



## HEALTH AND STEWARDSHIP



Dr. Nasasha A. Bootle-McKinney

As a product of an Adventist upbringing, stewardship was a term that I became familiar with early in my life. Merriam Webster Dictionary defines stewardship as, “the careful and responsible management of something entrusted to one’s care.” Although stewardship itself was not a foreign concept to me, it was one that I previously did not fully comprehend. My understanding of stewardship was only limited to ‘good financial management’ but as I became more knowledgeable, I realized that stewardship was so much more than just that. There are many blessings God has entrusted to our care that we are expected to manage responsibly and of these many blessings, I would like to focus on health.

Did you know that it is quite possible for one to be deemed an unfaithful steward of one’s health? Upon self-reflection, if you are not a faithful steward in this regard, this article serves as a wakeup call. Being a faithful steward of your health shows God that you are grateful for the gift you have been given and this honors him.

In 2019 the top 10 causes of death in The Bahamas were listed, included in this list were ischemic heart disease, diabetes, stroke, hypertensive heart disease, and chronic kidney disease.<sup>1</sup> The major risk factors for most of these diseases can be largely controlled with lifestyle modification. These modifiable risk factors include poor diet, sedentary lifestyle, and obesity among others. In 2019 the STEPS survey was undertaken by The Bahamas Ministry of Health which reported that 71.6% of Bahamians are overweight or obese. This doubles the global prevalence, which is currently at 39%.<sup>2</sup> This report is quite concerning as, studies have confirm that obesity is a major public health problem which results in decreased life expectancy especially in younger age groups.<sup>3</sup> The survey also revealed that the diet of most Bahamians is poor with a majority of Bahamians drinking an average of 2 cans of soda per day, consuming more than double the recommended daily 2 grams of salt and eating less than 3 servings of fruits and vegetables each day.<sup>2</sup> It is safe to say that these statistics reveal that as a nation, Bahamians have been poor stewards of their health.

I am proud of the Seventh-day Adventist (S.D.A) health message. This message emphasizes and promotes good physical, mental and spiritual health. The S.D.A health ministries have adopted the acronym N.E.W.S.T.A.R.T to assist with delivery of this health message. Good Nutrition, daily Exercise, recommended daily Water intake, Sunshine, Temperance, fresh Air, lots of Rest, and Trust in divine power are all essential. Applying this acronym to our daily lives will ensure that we

are on the right path to becoming faithful stewards of our health.

Our bodies, including the life within, is a blessing from God and is to be used in service for Him. In order for this to happen we must take care of our bodies and strive to be healthy.

*“Those who thus shorten their lives by disregarding nature’s laws are guilty of robbery toward God”<sup>4</sup>*

The Apostle John in his letter to Gaius wrote in 3 John 1:2 *“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth”*.

This is what I also wish for everyone reading this article. If you require guidance, please do not hesitate to speak to the Health Ministries team of your church.

<sup>1</sup> The Bahamas. (2015, September 9). Institute for Health Metrics and Evaluation. <https://www.healthdata.org/bahamas>

<sup>1</sup> Ministry of Health. “The Bahamas STEPS Survey 2019.” The Bahamas Ministry of Health, 29 Aug. 2019.

<sup>1</sup> Kelishadi, Roya. “Health Impacts of Obesity.” Pakistan Journal of Medical Sciences, vol. 31, no. 1, 24 Nov. 2015. [www.ncbi.nlm.nih.gov/pmc/articles/PMC4386197/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4386197/), 10.12669/pjms.311.7033. Accessed 9 May 2022.

<sup>4</sup> White, Ellen G. Counsels on Health. 1st ed., Idaho Pacific Press, 5 Dec. 2010. [m.egwritings.org/en/book/20.200#202](http://m.egwritings.org/en/book/20.200#202). Accessed 9 May 2022.

Article written by:  
Dr. Nasasha A. Bootle-McKinney BSc (Hons), MBBS, District Medical Officer- North Andros, Health Ministries Leader- Lowe Sound Seventh-day Adventist Church.

- 29 Health and Hope Promoters Certification (Level 2 Training)
- 29 Creative Arts Influencers Awards #CAIA



### Notice of the Sixth Quadrennial Session of the South Bahamas Conference

Notice is hereby given that the Sixth Quadrennial Session of the South Bahamas Conference of Seventh-day Adventists will convene at the **Hillview Seventh-day Adventist Church, #134 Tonique Williams-Darling Highway, Nassau, New Providence, The Bahamas on Sunday, November 13, 2022, and Monday, November 14, 2022.**

Online registration will commence at **10:00 a.m. via the conference’s website on Monday, October 31, 2022, and will continue until 12:00 noon on Friday, November 11, 2022.**

This session is called to:

1. Receive reports from the officers, departmental directors, and auditor.
2. Elect officers, departmental directors, and executive committee members for the next quadrennium.
3. Elect officers of the South Bahamas Conference Corporation
4. Consider and vote on proposed amendments to the Constitution and Bylaws of the South Bahamas Conference of Seventh-day Adventists.
5. Transact such other business as shall be properly brought to the meeting.

All duly appointed delegates are invited to be present at this conference session.

By order,  
Leonardo D. K. Rahming, (Pastor)  
Executive Secretary.



### Administrative Assistant Job Opening

The South Bahamas Conference is seeking applications for the position of administrative assistant.

### Core Function

To execute administrative tasks in a timely, efficient, and effective manner to ensure the professional functioning of the managerial and departmental operations. Responsibilities will include preparing correspondence, answering phones, monitoring office inventory and ordering supplies, maintaining calendars, meeting preparation, and various other assignments.

### Qualifications

- Seventh-day Adventist Christian
- Bachelor’s degree
- Knowledge of the bookkeeping process and financial management along with related software
- Computer skills: proficiency with MS Office applications (Word, Excel, and PowerPoint) and Google Docs
- Strong organizational skills
- Ability to implement standard office procedures/practices and operate office equipment



 **FROM THE EDITOR**  
*Are you interested in writing the lead article for the Logos?*  
*Please send an email to [Isturupp@sbcadventist.org.bs](mailto:Isturupp@sbcadventist.org.bs)*



### CALENDAR OF EVENTS MAY

- 6 – 8 Evangelism Conference (ATCU)
- 8 VBS Leaders Workshop (Video)
- 14 Special Offering Collected (Bahamas Academy)
- 15 Health Week
- 16 – 17 ATCU Mid-year Meetings
- 16 International Day of the Boy Child
- 21 World Adventurer’s Day (A.M – Local Church) / Joint Service (P.M.)
- 22 Music Committee Meeting
- 24 Departmental and Coordinators Meeting
- 26 Executive Committee Meeting
- 27 SBC IGNITE Congress Retreat
- 28 IGNITE Youth Congress Retreat
- 28 World Day of Prayer for Children at Risk (IAD)
- C.H.A.M Speech Contest

- Excellent verbal and written communication skills
- Previous successful experience in an office environment
- Excellent interpersonal skills
- Ability to effectively interact with constituency members, the business community, and staff members
- Ability to maintain strict confidentiality

Interested persons may email their resumes to [secretariat@sbcadventist.org.bs](mailto:secretariat@sbcadventist.org.bs) or submit them to Office of the Secretariat, South Bahamas Conference Headquarters, 135 Tonique Williams-Darling Highway, Nassau, N.P., The Bahamas by May 27, 2022.



**CHILDREN & ADOLESCENT MINISTRIES | C.H.A.M DEPARTMENT -UPCOMING EVENTS - SPEECH CONTEST – May 28, 2022**

After taking part in a two-week instruction on the art of presenting a speech, in categories 8-11 and 12-15 years, the finalists will participate in a Speech Contest at the Grant's Town Seventh-day Adventist church on Saturday May 28, 2022 at 5:00p.m. Plan now to support as our children share their talents. Prizes will be awarded to the winners and runners up in both categories and certificates given to all who participated in the Speech training.

**C.H.A.M RETREAT - June 3 - 4, 2022**

The Retreat for the Children & Adolescent Ministries Department will be held under the theme: *"Break Out - Escape From Ordinary To Extraordinary."* The children will be a part of an exciting adventure as they learn about the plans God has for their lives. Watch here for registration information. A small fee will be required.  
- Mrs. Lavern A. Sturup, Children & Adolescent Ministries Director.



**HEALTH DEPARTMENT**

**Health Ministries and Adventist Health Professionals Week  
May 15 – 21, 2022**

- May 15 @ 6:30a.m - Health run/walk/walk Goodman's Bay to Sandy Port and back.
- May 15 @ 9:00a.m Health Expo Outreach
- May 18 Prayer and Praise Wednesday night Service
- May 19 Supplement in the Nassau Guardian
- May 20 Vesper Friday evening to bring in the Sabbath
- May 21 Joint Health Ministries Divine Service

-Mrs. Nathelyn LaCroix,  
Health Ministries Director.



**WOMEN'S MINISTRIES DEPARTMENT**

**Grants Town Church**

Women's Ministries Feminine Hygiene Drive  
April 12<sup>th</sup> – May 20<sup>th</sup>, 2022  
Please contact GTSDA WMD for details on how to participate.

**New Providence Church**  
Women's Ministries Mini Revival Series  
"Walk in Your Purpose"  
May 18<sup>th</sup> – 20<sup>th</sup>, 2022  
Zoom ID: 953 6070 1962  
Passcode: 774917

**Message of Hope**  
Women's Ministries Spring Tea Party  
May 22<sup>nd</sup>, 2022  
Details to follow.

**Johnson Park Church**  
Women's Ministries Tea Party  
June 5<sup>th</sup>, 2022 - 2:00 p.m  
Camp Bamivoca  
Minimal Ticket Donation Required

**Women's Ministries & G.E.M.S Emphasis Day**  
June 11, 2022  
To be observed in each Local Church

**Women's Ministries Book Club Initiative**

Empowering the Mind, Soul, and the Community.  
Please see your Local Leader for more details on how to participate in this empowering initiative.

**Devotional Update**

Ladies, there are a limited number of devotionals at the ABC for purchasing.

Please also note that all sale proceeds will be used for Women's Ministries Community Outreach Programs in 2022.

Remember to Pause & Pray with us in your virtual space each Wednesday at noon.

**DONATION REQUEST**

Gently used but in good condition Devotionals & Books.

Kindly donate to your local Women's Ministries Leader for distribution during our Community Outreach Projects and Book Club 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.



**YOUTH MINISTRIES DEPARTMENT  
World Adventurer Day**

May 21, 2022  
Morning: Service in local churches.  
Afternoon: Adventuree joint service for Adventurers, Parents & Counsellors.

**IGNITE 2022**

Theme: Marry-terial: I Said Yes!  
Date: May 27-28, 2022  
Friday - 7:00p.m  
Sabbath - 9:00a.m  
Cost: \$30.00

Venue: New Providence Community Center,  
Blake Road  
Seminars on single life, dating tips,  
engagement planning & marriage skills.

**SUMMER SPORTS 2022**

Volleyball  
May 28 - Volleyball Jamboree  
June 4 - Volleyball Tournament begins

Basketball - July 2-30

**Adventist Track & Field Championship**

Sunday, July 31, 2022  
Thomas A. Robinson Old Stadium  
@ 9:00a.m.  
--Pastor Jamal Franklyn,  
Youth Director.



**WHAT WE BELIEVE**  
The Holy Scriptures

The Holy Scriptures, Old and New Testaments, are the written Word of God, given by divine inspiration.

The inspired authors spoke and wrote as they were moved by the Holy Spirit. In this Word, God has committed to humanity the knowledge necessary for salvation.

The Holy Scriptures are the supreme, authoritative, and the infallible revelation of His will. They are the standard of character, the test of experience, the definitive revealer of doctrines, and the trustworthy record of God's acts in history.

(Ps. 119:105; Prov. 30:5, 6; Isa. 8:20; John 17:17; 1 Thess. 2:13; 2 Tim. 3:16, 17; Heb. 4:12; 2 Peter 1:20, 21.)



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Or [logos@sbcadventist.org.bs](mailto:logos@sbcadventist.org.bs)  
By Tuesday at 3:00p.m.*

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ATV658 NEWS, as well as weekly  
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**SUNSETS**  
Saturday May 21, 2022 @ 7:50p.m.

*Have a Happy Sabbath!*