

A Word in Season . . .

Totally disheartened, Cleopas is on his way from Jerusalem back to his home in Emmaus. Someone accompanies him. Was it perhaps his wife?



Then, suddenly, there is a third Person who asks why both of them look so sad. 'What are you discussing together?' He asks. They reply in utter amazement: 'Are you only a visitor to Jerusalem and do not know the things that have happened there in these days?'

However, the unknown Man then proceeds to show that He has complete background information. He explains to Cleopas and the other disciple the meaning of the recent events. He tells them, on the basis of scriptural evidence, what had to happen with Jesus, but also that, after what happened, not everything is lost. Not at all. After some urging to stay for a meal, Jesus accepts the invitation: and during the meal everything falls into place. Their visitor is not just any visitor: the risen Lord is with them. It is an experience they will never forget.

Was there ever such a moment when you suddenly knew: the Lord has come into my life!? He has been looking for me and, happily, at last I have recognized Him! If not, do not despair, for even today the Lord may decide to walk alongside you for a while on your journey through life, and will let you know that He wants to be there for you - *Reinder Bruinsma, Ph.D.*

Introducing our guest contributor . . .

Reinder Bruinsma is a long-time pastor and church administrator. He hails from the Netherlands and has served in different parts of the world: the Netherlands, Cameroon, United States, and the United Kingdom. He speaks Dutch, English, French and Swedish. While serving in the UK, he was located at the Trans-European Division headquarters in St Albans. He earned his Ph.D. in Theology at the University of London; and has authored many articles as well as 20 books - *Editor.*

"Food For Thought . . .

"When you have accomplished your daily task, go to sleep in peace; God is awake"

- *Victor Hugo.*

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Bomb Blasts in Sri Lanka

Adventists in Sri Lanka are responding by providing emotional support to the families of those slain from the Negombo school as well as to the current Negombo students and staff and the SLM worker. Mission workers are also committed to assisting in other ways. A letter was sent from the Mission "to the Prime Minister of Sri Lanka from the Seventh-day Adventist Church, letting him know of our belief that all human life originates from God and is thereby sacred," Pearman said. "We therefore condemn without reservation the acts of terrorism that occurred this past Sunday and are praying that God will comfort the bereaved, heal the injured, and bring swift justice to the perpetrators so that the country can return" to tranquility. "We also informed him that the Seventh-day Adventist Churches in Sri Lanka are ready to assist in the areas that we can."

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/>



The Link April/May 2019

A local church & community newspaper

Issue no.72

Seventh-day Adventist Becomes CEO of Christian Aid



Christian Aid has always been a pivotal organization within the Christian Church, throughout the UK and worldwide. It is an organization that believes, "human action is responsible for the underlying causes of poverty and that the world must be swiftly changed to one where everyone can thrive and share life in all its fullness."

Just over one year ago, Amanda Bio was appointed Chief Executive Officer of Christian Aid. She was born in the UK and of Zambian heritage; and she is a committed Christian and member of the Seventh-day Adventist Church. She has more than 20 years' experience, extensive knowledge and expertise in working to alleviate poverty, injustice and inequality, with a special focus on women's leadership, civic engagement and volunteering.

Prior to joining Christian Aid, her most recent appointment was as the Chief of Volunteer Knowledge and Innovation for the United Nations Volunteer Programme (UNVP), based in Germany. Before that, she was the Director of Policy for VSO International, based in London, where she was responsible for programme policy and programme effectiveness across the whole federation and VSO global.

She has also served as Head of External Relations and Head of Programmes at Skillshare International UK, as well as Women in Business Coordinator at the Common Market for Eastern and Southern Africa in Lusaka, where she began her career in international development.

Amanda has a Master's degree in International Economic Law, from the University of Warwick, and a Bachelor of Laws degree, from the University of Zambia. She has served as a trustee on the board of Bond and as President of Akina Mama wa Afrika. She became a trustee of Christian Aid in 2015 and stood down from the Board to apply for the Chief Executive position. She started as Chief Executive in April 2018.

Amanda Bio is married and has two children.

- Report submitted by Richard Daly,
Communication Director at the British HQ for SDA's.

Editorial

The last two months have been exceptionally busy; hence, as *The Link* is produced on a voluntary basis, it has been necessary for this particular issue to be a dual-monthly edition.

We continue with a health series by Sharon Platt-McDonald, a nursing specialist heading our health ministry in the British Isles. Her input is something we can all benefit from. The recent terrorist bombings in Sri Lanka have dealt a terrible blow to the people there and we feature news regarding our church Mission near to where one of the bombs went off. That which makes News is usually bad news; but we have however some good news just recently announced in the birth of another royal baby. I understand that now makes our Queen the grandmother of eight grandchildren - Congratulations your Majesty! - *Editor*.

**Public Health Screening
At Market Gates
Shopping Mall
Great Yarmouth
Sunday 12 May 2019
Between 10 am and 4 pm**

**A Free Health
Check
Blood Pressure
Blood Sugar
Body Mass Index
Carbon Monoxide
Advice by qualified
personnel**



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 9 June 2019
In the Function Room,
Seventh-day Adventist Church
Burnt Lane, Gorleston, NR31 OPG
This is a free Community Service Programme



At the Recent Vegetarian Cooking Demo . . .



The vegetarian cooking class that took place on April 7, 2019, another four recipes were demonstrated - namely: *Mushroom & Bean Chilli*



by Izabela Clarry, *Aubergine Tagine* by Zöe Keshishyan, *Palenta-base Pizza* by Norma Borrett, and *Sweetcorn Pockets* by Pearl Walker.

Congratulations to the Royal Couple!

Our heartiest congratulations to the Duke and Duchess of Sussex on the birth of their son, whose birth was announced on Monday 6 May. The baby weighed in at 7 lbs 3 ozs, and has yet to be named, is the 7th in line for the throne. It is almost 12 months ago since we witnessed the marriage of Prince Harry and Meghan Markle at Windsor Castle on 19 May 2018. We pray for them and this new addition to the royal family.



Adventist Leader in Sri Lanka Just Misses Bomb Blast

Delbert Pearman, the president of the Adventist Church in Sri Lanka had just jogged along his usual route on Sunday, April 21, 2019. After arriving home, the deadly bombs were detonated and he later learned that he had passed three of the bombed sites that morning just minutes before they were set off.

As we heard on the news bulletin, seven suicide bombs exploded almost simultaneously around the country shortly after 8.45 am. More than 320 people were killed, and over 500 were injured. Three churches and four hotels were targeted, along with an additional bomb later detonated during a police raid of the reported suspects' lodging.

Pearman began his current term in October 2018 but also served in Sri Lanka 22 years ago during the country's civil war. "Such bombings were frequent, but not of this magnitude in one day," he said.



The Adventist International School in Negombo

One of the seven targeted locations was St Sebastian's Church, a Roman Catholic church in Negombo, 23 miles north of Colombo. The Adventist International School is 200 meters from St Sebastian. In a surprise to officials, the school was not damaged. According to Pearman, two non-Adventist students from the school and a parent of another non-Adventist student were killed in the Negombo church blast. While there are currently no reports of individual loss of life, casualties, or property damage among Adventist members, one Sri Lanka

Mission (SLM) office worker is mourning the blast-related deaths of seven members of her family.

- *Continued on back page.*

Sleep and Wellbeing - Part 1

by

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



Did you know that your sleep pattern affects the way you think, your immune system, your general health trajectory and even your longevity?

A BBC health news article published on 28 February 2019 carried the headline: 'Weekend lie-ins "do not make up for sleep deprivation"'. In it, Alex Therrien, health reporter for BBC News, highlighted recent research on sleep-deprived individuals.

The research, published in the journal *Current Biology*, ascertained what happened when individuals regularly alternate between a sleep-deprived working week and a two-day sleep 'catch-up' at weekends. Their food intake and light exposure were also monitored.

Christopher Depner divided the study participants into three groups:

1. The sleep-restricted group were allowed only five hours' sleep per night for the duration of the study over nine nights.
2. The weekend recovery group were allowed five hours' sleep for five days, followed by a weekend when they could sleep as much as they liked, before returning to two days of restricted sleep.
3. The control group were allowed nine hours' sleep each night for nine days.

The research outcomes demonstrated that both the sleep-restricted and the weekend recovery groups snacked more at night, gained weight, and showed signs of deteriorating metabolic health, compared to their readings at the commencement of the study.

Lead research author Christopher Depner, the Assistant Research Professor of Integrative Physiology at the University of Colorado Boulder, concluded that, 'in the end, we didn't see any benefit in any metabolic outcome in the people who got to sleep-in on the weekend.'

Study details revealed:

- The weekend recovery group had worse outcomes on some health measures.
- The recovery group saw mild improvements at the weekend (including reduced night-time snacking); however, those benefits went away when the sleep-restricted work week resumed.
- Insulin sensitivity declined by 13% in the sleep-restricted group, while in the weekend recovery group it worsened by between 9% and 27%.
- Individuals who were given the opportunity to catch up on sleep struggled to do so.
- The recovery group achieved only 66 minutes' more sleep on average at the weekend.

In a poll of 2,000 adults, researchers found UK residents sleeping on average 6.8 hours, rather than the optimum 7.7 hours they stated they needed.