



## GIVE YOURSELF A FOOD CHECK-UP: WHAT ARE YOU EATING?



Dr. Idamae Hanna

Meats, cakes, pies French fries, pizzas, and other fast foods; they are mouth watering and scrumptiously delicious! However, these same foods high in fat, protein, and cholesterol and low in fiber, vitamins and minerals are the very foods that tend to promote diseases such as obesity, cancer, diabetes, heart attacks and strokes.

Give yourself a food check-up. What are you really eating for the most part? Are you and your family eating real food or subsisting on different types of convenient, processed, and refined packages that we call food. Look in your cupboards and your refrigerator. What is in your shopping cart? Do you have real fruit or juice, vegetables, nuts, grains, beans, and peas in your cart, or do you have colorful drinks and sodas, cookies, potato chips, white flour, white sugar, sugar loops and pops? If you are guilty of carting goods from the last listing, you need to take stock of yourself.

Disease starts at the cell level. You are as healthy as your cells. Poor food builds poor cells. Poor cells build a weak body and a poor immune system that easily succumbs to disease. You are what you eat!

Whole foods are loaded with plant chemicals such as beta-carotene, lycopene, antioxidants, and fiber that protect your body from disease. Fiber is found abundantly in unprocessed plants foods such as whole wheat bread, brown rice, island grits, beans, peas, fruits, and vegetables. These are the foods God provided for our sustenance from the very beginning. Of these we may freely eat. They are also high in vitamins and minerals, while low in fats.

Fiber is the non-digestible portion of whole foods that acts like a broom to keep the walls of our colon clean and helps in the transit time of waste flowing through our colon. It is when we're clogged up and impurities sit in the colon for long periods of time that bacteria grows and disease increase. Fiber along with the drinking of sufficient water, aid in the prevention of constipation, diverticulitis, and colon cancer.

Research has also found that foods high in fiber help in controlling the blood sugar for those who have diabetes. It is the soluble fiber in certain foods like oatmeal and flax seeds that help the body to excrete cholesterol. The following are some tips on how you can increase your fiber intake:

1. Add more vegetables to meals.
2. Eat fruit for dessert.
3. Choose whole grain bread or rice.
4. Read food labels for foods with 3 or more grams. of fiber per serving.
5. Eat high fiber cereal e.g., 7-grain cereal, oatmeal cereal.

6. Eat beans. Beans have 16grams of fiber/cup.

If your food check-up tells you that you need to make some serious changes, determine to do it today! Your life and the lives of your family may depend on it!

Wise counsel from your dietitian:  
*Idamae Hanna M.P.H.,R.D.*  
Call me at: 242-323-5473  
*Better Living Health Center.*



*FROM THE EDITOR*  
Are you interested in writing the lead article for the Logos?  
Please send an email to [lsturupp@sbcadventist.org.bs](mailto:lsturupp@sbcadventist.org.bs)



### CALENDAR OF EVENTS MAY

- 21 World Adventurer's Day (A.M – Local Church) / Joint Service (P.M.)
- 22 Music Committee Meeting
- 24 Departmental and Coordinators Meeting
- 26 Executive Committee Meeting
- 27 SBC IGNITE Congress Retreat
- 28 IGNITE Youth Congress Retreat
- 28 World Day of Prayer for Children at Risk (IAD)  
C.H.A.M Speech Contest
- 29 Health and Hope Promoters Certification (Level 2 Training)
- 29 Creative Arts Influencers Awards #CAIA

### JUNE

- 3-4 Children & Adolescent Ministries Retreat
- 4-25 Volleyball Season
- 6-11 General Conference Session
- 11 Women's Ministries & Gems Emphasis Day
- 19 Leader's Council Meeting
- 19 Public Campus Ministry Sabbath
- 24 Bible Seminar
- 25 Monthly Baptism
- 25 Park & Preach (Joint AY) \*Public Campus Ministries
- 26 Festival of the Laity, SBC  
Music Workshop for Choirs (TBA)



### Notice of the Sixth Quadrennial Session of the South Bahamas Conference

Notice is hereby given that the Sixth Quadrennial Session of the South Bahamas Conference of Seventh-day Adventists will convene at the **Hillview Seventh-day Adventist Church, #134 Tonique Williams-Darling Highway, Nassau, New Providence, The Bahamas on Sunday, November 13, 2022, and Monday, November 14, 2022.**

Online registration will commence at **10:00 a.m. via the conference's website on Monday, October 31, 2022, and will continue until 12:00 noon on Friday, November 11, 2022.**

This session is called to:

1. Receive reports from the officers, departmental directors, and auditor.
2. Elect officers, departmental directors, and executive committee members for the next quadrennium.
3. Elect officers of the South Bahamas Conference Corporation
4. Consider and vote on proposed amendments to the Constitution and Bylaws of the South Bahamas Conference of Seventh-day Adventists.
5. Transact such other business as shall be properly brought to the meeting.

All duly appointed delegates are invited to be present at this conference session.

By order,  
Leonardo D. K. Rahming, (Pastor)  
Executive Secretary.



### RETIRED PASTOR, R.I. HANNA PASSES AWAY

It is with sadness that we announce the death of Pastor Royden I. Hanna. This soft-spoken church leader will be fondly missed by all who knew him and were touched by his gentle spirit.

Pastor Hanna was best known for the simple way he presented the gospel of Jesus Christ. He had the ability to clarify and expound on those passages of scripture some Bible scholars found difficult to explain. After forty years of faithful service to the Bahamas Conference of Seventh-day Adventists, Pastor Hanna quietly transitioned into retirement where he spent many years attending to his wife Madelyn (deceased).

The Seventh-day Adventist Church in the Bahamas will continue to honor the life of this great servant of God, and we express sincere condolences to his family.

-Pastor T. Basil Sturupp, Ministerial Secretary.



### Administrative Assistant Job Opening

The South Bahamas Conference is seeking applications for the position of administrative assistant.

### Core Function

To execute administrative tasks in a timely, efficient, and effective manner to ensure the professional functioning of the managerial and departmental operations.

Responsibilities will include preparing correspondence, answering phones, monitoring office inventory and ordering supplies, maintaining calendars, meeting preparation, and various other assignments.

### Qualifications

- Seventh-day Adventist Christian
- Bachelor's degree
- Knowledge of the bookkeeping process and financial management along with related software
- Computer skills: proficiency with MS Office applications (Word, Excel, and PowerPoint) and Google Docs
- Strong organizational skills
- Ability to implement standard office procedures/practices and operate office equipment

- Excellent verbal and written communication skills
- Previous successful experience in an office environment
- Excellent interpersonal skills
- Ability to effectively interact with constituency members, the business community, and staff members
- Ability to maintain strict confidentiality

Interested persons may email their resumes to [secretariat@sbcadventist.org.bs](mailto:secretariat@sbcadventist.org.bs) or submit them to Office of the Secretariat, South Bahamas Conference Headquarters, 135 Tonique Williams-Darling Highway, Nassau, N.P., The Bahamas by May 27, 2022.



### BIBLE CLASS

Bible Class continues on Zoom at 6:30p.m. on Sunday May 22, 2022. The topic of the study is "Paradise Restored." – *Pastor Lynden Williams, Bible Studies Coordinator.*



### CHILDREN & ADOLESCENT MINISTRIES | C.H.A.M DEPARTMENT

#### -UPCOMING EVENTS -

#### SPEECH CONTEST – May 28, 2022

After taking part in a two-week instruction on the art of presenting a speech, in categories 8-11 and 12-15 years, the finalists will participate in a Speech Contest at the Grant's Town Seventh-day Adventist church on Saturday May 28, 2022 at 5:00p.m. Plan now to support as our children share their talents. Prizes will be awarded to the winners and runnerups in both categories and certificates given to all who participated in the Speech training.

#### C.H.A.M RETREAT - June 3 - 4, 2022

The Retreat for the Children & Adolescent Ministries Department will be held under the theme: "Break Out - From Ordinary To Extraordinary." The children will be a part of an exciting adventure as they learn about the plans God has for their lives. Retreat details and registration can be done on the Conference website or with your church C.H.A.M leader. Registration fee: \$25.00  
– *Mrs. Lavern A. Sturup, Children & Adolescent Ministries Director.*



### FAMILY LIFE MINISTRIES DEPARTMENT

Family Ministry would like to meet with all church Single Ministry Directors/Coordinators for 2022 on Tuesday, May 24, 2022, at 7:30p.m. via Zoom. Please send your email to Mrs. Bridgette Bastian ([bbastian@sbcadventist.org.bs](mailto:bbastian@sbcadventist.org.bs)) at the Conference Office (242-341-4021) by Monday, May 23, 2022. – *Pastor Kenny Deveaux, Family Life Ministries Director.*



### HEALTH DEPARTMENT

#### Health Ministries and Adventist Health Professionals Week

May 15 – 21, 2022

May 21 - Joint Health Ministries Divine Service

– *Mrs. Nathelyn LaCroix, Health Ministries Director.*

### WOMEN'S MINISTRIES DEPARTMENT

#### Message of Hope Women's Ministries

Spring Tea Party  
May 22<sup>nd</sup>, 2022 - 3:00 p.m.  
Message of Hope Church

#### Johnson Park Church Women's Ministries

Tea Party  
June 5<sup>th</sup>, 2022  
2:00 p.m.  
Camp Bamivoca  
Minimal Ticket Donation Required

#### Women's Ministries & GEMS Emphasis Day

June 11<sup>th</sup>, 2022  
To be observed in each Local Church

#### Johnson Park & Gambier Women's Ministries

GEMS Spa Day  
June 26<sup>th</sup>, 2022  
@ 1:30 p.m.

#### Save the Dates!

#### Atlantic Caribbean Union Women's Ministries

One Voice...EnditNow  
August 26-27, 2022  
March and Rally  
Details to follow.

#### Women's Ministries Book Club Initiative

*Empowering the Mind, Soul, and the Community.*

Please see your Local Leader for more details on how to participate in this empowering initiative.

#### Devotional Update

Ladies, there are a limited number of devotionals at the ABC for purchasing.

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

#### DONATION REQUEST

Gently used but in good condition  
Devotionals & Books

Kindly donate to your local Women's Ministries Leader for distribution during our Community Outreach Projects and Book Club this year.

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](mailto:SBCwomensministries@sbcadventist.org.bs)

– *Mrs. Jacqueline Gibson, Women's Ministries Director.*



### YOUTH MINISTRIES DEPARTMENT

May 15 - Adventurer Day  
Sabbath School and Divine Service  
in local churches.  
AY Joint Adventuree  
at Hillview Church @ 5:00p.m.

#### IGNITE - May 27 & 28, 2022

Cost is \$30.00  
This is the final year for Ignite. The theme this year is Marry-terial! The objective is to provide youth with premarital assessment, spiritual and social tools to make Godly decisions for functional relationships and marriages.

Friday night begins at 7:30p.m and Sabbath begins at 9:00a.m.

Who should attend? Singles, dating, engaged and recently married!  
Cost is \$30.00 per person.

\*Churches can send as many youth as you believe will benefit. The seating capacity is 300.

#### HOW TO PAY?

1. With AY Leader.
2. With Church Treasurer \*only the treasurer can pay online for a church youth at this time.

– *Pastor Jamal Franklin, Youth Director.*



#### CTV YWP 2022

May 29<sup>th</sup> - June 4<sup>th</sup>, 2022  
Nightly at 7:00p.m, AY Time 5:30p.m.  
7 Nights | 8 Messages | 1 HOPE  
Creative formats, featured and guest musicians and presenters.  
In person and LIVE on Zoom & YouTube.  
– *Miss Chile Fernandez, Centreville Church AY Leader.*



*Please Email Weekly Announcements  
To: [sbclogos@gmail.com](mailto:sbclogos@gmail.com)  
Or [logos@sbcadventist.org.bs](mailto: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.



#### SUPPORT YOUR MEDIA NETWORK



@South Bahamas Conference

@SBC MEDIA NETWORK

SUNSETS  
Saturday May 28, 2022 @ 8:02p.m.

*Have a Happy Sabbath!*