



October 2014

# SEC Family

Connecting Lives for Eternal Living

A Publication of the South England Conference Family Ministry Department

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## Retirement: Blessing or Curse?

Barrington Brennen

When you think of retirement what pictures come to mind? Do you imagine yourself as an old, weak, frail person? Do you see someone in bed who cannot help him or herself? Is retirement positive or negative for you? Which one of these statements best reflects your expectations about retirement?

“I cannot wait to stop doing this stupid job.”

“I am sick and tired of working.”

“I need a rest.”

“I need to get away from my family.”

“I am tired of working for people. I want to do my own thing.”

“I can't wait to do something different.”

“I want to pursue my dream career.”

“I want to spend more time with my family.”

“I want to spend more time with my partner/spouse.”

“I want to enjoy more sex in my old age.”

Retirement should be understood as a transition to a new kind of living. It should not be equated with cessation of work or a lethargic lifestyle. I know what the reality is for many, but it does not have to be that way. For many, retirement is having no job, no money, no vacations, plenty of troubles, lots of knee joint pains, baby-sitting grandchildren and looking in the obits to see if you are dead. Do you realise that if you are thinking of retirement as a time to cease work, there is a greater risk that you will die prematurely?

Research tells us that common issues in late life are retirement, divorce, widowhood, misuse of prescription drugs, suicide, and neglect. Why is this? It is because people did not plan for retirement or have a misconception of senior years. For those who think of retirement as something positive and more as a transition to something different, they see retirement as doing what they want to do, allowing their creative juices to really flow freely, really fulfilling their dreams, going places they only dream about now, making more money than they have ever made, spending lots of time with family and friends, having lots of sex without the possibility of pregnancy.

One expert says: “Adjusting to retirement comes naturally to some people, while others find it more difficult. A person's health, mobility, financial resources, social ties, and the reason a person retires, all effect how a person handles retirement. Many retirees devote their time to volunteering in their communities: maybe in their grandchild's classroom at school, or by adopting a foster grandchild in the community.” Kenneth C. W. Kammeyer in his book, “Marriage and Family,” says: “Retirement is also thought to be associated with a number of negative outcomes, for both individuals and married couples. On the negative side it is often said that retirement is a

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By this all will know that you are My disciples, if you have love for one another.” John 13:35

# SEC FAMILY

time when people lose their interest in life, have lowered morale and depression, and even experience declines in physical health. Post-retirement husbands and wives are sometimes believed to be together too much, getting on each other's nerve and creating marital strife."

This brings me to the point of relationships or family life and retirement. As stated early in this article, if one sees retirement as a time to cease all labor, that person will die sooner than others who continue to be active. It is also compounded if one does not have healthy family relationships. These people will die even sooner after they retire.

Research indicates that persons who are living in unhealthy relationships at the time of retirement and/or during retirement will have a greater risk of dying prematurely, developing life threatening illnesses, developing psychological disorders, experiencing loneliness, losing faith in God. American Society of Ageing states: "While relationships with friends, neighbours, and former coworkers are also important for retirees, family is the social institution that is the basis of our social support and exerts a lifelong hold and influence on us. . . Imperfect though the family may be, it is where most people turn for comfort and sustenance. Family ties can provide a rich source of involvement for retirees and can be a valuable source of support for them in the years ahead."

Retirement can negatively impact marriage. Psychologist Dr. Willard Harley says: "Retirement, as you probably know, often has a sudden and stressful impact on marriage. Many retired couples spend their remaining years together miserably because they cannot adjust to it. I'm not sure that we're supposed to retire. Throughout recorded history, people worked until they died or were physically or mentally incapacitated. In fact, the older people in society (elders) tended to rise to positions of authority, using their experience to direct and train younger people. . . After retirement you find yourself face-to-face with someone you haven't gotten along with for years. You can blame it on retirement, but the truth is, you have never learned to accommodate each other, and you are now forced to do something that should have been done from the day you were married: Create a lifestyle that takes each other's feelings into account."

If you want to have a happy, healthy retirement, start creating healthy relationships now. Human beings were not designed to "retire." We were made to work. We were made to love and be loved.

We were made to interact with one another in meaningful relationships.



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*For further articles by Pastor Brennen, please visit [www.soencouragement.org](http://www.soencouragement.org)  
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## FAMILY WORSHIP APP

This app provides family worship ideas that are fun, easy, and inspirational for the entire family

By this all will know that you are My disciples, if you have love for one another." John 13:35

## Trick or Treat? Halloween and Seventh-day Adventists

Gerhard Phandl, Ph.D. Associate Director, Biblical Research Institute



Although the Seventh-day Adventist Church has not taken an official position specifically against Halloween, the churches' opposition to the occult and the demonic precludes any support for this type of festival. Halloween and its customs have no roots in Scripture or in the Christian Church. They are firmly rooted in the occult, and in pagan practices. These connections, however, are today forgotten or made light of. Nevertheless, any practice derived from the occult is incompatible with the teachings of Scripture (Lev. 20:6).

Since many people no longer believe in the existence of a personal devil and his demons, they feel there is no harm in making fun of these "religious relics of the past." The children are taught that there are no such beings as witches and evil spirits and that it is fun to dress up as ghosts or goblins. The modern denial of the existence of Satan and demonic forces is clearly contrary to Scripture. From Genesis to Revelation the Bible affirms the existence of Satan and demonic spirit beings (Genesis 3:1; Job 1:6; Matthew 8:31; Revelation 12:9).

In the education of children it is important that we do not plant false ideas in their minds. The Bible says, "Train up a child in the way he should go, and when he is old he will not depart from it" (Proverb 22:6). To teach them that there is no harm in imitating evil spirits is contrary to God's will.

God in the Old Testament warned Israel not to dabble in the occult. "There shall not be found among you ... one who practices witchcraft, or a soothsayer, or one who interprets omens, or a sorcerer, or one who conjures spells, or a medium, or a spiritist, or one who calls upon the dead. For all who do these things are an abomination to the Lord" (Deuteronomy 18:10-12). Since the occult is today more active than ever, this counsel is still valid today.

Participation in Halloween customs may seem innocent fun for children and adults, but it is one more way Satan can use to deceive people into thinking there is no harm in playing a little bit with the world of spirits and demons.

While Ellen White never mentions Halloween, she has many warnings against dabbling in spiritualism:

Spiritualists make the path to hell most attractive. Spirits of darkness are clothed by these deceptive teachers in pure robes of heaven, and they have power to deceive those not fortified with Bible truth (Great Controversy, p 86).

There are many who shrink with horror from the thought of consulting spirit mediums, but who are attracted by more pleasing forms of spiritism (Evangelism, p 606).

### Conclusion

Seventh-day Adventists recognise that spiritualism has many faces. Some of them may seem harmless and even fun. Nevertheless, they lead children and adults away from God's truth, and can become stepping stones to further entanglement with the occult. Therefore, we do not recommend participation in the celebrations and festivities in connection with Halloween.

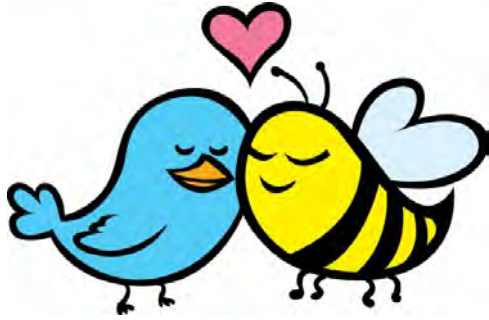
To read the full article go to <http://www.gcchildmin.org/pdf/halloween.PDF>

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## Don't Wait for the Birds & the Bees

Pr Les Ackie



Our children's curiosity about sex is natural. Children of all ages (especially teens) have questions about sexuality. Understanding how their bodies work and how to take care of them is a part of building a healthy life. It is therefore necessary that we furnish our children with accurate information about sex and sexuality. Our children are living in an "information age". They are exposed to too much information and misinformation from the media and the internet regarding sex.

While God gave Adam & Eve instructions to "go forth and multiply", we need to teach our children that procreation was never the only purpose for sex. The sexual experience is not pleasurable by accident. God intended that sexual union also provide intimacy, bonding, companionship and trust within the covenant of marriage. However, we live in a society which has detached the sexual experience from its divine moorings and reduced it to a level way below the dignity with which mankind was created.

Rather than teach abstinence until marriage, sex education in schools teaches them to, "Wait until you feel ready." However, our task is to encourage our children to be sexually pure. Sexual purity has often been confused with sexual abstinence, but they are not the same thing. The goal for Christians is not just to remain virgins until they are married. Abstinence may be a by-product of purity, but purity involves much more. The Bible makes it clear that purity is a matter of the mind (see Matthew 5:28). It involves a transformed heart and a commitment to biblical standards in how we use the members of our body. Teaching sexual purity to our children emphasises the truth that their bodies are the temple of the Holy Spirit who lives in them by their choice.

Many parents are intimidated and embarrassed by the idea of addressing sexual matters with their children. Some fear that talking about it will stimulate curiosity to experiment, while others just don't know how to broach the topic. However, we cannot allow our discomfort to prevent us from addressing so vital a topic with our children. We can take advantage of "teachable moments" as they arise in the natural course of life (see Deuteronomy 6:7). We can share with our children in an age appropriate manner depending on their level of maturity. It is most important that we cultivate a healthy view of sexuality for ourselves so that the topic does not become taboo in our households.

As parents we must be the first and primary sexual health educators of children because the question is not whether they will get information about sex, but HOW and WHEN? We should be proactive in educating ourselves about child development and sexuality, but we should not expect to be the oracle of all knowledge on the subject. Our task is to become an 'askable' parent. Someone who is approachable for information and guidance. Someone who will listen and respond to inquiries in a non-judgemental, open and accurate manner. An 'askable' parent is a 'secure base' person who can affirm human sexuality as a valuable gift and create a safe environment in which our children can ask their questions. Research indicates that children whose parents clearly communicate their values to them are less likely to engage in inappropriate sexual activity. We cannot afford to drag our feet when it comes to our children's sexual education. The time is now and as parents, we are definitely the people.





**SUNDAY, 16 NOVEMBER**  
**TIME: 9.30AM – 4.30PM**

**NATIONAL DISABILITY MINISTRY**  
**CONFERENCE**

**Mission to the Cities for All –**  
**Part 2**

access  
inclusion  
acceptance  
respect  
involvement  
diversity  
education

For Disability Awareness Coordinators and those interested in Disability Ministry in the British Union Conference.

Aims of the event will be to:

- Provide information and resources
- Share good practice
- Foundation for new ideas



Aena

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**Guest Speakers:**  
 Joy Ani  
 Michael Sharkey

**Workshops**  
**include:**

- Deaf Awareness Ministries
- Supporting Carers
- Mental Illness
- Starting your Disability Ministry
- Accessible Church

**Venue:**  
 Hilton Watford Hotel,  
 Elton Way, WD25 3HA

**Cost: £30**  
 Includes lunch,  
 refreshments and  
 resources

For further details  
 contact  
 Dawn Tompkins at:

**BRITISH UNION**  
**CONFERENCE**

BUC Offices  
 Stanborough Park  
 Watford, WD25 9JZ  
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**SATURDAY**  
**1<sup>ST</sup> NOV**  
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For more information please contact: **Barbara Lawrence** on **07940 007331** or **Toyin Aworinde** on **07533793253**

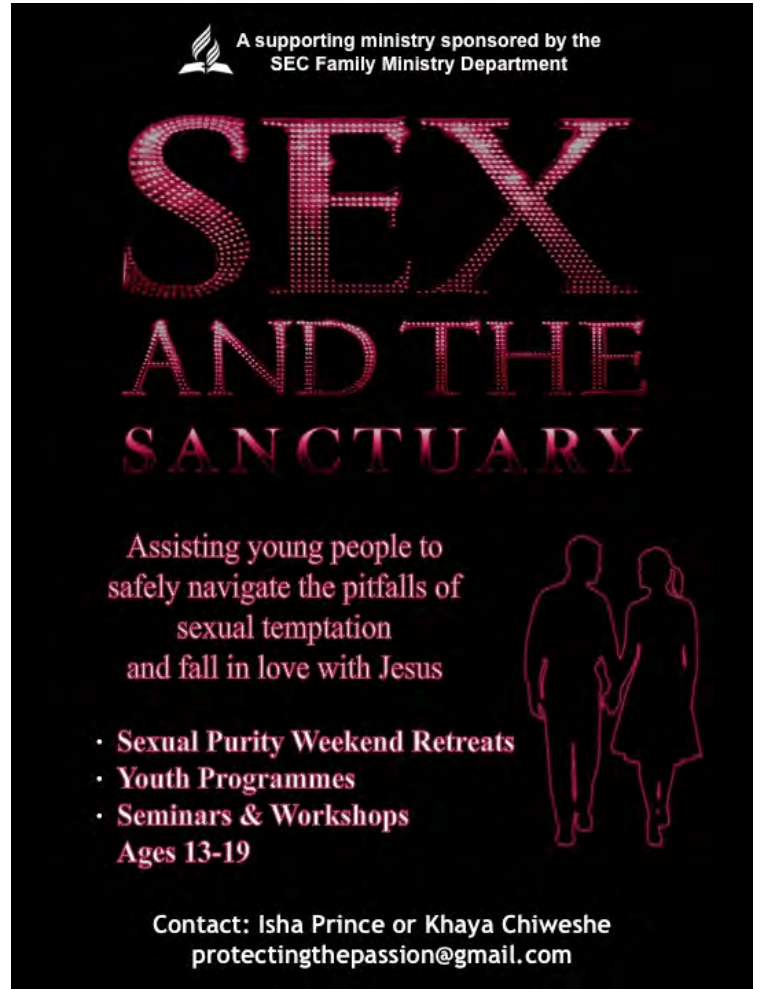


hallelujah  
**Kidz Praise**  
DAY OF  
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SAT 23 MAY 2015

**WATFORD COLOSSEUM**  
Rickmansworth Road  
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Starts 10am

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Church Designs: 07903 468 044



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SEC Family Ministry Department

# SEX AND THE SANCTUARY

Assisting young people to  
safely navigate the pitfalls of  
sexual temptation  
and fall in love with Jesus


- Sexual Purity Weekend Retreats
- Youth Programmes
- Seminars & Workshops  
Ages 13-19


Contact: Isha Prince or Khaya Chiweshe  
[protectingthepassion@gmail.com](mailto:protectingthepassion@gmail.com)

[SINGLESEVENTHDAYADVENTISTS.COM](http://SINGLESEVENTHDAYADVENTISTS.COM)  
[Info@singleseventhdayadventists.com](mailto:Info@singleseventhdayadventists.com)

The brand new FREE A.S.I member official supporting ministry exclusively for baptised single Seventh-day Adventists. Join single Adventists from around the globe in fellowship and perhaps find the person made just for you.

**Genesis 2:18**

 [Facebook.com/adventistsingles](https://www.facebook.com/adventistsingles)

[Twitter.com/singlesdas](https://twitter.com/singlesdas) 



## Useful Links

AdventSource -  
[www.adventsource.org/](http://www.adventsource.org/)

Adventist Parenting -  
[www.adventistparenting.com](http://www.adventistparenting.com)

Adventist Special Needs  
Association - [www.asna.info/](http://www.asna.info/)

BUC Family Ministry-  
[adventist.org.uk/who-we-are/  
departments/family-ministries](http://adventist.org.uk/who-we-are/departments/family-ministries)

The Ellen G. White Estate -  
[www.whiteestate.org/](http://www.whiteestate.org/)

GC Family Ministry -  
[family.adventist.org](http://family.adventist.org)

Hope Channel - [www.hopetv.org](http://www.hopetv.org)

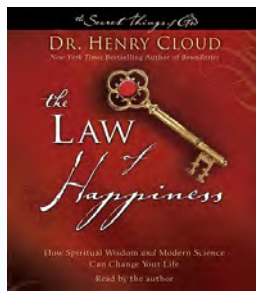
Kids in Discipleship -  
[www.kidsindiscipleship.org/](http://www.kidsindiscipleship.org/)

North American Division Family  
Ministry - [family.nadadventist.org](http://family.nadadventist.org)

SEC Family Ministries  
[secadventist.org.uk/who-we-are/  
departments/family-ministries](http://secadventist.org.uk/who-we-are/departments/family-ministries)

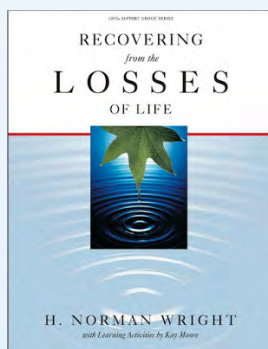
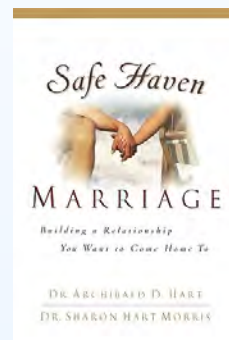
South Pacific Division Family  
Ministry - [www.adventist.org.au/  
family-ministries](http://www.adventist.org.au/family-ministries)

## Recommended Reading



In *The Law of Happiness* Henry Cloud reveals that the spiritual truths of the Bible hold the secrets to the happiness we desire. He reveals that true happiness is not about circumstances, physical health, financial success, or even about the people in our lives. In other words, it's not about the factors that are frequently beyond our control. Rather, happiness is found in choosing to become the people God created us to be.

**Safe Haven Marriage.** Creating a safe haven for each other in a marriage can enable a couple to weather any storm. Yet that accomplishment is certainly easier said than done. Dr Archibald Hart and Sharon Hart Morris present a detailed blueprint for establishing a marital safe haven so that couples can depend on each other and avoid criticising, blaming and shutting each other out during difficult times.



**Recovering From the Losses of Life.** Life is marked by a variety of losses, says H. Norman Wright. Some are life-changing, such as leaving home, the effects of natural disasters or war, the death of a loved one, or divorce. Others are subtle, such as changing jobs, moving, or a broken friendship. Wright teaches that whether we encounter family, personal, or community disaster, there is always potential for change, growth, and understanding, through God's grace.

**Cornerstone**  
Counselling Service

**0207 723 8050**  
or [ccs@secadventist.org.uk](mailto:ccs@secadventist.org.uk)

Contact us to speak with a counsellor about issues that trouble you, or to make an appointment.



**REAL Family Talk**   
with Willie & Elaine Oliver

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