

**Men's Ministries Feature**

## Pay it Forward

by Mr. Curtis Bryan

The International Men's Day (IMD) is a group of men that focus on promoting positive male role models and celebrating positive contributions made by men in our society while trying to improve gender relations and equality to eliminate discrimination against men. It is also our hope and goal to ensure safer and better communities and encourage young men to become leaders of society. This year our focus is on men's health and wellbeing. International Men's Day is celebrated each year on November 19th, in eighty countries throughout the Caribbean and the world.

As a young boy who lost his mother at the age of ten, it was thought that I would have been a statistic on the negative side of things, but instead of becoming the prisoner, I became the Prison Officer. This did not happen by chance but with the help of a positive role model like my father and grandfather, men in my church, community, and workplace. Because I am very thankful to the men who helped me, I am paying it forward with my sons and any other youth, be it male or female as appreciation for what I am today.

As we celebrate positive male role models in our homes, workplace, community, and society, and *Pay It Forward*, Psalm 1 is a great place to look. **1** "Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. **2** But his delight is in the law of the Lord, and in his law doth he meditates day and night. **3** And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither, and whatsoever he doeth shall prosper."

Statistics completed by the IMD state that 76% of suicides are men, 85% of homeless are men, 70% of homicide victims are men, 40% of domestic abuse victims are men. People are crying out all around us, but are we hearing them? It is time for us not just to hear and offer a prayer, but to *pay it forward*. As Leaders, chosen by God, we must not be satisfied with the above statistics and do everything we can to help our youth live their best lives while being productive and healthy.

Men of South Bahamas Conference and those in our communities, let us not be like those described in verses 4 & 5 of Psalm 1:

**4** "The ungodly are not so: but are like the chaff which the wind driveth away. **5** Therefore the ungodly shall not stand in the judgment, nor sinners in the congregation of the righteous."

Rather, let us ensure that the Lord knows us because we are striving to be the best father, son, grandfather, grandson, uncle, nephew, cousin, friend, boyfriend, or neighbor we can be. Someone helped you, no matter how small it was so it is now your turn to *Pay It Forward*. Let us remain in Christ, healthy and strong men, working together with wives and others and leading our families and others we meet into truth. Let us be loving, caring, and ensuring that the world is made better.



Written by -  
**Mr. Curtis Bryan,**  
*Men's Ministries Coordinator*  
*South Bahamas Conference*  
*Seventh-day Adventists.*

**HEALTH FEATURE**

**EXERCISE BOOST PHYSICAL AND MENTAL WELLBEING**

Research shows that exercise increases wellbeing as well as reduces symptoms of depression and anxiety. Good physical health is related to better mental health. (Sharma (2006) "Exercise improves mental health by reducing anxiety, depression, and negative mood and by improving self-esteem and cognitive function. Exercise has also been found to alleviate symptoms such as low self-esteem and social withdrawal".

Also, eat a healthy diet three times per day. Avoid processed foods (junk food), caffeine and alcohol. Get eight hours of sleep per night. Drink eight glasses of water, minimum. Keep up with your annual doctor's visit. Talk to God daily through the study of His word and prayer.

—Contributed by the Health Ministries Department, South Bahamas Conference of Seventh-day Adventists.



**CHURCHES IN  
 NEW PROVIDENCE**

- Adelaide
- Agape
- Bethany
- Berea
- Bethel
- Breath of Life
- Centreville
- Ebenezer
- Ephesus
- Francophone
- Gambier
- Good News
- Grant's Town
- Hillview
- Johnson Park
- La Senda De La Vida
- Living Faith
- Maranatha
- Message of Hope
- New Englerston
- New Haven
- New Providence
- Peardale
- Philadelphia
- Real Harvest

**CHURCHES IN  
 FAMILY ISLANDS**

- North Andros Churches
- Low Sound
- Red Bays Company
- Central Andros Company
- South Andros Churches
- Kemp's Bay
- Blessed Hope
- High Rock
- New Macedonia
- Mangrove Cay
- Cat Island Churches
- Seaview
- Devil's Point
- Crooked Island Church
- Landrail Point
- Eleuthera Churches
- Bluff
- Gregory Town
- James Cistern
- Rock Sound
- Tarpum Bay
- Exuma Churches
- Mount Thompson
- Moss Town
- Rolleville
- Long Island Churches
- Steven's
- Millerton
- Inagua Church
- Matthew Town
- Acklins Church
- Lovely Bay
- San Salvador Church
- Cockburn Town

## HEALTH LECTURE SERIES CONTINUES

JOIN US FOR A PANEL DISCUSSION ON

### 'The Whole You' pt. II

COME WITH YOUR QUESTIONS ON PHYSICAL, MENTAL, AND SPIRITUAL WELL-BEING.

SATURDAY, DECEMBER 5TH @ 4PM



**DR. JOSEPH EVANS**  
 UROLOGIST



**DR. SEAN KNOWLES**  
 PHYSICIAN IN MENTAL HEALTH



**DR. VANESSA MILLER**  
 GYNECOLOGIST



**MISS SHANDERA SMITH**  
 LICENSED NUTRITIONIST



**DR. YASHICA SEYMOUR**  
 PEDIATRICIAN



**DR. PAUL SCAVELLA**  
 PASTOR



**ID # 996-8077-3311 PASSCODE: 681760**  
**CENTREVILLE SEVENTH-DAY ADVENTIST CHURCH**

**FOLLOW & SUBSCRIBE**

South Bahamas Conference  
 of Seventh-day Adventists  
**Connect with us on**



[www.southbahamasconference.org](http://www.southbahamasconference.org) for other events

Everyone is invited to attend the nearest Seventh-day Adventist Church this Saturday. Sabbath School (Bible Lesson Study) starts at 9:15 a.m. Divine Worship Service (with the Preaching of the Word) begins at 11:00 a.m. Adventist Youth Hour (one hour before the sunsets on Saturdays). For the church listing, call our Conference Headquarters on Tonique Williams Darling HWY. at (242) 341-4021, or visit the website [www.southbahamasconference.org](http://www.southbahamasconference.org).

*Come and See the Blessings the Lord Has in Store for You!*