

# Willesden Epistle



*Welcome to the third issue of the Willesden Men's Ministry Newsletter.  
Take a look, be blessed and enjoy!*

A Bi-monthly Newsletter

Issue No 3 - February 2009



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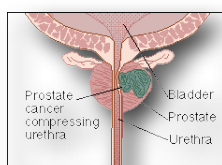
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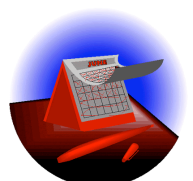
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**EVENTS & BIRTHDAYS**



## It's Good To Talk

By Luke Whyte

LMAO, LOL, BRB...

With each passing year, decade and century we can look back at what once was and draw comparisons, links, and difference with what IS.

The English Language is one of those things that we can clearly see, has changed, and evolved if you will. From written to spoken, right through to heard, the Language of Byron, Keats and Shelley has been prodded, pushed and pulled at until we find the language at the state it is in now, that being...well not like it was.

I blame LMAO, LOL, BRB...

It's strange because these acronyms, abbreviations and forms of text speech if you will, have come about as a result of, to a certain extent, advances in technology. What do I mean? Well, without the computer, we would not need to tell the whole world, we'll BRB (be right back) and without mobile phones we would not be limited to 160 characters and so feel the need to rite lk ths (write like this). And so advancement in one area of life has led to regression in another.

Not to mention that many people in today's society are in such a rush that they need to communicate what they have to say as quickly as possibly and so slicing and dicing the English language is the necessary action. If you fall into this category you are probably thinking, hurry up Luke, get to the point, patience just is not your thing.

And so we arrive, slightly earlier than anticipated, at the first station of this journey. It is because of a lacklustre and nonchalant approach to this most valuable agent of communication that we find ourselves in a society where words mean nothing or very little at the most...Where I DO, really needs clarification, and promises are as seldom kept as St Witthamas day (never heard of that have you). Never has there been a time where the Caribbean saying, "talk is cheap money buy land" been so apt as now.

And as the value of words gets washed away in a sea of post-modernity, the question has to be asked, "what about The Bible, a book of words, promises and

declarations. Where does that leave our sacred text? If words are no longer worth the paper they are written on, why am I writing this article and more importantly why are you reading it?...

The answer, words have been, are, and will always be important. Though my friends and I try and butcher it beyond all recognition on FB, MSN and the like, words are still important. None so much as the ones we SAY.

In the closed community that we are as Willesden SDA Church, we should try our best not to forget what a privilege it is to be part of such a community. Of course there will be upset, heartbreaks and heartaches, but this should never outweigh the innumerable benefits that come of the same situation.

The Bible says in Ephesians 4 29 Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

With these one, two, three, sometimes even four syllabised creatures called words, we can build some one up. With our tongues, mouths and lips we can positively influence those around us. But, and yes you knew there would be a but, we have to decide and purpose in our hearts and minds to do just that. I can not promise you it'll be easy, or that at time we wont fail miserably but what I can promise you is that just like eating an elephant can be done by eating one mouthful at a time, we can use language in a much positive way starting with our next conversation.

This message may well resonate with the male readers, a little deeper than others, though I could be wrong (first time for everything). You see, many of us are not used to complimenting one another, many of us struggle to compliment the females in our life as it is, and so complimenting each other as men, is wayyyyyyyyyyyyyy out of the question. To be critical or analytical of our brothers in Christ seems to be second nature and definitely much easier. On the flip side however, I commend the man who on hearing gossip about another man, friend or foe, can say, "Cut that out." Furthermore I affirm the lady, who when her friend brings tales to her quickly directs the friend to the person who she is gossiping about saying,

"here's her number, why don't you give her call?"

All these are ways of living as children of light as Ephesians instructs us to.

I'm not a fan of text speech abbreviations and acronyms, because I feel they are nothing but glorified short cuts, I wouldn't go as far as to say cheats, but definitely short cuts. So as we take this shorter route around the English language we miss out on the scenic route. We missed the rise and fall of a well-penned verse, we miss the love and affection injected into priceless prose we miss the beauty of a speech where words have been picked specifically and precisely. The same could be said of our Christianity. There are NO short cuts to living as children of light as Ephesians has instructed us to. There are NO short cuts to controlling our tongue and watching what we say as Ephesians 4:29-32

29) Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.  
30) And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.  
31) Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.  
32) Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

We have to take the scenic route, and along this route we'll encounter God, many time who will, each time, draw us closer and closer to resembling HIS character. BRB



## Verbal Slaughter (Watch What You Say...)

by Janice S Ramkissoon

If you find pleasure in another's downfall, I hate to be the bearer of bad news but the shackles are still on. You are bound and sitting in the enemies camp.

Insensitive conversation that comes under the umbrella of verbal abuse or what I would like to term 'verbal slaughter' has far outstayed its welcome in our fellowship. There's nothing to contribute to the edification of the body, during bible study, yet when placed in direct conflict with another, memory floods with bible verses and contributes to the tearing down instead of the building up of the body.

Sticks and stones can break bones but harsh words will crush the spirit of a saint. So choose your words wisely. What you do to the least of His children, you do unto Him. Watch your tongue! God is listening! And though you quote the scripture with clarity, when you use it to slaughter your brother or sister, it doesn't give honour unto God.

Watch what you say...

...about the PASTOR:  
They too are saints, chosen to be your leader and their spirit can be crushed too. Show them love and respect. The bible teaches us to obey/respect human authority. So encourage them towards spiritual growth instead of helping to tear them down. Our response to their leading can either motivate or demotivate them.

...about the NEW-BORN believer:  
He/she has just been introduced to the faith. Our behaviour can contribute to the building up of him/her or it can contribute to their spiritual death.

...about the YOUTH:  
Yes, they can be rebellious, at times, but they are our future. Treat them with respect. We can chastise without the harsh words. They too are God's beautiful creation and we are responsible for taking care of them. They will practise what we preach and if our sermon is a legacy of



contempt/ abusive words which only de-motivate them, they will grow up lacking the confidence they need to move forward. And they will view the church in the wrong image. Let them see Christ in you and want to keep coming to church beyond their teen years.

...about your BROTHER and SISTER:

We are all at different levels in our growth so do not judge. Help those who are weaker than you are and be open to receive help from those who are further along the way. We were all babes at one stage, so let us remove selfishness, (not wanting to talk to the other, using and abusing each other spiritually, back biting and all the other ism's, and

live peacefully with one to another. Remember what the word says **Romans 12:18** : **“Do everything possible on your part to live in peace with everybody.” (GND)**. Remove everything that is not of Christ) from our lives, and share with each other so we can all continue to grow in the knowledge of Christ.

Imagine the Christian life as a coach journey. Some are seated at the front, others at the back and the rest in the centre. We are all heading in the same direction (working towards the same goal). The difference is that the coach is only meant to pick up passenger. However, our actions or reaction to certain situation can find someone hopping off the coach when it stops to pick up passengers.

Today is a new day -- a gift no one deserves, so make a start today. God desires praise from a pure heart. Love covers all. Let us love one another like we ought to.

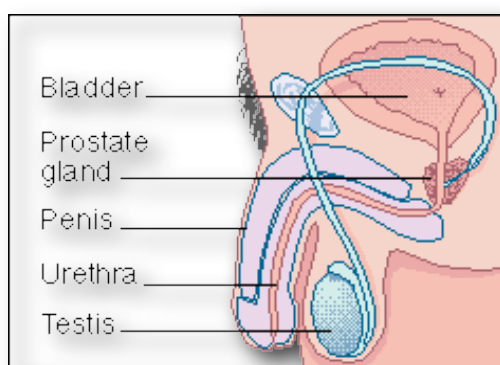
Obedience is better than sacrifice. So, obey the command to love thy neighbour as thyself. Even the individual who present or represents the stumbling block in your path, was created by God. They may, at the time, be living in darkness but it is not God's desire that any of us should perish, so don't be glad when they hurt and don't add to their pain. Though God may have removed them from your path, it may be the beginning of a process for them. So pray for them, that their eyes will be opened and that they too will come to know Christ as their personal Saviour and worship Him as King. We were also once in darkness but now that we have seen the light, we need to keep growing and be a beacon in the little space that we occupy

## Prostate Cancer

By George Kabambe

### What is the prostate?

The prostate is found only in men. It is a small gland about the size of a walnut. The prostate surrounds the first part of the tube (urethra) which carries urine from the bladder to the penis. The same tube also carries semen. Doctors sometimes talk about the lobes of the prostate gland. When they are [staging prostate cancer](#), they talk about the prostate gland being divided into 2 lobes, to the left and the right of a central groove.



### What does the prostate do?

The prostate gland produces a thick clear fluid which is an important part of the semen. The growth and function of the prostate depends on the male sex hormone testosterone, which is produced in the testes. Some treatments for prostate cancer work by reducing the levels of testosterone.

### Symptoms of benign and malignant tumours

As men get older their prostate gland often enlarges. This is usually not due to cancer. It is a condition called 'benign prostatic hyperplasia'.

The symptoms of both benign and malignant [tumours](#) are similar

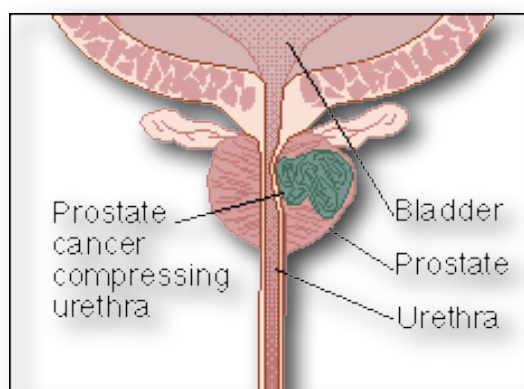
- Having to rush to the toilet to pass urine
- Difficulty in passing urine
- Passing urine more often than usual, especially at night
- Pain on passing urine
- Blood in the urine or semen

The last two symptoms - pain and blood - are rare in prostate cancer.

### What causes these symptoms?

With both prostate cancers and non-cancerous enlargement of the prostate, the symptoms are usually caused because the growth

- Presses on the urethra
- Blocks the flow of urine



**Remember** - if you have any symptoms you should be checked by your doctor. But most enlargements of the prostate are [benign](#). That means they are not cancer and can be easily treated.

### **Other symptoms of prostate cancer**

Cancer of the prostate often grows slowly, especially in older men. Symptoms may be mild and occur over many years. Sometimes the first symptoms are from prostate cancer cells which have spread to your bones. This may cause pain in your

- Back
- Hips
- Pelvis
- Other bony areas

This is known as secondary prostate cancer. There is information about the [treatment of secondary prostate cancer](#) in this section of Cancer Help UK.

Other suspicious symptoms are weight loss, particularly in elderly men, and difficulty getting an erection (where you haven't had difficulty before).

### **Screening prostate cancer**

Screening for cancer is an important part of cancer care. The aim of screening is to diagnose disease

- At an early stage
- Before symptoms start
- When it is easier to treat

- When it is more likely to be curable

### **The PSA blood test**

In the UK, there is no screening as such. But if you are concerned, you can go and talk to your GP about the risks and the benefits of having a PSA (prostate specific antigen) test. If you have an abnormal PSA and your doctor thinks your prostate feels unusual, it is more likely to be a cancer than if you have an abnormal PSA but your prostate feels normal.

If you have a normal PSA test result, the current thinking amongst experts is that your doctor is unlikely to get any new information from a repeat test within 2 years. If you have a result that your doctor considers borderline, you should have a repeat test in 1 - 3 months to check if the level is on its way up or stable.

### **The benefits and disadvantages of prostate cancer screening**

Prostate cancer is not always an aggressive disease. It can be very slow growing. Many men with prostate cancer don't have [symptoms](#).



**SO PLEASE VISIT YOUR GP AND GET IT CHECKED OUT!**

## The Role of Food Preservatives and Salt

By Clive Johnson

Sodium Chloride, aka table salt, is largely considered to be a safe flavour enhancer; however, it is not safe at all when used in excess. Salt is a food preservative and for thousands of years, before the discovery of electricity and refrigeration, it was used to preserve meats. The meats were packed in pure salt or in a brine of salt and water. One example of how salt prevents the growth of bacteria, and all other forms of life, is the Dead Sea, a body of water between Israel and the West Bank.

It is called the 'Dead Sea' because it contains no life: no fish, no algae or bacteria. What is in the Dead Sea that is so hostile to all life forms? The answer; salt, and lots of it! There is so much that you cannot possibly drown in the Dead Sea, instead, you will find yourself floating in this brine. However, it is not healthy to stay in this water for a long period of time simply because salt is a poison. Similarly, the way in which salt is used today, on and in every kind of processed food, it can damage our bodies too.

Excess salt stresses the kidneys, adrenal glands, builds resistance to insulin production and creates high blood sugar levels. Diabetes, obesity and high blood pressure are a few of the conditions that can be formed by excessive intake of salt. Add artificial food preservatives to the salt levels in food, include only refined carbohydrates, and you end up eventually with a wide range of gastrointestinal problems. These range from: food allergies, to acid reflux, to ulcers, to ulcerated bowels, to colitis, to candidacies, indigestion, stomach gas, aches and pains and even cancer of the stomach and small or large intestines. Salt, food preservatives, hard liquor (but not beer), and refined carbohydrates all contribute to an internal environment that is hostile to the growth of friendly flora. Friendly flora produces butyrate, acetic and lactic acid. Researchers and most physicians know that when butyrate levels in the stools are low, a person is more likely to develop colon cancer. (N.B. Butyrate is produced by bifida bacteria and promotes a healthy intestinal mucosal lining.)

Butyrate acid is required to promote the growth of both the epithelial lining of the intestines and an intestinal lubricant called 'mucin' which helps prevent or heal a leaky gut. The presence of mucin acts like a lubricant to move food through the intestines and prevent constipation. Fibre, and other forms of indigestible carbohydrates, is the fuel that supports the growth of the friendly flora that in turn produces butyrate

Thus we can see a step-by-step process from a flawed diet to the failure of mucosal immunity, an imbalanced immune system and therefore eventual illnesses. Vitamin A, carotenoids, silica and selenium are found in whole food sources (such as in fish liver oil, carrots, horsetail herb and high selenium mustard greens or yeast) and all support a healthy intestinal tract and mucus membranes. There is no evidence that synthetic forms of these nutrients (cheaply made amino acids and synthesized vitamins etc), which are sold as dietary supplements, have the same benefits for the consumer as natural plant-based nutrients.

SUDOKU

EASY

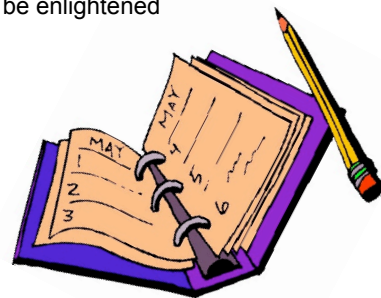
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**Dates for your diary**

<b>February</b>		
<b>Sunday</b>	<b>15th</b>	Men's workshop focussing on men's issues. Come share and be enlightened
<b>MARCH</b>		
<b>Saturday</b>	<b>7th</b>	Bowling - after AY.
<b>Sunday</b>	<b>15th</b>	Men's workshop focussing on men's issues. Come share and be enlightened
<b>APRIL</b>		
<b>Friday</b>	<b>10th</b>	Stewardship Weekend
<b>Saturday</b>	<b>11th</b>	Stewardship Weekend
<b>Sunday</b>	<b>12th</b>	Prayer Breakfast - details to be announced
<b>Saturday</b>	<b>18th</b>	Overnight Camp
<b>MAY</b>		
<b>Sunday</b>	<b>31st</b>	Family day of bowling- book early



**Birthday Acknowledgments**

**February**

- Bro A Dacres
- Bro E David
- Bro C Johnson
- Bro J Artery
- Bro W Swaby
- Bro S Blake
- Bro E Staple



**March**

- Bro L Whyte
- Bro J Foster
- Bro St Jacob
- Bro M Opiah
- Bro R Jones
- Bro D Taylor
- Bro C Collins
- Bro H Morgan
- Bro Fabion
- Bro C Snagg
- Bro P Easy

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*Thanks to all our contributors.*

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SUDOKU SOLUTIONS

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