

Psalm 139:14 "I will praise you for I am fearfully and wonderfully made; Marvellous are Your works O Lord, and that my soul knows very well." Amen.

We pray that the content will help in some small way to strengthen your mind, soul, body and spirit during these challenging times.

We invite all members to submit any relevant articles, poems, recipes and appropriate humour to clerkerdingtonsda@gmail.com; and we will try to publish as many as we can. Blessings!



ADRA assists flood victims in Germany and Belgium

More than 160 people are dead and hundreds more remain missing after catastrophic flooding hit large parts of western Europe. A desperate search for survivors continues despite great obstacles and difficulties. Luxembourg, Austria, Switzerland, France, and Netherlands have also been affected by the extreme rainfall but have not reported any fatalities.

Floods in Belgium

July 20 was a day of national mourning for the victims and those missing in the violent floods that hit the country. Since Wednesday, July 14, Belgium has been subject to violent floods. 120 municipalities, mainly in Wallonia, have been affected by floods considered to be "the most catastrophic that Belgium has ever known". The province of Liège is the most affected by the floods and is, therefore, the concentrated location of most of the rescue operations. The municipalities of Verviers and Pepinster alone accounted for at least a dozen deaths.

The balance sheet

According to the July 18 report from the crisis center, at least 36 people are dead and more than 100 people, who cannot be reached, are presumed missing. The search is still underway in the affected areas, but rescue operations are almost complete. 37,000 homes are without electricity in the provinces of Liège and Walloon Brabant - in Liège, the number has fallen to 10,000 homes but they are still experiencing great difficulty in accessing facilities.

ADRA local solidarity on the ground

The deadly floods have also caused significant material damage. Thanks to volunteers from several Adventist churches, ADRA Local Solidarity has been assisting victims in the areas most affected by the disaster.

Due to security concerns, the most affected areas were initially accessible only to residents and emergency services. On July 18, in coordination with the social services, ADRA volunteers were able to go directly to Ensival (Verviers), one of the most affected areas in the country, to assess the exact needs. In addition to clearing debris and evacuating houses that are on the verge of collapse, ADRA volunteers also offered comfort to the victims of this disaster.

In Germany

As they did for the 2013 floods in Germany, the Seventh-day Adventist Church, Advent-Wohlfahrtswerk e.V. (AWW), and ADRA Deutschland e.V. have again joined forces to help the affected people in the German states of North Rhine-Westphalia and Rhineland-Palatinate, quickly and unbureaucratically. With its many years of experience in disaster relief, ADRA takes over the coordination of operations and, among other things, takes care of logistics and the coordination of donations in kind, such as complete kitchen facilities. After the urgently needed first aid, ADRA will also help with reconstruction.

Adventist Institutions affected

"No Adventist Churches have been severely affected by the storms," shared Ruben Grieco, Communications Director for the German Union Conferences. "There are some churches where water has run into the basement. From two communities, we were informed that, so far, there is also relevant material damage."

For the area of Altena (not far from the Adventist Congress Center, Bergheim Mühlenrahmede), the public order office has asked the management of the Bergheim to take in evacuated people. As of July 16, about 30 people who have lost their homes are housed there.



1

Listen and Care

Sympathize with them in their trials and heartaches. This will open the way for you to help them. Pray with and for them.



2

Affirm Our Similarities

Agree with the people on every point where you can consistently do so. Let them see that you love them and want to be in harmony with them.



adventist.org

4

Steps for Witnessing to Other Cultures



3

Share Differences Through Testimonies and Stories

Our confession of His faithfulness is Heaven's chosen agency for revealing Christ to the world.



4

Invite Them to Experience Truth

The secret of our success will be found in making personal appeals to those who are interested, having unwavering reliance upon the Most High.





Dear Aunt Sewvy,

I was interested in your answer to the man in the small church who wanted to give his tithe to his needy congregation rather than to the conference. My question is related, but slightly different.

I like my conference, I am happy with my pastor, and I want to help pay his salary. But I see little use for all the levels farther up and, after the women's ordination decision, I don't want any of my money going to the General Conference. Is there a way to support my pastor without supporting the GC?

Signed, My Religion Is Local

Dear Local,

The denomination's stewardship system is like an everything-included, all-you-can-eat buffet—for the denominational organization. If you give your tithe to the conference, they spend some of it on your pastor, but a chunk of it automatically goes up the ladder to the union conference and then to the General Conference—and you have no control over that.

Yet if you direct your tithe to your local congregation's budget, your treasurer can pay lots of utility bills—but nothing goes to the pastor's salary.

This system has worked pretty well, as long as you don't mind having no control of how your money is spent. It certainly has kept denominational offices staffed, though (as in the question you reference) small congregations often struggle to pay their own bills.

Aunty isn't recommending this, but if you want to redirect your money, here are some things you should know:

1. If you want your gift to stay closer to home, never, in any communication, on any envelope, in any letter, or on any check, use the word "tithe." That word is the designation that means your money must go into the conference sorting machine to be sent up the financial ladder. If you don't want your money to go above your local church or local conference (or whoever you're designating it for) eliminate that word from your vocabulary, even if what you're sending is a tenth of your income. If you refer to your gift as tithe, the treasurer must put it into the tithe fund.
2. But what about supporting your local conference? Every conference has a local budget for funds that aren't sent on to the union and General Conference (GC). It is usually designated for things such as the youth camp and the academy. However, some conferences also have a personnel fund meant for emergency personnel needs. You can call your conference and ask if they have such a fund. Again, refer to it as just a donation, not tithe.
3. The GC sends money to missions. If you want to support missions, you will have to give to them separately—and many overseas organizations will enthusiastically extend their hands. But, beware! As some have discovered, your money may not end up where you expected. Perhaps a better way to support missions would be through the Sabbath School offerings.
4. Finally, you will have to be more deliberate in how you give. It won't be as easy as sliding a check into the envelope and dropping it into an offering plate. You might have to do some research, and perhaps even mail your carefully identified gift directly to the conference office.

Redirecting your donations has more to do with your own peace of mind than influencing the organization. It would take many, many people redirecting their money away from the tithe fund for it to make a difference in how the church manages its stewardship package.

Again, Aunty is only telling you how you would do this, not suggesting that you do it.

Aunt Sewvy



Dear
Aunt
Sewvy



1: If it's stuffy, walk away
When you walk into a room and the air feels stale, something is wrong with the ventilation. Not enough fresh air is being introduced, which increases your chances of getting infected by coronavirus.

According to workplace regulations set up before the pandemic, everyone should get 10 litres of fresh air every second, and that matters more than ever now. So if a place seems stuffy, just turn around and leave, says Dr Hywel Davies, technical director of the Chartered Institution of Building Services Engineers. He says that it's vital to have a flow of clean air:

"If you've got someone who's infected in a building, and you're bringing in plenty of outside air, you're diluting whatever infectious material they're giving off. You're reducing the risk of other people becoming infected."

Covid-19: Five ways to avoid catching the virus indoors

By David Shukman
BBC News science editor

3: Ask about the 'fresh air ratio'
In a modern building where the windows are sealed, how can you get enough fresh air? You're relying on a ventilation system in which stale air is extracted from the rooms and piped to an air handling unit, often on the roof.

There, fresh air can be pulled in from outside and mixed with the old inside air, before being sent back into the building. Given the risk of coronavirus infection, the professional advice is to maximise the fresh supply.

"Having 100% outside air or close to 100% is a good thing," says Prof Cath Noakes of the University of Leeds and chair of the environmental panel of the government's SAGE advisers, speaking in a personal capacity.

"The more fresh air, the less you're running the risk of recirculating the virus through the building."

The precise mix is decided by the building's managers, who may be working for the owners or the tenants.

The drawback to running 100% fresh air is the cost - the incoming air has to be heated in winter and cooled in summer, all of which requires energy.



2: Look up at the air conditioning
From offices to shops, air conditioning is welcome on hot days - but check the type of unit.
The simplest is a slender white box mounted on walls or ceilings, known as a split air conditioner. This draws in air from a room, chills it and then blows it back out again. In other words, it's recirculating the air. This is no problem for a quick visit but may be a risk over a period of hours.

A study of a restaurant in China blamed this type of air conditioner for spreading the virus. One customer was "pre-symptomatic" - in other words, he was infected but did not realise because he had yet to develop symptoms. Scientists reckon he released the virus as he breathed and talked, and it was pushed around the room by swirling air currents from the units on the wall. The result was that nine other people became infected.

Dr Davies points again to the importance of fresh air:
"If there had been a good supply of outside air, very likely fewer people would have become infected - if any."

4: Get the office management to check if there's virus in the filters

A modern ventilation system will have filters but these are not fool-proof.

In the US, researchers investigating the Oregon Health & Science University Hospital found that traces of coronavirus were trapped by the filters but some had somehow slipped through.

Prof Kevin van den Wymelenberg, who led the project, believes that swabbing the filters could reveal if there's someone infected working in a building. In South Korea, a call centre on the 11th floor of an office building saw one person infect more than 90 others.

If the filters had been checked more frequently, the presence of the virus might have been spotted sooner.

Prof van den Wymelenberg says data from filters can "show us where to punch and when to punch" in tackling infections.

5: Watch out for draughts

Talk to any expert in the field and they will say that fresh air is the key. But one specialist in modelling the movement of air says it's not that simple. But one specialist in modelling the movement of air says it's not that simple.

He worries that if someone sitting beside an open window turns out to be infectious, they could shed virus to others downwind.

"If you open a window, where is the air going to go?" he asks. "We don't want people in a direct line of that airflow. "More fresh air in general is better but if it's flowing horizontally and full of virus it could have unintended consequences."

I put this scenario to Prof Cath Noakes.

She says the benefits of plentiful fresh air diluting the virus will outweigh any risks. An open window might lead to more people receiving the virus but in smaller, less risky amounts, in her view.

It's no surprise there are disagreements - there's a lot we still don't know about the virus. But the air we breathe is bound to be part of any effort to make buildings safer.

www.wordfortheweek.info

WORD for the Week

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30

Unbelief | *noun*

¹ to not believe, ² withholding trust, ³ incredulity, ⁴ indisposed to admit the truth, ⁵ weak of faith.

memory text: Hebrews 3:19

“Unbelief and skepticism have taken the place of faith.”
Testimonies for the Church, Vol.5 p74

“The unbelief indulged, the doubts expressed... encourage the presence of evil angels, and open the way for the accomplishment of Satan’s devices.”
Selected Messages, Vol.1 p122

“...their unbelief did not hinder the predicted event. Christ declares that there will exist similar unbelief concerning His second coming.”
The Great Controversy, p338

“There are stormy times before us, but let us not utter one word of unbelief or discouragement.”
Christian Service, p136

Chicken-Style Potato Salad

Ingredients

- 6-8 medium cooked potatoes, diced
- 1 can green ripened olives, drained and sliced
- 5-6 radishes, cleaned and sliced
- 1 cup cucumbers, halved and sliced
- ½ cup celery, chopped
- 1 tsp mustard powder
- 1 tsp garlic powder
- 2 Tbsp nutritional yeast flakes
- 1 16 oz. extra firm tofu, cut into cubes
- 2 Tbsp Mckay's chicken-style seasoning, vegan special
- ½ cup nutritional yeast flakes
- ¼ cup fresh dill, chopped
- 1¼ cups vegan mayonnaise

Method

1. In a gallon bag add the ½ cup nutritional yeast flakes and 2 Tbsp of chicken-style seasoning and shake the bag holding it closed to mix together.
2. Add the cubed tofu and shake well again.
3. Place the covered tofu on a parchment covered cookie sheet and place in the oven and bake at 350°F until golden brown. Remove and let cool.
4. In order add the potatoes, olives, radishes, cucumbers, celery, mustard powder, garlic powder, and yeast flakes and stir with a spoon.
5. Add the dill and mayonnaise and combine with the spoon until incorporated together.
6. Add the baked tofu and combine until evenly distributed. Store in an airtight container until ready to serve.
7. Note: Add the vegan mayonnaise to your likeness. You can add more or less. This potato salad is a meal in it-



Reopening: Are You Ready to Return to Your Pre-Pandemic Life?

A few suggestions to help smooth your post-pandemic experience. By: Carlos Fayard, for Inter-American Division News

Let me offer a few suggestions as you re-enter post-pandemic life:

1. Re-entering can be thought of as a transition similar to how it feels when you start a new job or become a parent for the first time. To feel uneasy, even slightly anxious, is to be expected. This is more likely among those with an introverted temperament, as they are coming out of the “cave.” It is neither irrational nor illogical to feel this way. Many of my introvert patients have “enjoyed” having a socially acceptable reason to stay at home. Don’t take it to extremes, and pace your re-entry. If you are an introvert, be gentle with yourself. Your strengths may not lie in the social arena, but cultivate a way to connect in meaningful ways.
2. If you struggle with debilitating depression or anxiety, do not hesitate to reach out for help from trusted friends, pastors, or professionals. You may find it helpful to implement the steps Jesus outlined in [Matthew 6:25-34](#): observe nature in detail; cultivate an experience of trust in God’s loving care for you; do not believe every worrying thought that crosses your mind; set limits on how much time you dedicate to worrying; and develop goals for your life that are aligned with the values of the kingdom of heaven.
3. Follow the advice of medical professionals. This is particularly true if you have long COVID-19 symptoms. Few places provide proper whole-person care where psychological and spiritual care are given more than a token recognition. If you need it, you may need to be proactive in procuring it. Most health providers will recommend that you get vaccinated when you have a chance — both those who hesitate to be vaccinated and those who do not make their decision based on trust. If you hesitate, talk to your physician, and inform yourself from trustworthy sources. I found it helpful in making my decision by talking to my wife and children, who are health providers. But I also did some reading of my own about how the vaccine was developed (coronaviruses have been around for a long time; the vaccine developers did not start from scratch in March 2020, but built on many years of prior research); about the trials (among the largest numbers of individuals involved), which were rigorous and the effectiveness rates compared to previous vaccines (these are much better). It was important for me to be a part of the community that supports my family and friends. Additionally, I wanted to have my children less exposed in their work. I wanted my health professional friends to “get a life.” I did not want to narrowly focus on the death rates, ignoring the impact of the virus on a much larger percentage with long COVID-19 effects or the perils of a health system near collapse. For some of us, being vaccinated makes it more comfortable to re-enter our pre-pandemic lives.
4. Recalibrate your priorities. [Matthew 6:33](#) invites us to focus on placing the values of the kingdom of God above all other considerations. This may take many forms depending on your life’s situation and God’s call to you. The new Sabbath School quarterly “Rest in Christ” could not have come at a better time. It will help you see the roots of restlessness where, when, how, and with whom to find rest, as well as the ultimate purpose and meaning of resting in Jesus. Resting in Christ will help you deal with uncertainty and fear.
5. Know what you are made for. In previous posts, I commented on the potential psychological disruption brought by the pandemic, [the impact of the pandemic fatigue](#), and [tips on adapting to the “new normal.”](#) Yes, you were not made for fear or to live in a cave. You were not made for “social” distancing. You were not made to live in lockdown. You were not made to see your family through Zoom. But neither were you made for yourself or to just return to pre-pandemic life without having learned anything from the experience. We are made for far more than our pre-pandemic life; we were made for God and for “life abundant” ([John 10:10](#)). However, for now, we live “through a glass darkly” ([1 Cor. 13: 12](#)) while we wait for the ultimate “real normal,” for which God created all of us. We are made for eternity!

Carlos Fayard, PhD, is an associate professor of psychiatry and director of the WHO Collaborating Center in the Department of Psychiatry, Loma Linda University School of Medicine, and author of Christian Principles for the Practice of Counseling and Psychotherapy (Westbow Press, 2017).

**Go to God first,
not last.**





Health benefits of Eating Sweet Potatoes

- ◆ Boosts Immunity
- ◆ Good for Eyes
- ◆ Prevents Dehydration
- ◆ Enhances Brain Function
- ◆ Treats Stomach Ulcers
- ◆ Regulates Blood Sugar
- ◆ Helps with Weight Loss
- ◆ High in Anti-oxidants
- ◆ Regulates Diabetes
- ◆ Treats Arthritis
- ◆ Improves Digestion

We should never
give the world the
false impression
that Christians
are gloomy,
unhappy people.

Jesus Name Above All
Names, 54

UK-Based Adventist Care Worker Makes News for Refusing COVID-19 Vaccination, Threatens to Leave Country

An Adventist care worker in the United Kingdom (UK) has made local news for refusing to be vaccinated against COVID-19.

Przemyslaw Boloz lives in Worcester, in the West Midlands, and Worcester News says his refusal is based on his religious views.

Government legislation will now require double vaccinations for care staff in England by October and Boloz says he will lose his job for not complying.

"Me and my wife are Seventh-day Adventists. As such we believe that taking care of our bodies is our Christian duty.

"We believe in the importance of a healthy diet, exercise, sunshine, fresh air, clean drinking water and overall temperance.

"We do not drink alcohol, smoke, or even drink coffee, and our sicknesses records are near perfect.

"The official position of our Church is that we decide for ourselves whether we agree with the vaccination or not.

"Based on our experience so far we decided not to be vaccinated with this experimental vaccine," said Boloz as quoted by Worcester News.

Boloz added that he and his wife plan to sell their house and leave the country, due to the government policy.

The Seventh-day Adventist denomination's official statement on immunization reads as follows:

The Seventh-day Adventist Church places strong emphasis on health and well-being. The Adventist health emphasis is based on biblical revelation, the inspired writing of E.G. White (co-founder of the Church), and on peer-reviewed scientific literature. As such, we encourage responsible immunization/vaccination, and have no religious or faith-based reason not to encourage our adherents to responsibly participate in protective and preventive immunization programs. We value the health and safety of the population, which includes the maintenance of "herd immunity."

We are not the conscience of the individual church member, and recognize individual choices. These are exercised by the individual. The choice not to be immunized is not and should not be seen as the dogma nor the doctrine of the Seventh-day Adventist Church.