



Are Vegetarians Really Healthy?



Some of the healthiest people on the planet are believed to be vegetarians. Yet almost too frequently we hear of them getting sick and dying from illnesses that non-vegetarians are dying from. Is this so or is the dietary lifestyle more magnified when they are ill or die? So, what makes a healthy vegetarian? Is it just the foods they eat or is it more?

Many other aspects of a person's life may increase their risk of dying that we don't immediately think of that affects their diet and overall health: how they handle stress, how active they are, what they put on their skin (types of lotions, deodorants/antiperspirants, cosmetics); type of cookware used, what type cleaning chemicals are used; the type of chemicals/microorganisms they are exposed to in the workplace or even home; the cleanliness of their environment, the type of environment they live in, etc.

It is often assumed that if one doesn't eat meat, one is healthier but no matter what dietary preference is chosen, the diet must be balanced to achieve and maintain optimal health. However, there is mounting evidence that a diet without meat is superior to one with meat. If we go back to Eden, we will see in Genesis 1:29 that God gave man a plant-based diet and we could never improve on God's ideal for us. Science keeps proving that it is indeed the best diet for us, even today.

Many times, when people decide to adopt a vegetarian diet, they don't include good quality protein to replace animal meat and

may end up getting sick or becoming bored. Many times, also even dining out at certain restaurants, a vegetarian meal is considered just vegetables and that is what you are served. However, a balanced meal consists of protein (peas, beans, nuts, whole grains, or entrees made from these), starch (rice, bread, potato, pasta, pumpkin, corn, plantain etc.), vegetables (spinach, lettuce, broccoli, cabbage etc.) and fruits (juju, dilly, mangoes, sugar apple, sea grapes, bananas etc.) and fats (nuts, extra virgin oils, seeds, etc.).

What is also equally important is the quality of foods and beverages chosen. When you are shopping for your produce, especially, choose the seeded varieties, ensure they are not bruised, wilted, or damaged in any way, also check their degree of ripeness; for frozen varieties choose the ones with smaller blocks of ice in the package; for canned products, ensure they are not dented, rusted, or bulged (however, choose less canned vegetables where possible), etc.

Today, there are a variety of commercially prepared plant-based options on the market, and all are not created equal. They have different degrees of processing, flavoring, and packaging. The more processed, salted, and canned, of course, are the least healthful.

A healthier option would be to eat the protein foods mentioned previously in their natural state as much as possible. For example, instead of eating a processed bean burger, why not eat a homemade burger or perhaps just cook the beans using a variety of herbs, spices, and vegetables? Commercial vegetarian meats should be used when one is transitioning to the vegetarian dietary lifestyle, not daily.

There are still other plant-based 'junk foods' like potato chips, candies, cookies, biscuits, and cereals that have minimal nutritional value. There are also sugar-sweetened beverages that can be classified as vegetarian. So, if a vegetarian indulges in these foods and beverages regularly, how do you think they will affect his/her

health?

So, it is a matter of balance, frequency of consumption, and quality that determine the dietary health of a vegetarian.

Many of us may scoff at the term vegetarian/vegan and even at persons who practice this dietary lifestyle. We may think it is unnatural or even ludicrous. However, science is proving otherwise. Even though we were permitted to eat clean animals, the best diet will always be God's Original Diet, a whole food plant-based diet. While we are not living in the original perfect environment, we must do our best to make the right choices based on the information we have and the foods and beverages we have access to. Ask God to help you make the right dietary and lifestyle choices so that He can use you more effectively.

Today, we celebrate Health Ministries Emphasis Day around the Conference. I challenge you to open your hearts and minds to receive, practice, and share the various health messages that will be presented.

Remember that 3 John 2 says that God wants us to prosper and be in health even as our souls prosper.

Shandera Smith
Health Ministries Director



CALENDAR OF EVENTS MARCH

2 Women's Ministries Day of Prayer
8 8 Weeks 2 Wellness Monthly Meeting
9 Adventist World Radio Emphasis Sabbath
9 Health Emphasis Day
16 Global Youth/Children's Day
16 Mass Distribution of 'The Great Controversy'
16-23 Youth Week of Prayer
17 Youth Week of Prayer #YWOP (Joint Spring Youth Evangelism)
17 Stewardship Seminar
17 Men's Power Hour (MPH)
23 Adventist Education Sabbath Emphasis
23 Stewardship Emphasis Day
25 Men & Boys Summit
26 Adventist Education Day

29-30 Children's Choir Workshop & Spring Concert



ATCU PUSH INITIATIVE 2024 MARCH

3 - 9 Women of the Church and Nation
10-16 Spiritual Growth of Our Children
17-23 Spiritual Growth of Our Youth
24- 30 Educational Institutions



BIBLE CLASS

There will be no Bible Class this Sunday, March 10th, 2024. For further information contact Pastor Lynden Williams: lwiliams@sbcadventist.org.bs.



2024 CRUSADES

The Haitian-Creole Speaking crusade will conclude on March 16th, 2024. The off nights are on Thursday and Saturday evenings. The word of God is being delivered by Pastor Moise Arboite, who is preaching under the theme, "When the Kingdom comes".

The English-speaking crusade will begin March 31st – April 27th, 2024, under the theme, Jesus is the Answer. The speaker will be Pastor Steven Gates of the Southeastern Conference in Florida.



MIDWEEK RALLIES FOR UPCOMING

"Jesus is the answer" Bible Campaign
7 pm-8:30 pm *Team meetings will be held after the Rally.

March 13th - Living Faith SDA Church, Charge: Pr. Jamal Franklyn, Youth Ministries

March 20th – Grant's Town SDA Church, Charge: Pr. Nikita Thompson, Community Services

March 27th – Hillview SDA Church, Charge: Pr. Valentino Campbell, District Pastor



SBC CHAM CHOIR

SBC Children's Choir Rehearsal will continue at the Living Faith Church beginning at 4:00 pm. We are rehearsing for a special recording, so we are inviting all former members and new children to attend.

DISTRICT CHOIR REHEARSAL

New date for district no. 3 choir rehearsal - "Jesus Is The Answer Campaign": Please note that rehearsal is rescheduled for Choir and Praise Team Members, and Soloists, at the New Providence Seventh-day Adventist Church on Saturday - March 16, 2024, at 6:30 p.m., for the following Churches: **Berea, Ephesus, Living Faith, New Providence and Trinity.**

- A. Rolle (for) District Music Co-ordinators



ASI CONVENTION

The Inter-American Division's ASI convention will be held at the Riu Plaza in Panama with guest speaker Pastor Debleaire Snell from Oakwood University from August 14-17. All persons interested in going are asked to call 556 0492 or email the Bahamas ASI Chapter at asibahamas242@gmail.com.



CENTREVILLE CHURCH

Easter Organ Recital

The Easter season is upon us - the time in the Christian calendar when we celebrate the death, burial, and resurrection of our Lord, Jesus Christ. On March 30th, 2024, under the theme, "Magnify Him", an organ recital will be held by gifted musician, Mr. Jeffery Gooding, featuring sounds of trumpeter extraordinaire, Sgt. Rhon Adderley of the RBPF on some of the musical scores. This promises to be a special musical event that you don't want to miss. Visitor's Day will also be celebrated, so come, bring a friend, and prepare to be blessed!

-Lorraine Duvalier

Heads Up:

An Adventist Single Adult Ministries (ASAM) Workshop (hybrid), which will be open to the entire SBC (including Family Island members), organized by the Centreville Single's Min. Dept. for the weekend of March 22nd, 2024. Guest facilitator will be Ms. Andrea Hicks, F.O.C.U.S. Ministries Founder. The workshop is aimed at reviving ASAM locally, enlightening and empowering those within every category of Single.

-Chilé Fernandez, Centreville ASAM Leader



YOUTH ANNOUNCEMENTS

Global Youth Day

The annual Global Youth Day initiative is set for March 16, 2024. The theme for this year is "Show up in the Cities". The Youth Ministries Department of the General Conference has shared that for this year's Global Youth Day, "people and their leaders are encouraged to prayerfully consider community projects that are practical, relevant, and sustainable for their cities". For more information contact your church's local youth leader.



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.

SUPPORT YOUR MEDIA NETWORK



Connect by TuneIn Radio
@ WORD SBC 88 3FM
On Cable TV Channel 988



@SBC MEDIA NETWORK

YouTube @South Bahamas Conference

SUNSETS NEXT SABBATH

Saturday, March 16, 2024

@ 7:19 p.m.

Have a Happy Sabbath!