

# 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

## CAMP MEETING IN SOUTH BAHAMAS CONFERENCE

The first Camp Meeting of the South Bahamas Conference will be held July 1-3 at the Hillview Seventh-day Adventist Church, Tonique Williams-Darling Highway. There will be seminars and workshops focusing on issues relevant for our life here and in eternity. The entire weekend will feature guest speakers and artists creating the ideal atmosphere for prayer, praise, testimonies and spiritual growth. The opening service will begin at 7:15 on Friday evening, July 1.

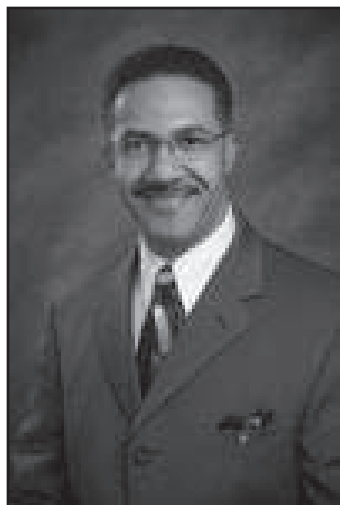
The featured guest speaker will be Leeroy Coleman of Toronto, Canada. He has served for over 26 years as pastor, teacher, evangelist, trainer, counselor and community leader. Coleman, an international speaker, is de-

scribed by many as effective, passionate and inspiring. He is a consultant for Les Brown and other communication experts. He is a contributing writer for Ministry magazine and counseling and family life journals. Pastor Coleman has counseled and prepared scores of couples for marriage and has encouraged many couples to grow and face challenges and embrace the joys of marriage. He is a member of the American Association of Christian Counselors (AACC).

Coleman's life is one of amazing deliverance and awesome miracles. His minis-

try is focused on painting the picture of God on every heart. He regularly reminds himself and others that "God is able to do exceedingly, abundantly above all we can ask or think, according to the power that works in us." Eph.

3:20 He is married with three children.



### CONFERENCE LEADERSHIP TEAM



Pastor Paul Scavella  
President



Pastor Peter Joseph  
Executive Secretary



Elder C. Melvin Lewis  
Treasurer

### CHURCHES IN NASSAU

- Adelaide**  
Carmichael Road
- Berea**  
Blue Hill Road South  
341 1607
- Bethany**  
John F. Kennedy
- Bethel**  
Marshall Road
- Breath of Life**  
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

## 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."

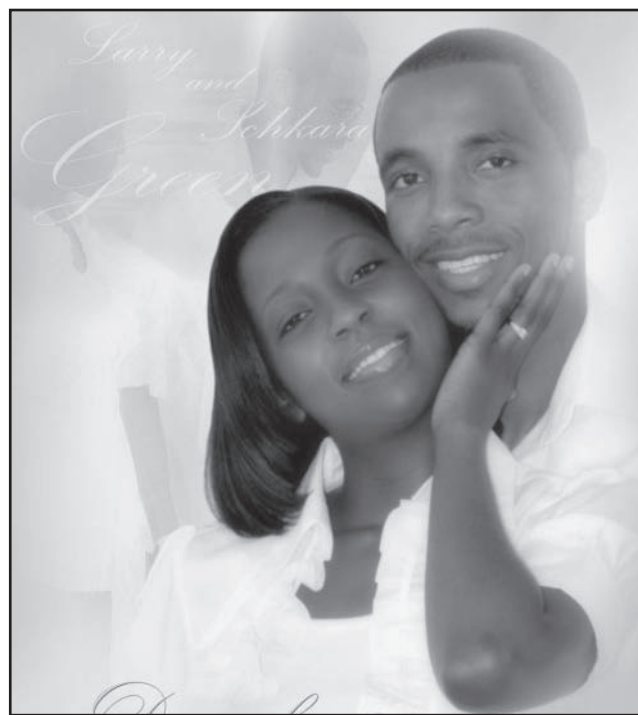
### HOW DO WE AFFIRM EACH OTHER?

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."



The Station for your Inspiration

The Station for your Education

The Station for your Direction

WATCH US TODAY WITH YOUR ENTIRE FAMILY

There is Hope In King Jesus



## 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




### 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

### DEPARTMENT DIRECTORS

- Education,**  
Mrs. Joan Scavella
- Communication**  
Pastor Danhugh  
Gordon
- Youth & Pathfinder**  
Pastor Kent Price
- Community Service**  
Pastor Andrew Burrows
- Ministerial Director & PARL**  
Pastor Michael Toote
- Personal Ministries & Sabbath School**  
Pastor  
Wilfred Adderley
- Stewardship & Trust**  
Elder Kenny Deveaux
- Health**  
Dr. Idamae Hannah
- Women's Ministries**  
Ms. Donalee Bowe
- Children's Ministries**  
Dianne Jones  
Family Life
- Elder Kenny Deveaux**  
Publishing  
Anson Keith Albury

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](http://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 Bahamas

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