



**North East Jamaica
Conference**

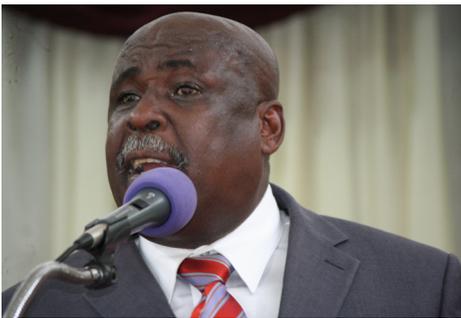
Communication
Scope

April 21, 2012
A weekly publication from the Communication Department

About this Paper

Communication Scope is the weekly E-paper of the North East Jamaica Conference Communication Department. This paper will be a click away every Friday filled with information just for you. Through this e-paper, we seek to educate you on the happenings of the Conference. We seek your help in partnering with us to make these publications better.

Some News Highlights



Highlights of Stewardship Convention 2012 - Portland leg

Gathered under the theme "Fuelled by His Grace: Responding to His Goodness" the Elders and Stewardship Leaders from the churches across Portland were delighted by the various presentations made on the day

[Click here to view the Photo Album](#)



EASTER CAMP - A BLAST OF A LIFETIME

Children, youth and adults turned out in their hundreds to this years Easter Camp. The camp was hailed as a great success.

[Click here to view Photo Album](#)



Portland High School is 50 Years-old!

The auditorium of the Port Antonio High School came alive on Sabbath April 7, 2012 as the Portland High School celebrated its 50th year in existence.

[Click here to view Photo Highlights](#)



VISION ONE MILLION - NEJC STYLE

March 31 marked the Vision One Million Celebrations across Interamerica. North East Jamaica Conference would not be outdone as just over 2000 visitors were present across the territory. On that day, the Conference recorded over 90 baptisms.

[Click her to view Photo Highlights](#)

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SEVENTH-DAY
ADVENTIST CHURCH
PRESENTS

DOVER HAPPY FAMILY SERIES



Sundays, Wednesdays & Fridays @ 7pm
Sunday, April 1
May 30, 2012

*with Family Life Educator,
Pastor Arlington Woodburn*

Take a Friend with You!



North East Jamaica Conference

CAMP MEETING 2012

AUGUST
22 - 25
2012

WATCH THIS SPACE FOR MORE DETAILS



WEEK OF PRAYER

From the Health Desk

EATING FRUIT...

We all think eating fruits means just buying fruits, cutting it and just popping it into our mouths. It's not as easy as you think. It's important to know how and when to eat.

What is the correct way of eating fruits?



IT MEANS
NOT
EATING
FRUITS
AFTER
YOUR
MEALS!
* FRUITS
SHOULD
BE EATEN
ON AN
EMPTY
STOM-
ACH.

If you eat fruit like that, it will play a major role to detoxify your system, supplying you with a great deal of energy for weight loss and other life activities.

FRUIT IS THE MOST IMPORTANT FOOD. Let's say you eat two slices of bread and then a slice of fruit. The slice of fruit is ready to go straight through the stomach into the intestines, but it is prevented from doing so.

In the meantime the whole meal rots and ferments and turns to acid. The minute the fruit comes into contact with the food in the stomach and digestive juices, the entire mass of food begins to spoil....

So please eat your fruits on an empty stomach or before your meals! You have heard people complaining — every time I eat watermelon I burp, when I eat durian my stomach bloats up, when I eat a banana I feel like running to the toilet, etc — actually all this will not arise if you eat the fruit on an empty stomach. The fruit mixes with the putrefying other food and produces gas and hence you will bloat!

Graying hair, balding, nervous outburst, and dark circles under the eyes all these will NOT happen if you take fruits on an empty stomach.

There is no such thing as some fruits, like orange and lemon are acidic, because all fruits become alkaline in our body, according to Dr. Herbert Shelton who did research on this matter. If you have mastered the correct way of eating fruits, you have the Secret of beauty, longevity, health, energy, happiness and normal weight.

When you need to drink fruit juice - drink only fresh fruit juice, NOT from the cans. Don't even drink juice that has been heated up. Don't eat cooked fruits because you don't get the nutrients at all. You only get to taste. Cooking destroys all the vitamins.

But eating a whole fruit is better than drinking the juice. If you should drink the juice, drink it mouthful by mouthful slowly, because you must let it mix with your saliva before swallowing it. You can go on a 3-day fruit fast to cleanse your body. Just eat fruits and drink fruit juice throughout the 3 days and you will be surprised when your friends tell you how radiant you look!

KIWI: Tiny but mighty. This is a good source of potassium, magnesium, vitamin E & fiber. Its vitamin C content is twice that of an orange.

APPLE: An apple a day keeps the doctor away? Although an apple has a low vitamin C content, it has antioxidants & flavonoids which enhances the activity of vitamin C thereby helping to lower the risks of colon cancer, heart attack & stroke.

STRAWBERRY: Protective Fruit. Strawberries have the highest total antioxidant power among major fruits & protect the body from cancer-causing, blood vessel-clogging free radicals.

ORANGE : Sweetest medicine. Taking 2-4 oranges a day may help keep colds away, lower cholesterol, prevent & dissolve kidney stones as well as lessens the risk of colon cancer.

WATERMELON: Coolest thirst quencher. Composed of 92% water, it is also packed with a giant dose of glutathione, which helps boost our immune system. They are also a key source of lycopen — the cancer fighting oxidant. Other nutrients found in watermelon are vitamin C & Potassium.

GUAVA & PAPAYA: Top awards for vitamin C. They are the clear winners for their high vitamin C content.. Guava is also rich in fiber, which helps prevent constipation. Papaya is rich in carotene; this is good for your eyes.

Drinking Cold water after a meal = Cancer! Can u believe this?? For those who like to drink cold water, this article is applicable to you. It is nice to have a cup of cold drink after a meal. However, the cold water will solidify the oily stuff that you have just consumed. It will slow down the digestion. Once this 'sludge' reacts with the acid, it will break down and be absorbed by the intestine faster than the solid food. It will line the intestine. Very soon, this will turn into fats and lead to cancer. It is best to drink hot soup or warm water after a meal.

A serious note about heart attacks **HEART ATTACK PROCEDURE:** (THIS IS NOT A JOKE!) Women should know that not every heart attack symptom is going to be the left arm hurting. Be aware of intense pain in the jaw line. You may never have the first chest pain during the course of a heart attack. Nausea and intense sweating are also common symptoms. Sixty percent of people who have a heart attack while they are asleep do not wake up. Pain in the jaw can wake you from a sound sleep. Let's be careful and be aware. The more we know the better chance we could survive



North East Jamaica Conference

Community Services & Health Ministries Departments

Presents

Health Fair 2012

Presentations by

North East Regional Health Authority (NERHA)

Jamaica Cancer Society

Jamaica Drug for the Elderly Programme (JADEP)

ODPEM

Registrar General Department (RGD)

Red Cross

National Insurance Scheme (NIS)

Features:

GENERAL HEALTH CHECKS

BLOOD PRESSURE CHECKS

DENTAL EXAMINATIONS

HIV/AIDS TESTINGS

CANCER SCREENINGS

BLOOD SUGAR TESTS

WEIGHT CHECKS

Sunday, April 29 2012

Dover ST. MARY

10am-5pm

Registration

Adults \$100

Children under 12 \$50



Heres what's on the Calendar for 2nd Quarter

APRIL

- 14 Adventist Mission Emphasis (offering)
- 14 Youth Spiritual Commitment Celebration (Northern Hemisphere)
- 14 Stewardship Convention- Portland
- 21 Literature Evangelism Rally
- 24 – 27 World Congress Of Religious Liberty
- 28 Christian Education Day
- 28 Spiritual Revival Emphasis
- 28 Spiritual Emphasis - Educational Institutions
- 29 Community Services & Health Ministry Expo

MAY

- 1-31 Drug Awareness Month
- 5 Community Services Evangelism
- 5* Day of the SDA Books
- 5* Disaster & Famine Relief Emphasis
- 6 Church Clerk Workshop @ Dover
- 12* Tell the World: Big Cities
- 17 Executive Committee Meeting, North-East Jamaica Conference
- 18 – 20 Children's Retreat @ Robin's Bay
- 19* Sabbath of Hope
- 23 Conference Labor Day Project – Youth Department
- 26 Schools of Prayer in IAD Territory
- 26 Lay Workers' Festival (Saint Mary)

JUNE

- 1* Emphasis on the Family
- 1-30 Bible Bowl Elimination District Level
- 1-30 Bible Bowl Elimination – Federation Level
- 2 Bible Correspondence School Emphasis
- 2 Parish Stewardship Convention - St Mary @ Port Maria SDA
- 3 Health Run & Children's Fun day
- 9* Women's Ministry Emphasis
- 9-10 Youth Advisory Council Meeting
- 10 Elders Association & Religious Liberty Workshop - St Mary
- 15 -17 PMHS Graduation
- 16 Adventist Laypersons Service & Industries (ASI) Day
- 22 – 24 PHS Graduation
- 30 Vision One Million Baptismal Day
- 30 13th Sabbath Offering (Southern Asia-Pacific Division)



SEVENTH-DAY ADVENTIST® CHURCH
Jamaica Union Conference

in collaboration with

North East Jamaica Conference

invites all to

**Children of Grace:
Healthy, Happy &
Heavenbound**



**Children's Ministries Convention
& Health Fair**
Sunday, May 27, 2012
9:00 am - 5:00 pm

Northern Caribbean University Gymnatorium

Organized by Children, Health and Youth Ministries

NORTH EAST JAMAICA CONFERENCE

District Arrangements as of April 20, 2012

.....

Dist. #1 - Pastor Micheal Henry

Port Antonio
Nonsuch
Wain Road

Dist. # 2- Pastor Chukudi Okike

Hope Bay
Fruitful Vale
Olive Mount
Shrewsbury
Swift River
Durham Gap

**Distric # 3 - Pastors' Agustus
McLeod & Dwayne Marson**

Stanton
Berrydale
Bourbon
Cooper's Hill

Dist. # 4 - Pastor Sean Willaims

Bellevue
Comfort Castle
Cornwall Barracks
London
Windsor

Dist. # 5 Pastor Donald Mwamwifu

Manchioneal
Hectors River
Long Bay
Reich

Dist. # 6 - Pastor Damion Clarke

Preistmans River
Drapers
Sherwood Forest
Windsor Forest
Zion Hill
Boston - Company

Dist. # 7- Pastor Dohman Williams

Buff Bay
Hart Hill
Moore Park
Mullet Hall
Orange Bay

Skibo
Tranquility

Dist. # 8 - Pastor Thomas White

Boundbrook
Mount Pleasant
Snow Hill
St. Margarets Bay
Rock Hall

Dist.#9 - Pastor Ian Grant

BONNETT
GUYS HILL
JUBILEE TOWN
MOSELY HALL
SPRINGFIELD

Dist.#10 - Pastor Shaun Edwards

GAYLE
LABYRINTH
LUCKY HILL
JEFFREY TOWN
PEMBROKE HALL
STEWART MOUNTAIN

Dist.#11- Pastor Dobson Campbell

BOSCOBEL
GEDDES MOUNT
MANGO VALLEY
ORACABESSA
RETREAT

Dist. # 12 - Pasto Adlai Blythe

ALBION MOUNTAIN
GALINA
GEDDES TOWN
HAMPSTEAD
MASON HALL
PORT MARIA

**Dist. # 13- Pastor Alexander Ber-
nard**

CARRON HALL
DEAN PEN
HIGHGATE
LEWISBURGH

RICHMOND
TREMBLESWORTH

**Dist. #14 - Pastor Arlington Wood-
burn**

ALLEPPO
BELLEFIELD
BROADGATE
CLERMONT
LEWISTORE

**Dist. #15 - Pastor Garfield Man-
derson**

ANNOTTO BAY
ESHER
HEYWOOD HALL
ISLINGTON
ROBINS BAY
ROSEND

Dist. # 16 - Pastor Steve Cornwall

CAMBERWELL
DOVER
ENFIELD
EPSOM
FORTE GEORGE
LONG ROAD
OSBOURNE

**Dist. # 17 - Pastor Geovanni
Franklin**

BOTTOM LEINSTER
TOP LEINSTER
CASTLETON
CLARKE'S CASTLE
COMFORT VALLEY
DEVON PEN
GIBB'S HILL

Dist. #18 - Pastor Roland Vassell

HUNT'S TOWN
Bonny Gate
Russell Hall
MARKHAM
MILE GULLY
COX PIECE