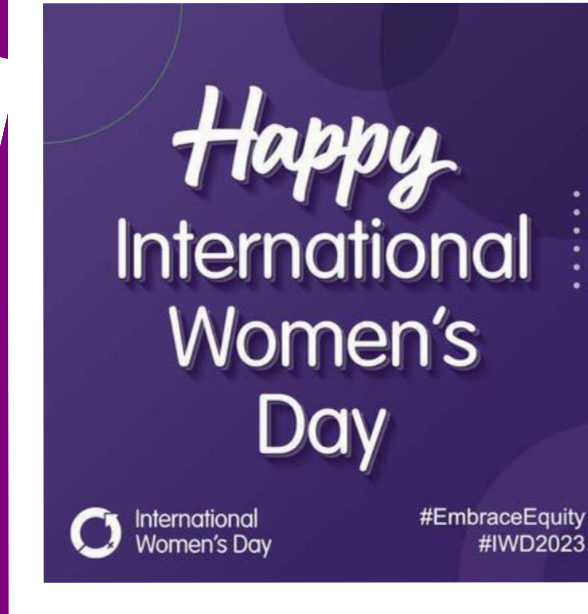


# The Trinidad PRESBYTERIAN

The Official Publication of The Presbyterian Church of Trinidad & Tobago  
March 2023



*THE MODERATOR SPEAKS #IWD2023 #EmbraceEquity*  
*Induction of Rev. Stephen Harripersad into the Diamond Pastoral Region*  
*Elevation Service of Martin Sahadath to the Order of Presiding Elder*  
*SATC's 131st Anniversary Service*

# THE MODERATOR SPEAKS

PCTT Moderator, The Rt. Reverend Joy Evelyn Abdul-Mohan



## #Embrace Equity

AS we continue our Lenten journey, the Presbyterian Church of Trinidad and Tobago (PCTT) joins the world in the celebration of International Women's Day on 08 March, and throughout the month. It will be an opportunity for us to celebrate the courage and determination of ordinary women who played extraordinary roles in the history of our churches, our communities and our nation. It will also be an opportunity for us to focus on gender equality as we focus on this year's International Women's Day theme, **#EmbraceEquity**.

The Merriam Webster Dictionary states that, "**Equality** means the state of being equal, and **equity** adds the element of justice based on the principle of fairness. Therefore, there is the possibility that "equal" treatment does not produce "equity" when conditions and circumstances are very different".

Suffice to say, it grieves me that we mark this important event every year against the backdrop of continuous brutal violence against women and girls by those who are expected to love and protect them. It grieves me even more to hear persons, especially if women are among them who say that these girls and women, "look for what they get or deserve to be violated".

Therefore, the situation demands that we challenge stereotypes, fight bias, broaden our perceptions, and make interventions to improve relationships. In a world marked by injustice, violence, a lack of trust, inequality and human degradation, women are urged to shake up traditional pieties and preconceptions in the quest for a better life.

**The Moderator, the Rt. Rev. Joy Abdul-Mohan has an open door policy to the public.**

**Albeit, Covid-19 disrupted that policy for 2 years**

**You are still free to drop by and have a chat every Wednesday.**

**CORRECTION:** In the Article "Celebrating 155 Years" which appeared in the Print Issue -January/February 2023 Rev. Nicole Ashwood was incorrectly identified as Yearwood. The error is highly regretted.



International Women's Day

#EmbraceEquity #IWD2023

We must have the will-power to improve the quality of life for all women, girls and all of God's Creation. A power that will help us realize our fullest potential and fulfill the purpose for which we were created. As a catalyst for change, women can initiate new ways that can cut through outmoded practices and introduce new methods of leadership. Women are called to lead with visions of a society of peace, unity, equality and justice, in a world dominated by competing visions and horrific circumstances that can impede their progress.

The women of the PCTT through Elders, Ministers, Bible Women, Deaconesses and other female church workers have changed the face and history of the church. They stood their grounds in a male-dominated church with dignity and grace.

As we embrace equity, we envisage a world that is 'diverse and equitable'. A world where men support women's development and accept women as equal partners in God's Kingdom; where difference is 'valued and celebrated'.

*"There is no longer Jew or Greek, there is no longer slave or free, there is no longer male and female; for all of you are one in Christ Jesus"  
(Galatians 3:28 - NRSV).*

# EDITORIAL

## *International Women's Day: A celebration of Women*

International Women's Day (IWD) is internationally celebrated on March 8, 2023, globally. This day is often celebrated by highlighting the achievements of women, promotion of gender parity and by raising awareness about the discrimination against women.

Proudly, in Trinidad and Tobago and many other countries women now have equal opportunity rights and legislation that has been passed for gender equality and other basic protection for the rights of women. Unfortunately, in several other countries, this is not the case as women remain oppressed and do not have access to the same rights, opportunities and treatment as men do.

Here are highlights of some of the greatest opportunities and achievements of women in Trinidad & Tobago:

- The Equal Opportunity Act, 2000 of T&T which prohibits discrimination based on sex, race, ethnicity, origin, religion, marital status, or disability in employment, training, education, and other fields. It has also led to the formation of the Equal Opportunity Commission (EOC) & Equal Opportunity Tribunal.
- The great work of the ILO and their advocacy for equal opportunity and women rights.
- Our first female Prime Minister, The Honourable Kamla Persad-Bissessar who was appointed to office in 2010.
- Our first female President, Her Excellency Paula-Mae Weekes who was appointed to office in 2018.
- Our first female Commissioner of Police, Erla Harewood-Christopher who was appointed to office in 2023.
- In 2020, the Gender-Based Violence Unit (GBVU) was launched to support against domestic issues.

Amongst these and arising from the opportunities of the non-exhaustive list above, we can attest that many organisations are now led by females, many Board rooms are now female-dominated and commendably, some of our very own Presbyterian churches are led by females, our local Boards, teachers, choir leaders and other positions are held by women. It is evident that the Presbyterian churches are also contributing to the upliftment and promotion of women.

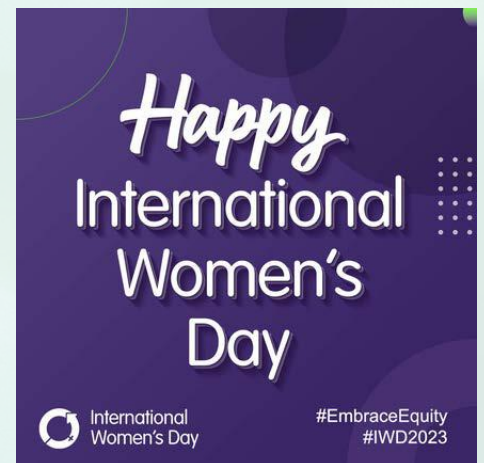
While there is much more work to be done for the protection of women against abuse, violence and even death in T&T, it is evident that many opportunities present themselves for women. The celebration and protection of women begins at home, parents must instill these values of respect for women and girls from a very young age, fathers must respect their mothers and wives as an example. Women too must respect themselves.



International  
Women's Day

### *Proverbs 31:25-31*

*Strength and honor are her clothing;  
She shall rejoice in time to come.  
She opens her mouth with wisdom,  
And on her tongue is the law of kindness.  
She watches over the ways of her household,  
And does not eat the bread of idleness.  
Her children rise up and call her blessed;  
Her husband also, and he praises her:  
'Many daughters have done well,  
But you excel them all.'  
Charm is deceitful and beauty is passing,  
But a woman who fears the LORD, she shall be praised.  
Give her of the fruit of her hands,  
And let her own works praise her in the gates.*



# SYNOD NEWS **INDUCTION OF REV. STEPHEN HARRIPERSAD INTO THE DIAMOND PASTORAL REGION**

Submitted by Ashford Tamby, Secretary, South-Eastern Presbytery.

The South-Eastern Presbytery inducted Reverend Stephen Harripersad into the Diamond Pastoral Region on Sunday 26th January, 2023. The Diamond Regional Choir beautifully sang for the congregation assisted by Mr. Amos Jaikaran and Mrs. Pricilla Mathura. Leading in worship was Reverend Radica Samuel-Moonoo and Reverend Keron Khellawan delivered the sermon. He based his sermon on 1st Corinthians 1:18-31, and Micah 6:1-8, he spoke about what does the Lord require of us. He stated that we live in a world where there are so many qualified, professional and accomplished persons but does that measure one as greater than any other? When Paul spoke to the church at Corinth, he told them that they should always look to the Saviour whenever they were in distress as the society in which they live is similar to the one in which we live today, it is hurting and it is in pain. There has been so much destruction in society life, community life and family life that our society needs to understand how to cope with this pain, how do we deal with circumstances when something is not achieved, how do we survive when everything falls away. He reminded the congregation and Reverend Harripersad to hold fast to preaching the Word in and out of season because many will ask him to preach philosophy, and many will ask him to perform miracles, but these can only come from God. We are called to boast about what the Lord has done for us in our lives. He challenged the region and the church to fight for justice, and seek out those who need justice. We should be a church that will welcome into our halls the broken in faith, the addict, the one who is judged by society, outcasts from the church, we should look with compassion and love and see what God has done, - for God is good all the time!

Also participating in the service from the Northern Presbytery was Mr. Daniel Hardian, and from the South-Central Presbytery, Ms. Marlene Shah. The Moderator gave greetings and pronounced the benediction. The South-Eastern Presbytery wishes Reverend Stephen Harripersad and the Diamond Pastoral Region God's blessings as they journey along this new partnership together.



Tishera Mathura, Ms. Marlene Shah, Rev. Shirvan Siloch, PE William Gokool, Mr. Daniel Hardian, Mrs. Rumonia Drepaulsingh, Rev. Daniel Chance, Rev. Keron Khellawan, Rev. Manan Deo, Rev. Kelvin Sookhansingh, Rev. Radica Samuel-Moonoo, Dea. Jenifa Sinanan, Rev. Stephen Harripersad, PE Grace Sookoo, Rt. Rev. Joy Abdul-Mohan, Mr. Ashford Tamby

# ELEVATION SERVICE OF MARTIN SAHADATH TO THE ORDER OF PRESIDING ELDER

Submitted by the Local Board of the Krist Mandli Presbyterian Church, Nerissa Sahadeo & Vincent Ramkhelawan

The Presbyterian Church of Trinidad and Tobago advocates for the office of Presiding Elders -- being faithful to the pattern of authority found in the New Testament.

The 51st and youngest person to be elevated to Presiding Eldership is PE Mr. Martin Davis Sahadath. On Sunday 19th February, 2023, the Krist Mandli Presbyterian Church proudly witnessed Mr. Sahadath's elevation. He has served this church as elder since 2014.

The Elevation Service which was organized by the South Eastern Presbytery focused on the sacrificial and important nature of being a PE. That despite it being a voluntary position, it is an important role which requires almost as much as the Minister of the Region. Special mention was extended to past PEs and in particular Reverend Kelvin Sookhansingh who was recognized

as a model PE whom Mr. Sahadath esteems to emulate. The Leader of Worship and Minister of the Diamond Pastoral Region, Reverend Stephen Harripersad, was ably supported by Reverend Radica Moonoo who delivered the evening's sermon. She reminded Mr Sahadath that in his new vocation he needs to be courageous, rely on God for strength, and always display a good attitude. The act of Elevation was performed by the Vice Chairman of the South Eastern Presbytery, Reverend Keron Khellawan. The song lyrics, "O the word of my Lord, deep within my being, ... You have filled my mind" led by the Lower Barrackpore Presbyterian Church before the Elevation Ceremony reminded parishioners of the promise PE Sahadath made in body, mind, heart, and soul.

The promise of taking on this heavy responsibility as well as acknowledging the powerful and unwavering support he has been blessed with from family, friends and fellow worshippers.

In his response, PE Sahadath promoted the importance of Youth Ministry, especially the camps hosted by the BOYA. He reminisced that that was the place of his calling to Ministry, like a young Jeremiah (Jeremiah 1 & 29). Like the prominent American Leader, Martin Luther King Jr., newly installed PE Martin Davis Sahadath spoke of dreams. Dreams that encapsulate the visions for the progression in the Presiding Eldership and The Presbyterian Church of Trinidad and Tobago as a whole. He promised to be an activist for progressive and responsible change all to the Glory and Witness of our Lord and Saviour, Jesus Christ.

The Local Board and Congregation of the Krist Mandli Presbyterian Church express their heartfelt congratulations to PE Sahadath on his Elevation and continue to pray for him as he continues his faith journey with our Lord.





# KNOW YOUR FAITH

## "NEW BIBLE TRANSLATION"

REVEREND ADRIAN SIEUNARINE,  
PRINCIPAL, ST ANDREW'S THEOLOGICAL COLLEGE

The Reformed tradition emphasizes accessible, accurate translations of the Bible available to everyone, so the New Revised Standard Version (NRSV) has an updated edition (the "NRSVue"). Over 20,000 total changes including about 12,000 substantial edits to the NRSV came from decades of prayerful dedication which inspired continuous meticulous research and review of extant manuscripts, and exhaustive analysis of the contexts, philology and cultural changes in linguistics over the ages.

A better understanding of the original languages as well as determination to have the most meaningful and relevant translation possible in contemporary English has led to the NRSVue.

English versions of the Bible have been inspired by their predecessors. Even the King James Version of 1611 proclaims in its preface "We never thought from the beginning that we should need to make a new translation . . . but to make a good one better." Using the most ancient sources in exquisite harmony with modern resources and discoveries over the ages, the NRSVue offers us the most accurate and readable English-language Bible today.

Some of the changes would surprise us. For instance, Matthew 28:17 in the NRSVue is "When they saw him, they worshipped him, but they doubted" which would be a sharp change from the NRSV "When they saw him, they worshipped him; but some doubted." The NRSVue translators recognized that English translations needed to escape from the bondage to the mistranslation in the Vulgate ("quidam autem dubitaverunt" = but some doubted) and return to the original Greek manuscripts which state "hoi de edistasan" which is the definite article followed by the conjunction "de" followed by a word meaning something like "hesitated" or "were in two minds or states of being."

Because English is so different from the original languages of Scripture, translations will continue as the search for profound precision journeys onward. For now, no matter how many Bibles or translations you have, it is time to get an NRSVue!




### S.A.T.C. MID-WEEK LENTEN SERVICES

*Come Worship With Us!*

Date	Officiating	Date	Officiating
Ash Wed. Feb 22nd	Rt. Rev. Joy Abdul-Mohan	Mar 22nd	Rev. Adrian D. E. Sieunarine
Mar 1st	Rev. Dr. Randall Sammah	Mar 29th	Rev. Keron Khellawan
Mar 8th	Student Minister Jessica Mahadeo	Apr 5th	Student Minister Dave Jitta
Mar 15th	Rev. Cynara Dubé-Khan	Easter Service Apr 12th	Rev. Bjorn Warde

**Wednesdays at 12 noon at SATC Chapel  
Paradise Hill, San Fernando**



**ST. ANDREW'S THEOLOGICAL COLLEGE**  
in collaboration with  
**THE BOARD OF THEOLOGICAL EDUCATION**


## ELDERS' RETREAT 2023

*"Persevere in Your Witness"*

**SATURDAY 18TH  
MARCH 2023  
9 AM**

*Join Us:*  
**AT SATC CHAPEL  
OR ONLINE**

P.O. Box 92 Paradise Hill, San Fernando  
1.868.657.7554 | 1.868.653.0449 | satc.edu.tt  
raquel.paul@satc.edu.tt | kimberly.ramkissoon@satc.edu.tt



# THE FAMILY CAN

## CRISIS IN THE FAMILY: PART 1: THE BREAKDOWN IN FAMILY LIFE

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

Has the crisis in the family led or resulted to the breakdown in family life or has the breakdown in family life resulted or led to the crises of the family?

Sounds confusing but either could be the genesis or trigger of the other yet it remains a fact that both co-exist and are fuelling the problems of stability and instability in the family, manifesting in the negatives of neglect and abandonment, abuse and violence, addictions and mental health issues that occurs across and emanates from within intra-family relationships.

Should our start point for analysis, assessment or research be that the breakdown [or collapse] in family life leads to crises, then time should be taken to carefully consider what are the factors and causes from which the breakdown occurs. **Is it the people** - the psychology of the individuals and the relationships between the persons

or is it the sociology - the external sociological impacts or social psychology driven by socio-economic factors – e.g., wealth and poverty, employment and education, entertainment and travel, religion and culture, etc.; the socio-political factors – ideology, leadership, power and control, etc.; socio-media – print and electronic, global media and evolving technologies? And what about the factors of even the numbness and indifference to social disorder, marches and protest, crime and violence, civil war and global warfare, natural and man-made disasters?

Myopically we focus on and lay blame only on the family and family life, often not considering ALL and more of the above that impacts and results in the breakdown of family life, these which continues to undermine and erode the foundations of family structure and functioning which were previously based on history, traditions, culture, religion, and civil society behaviours which increasingly

with the crisis of modernization can never take us or go back to the past or the 'good old-time days'.

With the breakdown of family in both structure and function, can the family resolve crises and challenges? The changes and evolution in the structure and function of the family and its roles of members certainly results in crises. If we cannot identify and deliberate on the triggering factors and understand its causes, would we be able to adjust to the evolving chaos and challenges?

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 lose faith.  
Hold strong.  
Believe, The Family Can.

## Encountering ....the Archives of the Presbyterian Church of Trinidad and Tobago

BY MS ROSALIND MOOTOO

This month, Ms Rosalind Mootoo, a volunteer, shares Part 1 of her encounter at the Archives of the PCTT.

On entering the Archives, I was struck by a feeling of awesome wonderment. It became an experience that touched my heart after encountering the volumes of history of the PCTT that was contained in that small room that badly needed an uplift. On my first day, I met a group of enthusiastic persons who were willing to take on any challenge.

When I joined this group, much work was already done. During my nine months thus far, members were involved in organizing documents by sorting, classifying and recording data. Time was also spent in learning about the history of the church by way of

conversations with Reverend Kalloo and Mr. Siboo as we worked. Encountering so much history of my beloved church for the first time challenged me to learn more. I am proud of my Presbyterian heritage.

Working with Reverend Kalloo and Mr Siboo, I observed their deep concern for the preservation of the church's history and the desire to have it made more accessible to church members and the public inspired me to be part of this mission.

With Christmas coming, Reverend Kalloo suggested a Christmas luncheon. On the 17th of December 2023, this was held in the Archives. Our little working area was transformed, tables were cleared and beautiful tablecloths were spread for a lavish lunch that was catered.

Our invited guests were the Moderator, the Rt Reverend Joy Abdul-Mohan; (who unfortunately was on vacation), the General Secretary, Mr Terrance Warde; and the Librarian (SATC) Ms Judy Kowlessar.

Our luncheon started with prayer followed by session of Christmas carols with guitar accompaniment using the song sheet that the General Secretary shared with us. This was followed by items: a song, expressions of gratitude and greetings and spoken word poem from each member of the group. Lunch was served and everyone enjoyed this time of fellowship.

I cherish every moment spent in the Archives of the PCTT. You will be inspired and enlightened by the history of the PCTT.

*An encounter with the Archives is an encounter with ... yourself. Hoping to be there for your 'Encountering ... the Archives' .*

Asst Archivist: Hilton R Bill Siboo, Archivist: Reverend Ken K Kalloo, Contact: 652-4829 [Synod Office] and 653-4166 [SATC Library], or Visit in person on Tuesdays and Thursdays, 9 a.m. to 12 noon.

# SACRAMENTAL INSIGHTS

## The Lord's Supper

Reverend Dr. Annabell Lalla-Ramkhelawan, Curepe/St Joseph Pastoral Region



We will begin an in-depth look into Laurance Hull Stookey's "Components of a renewed Eucharistic Theology."

### 1. The Eucharist/Lord's Supper is to be seen above all as a Sacrament – God's gift to the church.

*The word 'Sacrament' is derived from the Latin sacramentum which in turn translates the Greek Mysterion, "mystery." Sacraments are holy practices of the Church based on scriptural authority and empowered by the Spirit of God as "means of grace" to affirm the presence and promise of Christ to the believer. Augustine defines a Sacrament as a "visible sign of an invisible grace." [1] John Calvin, the Reformer, describes a Sacrament as a "Sign and Seal" [2] of God's covenant of salvation. The Church's understanding of Sacraments is based on instructions and stories worth imitating that has to do with water, bread and wine and several different ambiguous and specific theological thoughts about Baptism and the Lord's Supper. [3]*

In the Gospels and in the Letters, Paul's particular instructions are given regarding the celebrating of the Lord's Supper. The main references are:

#### Mark 14:22-25

While they were eating, he took a loaf of bread, and after blessing it he broke it, gave it to them, and said, "Take; this is my body." Then he took a cup, and after giving thanks he gave it to them, and all of them drank from it. He said to them, "This is my blood of the covenant, which is poured out for many. Truly I tell you, I will never again drink of the fruit of the vine until that day when I drink it new in the kingdom of God. [4]

#### Luke 22:14-23

When the hour came, he took his place at the table, and the apostles with him. He said to them, "I have eagerly desired to eat this Passover with you before I suffer; for I tell you, I will not eat it until it is fulfilled in the kingdom of God." Then he took a cup, and after giving thanks he said, "Take this and divide it among yourselves; for I tell you that from now on I will not drink of the fruit of the vine until the kingdom of God comes." Then he took a loaf of bread, and when he had given thanks, he broke it and gave it to them, saying, "This is my body, which is given for you. Do this in remembrance of me." And he did the same with the cup after supper, saying, "This cup that is poured out for you is the new covenant in my blood. But see, the one who betrays me is with me, and his hand is on the table. For the Son of Man is going as it has been determined, but woe to that one by whom he is betrayed!" Then they began to ask one another which one of them it could be who would do this. [5]

#### Matthew 26:26-29

While they were eating, Jesus took a loaf of bread, and after blessing it he broke it, gave it to the disciples, and said, "Take, eat; this is my body." Then he took a cup, and after giving thanks he gave it to them, saying, "Drink from it, all of you; for this is my blood of the covenant, which is poured out for many for the forgiveness of sins. I tell you, I will never again drink of this fruit of the vine until that day when I drink it new with you in my Father's kingdom." [6]

#### 1Corinthians 11: 23- 26

For I received from the Lord what I also handed on to you, that the Lord Jesus on the night when he was betrayed took a loaf of bread, and when he had given thanks, he broke it and said, "This is my body that is for you. Do this in remembrance of me." In the same way he took the cup also, after supper, saying, "This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me." For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes. [7]

These scriptural references are the words that the Church believe are the Words of Institution by Jesus for the celebration of the Sacrament of Holy Communion especially, "Do this in remembrance of me." In these scriptural references, we also discover the gift nature of the Eucharist; "This is my body, which is given for you", "This cup that is poured out for you." Christ willingly gave Himself for us. The meal Jesus initiated for us is a gift. The Lord's Supper symbolizes the gift of life and the gift of new life we receive from Christ's suffering and death. The only fitting response we can make as recipients of this gift is one of praise and thanksgiving.

In the New Testament, there are many other stories of Jesus at table. These, however, are considered fellowship meals: for example, in Matthew 9:10-13, Jesus is at table in the home of Matthew, the tax collector. In Luke 15:1-2, Jesus is eating with tax collectors and other outcasts. John 2:1-12, depicts the wedding in Cana. We must not forget Jesus' feeding of the five thousand in John 6:1-14 and the feeding of the four thousand in Mark 8 1-9. There are also records of Jesus sharing meals with the disciples after the resurrection. These stories were recorded to help believers recognize the risen Christ. Luke 24:13-50, in The Walk to Emmaus, we are told that their eyes were opened. In John 21:14, Jesus invites His disciple to have breakfast with Him. Acts of the Apostles also records the early church meeting for the breaking of bread and prayer. (Acts 2:42). In Acts 20:7, the practice of meeting to break bread on the first day of the week is developing. The early church was a meal keeping community and the practice of celebrating the Lord's Supper was developing.

In our next issue we will unravel "A necessary corollary is that the Eucharist/Lord's Supper is a reliable means of Grace, yet is not grace itself."

[1] Daniel L. Migliore, *Faith Seeking Understanding: An Introduction to Christian Theology*. (Grand Rapids, Michigan William B. Eerdmans Publishing Company 2014). 465.

[2] Daniel L. Migliore, *Faith Seeking Understanding: An Introduction to Christian Theology*. (Grand Rapids, Michigan William B. Eerdmans Publishing Company 2014). 465.

[3] *Invitation to Christ, Font to Table: A Guide to Sacramental Practices*. Presbyterian Church U.S.A. (A Corporation, Louisville, Kentucky, 2006). 20.

[4] New Revised Standard Version, Mark 14:22-26

[5] New Revised Standard Version, Luke 22:14-23

[6] New Revised Standard Version, Matthew 26:26-29

[7] New Revised Standard Version, 1Corinthians 11:22-26



# COUNSELLING COLUMN

SUBMITTED BY VICTORIA AVIAN RAJKUMAR

## HE WILL LEAD ME THROUGH TROUBLED WATERS-NAVIGATING THE S.E.A.

*Isaiah 43: 2 tells us, "When you go through deep waters, I'll be with you."*

When we approach this verse from the perspective of our lives, the deep waters represent the difficulties we face. For many within our congregations, March signals the culmination of their primary school journey and the fear that comes with it. The Secondary Entrance Assessment (S.E.A.) looms in the not so distant future and there is a level of anxiety linked to it. While a small dose of anxiety can be helpful in keeping us focused, if our symptoms take over so much so that we cannot function or when our anxiety makes us physically sick, we might not be able to do our best.

Although performance anxiety is normal, there are some factors that can make it worse. Lack of sleep and not being prepared for the test are two elements that not only set us up for failure but also compound test anxiety. Your level of preparedness would help to alleviate a significant amount of the 'test day' anxiety, but this does not mean working yourself to the point of exhaustion. A key aspect for success would be that of balance - finding a way to manage all facets of yourself - academically, socially, emotionally and spiritually.

How can this be done? A schedule would ensure that all components get a dedicated time frame for us to perform optimally. When establishing your schedule it is imperative to keep the following in mind:

### Keep on working on past papers and practice booklets.

- Familiarize yourself with the layout of the papers.
- Create a time management system so that you can complete the papers with enough time to check over.
- Work with what works for you, you do not have to start at the beginning of the paper.
- Work on your weaker areas. Tighten up your strengths.
- DO NOT CRAM!

### Hydration, sleep and nutrition are critical.

- Set a daily bedtime routine and stick to it.
- Wind down before bed by listening to some soothing music or reading a non-academic book.
- Eat balanced meals and try to stay away from processed snacks and sugary drinks.
- DRINK YOUR WATER!

### Spend time outdoors.

- Schedule time outdoors in nature. Use the time to bask in the sun, enjoy the greenery and natural sounds. Here, in Trinidad and Tobago, we are blessed with ready access to a variety of flora and fauna, get outside and enjoy! These experiences will also aid in improving your Creative Writing skills. Have conversations and journal about the time when you get indoors.
- GET SOME PLAYTIME IN!

### Breathing and Visualization Exercises.

- If you cannot go outside (e.g. while at school), visualize and take imagination breaks-but not while the teacher is teaching and especially not when doing practice tests.
- Deep breathing calms us by slowing us down, especially our racing hearts. Some examples of breathing exercises are: "Volcano Breaths, Star Breaths, Rainbow Breaths, Mountain Breathing.

**PRAY, PRAY, PRAY!** Finally, but certainly not the least of all of the dynamics, one must ensure that a close connection is maintained with our Triune Father.

- Memorize a verse or two that gives you a sense of peace and calm. Here are some suggestions;
- *Psalm 56:3 - "I am afraid, I put my trust in you."*
- *Luke 12:7 - "Indeed, the very hairs of your head are all numbered. Don't be afraid, you are worth more than many sparrows."*
- *Isaiah 41:13 - "For I am the Lord Your God who takes hold of your right hand and says to you, 'Do not fear; I will help you.'"*
- *John 14:27 - "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."*

Thank God that He is with us in our most troubling times, He will take us through the S.E.A. and even beyond. We place all our fears into His hands and we know that even while He is with us, we are expected to be obedient and faithful so as to ensure our triumph and success.

# SATC'S 131ST ANNIVERSARY SERVICE

SUBMITTED BY TEESHA DASS

On Friday 3rd February, 2023, St. Andrew's Theological College celebrated its rich history at its 131st Anniversary Service at the College's Chapel. Our esteemed Reverend Adrian D.E. Sieunarine and Principal of S.A.T.C. led in worship. The Rt. Reverend Joy E. Abdul-Mohan, Moderator of Synod, PCTT was the preacher. Her powerful message focused on S.A.T.C's great legacy and the significance of celebrating endurance and encouragement, but also to looking forward with unity and hope in a way that honours Christ, builds momentum and culture, encourages hearts, and fosters belonging.

Student Minister Namelia Lutchman-Pulwarty led in a prayer of thanksgiving and this was followed by a Pastoral Prayer by S.A.T.C's former Principal, Reverend Dr. Randall Sammah. Greetings were brought by Mr. Terrance Warde - General Secretary of Synod, Mr. Roger Ali - Principal, Naparima College, Ms. Murella Sambucharan - Chair (Ag.) Board of Directors and Ms. Teesha Dass - Chair, SATC Alumni Association. Many friends, lecturers and students of the college - both past and current, members of Synod, members of the Board, joined in worship, thanking God for his faithfulness and love. We continue to pray for the college, so that it may continue its mission to inspire and fulfil the call to spiritual enlightenment, empowerment, engagement and edification.



# THEOLOGICAL EDUCATION SUNDAY

SUNDAY 19<sup>th</sup> MARCH 2023

## PREACHING SCHEDULE

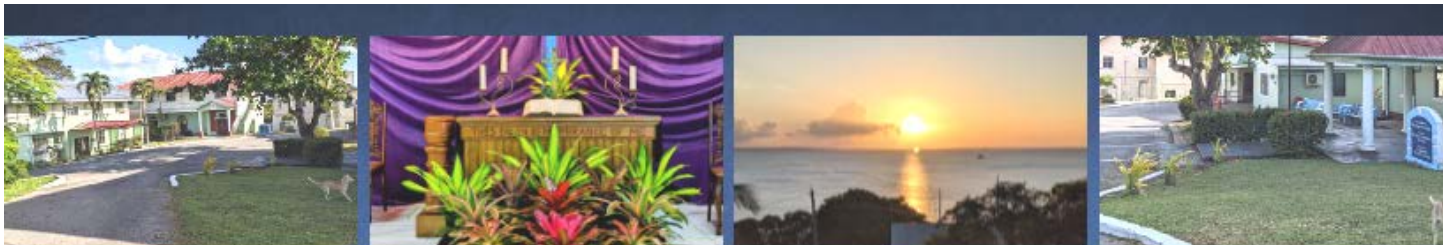
THEME: 'PERSEVERE IN YOUR WITNESS'

1	SAN JUAN/WOODBROOK		
	San Juan	7.30 a.m.	Rev. Dr. Annabell Lalla-Ramkelawan
	Santa Cruz	9.00 a.m.	Deaconess Anupa Nanan
	Woodbrook	10.30 a.m.	Rev. Dr. Annabell Lalla-Ramkelawan
2	ARAMALAYA		
	Tacarigua	7.00 a.m.	Deaconess Amber Seesahai Payne
	Aramalaya	7.45 a.m.	Lay Pastor Ivan Paul
	Warrenville	9.00 a.m.	Lay Pastor Ivan Paul
	Kelly	10.30 a.m.	Deaconess Amber Seesahai Payne
	Tobago		Rev. Bjorn Warde
3	ARIMA		
	Arima	7.00 a.m.	Rev. Sanya Beharry
	Valencia	8.30 a.m.	Rev. Adrian Sieunarine
	San Carlos	9.00 a.m.	Rev. Sanya Beharry
	St. Helena	10.30 a.m.	Rev. Adrian Sieunarine
4	GUAICO		
	Caratal	6.30 a.m.	Rt. Rev. Joy Abdul-Mohan
	Cumuto	6.45 a.m.	Elder Daniel Haradan
	Cunaripo	8.00 a.m.	Elder Daniel Haradan
	Guaico	10.00 a.m.	Elder Jesslyn Ramlal
	Jubilee	8.30 a.m.	Rt. Rev. Joy Abdul-Mohan
5	SANGRE CHIQUITO		
	Sangre Chiquito	7.00 a.m.	Elder Jesslyn Ramlal
	Plum Road	8.30 a.m.	P.E. Ralph Ramjattan
	Grosvenor	7.00 a.m.	P.E. Gita Dattoo
	Fishing Pond	9.00 a.m.	P.E. Gita Dattoo
	Plum Mitan	10.00 a.m.	P.E. Ralph Ramjattan
6	CUREPE/ST. JOSEPH		
	Maracas	7.00 a.m.	P.E. Peter Babulal
	St. Joseph	8.30 a.m.	P.E. Dr. Reynold Baldeosingh
	Curepe	10.00 a.m.	P.E. Dr. Reynold Baldeosingh
	Jubilee Memorial(Caroni)	7.00 a.m.	SATC Student Stephanie Baldeosingh
	Latchu Memorial (Bamboo)	8.30 a.m.	P.E. Dianne Phillip-Ramjattan

<b>7</b>	<b>CHAGUANAS</b>		
	Robinson Memorial	7.30 a.m.	Rev. Emmanuel Ramdeen
	St. Charles	9.30 a.m.	Rev. Emmanuel Ramdeen
	Las Lomas	7:00 a.m.	S.M. Jessica Mahadeo
	Cunupia	9.00 a.m.	S.M. Jessica Mahadeo
	Felicity	8.00 a.m.	P.E. Emmanuel Ramkaran
<b>8</b>	<b>CHASE VILLAGE</b>		
	Waterloo	7.00 a.m.	SATC Student Nickcolas Mitchell
	St. John (Bank Village)	8:30 a.m.	SATC Student Nickcolas Mitchell
	Anugrah (Calcutta)	8.30 a.m.	P.E. Dr. George Sammy
	Nistar	10.00a.m.	P.E. Dr. George Sammy
<b>9</b>	<b>COUVA</b>		
	Mc Bean	7.00 a.m.	S. M. Namelia Lutchman-Pulwarty
	Balmain	8.30 a.m.	Rev. Stephen Harripersad
	Knox	8.00 a.m.	Deaconess Jenifa Sinanan
	Indian Trail	9.30 a.m.	S. M. Namelia Lutchman-Pulwarty
<b>10</b>	<b>CLAXTON BAY</b>		
	Ebenezer	7.30 a.m.	P.E. Martin Sahadath
	Mizpah	9.00 a.m.	P.E. Martin Sahadath
	Carolina	7.00 a.m.	Elder Damian Surajbally
	Green Memorial California	8.30 a.m.	Elder Geeta K-Maharaj
	Esperanza	10.00 a.m.	Elder Geeta K-Maharaj
<b>11</b>	<b>MARABELLA\BONNE AVENTURE</b>		
	Marabella	7.00 a.m.	Rev. Keron Khellawan
	Gasparillo	8.30 a.m.	Rev. Keron Khellawan
	Bonne Aventure	7.00 a.m.	Rev. Errol Ragnauth
	Mayo	8.30 a.m.	SATC Student Teesha Dass-Gordon
	Reform	7.30 a.m.	Rev. Satnarine Rammath
	Ben Lomond	9.00 a.m.	Rev. Satnarine Rammath
<b>12</b>	<b>SUSAMACHAR</b>		
	Susamachar	7.00 a.m.	Rev. Cynara Dube-Khan
	Vistabella	8.30 a.m.	Rev. Cynara Dube-Khan
	Susamachar	5.00 p.m.	Rev. Dr. Randall Sammah
	Corinth	8.30 a.m.	Elder Michael Cooper-Ochiengh
	Golconda	10.00 a.m.	SATC Student Alicia Mathura

<b>13</b>	<b>LA ROMAINE/DEBE</b>		
	La Romaine	7.00 a.m.	Rev. Manan Deo
	Canaan	8.30 a.m.	Rev. Manan Deo
	Debe	7.00 a.m.	SATC Student Dirk Bosland
	Esperance	8.30 a.m.	Rev. Letra Jacob
	Hermitage	10.00 a.m.	Rev. Letra Jacob
<b>14</b>	<b>PENAL</b>		
	Penal	7.00 a.m.	Rev. Winston Ramkissoon
	Penal Rock	8.30 a.m.	Rev. Winston Ramkissoon
	Divine Rock	9.30 a.m.	Rev. Daniel Chance
	Mendez	8.30 a.m.	Rev Daniel Chance
<b>15</b>	<b>SIPARIA</b>		
	Erin Road	7.00 a.m.	Rev. Indra Kokaram
	Siparia	8.00 a.m.	P.E. Aasha Mahabir
	San Francique	10.00 a.m.	Elder Ashford Tamby
	Quinam Mission Station	9.00 a.m.	SATC Student Louella Ramsingh
<b>16</b>	<b>OROPOUCHE</b>		
	Morning Star	6.30 a.m.	Rev. Brenda Bullock
	Eternal Light	8.00 a.m.	Deaconess Marlene Seenathsingh
	Rousillac	9.30 a.m.	P.E. Dianna Sookdeo
<b>17</b>	<b>POINT FORTIN/CEDROS</b>		
	Guapo	7.00 a.m.	Elder Marlene Shah
	Salazar Trace	8.30 a.m.	Mr. Lyndon Boodoo
	Point Fortin	10.00 a.m.	Mr. Lyndon Boodoo
	Cedros	7.00 a.m.	Elder Judy Alfred
	Coromandel	8.30 a.m.	Elder Rodan Ramroop
	Point Coco	10.00 a.m.	Elder Rodan Ramroop
<b>18</b>	<b>DIAMOND</b>		
	Diamond	7.15 a.m.	Rev. Radica Moonoo
	Krist Mandli	9.00 a.m.	Intern Minister Peter Arjoon
	Lower Barrackpore	7.15 a.m.	Elder Tracy Doman
	Transfer	9.00 a.m.	Rev. Radica Moonoo
<b>19</b>	<b>BARRACKPORE</b>		
	Barrackpore Union	7.30 a.m.	Rev. Damien Sieumarine
	Lengua	9.00 a.m.	Rev. Damien Sieumarine
	Borde Narve	7.00 a.m.	Intern Minister Peter Arjoon
	Clarke Road	7.00 a.m.	P.E Charles Mahabir
	Rochard Douglas	9.00 a.m.	P.E. Charles Mahabir

20	RIVERSDALE		
	Morichal	7:00 a.m.	Rev. Shirvan Siloch
	Brothers	8.30 a.m.	Rev. Shirvan Siloch
	Riversdale	9.45 a.m.	Rev. Ria Thompson-Jimdar
	Poonah	8.00 a.m.	Rev Ria Thompson-Jimdar
21	TABAQUITE		
	Piparo	6.30 a.m.	SATC Student Rafeal Mohammed
	Jeffers {24 mile}	8.00 a.m.	Student Minister Dave Jitta
	Torrib Trace	9.30 a.m.	Student Minister Dave Jitta
	Tabaquite	9.30 a.m.	P.E. Roy Ramlogan
	Flanagin Town	8.00 a.m.	P.E. Roy Ramlogan
22	PRINCES TOWN		
	St. Andrew's	7.00 a.m.	Mr. Carlyle Mulchan
	Iere Village	8.30 a.m.	Deaconess Calpurnia G. Chance
	Jordan Hill	7.30 a.m.	P.E. Indra Debysingh
	St. Mary's	9.30 a.m.	Elder Joel Maraj
23	TABLELAND		
	St. James	7.30 a.m.	P.E. William Gokool
	St. Julien	9.00 a.m.	P.E. William Gokool
	Poole	7.00 a.m.	Lay Pastor Reginald Amman
	New Century	8.30 a.m.	P.E. Grace Sookoo
24	NARIVA/ MAYARO		
	Rio Claro	7.00 a.m.	P.E Dennis Williams
	Mafeking	9.00 a.m.	P.E Krishna Persad
	Ecclesville	7.00 a.m.	P.E. Krishna Persad
	Biche	7.00 a.m.	Elder Edmund Pragsingh
	Navet	8.45 a.m.	P.E Dennis Williams



## ST. ANDREW'S THEOLOGICAL COLLEGE

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# WORLD DAY OF PRAYER OBSERVED ON PARADISE HILL

In recognition of the World Day of Prayer(WDP), a special service of thanksgiving was held at the SATC Chapel on Paradise Hill at 11:30 a.m. on Friday 3rd March 2023. All entities and staff of Paradise Hill were invited to attend.

This service followed the World Day of Prayer program, under the theme "I Have Heard About Your Faith" prepared by the WDP Committee of Taiwan. It was led by Moderator of Synod the Rt. Reverend Joy Abdul-Mohan, assisted by General Secretary of the Presbyterian Primary Schools Board of Education, Ms Geeta Maharaj and the message was shared by PCTT Communications Manager, Michael Cooper-Ochiengh. Participating were General Secretary of Synod, Mr. Terrence Warde, Chairman of the Presbyterian Secondary School Board of Education, Mr. Ashford Tamby, Synod Office Assistant, Miss Claudia Ramdin, Synod Accounts Clerk, Jenelle Jaggernaut, St Andrew's Theological College Bursar, Racquel Sooklalsingh Paul, Naparima College Admin Staff, Linda Wilson and Naparima College teacher Cassie Saney. To God be the Glory.



## WORLD DAY OF PRAYER AT JUBILEE PRES.

Submitted by: Theresa K. Motilal



In February 2022, the staff and students of the Tamana Hindu School were welcomed to share the Jubilee Pres. School building and thus began a collaboration of the two faiths.

In recognition of the World Day of Prayer, we had a joint worship session. As both schools sang praises and prayed together, I reflected on how blessed we were. We have worshipped and learnt together in harmony since February 2022.

This special worship was led by Mrs. Janelle Ragbir-Durga of Jubilee Pres. and was accompanied on the dholak by Mr. Rishi Singh of Tamana Hindu. Both schools listened to the message based on Ephesian 1: 15-19 and centered on the theme: "I have heard about your faith."

After the benediction, in true harmony, both schools listened to a chowtal rendition and participated in a meditation session. This was to ensure that we went to our respective classes with a peaceful spirit and with the knowledge that all we asked for in prayer for the people of Taiwan and ourselves, we would receive it. At both institutions, under one roof, our students are taught to let their lives reflect the faith they have in God, to fear nothing and to pray about everything.

# “CARNIVAL, CULTURE, & CHRISTIANITY”

SUBMITTED BY JUDY KOWLESSAR

## University of the Southern Caribbean invites St Andrew’s Theological College to; the 10th annual Harold Baptiste Memorial Lecture:

On Thursday 2nd February, 2023, ten (10) persons from SATC joined the crowd in the Social Sciences auditorium at the University of the Southern Caribbean (USC): School of Theology and Religion, to attend the 10th Annual Harold Baptiste Lectureship. The theme selected this year was “Carnival, Culture, & Christianity”. This annual event was organized by the University, which falls under the purview of the Seventh-Day Adventist Church.

The Conference began with a vibrant welcome by the Associated Student Body, comprising Caribbean representation from different islands. The proceedings of the Conference was chaired by two moderators, Reverend Dr. Faz Hosein, Dean of the Faculty of Theology, and Reverend Sanya Beharry, Presbyterian Minister and Lecturer at SATC. She is the first female moderator to chair the conference, as well as the first non-Seventh-Day Adventist. This was quite an achievement for our Presbyterian church in the Seventh -day Adventist Church and the University of the Southern Caribbean academic community. In the spirit of fellowship, it reflected collaboration, gender inclusion and creation of friendly communities. Reverend Cynara Dube-Khan greeted the participants on behalf of the Presbyterian community. Both ministerial women graciously carried out their duties in an exemplary manner.

Mr. Thomas Edward Isaac, adjunct lecturer of Western Philosophy, delivered the Harold Baptiste lecture on the selected theme, which provided rich documentation for the nation’s history and gave balanced insights on different perspectives. The respondent, Reverend Pat Glasgow, former President of the West Indies School of Theology, delivered a brilliant commentary on the ongoing debate.

The conference theme was summarized by the presenter who took a religious position from the perspective of the Seventh - Day Adventist Church. He offered powerful comments on the social ills of Carnival, and gave economic and historical accounts of the historical event. Some of the issues raised were: Carnival as a time of productivity for the creative sector; its role in political protest; and the escapism from socioeconomic and political realities.

The questioning of Carnival as part of our culture in terms of who participates (the haves or have nots); the percentage of the population that engages; and the seasonality of Carnival activities and behaviours.

Christianity: response to be salt and light in the light of the commercialism affecting quality and ethos, promiscuity and the objectification of women; and how to avoid all parts of Carnival but instead engage and influence with our moral standpoints, for example in the messages of calypso and pan; the creativity, beauty and representation of the everyman in mas; and the anti-colonialism/anti-empire ‘sans humanitie.’

The Carnival, Culture & Christianity narrative has contemporary relevance and the documentation provides building blocks for our social and religious development. Through theological education and other related cultural educational seminars, we can use this type of information to build communities that are safe and respectful. Collaboration, cooperation, inclusion, and virtual networking are necessary best-practices to reach a wider

audience. Also, a collective approach from our stakeholders, including legislators and educators, is what is required to move forward.

The Presbyterian contingent was grateful for the delicious lunch and transportation to and from the University provided by them. We are all delighted that St Andrew's Theological College continues to share annually in this educational conference.





# A BIBLICAL BASIS FOR FASTING

SUBMITTED BY: PRESIDING ELDER DR. GEORGE SAMMY

Fasting is mentioned extensively in the Bible as an important practice, often associated with prayer. In the PCTT, many of our members especially associate fasting with the season of Lent. In this article, we will explore Bible passages which identify three of the motivations for fasting: Respect for God, Preparation for Action and Sorrow. It also discusses biblical instructions on our attitudes to fasting and ends with a word of caution pertaining to the prolonged fasts.

Fasting is a sign of our respect for God. In Joel 2:12, after a plague of locusts, the Lord tells the people that they should repent and return with fasting and weeping and mourning. Similarly, in Luke 2:36-38, the prophet Anna lived in the temple for decades, worshiping God, fasting and praying. In these passages, repentance alone was not enough to show respect to God, nor was prolonged life in the temple. In both cases, these actions were supplemented by fasting. As Christians, we believe that God is ever-present among us, a privilege for which we should always be thankful. Fasting is one way that we can demonstrate our thanks for that privilege and our respect for the Lord. In this we would be emulating the early church (Acts 14:23), for when those churches appointed Elders they commended them to the Lord with prayers and fasting.

The Bible also shows fasting as a preparation for action. When Ezra was preparing to lead some Jewish exiles back to Jerusalem, he ordered that all should fast, humble themselves before God and ask God to lead them and protect them on their journey (Ezra 8:21). The people fasted and prayed, and God answered their prayers.

Similarly, when Esther was preparing to go before the king to plead for the Jewish people, she asked Mordecai to get all the Jews in Susa to fast and pray for her for three days; and she herself joined in this fast and prayer (Esther 4:16).

The Bible tells us that Esther was successful in her plea to the king. Then in the New Testament (Acts 13:3), when the Holy Spirit selected Barnabas and Saul to go out on a mission, their group fasted,

prayed and placed hands upon them before sending them out. Following these examples, we too should fast and pray as we prepare to do important tasks.

A third motivation for fasting is sorrow. The prophet Samuel grieved, mourned and fasted over the death of Saul and Jonathan (2 Samuel 1:12), and again he refused food when his son by Bathsheba was terminally ill (2 Samuel 12:15-17). When another prophet, Daniel, was mourning for three weeks, he did not eat any rich food or any meat, nor did he drink any wine (Daniel 10:2); and when Nehemiah learned that the walls of Jerusalem had not been rebuilt he wept, mourned and did not eat for several days (Nehemiah 1:1-4).

Even in our time, we are aware of people who have refused food when they are deeply sorrowful, so the practice continues.

What does the Bible tell us about our attitude and behaviour when fasting? It says that we must not fast as a show to society, but in a way that only God knows (Matthew 6:16-18). Also, when we are fasting we must give up our wicked behaviour and evil actions and pray earnestly (Jonah 3:4). Our behaviour should be pleasing to God because God will not listen to our prayers if our fasting makes us quarrelsome and violent (Isaiah 58:4). God-centered fasting, then should be part of a wholesome Christian life, combined with prayer and worship.

Finally, a word of caution concerning prolonged fasts. Two of the best-known fasts in the Bible lasted for 40 days: Moses stayed on the mountain with the Lord for 40 days and nights, eating and drinking nothing (Exodus 34:28), and Jesus was led into the desert for 40 days to be tempted by the devil, and in that time he ate nothing (Luke 4:2). While both these fasts are very impressive, they are not intended to be imitated by the rest of us.

*Prolonged fasting can be injurious to our health, so lengthy fasts should not be undertaken without proper medical advice.*

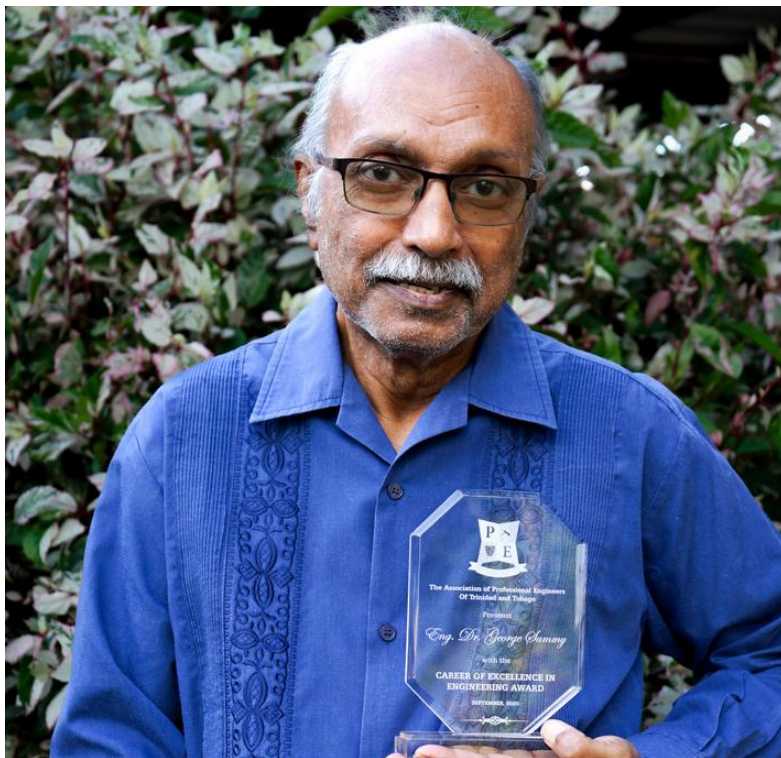
# CAREER OF EXCELLENCE AWARD

Dr. George Krishna Sammy, Presiding Elder of the PCTT, has received a Career of Excellence in Engineering Award from the Association of Professional Engineers of Trinidad and Tobago (APETT). This award is conferred on members in recognition of exceptional contribution to the engineering profession.

George's engineering career began in 1974, when he graduated from the University of the West Indies with a bachelor's degree in Civil Engineering. He subsequently earned a master's degree (1976) and a doctorate (1982) from the University of Oklahoma, both in Environmental Engineering. Dr. Sammy's doctoral research was on the topic Environmental Impact Assessment in Developing Countries. He is internationally recognized as an expert in that subject.

As a Civil Engineer, George worked on several water supply projects, including the Caroni-Arena Water Supply, the North Oropouche Interim Water Supply, the Northern Range Valleys Water Supply and the Point Fortin Water Supply Pipeline. Since 1989, as founder and Managing Director of Eco-engineering Consultants Limited, Dr. Sammy has specialized in Environmental Engineering; working on projects of various types throughout the Caribbean. He has also lectured extensively on the topic of Environmental Impact Assessment, and in 2021 he published the e-book entitled; "Handbook for EIA Practitioners in the OECS".

Dr. Sammy was elected to receive the APETT Career of Excellence in Engineering Award in September 2020, but it could not be conferred at that time due to Covid restrictions. As a result, the award was conferred at a virtual ceremony on February 4, 2023.



## Aramalaya Presbyterian Church "A Donkey's Journey" by Caroline Sampath,

One fine day I stood without a clue,  
When two men approached saying:  
"The Lord has need of you."

Wait what? The Lord has need of me, I cried!  
Then hurry please! Gentlemen, get me untied!

Silently I followed the men to:  
Jerusalem's gates, stood through and through.  
There I saw a Man, meek and mild,  
Shyly I approached, beaming a smile.

Gently He climbed upon my back,  
He carried nothing, not even a sack!  
As He took the reins, He whispered in my ear:  
"Go ahead my friend, for the way is clear."

Through the city's gates we went,  
Jesus upright, me, slightly bent!  
Alarmed and amazed as the crowd cheered,  
Oh wow! I thought: This is big I feared!

Along the path, garments were strewn,  
Gazing I saw they were beautifully sewn.  
Palm branches! Hosannas! The anthems rang:  
"Blessed is He who comes in the name of the Lord!"  
They sang.

Towards the end of that same week,  
I heard a sound and came round to peek.  
When lo and behold whom shall I see?  
Was Jesus the Messiah, just in front of me!

This time though, things seemed strange,  
As emotions ran high - on every range.  
Jesus! Beaten, bruised and battered!  
And when I looked good, to a cross He was fettered!

I followed the mob to Calvary Hill,  
Plodding the very same road, oh how blood spilled!  
Horrified, I watched as they nailed Him to the Cross,  
My God, I thought to myself: All is lost!

With tears in my eyes, I slowly turned away,  
I was only a donkey, but I started to pray.  
All is lost? I thought. Never, never I say!  
For Jesus had said: "I'd rise - the third day!"

# GABRIEL CELEBRATES BY GIVING

SUBMITTED BY MICAH BAKSH

*“Do not forget to do good and to help one another, because these are the sacrifices that please God”  
(Hebrews 13:16).*

While most enjoy receiving, Naparima College student, Gabriel Baksh, was inspired by this portion of scripture, and decided to make “giving” a part of his birthday celebrations. Entering the teenage years is a momentous occasion, and so, Gabriel came to his parents with the idea of doing something to help those in need as a way of celebrating his 13th birthday. He had heard about all those who had suffered, especially after the spread of the pandemic, and wanted to do his part to help.

An opportunity presented itself at the Marabella Presbyterian Church where he is member. The Church, through its Local Board, hosts a Soup Kitchen at the Church Hall monthly. Lunches are prepared and distributed to the under privileged, the bed-ridden, and anyone else in need of a meal and drink on the day.



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Gabriel offered the services of his family for the month of October 2022 (the month after his birthday), where they provided the meal on the day, and assisted the members of the Committee with distribution to many who were gracious and pleased that this young gentleman would show such initiative. Gabriel’s parents beamed with pride as their son readily assisted when called upon and hoped that he would continue along this path. The co-ordinators of the Soup Kitchen also expressed gratitude for the generosity shown, and stated that they hoped others in the Church and community could follow the example set by Gabriel, keeping in mind that it is not for self-gratification, but to act in the way that would be pleasing in God’s sight.

# BOARD OF YOUTH AFFAIRS (BOYA) PRE-LENTEN CAMP 2023

(SUBMITTED BY BOYA)

The undeniable success of the Pre-Lenten Camp hosted at SATC by the BOYA is owed to God's ever-abiding presence with us, the supportive individuals, parents, churches, pastoral regions, the excited youths of the PCTT and those who saw a need and volunteered to assist. Everyone's willingness to ensure that the camp became a reality, despite the many challenges of which we were all aware, warmed our hearts and spurred us on to see the camp to its completion.

The theme: "Out of the depths and into: Community, Healing and Wholeness and the presence of God", was inspired by the knowledge of the difficulties which our young people presently face. Challenged by the years 2020-2021, the BOYA was convinced that an in-person camp was necessary at this time. As we all prayed for a successful camp, registration forms along with advertisements began to circulate. Slowly at first, then consistently our young people registered online. The camp dates were February 17-19.

Highlights included a campfire on the opening night and the youths leading the worship service at the Emmanuel Presbyterian Church, La Romaine.

Speakers at the camp included: Mrs. Simone Sagar, Reverends Keron Khellawan, Cynara Dube-Khan, Bjorn Warde, Sanya Beharry who represented SATC, The Moderator, the Rt Reverend Joy Abdul-Mohan, and The General Secretary, Mr Terrance Warde, who brought greetings on behalf of the PCTT.

No doubt, the entire experience brought us all closer together as a community of believers. We continue our journey of faith as we grow to know God better and develop a deeper understanding of who we are as the children of God in the world. A total of 79 campers benefitted from the scheduled programme. The BOYA wishes to express special thanks to all those who contributed toward the success of the camp: The Principal and staff at SATC; The Principal and security guards at Naparima College; Mr. Matthew Mathura, BOYA Chairperson/Camp Director; Vashti and family; Mr. Christopher Sookhoo, Music Director; Rumonia Drupaulsingh; Dr. Cherisse Ratiram -Warde along with those who provided meals and kitchen help - Mrs. Janet Ratiram; Mrs. Zena Lynch; Mrs. Rita Rampersad; Andrew Ragoo; Mrs. Sharon Paul; Dianna Jacob; Andy and family; not forgetting the individuals and Pastoral Regions who gave financial donations so that the camp could have been hosted at a nominal fee per participant. May God continue to bless and be with us all as we navigate through the darkness of this world, into the marvelous light of our God. WE THANK YOU ALL!!!



# A TRIBUTE TO REVEREND ANTHONY RAMPERSAD – BELOVED CHAPLAIN OF UWI PRESBYTERIAN YOUTH CONNECT

Stephanie Baldeosingh, Aramalaya Pastoral Region

It is with heavy hearts that members of the UWI Presbyterian Youth Connect (PYC) join the rest of the PCTT in mourning the loss of our beloved Minister, the late Reverend Anthony Rampersad. He was a true man of God, and a perfect example to us of a Servant Leader.

Reverend Rampersad was appointed as UWI PYC's Chaplain in 2018. From the beginning of his appointment, straight to its unexpected end, he was joyfully and readily our greatest encourager, guide, motivator, and support. From running our booth at UWI's Guild Fest (2019) to recruiting new students, to having meetings (on the benches, under the trees at UWI) on campus, his presence with us was constant and always impactful. When in-person meetings were halted due to COVID-19 in 2020, Rev. without hesitation, adapted to an online setting and continued to meet with us via Zoom.

Even though our membership was always small, and dwindled even further during the lockdown, Rev. never lost hope in our potential, and continued to remind us that Jesus could and would use us for His Will, as long as we continued to serve Him, even when situations were discouraging and dark. He constantly reminded us of Jesus' words in Matthew 5:14-16, that, "We are the light of the world, so, let our light shine before others (UWI's campus), and let our light not be hidden, so that they may see our good works and glorify our Heavenly Father." He never lost sight of the impact that UWI PYC could have. When we thought that no one else but God saw our little group's efforts and potential, Reverend Rampersad did.

He prayed with us before and through our exams, always reminding



FLY WITH THE ANGELS REV. WE WILL MISS  
YOU. YOU WERE THE BEST  
CHAPLAIN EVER!  
PYC LOVES YOU!

us to put Jesus first, and to study to bring glory to our Savior. We are blessed to still have access to a YouTube recording of the last service of Faith and Confidence that he conducted for us, and posted online during COVID.

We pray that memories of him, such as these, will hold us together in his absence. May Jesus grant us all the faith and courage to navigate this time of overwhelming loss.

Rev., we will love and miss you forever. We are eternally grateful for the gift of having you as our Chaplain, guide, and even friend. We pray that your impact and legacy will live on in us forever, that we would have always made you proud, and that the group will one day grow as you had hoped to see; and that the work of our Lord Jesus Christ would continue to shine through us.

**REMEMBERING REVEREND ANTHONY RAMPERSAD**  
by Clarence Bharath, Aramalaya  
Presbyterian Church

Lost for words, you're in shock;  
but his parting words, "Feed my  
Flock."  
Spirit and Truth; words to foster.  
No weapon formed against me shall  
prosper!

Sickness and trial, for a while;  
they cannot change my Sunshine  
Smile.  
The last enemy has been defeated;  
in Heaven's mansion I am greeted.  
Weep yes, but not belaboured;  
For I am blessed and highly  
favoured.

## VACANCY

### GENERAL SECRETARY – PRESBYTERIAN PRIMARY SCHOOLS’ BOARD OF EDUCATION

(FULL-TIME CONTRACT FOR A PERIOD OF TWO YEARS)

The General Secretary (PPSBE) will be responsible for the General Administration of the Office of the Presbyterian Primary Schools’ Board of Education (PPSBE).

#### Candidate Description:

- Dedicated, responsible individual who can function as the Full-Time General Secretary to the PPSBE
- Strong leadership and teamwork experience
- Knowledgeable with Education policies
- Energetic and self-motivated
- Strong inter-personal skills

#### Qualifications:

- A Bachelor’s degree in Education/Educational Administration
- Minimum 5 years as a Principal in a Presbyterian Primary School
- Knowledge of legal documents concerning Education
- Working Knowledge of Ministry of Education/Teaching Service Regulations
- Must be an Elder at a PCTT Church

Please send applications and resumes to – [gs.warde@pctt.org.tt](mailto:gs.warde@pctt.org.tt) by 24<sup>th</sup> March 2023.



## BETH-RAPHA (House of Health) Mission Project

Like good stewards of the manifold grace of God, serve one another with whatever gift each of you has received. Whoever speaks must do so as one speaking the very words of God; whoever serves must do so with the strength that God supplies, so that God may be glorified in all things through Jesus Christ. To him belong the glory and the power forever and ever. Amen.  
(1 Peter 4:10-11) NRSV.



### NAPARIMA COLLEGE TEACHING VACANCY

#### TEACHER III

##### Chemistry

All applicants **MUST** be successfully assessed as a Teacher III and interviewed by the Teaching Service Commission

Please address Resume to:

General Secretary  
Presbyterian Secondary Schools’  
Board of Education  
and send to  
[pssboepctt@gmail.com](mailto:pssboepctt@gmail.com)

c.c. [naparimacollege.sec@fac.edu.tt](mailto:naparimacollege.sec@fac.edu.tt)

#### DEADLINE:

17<sup>th</sup> March 2023

Unsuitable applications will not be acknowledged.

### VACANCY, PRODUCTION CO-ORDINATOR COMMUNICATIONS UNIT

The Production Co-Ordinator will be responsible for overseeing the logistics of all Content Creation including production of all LIVE, Pre-Recorded content of the Communications Unit of the PCTT. Duties will include –

- Scheduling/coordinating recordings and maintaining relevant documentation.
- Liaising with personnel on concepts and content of all programs;
- Ensuring pre and post production timelines are adhered to;
- Updating database of related content and personnel libraries;
- Participating in editing and related content creation.

The position is a Full-Time contractual position and reports to the Communications Manager. The following are the qualification requirements –

- Experience in Production/Content Creation or similar environment preferable
- Experience in video editing using Adobe Suite; After Effects, Lightroom, Photoshop, Illustrator preferred
- Comfortable working with Microsoft office and major Social Media platforms
- Ability to work in a fast-paced environment, prioritize tasks, and adapt quickly to changing environments.

Please send resumes to – [gs.warde@pctt.org.tt](mailto:gs.warde@pctt.org.tt) OR  
“Production Co-ordinator” Synod Office, PCTT,  
P.O. Box 187, Paradise Hill, San Fernando.  
by 18th March 2023.



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## In LOVING memory of

### Shaun Soogrim



**Sunrise 5th August 1980**

**Sunset 24th March 2022**

Member of

Emmanuel Presbyterian Church

Lovingly remembered by

Siblings,

Angie, Terry, Chaddy,

Kimberley, Nikki and Kirsten

Wife Cindy

Nieces and Nephews,

Andre, Nicholas, Arianna, Nicholai,

Chloe, Lilly-Anne, Alyx, Melanie,

Tyler and Megan

You're the lovely Brother  
I've adored since I was small,  
And for me the day you left us  
Was the saddest time of all.

But all the memories that we shared  
From when you were a boy,  
Have only ever filled my heart  
With happiness and joy.

You grew up and proved to be  
A man both fair and true,  
And every day throughout my life  
I will think of you.

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# Read your Bible

## March

"Deliverance is Victory"

SUN	MON	TUE	WED	THU	FRI	SAT
			Exodus 34:1-9, 27-28	Isaiah 54:1-3	Micah 7:18-20	Isaiah 51:4-8
Psalm 121	Hebrews 3:1-6	Romans 4:6-13	John 8:1-11	Exodus 16:1-8	Exodus 16:9-21	Exodus 16:27-35
Psalm 95	John 1:1-13	1 Corinthians 10:1-14	John 7:14-31, 37-39	Ephesians 5:1-9	Ephesians 4:25-32	Ephesians 5:1-9
Psalm 23	Acts 9:1-20	Colossians 1:9-14	Matthew 9:27-34	Revelation 10:1-11	Revelation 11:15-19	
Psalm 130	Luke 1:26-38	Ephesians 2:1-10	Matthew 22:23-33	Philippians 1:1-11	Philippians 1:21-30	

## April

"Contemplating The Cross"

SUN	MON	TUE	WED	THU	FRI	SAT
John 10:1-10						Psalm 31:9-16
Matthew 21:1-11	John 12:1-11	John 12:20-36	John 13:21-32	John 13:1-7, 31b-35	John 18:1-19	John 19:38-42
John 20:1-8	Psalm 118:1-2	Exodus 15:1-18	Matthew 28:1-10	Colossians 4:2-5	1 Corinthians 15:12-20	John 20:11-20
John 20:19-31	1 Corinthians 15:12-20	1 Corinthians 15:19-28	Matthew 12:38-42	1 Peter 1:8b-12	1 Peter 1:13-16	Luke 14:12-14
Luke 24:13-35	1 Peter 1:23-25	1 Peter 2:1-3	John 21:1-14	1 Peter 2:9-12	1 Peter 2:13-17	Luke 15:1-7