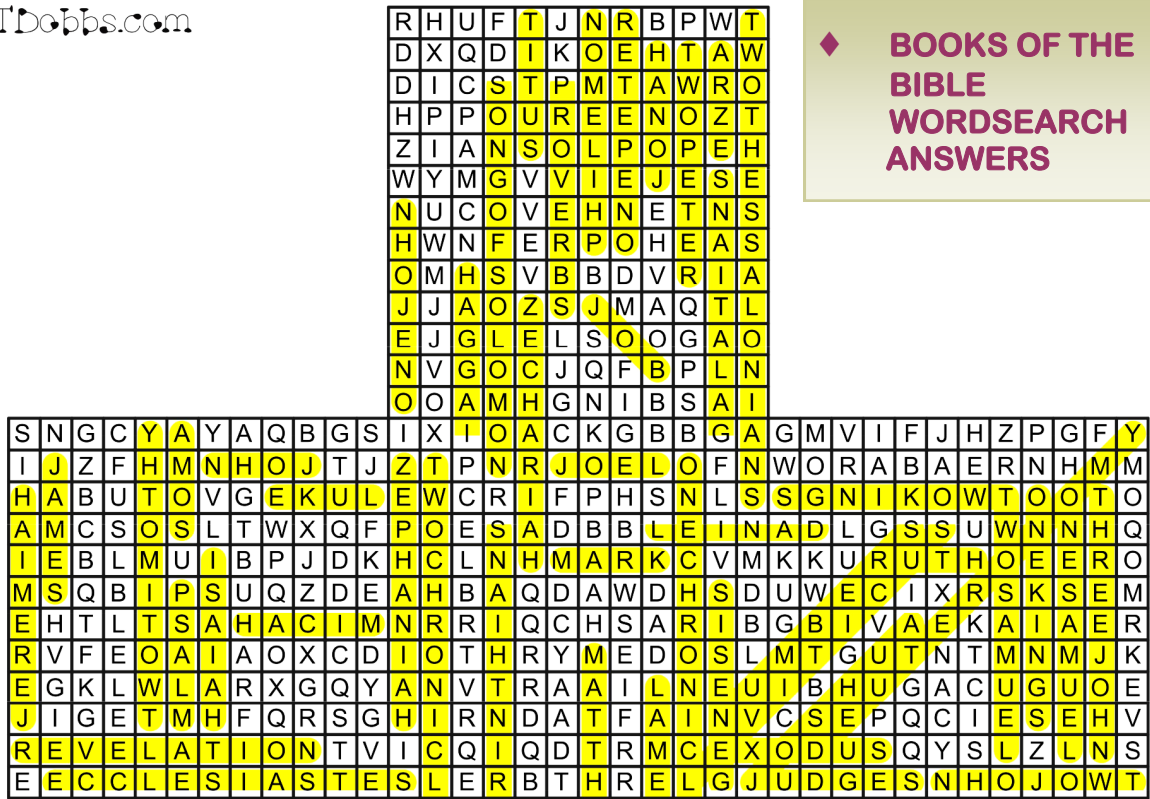
Have a think about the following:

1. God wants spiritual fruits, not religious nuts.
2. "Dear God : I have a problem. It's me"

"My Dear Child: I have the solution. It's Me!"

The main thing is, you are very valuable because Jesus died for you, which makes you of tremendous value.

◆ **BOOKS OF THE BIBLE WORDSEARCH ANSWERS**



- Genesis
- Exodus
- Leviticus
- Numbers
- Deuteronomy
- Joshua
- Judges
- Ruth
- One Samuel
- Two Samuel
- One Kings
- Two Kings
- One Chronicles
- Two Chronicles
- Ezra
- Nehemiah
- Esther
- Job
- Psalm
- Proverbs
- Ecclesiastes
- Song of Solomon
- Isaiah
- Jeremiah
- Lamentations
- Ezekiel
- Daniel
- Hosea
- Joel
- Amos
- Obadiah
- Jonah
- Micah
- Nahum
- Habakkuk
- Zephaniah
- Haggai

- Zechariah
- Malachi
- Matthew
- Mark
- Luke
- John
- Acts
- Romans
- One Corinthians
- Two Corinthians
- Galatians
- Ephesians
- Philippians
- Colossians
- One Thessalonians
- Two Thessalonians
- One Timothy
- Two Timothy
- Titus
- Philemon
- Hebrews
- James
- One Peter
- Two Peter
- One John
- Two John
- Three John
- Jude
- Revelation

BOOKS OF THE BIBLE

From the Messenger Archives

◆ PAUSE FOR REFLECTION: THE CURRENT CONTROVERSIAL ISSUE OF AS- SISTED DYING

Whilst conducting a search through the vast Church Newsletter archive held on the editor's PC an article concerning euthanasia and assisted suicide demanded investigation. Contained in the Messenger Volume 114 • 18 – 4 September 2009 (Editor D. N. Marshall) was the following article **written by Pastor John Ferguson** which discusses this very topic which is currently occupying a lot of space in the media.

At the time Dr. Ferguson pastored the Grantham and Skegness churches. He has a Doctor of Ministry degree and pastored in Dublin, Banbridge and the Northamptonshire churches prior to his move to Grantham. He is well-known at SPC where he has preached on many occasions.

Interestingly, at the time this was written the Prime Minister, Sir Keir Starmer, was in charge of the Department of Public Prosecutions, a fact which hasn't been mentioned in the debate so far.

◆ Euthanasia and assisted suicide by John Ferguson

I am not unfamiliar with controversy. Nevertheless I do not approach these controversial issues with any degree of relish.

With words like Dignitas, euthanasia and assisted suicide featuring regularly in our newspapers and news bulletins, I think it is time, and timely, to address these issues. We could, of course, bury our heads in the sand, ostrich-like, and hope that the whole uncomfortable issue will go away. But it will not, of course.

The names of Debbie Purdy, Daniel James and Diane Pretty have sent these issues to the top of our attention agendas.

Debbie Purdy, you will recall, is a woman who suffers from an aggressive form of Multiple Sclerosis, which is likely to kill her. She was successful on 30 July in getting the Law Lords of this country to rule that our Director of Public Prosecutions must make it clear under what circumstances he would prosecute someone for assisting suicide.*

The DPP has not yet prosecuted any of the 115 cases on his desk. Nevertheless, Debbie Purdy does not take that to mean that her husband would not be prosecuted should he choose to help her to end her life.

Keir Starmer, the DPP, has been ordered to spell out exactly in what circumstances he would prosecute. Hence Debbie Purdy has been successful in getting the

law clarified. Her objective, we may assume, was to get euthanasia made legal in this country.

Daniel James was a 23-year old rugby player from Loughborough University. An energetic, sporty lad, an England under-16 international, Daniel was paralysed from the neck down after a rugby scrum collapsed on him. He was left incontinent, with no hand function, in constant pain in all his fingers and suffering uncontrollable spasms in his legs and upper body. He needed twenty-four-hour care.

Daniel's parents helped him to travel to the Dignitas Clinic in Zurich, Switzerland. There he ended his life by swallowing a liquid drug called Nembutal. Within a few minutes of taking it last September, he fell asleep, his head on the pillow, and passed away.

Diane Pretty did not travel to the Dignitas Clinic. She passed away in May 2002 in a hospice near her home in Luton. Like Debbie Purdy, Diane Pretty had wanted the courts to rule that her husband could not be prosecuted if he helped her to die, but she was unsuccessful in her attempt. She died two weeks after the European court failed to uphold her appeal.

At this point we need to pause and think.

These are all difficult cases. One difficulty I have in dealing with this topic is that this magazine is read by children. We avoid using words such as death, suicide and euthanasia in the presence of children.

Nevertheless, I appeal to wise, caring and good parents to encourage their children to talk to them about sensitive issues such as those we raise here. You are a family. We are a family. Good families, strong families, balanced families – talk things out.

What does the Bible say? What does the Word of God say on suicide and euthanasia? Quite a bit. And not a lot!

Quite a bit.

The belief that human life is sacred is clear in Genesis 9 and in the Ten Commandments. In Genesis 9:6 God says, 'Whoever sheds the blood of man, by man shall his blood be shed; for in the image of God has God made man.' Exodus 20:16 says it straightforwardly: 'You shall not kill.'

The Bible says a great deal about the sanctity of life and about the holiness of life. Psalm 139 states that God knew us even before we were born. 'For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. . . . Your eyes saw my unformed body.

'It is not in man's power to restrain the wind, and no one has power over the day of death.'
Ecclesiastes 8:8
NEB

All the days ordained for me were written in your book before one of them came to be.' (Verses 13, 14, 16.)

There are definite implications in this statement. 'All the days ordained for me were written in your book before one of them came to be.' God knows the length of our lives. The implication is clear: God alone should determine when that life ends.

The New Testament reference that might be cited by Christians against suicide, or assisted suicide, would be 1 Corinthians 3:16, 17. 'Don't you know that you yourselves are God's temple and that God's Spirit lives in you? If anyone destroys God's temple, God will destroy him; for God's temple is sacred, and you are that temple.'

Some Christians, however, do not understand this as referring to suicide and euthanasia. Rather, they see it as referring to destroying our bodies through harmful substances and what we eat or drink or smoke.

Not a lot.

Whether it is a case of one man taking another man's life or us destroying our bodies through self-indulgence, God's Word says something about it.

So what did I mean when I said earlier that the Bible says quite a bit, and not a lot on this subject?

Let me begin to answer that by asking another question. What do Saul, Ahithophel and Zimri in the Old Testament have in common?

Answer: They all committed suicide. If I had thrown in Judas from the New Testament you'd have guessed that right away.

In 1 Samuel 31:4, 5 we see Saul, who has been wounded in battle, calling for his armour bearer to kill him with his sword. Saul did not want his enemies to have the satisfaction of killing him. However, the armour bearer refused to take the king's life. So Saul fell on his own sword and died. Seeing that, the armour bearer also committed suicide in the same way.

In 2 Samuel 17 we read about Ahithophel. Ahithophel was distressed at not having his advice taken by Absalom. So distressed, in fact, that he hanged himself. (2 Samuel 17:23.)

Zimri, like Absalom, was an Old Testament schemer who tried to elevate himself to kingship. When things went against him he entered the king's house, set it on fire and perished in the flames. Read that in 1 Kings 16:18.

The story of Judas is the one with which you are

probably most familiar. Judas hanged himself in distress and shame at having betrayed the Lord.

What do the stories of Saul, Ahithophel, Zimri and Judas all have in common, apart from the fact that they were all suicides?

In not one of their cases does the Bible comment on the morality of what they did. The Bible records what they did, but does not make a moral judgement about it. The Bible does not say that what they did in taking their own lives was wrong. It simply records that they did it.

That is why I said that the Bible does not say a lot about suicide. And it says nothing at all about euthanasia.

Reasons for opposing suicide/euthanasia

If it can be argued that the Bible, to some extent, is quiet on suicide/euthanasia, why, then, is Christianity in general so vocally opposed to it?

Enter Catholic theology. In AD413 – four centuries after the resurrection of Jesus – Augustine, a famous man in the history of Catholic theology, taught that suicide was a sin. Further, he taught that suicide was a sin that should exclude a person from Heaven. His teaching was not necessarily from Scripture but from what he considered to be reason and logic. Augustine taught, and the Catholic Church accepted his teaching and has held it ever since.

Augustine also taught that we must confess our sins in order to have them forgiven. Nothing wrong with that; it accords with Scripture. 'If we confess our sins, God is faithful and just and will forgive us our sins and cleanse us from all unrighteousness.' (1 John 1:9.) But what Augustine went on to reason was this. If a person commits suicide, he/she does not have time to repent of that sin, and so the sin remains unforgiven, thus barring that person from Heaven.

Hence we have the practice of Catholic priests being called to the bedside of a dying person in order to hear his/her final confession and pronounce the person forgiven of sin.

What is wrong with that? From Scripture, principally this: There is One, and only One, who can pronounce sins forgiven.

But what if a person dies suddenly, without warning? What if it happens that somebody gets hit by

All the days ordained for me were written in your book before one of them came to be.' (Psalm 139 verses 13, 14, 16.)

a bus? Are their sins not forgiven?

John Donne was a preacher, poet and theologian who lived between 1572 and 1631. Born into a Roman Catholic family, Donne was a convert to Protestantism and, at the end of his life, was the Dean of St Paul's Cathedral. Donne argued persuasively against Augustine's thinking and theology.

Here is what John Donne wrote:

*'Death, be not proud, though some have called thee
Mighty and dreadful, for thou art not so;
For those whom thou think'st thou dost overthrow
Die not, poor Death; nor yet canst thou kill me. . . .
One short sleep past, we wake eternally,
And Death shall be no more: Death, thou shalt die!'*

John Donne challenged Augustine's thinking. Donne argued that such thinking placed a limit on God's grace. Donne argued that God can forgive the victim of suicide.

So where do we stand on this one? I have presented the case, as some might see it, both for and against suicide/assisted suicide.

FOR in that some people reason that the Bible is silent about it. Saul, Ahithophel, Zimri and Judas attracted no biblical condemnation of their action.

AGAINST in that the Bible very much upholds the sanctity, the holiness of life.

I suspect that everyone will make up his/her own mind on this one.

For the record, our Church does make a definitive statement on the matter. It does so in the book *Statements, Guidelines and Other Documents*. The same book contains statements by our Church on many ethical issues including abortion, climate change, human cloning and racism.

But in its statement on 'Care for the dying' it reads:

'While Christian love may lead to the withholding or withdrawing of medical interventions that only increase suffering or prolong dying, Seventh-day Adventists do not practise "mercy killing" or assist in suicide. (Genesis 9:5, 6; Exodus 20:13.)

'They are opposed to active euthanasia and the intentional taking of the life of a suffering or dying person.'

This is a tough subject. The toughest I have addressed for some time. No one is going to feel like doing cartwheels of joy all the way home. And yet . . .

I do hope you can see that it has been an important subject for us to consider.

Editorial note:

1) ***356.Section 2(1) of the Suicide Act 1961** provides that a person who "aids, abets, counsels or procures" the suicide or attempted suicide of another person commits an offence (the substantive offence). By virtue of section 1 of the Criminal Attempts Act 1981 it is also an offence to attempt to aid, abet, counsel or procure the suicide or attempted suicide of another person (the attempt offence).

Conclusion: 'The Director of Public Prosecutions did not act unlawfully in failing to publish detailed guidance as to the circumstances in which individuals would or would not be prosecuted for assisting another person to commit suicide.' Dated 25 Apr 2021

More can be found at:

legislation.gov.uk
R (Purdy) v DPP [2009]
UKHL 45

2) Have you already acted on Pastor Ferguson's advice? 'You are a family. We are a family. Good families, strong families, balanced families – talk things out.'

3) It would be interesting

to open this topic to general discussion. Do you have views on this topic? If so, send them to news@stanboroughchurch.org. (This is a restricted-access mailbox so anonymity can be guaranteed!)



◆ MACMILLAN CANCER CHAMPIONS NEEDED
(One Vision collaboration programme)

One Vision has recently signed up to the Macmillan Community Champions programme which exists to reach out to everyone in our local community to raise awareness of all the services available when journeying with cancer. It is currently recruiting volunteers to act as MacMillan Cancer Champions in the Watford and Three Rivers areas: to help, support and promote the charity's events and activities/raise awareness/address stigma/increase knowledge/encourage open discussions about cancer.

The role includes:

- Participating in volunteer-related training programme.
- Attending Cancer Champions Programme events and utilising local knowledge to effectively engage with the community about cancer-related matters (e.g. early diagnosis, raising awareness, support services etc) and following-up enquiries after these events.
- Assisting with marketing and sharing social media updates, collecting testimonials, feedback and carrying out surveys to support this programme.
- Debrief, communicate, update regarding activities related to the programme with your Volunteer Manager.
- If interested, speak to Enoch Kanagaraj or contact priyanka@ovwatford.org

◆ FROM THE ARCHIVES: THE VOICE OF PROPHECY BIBLE SCHOOL:



The Voice of Prophecy Bible School, now known as the ADC, was established in 1947 as a result of the Press sending invitations contained in its publications for Bible study lessons by post which began towards the end of World War II. The returned lessons were marked by the editor.

When the San moved out of the Annexe and the school moved into this former college building, the newly-formed VOP took over vacant space at the top of the building. When the boarding school was set up it was evicted and moved into the nearby BUC building, originally constructed in 1922, when it relocated to its current St. Albans Road location in 1961. (Before 1922 BUC staff were located in the Press office block.) The photo on the right, taken around this time, shows director Pastor Warland with his staff. When he retired Fretson Taylor, who is standing on Pr. Warland's left, took over running the VOP for many years until his own retirement.



Relocation to its current home in the BUC building occurred when the BUC was extended. For a while the building also was home to the SDAA under the management of Stanley Maxwell. When the upper part of the Park was sold for the last development over 30 years ago the building formed part of the new boundary line (see photo, left) and was eventually demolished.



For many years the VOP's recording studio produced records of hymns and religious songs, and also broadcasts which aired on Radio Luxembourg, a commercial radio station (they were few and far between in the VOP's early days). These ceased for many years but recommenced in 1983, with the assistance of BBC producer Michael Harrison who also helped to set up the Radio 4 broadcast from the church. At the time he was a recent convert and an SPC member but, sadly, has since left the church.

Below is an extract from the Messenger Volume 88, dated 15 July 1983. Michael Harrison is shown at the microphone. The article on page 11 outlines its work in 1981.

Commencing Monday, 26 September 1983 at 6.45 pm, the English language service of Radio Luxembourg will beam out its first SDA-produced programme for more than a quarter of a century.

The Church is in the business of communication, and to this end a weekly 15-minute presentation entitled 'Who Cares?' will be transmitted on Monday evenings for a 26-week period. The 'Who Cares?' broadcasts will attempt to create awareness, particularly among young people, that the Adventist Church is indeed a caring Church. The station caters mainly for those in their late teens and early twenties, with approximately 300,000 throughout the UK regularly tuning in each Monday evening from 7-7.30 pm.



At some stage each evening more than two million throughout the British Isles listen to Luxembourg's output. Therefore, our own programme will feature modern Christian music and lively interviews on a variety of topical issues - emphasising, of course, the relevance of the Christian faith. At the conclusion of each presentation there will be a special offer to develop listeners' interest. Among the subjects to be covered are new life in Christ, loneliness, violence, the future, vegetarianism, stress, voluntary service, the Sabbath, the message and mission of SDAs.

◆ **FROM THE ARCHIVES: Pastor John Arthur, BUC Communication director, reports on . . . RADIO OUTREACH FROM LISBON***

'The Lord hath done great things for us, and we are filled with joy' (Psalm 126:3).

Though we long for a more ideal situation for communicating the Adventist Message to the millions scattered throughout the British Isles using the waves of the air, the above text sums up our feelings since our last report in the Messenger.

THE ENGLISH LANGUAGE BROADCASTS—The English-language broadcasts from Lisbon through the facilities of Adventist World Radio have continued each Sunday at 8.30 GMT on 9665 kHz in the 31 metre band.

Pastors Martin Anthony, Victor Benefield and Kenneth Gammon have been the speakers for the weekly 15-minute programmes produced in the Watford studio, and these have been appreciated by a small yet widely scattered young audience. Several typical letters of appreciation accompany this article.

RADIO ANDORRA—During the early part of 1981 additional regular Adventist broadcasts were beamed out from Radio Andorra. Some of these productions were prepared in the new radio studio at Newbold, featuring Victor Hulbert, Bernie Holford, and Bert Smidt (now at Andrews University) etc. Victor and Bernie have also had opportunity to work as student missionaries in the studio at Lisbon, under the direction of Ron Myers, former head of AWR (Europe). Unfortunately this station in the Pyrenees closed its doors to AWR in the middle of the year.

HOSPITAL MINISTRY— Right now Pastor Gammon has kindly responded to our request to prepare fifty short programmes for use on local hospital-radio networks — and we are hoping that these will become available in tape-form during the spring of 1982. It may be necessary to implement a couple of pilot schemes prior to widespread usage — but we believe such a programme will meet a real need, and provide each participating church with an opportunity to enhance its image in the local community, as it is hoped that presentations will be concluded with the words 'This programme has been brought to you under the auspices of your local Seventh-day Adventist Church on



In addition to updating equipment in the radio studio at Stanborough Park, considerable renovation work has been undertaken. This has included the 'bricking-up' of several windows for security purposes; the installation of double- and treble-glazed windows for sound insulation; and a remodelling of the recording studio and control room which have remained unchanged since the inauguration of our British radio ministry in 1947. This year's radio offering will meet the cost of completing this constructional work, and the development of radio cassette, and video programmes to enlarge and enhance the communication of the Church's message.

Road'.

NEW STUDIO —Stanborough Park Our 'new' radio studio in the VOP building at Stanborough Park is now nearing completion. This has been a lengthy modernization project because of limited funds, and the writer pays tribute to the constructional skills of Joe Naylor, Paul Trenholm, and others.

PREPARATION OF VIDEO PROGRAMMES—Thanks to the generosity of Ron Grant of West London, facilities have been acquired for us to make a start on the production of video cassette recordings for evangelistic and general church training purposes. As time and finances permit, we anticipate that such aids (on the 'Betamax' system) will become available to churches during the coming year.

AUDIO-CASSETTES—A wide range of audio-cassettes featuring SDA music, preaching, and training for more effective Christian witness is now available under the ADVENT AUDIO VISUALS label. Due to the efforts of Pastor and Mrs. John West, studio productions of such tapes are now of a high quality. Occasionally, a poor 'master-tape' comes to hand, but copies of such are not now being reproduced unless the material is of particular benefit to the constituency. Our aim is constantly to improve the quality of all our products.

RADIO CLUB—Another possibility for the future is the establishment of a 'Radio Club' for interested members — hopefully incorporating the co-operation of the Speech and English departments of our schools and college in the production of dramatized programmes for radio (and indeed video), together with the development of technical skills among young people with potential for radio ministry.

◆ CHURCH MATTERS: NEWS IN BRIEF AND ANNOUNCEMENTS

ADVANCE NOTICE: The Christmas programmes have been prepared and ready for the following dates: Toy Service 14th December at 11am. Family service with a Christmas theme 21st December at 11am and Carols by Candlelight on 24th December at 6pm. Invite your family, friends and neighbours to join with you at this joyous time of year.

UPDATE ON ADRA UK: 'JACOB'S WELL' is the latest project for which ADRA is urgently soliciting your funds. In Zambia, the ADRA dairy project has been halted because of drought in the region. Zambia is one of the countries that has declared an emergency as it grapples with the effects of El Niño weather phenomenon.

ADRA is desperately seeking partners to install boreholes in priority communities which are the most affected and where we can strategically serve the largest number of people and animals. Given the context, we will require deep boreholes with solar power pumps, which will last and provide multiple water points for more than one community. These are currently estimated at about £8,000 each, but prices are likely to increase as the crisis worsens, so the sooner these could be contracted the better. As a minimum target, we are looking to source at least three boreholes in the next few weeks. If you are able to help, no matter small the amount, please get in touch with ADRA-UK.

ADRA: A fun way to support ADRA will be to join a wreath-making workshop on Sunday 1st December at 2pm. Places are limited so please see Audrey or Pat to register your interest. Please continue to support the vital work of ADRA by donating to Audrey's [JustGiving Page](#).

ADRA UK has two vacancies which would be ideal for anyone living in the Watford Area. One is for a [Stakeholder Engagement Manager](#) and the other is for a [Communications Officer](#). Full details are on the ADRA website: adra.org.uk

Congratulations to Pastor Sam Neves, a former SPC Associate Minister, on attaining his Ph D qualification. A service of thanksgiving and celebration was held at the church on the evening of 11th November following his graduation ceremony. Light refreshments were provided after the service by his mother-in-law, former SPC member Caroline Swain.

The October Teatime Concert was held on 27th October featuring Yoon Seok Shin performing a selection of much-loved piano music including Mozart's Piano Sonata No.10, Chopin's Mazurkas and Nocturnes, Liszt's Hungarian Rhapsody No.13.

Christmas Gifts, Books and Craft Fair held on 3rd November raised £1000 for the Stanborough Room at Watford's Peace Hospice and Rennie Grove Hospice.

Parking for Disabled Members: We need to ensure that

there are enough accessible bays available for blue badge holders attending Sabbaths. If you have a blue badge, please contact me with your name and the registration number of your car. If you hold a blue badge, but are driven to church, please let me know that you have the badge. Contact me on 01923 461044, or joybussey35@gmail.com

◆ REGULAR EVENTS

- **Discipleship/Nurturing classes** are being held every Friday 7:30pm via Zoom. Intended for those who have been baptised over the past three years these sessions will seek to build up and solidify faith in the Lord Jesus Christ. If you are interested please speak to one of the pastoral team.
- **Tuesday Meetings** resumed 6th August
- **Wednesday Night Prayer Meeting** is held in the Sanctuary with available Zoom facility Meeting ID: 721 857 1482; Passcode: pray3r
- **Women in Prayer/Prayer Ministry:** every 2nd Sabbath of the month 3.00-5.00pm
- every morning 6am-6:30am Zoom ID 8316619709 passcode 777
- weekly Zoom Fridays 6pm Zoom ID: 831 0985 5836 Passcode: Fprayer
- **Men's Ministry Prayer Meeting** held every Tuesday 9pm on Zoom ID: 519 552 6863 & Passcode: Pray3r
- **Prayer for the Children** is held on the first Sabbath of each month. If you would like to add your children), contact Prayer Ministry leaders Marlene and Bella on 07988045461
- **Women Ministry Outreach:** staff at Auburn Mere Residential Home have extended an invitation to Stanborough Park Church to visit with the residents every Sabbath for an hour between 14.00 and 16.00. Contact Milimo or Esther if you would like to take part.
- **Badminton Club:** Come and join our friendly badminton club on Mondays at the Stanborough Secondary School gym. Programme starts at 5:30pm, finishing around 7:30pm. All abilities welcome. Any questions contact Arto Keshishian.
- **Table Tennis Club:** for times/updates contact eustace.cornwall@gmail.com

• **Newsletter makeover!** This newsletter began during lockdown as a way of keeping members informed about what was happening behind the scenes at SPC during church closure. It is of great surprise to the editor that it is still in production, so time for a new header selected from the 'Publisher 98' templates! **Newsletter proof reader urgently needed, contact-** news@stanboroughchurch.org if you can help — thank you!

◆ **THE LAST WORD:** 'He who does not value life does not deserve it.' *Leonardo da Vinci*