

UK AND IRELAND LOCAL PAGES

AREA LEADERSHIP MESSAGE

The Sabbath Day at Home

By Elder Detlef H. Adler, Germany

Area Seventy

"And on the seventh day God ended his work which he had made; and he rested on the seventh day from all his work which he had made.

"And God blessed the seventh day, and sanctified it" (Genesis 2:2-3).

At the beginning of this earth, we already learned that a day of sanctification and rest was defined.

Later on the Lord felt that a clearer definition was necessary and gave a commandment:

"Six days shalt thou labour, and do all thy work:

"But the seventh day is the sabbath of the Lord thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates:

"For in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the Lord blessed the sabbath day, and hallowed it" (Exodus 20:9-11).

A further clarification was necessary, so "the Lord spake unto Moses, saying, Speak thou also unto the children of Israel, saying, Verily my sabbaths ye shall keep: for it is a sign between me and you throughout your generations; that ye may know that I am the Lord that doth sanctify you" (Exodus 31:12-13).

The Israelites received and created very detailed rules in regards to the

Sabbath day, something the Saviour corrected during his earthly ministry.

The Saviour criticized the leaders in His days and stated:

"The sabbath was made for man, and not man for the sabbath:

"Therefore the Son of man is Lord also of the sabbath" (Mark 2:27-28).

In 1831 some more clarification came through a revelation, which stated:

"And that thou mayest more fully keep thyself unspotted from the world, thou shalt go to the house of prayer and offer up thy sacraments upon my holy day;

"For verily this is a day appointed unto you to rest from your labors, and to pay thy devotions unto the Most High" (D&C 59:9-10).

President Nelson stated, "God gave us this special day, not for amusement or daily labor but for a rest from duty, with physical and spiritual relief" ("The Sabbath Is a Delight," *Ensign*, May 2015, 129).

These are the principles we received, clarified by modern prophets and explained to us over and over again!

The values of the world in which we are living are still changing day by day.

Today many countries of the world make the Sabbath a wonderful and relaxing shopping day, a day of pleasure!

We as Latter-day Saints live in this world, and the Lord knows us. We

have the privilege of being taught by prophets, seers, and revelators that provide us with the tools we need to be able to decide.

We do not receive a Book of Commandments anymore but receive instructions how we can learn to do what is right!

We have to take on the responsibility and learn how to decide!

*Choose the right when a choice
is placed before you.
In the right the Holy Spirit guides;
And its light is forever shining
o'er you,
When in the right your heart confides.
Choose the right! Choose the right!
Let wisdom mark the way before.
In its light, choose the right!
And God will bless you evermore.
(Hymns, no. 239)*

In this wonderful song we learn about the "how" and the application in our lives!

We need to start with asking the question about the sign we give to the Lord, and then study, ponder and ask in faith with an open heart to be able to understand the whispering of the Holy Ghost!

I bear you my testimony that you will receive an answer, and more important, you will find peace from the world on this seventh day, the day of the Lord, and it will be a delight! ■



Elder
Detlef H. Adler

UK Members Continue to Support the 'Poppy Appeal'

By the editors

In the past few years the Church in the UK has supported the national 'Poppy Appeal' campaign by the Royal British Legion, which provides 'lifelong support for the Armed Forces community—serving men and women, veterans, and their families'. In 2015 over 40 stakes were involved with 199 wards and branches, an increase from the previous year, over the Remembrancetide

fortnight covering the last week in October and the first week in November. Members donated nearly 10,000 hours. In addition, growing numbers of wards are participating in local Remembrance Day services, with 43 stakes sending representatives and 253 wreaths being laid.

As we approach the fundraising period again, here are a few stories of participation in the Poppy Appeal. ■

St Helens Ward members ran the entire Poppy Appeal for their town. They donated 943 hours, distributing collecting tins and poppies to various businesses and retail outlets, collecting full tins, staffing sales points and counting and banking over £50000. They worked with the local branch of Rotary International, the sea cadet unit, army cadets, service veterans and their wives and other volunteers from within the community.

Behind the bare bones of the statistics lies a story of dedication and commitment.

Shortly after her baptism in 2002, Adrienne Ellison was called to serve as the public affairs specialist for St Helens Ward serving on the stake public affairs council. Inspired by the need to serve her community, Adrienne contacted the local Poppy Appeal organiser to offer her support. After a couple of years of selling poppies on cold, wet November days, she thought that there was something more that could be done.

With the blessing of her public affairs director, in 2005 she contacted Christine Bradford, the newly appointed Community Fundraiser for Merseyside and West Lancashire RBL County.

Selling poppies in Lime Street Station and Liverpool city centre became a regular feature of the stake calendar, with several thousand pounds being raised in the process. But it wasn't enough to satisfy the vision of Beryl Oliver, stake public affairs director at

Liverpool Raises £72000 for the Royal British Legion

By Paul Oliver (in collaboration with Christine Bradford, RBL)

Over £72000 was raised through the efforts of Church members in the Liverpool England Stake during the annual Poppy Appeal in November 2015. This represents a little over 10 percent of the money raised in the area.

How?

Members of the Warrington Ward contributed over £6000 by staffing a collection point in Sainsbury's.

Wigan Ward members collected over £13000 in a different Sainsbury's store.

Liverpool Ward members volunteered to sell poppies in Lime

Street Station and raised over £1800.



Adrienne Ellison, who started the Church's involvement with the Royal British Legion in helping to raise funds for the Poppy Appeal

the time. At her suggestion, the matter was raised in the national public affairs council in the autumn of 2012. It would be a simple service project that didn't need lots of time and organising—just ask members to volunteer to sell poppies in whatever few hours they could give.

Christine explained: “The team of Poppy Appeal stalwarts in St Helens RBL branch and club had been decreasing in number, and the remaining team were suffering more and more from ill health. In 2014 the St Helens Royal British Legion club closed completely after a disastrous fire, leaving six Poppy Appeal team members, none of whom was fully fit. The Church by then had had many years' experience of fundraising for the Appeal and were well used to organising their own logistics and personnel. Thus Paul Oliver stepped in to become Poppy Appeal organiser St Helens, with Adrienne Ellison as his deputy. This proved to be a catalyst for growth, increasing the St Helens total to £53,749.18 in 2015—a 77 percent increase on the figure for the 2013 Appeal. As St Helens forged this path of Church involvement, so the other towns belonging to the Liverpool stake joined in too—and today we have the involvement of the Warrington, Wigan and Liverpool Church members also as described above.”

Christine commented that working alongside Church members has been a joy. “The qualities of professionalism, reliability, gusto, enthusiasm and optimism have been a tonic,” and she

hopes that the relationship will continue for many years.

From a few pounds in a collecting tin in St Helens 14 years ago to over £72000—some oak tree from that acorn!

That little seed planted and nourished by Adrienne in St Helens has now blossomed into the national effort that is respected and valued by Royal British Legion personnel

wherever Church members give a few hours here and there.

What a difference one inspired member has made! Well done, Adrienne Ellison! Thank you for your dedication and for inspiring others to work with you to raise money to care for the service veterans who are left in difficult circumstances. And thank you to the members of the Liverpool stake for your hard work and commitment! ■

Racing for the Poppy Appeal

By Julie Harrald

The May Day bank holiday saw four members of The Church of Jesus Christ of Latter-day Saints in the Leicester England Stake raise over £1000 for the Royal British Legion's Poppy Appeal. The participants donned their running kit and took part in the

annual Leicester triathlon—a 400-metre swim, 20-kilometre cycle ride and 5-kilometre run. Each of them turned in an excellent performance and completed the course, securing the sponsorship of family, friends, colleagues and employers for the Poppy Appeal.



Team members prepare for the race (from left to right): Jason Bailey, Angela Bailey, Paul Smith (stake president) and Paul Parsons.

Giles Coleman, the legion's county fundraiser (CFR) for Leicestershire, came to take publicity photographs and wish the team well. He was delighted with the results and thanked the team, who were wearing running vests provided for them with the Poppy Appeal 'Live On' logo.

One of the team was stake president Paul Smith. Another participant,

Jason Bailey, was given participant number 118. He turned in an overall time of 1:18—one hour and eighteen minutes—and said he needs participant number 100 next year! His wife, Angela, received the compliments of a race marshall, who commented, "She's lovely—she has smiled every time she has passed by". The fourth team member was Paul Parsons, the oldest of the

four but keenest participant, with a finishing time similar to much younger rivals and bringing in the highest of the sponsorship totals.

Fundraising for the Poppy Appeal can take place at any time of year, not just during the two-week collection period in November. If you would like to race for the Poppy Appeal, contact the Royal British Legion CFR for your county. ■

NEWS FROM SCOTLAND

Poppy Appeal Scotland

By Margo McClumpha

Throughout Scotland, individuals and groups were gathered together to remember the fallen veterans from both world wars and also those who had fallen in other conflicts around the world. Three women on Remembrance Day unknown to each other had something in common that they shared. Nicola Sturgeon, First Minister of Scotland, laid her first wreath as the First Minister at the Stone of Remembrance at Edinburgh's City Chambers. Margo McClumpha also laid her first wreath on behalf of the Edinburgh Scotland Stake at the Stone of Remembrance. Hannah Caddell, a young woman, laid her first wreath on behalf of the Livingston Ward at the Livingston Civic Centre. In doing so, they demonstrated that the final sacrifices of men and women in war were not in vain. All three

women recognised that their freedom was paid for by the deaths of so many in past and current wars.

Each year, Helen Duff from the Dumfries Ward participates in the Poppy Appeal by selling poppies to the public and Church members. Helen's late husband, James, served in the army, and both were aware of the importance of the annual Poppy Appeal. Billie Bell, another member of the Dumfries Ward, supports the Royal British Legion by helping in their shop during the Poppy Appeal.

Andrew Coltart, a member of the Livingston Ward and also a military history buff, was brought up hearing stories about family members who had fought in two world wars. His family taught him as a child the importance of wearing a poppy, and he has continued to wear one every



From left to right: Bro McClumpha, Nicola Sturgeon (Scotland's First Minister), and Margo McClumpha at the Remembrance Day service in Edinburgh

year. His family history includes a great uncle who was a prisoner of war during WWII and was liberated by the Chinese army. His family's military

connections extend as far back as the Crimean War and the Indian Mutiny and to the present day. His military knowledge has enabled him to understand in greater detail what his ancestors faced as they prepared for battle.

Keith Oliphant, another Poppy Appeal volunteer and member of the Livingston Ward, shares the same enthusiasm as Andrew. Both men realize that veterans are getting older and they need the support of younger men and women in continuing the mandate of the annual Poppy Appeal.

The sum total of volunteer hours donated by members of the Livingston

Ward towards the 2015 Poppy Appeal was 100 hours. Their commitment to the Poppy Appeal and the sale of items for the Royal British Legion Scotland (RBLs) amounted to £5,500. The majority of that figure would probably be from RBLs items from their shop. Over the years, many friendships have been formed and remained steadfast as Church volunteers meet annually with volunteers from the Royal British Legion Scotland. These volunteers are focused on a common goal, to support the Poppy Appeal and the Royal British Legion Scotland. ■

and guest speaker Michael Wood, Executive Director of Children and Family Services.

From August to June the 52 students participated in the educational courses of seminary and institute. The seminary students woke up at least an hour early—whether in winter or spring, sunshine or snow—so they could be ready at 7.00am to read set scriptures and work through various activities and still be finished before the start of school.

The specially written programme of learning, designed by the Church to help teenagers cope with the pressures of a modern world, is offered free of charge. It is delivered by volunteer teachers and focuses on teachings from the Bible, the Book of Mormon, the Doctrine and Covenants and Church history.

Church spokesman Robert Richardson said: “We appreciate our brilliant young people and congratulate them on their achievements. There aren’t many teenagers in the UK that would do what they did so early in the morning, for so long, to pass the course. The spiritual strength that they gained as a result of learning and applying gospel principles in their lives will benefit them. They will more easily be able to withstand and even enjoy the physical, intellectual and emotional rigours of school, social and family life.”

Seminary is part of a worldwide programme of the Church which includes more than 4000,000 students enrolled in many different countries. ■

Dundee Youth Honoured at Graduation Ceremony

By Evelyn Liston

Youth from The Church of Jesus Christ of Latter-day Saints in Dundee and Fife have graduated from

a four-year course of religious instruction (seminary) and celebrated at a presentation ceremony held to celebrate their achievements.

On Friday 1st July a ball was held in their honour.

Rebekah McPhee, Lucy Keogh, David Johnson, Rona Brown and Chelsea Cameron travelled to the Dundee stake centre to join 40 other graduates from Dundee, Fife and surrounding areas for an evening presentation of certificates, an inspiring address by Church leader President Ian Snee

Seminary students (front, left to right) Rebekah McPhee, Lucy Keogh, David Johnson, Rona Brown and Chelsea Cameron



BYU Dance Champions Entertain Shoppers in Aberdeen

By Sandra Wood

A team of dancers from Brigham Young University (BYU) in Utah, America, recently enjoyed significant success at the British Dance Championships, held at the Winter Gardens in Blackpool. The Latin team came first after fierce competition from seven other teams, and the ballroom

formation team also took first place in their category. After the competition ended, the BYU team set off for a tour of the UK with their show “Swing & Sway”, with the City of Aberdeen being one of the stops. The dance programme featured tango, samba, rumba and waltz.

In Aberdeen, the team performed at a number of venues, including a sell-out session at the Beach

Ballroom in front of the Lord Provost George Adam, which the audience enjoyed so much that many asked when the BYU team would be coming back. Another venue was Kings College at Aberdeen University, where the dancers performed some of their routines for students. The dancers took part in an exchange with students from Aberdeen University, and this semester marks the first time that ballroom classes have been on the curriculum at the university. Lunchtime shoppers at Union Square shopping mall were delighted to see the dancers performing some of their best pieces.

All profits from the performances were donated to the Archie Foundation at the Royal Aberdeen Children’s Hospital. ■



Members of the BYU ballroom dance team performing at the Union Square shopping mall in Aberdeen

Northampton Sisters Produce Quilts for UK refugees

By Gill Barstow

On 21st May women from across the Northampton England Stake came together to produce handmade quilts for refugees living in the Midlands.

The activity was in response to the moving talks included in the annual general conference of the Church from Linda K. Burton and Elder Patrick Kearon, who asked members to “prayerfully determine what you can do—according to your own time and circumstance—to serve the refugees living in your neighborhoods and communities” (Linda K. Burton,

“I Was a Stranger,” *Ensign*, May 2016, 14). The aim of the event was to produce quilts to be given to refugees who had already settled in the Midlands area, working with Helpful Humans, who work to help refugees in the UK and Dunkirk.

With so many refugees having very few belongings and struggling to make a home in a new country, the quilts were practical in providing warmth but also gave a message of love and welcome. They even had a label sewn in each one: ‘With love’.

Enid Hubbard of the Ramsey Ward was a key organiser of the day. She stated in her invitation, “Please remember that another name for a quilt is a comforter. Refugees need all the comfort they can get. Your gift given with the spirit of the ‘comforter’ will touch their hearts and warm their spirits.” Enid Hubbard went on to provide energetic leadership on the day and taught all the techniques involved—there is certainly more to producing a quilt than meets the eye!

Thirty women took part in the project—some were experts at quilting and had been doing it for many years, some could sew, and some were real novices. A job was found for all, and soon the rooms were full of people cutting, pinning, sewing, pressing, gluing and edging. The Ramsey quilting group also donated some sewn quilts to fill and finish on the day. The final product was more than 30



CORRINA KERROU

Northampton sisters with the homemade quilts for refugees in Coventry

beautiful quilts, which were later delivered by Nina Kerrou, humanitarian relief coordinator, Northampton stake.

Afterwards, Nina commented, “Refugees who arrive in the UK have next to nothing, having often lost their

homes and fled. What little they do have is often kindly donated but secondhand. We hope that these quilts will give individuals something that is their own, something that is beautiful and made with love.” ■

Luton Sisters Help Patients with Dementia

By Janet Graham

The sisters in the Luton Ward hold a monthly sewing morning where they can swap ideas and encourage new sewers. Janet Graham, a volunteer and Governor at the Luton and Dunstable Hospital, heard of a project to make tactile aids for patients with dementia.

Dementia patients coming into hospital can find it very confusing, and it is an anxious time for them. The activity materials, such as aprons, cushions and twiddle muffs, are a great way of keeping hands busy and distracting patients by helping them to stay calm and by stimulating the brain, and they are a safe way to promote well-being.

Knowing that caring for a person with dementia can be difficult, the women soon got to work and recently gave the hospital over twenty items and are determined to make many

more. The women decorated tabards (aprons), cushions and twiddle muffs with brightly coloured materials. Items such as zips, buttons, ribbons, trinkets—in fact, anything they could find that would be safe and occupy the patients—were strongly sewn on each item. They had fun swapping ideas, items and materials to ensure that each patient would receive something that showed they were cared about.

The Voluntary Services Manager at the hospital said that, thanks to volunteers from The Church of Jesus Christ of Latter-day Saints, many patients

were benefiting from their work. She said that the items made a huge difference to the dementia patients and that the hospital was especially grateful to Church members for their time and hard work. A news item about the work the members carried out now appears on the hospital website news page. Feedback from carers and families has been very positive, with expressions of how the materials are making a difference. Some items have also been made for some ward members who are suffering from dementia.

Serving the community in this way has brought the women together, not only on the sewing morning but also at home, where knitting needles can be heard clicking to knit the twiddle muffs. ■

JOHN J GRAHAM



Sisters from the Luton Ward sew items for dementia patients at the Luton and Dunstable Hospital.

Norwich Women's Group Supports Alzheimer's Sufferers

By Steve Butcher

The annual Norwich Relief Society Sisters' Day was held at the Eaton chapel in Norwich and attended by around 70 sisters, who were all determined to provide service and help those in need. There were several activities and workshops, but the one that was particularly successful involved the making of 100 activity mats for people who suffer with dementia, Alzheimer's or other similar illnesses.

The Relief Society sisters, of all ages and possessing differing levels of skills, met at the chapel armed with sewing machines to machine and needles and thread to hand sew. Other parts of the process involved assembling and quality checking the activity mats. The mats will be distributed for the benefit of individuals and care homes in the local community.

The activity mats are designed to help soothe the agitated fidgeting of people with these common illnesses. In addition, they help focus people's attention, stimulate senses, exercise hand muscles, and entertain users. Activity mats are the size of a place mat and include pockets, zippers, buttons, strings of beads, bells, etc. They can also include a textured pocket with a soft toy or vinyl pocket for photos.

Christine Barber, who helped to organise the activity, stated: "Prior to the event, everyone was asked to collect articles from a short list of haberdashery items to make the activity mats. An array of charming beanies, knitted items and key fobs featured on the eye-catching mats. Everyone involved became part of the production line set up to assemble and

complete the mats. We even had a quality-control area to ensure that the mats were safe for the intended users. There was a great feeling of camaraderie and a sense of achievement as we worked together for what is a truly worthwhile cause."

This project followed a recent area youth activity where the young people created a sensory garden for a local dementia village. ■

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 submitted in Microsoft Word, 300–500 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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Norwich Relief Society sisters sewing activity mats for dementia patients in local care homes

CHRISTINE BARBER