



encounter

Forgive and live

Spotlight on:
Pastor Dejan Stojkovic

Global Youth Day

Vol. 11 • Issue 1 • January 2015

Beginning your year with G.O.A.L.S

Vol. 11 Issue 1 • January 2015

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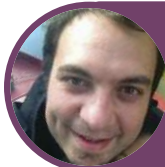
The purpose of e@ncounter is to develop youth and youth leadership spiritually and motivationally, in faith and in service.

To contact us directly or for regional youth director contacts, please see the website for details or scan this QR code.
www.adventistyouth.org.uk



This issue's contributors:

Meet the Director



Pastor Dejan Stojkovic is the South England Conference Director for Teens & Student Ministries. You can read all about him in our new section, *Spotlight on:* which is on page 12.

Science and faith



Dr Chidi Ngwaba is the South England Conference Men's Ministries Director. He is a Lifestyle Medicine practitioner and has featured on ITV's *Good Morning Britain* and Premier Radio.

Youth issues



Mrs Sharon Platt-McDonald is the British Union Director for Health, Disability Awareness and Women's Ministries. She is a UK-registered health professional who has been widely published.

e@ncounter is a magazine for teens and young adults. If you are part of this age group then we are very happy to have contributions from you in future e@ncounter magazines. Perhaps you want to write about a recent faith-sharing experience or you want to tell us about your time volunteering. Maybe you are a student in the field of science and you have come across some research which has helped cement your faith in the Bible. Or you may even have a topic close to your heart that you would like us to tackle in the Youth Issues section. Contact us – we'd love to hear from you! bucyouth@adventist.org.uk

Love it, hate it or think you could do better? Have your say about your e@ncounter magazine. Fill in our online survey at www.adventistyouth.org.uk



Welcome to our resized e@ncounter

magazine layout. It's got everything in it that you may have been used to but now presented in a different size. We'll continue to have our regular sections and articles as well as introducing some new features, and reintroducing the sections you told us you missed. And there will be a seasonal mix of articles from some of the talented writers we have in the British Isles and further abroad.

We have recently had lots of information from you about what you look for in e@ncounter magazine and what you would like to read. This has been very valuable and we are still in the process of considering this data. Thank you to everyone who has participated in the survey, and if you would like to have your input please fill out the survey online at www.adventistyouth.org.uk

When I left school I went to college and learnt to be a furniture maker. I then went on to work on building sites and other places as a carpenter/builder. Now, at home, we are in need of lots of plastering to be done. So, wanting to turn my hand at a new skill, last year I went on a short course to learn plastering.

While developing numerous aches and pains from practising this physical skill, I learnt some of the craft and methods of being able to plaster. When putting the finishing coat of plaster on a wall or ceiling there are six steps that you must go through:

Step one is to lay on the plaster. Step two is to smoothe over the plaster. Step three is to lay on the topcoat thinner and then the first coat. Step four is to smoothe over the second coat. Then, maybe if time allows, add in a 4.5 step by way of running out the small lines in the plaster. Step five is to make everything very smooth, and step six is to give the plaster a final rubdown with the trowel to give it a smooth glassy finish.

Between each step there can be quite a waiting game, a long pause, even time to take something of a refreshment break, and then

you come back to the next step. It's not a matter of racing into the wall or ceiling, throwing on some plaster, and the job is finished. It all takes time, and you must revisit the job over and over again.

I can't help but realise that this sequence is much the same as it is in witnessing to the people around us. Rarely do we have a 'Philip and the Ethiopian' experience: to take someone from Bible study to baptism in one go.

Sharing your faith takes repetition, time, patience, and careful hard work. When plastering, the job cannot be rushed. When sharing Jesus with your friend, they may not be ready for the next stage just yet. Give it some time and be patient, revisiting the subject later.

In this and future editions of e@ncounter we will be including stories of people sharing their faith with friends. We welcome your stories too, so please do send them in. If you would like to learn how to better share your faith, strengthen your faith, and encourage other young adults, we look forward to seeing you at the British Union Adventist Youth Congress taking place over Easter this year. For more details see the back of this magazine.

May God invigorate you this year to become a radical, yet patient disciple for Jesus Christ. Happy reading, happy Christian.

Nathan



Youth issues

Want a bright future for 2015 and beyond? Well how you think, plan and act is crucial. Find out how to begin setting your goals in this article . . .

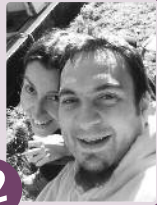
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Around the country, several hard-working and enthusiastic people are planning and organising events and programmes for the youth in their region. Every edition of @ncounter, we will shine the spotlight on your Conference Directors and Mission sponsors with an in-depth Q&A.

Spotlight on:

He survived two wars, numerous bombings and life with an older brother. This quarter the spotlight falls on SEC Teens & Student Director, *Pastor Dejan Stojkovic*.



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Are you feeling telepressured?

With most of us able to access our emails 24 hours a day, we are succumbing to a phenomenon being called workplace telepressure, where we feel compelled to respond instantly to messages, even if it is out of work hours or on the weekends. Now, 52% of Americans check their email before and after work, even when they take a sick day.

To try and relieve this pressure, why not have a word with your boss to find out what the expectations are in the office and see if it is possible to set some boundaries so that everyone is clear what is expected out of workplace hours.

Science and faith

Jesus told a parable about a servant who was forgiven a large debt by his king but was, himself, unwilling to forgive a fellow servant a small debt owed to him. On hearing what the unmerciful servant had done, ' . . . In anger his master turned him over to the jailers to be tortured, until he should pay back all he owed.' Jesus then says something very interesting . . .
(turn to page 30 to find out what).

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Events

As well as the usual mixture of posters, we have a special 'pull-out and keep' 2015 events calendar, listing events from around the UK & Ireland. If you don't see your region represented, then you'll have to encourage your regional director to submit their events for the next edition of @ncounter!



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Recently we introduced you to two new awards – Raku and Chocolate. If you would like to review those, please scan the QR code or look under Pathfinder resources on www.adventistyouth.org.uk You can purchase these specific badges from the BUC Youth Ministries Dept.



Pathfinders

This edition we prepare the Pathfinders for staying safe on the campsite.



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Adventurers

This edition Adventurers are looking at becoming health specialists and putting on a hand shadow show!



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Events

Find events local to where you are – visit www.adventistyouth.org.uk – just click **events**.



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FoodCloud

Three cheers for Ireland's Iseult Ward, a recent university graduate and co-founder of FoodCloud. Her non-profit company has developed a food-sharing service app which allows bakeries and supermarkets to text, at the end of each day, details of any left-over food that they wish to donate. A text message is then sent to all local charities, which text back if they would like it and then collect the food that evening. More than a tonne of food is passed on each day. She was inspired to create this company with college friend Aoibheann O'Brien after hearing that Ireland wastes a million tonnes of food each year while one in ten people in the country goes hungry.

Events

BUC Youth Congress is happening this year from 2-6 April, and you won't want to miss out! Places are limited, so get booking now at www.adventistyouth.org.uk. All-inclusive price for accommodation, meals and congress entry is only £140! See back page for details.

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Looking to improve the way you eat?

Foods can be surprisingly high in salt, fat, saturated fats and sugar, but many people struggle to understand nutrition labels on food packaging. FoodSwitch is a free and simple-to-use app for smartphones to help you find out what's in the food you're eating. It also searches the database for similar but healthier alternative products. SaltSwitch, a new function of FoodSwitch, has just been released.







Volunteering has never been easier!

ADRA-UK has various volunteering opportunities coming up over 2015!

Every project is a chance for you to see, and be a part of, the difference we are making around the world! With opportunities in the UK and overseas – everyone has a chance to get involved.

So, for the volunteer in you, look at some of our upcoming projects and let us know which one is just right!

 **The ADRA Street Team** – there is so much ADRA to share and not enough people to share it! As part of the ADRA Street Team, you will travel to churches around the UK and inform them of the life-changing work we do from day to day! This is a great way for you to meet new people, visit different churches and get trained in all things ADRA!

 **ADRA Experiences** – On an ADRA-UK experience you can expect to visit an international ADRA office, work on an actual ADRA project, experience a new culture and see some of the finest historical sights around the world! This opportunity is for the explorer in you who wants to make a small difference to a big world! All we require is a passion and willingness to get involved!

Some of the countries we will be visiting on our **Experiences** are:
 • Nepal • Zambia • Zimbabwe • Jamaica
 And more to be confirmed in the coming months!



If you would like to get involved in either of these opportunities please visit our website to register as an official ADRA-UK Volunteer: www.adra.org.uk/get-involved/volunteering/register Or if you simply want more information please email us at volunteering@adra.org.uk with all your questions!

 Check our website: www.adra.org.uk 

 www.adra.org.uk/get-involved/volunteering/ 

20:20 Jesus

You may have read in previous editions of **encounter** magazine about an exciting opportunity for you to volunteer for local church, mission/conference, and union activities that provide a chance to get involved in evangelistic or community service projects.

YES Project (Youth Engaged in Service) can be found on the BUC website or go directly via www.yesproject.org.uk Over time more and more projects will be listed. They may be asking for one day, one weekend, one week, or one month! The idea is that local churches can post invitations for people to come and join in a project they are running, and to list all the mission and conference activities where we can do with your help. This is a diary list of things to help you invest your time in service to God through sharing your faith, or simply improving the lives of people in the community.

As this gains momentum, we are introducing something that we hope will motivate people not just to get involved once, but to develop a habit of serving others. '20:20 Jesus' is a British Union initiative to encourage people not just to see Jesus clearly in their lives, but to see what Jesus wants them to be doing with their lives through witness and service, and to encourage each one of you to give 20 weeks of service during your twenties. Twenty weeks in your twenties for Jesus: 20:20 Jesus!

Of course you don't have to be in your twenties to develop the habit of service, but this initiative will link many

other opportunities of serving God and communities. You may choose to get involved in something overtly evangelistic, maybe help out at a summer camp, or get involved in one of the ADRA-UK service trips; but whatever it is this will be an opportunity to consolidate all the opportunities and make it easier for you to find ways of serving God and mankind.

Adventist Volunteer Services generally exists to help people find service opportunities around the world for a few months or more. 20:20 Jesus is an information point for you to see what is on offer, and how you may get involved.

We will be launching this at the British Union Adventist Youth Congress at Easter, and you are invited to attend to find out more about this exciting opportunity. Then keep up to date via our website or the direct web page at

www.2020jesus.org.uk
 '20:20 Jesus' – developing habits of service in the lives of Adventist youth in the UK and Ireland.



 www.2020jesus.org.uk 

Meet the volunteer

Meet Linda-Rose Michel, age 25, from the USA. Linda-Rose is currently volunteering at the Watering Hole project in Totten, near Southampton. To find out more about the Watering Hole visit www.thewateringhole.org.uk To find out more about volunteering visit www.tedadventistvolunteers.com



Why did you decide to volunteer?
I felt God was leading me . . . and when I thought about it I realised I'm at the perfect place in my life to spend time volunteering. It dawned on me that if I was going to spend time doing something, what better thing to spend it on?

What has been your best experience so far?
The faith-building situations, relationships, and conversations I've had. It's been challenging, but such an amazing experience learning to depend solely on God and not on myself.

What has been your most challenging experience?
The faith-building situations, relationships, and conversations I've had, haha. Although they are great for building faith, they are, in fact, a challenge! They may bring questions, doubts, and fears to mind that you don't know how to answer. You may meet people who frustrate you and yet you are called to lead them. You may face roadblocks that seem impossible to get around. Those are the experiences that God uses to show up for you.

Any advice for someone considering volunteering?
Keep a prayer journal and write down everything! Write down your struggles and prayers and concerns and frustrations; even the ones you don't want to admit to yourself. Write them down as prayer and allow God to speak to you through the Bible! It's absolutely unbelievable how God can speak to something that is going on in your life and it's just one of those things that you have to experience.

Favourite Bible text?
'These things have I spoken unto you, that in me ye may have peace. In the world ye have tribulation: but be of good cheer; I have overcome the world.' John 16:33, ASV.

Anything else you'd like to share?
There may be times when you wonder what you've signed up for. There may be times when you feel completely discouraged and like you're wasting your time. You may feel like your ministry is bust and a waste of resources. I know I feel like that sometimes. Those are the precious moments in which God will speak to you, like He has with me. This morning it was through 2 Corinthians 9, and I cannot express the joy and encouragement I got in knowing that God is going to bless my efforts here and that people will glorify Him because of my ministry. I hope that if you've felt the same way that I have, or if/when you do, you'll remember that He has brought you there and He will not leave you to do it alone.

To start your own AVS adventure or to call a volunteer to your project visit www.tedadventistvolunteers.com or email Karen Plaatjes for more information: kplaatjes@ted-adventist.org

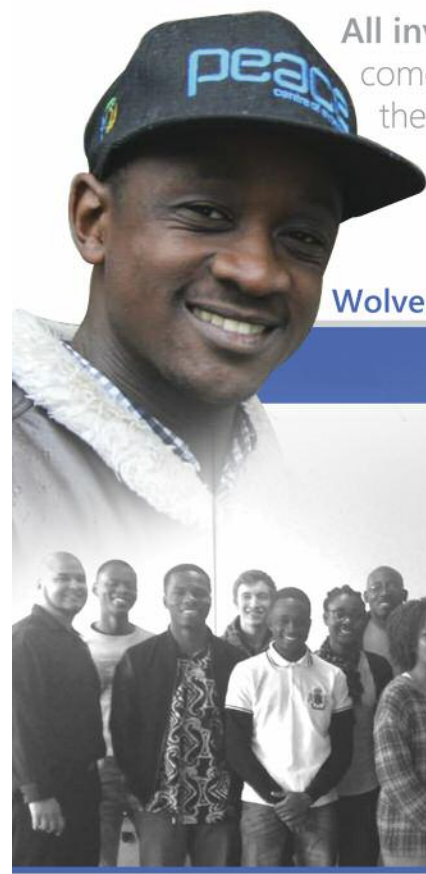


Linda-Rose has been serving at the Watering Hole church plant in the UK since January 2014.



Speaker
Dr Subodh Pandit

All invited
come and hear testimonies from the work of PEACE and support the graduates
Lunch provided



Wolverhampton Pendeford Church
March 7th

Beginning your year with G.O.A.L.S[®]

10 Want a bright future for 2015 and beyond? Well how you think, plan and act is crucial. For as long as I can remember, making plans was something that always gave me a buzz. Even from an early age, I would love to sit with pen and paper in hand and conjure up dreams and aspirations, then scribble down my ideas and sketch a rough plan of how I might go about achieving those ideals. I found the process of thinking through what might be possible an exciting journey as I realised that anything is possible in life if you believe the mind has no limits. As I grew older I would always tell myself – if you can conceive it (think it through in your mind), you can achieve it (make your dreams a reality).

Reflecting on career aspirations is a vital part of professional life. Several years ago, while reflecting on where I wanted to go in my nursing career, I realised the key to success was goal setting. This has been the single most important action (after prayer and trust in God) that I have taken to enable me to accomplish much of what I have achieved in life.

Goal setting plays a vital role in personal learning and development. Realising this I also found that most important things in life can prove challenging at the outset. To minimise this I decided to think up a fun way of making planning my life goals more attractive. So one day, sitting with pen in hand, I wrote the word 'GOALS' and turned it into an acronym, by using each letter to highlight the steps to accomplish my dream. I wrote the following acronym: →

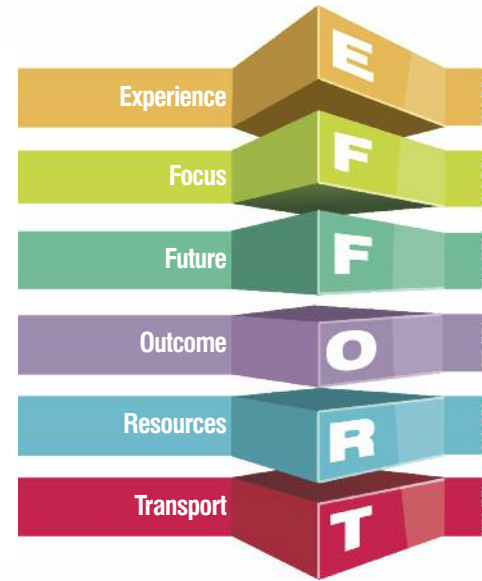


Each step in the acronym is important, and by approaching them in sequence I was able to achieve my aims. In the subsequent features of @ncounter for the rest of this year we will examine these steps in detail. I encourage you to join me on this exciting journey of planning your future throughout 2015 and I assure you that you will see positive results. Not only have I seen great results in my own life by applying these G.O.A.L.S* principles, but I have also celebrated the success of others with whom I shared them in the past when undertaking sessions as a life coach and development consultant.

Achieving your goal does, however, take effort. Again coining an acronym, I have used the word 'EFFORT' to encourage people to ask themselves questions and to analyse their goals in more detail. Using each letter of the word 'effort' I developed the following questions to get individuals started.

Questions:

Experience: What is your background? Where is your starting point?



Focus: Where is your current focus? To what do you give the majority of your time?

Future: What will your future look like if you keep on doing what you currently do? Is that future acceptable? What is your end point?

Outcome: What is your intended goal? What do you hope to achieve or acquire through reaching your goals? What is the deadline for arriving at your goal?

Resources: How much does it cost in terms of time, use of skills or money? Who are your supporters, mentors or supervisors?

Transport: How will you get there? What vehicle or medium will enable you to make the transition? Examples might include secondment, additional training, interview or change of job or location.

This approach will help you to plan your future in a more strategic way. Over the coming issues of @ncounter we will use the GOALS and EFFORT format to look at your career aspirations and personal development journey. We will also set clear goals in key

Sharon Platt-McDonald
Director for Health, Disability
Awareness and Women's Ministries

areas. The overall aim is to implement strategies, explore perspectives and share tools in order to equip you to achieve your dream. What better way to commence a New Year than with new thoughts, new ideas and a more organised way of thinking and planning for your future.

Goals for success:

Before we conclude this introductory phase, I would like to share one of my favourite Scripture texts, which has guided me throughout my years of study and career development. I learned early on that with all my dreaming and planning for various life goals, it would all be pointless if I did not include God and ask for His wisdom to guide me. So here is my success Scripture.

'Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths. Do not be wise in your own eyes; fear the Lord and depart from evil.' Proverbs 3:5-7 (NKJV).

Here is a more modern paraphrase from the Message Bible:

'Trust God from the bottom of your heart; don't try to figure out everything on your own. Listen for God's voice in everything you do, everywhere you go; he's the one who will keep you on track. Don't assume that you know it all. Run to God! Run from evil!'

On that note of guidance, we conclude this first step on the journey to the bright future that God has in store for you. Enjoy the journey as you commence a new year of possibilities!

*G.O.A.L.S is the copyright of Sharon Platt-McDonald and used as an Intervention Life Strategy programme that she runs for individuals and corporations.



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Name: Pastor Dejan Stojkovic

Age: 32

Place of birth: Kragujevac, Serbia

Living in: Bushey, Hertfordshire

Married: Yes, to Deana

Children: No

Job title: Teens Ministries, Chaplaincy & AVS

Hobbies: Photography

Pets: None

Most inspiring Bible text: John 3:17



What was your life like growing up?

I was a PK* in a war-torn country. I survived the Bosnian war, the Kosovo conflict and all the bombings. I have one older brother who is 7 years older. I lived in 2 different cities while my dad was pastoring. Even though times were hard in my country, I had an amazing childhood.

Favourite memory as a teen?

Summer camps. It was beautiful. The sense of freedom, girls, everything was beautiful!

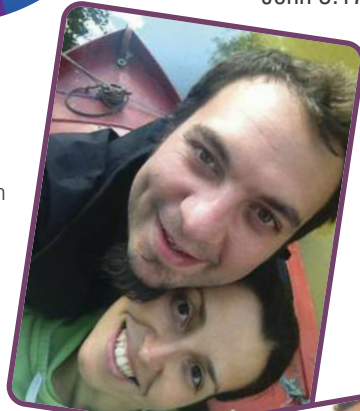
Where did you study and why did you choose that particular (those particular) subjects?

In school I studied Chemistry. Then I came to Newbold in 2001 to the School of English. Later I completed a degree in Theology and a Master's in Ministry.

Why be a pastor?

From primary school I knew that I was going to do that. My father was a very good pastor, an amazing pastor, and always encouraged me to make a difference. And that seemed to be the way to make the most difference, in pastoral ministry.

Also in my teens, I was top of the class at being a rebel. So if I was such a rebel but still had a relationship with God, then I believed that I could help other rebels develop and maintain their relationship with God.



What was your first job ever? How did your career move on from there?

I was a cleaner, cleaning offices in Bracknell. I then got three more cleaning jobs, with longer hours. Another job followed, dishwashing in a restaurant. Then work as a gardener at Newbold. I came indoors to work as an AWR (Adventist World Radio) broadcast operator. Finally I had a job as a petrol station attendant before the SEC employed me!

How many times have you moved house?

In Serbia, twice. In England I went from Newbold to Stanborough Church, to living on a canal boat after being married (moving every three weeks to a different mooring spot along the Grand Union Canal), and now finally to our own house.

Worst/funniest experience in pastoral ministry?

After a fantastic youth service where the young people had been involved with great singing and so on, I climbed up the stairs to preach at Stanborough Park Church, tripped on a step and landed – heavily – on the platform. Unfortunately that was the spot which was right on top of the floorboards covering the baptismal pool. As I was going down, I could hear 300 people in the congregation gasp in unison as they waited for me to crash land. The echo that morning was unbelievable. I dusted myself down, walked over to the microphone, and said, 'Let me try this again.' So I went back down and managed (successfully this time) to climb up, while the church cheered.

Sadly, during my sermon practice the night before, I had tripped in exactly the same spot and had been determined not to do it again the next day.

The person who has had the most influence on your life and why?

My father and mother – because they have been such good Christians.

Your vision for Teen/Campus ministries in the SEC?

I aspire to inspire a generation of Christ-centred, praying teens, drawing inspiration and strength from our Lord Jesus.

Most stand-out moment as an SEC Teens/Student Director?

Thursday nights at the spring & autumn half-term Prayer & Faith conferences. This is usually a testimony evening where teens share their experiences with God and what God has done in their lives. During these times I can see that our church has hope and a future.



*Pastor's Kid
Find out more about Dejan's ministry at: www.secteens.org

AREA 2, AREA 3, AREA 5, AREA 7 & SEC TEENS MINISTRIES PRESENT

Prayer & Faith CONFERENCE

FEBRUARY 16TH - 20TH 2015

STANBOROUGH PARK SCHOOL, WATFORD, WD25 9JT

£75 PER PERSON

PLACES ARE LIMITED SO BOOK EARLY TO AVOID DISAPPOINTMENT

REGISTRATION AND PAYMENTS CAN BE MADE ONLINE AT WWW.SECTEENS.ORG

CONTACT: PASTOR DEJAN STOJKOVIC

PHONE 01923 232728

EMAIL: DEJAN@SECADVENTIST.ORG.UK

FOLLOW: SEC TEENS MINISTRY



ministry^{teen}
south england conference

NEC Youth
Department
Presents

Relationship Weekend

February 13-15

Manchester Central SDA
Church

Speakers

Pastor Jonathan &
Jodi Burnett

Friday
7.30pm

Sabbath
All Day

Sunday
Morning



www.necadventist.org/youth

Free to attend

Please bring your own packed lunch

NEC Youth

ALTON CASTLE



Come for a powerful weekend of Bible Study and Prayer

NEC YOUTH DEPARTMENT
PRESENTS

WARRIORS

MAY 1ST - 4TH
COST: £65

2015 Calendar

PULL OUT AND KEEP



DATE	EVENT	LOCATION
7-17	Ten Days of Prayer	BUC
10	PF Bible Experience I	SEC
10, 17, 24	Share Him Mexico Training & Ilford Campaign	SEC
16-18	CAMPUS Training at Westwood Centre	NEC
23-25	Winter Camping Pathfinders	NEC
30 Jan-1 Feb	Youth Leadership Training	SEC
30 Jan-8 Feb	Winter Holiday in France	NEC



DATE	EVENT	LOCATION
7	Tell the World: Personal Outreach	BUC
7	PF Bible Experience II	SEC
7-14	Christian Home and Marriage Week	BUC
13-15	Relationships Weekend	NEC
15	APLA Intro Training	NEC
15	Basic Youth & Federation Leaders' Training 1	SEC
16-20	Prayer & Faith Conference	SEC
20-22	MG Training in Newmarket-on-Fergus	IM
20-22	NI Youth Weekend in Banbridge	IM
22	Youth & Teens Leadership Training	SEC
27 Feb-1 Mar	Youth Leadership Training	IM



DATE	EVENT	LOCATION
6-8	MG & PLA Training	NEC
6-8	PEACE Alumni	NEC
7	Women's World Day of Prayer	BUC
14	MG Investiture Day at Derby Riverside Centre	NEC
14	PF Bible Experience III	SEC
21	Global Youth Day	BUC
21-28	Youth Week of Prayer	BUC
28	Youth Day of Fellowship	IM
28	ADRA-UK Annual Appeal begins	BUC
28-29	Day of Fellowship & Youth Training Weekend	SM



APRIL

2-6	Youth Congress – Reborn	BUC
4	Day of Fasting & Prayer – Youth Spiritual Commitment	TED
12	MG First Aid Training	NEC
13-19	PF Bible Experience Finals	SEC
19	ADRA-UK Annual Appeal finishes	BUC
24-26	MG & PLA Training (2)	NEC
24-26	BELA Weekend (1)	NEC

JULY

2-11	General Conference Session in San Antonio, US	GC
2-11	IMPACT Outreach San Antonio, US	GC
3-5	MG Training Camp	SEC
5	Teen Leadership Training	SEC
17-19	MG & PLA Training (3)	NEC
19-2 Aug	Mission trip to Slovenia	WM
20-24	Student Camp	SEC
21	Start of 4 months' PEACE Training in Manchester	NEC
26	Athletics Day	NEC

MAY

1-3	MG Training Camp	SEC
1-4	Prayer Warriors at Alton Castle	NEC
1-4	Pathfinder Camporee/MG Training in Newmarket-on-Fergus	IM
7-10	TED Master Guide Camp in Slovenia	TED
15-17	BELA (2) in the Peak District	NEC
16-18	Hit London – pre-Share Him Weekend	SEC
16-18	Church of Refuge Training	BUC
22-24	Adventurer Camporee	NEC
23	Youth Day of Fellowship	SEC
24	Fun Day & Youth Envisioning	SEC
26-31	Pathfinder Camporee	NEC

AUGUST

1-18	Youth in Tanzania (Camp Meeting)	SEC
2-9	Junior Camp	NEC
9-16	Earliteen Camp	NEC
11-16	Youth Camp	WM
11-18	Summer Camp at Portlick Scout Campsite	IM
16-23	Youth Camp	NEC
17-23	Adventurer and Pathfinder Camporee	SEC
17-23	Extreme Teens Camp	SEC
21-3 Sep	Cambodia Mission Trip	SEC

JUNE

4-9	Youth Culture Trip in Rome	SM
5-7	BELA (3)	NEC
5-7	Wilderness Camp	NEC
8-14	Camp Meeting	SEC
15-21	Camp Meeting	NEC
16 Jun-13 Jul	Share Him Ministry begins in Mexico	GC
28	MG Training at the NEC office	NEC
28	BELA Training at the NEC office	NEC
28	The Big Six	NEC

SEPTEMBER

5	Adventurer & Pathfinder Rally Day	SEC
6	Irish Mission Sports Day	IM
18-20	MG & PLA Weekend (4)	NEC
18-20	MG Training in Newmarket-on-Fergus	IM
19	Global Pathfinder Day	GC
25-27	MG Training Weekend	SEC
26	Youth Day of Fellowship	SM



2-24	Youth Campaigns	NEC
2-4	APLA Weekend	NEC
2-4	BELA AssessmentWeekend	NEC
9-11	Students & Young Adults Retreat at Newgrange Lodge	IM
23-25	Republic of Ireland Youth Weekend at Ballinacrow	IM
23-25	SM Youth Retreat	SM
26-30	Prayer & Faith Conference	SEC
26-1	Youth Outreach	SEC
26-1	Drill & Drum Camp	SEC



7-14	Youth Week of Spiritual Emphasis	SEC
14	Youth Rally	SEC
21	PEACE Graduation Service	NEC
29	Go Kart Sunday	NEC



6	Pathfinder Banquet	SEC
11-13	Youth Leader Level 1 Training	NEC
12	Pathfinder & Teens Day of Fellowship	SEC
18-20	Youth Leadership Training Level 1	SEC
26	Youth Christmas Banquet	SEC



eXtreme

TEENS CAMP 2015

17th-23rd August 2015
 Chapel Porth
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 south england conference

SEVENTH-DAY
 ADVENTIST
 CHURCH

Student testimonies

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One group of girls I shared a work space with last year discussed aspects of their lifestyles on a regular basis and when they began to notice that many things they talked about I seemed to have either never experienced or had stopped doing, they began to ask questions. . . . I shared the testimony of giving my life to Christ just a few months before going to university, which allowed them to see me in a new light. They respected my lifestyle and commitment to God greatly and told me of their admiration of it quite a few times. As a result of sharing my faith – and not only my faith, but also how I came to have my faith – what used to be an area of the class where sex and drunken nights out were a common topic of discussion soon became a space where my peers and I would come to hear and participate in discussions such as – ‘Is there a God?’ ‘If I keep living like this will I go to hell?’ and, ‘But I like sinning so how am I supposed to stop?’

As young Adventists we can’t assume just because someone has a ‘worldly’ lifestyle that they don’t have questions about things greater than the world we live in. Many people just need to be given an opportunity to express those thoughts they have about God and religion and I think it is our responsibility to give them a safe environment to do so. Those girls I spoke to didn’t run straight into a Seventh-day Adventist baptismal pool after our discussions, but I do believe that the Holy Spirit was with us and will continue to work in their lives long after our conversations – who knows, maybe it’ll be their testimony we’ll read about in **@ncounter** someday. . . .

Don’t forget – We’ll never know until we try, until we allow God to use His vessels, until we allow God to shine His light through us into our dark world.



Kallie Wheeler – De Montfort University, Leicester

Rachel Marie – on a PGCE placement in Kent

I lived with non-Christian housemates who found my Sabbath-keeping and teetotal behaviour bizarre, but they would ask me questions about church and what we do there, why I do the things I do and so on, which could lead to some interesting conversations.

One housemate was particularly interested in my eating habits as I was the only vegetarian in the house; he liked the healthy lifestyle and I found that this common ground was a great way to share my beliefs.

In fact, even now on my postgraduate course, my being a sober vegetarian is what catches most people’s interest; they are totally bemused, but the fact that they have noticed these differences and been interested in them has been a blessed opportunity to witness. Now, the fact that I have declined attending staff meals on Friday nights has made me stick out a lot at my placement school, but I trust and thank God that all these things will sow a seed in someone’s heart somewhere.



It was the NEC Students Day in 2012 that made the difference in my faith-sharing experience at university. The message was by Pastor Justin Kim of Michigan and it touched me to the core. He paralleled our experience as Seventh-day Adventist students to that of Nicodemus, who sought Jesus in the night so as not to be seen by his peers. He then encouraged us as students to step out of the darkness as Adventists and be open with our Christianity and actively share our faith. Various active campus ministries at the time shared their experiences on campus and something just burned within my heart to be involved with such a work. I left Leicester that day knowing that God was calling me to be involved in campus ministries and there was a work He wanted me to do. However, for various reasons, which I now believe were a part of the plan, this passion didn’t materialise until over a year later in 2013. In the meantime God had impressed me to attend the PEACE Centre of Evangelism in the summer of 2013. Again, the experiences shared by the former PEACE students ignited within me a desire to be involved in evangelism. I decided to follow this conviction to attend PEACE in the year of 2013 and I believe God sent me there to be trained in evangelism and to equip me for the work He had for me to do.



Following my completion of PEACE, my passion was re-kindled to act upon the call I received from God in the previous year. I returned to university, rallied all the Seventh-day

Adventist students there and met to discuss how an Adventist Society could become a reality on the campus of Coventry University.

It has now been a year since we were officially approved as a society and I have seen how God has worked and used us to be a presence on campus. Our first year saw growth within our spiritual lives as individuals, with one of our members making steps to put God first above his other commitments. This academic year we were able to start properly from Fresher’s Fair, and we were able to share 300 GLOW tracts and collect the contact details of over 70 students who were interested in attending our meetings. God has also blessed us so that currently we have had two individuals who are interested in personal Bible studies in order to learn more about what we believe as Seventh-day Adventists. Personally I have witnessed the fact that when you yield yourself to be used by Christ, He will do mighty things through you and for you. All that is required of you is to be willing to be used by God in His service. I know that there is much more that God will be doing in the coming year as we continue to allow Him to use us as His vessels. I ask that you continue to pray for our ministry here in Coventry and it is my earnest prayer that you too will follow God’s leading in your life to be co-labourers with Him! Whatever burden God has placed upon your heart, follow it, don’t hesitate.

I’d like to leave this quote with you: ‘As the will of man co-operates with the will of God, it becomes omnipotent. Whatever is to be done at His command may be accomplished in His strength. All His biddings are enablings.’ (*Christ’s Object Lessons*, p. 333.)

Chantal Tomlinson – Coventry University

"...Go into all the world and preach the gospel to all creation."

Mark 16:15



Bachelor of Arts (Theology) - Bachelor of Arts (Religious Studies) - Licence in Theology - Master of Arts (Theology)

Newbold is a Seventh-day Adventist College of Higher Education that specialises in Theology, located in England.

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Becoming a **C O R E**

CHURCH OF REFUGE

Sadly, not everyone has a good experience when they attend, or visit, an Adventist church. Whether you are a long-time attendee, or you have moved to the area and are visiting a church, too often the experience of attending a church can be discouraging, off-putting, or even offensive. I recently heard of one individual who was introduced to the pastor of a church, who failed to follow up with the contact, stating they did not know what to do with this individual. Fortunately this is not the normal experience, but it is an all too regular experience.

It may be that you have attended a church regularly, or irregularly, and have grown to realise that no one really knows you or is interested in you. Either experience is all too common with young adults, and frequently with students.

Please don't give up. Whether your church is bad at being a welcoming sanctuary, or is good but wants to improve, Church Of Refuge might be the formula and opportunity your church and visitors can benefit from.

Loosely connected to the idea of cities of refuge in Deuteronomy 19, Church Of Refuge is a concept that prompts a church to consider ten principles, and see how they can better address them in becoming a welcoming place, offering acceptance and care to those who attend.

To read the 10 principles visit www.adventistyouth.org.uk and click [resources](#).



SEC STUDENT Camp 2015

20TH - 24TH JULY 2015



At Chapel Porth Caravan Site:
Goonvrea, ST Agnes, Truro,
Cornwall, TR5 0RN



Places are limited. Please book early:
www.secteens.org
(online registration only)



Students are encouraged to bring
roommates, flatmates & Christian Union
friends. University students only.



Contact:
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Hosted by the Adventist Student Network in association with the Welsh Mission

Why Global Youth Day?

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The Global Youth Day (GYD) is the pursuit of a vision to recapture the reality of Seventh-day youth as a global movement, mobilised for service to contribute in the proclamation of the everlasting Gospel and usher in the second coming of Jesus Christ.

Grounded in the concluding words of Jesus in the parable of the Good Samaritan, 'Go and do likewise' (Luke 10:25-37), the theme of GYD is:

Be the Sermon

GYD is a Sabbath when Seventh-day Adventist youth around the world are challenged to **Be the Sermon** instead of simply listening to one more sermon. Eight million Adventist youths are mobilised on the streets of our villages, towns, and cities around the world to be the hands and feet of Jesus through acts of kindness. GYD is scheduled on the first Sabbath of the youth week of prayer for most parts of the world.

On GYD, the sense of a global community is created as young people report their acts of kindness by posting their 'love in action' on the GYD Facebook page or GYD app; their stories are told to the rest of the world via a 24-hour live broadcast.

Please contact your conference or mission youth department to find out what they have planned and to see how they can help you achieve your mission for the day.

If you have a project that you would like featured in the 24-hour live broadcast, please contact the BUC Youth Ministries Department via bucyouth@adventist.org.uk

'He answered, "Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind"; and, 'Love your neighbour as yourself.'"
 "You have answered correctly," Jesus replied. "Do this and you will live." Luke 10:27, 28 NIV-UK

Suggested acts of kindness

- Visit the homeless and pack healthy snack packs and/or washing/grooming kits to take with you.
- Prepare food baskets for housebound elderly neighbours.
- Visit a nursing home with a singing group.
- Call or visit someone who is sick.
- Donate your locks – if you don't have cash to give, there are charities out there who will happily accept long hair with which they create wigs for cancer survivors and so on. Please make sure you have your parents' or guardian's permission beforehand if you are under 18 years of age.
- Organise a food collection for a local charity/shelter.
- Read to a child. For children, time = love. Giving your full attention to a child is a way to show them that they are loved.
- Acts of appreciation for local public servicemen & women, i.e. firefighters and the police, e.g. a thank-you basket.

For more suggestions and information about Global Youth Day 2015, please see the events section at: www.adventistoyouth.org.uk



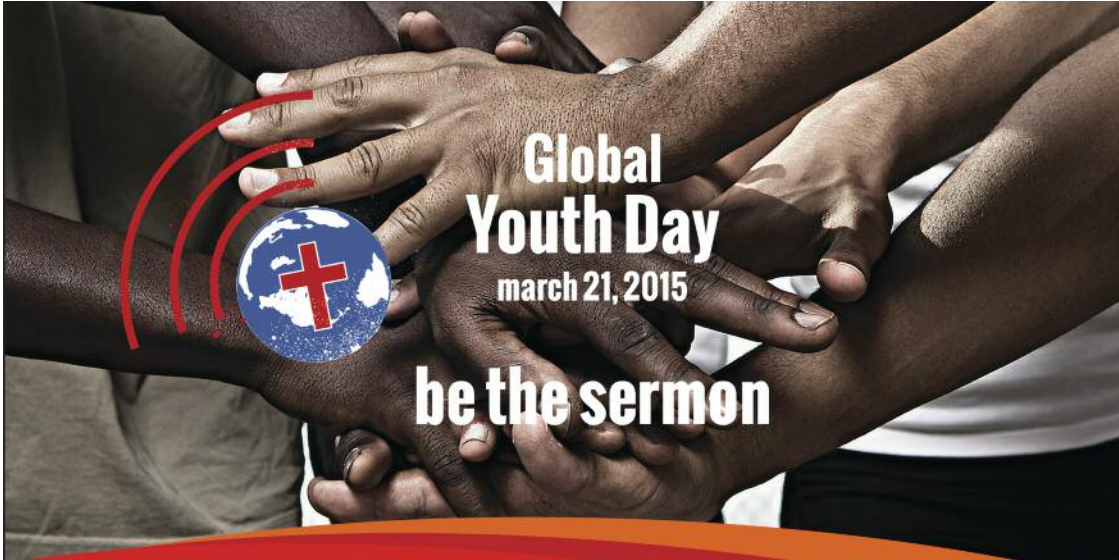
Global Youth Day 2015 Watch the official video at <http://youtu.be/BilgVVMqu-8>



Register your location on the GYD world map
 Download the Global Youth Day app and use it to upload your pics and videos, rather than Facebook. Why? Only through the app can our technicians and engineers geotrack your location to add your activity to the live map on the GYD home page. Make sure your local group is plugged into the worldwide movement!



encounter 27



IMPACT

San Antonio

2-11 JULY 2015

At each GC session, since Utrecht 1995, there has been an Impact outreach programme organised in the host city. Accordingly, Impact San Antonio is organised in conjunction with next year's GC session (an initiative of the GC Youth Dept. hosted by the North American Division) and is a window of opportunity for the global Seventh-day Adventist youth community (18+) to bring hope to the city.

Impacts generally constitute three parts: a) Inspiration and training in the morning, b) Community Service in the afternoons, c) Evangelistic/Outreach meetings in the evening.

Registration dates
Early Bird = NOW-31 January
Regular rate = 1 February-31 March 31
Late Registration = from 1 April

Inclusive Package:

- Lodging
- 3 daily meals
- registration fee
- training intensives
- training and volunteer materials
- service projects and local transportation.

Essential package:

- registration fee
- training intensives
- training and volunteering materials
- service projects and local transportation.

Check www.adventist.org.uk for details and prices* of the **Delegate package** (all inclusive) and the **Essential package** (you provide your own accommodation and meals)

*Travel to and from San Antonio is not included. The registration contact information and process will be announced very shortly. The details will be posted on the Youth Ministries website at www.gcyoungministries.org under Events and Projects/Impact San Antonio.

Youth Week of Prayer: 21-28 March 2015

Week of Prayer – Essence

No one would argue with the fact that Jesus was one of the most influential figures who walked this planet. As a teacher, he had no equal. Even non-Christians like Mahatma Gandhi have embraced His teachings on morality and have lived their lives in the light of His ethical standards.

As a teacher Jesus often used parables, and, generally speaking, each one of His parables taught a critical lesson about the Kingdom of God, about God's way of life designed for His people. On one occasion Jesus did something exceptional. He used three parables to teach just one lesson, a lesson of great significance.

That lesson is the subject matter of this week of prayer – it is about the way God feels about our brothers, sisters, and friends who are lost even though they are still physically in the church, about those who have gradually wandered away through circumstances and some who have deliberately left to look for what appeared to be brighter lights.

The parables of the lost coin, the lost sheep and the lost son tell us how Jesus feels about us and what He has done to bring us back home. Jesus is in the business of looking out for people and reconnecting them with their God-given destiny. He came to seek and save the lost, to RECLAIM His own unto Himself.

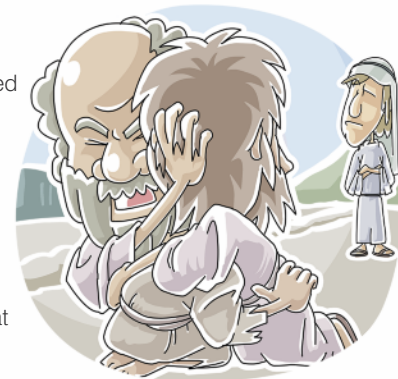
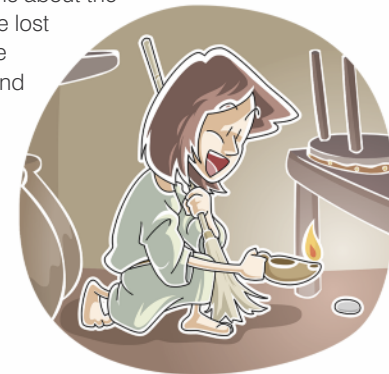
In a nutshell:

1. We matter to God.
2. He never stops looking for us until we are found.
3. There is great rejoicing over us when we are found.

This week, followers of Jesus will be reminded and inspired to join Him in His mission of reclamation; those who are not followers of Jesus will be at the receiving end of His love and grace through us, and we trust that there will be much rejoicing as we welcome many back home.

We will embrace this all-important lesson; we will indeed RECLAIM!

Youth Week of Prayer readings are available in PDF format via www.adventistyouth.org.uk





Forgive and live

Dr Chidi Ngwaba
MB, BS

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To make a point about forgiveness, Jesus told a parable in Matthew 18:21-35 about a servant who was forgiven a large debt by his king but was, himself, unwilling to forgive a fellow servant a small debt owed to him. On hearing what the unmerciful servant had done, 'In anger his master turned him over to the jailers to be tortured, until he should pay back all he owed.' (Vs. 34, NIV.) Jesus then says something very interesting:

'This is how my heavenly Father will treat each of you unless you forgive your brother or sister from your heart.' (Vs. 35, NIV.)

What! Does He really mean that I'm going to be thrown into prison and tortured every time I fail to forgive someone? If this were true then the government would have a real 'prison crisis' on its hands, with more people locked up in prison than free!

Surely He's made a mistake . . . or has He?

As a lifestyle doctor it's very common for me to see patients with all sorts of unexplained ailments: headaches, heart palpitations, abdominal pains, insomnia and so on. Once the physical causes for these complaints have been eliminated I always like to ask the question, 'Is there anything that you are concerned or worried about?' Often, as the patient opens up they reveal some hurt, bitterness or even hate that they have towards someone who they feel has wronged them in some way. The emotional and psychological stress is now being expressed in physical symptoms. This is not news. We know that

when we are nervous we get 'butterflies in our tummies'. Or a simple lie can be detected on a machine by monitoring the change in our pulse, blood pressure and the amount that we perspire.

Our bodies respond to stresses of any kind by our pituitary gland in our brain sending a



signal to our adrenal glands, which sit on top of our kidneys, to release cortisol and adrenaline. These chemicals work together to prepare our bodies for 'fight or flight', meaning that they prepare us for fighting or running away. They do this by raising the blood pressure and pulse rate, diverting blood away from the gut and towards the muscles, and suppressing the immune system so that we will not bruise so easily when struck. These adaptations, and many more, form what we call a 'stress response'. It is a perfect way that God has designed to help us respond to a changing environment.

The problem comes when this stress response is constantly at work. This happens when we harbour negative emotions towards each other, such as bitterness, anger, hate and vengeance, with the root of these feelings being unforgiveness. When this happens we are constantly releasing cortisol and adrenaline into our blood. This leads to many serious problems:

- **Hypertension** (high blood pressure): as adrenaline continues to over-stimulate the heart and cause the arteries to constrict, our blood pressure slowly rises. This can lead to **strokes**, **heart disease** and **kidney failure**.
- Constantly high levels of cortisol raise our blood sugar levels and may induce **diabetes**.
- As cortisol lowers our immune response, the body then becomes more susceptible to **infections** and **cancer**.

The unforgiving nature can also lead us into **depression**, **solitude** and **isolation**.

It seems evident that by not forgiving we expose ourselves to a life of torment, torture and imprisonment through disease. One man said:

'Not forgiving is like drinking poison and expecting your enemy to die from it.'

It only hurts us! That's why Jesus was so keen for us to forgive, so that we could be released from prison.

Nobody says that it's easy, but just think of the debt that has been paid for us on the cross by Christ so that we can be forgiven. Whatever has been done to us cannot compare to that.

Unless you forgive, you cannot be forgiven. Matthew 6:14, 15. Release yourself from prison today – forgive and live!

References:
 1. William et al, *Journal of Health Psychology*, 1997
 2. Munoz et al, *Annual Review of Clinical Psychology*, 2010



Dr Chidi Ngwaba is founder of the Harley Street Lifestyle Medicine practice, international speaker on Lifestyle Medicine, Director of the European Society of Lifestyle Medicine, Director of Men's Ministry for the SEC, and features regularly on ITV's *Good Morning Britain* & Premier Radio.

@drchidi247



Winter doesn't have to be boring – here are two awards you could study for. New year, new you with our Health Specialist award, and the fun Hand Shadows award, showing how to share a gift with others.

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Health Specialist

Recreation

Requirements:

1. Memorise and repeat 1 Corinthians 6:19, 20.
2. Cut out pictures and make a poster to show the four basic food groups. Arrange the pictures to show three healthy meals you could eat.
3. Explain why your body needs exercise.
4. For one week, record the hours you sleep. Say why you need rest.
5. Explain why you need fresh air and sunlight.
6. Explain why water is important for your body. Say the number of glasses of water you should drink each day.
7. Describe and practise good dental hygiene.
8. Name three things that might destroy your health.



For the answers, please go to www.gcyouthministries.org and follow the links to Adventurers, and then Awards, or use the QR code provided.

Hand Shadows

Arts & Crafts

Requirements:

1. Teach each child how to make several hand shadow pictures.
2. Once they have learned to make the hand shadows, ask the following questions:
 - a. Which hand shadow do you most enjoy?
 - b. Which was the hardest to learn?
 - c. Why was it more difficult?
 - d. Were there some shadows that you couldn't make?
3. Let children discuss how they would teach this skill to other children.
4. With the help of your leader, practise teaching others to make hand shadows.
5. Teach someone how to make two or more hand shadows.



THE FUTURE

TOGETHER V



07 - 10 May 2015

Kamp Šobec, Lecse, Slovenia

A camp, only for leaders and Master Guides, where you can share your Master Guide experience with others, discuss relevant issues to pathfinding in Europe and learn new leadership skills.



Pathfinder Camp Safety Honour

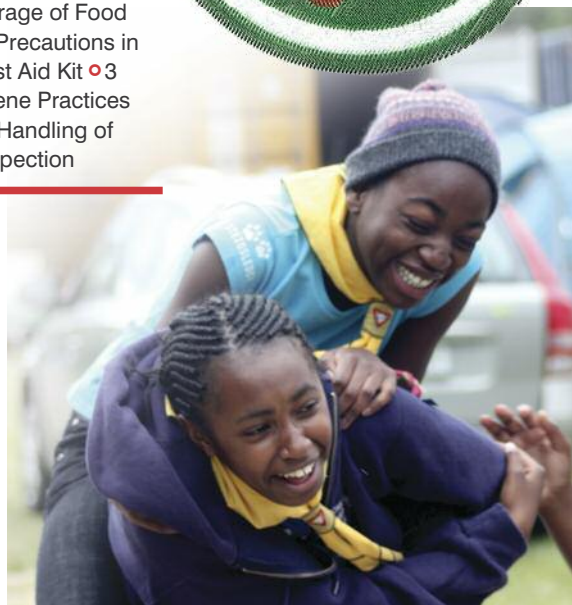
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objective

To help Pathfinders recognise unsafe conditions that could cause serious injury to others or physical damage and provide them with the skills necessary to take corrective action to prevent camping-related accidents.

10 key training areas

- o Understanding Fire Safety
- o Proper Storage of Food
- o Understanding Camp Cooking Fuels
- o Precautions in Building a Latrine
- o What to Have in a First Aid Kit
- o 3 Ways to Purify Water
- o Good Camp Hygiene Practices
- o Personal Safety When Camping
- o Safe Handling of Camping Tools
- o Conducting a Camp Inspection



counsellors, and staff can, through skill, knowledge, and teamwork, adapt to primitive conditions sanely, safely, healthfully, and in the spirit of fun and adventure.

The Pathfinder Camp Safety Honour was developed by Adventist Risk Management in 2008 and introduced at the 2009 International Pathfinder Camporee in Oshkosh, Wisconsin. The purpose of this honour is not to teach Pathfinders their basic camping skills – it is to train them in how to recognise unsafe acts and conditions that can occur when camping.

'Safety Through Skill' should be our motto whenever Pathfinders are camping.

Camping is one of the most enjoyable activities we can provide to our young people, especially our Pathfinders.

Anytime we take a group out camping, we have to be extremely careful because parents entrust us with their kids' lives. The life and health of these young people can never be replaced.

These young people are the future of the Church. Pathfinder staff and older Pathfinders must protect the younger Pathfinders from harm and also incorporate fun and spiritual growth into the activities. The leadership should know how to maintain necessary health, safety and sanitary conditions without neglecting opportunities for fun and high adventure.

Outdoor benefits prove rather ineffectual if the Pathfinder returns home with a cold, earache, bad sunburn, poison ivy rash, upset stomach, cut foot, or sprained ankle. A camping experience can destroy forever a Pathfinder's interest in the outdoors, the church, or even a relationship with God just as easily and as effectively as it can foster and build them up. Look at an overnight camp not as a test of endurance but as a test of unique living situations in which campers,

honour requirements

1. Successful completion of *Camping Skills I-IV*.
2. What is meant by 'Pathfinders are a sacred trust' and how does camp safety support that aspect of ministry in the church?
3. Why is it important to find out what the local laws are before starting a camp fire and where would you get that information?
4. Identify 3 reasons why a camp fire should never be left unattended.
5. List 10 rules for fire safety to consider when camping.
6. Identify the temperature the following foods should be kept at and explain why this is important when camping:
 - a. Hot foods
 - b. Cold foods
7. List 5 things you can do to prevent animals from coming into your campsite.
8. What safety precautions should you consider when building a latrine?
9. Make a list of items that should be in a 'first aid kit'. Inspect your Pathfinder club camping first aid kit and make recommendations of any missing items if applicable.
10. List 5 things to consider when practising good hygiene at a campsite where there is no running water (i.e. showers, flush toilets, sinks or taps).
11. Demonstrate 3 ways you can purify water when camping.
12. Identify 2 types of fuel used for camp cooking and explain what precautions should be used when using them.
13. Discuss 5 guidelines for personal safety and self protection when camping.
14. List 5 guidelines for safely handling camping knives, axes and hatchets.
15. Conduct 5 campsite inspections using the Pathfinder Camp Safety Inspection form.

suggested teaching outline

- o Plan to teach the Pathfinder Camp Safety Honour over several weeks, preferably 6 to 8 weeks prior to a campout or Conference Camporee.



- o Go over one or two safety elements in each training session so they learn the principles.



- o Use video training resources to illustrate the course principles wherever possible.



- o Provide actual medical supplies to give the Pathfinders experience in building their own first aid kits.



- o Have the Pathfinder demonstrate they can safely handle knives, axes and hatchets.



- o Set up a 'bad campsite' before the final teaching session so Pathfinders can practise using the Camp Inspection form.



- o Conduct a final review and test knowledge.



- o Have the Pathfinder do actual campsite inspections during a campout or camporee to complete the requirements.





BUC ADVENTIST YOUTH CONGRESS

18+



reborn

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For more information and to book tickets:
www.adventistyouth.org.uk

