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Friday 30 November, to address the issues of the causes and symptoms that identify depression in young people and how to help in dealing with the situation.

Guest speaker, Mr Luka Mhishi, a qualified General and Mental Nurse, of many years' experience, has a Post Graduate Diploma MH Innovations and an MA Mental Health. His presentation on 'depression in adolescence' included some discussion. It is a medical condition that affects how the person feels, thinks and acts and comes with feelings of sadness and withdrawn interest in activity. This in turn leads to serious social and educational impairment. Unless treated it could lead to suicide. Therefore, it is very important to identify a young person suffering from depression. Nearly 80,000 young people and children suffer this illness. It is more prevalent in girls at a ratio of two to one: they are 6% more sensitive than boys because of the development of their sex hormones.

Mhishi pointed out the importance of identifying this disorder because the person needs help but often goes undetected until the situation becomes more acute. Sufferers of depression are often loathed to talk about their feelings. They need to be able to talk to someone whom they can trust; but that person needs to point them in the right direction, suggesting where and how they can find help. The first port of call being their doctor. The important thing is to remember that the individual needs someone to listen to them rather than be lectured by. Care and understanding is important.

#### A Word in Season . . .

"Christmas, it really happened". That is the theme we have chosen for the season this year at our local church. I have always enjoyed Christmas. In fact, it brings back fond memories of when I was growing up in a small village near Cardiff, South Wales. Every Christmas Day our family would attend the local Baptist church in the morning. We were allowed to take one present with us. Afterwards we would have a traditional Christmas feast at lunchtime, followed by *The Queen*, and then *Top of the Pops*. As a child, I don't think I appreciated enough the hard work of my parents, especially my mother, during Christmas. It was hardly a holiday for her. Christmas can be a very busy time of year. Christmas can also be a difficult time, with reminders of loss and loneliness. It can be easy to forget what Christmas is really all about. So, let me take this opportunity to say what it means to me. I hope you can relate to

some of it.

Christmas to me is all about family; and it started with a very special family living in Israel some 2,000 years ago. That family was composed of Joseph and Mary, the parents, and the birth of the baby Jesus. There was no great earthly fanfare at Jesus' birth, He was born mostly in obscurity and poverty. But that started a life and journey that would change everything. Christmas is all about family because God wants all of us in His family. Christmas is the start of the incredible story of how God has invited all of us into His family.



I, personally, would like to warmly invite you to join our church family

for our *Community Candlelight and Carol Service* on the 22nd of December at 7pm at the Great Yarmouth Adventist Church on Burnt Lane. It will include a Nativity play followed by refreshments. Let me take this opportunity to wish you and yours every blessing for this Christmas season and for the New Year - *Pastor Mark Borrett, Minister.*

#### Food for Thought . . .

"The Christian home is the Master's workshop where the processes of character molding are silently, lovingly, faithfully, and successfully carried on" - *Lord Houghton.*

#### 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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## The London Adventist Chorale Performs in the Houses of Parliament



*The London Adventist Chorale* has enjoyed a fruitful relationship with the British parliament. This relationship began many years ago when the choir was invited to feature in a BBC Radio *Mother's Day* programme, which was recorded at a church in Hackney. The minister of the church at the time was the Reverend Rose Hudson-Wilkins, who – as was discovered on the day of the radio recording – was a fellow pupil at a primary school in Jamaica with David Grant, one of the Chorale basses, and member of Hampstead Seventh-day Adventist church.

The choir was subsequently invited to perform at other events being led by Reverend Hudson-Wilkins. Her career took a dramatic turn when she was invited to the role of chaplain to Her Majesty the Queen, and also to the Speaker of The House of Commons. She was part of the ministerial team at the royal wedding earlier this year.

The London Adventist Chorale, at her invitation and recommendation, has regularly performed in several Parliamentary events – regularly at Christmas events, in a G8 Speakers' Summit, Industry and Parliament Trust events, the 500th anniversary of the role of Serjeant at Arms, where representatives came from across the Commonwealth, and the Chorale was even privileged to present its own concert in the Parliament Chapel.

One of the choir's performances was briefly featured on a BBC television programme which was syndicated in other parts of the world.

This year the choir will perform on consecutive days. The first singing date, 11 December, is the same day as the Brexit vote, which is occupying top news at present. Perhaps the choir's musical offerings will help to bring a sense of peace to a divided nation, as well as present the best alternative to Brexit: A United Kingdom – where God shall reign forever and ever.

#### Parliament dates:

Dec 11: London Adventist Chorale at Parliament – Speaker's Carol Service

Dec 12: London Adventist Chorale at Parliament – Industry & Parliament Trust



## A Very Happy Christmas to All our Readers!

### Editorial

Christmas is virtually upon us once again, but how many will actually pause to consider the Christ-child Who came into this world to save us from our sins. Christmas is an important time in the Christian Calendar. As Adventists, we recognize that Jesus was not born on 25 December, but we do believe it is good to celebrate His first advent, to give God thanks for His precious, redeeming gift of Jesus, and to share the praise in broadcasting the advent of our Saviour.

Once again, we invite all of you to come and share with us the joy and blessing of our annual *Carol & Candlelight Service* on the evening of December 22. There will be a very special Nativity play in which the children will participate. During the service, there will be an opportunity for everyone to contribute towards the goal of building the East Coast Hospice in Gorleston. At last year's service, we raised £143.91. Please help us raise more this year. Several have attended each year from our community; and we look forward to seeing as many of you as possible again this Christmas. After the service, we shall serve mince pies and mulled berry punch.

We have previously featured the famous *London Adventist Chorale* in 'The Link', and once again we bring more news about the choir's exploits as well as another well-known Adventist choir, namely the *Croydon SDA Gospel Choir*, both who perform under the direction of Ken Burton. Below is a listing of when you will be able to hear these choirs and their related sections on the BBC over the Christmas period.

Ken Burton, who has become well-known on BBC television as a musician for his conducting and adjudicating various musical talent programmes, is a Seventh-day Adventist who uses his God-given talent to create and produce music to the glory of God. For those of us who know him personally, we recognize a special quality in the type of arrangements he makes. It has a richness and beauty that in itself is unique; and the choir members are committed Christians who sing from what they believe in their hearts. Enjoy the articles and, if you get the chance over the season, enjoy listening to their music - *Editor*.

### Adventist Music on TV Over Christmas

**Dec 9:** Adventist Vocal Ensemble featured in BBC1 Songs of Praise, 1.15 pm.

**Dec 22:** Croydon SDA Gospel Choir, London Adventist Chorale, Brixton Chamber Orchestra in concert – Croydon SDA church, 7.30 pm, singing a variety of classical works and gospel works.

**Dec 23:** BBC1 Songs of Praise: Ken Burton conducts Songs of Praise: The Big Sing Christmas.

**Dec 25:** BBC1 On Christmas Night, TESSERA is featured with their popular 'Mary, Did You Know?'.

**Dec 30:** BBC1 Songs of Praise: Ken Burton conducts Songs of Praise: The Big Sing New Year from Edinburgh.



A Collection will be taken at the above service for the East Coast Hospice, Gorleston, as in previous years. After the service, there will be the opportunity to meet together in the Function Room for warm mince pies and mulled berry punch.

### Vegetarian Cooking Class . . .

On Sunday 11 November, the church hosted another successful vegetarian cookery demonstration. Four delicious dishes were prepared and enjoyed by everyone who attended the session. These were 'Portobello Mushroom Wellington' by Izabella, 'Chick-pea Roll' by Pearl, 'Onion Bhaji with Mint Raita' by Norma, and 'Polenta Cornmeal Mush' by Pastor Mark. As Pastor Mark Borrett demonstrated his recipe, he also entertained us with his sense of humour. After the meals were prepared, everyone sat down to enjoy a full meal including the dishes that had been prepared.



Demonstrators (left to right) Top row: Norma Borrett & Izabella Clarry Bottom row: Pearl Walker, Pastor Mark Borrett. Last picture: Mealtime!



Those who attend the vegetarian cooking classes also receive a printed copy of the recipes; those who are regular attenders are now gathering a large collection of recipes for their repertoire. The next vegetarian demonstration will be in February 2019.

### Ken Burton Conducts Songs of Praise: The Big Sing



Broadcasting on BBC1 television on the two last Sundays of December, Ken Burton will conduct the Songs of Praise *the Big Sing*, the biggest date in the broadcast calendar of BBC1's Songs of Praise series.

Check TV magazines to confirm broadcast times.

The programme is the longest running religious music programme in the world. It was first broadcast in 1961, and has broadcast every Sunday since. In 2001, to celebrate its fortieth anniversary, it recorded a special celebration programme from the Royal Albert Hall. The Croydon SDA Gospel Choir featured in that programme. Following the success of that, the producers decided to make it a yearly event, and beginning in 2003 created *The Big Sing* as an annual event, in which two programmes would be made. *The Adventist Vocal Ensemble* – the choir which Ken Burton created specifically for Songs of Praise broadcasts – was invited to sing in all of the programmes – on some occasions performing its own songs and collaborating with a number of different singers.

For the first time, the event was taken out of London to Edinburgh. Ken Burton was invited to conduct. This is the first time another conductor has directed the programme. Burton was responsible for conducting the orchestra, stage choir, and one thousand voices in the audience, as well as arrangements for orchestra and singers of several hymns – including *To God Be the Glory*, and *Amazing Grace* featuring Highland bagpipes. He also did special arrangements of the Songs of Praise signature tune.

In the first arrangement for the Christmas broadcast, he featured different elements of Handel's *Messiah*, and finished with an interweaving of 'glory to the newborn King' from the carol *Hark The Herald Angels Sing*. For the Scottish New Year theme tune, he featured the Scottish national anthem the *Flower of Scotland* and a bit of *Auld Lang Syne* with the original theme tune.

For Burton, the event was a true foretaste of heaven – where sounds, and colours, and voices join together in creating a sound so magnificent, John the Revelator simply had to define it as coming from a number that no man could number, standing around the throne, crying in a loud voice 'Salvation to our God and unto the Lamb!'

### Understanding Youth Depression

Youth depression is a current issue featured in the media as a major concern affecting many young people. Out of concern for the community, the Seventh-day Adventist Church in Burnt Lane hosted a special seminar on . . . /Continued over