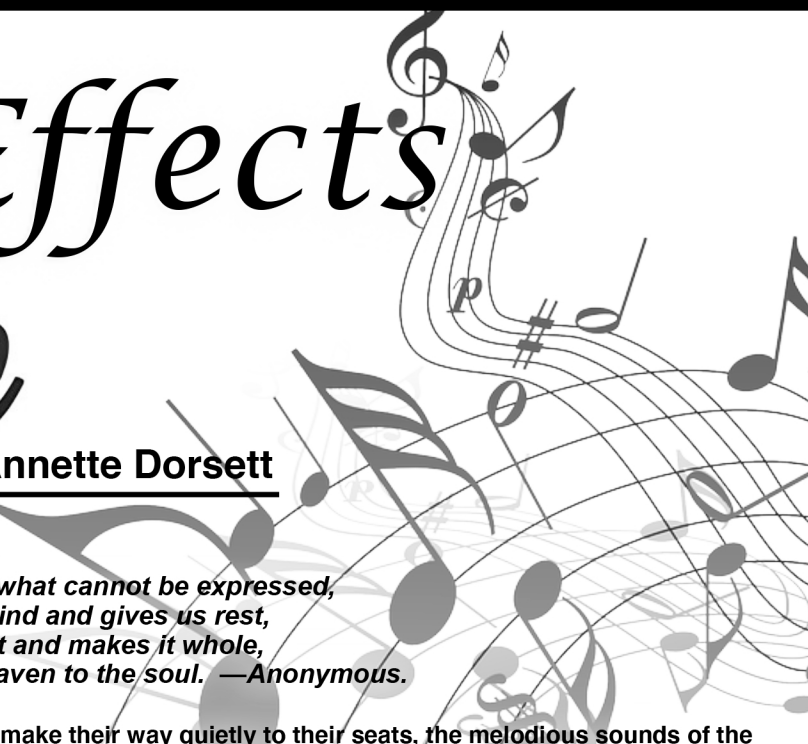


The Soothing Effects of Music

by Annette Dorsett



Given the constant demands of both our personal and professional lives and the intrusion of COVID-19, people from every stratum of society are suffering from stress. We know that ongoing stress can lead to a wide range of negative conditions including high blood pressure, stomach ulcers, depression, and other illnesses. The good news is that we don't have to continue to suffer from stress that causes illnesses.

One way to deal with stress is through music. Soothing music can reduce blood pressure and anxiety. The right kind of music can soothe the mind and calm the emotions. Listening to soothing music can lower your body's levels of cortisol, a hormone that contributes to feelings of stress and anxiety. An example of the calming effect of music on the mind is found in 1 Samuel 16:23. When David played his harp, the evil spirit left Saul, and he was "refreshed."

Music is a 'universal language' that has a way of making us feel more connected to others. It does not need words to express emotion or validate what you're feeling. Appropriate music can take away sad and nervous feelings and make you happy, calm, and peaceful. The following words by an anonymous writer explain how music soothes our souls:

*Music speaks what cannot be expressed,
 Soothes the mind and gives us rest,
 Heals the heart and makes it whole,
 Flows from heaven to the soul. —Anonymous.*

As worshippers make their way quietly to their seats, the melodious sounds of the organ fill the sanctuary. Deeply moved by the music, one woman whispers to her neighbor, "What beautiful music! 'Hover O'er Me Holy Spirit' is my favorite hymn." The organist continues to play while another old lady weeps softly, as she thinks of her frailty and God's keeping power.

Undoubtedly, music has a soothing effect on the soul. So, take time out to listen to some soothing music and be refreshed.

— Written by Ms. Annette Dorsett, Music Coordinator, South Bahamas Conference of Seventh-day Adventists.

CHURCHES IN NEW PROVIDENCE

BA Holds Presentation Ceremony for Secondary School Graduates

Monday June 22, 2020 - The administration and staff of Bahamas Academy celebrated their secondary school graduates in a drive-thru presentation ceremony at their campus on Marshall Road. Proud family members and friends cheered on the procession of the 'Supreme' 2020 graduating class. Three services were held to accommodate the class and presenting the students with their diplomas was Mrs. Juliette Sands, Principal, Bahamas Academy along with Mr. Anthony Burrows, Education Director, South Bahamas Conference of Seventh-day Adventists. *Pictures - John Garcia.*



- 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



PICTURE OF THE DAY

Graduate Jumping for Joy!

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- Lovely Bay
- San Salvador Church
- Cockburn Town

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.

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