

THE LOGOS



Christ, Our Soon Coming King

“Lord Transform Me”

A Weekly Publication of the South Bahamas Conference of Seventh-day Adventists

Editor: Lavern A. Sturrup

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SOCIAL TOGETHERNESS IS NOT LOST



Pastor Barrington H. Brennen

These are unprecedented times in the history of humankind and the Christian church. The Coronavirus COVID19 is bringing the entire world to its knees in disbelief and fear. There are 210 countries in the world, and all are battling COVID19. For the past few days, I have been studying the response of all countries and noted that all governments have instituted some form of curfew, emergency orders or lockdown, to stem the spread of this unpredictable, deadly virus. I have also looked at many of the leading denominations in the world and noted that all have temporarily closed their church doors to in-house worship and have migrated to online worship periods. In many cases, the attendance of these virtual or online services has equaled or surpassed the attendance of in-house services.

How could a virus spread so fast around the world within just a few weeks? My research reveals that on January 12, 2020, there was only one country with COVID19. Now, three months later, every country is impacted. Epidemiologists and other experts in disease prevention indicate that the spread has been due to the **social interaction** of human beings. Yes, the mingling of people in close proximity, in communities, schools, churches, public spaces, etc. Hence, the term “Community Spread” is being used by experts. Merriam Webster Dictionary defines community spread as “The spread of a contagious disease within a community. . . to individuals in a particular geographic location who have no known contact with other infected individuals or who have not recently traveled to an area where the disease has any documented cases.” This is occurring in The Bahamas today. Hence, here and around the world, medical experts are saying that the fastest way to end the spread of the virus is to cease mingling closely with people in public and to wear a mask if you must go out. The term being used is “social distancing”.

Preferably, I think the better term is “physical distancing.” Why? Because during this time we need to keep people emotionally or socially close to each other for support, encouragement, and strength. I remember as a teenager having more than fifty-four pen pals. These are equivalent to “Friends” on a social media platform. We got acquainted via the simple snail mail by writing letters and sending photos to each other. I became socially or emotionally close to many of them although they were literally hundreds or thousands of miles apart. Social togetherness is the result of sharing things in common, unique interests and goals. Today, although we cannot, for our own health, be physically close (within each other's private space), we can still be socially close with the use of high-speed internet on social media. We can actually hear and see each other for the cost of a few cents or at no cost at all. Conceptually,

love can also circle our communities, churches, towns the same way. Physical isolation does not mean social isolation or spiritual apathy. Tactfully, the Gospel of Jesus can still be shared in nonthreatening ways.

When the term “social distancing” started to circulate the globe to prevent the spread of COVID19, my mind went back to the 1970s as a student at Northern Caribbean University, Mandeville Jamaica. Male and female students were strongly advised not to be closer than three feet apart, even if they were dating. It seems as though the leaders acquainted proximity with intimacy. Interestingly, in 1966, anthropologist Edward T. Hall introduced the term proxemics to describe set measurable distances between people as they interact. He noted that there are four distances or spaces when we interact with people. There is the “**Intimate Distance**” for embracing, touching or whispering (less than 6 inches to 18 inches). There is the “**Personal Distance**” for interactions among good friends (1.5 to 4 feet). Then third, there is the “**Social Distance**” for interactions among acquaintances (4 to 12 feet). The final distance is “**Public Distance**” used for public speaking (12 to 25 feet or more). Why would you allow someone in your “intimate space” when that person should not proceed beyond your “social space?” It made sense then. However, the Internet has brought on a far new dimension to intimacy.

With the use of modern technology, we can, without fear, allow someone into our “social space.” Although miles apart we can still be spiritually and emotionally intimate. We can still tenderly share the gospel of Jesus. We can care for the elderly, sick and lonely. Let's keep socially close.

Barrington H. Brennen, Counseling Psychologist, Co-President of Sounds of Encouragement.



JOIN the 100 DAYS of PRAYER



SIGN UP AT:
REVIVALANDREFORMATION.ORG/100DAYS

ADMINISTRATIVE NOTES

Conference & Church Closures Due to COVID19

The South Bahamas Conference headquarters, and all of our churches will remain closed until further notice. We will continue to adhere to the protocols outlined by the Bahamas Government. Individual church services will continue to be held online or via various social media platforms. Please get further information on links for these services from your church Pastors or Clerks.

Online Giving

Kindly see our Conference website, click the link at the top of the page labelled ‘Online

Giving’ and follow the directions given. An instructional video is also provided on this link. Thank you for your faithfulness to God and we pray for your safety and good health.

Have a blessed Sabbath day.

--Administration.



ADVENTIST BOOK & NUTRITION CENTER

The Adventist Book & Nutrition Center continues to serve you during our adjusted store hours:

Mondays - Fridays 9:00 a.m. – 1:00 p.m.
Sundays - Closed.

The social distancing rule will be applied during your visit. - *ABNC Manager.*



BIBLE CLASS

Bible class for the South Bahamas Conference will be available via Zoom on Sunday @ 6:30p.m. Contact your church Pastor for the Meeting number.

Topic: “Salvation: In Christ Alone”

The study will also be livestreamed via Youtube: Look for Englerston Adventist.

-- *Pastor Lynden Williams, Bible Studies & Spirit of Prophecy Coordinator.*



HEALTH MINISTRIES

EXERCISE ROUTINES AT HOME

Here are some examples of home-based exercises. Try these while you are quarantined. These can be done indoors or outdoors.

Knee to Elbow

Touch one knee with the opposite elbow, alternating sides. Do this for 1–2 minutes. This exercise should increase your heart and breathing rates.

Plank

Support your forearms firmly on the ground, with the elbows under the shoulders. Keep the hips at the level of the head. Hold for 20–30 seconds. Repeat up to 5 times. This exercise strengthens your belly, arms and legs.

Back Extensions

Touch your ears with your fingertips and lift your upper body, keeping the legs on the ground. Lower the upper body again. Perform this exercise 10–15 times and repeat up to 5 times. This exercise strengthens your back muscles.

Squats

Place your feet at hip distance with the toes pointing slightly outwards. Bend the knees as much as feels comfortable, keeping the heels on the ground and the knees over. Perform this exercise 10–15 times (or more). Repeat up to 5 times. This exercise strengthens your legs and glutes.

Side Knee Lifts

Touch your knee with your elbow, lifting the knee to the side, alternating sides. Do this for 1–2 minutes and repeat up to 5 times. This exercise should increase your heart and breathing rates.

Chair Dips

Hold onto the seat of a chair, with your feet about half a meter away from the chair. Bend your arms as you lower your hips to the ground,

then straighten the arms. Perform this exercise 10–15 times and repeat up to 5 times. This exercise strengthens your triceps.

Child's Pose

With the knees on the ground, bring your hips to your heels. Rest your belly on your thighs and actively stretch your arms forward.

Walking

Walk/Light Jog on the spot for a count of 30 – 50 steps. Repeat 5 – 6 times. Good for your heart.

Courtesy of:

<http://www.euro.who.int/en/health-topics/disease-prevention/physical-activity>

--Mrs. Nathelyn Lacroix, Health Ministries Director.



WORSHIP WITH ONE OF OUR CHURCHES

Friday April 17th – Saturday April 18th, 2020
Wednesday April 22nd, 2020.

Churches Worshipping Via ZOOM

Please Contact Pastors for Links to Meetings

- **BETHANY (VIA ZOOM & YOUTUBE)** – Pastor Jamal Franklin – Email: jfranklin@sbcadventist.org.bs

Adventist Youth Service

Time: Friday at 7:00 p.m.

Sabbath Prayer & Praise Service

Time: Saturday at 8:00 a.m.

Sabbath School Services

Adult Unit - Classes 1-3

Time: Saturday at 5:00 p.m.

Children Class

Time: Saturday at 3:00 p.m.

Youth Class

Time: Saturday at 5:00 p.m.

Divine Worship

Via YouTube and Facebook

@bethany242

Time: Sabbath at 10:00 a.m.

Wednesday Prayer & Praise Service

Time: Wednesday at 7:00 p.m.

- **GOOD NEWS & EXUMA DISTRICT (VIA ZOOM)** - Pastor T. Basil Sturupp

Email: sturupp1@gmail.com

Facebook page: Good News SDA Church Bahamas

Adult Sabbath School

Time: 9:30a.m – 11:00a.m.

Topic: Jesus and the Apostles' View of the Bible.

C.H.A.M CONNECT

Children ages 5-14years

Time: 10:00a.m – 11:00a.m.

Divine Worship Service

Time: 11:05a.m – 12:05p.m.

Speaker: Pastor T. Basil Sturupp

Topic: "What Do These Stones Mean?"

Youth Class

Time: 5:30p.m.

Wednesday Prayer & Praise Service / Bible Study – Proverbs 14:1 – 10

Time: Wednesday at 7:00 p.m.

- **GRANT'S TOWN (VIA ZOOM)**

Pastor Leonardo Rahming

Email: lrahming@sbcadventist.org.bs

- **HILLVIEW (VIA ZOOM)**

Pastor Michael Toote

- **JOHNSON PARK, CROOKED ISLAND, ACKLINS (VIA ZOOM)**

Pastor Danhugh Gordon

- **BEREA & BREATH OF LIFE (VIA ZOOM)** - Pastor Edward St. Fleur

- **MESSAGE OF HOPE (VIA ZOOM)**

Pastor Melvin Lewis

- **NEW PROVIDENCE & REAL HARVEST, ELEUTHERA, NORTH & SOUTH ANDROS DISTRICTS (VIA ZOOM)** - Pastors: Alvarico Moss, Manasseh Simms, Lee Burrows, Kareem Black

Email: amoss@sbcadventist.org.bs

Friday Vesper - 7:00p.m

Sabbath School – 9:30a.m.

Divine Worship – 11:00a.m.

Wednesdays - 7:00p.m.

- **NEW ENGLERSTON** – Pastor Lynden Williams

Email: lwilliams@sbcadventist.org.bs

VIA ZOOM & NEW ENGLERSTON

SEVENTH-DAY ADVENTIST CHURCH

YOUTUBE CHANNEL

Sabbaths: 9:15a.m.

AY: 6:00p.m.

- **LONG ISLAND (VIA ZOOM)** - Pastor

Jon Dorsett

Email: jondorsett7@gmail.com

Sabbath School – 9:00a.m.

Divine Worship – 11:00a.m.

Sabbath Afternoon Bible Class – 5:00p.m.

- **ADELAIDE / BETHEL (VIA ZOOM/ Whatsapp)**

Pastor Larry Green

Email: pastorlg@yahoo.com

Sabbath School – 10:00a.m.

Divine Service – 11:00a.m.

- **LIVING FAITH (VIA ZOOM)** –

Pastor Raydell Duffis

Email: rduffis@sbcadventist.org.bs

Prayer Meeting Wednesday - 7:00p.m.

Night of Encouragement Thursday - 8:00p.m.

Youth Bible Study Friday - 5:30p.m -

6:30p.m.

Sabbath Reception Friday Evening - 7:00p.m

Sabbath School - 9:15a.m

Divine Service - 11:00a.m.

- **LA SENDA DE LA VIDA (VIA ZOOM)** - Pastor Ludwing Garcia

Email: lgarcia@sbcadventist.org.bs

Sabbath School - 10:00a.m.

Divine Service - 11:00a.m.

Wednesday Prayer & Praise Service - 7:30p.m.

- **GAMBIER** - Pastor Craig Williams

VIA ZOOM Saturday @ 10:00a.m.



FACEBOOK

- **AGAPE, REDEMPTION (VIA ZOOM) & PHILADELPHIA**

Pastors: Carl Johnson, Peter Joseph

Wednesdays @ 7:30p.m.

Saturdays @ 11:30a.m (LIVE)

Theme: The Power of Prayer in a Time of Crisis. **Visit David William' / Philadelphia Church FB Page

- **CENTREVILLE & NEW HAVEN**

Pastor Paul Scavella

Centreville Church's FB Page

Sabbath School at 10:30a.m.

Divine Worship and Sermon at 11:00a.m.

Bible Study/Mid-Week Prayer Service - Wednesdays at 7:00p.m.



WHATSAPP VIDEOS / MESSAGES

- **PEARDALE & EPHEBUS (VIA ZOOM)** - Pastor Nikita Thompson

Email: nthompson@sbcadventist.org.bs

- **EBENEZER & FRANCOPHONE**

Pastor Wilson Isnord

- **MARANATHA** - Pastor Valentino Campbell

- **SAN SALVADOR** – Pastor Ludwing

Garcia / Elder Michelle Williams



SCRIPTURAL ENCOURAGEMENT

Psalm 23

The LORD is my shepherd; I shall not want.

² He maketh me to lie down in green pastures: he leadeth me beside the still waters.

³ He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.

⁴ Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.

⁵ Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.

⁶ Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the LORD forever.



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.



CALL 341-4021
SUN SETS NEXT
SABBATH
April 25, 2020 at
7:37p.m.

Happy Sabbath!