

Adventist News

South Bahamas Conference of Seventh-day Adventists
Serving Islands in Central to South Bahamas

* Fellowship * Evangelism * Discipleship * Service

242-341-4021
South Bahamas Conference

SOUTH ANDROS LAUNCHES READING PROGRAMME

By Pastor Jeremiah Duncombe

The Agriculture Bible College in Johnson's Bay, South Andros, will launch "READ TO SUCCEED", a special and innovative reading programme to

encourage students to read during the summer holiday. The six-week program will start on Thursday, July 7, at the Agriculture Bible College at 7:30 P.M. and conclude on

Thursday, August 18. Featured literature will include the recently published biography of the Honourable Cynthia "Mother" Pratt, and the Book of St. Matthew in the

New Testament. At the end of the summer programme all participating students will be quizzed on the material covered. Awards will be given to top performers. Prizes will include laptop computers, round trip tickets to Nassau, cash,

and gift certificates for educational supplies. The competition will be organized in two levels: students from primary and secondary schools. It is customary for students on the family islands to spend their summer breaks in New Providence. The students who are unable to visit New Providence are sometimes denied the privilege to attend summer camps. With this new summer program, it is hoped that those left behind in South Andros will now be the fortunate ones. Some will return to school in August with brand new laptops and other special awards. More importantly they will return to school with improved knowledge and reading skills. For further details kindly call 369-1010 or 369-1498.



CONFERENCE LEADERSHIP TEAM



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CHURCHES IN NASSAU

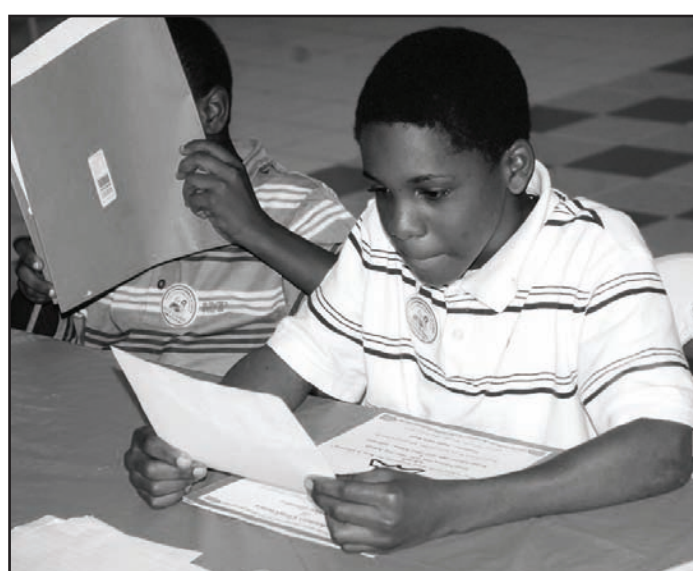
- Adelaide**
Carmichael Road
- Berea**
Blue Hill Road South
341 1607
- Bethany**
John F. Kennedy
- Bethel**
Marshall Road
Breath of Life
Marshall Road
341 8686
- Centreville**
5th Terrace
325 3097
- Ebenezer**
Fox Hill
- Francophone**
Balfour Ave
323 6405
- Gambier**
Gambier Village
- Good News**
Flamingo Gardens
341 4162
- Grant's Town**
Wellington Street
323 6326
- Hillview**
Harold Road
361 8683
- Johnson Park**
Farrington Road
323 6096
- Johnson Road Company**
Johnson Rd. Fox Hill
- Living Faith**
Old Trail Road
394 4077
- Maranatha**
Prince Charles Drive
324 5454
- Message of Hope**
Wulff Road
- New Englerston**
East Street
322 1926
- New Providence**
Soldier Road
393 6197
- Parkgate**
Parkgate Road
393 6032
- Peardale**
Peardale Road
- Philadelphia**
Elizabeth Estates
364 5556
- Real Harvest**
Pinewood Gardens
393 6197
- Redemption**
Wulff Road

FAMILY ISLAND CHURCHES

- North Andros Churches**
Lowe Sound
Red Bays Company
Central Andros
Company
- South Andros Churches**
Kemp's Bay
Blessed Hope
High Rock
New Macedonia
- Cat Island Churches**
Seaview
Devil's Point
- Crooked Island Church**
Landrail Point
- Eleuthera Churches**
Bluff
Gregory Town
James Cistern
Rock Sound
Tarpum Bay
- Exuma Churches**
Mount Thompson
Moss Town
- Long Island Churches**
Steven's
Millerton
- San Salvador Church**
Cockburn Town
- Inagua Church**
Matthew Town
- Acklins Church**
Lovely Bay

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Appreciating your Spouse

By Pastor Barrington Brennen

One of the most important things spouses can do is to show appreciation every day for each other. Too many spouses take each other for granted. They expect their love to last without doing anything. This is false and dangerous. Spouses should find tangible ways to show gratitude to each other. A day should not pass without a spouse showing with words and action how much a partner is loved. When was the last time you said thank you to your spouse? When was the last time you told your spouse "You look lovely, baby?" Remember, once is not enough.

ELEMENTS OF APPRECIATION

According to experts there are at least four elements of appreciation. (1) Acknowledgment: The first step in expressing our appreciation to our partner is to acknowledge the things he or she does. Expressing appreciation for the little things cumulatively builds a rock solid foundation. (2) Adoration: Praise your spouse for the qualities and attributes that make him or her special. Take time to genuinely let your spouse know how much he/she is admired. (3) Acceptance: Learn to accept each other rather than change the other. Accepting each other is a vital part of expressing appreciation in a marriage. Over time one can appreciate the differences and see the benefits they bring individually and as a couple. (4) Affirmation: Let each other know how important he or she is. "Affirmations are important in building and supporting each other's self-esteem. Af-

firming your spouse is a way of validating him or her. When you affirm each other, you kindle the depths of the soul of your marriage."

HOW DO WE AFFIRM EACH OTHER?

Here are a few examples how you can affirm your spouse. Hold hands in the car when at the stop light. Wink at each other across a crowded room. Give a love letter or card on days other than birthdays and anniversaries. Jump surprisingly in the shower with her. Take him a bunch of hibiscus flowers you picked from your garden. Rush out to give your wife a cool glass of water while she is cutting the grass with the lawn mower. Say "good morning honey" to your spouse. Drive each other to work occasionally. Eat lunch together regularly. Go on a date every week. Gossip about your spouse to your friends as often as possible. Have a photo of your spouse on your desk at work or in your wallet.

HAPPY COUPLES LIVE LONGER

The latest research tells us that happy couples live longer and have healthier lives. According to psychologist, Dr. Brent J. Atkinson, in his article Emotion Intelligence, "Evidence suggests that those who succeed in their marriages will live an average of four years longer than those who don't (Gottman & Silver, 1999). They will have an average of 35% less illness, have healthier immune systems, will be substantially less likely to become violent, homicidal,

or suicidal, and less likely to experience an emotional or mental disorder. They will have a lower risk of being involved in automobile accidents. The children of those who succeed in their marriages will have fewer health problems, better academic performance, more social competence, less depression, less problems with social contact, better ability to regulate their emotions, lower heart rate physiological reactivity when experiencing negative emotions, and lower quantities of stress-related hormones circulating in their bodies."

Do all you can to keep your marriage healthy and happy.





The South Bahamas Conference Adventurer & Pathfinder Camp

July 3rd - 10th, 2011

UNDER THE THEME:

"Conquering Giants"

BAMIVOCA,
MARSHALL ROAD

Lots of Fun-filled Honors and Activities.
Craft & Rap Sessions!

Mouth-watering Food and the most
comfortable tents you've ever slept in!

ADVENTURERS - \$100.00 PATHFINDERS - \$120.00

ALL MONIES SHOULD BE TURNED IN TO THE
CONFERENCE OFFICE BY JUNE 24TH, 2011






The Station for your Inspiration



ATV53
Adventist Television
Bahamas

The Station for your Education



3ABNO
Three Angels Broadcasting Network

The Station for your Direction



Adventists Speak

WATCH US TODAY WITH YOUR ENTIRE FAMILY

Adventist Spotlight



ATV53
News Update

There is Hope In King Jesus

Everyone is invited to attend the nearest Seventh-day Adventist Church this Saturday. Sabbath School Starts at 9:15 a.m. Divine service begins at 11 a.m. For the church listing call the Conference office at 341-4021, or visit the website www.bahamasconference.org. Come and see what blessings the Lord has in store for you.

Watch Adventist Spotlight
Fridays between 7:30 P.M. to 9:00 P.M.
Repeat Broadcast Saturday 2:00 PM to 3:30 P.M. Channel 53, Cable Baha-mas

Watch Adventists Speak
Sundays at 1 p.m. to 1:30 p.m.
Channel 53, Cable Bahamas

Watch 3ABN
Christian Television
Channel 53, Cable Bahamas

Watch Hope TV
24/7 Christian Television
Channel 653, Cable Bahamas