

BETHANY SEVENTH-DAY ADVENTIST CHURCH

SINGLES MINISTRIES

EMPHASIS SABBATH

MAR 25TH

SABBATH SCHOOL

🕒 9:30 AM

DIVINE WORSHIP

🕒 11:00 AM

PASTOR
BARRINGTON BRENNEN



Bethany Seventh-day Adventist Church



Bethany Seventh-day Adventist Church



_bethany242



K. D. Albury Ln., Westridge, Nassau, Bahamas

ORDER OF SERVICE

SABBATH SCHOOL

Sabbath School Motto 2023
TO WIN, TO HOLD, TO TRAIN

Sabbath School Lesson: Rewards of Faithfulness
Superintendent: Luana Ingraham

Opening Prayer.....Sis. Patricia Brown

Song Service.....Sis. Marion Mangaroo

Welcome.....Sis. Shenique Smith-Sands

Opening Remarks.....Sis. Luana Ingraham

Scripture Reading.....Sis. Sharmaine Allen

Mission Story.....Sis. Telinda Missick

Lesson Review.....Elder Anthony Curtis

Closing Song.....Chorister

Closing Remarks.....Sis. Luana Ingraham

Please continue to follow all COVID-19 Protocols as we worship together

ORDER OF SERVICE
DIVINE WORSHIP
SINGLES EMPHASIS
HOSTS: Melanie Hutcheson & Olivia Kemp

Announcements.....Sis. Eloise Rollins
Call to Worship.....Hosts
Invocation.....Bro. Travis Phillips
Introit.....Praise Team
Opening Song.....*Total Praise*.....Praise Team
Welcome.....Hosts
Offertory.....Bro Antoin Bowe
Scripture Reading.....*John 10:10; Psalm 92:12-15; Psalm 1:1-3*.....Hosts
Intercessory Prayer.....Sis. Isadora Bethel

THRIVE

Three Witnesses: Kelli-Ann Sands| Eustacia Jennings| Shenique Sands

Praise & Worship.....Praise Team

EXHORTATION

Sermon.....Pastor Barrington Brennen
Closing Song.....*Praise God from Whom All Blessings Flow*.....Praise Team
Closing Prayer.....Pastor Barrington Brennen

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ANNOUNCEMENTS

Church Announcements for Sabbath March 25, 2023

The Bethany Singles Ministry under the name “Thrive” is a fellowship under Family Ministries that provides the opportunity and encouragement to single adults (whether never married, divorced or widowed, with or without children). “Thrive” has embarked on a three-pronged approach to ministry – spiritual, service and social. Our ministry focuses on singles age 30 and up. This ministry seeks to create a safe environment for fellowship where singles can be inspired, encouraged, motivated, and challenged in relationship building, growth nurturing, and developing community.

Our speaker today is Pastor Barrington Brennen, a marriage and family therapist and counseling psychologist for 28 years. He provides Marriage and Family Counseling Services. He provides psychotherapy for individuals, couples, families, teens and young children. He conducts seminars for families, couples, singles, corporations, schools, churches, etc. Please pray for him as God uses him today.

UPCOMING EVENTS

- Sunday, 26 March, 2023, Singles Fellowship Island Dash Tour at 10am (In person)
- Tuesday, 28 March, 2023, Prayer Service at 6:00am (Zoom 2420123456)
- Wednesday, 29 March, 2023, Praise Service - Discipleship Emphasis: Presenter Pastor Gibson LaCroix at 7:00pm (Zoom 2420123456)
- Sabbath, 1 April, 2023, Prayer Service at 7:00am (Zoom 2420123456)
- Sabbath, 1 April, 2023, Youth Sabbath School at 8:30am (Zoom 2420123456)
- Sabbath, 1 April, 2023, Children, Earliteen & Adult Sabbath School at 9:30am (in sanctuary)
- Sabbath, 1 April, 2023, Remembering His Sacrifice Focus Pastor Manasseh Simms at 11am (in person and livestreamed via YouTube and Facebook)
- Sunday, 2 April, 2023, Sneakers Sunday at 6:30am
- Sunday, 2 April, 2023, Church Board Meeting at 5:00pm (Zoom 2420123456)
- Sabbath, 8 April, 2023, Easter Sabbath Pastor Samuel Miller at 11am (in person and livestreamed via YouTube and Facebook)
- Sabbath, 15 April, 2023, 26th Anniversary Celebration Pastor Kareem Black at 11am (in person and livestreamed via YouTube and Facebook)
- Sunday, 16 April, 2023, Ask The Doctor/ Expert Presenter: Sis. Eustacia Jennings 4pm (Zoom 2420123456)
- Sabbath, 22 April, 2023, Communion Sabbath Pastor Peter Kerr at 11am (in person and livestreamed via YouTube and Facebook)
- Sunday, 23 April, 2023, Sabbath School Training Workshop Part 2 Presenter: Sis. Rose Drackett 9am to 12noon (in person)
- Sabbath, 29 April, 2023, Remembering His Sacrifice Focus Pastor Renaldo Drackett at 11am (in person and livestreamed via YouTube and Facebook)

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ANNOUNCEMENTS

Cont'd

Church Announcements for Sabbath March 25, 2023

NOTEWORTHY

All information and announcements for weekly church bulletin are to be submitted to Church Clerk by deadline of 12:00am (midnight) on Wednesday night.

The Treasury Department is requesting members to submit their email addresses to Treasurer (Elder Carl Scavella) for purposes of sending receipts for tithe and offering.

We encourage you to continue giving your gifts for the Pantry of non-perishable food items or monetary donations to help the less fortunate. Also, please bring gently used or new clothing items to assist those in need.

Please remember to give your one-time contributions or regular monthly pledges towards purchasing our Generator.

CONDOLENCES

Please continue to pray for all of our bereaved families. Please support them with your words of encouragement as they continue to grieve their losses.

PRAYER

Continue to keep in prayer Sis. Jan Carey, Sis. Marsha Allen, Adina Allen, Sis. Deborah Liberal, Bro. Dwayne Evans and Bro. Kevin Henfield for full healing and recovery.

CHILDREN'S CORNER

- **Children's Church will be held today in the wing. Parents of children ages 3 and under are kindly asked to accommodate their children to Children's church.**
- All parents are encouraged to please bring your children to Sabbath School each Sabbath at 9:30am.
- If you are interested in assisting in Children's Sabbath School in any of our divisions, please contact our Sabbath School Superintendent Bro. Valmore Bullens or Sis. Emily Watkins.

YOUTH CORNER

- Youth Sabbath School at 8:30AM every Sabbath morning on our church's Zoom link. We encourage our youth to attend all the services of our church each week for a spiritual blessing.

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ANNOUNCEMENTS

Church Announcements for Sabbath March 25, 2023

Cont'd

MEN'S MINISTERIES CORNER

- Bethany's monthly Male Moments meeting will be at 9am on last Sunday of each month in person at church.
- Every 3rd Sabbath morning Joint Men's Power hour Prayer Meeting via Zoom.
- March 26, 2023 – Joint Men & boys Summit at Bahamas Academy.

CONGRATULATIONS

Happy Birthday is extended to the following members:

Tristan Knowles	March 20
Harvey Braithwaite	March 21
Gaylene Seymour	March 21

Happy Anniversary is extended to all who are celebrating!

SBC CALENDAR

February 25 – April 24, 2023 – Eight Weeks of Wellness

March 26, 2023 – Men & Boys Summit (Bahamas Academy)

March 26, 2023 - Joint Elders Meeting 4pm (Grants Town)

Please continue to follow all COVID-19 Protocols as we worship together

Please send all announcements to the church clerk's email (Bethany.clerk@sbcadventist.org.bs) by Wednesday of each week

Bethany's Family Ministries Singles Fellowship

ISLAND DASH TOUR



THRIVE

AGENDA

- Chiccharnie Farmers Market
- Mudda Freeze
- Graycliff Chocolatier Tour (\$10 for 15 mins)
- National Art Gallery of The Bahamas

MARCH 26TH, 2023

JOIN US BY 10:30 AM

MEETING PLACE

Botanical Gardens (Park in the grassy area)

Departing the bus at the stops is optional. Funds required at stops for personal purchases.

We Are On The Move!

BETHANY SDA CHURCH

SABBATH SCHOOL TRAINING WORKSHOP

**"GROWING & SHARING
THROUGH SABBATH SCHOOL"**



NELDA ROSE DRACKETT

Sabbath School Ministries
Departmental Director, Cayman
Islands Conference

APRIL 23rd

9AM - 12 NOON

**BETHANY SDA CHURCH
K.D ALBURY LANE**

Broccoli, Cruciferous Vegetables

Packed with Glucosinolates
Fight Inflammation and Cancer

Bananas

Fight Inflammation
Stabilize Gut Bacteria

Beans

Release Short-Chain Fatty Acids
Boost Vitamin Absorption, Satiety

Jerusalem Artichokes

Rich in Inulin Fiber
Strong Prebiotic



Boost *Healthy* Gut Bacteria with Plant-Based Foods



Enhance Immune Function

Prevent Colon Cancer

Fight Inflammation

Boost Metabolism



Blueberries

Enhance Immune System
Destroy Harmful Bacteria

Polenta

High in Fiber
Fermentable Component

Kimchee, Sauerkraut

Improves Health of Intestinal Walls
Boosts Immune Function

Tempeh

Crowds Out Unhealthy Bacteria
Boosts Nutrient Absorption

6 Habits

to Support Digestive Health



1. Chew Your Food

Chewing food well allows your saliva to start breaking the food down for smoother digestion.



2. Handle Stress

When you're stressed, digestion slows. Take time to lessen the stress in your life.



3. Get Regular Exercise

When you exercise, you support the muscles of your intestines, which helps maintain regularity.



4. Take Supplements

Your health care professional can recommend supplements targeted to your needs.



5. Stay Hydrated

Drinking water supports regularity and the health of the digestive system.



6. Eat More Fiber

Dietary guidelines recommend eating 25-35 grams of fiber a day.