



COPING WITH CHANGE



These are changing times. Are all these drastic changes unique to our times? In reality, since the beginning of time things have been changing. There was a change from a perfect, sinless earth to an earth riddled with thorns and thistles, death, disappointment, etc. There was a change from human beings' Heavenly focused with unscarred thoughts to human beings filled with pain, selfishness, and pride. That change was destructive emotionally, spiritually, and physically. The change of the human psyche and behavior led to the "Change-maker," Jesus, coming to earth to die on Calvary so that we (humans) can be changed again or be restored to the original state of eternal peace and happiness. However, that state of eternal peace and happiness will not take place until countless seemingly destructive, tempting, frightening changes will take place.

Here are three scriptures that point us to the kind of change we are to expect. First, there will be spiritual and psychological/emotional changes: 2 Timothy 1-3: "This know also, that in the last days perilous times shall come. For people will be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, Without natural affection, trucebreakers, false accusers, incontinent, fierce, despisers of those that are good..." Second, there will be political changes: Matthew 24:6: "And you will hear of wars and threats of wars, but don't panic. Yes, these things must take place, but the end won't follow immediately." Third, there will be geographical changes. Luke 21:11: "There will be great earthquakes and in various places famines and pestilences. And there will be terrors and great signs from Heaven."

Somehow, many are expecting these changes. However, many are not prepared for the unexpected changes that seemingly leave us with feelings of hopelessness and despair. Thus, many are experiencing anxiety and fear. For example, how do we cope with the sudden, unexpected death of a loved one, loss of a job, no hope for a new job, little or no money, fear of getting sick, etc.? Countless spiritual leaders, behavioral

scientists, and psychologists have been studying this topic over the years. In my research, I discovered that there is one common recommendation among all of them for coping with change. It is "acknowledge that things are changing." A strong force that makes this point difficult is that of denial. In Psychology Today, psychologist, Dr. Stephanie A. Sarkis states: "Denial is a powerful force, and it protects us in many ways.

However, stepping outside of it and saying to yourself, 'Things are changing, and it is okay' can be less stressful than putting it off."

Another author said that 'the only thing that is constant, is change.' Hence, as Christians, based on our world view and understanding of the times, accepting that change is inevitable and even natural is the first way to cope with change.

Another method to help cope with change comes from a medical doctor, Kimberlydawn Wisdom. She states "Plan ahead. If you know change is on the horizon, do some prep work. Think about what you might do when an elderly parent fall ill. If your company has been through recent layoffs, consider how you'll navigate a job change. Change is less stressful when you have a contingency plan in place." Just like we plan ahead for a hurricane or by saving money to go to college, we must do the same for every aspect of our lives. Dr. Kimberlydawn Wisdom shares another powerful way to cope with change that I cannot resist stating. It is "Count your blessings. Whether you just received a difficult diagnosis or you're about to start a new job. Counting your blessings in a gratitude journal or sharing the top three highlights of your day with a family member at dinner can go a long way toward making you feel less depleted. Even during difficult times, things like noticing a starry sky or beautiful sunset or watching a colorful butterfly can act almost like a reset button for your mind."

Dear readers, let us prepare for change. More and more changes are coming. Are you ready? As we practically prepare for the constant changes, let us hold on to the One who never changes but can change the change-Jesus. One day, He will change the always changing to a change that will never change. Trust Him.

Article written by:
Mr. Barrington Brennen, Marriage and Family Therapist and Counseling Psychologist.



ADVENTIST BOOK & NUTRITION CENTER
Adjusted Lockdown Store Hours
The Adventist Book Center will be open:
Mondays and Wednesdays

9:00a.m – 3:00p.m.
Fridays - 9:00a.m – 2:00p.m.



BIBLE CLASS

The South Bahamas Conference of Seventh-day Adventists continues its Bible Class on **Sunday August 9, 2020** from the book of Revelation with *Pastor Lynden Williams*. The session will begin at 6:30p.m. to 8:00p.m.

For further information please contact Pastor Lynden Williams via email at lwilliams@sbcadventist.org.bs

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



COMMUNICATION DEPARTMENT NEW TOWER INSTALLATION IS UNDERWAY

The construction of our new radio tower for WORD SBC 88.3FM is ongoing, following Government restrictions due to the COVID-19 pandemic. During the past few weeks the foundation and base for the tower was completed and the erection of the tower will take place in the upcoming weeks (as far as permitted by the competent authorities). Please join us in prayer for this project.

--Mrs. Lavern Sturup, Communication Director.



CHILDREN & ADOLESCENT MINISTRIES (CHAM) DEPARTMENT VACATION BIBLE SCHOOL XPRIENCE

Theme: HEREOS - 'Making a Big Difference in Small Ways.'

The churches within our Conference have been providing this exciting program for our children during the month of July; and they will continue to make this customized VBS program available ONLINE for our church families and community friends in the month of August.

The CHAM department of our Conference extends a special thank you to our church leaders along with their teams for the vital contributions they are making to the spiritual development of our children.

Please find below additional information of VBS programs your children can be a part of in the upcoming weeks.

Dates for Church VBS Programs:
August 3-7 - Grant's Town Church @ 10:00a.m. – 12:00p.m.
August 9-14 - Berea & Breath of Life Churches @6:00p.m – 7:30p.m.

--Mrs. Lavern Sturup, CHAM Director.



HEALTH MINISTRIES DEPARTMENT

HELP SLOW THE SPREAD OF COVID19

Community practices, such as social distancing (also known as physical distancing), wearing face coverings, closures and canceling large gatherings can help slow the spread of this virus.

Here's how you can help:

- Follow good hygiene practices.
- Listen to and follow the directions of the government authorities.
- Stay home if you can and avoid any non-essential travel. Avoid using any kind of public transportation, ridesharing or taxis, if possible.
- Wear a cloth face covering to cover your mouth and nose when you are in public.
- Keep at least 6 feet between you and others if you must be in public.

Also avoid:

- Close contact with people who do not share your home.
- Group settings, crowded places and mass gatherings.
- Order food and other items online for home delivery or curbside pickup (if possible).
- Connect with loved ones through video calls, phone calls, texts and social media.
- If you or someone in your household becomes sick, self-quarantine. Also, call for advice. 502-7382 (24 hours), 376-9350* (8:00a.m. – 8:00p.m.), 376-9397* (8:00p.m. – 8:00a.m.) 1-242-300-2619*

*TOLL FREE NUMBERS

Excerpt from: The American Red Cross.
If you are experiencing stress during this pandemic, please call

The Crisis Centre for help at
(242)-328-0922 (242)-565-9633

-Mrs. Nathelyn LaCroix, Health Director.



WOMEN'S MINISTRIES DEPARTMENT

Please note that due to this COVID-19 pandemic, our regular submission format has changed.

This week and every week thereafter, we will stay connected thorough our "Sisters for Sisters" words of empowerment and inspiration, coming from women across our Conference. *The submission this week is from Mrs. Abbygail B. Gibson, from the Philadelphia Church.*

*Look at the Opportunity,
not the Difficulty.*

By every objective yardstick these are interesting, challenging times. The global

COVID-19 pandemic has the world in a vice grip. Indeed, in the absence of intervention, COVID has the potential to cause 7 billion infections and 40 million deaths. Moreover, it is estimated that if undeterred, this virus stands to push 50 million citizens around the world into extreme, abject poverty.

Take our own little Bahamas; 100,000 persons are on some form of food assistance program due to the pandemic. Add to all of this the erosion of commerce, the complete realignment of how we teach and operate schools; the restructuring of how we worship; the dismantling of family-oriented events such as baptisms, weddings, funerals, graduations and anniversaries.

Distilled to its essence, we live in uncharted, unprecedented times. In times like these, it's easy to become cynical, despondent, doubtful, discouraged, and dismayed. For many, it's easy to give up on hope and give in to the hype. It's precisely in these moments that women of faith must focus on the opportunities and not the difficulties thrown along life's pathway. These are the times that summon us to ask God to do for us what he did for Stephen as he faced a homicidal mob; what He did for Philip when tasked to take the gospel to all of Africa; what He did for Paul that enabled and propelled him to take the gospel to Europe's remotest bounds.

These are the moments the compel us to welcome God's Grace, Mercy, and Power to manifest themselves in us and through us so that in the face of difficulties we become greater conduits of opportunity. Yes, in these dim and dark moments, as women of Christ, instead of making excuses; instead of living as those without hope, let us see ourselves anew as vessels of opportunity to fulfill God's mission. After all, disasters and difficulties are mere opportunities for us to shine as resplendent candles illuminating a desperate world.

So, while we adhere scrupulously to all prescribed protocols, let us not relent or recant from that higher calling to be witnesses ALBEIT via social media to friends, neighbors, strangers, and even family members. The expansion and extension of the gospel is our divine mandate. From this, we cannot resign, rest, or retire. We must press on. STAY SAFE Ladies!!

Upcoming Event

"Pandemic Panic births Prayer and Praise". Stay tuned for more details on this Women's Ministries event.

Pause and Pray Wednesday.

Don't forget our weekly Pause and Pray appointment on Wednesdays at noon.

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



YOUTH ANNOUNCEMENTS

BIBLE CONNECTION 2020

Pathfinders- Ages 10-15

SBC Final - August 8th

Study-Bible: Job 1-6 & 38-42, Proverbs 1-10, Books-The Great Controversy 31-32, Messages to Young People 111, 119

Cash Prizes-

Jeremiah = \$500.00

Samuel = \$300.00

Miriam = \$150.00

Youth- Ages 16-30

SBC Final- August 15th

Study- Bible: Job 1-42, Books: The Great Controversy 17, 19, 31,32

Cash Prizes-

Ruth = \$1000.00

Daniel = \$500.00

Josiah = \$300.00

-Pastor Jamal Franklyn, Adventist Youth Ministries Director.



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
August 15,
2020 -
7:43p.m.

Happy Sabbath!