

### A Word in Season . . .

"Another opportunity to tackle life head-on," I told myself, standing in the book shop. I'd never pass my qualifying exams with my poor math skills, so I was looking for some practice workbooks.

I asked the woman lingering in front of the remedial math section if she'd spotted books about fractions. Yes, she knew exactly where they were. "Is this for your children, or students?" she inquired.

"Neither," I began bravely. "They're for me."

She straightened up, jerking her head sideways to see me better.

"I have a math learning problem and have to take a test to get into school," I explained; "so I need to brush up on basics."

"Basics?" she asked, "what grade are you entering?"

I laughed. "I'm starting my doctoral studies."

"What?" she exploded, "and you can't do simple math?"

"You wouldn't want to see it," I replied. She pressed on. "What do you do?"

"I'm a teacher." I was beginning to enjoy this.

She visibly jumped. "What do you teach?"

I smiled broadly. "Graduate students."

She reached for the rack to steady herself. "Where?" she asked in an almost inaudible voice.

I winked at her. "I don't teach math." Gathering up my workbooks, I sang out, "Thanks for your help!" Heading for the sales counter, I could sense her staring. I could imagine her thoughts: *'University professor? Can't do math? It doesn't add up!'*

Her response to me that day set me to thinking. We don't all possess the ability to perform well in every area of life. Some of us may be very good at one thing and not talented in another. God knows this and understands our limitations. He views us according to what we can do, not for our lack of ability. I smile when I recall the consternation of the woman at the bookshop; but then humour may not be her talent!  
*- Barbara Couden.*

### Food for Thought . . .

"When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us" - *Helen Keller.*

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#### Enhancing Health - Longevity Tips

constantly engaged and encourages strategic thinking. The mental and physical engagement involved is considered so beneficial that table tennis is now being used by the Sport and Art Educational Foundation (SAEF) as a therapeutic intervention for some Alzheimer's patients.

Finding exercise a challenge? Harvard Health suggests the following:

- Choose an exercise you enjoy.
- Join a class or work out with a friend who'll hold you accountable.
- Track your progress, which encourages you to reach a goal.
- If you're able to, hire a personal trainer.

#### Room for a smile . . .

The invisible man married the invisible woman. Their children were nothing to look at.

"Do you have any invisible ink?"

"Certainly sir, what colour?"

#### 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 0PG as a community service.

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



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## Cyclone Idai Appeal



We have all been moved as we've seen the pictures on television of the vast swathes of land that have been overwhelmed by flood waters as a result of Cyclone Idai, leaving desperate people with no safe place to shelter and without food and drinking water. We print the following report, dated 21 March, by Bert Smit, CEO ADRA-UK.

When Cyclone Idai swept through Mozambique, Malawi and Zimbabwe it left behind a trail of destruction, killing hundreds and affecting close to 3 million people. Houses, roads and bridges have been ripped apart and agricultural land is completely submerged. More than 480 people are confirmed dead and 400,000 have lost their homes. The full scale of the disaster is still unfolding as search and rescue operations continue and more heavy rain is predicted. The UN predicts that this may become one of the worst weather-related disasters on record in the southern hemisphere.

ADRA has been on the ground since the aftermath in Zimbabwe helping up to 650 households with food and hygiene kits with plans to provide further assistance in hardest hit areas. ADRA has previously been helping people in Mozambique and Malawi recover from heavy floods affecting thousands of people prior to the cyclone's landfall. One Monday 18 March, ADRA deployed 1,000 shelter kits and 2,000 tarps to Mozambique with the assistance of UN flight convoy to help the population in Beira; we are also in the process of deploying emergency kits from our depot in Nairobi to Malawi.

Though the cyclone has passed, heavy rains continue to pour down causing a rise in flood waters. Among those affected are students, where reportedly over 200 classrooms have been destroyed in four provinces in Mozambique. ADRA is working with local authorities, humanitarian organizations, and local Adventist churches in order to avoid duplication of aid relief and mobilize additional resources in Zimbabwe.

You can support ADRA's emergency response fund by donating now. People need our help right now. <https://is.gd/xyMXYA>  
[www.adra.org.uk](http://www.adra.org.uk)

## Editorial

Spring is here at last! It has been a long time coming but alas the better weather is now in sight. No doubt some will be making plans for their summer holidays. Others will have other things to occupy their minds. The garden is beginning to spring into life: already there is a mixture of colours showing, the magnolias are coming into bloom, and the cherry blossoms are also emerging from their winter slumbers.

Spring also features our annual national charity appeal for ADRA that we have featured so often in *The Link*. It commences 30 March until 14 April. If you would be willing to make a donation to this worthy appeal, you can rest assured that your money will go to the aid and development work. ADRA's work is never done. Disasters and emergencies are in abundance these days. Our cover story is on the recent tragedy that befell the victims of Cyclone Idai. We have all been affected by what we have seen on television news bulletins.

Another vegetarian cooking class is scheduled for next month. It is becoming very popular. Why not drop in and witness the culinary delights - it is a free community service that we offer.

Once a month we have a *Church Family Fellowship* with various activities and interests. On this next occasion, we shall be visiting on the screen some of the *Highlights of Peru* in South America. You would be very welcome to come along and enjoy the afternoon with us. We look forward to seeing you then - *Editor*.

## The 2019 ADRA Appeal

The funds collected from the appeal and donated to ADRA have a major impact on the lives of hundreds-of-thousands of people every year. Every £1 donated to ADRA can be worth up to £8.22 in matching funds. Without the ADRA Appeal ADRA cannot exist - we can't do our work alone, it is only through the support of the many unpaid volunteers in the UK that we can continue to do our work.

The following statistics relate to last year: -

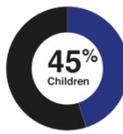
We have helped over 1.3 million people

1.3 million

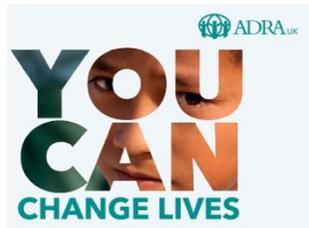
of which 383,000 are women (30%)



583,000 are children (45%)



For every £1 we received from our UK supporters we are able to match donations to be worth £8.22 in our projects



With years of field experience, ADRA-UK, part of the world-wide ADRA network has been working to end extreme poverty in some of the world's poorest areas since 1999 and has designed professional programmes that are proven to lead whole communities out of extreme poverty.

In 2019, we will also work in Zambia, South Sudan, eSwantini, (Swaziland), Myanmar, Ghana, Rwanda, Sri Lanka and the UK. The ADRA network continues to respond to disasters in Yemen, Syria, South Sudan, Indonesia and wherever emergencies arise.



## Church Family Fellowship

Saturday Afternoon

6 April 2019

Fellowship Lunch

Followed by a Slide Show

## Highlights of Peru



You are invited to attend & enjoy



## Please pray for Christians in Ukraine . . .

It was recently reported in *Release International*, 21 March 2019, that many churches in the Ukraine have stopped meeting after the Russian-backed rebels ordered a ban on services. Rebel leaders in the self-declared Luhansk People's Republic, seized from Ukraine in 2014, have declared all unregistered religious groups illegal; but all Protestant churches have had their applications rejected.



## You are Invited To A Vegetarian Cookery Demonstration

And Afterwards to Sample the Food by sitting down to enjoy a healthy free meal

at 12.30 pm

on Sunday 7 April 2019

In the Function Room,  
Seventh-day Adventist Church  
Burnt Lane, Gorleston, NR31 0PG



This is a free Community Service Programme

## Enhancing Health - Longevity Tips

by

Sharon Platt-McDonald, RGN, RM, RHV, MSc



Research continues to reveal the extensive benefits of exercise in helping us live longer and age better. The latest research highlights the impact of exercise that boosts circulation, helping to slow cognitive decline and reduce the risk of dementia. One example of such research, reported in *Health and Fitness*, indicates that exercise directly affects an area of the brain called the hippocampus, which gives us the ability to form new memories. It is this area of the brain that is seen to shrink in individuals with Alzheimer's. However, when we exercise, the size of the hippocampus is increased through improved cerebral blood flow.

In a previous television documentary, *How to Stay Young*, the BBC worked collaboratively with King's College London, undertaking a unique study looking at which exercise is best for enhancing brain health. A comparative analysis was made between two types of exercise - brisk walking and table tennis - where participants were tested, observed and evaluated after 10 weeks of exercise. The results revealed actual changes to the structure of the brain with both types of exercise.

The walkers were found to have better memory, better learning ability and increased blood flow to the cortex of the brain. The table tennis group also experienced better memory, greater attention, better motor learning and improved moods.

So how does walking improve the brain? Well, the Mayo Clinic has found that when we walk we produce new cells in the hippocampus, which helps to improve our spatial awareness. Walking also transforms short-term memories into long-term memories and affects brain size. The Mayo Clinic reports that the hippocampus of adults who undertook regular aerobic exercises over the course of a year grew larger.

The hand-eye co-ordination in table tennis enables several parts of the brain to be stimulated simultaneously, keeps it

- *Continued on back page.*