



MAKING MENTAL HEALTH AND WELLBEING - A GLOBAL PRIORITY FOR ALL

A Wholistic Perspective



Mental health is important at every stage of life. Dr. Brock Chisholm stated that “without mental health there can be no true physical health” (K. Kolappa, et al., 2013).

As with physical health, there are things that can be done to improve mental health like, healthy eating, physical activity, and sufficient sleep. And from a spiritual perspective, spending time in prayer (A. Stanton 2021).

Existing research in the field of nutritional psychiatry suggests that diet can affect mental and emotional health. The food we eat affects the gastrointestinal systems, which are directly tied to the brains and the ways emotions are processed (Sutter Health).

A study was done in Australia and New Zealand using a randomized controlled trial design to ascertain the possible therapeutic impact of dietary changes on existing mental illness. The aim was to investigate the efficacy of a dietary improvement program for the treatment of major depressive episodes. The results indicated that dietary improvement may provide an efficacious and accessible treatment strategy for the management of this highly prevalent mental disorder (F. Jacka, et al., 2017).

Focus on eating plenty of fruits (especially berries) along with foods rich in omega-3 fatty acids, dark green leafy vegetables, nuts, seeds and legumes, such as beans and lentils. In addition, stick to a low-fat, plant-based, whole-food diet. This will improve your mood and decrease anxiety and stress. It is also important to limit or eliminate caffeinated beverages such as soft drinks or coffee and also alcohol. A high-fat or high-sugar diet is bad for gut health and, therefore, your brain (E. Selhub 2022).

WHO recommends at least 150 to 300 minutes of moderate aerobic activity per week for all adults, and an average of 60 minutes per day for children and adolescents. And younger children 1 – 4 years of age 180 minutes per week. The brain releases endorphins (happy hormones) when we exercise. Some of the benefits of exercise are improved confidence, self-discipline, sleep and reduced anxiety, stress and depression.

Seven to eight hours of sleep is recommended for adults and more for children. Some of the health benefits of sleep are improved memory, and reduced stress and depression.

Researchers suggest that sleep deprivation makes us more irritable, and we react negatively to minor annoyances and interruptions.

Anxiety, depression, and other mental health issues can be lessened by spending time outside, engaging in activities like, gardening, swimming, and outdoor exercise. Studies have shown that being outdoors lowered levels of cortisol, a hormone that’s a marker for stress. The attention-improving effect of nature is so strong it has been studied as a method of treating children with Attention-Deficit Hyperactivity Disorder (ADHD) and asthma (C. Ashour 2021).

It has only been in recent years that scientists have begun to consider the tangible effect that prayer might have, especially as it relates to mental health. One large population study, led by Harvard Professor Tyler VanderWeele, found that young adults who prayed daily tended to have fewer depressive symptoms, and higher levels of life satisfaction, self-esteem, and positive affect, in comparison to those who never prayed. Another study that examined the perspectives of over 2,000 adults with mental illness in California, found that over 80 percent agreed or strongly agreed that spirituality was important to their mental health (R. Whitley, 2019).

One research study found that praying is connected to lower levels of depression. The most positive results were found in those who had associations with the church or strong religious beliefs. For those who didn’t have any type of faith or who used prayer as a desperate plea, there was no evidence that suggested praying helped alleviate their depression.

In a Baylor University study, researchers found that individuals who prayed to a loving God were much less likely to experience worry, anxiety, fear and obsessive-compulsive disorder.

It is important to note that mental illnesses, such as depression, are not always cured by practicing eating well, physical activity and having a healthy relationship with God. While mental illness can be caused by external pressures like trauma and stress, substance abuse, and environmental factors, it can also be caused by biological factors, such as genes, brain chemistry, or hormonal changes. When healthy habits are not enough to squash one’s dark thoughts, the next step is often medical treatment. Therapy, antidepressants, or both may be prescribed to treat mental illness (A. Stanton 2021).

Philippians 4:6-7 says, “Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus” (KJV).

This article was 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 lsturup@sbcadventist.org.bs



CALENDAR OF EVENTS OCTOBER

- 23– 29 C.H.A.M Week of Prayer – Baptism (Evangelistic Campaigns by Children)
- 27 Executive Committee Meeting
- 28– 29 IAD Centenary Celebrations /Monthly Baptism Day

NOVEMBER

- 5 Essential Workers Sabbath
- 6 Remembrance Day of March
- 5-12 Week of Prayer
- 5-13 Diabetes Awareness Week
- 13-19 E-Youth Week of Prayer
- 19 International Men’s Day (IMD)
- 19 Children’s Day (Divine Services) Afternoon (Agape Praise)
- 20 Music Ministries
- 26 Monthly Baptism Day
- 26 Adventist Men Day
- 27 HIV/AIDS Awareness Day



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.



ADVENTIST PIONEER DIES AT 92

Pastor Neville Emmanuel Scavella passed away at the Doctor’s Hospital on Tuesday, October 25, 2022, after being ill.

Pastor Scavella was a pioneer in the Seventh-day Adventist Church and one of the first of two Bahamians that studied theology and was employed as a pastor in the Bahamas Mission in 1955. Among his many contributions to the Adventist Church, Pastor Scavella assisted the Book & Bible House in Nassau, served as Departmental Director, and District Pastor until 1967. In 1973 Scavella was elected as Secretary of the Bahamas Conference of Seventh-day Adventists. He became President of the Cayman Islands Mission in 1983. And in his

later years, he returned to the Bahamas where he served as District Pastor until his retirement.

In Pastor Scavella's ministry, he was known to be a builder. He was instrumental in building numerous Seventh-day Adventist churches in Nassau and the family of islands including the Good News Church, Freeport Church, Bluff Church (rebuilt in Eleuthera), Cockburn Town Church in San Salvador, etc. In the Cayman Islands, he acquired the property for the Mission field while he served as President; and built a state-of-the-art mission headquarters.

Pastor Scavella was an evangelist at heart and led thousands of individuals to know Jesus as their Lord and Savior. He will be remembered fondly for his many contributions to the Adventist faith and will be dearly missed.

The Administration of the South Bahamas Conference, the Executive Committee, Departmental Directors, Pastors, and staff, along with the membership of the Seventh-day Adventist Church expresses condolences to the Scavella family.

Left to mourn are his wife, Mrs. Alwhyne Scavella; sisters, Mrs. Naomi McKinney, and Ms. Yvonne Scavella; sons, Dr. Paul A. Scavella (wife, Mrs. Joan Scavella), Mr. Gardell Scavella (wife, Jennifer Scavella) and Todd Beneby (wife, Sherry Beneby) and their children and grandchildren along with numerous nieces, nephews, and relatives.

We praise God for the life of Pastor Neville E. Scavella and look with hope to the day when our God will come for His children.

Funeral Service Will be Announced.

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BAHAMAS ACADEMY
Academic News

Bahamas Academy Stars continue to shine academically. The GLAT results were outstanding this school year. The top results in the following grades are mentioned below:

Grade 3

Zyra Rollins, Teychar Culmer, and Kale Antonio - 6A's and 1B
Kemiyah Knowles and Lucas Kelly - 5 A's and 2 B's
Valencia Campbell - 4 A's, 2 B's and 1 C
Malayaia Rolle - 5 A's, 1 B and 1C

Grade 6

Davincia Rahming - 6A's, 2 B's
Zoe Allick - 6A's, 1 B and 1C
Ta'kell Miller - 5 A's, 1 B, 2 C's

We are pleased with the BJC and BGCSE results this past school year. Listed below are the top three students in each exam.

BJC

Hewleen Forbes - 8 A's and 1B
Sierra Edwards - 6 A's and 2 B's
Lillian Roberts - 5 A's and 3 B's

BGCSE

Yannik Gibson - 8 A's
Astra Bowlin - 6 A's and 3 B's
Anaya Russell - 1 A and 4 B's

Yannik Gibson achieved the coveted Merit Scholarship for his outstanding academic performance this past school year.

On September 29, 2022, the ELC and Elementary Divisions convened at the Hillview Seventh-day Adventist Church to celebrate the achievements of the students during the 2021-2022 academic year. Former graduate of Bahamas Academy, Scharlee Thompson addressed the students under the theme, Growing in Faith. Ms. Thompson's practical

illustrations captured the students' attention as she encouraged them to grow in faith.

The Secondary Honours Convocation was also held at Hillview Seventh-day Adventist Church on October 7, 2022. Ms. Valderine Heastie former head girl of Bahamas Academy admonished the students to continue to run after their goals. Her speech was motivating and inspiring.

Congratulations to the 170 students who were named to the Honour Roll and the Principal's List in the Elementary Division and 120 students who were named to the Honour Roll and Principal's List in the Secondary Division.

Dasya Mckenzie walked away with the trophy for achieving the highest GPA in the Senior school and Hewleen Forbes captured two trophies for achieving the highest GPA in the Junior School and the highest GPA in both divisions.

Congratulations to the hardworking parents and teachers who worked to ensure that our students were successful.

- Administration, Bahamas Academy.

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HEALTH MINISTRIES
DEPARTMENT

Health Leaders Quarterly Meeting

All Health Leaders are invited to a Health Ministries quarterly meeting which is scheduled for Sunday October 30, at 5:00p.m via Zoom platform.

Uchee Pines 6-day Virtual Wellness Conference. October 30 – November 4, 2022

Uchee Pines Institute is excited to offer a 6-day Virtual Wellness Conference that you can enjoy from the comfort of your own home. Learn simple, effective, inexpensive ways to reverse diabetes, manage stress, create herbal preparations, cook healthfully, treat cancer, and much more with our doctors, lifestyle practitioners, and lifestyle counselors by joining a 6-day Virtual Wellness Conference. A small donation is required. For further details and registration click link

<https://www.ucheepines.org/events/virtual-wellness-conference>

- Mrs. Nathelyn LaCroix, Health Ministries Director.



WOMEN'S MINISTRIES
DEPARTMENT

Philadelphia Women's Ministries
"Prioritize Your Health"

Sunday October 30, 2022 @4:00 p.m
Philadelphia Church Fellowship Hall

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"The Pink Impact"

Cancer Awareness Initiatives
Individual Churches

Remember to Pause & Pray with us in your virtual space 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.
bs --Mrs. Jacqueline Gibson, Women's Ministries Director.



PRAYER MINISTRIES

40 Days of Prayer for the Sixth Quadrennial Session of the South Bahamas Conference

Every member of the South Bahamas Conference is invited to participate in 40 days of prayer for the Sixth Quadrennial Session (November 13-14, 2022), as we seek to elect Conference leaders for the next 4 years. We will

commence Day 1 - October 6 through, Day 40 - November 14. For the first 30 days we will have individual persons/churches/groups praying. For the last 10 days will hold joint SBC prayer sessions via Zoom inclusive of Week of Prayer (more details to come). Let's join in United Prayer! It works! See prayer focus points for the first 10 days on the Conference website. -Sister Joan Rahming, Prayer Ministries.



YOUTH ANNOUCEMENTS
M.O.R.E. Of You For God's Glory
Youth Retreat Experience

November 5, 2022 | 9:00a.m - 9:00p.m
Bahamas Youth Camp Site | Gladstone Road
Discover Your Lane In Ministry; Receive True Fulfillment With God

Food | True Colors Sessions | Bonfire Experience | Scavenger Hunt | Youth Social & more!

If You Have Any Questions Or Would Like To Know Information On Payment, Contact Miguel Scavella @ (242) 455-1565

--Pastor Jamal Franklyn, Youth Director.



RETIRES' ASSOCIATION
MEETING – DATE CHANGE*

A meeting of the SoBC Retirees' Association is scheduled as follows:

NEW DATE: **Thursday, 17th November 2022**

TIME: 11:00 a.m – 12:30 p.m

VENUE: Philadelphia Church, Elizabeth Estates

All members and those wishing to join are asked to attend. – Sis. Esther E. Vincent, Secretary/Treasurer.



GOOD NEWS CHURCH

The Good News Church will be having our Community Service Activity Day on Sunday October 30, 2022, from 9:00a.m - 5:00p.m. There will be free giveaways, fun games, food sales, health info and thrift shop.

-Nikita Thompson (Pastor)



AMR Music & Eternal Pages Ministries

Sunday - November 6, 2022 - GRAND YARD SALE @ the Old Bahamas Academy Grounds, Wulff Road - 8:00 a.m to 4:00 p.m. This effort will aid in community outreach efforts.

- Elder Roger & Mrs. Allison Rolle.



Please Email Weekly Announcements

To: sbclogos@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.



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SUNSETS
Saturday November 5, 2022
@ 6:26p.m.

Have a Happy Sabbath!