



The Art of Being Mindful and Not Mind-full



Schkara Green

I can guarantee, that either one way or another, you have found yourself feeling overwhelmed and frustrated with the daily pressures and demands of life. I can certainly testify that I have tasted the ever-turning wheels and rigmaroles of L-I-F-E and it is not a satisfying taste. How can that really be? Let's just say that too much salt was in your fettuccine at lunch, or too much sugar in your morning tea, the initial tendency would be to let the chef know, and ask for a new serving of fettuccine, and you would simply add to water to your tea, all because you are pretty much aware that something was not quite right.

Please allow me to personally and in my own way define the acronym L-I-F-E as "Learn, Impact, Focus and Explore." What is the state of your mind right now? Is the tail wagging you, or are you wagging the tail? Think about that for a minute. Dear reader, to be mindful is to have the ability or skill to be cognizant, present, and aware of who we are, where we are, and what we are doing in exclusive of becoming overwhelmed or reactive to our surroundings. It is the art of paying attention and doing so specifically.

"Doing mindfulness is like a fitness routine for your brain, it keeps your brain healthy."

-Christine O'Shaughnessy.

As Christine O' Shaughnessy has just shared, I find myself paying close attention to my thoughts, my feelings, and to moments when my focus is tampered with. As a wife, mother of three, full-time

employed, and a final year MPH student, along with maintaining relationships of family and close friends... Oops!! How dare I forget my alone moments! I cannot afford the 'tail to wag me'. For those of who you have walked or are on this journey, you know how important it is to stay on top of the game and it does require a good chunk of mindfulness.

Here are key things to keep at heart and the most important thing is to start. You heard me, START!

1. Do what you love. Read, sing, journal, garden, spas, sports, talk to that special friend.
2. Thought Clouds. Thoughts will come... Oh yes, they do! Choose what stays or what must go!
3. Be sensual. Take note of 'good things' that perk up your sense of smell, sight, touch, taste, and sight. The energy felt is as real as can be and so is the wisdom in your sensations. Sensations tend to reveal the state of the mind, whether it is lively or heavy burdened.
4. Attend training sessions or download apps that will engage you to understand, embrace and balance your thoughts and wandering mind.
5. Just breathe. As you read this article, take some time to inhale and exhale deeply, nice, and slow; your mind and body will love it and so will the conscious you!

Now that you have **learned**, have been **impacted**, you are now **focused**, and we can now **explore** and reap the benefits that stem from mindfulness: such as reduced aging, resilience, lower stress, reduced anxiety, restored emotional balance and interpersonal struggles, reduced depression, and disease, and illnesses.

"Mindfulness is not about being positive all the time or a bubblegum sort of happiness —

la, la, la, it's about noticing what happens moment to moment, the easy and the difficult, and the painful and the joyful. It's about building a muscle to be present and awake in your life."

- Suzanne Westbrook.

This article was written by Mrs. Schkara Green, Health Ministries leader, Adelaide and Bethel Seventh-day Adventist churches, South Bahamas Conference.

References: <https://extension.psu.edu/mindful-or-mindful>
<https://www.hevsigmund.com/different-ways-to-practice-mindfulness/>
<https://news.harvard.edu/gazette/story/2018/04/less-stress-clearer-thoughts-with-mindfulness-meditation/>



FROM THE EDITOR

Are you interested in writing the lead article for the Logos?

Please send an email to lsturup@sbcadventist.org.bs



CALENDAR OF EVENTS

JANUARY 2022

- 1 Day of Prayer and Fasting/Baptism Sabbath/ Joint Prayer Meeting
- 1 Conference-wide Baptism
- 1 SYL Online Certification
- 2 – 14 Local Strategy Operationalized in SBC for Mega Campaign
- 3 New Year's Day Holiday
- 4 CONFERENCE OFFICE REOPENS
- 4 WORKER'S MEETING
- 5 – 15 Ten Days of Prayer
- 9 C.H.A.M Council Meeting
- 10 Let's Move to Live (Launch)
- 16 Women Consecrated for Service
- 13 Year-end Audit Meeting
- 15 Footprints of Jesus Virtual Campaign
- 19 Departments and Coordinators Meeting

- 20 Executive Committee Meeting
(8:30 a.m. – 5:00 p.m.)
- 23 AHPA & Health Ministries
Reconsecration

** January 15 – February 2022 (booked for the Footprints of Jesus Virtual Campaign with Evangelist Glen O. Samuels) **



HAPPENING THIS WEEKEND Saturday January 15, 2022 - The Footprints of Hope, Walking with Jesus Evangelistic series with international Evangelist, Glen O. Samuels of Jamaica begins. Churches within the South Bahamas Conference will broadcast the Sabbath and nightly services from their various social media pages and also in-person for its members and guests. You can also watch the services from the comfort of your home on the YouTube channel of the South Bahamas Conference (nightly at 6:30p.m | Sabbath mornings at 10:30a.m - www.youtube.com/southbahamasconferen).

Nightly services at churches or on church platforms within our Conference will be held at 7:00p.m and Sabbath services at 11a.m EST.

A rebroadcast of the sermons from the services will be aired on ATV658 and WORD SBC 88.3FM beginning on Monday January 17, 2022 at 11:00a.m. and 8:00p.m.

- Communications Department.



BAHAMAS ACADEMY CUSTODIAN JOB OPENING

Bahamas Academy is seeking the services of a Custodian. The successful candidate must be mature, able to use landscaping tools and familiar with basic carpentry, painting and plumbing skills. At least 5 years' experience would be an asset. Interested persons may submit applications to:

aburrows@sbcadventist.org.bs

Application should be received by January 31, 2022. - Mr. Anthony Burrows, Education Director.



HEALTH MINISTRIES DEPARTMENT

'Let's Move to Live' Virtual Fun Run Walk Results - January 10, 2022

A Special 'thank you' to all the persons in New Providence and the Family Islands who participated in the 6th Annual Let's Move to Live Fun Run/Walk held on Monday, January 10th, 2022.

The results of the event are as follows:

The oldest participants were Edith Roach, 78 and Henry Moncur, 79.

The youngest was Damani David, 17.

The first male and female were Barry Saunders and Estelle Cherenfant respectively.

Participants completing the longest distance were:

Diana Williams - 23 miles and Stanley Philord - 21.5 miles.

Results collected from Apps totaled over 500 miles.

Movement is pivotal to wellness. Keep moving!

On Monday, October 10th, 2022 another official walk will be held to culminate 'Let's Move to Live' activities for the year 2022.

-Mrs. Nathelyn LaCroix, Health Director.

HEALTH TIP Spiritual Health

The beginning of a new year. The climax of the ten days of prayer before the start of the Footprints of Hope Evangelistic campaign. It's the perfect time for self-reflection concerning our spiritual health. Let us no longer ignore the promptings of the Holy Spirit who admonishes us to "... come boldly to the throne of grace ..." (Heb. 4:16 KJV). May God's will be done and ours be done away with during this time of spiritual growth as we allow God to restore our spiritual health by doing our part to spread His gospel and win souls for Him during this upcoming worship experience. - Mrs. Jorgette Bain.



WOMEN'S MINISTRIES DEPARTMENT

Devotional Update

Ladies, the additional devotionals are here!

You may purchase your copy from the ABNC.

Please also note that all sale proceeds will be used for Women's Ministries Community Outreach Programs in 2022.

Upcoming Events

Women's Prayer of Consecration
January 16th, 2022

11:00 a.m. – 12:00 noon

Devotional Speaker: Elder Aileen Sands,
Women's Ministries Director, ATCU

Zoom ID: 973 7569 8131

Password: 330006

Remember to Pause & Pray with us virtually each Wednesday at noon.

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.



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.



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CALL 341-4021

SUN SETS NEXT SABBATH

January 22, 2022 @ 5:47p.m.

