

.../Cont. **Three Brushes with Demons**

The third experience came when Timo and several other Adventist ministers boarded an overnight ferry for a conference in Sweden. That night he was restless and suddenly felt the urgency to pray. As he did so, he heard demonic laughter: it sounded like a maniac. Sensing something bad was happening, Timo prayed on into the night. At breakfast, an older pastor approached him, "What was going on last night?" he asked, "the Holy Spirit told me to pray for you." Then another pastor came over, stating he had felt an urgency to go on deck during the night. Upon doing so, he saw a man about to jump into the sea. He coaxed the man and spent time counselling him. When the three ministers compared the timing, they realized that all three incidents happened simultaneously.

Timo, now aged 45, recognized these encounters with suicide and the supernatural as evidence of the great conflict between Christ and Satan; and he rejoices in the knowledge that Jesus has already won. When we trust in Christ, we have nothing to fear. [*Leena & Anneli are pseudonyms to protect their real identity]

A Word in Season . . .

Recently my interest in the zebra was sparked from a story told by a knowledgeable safari tour guide from Cape Town in South Africa. The stripes on the zebra make them appear unattractive to smaller predators, such as blood-sucking horse flies which can spread disease. In addition, the stripes may act as a natural sun screen. Each zebra's stripes are unique. Just as no two human fingerprints are alike, no two zebras have the same stripe pattern.

Two hours out of Cape Town, while on the safari trail, the tour guide slowed down by a herd of zebra's. He explained that he had not seen this mother zebra on the trail for weeks. It was the first time he had seen this mother and baby together with the herd. The stripes on the zebra are unique, just like the fingerprints. It is particularly the case with the stripes on their face and forehead. When the baby is born, the mother will take the baby away from the

rest of the herd, from distraction or anything that will interfere with her focus on the stripes. She wants the baby to have a good look at the stripes on her forehead to enable it to differentiate her from any other zebra in the herd.

Jesus said, "Come unto Me all of you who are heavy laden and I will give you rest" - Matt.11:28. When we get tired, discouraged and in a vulnerable state, we need to come aside with Jesus our Saviour and have a good look at the stripes. We need to recognize that He received those lashes on our behalf. We need to reintroduce ourselves to the crown of thorns on His head and know that by His stripes we are healed. When we are in a challenging situation, we need to withdraw to a quiet place with Him and study more of His stripes. Intimacy with Jesus is the cure for our exhaustion in this restless life that we live in. In all our activities may we all retire and rest in an intimate relationship with Jesus Christ.

- Steve Okelo, Associate Treasurer,
British SDA Church Headquarters

Food for Thought . . .

"Time is life - nothing more, nothing less. The way you spend your hours and your days is the way you spend your life"

- John Boykin.

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

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<http://greatyarmouth.adventistchurch.org.uk/>



Specializing in A Healthy Lifestyle

- Report by Pearl Walker

Local Church Health Secretary



Data collected from several studies on Seventh-day Adventists have shown conclusively that, on average, those who follow whole-health principles live some 10 years longer than those who practice the typical modern lifestyle characterized by a high-fat, high-sugar, refined-food diet without regular exercise. This is why we desire to share this knowledge with others.

Twice a year, our church in Burnt Lane offers free health screening to the public in Great Yarmouth at Market Gates Shopping Mall. This monitors their blood pressure, blood sugar levels, the carbon monoxide in the lungs of smokers, and the Body Mass Index (BMI), which shows if they are a healthy weight for their height. We also have a medically trained person available to give advice and, when necessary, make a written referral to their GP. Our next health screening is booked for 12 May this year.



Enjoying a delicious, healthy meal at the recent cookery class in mid-February

Most people enjoy eating; in fact, a healthy person eats about half a ton of food each year! We usually choose our food by what looks appetizing and is pleasing to the taste buds; but we need to train our pallet. It has been proved that a vegetarian diet is nutritionally better than a meat-based equivalent. This is why we give vegetarian cookery demonstrations. We want people to enjoy the BEST food. Our demonstrators come from many different countries, resulting in a variety of dishes which everyone enjoys sampling. You may like to go vegetarian one or two days a week to benefit your health. At the same time, you would help the environment as 85% of UK land is given over to animal food production, and 50% of the world cereal crop is used for animal feed. Vegetarianism realizes the natural flavor and goodness of food. A vegetarian diet tastes better, is more varied and is nutritionally healthier than meat. Our next vegetarian cookery demonstration will be in April. Enjoy good health!

Report on recent Vegetarian Cookery Demo on page 2.

Editorial

This month our main focus is on recent events at the outset of this new year in your local community church in Burnt Lane. It has been heart-warming to meet a number of our readers in the local community who have visited our church for various events, including in some cases, the worship services or Bible Study period. Special seasons, such as Christmas also realizes an extra attendance from visiting friends, especially for our annual Carol & Candlelight service as reported in the previous issue of *The Link*. Thank you for your support. Information about times of services are listed at the bottom of page 4. You are warmly welcomed.

With regards to the account about Pastor Timo Flink's experience, I would like to assure you of God's counsel and promise found in James 4:6-8. Christ is a powerful Protector. - Editor.

Recent Vegetarian Cookery Demo

Further to the front-page report by our Church Health Secretary, we review the recent Vegetarian Cookery Class that was held on Sunday 10 February last. This now makes it the 32nd session we've held since its introduction in 2012. In total, we have demonstrated 128 recipes. Those who have managed to attend each class will have compiled a wide variety of vegetarian dishes as they will have received a printed copy of the four recipes each time they have attended.

Not everyone who attends is a vegetarian, but our guests have frequently expressed their delight and enjoyment of the food that has been served afterwards. The event is free to those who attend as it is sponsored by our local church.

We do not just engage members of our church to demonstrate the cooking; several of those who attend have volunteered to share a recipe with us; and we do so much appreciate that. It is good for such participation as this is a community service that we offer. The following demonstrators and their dishes are listed as follows: -



Justin Overton demonstrates how to make 'Mushroom Bourguignon'



'Meditarranean Pasta'

Mike Clarry shows his hand at making a dish that is free from gluten & dairy but big on taste with



Pearl Walker prepared 'Leek & Tomato Slice'



Paul Managoran frequently demonstrates Indian cuisine - cooking 'Soya Chunks Curry'



Fun and games commenced with the traditional Musical Chairs

On Sunday afternoon 17 February, a good gathering of church members and friends from the community gathered for the annual church social. The party got underway around 3.00 with the traditional musical chairs. Several competing events followed with the church pastor giving out prizes for the winners.



There was plenty of delicious party food

After a glorious repast of savouries, salad, cakes and deserts, everyone relaxed as they were entertained by vocalists, recitations and the like that were a mixture of comedy, skits and some serious items.



The 'Ring on the String goes round-and-round'

The evening was rounded off with more relaxed games such as finding the ring as it was constantly moved back-and-forth on a string around the circle. It took a keen eye to spot it by those in the centre of the circle.



Who dares to slice the flour cake?!

Another bit of fun involved a pie made of dry flour topped with a small grape. Everyone tried to slice the cake without it collapsing; but if it did, you had to pick up the grape between your teeth. It raised a laugh from everyone including the victim who took it in good spirit!

The final event was a magic trick that folk were baffled as to how it was done - but that is usually the case with magic, isn't it?!

Three Brushes with Demons & Death in Finland

- Reported by Andrew McChesney



Pastor Timo Flink, Communications Director, SDA HQ Finland

During a Bible study in her apartment in the city of Raahe, Finland, Leena turned to her friends, Timo and Anneli*: "I have a feeling, let's pray". The three university students sank to their knees. At that moment, a tall dark figure burst into the room and darted over to Anneli. The young woman reeled in horror as the dark figure tried to grab her. Timo and Leena prayed more earnestly. Then a light figure entered the room and chased the dark figure out. The dark figure stood by the door and tried to re-enter, but the light figure blocked every attempt. After about 10 minutes, the dark figure gave up and left. When peace returned to the room, the shaken students pieced together what had happened. Later on, Timo learned that the attack had unfolded at the same time as a suicide in a nearby home. Breaking her silence, Anneli acknowledged that she had once practiced Spiritism and was harassed by evil spirits, but God was more powerful. Alone in bed later that night, she had seen the light figure enter her room and sit on her bed until dawn. The attacks finally stopped after she was baptized.

The second encounter that Timo experienced was when he awoke one night with the sensation that someone was staring at him in the darkness. Then he heard a voice, "Don't get baptized," it said. Timo, a software engineering student was preparing to be baptized into the Seventh-day Adventist Church. Although he couldn't see anyone in his room, he sensed the evil presence. He prayed, and the presence left. The next day, Leena told Timo that someone had committed suicide near his home that previous night. Upon enquiry, he learned it was the exact time when he had woken up. The unusual warning didn't prevent Timo being baptized, and he went on to become an Adventist pastor. . . . Over/ Continued on page 4.