



**Spotlight on**  
- David Rančić

**Teen Talk**  
- Blog spot

**What's  
your story?**

**2017 BUC  
Calendar**

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## This issue's contributors:

### Science and Faith



**Ree Muroiwa** graduated with BEng (Hons) in Forensic Engineering at Sheffield Hallam University. He currently works as a Forensic Metallurgist for one of the world-leading producers of steel. A significant proportion of his time at work is spent investigating failures of common parts used in aircraft, motor vehicles and engineering equipment.

### Teen Talk



**Joanna Evers** is the author of this issue's *Crux of the matter*, and tackles the question, 'What happens when I die?' She has two crazy kids and one wonderful husband, loves studying the Bible and is constantly amazed to learn more from it. She is homesick for heaven.

### Youth Issues



**Chantal Tomlinson** takes over our *Eat to live* series with a look at longevity and a plant-based diet. She is a registered dietitian, and is also the health ministries leader at her local church. She desires that we may all be serious about our health and be the best we can be for Jesus!

**@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 **@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.uk](mailto:bucyouth@adventist.uk)

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*Many have undertaken to draw up an account of the things that have been fulfilled among us, just as they were handed down to us by those who from the first were eyewitnesses and servants of the word. Luke 1:1-2, NIV*

Clearly, in the time since Jesus lived on earth and following His ascension, in the time of the early church and the apostles, lots of people thought it a good idea to write down all the events which took place during that time.

Writing down the stories and events that happen in our lives is a good thing, and sadly diary writing seems to have gone out of fashion. Nowadays we diarise our lives on social media, using words, images, photos etc. There's nothing wrong with that – I do it too. As a busy, working mum, it is far easier to quickly pop something up on Facebook than it is to get out a diary and write it all down and have to describe everything in detail. And when we want to search back, it's all just a scroll away.

Yet, what is it we post on these sites? Is it the happy family photos and videos and comments which make us chuckle? What about the realities of everyday life? The morning headache as we slowly emerge from our cocoons to get ready for work/school. Do we post our careless words as we are nagged by our parents to hurry and get a move on? How about the struggles we have with our siblings/spouses or the difficulties and anxieties at work or uni? If we don't record them, did they really

happen? Will anyone believe us if we try and talk about it years later, or will they have glossed into the haziness of the past? Maybe, for some events, that would be a good thing. Painful moments of loss of a loved one, the grief of never knowing an unborn child, bullying, a road accident, cancer – these moments should not be forgotten, but the hurt may fade so that we can move on with our lives and live again, albeit with the memory.

But I think that we need to somehow record our moments of doubt, of outrage, of despair. Our setbacks are worth remembering, because out of all of them come the stories of how we overcame them: the way we dealt with the lack of faith, the people who encouraged us along the way, the positive outcomes and the overall good that resulted. These stories – the bad with the good – are what we need to record. Because only then will we be able to recall them when we need to offer assistance to others.

So, like Luke, maybe we need to write it down. And maybe one day our words will be able to provide encouragement and hope and certainty. In Luke's case, he had no doubts about why he wrote his Gospel.

*Having carefully investigated everything from the beginning, I also have decided to write an accurate account for you, most honourable Theophilus, so you can be certain of the truth of everything you were taught. Luke 1:3-4, NLT*

We have had a few new writers join our team this year, including a new blog spot. We hope you enjoy the magazine, and if you would like to contribute please message us at: [bucyouth@adventist.uk](mailto:bucyouth@adventist.uk)



• **Natalie Davison**  
 BUC Youth Ministries Secretary





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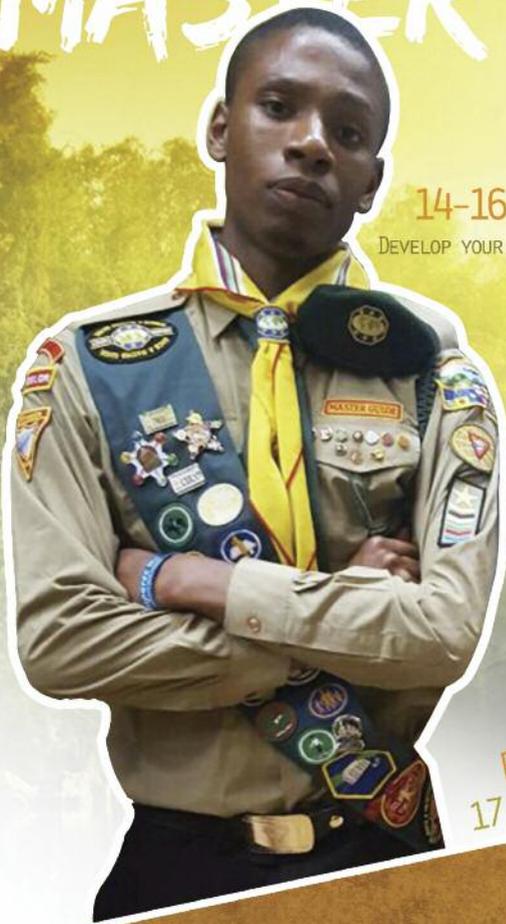
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## Body talk

◦ Sharon Platt-McDonald

*'... for I am fearfully and wonderfully made; marvellous are Your works, and that my soul knows very well.'* Psalm 139:14, NKJV

Psalm 139:14 is one of my favourite scriptures relating to our well-being.

You know, when the psalmist David considered the amazing formation of the human body and the awesome creative powers of God, I imagine that he was captivated for the following reasons:

- When he assessed the 23 pairs of chromosomes that made him who he was;
- when he thought about the 100 trillion cells and 7 octillion atoms that make up an adult;
- when he paused to contemplate the complexity of the human brain;
- the functionality of the cardiovascular system;
- the expanse of the circulatory system;
- the intricacies of the digestive and eliminatory system;
- the ingenuity of the endocrine and lymphatic system;
- the detailed nervous system;
- the impact of the respiratory and musculoskeletal system . . .

In an outburst of enthusiastic appreciation to the Master Designer he declares, in Psalm 139:14 (NKJV), 'I will praise You, for I am fearfully and wonderfully made: marvellous are Your works; and that my soul knows very well.'

Thinking about this marvellous body of ours, I would like us to consider how we can get the most out of our bodies and enjoy the process of daily living.

In this series on Body Talk we will undertake a holistic journey of discovering how to enhance our well-being in every facet of our lives.

Let's begin our talk together with a question:

Where is the time to think about health when

life is so busy with so many other things to grab your attention? With an active school life, studies, afterschool activities, sharing your time with friends and family and the other social activities you enjoy, life can be demanding.

However, choosing healthy behaviour, like eating well and engaging in regular physical activity, will help you handle your daily life challenges. In fact, research demonstrates that healthy eating and regular exercise can help you feel good about yourself, boost energy, and raise your alertness, which helps you to learn better and excel in your studies.

Scientific evidence over many years points to healthy lifestyle habits lowering your risk for diseases such as diabetes, asthma, heart disease and even some forms of cancer. It is important to address health issues now as many lifestyle-related diseases can occur early on in life as much as when you are older.

### Health pointers

As an introduction to the series, here is a checklist of health tips and suggestions for you to try:



- Get involved with family shopping so you are part of the decision making for healthy food choices for the family.
- Ensure the kitchen is stocked with a variety of fruits and vegetables.
- Ensure a good range of wholegrain foods.
- Minimise processed foods.
- Organise your own packed lunch if the school or college canteen does not provide the healthy foods you require.
- Try fruit smoothies instead of artificially sweetened and carbonated beverages.



- Regular exercise is defined as at least 30 minutes of physical activity most days of the week.
- If you want to burn more calories go for aerobic exercise, which raises the pulse rate and makes you perspire.
- Engage in activities that involve the full range of movements and include the varying categories of exercise, like stretching, cardiovascular workout, toning, weight bearing, etc. If you are attending a gym, the physical instructors will assist you to do this.
- A good exercise routine will enhance circulation, co-ordination, balance and body sculpting. Your physical instructor will be able to guide you to the exercises that are better suited to your needs in these areas.
- Join friends and family members to undertake exercise if you dislike exercising alone.
- Think of outdoor activities that you can do together as a family.
- Play ball games in the park.
- Go on family outings that will involve games or activities that encourage physical action.



- Choose friends that respect your values so that you feel less tempted to succumb to peer pressure from friends who have different value systems to you.
- Always check that the activity you are engaging in will not compromise your Christian principles.
- Get involved in activities that will enhance your well-being physically, emotionally, spiritually and socially.



- Looking to God for advice in everything you do will ensure that you make the right decisions for your life. Proverbs 3:5, 6 is a great reminder of where to look if you want success in your life. It reads: 'Trust in the Lord with all your heart and don't depend on your own understanding. Put the Lord first in everything you do and He will direct your life' (The Clear Word). This is great advice whether you are making decisions about your physical, emotional, academic, social or spiritual well-being. God can point you in the right direction and the instruction you need in all these areas can be found in His Word – the Bible.
- Daily Bible study, personal prayer time and reading devotional books are other ways to develop a healthy spiritual appetite and keep you connected with God.
- Finding a prayer partner – someone with whom you can pray on a regular basis – is also great for spiritual support and helping to keep you Christ-centred.
- Some people find having a spiritual guardian or mentor useful as they can assist in giving spiritual direction and give support in times of difficulty when your faith is challenged.

My prayer for us is that as we embrace the aforementioned health pointers 2017 will become our best year yet.

Are you ready for the journey to a happier, healthier and more hopeful 2017? Well let's go!

### A prayer

**Father God – Thank You for making us so wonderfully. Help us to make wise choices about our lives so that we can become the best that You would have us to be. We commit all our tomorrows to You and ask Your blessings as we go through this year. Amen.**

## Eat to live

### A plant-based diet: one of the secrets to longevity

◦ Chantal Tomlinson

10

In a book entitled *The Blue Zones* by Dan Buettner, a group of Seventh-day Adventists were found to be ranked as one of the world's longest-living population groups along with the Sardinians and Okinawans. The habit of Seventh-day Adventists of consuming a diet rich in beans, pulses, fruit and vegetables is highlighted as one of the secrets to longevity. Is this a phenomenon that is new to society or do we find that a vegetarian diet was observed in times past?

Many centuries ago in 605 BC, the Bible speaks of four individuals that believed in the benefits of a plant-based diet (Daniel 1). After being taken into captivity and insisting on eating a plant-based diet and drinking water for 10 days, Daniel and his friends looked healthier than the other young men who were eating the king's food. They also had increased in knowledge and understanding and were ten times better than the other magicians.

Later on, in Daniel chapter 3, we see that Daniel's friends were the only ones who didn't succumb to the pressure of bowing down to the statue of King Nebuchadnezzar. Could it be that their fidelity in adhering to God's

ideals for their diet prepared them to stand up for God? That's food for thought . . .

So what are the benefits of a plant-based diet?

A well-planned vegetarian diet can be nutritious and healthy, and in fact there are several documented physiological benefits to a vegetarian/plant-based diet.

1. Scientific evidence points to the positive association between a vegetarian diet and reduced risk for several chronic diseases and conditions such as obesity, coronary artery disease, hypertension, type 2 diabetes, and some types of cancer.
2. The reduced risk for these particular chronic diseases is suggested to be due to the diet being high in fibre and phytochemicals (plant chemicals) and low in fat (especially saturated fat), factors that will have an impact on the risk of disease.
3. Vegetarians are more likely to have lower LDL (bad) cholesterol, a lower body mass index (BMI) and lower blood pressure, all factors that are associated with longevity.



In addition to the benefits of a plant-based diet, the dangers of eating meat are also documented. In 2015, the World Health Organisation released information to state that the 'consumption of red meat is probably carcinogenic to humans'. It was also stated that 'each 50-gram portion of processed meat eaten daily increases the risk of colorectal cancer by 18%'.

There are many other health behaviours that can influence one's risk to such diseases, such as smoking status, alcohol intake, stress, amount of sleep, and amount of exercise, to name a few! It is therefore important, in order to have optimal health, that health be viewed from a holistic perspective.

Nevertheless it is fair to say that the evidence is plentiful in advocating the benefits of a plant-based diet. You may be thinking, 'That's all great but I wouldn't have a clue how to make the transition towards a plant-based diet!' Here are a few tips of how you can go about making changes in your diet to reduce your risk of chronic lifestyle disease:

Have one 'meat-free day' a week; experiment with different vegetarian recipes. Why not challenge yourself to try one new recipe a week? Be adventurous!

Find a friend or family member who is willing to make changes with you! Peer support goes a long way in helping us stick to our goals.

Do your research: find out the best alternatives for the foods you are aiming to remove from your diet. Don't just focus on what you will remove, but also on what you will add!

Here is a recipe that quickly became my 'go to' when I became vegetarian. Enjoy!

References  
<http://ngm.nationalgeographic.com/print/2005/11/longevity-secrets/buettner-text>  
[www.bda.uk.com/foodfacts/vegetarianfoodfacts.pdf](http://www.bda.uk.com/foodfacts/vegetarianfoodfacts.pdf)  
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#### Ingredients

250g (8oz) red lentils  
 1 tbsp vegetable oil  
 1 onion, chopped  
 1 garlic clove, crushed  
 1 tsp cumin powder  
 1 tsp turmeric  
 400g tin chickpeas, drained and rinsed  
 400g tin reduced-fat coconut milk  
 1 chopped sweet potato  
 200g (7oz) spinach  
 Salt to taste

1. Boil the lentils and sweet potato together.
2. Heat the oil in a large pan and fry the onion and garlic for a minute over a high heat. Stir in the spices, then add the boiled lentils, sweet potato and 1 tin chickpeas.
3. Pour in the coconut milk, then bring to the boil and cook for about 15 minutes until everything is combined.
4. Stir in the spinach to wilt, and add salt to taste.

In the next issue of **encounter** we'll have a look at some of the nutrients you should ensure you pay particular attention to when transitioning to a plant-based diet.

Meat-free Monday is an existing online campaign with resources you could use to help you reduce your meat intake. See their recipes and ideas at: [www.meatfreemondays.com](http://www.meatfreemondays.com)

Chantal Tomlinson is a Registered Dietitian, currently undertaking her PhD at Coventry University in Adventist Health. She is also the health ministries leader at her local church and desires that we may all be serious about our health and be the best we can be for Jesus!



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## God's plans are better than ours

Elizabeth Roberts



We know that teens have a voice and we want to hear from you!

In this edition, Elizabeth shares her thoughts about her younger years – and it might resonate with what you are going through right now. Body image is such a high priority in today's media-obsessed world, and in truth not many would match up to the standards set out by the fashion and film industries. But remember that 'man looks at the outward appearance, but the LORD looks at the heart.'

(1 Samuel 16:7, NKJV.) If you have something on your heart that you would like to share in this blog spot (it can be anonymously), then please write to us at [bucyouth@adventist.uk](mailto:bucyouth@adventist.uk)

Recently I was watching the 'Love your curls' advertisement by Dove and I was inspired by the aim of it. The message of the advert was not only to celebrate your curls, but everything else that may make you different from the norm. This was due to the negative connotation children as young as five associated with having curls and being different, which was present in the video. The encouraging theme really put things into perspective for me.

When I was younger, I once said to my mother, 'I wish I was born into another family so I could have longer hair.'

My mother was surprised and she replied, 'You should never wish for such things.'

At that young age, I never understood what was wrong with my request until years later, when it finally dawned upon me.

I found myself crying after I watched the advert because the realisation hit me: If I had been born into another family, I might not have had a mother that raised me in the Lord and taught me to respect Him no matter what. I might not have known that there is a Saviour who loved us so much that He died on the cross to save us from our sins, and that He is preparing a place for us in heaven so we can live with Him eternally.

Sometimes we find ourselves envious of other people's possessions or the features with which God has blessed them. However, we need to take a step back, take a deep breath and look at the life where we have an abundance of blessings. We must remind ourselves that God's thoughts and ways are higher than ours, and we must trust and thank Him for the life that He gave us. He created us and thought of us in such a high regard that he planned our lives out for us, which is a million times better than we could ever imagine.

God's plan is bigger and better than ours; I thank God for the lack of longer hair because I have a chance to know Him. What can you thank God for?

Verse of the day: ' "For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future." ' Jeremiah 29:11, NIV.

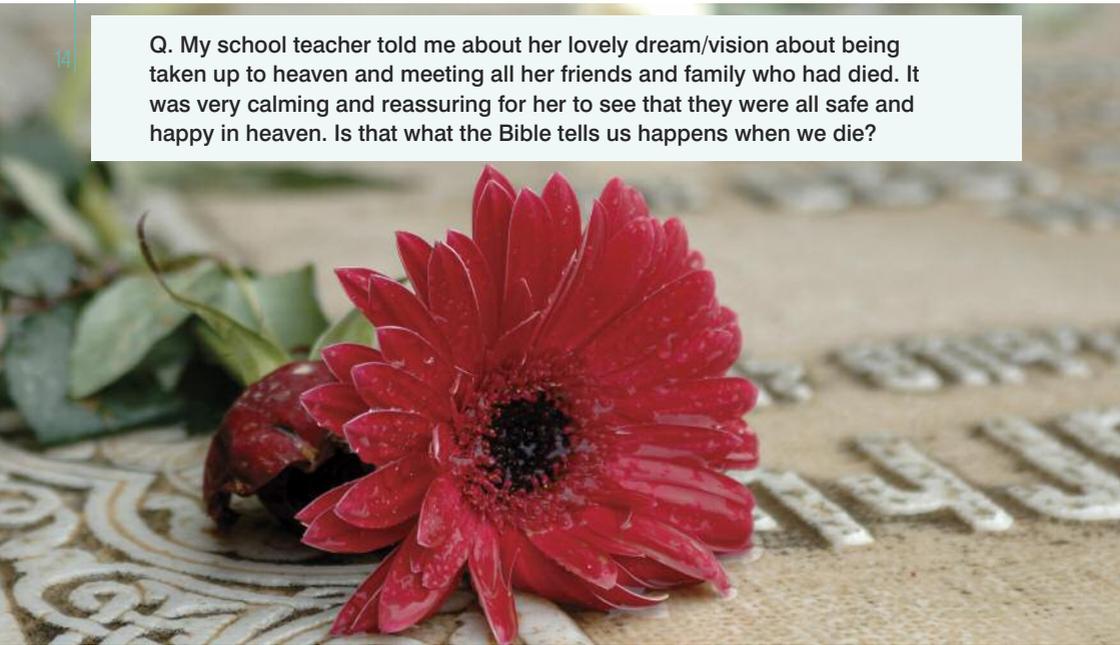




# Crux of the matter

o Joanna Evers

**Q. My school teacher told me about her lovely dream/vision about being taken up to heaven and meeting all her friends and family who had died. It was very calming and reassuring for her to see that they were all safe and happy in heaven. Is that what the Bible tells us happens when we die?**



What happens after you die? This is one of the universal human questions. As Shakespeare said in Hamlet, 'For in that sleep of death what dreams may come when we have shuffled off this mortal coil?' Many people have put forward different philosophies and beliefs about the afterlife, but all of them are based on speculation. In the Bible we have a clear and definitive answer, given by the Creator of life, who Himself has lived and died and come back to life.

Let's start at the beginning: where did we come from? 'And the LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul.' Genesis 2:7, KJV.

So our bodies were formed from the dust by God. And what happens to our bodies when we die? 'Then shall the dust return to the earth as it was: and the spirit shall return unto

God who gave it.' Ecclesiastes 12:7, KJV.

Next question: what is the 'spirit' that returns to God at death? 'The body without the spirit ['breath'] is dead.' James 2:26. 'The spirit of God ['the breath which God gave him'] is in my nostrils.' Job 27:3, KJV. This means that another word for 'spirit' is breath – this has no consciousness, but is just the breath of life.

Some people also use the word 'soul' – what is that? 'And the LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul.' Genesis 2:7, KJV. A soul is a living being. A soul is always a combination of two things: body plus breath. A soul cannot exist unless body and breath are combined.

So, can souls (body + breath) die? 'The soul who sins shall die.' Ezekiel 18:20. So we are all souls and we do die. What happens

when we die – where do we go? 'All that are in the graves shall hear his voice, and shall come forth.' John 5:28, 29, KJV. 'David . . . is both dead and buried, and his tomb is with us to this day. . . . For David did not ascend into the heavens.' Acts 2:29, 34, NKJV. Once we are dead, we remain in the grave. When Jonah was in the belly of the fish, he cried out to God as from the grave – a place of darkness and decay.

What is it like to be dead? 'For the living know that they will die; but the dead know nothing, and they have no more reward, for the memory of them is forgotten. Also their love, their hatred, and their envy have now perished; Nevermore will they have a share in anything done under the sun. . . . For there is no work or device or knowledge or wisdom in the grave where you are going.' Ecclesiastes 9:5, 6, 10, NKJV.

When Jesus was on earth, He clearly told His disciples that death was like a sleep. Responding to the news of Lazarus's death, He said, ' "Our friend Lazarus sleeps, but I go that I may wake him up." Then His disciples said, "Lord, if he sleeps he will get well." However, Jesus spoke of his death, but they thought that He was speaking about taking rest in sleep. Then Jesus said to them plainly, "Lazarus is dead." ' John 11:11-14, NKJV.

So, where do we get the idea of an immortal soul that lives on after death? 'And the LORD God commanded the man, saying, "Of every tree of the garden you may freely eat; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely die." ' Genesis 2:16, 17, NKJV. 'Then the serpent said to the woman, "You will *not* surely die." ' Genesis 3:4, NKJV (emphasis supplied).

This was one of the first lies spoken to humankind by the devil – you will not die; you can be immortal. The only times the Bible talks about immortality are in reference to God (1 Timothy 6:15, 16) and to what we will be like when we are resurrected at the end of

time. To believe in the immortality of the soul, living on after death, is to fall for one of the oldest lies of all time.

People who have lost loved ones may find this a difficult concept – to think that the person they loved no longer exists. When my grandmother passed away a few months ago, my brother and I read this passage at her funeral – words of comfort and hope written specifically to those who mourn:

'But I do not want you to be ignorant, brethren, concerning those who have fallen asleep, lest you sorrow as others who have no hope. For if we believe that Jesus died and rose again, even so God will bring with Him those who sleep in Jesus. For this we say to you by the word of the Lord, that we who are alive and remain until the coming of the Lord will by no means precede those who are asleep. For the Lord Himself will descend from heaven with a shout, with the voice of an archangel, and with the trumpet of God. And the dead in Christ will rise first. Then we who are alive and remain shall be caught up together with them in the clouds to meet the Lord in the air. And thus we shall always be with the Lord. Therefore comfort one another with these words.' 1 Thessalonians 4:13-18, NKJV.

What gives us genuine reassurance is the truth found in the Bible – eternal life is possible through Jesus Christ. We do not need to be anxious about death, for ourselves or our loved ones – it is only a short sleep until Jesus returns.

For more details, visit:  
[www.amazingfacts.org/media-library/study-guide/e/4987/t/are-the-dead-really-dead](http://www.amazingfacts.org/media-library/study-guide/e/4987/t/are-the-dead-really-dead)



Joanna Evers has two crazy kids and one wonderful husband. She loves studying the Bible and is constantly amazed to learn more from it. She is homesick for heaven.



The European Youth Congress is taking place in Valencia, Spain from 1 to 5 August 2017. We hope that you can all be there! Here's what you need to know:

## Who:

The congress is for youth aged 18+.

Those aged 16-17 may attend, but must be accompanied by an adult who will be responsible for their safety and conduct for the duration of the entire trip.

## Where:

Feria Valencia, Av. de las Ferias, 1, 46035 Valencia, Spain.

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Tue.							Evening programme	Chill out
Wed.	Morning prayer & exercise	Worship & TEDtalks	Workshops/ seminars 2x45 mins		Afternoon options		Evening programme	Chill out
Thur.	Morning prayer & exercise	Worship & TEDtalks	Workshops/ seminars 2x45 mins	Lunch	Evening programme	Dinner	Outreach – Impact	
Fri.	Morning prayer & exercise	Worship & TEDtalks	Workshops/ seminars 2x45 mins		Afternoon options		Evening programme	Baptism
Sab.	Morning prayer	Sabbath school & worship			Afternoon options		Evening programme	Chill out

## Travel:

The easiest way to travel is to fly, but prices will vary according to where you are flying from and when you book. The nearest airport is Valencia, and there will be shuttle buses from the airport to the centre provided by the Division organisers.

For example, at the time of press, flights from Birmingham to Valencia are around £128 return. Flights are available from many airports across the UK & Ireland to Valencia but you will need to search online for your nearest airport. If you are coming by other forms of public transport, please advise your timings so that we can link you up with local transport or collections (if available).



## Registration options:

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Includes Congress fee, all meals and accommodation in designated exhibition halls. This means you need to bring a sleeping bag and floor mat. (You will be placed in a 2-person tent; there will also be a section for families, which you can specify on the registration form.)

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### B: Congress and Food

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£110

### C: Congress Only

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Those who will require a visa to travel to Spain are encouraged to apply and pay for their tickets as quickly as possible (before 1 April) so that the visa process may be started in good time and avoid disappointment for anyone.



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2017 Calendar



Encounter 61



- 7 Spiritual Commitment Sabbath ..... BUC
- 7 Health Ministries Day ..... GC
- 7-16 Ten Days of Prayer ..... GC
- 21 Religious Liberty Day ..... GC
- 28 Day of Fellowship/Youth Leaders Lunch ..... SEC
- 29 AGM ..... NEC
- 29 Basic Staff Training ..... SM



- 4 Tell the World: Personal Outreach ..... GC
- 4 Newbold College Offering ..... TED
- 4-11 Christian Home and Marriage Week ..... GC
- 11 PBE Conference Testing ..... SEC
- 12 Introduction to APLA ..... NEC
- 12 PLA/MIT Orientation ..... SEC·SM
- 12-15 Drill & Drum camp ..... SEC
- 17-19 TLT Residential ..... SEC
- 18 Missionary Health and Temperance Literature ..... GC
- 18 PBE SM Tests ..... SM
- 24-26 Winter Camp ..... NEC·SM
- 26 Camping Skills 1/Drill & March ..... SEC



- 3-5 Peace Alumni weekend ..... NEC
- 4 Women's Day of Prayer ..... GC
- 10-12 MG/PLA Training Weekend (1) ..... NEC
- 11 AWR Offering ..... GC
- 11 Union PBE tests ..... SEC·SM
- 17-19 MIT Residential ..... SEC
- 18 Global Youth Day ..... GC
- 18-25 Youth Week of Prayer ..... GC
- 19-20 Global Youth Day Weekend, Rhyll ..... WM
- 25 Christian Education ..... GC
- 25-9 April ADRA-UK Annual Appeal, provinces ..... BUC
- 25-16 April ADRA-UK Annual Appeal, metropolitan ..... BUC
- 31-2 April Drill & March – Boot Camp ..... NEC



- 1 Youth Day of Prayer & fasting ..... GC
- 13-16 Prayer & Faith Conference ..... SEC
- 14-16 3 Missions Weekend, Scotland ..... MISSIONS
- 14-22 Spring Ski Trip ..... NEC
- 17-23 PBE World Finals ..... GC
- 21-23 MG/PLA Training Weekend (2) ..... NEC
- 28-1 May Prayer Warriors ..... NEC



- 7-9 PLA/MIT Training ..... SEC+SM
- 9 Big 6 ..... NEC
- 11-16 SM Camporee ..... SM
- 14-16 MG/PLA Training Weekend (3) ..... NEC
- 17-21 Student Camp, Chapel Porth ..... NEC+SEC
- 23 Athletics Day ..... NEC
- 22 London City March ..... SEC
- 23-30 Summer Trip to Israel ..... SEC
- 30-6 Aug Junior Camp, Aberdaron ..... NEC



- 5-7 MIT Camping ..... SEC
- 7 Level 2 Youth Ministries Training ..... NEC
- 13 Youth Day of Fellowship, Cardiff ..... WM
- 14 BST 1 ..... SEC
- 21 BST 2 ..... SEC
- 26-29 Coast-to-coast Cycle Ride ..... NEC
- 26-29 Adventurer Camporee, Linnet Clough ..... NEC+SM
- 28 SM Day of Fellowship ..... SM
- 30-4 June Pathfinder Camporee, Linnet Clough ..... NEC



- 1-5 Pan-European Youth Congress, Valencia, Spain ..... TED
- 6-13 Earliteens Camp, Aberdaron ..... NEC
- 7-14 Youth Camp, Chapel Porth ..... SEC
- 11-14 Adventurer Camporee ..... SEC
- 13-20 Youth Camp, Aberdaron ..... NEC
- 15-20 Pathfinder Camporee ..... SEC
- 21-27 Extreme Teens Camp, Chapel Porth ..... SEC
- TBC Welsh Teens Camp ..... WM



- 2-4 PLA Training ..... SEC+SM
- 4 Level 2 Youth Ministries Training ..... NEC
- 11 TLT Support Day ..... SEC
- 23-26 Master Guide Camp, Norway ..... TED
- 26-2 July Camp Meeting ..... NEC
- TBC Two Castles Team Aberdaron Run ..... NEC



- 3 Stanborough Press Open Day ..... BUC
- 1-2 School of the Prophets ..... NEC
- 2 Summer Teens Concert ..... SEC
- 6-10 ASC Student Training Retreat, Aberdaron ..... NEC
- 8-10 MIT Camping ..... SEC
- 8-10 MG/PLA Training Weekend (4) ..... NEC
- 16 SM Rally Day, Edinburgh ..... SM
- 16 Special Memorial Day ..... BUC
- 17 TLT Support Day ..... SEC



- 1 BST 1 ..... SEC
- 8 BST 2 ..... SEC
- 13-15 Youth Congress ..... SEC
- 13-15 Young Adults Prayer Retreat, near Swansea ..... WM
- 20-22 Global Public Campus Ministries Weekend ..... GC
- 21 BUC Student Day (Date to be confirmed) ..... BUC
- 22-25 Drill & Drum camp ..... SEC
- 26-29 Prayer & Faith Conference ..... SEC



- 11 Youth Day of Fellowship, Swansea ..... WM



- 9 Teens Day of Fellowship ..... SEC
- 8-10 Level 1 Youth Ministries Training Retreat ..... NEC
- 9-10 Basic Staff Training ..... SM

# Forensic metallurgy and suffering

Ree Muroiwa

*An insight into the art of investigating failures of engineering components.*

The question of evil and suffering is one of the most talked-about subjects in modern religious debate. I have seen or heard several studies and presentations on the theme. However, perhaps one of the more surprising places I've found food for thought on this issue is through my work as a forensic metallurgist.

The first question is, 'What is forensic metallurgy?' Over the years, I have had various responses ranging from, 'Is it the kind of stuff they do on CSI?' to the most common, 'Never heard of it!' I myself had never heard of it until I needed to find a job.

Metallurgy is a field of materials science that studies the physical and chemical behaviour of metallic elements, their intermetallic compounds, and their mixtures, which are called alloys. Forensic metallurgy is the investigation of materials, products, structures or components that fail or do not operate or function as intended, causing injury or damage to persons or property.

Over the years, I have been involved with investigations involving cracks or defects on aircraft components and automotive, oil and gas industry products, among others.

To be able to successfully investigate and establish the root cause of a failure, one must have a good understanding of how the materials making up that component are formed, and their response to various stresses and strains. (In engineering, stress is a measure of the internal forces that neighbouring particles of a continuous material exert on each other. Strain is a measure of the deformation of the material.)

The Bible states that humans were created by God and in His image. However, one of the most commonly asked questions is: 'If God is real, why would He allow so much suffering in this world? Why can't He stop the pain and misery?'

As mentioned, my experiences dealing with failure investigations have helped me understand what is going on.

A good rule applied in the field when carrying out significant failure investigations, particularly those involving disputes between two or more parties, is that the investigation must be carried out by an independent body. The Bible tells us that the first unrest began in heaven, with one of God's angels, Lucifer (Revelation 12:7-9). That war between Jesus and some of the angels has carried on ever since, with Lucifer (Satan) and his angels now continuing it here on earth.

John 8:44 tells us the Devil 'was a murderer from the beginning' (KJV), and a study of the Scriptures reveals that he is still the murderer. Evil does not come from God; it is instigated by Satan. However, if God is all-powerful, why does He not just get rid of Satan, once and for all?

To maintain a fair and just atmosphere, an independent body of investigators has to be sought. The Bible says, 'Know ye not that we shall judge angels?' 1 Corinthians 6:3, KJV. You and I, who were not present, nor even created at the time of the event, will ultimately evaluate whether Satan was right in his claims. Then God will proceed to banish evil once and for all (Matthew 13:41-43).

I was recently asked to investigate the reasons for premature failure of some parts that go into planes. The aerospace market is arguably the strictest industry in terms of safety requirements.

To conduct such an investigation, we often start by a visual examination of the fracture surface, i.e. the region where the component broke. The origin of a crack can be found and the way it grew assessed, to distinguish, for example, overload failure from fatigue.

The fracture surface characteristics differ dependent on the mode (type) of failure. On examination of this particular failure, there was evidence of fatigue failure. Fatigue occurs as a result of repetitive exposure to stress and strain, and when this exceeds the material capability, the result is a failure.

A fatigue failure usually has an initiation point. The initiation site tends to be an area of weakness, such as a change in section or an area of non-metallics resulting in a weakened structure in that region.

On investigation, the initiation site on my recent examination had a region of non-metallics; as the name suggests, this is material that is not metal. Many analytical methods are used for material identification in investigations: among these is energy-dispersive X-ray



spectroscopy (EDX), used during scanning electron microscopy.

We use a scanning electron microscope to establish the material composition. In this case, the region contained high levels of calcium sulphide and calcium aluminate, elements that are present in slag, which is used in steelmaking. Although present over a very small area, (0.66 x 1.5 mm), this was sufficient to initiate fracture. Slag is unwanted in your final product as it has a different strength to the rest of the metal, usually weaker. Hence, if a stress is applied, the region with the slag cannot take the load and begins the fracture, which subsequently propagates into your metal.

The war in heaven was initiated by an area of weakness: pride. Lucifer wanted to exalt his throne over Jesus. This propagated to some of the other angels, and consequently the angelic body was split into two. To this day, one of these groups continues to oppose the Son of God and causes sin and suffering. Satan seeks to bring more to his side by applying repetitive stresses and strains on our weak points.

The slag reminds me how we as humans have character flaws. These are regions of weakness that Satan loves to exploit by putting them under strain. But God wants to take these away (Ezekiel 36:26). As the Bible points out, He wants to give us the fruit of the Spirit: love, joy, patience, longsuffering, and more.

Failure investigation can often be a costly and time-consuming exercise. However, the benefits far outweigh the cost. The number-one reason for investigating failures is to stop their reoccurrence in the future. The same turns out to be true with the suffering in this world. God promises to destroy evil, and that affliction will not rise up a second time (Nahum 1:9).

The above are just some examples of elements I have come across in my work that have shed some light on the issue of suffering. They help me come to a realisation that God has a plan, a plan for the good of mankind: a plan to eradicate evil in a fair and just manner. Perhaps, though, more important even than understanding this, is the realisation that as He does so, He has a part for each one of us to play.

Ree Muroiwa graduated with BEng (Hons) in Forensic Engineering at Sheffield Hallam University. He currently works as a Forensic Metallurgist for one of the world-leading producers of steel. A significant proportion of his time at work is spent investigating failures of common parts used in aircraft, motor vehicles and engineering equipment.





**Name:** David Rančić

**Age:** 40

**Place of birth:** Cuprija, Serbia

**Currently living:** with his wife Duska, in Newport, Wales

**Children:** Anasstassia, who is, as she says: 'Almost 2'

**Job title:** Pathfinder Sponsor, Welsh Mission

**Hobbies:** Football, reading, staying cosy on dark days with my family

**Pets:** None – but if I had one, it would be a dog

**Most inspiring Bible text:** Isaiah 43:2

*'When you pass through the waters, I will be with you; And through the rivers, they shall not overflow you. When you walk through the fire, you shall not be burned, Nor shall the flame scorch you.'* (NKJV)

### What was your life like growing up?

I grew up as an SDA pastor's kid in Communist Yugoslavia, and back then pastors moved their districts every 3-5 years. This meant lots of disruptions, changes, adaptations, but on a positive side, new challenges, new beginnings, and getting to know new people and churches, as well as discovering my own country.

By the 1980s, the Communist pressure had eased compared to the time after World War II when people were persecuted for their faith. However, when I started my school as a 7-year-old boy, I had my 'share of persecution' by my friends and teachers, which I went through every time my father moved to another district and I had to change school.

I need to mention my parents and my grandparents. I had the privilege to grow up in an Adventist family and they all instilled positive values in me, especially my mother. Experiences of my family members,

especially my father and grandfather, standing up for their faith in God probably inspired me the most to be the person I am today.

### Favourite memory as a youth?

When I was 13 years old, we had to move again. This time from a great, big church with lots of young people, to a small church where my mother was the youngest adult person and closest to my age! I struggled with my faith for the next year or so. My parents saw my struggle and by God's help devised a smart plan – I was elected to be the 'youth leader'! A youth

leader to people who were 60-65 years old? But they knew that I wouldn't go to the pulpit to lead the AYS meetings or do anything else without preparing myself and studying the Bible. I was transformed by transforming others for the next 6 years. I started a little band with those members who had once played different instruments but quit because of their arthritis or rheumatism. It was so much fun and the church became alive again. They all got a new lease of life. During that period I was involved in the baptism of three of my school friends. At that time, a 67-year-old elder became our mentor. Once a week, without exception, he would simply say, 'Guys, we will meet at the burger place on Monday at 3pm,' or similar. He would then buy us burgers and soft drinks and we would talk. We would talk about life, church, girls, food, God, everything. In other words, my favourite memories as a youth are connected with the times when I was involved in service to God and ministry of my local church.

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

By an amazing turn of events (i.e. God's amazing/difficult answers to my prayer), I enrolled in the Theological Seminary in Belgrade, Serbia, where I got my BA in Theology. I moved to Newbold College in 2002, graduating in 2005 and getting my MA in Pastoral Studies. I initially enrolled for Biblical Studies, but later discovered the passion I had for people and the desire

to do everything I could to help them to mature and know God in a better way. That's how I ended up changing my course.

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

From the time I was involved as a youth leader in that little church, there was one thing that inspired me to keep on doing it. I loved the feeling when on Saturday night I would go to bed tired and that tiredness felt good. There was satisfaction in knowing that people who came to the church went back home joyful and blessed and that I was part of it. Later on, this feeling has grown into the decision to become a pastor. I suppose that this was God's way of saying to me that I care about people/young people. And I want to think that if I ever lose this feeling, or if I ever stop caring about people, I would stop being a pastor. I wouldn't like to keep pretending and to lie to God or others.

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

One of the funniest moments was to be the referee and witness to the famous 'tug-of-war' battle between girls and boys at the Welsh Mission Pathfinder Camp we had in July 2010. Needless to say – the girls won, and I can say that because I was there!

### Your vision for youth ministries in the BUC:

Growing up in the Communist Eastern Europe, we were taught that in everything we do, we need to be better than the West. This made people endeavour to be good workers, excellent students and prepared to sacrifice. When it comes to the church, one doesn't need to look out for worldly philosophies and ideas. We need to look up to God, who is an excellent and amazing Person. The pastors and leaders working across the union should be held





up to a high standard of excellence themselves, inspiring young people to be excellent in what they do and who they are.

When you read the Bible there is one idea that stands out for me – we should be balanced and whole Christians. I pray that future generations of young people will be better than us, knowing God for who He really is and being mature Christians.

### Your most standout moment in youth ministries:

Just about every single moment when I am engaged with a young person or a group of a young people and we have an honest

and open talk about God and life.

If I had to choose one specific moment, it would be a baptism of 6 young people from Newport and Hereford churches in October 2011. It was an emotional, joyful and very special moment for both churches to be involved in: also, one of the largest baptisms in many years in Newport church.



## Does religion cause wars?

o Dr Tihomir Lazić <sup>DPhil</sup>

Newbold College Lecturer and TED Director of Student Ministries

At the 2015 BUC Student Day we asked students to share the questions they are most frequently asked by their peers. Over the next few editions, we will look to address these questions and hopefully provide some possible answers for you to share with your friends as you continue to witness about Jesus. Dr Tihomir Lazić is the first guest writer for this new feature.

My answer to this question is: Yes! Religion has indeed been the cause of many wars and is responsible for a lot of violence in our human history. No one could argue against such a claim convincingly in the face of the examples of the Christian Crusades, continuing Israeli-Palestinian conflicts in the Middle East, clashes between Catholics and Protestants in Northern Ireland, the Syrian Civil War, or the recent beheading of Egyptian Christians by ISIS.

Richard Dawkins, Britain's best-known atheist, uses war to argue that religion is evil. He believes that a world without religion would most likely be without cruelty and war. 'No religion – no war,' he asserts and then, like many other neo-atheists, proceeds to build his case against any belief in a good and just God or the very existence of a Supreme Being.

### Questions

What, then, do we make of such anti-religious claims? Could something be said in defence of religion? Or must we simply see religion as yet another harmful human invention? Can you even stay religious knowing that this carries the seeds of violence, of social disruptions and of wars?

I was forced to wrestle with these and similar questions as a teenager. I grew up in Serbia – a country that was heavily involved in the Yugoslav War in the 1990s. This conflict between Serbs, Croats and Bosnians is seen by many as a religion-motivated conflict between the Orthodox, Catholic and Muslim populations of former Yugoslavia. What I learned from this experience of war can be summarised in three statements.



**Multiple causes**

Firstly, wars always have multiple causes, not a single one. For instance, wars are caused by conflicting views on ideologies, politics, race, economics, and religion. Therefore, if you want to avoid one-sided explanations of the causes and mechanisms of war, you need to go further and expose all the factors that contribute to this phenomenon. This might lead you to discover that the link between religion and war is not always as straightforward as some opponents of religion might want it to be.

To illustrate my point, I would like to refer to *The Encyclopedia of Wars*, an extensive study published in 2008 – a study that chronicles 1,763 wars throughout human history. What is interesting for our discussion is the fact that out of all these wars, it is only 123 that are named as ‘religious in nature’, which is a little under 7%. Similar conclusions are reached by the New York and Sydney-based Institute for Economics and Peace, which studied the conflicts that took place in 2013. In 40% of the cases, religion did not play any significant role. In fact, only for 14% of the studied armed conflicts was religion the major cause.

Certainly, religion is one of the many contributing factors to war. But the claim, like that of Dawkins, that religion is solely responsible for much of human conflict was a huge overstatement. There are always multiple factors that interact dynamically and mutually when generating disruptive socio-political conflict.



In the light of this, it can be concluded that to claim that religion is a single, invariable and exclusive cause of war would be very naïve and reductionist.

**Two sides to religion**

Secondly, religion has what we call an ambivalent nature. This means that it can be used both for good and for evil purposes. Religion reaches all the way to our deepest convictions, values and beliefs. It defines us and shapes our individual and collective identity. However, our religious identity is not the only identity we have. As Nobel Prize winner, Amartya Sen, rightly explained, one person has multiple layers of identity, determined by their nationality, ethnicity, social class, political lineage, culture, sexual orientation, profession, favourite games/hobbies, and so on.

Our multi-dimensional identity might well be an explanation of how it can be that a religion that is known for its tireless and selfless efforts to promote peace and harmony can suddenly become an instrument of violence. As one of the most powerful forces in the identity-making process, religion can easily be abused. It is by no means immune to crude distortions.

This is especially the case when people are using religion to hide their true motives, such as wealth, power, prestige and status.

Under these conditions, the perverted religious outlook becomes an important factor in

inflaming violence and social disruption.

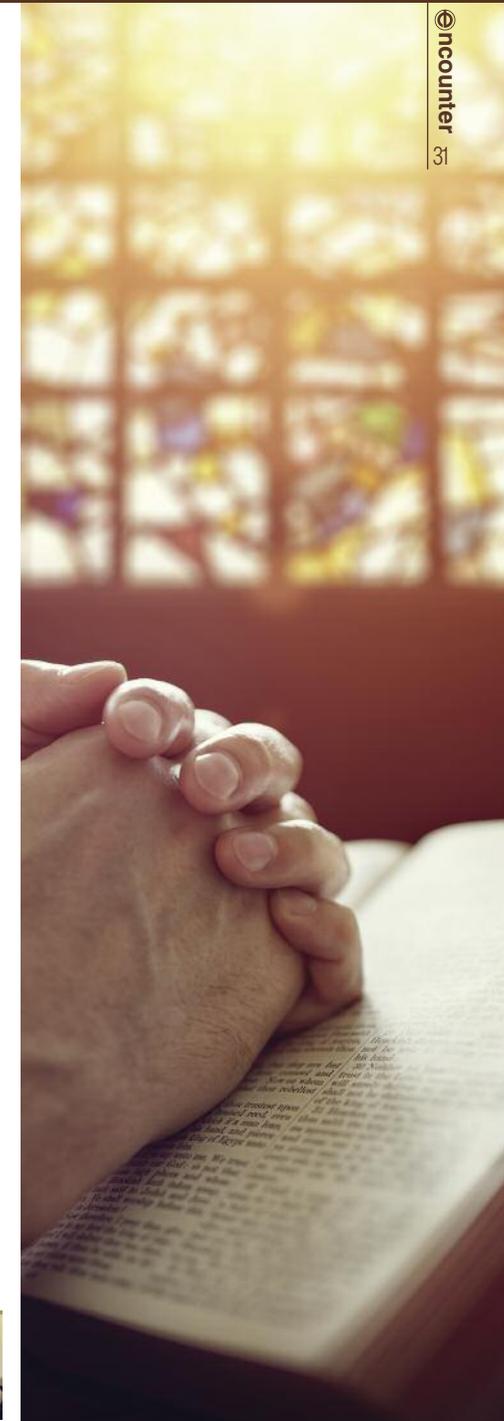
Since religion possesses enormous potential and opens the door to many unknown risks, it is important for all the religious people to be self-critical and constructive in their approach to spirituality and religion. Religion can be both good and evil. The fact that many powers abuse religion does not mean that we should just dismiss it. Our fear of being exposed to some possible distortion should not take away an opportunity to experience its positive aspects.

**Powerful and creative**

Thirdly, religion can represent one of the most powerful and creative impulses for positive change in the world. I often return to my memories of the foundational experience of fellowship that I gained in my local Seventh-day Adventist community in Novi Sad, Serbia. During the time of war, in the midst of shooting and of bomb explosions, the church brought us a deep sense of hope, fulfillment and fearlessness; surrounded by turbulence and unrest, it stood as an oasis of peace. This experience sparked my love for exploring the mysteries of God revealed in the church and inspired me to go on and pursue my theological education. I wanted to show to my compatriots that true religion can never be behind brutal and inhumane crimes. That religion – when lived as it should be – always brings healing and compassion; it always breaks the barriers humans build, be those ethnic, cultural, religious, racial, gender, national or other. Religion, in short, creates harmony among people, uniting them with their Creator.

In conclusion, we can say that religion is a powerful agent of identity construction and maintenance. It has a unique ability not only to bestow a collective identity on its followers: though religion is sometimes abused, real religion should help its followers promote peace and harmony. Real religion should elevate the quality of human life. This is, I believe, today’s challenge to all religions.

Dr Lazić is Lecturer in Systematic Theology at Newbold College and Director of Student Ministries for the Trans-European Division.



## Can cinema be church?

o Victor Hulbert  
TED Communications Director

For Karolina and Monika, 19-year-old twins from Krakow, it certainly was, last November when *Hacksaw Ridge* was released in their country.

They have seen the film four times. Each time they wore World War II look-alike T-shirts similar to the uniform Adventist pacifist and medic, Desmond Doss, would have worn. On the back is written, 'Desmond Doss saved 75. Jesus saved all. I'm an Adventist like Desmond Doss – ask me more.'

Together with 100 other youth across five cities in Poland their initiatives have led to Bible studies being given, total strangers attending church and lots of interesting conversations.

Why did the twins get involved?

'The movie was great, but above all, we admire Doss's moral rigidity. We are proud to be Adventists,' they claim. Yet until recently they were not Adventists. Their mother joined the church ten years ago. Their father never joined. The girls showed little interest – that is, until Polish Union Youth Director, Marek Micyk, introduced the Sabbath Sofa to Krakow. They were fascinated by the idea of placing a sofa on a busy shopping street and sharing with people the idea of rest – particularly the Sabbath rest. They got involved in the video editing. Six months ago they were baptised.

For teens such as Karolina and Monika, the example of Desmond Doss and others like him provides an ideal role model for them in the difficult choices of the modern, sometimes anti-Christian world of school, community and work. Doss knew what he believed in. He was bullied for saying his prayers, for reading his Bible, for refusing to pick up a rifle. He was ridiculed – but ultimately rewarded as he saved the lives of the very soldiers who had previously taunted him.

The Doss story may be unique in that he

was the first conscientious objector to receive the US Congressional Medal of Honour. But Adventists with a conscience do end up as unlikely heroes. While Doss was saving lives in the Pacific basin, Dutch Adventist John Henry Weidner ran an escape route for Jews and allied servicemen. (See *Flee the Captor*.)

Jump back to World War I and faithful young Adventist men in this country went to prison and were beaten and tortured 'within an inch of their lives' rather than bear arms or break the Sabbath. Their testimony also bore fruit. In one case, an inmate of Dartmoor prison, where the strict regime did not allow for any conversation, held Bible studies using chalk on a cell wall. After the war his new friend was baptised. (See

[www.adventist.uk/ww1](http://www.adventist.uk/ww1) for more details including a documentary film.)

It is inspiration like that that motivated Karolina and Monika to become active Christians. To volunteer at the cinema, on the street, at the Krakow International Book Fair – sharing Jesus' love and message of hope with those around them.

Take out the names Karolina and Monika and put your name there. *Hacksaw Ridge*, the Sabbath Sofa . . . or whatever is happening in your local church. Your active involvement could make a difference – perhaps most of all to you.



Photo credit: ©Lionsgate Publicity

## Desmond Doss & Hacksaw Ridge

The film *Hacksaw Ridge* will be released on 27 January 2017 in the UK and features the story of Private First Class Desmond Doss, a Seventh-day Adventist medic serving during the Second World War. Although the film itself does not shy away from portraying the horrors of war, by all accounts it is a fairly accurate account of Desmond Doss's early years and wartime experiences. His views on not breaking the Ten Commandments meant that when he enlisted he became a non-combatant and refused to bear arms. This decision caused his superiors as well as the members of his regiment to mock him and relentlessly abuse him for his beliefs. However, he held true to his convictions, and while serving in Japan he performed a daring rescue mission lasting several hours to save the very soldiers who had been bullying him.

When the film is released, it will provide an excellent opportunity to share Seventh-day Adventist beliefs with friends. But even if you prefer not to visit the cinema, many of your friends will have watched the film, and you can still share some thoughts about the character of Jesus that inspired this gentle man to do what he did in the face of persecution and danger.

For more information see [www.adventistyouth.org.uk](http://www.adventistyouth.org.uk)

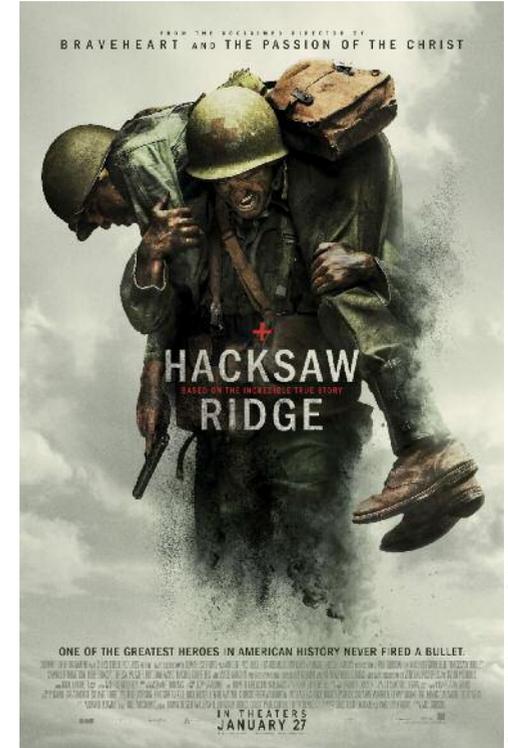


Photo credit: ©Lionsgate Publicity

*'Desmond Doss was singular. There are few, if any people, who could or would replicate his actions. The humility he maintained in discussing his heroics is a testament to the mettle of the man. In fact, Desmond was asked permission for years to adapt his story into a film, and repeatedly declined, insisting that the "real heroes" were the ones in the ground. In a cinematic landscape overrun with fictional "superheroes", I thought it was time to celebrate a real one.'*  
Mel Gibson, director.

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# What's your story?

o Yunuen Carrillo

36

Do you like to listen to stories? We were created to engage through stories! Jesus taught through stories. Everyone has a story to tell, including you – your story. Who better than you to tell it? My story with God started when I was 9 years old and living in Mexico. It's full of sad and joyful experiences, as probably yours is. I would say it all started when I met a girl at a junior camp; we enjoyed camp and exchanged postal addresses to keep in touch – I can't believe my story started when there were no email addresses or mobile phones for children!

A few months later, my friend talked about Pathfinders in one of her letters. All she said was, 'I'm so excited that I have finally joined the Pathfinders; I will do the real stuff and I'll get to go on expeditions!' That was enough to awaken my curiosity. I asked my mum if she knew what Pathfinders were. Mum hadn't the faintest idea and suggested I ask my aunty, the only Adventist in the family. So I did and her answer only got me more interested.

I felt intrigued to find out by myself what Pathfindering was like, but there was just one obstacle: how was I supposed to ask my mother to take me to church to attend Pathfinders when we were not Adventists and my Adventist aunty lived far away?

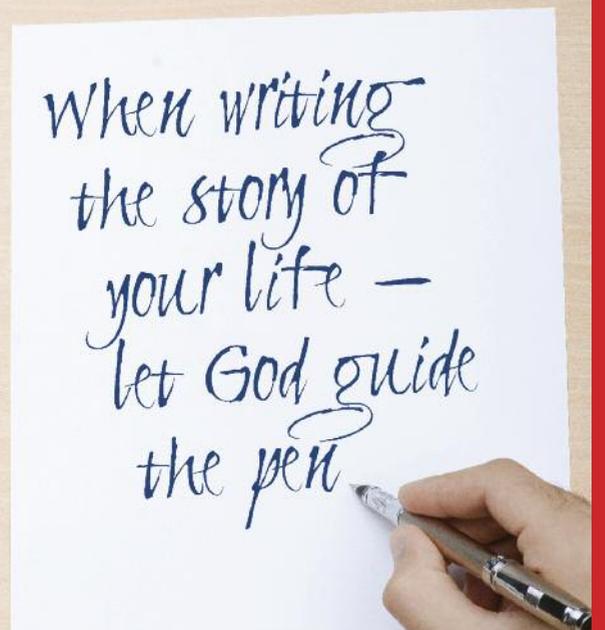
God was already preparing something for me although I could only see impossibilities around me. After a very sad and drastic family argument, I felt as lost as a child can feel with no direction on a vast open ocean. The timing was very close to my 11th birthday. My mum meditated on the issue and days later suggested that perhaps I could go to the church that aunty takes me

to when she is in town.

As soon as I got to church the following Saturday, I asked about the Pathfinder club. The next day, Sunday, I was the first one to be there to start at 8am sharp! There was something special about making fire and cooking on fire, with all the smoke getting in my eyes and trying to place the food in the pan rather than on the fire; something about the challenging hikes that we tried to avoid; something about the evening socials; there was something in the trips to the lake or to the river, something about the time spent with new friends and all my mentors who were so caring. My mother realised that I was in a safe 'village' and supported me all the way through.

When I finished my university degree, I had by then also completed my APLA (Advanced Pathfinder Leadership Award) and my father confessed that he always asked and thanked God for stepping in as the Father he was not physically present to be. I deeply love and admire my father and I am equally convinced that 'the something special' in Pathfinders was my Heavenly Father's presence, guiding me and lavishing my life with love.

That's my story – what's yours?



Why not share your experience today? You too could have an amazingly powerful and positive impact on someone's life. If you have a Pathfinder-related story or experience you would like to share, please send it in to [bucyouth@adventist.org.uk](mailto:bucyouth@adventist.org.uk) We may feature it online (website or social media) or in print.

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PHOTO: SHAEON & LYNN MOMANTY

**MGC** NORWAY  
TED MASTER GUIDE CAMP 2017

23. - 26. June

COME WATCH THE MIDNIGHT SUN AND IMPROVE YOUR PATHFINDER LEADERSHIP SKILLS, WHILE EXPERIENCING ARCTIC NORWAY!



Generations of Seventh-day Adventists have grown up with stories of the exploits of Private First Class, Desmond Doss. His heroic actions on the island of Okinawa in one of the bloodiest battles of World War II were shared with Adventist youth at summer camps and in Pathfinder meetings for decades. Doss himself would teach groups of boys and girls the bowline knot that he used to lower 75 injured soldiers to safety, an act that awarded him the Congressional Medal of Honour, the highest military award in the United States.

'This year his incredible story, told in *Hacksaw Ridge*, will appear on more than 3,000 screens around the UK, and in every major media market of the world. What was once an "Adventist" story will be known to people of many cultures and faith traditions.' *Pastor John Bradshaw, It Is Written/NAD.*

Just like Yunuen did on page 36, don't be afraid to tell your story. You never know who might be waiting to hear your words!

Why not try the Pathfinder knot tying honour or Adventurer knot tying award for yourselves?



Photo credit: ©Pacific Press



## Knot Tying

Recreation

### Requirements:

1. Know and explain the different types of lashing that exist.
2. Learn to make the following knots and explain their usage:
  - Double loop • Sliding • Fisherman • Loop • Lark clip
  - Flat • Sheet bend • Bowline • Pearl • Surgeon
  - Clove hitch • Figure of eight
3. Prepare a model over a table or cardboard that includes twelve knots you have learned to make.



## Knot Tying • Level 2

Recreation

### Requirements:

1. Define the following terms:
  - Bight • Running end • Standing part
  - Underhand loop • Overhand loop • Turn
  - Bend • Hitch • Splice • Whipping
2. Know how to care for rope.
3. Describe the difference between laid rope and braided rope and list three uses of each.
4. Identify the following types of rope:
  - Manila • Sisal • Nylon • Polypropylene
5. What are some advantages and disadvantages of synthetic rope?
6. Do the following to rope:
  - Splice • Eye splice • Back splice • Finish the end of a rope with a double crown, whipping, or a Matthew Walker's knot.
7. Make a six-foot piece of three-strand rope from native materials or twine.
8. From memory tie at least 20 of the following knots and know their common uses and limitations. Demonstrate how they are used.
  - Anchor bend • Binder twine band • Blackwall hitch • Bow or shoestring
  - Bowline • Bowline on a bight • Butterfly loop knot or Alpine slip knot • Carrick bend • Clove hitch • Double bow • Double Carrick bend • Figure eight
  - Fisherman's knot • Halter hitch • Hunter's bend • Lariat or bowstring knot
  - Lark's head • Man harness knot • Miller's knot • Packer's knot • Pipe hitch
  - Prusik knot • Running bowline • Sheepshank • Sheet bend • Slippery half hitch
  - Slippery sheet bend • Square knot • Stevedore's knot • Strangle knot
  - Surgeon's knot • Tautline hitch • Timber hitch • Two half hitches • Wall knot
9. Make a knot board showing 25 or more knots.



# GLOBAL YOUTH DAY

March 18th, 2017



...be the sermon...

