

# THE LOGOS



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## President Delivers Sermon at World Health Day Service

The President of The Bahamas Conference of Seventh-day Adventists appeals to parents to pull their children away from television sets, and encourage them to go outdoors to reap the benefits of increased physical activity.

Pastor Keith D. Albury, delivering a sermon at a World Health Day service April 7 at Golden Gates Assembly, said, "Whatever we can do to get people off the couch and active will bring great benefits to The Bahamas. Why not try gardening, mowing the lawn, etc.? Let's get our young people away from the TV and video games. Get them outdoors, engaged in some physical activity."

Pastor Albury also cited advantages to be derived from proper diet, and addressed environmental degradation, the stray-dog problem and air pollution in New Providence.

In a reference to exercise, Pastor Albury quoted the president of the World Health Organization (WHO), Dr. Gro Harlem Brundtland, as having said WHO estimates that lack of physical activity leads to more than two million deaths per year and, combined with improper diet and tobacco use, causes most premature coronary heart diseases, and also increases the risk of several cancers, diabetes, high blood pressure, blood lipid disorders, osteoporosis, depression and anxiety.

Physical activity can be a practical means to achieve other numerous health gains, both directly and indirectly, Dr. Brundtland said.

"It can bring down rates of violence among young people, promote tobacco-free lifestyles and decrease other risky behaviours, such as unsafe sex or illicit drug use," she said. "It can also reduce feelings of isolation and loneliness among the elderly, and improve their physical and mental agility."

Pastor Albury quoted Dr. George Alleyne, President of the Pan American Health Organization (PAHO), as having said, "Along with the problems of excess caloric intake and high fat consumption in our contemporary diet, the sedentary lifestyle of urban life is the most serious problem confronting us today."

Corporations, Pastor Albury suggested, can save a whole lot of money by providing facilities to assist employees to exercise, or by giving them subsidies to join health clubs.

Discussing proper diet, Pastor Albury said the closer one gets to the vegetarian diet God gave Adam and Eve in the Garden of Eden and the children of Israel in the wilderness, the healthier one will be. "For you see," he said, "God is one who created us, and He knows what's best for us." Eating foods with fibre and/or whole grain protects against cancer, especially of the colon, Pastor Albury said. Not everyone who got cancer of the colon had

been avoiding fibre in the diet, but there had been a sad lack of whole grain nutrition in this part of the world while people ate refined foods.

"Whole grains and other foods such as legumes, nuts and vegetables have phytochemicals, which are powerful in reversing or stopping tumour growth," he said. "Even heart disease studies have pinpointed a fibre in oats to be beneficial. So God was right on target with the diet He recommended for man."

Pastor Albury said the consumption of alcohol, sanctioned by governments and society, has destroyed more lives than all other illegal drugs put together. While millions of dollars was being spent to combat marijuana and cocaine-trafficking, governments needed to double that amount to combat the scourge of alcohol. A researcher at the University of South Carolina had demonstrated that even moderate drinking of alcohol destroyed thousands of brain cells.

Characterizing The Bahamas as an overweight nation, Pastor Albury said, "Gussiema may be fun to sing about, but Gussiema will have a whole lot of health problems if she maintains that weight; problems such as diabetes, high blood pressure, etc. So my advice to Gussiema is to be temperate in what you eat. Get some tennis shoes, and hit the road to lose some of that weight." -C. Symmonett, -Part II and conclusion of this article will appear next week.

### Women's Ministries Outreach

Under the theme "Almost Home, Hope for the Journey," the Women's Ministries Department in its evangelistic outreach at the Berea SDA Church got off to a good start on Sunday, April 14. Services will end on Sabbath, April 27<sup>th</sup>. Meetings are being held nightly at 7:30 at the Berea Church. Sis. Iris Henry, Women's Ministries Director of West Indies Union, will conclude the second big week. All women are encouraged to lead their families to these meetings, which are billed to bring the family closer together and deepen each spiritual experience.-A. Scavella, WM Director

### Breath of Life to celebrate 9<sup>th</sup> Anniversary

The Breath of Life Church will celebrate its ninth anniversary during the week of the 21<sup>st</sup> April to the 27, 2002. The week of activities will begin with a Pastor's Appreciation concert on the 21<sup>st</sup> featuring Pastor Walter Arties, who will also be the guest speaker. Tickets for the concert, which will be held at the Nassau Marriott Resort and Crystal Palace Hotel, are available for \$25. Part proceeds will go to the establishment of a pastor's Appreciation Scholarship Fund for deserving students of Bahamas Academy.

### 'What Mean These Stones?' Theme for Hillview Anniversary Celebrations

The Hillview SDA Church, pastor, officers and members began a week of dedication anniversary celebrations on Sabbath, April 13, with Pastor Eric D. Clarke on Sabbath and Pastor Leo C. Rolle on Sunday night; they are both former pastors of the church. Soul-stirring messages were brought to remind and challenge the members to continue to move forward in faith. Accompanying their husbands, Sisters Patrice Clarke and Terri Rolle both gave awesome musical renditions -- "All Rise" and "In This Very Room," respectively.

On Tuesday, April 16, 2002, Pastor Michael A. Smith, who celebrated his birthday on the actual anniversary day (April 16, 1989), preached with power and clarity. His energy saturated the sanctuary as the Holy Spirit moved through the pews with anointing.. This service concluded with special fellowship and refreshments as God's people recounted His leading.

In next week's Logos details of the special Friday Vesper service held to welcome the Sabbath as a church and community family, highlights of our conference president climactic message and dedication of a brand-new baby grand piano today will be published.

On Sunday, April 21, at 7:30 p.m. Hillview will conclude its anniversary celebrations with a grand gospel concert. Come and bring your family for a gospel treat.-Hillview PR Department

### Voice of Prophecy Bahamas Festival

Coming in May members of the VOP Bible School, Newbury Park, California, will be visiting our shores. During May 22 to 25 the VOP Bible school will be re-commissioned by Lonnie Melanshenko, VOP Director, he will be accompanied by his wife, Del Delker and Walter Arties.

### New Amendments to The Triple 'C' Family Plan

For additional and current information on the Triple 'C' Family Plan, please contact your pastor and person responsible at your church for the Triple 'C' Plan.. Remember, we need a minimum of 1,000 persons throughout the entire Conference to sign up in order for the programme to be fully implemented. Church treasurers are reminded that the first month's report should now be submitted to the conference. -Pastor M. A. Smith, Stewardship Director

### 'Adventist Spotlight' now on Cable Bahamas

A 60-minute locally produced television programme, "Adventist Spotlight," can be seen on Cable Bahamas, Channel 12, from 11 a.m. to noon on Saturdays. Pastor K. D. Albury, President of the Bahamas Conference of SDA, will be replayed this week. Rebroadcasts of "Adventist Spotlight" can be viewed on Tuesdays from 8 p.m.

### Adventist Health Ministries Meeting

All members of the Health Ministries Department are asked to meet at the Conference Office on Sunday, April 21, at 2 p.m. as we plan to launch our National Weight Reduction Programme. Plans for the Eight Weeks to Wellness will also be discussed, and the Health Fun Run/Walk will be evaluated. -P. A. Scavella

### Berea 2<sup>nd</sup> Annual Youth Camp

The second annual Berean Youth Retreat commenced at 2 p.m. on Friday, April 5, 2002, at the Adventure Learning camp on Marshal Road. On the heels of a successful crusade and using the theme "I press toward the Mark," the Berean young people spent time away from it all for reflection and rejuvenation.

On Friday afternoon Bro. Audley Mitchell led out in the seminar "Education Career and Resume Writing." He outlined the do's and don'ts of choosing a career and presenting oneself to a potential employer. Pastor Wilfred T. Adderley presented the Vesper though, encouraging the Berean youth to be "the salt of the earth." This was followed by a youth rap session led by Bro. Don Kemp, who challenged the youth to be all they can be for the Lord, and continue despite shortcomings and mistakes of the past.

On Sabbath, Sabbath School and Divine Hour were co-ordinated by Sis. Shantell Moncur and Bro. Eugene Greene. Our A.Y. Leader, Bro. Anthon Miller led, out in a lively and thought-provoking lesson study. Bro. Jayson Greene brought a powerful and sobering message for the Divine Worship using Eccl. 11 and 12 as a theme text. Sabbath afternoon Pastor Barrington Brennen and Dr. Joseph Evans showed a video and slide presentation on abstinence and sexually transmitted diseases. It was an eye-opening experience. After this seminar, we walked to the Adventure Learning Centre, where we were treated to a Planetarium presentation on the galaxies and the solar system that left the young people so awestruck on the creative power of God that it really cannot be expressed in words. Later that night a grand social was held in which food, fun and activities were available for all.

On Sunday morning Sis. Marlene McKinney presented "You and Your Health," in which she dared the youth to be like Daniel who stood firm when confronted with the King's rich foods. She admonished the young people to eat to the honour and glory of God. After a few rounds of volleyball, the group came together, and Bro. Miller thanked them for their participation. After singing the song of unity, "Side by Side," we were dismissed in prayer.

Special thanks to Bro. Anthon Miller and his team for co-ordinating the weekend. Thanks also to Sis. Agatha Moncur and Sis. Nathalie Braynen, who co-ordinated the scrumptious meals for the whole weekend. Indeed, it was a blessing for all in attendance, especially our recently baptized young people who got to see firsthand what Adventist fellowship is all about. -A Bell, Asst. A.Y. Secretary

### 15th Annual Jeff Rodgers Basketball Camps

A ministry for helping young people develop a balanced Christian lifestyle. In collaboration with the Bahamas Conference of Seventh-day

Adventists is holding registration as of April 1, 2002, at Bahamas Academy Secondary School and at the Adventist National Headquarters Youth Department, Harrold Road. Phone: 393 3381 or 341 4021

### SDA Eleuthera Association

The SDA Eleuthera Association will host a gospel concert April 28th at the Grant's Town Church, beginning at 7:45p.m.

All Eleutherans and decedents of Eleuthera are invited to a special meeting at the Grant's Town Church on Sunday, April 21 at 6 p.m.

### Youth Ministries

✓ All churches are asked to submit information, articles, etc. for a "Youth Supplement" to be published in the newspapers during National Youth Month. Please contact Audley Mitchell at 362-1258 or the Youth Department at 341-4021/2.

✓ Youth leaders are kindly reminded to submit the names of all youth officers/leaders for 2002 to the Youth Department.

✓ All Invested Masterguides are requested to attend a very important meeting on Sunday, April 21, at 11:30 a.m. at the Hillview Church.

✓ Masterguide Investiture Service, May 18, at 5 p.m. at the Living Faith Church, Old Trail Road.

✓ National T-Shirt Day May 17, 2002.

✓ National Youth March May 19<sup>th</sup>.

✓ Pathfinder Camp June 30 to July 7<sup>th</sup>.

✓ Adventurers' Banquet will be held Sunday, June 2<sup>nd</sup>, from 4 to 6 p.m. Adventurers' Camp will be held July 7 to 14<sup>th</sup>. Venue to be announced.

✓ Youth Crusade/Revival, July 28 to August 4<sup>th</sup> at the Hillview Church.

✓ Youth Concert August 4<sup>th</sup> at the Hillview Church.

✓ August Monday -- Family Fun and Sports Day (Monday, August 5<sup>th</sup>) All sports representatives are asked to contact Lester Stuart in preparation for August Monday holiday activities.

✓ All Masterguides are requested to register with the Youth Department and complete a Masterguide Profile Form.

✓ All persons wishing to attend the Masterguide Camporee may register with their youth leaders at local churches by May 20, 2002. (Deposit of \$20 is required, and balance of \$50 to be paid by August 10, 2002.)

✓ May 10 to 12, 2002, Youth leaders' meeting will be held in Jamaica. Youth leaders are asked to register to attend.

✓ All Adventurers Leaders are requested to meet with Rohan Creighton, Co-ordinator for Adventurers, on Sunday, April 21, at noon at the Good New Church, Flamingo Gardens.

### Bahamas Academy Secondary

Bahamas Academy Secondary School is looking for a social studies, history, biology and Bible teacher for Grades 7 to 9 to begin in September, 2002. Each applicant should have a bachelor's degree and a teacher's certificate. Interested persons should pick up job applications from the school during normal working hours.

For further information, please contact the school at 393-3381.

### Bahamas Academy Elementary

Bahamas Academy Elementary School is accepting applications for two classroom teachers and one physical education teacher for the school year 2002/2003.

Applications are available at the school between 8 a.m. and 4 p.m. Monday to Thursday, and 8:00 a.m. and 12:30 p.m. on Fridays.

For further information, please contact the school at 393-8898.

### Education

Review and reinforcement classes are available for BJC English, BGCSE maths, off ice procedures, English language and typewriting. Call 393-1493 or 380-4091 for details.

### SDA Educators Association

The Annual Educators Association Boat Cruise will be held on April 28, 2002, beginning at 8:00 p.m. Please contact Sis. Terri Dames for details. -P. Hamilton-Brown

### Bahamas Conference to Hold

#### Executive Meeting

The regular meeting of the Bahamas Conference Executive Committee will be held on Sunday, April 21, at 9:00 a.m. at the Conference Office. Members are encouraged to attend.

#### Breath of Life Singles Seminar

✓ Breath of Life Singles Seminar concludes today during an informative and exciting A Y program that begins at 4 p.m. The topic for discussion is "Sexuality," which will cover sexual purity, the joy of virginity and much more.

✓ Tonight at 8 o'clock at the Good News Fellowship Hall, a Youth Talent Explosion 2002 is on. Come, see, hear and experience Dr. Floyd Carter, BOL Youth Choir, Abigail Penn, Harmonious Praise, Nubia, and Lifted Voices. Special features are a Karate exhibition and view the latest in prom fashions in our fashion show. (Payment accept at the door).

#### Campsite Development committee to Meet

All members of the Campsite Development Committee are asked to meet on Monday, April 29, at 7 p.m. at the Hillview Church. -M. Bonamy

#### Living Faith Pathfinders' Car Wash

The SDA community is invited to support Living Faith Pathfinders' Club in its car wash tomorrow from 9 a.m. to 2 p.m. at the church on Old Trail Road. -R. Johnson

#### Communications Department Reminder

Persons desirous of using the Logos to reach the wider SDA community are reminded that articles should be brief (300 hundred or fewer words), and submitted by noon on Tuesdays. Please refrain from listing prices in your articles. We reserve the right to publish your articles as space is available.

Sun sets today at 7:35 p.m.

Sun sets next Sabbath at 7:37