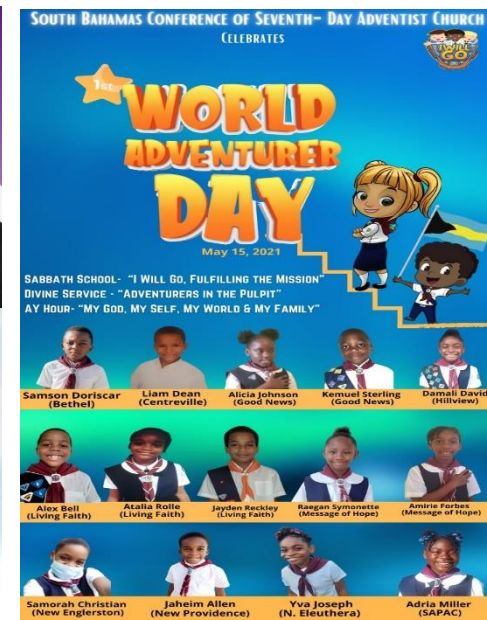


Keith D. Albury Lane | Bethany Cove - West Ridge | Nassau, Bahamas



## Pastor's Vibes

Pastor Franklyn and Evelyn wishes Bethanites a Happy Sabbath!  
May 2021 Mental Health month: "The land is mine!"

### Weekly Challenge: #Reflect & practice self-compassion

- Stewardship of Health

1. Study- 3 John 2

### Biblical Meditation: Start an exercise plan and routine

### Personal Witness: Share with a friend, family, or colleague 1 Bible promise.

## BIRTHDAYS & ANNIVERSARIES

Happy Birthday to all of our May Celebrants!!! Bethany wishes you bountiful blessings!

### May Birthdays

1 <sup>st</sup> Raquel Ingraham	13 <sup>th</sup> Rumeke Young
4 <sup>th</sup> Destini Munroe	15 <sup>th</sup> Benia Dean
8 <sup>th</sup> Gerthlyn Bullens	16 <sup>th</sup> Yvonne Brown
12 <sup>th</sup> Raymond Lewis	20 <sup>th</sup> Jordan Hutcheson
12 <sup>th</sup> Alethia Lewis	28 <sup>th</sup> Rhavae Forbes
13 <sup>th</sup> Jacqueline Cooper	30 <sup>th</sup> Iesha Wallace

♥♥♥ Happy Wedding Anniversary to all of our May LOVEBIRDS!!! ♥♥♥

### May Anniversaries

13<sup>th</sup> Carlos & Chandra Foulkes


### Prayer Requests


The Rollins Family, William (Billy) Wilson, Tyrone Laing, Tanya Ingraham, Benji, Benson Beneby, members travelling, students abroad, business owners, unemployed, sick members, and uniformed branch members.

**"May the words of our mouth, and the meditation of our hearts, be acceptable in Thy sight oh Lord our Strength and our Redeemer."**

## Announcements

Church News

 **Board Meeting:** Board Meeting will be held on Sunday, June 2 at 5PM via Zoom.

 **Temporary mobile ALIV Tower:** Due to issues of connectivity in the Westridge Community, a temporary mobile tower is on site for a period of 6 months. Testing and professional research is being conducted to rectify signal issues for streaming, cellular and cable services. The scientific data results will be shared with all members for informed discussion before making any long-term decision.

### Weekly Services & Ministries:


Prayer Services continue on Tuesdays @6AM and Sabbaths @8AM!


**NO MIDWEEK BIBLE STUDY** this Wednesday due to the Global Camp Meeting that begins @7PM.

SABBATH SCHOOL continues today @ 5PM.

### Tithe & Offering Gifts: "Every gift opens a heavenly door to the giver"

1. Submit cheques **ONLY** to Elders.
2. Deposit directly to Bethany: Local Wiring & Bank Information-  
**RBC Palmdale Branch: #05745 Account No. #1052372**

 **3<sup>rd</sup> Wave-** in Sanctuary Services: **REGISTRATION FOR SERVICES IS ON SITE** with Covid19 Protocols. In the event, that members of Bethany test positive or are exposed to Covid positive cases, in addition to **ON-SITE** registration, pre-registration **ONLINE** will be reimplemented.

 **May is National Mental Health Month.** While we must be vigilant to avoid COVID fatigue, we invite members to attend various mental health workshops to become more mentally aware. Not for ourselves only, but to minister to others effectively. For more details contact Dr. Stephanie Hutcheson, follow our Facebook page or subscribe to: **Bahamas Mental Health Awareness Month**

**Please submit announcements, no later than Tuesday of each week to the church clerk at [bethany.clerk@sbcadventist.org.bs](mailto:bethany.clerk@sbcadventist.org.bs)**

### DISCLAIMER:

Members with comorbidities, are encouraged to worship virtually. Please stay home and self-isolate even with minor symptoms such as cough, headache, mild fever, until you recover. In sanctuary services are voluntary and not mandatory. Bethany Virtual Church is on the following platforms:

 **WASH HANDS**

 **STAY 6ft APART**

YouTube

Facebook