

THE LOGOS



EMPOWERED BY CHRIST

A Weekly Publication of the South Bahamas Conference of Seventh-day Adventists | Editor: Michelle Greene | Sunsets: 5:21 p.m. | Volume 220 | Number 252 | December 10, 2022

#IWILLGO

DIABETES AND THE ADVENT HEALTH MESSAGE



The previous health article on stewardship and health addressed why we must be faithful stewards of our health. The message provided a reminder that we have the blueprint for healthy living, and the information available must be utilized to reap the benefits. This article will delve further into this topic by explicitly focusing on Diabetes and the Advent Health Message.

The World Health Organization defines Diabetes as a “chronic disease that occurs either when the pancreas (a body organ) does not produce enough insulin (a hormone) or when the body cannot effectively use the insulin it produces.” Why is this important? When this occurs, our bodies cannot utilize glucose (sugar), leading to increased levels in our blood. The effects of chronic elevation of blood sugar may lead to irreversible damage to major organs, particularly the nerves and blood vessels. Longstanding, uncontrolled Diabetes can have adverse effects on the eyes, kidneys, and heart.

Globally and nationally, Diabetes is a health concern. This chronic non-communicable disease is one of the top ten causes of death in The Bahamas, according to the 2019 STEPS survey performed by the Ministry of Health.

What factors put a person more at risk for the development of Diabetes? There are those risk factors that cannot be changed or helped (non-modifiable), and there are those that can be changed or helped (modifiable). Let us focus on the modifiable ones; these include obesity/overweight, smoking, alcohol,

physical inactivity, and poor diet. Now let us compare these risk factors to what our health message advises.

Belief twenty-two of the twenty-eight fundamental beliefs of the Adventist church advises on Christian behavior. It reminds us of 1 Corinthians 6:19-20, that our bodies are the temples of the Holy Spirit; thus, we must be good stewards of our health and bodies. This section recommends adequate exercise and rest. It also advises the consumption of a healthy diet with abstinence from unclean foods, alcoholic beverages, tobacco, drugs, and narcotics. It appears that if we follow our own fundamental guidelines, we will eliminate the modifiable risk factors for the development of Diabetes! For those who have already been diagnosed with Diabetes, adopting these principles is also essential for better control of blood sugar levels.

What is quite interesting is that the medical community has also recognized the health benefits of the Adventist lifestyle. Subsequently, a national geographic expedition called Blue Zones led by Dan Buettner in 2004 uncovered locations around the world where people consistently lived over 100 years old (the blue zones). Of the five places identified, Loma Linda (an Adventist community in California) was one of them. The researchers noticed that this predominantly Adventist community outlived the average American by a decade. It was noted that members of this community consumed a diet of mainly leafy greens, nuts, and legumes, exercised regularly, abstained from alcohol, and religiously rested on at least one day per week (the Sabbath). The researchers believe that these factors are what contribute to the longevity of the members in this community.

We have been given the tools (our Health Message) that would allow us to live healthier and longer lives. It is my hope that we all would put it into practice and share this message with those around us.

Dr. Nasasha A. Bootle-McKinney BSc (Hons), MBBS. District Medical Officer- North Andros and Health Ministries Leader- Lowe Sound SDA Church



FROM THE EDITOR

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



CALENDAR OF EVENTS DECEMBER

- | | |
|-----|--|
| 10 | Youth Day |
| 10. | Health Emphasis Day |
| 10 | 4 th Quarter Youth Day (Local Church) |
| 15. | Conference Closes for the Holiday |
| 23 | Festival of Carols |

HAPPENING THIS WEEKEND



GRANTS TOWN YOUTH DAY

The Grants Town church invites you to their Youth Day Service on December 10th under the theme *The Road to De-Mask-Us*. The early morning service will begin at 8:30 a.m. with Elder Obed Datus as the speaker. The speaker for the 11:00 a.m. service will be Pastor Jamal Franklyn. Come and enjoy a youth-led, Spirit-filled service!



JOB NOTICE

A care center for children and the elderly is accepting applications for the positions of two (2) caregivers who will be responsible for the care and conduct of senior citizens and children admitted into the center.

Applicants should possess a high-school diploma and be comfortable with:

1. Assisting residents with activities of daily living, including bathing, dressing, grooming, toileting,

transferring, and getting to and from activities and meals;

2. Maintaining a clean, safe, and orderly environment for the residents;
3. Performing general housekeeping; and
4. Following cleaning schedules for resident laundry, bedrooms, dining area, living space, bathrooms, kitchen, and other areas.

Applications can be emailed to secretariat@sbcadventist.org.bs.



BIBLE CLASS

The South Bahamas Conference Bible Class continues Sunday, December 11th at 6:30 p.m. on zoom. The topic will be "Shall We Dance!" A Biblical investigation to dance and its cultural implementation. For further information, contact Pastor Lynden Williams at 803-9793 or lwilliams@sbcadventist.org.bs



COORDINATOR ELECTIONS

Nominations for SBC Executive Youth Council Coordinators 2022-2026 will open on Sunday, December 11. Coordinator Elections will be held virtually on Sunday, December 18 via Zoom. AY Leaders for 2022 are the delegates to choose Youth Council Coordinators.

-Pastor Jamal Franklyn, Youth Director



REUNION 2023

- SDA Mass Youth Choir 1980s-1990s-

If you were a member of the SDA Mass Youth Choir under the direction of Elder Miriam Knowles, Sister Rowena Smith, Anthony Russell, Anthony Burnside, Carlton Patterson and Allison Rolle (Mason), kindly contact Shantell Miller 357-7355 or Allison Rolle at 376-3883.

- A. Rolle



GRANTS TOWN CHURCH TOY DRIVE

The Grants Town church is hosting its second annual toy drive for the children of the Bain and Grants town communities. Toys can be dropped off at the Grants town church community center. Donations will be accepted until December 15. You can

contact the leader of The Grants Town AY department for further information.



BREATH OF LIFE CHURCH YOUTH CAMPAIGN

The youth department of the Breath of Life Church continues its Youth Campaign under the theme Indestructible Hope. The campaign, which begins nightly at 7 pm-8:30, every night except Thursdays and Saturdays will conclude on December 17th. Come and hear the word of God delivered by our passionate young people.

-Breath of Life Youth Department



CREATED FOR WORSHIP

Created for Worship presents, The Life of Jesus Worship Experience at The Hillview Church on Saturday, December 17th, at 5:30 p.m. Spend the evening in praise with various gospel artists and groups as they celebrate the Life of Jesus.

-The South Bahamas Conference Youth Department



THE GIFT

An Evening of Artistic Expression and Original Music based on the Birth of Christ: Sunday-18th December 2022 at The National Art Gallery- 5:00 to 6:30 pm; Featuring Compositions by Daniel Bostwick and Narratives by Vashti Johnson; **Guest Artists:** Tonique Brown, Joel Sweeting, Danea Sawyer and Scharlee Thompson, Passion Expressions Dance Studio, Zaavan Colebrooke, Brandin Johnson & Travis Rolle.

BOX OFFICE: The National Art Gallery or contact Grace Bostwick at 433-8711 or Allison Rolle at 376-3883.

- A. Rolle



CENTREVILLE CHURCH

-Musical Extravaganza-

Under the theme, "Born to Save", the Centreville SDA Church will be hosting a Christmas musical extravaganza during the Divine Service on December 24th, 2022 at 11:00 am. We invite you to share this special occasion with us as we celebrate the miraculous birth of our Lord Jesus Christ in songs of praise and thanksgiving.

-Lorraine Duvalier

ADVENTIST BOOK & NUTRITION CENTER | ABNC

Holiday Sale and Store Hours

The ABC will be having a 20% off *Storewide Christmas Sale* on the 20th, 21st and 22nd of December 2022.

- Demesia N. Wilson-Turnquest, ABC



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
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programming.



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SUNSETS

Saturday December 10, 2022
@ 5:21 p.m.

Have a Happy Sabbath!