

# Advent Beacon

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## INSIDE THIS ISSUE:

Eager Beaver  
Highlights 2

Adamant on the  
Move 2

Education & Char-  
acter 3

Health Corner—4 3  
Unhealthy Habits  
that Can Age You  
by 12 Years

Photo Gallery 4

Good News in Bad  
Times Crusade  
continued 4

Pathfinders in  
Action 5

The Travelling  
Bible continued 6

Prayer Ministries  
Report 7

Reflections—  
Children Minis-  
tries 7

In the Spot  
Light—Family Life 7

## 2010 The Year in Review

### The Traveling Bible arrived in Road Town, Tortola, on May 16, 2010

by Colene Penn

Members of the Seventh-day Adventist Church in the Virgin Islands held a march on Sunday 16 May 2010 to welcome the 'Bible Caravan', dubbed the 'Travelling Bible' as it made its stop in the Territory as part of a two year journey around the world.

Uniformed bodies comprised of the Pathfinders, Adventures, Eager Beavers, the 'Advent Heart Beatz' drum core and other members of the congregation paraded through the streets of East End with the 15 lb bible on display.



**Youth Leaders carry traveling bible through the streets of East End.**

Songs, chants and choruses were heard from the parade participants encouraging persons to 'Read the Bible.' Spanish and English bibles plus other religious material were also distributed to onlookers who lined the streets to view the parade.

The march was followed by a ceremony at the Seventh-day Adventist Church in Fat Hog's Bay which was attended by Government Officials.

Deputy Premier and member of the 8<sup>th</sup> electoral district Honourable Dancia Penn, OBE, QC was thankful for the young people who were present at this "unique and special experience."

In her remarks she referred to the bible as "the good book" and the "full and complete book which shows the path for righteous living."

Hon. Penn said, "The bible teaches us wisdom, many of life lessons, and about time

.....continued on page 6

## GOOD NEWS IN BAD TIMES CRUSADE

by Sheaheda Adolphus



After much preparation and prayer the Good News in Bad Times Crusade began on February 28, 2010. The opening night's big topic

was 'Love Story'.

Each night all those in attendance were blessed

.....continued on page 4

## Eager Beaver Highlights —Quarter 1, 2011



Eager Beavers visiting with senior member of the community

*"Each person visited expressed their gratitude to the children for coming and spending time with them."*

The Eager Beaver Club was busy, busy during the first quarter of 2011. Eager boys and girls visited with sick and shut-in members of their community. The children brought joy and happiness to the hearts of four of our community friends. They sang, read bible scriptures and prayed for the sick. At the end of each visit the children presented the individual visited with a card that was made during club meetings. Each person visited expressed their gratitude to the children for coming



and spending time with them.

During the month of February the Eager Beavers visited the Farmer's Week Agricultural Exhibit at Paraquita Bay. Wow! they were filled with excitement as they had an opportunity to see different farm animals such as goats, cows, pigs and sheep. They also learnt what type of food the animals eat.

In March the club travelled to St. Thomas to visit Coral World. At Coral World the children were again excited and fascinated to see God's creation in the animal kingdom. They saw baby sharks, iguanas, sea turtles, sting rays, birds, fish of varying colours and sizes and sea horses. However,

it was the huge 200lb sea lion named Rimo that captured their attention as he preformed various tricks to their delight.

The children gained first hand knowledge and experience as to the Great and Awesome God we serve as they attended club meetings each week and on their outings.



## ADAMANT ON THE MOVE

### *Each One Reach One in 2011*

**The members** of Adamant Sabbath School Action Unit have dedicated themselves to be on the move for Jesus in 2011 and beyond. Their class goal is Souls Witnessing for Christ in 2011. It is thier aim to meet their class goal through studying the Word of God, fellowship and community outreach.

Thus far the group have been visiting with Sis Frett every third Sabbath of the month. They have also had two class lunches during the first quarter.

## Education and Character

"The stability of thy times...shall be wisdom and knowledge."

True education does not ignore the value of scientific knowledge or literary acquirements; but above information it values power; above power, goodness; above intellectual acquirements, character. The world does not so much need men of great intellect as of noble character. It needs men in whom ability is controlled by steadfast principle.

"Wisdom is the principal thing; therefore get wisdom." "The tongue of the wise useth knowledge aright." [Proverbs 4:7](#); [15:2](#). True education imparts this wisdom. It teaches the best use not only of one but of all our powers and acquirements. Thus it covers the whole

circle of obligation—to ourselves, to the world, and to God.

Character building is the most important work ever entrusted to human beings; and never before was its diligent study so important as now. Never was any previous generation called to meet issues so momentous; never before were young men and young women confronted by perils so great as confront them today.

At such a time as this, what is the trend of the education given? To what motive is appeal most often made? To self-seeking. Much of the education given is a perversion of the name. In true education the selfish ambition, the greed for power, the disregard for the rights and needs of humanity, that are the curse of our world, find a counterinfluence. God's plan of life has a place for every human

being. Each is to improve his talents to the utmost; and faithfulness in doing this, be the gifts few or many, entitles one to honor. In God's plan there is no place for selfish rivalry. Those who measure themselves by themselves, and compare themselves among themselves, are not wise. [2 Corinthians 10:12](#). Whatever we do is to be done "as of the ability which God giveth." [1 Peter 4:11](#). It is to be done "heartily, as to the Lord, and not unto men; knowing that of the Lord ye shall receive the reward of the inheritance: for ye serve the Lord Christ." [Colossians 3:23, 24](#). Precious the service done and the education gained in carrying out these principles. But how widely different is much of the education now given! From the child's earliest years it is an appeal to emulation and rivalry; it fosters selfishness, the root of all evil.

Education  
by Ellen G. White

## Health Corner—4 Unhealthy Habits that Can Age You by 12 Years

By Lindsey Tanner (AP Medical Writer)

Posted April 29, 2010

CHICAGO - Four common bad habits combined - smoking, drinking too much, inactivity and poor diet - can age you by 12 years, sobering new research suggests.

The findings are from a study that tracked nearly 5,000 British adults for 20 years, and they highlight yet another reason to adopt a healthier lifestyle.

Overall, 314 people studied had all four unhealthy behaviors. Among them, 91 died during the study, or 29 percent. Among the 387 healthiest people with none of the four habits, only 32 died, or about 8 percent.

The risky behaviors were: smoking tobacco; downing

more than three alcoholic drinks per day for men and more than two daily for women; getting less than two hours of physical activity per week; and eating fruits and vegetables fewer than three times daily.

These habits combined substantially increased the risk of death and made people who engaged in them seem 12 years older than people in the healthiest group, said lead researcher Elisabeth Kvaavik of the University of Oslo.

The study appears in Monday's Archives of Internal Medicine.

The healthiest group included never-smokers and those who had quit; teetotalers, women who had fewer than two drinks daily and men who had fewer than three; those who got at least two hours of physical activity weekly; and those who ate fruits and vegetables at

least three times daily.

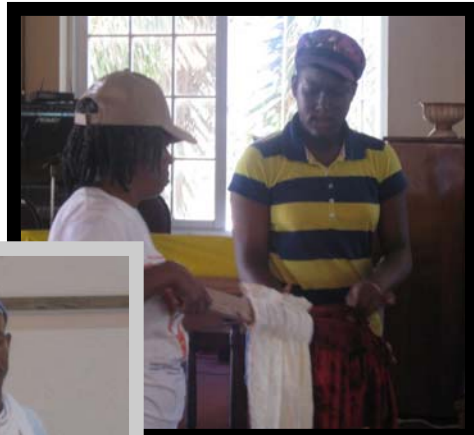
"You don't need to be extreme" to be in the healthy category, Kvaavik said. "These behaviors add up, so together it's quite good. It should be possible for most people to manage to do it."

For example, one carrot, one apple and a glass of orange juice would suffice for the fruit and vegetable cutoffs in the study, Kvaavik said, noting that the amounts are pretty modest and less strict than many guidelines.

The U.S. government generally recommends at least 4 cups of fruits or vegetables daily for adults, depending on age and activity level; and about 2 1/2 hours of exercise weekly.

Study participants were 4,886 British adults aged 18 and older, or 44 years old on average. They were randomly selected from participants in a separate nationwide Brit-

# Photo Gallery



Youth Leaders Attend Training



General Clean-up

BVI SDA School Sports Day



Coral World



## Good News in Bad Times Crusade continued

word. Prayer was a crucial and integral part of the series.

Evangelist Kendrick Glasgow with boldness and clarity declared the word of God. The messages were powerful and called men, women, boys and girls back to the bible. For three weeks the Lord spoke to those present through sermons such as 'Signs You Can't Ignore', 'Created for Something Better' and 'Making a New Start'.

At the end of the three week campaign church members joined with the sister churches from District #2 for a joint baptismal service. To God be the glory! His spoken word did not fall on barren ground, but on fruitful soil as individuals surrendered their all to Jesus in baptism.

## Pathfinders in Action

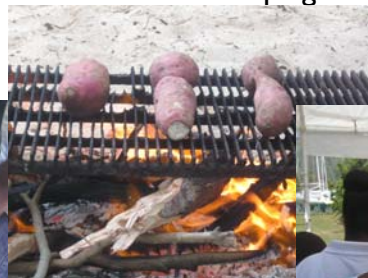


*At approximately* 6:30am on Sunday 30 January, 2011, twenty one Pathfinders and counselors from the Seventh-day Adventist Church at Fat Hog's Bay converged at Long Bay Beach, Beef Island as they embarked on their annual costal cleanup campaign. After devotions, the group armed with gloves and trash bags set off to cleanup the coastline. They collected a total of five bags of garbage with items such as plastic bottles, other plastic items, cans, foam, paper and much more.

After the beach cleanup the Pathfinders learnt how to build different types of fires for cooking and baking purposes. They then used the fires to cook their lunch for the day. Have you every tasted sea water rice? Well the children had first hand experience of how salty the sea is.

How could a day on the beach end without swimming? The children and counselors after cleaning up and cooking dived into the beautiful waters and swam until it was time to eat and return home. This was meet with some objection as the children would have preferred to swim until night fall.

On the weekend of March 4—6 the Pathfinders went on a requirement camp, during which they were able to harness their camping skills.



## The Travelling Bible continued



**The bible is passed from the NCC representative to the three pastors on island.**

and timing. The bible speaks to us about leaders and leadership, and women and women in leadership. The bible speaks to us about stewardship. It is a great book of history, and importantly too, the bible teaches us what we should eat and how we should care these temples of the Lord, of which our bodies are. There is nothing to which the good book does not speak.”

Education Minister Honourable Andrew Fahie referred to the bible as a ‘fascinating’ tool to distinguish counterfeits from the real.

“The only way for you to make it in the world especially now, especially you young people, is to study the bible so well that you know what the Lord has as real. If

you are looking for a boyfriend, a girlfriend, a representative to elect, or a pastor and their character is outside the bible they are counterfeits. I want you to be able to identify what’s real and what’s counterfeit. The only way you can do that is through the Word of God.”

In his welcome remarks Pastor Wynfield Ambrose, Island Coordinator and Pastor of District two Seventh-day Adventist churches on Tortola said that, “By the Grace of God, we are going to stand by the Word of God. If it is in the bible we want it and if it is not in the bible we do not want it.”

Ministerial Secretary and Family Life Director of the North Caribbean Conference (NCC) of Seventh-day Adventist Pastor Charles Heskey while addressing the rise in crime in the Caribbean challenged all present to return to the word, the bible.

“The bible was in our schools, the bible was in our homes. My challenge

tonight to the entire Caribbean, to governments, to schools, to teachers, and to parents is for us to go back to the word”

At the end of the ceremony, local pastors pledged their commitment to go back to the bible as the conference Pastors Charles Heskey and Stewardship and Communications Director for the NCC Pastor Earl Daniel passed the bible into the hands of resident Pastors Wynfield Ambrose, Pastor Howard Simon and Associate District 2 Pastor Sylvester Williams.

The Bible Caravan, under the theme, ‘Follow the Bible’ is a coordinated initiative by the General Conference of Seventh-day Adventist church leaders worldwide to take the bible to every continent in the world as a step towards renewing the vision of Seventh-day Adventist to read and share the bible.

The bible began its two-year journey around the world in Manila, Philippines in 2008 and will concluded in Atlanta, in June 2010 at the 59<sup>th</sup> General Conference session of Seventh-day Adventist where it will be placed in the hands of the World

*“If you are looking for a boyfriend, a girlfriend, a representative to elect, or a pastor and their character is outside the bible they are counterfeits.”*

## Prayer Ministries Report

**Under** the leadership of Sis Patricia Crooke the Prayer Band was mobilized during the first quarter of 2011. The members of the prayer band have been involved in hospital visitation as well as home visitation during the quarter.

Eight prayer warriors visited Pebbles Hospital. Whilst there they sang, read scripture and prayed with the sick. They were able to minister to Doris Frett (no deceased), Mr Lettsome, Mrs Vanterpool, and others at the hospital.

Mrs Eda Lettsome received a visit at home from the group. She encouraged the group with her personal testimony and songs. The prayer band also visited with and prayed for Sis King and family.

## Reflections—Children Ministries

*Gracelink* training was high on the Children Ministries agenda for 2011. All teachers within the Children Sabbath School division received valuable training during two Friday evening sessions.

Children Wednesday night prayer and bible study was successfully launched in February. The junior and teen children have been studying from the book “It’s Your Choice” by Pastor Steve Case. Kindergarten age children enjoy listening to stories that would help the development of Christ-like characteristics.

The children were also engaged in nightly services during the Holy Spirit Emphasis Week which ended with Children Church and an inspiring sermon delivered by young Hasani



Thompson.

March 5—12 was celebrated as Children Week of Prayer. During the week special services were held on Wednesday and Friday night. **“I Can Talk to God—Constant in Prayer”** was the theme for the services. On Wednesday night the topic was ‘When I pray I talk to God’ and on Friday night the topic was ‘When I Pray God Hears Me’. ‘When I Pray God Answers Me’ was the topic during the Sabbath morning divine hour service. Not only did the children learn the importance of prayer, they were given an opportunity to raise their own prayer petitions to God and share their testimonies of answered prayers.

## In the Spot Light—Family Life

**Family Life Week 2011** was held during the week of February 6—12 under the theme “I’m So Glad I’m A Part of the Family of God”. Each night various presenters made presentations on topics such as Stress Management, Family Nutrition, Pre and Post Martial Dating, Budgeting and Parenting.

On the Sabbath afternoon of February 12, the AY program was conducted by

the Family Life department and took on the form of group discussions. From the group discussions we were encouraged to maintain the church as a place of refuge, to provide spiritual support to each other and to be Christ-like in our lives.

The week’s celebrations came to an end with a Love Feast and Social Evening of fun.



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The truth as it is in Jesus can be experienced, but never explained...We may task our imagination to the utmost, and then we shall see only dimly the outlines of a love that is unexplainable, that is as high as heaven, but that stooped to the earth to stamp the image of God on all mankind.

### Christ Object Lesson pg 129



## Health Corner -4 Unhealthy Habits that Can Age You by 12 Years continued

ish health survey. Study subjects were asked about various life-style habits only once, a potential limitation, but Kvaavik said those habits tend to be fairly stable in adulthood.

Death certificates were checked for the next 20 years. The most common causes of death included heart disease and cancer, both related to unhealthy life-styles.

Kvaavik said her results are applicable to other westernized nations including the United States.

June Stevens, a University of North Carolina public health researcher, said the results are in line with previous studies that examined the combined effects of health-related habits on longevity.

The findings don't mean that everyone who maintains a healthy lifestyle will live longer than those who don't, but it will increase the odds, Stevens said.



### Chocolate Carrot Cake

A rich and moist healthy treat

#### **Ingredients:**

- 3/4 cup canola oil
- 1/2 cup orange juice
- 1 cup sugar or Sucanet
- 1/3 cup cocoa powder
- 1 cup silken tofu
- 2 cups carrots, finely grated
- 1 cup whole wheat pastry flour
- 1 cup [Brown Rice Flour](#)
- 2 teaspoons baking soda
- 1/4 teaspoon salt
- 1 teaspoon cinnamon

#### **Serves: 8**

Cooking Time: 30 minutes—one hour

#### **Instructions:**

Preheat oven to 350 degrees. Mix the oil, orange juice, sugar or Sucanet, cocoa powder and tofu in a blender or food processor and then add the grated carrot. In a separate bowl, mix the flours, baking soda, salt, and cinnamon. Spoon the wet ingredients into the dry and mix just until moistened. Pour batter into a lightly oiled bundt or tube pan and bake for 50-55 minutes. If baking in 2 separate 8" pans, bake until a toothpick come out clean.