

# THE LOGOS



Connected: Growing in Christ

“Year of The Pastor”

A Weekly Publication of the South Bahamas Conference of Seventh-day Adventists Editor: Joan M. Scavella Sunsets: 6:48 p.m. | Volume 20, Number 41 | October 10, 2015

## MENTAL HEALTH AFTER A HURRICANE (PART 1)



**H**urricanes are very stressful events. All unplanned events that bring uncertain change in our lives, called crises, are

always stressful.

Hurricanes affect all of us in some way or another. Every member of the family will experience some form of negative response to a hurricane over the next few days and months after it passes. The signs of post-hurricane trauma are not always immediate; the emotional effects may not appear for months. Recovery time varies as well. Stress takes its toll not only on those hit directly by the hurricane, but also on those who made it through; physically untouched by the hurricane. Mental health experts say that those who escape the hurricane untouched often suffer "survivor's guilt."

People suffering survivor's guilt often push themselves to the limit trying to help. Children, in particular, resent the shattering of their routine. That resentment may manifest itself in enormous guilt, nightmares, temper tantrums and problems at school. In addressing trauma after the storm, it is important to understand that there is a natural grieving process; denial, questioning, acceptance, and recovery after the loss of normalcy or loved ones.

Below are some of the responses after a hurricane:

- Fear, disbelief, suspicion, anger, anxiety, or apathy.
- Short temper, moodiness and irritability.
- Reluctance to abandon property.
- Guilt over having been unable to prevent the disaster.
- Confusion, numbness, and flashbacks.
- Difficulty in making decisions.
- Excessive helpfulness to other disaster victims.
- Loss of appetite.
- Crying for no apparent reason.
- Increased effects from allergies, colds, and flu.

- Rejecting outside help or feeling disappointed with outside help.
- Isolation from family, friends, and social activities.
- Domestic violence.

How can adults cope? What should you do? We cannot avoid stress, but we can learn to manage it or how to respond to the stressors. Here are a few suggestions:

- Recognize and accept your feelings and realize you're not alone.
- Talk to others, including family, friends or clergy, about your feelings.
- Be patient accept that restoration will take time.
- Keep family meals as nourishing and on as much of a routine as possible.
- Get as much sleep as possible.
- Relax; a deep breath and vigorous stretches can help reduce tension and stress.
- Whenever possible, do something enjoyable; read a book, watch a video, play games.
- Hug your family and friends; affection and touching can be soothing.
- If your stress symptoms persist, seek professional help.

How do children deal with stress, especially after a hurricane? Here are some of the signs:

- Headaches and stomach aches.
- Reluctance to go to bed.
- Insomnia and recurring nightmares sparked by fear that the hurricane will return.
- Regressive behavior such as bed-wetting, thumb-sucking and clinging to parents.
- Fantasies that the hurricane never happened.
- Withdrawal.
- Temper tantrums, crying, and screaming.
- Shortened attention span, plummeting school performance, or refusal to attend school.
- Loss of appetite.
- Loss of interest in playing.
- Drug and alcohol use by older children.

Dear friends, you need not go through the pain of loss all alone. Contact someone you can talk to: a pastor, friend, or relative. If your stress signs linger long or are currently unbearable, then seek professional help.

*-Compiled by Barrington Brennen, Pastor of the Grant's Town Seventh-day Adventist Church; Counseling Psychologist; Marriage and Family Therapist*

### PATHFINDERS AND COMMUNITY SERVICES LEADERS CHANGE FOCUS AFTER JOAQUIN

#### Note the Venue!

Efforts by the South Bahamas Conference to help people affected by Hurricane Joaquin will continue at the Pathfinder and Community Services Exhibition at the upper level of Fort Charlotte on Monday, October 12, 2015 from 10:00 a.m. until 6:00 p.m. The conference's radio station, 88.3 FM will be on site with a telethon! Share in this rare opportunity. Give your support on the airwaves! Make tangible donations on site! All proceeds from this year's exhibition and sales will go toward the hurricane relief. We urge our members and community friends to support this important event. Let's be a blessing to our neighbours! -Pastor Craig Williams, Community Services Coordinator

### SOUTH BAHAMAS CONFERENCE -CONTINUED RELIEF EFFORTS-

Members who are interested in visiting and giving assistance to any of the islands impacted by Hurricane Joaquin, are kindly asked to meet at the tent on Queen Elizabeth Sports Centre on Sunday, October 11, 2015 at 8:00 a.m. Groups will be organized to travel within the next ten days.

Masterguides, women's ministries, and other groups are invited to join the effort as we rebuild for a stronger Bahamas with God's help.

Our conference and union have collectively donated ten generators to the family Islands. In addition, we have sent food, water, toiletries, clothing, and chain saws to Acklins, Crooked Island, San Salvador, and Long Island. Elder Michelle Williams, Pastors Barr, and Johnson have all expressed gratitude for your generosity. Let us continue this Christlike spirit in the weeks ahead. Your gifts and expressions of goodwill are greatly appreciated! A full report is forthcoming.

In reference to Hurricane Joaquin, Pastor Paul Scavella will be interviewed by 3 ABN on Wednesday, October 14, 2015. -Pastor Paul Scavella, President

### ATCU PRAYER INITIATIVE

The prayer focus of the Atlantic Caribbean Union (ATCU) for October 11 - 17, 2015 is: **Appreciating God's Presence.** -Pastor Peter Joseph, Prayer Coordinator

## THANK YOU!

The South Bahamas Conference expresses gratitude to Pastor Claudius Morgan and Brother Thomas for allowing God to use them in this part of the vineyard. As the crusade ends, our members will miss them. We thank God for their service and their commitment to His cause. May God guide and protect them and their families as they serve around the world. Thank you, gentlemen! -*Pastor Paul Scavella, President*

## OFFICIAL NOTICE

of the

### Second Quinquennial Session

of the

### Atlantic Caribbean Union Mission

Notice is hereby given that the Second Quinquennial Session of the Atlantic Caribbean Union Mission of Seventh-day Adventists will be held at the Centreville Seventh-day Adventist Church, Fifth Terrace, Nassau, New Providence, The Bahamas during December 6 - 7, 2015.

Registration for all delegates will begin at 1:00 p.m. and continue until 4:00 p.m. on December 6. The first meeting of the business session will be called at 5:00 p.m.

The Union Mission Session is called to:

1. Receive reports from the officers and various departments.
  2. Elect departmental directors to serve for the next five-year term.
  3. Elect the officers for the Turks and Caicos Islands Mission.
  4. Transact such other business as may be properly placed before the delegates.
- All duly appointed delegates are invited to be present at this Union Mission Session.

Leonard A. Johnson, President  
Peter Kerr, Secretary

## THE PUBLISHING MINISTRY

The Publishing Ministry is restructuring its department to bring improvements to the life and ministry of colporteurs. We believe that the publishing ministry is a positive step which will reinvigorate our literature evangelists whose unquestionable zeal has been a major force in the promulgation of the Three Angels Messages throughout The Bahamas.

The Publishing Ministry Department is seeking interested persons whose desire is to become Literature Evangelists and who are committed to making this ministry a spiritual and professional career.

Applications are available at the South Bahamas Conference or from the Director. -*Pastor Kent Price, Publishing Director*

## HEALTH SUMMIT - 2016

All persons interested in travelling to Orlando, Florida to attend a health summit on January 13 - 17, 2016, may contact Nathelyn LaCroix at telephone 323-0610 or  
Lifestylecounsellor64@gmail.com

## RETIREES ASSOCIATION

The South Bahamas Conference Retirees Association (SoBCRA) will hold its Annual Retreat on Sunday, October 18, 2015, at the Casa Al Mare' on Yamacraw Road. All retirees are invited to attend this important function of the year. For additional information, please contact Pastor N. E. Scavella (364-1460) or Pastor John Carey (324-0470). -*Pastor John Carey, President; South Bahamas Conference Retirees Association*

## CHILDREN AND ADOLESCENTS MINISTRIES LEADERS TO MEET

Due to the Good News Gospel Explosion, some of our programmes have been rescheduled. As a result, our leaders will meet to reorganize the remaining programmes for 2015. All CHAM leaders are asked to attend an important meeting at the South Bahamas Conference Office on Sunday, October 18, 2015 at 10:00 a.m. -*Mrs. Joan Scavella, CHAM Director*

## PRAYER RETREAT

A prayer retreat is scheduled for October 30 - November 1 at the Bahamas Youth Camp. Space is limited, so register early. For additional information, call Elder David Knowles at 425-1191 or Sister Ali McIntosh at 524-1798/423-2709,

\* Elder Keble Dawkins is the chairman for the Prayer Retreat while Sister Karen Moss serves as the secretary. You can reach Elder Dawkins at 455-0276 -*Sister Ali McIntosh, Prayer Team*



*Winning Your Marriage Conference* is coming to Nassau on November 20 - 22, 2015 with lead presenter, Pastor Howard Simon from the North Caribbean Conference of SDA, St. Croix, USVI. Other presenters include, Pastor Peter Joseph, Mrs. Patrice Williams-Gordon, Pastor Barrington Brennan, Dr. Pansy Brown, Pastor Larry Green and Pastor Asha-Dane Duncan. WINNING YOUR MARRIAGE is for all married couples regardless of race, nationality or religion. Stay tuned for further information on location, schedule and financial gifts. This is a South Bahamas Conference event. -*Pastor Peter Joseph, Family Ministries Director*

## WOMEN'S MINISTRIES

### ONE-DAY CONCLAVE

Experience a full day of life-altering, Holy Spirit inspired and interactive fellowship, hosted by the South Bahamas Conference Women's Ministries Department. Sister Rhonda Corrodus, of the Southeastern Conference of Seventh-day Adventists, has been hand-picked as the vessel God uses to bring insights on the theme, "If He can use anything...He Can Use Me!" This conclave will be held at the Berea Seventh-day Adventist Church on Sabbath, October 24, 2015 from 9:30 a.m. to sunset. Women of all ages are invited to bask in "The Soaking" of the Holy Spirit. Please prepare yourselves for this awesome experience. -*Mrs. Jacqueline Gibson, Women's Ministries Director*

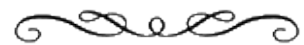
## WOMEN'S MINISTRIES CARE

### PACKAGE DISTRIBUTION SCHEDULE

In light of the effects of Joaquin, our *Care Package Distribution* for October has been shifted to our brothers and sisters on the affected islands.

Therefore, I am asking the churches that were scheduled this month to package the items and have them delivered to the Conference Office for distribution to the affected islands. The South Bahamas Conference leadership team has advised that a plane will be going out on Sunday so kindly ensure that they are properly packed and labeled.

The Women's Ministries Department will advise if this will also be the case for November's distribution, once the situation has been fully assessed. -*Mrs. Jacqueline Gibson, Women's Ministries Director*



## YOUTH TIDBITS

### YOUTH AWARD BANQUET

The Youth Ministries Department announces its Award Banquet under the distinguished patronage of Pastor and Mrs. Paul Scavella at the Melia Resort, Nassau Beach on Sunday, December 20, 2015. Tickets are available at the conference office. -*Pastor Larry Green, Youth Ministries Director*

## SUN SETS NEXT SABBATH OCTOBER 17, 2015 AT 6:42 P.M.

Website:

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

