

THE LOGOS



Connected: Growing in Christ

“Year of The Pastor”

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THE JOY OF RETIREMENT



Howard Salzman states that “retirement is a time to make the inner journey and

come face to face with your flaws, failures, prejudices, and all the factors that generate thoughts of unhappiness. Retirement is not time to sleep, but to awaken to the beauty of the world around you and the joy that comes when you cast out all the negative elements that cause confusion and turmoil in your mind and allow serenity to prevail.”

Over the past seven months, I have been privileged to spend some time at home as well as abroad, experiencing some of the fruits and joy of my forty-six years of labour in the classroom. I can concur with Salzman, that it is not all about sleeping but rather a time to get out and enjoy the vast nature and beauty of God’s creation. I encourage all retirees to travel as a way to keep active. From the deep blue ocean holes of my birthplace, South Andros; the vast sandy beaches of Providenciales, Turks and Caicos; and the green-hooded forests of Grand Bahama, I have marveled at what a creative and majestic God we serve.

Idleness in retirement leads to dullness of mind and body. Engaging in lifetime hobbies is an integral part of my retirement. I enjoy crochet and knitting! The needles, the yarn and a little bit of effort, result in tams for loved grandchildren, scarves for elderly church members, and a feeling of being useful in making loved ones feel appreciated. Another way to avoid idleness is to volunteer. Retirement is a wonderful time to give back without the pressure of a regular nine-to-five job. As a volunteer, a retiree can stay connected to the community and make a difference. Choose a day and time and activity that appeals to you and your skills and give back. I have found myself at Bahamas Academy on many special occasions (so much so that many assume I am still

employed) to offer my time as a substitute teacher, prayer tent organizer, and even spending time frying corn fritters.

Abraham Lincoln in his book, *Instructions for Life* states, “...and in the end, it’s not the years in your life that count, it’s the life in your years.” What’s retirement without the care and love for family? Spending time with family should be a high priority on any retiree’s list. In the precious years that retirement affords, use the time to make memories that will warm your heart and draw you closer to those in your family. I treasure the time I spend with my four granddaughters, my children and extended family. I enjoy preparing special dishes for Sabbath lunch and tasty soup during the week. Even the youngest member of the family looks forward to these meals.

One writer tells us that money is not better in retirement but the hours are better. There is no lack for those who trust in God’s faithfulness to supply. Retirees live on fixed incomes, but if we take God at His word, pour our financial resources into worthy causes, God will open the windows of Heaven to pour out an abundance that we have not even enough room to receive it. In our conference, there are many opportunities to be a blessing financially. Give to Bahamas Academy, to the Samaritan’s Purse, or to a worthy student in financial distress. I can truly testify that when I put God first in being faithful to Him with my finances and time, He certainly showers me with His blessings.

The joy of retirement is further realized in the fact that the end is not the years in your life but the life in your years. What’s important is being faithful to Him with your service. God has blessed retirees with an abundance of time to worship and serve Him. I have resolved to dedicate more time to reflect on His goodness and mercy, to study His Word more diligently, to enjoy the quietness in my home and just engage in constant communion with Jesus. Jesus longed for retirement, so that He might be with His disciples (Desire of Ages, chap. 37). The chapter also states, “the disciples needed to go to a place of retirement, where they could hold communion with Jesus and receive

instruction for future work.” Of course I am interpreting retirement to be after your work/career is done. If you are a retiree or soon-to-be retiree, contemplate seriously spending more time communing with God.

Catherine Pulsifer succinctly describes retirement in the following acrostic:

R-retire, now it is your time to
E-experience all that life has to offer and
T-take time to smell the roses and
I-investigate your hobbies to
R-revitalize your dreams and
E-embark on a new way of life.

When one retires in the embrace of Jesus - the One who fortifies you for continued service, that is real joy! -Mrs. Rowena Smith, Retired Educator

SPECIAL NEEDS SUMMIT

The first *Special Needs Ministries Summit* of the Atlantic Caribbean Union under the theme, *Jesus’ All Inclusive Kingdom*, comes to the South Bahamas Conference on March 13-15, 2015. The summit will take place at the Maranatha Seventh-day Adventist Church.

Take note of service times:

- Friday, March 13 - Vesper Service at 7:15 p.m.
- Saturday, March 14 - Sabbath School at 9:15 a.m. and Adventist Youth Hour at 5:00 p.m. (AYS will be Joint.)
- Sunday, March 15 - Symposium at 8:30 a.m.

Join us as we begin our journey to a sensitization of our members in this area of ministry. -Pastor Paul Scavella, President

LOGOS BIBLE SOFTWARE DEMO

There will be a Logos Bible software demo followed by a question and answer period for members and interested persons on Thursday, March 12, at the Good News Seventh-day Adventist Church, from 6:30 - 8:30 p.m. -Pastor Lynden Williams, Spirit of Prophecy Coordinator

HEART TALK AT HILLVIEW

The Women's Ministries Department in collaboration with Health Ministries will host a Heart Health Talk with Dr. Conville S. Brown on Saturday March 7, 2015 at 4:30 p.m. at the Hillview Seventh-day Adventist Church. -Ms. Domica Davis, Hillview

CHILDREN AND ADOLESCENT MINISTRIES DEPARTMENT

There will be a called meeting at the South Bahamas Conference Office on Thursday, March 12 at 5:30 - 6:30 p.m. for all Children and Adolescent Ministries leaders and assistants. Kindly come on time.

*March 28 - Reading in the Park (Outreach)

POETRY FEST

The Poetry Fest of the Children and Adolescent Ministries (CHAM) Department is open to children ages 5 - 14 in the South Bahamas Conference. **Details:** The theme of each poem should be *Connected and Growing in Christ*.

Each entrant must write his/her own poem. **All entries must be submitted to the local church CHAM leaders by April 4, 2015**

There will be a semi-final held at each church/church district. **The semi-final at each church/church district should be completed by April 18, 2015.** From the semi-final, one person from each category will advance to the finals that will be held on May 2, 2015.

The name of the semi-final winner from each category along with the poem should be submitted to the conference director by April 23, 2015.

Categories

Category A - Ages 5-7

Category B - Ages 8-10

Category C - Ages 11-14

Guidelines

All pieces **must** be original.

Children ages 5 - 7 should write a *Limerick*.

Children ages 8-10 should write *Free Verse* (not more than 10 lines).

Children and adolescents ages 11-14 should write a *Sonnet*.

***Definition and examples of each poetic style can be obtained from your CHAM leader.** -Mrs. Joan Scavella, CHAM Director

ATCU PRAYER INITIATIVE

The prayer focus of the Atlantic Caribbean Union (ATCU) for March 8 - 14, 2015 is: **For Purity of Heart.** -Pastor Peter Joseph, Prayer Coordinator

TUNE IN FOR WEEKLY UPDATES

ATV 53 is providing the weekly News Update or News Page on the conference's website at www.southbahamasconference.org and also on the South Bahamas Conference facebook page. We keep you informed with conference news. -Mrs. Lavern Sturrrup, SBC Media Department

WORK OF HER HANDS

All women are invited to the *Work of Her Hands* Trade Show at the Good News Church on March 8, 2015 at 3:00 p.m. Refreshments and products will be on sale. Part proceeds will go to Bahamas Academy scholarship fund. For more information, contact Felecia Datus at 341-4021. -Ms. Felicia Datus, Radio Program Coordinator

PRAYER AND ANOINTING

March 7, 2015 launches our Let's Move Emphasis and Health Ministries Day at Bethany Seventh-day Adventist Church. Please join us at 8:00 a.m. for our Prayer and Anointing Service for those with illness and health concerns. The rest of the day's activities includes a *Blood Drive* at 4:00 p.m., symposium on *Natural Remedies* at AY hour, and we conclude with an exercise demonstration. -Dr. Stephanie Hutcheson, Bethany

HEALTH MINISTRIES

SBC Monthly Fun/Run/Walk

Our monthly fun/run/walk is scheduled for Sunday, March 8, 2015 at 6:00 - 8:00 a.m. The route is Goodman's Bay to Sandypoint and back.

8 Weeks to Wellness in Long Island

All those interested in traveling to Long Island for Family Island Health Outreach (Launch of 8 Weeks to Wellness) on March 18-23 or March 20-23, may contact Mrs. Nathelyn LaCroix -323-0610

Uchee Pines Sessions

All persons interested in attending Uchee Pines for their upcoming sessions, April 19-May 6 may contact Mrs. Nathelyn LaCroix, our Health Ministries Director

8 Weeks to Wellness

The 8 Weeks to Wellness Program continues on Monday, March 9 at 6:00 p.m. at the GMCI (Old Bahamas Academy Gym), Wulff Road. -Mrs. Nathelyn LaCroix, Health Ministries Director

JESUS HEALED MEN AND WOMEN HOLISTICALLY!

Join us at the New Providence Seventh-day Adventist Church every Wednesday in March from 6:00-7:00 p.m. Learn about the importance of preventive medicine and the significance of natural remedies.

The sessions will help you to:

- Grow spiritually
- Sustain healthy habits *and*
- Serve others cheerfully

Live longer, live happier and be proactive in health evangelism. -Mrs. Amanda Lundy-Ferguson

DAYLIGHT SAVING TIME

Time changes on Sunday, March 8, 2015 at 2:00 a.m. Set your timepieces one hour ahead.

OUR HERITAGE-OUR SONG

On Sabbath, March 7, 2015 at 5:00 p.m., the Peardale Seventh-day Adventist Church will host a panel discussion highlighting *Black History/Our Culture - with a focus on our Music*. All are invited to attend. -Mrs. A. Rolle, Music Coordinator, Peardale.

COMMUNITY SERVICES

LEADERS AND ASSISTANTS TO MEET

All community services leaders and assistants are invited to a meeting at the GMCI on Sunday, March 8, 2015 at 10:00 a.m. -Pastor Craig Williams, Community Services Coordinator

CAT ISLAND SDA

ADVANCEMENT SOCIETY

Persons wishing to travel to Cat Island on April 3-6, 2015 (Easter Weekend) with the Cat Island SDA Advancement Society are asked to contact Elder Norman Seymour at 457-0067. Tickets should be purchased no later than mid-March. Sky Bahamas is the carrier. -Elder Norman Seymour, Coordinator

MEMORIAL CONCERT

The Sandilands Rehabilitation Centre will host its Patient Choir Concert in memory of the

Late Anthony Roach at the Geriatric Driveway, Sandilands Hospital on Sunday, March 8, 2015 at 3:00 p.m. All members are encouraged to attend. -Administration



YOUTH TIDBITS MASTER GUIDE TRAINING

Master Guide training continues each Sunday at 6:00 a.m. at the Hillview Seventh-day Adventist Church. Registration is in progress.

GLOBAL YOUTH DAY

As we prepare for Global Youth Day on Sabbath, March 21, 2015, all youth leaders are reminded to submit their t-shirt orders to Dorsett Tees by Wednesday, March 11, 2015. -Pastor Larry Green, Youth Ministries Director

SUN SETS NEXT SABBATH MARCH 14, 2015 AT 7:17 P.M.

Website:

<http://southbahamasconference.org>
Have a Blessed and Wonderful Sabbath!

