

THE LOGOS



Christ, Our Soon Coming King

“Let’s Talk About Him”

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A SELF-CARE IN ISOLATING TIMES



Congregational care during this Coronavirus (COVID-19) pandemic is essential. However, traditional congregational care is very strained at best now. Ministry is quite different than it was two weeks ago. We cannot meet or gather as congregations. Caregiving for bereaving families unable to attend funeral services or members who may not be digitally connected, and those losing employment while working from home are just some examples of how ministry is different.

Intentional pastoral care to families, which includes seniors who may be more isolated, parents working from home, youth, and children home every day out of school, requires more creativity and strategic vision. The congregational need for dedicated pastoral care is self-evident. It is due to uncertainty, anxiety, and the expressed unknown of an odorless, colorless, tasteless, and sightless contagion. It has caused enormous pressure on health care and stress on economic systems globally, and as a result, has brought ministry pressure to the church. Because we are ministering in unprecedented times, it requires a particular ministry.

Ministry served out of the pastor's house for days or weeks using technology in many ways requires more intentionality, time, and planning. Coaching married couples, planning worship services, verifying congregational news, meeting with ministry leaders, and providing

spiritual care can defy the clock and deplete all energy. However, deliberate self-care will yield effectiveness over the long haul of ministry for the pastor.

To care for others consistently necessitates the need to care for oneself. If you are not well, it is pretty hard to care for others. Quite frankly, you cannot give what you do not have. Airlines figured this out long ago in a depleted oxygen environment, establishing the guidelines for parents to take care of themselves first when donning their oxygen masks, then to take care of their children. We learned from the airlines that self-care is not selfish, although, in years past, the mere mention of self-care evoked misunderstanding and the label of not giving all. Early on in pastoral ministry, I remember hearing senior leaders brag about the last time they had a vacation as if it were a badge of honor. But I wonder today how their family's felt about it.

Self-care is not selfish. It is wise. Even our Lord Jesus encouraged his disciples to get away to a quiet place to rest awhile when the ministry was so busy, and they didn't take time to eat. Mark 6:31. Self-care is the practical means for ministry staying power, a balanced approach to a vibrant, sustainable ministry.

Self-care can bring clarity to help nurture a spiritual discipline that establishes a relationship with God. We may feel that we have had so much theology educationally that we do not need to study, pray, or take it seriously anymore. Intimacy with Christ can only be faked for a season. The secret to any authentic, viable ministry is to know the living Lord personally and intimately.

Self-care can also be experienced by a change of pace, resting, meditating, praying, and taking time out for physical exercise. Self-care is the replenishing of the depleted resources exhausted mentally, emotionally, spiritually, physically, and socially in ministry. Amazingly these were

the exact attributes of our Lord Jesus as he grew into a man. Luke 2:52. Understanding the complex role of contemporary pastors gives insight into the necessity for spiritual connection, emotional care, and physical awareness. All are essential and important to life balance in the professional journey of Adventist pastors.

Finally, because of the rise in the need for congregational care during these times, more attention should be given to self-care in pastoral ministry. In fact, "to pastor is to care." Caring is more about who we are as persons and yields through action what we do. Caring through feeding, equipping, leading, and serving are all a part of the biblical role and calling of a pastor. The higher the demand from the congregation and community, the more focus should be given to the question "how am I doing?" During this pandemic, faithful caregiving pastors are needed more than ever. If you fail at self-care, you certainly won't be effective while caring for others. So, I pray you will take care of yourself along the journey of pastoral ministry, to be the best caregivers, especially during this pandemic.

Ivan L. Williams, Sr. is the Ministerial Director for the North American Division of Seventh-day Adventists

April 03, 2020 Article - <https://www.nadministerial.com/stories/self-care-in-isolating-times>



CALENDAR OF EVENTS 2020 DECEMBER

- 11 – 12: 4th Quarter Youth Day (Local Church/District)
- 11 – 12: Winter Youth Retreats (Local Church/District)
- 12: Youth Emphasis Day/Meistersinger Annual Christmas Concert (p.m.)
- 13: Youth Banquets (Local Churches/District)
- 14: Health Emphasis Day/Choir Day
- 18: Office Closes for the Holiday
- 19: Christmas Sabbath
- 19: Music Day (Local Churches, a.m.)
- 25: Festival of Carols (Joint, p.m.)
- 31: Year End Service

BIBLE CLASS

Bible Class continues Sunday @ 6:30 via Zoom and YouTube. -Pastor Lynden Williams, Spirit of Prophecy Coordinator.



CHILDREN & ADOLESCENT MINISTRIES DEPARTMENT Kids Talents for Jesus Competition

Thank you is extended to the parents and participants which entered in our special 25th Anniversary Talent Competition, in conjunction with the General Conference of Seventh-day Adventists, to exhibit the gifts of our children and teens. They all are very talented, and we will exhibit these entries on our social media platforms in the upcoming weeks.

We say congratulations to the top finishers in each category:

POEM CATEGORY

1st place – Christian Darling (11yrs. old)
Johnson Park Church

2nd place – Hunae Moss (12 yrs. old)
New Macedonia Church, South Andros

3rd place – Shantana Smith (13 yrs. old)
New Englerston Church

VIDEO CATEGORY

1st place – Rickia Johnson (14 yrs. old)
Living Faith Church

2nd place – Amara Greene (13 yrs. old)
Good News Church

3rd place – Johiri Wilkinson (7 yrs. old)
Grant's Town Church

ART CATEGORY

1st place – Sierra Edwards (12 years old)
Berea Church

2nd place – Beyonce Knowles (10 yrs. old)
Gambier Church

3rd place – Bethany Barr (4 yrs. old)
Grant's Town Church

May God bless all of our children as they continue to use their gifts for God. – Mrs. Lavern A. Sturup, Children & Adolescent Ministries Director.



HEALTH MINISTRIES DEPARTMENT UPCOMING EVENTS

December 20 - Cooking Class (Hillview)

Health Tip – Mind Cure

The relation that exists between the mind and the body is very intimate. When one is affected,

the other sympathizes. The condition of the mind affects the health to a far greater degree than many realize. Many of the diseases from which men suffer are the result of mental depression.

Grief, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life forces and to invite decay and death.

Disease is sometimes produced and is often greatly aggravated, by the imagination. Many are lifelong invalids who might be well if they only thought so. Many imagine that every slight exposure will cause illness, and the evil effect is produced because it is expected. Many die from disease the cause of which is wholly imaginary.

Courage, hope, faith, sympathy, love, promote health, and prolong life. A contented mind, a cheerful spirit is health to the body and strength to the soul. "A merry heart doeth good like a medicine." - The Ministry of Healing.

– Mrs. Nathelyn LaCroix, Health Ministries Director.



WOMEN'S MINISTRIES DEPARTMENT

Thanks from Women's Ministries

On behalf of the Women's Ministries Department of the South Bahamas Conference, I wish to take this opportunity to say a sincere thank you to the Administration, Women's Ministries Leaders in New Providence and Family Islands, my Council Members, GEMS and their Mentors as well as the many faithful women who supported and provided encouragement during this year.

I am humbled to lead the women here in The South Bahamas Conference and while COVID-19 may have restrained some of our plans, by God's grace, we press on and will finish strong. Stay poised and ready, as we continued to be empowered by the Holy Spirit to Shine for Christ in 2021.

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

Upcoming Events

Apple Strudel Tutorial

Sunday, December 13, 2020 10:45 a.m.

We Care, so we will share. Bake two and give one away as a Random Act of Kindness- "God in Shoes" Initiative. **Zoom ID :97369554488**

Passcode: strudel.



Christmas Food Box Delivery

December 19-24, 2020.

Women's Devotional Submissions

Deadline June 2021.



Yuletide Greetings from Women's Ministries

As we approach another yuletide season, amid all the hustle and bustle, bells and whistles, the focus for the world is giving and receiving. However, as children of God, let us primarily focus on the Christ-child, the most important gift we could ever receive, as found in John 3:16.

There is a quote that says, "You can give without loving, but you cannot love without giving". This God-given love will prompt us to give of our time, abilities, resources and of ourselves. Giving is how we show our love, which is sometimes the greatest gift of all.

May the spirit of God's peace and presence be ours as we celebrate His birth; the only gift that will last for eternity!

On behalf of the Women's Ministries Department, I wish you all Happy Holidays and an even more spirit-filled New Year!

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.



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
December 19,
2020
5:25 p.m.

Happy Sabbath!