

THE LOGOS



EMPOWERED BY CHRIST

#IWILLGO

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Prevention and Management of Diabetes through Lifestyle Change



FEATURE ARTICLE

Mrs. Nathelyn Lacroix

The Bahamas Steps Survey (2019) revealed that there is a 6.8% pre-diabetes prevalence (19,856) and 11.6% diabetes prevalence (33,872).

Diabetes is a chronic, metabolic disease that occurs either when the pancreas does not produce enough insulin (Type 1) or when the body cannot effectively use the insulin (a hormone that regulates blood sugar) it produces (Type 2). It is a disease that occurs when your blood glucose, also called blood sugar, is too high.

Type 2 diabetes is the most common type of diabetes and is usually more prevalent in adults. It occurs when the body becomes resistant to insulin or does not make enough. The reason this happens is unknown, although genetics and lifestyle choices, such as being overweight and inactive, seem to be contributing factors. This type of diabetes was seen only in adults but, it is now also occurring among children and teenagers.

When blood sugar is raised for an extended period of time and is not controlled, it can lead to severe damage to many systems of the body, especially the nerves and blood vessels. Some symptoms of this disease are frequent urination, sores or cuts that take long to heal, itchy skin, numbness and tingling of the hands and feet, blurred vision, erectile dysfunction, weight loss, fatigue, increased hunger and thirst, and yeast infections.

Being overweight is the main risk factor for type 2 diabetes. However, persons who are normal weight can also develop this disease. Some other risk factors include physical

inactivity, family history, race or ethnicity, age, polycystic ovarian syndrome, and gestational diabetes.

Diabetes can lead to serious complications such as blindness, heart attacks, strokes, kidney failure, erectile dysfunction, and lower-limb amputations.

Here are some simple lifestyle measures that can be put in place to prevent or delay the onset of type 2 diabetes: eat a healthy diet, get moving, drink plenty of water, get enough vitamin D, practice moderation, practice deep breathing in the open air, sleep for 8 hours every night, trust in God, get an annual physical examination, take medication as prescribed, monitor your blood sugar, abstain from harmful substances like alcohol and tobacco.

Diet plays a significant part in helping to prevent and treat diabetes. Eat a healthy diet based on the plate method - half non-starchy vegetables (kale, cabbage, tomatoes, etc.), quarter carbs/starch (wholegrain starches like pumpkin, sweet potatoes, or brown rice, etc.), and quarter protein (nuts, lentils, beans, turkey, chicken, fish, etc.). Eat three meals per day or as advised by your physician or dietitian.

Being active consistently makes your body more sensitive to insulin. Physical activity also helps control blood sugar levels and lowers your risk of heart disease and nerve damage. It is recommended to get 30 minutes a day of exercise, 4 – 5 days per week.

God is our Creator and Sustainer, and He wishes that we prosper and be in health (3 John 2). Who better to trust with your health and wellness than the Manufacturer - God? Ask Him to give you the power to make healthy lifestyle choices.

Article written by Mrs. Nathelyn Lacroix, Health Ministries Director, South Bahamas Conference of Seventh-day Adventists.



FROM THE EDITOR

*Are you interested in writing the lead article for the Logos?
Please send an email to
Isturupp@sbcadventist.org.bs*



CALENDAR OF EVENTS 2021 NOVEMBER

- 6 IWILLGO “Area MP” Local Church
- 6 – 13 Winter Youth Evangelism (Joint)
- 6 – 13 Week of Prayer (ATCU) CHAM / Annual Meeting (Joint)
- 7 Remembrance Day March
SBC Music Committee Meeting
- 7 – 28 Softball Tournament
- 11 Mental Health Awareness
- 13 – 19 E-Week of Prayer
- 19 International Men’s Day (IMD)
- 20 World Orphan’s/Vulnerable Children’s Day (ATCU)
Children’s Day (Divine Service)
/Agape Praise Concert (Afternoon)
Eagle Awards (7:00 p.m. – 9:00 p.m.)
- 21 C.H.A.M Art Exhibition
- 24 – 27 Biblical Symposium
- 25 Executive Committee Meeting
- 26 – 28 Adventist Men Weekend
- 27 Park ‘N’ Praise (Joint AY)
Education Day/Stewardship Days
- 26 – 28 Adventist Men Weekend
- TBA SBC Children’s Choir Launch
Communications Advisory Council



ADMINISTRATIVE NOTES ATCU QUINQUENNIAL MISSION SESSION

The Atlantic Caribbean Union announces its quinquennial Mission Session to be held on December 8-9, 2021. Delegates will be attending virtually, to receive reports, to elect departmental directors, elect the executive committee and vote plans for the next five years.

NOTICE TO CHURCHES

All churches are reminded to kindly collect mail from your respective boxes at the South Bahamas Conference office. Thank you for your attention to this matter.

-Administration.



BIBLE CLASS

The weekly virtual Bible Study for the South Bahamas Conference will be held this Sunday at 6:30p.m. on Zoom.

Topic: The Seven Trumpets
Meeting ID: 915 5872 2673
Passcode: 592256

-Pastor Lynden Williams, Bible Study Coordinator.

CHILDREN & ADOLESCENT MINISTRIES DEPARTMENT

AS A WORLD CHURCH, CHILDREN'S SABBATH WILL BE OBSERVED ON NOVEMBER 20, 2021.

Each church is asked to allow the children within our Conference to lead out in the various services on this day. Children's Sabbath 2021 will help the youngsters understand that getting to know Jesus every day changes us for the better.

Key Verse

"Therefore, if anyone is in Christ, he is a new creation. The old things have passed away, behold new things have come."

-2 Corinthians 5:17.

Jesus has called us all to be different! On this day our children will lead the way.

-Mrs. Lavern A. Sturup,
Children and Adolescent Ministries Director.

HEALTH MINISTRIES DEPARTMENT Preventing Diabetes

Diabetes is a chronic, metabolic disease that occurs either when the pancreas does not produce enough insulin (Type 1) or when the body cannot effectively use the insulin it produces (Type 2).

Here are some simple lifestyle measures that can be put in place to prevent or delay onset of type 2 diabetes:

Eat a healthy diet (seek the help of a nutritionist or dietitian), **get moving**, **drink plenty water**, **get enough vitamin D**, **practice moderation**, **practice deep breathing in the open air**, **rest for 8 hours every day**, **trust in God**, **get annual physical examination**, **take medication as prescribed**, **monitor your blood sugar**, **abstain from harmful substances like alcohol and tobacco.**

Let's Move to Live

Physical movement is beneficial for emotional, physical and spiritual well-being. Join *Health Ministries* every Sunday, Wednesday and Friday morning at 6:30a.m at Goodman's Bay.

-Mrs. Nathelyn LaCroix,
Health Ministries, Director.

WOMEN'S MINISTRIES DEPARTMENT Upcoming Events

Wednesday Pause & Pray Special Edition
November 24th, 2021 – 12:00p.m -12:30p.m
Prayer Focus: Praise & Thanksgiving
Zoom ID: 98113813577
Password: 094045

Women's Ministries Holiday Gift Boxes Giveaway

Please see your Local Leader for details on how you can participate.

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.

--Mrs. Jacqueline Gibson,
Women's Ministries Director.

YOUTH MINISTRIES DEPARTMENT

A.C.L.A.S.S. Continuous Certification
Presents:

Adventurer Curriculum Symposium (ACS)
An interactive and engaging session!

For: Youth Leaders, Masterguides and Parents!

Dates:

Session 4: Sabbath, November 13

*Participants will receive a certificate and NEW Adventurer Pin

2022 is the **Year of Youth Evangelism**, under the theme "**Operation Break Out!**"

A.C.L.A.S.S. Continuous Certification
Presents:

Youth Evangelists School (Y.E.S.)
for Adventurer, Pathfinder and Youth Preachers.

Seminar 2: Preaching Training

For youth interested in presenting the word of God in a powerful, dynamic and practical way.

Dates: Sundays, November 21, 28,

December 5, January 9, 16, 23!

Time: 3:00p.m to 4:30p.m (Miami Time)

Via Zoom! Link to follow!

Register with your Adventurer, Pathfinder, AY Leaders or contact the Youth Department at 341-4021

or bahamasadventistyouth@gmail.com.

-Pastor Jamal Franklyn, Youth Director.

tobacco free and eliminate this threat to your health.

BreatheFree2 is an evidence based smoking cessation seminar that has helped millions of persons quit smoking. This training seminar consists of nine 90-minute sessions and will be presented virtually on the zoom platform as follows:

Date: Thursdays, September 23 to November 18, 2021.

Time: 6:00 p.m. to 7:30 p.m.

To find out more and register for the seminar, you may call: (242) 502-4728, or 502- 4862, or 557-2037.

Sponsors: MOH, HBC, SBC, and PAHO

-Dr. John Carey

REAL HARVEST VIRTUAL EVANGELISTIC SERIES

The Real Harvest Virtual Experience Team with Evangelist Dr. Peter Joseph presents "The Audacity of Faith," a virtual evangelistic series. Join us for an encounter with Jesus. Come and experience soul-stirring singing, powerful prayer, and dynamic preaching. Services begin on October 23rd to November 20th, Sabbath mornings at 11:30 a.m and nightly at 7:00 p.m, except Thursday and Saturday. Services will be streamed on YouTube @The Audacity of Faith: Real Harvest Experience, Facebook @The Audacity of Faith: Real Harvest Virtual Experience and Zoom. Connect with us and invite a friend!



Please Email Weekly Announcements

To: sbclgos@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.



SUPPORT YOUR MEDIA NETWORK



'Living by the Word of God'
Connect by TuneIn Radio
@ WORD SBC 88 3FM

CALL 341-4021
SUN SETS NEXT SABBATH
November 20, 2021 @ 5:20p.m.



Stop Smoking and Breathe Free Community Program

Do you want to stop smoking? You can kick the habit and improve your health. Tobacco smoking is a known risk factor for many respiratory infections, and it increases the severity of respiratory diseases such as COVID-19. Participate in the BreatheFree2 plan to stop smoking and learn how you can become