



## Take Control of Your Appetite. Now.



**A**ppetite is a natural or strong desire for liking something or satisfying a bodily need. The degree or intensity of appetite varies based on several factors such as our interest, health status, and age. We have an appetite for so many things – acceptance, food, clothing, music, sports, and entertainment. These of course may seem very innocent and perhaps as things that we should have an appetite for, but have you ever thought of whether and how it affects your physical, mental, or spiritual health?

So why is appetite control so important? One of the strongest temptations that man has to meet is upon the point of appetite. — *Testimonies for the Church 3:485. HL 74.4.* The indulgence of appetite affects every aspect of our lives. If appetite is allowed to rule, the mind will be brought under its control. — *Unpublished Testimonies, August 25, 1897. HL74.3.*

Come on, who wants to be controlled by their appetite? But sadly, many of us succumb to its powers especially when it comes to food. Many are made sick by the indulgence of their appetite. They eat what suits their perverted taste, thus weakening the digestive organs, and injuring their power to assimilate the food that is to sustain life... Thus the delicate machinery is worn out by the suicidal practices of those who ought to know better. Sin indeed lies at the door. The door is the mouth. — *Unpublished Testimonies, August 25, 1897. HL74.1.*

The time we live in has made it challenging to control our appetites. The desire to have the latest cell phone, to get the most likes or views on our social media platforms, to wear the latest fashion, to indulge in secular entertainment, to indulge in junk foods and fast foods that offer minimal nourishment all attempt to suck us into their pleasures. After all, who doesn't love pleasure or to be pleased? However, you cross a threshold when you allow your appetite for these things to control you impacting you negatively. How do you know when your appetite is imbalanced? Gluttony, illnesses, irrational thinking, drunkenness, addictions, gossiping, jealousy, distress, unhealthy relationships, intemperance, spiritual lethargy are all possible signs.

Philippians 4:8 instructs, "...whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things." 1 Corinthians 10:31 advises that "whether you eat or drink, or whatever you do, do all to the glory of God."

If you desire to please God, you must deny the gratification of your appetites and exercise temperance in everything. Satan sees that he cannot have such a controlling power over us as he could if appetite were indulged. — *Testimonies for the Church 3:569. HL 75.1.*

Are you in control of your appetite or is your appetite controlling you? Take control! Seek the help you need. Your health, your life, and even your salvation depends on it.

*This article is written by Ms. Shandera Smith, M.Sc., LDN, BCDE, President of the Adventist Health Professionals Association.*



### FROM THE EDITOR

Are you interested in writing the lead article for the Logos?



Please send an email to

[lsturupp@sbcadventist.org.bs](mailto:lsturupp@sbcadventist.org.bs).



### CALENDAR OF EVENTS 2021

#### APRIL

- 23-25 Youth Mission Congress #YMC (Family Island)
- 24 Park 'N' Praise (Joint AY)
- 24 Baptism Day (Sabbath School)
- 25 Operation Jabez 4
- 25 ATCU Health Promoters Certification Course

#### MAY

- IWILLGO: "BlueAPP Tag" Local Church
- 2 Joint Prayer Meeting
- 2 – 23 Youth Volleyball Season
- 14-16 Solutions to Obstacles Adventist Retreat
- 9 – 15 Health Week - Emphasis Addiction
- 15 Global Adventurer's Day (AM: Local Church)
- Local Personnel Training (ATV – Video Production)
- Communications Advisory Council
- Adventurer's Voice (PM: All Adventurers & Parents)
- Bahamas Academy Special Offering
- 16 International Day of the Boy Child
- SBC Music Committee Meeting
- 22 World Day of Prayer for Children at Risk (IAD)/CHAM Speech Contest
- 28 – 30 IGNITE: Youth Congress & Retreat (Joint AY)
- People to People
- 29 Women Shining God's Light
- 30 ATCU Health Promoters Certification Course (Graduation Ceremony 6:00 p.m. – 7:30 p.m.)

### ADMINISTRATIVE NOTES ST. VINCENT & THE GRENADINES RELIEF FUND

One week ago, on April 9, 2021, the Island of St. Vincent and The Grenadines were rocked by the eruption of the La Soufrière volcano. Thousands of residents were evacuated, and many are now in shelters.

The most urgent need now is for water, masks, and other supplies. The Adventist Development and Relief Agency (ADRA) Bahamas is coordinating this response from the Bahamas. In this regard, we are asking all members to give a special offering on May 1, 2021, towards this cause.

We are still in a global pandemic; however, we must assist our brothers and sisters who have been so severely affected by this tragedy.

On May 1, 2021, please mark your special offering as St. Vincent and we would know how to direct your gifts. Thank you very kindly and we continue to pray for our members in St. Vincent and the Grenadines. — *Administration.*

### I WILL GO ADVENTIST VIRTUAL GLOBAL CAMPMEETING

On **May 19-23, 2021** the General Conference of Seventh-day Adventists will be conducting the first ever "I Will Go" Adventist Virtual Global Campmeeting. All members are asked to register to be a part of this major global church event. Below are the registration website links and other information concerning the event.

<https://www.campmeeting.com>

<https://www.campmeeting.com/americas/>  
<https://2021.campmeeting.com/>



### ABNC STOREWIDE SALE

The Adventist Book & Nutrition Center will be having a Storewide 15% Off - Mother's Day Sale on Thursday, April 29, 2021 from 9:00a.m – 5:00p.m. We look forward to serving you.



### BIBLE STUDY & SPIRIT OF PROPHECY

Bible Class will be held on Sunday April 25, 2021 at 6:30p.m.  
**Topic: "Different than all others: Unique perspectives from the Gospel of John"**

**Part 3 of 4.**

Meeting ID: 915 5872 2673

Passcode: 592256

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



### CHILDREN & ADOLESCENT MINISTRIES DEPARTMENT 1<sup>ST</sup> QUARTER STATISTICAL REPORTS DUE

C.H.A.M leaders are reminded that the statistical reports are due by April 28, 2021. Please send them to the email: [cham@sbcadventist.org.bs](mailto:cham@sbcadventist.org.bs) Thank you.

--Mrs. Lavern A. Sturupp, Children & Adolescent Ministries Director.

## EDUCATION DEPARTMENT

Bahamas Academy is desirous of renting its Early Learning Center facility on Old Trail Road. Interested parties can apply to the Education Director at [aburrows@sbcadventist.org.bs](mailto:aburrows@sbcadventist.org.bs) or call 341-4021. The deadline for applications is April 26, 2021. Thank you. -Elder Anthony Burrows, Education Director.



## HEALTH MINISTRIES DEPARTMENT

### Health Promoters Certification

All persons enrolled in the Health Promoters Certification are asked to contact Nathelyn LaCroix at 826-8486(WhatsApp only please) or by email at [lifestylecounsellor64@gmail.com](mailto:lifestylecounsellor64@gmail.com) regarding practical assignments and also include the proper spelling of your names.

-- Mrs. Nathelyn LaCroix, Health Ministries Director.



## MINISTERIAL DEPARTMENT

### NEW DATES for S.O.A.R

#### Solutions to Obstacles Adventist

#### Retreat May 14-16, 2021

Under the theme **PREPARING FOR EFFECTIVE MINISTRY POST COVID-19**, the Ministerial Department of the South Bahamas Conference of Seventh-day Adventists presents SOAR 2021.

Don't wait until the pandemic has passed to discuss the way forward for your congregation. Attend SOAR and gain knowledge from churches that are already creating the template for ministry post-Covid-19. Please take note of the **NEW DATES May 14-16, 2021**.

To see a list of the subjects and presenters for this year's program, log onto the Conference website ([southbahamasconference.org](http://southbahamasconference.org)) and click on the SOAR link.

-Pastor T. Basil Sturrrup, Ministerial Secretary.



## WOMEN'S MINISTRIES DEPARTMENT

### Women's Devotional

Need help composing your devotional? Not sure how to write your devotional? Need help proofing your devotional? Have no fear for we are here to help! Kindly email us at [sbcwomensministries@sbcadventist.org.bs](mailto:sbcwomensministries@sbcadventist.org.bs) for confidential assistance in getting your transforming story on the pages of the book. Remember: Deadline is June 2021 for acceptance of submissions.

### Upcoming W.M. Events

#### "Ruth & Naomi" Outreach

May & June 2021

Please contact your local leader for details.

### Wednesday Pause & Pray Special Edition

April 28<sup>th</sup>, 2021 – 12:00p.m.-12:30p.m.

Prayer Focus: Spiritual, Emotional/Mental & Physical Health

Zoom ID: 98113813577

Password: 094045

### "Ribbon of Hope" Initiative May 2021

Please contact your Local Leader for details.

## DONATION REQUEST

### Used, But In

#### Good Condition Devotionals

Kindly donate to your local Women's Ministries Leader for distribution during our community outreach projects this year.

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](mailto:SBCwomensministries@sbcadventist.org.bs)

--Mrs. Jacqueline Gibson, Women's Ministries Director.



## EXUMA DISTRICT of CHURCHES A Special Called ZOOM Meeting For All Descendants From Exuma!

The Exuma District of churches is asking all members within the South Bahamas Conference of Seventh-day Adventists to attend a called zoom meeting to be held Saturday, May 8, 2021, at 7:15 p.m.

Zoom ID:

The purpose of the meeting will be to discuss the following items: The District Homecoming Weekend, November 26-28, 2021, the establishment of EEC (Exuma Evangelism Consortium), and the Six-Month Project to build the Rolleville Seventh-day Adventist Church. Plan now to be a part of this exciting meeting designed to make the island of your birth, the birthplace of your parents, or your ancestors a bulwark of the Seventh-day Adventist faith.

--T. Basil Sturrrup, District Pastor.



## NEW ENGLERSTON CHURCH

### Discussion on Covid-19 and Vaccinations

Dr. Paul Toote will be hosting a panel on Wednesday April 28, 2021 via Zoom. This meeting is being sponsored by the New Englerston Seventh-day Adventist Church.

All are invited to attend and ask your questions. Meeting ID: 966 1046 8747  
Passcode: 197321

--Pastor Lynden Williams.



## YOUTH VOICE ANNOUNCEMENTS Park & Praise Finale

Previously scheduled for the afternoon of Sabbath, April 24, 2021 has been **POSTPONED**.

**JOIN US at ONLINE YOUTH CHURCH – Sabbath April 24, 2021 @ 5:00p.m. on the Youtube and FB pages for OYC: Online Youth Church!**

## World Adventurer Day

Date: Sabbath, May 15th, 2021

Where: In every local church, adventurers will lead the Sabbath School and Divine Hour. A Joint celebration of the Adventurer Ministry will be held in the afternoon.

Resources have been sent to Pastors and Adventurer Directors.

"Every youth, every child, has a work to do for the honor of God and the uplifting of humanity." **Education, p.58**

## IGNITE 2021

### 3rd Annual Youth Retreat Congress

Under the theme: *Situationships - the 5 S' Formula*

**Dates:** Friday May 28, 2021, 8:00p.m.

(VIRTUAL ONLY)

Sabbath, May 29, 2021, 9:00a.m. to 7:00p.m. (HYBRID)

**Venue:** New Providence Community Center

\*In person for paid delegates only.

**Age limit:** 18 to 35 years

Cost: \$45.00

**Registration Deadline:**

Sunday May 16, 2021.

**To register please**

**visit:** <https://cutt.ly/Axg5qMR>



## HILLVIEW CHURCH 32<sup>nd</sup> ANNIVERSARY

### "Ebenezer Now & Forever"

Services of Thanksgiving:

Vesper Service -

April 23<sup>rd</sup> @ 7:30p.m.

Divine Worship -

April 24<sup>th</sup> @ 11:00a.m.

Join via YouTube @ Hillview SDA  
Nassau Bahamas.



## FORMER BAHAMAS CONFERENCE WORKER DIES

Mr. Roachel Luc Silas, a former worker at Bahamas Conference and Bahamas Academy from 1979 to 1988 passed away recently. He was well known, loved and respected.

Luc took ill in December 2020 and was diagnosed with pancreatic cancer. On February 10 Luc quietly passed and was buried on February 21<sup>st</sup> at Bethlehem French Seventh-day Adventist Church in Miami, Florida.

His family thanks the Bahamian people who loved and cared for him while living in The Bahamas.

Our prayers are with his wife Marida Silas, their children and numerous family and friends here in The Bahamas, The United States and in Haiti.



# What We Believe

## BELIEF 4:

*What Seventh-day Adventists Believe*

**About GOD THE FATHER.**

God the eternal Father is the Creator, Source, Sustainer, and Sovereign of all creation. He is just and holy, merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness. The qualities and powers exhibited in the Son and the Holy Spirit are also those of the Father.

**References: Gen. 1:1; Deut. 4:35; Ps. 110:1, 4; John 3:16; 14:9; 1 Cor. 15:28; 1 Tim. 1:17; 1 John 4:8; Rev. 4:11.**

Find out more at

<https://www.adventist.org/father/>



Please Email Weekly Announcements

To: [sbclogos@gmail.com](mailto:sbclogos@gmail.com)

Or [logos@sbcadventist.org.bs](mailto: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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SUN SETS NEXT SABBATH

May 1, 2021 @ 7:39p.m.

Have a Happy Sabbath!