

Friday, May 29, 2026

THE WEST WEEKLY

#18 ADVENTISTS MOBILIZE FREE HEALTH SERVICES ACROSS ST. ELIZABETH

PHOTO HIGHLIGHTS

Personal Ministries Department of the West Jamaica Conference hosted a Lay preacher and bible worker Federation Rally on May 30, 2026 Pg7.



ADVENTIST YOUTH FEDERATIONS LEAD CONFERENCE-WIDE LABOUR DAY PROJECTS

Driven by a strong sense of service and community spirit, Seventh-day Adventist Youth Federations from the West Jamaica Conference—spanning Hanover, St. Elizabeth, St. James, and Westmoreland—joined forces with volunteers and local organizations on May 23, 2026, to carry out meaningful Labour Day projects focused on rebuilding and beautifying schools and public spaces impacted by Hurricane Melissa



CONTENT

03-07 **Weekly News**

06 **Photo Highlights**

08 **Adventist World News**

10 **Conference & Local Events**

18 **Our Media Presence**

ADVENTISTS MOBILIZE FREE HEALTH SERVICES ACROSS ST. ELIZABETH



Dr. Lisa Henry, Director of Nursing at Andrews Memorial Hospital, checks the temperature of a patron during the Andrews Memorial Hospital and North Jamaica Conference Community Health Outreach held in St. Ann, last year. :: Photo credit: Contributed

Residents of St Elizabeth will benefit from a five-day Medical Mission Health Fair offering free essential health services across five communities from May 18 to 22, 2026. The event is a partnership with AdventHealth, Andrews Memorial Hospital Limited, the Jamaica Union Conference, and the West Jamaica Conference of Seventh-day Adventists.

The initiative is part of the Seventh-day Adventist Church's ongoing response to communities affected by Hurricane Melissa, the Category 5 hurricane that made landfall in Jamaica on October 28, 2025.

For Mr Donmayne Gyles, President and Chief Executive Officer of Andrews Memorial Hospital Limited, the medical mission represents a commitment to fulfil his promise to continue reaching persons and communities affected by the hurricane.



A section of the crowd waiting to be registered at the health fair held at the Falmouth Seventh-day Adventists Church Sunday, November 23, 2025. :: Photo credit: Contributed

"Following the devastation caused by Hurricane Melissa, we gave our word that as a hospital and church we would continue to stand with those who were affected, and this is our fifth outreach endeavor in assisting individuals in the Western parishes."

"Therefore, this Medical Mission Health Fair is one way of making good on that commitment. We are grateful that AdventHealth, a U.S. based healthcare institution, saw it necessary to partner in Extending Christ's Healing Ministry by bringing free healthcare. They will join our local doctors and nurses in offering compassionate care, encouragement, and hope to the five communities in St Elizabeth," Mr. Gyles said.

The initiative will offer free doctors' consultations, eye and dental screening, prescription medication, pastoral and psychosocial care. The outreach, which will take place at five locations and will begin at 8 a.m. with registration and services offered from 9 a.m. to 4 p.m., beginning on Monday, May 18, at Junction SDA Church. On Tuesday, May 19, the team will serve residents at New Market SDA Church, under the tent. The health fair continues Wednesday, May 20, at InTown SuperCentre, School Street, Black River, before moving to White Hill SDA Church on Thursday, May 21. The final stop will be Santa Cruz SDA Church on Friday, May 22.



Dr. Lisa Henry, Director of Nursing at Andrews Memorial Hospital, checks the temperature of a patron during the Andrews Memorial Hospital and North Jamaica Conference Community Health Outreach held in St. Ann, last year. :: Photo credit: Contributed

Gyles added that the health fair is designed to provide practical support to families still recovering from the hurricane's social, emotional, and financial effects. The inclusion of pastoral and psychosocial care is intended to address not only medical concerns, but also the emotional strain many residents continue to experience following the disaster.

Sponsors for the initiative include Comprehensive Eyecare, Three Angels Pharmacy Limited, LASCO, Facey Commodity Company Limited, Denk Pharma, Apotex, Cari-Med Group Limited, and Massy Distribution.

Members of the public are encouraged to take note of the location nearest to them and make use of the free services provided.

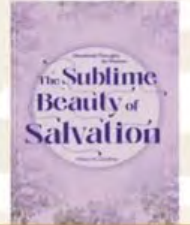
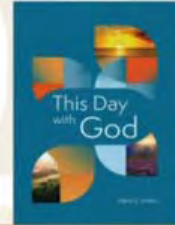
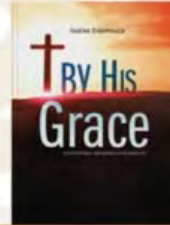
Andrews Memorial Hospital Limited| Dyhann Buddoo-Fletcher May 22, 2026

2026 DEVOTIONAL BOOKS

Adults

Evening

Women



Youth

Children (5-9)

Preschoolers



Reserve yours now!



WEST WEEKLY NEWSLETTER

Do you want to keep up with what is happening in our church? If you want to receive our weekly newsletter that features news, inspirational stories, videos, and more, sign up today.



ADVENTIST YOUTH FEDERATIONS LEAD CONFERENCE-WIDE LABOUR DAY PROJECTS



Volunteers from the St. James Youth Federation paint the curb and sidewalk at the St. James Parish Library during their Labour Day project on Monday, May 25, 2026.

Driven by a strong sense of service and community spirit, Seventh-day Adventist Youth Federations from the West Jamaica Conference—spanning Hanover, St. Elizabeth, St. James, and Westmoreland—joined forces with volunteers and local organizations on May 23, 2026, to carry out meaningful Labour Day projects focused on rebuilding and beautifying schools and public spaces impacted by Hurricane Melissa.

The Hanover Federation took on a restoration effort at Success Primary School, where volunteers cleaned and repainted classrooms that had sustained hurricane damage. Using donated materials and collective effort, the team significantly improved conditions at the school. Tevin Simpson, Vice President of Public Relations for the Hanover Federation and project team leader said the experience was deeply moving.

“Seeing the classroom transformed through a fresh coat of paint reminded me of how Christ transforms our lives, restoring, renewing, and giving purpose to spaces and people that may have been overlooked, so they can inspire and uplift others once again,” Simpson shared.

While in St. Elizabeth, a team led by Federation President Rayan Bent tackled painting, lawn care, electrical work, and bathroom construction at a home in New Holland. Bent was grateful for how the day unfolded.

“We had over 25 persons from the Federation participating, and the day went very well. To

God be the glory, we accomplished our tasks,” he said. The St. James Federation teamed up with the Jamaica Parish Library Services, the Jamaica Forestry Department, and the Jamaica Combined Cadet Force (JCCF) to carry out an extensive cleanup and beautification exercise at the St. James Parish Library. Volunteers cleared hurricane debris, trimmed trees, cut back overhanging branches, painted, and refreshed the surrounding landscape. Projects Coordinator, Shimue Harriott, commended everyone involved.

“The parish library has a very beautiful yard space, and through beautification we refreshed the environment. Members and volunteers came out and put in much-needed work, and the results were truly rewarding” Harriott said.

In Westmoreland, the local federation worked under a theme of “Service and Community Joy”, carrying out a full cleanup of Independence Park. Volunteers painted surfaces, installed benches, planted palms and trees, and tended to the lawn, restoring the park’s appeal and usefulness. Young and older members worked side by side throughout the day, creating a festive and united atmosphere. Representatives from the Westmoreland Municipal Corporation stopped by to acknowledge and thank the federation for its contribution. Amory Billings, President for the Westmoreland Federation, reflected on what made it so memorable.

“What made the project truly special was seeing our young people working side by side with older members; they were laughing, serving, and taking pride in transforming the park for the community. It was a beautiful reminder of what can be achieved when we serve together with love and purpose,” Billings shared.

By the end of the day, parks had been revitalized, classrooms renewed, and communities lifted in spirit. Across all four parishes, the West Jamaica Conference Adventist Youth Federations showed that service goes beyond physical labor. It is an act of love, faith, and hope. The projects left behind not just cleaner spaces, but a renewed sense of community pride and the firm belief that united effort can bring real change.

Volunteers from the St. James Youth Federation paint the curb and sidewalk at the St. James Parish Library during their Labour Day project on Monday, May 25, 2026.

By Karissa Shaw

2026 DEVOTIONAL BOOKS

Adults Evening Women

Youth Preschoolers Children (5-9)

Reserve yours now!
IADPA

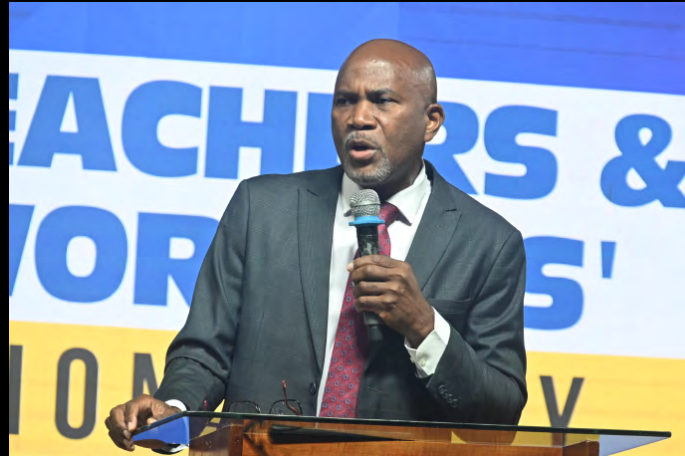
WEST WEEKLY NEWSLETTER

QR code linking to the West Weekly Newsletter.



PHOTO HIGHLIGHTS

Personal Ministries Department of the West Jamaica Conference Hosted a Lay preacher and bible worker Federation Rally on May 30, 2026



[Please click to view more](#)



IAD leaders raise their hands to reaffirm their commitment to implementing OneVoice27 across the Inter-American Division during the initiative's launch at the IAD Executive Committee Spring Meeting on May 7, 2026, in Miami, Florida, United States. [Photo: Daniel Gallardo/IAD]

NEWS FROM THE INTER-AMERICAN DIVISION

'OneVoice27' Unites IAD Adventist Leaders for Mission and Digital Evangelism

A two-year roadmap was voted to mobilize members across 42 countries to proclaim Jesus in 2027.

May 28, 2026 | Miami, Florida, United States | Libna Stevens, Inter-American Division News

For leaders of the Inter-American Division (IAD), OneVoice27 is more than just a communication initiative. It is a territory-wide call for every church member, ministry, institution, and media platform to unite in proclaiming Jesus Christ across 42 countries ahead of 2027.

During the IAD Executive Committee meetings on May 7, 2026, church leaders formally introduced the initiative as a coordinated evangelistic movement leading into the commemoration of the 2,000th anniversary of the baptism of Jesus in 2027.



Pastor Abner De los Santos, president of the Inter-American Division, speaks during the launch of OneVoice27, calling leaders and members to unite in mission across the territory on May 7, 2026, in Miami, Florida, United States. [Photo: Daniel Gallardo/IAD]

Pastor Abner De los Santos, president of the IAD, said the initiative will require every church organization to intentionally engage communities both online and in person.

“When we speak about OneVoice27, what we expect is for unions to organize online evangelistic efforts using every available means of communication,” De los Santos said. “The idea is for every person to use what they have in fulfilling the mission.”

De los Santos explained that while the General Conference and the IAD will provide strategy, direction, training, and promotional resources, unions and local fields are expected to creatively implement evangelistic initiatives adapted to their territories and cultures.



Church leaders, pastors, and department directors listen during the launch of OneVoice27, May 7, 2026. [Photo: Daniel Gallardo/IAD]

He added that the initiative aims to mobilize the church to reach as many people as possible through social media, online campaigns, digital content, and local outreach activities.

A Historic Communication and Evangelistic Movement

Abel Márquez, communication director for the IAD, described OneVoice27 as one of the largest coordinated communication and evangelistic efforts ever organized across the territory.

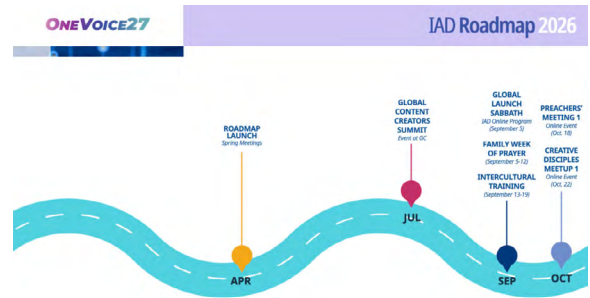
“This is a historic communication movement for the Adventist Church worldwide,” Márquez said. “Around the world everyone will be speaking about the same hope, but each territory will contextualize it according to its culture and possibilities.”



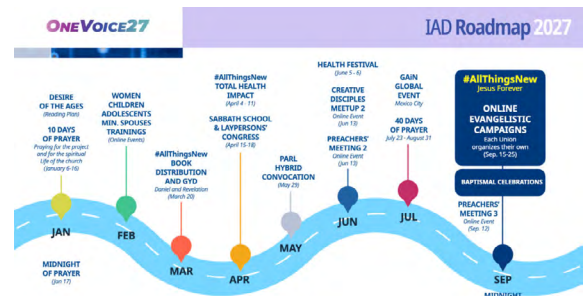
Abel Márquez, communication director for the Inter-American Division, presents OneVoice27 as a “historic communication movement” designed to unite members across the territory in proclaiming Jesus through digital evangelism and mission outreach. [Photo: Daniel Gallardo/IAD]

Márquez explained that the initiative is rooted in the IAD strategic emphasis of “Living the Mission,” helping departments, institutions, local churches, and members unite around one roadmap and one shared mission focus.

“It is more important than ever to take to the church the mission of uniting together in the purpose of sharing that in Jesus all things are made new,” Márquez said.



He emphasized that OneVoice27 seeks to transform ordinary digital interaction into intentional evangelism by encouraging members to actively share messages of hope through social media, videos, online campaigns, and personal testimonies.



“Imagine this great communication campaign, this great marketing movement, promoting the message that in Jesus all things are made new,” Márquez said. While the worldwide church initiative centers on the theme All Things New from Revelation 21:5, the IAD will add regional emphasis on Jesus Christ through the message Jesus Forever.

“We believe we must speak directly about Jesus,” Márquez said. “That is why our proposal in Inter-America is ‘All Things New—Jesus Forever.’ Church leaders also unveiled a two-year roadmap outlining coordinated evangelistic, prayer, training, and digital outreach initiatives leading into September

Please click to view more

CALENDAR OF MISSION 2026

June

- 1 - 30 CELEBRATIONS - Emphasis on Rest
- 1 - 30 Stewardship - Emphasis on Temple
- 1 - 30 Youth Mentorship Month
- 6 Health Festival/ Health Ministries Day
- 6 Lay Preachers & Bible Workers' Federation Rally - Westmoreland
- 6 Sabbath School R.E.A.C.H. - Reconnecting with Every Absent, Community or Homebound Member
- 7 Online Deacons & Deaconesses Workshop
- 7 5k Health Walk - St. Elizabeth
- 7 Communion with God - Hour of Prayer
- 8 Launch of EYES Mentee Behaviour Mastery Pilot Programme - Camp I Am
- 8 - 13 Women's Empowerment Week
- 9 Executive Committee Meeting
- 13 Women's Ministries Emphasis Day/ Women's Convention
- 13 Youth Mentorship Day & Pinning Ceremony
- 14 5K Health Walk - St. James
- 20 UNASSIGNED WJC Calendar of Mission 2026
- 21 5k Health Walk - Westmoreland
- 25 Graduation - Savanna-la-Mar Preparatory School
- 27 World Public Campus Ministries Day
- 27 Adventist-laymen's Services & Industries (ASI) Emphasis Day
- 28 5K Health Walk - Hanover
- 28 Graduation - Savanna-la-Mar High School
- 30 Pastor's Quarterly General Meeting
- 30 Graduation - Darliston Preparatory School
- 30 Graduation - Wellesley Gunter Preparatory School

CONFERENCE EVENTS

MAY



West Jamaica Conference

CONSERVATION *Summit*

Theme:

**GROUNDING IN THE BIBLE, FOCUSED ON THE MISSION
RESTORING HOPE**

MAY 29 - 31, 2026

**SEVENTH-DAY ADVENTIST CONFERENCE CENTRE
MONTEGO BAY, MT. SALEM**

CHILDREN'S MINISTRIES

MAY



**West Jamaica Conference
Children's Ministries Department**



Child's Month 2026 Bible Verses for Each Day

May 1 Mark 10:14	May 2 Psalm 127:3	May 3 Isaiah 54:13	May 4 Proverbs 22:6	May 5 Psalm 139:14	May 6 Philippians 4:7	May 7 Matthew 18:10
May 8 Jeremiah 29:11	May 9 3 John 1:4	May 10 Psalm 91:11	May 11 Psalm 91:11	May 11 Ephesians 6:1	May 12 Joshua 1:9	May 13 Joshua 1:9
May 14 Isaiah 40:31	May 15 Psalm 34:18	May 15 Luke 2:52	May 16 Psalm 2:52	May 17 Romans 15:13	May 18 Deuteronomy 6:6-7	May 20 1 Peter 5:7
May 21 Psalm 68:6	May 22 Matthew 11:28	May 23 Proverbs 17:6	May 24 Proverbs 17:6	May 25 Zephaniah 3:17	May 26 Psalm 66:6	May 27 Psalm 147:3
May 29 Psalm 147:3	May 27 Colossians 3:21	May 28 2 Timothy 1:7	May 29 James 1:17	May 30 Psalm 46:1	May 30 Psalm 46:1	May 31 Numbers 6:24-26



PERSONAL MINISTRIES

JUNE



WEST JAMAICA CONFERENCE
Personal Ministries Department

WESTMORELAND

LAY PREACHERS & BIBLE WORKERS' FEDERATION RALLY

& the Launch of **Proclamation of Hope Series**

THEME: **GROUNDING IN THE BIBLE,
FOCUSING ON THE MISSION, RESTORING HOPE**

JUNE 6, 2026

SEVENTH-DAY ADVENTIST CHURCH
FOOTPRINTS

Savanna-la-Mar, Westmoreland,
Jamaica

.....
Guest Presenters



DIVINE WORSHIP
Pr. Jemaine Johnson
President,
North Jamaica Conference



SABBATH SCHOOL
Pr. Barrington Mclean,
Sabbath School Director
JAMU



AFTERNOON SPEAKER
Dr. Joseph Smith
Vice President / Ministerial Secretary
JAMU

EXPECTED ATTENDEES:

Lay Preachers, Bible Workers, Personal Ministries Leaders
and Secretaries, and all other Personal Ministries Personnel

CONFERENCE EVENTS

JUNE



West Jamaica Conference
Health Ministries Department

Invites all churches to participate in our

5K HEALTH WALK 2026

SAVE *the* DATES

ST. ELIZABETH
JUNE 7 | 6AM

ST. JAMES
JUNE 14 | 6AM

WESTMORELAND
JUNE 21 | 6AM

HANOVER
JUNE 28 | 6AM



< PLEASE SCAN
TO REGISTER

[HTTPS://FORMS.GLE/K85DF1KWV2RPVXV6](https://forms.gle/K85DF1KWV2RPVXV6)

TIPS:



WEAR COMFORTABLE WALKING GEARS

TAKE A BOTTLE OF WATER

FOR MORE INFO PLEASE CONTACT YOUR LOCAL HEALTH MINISTRIES DEPARTMENT.

CONFERENCE EVENTS

JULY-AUG



West Jamaica Conference
Youth Ministries Department

WESCON YOUCA 2026



CAMP BRAHAM
TREASURE BEACH | ST. ELIZABETH

Save THE Date

JUNIORS

JUL. 21 - JUL. 28

SENIORS

JUL. 28 - AUG. 4

CONTACT YOUR YOUTH LEADER FOR MORE DETAILS!

LOCAL EVENTS

MAY



SEVENTH DAY ADVENTIST CHURCH FLANKER

HEALTH MINISTRY'S DEPARTMENT

In collaboration with

HOPE 360 MISSION INTL. GROUP



EVANGELISTIC SERIES

Theme:
Journeying from Eden to Heaven

WHEN: May 23, 2026 to June 6, 2026

WHERE: Flanker SDA

TIME: 9:15am Sabbaths & 7pm Nightly



COMMUNITY HEALTH FAIR

WHEN: June 5 & 7, 2026

WHERE: Flanker Primary School, Flanker, Montego Bay, St James

TIME: 9am-5pm

SERVICES OFFERED:

- Basic Health screening checks
- Papsmear screening
- Medication dispensing
- School medical
- Dental cleaning & Extraction

AVAILABLE DOCTORS & SPECIALISTS

- Pediatricians
- Audiologist
- General Practitioners
- Gynecologist
- Dentists



CONFERENCE EVENTS

JULY

WEST JAMAICA CONFERENCE OF SEVENTH-DAY ADVENTISTS

NOTICE THE SEVENTH QUADRENNIAL SESSION FOR WEST JAMAICA CONFERENCE

Notice is hereby given that the **Seventh Quadrennial Session of the West Jamaica Conference of Seventh-day Adventists** will be held on **JULY 12 - 13, 2026** at the **Seventh-day Adventist Conference Centre, Mt. Salem Road, Montego Bay. St James.**

Registration begins at 9:00 a.m. at the Noel Frazer Auditorium.

This session is called to:

- ◆ Receive reports from the officers and the various departments.
- ◆ Elect Administrators and Departmental Directors to serve the ensuing term.
- ◆ Consider revisions and changes of the Conference's constitution and by-laws.
- ◆ Discuss and appropriately adopt the strategic plan to guide the activities of the Conference.
- ◆ Transact such other business as may be placed before the delegates

Vincent Rose, President
Donovan F. Williams, Executive Secretary
Marion Barrett-Popkin, Treasurer



LOCAL EVENTS

MAY



The Seventh-day Adventist Church
Moreland Hill Presents



ANNUAL ANNIVERSARY SABBATH ^{AND} MUSIC DAY

Growing in a Relationship
with God through Music

Featuring H.U.M.B.L.E, Osanna Praise,
Geovanni Baker, Tyrece Street, Danielle Cox and MORE



06TH JUNE
2026

9:15AM

SPEAKER
ELDER IAN GARDNER

LOCAL EVENTS

JULY



NORWOOD

SAVE THE DATE

Putting
God in the
Midst of
HARVEST 2026

2 Days for Harvest Celebration 2026.

*Friday Evening Online Vesper Service
& Sabbath Celebration*

JULY 10-11

LOCAL EVENTS

MAY



Seventh-day Adventist Churches
DIAS & BLENHEIM

invite you to

BUILDING STRONG Families

IT'S ABOUT TIME
EVANGELISTIC SERIES

MAY
02
to
30
2026

NIGHTLY 7:00pm
NO MEETINGS ON FRIDAYS

SABBATHS 9:15am

UNDER THE TENT IN
Blenheim,
HANOVER



◀ CO-EVANGELIST

Pastor
Dwayne Thompson
Pastor, Dias District of
Seventh-day Adventist Churches



WITH EVANGELIST ▲

Pastor
Charles T. Brevitt
Vice President,
West Jamaica Conference of Seventh-day Adventists

LOCAL EVENTS

MAY



SEVENTH-DAY ADVENTIST CHURCH
WELCOME HALL AND LADEN MOUNT
P R E S E N T

GOD'S FINAL CALL

Evangelistic Series

Starting

16 TH MAY 2026

7:15PM NIGHTLY

9:15AM ON SABBATHS

VENUE: SDA CHURCH,
LADEN MOUNT

Rest Nights

Tuesdays and Fridays

JOIN US

 **YouTube**
@ LADEN MOUNT SDA

 **MEETING ID: 820 2723 7620**
PASSWORD: 1977



WITH PASTOR

SHANE NEAL

CO-EVANGELIST

ELDER TREVOR HIBBERT

IN CASE YOU MISSED IT...

APRIL

Please click to view video content.

West Jamaica Conference
Personal Ministries Department | **ONLINE LIVE WORSHIP**

LAY PREACHERS & BIBLE WORKERS' FEDERATION RALLY

THEME: GROUNDED IN THE BIBLE, FOCUSED ON THE MISSION, RESTORING HOPE

Speaker: Pr **JERMAINE JOHNSON**
President, North Jamaica Conference

Sabbath **May 23, 2026**
Starting: 9:15 a.m.

LIVE ON: WJCN | Facebook | YouTube | BLESSTV

Online Worship Experience || Morning Session || Sabbath, May 23, 2026

West Jamaica Conference

CONSERVATION Summit

GROUNDED IN THE BIBLE, FOCUSED ON THE MISSION, RESTORING HOPE

Conservation Summit Open Service | Friday Evening Vesper Service || May 29, 2026

The BIBLE STUDY Hour

GROWING BY A RELATIONSHIP WITH GOD

Bible Study Hour || 2nd Quarter || Lesson 8 | May 23, 2026

West Jamaica Conference of Seventh-day Adventists | **ONLINE LIVE WORSHIP**

HOPE AT THE MERCY SEAT

Wednesday Night Prayer Service

LIVE ON: WJCN | Facebook | YouTube | BLESSTV

Hope at the Mercy Seat || Wednesday Night Prayer Service || May 22, 2026

REFLECTING THE LIGHT

Let Your Light Shine



Matthew 5:16 states: “In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.” (NIV)

This verse is the concluding statement of a larger passage (Matthew 5:13-16), where Jesus uses two powerful metaphors for his followers: salt and light. While salt works invisibly to preserve and season, light, by its very nature, is visible and revealing. Jesus commands his disciples not to hide this light but to place it on a stand for all to see.

The immediate context is Jesus’ Sermon on the Mount, delivered to his disciples and the crowds. He has just taught the Beatitudes (verses 3-12), which describe the character of a citizen of God’s kingdom—the poor in spirit, the merciful, the pure in heart. Now, he makes a logical shift from being to doing. Those who have received God’s grace are not meant to keep it to themselves. Their transformed lives should produce visible “good deeds” (or good works).

However, a crucial distinction must be made. Jesus is not teaching salvation by works. Throughout the New Testament, salvation is a free gift received through faith (Ephesians 2:8-9). But verse 10 of the same chapter immediately clarifies: “For we are God’s handiwork, created in Christ Jesus to do good works.” Good deeds are not the root of salvation but the fruit of it. A genuine encounter with the light of Christ naturally produces a life that shines.

The phrase “let your light shine” is a call to intentional,

public discipleship. This includes acts of compassion, honesty in business, forgiveness of enemies, care for the poor, and speaking truth with love. But the ultimate goal is not to draw attention to oneself. The verse’s final clause, “that they may see your good deeds and glorify your Father in heaven,” is the critical point. The light is not meant to spotlight the lamp but to illuminate the room. In other words, Christian good works are to be like a window—clear enough to see the good deeds but designed so that people look past them to the divine source of that goodness.

This offers a powerful correction to two common errors. The first is “hidden faith”—the idea that one’s beliefs are a purely private matter. Jesus explicitly forbids hiding the light under a bowl. The second is “ostentatious religiosity,” where deeds are done for personal praise (see Matthew 6:1). The Christian life balances both: a visible, active faith that consistently deflects all glory back to God. When a skeptic sees a Christian’s patience in suffering or generosity at personal cost, the natural question is, “Why are you like that?” That question opens the door to share the gospel, leading others to glorify the true Source of all light. In essence, Matthew 5:16 is an invitation to live as a walking example for Jesus Christ.

Dainton Thompson

Seventh-day Adventist Church, Anchovy

THE SALT OF THE EARTH



By Pastor Egnal Grant,
Health Ministry Director, West Jamaica Conference

For decades, health headlines have warned us to push the salt shaker away. But behind the culinary bad rap lies a fundamental truth: salt is a mineral essential for human health.

Chemically, salt is an ionic compound composed of positively charged sodium ions and negatively charged chloride ions. When combined in its common form, it creates a neutral compound known as sodium chloride or table salt. In its commercial, fine-grained form, it is often fortified with iodine to prevent widespread dietary deficiencies.

Key Health Benefits of Salt

When consumed appropriately, salt acts as a vital nutrient that supports overall metabolic and cellular well-being:

Hydration & Fluids: Salt works alongside potassium to regulate water retention, prevent dehydration, and maintain proper electrolyte balance. Unrefined salts (like Himalayan or Celtic) provide extra trace minerals to support this process.

Hormones & Thyroid: Iodized salt supplies the essential iodine needed to prevent goiter and manufacture thyroid hormones. It also assists in regulating adrenaline and stress levels.

Digestive Strength: Salt provides the raw materials necessary to produce stomach hydrochloric acid, preventing digestive issues and maximizing nutrient absorption.

Nerves & Muscles: Salt generates the electrical charges required to transmit nerve signals, trigger muscle contractions, and prevent painful cramps when consumed in moderation.

Targeted Healing (Oral/Sinus): Warm saltwater rinses balance oral PH to soothe inflamed gums, while salt inhalation or sprays reduce sinus mucus and inflammation.

Metabolic & Blood Sugar Support: Salt helps improve insulin sensitivity and stabilize blood sugar levels, reducing the risk of diabetes while keeping metabolism steady.

Detoxification: Salt supports the liver and kidneys in filtering out metabolic waste and stabilizing the body's natural blood pH baseline.

Choosing the Right Salt

To maximize these health benefits, natural, unrefined salts like Himalayan pink salt, Celtic sea salt, or natural sea salt are highly preferred over heavily processed table salt. Because these natural varieties bypass aggressive refining, they retain trace minerals such as magnesium, calcium, and potassium, which enhance their biological value.

The Physical-Spiritual Connection: Salt in the Bible

The profound utility of salt in the physical world explains why it carries such heavy symbolic weight in ancient texts. In Matthew 5:13, Jesus states:

“Ye are the salt of the earth: but if the salt have lost his savour, wherewith shall it be salted? it is thenceforth good for nothing, but to be cast out, and to be trodden under foot of men.”

Delivered during the Sermon on the Mount right after the Beatitudes, Jesus' statement uses a powerful, multi-layered metaphor to define the identity, responsibility, and distinctiveness of a Christian.

In the ancient world, salt was the primary tool used to stop meat from spoiling. By telling His followers they are the "salt of the earth," Jesus is calling Christians to be distinct, active, and transformative elements in society. They are not meant to hide away from the world, nor are they meant to blend in invisibly. Instead, just as a pinch of salt completely changes the profile of a meal or preserves it from decay, Christians are called to actively change the environment they are placed in for the better.

2026 DEVOTIONAL BOOKS



Reserve yours now!

IADPA

WEST WEEKLY NEWSLETTER





West Jamaica Conference

CONSERVATION Summit

GROUNDED IN THE BIBLE, FOCUSED ON THE MISSION, RESTORING HOPE

For announcements on NCU FM Church Bulletin Board, email information to:

sales@ncumedia.com

Our mailing address is:

PO Box 176, Catherine Hall, Montego Bay, St. James, Jamaica

Want to change how you receive these emails?

Telephone:

1 (876) 656-7800; 1(876) 952-2727; 1 (876) 979-9026;

1 (876) 618-2416; 1 (876) 618-2417 and via Digicel at 1 (876) 448-8416.

To Give Visit:

give.westjamaica.org

ADMINISTRATORS:

Pastor Vincent Rose

President

Pastor Donovan Williams

Executive Secretary

Mrs. Marion Barrett-Popkin

Treasurer

PUBLISHING TEAM

Wayne Clarke

Communication Director

Mrs. Shadeka Haye-Campbell

Secretary

Mr. Cordel Brown

Content Manager

Mrs. Shantel Neal

Writer

westjamaica.org