



HEALTHY MINDS- FLOURISHING FAMILIES



“**W**hat you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.” Philippians 4:9, ESV

The COVID-19 pandemic was a traumatic experience for the entire world. Many individuals, couples, and families had already been experiencing a level of distress while trying to hold it together physically, emotionally, and spiritually.

Within this context, the apostle Paul emphatically urges: “Rejoice in the Lord always. Again, I will say, rejoice” (Philippians 4:4). Paul is writing from a prison cell and clearly understands that in every life trying times will interrupt the normal flow of things. Yet, he knew there was no situation beyond God’s help.

In a world filled with overwhelming anxiety, depression, and emotional unrest, Paul offers the believers an answer. The peace of God. The same offer of peace is available to us today. This is no ordinary peace. Paul says: “And the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus” (Philippians 4:7). There is a place for scientific and psychological interventions. However, God’s peace goes beyond human intervention. It is the kind of peace that sustains during times of hardship.

If we practice a healthy thought life “whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely...meditate on these things...and the God of peace will be with you”

(Philippians 4:8, 9); He will walk with you, talk with you, and comfort you during challenging times. Your circumstances may not change, although He is able. But God will help transform your approach to trials.

One thing we know for sure, the founders of modern psychology did not invent this kind of peace. This is not positive psychology or new-age thinking. This intervention is straight from the Word of God. This kind of peace resides in those who believe in what Paul shares in Philippians 4:4-9.

For when we pray and practice the mental disciplines of rejoicing, praying, meditating, gratitude, and thinking the right thoughts, we can stave off anxiety, depression, and other emotional anguish, which can help us foster good mental health. Maintaining good mental health is vital for everyone.

When fostered within a family, it can bring significant benefits: better communication, understanding, empathy, less conflict, higher self-esteem, and resilience among family members. Good mental health goes together with good physical health. When families prioritize good mental health, they tend to also prioritize good habits like adequate sleep, regular exercise, and a healthy diet. Parents or guardians in the home who care for their mental health are good examples for their children.

With God’s help, choose for your family. God created us in His own image (Genesis 1:27). This means that the variety of emotions and feelings we were given is also a part of His creation. This week you and your family are called to choose your own positive mental health. The body we were given is a big responsibility for each of us (1 Corinthians 6:19-20). Our minds are a key part of our lives. Choose to take steps to live to the fullest, even when times are difficult. Jesus will always be there with you.

This article is from the Family Unity 2023 Week of Prayer Initiative from The General Conference with Willie and Elaine

Oliver, Family Ministries Directors for the Seventh-day Adventist Church World, and Karen Holford, Family, Children’s, and Women’s Ministry Director for the Trans-European Division.



CALENDAR OF EVENTS SEPTEMBER

- 3 – 9 Family Unity Week of Prayer
- 5 – 10 GC World Youth Leadership Congress (Online)
- 9 Family Unity Day of Prayer
- 9 Health Ministries Emphasis Day
- 10 Club Uniform Inspections
- 16 World Pathfinder Day (Local Church/March & Rally (Evening Joint) #WPD
- 16 Men’s Power Hour (MPH) Men’s Health – Prostate Awareness Focus (Webinar in collaboration with Health Ministries)
- 23 ATCU Bible Connection (South Bahamas Conference)
- 23 Stewardship Emphasis
- 23 IAD Council of Deacons and Deaconesses – 10:00 a.m. to 4:00 p.m. (Online)
- 24 Children’s and Adolescent Ministries Physical Activity Day/ Obstacle Course Activity
- 24 Joint Elders Meeting
- 28 Executive Committee Meeting
- 30 Publishing Emphasis



BIBLE CLASS

The South Bahamas Conference Bible Class resumes Sunday, September 10th, under the theme Focus on Revelation. For further information contact Pastor Lynden Williams: lwiliams@sbcadventist.org.bs or 803-9793.



MASS REUNION CHOIR

Upcoming Events

A Celebration & Recognition Service will be held on September 23rd, 2023, at the Grant’s Town church during the 11 a.m. service.

3ABN ON CABLE BAHAMAS

It is with great joy that the administration of the South Bahamas Conference announces that 3ABN is now accessible to all persons living in The Bahamas watching via Cable Bahamas on channel 563. You do not need a set-box to watch it. We want to encourage all members to share this information with their friends and family as we seek to win souls for the kingdom of God.



ADVENTIST HEALTH PROFESSIONS ASSOCIATION

The Adventist Health Professions Association (AHPA) invites all members and interested members (health professionals and those with a passion for health), to attend a General Meeting on Sunday, September 17th, 2023, from 5 pm to 7 pm at the Grant's Town SDA Church Annex. Important information will be shared, and updates will be given. We look forward to seeing all of you there! Refreshments will be served.

-Sis. Jorjette Bain
President, AHPA



SBC IMPACT 300 RALLY

Jesus said: "Go and make followers of all people in the world" (Matthew 28:19). The South Bahamas Conference plans to upload the great commission of the church with a special evangelistic initiative: **SBC IMPACT 300**. There will be a joint online Rally for all churches on September 9th, 2023, at 4:30 p.m. to discuss the impact and purpose of **SBC IMPACT 300**.
Zoom Meeting ID: 975 1905 5780
Passcode: 511034



MEDICAL MISSIONARY WORK

"Christ, the great Medical Missionary, has left us an example. Who will follow in His steps, ministering in His name, not for money, but for love's sake? The true medical missionary is moved by the spirit of loving service. Genuine medical missionary work is sacrificial."

All persons interested in being a part of Medical Missionary work kindly send a WhatsApp or email to 826-8486 or Lifestylecounsellor64@gmail.com.

-Nathelyn LaCroix



AGAPE CHURCH

Early Morning Prayer Meeting

The Agape Church invites you to their Early Morning Prayer Meeting held every Sabbath morning from 8 a.m.-9 a.m. at the church. We believe that God has a blessing for each one of us. We hope to see you there! A light breakfast will be served.

-Agape Prayer Coordinator

WEEK OF PRAYER

The Agape Seventh-day Adventist Church will be holding their Week of Prayer - 8 Days of Power, Revival & Restoration on 9th - 16th September 2023 under the Theme: "I Want Jesus to Walk With Me".

We invite you to please join us on Sabbath 9th, 2023 for all-day prayer & fasting from 8 a.m. to 5 p.m. Come expecting a blessing as we invite the Lord to walk with us. Join us every evening, Sunday to Friday from 7 p.m. to 7:30 p.m. to pray, via our Zoom channel. September 16th, 2023 will be a day of "Praise & Thanksgiving" as we celebrate answered prayers and God's goodness to us!

Zoom Meeting ID: 947 701 9895.
Passcode: Agape

May God continue to empower us to do the work He has called us to do. We hope to see you there!"



CHAM WEEK OF PRAYER

The children and adolescent department will host its week of prayer in October from the 8th-19th, 2023. There will be joint

services held on Friday and Sabbath at the Living Faith church.



YOUTH ANNOUNCEMENTS

Bible Connection 2023

Astra Bowlin will represent the South Bahamas Conference during the Atlantic Caribbean Union's Bible Connection, which will be held on September 30th, 2023.

World Pathfinder Day 2023

On September 16th, 2023, Pathfinders around the world will celebrate the General Conference Adventist Youth Ministries Pathfinder Day. Mark your calendars, make your plans, and go with Jesus!

Pathfinders in the South Bahamas Conference will be at the forefront leading out in their local churches from Sabbath School to Divine Service. They will serve their communities and enjoy social fellowship with their fellow Pathfinders and friends. Contact your local church Pathfinder Director for more details.



Please Email Weekly Announcements

To: sbclagos@gmail.com

Or logos@sbcadventist.org.bs

By Tuesday at 3:00 p.m.

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<http://southbahamasconference.org>
for the Logos publication archives & the
ATV658 NEWS, as well as weekly
programming.



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SUNSETS

Saturday, September 16, 2023
@ 7:13 p.m.

Have a Happy Sabbath!