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CWM ASSEMBLY 2024
DURBAN, SOUTH AFRICA, 12-19 JUNE 2024



*Installation of General Secretary
Celebrating Dr. Anna Mahase
CWM Assembly 2024*

THE MODERATOR SPEAKS

PCTT MODERATOR, THE RIGHT REVEREND DANIEL CHANCE



Excerpts from Moderator's Address at CWM Assembly, Durban South Africa

In this fast-paced World along with the many changes which we experience as individuals, the church in the world is constantly being challenged to keep in focus the purpose for which it was built.

Wherever the church is there must be evidence of love, peace, justice, integrity, equality and fair play. There ought not to be just an appearance of these rich values, qualities or traits but they must be real and genuine. We, as believers, must extend these qualities and traits to all.

Since we have gathered here and have been raised up, let us help others to rise.

As the Council for World Mission sits to discuss and to make projections for the future, may we be challenged to work in partnership to empower all those to whom we have been sent as the church - the called out by God. Let us work towards identifying, isolating and overcoming the obstacles of injustice, oppression and all other forms of exploitation from among and within us.

As believers, we have been given from on high, God's indwelling power at work in our lives and it is this power which would help us all to remove the negative forces that seek to destroy God's mission in and to the world.

We extend our gratitude to you for recommending that the Presbyterian Church of Trinidad and Tobago be upgraded from the status of observer to full membership.

On behalf of the Presbyterian Church of Trinidad and Tobago, I extend warmest greetings to you on your Conference, and it is our prayer that The God who has started this good work in you, will bring his work to completion. Greetings to all.



EDITORIAL

EARLY IDENTIFICATION OF PSYCHIATRIC ILLNESS AND ITS BENEFITS.

It is often felt that psychiatric (mental) illnesses are rare and unlikely to happen to ourselves or loved ones. Did you know that there are more than over two hundred classified forms of psychiatric conditions which range from childhood to old age? At some point in our lives, most of us may experience, even if it's brief, a psychological or psychiatric condition. For some, these conditions may have resolved with time, some with treatment and others - still ongoing. While most may think that psychiatric illnesses and their relapses are only precipitated by acute stressors "stress", biological factors such as genetics (family history), medical illnesses, psychological factors (e.g trauma, abuse), social factors (divorce, family dysfunction) and substance use can contribute to the development of psychiatric illness.

Most major psychiatric illnesses such as Schizophrenia rarely appear "out of the blue." Most often, family, friends, teachers or individuals themselves begin to recognize small changes or a feeling that "something is not quite right" about their thinking, feelings or behaviour before an illness appears in its full-blown form. Some of the changes include:

1. Changes in mood - depressed, sad, irritable, "highs", rapid change in emotions.
2. Sleep patterns- too little, too much or disturbed sleep patterns.
3. Appetite- decreased, increased, binge or excessive fasting.
4. Suicidal thoughts/Self harm behaviours
5. Withdrawn or isolated
6. Inability to care of oneself, poor hygiene, inability to complete basic tasks.
7. Decreased level of functioning- social and occupational (job/school).
8. Aggression/Agitation
9. Odd/Unusual behaviors- talking to oneself, becoming paranoid, performing activities strangely.
9. Strange or illogical thoughts, ideas, behaviours or speech.
10. Problems thinking- problems with memory, logical thought and concentration that are hard to explain.
11. Increased sensitivity- avoidance of over-stimulating environments, sensitivity to sights, sounds, smell or touch.
12. Loss of pleasure/enjoyment in life
13. Feeling disconnected from the world and reality.
14. Feeling overly anxious, worried.
15. Experiencing somatic (body) symptoms e.g. headaches, pain with no apparent cause.

In children, not attaining or loss of milestones, lack of eye contact, difficulty socializing, repetitive movements, repetitive behaviours, withdrawing, irritability, aggression, acts of self-harm or suicidal thoughts along with a change in level of school functioning MAY suggest the presence of an underlying mental health condition.

Within the ageing population in Trinidad and Tobago, conditions such as Dementia are becoming more prevalent. Most persons may be aware of Alzheimer's Disease, however, Vascular Dementia is very common in our country which is associated with chronic medical conditions such as Diabetes, Hypertension, Stroke and "High Cholesterol".

Mental health conditions in women may be due to hormonal changes such as Premenstrual Dysphoric Disorder, Polycystic Ovarian Syndrome (associated with depression) and Post-Partum Depression/ Psychosis. Some women during the peri/menopausal period may even experience depressive, anxiety and "brain fog" symptoms.

Psychiatric symptoms are closely linked to medical conditions. Depressive symptoms linked to Thyroid disease, Diabetes Mellitus, Strokes and "Inflammatory" Diseases. Persons suffering Seizure Disorders (Fits), SLE (Lupus), Head Trauma and Stroke can experience mood changes or even psychosis. For new onset psychiatric conditions, medical causes should be eliminated. A large contributing factor in our country to psychiatric illness is substance. Commonly used substances such as alcohol, hemp, marijuana (joints, roll ons, vaping, edibles), cocaine, "pills" are associated with a wealth of psychiatric conditions such as anxiety, mood disorders and psychotic illnesses.

Learning about developing symptoms, or early warning signs, and taking action can help ensure prompt treatment, thus, reducing illness severity, interruptions in quality of life and daily functioning. Family, school and community education are critical in early detection- creating a better future for our children and society. Let us not forget, the environment to which the child is exposed is critical for children and their mental health development.

If you experience or recognize the warning signs of a mental health (including substance use) problem in a loved one, reach out to someone you trust, a family member, friend, counsellor or medical professional. Let us de-stigmatize the myths surrounding mental health and remember: early and adequate treatment allows for a better outcome and a happier, healthier, functional life.

You can find a listing of mental health services in Trinidad and Tobago online at findcarett.com

A NEW GENERAL SECRETARY IS INSTALLED

Submitted by Ms. Joy Sammah



On Sunday 26th May 2024, the Presbyterian Church of Trinidad and Tobago celebrated the Installation Service of Presiding Elder, Mr. Ashford Tamby, as the new General Secretary of Synod. Mr. Tamby is the youngest General Secretary in the history of the PCTT.

The service held at the Susamachar Presbyterian Church was well planned. The Leader of Worship was The Reverend Damien Sieunarine, Minister of the Couva/Balmain Pastoral Region. He was supported by Presiding Elder Martin Sahadat of the Nariva/Mayaro Region; Reverend Cynara Dubé-Khan, Minister, Chaguanas Pastoral Region; Reverend Indra Kokaram, Minister, La Romaine/Debe Pastoral Region; Mr. Alan Umraw; Reverend Shirvan Siloch, Minister, Point Fortin Pastoral Region; and Reverend Peter Arjoon, Minister, Tableland Pastoral Region. There was wonderful music from the PCTT National Choir, the Susamachar Steel Orchestra, Ms. Ann Marie Chadee who sang a beautiful bhajan and an Anthem of Gratitude from Sadesh Harripersad and Soleil Collins.

Guest Preacher was The Reverend Elvis Elahie, a former General Secretary himself. Reverend Elahie recalled that he had the privilege of working with Mr. Ashford Tamby from November 2015 to October 2020 and recalled Mr. Tamby's support for values education in eight schools. He suggested three areas which the new General Secretary should consider. The first is that the Church should consider mobilising qualified individuals and groups in response to urgent needs, with specific reference to the establishment of a drug rehabilitation facility; also, mobilisation of people from all regions and speak about global warming and remind our people how to treat the Earth; mobilise our religious leaders and people from the communities to talk about the present situation with crime and violence and its complexities. The second point referred to being the light of the world and salt of the earth and, as an educator, he reminded Mr. Tamby that an educator is one who leads people out of ignorance. The teacher who ceases to learn loses the power to teach and there is need, therefore, for the widest knowledge base to be an effective leader. The third point was to live the authentic life. Reverend Elahie highlighted five traits of a person aiming to live the authentic life: 1) spend time in self-reflection and self-examination, 2) a person who respects others – value that person no matter how different that person might be, 3) embrace gratitude, 4) seek clarity, 5) find a healthy balance between individualism and the common good.

The Acting Principal of St. Andrew's Theological College, Reverend Keron Khellawan, presented Presiding Elder Ashford Tamby for Installation as General Secretary and the Act of Installation was presided over by the Rt. Reverend Daniel Chance, Moderator of the Synod of the PCTT. Greetings were brought from the three Presbyteries: South Eastern, Northern and South Central.

Mr. Tamby has been in the Education field for over 20 years and brings with him significant experience as he holds Bachelor's Degrees in Educational Administration & Project Management, a Master's in Education with a focus on curriculum design & development. He is currently a final year Doctoral student at the UWI. He attends the New Century Presbyterian Church where he has served as elder and as the immediate past Chairman of the Local Board. He is the immediate past Chairman of the South Eastern Presbytery, Nominations Committee and the Presbyterian Secondary Schools' Board of Education. He is also a former Clerk of Session of the Tableland Pastoral Region. Mr. Tamby has served on the Board of Youth Affairs, Board of Theological Education, Judicial Committee, Synod, Synodical Council and is at present, the Presiding Elder attached to the Tableland Pastoral Region.

On behalf of the Presbyterian community, we wish Mr. Tamby a rewarding and successful journey as General Secretary. May God bless him with wisdom, grace and mercy.

S.A.T.C PRINCIPAL FAREWELL

Submitted by Judy Kowlessar, S.A.T.C. Librarian

The staff members at St Andrew's Theological College (SATC), along with a few members of the SATC Education Board, took a pause to bade farewell to the outgoing the Principal of SATC, Reverend Adrian Sieunarine, and welcomed incoming Principal, Reverend Keron Khellawan on 6th February, 2024.

Reverend Sieunarine is a proud luminary after four years as Principal at SATC. It is imperative that we took the time to celebrate over a sumptuous lunch to reflect upon his many contributions.

Some of his achievements range from overseeing the growth of the College, the coordination of the first leg for accreditation for the College in 2023, organization of several events for the College which included a virtual mini conference on Reverend Hamid as well as production of publications with support from our Caribbean counterparts.

His visionary leadership, spirituality, philanthropic nature and commitment to excellence combine together to etch his name in the tapestry of the Presbyterian church history.

It is with gratitude and respect for our beloved Principal, we extend congratulations on his successful tenure and goodwill on his next journey.



Outgoing Principal Rev Adrian Sieunarine



Incoming Principal Rev Keron Khellawan



Sod Turning Ceremony for the Synod Office Administrative Building Extension/SATC Auditorium Refurbishment held at the St. Andrew's Theological College, on Monday 20th May 2024.



Sod Turning Ceremony at St. Julien Presbyterian School for New Extension funded by the Tzu Xing Foundation

DR. ANNA MAHASE: EDUCATOR PAR EXCELLENCE

Submitted by Harry Partap

AN era in the development of education in Trinidad and Tobago slipped away last May when Dr. Anna Mahase, a former principal of the St Augustine Girls' High School (SAGHS), passed away at the age of 91. She was an educator *par excellence* drawn from the legacy of Canadian missionaries who had joined the educational thrust in the then colony 156 years ago.

Dr. Mahase was a professional in a vocation that trained future leaders of our country, especially girls, transitioning from colonial status to independence. She had a clear vision of what her role would be in such a scenario and prepared herself to assume it. Following the footsteps of her academically inclined parents Kenneth and Anna Mahase, she took the path of further education graduating from Naparima Girls' High in San Fernando and later, on a Women's Missionary Society scholarship, at Mount Allison University in New Brunswick, Canada.

Unlike others at the time who went to Canada for tertiary education and stayed, Dr. Mahase returned home for public service in the education sector. In 1962, at the age of 28, she was appointed principal of SAGHS, becoming one of the youngest principals of a secondary school. She was a charismatic and compassionate leader eager to innovate to expose students to a liberal educational format that included culture, music, clubs and societies. She was way ahead of her time in terms of bridging the culture gap between a conservative church environment and an evolving society.

I got to understand the depth of her commitment in allowing SAGHS to lead the way in training girls to meet the challenges of a self-governing country while serving as General Secretary of the Presbyterian Secondary Schools' Board of Education (PSSBE). Lennox Sirjuesingh was the chairman. She was preparing for retirement at the time, and her passion for a school system that was liberal enough to allow students to follow a career that would benefit both themselves and the country was not lost to me.

Dr Mahase had compassion and concern for the social condition of her charges. In an interview with Reverend Adrian Sieunarine published recently, he recalled, "there was a student who would arrive very early in the morning and Anna Mahase enquired if she had time for breakfast on mornings. To this, the girl reluctantly replied that her parents could not afford breakfast. She quietly took the child to the tuck shop and instructed that she be given breakfast and lunch every day paid for by Anna Mahase."

Her voice was recognised by the government of the day, and I would not be surprised if she had quietly agitated for the introduction of the school-feeding programme in all schools paid for by the State. She had served as a temporary Government Senator. Dr. Mahase also served on various national and regional committees in education including the Caribbean Examinations Council (CXC). She was appointed a Director on the Board of Trinidad and Tobago Television (TTT) and was Chair of the Red Cross Society. It was during her tenure at the Red Cross Society that the Children's Carnival had a prominent space on the cultural calendar of the country.

Dr. Mahase was recognised for her sacrificial service to Trinidad and Tobago in 1976 with a national award, the Medal of Merit (Gold) and in 1990 with the Chaconia Medal (Gold). She received two Honorary doctorates, from the University of the West Indies (UWI) and her alma mater Mount Allison University. And in 2012 to mark the 50th Anniversary of Independence, she was recognised as one of 50 persons for Excellence in Education and Distinguished Public Service.

During her retirement service in 1992, former Moderator of the Presbyterian Church, the late Rt. Reverend Cyril Paul, in paying tribute to her said, "SAGHS to her was not just a workplace, but her life, her passion, her love, her fulfilment and joy." What a hard act to follow! But a worthy challenge opened to all school principals.



DR. ANNA MAHASE

Submitted by Bonnie Bissoon-Gosine

There are words that are inescapably linked to SAGHS such as Per Ardua Ad Astra - the School's Motto. Additionally, there are words that activate our cherished memories of SAGHS, such as: plaid and hallowed halls. However, there are words that far supersede all of these since they epitomise all that SAGHS has been, and always strives to be. These words form the name Anna Mahase, a name which has for many been synonymous with SAGHS.

Dr. Anna Mahase has been dubbed matriarch and legend not merely for having reigned as Principal of St. Augustine Girls' High School for thirty years (1962-1992), nor for amassing forty years spent at SAGHS, nor for being the youngest principal appointed to a secondary school.

Anna Mahase, being regarded with the highest accolades even to this day, is attributed to the continued dedication and support she bestowed upon her SAGHS family until late 2023.

Remarkably, her involvement with SAGHS began in 1951, when at nineteen years of age, she taught Geography and Mathematics, left briefly in 1953, then returned in 1956 as a Graduate Teacher. Dr. Anna Mahase spent her most dynamic years at SAGHS, and proudly served for sixty-three years in the field of education.

Interestingly, Dr. Anna Mahase was the daughter of Mrs. Anna Mahase (Senior) who was one of the founding members of St. Augustine Girls' High School. However, Dr. Anna Mahase joined the ranks of the founding mothers (Beattie, Lahouri, Wagar and Giuseppi) when in 1961, the Mahase 'house' was established in her honour.

On the morning of May 24, 2024, we were deeply saddened to learn of the passing of our dear former Principal, Dr. Anna Mahase. My immediate reaction was the realization that 'Dr. Mahase is no longer just a phone call away'. Then within that thought I felt the safety net unceremoniously yanked from beneath me. I had to fight that sinking feeling as reality set in.

Being at school lent some comfort. While walking along the hallowed halls, my despair seemed to dissipate into the atmosphere of her innovations, distilled through the years but still pervasive, and taking new shape while moving along a trajectory of her design. Dr. Mahase stared directly at me from her central position, as I looked toward the framed photograph on the mezzanine wall of the Anna Mahase Auditorium, within the SAGHS compound.

Undisputedly, thousands of past students and staff at St. Augustine Girls' High School, as well as members of the public, would have known Anna Mahase throughout her 91 years, as an educator par excellence, an awardee of coveted national medals, a visionary, a trailblazer, and much more.

Indeed, Dr. Anna Mahase gained recognition for her significant contributions to education and her academic accomplishments, however, she will be remembered for her altruism for the lives she touched from within her SAGHS family, her church, and beyond the wider community, as a caregiver, counsellor, and confidant.

The legacy that is Anna Mahase will live on in each of us who had the pleasure of knowing her. Having laboured well in her part of the vineyard, this good and faithful servant has now ascended to the celestial realm. From a place in our heart, her light shines like a beacon which will continue to inspire us as we journey to the stars.



Commemorative portrait of Mrs. Lenore Mahase-Samaroo presented to SAGHS in the auditorium.

COUNSELLING COLUMN

VICTORIA AVIAN RAJKUMAR (B.ED., M.ED., CERT. GUIDANCE AND COUNSELLING)

NURTURING GROWTH MINDSET AND RESILIENCE IN CHILDREN: A PARENT'S GUIDE

“Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything” (James 1:2-4).

In today's rapidly changing world, fostering a growth mindset and resilience in children are more important than ever. These qualities not only pave the way for academic success but also equip them with the tools to navigate life's challenges with confidence and adaptability. So, what exactly do these terms mean, and how can parents cultivate them in their children?

Understanding Growth Mindset and Resilience

A growth mindset is the belief that abilities and intelligence can be developed through dedication and hard work. It's the mindset that views challenges as opportunities for growth, embraces failure as a stepping stone to success, and values effort over innate talent. On the other hand, resilience is the ability to bounce back from setbacks, adapt to change, and persevere in the face of adversity. It's about developing coping strategies and maintaining a positive outlook even in difficult circumstances.

Why Are They Important?

1. **Empowerment:** Cultivating a growth mindset empowers children to take ownership of their learning and development. Instead of feeling limited by their current abilities, they see challenges as opportunities to improve and grow.
2. **Adaptability:** Resilience enables children to adapt to change more effectively. In today's fast-paced world, where uncertainty is a constant, the ability to bounce back from setbacks and adjust course is invaluable.
3. **Success in Life:** Research has shown that individuals with a growth mindset are more likely to achieve their goals and excel academically. Likewise, resilience is closely linked to greater well-being and success in various areas of life, from relationships to career.

Tips for Cultivating Growth Mindset and Resilience

1. **Praise Effort, Not Just Results:** When praising your child, focus on their efforts and strategies rather than just their achievements. This reinforces the idea that hard work and perseverance are the keys to success.
2. **Encourage a Love of Learning:** Foster a curiosity-driven approach to learning by encouraging exploration and experimentation. Provide opportunities for hands-on learning experiences and emphasize the process rather than the outcome.
3. **Normalize Failure:** Help your child understand that failure is a natural part of the learning process. Instead of viewing it as a setback, encourage them to see it as a valuable learning experience that can lead to growth and improvement.
4. **Model Positive Self-Talk:** Be mindful of the language you use when facing challenges or setbacks yourself. Model resilience by demonstrating positive self-talk, problem-solving skills, and a willingness to persevere in the face of adversity.
5. **Teach Coping Strategies:** Equip your child with practical coping strategies to manage stress and adversity. This could include deep breathing exercises, mindfulness techniques, or seeking support from trusted adults or peers.
6. **Set Realistic Expectations:** Encourage your child to set realistic goals and expectations for themselves. Break larger goals down into smaller, more manageable tasks, and celebrate progress along the way.
7. **Promote a Growth-Focused Environment:** Create an environment at home that promotes a growth mindset and resilience. Encourage open communication, provide constructive feedback, and celebrate effort and progress, regardless of the outcome.

By incorporating these strategies into their parenting approach, parents can play a pivotal role in nurturing a growth mindset and resilience in their children. In doing so, they empower their children to embrace challenges, persevere in the face of adversity, and ultimately thrive in both their academic and personal lives.

THE FAMILY CAN

THE PILGRIMAGE OF PARENTING: [PART 6] - HOW DO YOU PARENT - OBEDIENCE.

A MONTHLY THOUGHT TO HELP IMPROVE THE FAMILY - HILTON R SIBOO: CONTACT: 788-2685)

On this pilgrimage, we have considered parenting to be a relationship between a 'parenter' and a 'parentee'. Parenting can be active, passive or indifferent. Going forward we will consider 'How do You Parent OBEDIENCE.'

Two basic factors are (i) **Communication** and (ii) **Modelling**. Communication can be verbal: how we speak, send and receive information. Role modelling is more non-verbal and is about our attitudes and behaviours as we communicate with one another. Are our attitudes and behaviours aggressive, defiant and competitive or are they encouraging, supportive and cooperative? Do our communication and modelling bring us closer or does it push us apart? For the 'parenter' and the 'parentee' in the parenting relationship, these two factors could either bond or destroy the relationship.

How do you parent obedience? Is it by rewards and punishment? As 'parenter', is it do as I say, order, or threaten, I am the parent you are the child, you better listen or you will feel. A 'parenter's' approach with such verbal communication can result in disobedience. A simple definition of obedience – *it is to do what one is told, to keep the law, to submit to command and authority*'. We are familiar with the Biblical reference, "children obey your parents... (the only command with a promise) that you may live long... ." However, keep in mind "parent, provoke not your children to anger... '.

'How do You Parent OBEDIENCE?' - parenting as a relationship is not the dominating master-slave, or adult-child but the interaction between two or more persons regardless of the generation to which you are assigned. To parent is to guide, to counsel with respect, patience, love and discipline. Conflicts result when we slavishly allow our relationship to be manipulated by tradition, culture, laws and conventions that may not be applicable to our situations. A parenter-parentee relationship is as unique as a thumb print. It takes more than biology, blood and genes, money and social status to parent your child. It takes all the experiences that have impacted you from within the family, school, play places, work and all the societal knowledge and skills, whether negative or positive, that you have learnt.

Obedience does not result from dictates. Obedience to do what one is told, abiding by rules and submission to authority are affected by how we, communicate through speaking as well as by the modelling of attitudes and behaviours. A certain place to start and stay is with the 'parenter-parentee' in the parenting relationship.

Can this approach improve our parenting relationships and improve intra and inter family relationships? I hope that this perspective can guide the understanding and effect adjustment to the approach to parenting where the participants interact in a relational exchange that affects their words and actions, behaviours and roles, duties and responsibilities.

Remember, the family is not just a group or gathering without a common purpose. Never let it ever be that the family can NOT adjust and adapt as changes occur.

Don't loose faith. Hold strong. Believe, The Family Can

Encounteringthe Archives of the Presbyterian Church of Trinidad and Tobago

The PCTT, in gaining much in its 156 years, has lost much. We have drifted from our moorings and wandered away in wanting and desiring to be so much like others that many things Presbyterian and Reformed are being exchanged, with results in generic Christianity and cosmetic Presbyterianism. All that glitters is not gold.

Since the arrival of the first Presbyterian Canadian missionary in 1868 and the predated first Presbyterian presence by the Church of Scotland 1830's, our identifying features, and characteristics are not today easily recognisable.

It has become increasingly obvious to the attention of the Archives, PCTT, that there has been an upsurge in the variety of logo(s) that are adopted, adjusted, adapted and used by local congregations, Boards and Committees of Synod and others on programs, brochures and reports etc.

The original logo of the Presbyterian or Reformed church since the 17th Century has been that attached here. Any adaptations or adjustments or representations ought specifically to be for celebratory or commemorative purposes which never replaces the original. A 'logo' as that of the Presbyterian Church (PCTT) has specific meanings and messages and significant symbolism and is not synonymous with branding for consumer or commercial purposes.

It is now the July-August vacation and many of you are looking for interesting places to go or visit,

Our invitation is to all – individuals and groups - whether families, groups of friends, the Sunday School, Youth Groups, Choirs, PCW and Men's Groups, Local Boards, Sessions or Boards and Committees of Synod, etc. It is important as Presbyterians to know our history.

An encounter with the Archives [CAPCTT] on any aspect of our history and tradition that meets your curiosity or interest can be immensely revealing... recalibrating, restoring and reconciling to you and the PCTT.

An encounter with the Archives is an encounter with ... yourself. Hoping to be there for your Encounter with the Archives of the Presbyterian Church of Trinidad and Tobago..

Archivist: Reverend Ken K Kalloo, Asst Archivist: Hilton R Bill Siboo 788-2685

Contact: 652-4829 [Synod Office] and 653-4166 [SATC Library], or Visit in person on Tuesdays and Thursdays, 9 a.m. to 12 noon.

AGRI FACTS COLUMN

PLANNING CHRISTMAS CROPS

SUBMITTED BY RAYANNA BOODRAM
rayannaboodram@hotmail.com

We are months away from Christmas, however, in order to reap rosy Sorrel flowers and fresh peas just in time for the festive season, we need to start planting! In our Trinbago culture, no Christmas holiday period is complete without fresh sorrel drinks and use of green peas in our pots. Sorrel plants bloom during the months of September and October and take up to six months to fully mature hence they should ideally be sown around May to June. Sorrel plants prefer soils with good drainage. You do not need to overly fertilize your plants. Soils too rich in organic matter can lead to a full, large shrub producing fewer buds.

The seeds can be sown directly to your garden or via transplanting. Space out your seedlings about 3-6 feet apart in rows about 5 feet apart. Two plants will provide you with a sizeable harvest of sorrel buds however if you are planting commercially then your number of plants will increase according to your market. Sorrel is generally an easy shrub to grow just ensure that you control your weeds and that is planted in a maximum sunlight exposure area in your garden. Ensure you have enough space for the plant to grow. Between 7-10 days after your sorrel shrub has fully blossomed you can start to harvest the buds or calyx. Mature sepals (the pointy red pod) should be just over an inch wide. This is the tender, fleshy seed pod that is used to make sorrel drinks.

Pigeon Pea is also known as red gram or as gungo peas. The flowers appear bell-shaped and are red and yellowish in colour. Growing peas are just as easy as Sorrel. Similar to Sorrel, choose an open area that has full exposure to sunlight. The soil should be well-drained. Sow seeds 4cm deep on 0.5 - 1 m wide rows. You can expect to see seedlings within 3 weeks.

Use a soil fungicide, if needed, as a drench in the planting hole to prevent attack by fungi and an insecticide to prevent attack by soil insects such as cutworms and mole crickets. For higher rates of success, try sowing 5 seeds per mound and thin out about 1-2 weeks after germination, leaving 3-4 healthy seedlings per mound. Fertilise your plants every 3 to 4 weeks. Flowering will generally occur between 65-80 days and creation of mature seeds requires 50-75 additional days, just in time for Christmas!

The Board of Social Responsibility BOSR

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SCHOOL SUPPLIES DRIVE

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10AM - 3PM
SUNDAY JULY 21ST, 2024

BARRACKPORE WEST SECONDARY SCHOOL

PARTLY SPONSORED BY ALLIED FAMILY CARE

“PARADISE CEMETERY TOUR” THE NATIONAL TRUST OF T&T

SATC– Library’s Outreach Services - SATC library in collaboration with The National Trust of T&T

As part of the library’s outreach services, SATC library is collaborating with The National Trust of T&T, to promote the history of the Presbyterian Church in San Fernando through its historical tour experiences.

The name of this tour, “Paradise Cemetery Tour”, is targeted for Saturday 14th September 2024. The tour will start at 9.00 a.m. and end at 11.00 a.m. It will comprise the following topics:

- Victims of our worst oil disaster.
- The Presbyterians in Trinidad – The Scots and Canadians cemetery plots.
- Tales of the San Fernando Regatta.
- Mass graves, etc.

Tour info:

For more information on The National Trust tours, kindly contact the Office to book your seats and payment (solely National Trust) can be made at any First Citizens Bank.

Contact number for National Trust – 225-4750

First Citizens Bank account number – 1238698

Interested persons eager to learn more about cemeteries and the Christian missionaries can visit the SATC library.



**THE NATIONAL TRUST
OF TRINIDAD AND TOBAGO**
Safeguarding our Heritage

“YOU ARE THE WORLD” COMMUNION, MOTHER’S DAY SERVICE AND BAPTISM: KNOX PRESBYTERIAN CHURCH

Submitted by Mr. Venoo Ramdhanie

“To the world you are a mother, to our church family; You are the World.” Our church mothers play such an important role in our spiritual and social life that they become role models.

At Knox Presbyterian, Mothers’ Day fell on Communion Sunday, 12th May, 2024. It gave us an even more solemn occasion to give thanks, to look inside with a promise and a prayer to do better by our Mums and Mum-figures.

With Reverend Damien Sieunarine leading, we listened to Matthew Ch.15: 21-28, reminding us of “A Woman’s Faith”. Ms. Cynthia Siewdass expounded on the typical persistence found in women whenever they believe or want something done – no matter how much we, as children, may grumble.

This Mother’s Day was very special to two mothers as their babies were baptized – Kaveh Nanan, son of Mr. Narrie and Mrs. Kim Nanan, and Azaliah Budhoo – daughter of Mr. Christopher and Mrs. Leanna Chadee Budhoo. We also had the confirmation of Mr. Michael Gajusingh; a very proud moment for all.

A short programme, hosted by Mrs. Anisa Roopchand Joseph and Mrs. Sian Karamath-Chung, was kick-started by our Chairman, Mr. Curtis Bipat, who gave a heartfelt reminder of the need to always remember our Women, that tugged at our heartstrings. This was followed by a sweet and innocent rendition of “Thank you Mum,” from the Sunday School children led by Mrs. Catherine Alexander Samaroo. The mesmerizing strings of the violin enthralled the congregation as Caitlyn Samuel worked her magic with “Bless the Lord O my Soul.” The Youth Group gave a superb reminder of the “Mothers of the Bible” which made us look at our interactions with our mothers.

Tokens were presented by our Sunday School children – miniature fans that were much appreciated with the men hinting they would not mind the same token for Father’s Day.

A special closing prayer and blessing sent everyone off to enjoy sumptuous refreshments.

CELEBRATING INDIAN ARRIVAL DAY 179 YRS @ SATC: A UNIQUE CROSS- CULTURAL EXPERIENCE

Submitted by Judy Kowlessor

On the 179th Anniversary of Indian Arrival to T&T, St Andrew's Theological College (SATC) and PCTT Archives joined with the wider community to pay tribute to the descendants of the East Indian indentured labourers. From a Presbyterian perspective, after arrival of the first missionaries seeking immigrants (Hindus, Christians, Muslims) for conversion, some advocate that the Presbyterian church stands at a cultural cross road. It is essential that we understand this evolution and take pride in our unique Presbyterian cross-cultural heritage; a brand of the Presbyterian Church.

Basically, in understanding this cross-cultural experience, the church's landscape comprise a cultural blend of influences from Hindu practices to Protestantism and the T & T church's brand of ecumenism.

The St Andrew's Theological Library takes pleasure in hosting an interactive cultural exhibition which will run until June 14th 2024. This exhibition is jointly hosted by Mr. Kemal Manickchand, creative designer and collector, and Mr Javad Ali, collector of stamps and postcards.

In addition to books on the history of Indentureship, there are exquisite artifacts, postcards on Indentureship, food utensils, garden tools, books on Presbyterian bhajans and Indian culture, Indian clothes, enamel wares, and other hand-crafted designs on display. To the cross-section of visitors, this display tells us that Presbyterians continue to preserve and utilize selected practices of their ancestors to this day, alongside the biblical theology that guided the process of conversion. In some churches, Presbyterian bhajans in Hindi/Bhojpuri are still sung at special events. Examples of some bhajans are: "Karo Meri Sahae", "Yishu masih" and "Prema Ni Dhana". Also, some Presbyterian Churches have Hindi names, for example, Susamachar Church, Grant Lal Behari Memorial, Anugrah, Calcutta, Nistar, Akashbani and Krist Mandli. Other existing cultural practices are our East Indian cuisine: types of roti and vegetables. On display are kitchen tools: bailna, chouki, coalpot, tawa, chulna and swizzle stick.

The display is free and open to the public. Some visitors comprised students: both local and foreign (Venezuelans from COSTAAT), teachers, members from other churches, community folks, and a member from the National Trust.

This community interface with the cross-section of the community creates many opportunities for the Presbyterian Church. Firstly, the creation of a unique cross-cultural blend of Christianity/Presbyterianism: a brand which has research opportunities for serious scholars and networking capabilities with other libraries through collaborative displays, sharing of resources, building support through physical performances and seminars.

With reference to research, the writings of Presbyterian theologians/leaders, like Reverend Hamid (dec.), Reverend Elvis Elahie, Reverend Errol Sitahal, and Reverend Emerson Sieunarine (dec.) have indicated that they possessed that wealth of knowledge and experience which formed part of the Presbyterian movement that helped shaped that cultural identity having an East Indian connection. Reverend Sieunarine (dec) assisted with the Presbyterian movement in Tobago.

The SATC library through networking and sharing of resources was able to mount an Indian Arrival Display at the Scarborough Public Library Facility, Tobago, this month. The unique experience was the presence of an East Indian dancer and practical library activity for children: dough making - sada roti rolls.

To conclude, SATC library invites the public to visit and to view the library as a cultural space to continue to build that Indentureship narrative, continue to share our traditions of reverence and humility to our fellow men. This is an opportunity for all Presbyterians to honor our roots and cherish the richness of the Indian Arrival experience.



RECEIVING GOD'S BLESSINGS

Submitted by: Presiding Elder George K. Sammy

INTRODUCTION

My last article concerned the Grace of God, and this article considers the related topic of God's Blessings. A common Benediction at our services comes from Numbers 6:24-26 (New King James Version):

*"The Lord bless you and keep you;
The Lord make His face shine upon you,
And be gracious to you;
The Lord lift up His countenance upon you,
And give you peace."*

God's blessings are described as His benefits towards us - the good things God does for us; whether in our spiritual lives or our physical lives (Ref 1). In this article, we will explore what the Bible tells us about:

- God's Blessing of Joy,
- God's Blessing of Peace,
- God's Blessing of Love,
- God's Blessing of Inner Strength, and
- Sharing God's Blessings.

We start, however, with an important word of caution.

A WORD OF CAUTION

God blesses us with both spiritual and physical gifts. Psalm 20: 4 reads: *"May He (God) give you the desire of your heart and make all your plans succeed."* (in the remainder of this article, Bible passages are quoted from the New International Version). Many people take this as a promise of worldly gifts and success and as a confirmation of "Prosperity Gospel", which is preached in other churches. Presbyterians **do not** subscribe to "Prosperity Gospel". Instead, we believe that God gives us what is right for us, not necessarily what we long and pray for.

GOD'S BLESSING OF JOY

In Romans 15:13, Paul wishes for his fellow-believers: *"May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope."* Similarly, in Colossians 1:12, we are instructed to give: *"... joyful thanks to the Father, who has qualified you to share in the inheritance of his holy people in the kingdom of light."* Even when things are not going well for us, we are expected to uphold our joy: *"Count it all joy, my brothers, when you meet trials of various kinds"* (James 1:2). In good times and bad, therefore, Christians are called to live joyful lives in Christ.

GOD'S BLESSING OF PEACE

Peace is one of the cores of Christianity. Christ came as the Prince of Peace (Isaiah 9:6), and shared His peace with us: *"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid"* (John 14:27). Similarly, in 2 Thessalonians 3:16, Paul's wish for his readers is: *"Now may the Lord of peace himself give you peace at all times and in every way. The Lord be with all of you."* Peace, then, is a blessing we receive from God to live as Christians.

GOD'S BLESSING OF LOVE

Christ came into the world as a gift of love: *"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life"* (John 3:16). We, too, are called to love, because: *"Whoever does not love does not know God, because God is love."* For this reason, Paul greets his fellow-believers with: *"May the Lord make your love increase and overflow for each other and for everyone else, just as ours does for you"* (1 Thessalonians 3:12). Hence, we must build our faith on God's gift of Christian love.

GOD'S BLESSING OF INNER STRENGTH

To live a Christian life takes inner strength. Paul prays for such strength for his fellow-believers in Ephesians 3:16: *"I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being."* It is only by God's gift of inner strength that we can resist the evils and distractions of this world.

SHARING GOD'S BLESSINGS

We cannot just accept and enjoy God's Blessings - we have a duty to share them with others: *"Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms"* (1 Peter 4:10). This sentiment is reflected in the chorus of a well-known Christian song:

Make me a blessing, Make me a blessing. Out of my life may Jesus shine;

Make me a blessing, O Saviour, I pray. Make me a blessing to someone today.

God's blessings bring us Joy, Peace, Love and Inner Strength; and we are called upon to share them with others. But do we deserve God's blessings? The answer is usually in the negative; for example, *"The short answer is that we all experience blessings we don't deserve, because any blessings God sends come in spite of us, not because of us"* (Ref 2). In fact, we receive God's Blessings through God's Grace, as was discussed in my previous article.

Finally, we must recognize the work of the Holy Spirit: *"The presence and power of the Holy Spirit blesses us in countless ways. He convicts, guides, leads, empowers, and brings spiritual understanding to us"* (Ref 3). Therefore, let us open our Hearts, Minds and Spirits to the Holy Spirit as we receive the blessings that God has so freely showered upon us.

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INDUCTION SERVICE MAFEKING PRESBYTERIAN

Submitted by Rachael Boodoo-Rahim.

On Sunday 25th February, 2024, Mafeking Presbyterian gained two elders who have shown their continuous interest in ensuring the affairs of the church are completed and upheld to standards of which members are quite proud of. These beautiful, hardworking, God-fearing women are Ms. Molly Rajcoomar and Mrs. Jamilla Shaddy-Rahim. These women are currently serving on the Local Board and are an integral part of the PCW. They are the ones who drive the PCW group which serves as the backbone of the church in assisting and guaranteeing that all events are successful in any sector of the church body. Our council of elders and congregation are elated to have two new elders to consider as role models, confide in and gain advice. As these two women embark on their new journey in Christ as elders of the Mafeking Presbyterian Church, we pray for their continued guidance to nurture the body of the church into the right direction!



A MARVELLOUS MOTHER'S DAY AT ARUNODAI!

Submitted by Alison C. De Freitas, Arunodai Sunday School Superintendent

On Sunday 12th May 2024, the junior members of the Arunodai congregation delivered a special Mother's Day Program to secretly surprise their mothers and those who fill this very honourable role with heart-warming tributes. The program was delivered exclusively by the Sunday School children from start to finish. Isabella De Freitas began with a cordial welcome, followed by an enlightening history of Mother's Day. She was a very affable Master of Ceremonies for the entire program.

Gerrell Holder delivered a heartfelt prayer embracing all those of a maternal nature, this was followed by a wonderful poem entitled: 'My Own Mother' recited heartily by Jaya Ishmael. The audience was captivated by Neikelai Samaroo and his rendition of an old classic 'Your Mother's Love' by Sundar Popo on the steelpan. The penultimate performance had everyone grinning from ear to ear with an entertaining comedy segment delivered by the very likable comedian, Javed Ishmael. Finally, the Sunday School children collectively sang a delightful Ode to Mothers: 'A word that means the world to me'. It was truly a memorable morning and has undoubtedly left a lasting impression in everyone's hearts.



Alison De Freitas -
Sunday Sch Supt

ELDER INDUCTION AT NISTAR PRESBYTERIAN

Submitted by Rachael Boodoo-Rahim.

On Sunday 3rd March 2024, Reverend Errol Ragnauth inducted Mrs. Ria Ramesar-Seecharan and Mr. Timothy Nagir as Elders of the Nistar Presbyterian Church.

During the Induction Ceremony, they vowed to carry out their responsibilities to the Congregation with integrity, love and devotion. By answering this call, Mrs. Ramesar-Seecharan and Mr. Nagir have promised to undertake the Christian training of people and outreach in the community.

The Congregation and Local Board extend congratulations to Mrs. Ramesar-Seecharan and Mr. Nagir as they do the Lord's work.



Left to right: Mr. Timothy Nagir, Reverend Errol Ragnauth, Mrs. Ria Ramesar-Seecharan

HEAR THE CHURCH BELL RINGING IN DEBE

Submitted by: Chairman Vincent Kelvin Ramoutar

On Sunday, April 21st, 2024, at 7:00 a.m., the Debe Presbyterian Church held a poignant dedication ceremony for its new bell and bell tower in loving memory of the late Elder Mr. Sahadeo Jhagroo and Mrs. Samdai Jhagroo, who were devoted members of the church community. The service was officiated by Reverend Indra Kokaram who delivered a moving sermon filled with songs and praises befitting this special occasion.

A heartfelt tribute to Mr. Sahadeo Jhagroo and Mrs. Samdai Jhagroo was read by their daughter, Ms. Subhasna Asha Jhagroo, which captured the essence of their dedication and love for the church. Following this, the Presiding Elder, Mr. Timothy Beepath, and Mr. Gobin Sookdeo shared greetings and reflections on the enduring legacy left by the honored couple.

The bell, a generous donation from the Beepath Family, and the construction of the tower, funded jointly by the Jhagroo and Beepath families, symbolize the unity and generosity within the church community. This new addition stands as a testament to the lasting impact and cherished memories of Mr. Sahadeo Jhagroo and Mrs. Samdai Jhagroo whose spirit will continue to resonate with every toll of the bell.



Members of Beepath and Jhagroo families standing in front the Newly Dedicated Bell and Tower.

WELLNESS DAY AT ETERNAL LIGHT

On Saturday 8th June, the Eternal Light Presbyterian Church PCW Group and the PCTT's House of Health Beth-Rapha Mission hosted a Wellness Day at the church in Siparia Road. Members of the community and neighboring churches were invited to participate in free health tests such as cholesterol, blood pressure, and diabetes checks. Messages from the Beth Rapha panel included Reverends Keron Khellawan and Cynara Dube-Khan, Dr. Cherisse Ratiram, Misses Stephanie Sam and Simran Sohan.

The Wellness Day started with worship by Reverend Ria Thompson-Jimdar who reminded us that it is important for Christians to be healthy in our entire being - our mind, body and soul.

Dr. Cherisse Ratiram spoke on Physical Health and advised on prevention, early detection and managing health issues. She advocated for physical exercise and eating a healthy diet. She answered several medical questions. Her invaluable health wellness update was well received by all in attendance.

Reverend Dube-Khan started her presentation on Spiritual Health defining it as being connected to something greater than ourselves and having a set of values, morals and beliefs that provide a sense of purpose and meaning to life, and using those principles to guide our actions. The signs of spiritual health include our human connection with God, with ourselves, with others and with nature. In life, we are all trying to grow spiritually, and Reverend Dube-Khan encouraged us with Christian-based ways to improve our spiritual health individually, in groups and as a church to build spiritual resilience.

Reverend Keron Khellawan emphasized that Mental Health is a real issue in today and that our mind is a very powerful thing. We are physically present but where are our minds during church services? He advocated for safe spaces where people can talk about issues and challenges they face, and that we must be gentle with our minds as sometimes it's okay to not be okay. June is Men's Health Month and Reverend Khellawan urged us to be mindful of the men in our lives - to help them find comfortable and safe releases as they also deal with many stressors daily.

To conclude the Wellness Day talks, Misses Stephanie Sam and Simran Sohan looked at Holistic Health and practical coping tips. "Christ cares for Holistic Health", Miss Sohan gave us some biblical affirmations with the aim of influencing our minds and behaviours.

"I praise you, for I am fearfully and wonderfully made. Wonderful are your works that I know very well" (Psalm 139:14).

"For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope" (Jeremiah 29:11).

Miss Sam highlighted that biblical affirmations can be used as a coping mechanism in difficult moments. Christ, throughout his ministry, showed deep compassion and care, he healed the sick, comforted the grieving and brought hope to the hopeless. His love extends to every part of our physical being. Jesus also demonstrated the importance of self-care as he often took time to pray and be alone. Self-care isn't selfish but rather a time for reflection and renewal and crucial for overall health. We are human, just as Jesus was and he understands us. Another coping technique is mindfulness which helps us decompress when we feel overwhelmed.

The Wellness Day touched on Physical, Mental and Spiritual Health, all coming together to create a holistic being, and though it is difficult at times to keep each part in good, functioning health, Christ cares for Holistic health and only through him, we can achieve complete wellness.



HEALING AND THE HEALING POWER OF KINDNESS

By Dr Lester Goetz, Elder, Susamachar Presbyterian Church, San Fernando

HOW TO REACT

The Bible Tells Us 'How' To React When People Hurt us. Your Healing begins in 'How' you react.

Martin Luther King's Book *Strength To Love* Asks Why did Jesus Say To 'Love Your Enemies?' (Matt 5:43)

'Bless them that curse you.'

'Do good to those who hate you' (Matt 5:44).

'Pray for those who despitely use you and persecute you.'

What a difficult path to follow!!

But there is a healing in his instructions.

How to react? Do we really react with kindness?

Jesus was really protecting us from anger, hate and revenge which are all harmful to our health.

While your enemy is having fun what are you doing? Are you eating yourself up with your desire for Revenge this leads to illness: Prostatitis, Piles, Ulcers and we now know young people even get heart attacks.

Did someone give you a bad drive on the road? How did you react? Revenge Is a two Edged Sword – One edge to kill your enemy and the other edge to kill yourself. Two wrongs do not make a right!

When you seek revenge, you should dig two holes, One for your enemy and one for yourself.

Jesus Did Not Say, 'To Go After Them!'

FORGIVENESS:

You must not only ask for forgiveness for yourself. But you must also forgive. Forgive the ones who hurt you so badly and caused you so much pain, in the same way that God forgave you.

To Forgive Is Kindness! Kindness to 'yourself!' When you Are Kind To Yourself, You Let Go Of Your Negative Emotions And Heal Yourself. This Kindness Protects You.

Forgiveness is Healing. It is Happiness.

Jesus Set The Example:

'Forgive Them For They Know Not What They Do' (Luke 23: 34 – 38).

Forgive means "To Let It Go", let go of the past. Do not replay and replay negative thoughts. Like an old time, stuck record. Just say 'wash, wash,' and wash away the thoughts of getting back at others.

Love does not keep a record of wrongs. (1 Cor 13:1) Forgiveness is healing. It is the beginning of healing all broken relationships.

Forgive and let the healing begin.

PART 4



UNITY – one love

Remember 'We Are One In The Spirit' (Eph 4: 3).

We Are Not 'Two' Different Groups. ONE LOVE!

They will know we are Christians by our love.

Not by our anger and not by our revenge, not by speaking ill of others, but by our love for one another. Let us forgive. Let us be channels of God's peace. Let us be kind.

Why don't you try a little kindness?

And overcome the blindness.

Kindness makes you the most beautiful person in the world (no matter what you look like).

CONCLUSION

The Bible, The Word of God, is Natural Healing. It is really a Medical Book. Prayer, Gratitude and Kindness are all commands from God. All work together for Health And Wellness. (good health), HAPPINESS follows. These commands Create a PATH to Happiness.

The Bible Says:

'Do Good Expecting Nothing In Return and You Will Be The Children Of The Most High' (Luke 6: 35-36).

'Be Kind To One Another, Tender Hearted Forgiving One Another As God In Christ Forgave You' (Eph 4:31).

Jesus' Last Command was: 'Love One Another as I Have Loved You. By This They Will Know You Are My Disciples' (John 13: 34). Kindness Again.

Kindness Is The Language Which The Deaf Can Hear And The Blind Can See. (Mark Twain)

Let Us See with The Eyes of Another

Let Us Listen with The Ears of Another

Let Us Feel with The Heart of Another. (Alfred Adler)

Reach out to others.

Let the healing begin. Let us UNITE

Jesus did not like conflict. Kindness was his theme throughout all his Teaching. He gave a message of love and unity.

God Commands Us To 'Be' Kind: First to Love God, then To Love Our Neighbour and finally To Love One Another.

Let Us Heal

Let Us Unite

Let Us be Happy

NARIVA/MAYARO PASTORAL REGION T-10 CRICKET TOURNAMENT

Submitted by Rachael Boodoo-Rahim, Sunday School Superintendent, Mafeking Presbyterian Church.

On Monday 01st April 2024, which was also Easter Monday the Nariva/Mayaro Pastoral Region revamped their T-10 cricket tournament. Previously, the tournament was held on Gloria Saturday at the ground in Mayaro. This year, the tournament was held at the Rio Claro West Secondary School ground at 10 a.m. The participating churches were Rio Claro, Navet, Biche, Mafeking and Ecclesville Presbyterian Church. The entire tournament was spearheaded by Presiding Elder Mr. William Gokool and the Nariva/Mayaro Regional Developmental Committee leader Elder Jamilla Shaddy-Rahim, who is attached to the Mafeking Presbyterian Church. We were blessed with the presence of Reverend Radica Samuel-Moonoo, her husband, and Presiding Elder Martin Sahadath.



The day started off with a reverential word of prayer by Reverend Moonoo to kick start our exhilarating day. Up first, was game one where Navet faced Ecclesville. The Navet team was defeated by the Ecclesville team after they failed to chase the score of 25 runs. The Ecclesville team secured its spot in the finals. Next, was the Rio Claro team versus the Mafeking team. The Mafeking team busily defeated the Rio Claro team and was set to face the Ecclesville team in the finals. Fighting for third place were the Navet team and the Rio Claro team. This was an invigorating game to watch as the Navet team tried chasing their winning score against the Rio Claro team but was unsuccessful. Due to this, the Rio Claro team placed third in the overall competition.

It was time for the most anticipated match of the evening, the finals of the Ecclesville team versus the Mafeking team. The Mafeking team won the toss and chose to bat first. In eight (8) overs, they made a mammoth score of seventy-three (73) runs. The Ecclesville team attempted to chase the score as they needed seventy-four (74) runs to win. They were unable to attain such a score, therefore, placed second and Mafeking Presbyterian Church placed first. It was a friendly game against all the churches, and all were awarded a trophy from fifth place to first place with medals for first place to third place as well. A Regional Trophy was presented to Mafeking Presbyterian Church for the overall tournament. The day ended on a joyous note, and everyone is eager to see who will snatch the trophy from the reigning champions of 2024 next year.

Marabella Presbyterian Church invites you to

An Afternoon of Tea

Entertainment and Fashion

3rd August 2024
3:00pm to 6:00 pm

Naparima College Auditorium

Tickets: \$150

ALL PROCEEDS GO TO ROOF REPAIRS

Dress code: Elegantly Casual

PENAL PASTORAL REGIONAL SPORTS

Submitted by Chandra Mathura Secretary of the Penal Pastoral Regional Sports Committee

What do you get when you put together four churches and one mission station in vibrant orange, bright red, bold pink, glowing green and the warmth of blue? The answer is the awesome Penal Pastoral Region embodying the saying: "We are one in the spirit!"

The Penal Pastoral Region came together after a long awaited four years for its Annual Regional Sports and Family Day held on Thursday 29th May, 2024. This year, members were pleased to have the Pink Army of the Quinam Mission Station join the family for the first time. The Region now comprises Penal, Penal Rock, Divine Rock and the Mendez Scott Presbyterian Churches alongside the Quinam Mission Station which were all represented exceptionally. With grey clouds looming over, the day started off with a chorus battle, official opening of the sports inclusive of prayer for good weather and a sharp start of the customary activities. The Region included some fun activities inclusive of hot coke drinking, apple eating, watermelon eating and a Church Workers' musical hoops. Directly after were some fun activities for all ages which included: bouncy castle and face painting for kids, ring toss for the teenagers but not limited to, and a tough all fours competition for everyone. The day ended with beautiful weather from start to the very end.

The overall winners, with a clean sweep of all activities including: the overall sports, tug of war, spirit of the games and the all fours were the ever-faithful members of the Penal Rock Presbyterian Church. The secretary thanked all for their commitment to all Regional Sporting activities, all sponsors who made the day possible and members of all churches who conducted sales booths which provided refreshments.

The members of the Penal Regional Pastoral Sports Committee look forward a successful and fun filled National Sports to be held on August 1st, 2024 where we will definitely all join in to be "one in the spirit."



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Renew, Rejoice, Reconnect!
SUN 14TH JULY
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Officiating : The Moderator of the Synod of
the PCTT, the Rt. Rev. Daniel Chance
Isaiah 40:31 "But those who hope in the Lord will renew their strength. They will
soar on wings like eagles; they will run and not grow weary, they will walk and
not be faint."

REGIONAL P.C.W RETREAT LA ROMAINE /DEBE PASTORAL REGION.

Submitted by- Mrs. Lisa Baksh-Horrel.

The Five P.C.W Groups of the La Romaine/Debe Pastoral Region held their first retreat at the tranquil Hajareesingh's Ranch, Penal. The theme for our Retreat was 'Empowering Women'. Guest Speaker, Mrs. Sabrina Mowla –Baksh, brought the feature address.

This retreat was held in honour of the very hardworking and very vibrant Deaconess, Ms. Marlene Seenathsingh, who has served the region with distinction, integrity and displayed great spiritual care in all the churches and groups in the region. Deaconess Seenathsingh will be leaving the region and will be dearly missed so in her honor our Regional P.C.W group held this retreat.

The Retreat began with worship led by Deaconess Seenathsingh who led in contemporary as well as old time choruses. What an awesome time in God's presence with the beauty and tranquility of the surroundings of Hajareesingh's Ranch. Leading in the Order of Worship was the Representative to the Board of Women (BOW), Mrs. Angie Beharry, who warmly welcomed everyone.

In our midst were the Chairperson of the PCTT Board of Women, Reverend Radica Moonoo, and her Assistant Chairperson, they both brought greetings on behalf of the BOW.

Reverend Indra Kokaram shared God's message, timely and inspiring. She then blessed the fellow ship meal prepared by the ladies of the various groups.

After our fellowship lunch, the Secretary for the Regional P.C.W group, Mrs. Lisa Baksh- Horrel, introduced the Guest Speaker, Mrs. Sabrina Mowla-Baksh. Mrs. Mowla –Baksh is the General Manager of the Coalition Against Domestic Violence (CADV) which is a Non-profit organization to eliminate Domestic Violence/Family Violence in Trinidad and Tobago.

At present, she is a member of a Cabinet appointed Inter Ministerial Committee to coordinate strategies to address gender-based violence in Trinidad and Tobago. Mrs. Mowla – Baksh has a wealth of knowledge and experience with this topic of Empowering Women.

She shared information on Domestic Violence issues faced by women today. A brief history of violence in our country and some definitions of terms relevant to the topic were also shared.

Mrs. Mowla-Baksh pointed to red flags to look out for in Domestic Violence situations and strategies and solutions to deal with perpetrators of these very atrocious acts against women, children and the vulnerable in our society.

Mrs. Mowla-Baksh commended the women for giving her the opportunity to share with the group. She said moving forward, the group must establish a Mission and Vision for its group. She encouraged women of the region to continue to support one another in the work and to encourage intellectual and spiritual growth amongst members, thereby, continuing the work of women in the church which is one of empowering and inspiring the next generation.

A plenary session on the topic –Empowering Women was conducted and a very lively and thought-provoking Session was conducted by Mrs. Mowla –Baksh. The day ended with Deaconess Seenathsingh leading in a closing prayer.



A TRIUMPHANT EVENING ON THE WAVES: CELEBRATING THE SUCCESS OF SUSAMACHAR MEN'S FELLOWSHIP FUNDRAISING CRUISE

By : Mr. Enderson Jagessar

On Saturday, May 25, 2024, the serene waters were the perfect backdrop for an event that can only be described as spectacularly successful. The SMF (Susamachar Men's Fellowship) hosted its much-anticipated fundraising boat cruise, and it turned out to be an evening of camaraderie, enjoyment, and significant achievements. As we reflect on this memorable event, it is only fitting to extend our heartfelt congratulations to the personnel of SMF, whose meticulous planning and dedication ensured that the venture was nothing short of a triumph.

From the moment guests boarded the elegantly adorned vessel, it was evident that the evening was destined for greatness. The atmosphere was one of excitement and anticipation, and the SMF team had gone to great lengths to ensure every detail was perfect. The decorations were tasteful, the entertainment engaging, and the overall ambiance inviting and warm. It is a testament to the SMF's commitment to excellence that so many patrons not only attended but thoroughly enjoyed themselves throughout the evening.

The success of such an event lies in the hands of those who organize it, and the SMF team proved to be an exceptional group of individuals. Their hard work and seamless coordination were apparent at every turn. From the well-planned itinerary to the smooth execution of the evening's activities, their efforts did not go unnoticed. Every aspect of the cruise was designed to maximize enjoyment and participation, fostering a sense of unity and shared purpose among all who attended.



It is also worth acknowledging the generosity and enthusiasm of the patrons who supported this noble cause. Their presence and contributions were invaluable, underscoring the community's commitment to supporting the mission of SMF. The patrons' enthusiasm was palpable, and their enjoyment added to the overall success of the event. Their participation not only made the evening enjoyable but also contributed significantly to the funds raised, ensuring that the SMF can continue its vital work.

The funds raised during this unforgettable evening will go a long way in supporting SMF's initiatives, which are crucial for the betterment of our maritime future. Whether it is through educational programs, environmental conservation efforts, or community outreach, the resources garnered from this event will have a lasting impact. It is heartening to see such a collective effort towards a common goal, and it reaffirms the strength and solidarity of the community that supports SMF.

In conclusion, the SMF's fundraising boat cruise was a resounding success, thanks to the dedicated personnel who organized it and the generous patrons who supported it. This event has set a high standard for future endeavours and has demonstrated what can be achieved when a community comes together with a shared vision and purpose. Congratulations to the SMF team for their exceptional work and to all the patrons for making the evening memorable. Here's to many more successful events and continued progress towards a brighter maritime future!



PSSBE CONVENTION 2024 “THRIVING IN A DYNAMIC ENVIRONMENT”

Written by indy Ann Bachoo-Ramsook and Shelly Kalloo-Sammah, Naparima Girls' High School

The Presbyterian Secondary Schools' Board of Education held its Biennial Convention on Tuesday 24th May, 2024, hosted by Naparima Girls' High School. This year's theme "Thriving in a Dynamic Environment" explored the role of teachers and stakeholders in meeting the ever-changing needs of education in the 21st century. The Convention commenced with prayer and continued with Rev. Letra Jacob, Chaplain of Naparima Girls' High School, setting the tone with worship and meditation.

Mrs. Karen Bally, Acting Principal and hostess, delivered a warm welcome to all attendees and Mr. Roy Umraw, Chairman of the PSSBOE and Chairman of the day's event, delivered the Chairperson's remarks and guided the morning's proceedings. Greetings were delivered by Mr. Christian Dookhoo, Vice-Chairman of the PSSBOE and The Rt. Reverend Daniel Chance, Moderator of the Synod of the PCTT. We were delighted that The Honourable Dr. Nyan Gadsby-Dolly, Minister of Education, delivered cordial and encouraging remarks to all attendees. A proud alumna of SAGHS, Dr. Gadsby-Dolly expressed her deep sadness on the passing of the former Principal of St. Augustine Girls' High School, Dr. Anna Mahase, and praised Dr. Mahase for her dedication, work ethic and compassion. These sentiments were also endorsed by the Chairman who paid homage to Dr. Mahase as a stalwart in education. All present observed a minute's silence to show sincere gratitude for her contribution in education.

Another meaningful highlight of the Convention was the recognition of retirees of the 5 Secondary Schools who gave sterling service to their respective schools. Retirees were greeted with hoots and cheers from their colleagues as they received tokens of appreciation from the PSSBOE. The feature address was delivered by the celebrated Anthony Watkins, CEO of ODYSSEY CONSULTinc Limited - a premier human resource and organization development consultancy in the Caribbean. Mr. Watkins, an Organizational and Development consultant, holds over 30 years of experience in organizational change, strategic planning, leadership development and team development. His deep and profound feature address encouraged teachers to understand God's purpose for their lives and understand "the power we have, the opportunity to touch people's lives in a real way as we improve their life chances now via education." He discussed the importance of mentoring and coaching and in so doing "creating and crafting someone who will have children and whose children will have children and, therefore, touching generations that are not yet born." Mr. Watkins encouraged teachers to also love and take care of themselves to fulfil their purpose as their influence extends far indeed and to go forward with courage, hope and faith.

One of the most enjoyable aspects of the convention was the display of talent by teachers and auxiliary staff as each participating school was asked to present a cultural item. Naparima College's rousing rendition of David Rudder's "High Mas" complete with flags and synchronized dance moves got the attendees on their feet. Not to be outdone, Iere High School gave a soulful and powerful rendition of "Voices of Love" while Hillview College performed the inspirational song, "In Christ Alone". The hosts, Naparima Girls' High School, through their Staff Steel Orchestra, engaged the audience with their steelpan performance of the much-loved soca song "DNA" by Mical Teja. Each item was met with rousing applause and appreciation from the audience.

Thanks to meticulous time keeping by the PSSBOE Treasurer, Mr Kenny Arjoon, the day's proceedings came to an end right at the stipulated time. It was appropriately closed off with a vote of thanks from PSSBOE's Secretary, Mrs Susan Mathura, followed by the Benediction pronounced by Deaconess Anupa Nanan.

The true highlight of an event such as this is the bond that is formed and strengthened among members of staff from each school and that was quite obvious from the camaraderie observed during breakfast, break and lunch, as well as the lusty singing of "For I care not what school you belong to". While we missed our sister-school, St. Augustine Girls' High School, we understood that their first commitment on the day was paying their respects at the funeral of their former Principal, Dr. Anna Mahase. We wish to thank the PSSBOE for this opportunity to share and network and promote unity among our five Presbyterian Secondary Schools and for the useful token of a portfolio presented to each attendee.



IERE HIGH SCHOOL SECONDARY SCHOOL'S CRICKET LEAGUE

Iere high school participated in SSCL(Secondary Schools Cricket League) 2024 in 4 different levels/categories under the management of Mr. Curt Ramnarine, Stephen Lakhram and Ms. Saedi Neemai (manager&coach)

They are: U 19 seniors , U 20 girls open, U 16 boys, U 14 boys. Both U19 boys and U20 girls placed first in the south west zone and moved on to playoffs

The girls were defeated in the national quarterfinals vs Barrackpore East Secondary who eventually went on to the semifinal and final becoming national champions

The boys U19 also lost their 50 over playoff match vs the winners of South East zone(Cowen Hamilton Secondary)

The very next day after tasting defeat Iere was scheduled to play Cowen Hamilton Secondary in a national seniors U19 T20 match at Clarke road.

Cowen Hamilton Secondary forfeited the match allowing IERE a win and moving on to national T20 semifinal

Iere went on to play Preysal secondary at union hall /San Fernando with an under strength team with 5 key players out with exams but still managed to win the match by 1 wicket in the 20th over needing 9 runs for victory.

They then went on to the national finals vs St Anthony's College with an understrength team at Balmain ,Couva Iere won the toss and restricted st Anthony's to 147/3 (20overs)

Arun Harry 2/25 (4overs)

Iere made 148/1 (13.3overs)

Matthias Mahabir 72 not out

Zachary Nero 39 not out

Iere winning the national seniors T20 title for the first time ever by 9 wickets

And so the fairytale season comes to an end.



PENAL PRESBYTERIAN PRIMARY SCHOOL

YOUNG FARMERS 4-H CLUB TAKES THE WIN

At the beginning of the 2023-2024 academic year, the Young Farmers 4-H Club of the Penal Presbyterian School registered and hit the ground running in competition mode to participate in the FAO and 4-H National Food Preservation competitions. Throughout the year, the students toiled and were guided in gardening practices and using the produce to preserve and make their own foods. The students spent time producing crops, researching and creating the best recipes that would help them to produce the tastiest preserved food products.

The club established and entered the following products; in the category of 'Jams and Jellies'- Sorrel, Tulum, spicy jam; in the category of 'Dehydration' - Chili Pineapple; in the category of 'Flouring'- Cassava Flour; in the category of 'Curing'- Traditional Mango Amchar and in the category of 'Pickling' - Sweet and Spicy Pickle. They attended the judging at the Divali Nagar site where the students explained the process used to produce each of their dishes. The students' display was nothing short of remarkable. The students displayed their products through singing, giving samples, displaying their videos and sharing their recipe book.



On June 6th 2024, the students attended the nail-biting FAO and 4-H National Food Preservation Award Function where they emerged as the winners in the county of St. Patrick. The school placed in all five categories which included: 1st place Flouring, 6th Place in Sugaring, 2nd place in Pickling, 4th place in Dehydration and 2nd place in Salting/Curing.

This was only possible because of the enthusiastic and hard working 4H students, parents, supportive teachers, Principal Mrs. Lynda Nandlal and dedicated Voluntary Leaders, Ms. Tracy- Ann Vallabh-Patel (President of St. Patrick East 4-H) and Shauntel Nandlal who led the way forward with this competition in making the best even better!

Below: Pictures of Members of the Club together with the Voluntary Leaders with their winnings:

DAD

Submitted by Caroline Sampath, Aramalaya Presbyterian Church
In Loving Memory of my father: Charles "Chicki" Sampath

One of God's greatest creations,
Are fathers, hands down, no deliberations!
He's the best of the very best,
A cut above the proverbial rest!

Dad's so gentle and so kind,
A man like him is hard to find.
He's always willing to lend a hand,
Dad, do you know I'm your biggest fan?

Dad has always led by example,
And for that I'm so very thankful.
He's bold, he's brave, he's bright!
He's smart, he's strong and full of might!

I'm so blessed you're my Dad,
Being with you I can never be sad.
Unending love till the day I die,
Lest it should be you, who first say goodbye.

TERENCE ALGERNON BISSESSAR SCHOLARSHIP FUND

C/O NISTAR PRESBYTERIAN CHURCH, SOUTHERN MAIN ROAD,
CHASE VILLAGE, CARAPICHAIMA TELEPHONE: 662-4086/673-0375

**The Board of Trustees invites applications for scholarship awards
from the above named Fund.**

Applicants must satisfy the following criteria:

- 1. Must be a graduate of a Secondary School of Trinidad and Tobago;
- 2. Must be in financial need. This will be determined by the Applicant's completion of a Financial Assessment Form which must be submitted with a written application to the Board. The Financial Assessment Form can be obtained at the following venues: the Church Office at Paradise Hill, San Fernando, Nistar Presbyterian Church, Chase Village, and the Arima Presbyterian Church .
- 3. Must not be a recipient of an open scholarship, additional scholarship, bursary or any other institutional funding;
- 4. Must have gained admission to or attending the University of the West Indies or any accredited Tertiary Level Educational Institution at the time of application;
- 5. Must be a practising member of the Presbyterian Church, a communicant member and serving in at least one (i) group, board or committee of the Church;
- 6. Applicants who are already enrolled at the University of the West Indies or any accredited Tertiary Level Educational Institution must have attained a G.P.A. of not lower than 3.0.

Applicants who are applying for the first time must provide the following:

- ·A letter of admission to and identification of the degree being pursued from the Tertiary Educational Institution ;
- ·A letter from the Applicant's Local Church supporting the application and indicating the status and quality of the Applicant's church membership;
- ·Personal Data i.e. copy of birth certificate, copy of National Identification Card, telephone contact number and email address

All returning Applicants must provide the following:

- ·Transcript of academic performance for the academic year 2023-2024. Must have a G.P.A. of not lower than 3.0;
- ·A detailed statement of expenditure incurred from the 2023 Award;
- ·A letter from the Applicant's parent or guardian outlining the need for the Award for the academic year 2024-2025.

Applications are to be submitted by the 31st August,2024 to:

**The Terence Algernon Bissessar Scholarship Fund
c/o The Synod's Office
Presbyterian Church of Trinidad and Tobago
P.O. Box 187, Paradise Hill
San Fernando**

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CORRECTION: THE ARTICLE IN THE JUNE EDITION ENTITLED :
REV. ARTHUR YORKE CELEBRATES HIS 94TH BIRTHDAY -
INCORRECTLY STATED THAT HE WAS ORDAINED IN 1962. IT WAS INFACHT 1979.
SINCEREST APOLOGIES

START THEM OFF, WHERE IT COUNTS!

MASTERING MATHEMATICS FOR PRIMARY SCHOOLS

Infant 1 page 33: $4 \times 4 = 16$ four, $5 \times 5 = 25$ five

Infant 2 page 17: How many butterflies? 11 eleven

Book 1 page 106: 4 sets of 2 blocks = 8 blocks, $4 \times 2 = 8$

Book 3 page 146: $3 \frac{1}{3} = 2 + 1 + \frac{1}{3} = 2 + \frac{3}{3} + \frac{1}{3} = 2 + \frac{4}{3} = 2 \frac{4}{3}$ Regroup.

Upper Primary page 212: Chocolate flavour $\frac{1}{2}$ or 50%, Coconut flavour $\frac{1}{4}$ or 25%

Answers for Book 3 & UP are available FREE by email request.

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PLEASE SEND IMAGES SEPERATELY(NOT IMBEDDED IN DOCUMENT)
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The Presbyterian Church of Trinidad & Tobago
National Sports Committee



NATIONAL SPORTS & FAMILY DAY

Worship | Fun | Food | Fellowship

THURSDAY 1ST AUGUST, 2024 FROM 8:30AM
SKINNER PARK, SAN FERNANDO

- 8:30am: Assembling of Marchers.
- 9:00am: March Past parade begins.

