

THE LOGOS

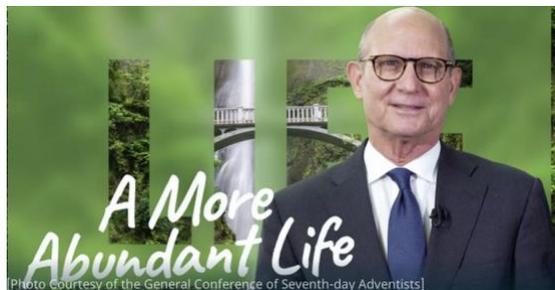


EMPOWERED BY CHRIST

“I WILL GO”

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CONVENTION 2021



Happy New Year, friends!

Everyone likes to have a new beginning—especially after experiencing such challenges as we faced in 2020! And while we don't know exactly what the new year holds, we can be assured that God does, and we can be confident and secure in Him as we trust and follow Jesus in 2021.

A new year is a gift—an opportunity for a new beginning. It's a time to try new things, change old habits, and make better choices—especially when it comes to health—both physically and mentally.

As Seventh-day Adventists, we have known for a long time about the important connection between mind and body. In 1875, Ellen White wrote:

“Between the mind and the body there is a mysterious and wonderful relation. They react upon each other. To keep the body in a healthy condition to develop its strength, that every part of the living machinery may act harmoniously, should be the first study of our life. To neglect the body is to neglect the mind. It cannot be to the glory of God for His children to have sickly bodies or dwarfed minds” (Testimonies for the Church, vol. 3, pp. 485, 486).

Adventist health practices have been noticed around the world and studies show that those practicing the Adventist lifestyle of eating a plant-based diet, getting regular exercise, abstaining from harmful substances such as alcohol and tobacco, maintaining a healthy body weight, and eating nuts regularly can significantly increase a person's life expectancy by several years.

Getting off to a good start can go a long way in maintaining healthy habits. I was fortunate that from my childhood, my parents were very careful about living a healthy lifestyle. I've been a vegetarian all my life. Water, rest and exercise were all important aspects in our home.

I believe it is vital parents provide a healthy lifestyle at home. It lays a foundation that will last throughout their children's lives. And providing not only instruction, but, more importantly, a daily, practical living demonstration will speak volumes to young people in the home. Parents, you have an enormous influence on your children.

Throughout my life, I've continued to practice what I learned in my early years. I haven't had any problem eating a plant-based diet, and research has shown that this diet provides much more physical stamina and greatly reduces the chances for heart disease and stroke.

Nancy is a great cook and has found many ways to provide very tasty and delightful vegetarian, plant-based meals.

For exercise, I really enjoy walking, and try to walk at least 2 miles (3 kilometers) each day. Although walking takes longer than jogging or cycling, it's so easy and you can notice many wonderful things around you as you walk. In addition, you can download and listen to the Bible, the Spirit of Prophecy or other uplifting material while you walk. To find time for devotions and exercise, it's important to plan ahead for these important aspects of a strong, healthy life.

Sleep is another very important component to healthy living. Doctors recommend adults get 7 to 9 hours of sleep each night, with children and teens needing even more. Getting enough sleep has numerous health benefits, including boosting our immune system and helping us to think clearly. When we don't get enough sleep, it affects us in many negative ways that are detrimental to good health. It's so important to get adequate rest and sleep.

Other ways of staying healthy include drinking plenty of water—at least 8 to 10 glasses a day. You'll be amazed how refreshing this is, and what an energy boost

simple, clean water can give! Being outside in the fresh air and sunlight is also important for good health. Even when it's cold, you can dress up warmly and go out for a brisk walk or other enjoyable outdoor activities.

As followers of Christ, it's important to choose carefully what we eat and drink, to take time to exercise, to drink plenty of water, to be sure to get our much-needed rest, and to consider how we look at life in general as we lean on Christ each day.

It's interesting to note that the spiritual and physical aspects of life are very much bound together. We are reminded of this in **1 Corinthians 6:19** and **20**: “Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.” I encourage you to read God's Word and see how many health blessings are provided in Scripture. I also encourage you to read books such as *The Ministry of Healing*, *Medical Ministry*, *Counsels on Health*, and *Counsels on Diet and Foods*. All of these books and more are available for free download at egwwritings.org.

As we submit to the Lord and follow His health laws outlined in the Bible and the Spirit of Prophecy, we become healthier, happier, and holier—all through the power and grace of Jesus Christ. Apart from Him, none of this is possible. But God will add His incredible blessings when you ask Him to help you to live healthfully, enjoying life to the fullest. Jesus said, in

John 10:10, “... I am come that they might have life, and that they might have it more abundantly.”

May you have a happy, healthy, abundant life in this new year!

Let's pray together. Father in heaven, thank you for the marvelous instruction you given to us in the Bible and the Spirit of Prophecy about living healthfully, that our mind and our body are so tied together in a marvelous way and that we are to eat properly, drink appropriately and exercise and keep our body in good condition, getting enough rest and trusting in you for all things. Lord bless us as we enter the New Year, give us an understanding of your mission and vision for

our lives, as we help people to focus upon the tremendous messages of Revelation 14 those Three Angels Messages with Christ and his righteousness at the core, drawing people to the true worship of God and helping them to prepare through the grace of Jesus, through the power of the Holy Spirit, for Christ soon Second Coming. Thank you for hearing us and thank you for your blessing during the New Year of 2021, in Jesus name we ask it, Amen!

(This article courtesy of the Adventist Review magazine January 1, 2021 edition).

Elder Ted N.C. Wilson
President, Seventh-day Adventist World Church.



CALENDAR OF EVENTS 2021

JANUARY

- 6-16 Ten Days of Prayer
- 8-9 Convention
- Conference Wide Social
- 10 Annual Meeting
- 11 Let's Move To Live (Virtual Launch)
- 13 Publishing Board
- 14 Audit Meetings
- Bahamas Academy School Board
- 17 Sabbath School Superintendents & Secretaries Training
- Grant Writing Workshop
- 21 Conference Executive Committee Meeting
- 22-24 A. C.L.A.S.S. – 10 Hrs. ADV, PDF/SYL Course
- 24 AHPA & Health Ministries Re-consecration Service
- 24 CHAM Planning Meeting
- 30 Park 'N' Praise (Joint AY)
- 31 Masterguide Program Registration
- Sabbath School Teachers' Training
- 31 Communication Leaders Meeting



HAPPENING THIS WEEKEND
WINTER CONVENTION
2021



Theme: "Empowered by Christ, I Will Go"
January 8-11, 2021.

Guest Speaker: Dr. Paula Olivier,
Ebenezer Seventh-day Adventist Church,
Freeport NY.

- January 8 – Worship Service @7:00p.m.
- January 9 –Sabbath School @9:30a.m. (on ATV658) (Youth & Adults) / Children's Sabbath School (on ATV 658 @9:00a.m. & via Whatsapp/CHAM FB page)
- Divine Worship Service @11:00a.m. (on ATV658)

Afternoon Service @4:00p.m. 'Are We There Yet?'
Social @7:00p.m.
January 10 – Annual Meeting @9:00a.m.-4:00p.m.

January 11 – Let's Move to Live Virtual Fun/Run/Walk

Join us in a time of worship, praise and fellowship online from our website and also on Youtube & Facebook.

Sabbath Services will be broadcasted LIVE on ATV658 beginning at 9:00a.m for our children continuing with Sabbath School at 9:30a.m and Divine Service at 11a.m.



Meeting ID: 978 5809 0629
Passcode: 096688

MEET OUR CONVENTION
SPEAKER



Dr. Paula Olivier is the Pastor of the Ebenezer Seventh-day Adventist Church, Freeport, New York.

She has preached across the United States, Canada, United Kingdom, Venezuela, the Caribbean and Israel. Dr. Olivier is also a John Maxwell Certified Speaker, Trainer and Coach. She is founder and creator of the Life Skills Academy that teaches community youth financial literacy, basic automotive, health and job readiness. Her favorite text comes from Galatians 2:20 "I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me." This is her motivation for ministry—a deep sense of indebtedness to the Cross of Calvary.



HEALTH MINISTRIES
DEPARTMENT

Upcoming Events - 2021

January 11 - Let's Move to Live Fun/Run/ Walk
February 8 - 8 Weeks to Wellness
-- Mrs. Nathelyn LaCroix, Health Director.



WOMEN'S MINISTRIES
DEPARTMENT

New Year Blessings from Women's Ministries

On behalf of the Women's Ministries Department of the South Bahamas Conference, I wish to take this opportunity to extend to each of you a happy New Year and one that is filled with all God's blessings. Under the theme 'God's Beloved Daughters, Shining for Christ', my hope and prayer is that we enter 2021, more resolved than ever, to do the special work God has for us.

We will still be unable to connect physically initially, but our innovative and spiritually inspiring initiatives will come to you from your Local Leader, as well as they will be posted on our Facebook page. Additionally, we are asking all new leaders to kindly contact Sis. Tanya Miller at the SBC Office with your contact details.

My team and I are grateful to you, the many faithful women, who supported and provided encouragement during last year and look forward to an even greater commitment to God's cause this year.

Stay poised and ready, as we continue to be empowered by the Holy Spirit to Shine for Christ in 2021.

Upcoming Events

Prayer of Consecration – January 9, 2021
International Women's Day of Prayer – March 6, 2021

Women's Devotional Submissions

Deadline June 2021

Pause and Pray Wednesday.

Don't forget our weekly Pause and Pray appointment on Wednesdays at noon which will be expanded in 2021. Details to follow.

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



Please Email Weekly Announcements

To: sbclgog@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
January 16, 2020 @ 5:42 p.m.



Have a Happy Sabbath
And a Blessed New Year!