

# New Pastoral Personal Adjustment List

*Especially for New Family Islands Pastors*

- [ ] As far as possible live where there are neighbors.
- [ ] As far as possible live where there is telephone and internet access. Inform the conference of the new address, phone, etc, right away.
- [ ] If you are single, seek to live in an apartment complex and not far away from others.
- [ ] Upon arrival find out where is the doctor's office, nearest pharmacy if any, and government clinic
- [ ] If there is no pharmacy make sure you have all the emergency supplies needed. (Band-Aid, alcohol, pain reliever, etc).
- [ ] Make sure you always have the following tablet/capsules: Echinacea (a natural antibiotic) to take when you feel sick; Valerian Root (a natural relaxer); Acidophilus ( a probiotic to assist in digestion and to build the immune system.)
- [ ] Find out which airlines or charter flights are available and daily/weekly schedule. Know tick cost and where to purchase on the island
- [ ] Find out which mail boat services the district. No the cost, route, and regularity.
- [ ] If you are married and have children get to know the doctor and nurse. Introduce your family and let them know of any allergies, illness, or long-term medication that's being used by your family.
- [ ] If you are single, avoid inviting individuals of the complimentary sex alone to your house at anytime.
- [ ] Do not be alone in a closed, secluded setting with someone of the complimentary sex.
- [ ] Seek to know the local traditions – food, festivals, etc.
- [ ] Seek to find out what are the local wholesome attractions, if any. Go on an island tour within two weeks of your first arrival.
- [ ] Find the nearest local bank(s) and make acquaintance. You might need to have your pay transferred or to make other arrangements about your monthly income.
- [ ] Seek to have a bank with online service and endeavor to pay all utility bills online.
- [ ] Make sure your car has a complete maintenance service before moving to your new district. This includes changing all fluids, check lights, brakes, muffler, filters, shock absorbers, etc.
- [ ] Establish personal routines: Daily personal Bible study (at least 2 hours each day), prayer.
- [ ] Select a specific day of the week as sermon preparation day. Tuesday or Wednesday are great choices because it gives enough time to makes all changes or practices needed before the Sabbath.
- [ ] If you are married, hug your wife every morning while standing on your feet. Hug children and have daily family devotions.
- [ ] Make sure to have the following books: "His Needs Her Needs," "The Five Love Languages," "Adventist Home," "Child Guidance," "Sheet Music."
- [ ] Eat together as a family every day for at least one meal
- [ ] Attend as many school functions you can at the school your children attend.
- [ ] Get internet connection and establish a message account to login to weekly ministers meeting.
- [ ] Make sure you are a member on of the ministerial WhatsUp group.
- [ ] Keep a daily record of all pastoral visits, Bible Classes, Baptism, duties, etc. Send them to the conference each month. Family Island pastor can complete the form in WORD and email to [info@bahamasconference.org](mailto:info@bahamasconference.org)
- [ ] Make sure the Conference administration knows all your telephone contacts and email addresses.
- [ ] Seek to have your own video projector and screen. A 3000 lumens project is available on [Tigerdirect.com](http://Tigerdirect.com) for less that \$500
- [ ] Never, never, leave the district without informing or requesting permission from the administration. Even if there is an emergency and you could not inform at first, it is imperative that it is done as soon as it is practical. The administration should not hear about something a long time after the fact.