



A TOTAL Health Assessment



Life can change in an instant! One day you feel completely healthy and alive and in a moment your health begins to deteriorate. On the flip side, you may be ill and, in an instant, you are healed. Each of these scenarios invokes the need of a Healer, the Great Physician. God desires that we experience TOTAL health – mind, body and spirit.

Sometimes we just focus on physical health because we want to feel well, to be well. We may see being healthy as just being free from physical pain or ailments. We make efforts to eat well, exercise regularly, drink enough water, get enough sleep, abstain from harmful drugs etc. These are good to do. However, being healthy is more than that.

What is the condition of your mind? Is it filled with godly thoughts? Is it focused on doing good and pleasing God? Are you able to handle life's stressors? Are you properly processing your emotions? Do you have a positive outlook on life? How are you treating those who can't seem to do much for you? Do you have meaningful relationships? Do you have a support system to help you when the storms of life envelop you? Are you helping to bear one another's burdens as supported by Galatians 6:2? Are you encouraging one another and building one another up as is purported in 1 Thessalonians 5:11? Is your mind focused on bringing honor and praises to God?

What is the condition of your soul? Are you feeding and nourishing it with the Word of God? Are you spending quality time with the One who created you? Are you daily praying and praising God? Are you telling others about the One who saved you? Have you told them about your soon coming Saviour?

God took His time to properly craft us. We are the crowning jewel of creation. I am always so amazed at the way the body functions. It's no wonder David exclaims in Psalm 139:14 (NIV), "I praise you because I am fearfully and wonderfully made."

In Health Ministries, our major objective is to introduce persons to the Great Physician who alone can provide TOTAL health. Without having TOTAL health, we cannot function well to fulfill our God given purpose, take care of ourselves and others, do the things we love and honour God with our bodies. From the beginning God gave man specific instructions on how to take care of his body temple – mind, body and spirit. Although earthly conditions have changed since then, these principles remain the same.

So, are you embracing these health principles or are you putting up a resistance? We claim to be God's remnant people. But are we living up to His TOTAL Health principles and encouraging others to do so? 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.

What an opportunity we have to share Christ, to introduce to others Someone who can provide TOTAL healing for us - mind, body and spirit. Will you surrender yourself afresh to God today and recommit to taking care of your body – mind, body and spirit?

This Sabbath, June 06, 2026, join us across the Interamerican Division as we celebrate 163 years of proclaiming the Health Message. This mission involves a total restoration that goes beyond the physical and prepares us for the encounter with Jesus. Share and promote TOTAL health as we seek to prepare souls for eternity.

Shandera Smith,

South Bahamas Conference Health Ministries Director



CALENDAR OF EVENTS JUNE 2026

- 6 Youth Month opening Sabbath
- 6 Community Literature Distribution (All Churches)
- 7 CHAM-Versation (Adolescents)
- 7 Youth Social/Fun Day
- 7 Continuation of Lay Certification Evangelism Training
- 7 Men's Fun Run Walk
- 9 ELC and Elementary Promotion Service
- 11 Secondary Division Graduation
- 13 Women's Ministries Emphasis Day
- 13 ASI Sabbath Celebration
- 13 Bible Connection
- 14 Youth Spiritual Emphasis Sabbath
- 14 Health Promoters Certification – ATCU Health Ministries
- 17 Men's Health Seminar
- 18 School Board Meeting
- 20 Father's Day
- 20 Men's Power Hour (MPH) Focus on Fathers
- 21 Church Music Coordinators' Meeting
- 21 Youth Mission & Service Sabbath
- 21-30 Summer Students Literature Evangelist Program
- 23 Adventist Men's Directors Meeting (in person)
- 25-28 Conference Mid-year Meetings
- 26-28 SBC GEMS Retreat (New Providence)
- 27 Public Campus Ministries Day (PARL Rally)
- 28 Health Promoters Certification – ATCU Health Ministries



PUSH ATCU INITIATIVE 2026

- 7-13 ATCU Educational Institutions
- 14-20 Adventist Men
- 21-27 Youth Evangelism
- 28-July 4 Graduating Students



BIBLE CLASS

Bible Class will be held on June 08, 2026, at 7:00 p.m. online on ZOOM and YouTube. **TOPIC: When God guide's: How to know God's will for your life.** For further information, contact Pastor Lynden Williams at llwilliams@sbcadventist.org.bs

BAHAMAS ACADEMY

Graduation Dates

- Early Learning Center Promotion Exercise – June 09, 2026, @ 9 am
- Elementary Promotion Exercise – June 09, 2026, @ 1 pm
- High School Graduation Service – June 11, 2026 @ 10 am



BAIC POP UP MARKET

The BAIC Pop-up Market will be held June 7, 2026, from 8am-12 noon for all Sabbath keepers. It will be at the Produce Exchange on Old Trail Road, opposite BTVI.



MEN'S MINISTRIES DEPARTMENT

Adventist Men's Chorale

The South Bahamas Conference Adventist Men's Ministries Department warmly invites you to an evening of inspiring music, worship, and praise at the Adventist Men Chorale Concert on June 6, at Hillview Church beginning at 5pm. The concert will feature the Adventist Men's Chorale along with outstanding guest performers including Pastor Barrington Brennen, Dr. Lyvan Gardiner, Praise Groups, Hillview Men's Quartet, Harold Dorsett, Tony Burnside, and many other gifted singers and musicians. This promises to be an uplifting evening of sacred music, fellowship, and inspiration for the entire family.



Fun Run and Walk

All are invited to participate in the Men's Ministries 5k fun run and walk on June 7, 2026, beginning at 5:30 am. All routes will begin at Goodman's Bay. 5k participants will run to Old Melia and back to Goodman's Bay while 10k participants will run to Sandy Port and back to Goodman's Bay.



GRANT'S TOWN CHURCH

Grant's Town Church presents, a Family oney Management & Estate Planning Seminar. Want to learn how to better manage your money, reduce debt, build wealth, and protect your family's future? Join us for this FREE community seminar on Sunday, June 7, 2026, at 6:30 pm, with presenter, Elder Todd Beneby, Managing Director, Leno Trust Ltd. Special Guest will be representatives from the SDA Burial Society. Learn family budgeting, saving & investing, estate planning & wills, and building generational wealth.



ADVENTIST INSPIRATIONALS

Can you hold a good tune? Do you wish to spread the word of God in songs and deeds? The Adventist Inspirationalists are looking for you. For the month of June 2026, we are accepting new members at our weekly choir practice sessions at 4:30 p.m. on Sabbath afternoons at the Berea Church. You are specially invited to attend and be a part of our upcoming concert production. Should you require further information, please do not hesitate to contact our Leader, J. Ralph Rolle at (242) 557 - 0447.



PERSONAL MINISTRIES DEPARTMENT

The Personal Ministries Department of the South Bahamas Conference invites you to a Lay Certification Evangelism Training session on Sunday, June 7th, 2026, at 4:00 p.m. The featured topic is "Soul Conversion", presented by Pastor Wilson Isnord. This session will be held virtually via Zoom.



WOMEN'S MINISTRIES DEPARTMENT

The Atlantic Caribbean Union Women's Ministries Department is calling all women to be a part of their 2027 Devotional Book. Interested individuals are asked to email their stories and testimonies, to 2027Devotional@atcunion.org on or before August 31, 2026.



FRANCOPHONE CHURCH

The Francophone Seventh-day Adventist Church announces its great evangelistic campaign, which will take place from June 7 to June 27, 2026. The speaker for this campaign will be Pastor Ernst Prince, pastor of this church.



NEW PROVIDENCE CHURCH

The New Providence Seventh-day Adventist Youth Choir cordially invites the congregation to a special concert themed "Irreplaceable All Loving God" on Saturday, June 13, 2026, at 7:00 p.m. We encourage everyone to attend, bring a love offering, and come prepared to be richly blessed by the ministry of our youth.



REDEMPTION CHURCH

Join the Redemption Church on June 13, at 5:30 pm, for a special health presentation. The guest speaker will be Dr. Flloyd Carter, Gastroenterologist Specialist. Bring a friend, bring your questions, and take charge of your digestive health.



WHOLISTIC LIFESTYLE Monthly Fun/Run Walk

You are all invited to the Step into Wellness Fun Run Walk on June 14, 2026. This is a monthly Community

Fun/Run Walk, which is held on the second Sunday monthly. Starting time: 6:00am. Goodman's Bay. Come join in the fun and be a part of a vibrant wellness and fitness community. For further information, WhatsApp Nathelyn LaCroix 828-6387.



WOMEN'S MINISTRIES EMPHASIS DAY

The 2026 Women's Ministries Emphasis Day will be observed June 13, 2026. The South Bahamas Conference Women's Ministries Department encourages all churches to worship with the women under the theme, "Hinni, Here Am I!"



ADVENTIST LAYMEN'S SERVICES AND INDUSTRIES

ASI Bahamas will have its annual Sabbath Celebration Service on June 13, 2026, at Berea Seventh-day Adventist Church, beginning at 11am. All are invited to attend.



Convention 2026

ASI Bahamas is inviting all to the 2026 Inter-American Division's ASI Convention in Punta Cana, the Dominican Republic, August 12-19, 2026. For more information call 556-0492 or 428-4251.



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 and the ATV658 NEWS, as well as weekly programming.

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SUN SETS NEXT SABBATH

Saturday, June 13, 2026

@ 8:00 p.m.

Have a Happy Sabbath