



Are you a sweet Christian?



Being diagnosed with diabetes may come as a surprise or shock to many. Some accept it and some go in denial saying, 'I ain' claiming that!' Some persons may see it as a death sentence.

Diabetes affects millions of people worldwide. In The Bahamas, it is a growing problem. The STEPS Survey (2019) reported that approximately 44,000 persons are living with diabetes.

Diabetes is a condition where blood sugar levels are abnormally high or simply put, there is too much sugar in the blood. So, how do you know how sweet you are or how much sugar is in your blood? According to the World Health Organization (2023), the expected values for normal fasting blood glucose concentration are between 70 mg/dL and 100 mg/dL. When fasting blood glucose is between 100 to 125 mg/dL changes in lifestyle and monitoring glycemia are recommended. (This is also termed pre-diabetes). If fasting blood glucose is 126 mg/dL or higher on two separate tests, diabetes is diagnosed.

There are 3 main types of diabetes: type 1 diabetes where the body produces little to no insulin; type 2 diabetes where the body produces insulin, but it does not work well (insulin resistance) and gestational diabetes, where the body cannot make enough insulin during pregnancy.

There are some risk factors that really increase the chances of developing

diabetes such as not being physically active, having poor nutrition, smoking, drinking, being overweight or obese, getting older, having high cholesterol, history of gestational diabetes (having diabetes during pregnancy period only), ethnicity and family history.

The theme for World Diabetes Awareness Month 2023 is, 'Know Your Risk, Know Your Response.' According to the Center for Disease Control (2023), some of the classic symptoms of diabetes are urinating (peeing) more, being very thirsty, being very hungry, losing weight without trying, feeling very tired, having blurry vision, tingling or numb hands and feet, having very dry skin, having sores that take a long time to heal and having more infections than usual. Did you know that it takes about 10 years for these symptoms to appear? Hence, it is extremely important to get your annual physicals done and let your physician know if you have any of these symptoms.

Diabetes may be somewhat challenging to manage on your own but in Matthew 11:28 Jesus invites us to, "Come to me, all who labor and are heavy laden, and I will give you rest. In Jeremiah 30:17, we are reminded, "But I will restore you to health and heal your wounds," declares the LORD, 'because you are called an outcast, Zion for whom no one cares.'" And we are assured in Philippians 4:13 that we can do all things through Christ who strengthens us.

So, if you are diagnosed with type 2 diabetes do all you can to reverse it. Our bodies are God's temple, so we have a spiritual obligation or responsibility to care for ourselves optimally.

Practicing the principles of **NEW START** (**Nutrition** – make smart food and beverage choices), **E (Exercise** – become active and stay active), **W (Water** – drink enough to keep your pee pale yellow and clear), **S (Sunlight** – get at least half hour daily), **T (Temperance** – use in moderation the things that are good for

you and abstain from harmful things), **A (Air** – breath in fresh clean air), **R (Rest** – get at least 7 hours daily) and **T (Trust** in God – He is our source, our everything) is an excellent and smart way to prevent, manage and reverse diabetes, specifically type 2 diabetes and gestational diabetes, and to keep type 1 diabetes well managed.

Our church has no shortage of health and wellness programs and tools to help us live healthy lives. We also have a skilled team of dedicated and committed healthcare professionals who devote their time and resources to assist in the process. I encourage you to make full use of them. Reach out to us if you need our help.

3 John 2 reminds and assures us that God wants us to prosper and be in good health. So, how sweet are you? Are you caring well for your body temple? Are you truly representing the God you serve when it comes to your health?

*-Shandera Smith, Health Ministries Director
South Bahamas Conference of Seventh-day
Adventists*



CALENDAR OF EVENTS NOVEMBER

- 24-25 Men's Convention – 1 day – Seminars, Workshops, etc. Ends at 1:00 p.m. (take away lunch) Proposed Venue: Hillview Church
- 26 Joint Elders Meeting
- 30 Executive Committee Meeting



SBC RETIREES' ASSOCIATION

The South Bahamas Conference Retirees' Association will hold its monthly meeting on November 30th, from 11:00 am to 1:30 p.m. at the Philadelphia Church in Elizabeth Estates. All members and those wishing to become members are invited. Members are encouraged to wear their SOBCRA t-shirts.

*-Rowena Smith
President*

BIBLE CLASS

Bible Class resumes Sunday, November 26th, at 6:30 p.m. under the topic: "Christmas, should we Celebrate?". For further information contact Pastor Lynden Williams: lwilliams@sbcadventist.org.bs or 803-9793.



THE ADVENTIST INSPIRATIONALS

Join us for a mesmerizing evening of soul-stirring melodies. Experience the power of Christ through music at our concert production on December 10th, 2023, at 5 p.m., at the Living Faith Seventh-day Adventist Church. Admission is FREE!

J. Ralph Rolle

Director, The Adventist Inspirational

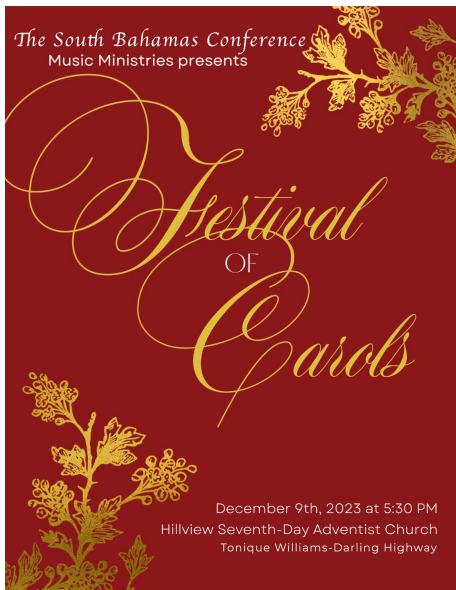


MUSIC MINISTRIES

UPCOMING EVENT:

All singers who would like to participate in the upcoming Festival of Carols are invited to attend a choir rehearsal at the Maranatha Church this coming Tuesday, November 28, 2023, beginning at 7:00 pm.

South Bahamas Conference Music Ministries presents *A Festival of Carols*, an evening of Christmas Carols and Bible Readings to honor the Birth of Jesus, on Sabbath December 9, 2023, at 5:30 pm at the Hillview Church. All are invited to attend.



- Annette Dorsett

Music Ministries Director



INAGUA DISTRICT

Funding for the Pastors Residence in Inagua

The membership of the New Life Church is small and transitory. Therefore, to grow the work we need a stationary person there which will require a residence. Thus, we are building a Pastor's residence. Brothers and sisters, New Life Church, is seeking your assistance in the construction of this residence. Your help is desperately needed. Funds can be sent to the South Bahamas Conference by the online giving portal or to New Life Church's account at BOB # 1611350004323.

-Missionary Elder Winston Ash



AGAPE CHURCH

Early Morning Prayer Meeting

"The Agape Seventh-day Adventist Church will be holding their Week of Prayer - 7 Days of Prayer and Fasting on November 26th – December 2nd, 2023, under the Theme: "Go Preach My Gospel".

We invite you to please join us each morning from 6 am to 7 am via our Zoom channel. Come expecting a blessing as we invite the Lord to empower us to preach His Gospel.

Zoom Meeting ID: 947 701 9895.
Passcode: Agape

We hope to see you there!

-Agape Communications Dept.



BREATH OF LIFE CHURCH

Thrift Store

The Breath of Life Church Seventh-day Adventist located on Marshall Road, is gearing up for an exciting event on November 26th at 2:00 pm. The church is preparing to unveil its newly constructed thrift store, which will not only offer affordable goods and distribute literature but will become a beacon of positive influence in the area. Following the grand opening, the thrift store will maintain regular hours from Monday to Thursday, 10:00 a.m. to 4:00 p.m., and on Fridays from 10:00 a.m. to 1:00 p.m. Mark your calendars and be a part of this remarkable moment.



LIVING FAITH CHURCH

Pathfinder Royalty Award Banquet

You are cordially invited to attend the 2023 Pathfinder Award Banquet organized by the Living Faith Trailblazers Pathfinder Club. The event will take place on December 3rd, 2023, at 6 pm, at the church. We are honored to have Pastor Jamal Franklyn, the Youth Director for the South Bahamas Conference, as the Master of Ceremony for the evening. We look forward to your presence at this special occasion.



YOUTH ANNOUNCEMENT BIBLE CONNECTION

Let us Keep Astra Bowlin, of the Hillview Church in our prayers as she represents the Atlantic Caribbean Union at the Inter-American Division's 2023 Bible Connection in Bogota, Colombia.



Please Email Weekly Announcements

To: sbclagos@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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SUNSETS

Saturday, December 2, 2023

@ 5:19 p.m.

Have a Happy Sabbath!