

Crux of the matter

Spotlight on: the Ndlovus

Eat to live *Three easy, healthy tips*

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Pathfinder Camporee 2016

Vol. 11 Issue 4 • October 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.

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[www.adventistyouth.org.uk](http://www.adventistyouth.org.uk)



## This issue's contributors:

### *Eat to live*



**Angelette Muller** is a nutrition therapist and chef who works with people to help them achieve better health. She works especially with digestive health, fatigue, mind-body issues and weight management. She has recently authored a book called *Supernourishment for children with autism spectrum disorders*.

### *Crux of the matter*



**Pastor Cyril Sweeney** has served the Church as a pastor, departmental director for Youth, Pathfinders, Community Services, and Family Ministries, as well as NEC president. He is currently the BUC Family & Children's Ministries Director and is starting our new feature, *Crux of the matter*.

### *Meet the Director*



**Njabulo and Mthoko Ndlovu** are our focus for Spotlight On. They have been voted back in for another term in the Scottish Mission as Pathfinder & Adventurer sponsors. Our two previous contributors, Pr Claudiu Popescu and Audrey Mutongi, have also been re-elected to serve for another term as the youth sponsors.

**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](mailto: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](http://www.adventistyouth.org.uk)



*Taken from a message from Pastor Stickland to the university students gathered at Leicester Central Church on Sabbath 12 September 2015 for the BUC Student Day.*

I wanted to give you some words of encouragement.

I have been unwell recently and during that time, among other things, I've been growing a beard! And someone who has seen the beard said to me recently, 'Oh, you look like Tom Hanks from the film *Castaway*'. I don't know if that was really a compliment, but anyway. . . .

Thinking about being a castaway, I thought about when you go off to university. There will be many people around but it is a time of change. And it may be that while you are at university you may feel cast away by other people because of your faith. I wanted to share these words with you. They are words of desperation from King David in Psalm 142:1, 2 (NLT):

**I cry out to the LORD;  
 I plead for the LORD's mercy.  
 I pour out my complaints before him  
 and tell him all my troubles.**

Whenever you feel cast away, pour out your soul to God. Talk to Him. Share with Him your complaints, your frustrations! Tell Him about your troubles. It's not as if He doesn't know. Just tell Him.

Then David goes on in vs. 3:  
**When I am overwhelmed,  
 you alone know the way I should turn.**

If you feel alone, cast away, even with people all around you, I want you to know and go off to university knowing that God is always there and available. He wants to hear your

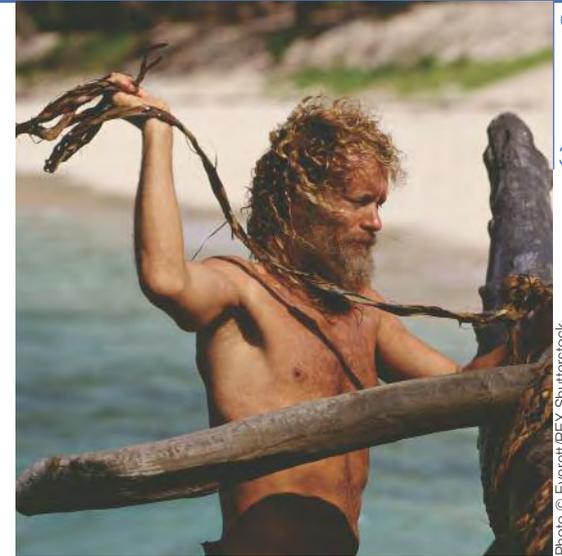


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complaints and your troubles. And when you've given Him all these complaints and troubles, frustrations and everything else, then listen; because, as David said, God alone knows the way that we should turn.

God bless you as you go off to university. May the presence of God go with you. And may you share your faith with everyone, even if you feel 'cast away'.



*Nathan*



## Eat to live

We're launching yet another new feature this edition with the 'Eat to live' section on pages 16-17. Lifestyles are so busy these days, and it is easy for us to let our health take a back seat. This edition looks at three simple steps for those leaving home to study to make sure your diet stays on track and heading in the healthy direction. And it doesn't cost much either – most of the ingredients suggested can be picked up in the value range at your local supermarket.



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Author Ellen White had some words of wisdom for achieving good student health and well-being – find them in her book: *Messages to Young People*, section 7, 'Health and Efficiency' from page 231. It's worth taking some time to read these chapters.

Don't have the book? It's accessible online at [www.egwtext.whiteestate.org](http://www.egwtext.whiteestate.org) or use the QR code provided.



Don't forget you can find us on Facebook! Search for **Adventist Youth, UK & Ireland**.



## Pathfinders

The BUC Pathfinder Camporee will be taking place from 31 July to 7 August at Pembrey Country Park in Wales. Just a short walk from the 8-mile sandy beach and surrounded by ancient woodland, it is a beautiful location for a week's camping. Find out more on pages 30-31.

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Did you know, a woman of 85 recently scaled Mt Kilimanjaro in Tanzania, which makes her the oldest person ever to reach the almost 20,000ft mountain summit? Our own intrepid group of youth and friends (including 76-year-old John Wilby) from Scotland achieved their own mountain climb when they recently spent the day climbing Ben Nevis in Scotland. They were raising funds for their Connections trip to Peru with ADRA-UK. Read all about it: <http://adventist.org.uk/news/2015/sc/from-ben-nevis-to-nepal>



Cambridge Seventh-day Adventist Church has produced a magazine for those living in the area, but has plenty of articles in it to interest students around the country. Check it out now: [www.cambridgesda.wordpress.com](http://www.cambridgesda.wordpress.com) Perhaps you could consider writing a magazine or blog for your church/university. Please let us know when you do!



**Arnion** – A brand-new Adventist series coming to Revelation TV, starting Thursday 1 October 8:30 pm, repeated Sundays, 1:00 pm. Revelation, the last book of the Bible, is full of images, allusions and symbols. Some of the descriptions give rise to fear and may scare some people. Films like the *Terminator* series have been developed from the frightening imagery. That fear means many avoid the last book of the Bible, and thus sadly miss an important message of good news.

See more at: <http://adventist.org.uk/events/archives/buc/arnion>

*Arnion* brings that message to life in a mixture of thought-provoking dramas and simple, plain-English explanations.

This ten-part television series will give you a practical introduction to this important book.

Don't be put off by all the symbols, the beasts, and those who have turned it into a book for fearmongers and conspiracy theorists. Join us instead on a positive journey, discovering the major themes and the hope that is to be found in Jesus Christ.

Focused on 'Arnion', the man at the centre of the book, programmes will share personal perspectives on justice, meaning, the future, and many other topics. It will tackle the issues surrounding the battle between Christ and Satan, between good and evil. The series will pursue this climatic fight from its beginning to the end of the world.

The aim of *Arnion* is to personally inspire you to discover anew the Book of Revelation. It will share the Christian hope to be found in Jesus Christ and the positive future He promises.

Revelation TV: Sky 581. Freesat 692, Freeview 241, Roku and Kindle Fire. Find out more at [www.arnion.uk](http://www.arnion.uk)



## Students

Are you heading off to university or have you just started? Check out our feature on pages 24-25 about the Campus to Church listing on the BUC website. You'll find the nearest churches to your university, the name of the minister and a campus contact (where one exists).

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## Events

Check the calendar for upcoming events in October, November and December.

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# LET'S GO TO JAMAICA!



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- 2-24 Youth Campaigns NEC
- 2-4 APLA Weekend NEC
- 2-4 BELA Assessment Weekend NEC
- 9-11 Students & Young Adult Retreat at Newgrange Lodge IM
- 16-18 'Clash of Kingdoms' Young Adult Retreat WM
- 16-18 WGL Training NEC
- 23-25 Republic of Ireland Youth Weekend at Ballinacrow IM
- 23-25 SM Youth Retreat SM
- 24 Adventurer & Pathfinder Rally Day at Newbold College SEC
- 26-28 Archery Training NEC
- 26-30 Prayer & Faith Conference SEC
- 26-1 Nov Drill & Drum Camp SEC



- 14 LYF Youth Rally SEC
- 21 PEACE Graduation Service NEC
- 28 Pathfinder Investiture SM
- 29 Go Kart Sunday NEC



- 11-13 Youth Leader Level 1 Training NEC
- 12 Teens Day of Fellowship SEC



# Go Kart Sunday

November 29th

Come and test your driving skills against the best drivers across the NEC!  
Register at [www.necyouth.org.uk](http://www.necyouth.org.uk)



**Name:**

Mthokozisi (aka Mthoko) Ndlovu  
Njabulo (aka Njay) King Ndlovu

**Age:**

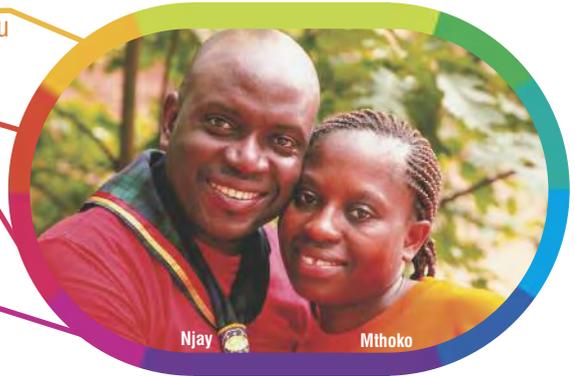
39 & 41

**Place of birth:**

Gwelo & Bulawayo, Zimbabwe

**Living in:**

Aberdeenshire, Scotland



**Children:**

Belo, Buntu and Nyane

**Job title:**

Scottish Mission Pathfinder and Adventurer Sponsors

**Hobbies:**

Gardening, walking, cooking and listening to music  
Tennis, football, walking and crafts

**Pets:**

It's complicated but thanks for reminding us.  
We actually have some goldfish. They were entrusted to our beloved sister Pee, in Portsmouth, when we left Newbold for Scotland. By the time this article is published we hope to have found out how 'our' fish are keeping.

**Most inspiring Bible text:**

*'Love your neighbour as you love yourself.' Mark 12:31, GNB*

*'That I may know Him and the power of His resurrection, and the fellowship of His sufferings, being conformed to His death . . . ' Philippians 3:10, NKJV*





## What was your life like growing up?

**Mthoko:** I grew up in a country village in Zimbabwe with my grandparents, who loved farming. Life was not just about us, but rather community living; we often had neighbours come to help us in the farm and in turn we would share bags of corn with them. It was a simple and yet fulfilling lifestyle. I am who I am today because of the village neighbours who lived by the principle that 'it takes the whole village to raise a child'.

**Njay:** Unlike Mthoko, I grew up in the city of Bulawayo. While growing up in the city was regarded as 'cool', it made my life more sophisticated in a way that nonetheless complements us now as parents. Well, sometimes. I experienced the extremes of living in both low and high-density suburbs, a commercial farm, and I had a short stint of living in a rural country village, kontumbwamayi. As I reflect on growing up, I cherish the more simple lifestyle of my roots and the warmth of family meals that were always the highlight of each day.

## Favourite memory as a youth?

Watching the spectacular courtship spiral of two eagles while out on a walk at the Upper Hillside Dam in Bulawayo. It was kind of a gift from God to confirm our courtship, seconded of course by the fact that we share a birthday. Furthermore, Mthoko has deep memories of Sabbath afternoon activities; walks at Lower Gweru Adventist Boarding School and singing behind a thatched hut with her grandmother.

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

**Mthoko:** I trained as a mental health nurse at Birmingham City University. For me the mind is the most powerful system God bestowed upon humans. I believe that our feelings and behaviour are controlled by our thoughts, so I wanted to study this



relationship so that I could understand how best to look after the mind to have a more meaningful life here on earth.

**Njay:** My first qualification is in Computer Studies. Frankly speaking, studying computers was me defaulting to the then most prestigious course I was eligible to enrol on. That's sad; I really wanted to be a doctor. However, God turned the computing course to a tool that opened the way for me to acquire a work permit leading to naturalisation in the United Kingdom, after which I received the call to ministry.

## Why be a pastor/work in youth ministry?

**Mthoko:** I did not choose to work within this department but I believe that God placed us here and He has better plans for us, our children and all children in the Scottish Mission.

**Njay:** While seeking clarity from God on the character of my call to ministry, I visited Sutton Park in Birmingham on a grey, miserable day and I was profoundly guided to the following passage in my History of Redemption Bible: 'Not for the wages we receive are we to labour. The motive that prompts us to work for God should have in it nothing akin to self-serving . . .', *Prophets and Kings*, Ellen G. White, p. 65. How better to promote selfless service than to gradually influence Adventurers and Pathfinders to develop character strengths that confront self-interest in the age of the selfie stick.

## What was your first job ever and how did your career move on from there?

**Mthoko:** I taught at a primary school for a few years in Zimbabwe before I moved to the UK, where I trained as a mental health nurse.

**Njay:** I worked for Photo-Inn in Bulawayo, where I was exposed to and overwhelmed by the various shapes and sizes of self-interest. The working environment and conditions challenged me to pursue academic studies. After Computer Studies I worked for two IT consultants before coming to the UK to further my studies in networking. While contracted to Sutton Coldfield College in Birmingham, I answered the call to ministry, leaning more towards Biblical Studies in my Master's in Divinity at Newbold College. The Aberdeen district of churches marked my first appointment to ministry.

## Worst/funniest experience in youth/pastoral ministry?

Some time ago Njay was the camp pastor for a certain church's weekend Pathfinder camp and Mthoko came along as staff. We stole a

moment to unsuspectingly share a kiss in a tent we thought was unoccupied. Then came the sound of a soft but calculated cough of an ailing Pathfinder who'd been allowed to rest from his headache in the very same tent. We stood embarrassed as the little blushing boy gently dragged himself out of the tent with a naughty smile. You don't want to know what the title was of the next sermon Njay preached. Seriously, you don't want to know.

## Who is the person who has had the most influence on your life and why?

**Mthoko:** My grandmother; I spent my formative years with her and she taught me a lot of life skills. I am ever so thankful for her.

**Njay:** I would have said my mother, Edith Simangele Ndlovu, for the huge dose of humility that underpinned her life, but because I am writing this with Mthoko, my reply is Mthoko. She's somehow managed to bring out the best and worst from me. Talk about the vows 'for better or for worse'. Her serene inner character often, *not always*, influences me to join forces with heaven in bridging the humiliating gap between my real self and my desired self.

## Your vision for Adventurer and Pathfinder ministries in the Scottish Mission?

To establish Pathfinding as the favourite means for leaders, parents, and local church clubs to model Christlikeness, as well as the favourite place for the creative, nurturing character development and restoration of Pathfinders as image-bearers.

## Your most standout moment as a Scottish Mission Adventurer and Pathfinder Sponsor?

**Mthoko:** Our recent camporee, where God proved Himself to us. The weather forecast was showing rain throughout, but each time we were meant to have an activity, the rains held off until we'd finished.

**Njay:** When, against all odds, we 'stood out' to fly the Saltire (Scotland's national flag) at the TED Pathfinder Camporee in Holland last year.

# LET'S GO TO PERU!

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# G.O.A.L.S<sup>®</sup> – Making links; raising standards

At the beginning of this series I asked the question – ‘Do you want a bright future for 2015 and beyond?’ then made the statement in response – ‘Well, how you think, plan and act is crucial.’ So, as we look back over the year, is 2015 turning out to be what you had in mind? What thoughts do you have about what has transpired so far? What plans did you make and what action did you take?

Here is a reminder of the G.O.A.L.S\* that provide the stepping stones for your 2015 journey:



In this final episode of the G.O.A.L.S series we examine the importance of the **links** (networks) that you make along the way and the **standards** that you set for yourself.

## Links

Who are you connected to? What networks are you building around you? These are important questions to ask as you seek to progress your life goals.

Life is often depicted as a race where every effort is exerted to attain the desired goal. A race is a very competitive event. It is

every man for himself. In the race of life we have to be careful not to become so self-centred that we miss out on the joy of selfless interaction with others.

Connecting to others is important: not just for the goal of bettering ourselves, but to positively impact the lives of others also. Additionally, we all need support on the journey of life, so being a lone track runner is far from ideal. You lose the impetus to strive for the best if you run alone, as you don't have the competitiveness of the other track runners to spur you on to do more; to extend yourself. Running alone is also isolating and can be stagnating.

**Your 'links' are the important people in your life who can help to coach, guide and support you along the way.**

Essentially, when you connect with others and build networks, it inspires you to do your best and become your best. There is something inspiring and uplifting about being around individuals who are already where you are trying to get to. It stretches your capacity to reach for more and achieve your full potential. In fact it can even encourage you to excel beyond the goals you have set for yourself.

If the people running alongside you are not encouraging you and offering support then you need to distance yourself from them and align with more positive running partners who will enhance your journey.

## Some questions for reflection:

- Who are your track mates?
- Who is running alongside you in the race of life?
- Who are your competitors?
- Who are your encouragers?
- Who are you 'linking' to that can coach and inspire you towards your goals?

## Standards

*'Work willingly at whatever you do, as though you were working for the Lord rather than for people. Remember that the Lord will give you an inheritance as your reward, and that the Master you are serving is Christ.'* Colossians 3:23, 24, NLT

In our work and life pursuits, remembering that we are striving to do our best not just for human agencies or ourselves, but to honour God, motivates us to raise our standards high.

It is God who has endowed us with gifts and the potential to succeed, so we best represent Him by presenting the very best we can in everything we do.

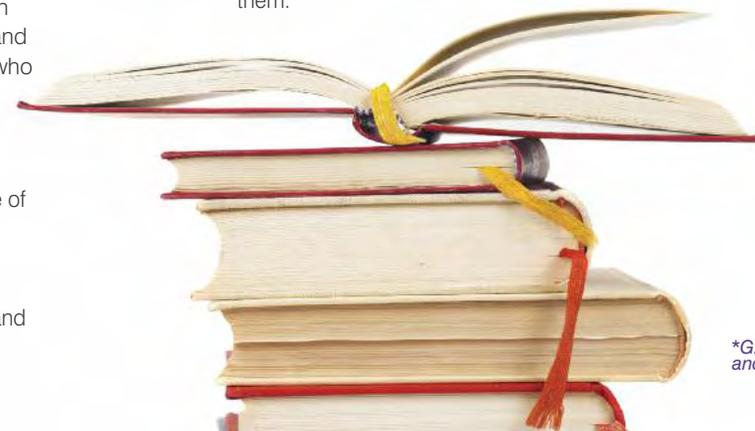
**Poor standards dwarf potential and stagnate the journey. Good standards raise potential and yield the best rewards.**

## Ask yourself these questions:

- What is the quality of my current work?
- What am I doing now to better myself?
- How can I improve on the things I am already good at?
- What books am I reading that will elevate me and propel me towards my goal?
- What personal standards have I set for myself in every aspect of my life?

Taking an inventory of where you are now and where you want to be is a great motivator.

In my seminars on How to Be Excellent I have coined some motivational phrases, to which I add some famous quotes, as a boost to encourage individuals to aspire for excellence. Here are a few of them.



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

## Do it right

*'Anything worth doing is worth doing right.'* Hunter S. Thompson

## Take time

*'If you don't have time to do it right, when will you have the time to do it over?'* John Wooden

## Find your 'good'

*'People simply feel better about themselves when they're good at something.'* Stephen R. Covey, *The 8th Habit: From Effectiveness to Greatness*

## Do more good

*'People of excellence go the extra mile to do what's right.'* Joel Osteen, *Your Best Life Now: 7 Steps to Living at Your Full Potential*

To strive for excellence demands decisive action and we need to begin today. So here is a charge I have written to help inspire you along the way:

**There is a dream for you to follow – follow it**  
**There is a goal for you to set – set it**  
**There is a plan for you to undertake – do it**  
**A project for you to begin**  
**An idea for you to action**  
**A possibility for you to explore**  
**An opportunity for you to grab**  
**A choice for you to make**  
**Do it today for this moment is your gift.**

I encourage you to give life your best and you will reap the rewards. Tomorrow is within your grasp. Reach out and embrace each day God blesses you to experience as you strive to fulfil your goals and face your life with the conviction that with God all things are possible!

\*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.

# Eat to live *Three easy, healthy tips*

o Angelette Muller

So you're leaving home. You have to decide what to eat. And choose food on a budget. You're tempted to skip breakfast in the morning and stay up late studying and snacking. So how can you make healthier choices for better grades and your general well-being?

### Eat a healthy breakfast

Learning new things (as you do in college) requires energy. Breakfast is the first energy source for the day, after going all night without eating. If you skip breakfast you might find it more difficult to concentrate or even find yourself more worried about different things.

### Healthy breakfast principles

- 1 **Choose wholegrains** (porridge oats, wheat puffs (sugar-free), quinoa or buckwheat puffs or flakes.

- 2 **Choose 1-2 handfuls of fruit.** Vary fruit to get a wider range of nutrients.
- 3 **Choose protein.** Plant sources of protein such as beans, nuts and seeds are good choices to help boost the daily protein intake. Protein helps slow down energy release, reducing cravings and helping with concentration.

Examples include:

- Baked beans on wholegrain toast and a fresh tomato
- Porridge oats with chopped banana and a sprinkle of pumpkin seeds
- Muesli with seeds and raisins and coconut milk
- Wholegrain toast with almond butter (other nut or seed butter) and an apple



### Eat a healthy lunch

Prepare meals in bulk 1-2 days in advance (fresh food can store for 72 hours). Store in fridge. An example of an easy lunch is the 'rice bowl':

1. **Cook 3 portions of wholegrain rice.** One cup of wholegrain rice will give you 2 portions. You need 1 ¾ cups of water for every 1 cup of rice you cook. Wholegrain rice takes about 45 minutes to cook, or follow instructions on packet.
2. **Prepare a range of vegetables.** These can be fresh, such as carrot sticks, cherry tomatoes and lettuce; or steamed, such as broccoli, kale or cabbage. You can buy pre-chopped.
3. **Choose quality proteins.** Plant proteins such as tinned kidney beans, chickpeas and lentils are the quickest and cheapest forms of protein.
4. **Make a tasty salad dressing.**

### Eat at regular times

The body loves habits, so breaking the habit of eating at random times can be difficult. Try planning mealtimes into your timetable, and then try to stick to these within 15-30 minutes over the next 7 days. Practising programmes the body and eventually you will begin to naturally feel hungry at these times.

★ AUTUMN SEMESTER !! ★

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	WAKE UP						
7:00	BRUSH TEETH						
8:00	CLASS						
9:00	CLASS						
10:00	CLASS						
11:00	CLASS						
12:00	LUNCH						
1:00	CLASS						
2:00	CLASS						
3:00	CLASS						
4:00	CLASS						
5:00	CLASS						
6:00	CLASS						
7:00	CLASS						
8:00	CLASS						
9:00	CLASS						
10:00	CLASS						

# Crux of the matter

o **Pastor Cyril Sweeney**  
BUC Family & Children's Ministries Director

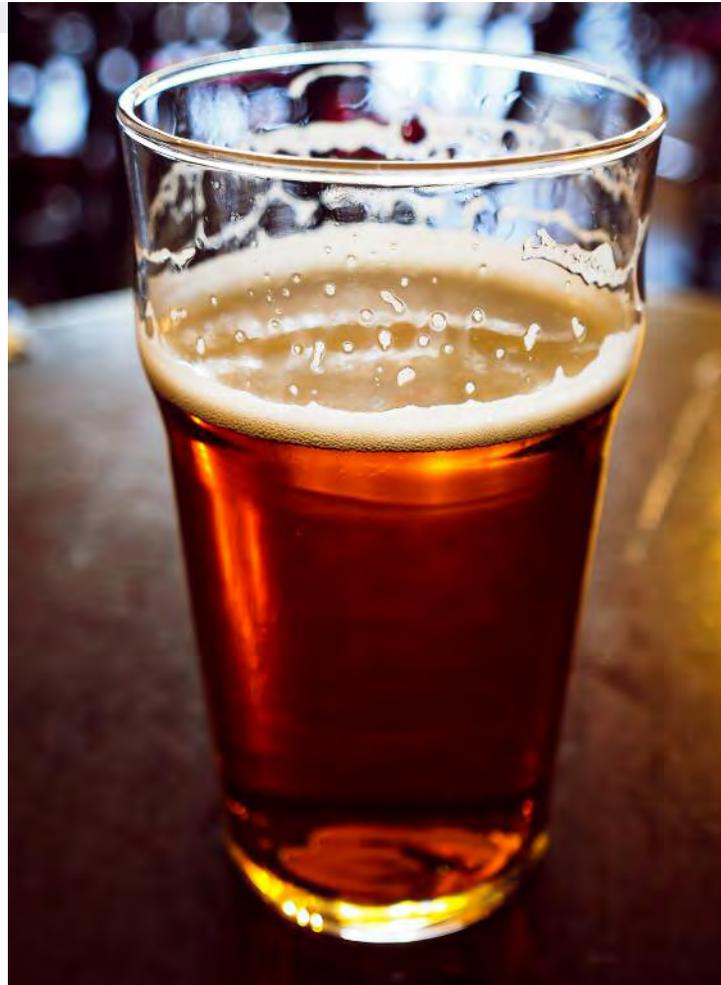
Dear Pastor,

I will be returning to university shortly and I have to confess that though having been brought up in a loving Adventist Christian home, I struggled in my first year with the drinking of alcohol. I attend a university where there are no other Adventists. There are other Christian folk that I associate with, but who also believe there is nothing wrong with a drink every now and then. I don't want to appear unsociable, and it can get pretty lonely when all your mates go out and you stay behind on your own. I do end up going with them and the pressure is to have just one. I have never got drunk as my friends have, and they say there is no harm in social drinking. I want to tell them something without coming across as 'Bible bashing'. What do you suggest?

### Twelve reasons why I don't drink alcohol

You are not alone in this struggle and I have heard of many experiences such as yours that highlight the issue of alcohol consumption and its acceptance as the norm. I recognise that around £800 million is spent every year on promoting alcohol in the UK in magazines, on billboards, on TV, and so on. They make it look so good; shining glasses, sparkling drinks and happy smiling faces. In some cases they even promise satisfaction, friendships, romance and escape from the harsh realities of life. But in all too many cases, real life doesn't work out like the adverts say. I have heard of cases where flatmates have a chart on the wall where they record the amount of alcohol that each individual has consumed for that week/month. If you feel pressured to put your name on such a chart, then you might respectfully want to put your own chart up, which goes something like this:

1. **Physical health problems.** Alcohol can affect almost every organ in the human body and is directly linked with more than 60 medical conditions, including heart disease, liver damage, stomach ulcers, and mouth, throat and other cancers. It is also a factor in 200 other types of disease and injury.
2. **Mental health problems.** Alcohol can cause and increase anxiety and depression.
3. **Brain development of young people.** As your brain develops as a young person, the areas of the brain responsible for judgement, emotions, reasoning and behaviour are still developing. Drinking alcohol at this stage in your life can have a long-term impact on your memory, attention span and reactions. Not good for a student.
4. **Serious accidents.** Alcohol is associated with up to 150,000 hospital admissions and between 15,000 and 22,000 deaths each year.
5. **Physical appearance.** Alcohol is high in calories and so can make you put on weight, and, since it has the effect of dehydrating your body, it can also make your skin look pale or grey, no matter what your skin colour.



6. **Lower inhibitions.** Drinking alcohol has the effect of lowering your inhibitions and affecting your judgement so that you do and say things you later regret in the cool light of day. Statistics show that under the influence of alcohol you are at greater risk of getting into an argument, picking a fight, having an accident and engaging in sexual activity that could result in a pregnancy and/or a sexually transmitted infection. Further statistics show that a young woman who drinks alcohol is more than twice as likely to have an unwanted pregnancy as someone who doesn't drink.

7. **Family breakdown.** Marriages where either or both spouses have a drink problem are twice as likely to end in divorce as other marriages, and excessive drinking is cited in around one in three divorce petitions. Alcohol is also a contributory factor in about 50 per cent of cases of domestic violence.

8. **Education.** Studies have shown that drinking alcohol may affect your ability to concentrate and to do well in your university studies. If you drink alcohol frequently, you will be twice as likely to miss lectures and get poor results in your exams, and so on.

9. **Crime.** Young people who often drink alcohol are more likely to engage in antisocial behaviour and commit criminal offences than those who don't. A criminal record can damage your prospects for the rest of your life. In some cases it can prevent you from doing the job you want to do or from travelling abroad.

10. **Alcohol dependence in later life.** Around 1.6 million adults in England are moderately or severely dependent on alcohol. Guess when most of these started drinking alcohol?

11. **Premature death.** According to the World Health Organisation, drinking alcohol is the biggest cause of premature death and disability after smoking and high blood pressure. One in four of all deaths of young people aged 15-24 is caused by alcohol. That amounts to two tragic and avoidable deaths every day of the year.

12. **Cost to the taxpayer.** According to government figures, the annual cost of alcohol to society is in the region of £17-22 billion. This consists of disorder and crime costs (£8-13 billion), unemployment, and workplace sickness costs to the NHS (£2.7 billion).



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Yes, you may take some stick for your list from your flatmates, but you have appealed to their reason and intellect as opposed to Bible bashing them. Don't let them fool you by saying that drinking any amount of alcohol is harmless fun. Any sense of excitement that alcohol brings will only ever be short-lived, but the pain and distress caused by drinking any amount of alcohol can last a lifetime. Also remind yourself that you can have a perfectly fulfilled life without drinking alcohol at all. Many young people choose not to drink alcohol and put their time, money and energy into things that are more worthwhile. I would certainly advocate the latter.

Statistical data cited in the 'Twelve reasons why I don't drink alcohol' chart is taken from the Family Education Trust leaflet, 'The Sober Truth'.

**Student testimony:**

My first year at university was not a breeze but I got through it. Since I didn't get involved in the social aspects of university (like drinking, late-night parties and clubbing) it wasn't easy to fit in and be friends with others. Having a supportive church at the university greatly helped me in being stable and maintaining my church attendance. The first Sabbath I was there they were so friendly and kept in contact with me. I now feel like it's my home away from home. They have also got me involved in programmes, which has helped me to have a purpose within the church. I have met other youth at the church from the university who have become very good friends.



**You got a friend / A tip for uni** Pr Llew Edwards

- Find someone whom you respect and has been through uni before.
- Ask him or her if they would be willing to be a mentor while you are at uni.
- Make regular two-way contact – face to face or via media – with your mentor.
- Share the joys and challenges you face at uni with your mentor.
- You got a Friend and a friend!

Also consider visiting a local church and hopefully enjoy a warm welcome and perhaps a nice meal too! You may find the friendship and support you are looking for resides within your local church, just as the student who testified above did.

**Did Jesus have a wife?**

Pr. Efrain Velázquez

The adventures of visiting biblical places and discovering artefacts associated with the Bible is increased when there is a possibility of finding out secrets that have been hidden through millennia. One of the 'secrets' that has stirred more controversy in the last few years has been the evidence for Jesus' marriage.

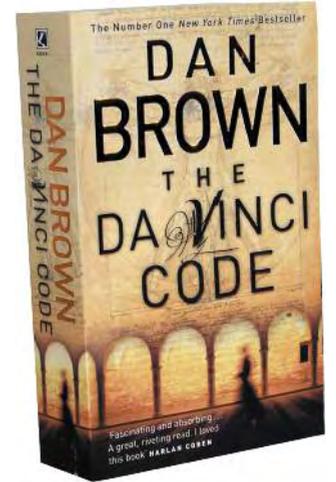
**Clues from a Hollywood thriller**

I will once more need the help of my teenage boys to help me gather data over the 'conspiracy' to cover up the 'truth' over Jesus' wife. Their interest began when they heard about it from the movie *The Da Vinci Code*, based on a novel written by Dan Brown. Brown made popular the theory that secret societies had been hiding the evidence of an affair that Jesus had with Mary Magdalene.

This was not too difficult to solve since Brown's work is simply a fictional novel. Brown created these fictional characters, and suggests activities of 'secret societies'. The boys were not very interested in the historical arguments and left me doing lectures debunking the nonsense questions over artefacts and historical characters. However, neither of them complained when visiting fascinating museums in France, Italy and England. It's funny that my three boys prefer to visit museums, hike on nature reserves and

hop over to historical sites than to go to artificial action parks. They were amused that some people took Brown's book and the movie seriously, without researching the real facts about Jesus' life.

On the other hand, there have been more serious suggestions of Jesus being married. They were not thrilled over reading a lot of arguments, but they were willing to visit a couple more museums and historical sites in Israel.



Encounter 21

Hamza, our Bedouin friend, is leading us to the path that will take us to Petra in the Hashemite Kingdom of Jordan.



Ezekiel is with Dad on the trail of other tomb styles, here in ancient Petra, where there are some of the most spectacular tombs of the region. The city was built by the Nabataeans, nomads who ruled an empire in that region.





## Another ticket-buster looking for (more) fame

Media went into a frenzy when James Cameron, famous for earning Oscar-prizes for his movies, was part of a news conference over finding Jesus' wife. The well-known director who brought us *Terminator*, *Titanic* and *Avatar*, among others, teamed up with a reporter, Simcha Jacovovici, to present several documentaries aiming to provide proof of the existence of the family of Jesus.

This seemed like irrefutable evidence for Mrs Jesus of Nazareth and even for a child named Judah. We will have to trace our steps back over visits to Jerusalem and its environs to unravel this mystery and find out if there has in fact been a conspiracy in place for almost two thousand years.

We will not be able to visit all the sites since some are legally out of our reach; this will require the use of detective skills as we connect the dots. Simcha went to a building

complex south of Jerusalem and was able to use high-tech robots to film inside a sealed tomb and finally sneak into a two-thousand-year-old burial cave.

This fancy tomb had been discovered decades ago and thoroughly documented. Ossuaries (bone boxes) from the first century AD had been found inside it. For a couple of centuries, Jews used limestone boxes to gather the bones of their deceased loved ones. They waited for about a year for bodies to be decomposed, and then collected the remains in small stone containers that were organised inside caves that had been prepared for those purposes.

This family tomb related to a family that included the names of Joseph, Mary, Jesus, Judah son of Jesus, Mary Menoumara (not Magdalene!) and even Mathew. Simcha suggested that this was the family tomb of Joseph of Nazareth, where his wife Mary was buried, his son Jesus with his wife Mary

Magdalene, even his grandchild Judah and friend Matthew, the evangelist. This seemed as if these people were directly from the Gospels and she had finally found irrefutable evidence of the existence of Jesus' family.

### Fact: this is the tomb of Jesus

I had to acknowledge that this was in fact the Jesus tomb, and that he had a son named Judah. Perhaps a man named Joseph owned the tomb, and he could have been married to a Mary. Those are facts, based on inscriptions chiselled on the side of the ossuaries (bone boxes) found at the site.

However, it's a long stretch to connect them with Jesus of Nazareth. First of all, this Joseph, supposedly husband of the Mary found there, was a wealthy man who owned a tomb of an aristocrat. Second, the tomb is located too far from Jerusalem and unlikely the 'real' tomb of Jesus of Nazareth.

The name 'Joseph' is the second most

used name among first-century AD Jews, while Judah was the fourth most common name and Jesus the sixth most popular for Jewish males. There were even fewer names used for women: in fact, 21.4% – more than one in every five women – were named Mary (Miriam).

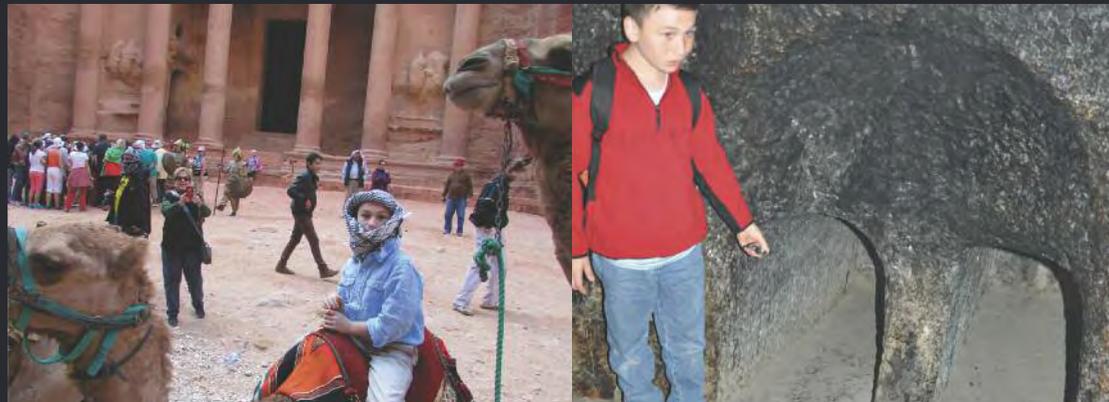
The bones of the Jesus that were found at this site had not experienced the damage of a crucifixion, and had not come back to life.

So, this Jesus had a wife, and children and family with common names that are parallel to the ones we are familiar with in biblical stories. But Jesus of Nazareth is waiting for a wedding with all of us, His Church. He has risen from death and has promised to return to restore all believers. On that wonderful day, the ossuaries of the faithful will blow up like corn that has been heated. The faithful will see coming from heaven the One who assured them that He was the resurrection and the life, to be married, spiritually, forever.

Efraín and Ezekiel are following clues in the Bible at the Mount of Olives; there are many first-century tombs in that area.

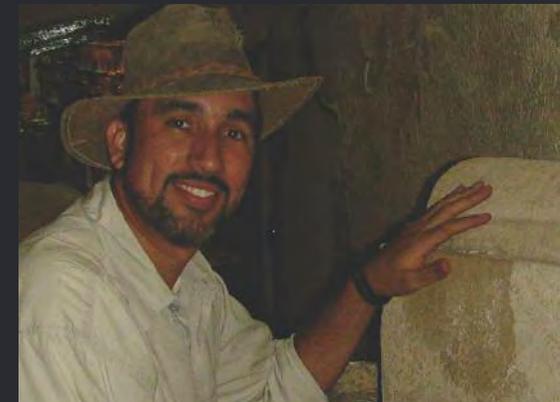


Ezekiel has his camel 'parked' before the most iconic tomb of Petra, known as the 'Treasury'. It has been featured in movies as a temple and even a palace, but in fact is an ancient tomb.



Ezekiel is showing us first-century tombs, which are different from those of other periods of history. These tombs are in the back part of the Church of the Holy Sepulchre. The site was an ancient necropolis during the time of Jesus.

Efraín is analyzing an ossuary (bone box) owned by one of his friends in Jerusalem, this is the type of burial used in to collect bones in the time of Jesus.



# Campus to Church

Many university students will have just embarked on the first few weeks of term. For many this means a complete change of location, a move away from the comforts of home, a new group of people to meet and spend time with, a whole new level of study, and a departure from the church family that you have come to know and love.

To try and make it easier for you to find a church local to your university campus, we have created a page on the BUC website listing the universities around the country, nearby churches and the student-friendly contacts at those churches.

The list is not yet complete, so if you are an existing student, or a new student and want to add in any details you discover, then please do get in contact with us at [bucyouth@adventist.org.uk](mailto:bucyouth@adventist.org.uk)

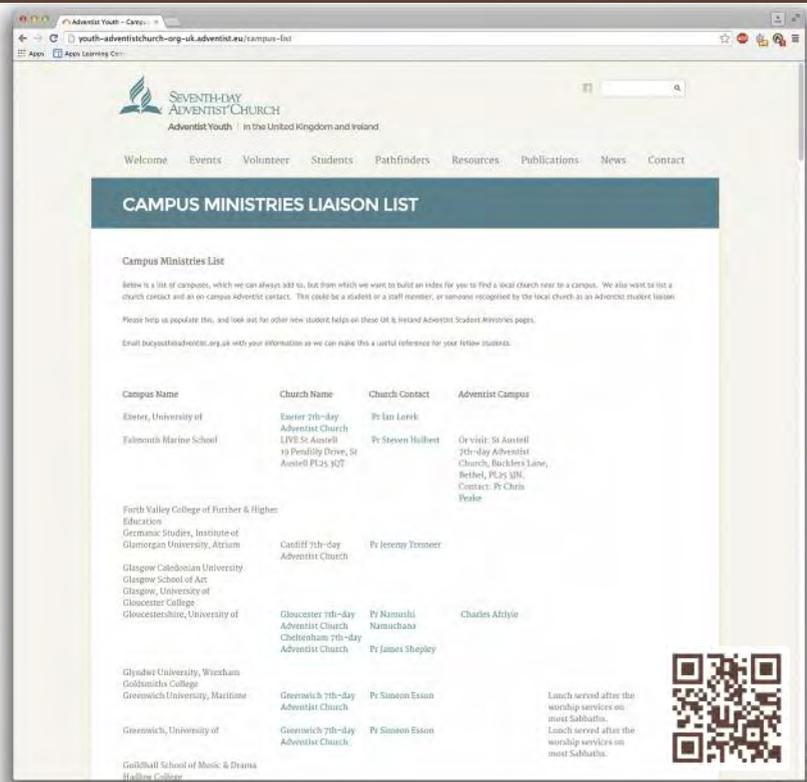
Our hope is that the table will be fully completed so that in future, all youth will be able to reference this list whenever they are making their university plans. Here's some advice from one of the Sabbath School panel members at the BUC Student Day in Leicester Central Church recently:

*'When you have your place confirmed at university, let the nearby church know you are coming. Pay the church a visit and introduce yourself to the minister and a friendly family there. Hopefully they'll take you under their wing and maybe feed you too!'*

You can also use the list to inform your choice of university. Perhaps you might not only want to select a university because of its reputation, but for you, a nearby, friendly church may be a very important deciding factor. Please feel free to use the list to check out the churches in the area. And if you have any feedback (positive or negative) about those churches, please feel free to share that with us:

[bucyouth@adventist.org.uk](mailto:bucyouth@adventist.org.uk)

Happy studying, and God bless you in the coming academic year!



Launch served after the worship services on most Sabbaths. Lunch served after the worship services on most Sabbaths.



Photo © David Bell

# BUC Student Weekend 2015

o Natalie Davison & Adam Ramdin

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With several hundred students attending last year's student day in Leicester, it was almost too much to hope that we would see the same number again this year, particularly as the event was being held before the university term had begun. However, on Sabbath 12 September, the Leicester Central church was once again looking busy with the whole of the downstairs filled, and a large portion of the balconies occupied.

Sabbath School included a devotional from Carlton Williams followed by a panel session with current and past students sharing their experiences whilst at university. Much of what they shared resonated with those in the audience and gave a very positive start to the day.

**Sabbath School panel quote:**  
**After numerous requests, the exam I needed to sit was brought forward half an hour earlier just for me so that it would finish before Sabbath started.**

**So I'd say: 'Stick to your principles because you are setting the standard for those who come after you.'**

The praise team and musicians provided excellent musical accompaniment during the

praise and worship and special items, which enhanced and didn't overpower the service.

Guest speaker, Elder Johnny Wong, founder of the Gateway Adventist Centre in Melbourne, Australia shared a powerful sermon for regular church members and the visiting students. Many commented afterwards how inspired they felt after hearing Elder Johnny's testimony of his narrow escape from a top corporate job just before the markets came crashing down, and how he has used his energies since leaving that high-stress lifestyle to minister to students on a campus setting. In fact, he kindly managed to squeeze in a BUC visit as he was flying back to continue working with the campus ministry group which had been started in Hong Kong the previous weekend.

Using the book of Nehemiah as the basis for his sermon (suggesting it was required reading for all MBA students!), Elder Johnny made some incredibly thought-provoking statements, and encouraged the students to look at the three Ps: People groups, Prayer and Personal evangelistic involvement.

He said that in the Bible, Jonah ministered to Nineveh (eventually), Daniel ministered in Babylon, Nehemiah in Jerusalem, Peter to the Jews, and Paul to the Gentiles. He asked each student to consider which people group

he/she would be ministering to: 'In the UK, you have people studying in your institutions who have come from all over the world. When they leave here, they will be future leaders in their countries. Through your contact with them, you have the chance to impact the world.' It had not occurred to many of those present that through these foreign students studying alongside them, there is the chance to do worldwide gospel mission work without even leaving these shores!

'Through prayer, God wants to align our hearts with His heart,' Elder Johnny continued to explain. 'God is trying to tell you about the Master Plan for our lives, but we are too busy rushing off a quick morning prayer, then rushing out to lectures.' Quality prayer time is essential for students.

After lunch there was time for chatting and catching up before a useful afternoon where when Grace Nkeshima organised everyone into groups from the same university. Some new friendships were begun and the activity provided plenty of encouragement for those starting at their new places of learning. Elder Wong also provided some practical advice for those wanting to start a student society on campus, outlining the procedures that should be followed, and describing how 'care groups' can be vital in forging bonds and creating community.

A smaller number attended Sunday's

training at the Belmont Hotel just down the road and received the benefit of Elder Johnny's extensive experience in student ministries. Pastor Adam Ramdin, NEC Youth Ministries Director and organiser of the day's events, reports: 'The session ran right through from 10am until 4pm with practical workshops and further details on how to start and run a campus ministry. In breakout sessions various societies or groups of students from a particular city or area analysed the effectiveness of their ministry and witness and looked at ways that they could improve. One of the ideas shared was the importance of running all activities along a cycle of evangelism that is built into the academic calendar, with sowing events that lead into reaping events, but also stressing the importance of weekly small groups and social activities throughout the year. In addition, Anthony Banton from Wolverhampton Central Church presented on evolution and creation, providing the students with an intellectual reason behind their faith in the biblical account of Creation.'

Looking forward to you joining us at the next BUC Student Day in 2016!

**We think of success but we don't think of significance. Elder Johnny Wong**



Thank you to those who came; view photos from the day here:  
<https://youth-adventistchurch-org-uk.adventist.eu/buc-student-day-2015>



This autumn, we are likely to see a lot of rain! But hopefully there will be some sunshine too. And it might be a good time to go rainbow spotting. Why not get your Adventurers out and about with this award?



### Rainbow Promise

Spiritual

**Requirements:**

1. Show the two elements that make a rainbow.
2. Find who saw the very first rainbow in Gen. 9:8-17.
3. What is a covenant?
4. What does the rainbow promise us?
5. What colours make up the rainbow? Create your own rainbow with the colours in their right order.
6. Where will we find a rainbow in heaven?



For the answers, please go to [www.gcyouthministries.org](http://www.gcyouthministries.org) and follow the links to Adventurers, and then Awards, or use the QR code provided.



# TEENS UNITED

REGISTER ONLINE AT [WWW.SECTEENS.ORG](http://WWW.SECTEENS.ORG)

SEC TEENS DAY OF FELLOWSHIP  
GUEST SPEAKER: GC YOUTH DIRECTOR

**DECEMBER 12 2015**

FROM 10:00AM; EVENING CONCERT & PRAISE GALA

**@ THE EMMANUEL CENTRE**

MARSHAM ST. WESTMINSTER, LONDON, SW1P 3DW  
(NEAREST UNDERGROUND STATION: WESTMINSTER)

FOR MORE INFORMATION CONTACT

SEC TEENS DEPARTMENT ON 01923232728

# BUC Pathfinder Camporee 2016

**Sunday 31 July – Sunday 7 August 2016**  
**Pembrey Country Park,**  
**Pembrey, Llanelli, Carmarthenshire SA16 0EJ.**

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The BUC Youth Ministries Department would like to invite you to attend the 2016 BUC Pathfinder Camporee at Pembrey Country Park in Wales. Set alongside the spectacular Welsh coastline, the site will offer the best of the seaside while still providing countless activities in the country park grounds.

Pathfinders will have an amazing time trying out plenty of activities and experiencing something new. There will be something for everyone, wherever you place yourself on the adventurous scale!

Save the date now and keep checking [www.adventistyouth.org.uk](http://www.adventistyouth.org.uk) for more information and application details.

Make sure you let your Pathfinder Directors know that you would like to be there – we can't wait to see you!

Attractions nearby include:

- Eight miles of golden sands at Cefn Sidan
- 550 acres of idyllic woodlands
- Forest adventure playground
- Manicured parkland for frisbee, cricket, and football
- Large adventure playground
- 8 wildlife trails with set routes plus beach walks
- Natural parkland
- Corsican pine forest
- Conservation pond with bird hides
- Cycle hire
- Horse riding



Encounter

'Set against the spectacular backdrop of the Gower Peninsula and overlooking the coastal scenery of Carmarthen Bay, Pembrey Country Park has been transformed into one of Wales's top visitor attractions, providing a unique blend of coast and countryside.'

[www.discovercarmarthenshire.com](http://www.discovercarmarthenshire.com)



**Parc Gwledig Pen-bre | Pembrey Country Park**

01554 742424

**Weather it's HOT or weather it's NOT**  
[discovercarmarthenshire.com](http://discovercarmarthenshire.com)

**1** Lletfr Sglo, Slop Sglo, Rheffo Dobogan, Hwio Belcius, a Chaffi 01554 834443

**2** Llecyn Barbecwio

**3** Pitslo a Phyllo 01554 742424

**4** Golff Giamocs

**5** Canolfan Ymwehyr a Snyddfa Archebu Sallu Gwersylla 01554 742424

**6** Slop Fach y Traeth a Chaffi

**7** Lle Chwarae

**8** Rheilffordd Fechan (Galw am amseroedd gweithredu)

**9** Ardall Gadwraeth

**10** Bar, Bwyty ac Ystafell Ddigrwyddiadau 01554 832034

**11** Canolfan Farchogaeth 0783 7902726 neu 01554 835191 (Ghwpau sydd wedi eu trefnu ymlaen llaw yn unig)

**12** Cerffannau Teulu a Gwersylla

**13** Saffle'r Clwb 01554 834369

**14** Biniâu Baw Cwm

**15** Ski Slope, Ski Shop, Toboggan Ride, Cycle Hire & Cafe 01554 834443

**16** BBQ Area

**17** Pitch N Putt 01554 742424

**18** Crazy Golf

**19** Visitor Centre & Camping Booking Office 01554 742424

**20** Beach Kiosk & Cafe

**21** Play Area

**22** Miniature Railway (Call for operating times)

**23** Conservation Area

**24** Bar, Restaurant & Function Room 01554 832034

**25** Equestrian Centre 0783 7902726 or 01554 835191 (pre-booked organised groups only)

**26** Family Caravan & Camping

**27** Caravan Club Site 01554 834369

**28** Dog Waste Bins

**29** Dim noethni

**30** Hwyllydd penmôr

**31** Traeth bannier Las Blue Flag Beach

**32** Perygl i ymdrochwyt / Danger zone for bathers

**33** Mynedfa'r Parc / Park Entrance

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**230** Hwyllydd penmôr

**231** Traeth bannier Las Blue Flag Beach

**232** Perygl i ymdrochwyt / Danger zone for bathers

**233** Mynedfa'r Parc / Park Entrance

**234** Cychwrig Pen-bre / Pembrey Forest

**235** Morfa Pen-bre / Pembrey Salttings

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# Volunteer Teachers Urgently Needed in the Marshall Islands

No teaching experience required but you will need a love of children, a sense of adventure and a willingness to work hard.

- Must be a baptised member of the Adventist Church and between the ages of 18 and 80.
- A small stipend is provided along with food and accommodation.
- Volunteers have to pay their own airfare.
- Position starts ASAP and ends end of June 2016.

Contact Karen Plaatjes [kplaatjes@ted-adventist.org](mailto:kplaatjes@ted-adventist.org) for more details or visit the website [www.adventistvolunteers.org](http://www.adventistvolunteers.org)