



How Much Is Your Health Worth?



As we think about our health and well-being, what are some of the things that prevent us from achieving optimal health? Many times, we put ourselves and our health on a list of non-priority activities. We care for our families and our jobs; we are involved in a multiplicity of church and community activities and the list goes on. But do we take the time out to plan for our health and well-being?

Did you know that health is your greatest wealth? It is indeed a blessing and an invaluable gift. Ralph Waldo Emerson said, "The first wealth is health." Without it, we cannot function well to fulfill our God-given purpose, take care of ourselves and others, and do the things we love.

We complain, "Oh, it's so expensive to eat healthy! I too busy, I ain' have no time to exercise! I have too much work to do so I ain' have no time to sleep!" Lee Swanson said, "If you think the pursuit of good health is expensive and time-consuming, try illness."

Herophilus broke it down nicely when he said, "When health is absent, wisdom cannot reveal itself, art cannot manifest, strength cannot fight, wealth becomes useless, and intelligence cannot be applied."

So, let's do a lil checkup using **NEW START** to see how well you are caring for yourself:

Nutrition –Are you choosing to eat real

whole foods that will truly bring nourishment to your body? Yes, we get in three meals (or more) daily but are they promoting your health or are they making you sick?

Exercise –Are you daily engaging in physical activities and exercise that will help to energize and strengthen your body and keep you fit?

Water – Are you choosing to drink mainly water instead sugar sugar-sweetened beverages (like sodas)? Water is the God-made and God-given beverage to adequately hydrate your body.

Sunlight – Are you choosing to bask in the sunlight regularly for at least 20 minutes?

Temperance – Are you choosing to use in moderation the things that are good for you and abstaining from the things that are not good for you?

Air – Are you choosing to breathe in fresh air that will invigorate your lungs and oxygenate your body, or do you spend more time in air conditioning?

Rest – Are you choosing to get enough rest and sleep appropriate for you? Are you allowing your body to be healed and restored?

Trust in God – Are you choosing to spend time with your God in daily devotions – prayer and Bible study? Are you trusting in Him for everything?

Today, across the Inter-American Division, we celebrate Health Ministries Emphasis Day. We exist to promote a healthy lifestyle within the church and its social environs. Remember that your body is the temple of the Lord. It is His desire that we prosper and be in health even as our soul prospers. When it becomes difficult, or challenging be assured that you can do all things through Christ who strengthens you.

So, how much is your health worth to

you? I wish to extend my gratitude to all our Health ministry leaders, healthcare professionals, and lay persons who work tirelessly and sacrificially in helping to advance the health message. May God forever bless you and your ministries.

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



CALENDAR OF EVENTS DECEMBER

- 9 Health Ministries Emphasis Day
- 16 Education Emphasis
- 16 Men's Power Hour (MPH) – (Christmas Edition)
- 19 Conference Office Closes
- 30 Baptism Sabbath/ Year-End Service



BIBLE CONVENTION

Bible Convention continues this Sabbath at the Maranatha Church with Pastor Lynden Williams under the topic, "Come let us Worship". Bible convention will conclude on Sunday at 7:00 pm under the topic "The Christian and Junkanoo". For further information contact Pastor Lynden Williams: lwilliams@sbcadventist.org.bs or 803-9793.

BIBLE STUDY
WITH **Lynden Williams**
PASTOR

Daily Topics
Shall We Dance?
Ellen White: Is She Still Relevant?
Come Let Us Worship
The Christian and Junkanoo

WEDNESDAY	7PM
FRIDAY	7PM (Zoom)
SABBATH	11AM
SUNDAY	7PM (Zoom)

MARANATHA SEVENTH-DAY ADVENTIST CHURCH
YOUTUBE CHANNEL



MUSIC MINISTRIES

South Bahamas Conference Music Ministries presents *A Festival of Carols*, an evening of Christmas Carols and Bible Readings to honor the Birth of Jesus, on Sabbath December 9, 2023, at 5:30 pm at the Hillview Church. All are invited to attend.

- Annette Dorsett Music Ministries Director



THE ADVENTIST INSPIRATIONALS

Join us for a mesmerizing evening of soul-stirring melodies. Experience the power of Christ through music at our concert production on December 10th, 2023, at 5 p.m., at the Living Faith Seventh-day Adventist Church. Admission is FREE!

J. Ralph Rolle
Director, *The Adventist Inspirational*s



HEALTH MINISTRIES & AHPA

The Adventist Health Professionals Association and Health Ministries Department will host their end-of-year Social on Sunday, December 17, 2023, at 2 p.m. at Camp Bamivoca, Marshall Road.



GOOD NEWS CHURCH

Mix and Mingle Singles Social

Join us for an evening of fun, food, games, and prizes at the Good News Church on December 16th, 2023, at 6:30 p.m.



**CENTREVILLE CHURCH
BEHOLD, THE LAMB!**

An awe-thentic life-changing worship experience awaits you at the Centreville SDA Church on Saturday, December 23rd, 2023, at 11:00 a.m.

-Centreville's Christmas Planning Committee



**GRANT'S TOWN CHURCH
3rd Annual Holiday Toy Drive**

The Grant's Town Adventist Youth Department will be hosting its 3rd Annual Holiday Toy Drive for the children of the Bain and Grant's Town community between the ages of 4-12. If you would like to donate a new toy or monetary gift, please contact 456-3546. Donations can be dropped off at the Grant's Town Community Services Center on Mondays,

7 am - 11 am, Tuesdays, 7 am - 3 pm, and Wednesdays, 7 am - 11 am. Donations will be accepted until December 22nd. Thank you in advance for your support.



FAMILY MINISTRIES WEEKEND

All families are invited to a special weekend with Dr Willie and Elaine Oliver, Family Ministries Directors of the General Conference at the Centreville Church from January 12-14, 2023.



Please Email Weekly Announcements

To: sbcllogs@gmail.com

Or logos@sbcadventist.org.bs

By Tuesday at 3:00 p.m.

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<http://southbahamasconference.org>

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SUNSETS
Saturday, December 16, 2023
@ 5:23 p.m.

Have a Happy Sabbath!