



8 Weeks 2 Wellness: A Program that Serves



We are armed with one of the most powerful messages, the Health Message, that teaches and instructs us how to live healthy wholistically – mind, body, and soul. Being well should be desired by all of us. Being in a state of wellness makes life so much more productive and happier.

I believe that it is our Christian duty to take excellent care of our bodies and that we should glorify God with our bodies. The Bible makes this very clear. It informs in Corinthians 6: 19, 20, “Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honour God with your body.” Romans 12:1 says, “Therefore, I urge you, brothers, in view of God’s mercy, to offer your bodies as living sacrifices, holy and pleasing to God--this is your spiritual act of worship.” Corinthians 10:31 advises, “So, whether you eat or drink, or whatever you do, do all to the glory of God.” John sums it up, “Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.” 3 John 2.

On March 24, 2023, The Ministry of Health & Wellness, at the Launch Ceremony of their Wellness Unit lamented that our country is in a health crisis. What does this mean for us as Seventh-day Adventist Christians? Are we caught up in the crisis? What are you doing to protect yourself and your family’s health? Are we fully embracing our Health Message and sharing it?

Some 18 years ago, the Health Ministries Department of our Conference along with the Adventist Health Professions Association launched a wellness program with the aim of sharing and promoting health in our local churches and communities. The Eight Weeks to Wellness Program, held annually, is one of our signature health programs that teaches and promotes biblical health principles. This program (which started off as the 12 Weeks to Wellness Program) has catered to thousands of participants (inclusive of children) across our archipelago. In fact, this program has also been conducted in a few of our primary schools in New Providence. We have also trained many healthcare professionals and lay health enthusiasts in how to develop, conduct and assess wellness programs.

From eating healthy to being physically active, from preventing and managing chronic diseases to preserving our mental health, from gardening to financial health, and from spiritual devotions to food demonstrations are all tenets of this transformative program.

From year to year, our programs are thematic. This year, our theme is, ‘I Choose...,’ with the intention of equipping and empowering our participants to make healthy lifestyle choices. It is also our hope that they will integrate these lifestyle principles and share them with their families, friends, and co-workers to spread the message of health and wellness.

Realizing the challenge that comes with making lifestyle changes, we’ve added a new feature to our program. Until the launch of our 2024 Program, we will engage our participants in monthly interactive educational sessions that will seek to encourage and motivate them as they journey toward achieving and maintaining excellent health.

We are indeed grateful to all our former Health Ministries Directors, local Health Ministries Leaders, the Adventist Health Professions Association, coaches, participants, sponsors, and all who played

a role in making this annual Program an impactful one. We have heard the testimonies and the praise reports of participants. We have experienced the goodness and mercies of God each year it is conducted. May this Program continue to be a household name and a beacon in our community.

I appeal to you, and I challenge you to do all you can to protect and preserve your health. Let’s by God’s grace truly represent Him by living as healthy lives as we can and teaching others to do likewise. We look forward to continuing serving you as we seek to share and promote health.

*- Sis. Shandera Smith
Health Ministries Director
South Bahamas Conference of Seventh-day
Adventists*



CALENDAR OF EVENTS APRIL

23 Health and Hope Promoters Certification
24 8 Weeks to Wellness Graduation
30 CHAM Obstacle Course/IAD’s Program
Gift of Love



CONVENTION 2023 Save the Date

Join us for The South Bahamas Conference 2023 May 26-28, 2023. Under the theme “Empowered by Christ, I will Go”, it will be a time of spiritual refreshing and connection. The guest speaker will be Dr. R Clifford Jones, Dean of Theology at Oakwood University. The Friday and Sunday services will be held at the Hillview Church from 7-9 p.m. The Sabbath service will be held at the Baha Mar Convention Center beginning at 9:00 a.m.



BIBLE CLASS

Bible class will resume in person at the Maranatha Seventh-day Adventist Church on Sunday @ 6:30 as well as on Zoom and via The YouTube Channel of the South

Bahamas Conference. Topic: Themes in the Gospel of John.

SABBATH SCHOOL DEPARTMENT

On Sunday, April 23rd, 2023, at 9:00 a.m. Bethany Church will host sister Nelda Rose Drackett for Session 2 of our Sabbath School workshop under the theme 'Growing and Sharing through Sabbath School'. A special invitation is extended to all churches and friends to join us as we purpose to connect, collaborate, rebuild, and more importantly grow and share through Sabbath School!

- Renée L. Scavella,
Assistant SS Supt., Bethany SDA Church



HEALTH MINISTRIES

The Ministry of Health & Wellness invites us to their Walk in Paradise on Sunday, April 23, 2023, at 6 a.m. Pre-registration and warm-up begin at 5:30 a.m. The route: East from Atlantis concert grounds (old Club Med Hotel), south over the western bridge, east along East Bay Street, north over the eastern bridge, east to the Golf Course, and back to the concert grounds. All registrants will receive a free T-shirt. Please see your Health Ministries Leaders for application forms. Let's move to live!

-Shandera Smith
Health Ministries Director



CHAM & MUSIC MINISTRIES

Rehearsal for the newly formed South Bahamas Conference Children's Choir will be held today at 4:00 p.m. at the New Providence Seventh-day Adventists.

-Annette Dorsett (Music Coordinator) and
Kenisha Simms (CHAM Director)



COMMUNICATION DEPARTMENT

Due to maintenance being done on our system, our regularly scheduled weekend programs for ATV 658 will be suspended for the next month. Please feel free to visit our YouTube channel to watch our local shows.



ASI CONVENTION

The Inter-American Division's ASI convention will be held in Montego Bay, Jamaica from August 16-22nd, 2023. All interested persons are asked to call 556

0492 or email the Bahamas ASI Chapter at asibahamas242@gmail.com.

SDA MASS YOUTH CHOIR REUNION 2023

All former members of the Mass Youth Choir from its inception in 1986 under the direction of Elder Anthony Curtis, and subsequent Directors, Allison Rolle, Anthony Russell, Dr. Marvin Smith and Monique McKenzie, are invited to attend our next Vesper/Rehearsal Session on Friday, 28th April 2023; the venue and time will be confirmed. We had a refreshing time of fellowship at Sabbath's rehearsal! Our Reunion Weekend is scheduled for September 22-24, 2023). "One Spirit-One Mission-One Voice".

-Allison M. Rolle, Former Director/Reunion
Coordinator



JOHNSON PARK CHURCH ANNIVERSARY

Join the Johnson Park church as they celebrate 60 Years of: "Building by Faith, Encouraging Each Other". From April 16th to May 7th, 2023. To enjoy the full month of activities planned by the Johnson Park Church, here are dates that you will want to add to your calendar:

April 22nd, 2023: Special AY and "Grand Ole Time" Social

April 23rd, 2023: Community Services Department outreach program

May 7th, 2023: Gala Banquet Celebration
Persons interested in Gala tickets can contact Estelle Cherenfant, Barry S. Saunders, or Takara Lewis.



YOUTH ANNOUNCEMENTS IAD Pathfinder Camporee 2023

South Bahamas Conference Results

10 Pathfinders baptized
1st in 10-12 Males 100 meters
1st in 13-16 Males 100 Meters Champions
1st in Males 4 x 100 Relay
2nd in Water Relay, Knot tying, & first aid
20 Honors completed
40 Pathfinders invested

Inspection Results:

Best uniformed group and Campground Organization.

We thank all church members and private sponsors for your investment in youth ministries and youth development! We express our gratitude to the

Administration, Pastors, Boards, AHPA, Health Ministries Department, CHAM & Communication Departments respectively for their collaborative presence at the Camporee.

Park & Praise Postponed:

Due to budgetary restraints Park & Praise is postponed until further notice! Local AY Societies are encouraged to use this time to host local outdoor AY programs, community outreach visitation, prayer walks, or literature distribution.

World Adventurer Day- May 20th, 2023

Morning Service- local churches. The Sermon and service suggestions will be provided to pastors and Adventurer Leaders this week. There will be a joint afternoon service.

This will be held in the afternoon of Sabbath, May 20th, 2023! Stay tuned for more the venue and list of Adventurer awards to be completed! It promises to be insightfully engaging!

International Pathfinder Camporee:-

Date: August 5-11, 2024

Venue: Gillette, Wyoming

Registration opens for the International Pathfinder Camporee on April 30th, 2023. Registration cost: US\$ 225.00 (Non-Refundable). Payments are to be made in Ecclesia7 through your local church treasurer. Register with your local Pathfinder Club Director!

Registration Deadline: Thursday, June 1st, 2023.



Please Email Weekly Announcements

To: sbclogos@gmail.com

Or logos@sbcadventist.org.bs

By Tuesday at 3:00 p.m.

Visit the Conference website:

<http://southbahamasconference.org>
for the Logos publication archives & the
ATV658 NEWS.

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SUNSET
Saturday, April 29th, 2023
@ 7:39 p.m.
Have a Happy Sabbath!