

# THE LOGOS



Refreshed and Revived

Year of the Child and Adolescent

“Lord Transform Me”

A Weekly Publication of the South Bahamas Conference of Seventh-day Adventists Editor: Lavern A. Sturru Sunsets: 5:20 p.m. | Volume 24, Number 49 | December 8, 2018

## FOUR PILLARS OF A HEALTHY CHURCH



In current times, when the devil’s deceptions are evident everywhere, the philosophy of Health Ministries is to encourage church members, by

means of divine grace, to harmonize their lifestyle with God’s health laws. As Seventh-day Adventists, we are to live what we preach.

The health message of the Church is worthless, unless we practice what we promote and preach. Many souls could be carried to the feet of Jesus by teaching and practicing healthy habits.

As we observe Health Ministries Day, I would like to share with you four pillars of a healthy church as outlined by the Inter-American Division of Seventh-day Adventists. The pillars are; Prayer, Prevention, Practice and Proclaim.

A healthy church must pray. Prayer is the opening of the heart to God as to a friend. Not that it is necessary in order to make known to God what we want, but in order to enable us to receive Him. “Prayer does not bring God down to us but brings us up to Him”. *Steps to Christ* 93. God’s prevailing power is released in the lives of people who pray. To pray is direct communication with God. It is to receive power from God. It is to have constant communication with the Creator so that we can gain understanding and wisdom and to love and serve those we call our neighbors.

A healthy church endeavors to prevent. Prevention is an anticipated action to avoid wrong doings. It is to read, to study, and learn everything about what the Bible, the Spirit of Prophecy and Scientific studies say on health and then incorporate it into your life. It is far better to prevent diseases than to know how to treat it when contracted.

Prevention is to know that: We should drink 8-9 glasses of water per day; we should rest 7-8 hours per day; we should exercise at least 30 - 50 minutes per day, and if possible outdoors; we should eat a balanced diet three times per day. Lastly, we should communicate with God on a daily basis through the study of The Word and prayer.

A healthy church must practice. As we are empowered, we should put into practice what we know and preach. We must tell about the

Goodness of the Lord as found in the Great Commission of Matt. 28:18 – 20.

A healthy church must proclaim. To Proclaim is to evangelize. It is not to condemn, accuse or try to change others, It is to teach persons with our examples. “It is of little use to try to reform others by attacking what we may regard as wrong habits. Such effort often results in more harm than good.” *MH 156*. Proclaiming is to share what we have learnt. It is to open our churches and make them centers of service to others. It is to teach them who is the author of our lives, and the sustainer of our health and our happiness.

As we near the end of this year and embark on 2019 I encourage all of you to pray, prevent, practice and proclaim, so that we can be transformed by His grace to heal & serve.”

**Excerpts from IAD Healthy Church PowerPoint Presentation.** *Nathelyn LaCroix, Health Ministries Director*

### NEWLY APPOINTED OFFICERS

The following persons have been appointed to serve as directors in the various departments of the Conference for the next four years:

**Auditor-** Mr. Okell Damastus

**Publishing Director-** Pastor Nikita Thompson

**Education Director-** Elder Anthony Burrows

**Trust Director-** Bro. Micheal Toote Jr.

**Adventist Book Center Manager-** Mrs. Cherry Blackmore

**Adventist Book Center Assistant Manager-** Mrs. Tania Nomafo

**Community Services Coordinator-** Pastor Valentino Campbell

**Assistant Youth Director-** Mr. Patrick Wilson Jr.

### \*School Board\*

Kenny Deveaux-Chairman

Juliette Sands-Secretary

Kimberly Bryan

Dr. Cheryl Rolle

Jamal Franklyn

Latoya Burrows

Lashelle Adderley

Samantha Wilson

Anthony Burrows

Dion Stewart

Dr. Elliston Rahming-*Editor*

### ATCU PUSH INITIATIVE

#### 2019 Reaping Campaigns in ATCU

The prayer focus of The Atlantic Caribbean Union (ATCU) for the week, December 9-15, 2018 is: *Convention Divine Hour Speaker*

### COMMUNICATION NOTICE

WORD SBC 88.3FM has been back on air since Friday November 23, 2018. However, we are still working to restore our coverage to the island. You can also listen to 88 3FM on the TuneIn Radio app and on the Cable Channel 988. We thank you for your continued financial gifts and solicit your further support of our station as we seek to spread the gospel to the world.

- *Lavern Sturru, Communication Director*



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### WOMEN’S MINISTRIES

On behalf of the Women’s Ministries Department of the South Bahamas Conference, I wish to take this opportunity to say a sincere thank you to the former Administration, Women’s Ministries Leaders in New Providence and Family Islands, my Council Members, GEMS and their Mentors as well as the many faithful women who supported and encouraged during the last four years.

I am humbled to serve as Women’s Ministries Director for another term and thank the new Administration for the confidence placed in me. The memories of 2015-2018 will quickly be in our rear view and as our department embarks on yet another remarkable journey, under the theme, “God’s Beloved Daughters”: Ministering by Soul Winning, Ministering by Teaching, Ministering by Embracing and Ministering by Nurturing, we invite all Women and GEMS to join us.

My hope and prayer is that God will be pleased with us, our service and our faith based initiatives that will span 2019-2022.

As we approach another yuletide season, amid all the hustle and bustle, bells and whistles, the focus for the world is giving and receiving. However, as children of God, let us primarily focus on the Christ-child, the most important gift we could ever receive, as found in John 3:16.

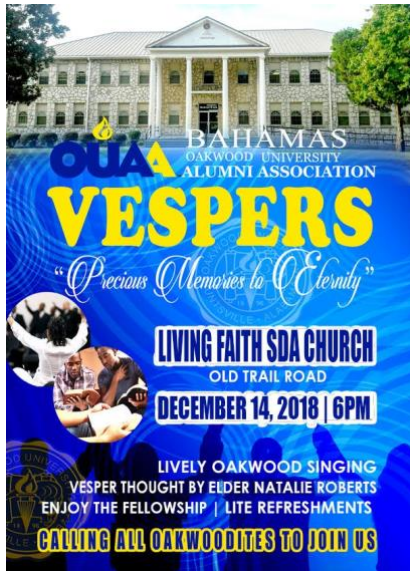
On behalf of the Women’s Ministries Department, I wish you all Happy Holidays and an even more spirit-filled New Year! -*Mrs. Jacqueline Gibson, Women’s Ministries Director*

## ASI BAHAMAS

Our ASI General Meeting will be held on December 9, 2018 at 5p.m at the Hillview Church. All members and prospective members are invited to attend. Representatives are needed from each church, so please plan to attend this very important meeting.

### ASI Pop-up Plaza

Looking for fresh produce and other food items? Come to the ASI Pop-Up Food Plaza on December 9, 2018 from 12 noon - 4p.m at the Better Living Health Expo, Balfour Avenue. Come and get your food at super affordable prices. See you there! -*Shandera Smith, Executive Secretary-ASI*



## HEALTH MINISTRIES ANNOUNCEMENTS

### SAVE THE DATE

The Adventist Health Professionals Association (AHPA) and the Health Ministries Department's Year-end social event is scheduled for December 30, 2018. Venue and time to be announced.

--*Shandera Smith, AHPA President*

**8 WEEKS TO WELLNESS 2019** is scheduled for February 25 at 6:00p.m at the H. D. Colburn Gym. Prevention is the key. Plan to attend, your body will love you for it. For more information please contact Nathelyn LaCroix, Health Director.

### NATIONAL FUN/RUN WALK

You are all invited to a national Fun/Run Walk dubbed 'I Choose to Live Healthy' on January 10, 2019 at 6:00a.m starting at Arawak Cay. For more information please contact Nathelyn LaCroix, Health Director.

### HEALTH MINISTRIES DAY

The Philadelphia Church presents Health Ministries Day Seminar II on December 8, 2018. Come out and be empowered to achieve optimal health - mind, body and soul. -*Shandera Smith*

## BREATH OF LIFE COOKING CLASS

Come and learn how to "VEGANIZE" your favorite dishes at the Breath of Life Church, Marshall Road. The Cooking class will begin at 3p.m until 6p.m on December 9<sup>th</sup>, 2018. The registration fee is \$10.00.

Call 6360330 or 807-0869 to reserve your space.  
-*Health Ministries Dept. Breath of Life Church*

## UCHEE PINES

### WELLNESS RETREAT 2019

All persons who are interested in attending a Simple Remedies and Preventative Medicine Seminar at Uchee Pines in Seale Alabama on March 24 - 29, 2019 may contact Sister Nathelyn LaCroix at email [lifestylecounsellor64@gmail.com](mailto:lifestylecounsellor64@gmail.com) or 323-0610.

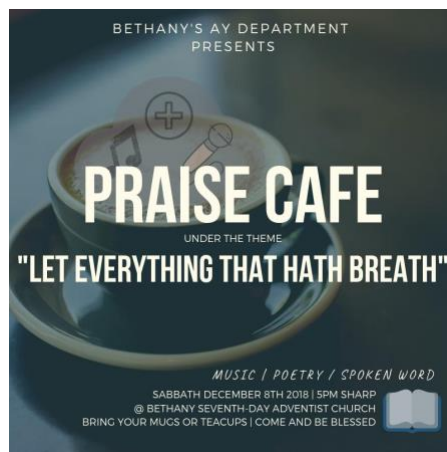
## PHILADELPHIA CHRISTMAS

The Philadelphia Seventh-day Adventist Church presents "The Glory of Christmas: Celebrating Christ's Birth" featuring the Pathfinder Concert Band on Sabbath December 22nd, beginning at 11:00 a.m. at the Church in Elizabeth Estates. You are invited to attend.

*Annette L. Dorsett, Music Coordinator*

## BEREA'S CHILDREN'S CHRISTMAS MUSICAL

Berea's Children & Adolescent's Ministries Dept will be hosting its 4th Annual Christmas Musical under the theme "Sing A Song of Christmas" on Sunday December 16, 2018 at 6p.m at Berea Church. This musical celebrates the birth of Christ using familiar carols and presents the Christmas story in a fun and lively way so let the joy of the season ring as the children perform. For more information, email at [bereastorytime@gmail.com](mailto:bereastorytime@gmail.com). Visit our website at [www.bereasadchurch.com](http://www.bereasadchurch.com)



## YOUTH TIDBITS Upcoming Events

### December:

- 8: Berea Youth Day, 11:00am
- 8: Ephesus Pathfinders Investiture, 11:00am
- 8: Bethany Praise Café, 5:00pm
- 9: Youth Ministry Department Council Elections, Message of Hope, 9:00am.
- 10: International Pathfinder Camporee Meeting, Hillview, 6:00pm-7:00pm.

- 14: Philadelphia Pathfinder Induction, 7:00pm.
- 15: Johnson Park Pathfinder Investiture, 11:00am
- 15: Philadelphia Pathfinder Investiture, 4:00pm
- 15: Grant's Town Youth Day, 11:00am
- 22: Pathfinder Band Christmas Program, Philadelphia, 11:00am.

### PLA Investiture Certification:

All PLA's to be invested on Sabbath, December 15, 2018, are asked to meet at the Message of Hope Adventist Church, for 10:00am. Please bring all assignments.

### Youth Ministry Department Council Elections for 2019:

All AY Leaders and Pathfinder Club Directors for 2019 are asked to represent their churches at Youth Council Elections, to be held at the Message of Hope, Adventist Church, on Old BA, Sunday, December 9, 2018 at 9:00am. Please bring your electronic devices. Refreshments will be provided for purchase by the Pathfinder Band.

### International Pathfinder Camporee Oshkosh 2019 Meeting:

All pathfinders and parents of pathfinders travelling to Oshkosh, Wisconsin, are invited to an important update meeting on Monday, December 10, at Hillview, 6:00pm-7:00pm.

### Public Campus Ministry Youth Congress Panama 2019:

The Inter-American Division PCM Youth Congress will be July 18-22, 2019, in Panama. Expected delegates will be College/University Students and professors from across the conference. Tentative total cost per delegate is \$312.00 USD + airfare. The criteria for selection will be published soon.

### Bible Connection 2019:

Please start reading and preparing for an enriching Bible experience in 2019 across our Conference. AY Leaders, Adventurer Leaders & Pathfinder Leaders please take note of the following:

#### Senior Youth (16-30)

Study: The books of Ezra, Nehemiah, Esther and Chapters 45-53 of Prophets and Kings.

#### Pathfinders (10-15)

Study: The books of Nehemiah and Esther

#### Adventurers (6-9)

Study: The book of Esther

\*Bible version to study is the King James Version.--*Jamal Franklyn, Youth Director*

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**Please Email Weekly Announcements by  
Tuesday @ 1pm to:  
[logos@sbcadventist.com](mailto:logos@sbcadventist.com)**

**Conference website:  
<http://southbahamasconference.org>  
Telephone: 242-341-4021**

**SUN SETS NEXT SABBATH  
December 15, 2018 AT 5:22 P.M.**