

THE LOGOS



EMPOWERED BY CHRIST

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A Weekly Publication of the South Bahamas Conference of Seventh-day Adventists | Editor: Michelle Greene | Sunset: 7:39 p.m. | Volume 31 | Number 18 | May 2, 2026

Finding peace in uncertain times



We live in a world where worry feels almost unavoidable. Wars are being fought across the globe and the economy is unstable with living costs affecting people's security concerning the future. In The Bahamas, many people are facing financial burdens coupled with uncertainty and emotional pressures surrounding the general election. Compounding the challenges are the increasing health issues along with what seems to be constant losses of friends, family members and even members of our church communities taken in death.

Many people are probably feeling more anxious nowadays, it is hardly surprising.

Research in the Caribbean suggests that symptoms of anxiety are common, particularly among adults with financial stress and uncertainty about the future. Most estimates are slightly different from one another, however, all studies show that a substantial number of people worry, feel restless, and struggle to relax often. These figures are not just numbers, they reflect what many people endure quietly every day.

With all these things happening, the Word of God speaks loudly and softly into our lives. We were reminded, therefore do not worry about tomorrow, for tomorrow will worry about itself (Matthew 6:34). It is better to deal on the present.

We're certainly not dismissing our concerns nor denying the very real challenges we face. Rather, it is an invitation, a beckoning of sorts, to take in all the things you need today, as opposed to the overwhelming "what if" of tomorrow. Even present-day psychology advises us to softly and directly challenge our 'what if' thoughts and return to what we can accomplish today, something God's Word has been guiding us to do all along.

Earlier in the same passage, Jesus tells us to look at nature to see God's care. He reminds us that He gives the flowers of the field exquisite beauty and the birds of the air food. If God is feeding the birds, just how much more will He do for us?

The anxiety that a person may feel everyday often happens because they are trying to carry too much baggage at once. But God urges us to rely on Him about those things. Faith does not absolve us of responsibility, but it does free us from wanting to manage everything.

It is good to plan, to be conscious, and to be concerned with what is happening around us. It is not our destiny to live life in worry. Peace comes by putting

everything that makes us troubled in God's hand every day. Focus on Him and His ways. He sees what we can't. God is already taking care of things.

At the same time, it is important to recognize that anxiety exists on a spectrum. While everyday worries are common, there are times when anxiety can become overwhelming. When anxiety begins to affect sleep, concentration, physical health, and overall functioning. In those moments, seeking help is not a lack of faith; it is wisdom. Speaking with a doctor or mental health professional can provide support, guidance, and when necessary, treatment. God often works through people, including healthcare providers, to bring healing and relief.

As we navigate these uncertain times, may we hold tightly to God's promises. One day at a time, one prayer at a time, trusting that the same God who cares for the smallest details of creation is also caring for us.

*Dr. Nasasha A. Bootle-McKinney BSc, MBBS
Psychiatry Resident, Sandiland's Rehabilitation Center*



CALENDAR OF EVENTS MAY 2026

- 2 Community Literature Distribution (All Churches)
- 3 Continuation of Lay Certification Evangelism Training
- 3 Elders Meeting
- 5 SBC Adventist Men's Council Meeting
- 9 Mother's Day/NCU Special Offering
- 10 Health Promoters Certification – ATCU Health Ministries
- 10-15 Family Life Week of Prayer
- 14-17 San Salvador Mission Trip (ASI)
- 16 Global Adventurers Day
- 16 CHAM Leadership Training
- 16 International Day of the Boy Child
- 16 Men's Power Hour (MPH)
- 17 Church Music Coordinator's Meeting
- 17 Student Literature Evangelist
- 20 Mental Health Seminar
- 21 School Board Meeting
- 23 World Day of Prayer for At-Risk Children
- 24 Health Promoters Certification – ATCU Health Ministries
- 24 Summer Sports Begins
- 24 Community Service Free Hot Breakfast Day
- 26 Adventist Men's Directors Meeting (virtual)
- 28 Conference Executive Committee Meeting
- 30 SBC Men's Ministries Day
- Adventist Men's Mission Project Workshop and Concert
- Children's and Junior Choirs' Concert



PUSH ATCU INITIATIVE 2026

- 26-May 2 Mothers
- 3-9 IAD Spring Meeting
- 10-16 Students sitting Examinations
- 17-23 ATCU Mid-year Meetings
- 24-30 Children at Risk
- 31-June 6-Protection from Natural Disasters



BIBLE CLASS

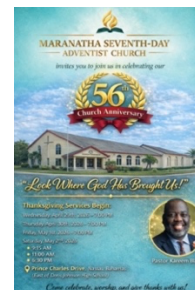
There will be no Bible class this coming Monday. Bible Class will resume on May 4th, 2026. For further

information, contact Pastor Lynden Williams at lwilliams@sbcadventist.org.bs



MARANATHA CHURCH

The Maranatha Church invites all to join them in celebrating its 56th Church Anniversary, under the theme, "Look where God has brought us" on May 2nd, 2026.



REAL HARVEST CHURCH

The Real Harvest Church invites you to their 23rd Church Anniversary celebration, which will be held on May 2, 2026. The service will be held under the theme "Celebrating His Faithfulness, Embracing the future with Hope". The celebration begins with Sabbath School at 9:30 am, followed by Divine Service at 11 am, led by host Pastor Waldo Casildo-Bennett.



AUDIO TRAINING

The Communication Department of the South Bahamas Conference will **postpone** its audio training series to the month of **June**. All audio team members in their respective churches are encouraged to attend.



PUBLISHING MINISTRIES DEPARTMENT

Important Notice

All Publishing Ministries Coordinators and their Assistants are invited to attend the launching of the Book of the Year and Consecration Service at the Breath of Life Church on Sabbath, May 2nd, 2026, at 11am.

*-Pastor Nikita Thompson
SBC Publishing Director*



HEALTH MINISTRIES DEPARTMENT

'Love Those Veggies!' Inter-Church Challenge

The South Bahamas Conference Health Ministries department invites you to participate in the 2nd Quarter Inter-Church Challenge. Starting Sunday,

May 3, 2026, through Sunday, August 3, 2026, we are challenging everyone to eat enough vegetables every day! Register now with your local Health Ministries Leader to join the movement of sharing and promoting health. Let's work together to make a healthy difference in our community!



LIVING FAITH CHURCH

The Living Faith Church Community Service department will host a grand social on May 2, 2026, on the church grounds. The social will begin at sunset and will include music, games, and fun for the whole family.



ADVENTIST BOOK AND NUTRITION CENTRE

The ABNC will be having a sale on Tuesday, May 5th and Wednesday, May 6th from 9am - 4pm.



MONTHLY MEETING BURIAL SOCIETY

The S.D.A. Burial society will hold its regular monthly meeting on Monday, May 4th, 2026, at 6:30 pm at the Grants Town Church Annex. We've had six deaths (6) for 2024, two (2) for 2025 and five (5) to date (2026). Members are encouraged to become financial and persons wishing to join the society are invited to attend.

-Elder R. Henry Moncur



WORLD ADVENTURER DAY "Walking with Jesus"

We are excited to celebrate the 37th Anniversary of World Adventurer Day! On Saturday, May 16, 2026, all local churches will host a special Sabbath Morning Program. Later that day, join us for a joint afternoon Program at Berea Church starting at 5:00 pm. The celebration continues on Sunday, May 17, with an exciting Adventure for our little ones. Please contact your local Adventurer Director for more details and come ready for an adventure you won't forget!



WHOLISTIC LIFESTYLE Monthly Fun/Run Walk

You are all invited to the Step into Wellness Fun Run Walk on May 10. 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.



Wellness & Prevention Health Lecture Series II
Join Wholistic Lifestyle with guest presenter, Dr. Teoria Murray with the topic: Polycystic Ovary Syndrome. On May 17th 5:00 – 6:15pm via Zoom. For more information: WhatsApp: 828-6387 or email: lifestylecounselor64@gmail.com Join via Zoom: <https://us05web.zoom.us/j/84423390600>.



BEREA CHURCH

Wellness & Rejuvenation Retreat

The Health Ministry Department of Berea Seventh-day Adventist Church invites you to its **4-Day Wellness & Rejuvenation Retreat**, May 22–25, 2026, at the Adventure Learning Center, Nassau, Bahamas. This all-inclusive, dormitory-style retreat focuses on preventing and managing lifestyle diseases while promoting spiritual renewal. Participants will enjoy plant-based meals, health lectures, natural remedies, hydrotherapy, massage, facials, soap making, blood work analysis, spiritual strengthening sessions, and much more. For more information, contact Nathelyn LaCroix at 828-6387.



CHILDREN AND ADOLESCENT MINISTRIES CHAM Tithe & Offering Envelope Launch

The SBC Children's and Adolescent Ministries (CHAM), in collaboration with the Stewardship Department, invites you to the official CHAM Tithe and Offering Envelope Launch. This event, hosted by Pastor Lee Burrows, is designed to encourage our

young people to experience the joy of giving and will take place on Saturday, May 23, 2026. Please join us at Living Faith starting at 5:00 p.m. as we empower our children and adolescents to become faithful stewards in the Lord's work.



MEN'S MINISTRIES DEPARTMENT Men's Ministries Emphasis Day Theme: "Eyes on the Mission"

Men across the South Bahamas Conference are invited to prepare for the Men's Ministries Emphasis Day on May 30, 2026, under the theme "Eyes on the Mission". The day will conclude with the Adventist Men's Concert in the afternoon.

Adventist Men Chorale

All former members of the Adventist Men Chorale, originally formed by Anthony Roach, are invited to attend weekly rehearsals every Sunday morning from 8:00–9:00 a.m. at the Grant's Town Church. These rehearsals are in preparation for the Adventist Men's Day Afternoon Concert, scheduled for May 30, 2026.



ASI CONVENTION 2026

ASI Bahamas is inviting all to the 2026 Inter-American Division's ASI Convention in Punta Cana, the Dominican Republic from 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.

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<http://southbahamasconference.org>

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SUN SETS NEXT SABBATH

Saturday, May 9, 2026

@ 7:44 p.m.

Have a Happy Sabbath