



A Special Complimentary Gift for All Our Readers



We live in a stressful world and the pressures and anxieties we face can have a dangerous, all-consuming effect upon our lives. Many suffer anxiety, fear and depression. They come to most, if not all of us, in one form or another. They affect our nervous and mental health. Many people around suffer from these things in various forms. Often afraid and uncertain, not knowing what to do, many fail to seek the help that is available when it is often within our easy reach.

We love to reach out and help people as and when we can. There are ways and means by which we can overcome these stressful factors; and even better, avoid them. Prevention is always better than cure. As your friends, we at the Adventist Church in Burnt Lane would like to present you with this little booklet entitled *The Power of Hope*. Please accept it as a gift from us that we are offering as part of our contribution to our community. We trust it will be something to help as you face the rigors of daily life in this 21st century, fast-moving society. When you have read it, you may wish to pass it on to someone you know who could also benefit from its counsel and advice.

It has been written by two professionals: Julian Melgosa who holds a doctorate in educational psychology from Andrews University. He is a member of the British Psychological Society. He has served as a university professor and has authored a number of books and articles on emotional health. The co-author is Michelson Borges, a journalist who is currently the editor of *Vida e Saúde (Life and Health Magazine)*. He has authored books and presented seminars on media, science and religion.

Anxiety is usually concerned with the future, Depression with the past, while Stress is with the present. The booklet is set out in a clear, informative way with suggestions and recommendations that you may wish to adapt. When you have read it, we would welcome your feedback.

**A Word in Season . . .**

We have just witnessed the Royal Wedding of Prince Harry and Meghan Markle, who is now given the title, Duchess of Sussex. It was a beautiful, sunny day as the crowds gathered to witness the happy couple. The world was also 'there' as television crews hired hotel rooms and balconies in Windsor to film the royal occasion. It was also a historic occasion in that Prince Harry's bride was of mixed race and was welcomed as a member of the Royal Family. We watched the service on TV that evening as I was otherwise engaged in taking a preaching appointment in Hertfordshire that morning.

As I watched the lead-up and then the service, I was impressed by the dignity by which Meghan's mother conducted herself, alone there in the pew of St George's Chapel witnessing her daughter now entering into royal circles - it must have been overwhelming for her but she displayed great calmness. The other thing that impressed me was the stirring message presented by Rev. Michael Bruce Curry, Bishop of the New York-based Episcopal Church, as he preached on the fire of love. It was an excellent sermon and what he said was very important, not only for the bride and groom but for everyone attending the wedding and watching it worldwide. Indeed, what a better world we would live in, if the principle of Christ-like love was shared and lived by everyone!

Of course, his style of preaching may have been different to the Anglican form in both delivery and length of time, but what he said however must have made the status quo sit up and take note. Curry also made history in that he became the first American to preach at a British Royal Wedding.

While watching the service I was suddenly alerted to the fact that I recognized the male soloist in the black choir that sang. It was Paul Lee, a Seventh-day Adventist - in fact, I had only been talking to him a few days before but had no idea he would be singing at the Royal Wedding! When I was chaplain at

Blundeston Prison, Paul Lee came to the prison to sing on several occasions either with *Covenant*, a male voice quartet, or the *London Adventist Chorale*. It is not often one sees someone you personally know on such austere occasions but it does give you a 'feel good factor' if and when you do! It got me thinking, one day soon there will be another 'Royal Wedding' - i.e. the "Marriage Supper of the Lamb" and if we belong to Christ, we shall be the honoured guests at that great and important event. We shall also meet up with others that we personally know - some, no doubt, who have fallen asleep and rest in the grave until that momentous occasion when Jesus returns as "King of kings and Lord of lords". I want to be at that great Wedding when Christ is united with His Faithful Bride, His Church - the most royal of them all! Don't you? By God's grace I intend to be ready for when it takes place

- Michael I. Walker.

**Food for Thought . . .**

"God has not always answered my prayers. If He had, I would have married the wrong man - several times!"

- Ruth Graham

(Billy Graham's widow)

**Services of the Church . . .**

- Bible Study/Discussion ....
    - Saturday 10:00 am
  - Children's Class .... Saturday 10:00 am
  - Family Worship ....
    - Saturday 11:15 am
  - Church Family Fellowship . . .
    - First Saturday afternoon in each month after the Worship Service and a fellowship meal.
  - Bible Study & Prayer ....
    - Monday 7:30 pm
- We operate a child protection policy.  
 Marriages – Child Dedications –  
 Believers Baptisms – Funerals

*The Link* is produced by your local Seventh-day Adventist Church in Burnt Lane, Gorleston, NR31 OPG as a community service.

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## Editorial

Last month we celebrated the life of the late Dr Martin Luther King, Jr, who spoke out against inequality in society. This month we celebrate a royal wedding that reflected a better picture that Luther King would have certainly been impressed to witness. Human rights are still high however on the agenda. In this setting, we bring a report of recent action taken by Christian youth in London. Last month also reported the fate of Berni Fallery Kunu, a young Adventist missionary who was murdered in a remote part of New Guinea. In this issue, we report how the mission continues in such remote areas in bringing help to the people of Papua New Guinea. - Editor

### Congratulations to Prince Harry & Meghan!



On 19 May 2018, Prince Harry and Meghan Markle were united together in marriage by the Archbishop of Canterbury in St George's Chapel, Windsor Castle. We congratulate them both on their wedding and pray they will have a very happy and fulfilling married life together. As a member of the Royal Family, Meghan now bears the title, Duchess of Sussex.

### Adventist Church Community Service in Great Yarmouth



[From left] Michael Walker, Justin Overton, Norma Borrett, Pearl Walker display dishes prepared at the vegetarian cookery class



Daniel Keshishyan checking blood sugar level at the Public Health Screening in Market Gates

On 15 April we held another vegetarian cooking class in the Function Room of the Adventist Church in Burnt Lane. The dishes prepared were 'Stuffed Mushrooms', 'Savoury Vegetarian Bake', 'Picnic Pie', 'Butternut Squash Pasta Bake' and another enjoyable meal was enjoyed by everyone present. The next vegetarian cookery demo will be on 10 June at 12.30. The following Sunday, another Health Screening programme

was conducted by the church in Market Gates Shopping Centre. Although the weather was wet, cold and windy, causing many people to stay home indoors, we had a successful day. We performed 80 blood pressure checks, 79 blood sugar tests, 81 BMI's and 19 Carbon Monoxide Tests. The latter figure reflects the number of people smoking is on the decline. Amongst those seeking advice, 9 people were referred to their GP.

### Adventist Youth Lead March Against Gun Crime



With the recent spate of knife and gun crimes in London, which have claimed 62 lives, the UK has surpassed those of New York. It is a shocking state of affairs. In response, on Bank Holiday Monday 7 May, the Pathfinders, an Adventist Youth Organization, led a community march around Hackney where 25% of those 62 lives were lost. The march was organized by Hackney Councillor, Ian Rathbone, and included councillors and various faith groups in the London area. Representing the Hackney Seventh-day Adventist Church was the local minister, Pastor Jojo Bonnie, who spoke passionately about the importance of life. He said, "None of us has the right to take away the life of anyone. We have lost 62 lives in London this year. We have been denied a song that will never be sung, a picture that will never be painted and a dream that will never be fulfilled. Yes, we care."

### Adventist Aviation Makes Flight to Remote Village



The people of Wetap in the Sandaun Province of Papua New Guinea (PNG), witnessed the landing of an Adventist Aviation Services (ASS) plane for the first time right in their village. With no road infrastructure available, the people of Wetap have been deprived of basic services such as schools and hospitals for the past 43 years. ASS has been operating in Papua New Guinea since 1964. Its mission is to support the missionary

work of the Seventh-day Adventist Church by offering low cost, reliable transportation to remote areas on PNG that are inaccessible by road. ASS makes regular flights with building materials for construction of schools, medical clinics and churches, as well as conveying vital personnel.

## What & Why Adventists' Believe



### Healthy Living

- ☒ On becoming a Christian, your body becomes a 'temple of the Holy Spirit' Who then dwells in you (1 Cor.6:19,20).
- ☒ We should glorify God in all that we do, including what we eat and drink (1 Cor.10:31).
- ☒ God's final warning message to the world calls us to glorify God (Rev.14:6,7).
- ☒ Our bodies and lifestyle are to be 'holy & acceptable to God'; Our entire being is to be kept sound (Rom.12:1,2; 1 Thess.5:23).
- ☒ A Severe warning to those who cause damage & destruction to their body temples - they will be destroyed (1 Cor.3:16,17).
- ☒ God desires us to prosper & be healthy (3 John 2). The Bible sets forth the ideal diet for us to partake; and medical science endorses the benefits of a natural diet. Note what it says: -
  - A natural diet of fruit, grains & nuts (Gen.1:29).
  - Flesh foods were only granted to man after the Great Flood, resulting in man's lifespan being drastically reduced. It is a known factor that flesh foods & animal fats cause disease and reduce life (Gen.9:3,4).
  - God made a distinction between "clean" (permissible) & "unclean" (non-permissible) animals as the latter are more harmful (Gen.7:1,2; Lev.11:2-12; Isa.66:1-5, 15-17).
  - God also warns about the consequences of intoxicated drinks as they not only cause harm & trouble for ourselves but also affect others (Prov.20:1; Prov.23:29-35; Prov.4:17; Isa.5:11).
- ☒ It is to our benefit to follow the instructions of God (Deut.5:32,33)
  - Following a sensible, healthy, clean & simple lifestyle does have its benefits in many ways. Seventh-day Adventists have promoted such principles of healthy living over many years. Various journals, including *The Lancet & Time Magazine* have drawn attention to the comparison of the Adventist lifestyle to others and found it to be much better. *The Lancet* often makes reference to the benefits of the health principles we advocate.
- ☒ Remember: it was over diet that the human race entered the sin factor (Gen.3:1-6); and it was also over diet that Jesus refused to yield to the temptation of Satan (Matt.4:1-4); He refused to take the drugged wine when He was crucified (Mark 15:22-24) - it would have clouded His mind and that, in turn, would have weakened His will. NB. Jesus was tempted as we are (Heb.4:15).
- ☒ Food, drink, harmful stimulants, & chemical abuse are all factors that appeal to our appetites, tastes, & sensations. It takes wisdom, discretion & care to avoid certain things and to say "No!"
- ☒ The only way that we can gain the victory over anything is with the help of Jesus (Phil.4:13).

*Editor's comment: While Seventh-day Adventists hold to certain health & dietary principles, only some and not all are requirements for membership. It should be noted that we recommend avoiding certain things such as, for example, harmful stimulants, rich, sugary foods. It is up to the individual to make their choices.*