

THE LOGOS



Christ, Our Only Hope

“Lord Transform Me”

A Weekly Publication of the South Bahamas Conference of Seventh-day Adventists Editor: Lavern A. Sturupp Sunsets: 6:08 p.m. | Volume 33, Number 60 | February 23, 2019

Are You Eating Too Much Sugar?



Let's have a sweet little talk about sugar. It is so sweet, isn't it? We love it; we crave it and we feel we can't live without it!

Maybe

because it is so addictive...so addictive that it is said to be six times more addictive than cocaine!

Sugar laden foods and beverages are heavily advertised, easily accessible, very acceptable and tasty... Sweet foods and beverages taste so good! However, many of us are having too much of them and they are killing us! Sugar is in so many foods that we love and enjoy. From pastries to condiments to beverages and snack foods. A lot of our native foods are high in sugar. These foods have become a popular dietary staple for many. So...How can we achieve a sweet balance?

Many foods and beverages like guava duff, pineapple and coconut tarts, jams, jellies, chocolate, coconut and benny cakes, cereals, granola bars, ketchup, barbecue sauce, baked beans, yogurt, cookies, sodas, fruit punch and candies are high in sugar and should not be eaten on a daily basis; and when eaten should be done in small amounts. Having too much sugar suppresses or weakens our immune system making it easier for us to become sick.

High sugar consumption has been linked with health conditions such as heart disease, diabetes/insulin resistance, hypertension, high blood cholesterol, overweight/obesity, dementia, cognitive decline, skin disorders, cancer, gout, yeast infections, kidney disease, nerve damage, osteoporosis, arthritis, hormonal imbalance.

The World Health Organization (WHO) used to recommend that we get no more than 10% of our daily calories from sugar, but now they're considering lowering that to 5%. For an average, healthy adult, that would mean 25 grams, or about six teaspoons of sugar per day. To break it down by gender, the American Heart Association gave these recommended sugar levels for the following: 5 teaspoons for women (20 grams); 9 teaspoons for men (36 grams); and 3 teaspoons (12 grams) for children.

So, how can you eat less sugar and still enjoy our foods? Strike a healthy balance.

1. Choose the right cereals! Check Nutrition Facts. Select cereals with no more than 8% of the percent daily value (% DV) for sugar. This also applies to commercial waffle and pancake mixes. Make your own instead!
2. When dining at restaurants, ask about the sugar content of various dishes.
3. Eat fresh, dried or frozen fruits. Make it colorful with different shapes, textures and sizes.
4. Add less sweeteners to your beverages like: hot beverages, Kool-aid, lemonade and fruit punch.
5. Swap your high sugar favourites for some smarter choices:

- Sweeten cereals with fruits instead of sugar
- Drink fruit infused water - a twist of lime /lemon instead of sodas or sweet drinks
- Fruit smoothie instead of ice cream

- Fruit instead of a honey bun
- Plain cereal instead of sugar laden cereal
- Trail mix (preferably homemade) instead chocolate bar
- Teach children how to make better snack and lunch choices at school, parties or wherever food is offered
- Lobby for local food manufacturers to produce foods with less sugar and restaurants to prepare foods with less sugar
- Use cinnamon to increase the natural sweetness in your foods and beverages
- Eat whole fruits instead of drinking its juices

Eat less sugar. Your brain, heart, belly, knees, joints, skin, eyes, arteries, blood stream... Your whole body would really love and appreciate it! You are already sweet enough!

--Ms. Shandera Smith, Immediate Past President, Adventist Health Professionals Association.



ADMINISTRATIVE NOTES

FAMILY ISLANDS CONVENTIONS

MARCH 9, 2019

South Andros – Pstr. Leonardo Rahming

North Andros – Pstrs. Jamal Franklyn/ C. Melvin Lewis

San Salvador – Bro. Michael toote Jr. / Sis. Nathelyn Lacroix

Cat Island – Sis. Kimberley Bryan/ Elder Curtis Bryan/ Bro. Okell Damastus

Exuma – Pstr. T. Basil Sturupp/ Sis. Lavern Sturupp

Crooked Island/Acklins – Pstr. Nikita Thompson

Eleuthera – Pstr. Peter Joseph

Inagua – Elder Anthony Burrows

Mayaguana – Pstr. Kenny Deveaux/Sis. Jacqueline Gibson

Long Island – Pstr. Valentino Campbell

--Administration.

EXECUTIVE COMMITTEE VOTED ACTIONS

PASTORAL ASSIGNMENTS (Effective March 2, 2019)

LIVING FAITH/MESSAGE OF HOPE

Pstr. Craig Williams

PHILADELPHIA/REDEMPTION

Pstr. Peter Joseph

EPHESUS / PEARDALE

Pstr. Nikita Thompson

MARANATHA / LONG ISLAND

Pstr. Valentino Campbell

AGAPE

Pstr. Carl Johnson

LA SENDA LA VIDA

Pstr. Jamal Franklyn

EBENEZER / NORTH ANDROS

Pstr. C. Melvin Lewis

CENTREVILLE / NEW HAVEN

Pstr. Paul Scavella

HILLVIEW / CAT ISLAND

Pstr. Michael Toote Sr.

GRANTS TOWN

Pstr. Leonardo Rahming

Ministerial Intern Sydney Dorsett

JOHNSON PARK / CROOKED ISLAND / ACKLINS

Pstr. Danhugh Gordon

Ministerial Intern Nathalie Roberts

BETHEL / ADELAIDE

Pstr. Larry Green

BEREA / BREATH OF LIFE

Pstr. Edward St. Fleur

Ministerial Intern Nathalie Roberts

GOOD NEWS / EXUMA

Pstr. T. Basil Sturupp

BETHANY / GAMBIER

Pstr. Kenny Deveaux

Ministerial Intern Lee Burrows

NEW PROVIDENCE / REAL HARVEST

Pstr. Alvarico Moss

NEW ENGLERSTON / FRANCOPHONE

Pstr. Mark Ewen

SOUTH ANDROS / MANGROVE CAY

Pstr. Kareem Black

ELEUTHERA

Pstr. Manasseh Simms

INAGUA

Administration/Elder Winston Ash

MAYAGUANA

Administration/Elder Kenneth Williams

SAN SALVADOR

Administration

SPIRIT OF PROPHECY / IT/ BIBLE

INSTRUCTION/ CHAPLAINCY

Pstr. Lynden Williams

COMMUNICATION DEPT./ WEBSITE

Pstr. Barrington Brennan

CHAPLAINCY, PRISON, BOYS & GIRLS

SCHOOL, MARY INGRAHAM'S HOME

Pstr. Leo Rolle

CONFERENCE CALENDAR OF EVENTS AT A GLANCE

FEBRUARY

2 - 9: LTM Reaping Campaigns IAD

9: LTM Baptismal Day

9 - 16: Christian Home and Family Week

9: Christian Marriage Day (Emphasizes Marriage)

10: PARL Conclave

10: YWOP Preacher's Training - SBC Office Board Room

15 - 17: ACLASS- 10 Hours Senior Youth Course, Adventurer & Pathfinder Staff Training Course (Bahamas Academy)

17 - 26: LTM Educational Trip (Israel)

16: Christian Home Day (Emphasizes Parenting)

21 - 24: Screening for 8 Weeks to Wellness Programme

23: Adventist Youth, Club Ministries

Consecration Service, ACLASS Graduation (Joint AY Service) Good News Seventh-day Adventist Church

24: GEMS Reloaded

25: 8 Weeks to Wellness Starts

28: SBC Executive Committee Meeting

--Administration.



ATCU PUSH INITIATIVE 2019 Reaping Campaigns in ATCU

The prayer focus of The Atlantic Caribbean Union (ATCU) for the week, February 24 – March 2, 2019 is: **Father as Protector.**



ASI /ADVENTIST LAYMEN SERVICES & INDUSTRIES

ASI FAIR

This event will take place on Sunday March 3, 2019 from 10 a.m. – 5 p.m. Listen out for the venue.

IAD - ASI CONVENTION

The ASI Convention for the Inter-American Division will take place on August 21 - 24, 2019 at the Atlantis, Paradise Island. Save the date and plan to be there.

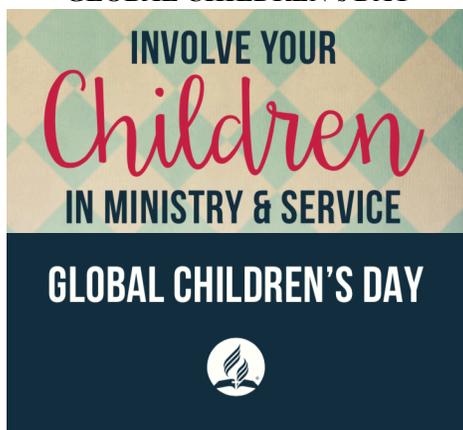
--Ms. Shandera Smith, A.S.I.



CHILDREN & ADOLESCENTS MINISTRIES MEETING

A very important meeting will be held for all church CHAM leaders on Sunday February 24, 2019 at 8:00 a.m. at the conference headquarters. Leaders or your representative are expected to attend. The meeting will also be streamed LIVE to involve leaders on the family islands.

GLOBAL CHILDREN'S DAY



--Mrs. Lavern Sturup, CHAM Director.



HEALTH MINISTRIES DEPARTMENT

8 WEEKS TO WELLNESS 2019

Having challenges with elevated pressure, glucose, and cholesterol? Are you financially challenged? Are you overweight, having sleep issues, experiencing fatigue, heart conditions and other ailments? Well, you would want to be a part of **8 WEEKS TO WELLNESS 2019** under the theme **'I Choose to Live Healthy'**.

Join us for eight fun-filled weeks of exercise, cooking classes, health lectures, health devotional nuggets and small group coaching sessions. Starting February 25 at 6p.m until April 29th at the former Bahamas Academy on Wulff Road.

All participants must be pre-screened.

Pre-screening dates are:

- Sunday February 24, 3 p.m - 5 p.m

During the program, sessions will be held once per week on Mondays. Prevention is the key. This is a good way to enhance your overall wellbeing.

For further information on registration, contact us at 323-0610, 341-4021 or on WhatsApp at 826-8486.



MEDICAL MISSIONARY TRAINING

All persons interested in enrolling in the Medical Missionary training programme online or abroad can contact Nathelyn LaCroix at 323-0610.

Email at lifestylecounselor64@gmail.com for additional information. --Mrs. Nathelyn LaCroix, Health Director.



ADVENTIST HEALTH PROFESSIONALS ASSOCIATION

NEWLY ELECTED OFFICERS 2019 - 2021

President – Rose Cooper

Assistant President - Erica Joseph

Treasurer - Donna Moss

Chaplin - Pretta Gibbs

Secretary - Jorjette Bain

Assistant Secretary - Agatha Nottage

Public Relations Officer - Justina Knowles

Education & Training Officer - Dr. Monique Mitchell

Nurse Liaison Officer - Serkeitha Meadows,

Physician Liaison Officer - Dr. Alpheus Allick

--Mrs. Nathelyn LaCroix, Health Director.



WOMEN'S MINISTRIES DEPARTMENT

First Quarter (February - March)

"WE" (Women Empowerment) - at a glance:

February, 2019

24 - Philadelphia Women's Ministries, "Fill My Cup" - Afternoon Tea, at Philadelphia Church Fellowship Hall at 4:00p.m.

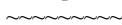
24 - GEMS Reloaded – **A Relaunch Event under the theme, "Grow, GLOW, GO!"** Time: 3:00p.m – 5:00p.m at the Stapledon School on Dolphin Drive.

Ages: 13 & up. Contact your GEMS Coordinator TODAY!

March, 2019

2 – International Women's Day of Prayer

30 - "God in Shoes" - Zone 1 Community Outreach, Geriatric Hospital at 4:00p.m



DONATION REQUEST Used, But In

Good Condition Devotionals

Kindly donate these devotionals to your local Women's Ministries Leader for distribution during our community outreach projects this year.

--Mrs. Jacqueline Gibson, Women's Ministries Director.



MEN'S MINISTRIES DEPARTMENT

This year the "Sons of the Kingdom", Florida Conference Men's Ministries Convention invites all men ages 13+, to join them on March 8-10, 2019 at Camp Kalaqua, Florida. Enjoy spectacular speakers, uplifting music, exceptional food and wonderful fellowship at this retreat. Speakers are: John Earnhardt, Minnetonka Labrador and Newton King.

All attendees must register at

www.ultracamp.com/info



MEN'S MEET & GREET

On Sunday, March 31, 2019 all men are invited to a breakfast *Meet and Greet*. Venue: TBA

--Elder Curtis Bryan, Men's Ministries Coordinator.



SOUTH BAHAMAS CONFERENCE RETIREES NOTICE

A general meeting of the South Bahamas Conference Retirees' Association will be held at the Philadelphia Church, Fellowship Hall on Thursday, the 28th of February 2019 at 10:00a.m. Any person(s) interested in joining are welcomed to attend. – Sister Esther Vincent, Secretary/Treasurer.



YOUTH TIDBITS Upcoming Events



Get Ready as the Children and Adolescent Ministries Department Joins Us in Being the Hands and Feet of Jesus in Our Communities.



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.

--Pastor Jamal Franklyn, Youth Director.



BEREA EXERCISE CLASSES

You are all invited to be a part of the Berea Health Ministries Department exercise classes every Sunday morning at the church. Aerobics start at 6:30a.m - 7: 20a.m and Abdominal workouts from 7:20a.m. - 8:00a.m. Come and strengthen your core.

--Berea Health Leader.



Please Email Weekly Announcements by Tuesday @ 1pm to:
logos@sbcadventist.com

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

**SUN SETS NEXT SABBATH
March 2, 2019 AT 6:12 P.M.**