

THE LOGOS

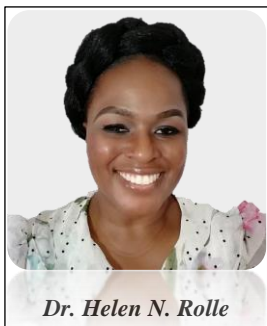


Christ, Our Only Hope

"Lord Transform Me"

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Mental Health and Prayer



Dr. Helen N. Rolle

Prayer can be a powerful tool in promoting positive mental health.

Through prayer, we are connected to God, as we seek His guidance in finding purpose for our lives. The

benefits of prayer to our overall wellbeing have been well researched and documented. Many persons who have a consistent prayer life as a part of their spirituality, reported decreased symptoms of stress, anxiety, and depression (Wachholtz & Sambamoorthi, 2011). Using positive religious techniques like prayer protects our emotional health. Prayer is positively associated with life satisfaction, happiness, optimism and hope (Maltby et al. 1999; Poloma and Pendleton 1989, 1991).

"Prayer is the opening of the heart to God as to a friend." - E.G. White

Why does prayer work so well? How come prayer, the simple act of talking to God has such a positive effect on our mental health? Well, from both psychological and theological points of view, it can be said that the central purpose of prayer is to foster a relationship with God. At its most fundamental level, prayer can be viewed as communication with God. It provides a means for disclosure of stressful events, catharsis or unburdening, and the ability to be vulnerable. Perhaps it is the intimate manner of pouring out our hearts to God and sharing our deepest secrets that gives us peace of mind.

Among other healing factors, prayer also contains elements of mindfulness, thankfulness, and forgiveness. Mindfulness in prayer allows us to focus our awareness on our Heavenly Father and His great love for us through His Son, Jesus. Thankfulness in prayer promotes a sense of gratitude to God for His goodness. Researchers have found persons who have a disposition of gratitude and express appreciation through praise in prayer develop deeper relationships with others, have better physical health, and focus less on problems. Forgiveness in prayer (both for ourselves and others) fosters character growth by practicing the moral virtue Christ Himself taught.

The intimate relationship between a person's mental state and their spiritual lives speak to the importance of prayer. Over and repeatedly, throughout the scriptures, we are admonished to be prayerful. We are taught about the power and significance of praying as a tool that brings us closer to God, give us peace, and draws us closer to others. In addition to using spiritual practices such as prayer, we may also seek out a mental health professional as a part of holistic health and wellness. Using therapy, taking psychotropic medication as prescribed, along with a consistent prayer life can be transformative to our spiritual growth.

--Dr. Helen N. Rolle PhD, NCC
Counseling Psychologist



CONFERENCE CALENDAR OF EVENTS AT A GLANCE

APRIL

1 - 3: ATCU Mental Health Summit, Nassau
5: Youth Church: (Joint AY) Agape Feast-H.D. Colburn Gym

- 6: Mission Transform 242: Missing Youth (local church AY and Children takes program to home of a missing youth /member)
- 6: Joint AY Social
- 6: Day of Prayer and Fasting
- 7: Youth Council SBC Conference
- 11-18: Big City Youth Evangelism: Jesus in Jeans, Tallahassee Florida Pathfinder Band Trip
- 12 - 14: Solutions to Obstacle Adventist Retreat /S.O.A.R.(for all Elders, Deacons, Deaconesses, Interested Persons)
- 13: Friends of Hope Day
- 13: Education Evangelism
- 13: IAD Youth Spiritual Commitment (Virtual Training
- 13 -20: Education Evangelism
- 14: Women's Ministries Operation Jabez 3
- 18 - 21: Mission Transform: Inagua (Local AY travel to Family Islands)
- 18 - 21: Local Pathfinder Club Camps
- 19: GOOD FRIDAY
- 19 - 21: Ministerial Retreat (Grand Bahama)
- 22: 8 Weeks to Wellness Fun Run Walk
- 22: EASTER MONDAY
- 24: SECRETARIES DAY
- 25: SBC Executive Committee Meeting
- 27: Local Church Bible Connection Experience (Semi-Finals)
- 27: VBS Workshop 2019 JAMII KINGDOM (Vacation Bible School Leaders & Personnel)
- 28: SBC Executive Committee Meeting
- 29: 8 Weeks to Wellness Graduation

--Administration.



ATCU PUSH INITIATIVE 2019 Reaping Campaigns in ATCU

The prayer focus of The Atlantic Caribbean Union (ATCU) for the week, April 7 – April 13, 2019 is: *Our Wonderful Teenagers.*



CHILDREN & ADOLESCENTS MINISTRIES DEPARTMENT SAVE THE DATE

The *C.H.A.M Weekend Retreat* will be held on June 7-9, 2019 at the Adventure Learning Center Camp Grounds. It will be a time of fun, fellowship and spiritual enrichment for our children. Watch here for registration dates. --
Mrs. Lavern Sturrup, C.H.A.M Director.



EDUCATION DEPARTMENT OPENINGS AT BAHAMAS ACADEMY

Bahamas Academy is accepting applications for the following positions:
Grades 7 – 9
Mathematics, Technical Drawing, General Science, English Literature, English Language, Social Studies
Grades 10 – 12
Accounts, Commerce, Biology, Combined Science, Physics, Chemistry
Applicants should possess at least a Bachelor's degree in the subject area and have a Teacher's Certificate. Teaching experience would be an asset.
Applications can be emailed to aburrows@sbcadventist.org or sent to the following address:

The Office of Education
South Bahamas Conference of Seventh-day Adventist
P. O. Box N-356
Nassau Bahamas
--Elder Anthony Burrows, Education Director.
BAHAMAS ACADEMY

ENTRANCE EXAM

The second sitting for Bahamas Academy's entrance exam will be held on Thursday April 11, 2019. Students seeking entry into grades 1-6 should report to the examination room from 8:30-11:30 a.m. and students seeking entry for grades 7-10 should report to the examination room from 12:30-3:30 p.m. at the school located on #73 Marshall Rd. Applications are available at the school or online at bahamasacademy.org.

--School Administration.



FAMILY MINISTRIES DEPARTMENT

Let's Talk Radical Recovery - Rise Above Divorce In Confidence & Love. A 10-week program to provide support for healing and transformation for women who are separated, divorced, or going through a divorce. Wholeness, healing, strength, and courage are waiting for you. For further information on registration WhatsApp 824-1564 or email radicalrecovery242@gmail.com.



MEN'S MINISTRIES ADVENTIST MEN & BOYS MEET & GREET

On Sunday, April 7, 2019 all men are invited to a breakfast *Meet and Greet* at 6a.m. at the South Bahamas Conference Camp Grounds "BAMIVOCA" under the theme: "Men United in Christ". Plans will also be discussed for the department.

MEN'S CHORALE

Young men and boys 14 and over are welcomed to join the Adventist Men's Chorale. Please enquire about practice times with your local Men's Ministries leader.
--Elder Curtis Bryan, Men's Ministries Coordinator.



WOMEN'S MINISTRIES Second Quarter (April - June) "WE" (Women Empowerment) – Q2

Forecast:
April, 2019
13 – New Providence Women's Ministries - Connect & Share, "God in Shoes" Community Outreach 4 p.m.
14 - Berea GEMS - Etiquette, Elegance & Grace Tea Party 4-6pm Berea's Fellowship Hall.
21 – Philadelphia Women's Ministries "Order My Steps" Prayer Breakfast 7a.m Philadelphia Church Fellowship Hall
28 – Steven's Church Women's Ministries - Chat, Chew & Let it Go Discussion Forum - Steven's, Long Island
28 – Berea Women's Ministries- "One Touch," an evening of Song, Drama and Poetry - 7 p.m Berea Church

May, 2019

17-19 North & South Eleuthera Women's Weekend
18 – New Providence Women's Ministries "Bus-Sing Along" Vesper Service
25 – Stevens Long Island WM, War Room Movie Night

25 – SBC WM “God in Shoes” Community Impact

June, 2019

8 – SBC Women’s Ministries & GEMS Emphasis Day

8 – South Andros Women’s Weekend & GEMS Induction

8 – New Providence Women & GEMS

Bowling Face-off Sunset, Mario’s Bowling Alley

SPECIAL NOTE

Anyone interested in traveling for the Family Island weekend events please call and give your name and contact to Ms. T’nee Moss at the South Bahamas Conference Office at 341-4021.

SAVE THE DATE!

Under the theme, “In Christ”, the Turks & Caicos Conference will be hosting the Atlantic Caribbean Union’s Retreat. This amazing retreat will convene at Beaches Turks & Caicos Resort & Spa in Turks & Caicos on November 1-3, 2019 with guest speaker, Janice Johnson-Browne. Kindly see your local leader for further details. Please also note that the registration deadline is August 31, 2019. *-Mrs. Jacqueline Gibson, Women’s Ministries Director.*

MINISTERIAL DEPARTMENT

S.O.A.R (Solutions to Obstacles Adventist Retreat) April 12-14, 2019.

As the Seventh-day Adventist church continues to find new ways to minister to a changing world, it is important for its leaders to come aside and evaluate how effective our methods are with regard to fulfilling the gospel commission. To this end, the Ministerial Department of South Bahamas Conference will host a special training program for all Church Leaders April 12-14, 2019 at the National Training Agency on Gladstone Road. This gathering is designed to give all attendees the opportunity to participate in relevant workshops, share in meaningful discussions, and receive specific training in specific areas of service to the church. Special guest presenter for the plenary sessions will be Dr. Gordon Jones. For more information, see the conference website or call 242-341-4021.

--Pastor T. Basil Sturupp, Ministerial Director.

PUBLIC AFFAIRS & RELIGIOUS LIBERTY (PARL)

Are You A Student With An Exam Scheduled On A Sabbath?

At times members of the Seventh-day Adventist Church face unique challenges with regard to Sabbath observance. This week we will highlight a challenge that affects students who attend institutions that occasionally scheduled exams on a Saturday. As we approach the end of the school year, the Public Affairs & Religious Liberty (PARL) Department of our Conference will be providing letters for students who anticipate having to sit an examination on the Sabbath.

Because this situation has happened in the past, we need to be proactive. Let’s not wait for the eleventh hour to address this matter anymore. It is advisable that all students enquire about the days your exams will be held, and if any of them fall on a Sabbath, please call the Conference office and ask to speak with Mrs. Tanya Miller so that a letter can be provided for you to take to your institution of learning. Pastor T. Basil Sturupp, the PARL Director for our Conference is in the process of setting up meetings to speak with the relevant persons at Schools and Institutions of Higher Learning to resolve this problem. Next week there will be an update on what is being done to assist members who are facing issues with having to work on Sabbath.

From: Public Affairs & Religious Liberty Department.

PRAYER MINISTRIES

1. The Day of Prayer and Fasting will be on April 6, 2019. As far as possible all churches are to be involved.

2. Our first joint prayer meeting for 2019 will be held at the Johnson Park Seventh-day Adventist Church on Sunday April 7th. All members are invited to join as we spend time in prayer.

--Pastor Leonardo Rahming, Prayer Ministries Coordinator.

SABBATH SCHOOL DEPARTMENT

During the weekend of March 29-31, 2019 the Sabbath School Department of the South Bahamas Conference held its very first training for all teachers of the Sabbath School. Under the leadership of Pastor Leonardo Rahming, Sabbath School Director for the conference and Sis. Jennifer Kerr, Sabbath School Director for the Atlantic Caribbean Union. Teachers were guided through a process intended to uplift, motivate and inspire. Some of the topics that were discussed were “Objectives and Outcomes of Sabbath School Teaching, Holding the key: The Teacher’s Role in True Perspective, Modeling the Master Teacher and Essentials of Sabbath School Teaching. It is now the hope of the Sabbath School Department that there would be a revitalization of the action units thus making Sabbath School great again.

--Pastor Leonardo Rahming, Prayer Ministries Coordinator.

MUSIC MINISTRIES GEORGIA-CUMBERLAND ACADEMY CAMERATA VISITS

The choir from Georgia Cumberland Academy will be in Nassau from Friday April 19th to Wednesday April 24th, 2019.

While in Nassau they will sing at the Ebenezer, Maranatha, Berea, Centreville and Hillview Churches. A Grand Concert will be held at the Living Faith Church on Sunday April 21st at 6:30 p.m. All are invited to come out and support this visiting choir.

GENERAL MEETING

The SBC Music Committee would like to meet with all local church Music Coordinators, Chorale Directors and Musicians on Sabbath April 7th. @ 4:30 p.m. at the Hillview Church.

--Sister Annette Dorsett, Music Coordinator.

YOUTH DEPARTMENT SOUTH BAHAMAS CONFERENCE PATHFINDER CAMPOREE

Thursday June 27- Sunday June 30, 2019

TYPE OF CAMPOREE: Disciplinary Skills

VENUE: Bahamas Youth Camp

THEME: “TIME TO STAND” (#TTS)

THEME CHARACTER: Book of Esther

THEME TEXT: Esther 4:14

This Camporee is a spring board to the Atlantic Caribbean Union Camporee for 2020.

- REGISTER WITH YOUR LOCAL PATHFINDER CLUB DIRECTOR!!!!!!

MISSION TRANSFORM 242

Sabbath April 6, 2019 - 5:30pm until

The focus will be on missing youth or AY will be taken to home of missing youth or member. Dress Code - Global Youth Blue T-shirts.

YOUTH COUNCIL MEETING

Sunday April 7, 2019 - 8 a.m. - 9a.m

Venue: La Senda de La Vida Old Bahamas Academy Grounds (New Yellow Building at rear). This meeting is for all Pathfinder Directors & AY Leaders.

--Pastor Jamal Franklyn, Youth Director.

BETHANY CHURCH ANNIVERSARY

The Bethany Seventh-day Adventist Church will be celebrating its 22nd Anniversary on April 13th, 2019, under the theme "Lest We Forget!". All interested parties are invited to attend.

CAT ISLAND ADVENTIST ADVANCEMENT SOCIETY

Those persons who are planning to travel to Cat Island for Homecoming, April 19 & 20, 2019 are asked to contact *Elder Norman Seymour* at 457-0067.

HILLVIEW CHURCH

30TH ANNIVERSARY CELEBRATIONS April 20 - 28th, 2019

Among the activities to be held at the church:

- Wednesday April 24 – Reflections - “Past, Present & Beyond” – 7p.m
- Friday April 26 – Family Vesper Service – 7p.m
- Sabbath April 27, 2019 – Guest Divine Service Speaker, Pastor Wintley Phipps, 11a.m
- AY Musical Concert “Celebration of Praise”, 5:30p.m
- Sunday April 28 – Honorees Awards Gala Banquet at the British Colonial Hilton. For further information call 361-8683.

SOUTH ANDROS & MANGROVE CAY DISTRICT Adventist Homecoming 2019

April 19th -22nd

Guest Speaker: Elder Earl Thomas, Ephesus Seventh-day Adventist Church

Guest Choir: New Providence Church Sanctuary Choir

Features include: an old-fashioned singspiration, joint worship service, tour of historical sites, grand concert, fun day and fishing trip. Plan to be there. *--Pastor Kareem Black, District Pastor.*

LIVING FAITH CHURCH BENEFIT CONCERT

SUNDAY APRIL 21, 2019

The Georgia Cumberland Academy Choir will be in concert at the Church at 6p.m on April 21st. All are invited to attend. The proceeds from the concert will go towards the completion of the New Living Faith Community Center on Old Trail Road.

PHILADELPHIA CHURCH BUS DRIVER NEEDED

The Philadelphia Church is requesting qualified applicants for the position of church bus driver. Interested persons are invited to email Elder Kirk Smith at phillysda242@gmail.com.

--Elder Kurt Smith.

Please Email Weekly Announcements To: sbclogos@gmail.com

Conference website:

<http://southbahamasconference.org>

SUBSCRIBE TO OUR **ADVENTIST TELEVISION 658 LIVE**


 **Telephone: 242-341-4021**

SUN SETS NEXT SABBATH April 13, 2019 AT 7:31P.M.