

UNITED KINGDOM AND IRELAND LOCAL PAGES

AREA LEADERSHIP MESSAGE

When We Keep the Sabbath Holy, We Are Made Holy

By Elder Paul V. Johnson, United States
First Counselor in the Europe Area Presidency

During this earth life we strive to be more like our Heavenly Father and His Son, Jesus Christ. We want to learn more about Them, and we want to live as They would have us live. We want to be sanctified or holy since They are holy. One powerful help in our quest to become more holy is the Sabbath day. The Sabbath was made for us (see Mark 2:27) to help and bless us in our lives. We have been commanded to “observe the Sabbath day to keep

it holy” (D&C 68:29). When we keep the Sabbath holy, we are made holy.

How does the Sabbath day play a role in the process of us becoming holy? The Lord has said that we can keep ourselves unspotted from the world by going to the house of prayer and offering up our sacraments on His holy day (see D&C 59:9). Keeping ourselves unspotted from the world can be seen as an invitation, but it is also a tremendous blessing that comes

as a result of our keeping the Sabbath holy. Being holy means, in part, to be clean, and not having the spots or stains of the world in our lives is a great step toward holiness.

An important part of remaining clean is the ordinance of the sacrament. As we partake of the sacrament worthily, we are promised that we “may always have his Spirit to be with” us (D&C 20:77). The Spirit sanctifies, or cleanses, us (see 3 Nephi 27:20).

We become more holy as we learn more of the Savior and live as He lived. We learn more of Him as we attend our meetings and classes and during our own personal study and worship on the Sabbath.

We also become more holy as we focus more on others like the Savior did when He was on earth. As we fulfill our callings, we serve others. We can bring a friend to our Church meetings or to our homes and share the blessings of the gospel with them. We can reach out to our ancestors by searching for them and preparing to help them receive the ordinances of the temple. We can strengthen the bonds between members of our family who are living and bless others’ lives by showing our love for them.



Elder
Paul V. Johnson



CODY BELL © IRI

President Russell M. Nelson explained that the Sabbath gives us “real respite from the rigors of daily life and an opportunity for spiritual and physical renewal” (“The Sabbath Is a Delight,” *Ensign*, May 2015, 129).

President Nelson also explained that he realized his conduct and attitude on the Sabbath constituted a sign between him and his Heavenly Father. Instead of having lists of dos and don'ts, he said, “When I had to make a decision whether or not an activity was appropriate for the Sabbath, I simply asked myself, ‘What *sign* do I want to give to God?’ That question made my choices about the Sabbath day crystal clear.” (“The Sabbath Is a Delight,” 130).

“When a nation grows careless in observing the Sabbath, all aspects of life are affected and its religious life becomes decayed” (Guide to the Scriptures, “Sabbath Day,” scriptures.lds.org). This principle not only applies to nations but also to individuals. When an individual becomes careless in observing the Sabbath, all aspects of his or her life are affected and his or her spiritual life becomes decayed. But if we do keep the Sabbath day holy, all aspects of our life are affected positively and we become more holy.

What a great blessing the Sabbath day is! In a challenging and fallen world, the Lord has provided us with a day that, if observed properly, will not only be a delight (see Isaiah 58:13–14) but will help us become sanctified—holy before the Lord. ■

Northampton Young Women Paint Local Academy

By Gill Barstow

Sixty-five girls and twenty leaders from the Northampton Stake were involved in a service project at George Grenville Academy, Buckingham, during the school holidays.

The service project was part of the Northampton Stake's annual Young Women camp, which brings girls from a wide region, including Northampton, Duston, Kettering, Huntingdon, Bedford, Milton Keynes and Bletchley, for a combination of spiritual education, fun, learning, challenging activities such as hiking and self-defence, and an annual service project.

A whole ‘mini army’ of people—65 young women, aged between 12 and 18 years, and 20 leaders—descended on the school for 3 hours, making a grand total of 250 hours of work. The girls not only worked hard but

brought a whole range of talents, including gardening, painting, tidying, carpet cleaning, updating and renewing display boards and designing artwork to help launch the values of the school.

Head teacher Lucy Brown remarked, “I was amazed at the amount that was achieved in such a short period of time—in fact, it was hard to keep up with it at times! As a school we always try to use the summer period to refresh the school premises and get things ready for the new academic school year. The girls did such a lot, including painting several classrooms, cleaning carpets, transforming our garden and clearing a pond area that we hadn't been able to get into for some time! A huge thank you from all the team at Grenville.” ■

Northampton young women and leaders at the Helping Hands service project at George Grenville Academy, Buckingham



Huddersfield Members Offer Helping Hands to Christian African Relief Trust

By Eileen Webb

From the saturated, dark green hills of West Yorkshire to the dry, sunny plains of Central Africa, aid is on its way.

On Saturday, 12th September, members of the Huddersfield 2nd Ward gathered at the Christian African Relief Trust (CART) to help pack a 40-foot container with boxes of aid. The container was bound for Benin in Nigeria and was filled with school and medical supplies, blankets, clothing and vocational training items. Even several bicycles were included.

Even the wet weather could not dampen the spirits of those who formed a human chain and, in the absence of the usual forklift truck, hoisted, heaved and hurled boxes one to another until the container was full. Now it is hoped that minds and hearts that have been empty can be

filled, once the container finishes its 4,468-mile journey.

Matthew Brill, 23, who recently completed a degree in accounting, was glad to send aid to those whose opportunities for an education are so much less than those he enjoyed. Mrs Stewart, one of the charity's organisers, was responsible for efficiently coordinating the human workforce.

CART is a charity run exclusively by volunteers both in the UK and

in Africa. It receives no government funding or grants from elsewhere. Goods are sent to relieve extreme poverty and to support the development of educational, vocational, medical and employment opportunities. The aid is distributed amongst the needy, regardless of religion, social status, ethnicity or gender. Self-help projects are supported in Ghana, Malawi, Kenya, Tanzania and Uganda.

Sister Lisa Taylor remarked how it was "amazing that so many good people are consistent and full of expertise in their efforts when all the work is accomplished on a voluntary basis." ■

50th Anniversary of Southampton Chapel

By Bishop George Orekan

On a gloriously sunny evening, members and VIP guests in the Portsmouth area celebrated the 50th anniversary of the construction of the Southampton meetinghouse in Chetwynd Road, Southampton.

The day began with a public open house, family history displays and workshops, followed by a showing of the *Meet the Mormons* feature film. An afternoon and evening of summer fete activities was enjoyed by all, including a visit from the Mayor of Southampton, who individually greeted many in attendance. The Mayor, Councillor Linda Norris, then joined local members for a

commemoration event within the chapel to reflect on the influence and involvement of the members within the Southampton community.

The anniversary event was preceded by months of community work across the area for all members, young and old, to take part in, including collecting contributions for local food banks and charities, making hats and blankets for a local premature baby unit, and collecting toys for a local toy library.

The Southampton building was completed in 1965 after the efforts of building missionaries and local members. Several of those early local members attended the celebrations,

Huddersfield members help pack a container with boxes of aid for Nigeria.



travelling long distances from other areas. Displays of historic documents, including the original programme relating to the construction and dedication, were presented. The building was eventually dedicated in 1968 by Spencer W. Kimball, a former President of the Church.

The evening concluded with a cake competition, a BBQ dinner to the music of a local brass band and a later showing of the feature film. After the event the Mayor commented on her twitter feed, "A warm welcome from Bishop Orekan and his church family." ■



JONATHAN TOOTHILL

Bakers and their celebration cakes (from left to right): Brother Jason Mavrodaris with son Dimitri Mavrodaris; Sandra Cavaney (the winner of the cake competition); Wayne Herridge; Angela Herridge and her granddaughter Izabel Herridge; Mayor, Councillor Linda Norris; and Bishop George Orekan

Self-Reliance Initiative Goes UK-Wide

By Elder Lee H. Burke

From October 5 to October 12, Tom Rueckert, self-reliance director for The Church of Jesus Christ of Latter-day Saints, and his wife Debbie were in the UK to train and work with self-reliance managers throughout the country.

The self-reliance initiative, which started in Europe in 2014, is designed to help individuals identify and improve what they need in their lives to become spiritually and temporally self-reliant. This includes materials for employment, starting or growing a business, succeeding in education, and other life skills to help people become temporally self-reliant, presented together with spiritual principles and habits. One of the important aspects of this initiative

is the new materials and videos to use in self-reliance groups. These groups help participants to learn, ponder, commit and report back as they apply key skills and develop habits. They are supported and strengthened by their peers in the group.

Some of the materials include the following: *My Path to Self-Reliance*, which helps determine a person's current level of self-reliance and recommends what will help that person in, for example, employment, job searching, and education; *My Foundation: Principles, Skills, Habits*, which discusses and applies essential principles of self-reliance; *Starting and Growing My Business*, for those who have a business or want to start one, including record keeping, marketing, and cash management; *My Job Search*, which helps individuals identify opportunities, practice networking, and learn to present themselves



COURTESY OF ELDER AND SISTER RUECKERT

Elder and Sister Rueckert, Europe Area self-reliance specialists



MARTIN GARDNER

A self-reliance workshop at Northampton

in interviews; and *Education for Better Work*, where participants identify work to help them become more self-reliant and then find a school or programme that leads to that work.

It is important to emphasize that self-reliance not only deals with physical or temporal needs but also—and in many respects more importantly—is tied to the spiritual necessities of individuals and families. Elder Rueckert stressed that not only are people helped in their temporal needs but also “participants learn to apply gospel principles in their lives, . . . by learning skills and doctrine, sharing challenges, making commitments to apply principles and reporting back on those commitments on a weekly basis. As group members work together, a wonderful bond of fellowship occurs, strengthened by gospel principles.” The ultimate goal, Elder Rueckert said, is that “when we become self-reliant we are in a much better position to serve others, to be instruments in the hands of our Saviour.”

During Elder Rueckert’s visit, he and his wife participated in several self-reliance groups and participated in training seminars. Elder Rueckert stated that “in each of these training sessions we were able to share our vision of the self-reliance initiative throughout the world and share

insights that I have received over these past several years.”

After 36 years of employment, Elder Rueckert

retired in December, at which time he and his wife continued his work with self-reliance by serving a full-time mission for The Church of Jesus Christ of Latter-day Saints as Europe Area self-reliance specialists. ■

NEWS FROM WALES

Church Representatives Invited to Historic Muslim Council of Wales Event

By Martin Turvey

On Thursday, 1st October, Malcolm Adcock, Europe Area assistant director of public affairs; Martin Turvey, multistake director of public affairs for the South West and Wales; and Julie Jones, the Church’s representative on Interfaith Wales, were invited to attend an historic dinner hosted by the Muslim Council of Wales.

This invitation followed a number of events initiated through the Church’s membership in Interfaith Wales,

including an Eid festival hosted by the Church at the Cardiff meetinghouse in August. Primary guest speakers at the event were the Most Reverend and Right Honourable Archbishop of Canterbury, Justin Welby, and the Welsh First Minister, the Rt Hon. Carwyn Jones AM.

The Archbishop of Canterbury stated that we are living in a time of tension and fear, the answer to which is truth and love. He also highlighted that faith communities provide the

From left to right: Malcolm Adcock (area public affairs), Saleem Kidwai (Secretary General for the Muslim Council of Wales), Julie Jones (public affairs, Interfaith Wales), Mohammed Alomgir Ahmed (Muslim Council of Wales Lead Director)



MARTIN TURVEY

glue in our society. In his address, the Rt. Hon Carwyn Jones emphasized that one of the tenets of all faiths is thoughtfulness and we need to ensure we learn to work and to live together. He also acknowledged how Islam has become a key part of the rich tapestry that makes up modern Wales.

Also speaking, Shaykh Ibrahim Mogra, an imam and Islamic scholar,

counseled those present to “enjoy the gifts that God has given us”. He continued, “The merciful ones are shown mercy by God”, and “the most important people are the ones who are beneficial to others.” Saleem Kidwai OBE, the General Secretary of the Muslim Council of Wales, said in his remarks that education is the single most effective tool for

combating racism and other challenges of society.

The dinner was one of a series of regular events designed to build understanding across different faith communities in Wales. The Church’s inclusion in this and many other interfaith initiatives results from the ongoing involvement with the Interfaith Council for Wales. ■

Building Bridges of Friendship and Trust through the Interfaith Council for Wales

By Tracey Prior

In 2015 many interfaith events were held in Wales through the Church’s representation on the Interfaith Council for Wales, providing opportunities to get together with other faiths in a spirit of respect and friendship. Here are just a few highlights:

11th April: For Sikhs, the 11th of April is the most important day of the year, as it marks the birth of the Khalsa. The festival of Vaisakhi is usually celebrated on April 13th. At the Vaisakhi festival, the day is traditionally celebrated by singing folk songs and performing traditional dances such as Bhangra and Giddy. President Matthew Jones and his wife, Julie, were invited to attend the celebration of Vaisakhi by the Sikh Association South Wales, and Surrinder Channer said at the time, “I am happy that they could come and join us on such an important day.”

5th July: Merthyr Tydfil 1st Ward saw their sacrament attendance increase

by thirty-five as Melda Grantham, Unitarian representative on the Interfaith Council for Wales, brought members of her faith from all over South Wales to Merthyr Tydfil chapel.

Arriving at 11 am, they were given a tour of the building and are planning a return trip to do some family history. During the tour one of the ladies commented that one of her relatives was President David O. McKay. Peter Evans, of the Merthyr Tydfil Wales Stake presidency, conducted the tour and commented, “We talked about how we keep our youth attending church. I explained

that the Church offered a wonderful youth programme as well as seminary for the young men and women. It was a positive experience.” Melda Grantham said of the visit, “Thank you so much for letting us come and join you in a service on Sunday. Everybody enjoyed themselves tremendously and were overwhelmed by the very warm welcome. I am going to research further. I really want to know what happened with my great-uncle who was a Mormon missionary from Pontypridd!”

16th August: Rhwbina Ward in the Cardiff Stake opened up their family history room for members of the Interfaith Council for Wales. Everyone in attendance discovered something about their family, one finding several generations, while Sally Thomas, the





From left to right: President Matthew Jones, Merthyr Tydfil Wales Stake presidency; Surrinder Channer, Interfaith Council for Wales; and Gurvinder Baicher, President of the Sikh Association South Wales

Ecumenical Officer from the United Reformed Church, traced her ancestors back to France. Everyone wrote a letter of thanks and said how much they enjoyed the evening.

Earlier that day Sister Jones represented all members of the Interfaith Council for Wales at the Welsh Government offices in Cardiff, where she addressed the Minister for Health and Social Services, Mark Drakeford AM, explaining that churches in Wales work hard within their communities. ■

Merthyr Tydfil 1st Ward members with the Interfaith Council for Wales at a sacrament meeting



Chinese Baptisms

By Debbie Singh-Bhatti

China, according to a leading British newspaper, is on course to become the “world’s most Christian nation,”¹ with one scholar predicting that by 2030 it will have the largest Christian population in the world.²

We know that the Lord has given His people the edict to preach His gospel “unto every nation, and kindred, and tongue, and people” (D&C 133:37), but it may surprise some to learn that this is happening large scale on our own doorstep here in Britain.

In many areas of the British Isles, Chinese-speaking missionaries are called to serve exclusively amongst native Chinese people, many of whom have travelled to the UK to study.

These predominantly young people arrive in our country keen to learn about a new culture and interested in finding out more about Christianity. Most have not experienced the Spirit before, and once they learn about Jesus Christ and His restored gospel, they are eager to become a part of it by joining His Church.

Last spring twenty-four Chinese members and investigators and six missionary elders from the London and London South Missions visited the London Temple. Twenty members, most of whom were baptised less than two years ago,

participated in baptisms conducted in Mandarin, whilst nonmembers visited the grounds and visitors’ centre.

It was a special experience for all involved, as expressed by Sister Alva Wang: “How do I describe it? On the day that I went into the temple for baptisms and then went outside and took photos, I saw so many Chinese people like me, all following the commandments and loving Heavenly Father. I felt very moved by this and also felt as if my own faith had become even more resolute.”

In a year or two it will be time for these new converts to return to their native land, where they will attend church at international branches, as missionaries are not yet allowed to proselyte in their country. There they will continue the work that has been started here and play their part in making China “the world’s most Christian nation.” ■

NOTES

1. Tom Phillips, “China on Course to Become ‘World’s Most Christian Nation’ within 15 Years,” *Telegraph*, Apr. 19, 2014, telegraph.co.uk.
2. See Fenggang Yang, in Phillips, “China on Course.”



Newly baptized Chinese students at the London England Temple



ERIC BRAY

James Duncan from the Helston Ward, Plymouth Stake

The Triumph of the Human Spirit Can Never Be Defeated by Disability

By Eric Bray

Brother James Robert Duncan of the Helston Ward, Plymouth Stake, having been born in 1939 in Manchester with cerebral palsy, has demonstrated great strength and determination to not allow his illness to impede his life, and he went on to achieve a master's degree in fine art, having his paintings exhibited at the Royal Academy and the Royal Exchange in Manchester.

In 1980 he won the Millennium Award for inventing a device that allows an artist to support their arm whilst painting. The device cost him £10 to produce and is being developed to help other disabled artists.

James recently had an article in the local paper when he donated two of his paintings to charity. The People's Choice Charity Foundation, which allows people to nominate their own charitable causes from an approved list, sold the paintings for him, and a cheque for £100 was presented to Robin Bates, music therapist at Cornwall Music Therapy Trust. Robin commented, "The generosity of this man and his radiant joy for life shines vibrantly through his art. It speaks of triumph of the human spirit which can never be defeated by disability." James often donates his paintings to various charities.

James was baptised into the Church on Easter Sunday 2002 in South Manchester Ward but then moved to Helston in Cornwall 2 years ago,

where he holds the calling of "greeter", welcoming everyone who enters the building. James stated, "I love the gospel of Jesus Christ, and my living the gospel has indeed had an impact on my health, as both my double vision and my hearing have improved over the years, strengthening my faith further. I feel I have done well, saying the doctor stated at my birth that I would never walk, but at 3½ years I did walk, and at 5 years I was running around with my two brothers."

After attending a school for children with special needs, James left school at the age of 15 and worked for a baker. Throughout his working life he went on to work at a butcher's, a cotton mill and as a store assistant, finally being employed at Manchester Town Hall as

a filing clerk. Leaving his employment after 11 years, due to ill health, James found himself looking after his ailing mother until she passed away. Having time to himself again and feeling a little better, he decided to attend an adult education centre and spent two years there before going on to Manchester Polytechnic, where he studied fine art and qualified in a BA course.

James says, "Painting is so therapeutic." Using his acrylics and crayons, he did a one-man show at Portland St, Manchester, and in London, where one of his paintings was accepted at the academy of fine art.

The autobiography of James Robert Duncan was published in 2001 under the title of *Art Found Me*. ■

Editors' Note

The editors, **Jason Watling** and **Debbie Twigger**, invite all news stories, articles and photographs to be sent to ukiensign@ldschurch.org. Stories should be in Microsoft Word, 350–500 words, with photographs in jpg format, around 3–4mb in size. Please submit stories for the News section as close to the event as possible.

The signed written permission of all participants in the photograph, as well as the photographer and author, is required for the Church to use the article.

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