



Your Heart Needs Love



According to the Bahamas 2019 STEPS Survey, 1 in 12 Bahamians age 40 to 69 years is at high risk for having a stroke or heart attack within the next 10 years. The month of February is Heart Health Awareness Month. When God created man on the sixth day of the week, the heart was one of the organs he formed. It is about the size of your fist that pumps blood through your body.

A healthy heart supplies your body with the right amount of blood at the rate needed to work well. If disease or injury weakens your heart, your body's organs will not receive enough blood to work properly.

Following are some ways to love your heart:
An annual doctor's visit will ensure that you are on track for optimum heart health.

A blood test that measures cholesterol is recommended every five years after the age of 20. Your cholesterol should be under 200 milligrams per deciliter (mg/dL). If you are above this number, speak to your physician about medication to lower cholesterol, in addition to a lifestyle change. Also, a plant-based diet will drastically reduce cholesterol levels.

Healthy blood pressure is below 120/80. High blood pressure causes the cardiovascular system to overwork. High blood pressure is referred to as the 'silent killer' because it has no symptoms. It is important to get regular blood pressure checks. You can also purchase a blood pressure cuff for home use. Physical movement and a healthy diet are also very important. If you need blood pressure medication, please take it exactly as directed. Once your numbers drop, you can discuss with your physician coming off medication.

Our Creator gave us instructions on healthy eating in Genesis 1:29: "And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat."

A varied, nutritious diet relatively low in fat and salt is the key to keeping your heart pumping. Increase the servings of fruits

and vegetables you eat each day. Do not overeat. Eat three meals a day, or even two.

It is recommended to exercise at least 30 minutes most days of the week to help reduce the likelihood of developing chronic diseases, including those affecting the heart.

Currently, in The Bahamas, 72% of Bahamians are overweight. The average Body Mass Index (BMI) is 30 (obese) (STEPS 2019 Survey). Carrying excess weight adds to the work your heart must do to run your body. It also increases the likelihood of high blood pressure and diabetes that harms your heart.

Do not smoke and drink alcoholic beverages. The negative effects of smoking and drinking are not limited to your lungs and liver; these also increase your chances of developing heart disease.

The signs of a heart attack often begin slowly, with a dull ache or heaviness in your chest, although many women do not experience any chest pain. Other signs might include back, shoulder, neck, or jaw pain, indigestion, trouble sleeping, anxiety, shortness of breath, dizziness, and feeling very tired for no apparent reason. If you or a loved one are having these types of symptoms, check with your physician right away.

Let us all endeavor to take good care of our physical and spiritual hearts. Psalm 51:10 says, "Create in me a clean heart, O God; and renew a right spirit within me."

If you are ready to make some lifestyle changes to preserve your heart, kindly reach out to the Health Ministries Department at email health@sbcadventist.org.bs.
Excerpts <https://www.healthgrades.com>.

Article by Nathelyn Lacroix, Health Ministries Director, South Bahamas Conference, Seventh-day Adventists.



FROM THE EDITOR

*Are you interested in writing the lead article for the Logos?
Please send an email to lsturupp@sbcadventist.org.bs.*



CALENDAR OF EVENTS 2021 FEBRUARY

- 20 First Quarter Youth Day Local Church CHAM Leaders Consecration Service
- 21 SBC Music Committee Meeting
- 27 Park 'N' Praise (Joint AY)
- 28 ATCU Health Promoters Certification Course

MARCH

- 6 IWILLGO: "Drive Thru" Local Church SBC Adventuree (All Adventurers & Parents) Stewardship Day
- 6-8 Camp Kalaqua – Florida Conference
- 7 Digital Youth Evangelists Training Joint Prayer Meeting
- 11 "Let's Move to Live" (Launch)
- 13 Sabbath School Guest (Appreciation Sabbath)
- 14 Elders, Deacons & Deaconesses Mix and Mingle
- 20 Global Youth Day: Share (AM: Local Church) March and Rally (PM: Joint AY) Global Children's Day
- 21 CHAM Leaders Training Session
- 21-27 YOUTH MEGAFEST #YMF (Conference Wide Joint) Adventist Education Emphasis Sabbath (Promote Local Schools)
- 25 Executive Committee Meeting
- 27 Park 'N' Praise (Joint AY) Biblical Symposium & Spirit of Prophecy
- 28 ATCU Health Promoters Certification Course
- Personnel Training/WORD SBC88.3FM
- 29 8 Weeks to Wellness Graduation



HAPPENING THIS WEEK

CHILDREN & ADOLESCENT MINISTRIES / C.H.A.M DEPARTMENT CONSECRATION SERVICE

A service of Consecration will be held on Saturday February 20, 2021 at 4:30p.m. for all leaders of the C.H.A.M Departments of our churches along with their assistants and other persons serving within the department (including Vacation Bible School personnel, Lower division Sabbath School teachers, etc). The service will be held on ZOOM and broadcasted via the social media pages of the South Bahamas Conference. A special charge will be given by our guest speaker, Pastor Terry Tanis, Executive Secretary, Turks n Caicos Conference.

Zoom Meeting ID: 935 3834 2717

Passcode: 260617 All are invited to attend.

--Mrs. Lavern A. Sturupp, Children & Adolescent Ministries Director.



MINISTERIAL DEPARTMENT

For the past twelve months, elders from the twenty-four fields within the Inter-American Division have been preparing for their annual certification. This event is a part of the Division's Continuing Education Program designed to help local church leaders fulfill the demands of ministry for the times in which we live.

I am pleased with the significant increase in the number of elders that participated compared to last year's enrollment in the program. As a Conference we welcome this initiative which is designed to prepare

and empower leaders in the local church for greater service to the community of believers.

Pastor Michael A. Smith, Ministerial Secretary for Atlantic Caribbean Union Mission of Seventh-day Adventists will host this program to certify elders from the Bahamas, the Caymans Islands, and the Turks and Caicos Islands. All elders are asked to attend the meeting using the ZOOM code below at four o'clock on February 20, 2020, for the climax of this year's program. To get information on how to receive your certificate, please see your pastor. Zoom: 994 9914 5936

-- T. Basil Sturup, Ministerial Secretary,
South Bahamas Conference of Seventh-day
Adventists.

BAHAMAS ACADEMY OF SEVENTH DAY ADVENTISTS ENTRANCE EXAMINATION

Bahamas Academy will hold its Entrance Examination on Sunday, February 28, 2021 at

the school located on Marshall Road from 1:00p.m to 3:00p.m. for students wishing to enter Grades 1 to 10.

Application forms are available at the School's Office or at the Conference Headquarters on Tonique Williams-Darling Highway. The application fee is fifty dollars (\$50.00). Application forms should be completed and returned to the school by Friday, February 26, 2021.

For further information, please call telephone number: 461-2100. --School Administration.



BIBLE STUDY & SPIRIT OF PROPHECY – SOUTH BAHAMAS CONFERENCE

Bible Class has been paused until February 28, 2021. All are invited to join in with two weeks of evangelism and Bible Study at the New Englerston Church.

Youtube: Englerston Adventist

Zoom: Meeting ID. 959 7340 8086

Password: **033162**

--Lynden Williams, Pastor, Bible Studies & Spirit of Prophecy Coordinator.



COMMUNICATION DEPARTMENT NEW SHOWS - WORD SBC 88 3FM / ADVENTIST TELEVISION 658

Persons interested in submitting proposals for new shows to be aired in the new Season on **WORD SBC 88 3 FM** or **ATV658** can do so by emailing us at:

media1@sbcadventist.org.bs or

call **341-4021**. #I WILLGO

Thanks to those who have already accepted the call to minister for Christ through media.

--Mrs. Lavern A. Sturup, Communication Director.



HEALTH MINISTRIES DEPARTMENT

National Health Insurance

We are encouraging all of the membership within the South Bahamas Conference to enroll in the National Health Insurance (NHI) plan. This is a free service which will cover your doctors visits and lab

works. Whether you have private health insurance or not please join NHI. It is very beneficial. Here is the link: <https://www.nhibahamas.gov.bs/registrationform/>.

8 Week To Wellness

8 Weeks to Wellness 2021 under the theme, Wellness – **A Matter of Choice** got off to a great start last week Monday, February 8th via Zoom. If you are interested in enrolling do so via the South Bahamas Conference website @ www.southbahamasconference.org or Whatsapp 826-8486.

Physical Activity (Exercise)

All persons interested in joining a group for physical activity (exercise) support, please email, health@sbcadventist.org.bs. or WhatsApp 826-8486. No fees involved.

Health Promoters Certification Training

All Health Leaders, Assistants and those with a passion for health are invited to be a part of the **Health Promoters Certification Training** being offered by ATCU. The programme will be held on Sundays once per month on the following dates; February 28, March 28 and April 25 between the hours of 3:00p.m. - 7:00p.m. To be awarded successful completion, all sessions **must** be attended. Please contact Sister Nathelyn LaCroix at email health@sbcadventist.org.bs or whatsapp 826-8486 for further details regarding registration.

-- Mrs. Nathelyn LaCroix, Health Ministries Director.



WOMEN'S MINISTRIES DEPARTMENT Women's Devotional

Ladies, do you have a testimony that you wished you could share with the whole world? Maybe it's a scripture that means so much to you that you would like to share why. Do you have a story that you think would inspire your sisters in the faith? Well, here is your opportunity.

The Women's Ministries Department of the South Bahamas Conference of Seventh-day Adventists is pleased to announce the publishing of the first local Women's Devotional, and we are seeking your help in making this become a reality.

Each submission should range between 450 – 500 words, in totality, with a title and a scripture text. Please also note that you may use your name or a Pseudonym, whichever makes you more comfortable. All stories should be sent to SBCwomensministries@sbcadventist.org.bs.

As we embark on this journey together, we ask that you pray for the successful launch of this Devotional and that many lives will be enriched by its readers.

Entries are coming in and we want to ensure that a space is there for you, so please submit your contribution. Unfortunately, we will be unable to accept any submissions after June 1, 2021.

Information Request

We are asking all New Leaders to kindly contact Sis. Tanya Miller at the Conference Office with your contact details or email us at the address above.

Upcoming Events Inter-American Division Online Certification

“Spiritual Health”- Chosen & Loved
February 21, 2021 @ 10:00a.m.

Webcast.interamerica.org

Wednesday Pause & Pray - Special Edition

February 24th, 2021 – 12:00p.m-
12:30p.m.

Zoom ID: **98113813577**

Password: **094045**

International Women's Day of Prayer – March 6, 2021- Individual Churches

DONATION REQUEST

Used, But In

Good Condition Devotionals

Kindly donate to your local Women's Ministries Leader for distribution during our community outreach projects this year. If you have any questions, comments or suggestions or need additional information on any of our initiatives, kindly email us at SBCwomensministries@sbcadventist.org.bs --Mrs. Jacqueline Gibson, Women's Ministries Director.



YOUTH VOICE ANNOUNCEMENTS 2nd Annual Adventuree 2021

The SBC Youth Ministries presents
#BeStrong

A Virtual Adventurer Camporee.

Learn how to be Brave & Obedient, find Purpose & Salvation.

Registration Information:

February 2 - March 2, 2021 = \$5.00

Package: Pin, Patch & Art Kit

Register with your club director!

--Pastor Jamal Franklyn, Youth Director.



Please Email Weekly Announcements

To: sbclogos@gmail.com

Or logos@sbcadventist.org.bs

By Tuesday at 3:00p.m.

Visit the Conference website:

<http://southbahamasconference.org>
for the Logos publication archives & the
ATV658 NEWS, as well as weekly
programming.



CALL 341-4021

SUN SETS NEXT SABBATH
February 27, 2021 @ 6:11p.m.



Have a Happy Sabbath!