



## Biggest Ever European Pathfinder Camporee



The largest Pathfinder Camporee ever organized by the Trans-European Division (TED) of the Seventh-day Adventist Church took place in Britain between the 30 July and 6 August this year. This gigantic event had taken several years of planning and took place on the largest showground in the heart of the Sussex countryside. Over 4,000 Pathfinders and directors attended this youth event. Up to 30 countries were represented: they gathered together from Britain and other European countries, from Scandinavia, and even further afield including Russia, Israel, and as far away as the United States and New Zealand. Peter Bo Bohsen, TED Pathfinder Director, expressed great satisfaction at how these young people integrated together even though there was a vast diversity of cultures.



A dynamic display ushered in the Camporee on the opening night with drills, drum corps, a mime group, the International Flag Parade, the bagpipes with the official raising of the Pathfinder Flag.

The huge showground provided a campsite ½ kilometer across, with provision for pioneering role structures, sport, drill, crafts, various skills and honour activities. Evening worship services were conducted in a huge barn that could accommodate everyone. Pastor Dejan Stojkovic, Youth Ministries Director for the British Isles, said that “everybody had a beautiful and amazing experience. Young people were getting to know God and Christ as their Saviour. They were motivated and on fire for Jesus.”



Evening worships played an important part in the Camporee. These were Christian young people who appreciate and hold wholesome values. The speaker was Melissa

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### A Word in Season . . .

“You just don’t know what’s around the corner of life,” she said staring intently into my eyes as she shook my hand and filed out of the church. I had just laid to rest a teenager who had died from a motorbike accident, her words were simple but so relevant.

The only certain thing in life is its uncertainty and the only predictable thing in life is its unpredictability. To many this is the real challenge of life especially when we like to have some form of control or stability in life.

As I write this article, we can see the effects of living with uncertainty. The political scene in Westminster is reaching a crescendo with another general election looming with all the fiasco over Brexit. Meanwhile a few thousand miles away across the Atlantic, hurricane Dorian one of the largest in recent times ravaged through the Bahamas leaving the islands submerged under water and thousands left homeless.

We wonder what the future holds, but we also think about ‘how life will be for me’. ‘What about my health?’ ‘Shall I be left alone?’ ‘How about my children and their welfare?’ Such concerns cause anxiety and worry when we think how unpredictable life can be.

However, despite the unseen future and unexpected eventualities we can still maintain a sense of stability, assurance and hope for the future. It was for this very reason why Christ came to this earth. He declared, “I have come that you may have life, and life more abundantly” (John 10:10). Christ’s mission as well as saving the lost was to enable us to live peaceful and joyful lives. This peace is a deep-rooted assurance that stems from a firm relationship with Him.

Whilst the hurricane ravages through the Caribbean, I remember my own hurricane experience whilst spending some time in the Caribbean in the 1990s. The accommodation I stayed in at that time was nothing desirable, in fact it looked like a brick grey and dismal building with metal louvre windows. The first few days I

despised staying there for there was nothing attractive about the place; but then the hurricane came ripping through the island at 129 mph. Whilst all the other houses in the vicinity were losing their roofs and the winds causing major damage, where I was in that large square building that looked so unappealing suddenly became the refuge of my life. It was a strong firm building that protected me from the fierce winds. I felt safe and secured. And that’s what Peace is all about. When everything around you is in turmoil, within your heart there is a stillness and calm. Christ says that in this world you will face trouble but be of good cheer I have overcome the world (John 16:33). Yes, we live in an unpredictable world, but one thing that is predictable is that God will always be with us and He will be our refuge in times of trouble.

- Pastor Richard Daly

### Food for Thought . . .

“Heaven is full of answers to prayers for which no one ever bothered to ask”

- Billy Graham.

### Health Screening . . .

Health Screening will take place at Market Gates Shopping Centre on Sunday 6 October. Come and have a FREE health check.

### 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/>

## Editorial

What a thrilling report we bear in this month's issue of *The Link*, as we review the Grande Pathfinder Camporee held in Sussex this past summer. These young people certainly had a thrilling and meaningful experience at the event. We trust you also had a wonderful and enjoyable holiday during that period. Now the children are back at school and life carries on!

We also bring to you a report on a special visit we received in Great Yarmouth of the Communications Director for our denomination here in the British Isles. Those of you who attended the cooking demonstration early this month will no doubt still be savoring memories of the delicious food that was served! We also bring you the continuing article on 'Sleep and Wellbeing'. We do trust that you will find our health presentations both in written and demonstrative form both helpful and beneficial to the benefit of yourselves and your families. Enjoy reading *The Link* with satisfaction - *Editor*.

### Pathfinder Camporee Continued from p.1 . . .

Myklebust, a pastor in Norway and Associate Youth Director for Norway. She used her creativity with visual aids and enactments through which she took the campers on a spiritual journey from Creation through to the Exodus. She highlighted our merciful God Who dealt patiently with those He created but living amidst the resulting effects of sin.



Several young people committed themselves to Christ and were baptized. The TED President, Raafat Kamal stated that there was a wonderful togetherness amongst the campers. They witnessed miracles in young lives uniting with Jesus. "Praise God," he said, "for bringing us together and keeping us together in His name."



## Important, Invigorating, Enlightening Health Series

A series of talks on holistic health that considers the whole person, including physical, emotional, mental, spiritual and social wellbeing. All are welcome. It starts at 3.00pm. If you come earlier at 1.30pm, you may also receive a healthy, vegetarian meal. Child care will be provided.

**Holistic Health Series**

Talks start here at 3pm

(Food served at 2pm)

All Welcome

Saturday August 31<sup>st</sup>,  
September 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> and  
October 5<sup>th</sup>

Admission is free. Child care provided.

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



### Communication Director Visits Great Yarmouth . . .

On Sabbath 18 August, our church family in Burnt Lane was privileged to receive a visit from our British Headquarters in the person of Pastor Richard Daly, the Communications Director for the Seventh-day Adventist Church in these islands. His message was *Communication Through Prayer*. He introduced his



message by turning our attention to the fact that life often takes unexpected and sudden turns, when we are faced with troubles, trials, problems, mishaps and other difficulties, which we cannot manage by ourselves. This is why we need to turn to God to help us. Therefore, we need to make prayer our priority at all times by giving God quality time in our communications with Him. Our requests to God, should be without wavering, asking expectantly and thankfully. God has a thousand ways whereas we may only have one.

In the afternoon, Pastor Daly showed a film recently produced on the origins of our church in Britain. Earlier this year, Richard achieved a Dmin degree on that very topic.



Dr Richard Daly shares a story with the children during the service

Richard served as chaplain for the London 2012 Olympic games, has run the London Marathon and also authored 12 books, including the best seller, *God's Little Book of Calm*.

## Sleep and Wellbeing - Part 4

by

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

In this final episode of our sleep series, we present conclusions on how your sleep behaviour impacts your wellbeing, both generally and in specific areas.

Sleep researchers use the term 'chronotype' to refer to the usual time people retire to bed in the evening and wake up in the morning.

*Sleepscore* gives some insight:

'When it comes to chronotypes, most people fall in the middle, meaning not completely an early riser and not completely a night owl. There's also some natural change over the human lifespan.'

Perhaps you have found that your sleep behaviour changes when your usual routine is upset in some way. The *Sleep Foundation* gives some key advice when this occurs:

'Your circadian rhythm works best when you have regular sleep habits, like going to bed at night and waking up in the morning around the same times from day to day (including weekends). When things get in the way, like jet lag, daylight savings time, or a compelling sporting event on TV that keeps you up into the wee hours of the morning, you can disrupt your circadian rhythm, which makes you feel out of sorts and can make it harder to pay attention.'

A couple's chronotype also impacts their sexual behavior.

An article published in *Psychology Today*, titled 'Are You a Morning Lark or a Night Owl? How your chronotype affects your most intimate relationship', by David Ludden PhD, gives some interesting insights into sexual intimacy relating to a couple's sleep patterns. Find out more at <https://wwwpsychologytoday.com/gb/blog/talkingapes/201805/are-you-morning-lark-or-night-owl>.

Assessing general wellbeing, Dr Ludden concludes: 'Overall, health outcomes are better for larks than owls. Morning-types experience fewer health issues and less incidence of depression, and report higher levels of subjective wellbeing. So apparently there's some truth to the saying, "Early to bed and early to rise, makes a man healthy, wealthy and wise."'

*Sleepscore* gives some final advice:

- Keep a consistent bedtime and wake-up time that allow for plenty of sleep.
- Try to get some sunshine in the morning and throughout the day.
- Before bedtime, limit use of electronics and exposure to artificial light.
- Consider a wake-up light or light therapy glasses to make it easier to get out of bed in the morning if you're a night owl.
- You can incorporate blue light-blocking glasses into your routine or use lightbulbs that emit zero or very low levels of blue light in areas where you spend time in the evening.

**Good health!**

