



Gleanings

OFFICIAL PUBLICATION OF THE CARIBBEAN UNION CONFERENCE

MAY-JUNE 2025

**BUILD YOUR
BEST LIFE**
*One Healthy
Habit at a Time*



Contents

4

PRESIDENT'S MESSAGE

6

EDITORIAL

8

MAIN FEATURES

Philosophy of the SDA Health Message	08
From Healing to Hope	10
Are Your Thoughts Helping or Hurting You?	11
Transforming School Culture Through Holistic Health.....	14
Promoting Healthy Living in the Church Community.....	15
Workplace Health, Nutrition, and Wellness Programmes	18
3 Ways to Get Your Children Eating Healthy Foods.....	21
Movement & Exercise in Healthy Living - Sedentary Lifestyle	22

28

HEALTH

A Caribbean Call to Move: Adventist Webinar Revives the Message of Active Living	28
Adventist Hospital in Trinidad Performs Country's First Endoscopic Spine Surgery	30

31

HEALTH

Two Adventist Schools Excel In National Nutrition Quiz	31
Fifty Years of Smiles	32
"Health is Salt"	32
Pedaling toward Wellness	33
Empowering Communities Through Health and Hope	34
Point Fortin SDA District Hosts a Successful Annual 5K Run	36
From Mission to Medicine: The Story of Davis Memorial Hospital.....	37

42

CHURCH LIFE

Adventist Elder Randall Hector Tragically Killed Outside Church in Trinidad	42
Adventists in Action: Reaching Out to the Homeless in Suriname	43
Worship on Canvas: Barbadian Artist Inspires Through Paint.....	44
Congress Calls for Advocacy and Defense of Religious Freedom.....	45
Adventist in Antigua Receives National Award for Exemplary Service.....	46
Faith and Dedication: Dr. Shivon Belle-Jarvis Appointed Medical Director of Sir Lester Bird Medical Centre	46
Portuguese Adventist Church in Suriname Relocates to Serve Growing Community.....	47
St. Maarten Adventist Church Members Share 'Oil of Gladness and Bread of Life' in Community Outreach	48

50

ORDINATION

Adventist Pastor in the South Leeward Conference Encouraged to Serve with Pure Motives	50
Pastors Frederick and King Ordained in Tobago.....	52
History Made as South Caribbean Conference Ordains First Chaplain	52
Seven Pastors Ordained in Guyana Conference Ceremony.....	53
The Celebration of Ordination to Gospel Ministry	54

56

APPOINTMENTS

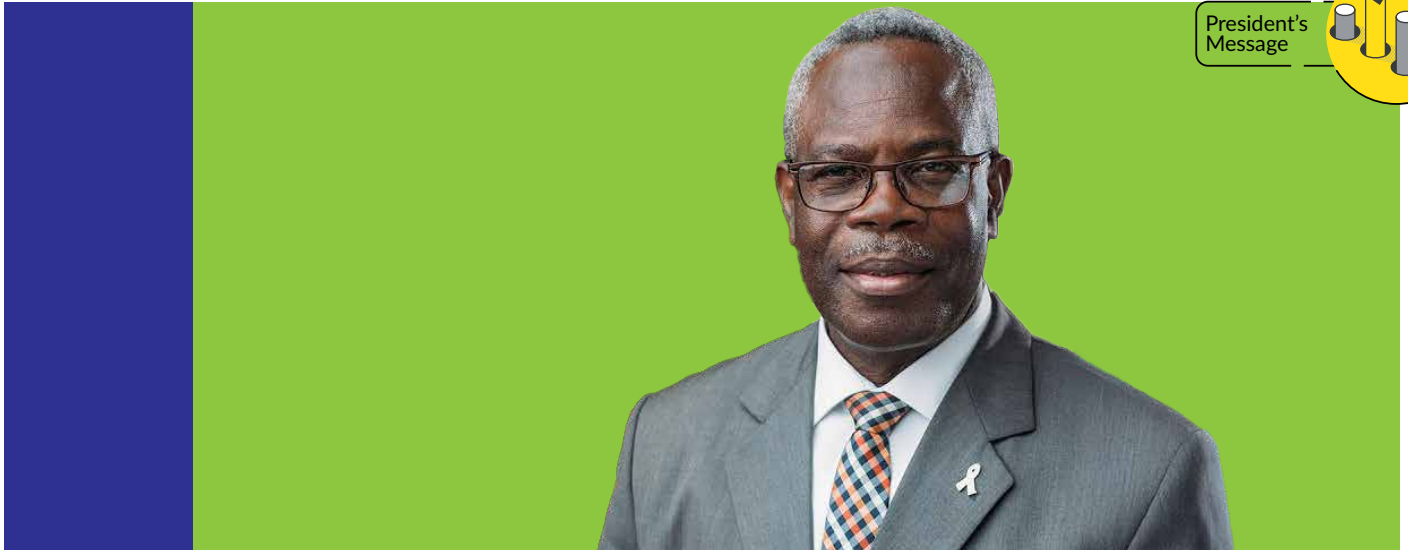
CARU Appoints Kerene Horsford-Nero as New Associate Treasurer.....	56
Curlene Alexander Appointed Treasurer of the Tobago Conference	57
Welcoming USC's New Leaders: Charting a Future of Excellence	58

60

SESSION NOTICES

RECIPES

Tofu Oat Burger.....	27
Lentil Roast.....	40
Three Bean Salad	55
Hummus.....	61
Watch out for Germs	62



Dr. Kern Tobias
President

President's Message

Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. 3 John 2. KJV

Brethren, I am so thankful that this issue of the **Gleanings** will be dedicated to health. Health includes the physical, mental, social, emotional, and spiritual dimensions.

In the Bible text quoted above, John wishes that we “prosper and be in health as our souls prosper”. In the Amplified Bible, John prays that we succeed and prosper and be in good health. We are encouraged to be in good health. If you are not healthy physically, it affects you mentally and spiritually. When you are in good health physically and mentally, you can then have what it takes to maintain the required energy to be successful and to prosper spiritually. Have you heard the saying, “Your health is your wealth?” Indulge me to add, when you don’t have health, you would be spending your wealth.

In this issue, we will be featuring an article by Dr. Naomi Modeste, “The philosophy of the SDA Health Message.” It is very informative as she has a wealth of experience and knowledge in the health sector. Dr. Modeste is originally from Tobago and was the Caribbean Union Health Director before she moved to the United States of America. She lived for many years in Loma Linda, one of the Blue Zones. A Blue Zone is an area where people live longer and healthier due to their diet, lifestyle, exercise, social life, family ties, and less stress,

with a combination of these practices. There are five Blue Zones: Okinawa (Japan), Ikaria (Greece), Loma Linda (USA), Sardinia (Italy), and Nicoya (Costa Rica). Dr. Modeste has proven by her longevity the benefits of the diet and lifestyle that life in a Blue Zone offers.

I must say, I have benefited significantly from the health message amplified in the acronym found in the NEWSTART program. We all need proper nutrition, exercise, pure water, sunshine, temperance, fresh air, rest, and trust in God.

I put forth a health challenge to you! Let us manage our health by taking care of our bodies. Let us in our individual lives follow the lifestyle habits associated with NEWSTART and the Blue Zones by practicing our health message. I encourage you with the cliché “Prevention is better than cure.” Let us prevent something bad from happening, rather than trying to fix it after it has happened. Let us practice good health.

May God bless you on your life’s journey as you seek to be healthy in all of life’s dimensions, and live prosperous lives!

Yours respectfully,

Dr. Kern Tobias



HopeChannel

INTER-AMERICA

Editorial

Build Your Best Life: One Healthy Habit at a Time

In a world that often seeks instant gratification, the path to a healthier, longer life is paved not by quick fixes but by the deliberate cultivation of positive habits—one step at a time. This principle resonates deeply with the Seventh-day Adventist health message, which emphasizes intentional lifestyle changes rooted in faith and community.

The concept of “Blue Zones”—regions where people live significantly longer and healthier lives—has brought global attention to the lifestyle practices of certain communities. Among these, Loma Linda, California, stands out as the only Blue Zone in the United States, largely due

to its substantial population of Seventh-day Adventists. Residents here often live up to a decade longer than the average American, a testament to the efficacy of their health principles.¹

The Adventist Health Studies, particularly AHS-1, have identified key factors contributing to this increased longevity: abstaining from smoking, maintaining a healthy body weight, engaging in regular physical activity, following a vegetarian diet, and consuming nuts frequently. Participants who adhered to all five factors experienced an approximate 10-year increase in life expectancy compared to those who did not.²

PUBLISHER

The Gleanings is a multinational, bi-annual periodical of the Caribbean Union of Seventh-day Adventists with focus on issues relevant to its members throughout the Caribbean and its diaspora.

Editorial



Royston Philbert | Caribbean Union Conference,
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However, adopting these habits doesn't require an overnight transformation. Attempting to change multiple aspects of one's lifestyle simultaneously can be overwhelming and unsustainable. Instead, focusing on one habit at a time allows for gradual, lasting change. For instance, starting with incorporating more plant-based meals into your diet can be a manageable first step. Once this becomes routine, you might then add regular physical activity, such as daily walks or gardening, which are common practices among Loma Linda residents.³

This incremental approach aligns with the Adventist emphasis on holistic well-being, where physical health is interconnected with spiritual and social dimensions. Practices like Sabbath observance provide not only spiritual rejuvenation but also contribute to stress reduction and community bonding, further enhancing overall health.⁴

In conclusion, building your best life is not about drastic overhauls but about making intentional, manageable changes that align with

your values and lifestyle. By embracing one healthy habit at a time, you set the foundation for a life marked by vitality, purpose, and longevity.

Endnote:

1. McMillan, J. (2024, September 5). Mental health and the Adventist health message. Adventist Record. https://record.adventistchurch.com/2024/09/05/mental-health-and-the-adventist-health-message/?utm_source=chatgpt.com
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- Loma Linda Blue Zone: Blue Zones - Loma LindaPubMed Central+5Blue Zones+5Home+5
- Sabbath and Health: Netflix Documentary Features Loma Linda AdventistsWikipedia+4Adventist News Network+4Wikipedia+4



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Philosophy of the SDA Health Message

The key component or philosophy of the Seventh-day Adventist Health Message is that through inspiration, God calls on us, as His created beings, to take care of our bodies. We do this by practicing a lifestyle that is balanced and health-promoting, while focusing on biblical injunctions as well as health messages presented in the writings of E. G. White. We take note that in the year 1863,

Ellen White received her first vision relative to health and that Seventh-day Adventists should focus on, or pay more attention to, their health. This was a time when people practically ignored their health. Most of what she saw was written in the book “Spiritual Gifts”, volume 4. However, even after her death, several books, manuscripts, and letters to individuals were prepared as guidelines for the church.



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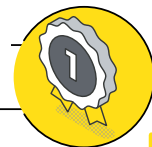


Caring for the body is apropos to caring for God's temple. This is a sacred trust given to us to honor and glorify God by keeping our bodies undefiled."

We are also obliged to make this a part of our mission and share with our neighbors and friends, as well as the wider community, better pathways to health.

The health message was simple enough for most people to grasp and practice. Admonitions covered: living a temperate life, having sufficient sleep, avoidance of habit-forming, poisonous drugs and substances such as tobacco, alcohol, and other stimulants and depressants frequent in her days, and many in our world today. Protecting the mind is important, especially as the Holy Spirit speaks to us through the mind, and a clear, healthy mind helps us to make better choices and withstand temptations hurled at us from the evil one. Also included are the benefits of a vegetarian or plant-based diet that is most nourishing; fresh air and good hygiene, which includes the use of water inside and outside; and, of course, not excluding the need for daily exercise. Wholistically, the health message covers a wide spectrum of life. The spiritual, physical, mental, or psychological components, as well as having a positive outlook on living, and the social aspects of life. As we are admonished in 1 Corinthians 6:19, caring for the body is apropos to caring for God's temple. This is a sacred trust given to us to honor and glorify God by keeping our bodies undefiled.

Over the decades, these components, called the eight laws of health or, preferably for some, the "Pillars of Health", or the keys to wellness: pure air, sunlight, abstemiousness, rest, exercise, proper diet, clean water, and trust in Divine power. Some of these principles are not germane to nor originated from Seventh-day Adventist thought, but God revealed



them to the church as some of the best practices to adopt. Ellen White indicates that these pillars of health are the true natural remedies, but not necessarily a panacea for all ailments. They are not mandates but guidelines that we are encouraged to follow while we live in a contaminated environment. Other agencies, organizations, and schools of thought are realizing the importance of these health principles. We see Johns Hopkins' four pillars of health as nutrition, physical exercise, the value of sleep, and behavioral health, which, of course, covers stress management, good mental health, and social support.

All these principles are to help us as God's people to live healthier and happier lives here, while we await His coming. Promoting health that benefits the whole person includes resting on the Sabbath as well. The Sabbath is a time to rest and recharge, and this contributes to health. Practicing the health message is not a salvation requirement, nor a central doctrine of the faith. However, for all practical purposes, it is important in promoting a health-enhancing lifestyle, preventing certain diseases, and restoring health as much as possible.

Also included in the philosophy of the Seventh-day Adventist health messages is the importance of social health or social wellness, which covers spending time with family and friends. Building healthy relationships and a social network with people in our homes, church, and the wider community where you live and work, and people around your neighborhood, is also key to healthy living. Additionally, social wellness helps to build good mental health and provides a supportive network while also creating healthy boundaries.

When promoting the health message, we need to remember that the pages of health information, as important as they are, each person has individual needs that are different, and the information is not a cure for all ailments. What fits one person may not be the same for another. Hundreds of pages of health information are available through books such as: The Ministry of Healing, Counsels on Health, Counsels on Diet and Foods, Medical Ministry, Temperance, and a number of manuscripts and letters. Some letters were to specific individuals, some to families, and others to churches in general. All are important to building a healthy lifestyle, but within context.



From Healing to Hope

Advancing the Mission of Health Ministries in the Caribbean Union

Health Ministries serves as a foundational pillar of the Seventh-day Adventist Church (SDA), focusing on both healing and prevention. The Health Department actively promotes the Adventist lifestyle of healthy living as an essential component of sharing the full message of the Gospel with the world.



The Church, God's people collectively, has a two-fold responsibility with regard to health: first, to establish healthcare centers that provide healing for those suffering from illness and disease; and second, to promote preventive measures and practices that help reduce or avoid illness altogether.

SDA Christians adopt sound health principles not to earn salvation, but as a response to the salvation they have already received, driven by love for God and a desire to follow His will for their lives. As such, the Seventh-day Adventist Church actively promotes the intentional pursuit of a healthy lifestyle. It also collaborates with and supports organizations that address the physical and social harm caused by alcohol, tobacco, other harmful substances, and addictive drugs.

The Caribbean Union of Seventh-day Adventists operates two main memorial hospitals: the Community Hospital in Trinidad and Tobago, along with its subsidiary—the USC/TCH Medical Clinic on the University of the Southern Caribbean campus—and the Davis Memorial Hospital in Guyana. Additionally, the Union oversees dental clinics in St. Kitts, St. Vincent, and Grenada.

In this special edition of the Caribbean Union Gleanings, the Health Ministries Department of the Caribbean Union, in

collaboration with its various fields, showcases the impactful work being done in health ministries. This issue includes articles highlighting the history of key healthcare institutions, along with a variety of health-related initiatives and other activities across the Union. We trust that you will find the content of this special feature both enlightening and informative as we build our best lives, adopting one healthy habit at a time. Enjoy reading!



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Are Your Thoughts Helping or Hurting You?

DR. DANNY M. PHILIP

Stewardship and Health Ministries
Director, North Caribbean
Conference

When our son was learning to play the saxophone, his teacher told him, “Whatever you do, good or bad, you get better at it.” This profound truth speaks volumes about the mind, which “controls the whole ‘person’ and all actions, good or bad, have their source in the mind” (White, 1977, p. 72).

A healthy mind is critical because it can affect every aspect of life and decisions. Each decision we make can either help or hurt us, and it all starts in the mind. John 10:10 (NIV) explains, “The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.” Satan intends to capture our minds so that we do not think and function in a way that reflects our fullness of life in Jesus Christ. Satan knows that God’s last day people will be sealed in their foreheads (the minds) at the time of the end, therefore, he will create distractions in various ways. This article focuses on the mind and seeks to empower us to be attentive to our minds and thoughts because they affect our decisions, behaviors, and quality of life.

While the mind and mental health are related, each functions differently. The mind is called the seat of human consciousness, the thinking-feeling thought part of the brain (Henriques, 2011).



A renewed mind anchored in Christ leads to positive thoughts, strong habits, and a life ready for His return.”

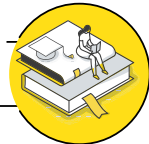


According to the World Health Organization (2022), “Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn and work well, and contribute to their community.” While the mind produces and manages thoughts, mental health helps one manage stress and function normally.

A person can produce between 12,000 and 60,000 thoughts daily (Burket), but the average person produces about 30,000 thoughts daily (Gass & Gass, 2023). Of these thoughts, it is essential to note that about 95% are repetitions from the previous day, and about 80% are usually negative (Burket). These thoughts and ideas influence our lives and behaviors and can affect relationships, accomplishments, and well-being.

If most of one's thoughts are repetitive and negative, then one's behaviors will be prone to be repetitive and harmful. Allow me to explain this further. The brain uses about 20% of the body's energy (Baumann, 2023). To conserve energy, it develops habits. Habits are automated actions resulting from learned behaviors developed through repetition (McBroom, 2024). The more an action is repeated, the more the brain will believe that the repetition is essential and will reproduce more of the same thoughts to trigger the same behavior. For example, suppose a person spends 15 minutes per day reading and 60 minutes on social media. In that case, the brain will conclude that being on social media is more important than reading and will send more inclinations to be on social media than for reading. The question we should ask ourselves is, are our thoughts helping or hurting us? Are they allowing God or Satan to guide our thoughts? Are they preparing us to be sealed or not sealed in the time of the end? We must consider the end result if they are not helping us.

If a behavior is undesirable, the focus should be on finding the thought associated with the behavior and changing that thought. Romans 12:1-2: “Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing, and perfect will.” The secret to developing helpful and not harmful thoughts is in the acronym “REST”. Let us explore a four-step process to experience that “REST”.

**A.****RENEWING THE MIND**

Allow the mind to be transformed and renewed daily. This is done by surrendering the mind to God every day so that He can produce and guide our thoughts, resulting in pure, good, acceptable, and positive thoughts. It is important always to remember that “Satan cannot touch the mind unless it is surrendered to him” (White, 1977, p. 26).

B.**EXERCISE THE BRAIN**

Burket’s study indicated that 80% of our thoughts are negative. This means that 20%, or one-fifth, of our thoughts are positive. We should exercise our brains to think positive thoughts. The brain functions like a muscle; the more it is exercised, the stronger it gets. This calls for embracing what Carol Dweck (2006) calls a growth mindset. A growth mindset is the belief that one’s basic abilities can be developed through dedication, education, and hard work.

C.**SPIRITUAL ANCHORS**

Thirdly, anchors can be created by replacing negative thoughts with Bible texts, hymns, gospel songs, or beautiful nature scenes. Repeat the text, hymn, song, or scene whenever the unwelcome thought comes to mind. At first, this might be challenging, but after a while, it gets easier and will become “second nature.” These will then become anchors holding the mind secure during difficult times and will help prepare us for the time of the end. This process is called “anchoring.”

D.**THINK POSITIVELY**

Finally, train the mind to think positively. This can be done by replacing negative thoughts with positive ones. As one keeps repeating these positive thoughts, the brain will assume that this is important and will send more triggers for these positive thoughts.

The mind is the most essential aspect of God’s creation. It plays a pivotal role in our everyday decisions. It will play a significant role at the time of the end. God tells us to let this mind be in you, which was in Christ Jesus (Philippians 2:5). Jesus had a mind that was under the guidance of God. His mind created positive thoughts that prepared Him to execute God’s will in His life. We need the mind of Christ to equip us as we face life’s challenges and prepare for the final days of earth’s history. Let us manage our minds well, and we will have more reasons to celebrate that we are fearfully and wonderfully made (Psalm 139:14).

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Transforming School Culture Through Holistic Health



Jeannette Barry

In a world where self-care trends, gentle parenting, and the “soft life” dominate conversations around well-being, there has been a shift away from true holistic health, one that nurtures the whole child. While some modern approaches promote wellness, they often overlook the balance needed across all areas of development: mental, emotional, physical, social, and spiritual.

Ellen White, writing in *The Review and Herald* (December 13, 1881), reminds us that youth is the ideal time to build strong habits, break harmful ones, and develop self-control in alignment with God’s will. Similarly, the Bible says in 3 John 2, “Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.” (NKJV) This verse reflects God’s desire for comprehensive well-being—not just physical health, but wholeness in every area of life.

Unfortunately, many of today’s children and teens lack boundaries around diet, screen time, and rest. The result? Poor nutrition, inactivity, weak social skills, emotional instability, and limited spiritual engagement. So, what can be done?

As educators and parents, we have the unique opportunity to reshape routines and environments to support holistic health. Schools can become intentional about designing term-based activities that develop the whole child—not just academically, but in every dimension.

SUPPORTING THE WHOLE CHILD: PRACTICAL STRATEGIES

1. Mental Development

- Elementary: Teach positive self-talk, introduce routines that build time management, and use mindfulness tools like coloring or breathing exercises.
- High School: Offer workshops on stress management and academic balance. Provide access to peer mentoring and counseling services.

2. Emotional Health

- Elementary: Help children name and express feelings through games, music, or art. Use feelings charts and storytelling to build emotional awareness.
- High School: Promote peer discussion circles, drama or creative expression, and empathy-building activities. Teach conflict resolution at all levels.
- Provide a safe space for students in distress

3. Physical Health

- Encourage daily movement—play, sports, or exercise breaks.
- Educate students about nutrition and hydration.
- Promote healthy sleep routines and hygiene habits.
- Remove junk food in school settings and offer healthy snack options.

4. Social Health

- Elementary: Use buddy systems, group activities, and shared classroom roles to build communication and cooperation.
- High School: Provide leadership opportunities, group projects, and a variety of extracurricular clubs.
- Across all levels, foster inclusion, teach respectful peer interaction, and promote digital citizenship.

5. Spiritual Health

- Begin the day with quiet reflection, prayer, and class devotions.
- Encourage value-based discussions on kindness, honesty, purpose, empathy and integrity.
- Use gratitude journals or simple affirmations to build a positive mindset.
- Plan outdoor walks or gardening activities to help students connect with creation and understanding God.

Creating a culture of holistic health does not require an overhaul overnight. By gradually incorporating thoughtful activities and building routines that support every dimension of health, we can raise a generation that is grounded, balanced, and prepared for life. With collaboration between home and school, the vision of holistic education can truly thrive.

Promoting Healthy Living in the Church Community



Ian Green

is a health enthusiast who lives in Trinidad and Tobago.

Governments in the Caribbean region have been concerned about the prevalence of non-communicable diseases (NCDs) for over 20 years.

Through the Caribbean Community (CARICOM), the issue was addressed by the launch of the Caribbean Commission on Health and Development in 2003, resulting in a 2006 published report, which paved the way for a special CARICOM Summit in September 2007, where the Heads of Government signed the Declaration of Port of Spain: Uniting to Stop the Epidemic of Chronic NCDs. In commemoration of that landmark summit, the CARICOM Heads declared the second Saturday in September as Caribbean Wellness

Day to be observed annually throughout the region beginning in 2008.

In an article published in the Trinidad Express on July 20, 2022, “Eradicating NCDs in T&T and Barbados”, Professor Karl Theodore, an economist who served on the Caribbean Commission on Health and Development, stated that as countries with small populations, “NCDs should be regarded as our number one enemy.” How should the Seventh-day Adventist (Adventist) Church respond to the NCD crisis in the region?

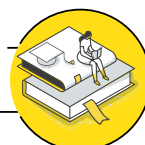
The Adventist Church in the territory of the Caribbean Union has been directly involved in medical work and health education, from the time of the American missionary pioneers who arrived

in the 1880s and 1890s. Given the current crisis with NCDs (which include cardiovascular diseases, cancers, respiratory diseases, and diabetes) it is time for the Church to strengthen its health ministry at the community level through the work of local congregations.

Here are ten initiatives that Adventist churches can consider for implementation during this year.

Several of these initiatives would have been implemented in some churches before. A few activities may be currently ongoing at your congregation. However, some churches may wish to consider implementing several of these initiatives.

Feature Article



Adventist churches can:

1

Issue Wellness Challenges to the membership.

One way to encourage healthy habits is by setting themed daily challenges, such as Meatless Monday, Walking Wednesday, and Local Fruits Friday.

- On Meatless Monday, participants can take on the challenge of avoiding all meat and fish for the day.
- Walking Wednesday can focus on getting outdoors for at least 30 minutes of walking.
- For Local Fruits Friday, the goal is to enjoy and incorporate locally grown fruits into meals or snacks.

Longer-term challenges, such as a week-long Early to Bed Challenge, encouraging participants to prioritize sleep by setting consistent bedtimes, can also be introduced.

Additionally, monthly challenges—like a Meatless May—can inspire broader lifestyle changes and deeper engagement.

These challenges should be actively promoted to spark interest and encourage widespread participation across the community.



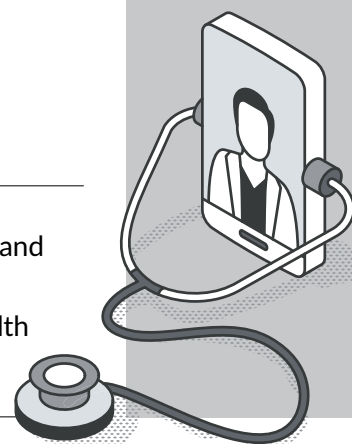
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Promote the NEWSTART concept for greater awareness and understanding among members, including young people and recent converts.

3

Arrange for regular Health Promotion presentations during morning and afternoon services on Sabbaths at least once or twice each month.

These presentations can be Health Nuggets of 5 – 8 minutes or Health Features of 10 – 15 minutes.



4

Plan for special features and or special events to be held on or around some of the annual Awareness Days, for example:

- + World Cancer Day - February 4
- + World Health Day - April 7
- + World Hypertension Day - May 17
- + World No Tobacco Day - May 31
- + Caribbean Nutrition Day - June 1
- + Caribbean Wellness Day - second Saturday of September
- + World Heart Day - September 29
- + International Day of Older Persons - October 1
- + World Stroke Day - October 29
- + World Diabetes Day - November 14
- + World AIDS Day - December 1



5

Conduct Health Promotion/Health Education events in collaboration with churches and schools in the community.

6

Arrange for Registered Dietitians or other health professionals to conduct interactive sessions on selected topics.

These topics could include:

- + How to Make Healthy Choices when Shopping for the Family at the Supermarket
- + What are ultra-processed foods? Why are they harmful to good health?
- + How to read and navigate food labels

7

Arrange for a Vegetarian Cooking course to be conducted to teach participants how to prepare tasty and attractive vegetarian meals.

8

Arrange for a Keep Fit class to be conducted once or twice per week



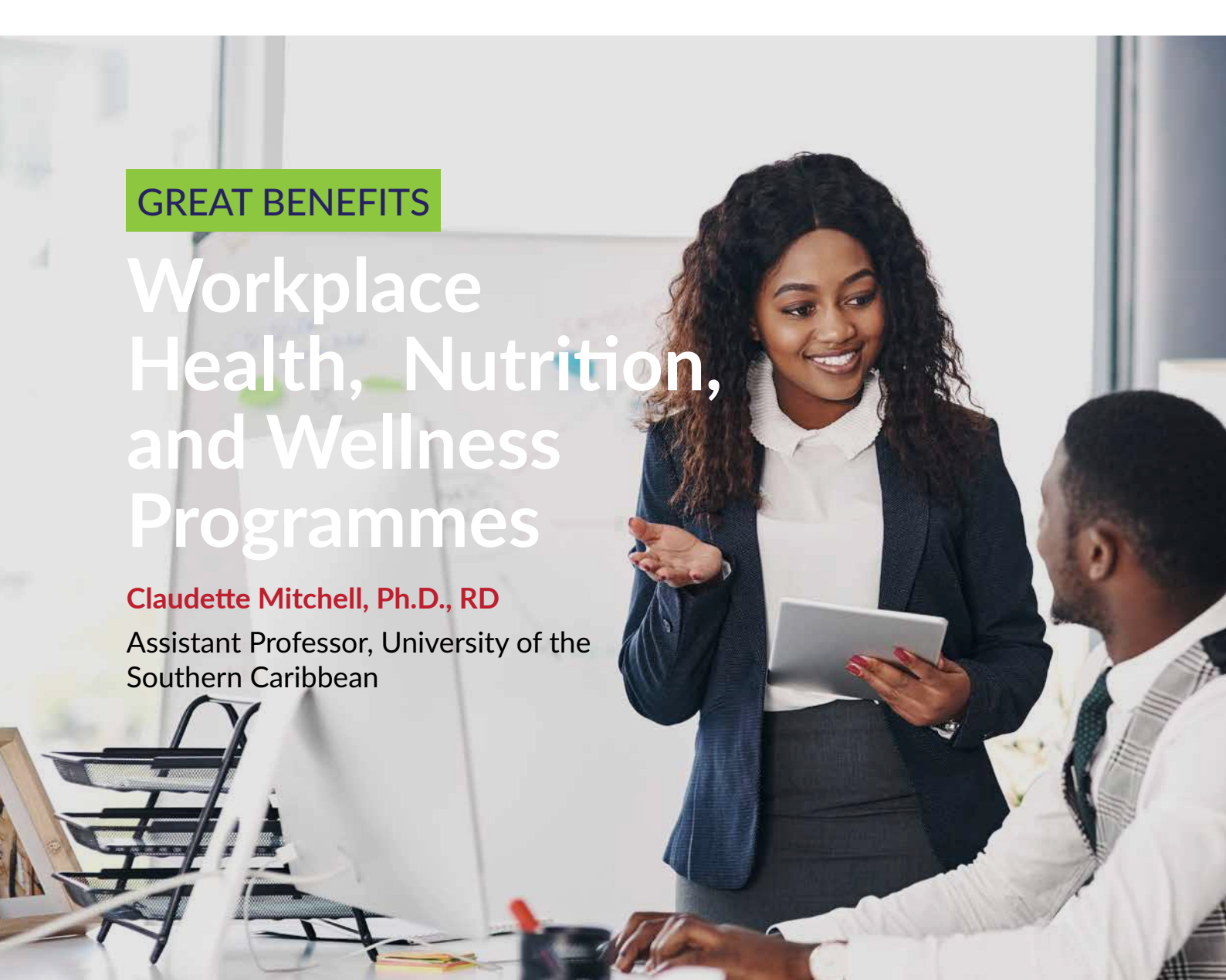
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Convert an appropriate location on the compound into a Senior Activity Centre once or twice a week, and provide table tennis boards for use by senior citizens.

At the Senior Activity Centre medical personnel may be contacted to do screening, probably once every year. In addition, arrangements can be made for interactive presentations by professionals, for example, nutritionists, doctors, pharmacists, physiotherapists, personal trainers, and attorneys.

10

Arrange for selected young people to be trained as Youth Health Advocates.



GREAT BENEFITS

Workplace Health, Nutrition, and Wellness Programmes

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Maintaining the health of human resources remains a priority for organisations. This is essential, not only for enhancing productivity but for supporting the physical, mental, social, and spiritual well-being of employees, thus empowering them to make meaningful contributions to their families and communities. ^[1] According to the World Health Organisation, ^[2] the health of populations is essential as people deserve to enjoy healthy living in a safe and healthy environment that supports health and well-being. ^[2] Such approaches are linked to the United Nations Sustainable Development Goals, which emphasise eliminating poverty and hunger, promoting good health, clean water, and building sustainable communities. ^[3]

A Brief Overview of diseases affecting the health of populations...

Non-communicable diseases (NCDs) account for approximately 41 million deaths globally ^[4]; the mortality distribution showed that cardiovascular diseases and diabetes mellitus account for 17.9 million and 2 million deaths, respectively. ^[4] The WHO further reported that of the NCD deaths occurring, 17 million people are younger than 70 years, and 86 per cent of these premature deaths are documented in low and middle-income countries. ^[4] From these global facts, we can conclude that heart disease is the leading cause of death. Similarly, in the Caribbean region, NCDs negatively impact health and are listed as the main cause of death and disability; an assessment of Caribbean countries, excluding Haiti, in 2016 showed that 76.8 per cent of total deaths occur due to NCDs. ^[5] Heart disease is the primary cause of death, followed by cancer and diabetes – 30.8%, 17.2%, and 10.8%, respectively. ^[5] Taking a closer look home, similarities are noted; the Ministry of Health in Trinidad and Tobago, National Strategic Plan 2017-2021 ^[6] reported that cardiovascular disease, diabetes, and cancer contribute to mortality. Heart disease accounts for 25%



of the deaths, followed by diabetes and cancer, 14% and 13%, respectively. ^[6] The common modifiable risk factors include overweight or obesity, unhealthy diet (i.e., a diet high in fat, sugar, and salt), physical inactivity, increased levels of blood pressure, blood glucose (sugar), and blood lipid levels, tobacco use, and the harmful use of alcohol. ^[6] Using appropriate interventions to facilitate behavior change can aid in managing the NCDs. Non-modifiable risk factors, such as age, ethnicity, and genetics, cannot be changed. ^[6] The social determinants of health also contribute to disease, e.g., the environment, the available income, employment status, living conditions, education level, poverty, and the lack of accessibility or unequal access to healthcare. ^[4]

Given these alarming statistics and health facts, this article will focus on improving health and the quality of life for employees and community residents through workplace health, nutrition, and wellness programmes. The goal is to increase participants' knowledge about their health and equip them with practical food preparation and

meal planning skills. This hands-on approach encourages them to take charge of their health and adopt positive lifestyle changes.

A workplace health, nutrition, and wellness programme...

Studies show that workplace health and wellness programmes yield numerous benefits. ^[7,8] Utilizing a holistic approach incorporating physical, mental, social, and spiritual can be the foundation or pillars of the programme. Therefore, the focus is placed on the programme participant, working together with the team of healthcare professionals, a personal fitness coach, and food laboratory technicians to achieve their health goal(s), and taking steps towards changing their behaviours by adopting a healthier lifestyle. This, of course, might include going down 1 or 2 dress sizes, reducing portion sizes, including regular physical activity workout sessions in their busy schedules, making better food choices and preparing balanced meals, stress management, learning to trust in divine power, decreasing consumption of sugar-sweetened beverages, and drinking more water. In keeping with the mission of the Seventh-day Adventist Church and the focus on promoting health and wellness within churches and by extension the wider community, our message is aimed at a holistic approach to health.

An Example of a Layout for a Health, Nutrition, and Wellness Programme in the Workplace...

In 2019, before the pandemic, the University of the Southern Caribbean launched the **"Adopting a Healthy Lifestyle Programme."** A task force consisting of faculty and staff worked together to develop the program. First, a needs assessment was conducted, and university employees, students, and community residents were invited to attend a public health lecture and participate in a walkathon. The programme was designed based on the **Health Principles of Adventism.**

"Men and women should inform themselves regarding the philosophy of health. An understanding of the philosophy of health will be a safeguard against many of the evils that are continually increasing." ^[9]

Note briefly the purpose and objectives:

The purpose of the project was to:

1. Utilize a holistic approach to improve the health and nutritional status of members of the university campus and community residents 18 years and over in the environs.
2. *Work collaboratively with the government to build sustainable communities.*

The objectives of the project included:

- 1** Assess the knowledge and awareness of program participants of the leading causes of death in Trinidad and Tobago.
 - 2** Discuss the negative impact of non-communicable diseases on health.
 - 3** Assess the anthropometric measurements (body weight and height, body mass index) and work with programme participants to establish meaningful goals.
 - 4** Evaluate dietary practices, educate participants on how to select and prepare nutritious meals, and provide the appropriate nutrition education to maintain health and prevent disease and complications associated with the existing disease state.
 - 5** Identify persons at risk and teach them to make changes to adopt a healthy lifestyle utilizing the holistic approach.
 - 6** Identify the gaps in previously conducted health and wellness programmes on the university's campus.
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Just to give a brief overview: the activities or interventions of the programme included health lectures for the management of hypertension, heart disease, and diabetes mellitus; mental health sessions such as stress management techniques; physical activity sessions at the university's gym; spiritual presentations on trust in divine power; nutrition assessment of participants (e.g. body weight, height, body mass index, and diet history), and nutrition education sessions (e.g., selecting nutritious foods, and nutrition management for heart disease, high blood pressure, and diabetes); and food preparation sessions e.g., teaching participants how to prepare healthy plant-based meals. The program included two cohorts with over 50 participants, consisting of university employees, stakeholders from within the organization, such as the South Caribbean Conference of Seventh-day Adventists, and members of the surrounding community.

Importantly, in the preparation of students for community service, student dietitians and nurses were precepted by instructors as they engaged in the project. The practical training of healthcare professionals to provide service in the cultural context remains critical in meeting the needs of

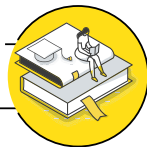
the Caribbean region. The project ran for three (3) months per cohort but was abruptly halted due to the pandemic. However, in its early stages, virtual mental health sessions focusing on coping strategies were still conducted. Despite the challenging circumstances, participants reported that they gained valuable benefits from the time the programme was conducted and appreciated the implemented changes. The limitations included the inability to complete the program in a face-to-face setting and challenges in conducting monitoring and evaluation to assess its effectiveness and impact on participants' behavior.

Conclusion

Workplace health, nutrition, and wellness programs offer a wide range of benefits. Designed to address health challenges among employees, these initiatives help protect and strengthen an organization's most valuable asset—its people. By encouraging healthier lifestyles, they reduce the risk of non-communicable diseases (NCDs), boost productivity, and minimize absenteeism. Ultimately, these improvements not only support the well-being of individuals but also contribute to broader national economic growth.

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3 WAYS TO GET YOUR CHILDREN EATING HEALTHY FOODS

Amber Alexis, MSPH, RD



Getting your child to eat healthier can sometimes feel like an uphill battle. After all, children seem to have overly sensitive taste buds and peculiar preferences. However, the more you understand children's constantly evolving relationship with food, the less stressed you'll feel. Here are 3 simple but effective ways that you can begin prioritizing your child's nutrition.

1. Get them involved

Whether you're heading to the farmer's market or to the grocery store, allow your child to tag along with you when possible. The goal? "Show them the ropes" and, through this exposure, help them to appreciate where their food comes from. This is an adaptation of the 'farm-to-fork' approach.

2. Let them choose (some items)

While shopping for healthy foods, you may give your child the power of choice between fruits or even with vegetables. This can make children feel empowered and let them know that they play a part in selecting healthy foods that enter your home. Note that they may make the choice at the store and still not try the food at home. Don't be too frustrated—research shows that you may have to expose your child to a

new food 10-15 times before they even try it. Keep offering it to them in small amounts (and model it on your plate).

3. Change your food language

The way that parents/guardians speak about foods can leave a lasting impression on children. This is true whether you express your dislike of a food in their presence or berate them to finish an item. Instead, try describing foods by their flavours and textures to build curiosity and encourage children to try them. For example, "the pumpkin seeds are very crunchy", "the paw-paw is sweet and juicy, would you like to try it?".

Takeaway

Getting children interested in healthy foods is no simple task, but having them involved in the shopping (and cooking) experiences, letting them help you choose food items, and then having a more creative way to encourage eating healthy foods can help.

Amber Alexis is the owner/manager of The Cultural Dietitian and offers interactive, cultural nutrition consultations. She is a Public Health Nutritionist and Registered Dietitian.

Movement & Exercise in Healthy Living

-SEDENTARY LIFESTYLE



Dr. Marcia Cambridge-Maxwell

Can anyone recall back in the days when daily chores happened before going to school? Each morning, boys in my village led cattle out to graze and young girls fed chickens. My brothers made many trips and joined long lines to collect buckets of water at the well to make sure our home had enough water for the day. You can imagine the celebrations when it rained. After chores, trips to school involved some kind of saunter followed by tree climbing and yard games such as tag and hopscotch. Over time however, as modern conveniences were added to homes and globalization and societal influences changed our priorities, we have engaged in less and less physical activity; there is more emphasis on academic learning, water pumps and tanks have replaced buckets and drums, farm hands are hired to maintain animals and gardens, young and old play computerized games that require no movement from the sofa, homes seem to have more vehicles than residents, and the ability to message our relatives in the kitchen from our bedrooms has revolutionized communication and social graces. We enjoy the benefits of living in a post, post-postmodern society, but what is the price of progress? In this article, we will aim to define a sedentary lifestyle, discuss factors that contribute to such a lifestyle, mention the dangers, and outline practical steps that we can take to prevent and correct such a lifestyle.

The Cambridge Dictionary defines sedentary as involving little exercise or physical activity; also referring to organisms that do not ever or often move from one place. Simply put, sedentary implies tending to spend much time seated. A sedentary lifestyle, according to Wikipedia, is a lifestyle most commonly found in modern (Western) cultures. It is characterized by sitting or remaining inactive for most of the day, like in an office or at home. Even if we meet physical activity guidelines, the benefits of such exercise could be “undone” if the rest of our waking hours are spent sitting (Hamilton et al., 2008). Good health depends on limiting sedentary time as well.

Sedentary behavior is generally defined as energy expenditure less than or equal to 1.5 metabolic equivalents while in a sitting, reclining, or lying posture. By this definition, almost any seated activity, including computer work, watching TV, or even riding in a car, is considered sedentary behavior. The average person spends upwards of 8-10 hours sitting each day--likely more than we spend sleeping. Why do we sit so much? Neville Owen suggests that sedentary behaviors are likely “determined more strongly by the situations people are in than by their characteristics” (Owen, 2017; see also Mullane et al., 2017)





ENERGY EXPENDITURE CONTINUUM



THE SET UP

Sit less, move more



The average adult spends **more than half** of their day sitting. Here's how the time can add up:



At first glance, one may perceive sedentary individuals to be lazy, unproductive, or unemployed. However, many people who rise early and work very long hours unfortunately engage in a sedentary lifestyle and have challenged performing their obligations and correcting such a lifestyle.

Even outside of a post-covid environment, many hard-working professionals have to sit for long hours to perform daily tasks: the online teacher, office staff, event planner, counselor, data analyst, jurors, and drivers (whether of public service vehicles, school buses, delivery trucks or utility vehicles) all experience very limited physical activity every day.



What about the ways in which we conduct worship and the many meetings which facilitate church organization and productivity? Board meetings, conferences, prayer meetings, Sabbath School classes and potlucks just to name a few. These are very necessary and profitable engagements which define who we are as a people.

THE RESULTS



CHRONIC ORGAN DISEASES

Due to reduced fat burning capacity, the risk of fatty liver disease, high blood pressure, cardiovascular ailments, digestive problems rises.



LOWER BACK PROBLEMS

Sitting for longer period with arms bent at right angles and flat feet and a slouched back results in herniated lumbar disks and stiff psoas muscles.



DECREASED BRAIN FUNCTION

It affects the performance of Brain-Derived Neurotrophic Factor (or BDNF) and leads to reduced concentration levels, forgetfulness and confusion.



BLOOD CLOTS

Sitting at a desk or couch for along time period can lead to severe deep vein thrombosis (DVT) caused due to reduced blood circulation.



MUSCULAR DEGENERATION

You also run the risk of weakening your abdominal muscles, upper and lower spine, neck and shoulders.



MISALIGNMENT OF THE SKELETON

Your posture suffers a lot and it leads to permanent misalignment and repetitive stress injuries.

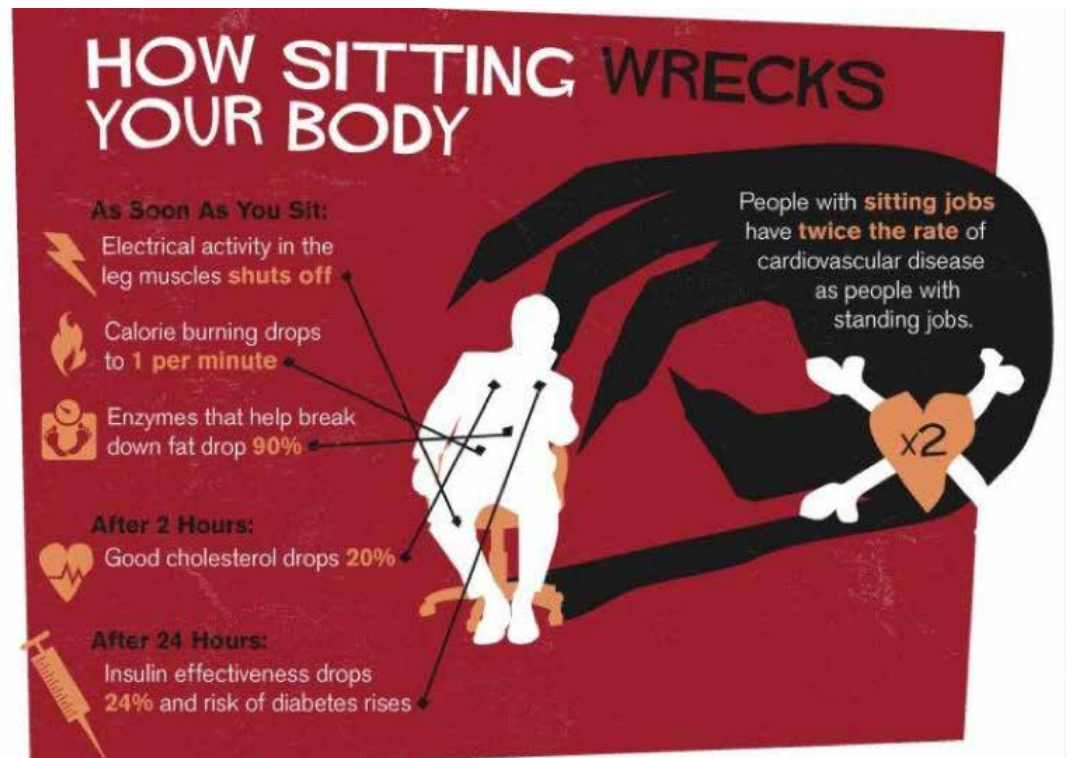


CHRONIC FATIGUE

When you don't move your body enough on a daily basis, you develop weak and inadequate mitochondria. This results in feelings of fatigue and low energy throughout the day.



DRJOCKERS.COM
SUPERCHARGE YOUR HEALTH



University of California, Berkeley (healthyworkplaces.berkeley.edu)

Sedentary Time

Active Living Research
www.activelivingresearch.org

Studies show kids are sitting still a lot more than they used to—and it's not good for them.

Watching TV Increases Obesity Risk

Children who watch TV for 3+ hours per day have a

65%
higher chance
of being obese
than children who
watch for <1 hour.

Kids who have a TV in their bedroom watch

56%
more TV daily
than those who don't.



Screen Time Is Increasing and Linked with Higher Risk of Adult Obesity

In 2009, kids spent an average of

89 minutes per day
using a computer for fun,
up from 62 minutes in 2004.

Teen boys who spend <7 hours
per week watching a screen are

40% less likely
to become obese adults than
teens who spend 25+ hours
per week on screen activities.



For more information,
see our research review at
www.activelivingresearch.org/sedentaryreview



THE SOLUTION

One study suggests that for every additional hour seated (like when watching television or playing online games), the risk of all-cause mortality increased by 11% (Dunstan et al., 2010). Another study found that punctuating long periods of seated time with brief periods of standing, stretching, or moving reverses some of the deleterious impacts of sedentary behavior (Healy et al., 2008). The solution, therefore, must involve intentionally adding ways to intermittently disrupt sitting, even in tiny amounts, and incorporating physical activity into our daily routines. In fact, for highly sedentary workers with conditions like diabetes or hypertension, the short-term benefits of reducing sitting time can be measured within days. So, stand up, stretch, move, and adopt a variety of postures throughout the day—at home and work: these activities not only help reduce the deleterious health consequences of prolonged sitting, but also promote creativity, cognition, and reflection (Cranz, 2000; Jensen, 2005).

Using stairs instead of elevators and escalators, disembarking vehicles one or two bus stops earlier, parking farther away from our destination, having standing or walking meetings, walking around workplaces instead of using the telephone, having accessible gyms in the workplace, and investing in standing desks are all ways to reduce sedentary behaviour at work. Returning to nature, where children climb trees and play water sports, may actually save the next generation from the weight of lifestyle diseases that burden global healthcare systems. Embracing the Seventh-day Adventist Pathfinder Program in totality, from camping to hiking to drilling & marching, is a practical solution to childhood obesity, with equal benefit to counselors, parents, and all involved. Returning to kitchen gardens and checking on our neighbours over the fence will not only expose us to fresh air, sunlight and physical activity, but also to that vital social connection that reduces stress and retards the development of cognitive degeneration as in cases of dementia. Finally, as “the called-out ones”, the church would benefit tremendously from literally taking the gospel out of our edifices and into the community where members obtain spiritual, social and physical exercise regularly as we win souls for Christ.

Let's begin the conversations in our homes, workplaces and churches that will creatively allow the progress of modernism to marry to the indispensable virtues of antiquity and good, old-time religion. May God help us to be like that “Proverbs 31 woman” who sets about her work vigorously and whose arms are strong for her tasks (Proverbs 31:17).

Guyana-born Dr. Marcia Cambridge-Maxwell is employed in Barbados as a Registrar in the Department of Oncology and Nuclear Medicine at Queen Elizabeth Hospital. Her community service includes involvement with the Heart and Stroke Foundation of Barbados.





Tofu Oat Burgers

Recipe from Natalie Nash ND

2 cups quick oats

16 oz soft tofu

1 cup finely chopped onion

1 cup walnuts OR pecans, ground

3 tablespoons ground flaxseed
mixed in 3 oz warm water

1 teaspoon Italian seasoning

1 teaspoon paprika

1 teaspoon salt

Mix all ingredients well and form into burgers. Cover and brown slowly on both sides in a sprayed, nonstick skillet, or bake in an oven at 350oF. Be sure to cook thoroughly.



Health

A Caribbean Call to Move: Adventist Webinar Revives the Message of Active Living

Royston Philbert

In homes across the Caribbean, hundreds of Seventh-day Adventists recently gathered around their screens—not for worship, but for a powerful reminder that how we care for our bodies is also an act of worship. Under the theme **“The Role of Movement and Exercise in Healthy Living,”** the Caribbean Union Conference (CARU), through its Public Affairs and Religious Liberty Department in association with the Caribbean Religious Liberty Association (CARLA) presented its third Wellness webinar—this time focusing on the spiritual and scientific power of physical activity.

Moderated by Dr. Carson Greene, president of the South Leeward

Conference and host of the regional talk show *Let’s Talk*, the session brought together a panel of respected health professionals: Dr. Marcia Cambridge-Maxwell, oncology registrar and family physician; Le-Roy Pierre, sports administrator and certified personal trainer; Jocelyn Pierre-Isaac, certified health coach, registered dietitian, and registered nurse; and Beverly Toppin, lifestyle health practitioner and head of the Barbados chapter of Adventist Health Professionals. Dr. Clive Dottin hosted the program, and introductory remarks were made by Dr. Kern Tobias, president of the CARU, and Attorney Leslyn Charles, president of CARLA.

They came with a unified message: movement isn’t optional—it’s essential.

“There is an abundance of evidence that supports the fact that being physically active is associated with most positive health outcomes,” said

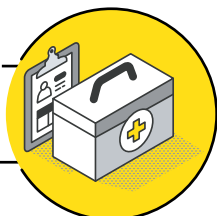
Dr. Cambridge-Maxwell, adding that exercise not only prevents disease but improves the quality of life, especially as we age.

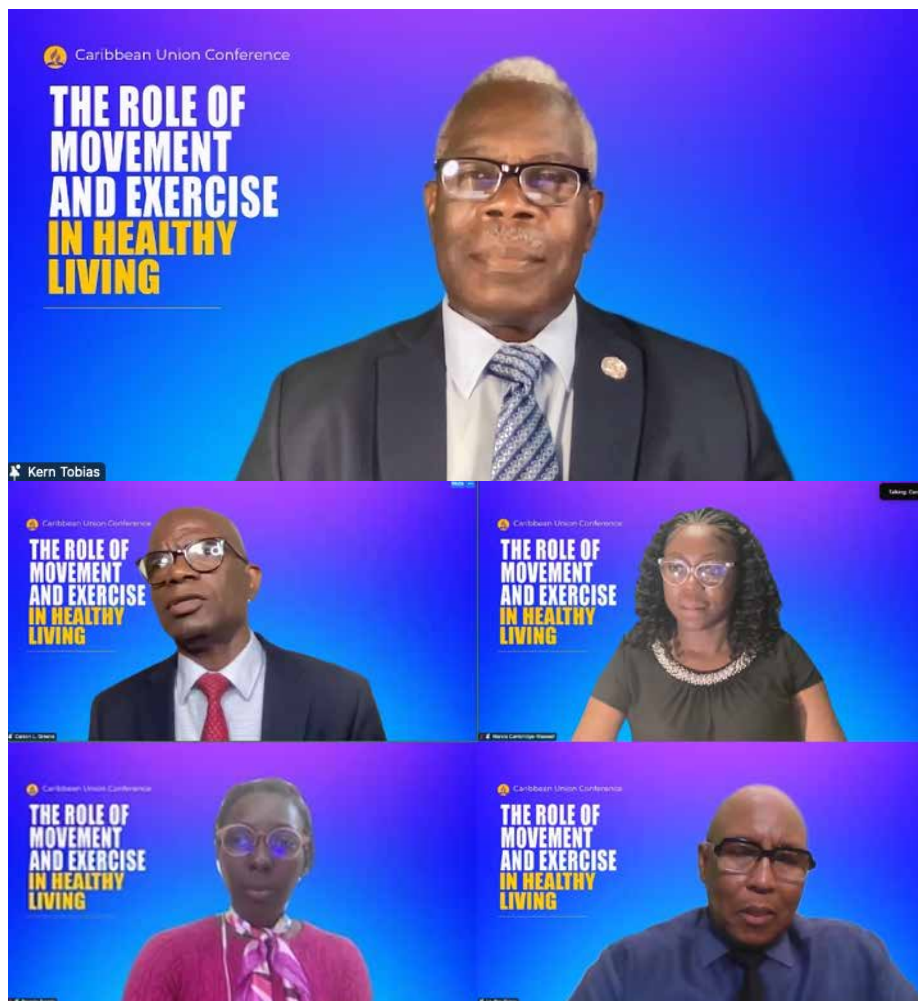
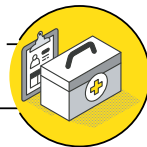
“We’re Called to Move”

While the panelists cited scientific studies and medical expertise, it was the spiritual urgency behind their words that resonated most. In the Adventist tradition, physical health is part of a broader gospel message—one that sees the body as a temple, entrusted by God. Dr. Clive Dottin agreed. “Movement, he noted, is more than exercise; it is a spiritual act of stewardship that supports both longevity and faithful living.”

Attorney Leslyn Charles, president of CARLA, emphasized the importance of maintaining a healthy lifestyle as a core belief of the Seventh-day Adventist Church during the recent webinar, *The Role of Movement and Exercise in Healthy Living*. “As Seventh-day

Health





Top Photo: Dr. Kern Tobias, President, Caribbean Union Conference.

Middle Photo: L- R Moderator, Dr. Carson Greene, President, Public Affairs & Religious Liberty Director, South Leeward Conference; Dr. Marcia Cambridge-Maxwell, Oncology Registrar and Family Physician.

Bottom Photo: L-R Beverly Toppin, Lifestyle Health Practitioner and President of the Barbados chapter of Adventist Health Professionals Association; Le-Roy Pierre, Sports Administrator and Personal Trainer. Image by CARU Media.

Adventists, we believe in a healthy lifestyle because our body is the temple of the Holy Spirit and as such we should treat it with respect and care," she stated.

Charles underscored that as stewards of our bodies, we have a responsibility to make choices that honor God by promoting health and well-being. This includes nourishing ourselves with nutritious foods and staying physically active, both of which contribute to a life of greater vitality and spiritual alignment.

"Physical health is not just about the body," said Pierre-Isaac. "It affects how we think, how we worship, how we serve. Movement

helps us show up fully in every area of life."

The tone shifted slightly as Dr. Greene spoke about the church's identity and its historic emphasis on health reform. "This isn't just good advice—it's part of the Adventist identity," he said. "We're not just here to live long—we're here to live well and serve faithfully."

Toppin agreed, urging members to see movement not as a burden, but a blessing. "When we move, we live longer, we serve better, and we glorify God," she said.

Pierre challenged attendees to broaden their idea of what counts as exercise. "We have to change

the narrative," he said. "Movement should be part of our lives—whether it's walking or stretching. It's about consistency, not competition."

Their insights echo long-held Adventist teachings and recent studies published in *Adventist Review*, which show that regular, moderate movement strengthens immunity, boosts mental health, and increases longevity.¹ This was supported by Dr. Kern Tobias, President, in his opening remarks when he affirmed the vital role of movement in promoting health and wellness. "It is a key pillar of the Blue Zones lifestyle. Consistent physical activity is one of the core factors contributing to longevity and overall well-being."

Beyond the Webinar: A Lifestyle of Stewardship

What made the evening memorable wasn't just the expertise—it was the call to action. More than a presentation, the session became a reminder that health is mission, and stewardship includes what we do with our bodies every day.

CARU's webinar aligns with global church initiatives like the 'Made to Move Challenge' by the North American Division, which encourages members to embrace daily activity as an act of faith.² In an era where sedentary living is normal and lifestyle diseases are rising, the Caribbean Union's voice is clear: we were made to move.

As the session ended, attendees left not only with information but with inspiration. The message was enlightening, timely, and Spirit-filled—being active isn't just good for us. It is essential for healthy living.

¹ *Adventist Review*, "Exercise and Immunity," October 2021

² *Adventist World*, "Church Members Invited to Take the Made to Move Challenge," August 17, 2020

Adventist Hospital in Trinidad Performs Country's First Endoscopic Spine Surgery

Royston Philbert



The Community Hospital of Seventh-day Adventists in Port of Spain, Trinidad has made medical history as the first facility in Trinidad and Tobago to perform endoscopic spine surgery. The achievement marks a significant step in the hospital's mission to provide cutting-edge, high-quality care while addressing critical gaps in diagnostic and spinal treatment services.

Dr. Renée Cruickshank, a consultant neurosurgeon and spine surgeon, successfully performed the minimally invasive procedure on February 12, ushering in a new era of spinal care in the country.

"It certainly was a monumental occasion," Dr. Cruickshank said. "This is truly a game-changer in terms of patient outcomes, and I'm thrilled to see this technology available in the Caribbean."

Advancing Spinal Surgery in the Region

Endoscopic spine surgery is an advanced form of minimally invasive surgery that reduces tissue damage, minimizes post-operative pain, and accelerates recovery. Using an incision of less than one centimeter, surgeons insert a working tube to

create a portal to the affected spinal disc. A high-resolution endoscope then guides the procedure in real time, allowing for precision without disrupting surrounding tissue.

Compared to traditional spinal surgery, this technique results in less bleeding, lower infection risk, and faster recovery, making it a more patient-friendly alternative.

Dr. Cruickshank performed the historic procedure alongside co-surgeon Dr. Alfonso García of Mexico. A second surgery was completed on February 12. To the best of her knowledge, these were the first procedures of their kind in the English-speaking Caribbean.

"This has been a dream come true," she said. "I trained in Germany for this technique and have long hoped to bring it to the Caribbean. The Community Hospital provided the infrastructure and equipment, and now patients here have access to the same level of spinal care available in leading medical centers worldwide."

Patient Success Story

The first patient to undergo the surgery, 65-year-old retired businessman Peter Samaroo, suffered from debilitating pain for more than a year due to a herniated disc pressing on his spinal nerves.

Traditional treatments offered no relief, and his condition worsened to the point that walking became difficult.

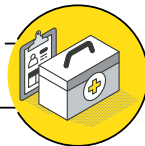
After undergoing the procedure, Samaroo was discharged the following day, pain-free for the first time in months.

"The night after the surgery, I got up and walked to the bathroom without pain," he said. "It was as if I never had surgery. The doctors and nurses were amazed. I would recommend this to anyone who qualifies for it."

Endoscopic spine surgery is used to treat conditions such as chronic back pain, sciatica, herniated discs, spinal stenosis, and degenerative disc disease. Patients typically experience less post-surgical pain, quicker recovery times, and a reduced need for medication compared to traditional open spinal surgery.

A Milestone for the Adventist Healthcare System

Dr. Kern Tobias, chair of the board and president of the Caribbean Union Conference, praised the hospital's leadership and its dedicated workforce of more than 100 medical professionals and administrative staff for their commitment to advancing healthcare in the region.



“This milestone reflects the dedication of our hospital’s leadership and staff to providing high-quality, innovative healthcare,” Tobias said. “The introduction of endoscopic spine surgery is not just a technological advancement but a testament to our mission of holistic healing and excellence in patient care.”

Looking Ahead

The success of these procedures underscores the Community Hospital of Seventh-day Adventists’ role as a leader in medical innovation in Trinidad and Tobago and the Caribbean. Cruickshank hopes that endoscopic spine surgery will soon be available in public hospitals, allowing more patients to benefit from this advanced treatment.

As the hospital continues to expand its services, this achievement reinforces its commitment to delivering high-quality, patient-centered care in alignment with its mission of service and healing.

Dr. Souza (2025, Feb. 16) Trinidad and Tobago’s first endoscopic spine surgery patient ready... <https://newsday.co.tt/2025/02/16/trinidad-and-tobagos-first-endoscopic-spine-surgery-patient-ready-to-play-mas/>

Two Adventist Schools Excel In National Nutrition Quiz

Two Seventh-day Adventist primary schools in Grenada placed among the top four in the 2025 National Nutrition Quiz for Primary Schools, hosted by the Grenada Food and Nutrition Council (GFNC) on April 10 at the Grenada Youth Centre. Mt. Rose SDA Primary School claimed third place, while St. George’s SDA Primary School earned fourth place, standing out among participants

from across the nation.



St. George’s SDA, Rayden Jerome, Karlida Frank, Kaylin Noel, Johnathan Jacobs and teacher Mrs Sabrina Lalitte

Mt. Rose SDA School delivered an outstanding performance to secure third place, with teacher Kelisha Noel and students Amia Hamlet, Jazella Smart, Nickel McLeod, and Leandre George who represented their school with excellence.

Close behind, St. George’s SDA School secured fourth place, with team members Rayden Jerome, Karlida Frank, Kaylin Noel, and Johnathan Jacobs, guided by Sabrina Lalitte, earning recognition for their exemplary effort and composure under pressure throughout the competition.

Representing the parishes of St. Patrick and St. George, respectively, the Adventist schools showcased strong academic skills and depth of knowledge as their teams responded to questions in multiple-choice, true-or-false, and short-answer formats. Topics included Nutrition and Nutrients, Food and Food Science, and Practical Food Preparation. Each team was allotted 10 seconds to answer each question, requiring both accuracy and quick thinking.

Participating students demonstrated strong teamwork, critical thinking, and a solid understanding of nutrition principles—an achievement that underscores the schools’ emphasis on holistic education. The teams advanced to the national finals after emerging victorious in their parish-level competitions.

The quiz aligns with the Seventh-day Adventist philosophy of health, which promotes balanced nutrition, healthy lifestyle choices, and the body as a temple entrusted by God. “Our schools are not just centers for academic excellence, but also places where young minds are shaped to live healthily and purposefully in harmony with biblical principles,” said a representative from the Grenada Conference of Seventh-day Adventists.



Nickel McLeod, Leandre George, Jazella Smart, Amia Hamlet

This annual event is part of GFNC’s broader mission to promote healthy eating and nutrition education across Grenada, Carriacou, and Petite Martinique. By engaging schools at the primary level, the competition aims to raise awareness of national health priorities while fostering knowledge-based learning and community engagement.

The success of Mt. Rose and St. George’s SDA Primary Schools in the 2025 quiz reflects not only their academic strength but also their commitment to nurturing well-rounded, health-conscious students grounded in Adventist values.

The first and second place winners of the competition were St Patrick Catholic School and Hillsborough Government School, respectively.

Fifty Years of Smiles

Pastor Brent St Jean



The 1970s marked a period of rapid membership growth and infrastructural development for the Seventh-day Adventist Church in St. Vincent and the Grenadines. Following the successful establishment of Adventist education, attention turned to medical missionary work.

In 1972, Dr. Douglas Robertson, a missionary dentist from the United States working at the Community Hospital in Trinidad, joined forces with dental assistants Joyce Rambhatal, Mona Dillon-Baptiste, Edna Wilson, and others to establish a dental clinic on the island.

The team traveled monthly from Trinidad to serve pre-booked clients in St. Vincent. Their commitment was evident in the long hours they worked, often continuing after nightfall to meet the high demand. Dr. Robertson, known for his tireless work ethic, would sometimes sleep on the clinic floor to save on accommodation costs. None of the team members received payment for their services, testament to their dedication and missionary spirit.

From its inception, the clinic attracted a strong client base, particularly among the island's affluent middle class. Yet the mission extended beyond city limits—monthly outreach initiatives brought free dental care to underserved areas, including the Grenadines, North Leeward, and

North Windward, ensuring wider access to essential services.

Initially housed in rented premises in Francis, Kingstown, a turning point came in November 1986 when the Seventh-day Adventist Church acquired property from Sir Lambert Eustace, then Governor General and a long-time patient. The existing structure was renovated and officially dedicated as a permanent dental care center in January 1989.

In 1993, under the guidance of Dr. Julie Dubois and the addition of dental lab technician Ms. Lindonne Telesford, services expanded. However, progress was abruptly halted in January 1997 when a fire gutted the facility. Despite this setback, the commitment to serve the community endured. Reconstruction efforts culminated in a grand reopening on July 12, 2001, restoring vital dental services to the public.

Over the years, numerous expatriate missionary dentists contributed their expertise, including Dr. Rita Bobb, Dr. Richard Ludders, Dr. James Strutt, and Dr. Sang Yoon, joining the pioneering efforts of Dr. Douglas Robertson.

December 1, 2014, marked a significant achievement with the appointment of Dr. Sheshana Jardine-Samuel as the first locally based Indigenous resident dentist, ending a 42-year era of exclusive service by foreign missionaries.

Sustaining operations presented numerous challenges over the decades, leading to temporary closures. Nonetheless, perseverance prevailed. On January 13, 2020, the facility reopened, fully equipped and staffed, offering essential services such as cleanings, fillings, and extractions. Plans are underway to expand the range of treatments available.

Currently, the team includes dental surgeon Dr. Vanessa Noel, dental assistant Mrs. Jillian Charles, and support staff. Mrs. Lindonna Hunte

also played a key role, serving as office manager until November 2021.

Celebrating 50 Years of Service

In 2022, the center celebrated its 50th anniversary, marking half a century of dedicated care to the people of St. Vincent and the Grenadines. More than just a healthcare facility, it continues to serve as a vital arm of the St Vincent and the Grenadines Seventh-day Adventist Church's mission, helping to advance the message of healing and hope in preparation for Christ's return.

Acknowledgments

Heartfelt thanks go to Dr. Tristan Hamilton, a U.S.-based dentist, for his global advocacy in dental care and his tireless efforts in reopening and equipping the facility. Special recognition is also extended to Dr. Kofi Adebebofa, Dr. Jean-Robert Mathodor, and Nurse Marcella Fleary for their unwavering support and service.

Prepared by Pastor Brent St Jean, former Health Ministries Director of the St Vincent and the Grenadines Mission

"Health is Salt"

South Caribbean Conference of Seventh-day Adventists Health Ministries

The Health Ministries Department of the South Caribbean Conference of Seventh-day Adventists under the leadership of Mrs. Victoria De Coteau, has adopted a powerful motto: "I want to spend my life helping broken people, and I want to spend my life removing pain." It reflects the department's deep commitment to serving humanity by alleviating suffering and empowering individuals to live healthier, more fulfilling lives.



Jesus began His earthly ministry by selecting and training twelve disciples to spread the gospel (Matthew 10:1–4), thus, the Health Ministries Department has embraced a similar model of discipleship through service. In collaboration with church health professionals, non-profit organizations, medical doctors, educational institutions, geriatric homes, and community-based groups, the department is actively reaching out across districts and communities to share a vital message: “We don’t have to live with Non-Communicable Diseases (NCDs); we can overcome them by practicing the eight laws of health every day.”

This ongoing health initiative has provided a range of free and accessible services to communities, including:

- Vision testing
- First Aid and CPR training
- Basic Home Nursing courses
- Health lectures (both online and in-person)
- Ear testing
- Wheelchair donations
- Distribution of personal health care items

These efforts go beyond physical healing; they represent the heart of Christian service. In Matthew 5:13, Jesus tells His followers, “Ye are the salt of the earth.” This divine call challenges us to season the lives of those around us with love, compassion, and truth. We may not all share the same faith or beliefs, but when people experience genuine care through our actions, they catch a glimpse of Christ. Just as the disciples grew to know and follow Jesus by being in His presence, so too will others be drawn to Him through their interactions with us.

Through every act of kindness, every health check, and every training session, we are not just

improving lives; we are offering hope, healing, and the presence of Christ. Health is not just about the body. Health is SALT: Spirituality, Awareness, Lifestyle, and Transformation.

Pedaling Toward Wellness



Since its launch in Saint Lucia in 2014, the Move to Live brand has inspired citizens island-wide to embrace active living through group walks and wellness events. Last year, the initiative returned with renewed energy and a special twist. On August 1, 2024, the St. Lucia Mission of Seventh-day Adventists hosted its tenth annual “Move to Live” bike ride, promoting physical health, community spirit, and outreach.

The theme emphasized cycling, a powerful exercise known to strengthen heart muscles, lower resting pulse, and reduce blood fat levels.

As part of the church’s health ministry, the ride aimed to foster a culture of movement among members and the broader community.

Health Director of the St. Lucia Mission of SDA, Leeroy David, expressed his enthusiasm for the program’s decade-long success and its enduring purpose: “Our goal is to promote a healthy culture and

healthy citizens so we can live longer and happier lives,” said Pastor David.

In addition to encouraging physical fitness, the Move to Live bike ride included a meaningful outreach component. Riders paused to distribute care hampers to a local home in Vieux Fort, blending wellness with service in true Adventist spirit.

Reflecting on the event, Pastor David also stressed the importance of normalizing cycling as part of everyday life in Saint Lucia. “We want to see a culture of cycling take root across the island so everyone can get involved and get moving,” he said.

Participants testified to a scenic and energizing ride, punctuated by community engagement and capped off with a delicious vegan meal—a treat that aligns with the Adventist Church’s emphasis on plant-based living.

Looking ahead, the Health Ministries Department of the St. Lucia Mission plans to host smaller bike rides quarterly, building momentum toward an annual grand event each Emancipation Day.

Move to Live was first introduced by the Health Ministries Department of the Inter-American Division, and in Saint Lucia, the church is committed to creating activities that nurture a lifestyle of health and happiness.





Empowering Communities Through Health and Hope

Jeannette Barry

In a dynamic fusion of faith, health, and community empowerment, the East Caribbean Conference of Seventh-day Adventists Health Ministries Department, in collaboration with the Adventist Health Professionals Association, (AHPA) successfully hosted a virtual comprehensive Health Ministries Seminar in March 2025. This was followed by a heartwarming graduation ceremony which was held on April 5th on the islands of Dominica and Barbados.

This initiative formed part of the wider “Family in Mission” program and the “1 Million Lives for Jesus” campaign by the Inter-American Division (IAD) which focused on holistic ministry and sharing the message of hope through service and outreach.

Training for Transformation

Under the leadership of Nurse Priscilla Prevost, Health Ministries

Director, the seminar focused on equipping health leaders to become agents of change in their local communities. The program facilitators included Dr. Natalie Greaves, Dr. Rachelle Greaves, Nurse Priscilla Prevost, Nurse Clara Richards, Nurse Donabel Pierre, Nurse Emma Jack, Mrs. Beverly Toppin, Mrs. Sophia Price, Mrs. Deborah Joseph, and Mrs. Beverly Shillingford.

The goals of the sessions were to:

- Train health leaders to implement community-based health programs.
- Promote the 8 Healthy Habits of the “I Want to Live Healthy” initiative—aimed at preventing, managing, and even reversing non-communicable diseases (NCDs).
- Prepare hearts and homes to receive the gospel message through practical health outreach.

“Our goal was not just to teach

health principles,” shared Nurse Prevost, “but to empower leaders to be the hands and feet of Jesus—bringing healing to both body and soul.”

The response was enthusiastic. A total of 290 individuals registered, and the seminar saw an average of 98 devices logging in consistently throughout the training. From Barbados and Dominica, 90 participants received certificates of participation, a proud moment for both the individuals and the department.

The keynote speaker for the graduation ceremony Pastor Anthony Hall, addressed the graduands, encouraging them to value their health and use the lessons they have learnt to help others.

Dr. Arthur Phillips- Deputy Chief Medical Officer in Barbados delivered the charge to the graduates, encouraging them to share what they have learned and help others live healthy lives.

Significantly, about 10% of the attendees were not members of the SDA Church, reflecting the program’s growing reach beyond denominational lines.

One psychiatric social worker described the experience as “life-changing,” sharing her plans to use the information to educate her clients on healthy lifestyle practices. Meanwhile, non-Adventist nurses expressed sincere gratitude and requested to be invited to future training events, underscoring the seminar’s appeal to professionals across the healthcare spectrum.

At the heart of the program were the 8 Healthy Habits from the “I Want to Live Healthy” campaign, which focuses on simple, evidence-based practices like:

- Eating well
- Positive attitude
- Drinking natural water

- Physical activity
- Adequate rest
- Self Control
- More at breakfast, less at supper
- Trusting in God

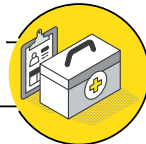
These habits are especially relevant in addressing the growing burden of NCDs across the Caribbean, including diabetes, heart disease, hypertension, cancer, and mental illnesses like depression. The seminar demonstrated how faith-based health education can complement and enhance clinical care, making a tangible difference in people's lives.

With such an encouraging turnout and overwhelmingly positive feedback, the Health Ministries Department is looking forward to expanding the program, with plans to host follow-up training sessions and deepen engagement in local communities.

As families, nurses, social workers, and church members go forward, the seeds planted during this seminar are already bearing fruit - in healthier choices, stronger communities, and lives touched by love and service.

Using health, hope, and healing the East Caribbean SDA Health Ministries is proving that when these come together, transformation is inevitable.

The East Caribbean Conference of Seventh-day Adventists serves a dynamic and diverse region that includes the nations of Barbados and Dominica. Currently, the Conference comprises more than 26,000 members across 101 congregations, which include churches, companies, and small groups.



Leaders, facilitators and participants in Barbados



Participants discuss the benefits of practicing healthy habits



L-R: Andrea Hoyte, Children's Ministries and Education Director, Julia Thorne, Office Secretary, Priscilla Prevost, Health Ministries Director, Pastor Anthony Hall, President of ECC



Point Fortin SDA District Hosts a Successful Annual 5K Run

Edison Williams

The Point Fortin District of Seventh-day Adventist Churches, Trinidad, came together on Sunday, March 30, 2025, to host their much-anticipated annual 5K Walk Run—“Prosper in God’s Health.” This event brought together the community and members of all ages in a vibrant celebration of health, wellness, and fellowship.

Organized under the leadership of Elder Ricardo Pompey of the Reservoir Hill SDA Church, this year’s run was a resounding success. The event opened with an inspiring address from Pastor Mervyn Cato, who emphasized the importance of physical health as part of the Adventist message of holistic well-being. With great energy and enthusiasm, Pastor Cato then sounded the horn to officially start the race.

Participants from four local churches—Hollywood, New Village, Reservoir Hill, and Point Fortin SDA—joined forces to make the event a memorable one. A total of

126 runners, ranging from ages 5 to 80, completed the race. Their dedication and spirit exemplified the church’s mission to promote community engagement and active lifestyles.

In an impressive performance, Narvin Beharry, 47, a non-Adventist participant, finished the race in just 19 minutes and 33 seconds, securing first place. He was closely followed by Westly Bready, who came in second with a time of 21:55, and Jaden Alexander, who finished third at 22:01.

At the finish line, Pastor Cato and Elder Pompey were present to greet each runner. All finishers received medals, while the top performers were awarded trophies in recognition of their achievement. Their presence and encouragement added a special touch to the celebratory atmosphere.

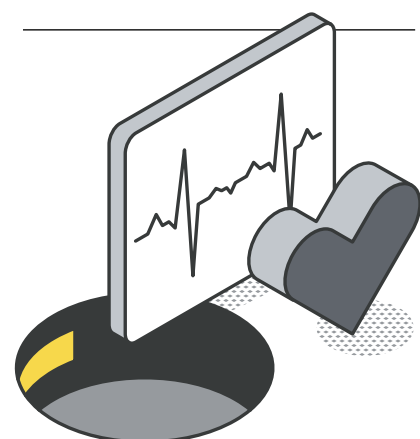
The event was well-supported by the wider community and carefully coordinated with local authorities. The Borough Corporation was informed in advance, and the Trinidad and Tobago Police Service, along with ambulance services, ensured the safety and smooth flow of the event.

The event has been hailed by the community as a tremendous success and an excellent example of the church’s commitment to health and outreach. Many expressed their appreciation for the initiative, praising it as a remarkable way to

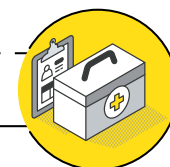
build stronger community ties and promote healthier living.

Planning is already underway for next year’s race, with organizers hoping to make the event even bigger and better.

To God be the glory, great things He has done!



Health





From Mission to Medicine: The Story of Davis Memorial Hospital

Dr Alexander Isaacs, Health Ministries and ADRA Director, Caribbean Union Conference

MISSION STATEMENT

The overarching mission and vision of the Davis Memorial Hospital and Clinic is to promote the healing ministry of Jesus Christ through the use of efficient medical practices, a highly motivated and trained staff who respond to the needs of the community reflecting the hospital's Core Values: I – Integrity, C – Compassion, A – Accountability, R – Respect, E – Effective Communication thereby promoting always the 'whole-health' concept, and continuously upgrading the quality and relevance in a safe, tranquil and spiritual leadership environment (Loma Linda Global Health Institute 2019, para. 3).

VISION STATEMENT

Davis Memorial Hospital's vision is to be the reputable Christian medical institution of preference by patients, their families, customers, physicians, and healthcare professionals/practitioners throughout Guyana (Davis Memorial Hospital and Clinic n.d.).

EARLY BEGINNINGS

On July 14, 1952, the British Guiana Mission Committee voted to erect a clinic at the corner of Peter Rose and Almond Streets in Georgetown (C. Bryan. Personal Communication. October 21, 2019). Despite a few months' delay in implementing this committee action, Davis Memorial clinic was opened on December 31, 1952 (Greenleaf, 1992). E. C. Duerkson, a physician, served as head of the clinic. Dr. Duerkson was the first Medical Missionary to British Guiana. He worked long hours each day to attend to all the patients, many of whom joined the line at the first light of dawn. In

1954, Dr Duerkson attended to 5,295 persons, with about fifty per cent of them being charity patients (Reynolds 1974).



Seventh-day Adventist Clinic at corner of Peter Rose & Lance Gibbs Streets, Queenstown

2. RELOCATION TO BEL AIR

By early 1955, the clinic had become inadequate for the needs of the area (Reynolds, 1974). Dr Duerkson, therefore, saw the need for a hospital to serve his patients. The conscientious manner in which the clinic team provided care drew the admiration of the city leaders and fostered their efforts to acquire a new facility.

Under Dr Duerkson's direction, a large three-story house in Barima Avenue, Bel Air, Georgetown, was rented for this purpose, and the hospital was opened at that location on July 21, 1955 (Reynolds, 1974).



Rented Davis Memorial Hospital

The hospital was named Davis Memorial Hospital in memory of Elder O. E. Davis, pioneer Adventist Missionary to the Amerindians in British Guiana (C. Bryan. Personal Communication. October 21, 2019).

When Dr Duerksen left 2 years later, another physician from the United States of America, Dr O. J. Pogue, was recruited to join the medical team at Davis Memorial Hospital (Kraner, 1955). Pogue joined the staff in time for the opening of the new hospital (Kraner 1955; Reynolds 1974). Kraner further stated, "In addition to the two doctors we will have, at least, four trained nurses connected with our medical staff" (Kraner 1954, 3). Dr Pogue was widely acclaimed for his experience as a Christian physician and surgeon (Parchment, 1961).

The Georgetown Seventh-day Adventist Clinic and Hospital was widely acclaimed for the Christian service it provided (Missions Quarterly 1960). The clinic was patronized by the needy and several influential businessmen (Mission Quarterly 1960). Based on estimates provided by Dr. Pogue, during the latter half of the 1950s, one out of every fifteen persons in the area had been a patient at the clinic (Greenleaf 1992).

Occasionally, the doctor took patients to his home to be cared for (Reynolds 1974). In one year, Pogue and his staff performed

four hundred major surgeries and dealt with 360 maternity cases in addition to taking care of several hundred patients (Greenleaf 1992). Greenleaf also noted that Pogue and his team saw several miracles of physical healing and spiritual rejuvenation at the hospital.

3. ESTABLISHMENT OF A NEW HOSPITAL IN D'URBAN BACKLANDS



In picture, Mrs. Dorothy Bailey (extreme front right), Lord Mayor of Georgetown, cuts the ribbon in front of onlookers during the Opening Ceremony of the Davis Memorial Hospital

Dr Pogue complained to the IAD about the less-than-favourable conditions under which he and his team were constrained to work (Greenleaf 1992). In response to Dr Pogue's constant pleadings for improved facilities, the IAD set aside a portion of the proceeds from the Thirteenth Sabbath Overflow offering in December 1960 to set up a new clinic in Georgetown (Greenleaf, 1992).

Pogue and his staff worked untiringly to realize the dream of a new hospital. By 1964, the medical staff had succeeded in pushing building plans through the IAD and on to the General Conference for approval (Greenleaf 1992). In July of that same year, the ground-breaking ceremony for the present location of the hospital at 121 Durban Backlands, Lodge, took place (Reynolds 1974).

Dr Pogue directed the construction until he departed Guyana in August 1966 after serving for eleven years and one month.

The hospital was completed at a cost of a little over GYD\$250,000 (Caribbean Union Gleanings 1991). The bed capacity of the hospital

is 54, comprising 49 adults and 5 paediatrics, and the number of workers at the hospital clinic at the time of the dedication was 72 (Gittens 1967).

On Sunday, April 16, 1967, at 3:30 p.m., the new Davis Memorial Hospital and Clinic was dedicated and officially opened (Caribbean Union Gleanings 1991; Gittens 1967). The two main speakers were the IAD president and the Minister of Health.

The Honorable W.O.R. Kendell, Minister of Health, gave the main address. In his address, he noted that Government hospitals alone were insufficient to meet the increased demand for medical services in the country and that there was a need for hospitals like Davis Memorial Hospital. His impressions of the new Hospital were impressive. He stated that the establishment of DMH signaled the "desire of the Adventists to be fully involved in the orderly development of the new nation in Guyana" (Gittens 1967, 10). The ceremony climaxed with the cutting of the ribbon and declaration of the hospital opened by Her Worship, Mrs. Dorothy Bailey, Lord Mayor of Georgetown (Gittens 1967).

The management of the hospital pledged to dedicate the facilities to the alleviation of the physical, mental, and spiritual suffering of the people of Guyana.



New Dental Clinic at the Davis Memorial Hospital

Since opening its doors to the public in 1952, the hospital has come a long way in the fulfillment of its mission (Reynolds 1974). The staff at the hospital work daily to fulfil their mission.



Over the years, Davis Memorial Hospital has been staffed mainly by Missionary doctors from the United States of America, Argentina, India, Philippines, Haiti, etc., and we also received support from our local doctors. DMH has also engaged in several medical and dental outreaches touching the lives of several persons in very significant ways.

The Intervention Of Adventist Health International

Davis Memorial Hospital and Clinic has had its struggles over the years, particularly in the 1990s. The arrival of Adventist Health International (AHI) on the Adventist healthcare landscape in the late 1990s was a major turning point in DMH's operations. DMH was one of the first facilities to benefit from AHI (Jones 2007). When AHI intervened, the hospital was going through major challenges and facing the grim reality of imminent closure (Jones 2007). The church officials in Guyana had already voted to shut down DMH (Jones 1997). AHI president, Dr Richard Hart, noted, "We faced many challenges, including establishing a governance and management system that makes the Board and staff function together effectively" (Jones 2007, par. 5). The establishment of the new management structure by AHI revolutionized the hospital's operations (Jones 1997).

CONSTRUCTION OF A NEW DENTAL CLINIC

In 2004, the dental clinic was reopened with a full-time missionary dentist after a 26-year absence. Davis Memorial Hospital and Clinic subsequently opened its new Modern five (5) suite Dental Clinic building in November of 2014.

Services Currently Offered at the Hospital

Davis Memorial Hospital is committed to meeting the needs of its patients and their families with excellent and affordable

healthcare; its staff with continuing development and welfare; and the country with partnerships for promoting healthful lifestyles (dmhac.org n.d.). Current services offered include: Emergency, Outpatient, Orthopedics, General Surgery, Obstetrics and Gynaecology, Internal Medicine, neurology, Anaesthesia/Pain Management, Cardiology, Radiology (X-Ray, Ultrasound and Echocardiogram), Intensive Care Unit (ICU)/High Dependence Unit (HDU), Psychiatry, Diabetic Foot-Care, Paediatrics, HIV/AIDS Care and Treatment and Dental Care.

Conclusion

Davis Memorial Hospital, owned and operated by the Seventh-day Adventist Church, is a link in a chain of hospitals that the church operates around the world. From its very small beginning, the hospital has grown into a well-respected health care provider in the Guyana.

Davis Memorial Hospital firmly stands with its total commitment, "Dedicated to Total Care."

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Lentil Roast

Recipe from Natalie Nash ND

2 cups cooked brown rice

3 cups cooked lentils

2 cups almond milk, unsweetened

1 1/2 cups sunflower seeds, ground

1 1/2 cups onion, finely chopped

1 1/2 teaspoons Italian seasoning

1 1/2 teaspoons salt

3/4 teaspoon garlic powder

Preheat oven to 350°F.

Combine in a bowl all the ingredients.

Place in a casserole dish and bake for 1 hour.



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Church Life

Adventist Elder Randall Hector Tragically Killed Outside Church in Trinidad

Adventists in the South Caribbean Conference (SCC) are mourning the tragic loss of a church elder who was killed near Stanmore Avenue Seventh-day Adventist Church in Port of Spain, Trinidad. The incident occurred on December 31, 2024, shortly after the church's Old Year's service was concluded. The elder, who had just led the testimony segment of the service, was fatally shot moments after leaving the sanctuary.

Elder Randall Hector, a church elder at Stanmore Avenue Seventh-day Adventist Church, was a dedicated leader within the Adventist community. He served on the Executive Committee of the South Caribbean Conference and provided legal counsel to both the SCC and the Caribbean Union Conference of Seventh-day Adventists (CARU). Hector was also a member of

the Executive Committee of the Caribbean Religious Liberty Association (CARLA) and was a featured speaker at regional congresses across the Caribbean for over ten years. Additionally, he served on the boards of the Caribbean Union College Secondary School and Port of Spain SDA Primary School.

The South Caribbean Conference President Pastor Leslie Moses, in his reflection on the deceased elder's life shared, "He was fully entrenched in the life of the church."

Hector, 43, a highly esteemed member of the legal fraternity, was killed in a drive-by ambush near the church in front of his wife and children. According to media reports, Hector was leaving the church and heading to his car parked on Stanmore Avenue, near Albion Street when two vehicles—a black SUV and a Nissan B15—pulled alongside him. Witnesses reported hearing multiple gunshots. Hector,

struck in the chest multiple times, was transported to Port of Spain General Hospital, where he was pronounced dead.

'The Seventh-day Adventist Church in Trinidad and Tobago and the entire Caribbean Union are saddened by the tragic loss of an innocent and incredible member, Brother Randall Hector,' said President of the CARU, Dr. Kern Tobias. "His service to church, country, and family has been notable."

Dr. Clive Dottin, CARU's Public Affairs and Religious Liberty Director, shared, "Hector served with integrity, passion, and a commitment to fairness. He believed in justice and sought to honor God, His church, and his family."

Pastor David Holder, SCC Ministerial Secretary and Hector's former pastor, described him as a faithful servant. "Though he

was highly esteemed in the legal fraternity, he remained humble in his relationships with everyone. We are deeply grieved by this brazen act, yet confident in God's favor upon him."

In response to a surge in gang violence, the government of Trinidad and Tobago has implemented a state of emergency, granting police additional powers to curb reprisal killings and other gang-related activities. The murder marked a grim milestone, bringing Trinidad and Tobago's 2024 homicide count to 624.

Moses declared Sabbath, Jan. 4, 2025, as a day of prayer for the nation. He reassured the brethren "God has not forgotten us, what has happened will be dealt with by God in His own time. We will pray for our country and ask God to bring change to our nation," he comforted, urging members to pray for Hector's family, including his wife, children, parents, and sister.

Pastor Moses further encouraged members to trust in God. "Let us worship the Lord and turn to Him for comfort, consolation, and protection. Let us pray for relief in our nation," he said. "Let us trust in the knowledge that God knows this situation and He will take care."

Dr. Dottin, who ministered to Hector's family, highlighted the faith of his widow, Adenike. "She said she wanted a lifetime with him but is grateful for the 22 years she had with this extraordinary man. She is thanking God that she and the children were spared," Dottin shared.

The assassination has left Adventist members and leaders across the territory in shock. CARU Executive Secretary Pastor Johnson Frederick said, "My heart bleeds for the loss of our dear brother and Union attorney, Randall Hector. May God cradle the family in His strong and everlasting arms."

Dr. Kern Tobias expressed concern about the state of the situation

and said "We are in great grief. A young family was shattered by this senseless act. We are looking to Jesus who will work it out and put an end to this situation one day. Violence in the territory is spreading into new areas, forcing people to live in fear. Our church members face the same reality."

During the Sabbath worship service on Sabbath January 4, 2025 Pastor Moses, who is a trained family life professional spent time with the church helping the members to process the hurt from the disaster.

The SCC, part of CARU in the Inter-American Division of Seventh-day Adventists, oversees 166 congregations and serves 60,061 members across Trinidad. Its headquarters is in St. Augustine, Trinidad.



Adventists in Action: Reaching Out to the Homeless in Suriname

Adventists in the in the Suriname Mission of Seventh-day Adventists joined forces to serve an estimated

homeless population of 1,200. The unified front included the Youth Department of the Zion Seventh-day Adventist Church, and the Sabbath School and Community Services departments of the Mission.

On December 1, 2024, the Church mobilized more than 40 members in the capital city of Paramaribo to share a message of hope, bring joy, and meet the basic needs of the community. Their outreach provided one hundred homeless and vulnerable individuals with care packages, clothing, warm meals, beverages, and copies of Priority magazines.

"We thank God for the commitment of the Youth Department and its collaboration with the Community Services and Sabbath School Departments of the Zion Church to initiate this project," said Pastor Guno B. Emanuelson, president of the Suriname Mission, headquartered in Paramaribo. "Their dedication reflects the ministry of Jesus."

Church members worked tirelessly to prepare and distribute the items. The event was deeply moving as volunteers witnessed the challenging realities faced by some of the most vulnerable citizens of Suriname.

"The goal was to reaffirm our commitment as a church to our friends and neighbors in each community, demonstrating that God's love, His word, and His power are real," shared Steven Tulp, treasurer of the Suriname Mission and district pastor of Zion Seventh-day Adventist Church.



The outreach initiative was particularly poignant, as volunteers encountered women and children among the homeless population. “Their plight underscores the need for sustainable solutions to prevent homelessness and to support reintegration into society,” Tulp noted. He added that the event marked the most significant, costliest, and most impactful outreach to the homeless community in the history of the Adventist Church in Suriname.

Continued Focus on Urban Evangelism

The mission’s efforts will continue in Suriname, where urban evangelism remains a key focus. With a population of approximately 241,000, the country is home to about 3,487 Seventh-day Adventists. Church leaders are encouraged by the initiative’s impact, as individuals have expressed interest in learning more about the church.

“We are grateful for God’s presence during this outreach,” said Esmeralda Hok-Ahin, the acting mission’s community services director. “Our goal was to show that God’s hands are open to everyone, that He cares about building stronger communities, restoring health, and promoting the welfare of all His children. Sounding the trumpet that Christ is coming soon is our mission, but it’s also about demonstrating our faith through acts of care and compassion.”

About the Suriname Mission

The Suriname Mission, organized in 1945, has the smallest membership among the ten fields in the Caribbean Union Conference, with 3,487 members worshipping in 17 congregations.

For more information about the Seventh-day Adventist Church in Suriname and its recent outreach efforts, visit surinameadventists.org.



Worship on Canvas: Barbadian Artist Inspires Through Paint

In a quiet corner of the sanctuary, amid hymns and prayers, Donné Antonia Haynes sits with her easel, capturing the spirit of worship on her canvas.

For her, painting is more than a talent or profession—it’s an act of devotion. As the congregation sings and the sermon unfolds, her brush moves in harmony, translating faith into vibrant works of art. Her unique approach to worship has inspired many, blending creativity and spirituality into a powerful testimony of her relationship with God.

“What are you doing here?” curious onlookers often ask. “What is this about?”

For several years, the Seventh-day Adventist artist has used her paintings to illuminate biblical themes, drawing attention to God’s Word visually and engagingly. Adventist leaders observing her work note its potential as a ministry tool, especially in a society where many identify as religious but few regularly read the Bible. She doesn’t just love art—she breathes it.

“I’m a conceptual Barbadian artist and art teacher,” Haynes said. “My

work explores a variety of themes.”

“From an early age, I knew art was something I wanted to do for the rest of my life,” she said.

Over the years, art has deepened her personal experience with God and provided a meaningful way to teach and connect with her students.

Haynes believes art has a unique power to start gospel conversations and teach Christian values. “Architecture, music, literature, jewelry—even the clothes we wear—can all serve as avenues for worship and encounters with God,” she explained.

“How can I use my talent to glorify God?” is the guiding question for Haynes, a member of the East Caribbean Conference in Barbados. The daughter of Pastor Haynes, Community Services and Possibility Ministries director of the East Caribbean Conference, Donné supports her father’s ministry by painting live during Sabbath services and sharing her creations with the congregation.

“My paintings help people quickly and dynamically learn about God,” she said. “They also foster a deeper appreciation for God and the beauty of art.”

Haynes’ work continues to resonate with church members and visitors alike, demonstrating how creativity can become a powerful medium for faith and ministry.

Congress Calls for Advocacy and Defense of Religious Freedom

Hundreds of Seventh-day Adventists marched through the capital city of Paramaribo to commemorate the conclusion of the Caribbean Union Conference Religious Liberty Congress. The congress, held from January 29 to February 1, 2025, convened leaders to advocate for the defense of religious freedom for all.

Gathering of Religious Liberty Leaders

More than 120 religious liberty leaders and advocates gathered for the Congress under the theme “Defending the Other Side.” The event was organized by the Caribbean Religious Liberty Association (CARLA), which announced the congress on its Facebook page, welcoming participants to Suriname for the annual event.

Dr. Clive Dottin, Public Affairs and Religious Liberty director of the Caribbean Union Conference emphasized the importance of respecting the rights of all individuals to believe in God in their way or to choose not to believe. “We must respect the other side. We must stand up for others to have the same freedom, and by supporting religious liberty for all, we also promote peaceful coexistence,” Dr. Dottin said.

Pastor Johnson Frederick, executive secretary for the Caribbean Union, echoed this sentiment during the opening ceremony. “Religious freedom is a principle of dignity for humanity,” Pastor Frederick stated. “We must be committed to the task of making this world a better place, where people can experience freedom of conscience, freedom of belief, and freedom of expression.”

Key Issues Discussed

The Congress explored challenges including government-imposed restrictions, rising social hostilities, and the importance of promoting positive lifestyle alternatives when engaging with differing perspectives. “We must develop counter-strategies,” emphasized Attorney Leslyn Charles of Guyana, president of CARLA. “As professionals, we each have a role to play.”

The march was part of an ongoing effort to raise public awareness about religious liberty, Dr. Dottin said.

Progress in Religious Liberty

During the congress, attendees were briefed on advances in religious rights and the obligations of authorities to respect those rights. Leaders hailed progress in religious liberty across the Caribbean Union, citing initiatives spearheaded by an inter-religious work group formed by the government of the Caribbean.

The Congress also honored the contributions of Attorney Randall Hector, 43, who was killed in a drive-by ambush outside a church in front of his wife and children. Hector, a member of the Executive Committee of CARLA, was a prominent speaker at regional congresses across the Caribbean for more than a decade.

About the Caribbean Union Conference

The Caribbean Union Conference, established in 1926, is a church administrative unit of the Seventh-day Adventist Church in the Inter-American Division. Its territory includes Anguilla, Antigua and Barbuda, Barbados, British Virgin Islands, Dominica, Grenada, Guyana, Montserrat, Saint Kitts and Nevis, Saint Lucia, Saint Vincent and the Grenadines, Suriname, Trinidad and Tobago, United States Virgin Islands, and the islands of Saba, Sint Eustatius, and Sint Maarten. The union comprises several conferences and missions, with its

headquarters located in Maraval, Trinidad and Tobago.

As of June 30, 2024, the Caribbean Union Conference reported 646 churches and a membership of 225,313, serving a population of approximately 3.9 million people.

The union’s mission is to proclaim the everlasting gospel of Jesus Christ, leading individuals to accept Jesus as their personal Savior and unite with His church. It emphasizes nurturing believers in preparation for Christ’s soon return.

The Role of CARLA

The Caribbean Religious Liberty Association (CARLA) plays a pivotal role in promoting and defending religious freedom within the Caribbean Union. By organizing events such as the Religious Liberty Congress, CARLA fosters dialogue and collaboration among religious liberty leaders and advocates. The association’s efforts aim to ensure that individuals can practice their faith freely and without fear of persecution.

Through its initiatives, CARLA seeks to educate both church members and the broader public about the importance of religious liberty, encouraging active participation in its defense. The association also collaborates with governmental and non-governmental organizations to address challenges to religious freedom and to promote policies that uphold this fundamental human right.

The recent congress in Suriname is a testament to CARLA’s ongoing commitment to these objectives, bringing together leaders and advocates to discuss strategies and share experiences in the pursuit of religious liberty for all.

For more information about CARLA and its activities, you can visit their Facebook page.



Adventist in Antigua Receives National Award for Exemplary Service

Antiguan-born Elaine Browne-Howson, a devoted advocate for the Pathfinder and Master Guide programs of the Seventh-day Adventist Church in the South Leeward Conference, was among 10 distinguished individuals honored with the Governor General's Achievement Award. On November 1, 2024, during Antigua's independence celebration, she received recognition for her exemplary service to the community, church, school, and country.

The award was announced during Antigua and Barbuda's 43rd Independence Day celebrations on November 1, 2024, at the Sir Vivian Richards Stadium. As a devout Seventh-day Adventist, Howson chose to delay receiving the award since the official ceremony extended into Sabbath hours. In response, His Excellency, the Governor General, the Most Honorable Sir Rodney Williams, graciously arranged an alternative presentation.

A Legacy of Service

Howson has dedicated more than 42 years to Seventh-day Adventist Youth Ministries, significantly impacting the lives of young people. She has gone above and beyond to guide youth in service, foster fellowship, and provide spiritual motivation to empower them to serve the church, community, and one another.

Her leadership roles have included Pathfinder Director, Area Coordinator, Island Coordinator, and Church Master Guide Director.

Through these positions, she has trained and empowered disciplined youth to become leaders in the church and the community. She has also organized and participated in marches addressing societal issues and has provided care and support for the sick and elderly.

"I am humbled to receive this prestigious Award for Excellence," said Howson. "The work I've done and continue to do was never for acknowledgment or awards. I am simply seeking to do what Jesus would have done."

Expressing gratitude, Howson added, "From a heart filled with gratitude, I thank everyone who has shaped and nurtured my life and leadership. May this award inspire others to strive to be the best version of themselves."

Advocate for Youth Development

Howson is a passionate advocate for the Pathfinder and Master Guide programs, which emphasize life skills, achievement, responsibility, and spiritual growth. These programs cultivate leadership skills through supervised participation in meaningful roles, fostering a spirit of adventure, awareness, and accomplishment.

With over four decades of service, Howson remains deeply committed to her faith and the principles of service and community building.

About the South Leeward Conference

The South Leeward Conference is home to more than 10,000 Seventh-day Adventists worshipping in 46 congregations in the islands of Antigua, Barbuda, Montserrat, Saint Kitts, and Nevis. The church operates educational and health institutions to support its mission and serve the broader community.

Faith and Dedication: Dr. Shivon Belle- Jarvis Appointed Medical Director of Sir Lester Bird Medical Centre

Dr. Shivon Belle-Jarvis, a Seventh-day Adventist and accomplished pediatrician in Antigua, has been appointed as the Medical Director of the Sir Lester Bird Medical Centre (SLBMC).

Her journey to this role reflects a life dedicated to service, excellence, and faith.

Dr. Belle-Jarvis has held several leadership roles throughout her career, each demonstrating her passion for advancing healthcare. As Head of the Pediatric Department at SLBMC, she championed initiatives that significantly improved neonatal care in the region. Her efforts led to the hospital earning the prestigious Baby-Friendly designation from the Pan American Health Organization, which recognizes excellence in supporting breastfeeding mothers and their infants.

In addition to her work at SLBMC, Dr. Belle-Jarvis has served as a member of key health committees within Antigua and Barbuda, advising on national healthcare strategies. Her influence extends beyond hospital walls; she has also been a mentor to young healthcare professionals, inspiring the next generation with her commitment to compassionate care and high standards.

In 2022, Dr. Belle-Jarvis completed a Master of Science in Neonatology from the University of Southampton in the United Kingdom. Reflecting on this milestone, she expressed



Sir Molwyn Joseph, Minister of Health and Dr. Shivon Belle-Jarvis

her gratitude to God, her family, and friends for their unwavering support during her studies. Her education has further equipped her to advocate for preventative care and early intervention for newborns.

Upon her appointment, Dr. Belle-Jarvis shared her thoughts on the opportunity and the role of her faith in this milestone. "I am truly humbled and honored to be entrusted with this responsibility," she said. "This appointment is not just a professional achievement but a call to serve my community at an even greater capacity. My faith in God has been my anchor throughout my journey, and I see this role as an opportunity to glorify Him through compassionate service. I firmly believe that with God, all things are possible."

Her appointment has drawn praise from both government and church leaders. Antigua and Barbuda's Minister of Health, Honourable Sir Molwyn Joseph described Dr. Belle-Jarvis as "a beacon of hope for our healthcare system, whose leadership will undoubtedly take our services to new heights." Prime Minister Gaston Browne commended her as a symbol of dedication and excellence, noting how her work aligns with the government's vision for improved healthcare access and quality.

Church leaders within the Seventh-day Adventist community shared

their admiration for Dr. Belle-Jarvis. Dr. Carson Greene, president of the South Leeward Conference, stated, "Dr. Belle-Jarvis embodies the principles of Adventism—faith in action, service to humanity, and a commitment to excellence. Her journey is an inspiration to our members, particularly our young women, showing them that with God, all things are possible."

For the Adventist Church, Dr. Belle-Jarvis's elevation to such a significant position represents a moment of pride and affirmation of the Church's emphasis on service and excellence. "Her achievement is a testament to the impact Adventist values can have on the world," Dr. Green added. "It is a reminder that our faith calls us to be light in every sector of society."

Dr. Belle-Jarvis remains deeply grounded in her faith, crediting divine guidance for her success. She encourages others to pursue excellence in their respective fields as a means of glorifying God and serving their communities.

As she takes on this significant role, Dr. Belle-Jarvis is determined to enhance healthcare services in Antigua and Barbuda, with a special focus on neonatal care. "Every baby deserves the best start in life," she said, "and I am committed to ensuring that no newborn is left behind."

Her appointment as Medical Director of SLBMC serves as a reminder of what is possible when faith, dedication, and service converge. For Dr. Belle-Jarvis, the mission is clear: to uplift lives through healthcare while staying true to her values as an Adventist.

Portuguese Adventist Church in Suriname Relocates to Serve Growing Community

After years of prayer, perseverance, and planning, the Portuguese-speaking Seventh-day Adventist congregation in Suriname has finally moved to the heart of the Brazilian community in the northern part of Paramaribo. The relocation is a strategic move that supports the church's efforts to provide spiritual guidance and social support to the growing number of Portuguese and Spanish-speaking residents in the country.

The congregation, which initially began ministering to the Portuguese-speaking community on July 27, 2019, held its first worship service at the new location on Sabbath, January 18, 2025. The church is now situated at 16 Daniel Ijveraarstraat, a strategic location near a bustling commercial center frequented by Brazilian and other Latino workers from rural areas.

"This is a dream come true for our church," said Pastor Costa, who has led the congregation since February 2023. "For years, we envisioned a place where we could worship, build relationships, and be a center of influence for those in need. Now, by God's grace, we have that place."

A Growing Ministry

The Portuguese-speaking congregation was established in 2019 with a mission to reach out to the increasing number of Brazilians, as well as other Portuguese and Spanish-speaking individuals, living in Suriname. Initially, services were held in the Multi-purpose Room of the Suriname Mission Office, with Pastor Steven Tulp leading the group for three years.

When Pastor Costa arrived in Suriname in January 2023, accompanied by his wife, Bianca Freire Costa, and their daughter, Laura Costa, he took over from Pastor Tulp the following month. The congregation quickly grew under his leadership, and the need for a dedicated worship space became more pressing.

“It was evident that the congregation needed a place of its own,” said Pastor Costa. “We were seeing more and more families joining us, and having a permanent location in the heart of the community allows us to better serve them.”

The relocation effort received strong backing from the Suriname Mission of Seventh-day Adventists, which provided crucial financial and logistical support.

“The relocation of the Portuguese-speaking church underscores our commitment to reaching people where they are,” stated Pastor Emanuelson, president of the Suriname Mission. “It is about more than just having a building. This move allows us to be present in the daily lives of the people we serve.”

More Than Just a Church

Beyond being a place of worship, the new facility is set to become a center of influence, offering programs that cater to the social and educational needs of the community.

“From February, we will be launching Portuguese and English language

classes for anyone interested,” said Costa. “We believe that providing language skills will open doors for many in this community, helping them integrate and find better opportunities.”

In addition to language classes, the church will hold weekly evangelistic services, community outreach initiatives, and social programs aimed at strengthening family bonds and promoting spiritual growth.

“This is not just a place where people come to worship on Sabbath,” said Pastor Emanuelson. “This is a hub for transformation, where lives will be touched, friendships will be built, and the gospel will be shared in meaningful ways.”

A New Era for the Portuguese-Speaking Church

On December 21, 2024, the church celebrated the fulfillment of its long-awaited dream with a dedication service at the new location. The event was attended by church leaders, local members, and visitors from the wider community.

During the service on January 18, 2025, the president, the executive secretary and the treasurer of the Suriname Mission—who previously served as the congregation’s pastor—joined other leaders in affirming the importance of this step.

“When I see what God has done here, I can only praise Him,” the treasurer shared. “This move signifies our commitment to the Great Commission, to go where the people are, to minister to their needs, and to bring them to Christ.”

For many members, the new church location is an answered prayer and a beacon of hope.

“I feel so blessed to be part of this church,” said Sister Cilene, a Brazilian immigrant who has been attending the congregation since its early days. “It feels like home. Having our own space, right in the

middle of our community, makes it easier for others to come and experience God’s love.”

As the Portuguese-speaking Seventh-day Adventist congregation embarks on this new chapter, leaders say they remain focused on their mission to spread the gospel and uplift the community.

“We are here to serve,” said Pastor Costa. “And by God’s grace, we will continue to grow, reach more people, and be a light to those around us.”

The North Brazilian Union and the South America Division assisted in the realization of this dream.

St. Maarten Adventist Church Members Share ‘The Oil of Gladness and Bread of Life’ in Community Outreach

On Saturday, February 1, 2025, members of the Philipsburg Seventh-day Adventist Church on Sint Maarten, under the leadership of Personal Ministries Director Sister Petra Ming, completed a spiritually enriching and impactful outreach initiative titled *The Oil of Gladness and the Bread of Life*.

Members of the department, alongside other church members, went into communities bearing gifts of extra virgin olive oil, sharing its health benefits while intertwining its significance in biblical teachings. The initiative aimed to bring both physical and spiritual nourishment to those in need.

As they distributed the oil, members offered prayer, words



of encouragement, and shared scripture on the symbolic role of oil in the Bible—as a representation of the Holy Spirit, healing, and consecration. Many recipients expressed gratitude, touched by the act of kindness and the deeper spiritual messages conveyed.

“This was more than just a distribution event; it was a way to demonstrate God’s love in action,” said Personal Ministries Director, Sister Petra Ming. “We were blessed as much as those who received.”

The initiative not only strengthened the faith of those involved but also opened doors for further engagement with the community. Participants rejoiced in the opportunity to glorify God through service, experiencing firsthand the joy of giving and the power of the Word in action.

The Personal Ministries Department of the church continues to seek innovative ways to fulfill its mission of evangelism, ensuring that both the physical and spiritual needs of the community are met.





Ordination

Adventist Pastor in the South Leeward Conference Encouraged to Serve with Pure Motives

At a solemn and uplifting service of ordination held Friday, 6 December, 2024, at the Clair Hall Seventh-day Adventist Church in Antigua, Pastor Otis Browne was encouraged to “serve with pure motives.” Dr. Kern Tobias, president of the Caribbean Union Conference, delivered his message of encouragement and counsel during his homily to the ordained.

“Being a pastor is something honorable and noble,” Tobias said. “Once one comes to the office of a pastor with motives that are pure, noble, upright, selfless, and God-centered, the impact they can make on others is incredible. Despite any contrary opinions, being a pastor is good work.”

A Life Dedicated to Ministry

Pastor Browne's ordination marked the culmination of years of dedication, mentorship, and spiritual growth. Through daily surrender to the Holy Spirit and mentorship under seasoned pastors, he demonstrated evidence of his divine calling to ministry. After completing seminary training, he went through a rigorous process of evaluation and oversight, which included:

- Serving under a mentor pastor for two years
- Leading congregations for an additional two to four years
- Demonstrating commitment, spiritual maturity, and ministerial effectiveness

Based on his exemplary service, he was recommended by the South Leeward Conference to the Caribbean Union Conference for ordination.

A native of St. Kitts and Nevis, Pastor Browne hails from Tabernacle Village. He began his education at Edgar T. Morris Primary School, then transferred to Estridge Primary School, where he graduated in 2004. He completed high school at Cayon High School in 2009. Feeling a clear call to ministry, he pursued theological studies at the University of the Southern Caribbean from 2011 to 2015.

During his studies, he married Querida Browne, who was also a student at the university, specializing in elementary education.

Pastor Browne began his ministerial internship under the guidance of Dr. Kay White. In July 2019, he was appointed district pastor of District 2, Nevis, overseeing the Mannings and Beulah congregations, where he continues to serve faithfully.

The ordination ceremony featured prayer, encouragement, and celebration. Highlights included:

- The ordination prayer by Dr. Kern Tobias
- The ordination charge by Pastor Ammaran Williams, ministerial secretary of the Caribbean Union Conference

In his welcome to the ordinand, Dr. Carson Greene, president of the South Leeward Conference, stated, "Anyone who gets ordained while serving on the island of Nevis is a good pastor."

Referencing his own ordination experience there, he added, "I welcome you on behalf of Jesus Christ, who called you, anointed you, and filled you with His Holy Spirit."

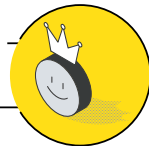
In his response, Pastor Browne expressed deep gratitude to God, stating, "There is nothing that I have done to warrant this position, so I thank God for His abundant grace."

He serves alongside his wife, Querida, a primary school teacher in Nevis, and their 6-year-old daughter, Zayna, whom he

described as "beloved, intelligent, and gifted."

The ordination service was a joyous occasion, filled with words of affirmation and support from family, colleagues, mentors, and members of the congregation. It was a testament to the strong community surrounding Pastor Browne throughout his journey.

His ordination marks a new chapter in ministry, as he continues to serve with humility, dedication, and the pure motives commended by his mentors and leaders.



Pastors Frederick and King Ordained in Tobago

On Sabbath, December 28, 2024, a momentous ordination ceremony took place at the Roxborough Seventh-day Adventist (SDA) Church in Tobago, where Pastors Richard Frederick and Winston King were officially ordained into pastoral ministry.

The sacred event was presided over by Dr. Kern Tobias, President of the Caribbean Union Conference of Seventh-day Adventists. His inspiring address underscored the significance of the pastoral calling and the responsibilities that come with it.

“This ordination is not just a recognition of their calling but also a reaffirmation of our commitment as a church to stand behind our leaders as they shepherd God’s people,” remarked Dr. Tobias.

Pastor Bertie Henry, Treasurer of the Caribbean Union, led the congregation in the ordination prayer, invoking blessings on the newly ordained pastors as they embark on their spiritual journey. Pastor Royston Philbert and Sister Linda Tobias, both Associate Ministerial Secretaries for the Caribbean Union, also played active roles in the service, offering words of encouragement and participating in the ceremonial proceedings.

The Roxborough SDA Church, filled with members from across Tobago and neighboring islands, provided a vibrant setting for this milestone event. Attendees celebrated the dedication of these two pastors who have committed their lives to serving the church and their communities.

Pastor Richard Frederick currently

ministers to the Far North district of Tobago, which includes congregations in Castara, L’Anse Fourmi, Moriah, and Parlatuvier. Known for his compassionate approach and dedication to pastoral care, Pastor Frederick has earned the respect and admiration of his congregation and peers.

Pastor Winston King serves in the North West district, overseeing churches in Black Rock, Mary’s Hill, Plymouth, and Signal Hill. His dynamic preaching and commitment to outreach have made a significant impact on the spiritual lives of many in the community.

The ordination ceremony emphasized the collective support of the church community for its leaders. With heartfelt prayers and blessings, the Roxborough SDA Church and the Tobago Conference pledged to support Pastors Frederick and King as they continue their ministry.

The event concluded with a fellowship meal, where members shared reflections on the service and extended personal congratulations to the ordained pastors.

This historic occasion marks a significant milestone for both men, as they step into greater roles of spiritual leadership within the Tobago Conference of Seventh-day Adventists.

History Made as South Caribbean Conference Ordains First Chaplain

In a historical ordination service held on Sabbath December 14, 2024, at the South Caribbean Conference, Seventh-day Adventist leaders ordained a chaplain to the gospel ministry for the first time. Gideon St. Bryce, along with four other

ministers, was ordained during a service held at the Stanmore Avenue Seventh-day Adventist Church. The ordination service was led by Dr. Kern Tobias, president of the Caribbean Union Conference.

“We are assembled here today for the ordination to the full-time ministry of Pastors Stevenson Halls, Hilary Vinton Charles, Adrian Forbes, Micah Johnson, and Chaplain Gideon St. Bryce, along with their spouses,” stated Tobias. “Today is very special, and I congratulate you and celebrate with you and your family. This is historic, as it is the first time the church in the Caribbean Union is holding an ordination service with a chaplain. I thank God for this milestone.”

The Caribbean Union President reminded the newly ordained ministers of the sacredness of their calling. “You are ordained and set apart as permanent servants of God. This is not a gateway to something greater or better. It is a declaration to God that this is the best choice of your life. You are anointed for service, not for self-aggrandizement. You are anointed for purity, not for popularity. You are anointed for mission, not for mediocrity.”

Reflecting on his tenure as minister of the Stanmore Avenue Church, Dr. Tobias noted, “God has been with His church in the South Caribbean Conference, and we can see growth. The ordination service held here at the ‘Mecca’ is special because it marks a pivotal moment not only in the lives of the servants of the Lord but also in the life of the church.”

A Spirit-Filled Celebration

The service began with a solemn procession of church administrators, pastors, and ordinands entering the packed church, preceded by the blowing of the ram’s horn and a scriptural proclamation in English and Greek by Dr. Fazadudin Hosein,

dean of the School of Theology and Religion at the University of the Southern Caribbean.

The three-hour service was an inspirational feast, featuring stirring pan music and the melodic voice of Delina Roberts James. The candidates were presented by Pastor David Holder, ministerial secretary for the South Caribbean Conference. Pastor Johnson Frederick, executive secretary of the Caribbean Union Conference, led the ordination prayer, while Pastor Royston Philbert, associate ministerial secretary for the Caribbean Union, delivered the ordination charge.

Each newly ordained pastor received a certificate of ordination and a Bible, while their spouses were presented with floral bouquets. Church administrators and their spouses officially welcomed the new ministers, with Pastor Marvyn Smith, youth and chaplaincy director for the Caribbean Union, offering a special welcome to Chaplain Gideon St. Bryce.

"We witnessed a spirit-filled atmosphere in the church as these five ministers were ordained into the ministry of our Lord," said Pastor Leslie Moses, president of the South Caribbean Conference. He expressed gratitude to all who contributed to the solemn and memorable service.

Seven Pastors Ordained in Guyana Conference Ceremony

On February 8, 2025, seven pastors were ordained to the gospel ministry in the Guyana Conference during a special service at the Central Seventh-day Adventist Church

in Georgetown. Hundreds of church leaders, family members, and friends attended to support the ordinands as they reached this significant milestone in their ministry.

The pastors ordained were:

- **Pastor Rodwell Anderson**
- **Pastor Martin Babb**
- **Pastor Lester Blair**
- **Pastor Mark Glasgow**
- **Pastor Franklyn Rogers**
- **Pastor Carlos Williams**
- **Pastor Colin Swaving**

In his message to the ordinands, Dr. Kern Tobias, president of the Seventh-day Adventist Church in the Caribbean Union, shared pastoral lessons from Jude's epistle, emphasizing three key points.

"You are called pastors," Dr. Tobias said. "God knows your history. He knows where you come from, and despite your imperfections, He has called you. As your status now changes to that of an ordained minister who can serve the church anywhere in the world, I challenge you to live up to your calling because He who has called you is faithful and able to keep you. To be called by God and set aside for the gospel ministry is perhaps the greatest honor God could bestow on a sinner saved by grace."

Tobias continued by urging the ordinands to remain steadfast in faith. "Many people are giving up on faith and God," he stated. "Many have walked away from God because of their presumptuous thinking. Your ordination today suggests that you are enlisted in the army of God to contend for the faith."

He cautioned the new ministers that their journey would not be easy and required courage.

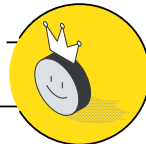
"Don't cheapen the gospel to become popular. Don't feel that after you have preached a sermon and have been applauded, that you have done God's service," he said. "Have a character like God to love righteousness."

Addressing the spouses of the ordinands, Dr. Tobias acknowledged their vital role in their husbands' success.

"Your success is going to be dependent on your relationship with God but also on the support of your spouse," he admonished. Turning to the wives, who were dressed in white and seated beside their husbands, he added, "Wives, be there to support your spouse."

The service featured uplifting music and slide shows displaying memories of the pastors' journeys to ordination. Pastor Martin Babb, selected by the group, responded on behalf of the ordinands, expressing gratitude to all who supported them in their service to the Lord over the years, with special mention of their wives for their commitment to ministry.

Pastor Exton Clarke, president of the Guyana Conference, presented the ordinands with gifts, while each pastor received an ordination certificate from Dr. Tobias. Pastor Ammaran Williams, ministerial secretary of the Caribbean Union, gave the ordination charge, and Pastor Bertie Henry, treasurer of the Caribbean Union, offered the ordination prayer.



About the Guyana Conference

The Guyana Conference of Seventh-day Adventists, organized in 1926 and reorganized in 1945, oversees 173 churches with a membership exceeding 68,000 across the country. Its headquarters are located at 222 Peter Rose and Lance Gibbs Streets, Queenstown, Georgetown.

The conference operates more than 20 ministries serving various community needs, including education, health care, and family life ministries. This ordination service underscores the conference's ongoing commitment to spiritual leadership and community service throughout Guyana.

The Celebration of Ordination to Gospel Ministry

The South Caribbean Conference of Seventh-day Adventists held an ordination service to honour and anoint new pastors into Gospel Ministry.

This event, filled with joy and spiritual reverence, was held on the 14th December 2024 and live-streamed from the University of the Caribbean, allowing the community to extend their congratulations and blessings.

The full service can be viewed online here. (<https://youtu.be/jsNhG1Ndva0>)

Among the newly ordained pastors were Pastor Micah Johnson, Pastor Adrian Forbes, Pastor Gideon St. Bryce, Pastor Hilary Venton Charles, and Pastor Stephenson Hall. The online community joined in the celebration, with heartfelt messages of encouragement and prayers for the pastors' ministries.

The service was marked by expressions of gratitude and well-wishes and many offered their congratulations to all the pastors, asking for God's continued blessings on their journey.

The ordination of ministers in the Adventist Church is a practice rooted in biblical principles and the mission of the Church. It serves as a formal recognition and affirmation of an individual's calling by God to pastoral and ministerial duties. This sacred ceremony involves a laying on of hands, symbolizing the bestowal of the Holy Spirit and the church's support for the ordained minister.

The process of ordination underscores the importance of dedicated, spiritually grounded leaders who are equipped to guide congregations, preach the gospel, and administer sacraments. Through ordination, ministers are set apart for a life of service, commitment, and spiritual leadership.

As the newly ordained pastors embark on their spiritual journey, we pray that all members support them as they share the message of hope and salvation.





Three Bean Salad

Recipe from Natalie Nash ND

- 1 cup cooked garbanzos
- 1 cup cooked, sliced green beans
- 1 cup cooked kidney beans
- 1/4 cup fresh lemon juice
- 2 tablespoon honey (opt.)
- 1/4 cup chopped red bell peppers
- 1/4 teaspoon pink Himalayan sea salt
- 1 1/2 teaspoons onion powder
- 1 teaspoon garlic powder
- 1/8 teaspoon sweet basil (opt.)

Combine all ingredients and mix well. Place in an airtight container and leave in the refrigerator overnight.

Add sliced olives or avocado just before serving.

Appointments

CARU Appoints Kerene Horsford-Nero as New Associate Treasurer



Newly appointed Associate Treasurer Kerene Horsford-Nero and Treasurer (CARU) Pastor Bertie Henry just after the appointment. Image by CARU Communication

On Thursday, November 21, 2024, the Executive Committee of the Caribbean Union Conference of Seventh-day Adventists (CARU) appointed Kerene Horsford-Nero as associate treasurer. She succeeds

Dr. Joel Hazelwood, who has transitioned to the office of Vice President of Finance at the University of the Southern Caribbean.

Horsford-Nero previously served as the inaugural treasurer of the Tobago Conference, overseeing its financial affairs. Her responsibilities included managing tithes and

offerings, preparing annual budgets, overseeing cash flow, producing financial statements, and administering the conference's finances.

She has served the Adventist Church in the Tobago Mission as treasurer since 2014 and following the mission's elevation to conference status in 2023, she became its first treasurer. This appointment marks her return to CARU, where she worked from January 2003 to August 2013 in various accounting positions within the Treasury Department. Horsford-Nero holds a Master of Business Administration in finance and accounting, earned through a joint program between Andrews University and the University of the Southern Caribbean.

The CARU Treasurer Pastor Bertie Henry welcomed Horsford-Nero to her new role, stating, "We welcome Kerene to this position. She is a humble servant of God who is very mission-focused. She is always striving for the best and

we are excited about the skills she brings. We believe that her expertise will benefit the entire Caribbean Union Conference."

He also expressed gratitude to the outgoing associate treasurer, saying, "We extend heartfelt thanks to Dr. Joel Hazelwood for his outstanding contributions as associate treasurer. May the Lord bless the University of the Southern Caribbean as it continues to grow from strength to strength."

Pastor Vishnu Persad, President of the Tobago Conference, praised Horsford-Nero's abilities. "I believe she will add significant value to the work of the church in the Caribbean Union Conference. She is highly capable, and we are pleased to share her with the Union."

Reflecting on her appointment, Horsford-Nero said, "This is the toughest decision I have been called to make. I am relying on God for His guidance. I am family-oriented, love the Lord, and wholeheartedly believe in the Pathfinder pledge. By the grace of God, I strive to live as a servant of God and a friend to man," she added.

The Caribbean Union Conference, organized in 1926, oversees the work of the Seventh-day Adventist Church across several geographic locations, including Trinidad and Tobago which is home to its headquarters located in Maraval.

Curlene Alexander Appointed Treasurer of the Tobago Conference

On February 27, 2025, the Executive Committee of the Tobago Conference of Seventh-day Adventists (TC) appointed Miss Curlene Alexander as the new Treasurer of the conference. She succeeds Kerene Horsford-Nero,

who accepted a call to serve as associate treasurer of the Caribbean Union Conference of Seventh-day Adventists (CARU).

The Treasurer plays a vital role in the administrative and financial operations of the church. As part of the Conference Administration, the office is responsible for ensuring that all financial resources are managed with integrity, transparency, and accountability. This includes supporting the mission of the church and its various programs through careful budgeting, reporting, and stewardship.

Miss Alexander is no stranger to the Tobago Conference. She first joined TC with effect from January 1, 2023. A native of Trinidad, she previously worked in the government service for the Ministry of Housing and the Ministry of Planning. She also worked at the University of the Southern Caribbean as a finance advisor. She completed the Association of Chartered Certified Accountants (ACCA) Level II certification. She is currently pursuing a Master's in Business Administration (MBA) with an emphasis in Finance and Accounting.

She is actively involved in Youth Ministries at both the local and conference levels. "Along with finance, that's one of my

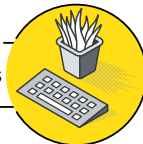
passions," she said. Known for her approachable nature in guiding young individuals in their stewardship and faith journey, she believes that her continued leadership and dedication to those ministries will help to strengthen the foundation of the church in Tobago.

Pastor Vishnu Persad, President of the TC, stated, "She is highly capable, and we believe God will use her to carry on His mission here in Tobago."

Miss Curlene Alexander has always enjoyed serving God in the Treasury Department, particularly in helping staff and local church treasurers understand the Conference's financial operations. Reflecting on her appointment, Miss Alexander said, "I am deeply honored and humbled to have been appointed as the Treasurer of the TC. This opportunity is both a privilege and a sacred responsibility, and I am truly grateful for the trust placed in me to serve in this capacity. I trust God to lead me despite my inadequacies. When God calls you, He also equips you. I look forward to working collaboratively with our leadership, staff, and church community to strengthen our financial foundation and support the ministries that impact lives across Tobago. With God's guidance and the continued prayers and support of our members, I am confident that we will achieve great things together."

Her appointment was effective April 1, 2025, and an installation service was planned for April 19, 2025.

In 2023, Tobago was officially granted Conference status. The church has experienced steady growth, now comprising 31 congregations and a membership exceeding 7,048. With a population of just over 58,386, one in every eight residents in Tobago is a member of the Seventh-day Adventist Church.



Welcoming USC's New Leaders: Charting a Future of Excellence

Ms. Simone Augustus, Communications Specialist, Office of the President

As the year draws to a close, the University of the Southern Caribbean (USC) embraces a season of renewal, celebrating the appointment of eight dynamic leaders to key roles within our institution. These talented individuals bring a wealth of experience, passion, and vision to their respective areas, promising to enrich USC's legacy of academic excellence, innovation, and service.



Dr. Joel Hazelwood: Vice President of Financial Affairs

Dr. Hazelwood steps into his role with decades of experience in financial management and strategic planning. With this expertise he is poised to steer USC toward greater financial sustainability, a cornerstone of SP100. His leadership will ensure prudent financial stewardship while fostering innovation and growth.



Dr. Jerome Joseph: Dean, School of Science, Technology, and Allied Health

Dr. Joseph takes the helm as Dean of the School of Science, Technology, and Allied Health, ready to guide the next generation of innovators and health professionals. With a career distinguished by impactful research and academic leadership, he is committed to fostering excellence in STEM and allied health education.



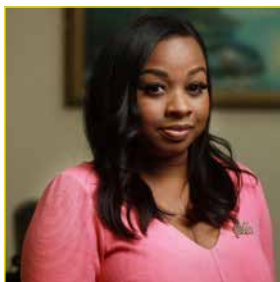
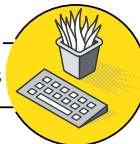
Dr. Jo-Anne Williams-Carryl: Chair, Department of Social Work

Dr. Carryl brings extensive academic and practical expertise to her new role as Chair of the Department of Social Work in the School of Social Sciences. A passionate advocate for mental health and community welfare, Dr. Carryl is dedicated to preparing students for impactful careers in social work through innovative pedagogy and hands-on learning.



Dr. Lunga Sianagowa: Lecturer, Music Department

The Music Department in the School of Education and Humanities gains a creative force with Dr. Lunga Sianagowa's appointment. An accomplished musician and educator, Dr. Sianagowa's vision harmonizes with USC's commitment to artistic and cultural enrichment. His students can look forward to transformative experiences that blend theory, performance, and global perspectives.



Ms. Marlene Roach: University Registrar

As USC's new University Registrar, Ms. Roach brings a wealth of administrative expertise and a deep understanding of academic operations. Her leadership will enhance USC's student-centered focus by streamlining processes, ensuring data accuracy, and supporting an engaging and efficient academic journey for all.



Mrs. Denise Dennis-Horsford: Director, Department of Quality Assurance

USC's pursuit of operational efficiency and academic excellence is strengthened by Ms. Horsford's appointment. With a keen eye for detail and a passion for continuous improvement, she will lead efforts to ensure that USC maintains and exceeds the highest standards in education and institutional effectiveness.



Mrs. Lesli-Marie Arthur: Director, Alumni Affairs

Ms. Arthur steps into the pivotal role of Director of Alumni Affairs, determined to deepen connections within the USC alumni network. With a focus on building lifelong relationships, fostering professional growth, and celebrating alumni achievements, Ms. Arthur is ready to elevate alumni engagement to new heights.



Ms. Princess Errolyn Trotman: – Alumni Consultant

A proud alumna of USC's predecessor, Caribbean Union College, Ms. Princess Errolyn Trotman brings decades of unwavering dedication to USC's alumni affairs. Her 38-year career in banking and housing finance spanned both the private and public sectors, showcasing her expertise and professionalism.

Throughout her service to USC's Alumni Association, Ms. Trotman has demonstrated exemplary leadership and commitment. Her outstanding contributions have earned her multiple accolades, including the prestigious "Spirit of USC" award in 2019. Over five decades, she has played a pivotal role in the operations of alumni chapters across diverse regions, including California, Michigan, Toronto, Massachusetts, New York, New Jersey, Washington, D.C., and Orlando.

Now retired, Ms. Trotman is prepared to elevate USC's alumni engagement on a global scale. Her unmatched passion and unwavering commitment to USC's mission will inspire new opportunities for alumni to reconnect, contribute, and thrive.



These appointments mark a transformative moment for USC as we journey toward our centennial celebration in 2027. To our alumni, students, faculty, staff, and partners: let us warmly welcome these leaders into our vibrant USC community. Together with their guidance, we will continue to pursue excellence in motion.



SESSION NOTICES

SESSION NOTICE

Notice is hereby given that the Fifteenth Session of the **North Caribbean Conference of Seventh-day Adventist** takes place in St. Croix at the Central Seventh-day Adventist Church, at 17-A Plessen, Frederiksted, St. Croix, VI under the theme: “Revived and Revitalized: Aligning Action with Mission” from Wednesday, August 20th to Friday, August 22nd, 2025.

The purpose of the meeting is for the transaction of general business of the Conference, to receive reports, to elect officers, departmental directors and the Executive Committee.

Desmond F James, President
Wilmoth James, Executive Secretary

SESSION NOTICE

The Administration of the **East Caribbean Conference of Seventh-day Adventists (ECC)**, consisting of the islands of the Republic of Barbados and the Commonwealth of Dominica, according Article II Section 1a and b and Section 5 of the Bylaws of the ECC, gives notice of the hosting of its 7th Quadrennial Session.

The Session is scheduled for the period August 13 – 16, 2025, at the Oldbury Campsite, St. Phillip, Barbados, under the theme: “Positioned for Mission: A Church Without Walls.” Delegates are expected to meet to conduct the Business of the Conference, as well as to be inspired to fulfill the Great Commission, as we await the second coming of Jesus.

We solicit your prayers for the successful hosting of this 7th Quadrennial Session.

Terence Haynes, Executive Secretary

Notices





Hummus

Recipe from Natalie Nash ND

2 cups cooked garbanzo beans

3 tablespoons tahini butter
(or nut butter)

3 tablespoons lime/lemon juice

1/2 teaspoon ground cumin

1 clove garlic

3/4 cup water

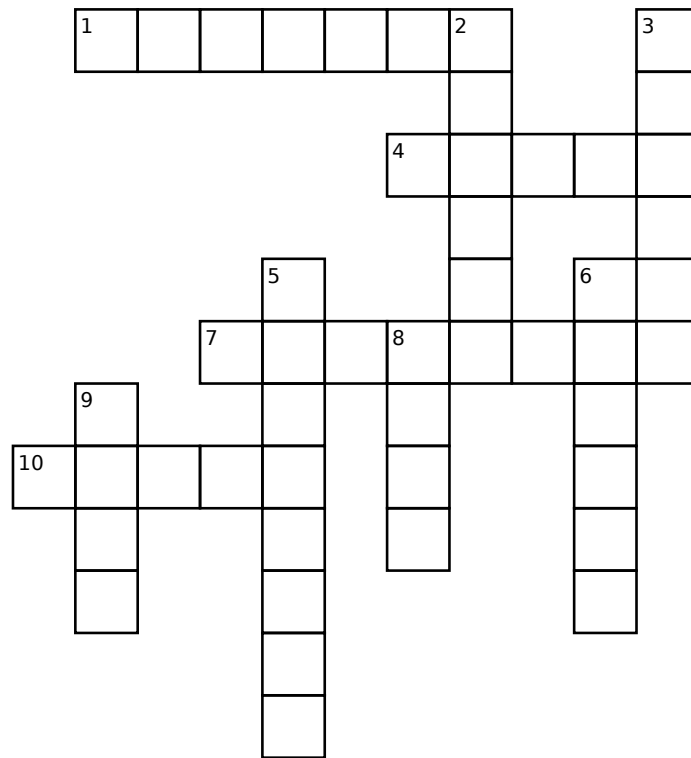
1 teaspoon pink
Himalayan sea salt

Place all ingredients in a
blender and blend until smooth.

Refrigerate.

*Tip: You can add cooked beets
for a pink color*

Watch out for Germs!



Down:

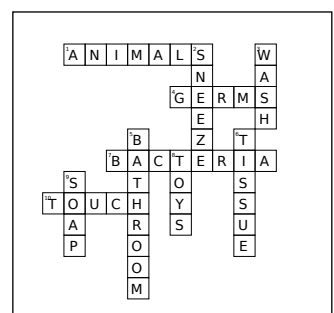
2. What happens when you suddenly blow air out of your nose and mouth.
3. To clean something with water and soap.
5. A room where you wash and use the toilet.
6. A soft paper used to wipe your nose.
8. Fun things you play with.
9. A bubbly thing you use to clean your hands.

Across:

1. Living creatures like cats, dogs, and birds.
4. Tiny things that can make you sick.
7. Tiny living things that can sometimes make you ill.
10. To feel something with your hands.



ANSWERS





SEVENTH-DAY
ADVENTIST
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THE
PIONEERS
2026

SEVENTH-DAY ADVENTIST
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