



**WISHING YOU** MERRY CHRISTMAS & HAPPY NEW YEAR



Harvest/Thanksgiving/Creche Openings

# THE MODERATOR SPEAKS

PCTT MODERATOR, THE RIGHT REVEREND DANIEL CHANCE

#### Reflecting on God's Abundant Blessings

As we welcome 2025, the Presbyterian Church joyfully celebrates 157 years of Christian mission and witness in Trinidad and Tobago. This milestone invites us to reflect on God's abundant blessings and the ways we've served our beloved twin-island nation. From humble beginnings under Canadian missionaries, the church has grown steadily into a cornerstone of faith, education, and social outreach, with immense potential for further impact. As the psalmist declares, "The Lord has done great things for us, and we are filled with joy" (Psalm 126:3).

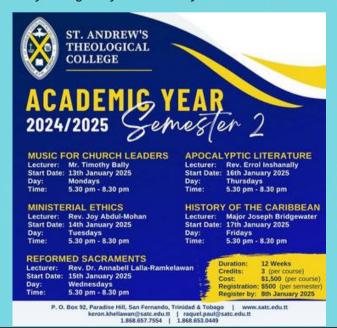
Entering the New Year, we are reminded of God's promise: "Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it?" (Isaiah 43:18-19). With hope and faith, we step into this new chapter, trusting in His guidance and provision.

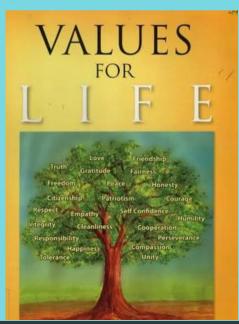
While God's Word and purpose remain unchanging, the church's mission evolves to meet the world's shifting needs. Today, more than ever, we are called to address critical issues such as mental health, child neglect and abuse, poverty, and the needs of children with disabilities. Through education and social outreach, we respond to these challenges with compassion and resolve, guided by Scripture that continues to speak to us in fresh and vital ways. As Isaiah reminds us, "Learn to do right; seek justice. Defend the oppressed. Take up the cause of the fatherless; plead the case of the widow" (Isaiah 1:17).

The seeds of faith planted 157 years ago have flourished into a vibrant church community. With gratitude, we acknowledge the role of Presbyterian institutions in shaping lives, from preschools to secondary schools and St. Andrew's Theological College. These pillars of education stand as enduring testimonies to our commitment to nurturing minds and spirits. We echo the wisdom of Proverbs: "Train up a child in the way he should go, and when he is old he will not depart from it" (Proverbs 22:6).

As we move forward, let us join hands to create a safer, more productive country for all. Our children, youth, and young adults deserve a brighter future, shaped by what we build today. Together, let us "not grow weary in doing good, for at the proper time we will reap a harvest if we do not give up" (Galatians 6:9). Let us "choose carefully," "build wisely," and "invest in our youth," as we work to leave a legacy of hope and promise. Blessings to all in 2025, as we continue to serve in faith and unity.

Stay strong. Stay focused Stay blessed.









# FROM THE **DESK OF THE**

PCTT GENERAL SECRETARY. PRESIDING ELDER MR. ASHFORD D TAMBY



"As each one has received a gift, use it to serve one another, as good stewards of God's varied grace" (1 Peter 4:10).

The time has come once again whereby announcements are being made for the eldership vacancies within your church, preaching schedules are being prepared to include a Sunday for Congregational Meetings and Annual financial and secretarial reports are being compiled. In 2025, it will be an election year with the PCTT. Representatives of all boards and committees will be elected and there will also be the election of a Moderator when the Synod meets in April. The present Moderator, the Right Reverend Daniel Chance, can be re-elected to serve one more term based on the constitution of the PCTT.

As this is being done, some of us would ask the question, "Am I ready to serve the church?" or "How can I serve my home church?" These questions can be easily answered using a book that we have at home. The Bible, for if we turn to the scripture the answers to these questions can be easily found. Two such passages can be found in the books of Titus 1:6-9 and 1 Timothy 3:1-13.

As individual's identify if he/she are ready to serve, the church also must be able to identify areas that have been challenging and strategically implement plans to improve its operations. One such area is that of being able to recognize the technological talents of its members. The importance of identifying technological talents in the church cannot be overstated. As the world becomes increasingly digital, the church must embrace technology not as a mere tool, but as a means of fulfilling its mission of worship, evangelism, and community.

Churches can leverage technology effectively through volunteers with skills in web design, graphic design, video production, audio engineering, social media management, and IT support. These skills enable the creation of engaging online content, the building of online communities, the facilitation of remote worship, and the expansion of outreach efforts. By training volunteers, investing in software, and staying updated on technological advancements, churches can effectively integrate technology into their ministries, reaching a wider audience and deepening engagement with their congregations.

Therefore, by identifying and empowering individuals with technological expertise, the church can enhance its engagement with its congregation more effectively and streamline operations—all of which are essential for serving a modern, diverse body of believers. Recognizing and cultivating these gifts is a strategic way to ensure that the church remains a vibrant, effective, and impactful presence in today's digital age. So as new Local Boards are elected/re-elected give consideration to identifying the technological talents within your church as you plan for your future.

#### PCTT COMMUNICATIONS UNIT **NEWS/PRINT/PUBLICATIONS SUB-COMMITTEE**

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PLEASE SEND ALL ARTICLES BY THE **10TH FOR PUBLICATION**THE FOLLOWING MONTH KINDLY NOTE THAT ARTICLES SENT AFTER THE 10TH WILL NOT BE ACKNOWLEDGED FOR THE UPCOMING PUBLICATION,

BUT MAY BE CONSIDERED FOR FUTURE ISSUES.



# EDITORIAL

#### NO ONE IS HOPELESS WHOSE HOPE IS IN GOD.

"Hope is a star that shines in the night, Leading us on till the morning is bright." (BoP # 119, vs 1)

We joyfully sang this verse as we lit the first Advent candle to start the Advent observance to welcome the Saviour's birth. Many of us experienced great joy as we sang lustily. How many of us paid attention to the words? Hope moves us from darkness to light.

Hope is the belief that the person who made the promise is trustworthy and will fulfil the promise. Hope is the belief that God is true. God is true to his promises.

Without hope, life seems futile, and the hopeless individual is bored and enervated. In extreme cases, hopelessness may lead to apathy and even death. Our goals and plans serve as a focus for both our strivings and hopes. When we feel uncertain and anxious about the future, we tend to stand on shaky ground and lose hope. Without having hope and not seeing an improvement in life and living to meet basic needs, rather than building competencies to deal with the challenges of daily living, our main effort is devoted to simply trying.

More research needs to focus on the human need for values, meaning, and hope, but we can infer such needs from observations of the typical results when people are unable to find satisfying value patterns, are "planless," or lack hope. We may experience pain that feels endless, situations that appear hopeless, or waiting that seems unbearable. We may endure moments when the odds against us are stacked high and wide.

Many changes in our lives represent loss, whether as small as the loss of a service, unfulfilled dreams of success, or the death of a person we deeply loved. People without hope tend to screen out or distort information that is incompatible with their expectations, assumptions and wishes. People without hope become more and more withdrawn, stop calling friends, drop out of school, or break of relationships. We need to look out for these behaviours in our family and friends, co-workers and acquaintances and encourage those who exhibit these signs to seek professional help and counselling. In every loss we long for a touch of healing and hope. Jesus invites us to keep reaching for him, to trust him and never give up hope.

Our doubts and troubles offer a strange gift; they reveal how lost we are and how much we need God to move toward us. Even when we pretend that we can manage our lives, we can't, we need God. Like the invalid who sat at the temple gates whom Jesus asked: "Do you want to get well?" (John 5:6). Jesus knew the man wanted to get well. He also knew that it had probably been a long time since anyone had given him the hope that there was the possibility of being made whole. We're like the invalid, each of us has places in our lives where hope has withered. When it seems there's nothing left, there's still hope! People are looking for hope. You and I need not look far in our experiences for examples of great things from God. Let us be God's instrument in this Holy Season and going into 2025 and beyond, as we reach out to those whose faith and hope have been shaken. Let us help to restore in them a hope that has grown cold.

God will not leave us hopeless!

"The steadfast love of the LORD never ceases, his mercies never come to an end; they are new every morning; great is your faithfulness.

"The LORD is my portion," says my soul, "therefore, I will hope in him" (Lam. 3:22 - 24 NRSVue).









### FROM THE DESK OF THE PRINCIPAL ST ANDREW'S THEOLOGICAL COLLEGE **REVEREND KERON KHELLAWAN**

### THE VALUE OF PEACE

Peace holds a central place in Christian theology and life, and during December and January, we should seek the Peace of Christ in a changing world. Biblically, the focus we hear, emphasizes peace as both a divine gift and a human responsibility. Let us then look at peace from the faith-based tradition and practical aspect of life.

#### Peace as a Gift from God

In Christianity, peace is often viewed as a gift from God. The Hebrew word, "shalom", and the Greek word, "eirēnē", used in the Bible convey a comprehensive sense of well-being, completeness, and harmony. This peace originates from God and is made available to humanity through Jesus Christ.

In the Old Testament, peace is frequently associated with God's covenantal relationship with his people. For instance, Isaiah 26:3 says, "You will keep in perfect peace those whose minds are steadfast, because they trust in you." Peace is portrayed as the result of living in alignment with God's will.

In the New Testament, Jesus is referred to as the "Prince of Peace" (Isaiah 9:6), and His mission includes reconciling humanity with God and with one another. Jesus' words "To accept the Prince of Peace" is to accept the gift of God that surpasses temporary or superficial tranquillity; it is an enduring state of spiritual well-being.

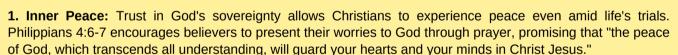
#### Peace as a Fruit of the Spirit

Interestingly, peace is also a fruit of the Holy Spirit, as outlined in Galatians 5:22-23. This means that peace is a quality cultivated in the lives of believers through their relationship with God. Christians are called to live in ways that promote peace within themselves, in their communities, and in the broader world.

The Apostle Paul frequently encouraged the early church to pursue peace. Romans 12:18 advises, "If it is possible, as far as it depends on you, live at peace with everyone." Similarly, Ephesians 4:3 urges believers to "make every effort to keep the unity of the Spirit through the bond of peace."

#### **Practical Implications of Peace**

The Christian understanding of peace has profound implications for personal and communal life:



Are you struggling in trusting God's peace?

2. Relational Peace: Christians are called to practice forgiveness, empathy, and humility in their interactions. This fosters harmonious relationships and reflects Christ's love.

Is the church living these principles or living out of judgement?

3. Social Peace: The Christian commitment to peace extends relationally to the community so that we may live with compassion, and reconciliation in the broader society.

How is the church reaching out in compassion?

#### Conclusion

From a Reformed Christian perspective, peace is both a divine gift and a human calling. Rooted in God's nature and revealed through Jesus Christ, peace encompasses spiritual, relational, and social dimensions. In embodying peace, Christians participate in God's redemptive plan and offer a glimpse of His kingdom on earth.



### ST. ANDREW'S THEOLOGICAL COLLEGE

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# VICTORIA AVIAN RAJKUMAR (B.ED., M.ED., CERT. GUIDANCE AND COUNSELLING) WHAT DO I DO WHEN I DON'T FEEL JOY DURING THE MOST JOYFUL TIME OF THE YEAR?

Psalm 119:49-50 "Remember the word to Your servant, Upon which You have caused me to hope.

This is my comfort in my affliction, For Your word has given me life.

The carol trumpets, 'Joy to the World...', and the contemporary song tells us, 'It's the most wonderful time of the year.' There are church dinners, work dinners, concerts, tree lighting activities, everywhere we turn are the sights and sounds of the festivities. Yet, for many, these songs and carols do not spark joy but causes a rise in anxiety levels. Many are carrying the weight of grief in different forms: whether it is from the loss of a loved one whose family would be spending the first Christmas without. Others are reeling from a recent break-up and are heartbroken. Then there are those who may be experiencing the grief brought on from an estrangement from family. Many others are feeling overwhelmed and anxious because there is the pressure that comes with having decorations, buying groceries, ham, gifts for children, and other items and their finances are dreadfully low. Instead of smiling when someone pays them a compliment for the season, they internally want to shout, 'Bah Hambug' or scowl in true Grinch manner. For these individuals who are wrestling with the burden of such emotions they would prefer to stay by themselves during this 'most joyful time of the year.'

The inner critic also shouts at us, telling us that we should be 'merry and bright.' This causes us to also harshly deride ourselves and we want to ask, 'What should I do to spark some joy during this joyous time of the year?'

If you're struggling to feel joyful this Christmas, know that you're not alone, and there are ways to navigate these emotions while honoring the season's true meaning.

#### 1. Acknowledge Your Feelings

First, give yourself permission to feel what you're feeling. Scripture reminds us, "There is a time for everything, and a season for every activity under the heavens" (Ecclesiastes 3:1). It's okay if this season feels harder than others. Suppressing emotions often leads to more distress, so instead, bring your burdens to God in prayer. Philippians 4:6-7 encourages us to present our concerns to God so that His peace can guard our hearts.

#### 2. Focus on the True Meaning of Christmas

Amid commercial pressures and societal expectations, we may lose sight of what Christmas is truly about. Christmas is not about having the perfect decorations or an TikTok/Instagramworthy celebration; it's about Emmanuel—God with us (Matthew 1:23). Reflect on the miraculous gift of Jesus Christ, who came into the world to bring hope and redemption. Spend time reading the Nativity story in Luke 2, and let it remind you of the profound joy that comes from God's love for humanity.

#### 3. Practice Gratitude

While it can feel difficult, gratitude has a powerful way of shifting perspective. 1 Thessalonians 5:18 says, "Give thanks in all circumstances; for this is God's will for you in Christ Jesus." Create a gratitude journal or make a simple list of the blessings you have, even if they seem small. This practice can help you see glimpses of God's goodness, even in challenging times.

#### 4. Engage in Acts of Kindness

Serving others can bring unexpected joy. Volunteering at one of the various children's homes, or women's shelters, visiting the elderly, or simply checking on a neighbour can redirect your focus and remind you of the spirit of giving that Christ embodied. Acts 20:35 reminds us:"It is more blessed to give than to receive." If you have some extra resources, put together a hamper or purchase one that has been premade and give it to someone in your village. If you can cook or bake, perhaps you can offer to make something for a friend or relative. An act of kindness does not have to 'break the bank', many enjoy presence over presents and just visiting with someone, sitting and chatting can leave you feeling a sense of fulfilment and purpose.

#### 5. Prioritize Wellness and Self-Care

The holiday season can be physically and emotionally draining, so caring for yourself is essential.

- Rest: Take time to recharge, following the example of Jesus, who often withdrew to pray and rest (Luke 5:16). You do not have to attend every event you are invited to, if it means that you will feel drained or more emotionally strained.
- **Healthy Habits:** Eat nourishing foods, stay hydrated, and get some exercise, even if it's a simple walk in your yard, and where weather conditions and time permit, go out in nature.
- Quiet Time: Carve out moments to sit quietly in God's presence, meditating on His Word. Psalm 46:10 says, "Be still, and know that I am God." Use these quiet moments to journal how you are feeling, or to chat with God.

#### · 6. Honour Traditions or Create New Ones

Whether we are celebrating our first Christmas without our loved one who has passed away, or many Christmases have passed, we ache for them. We can honour their memory by maintaining the traditions that you shared with them. Keeping these old traditions alive is a great way to pay tribute to them. If there is too many pain attached to preserving these then start new traditions.

#### 7. Lean on Your Community

You don't have to go through this season alone. Reach out to trusted friends, family, or church members and let them support you. Galatians 6:2 calls us to "carry each other's burdens, and in this way, you will fulfill the law of Christ."

#### 8. Seek Professional Help If Needed

If your feelings persist and become overwhelming, consider speaking with a Christian counsellor or your Minister who can direct you accordingly. They can provide guidance and tools to help you navigate this difficult time.

While it's okay to not feel joyful during Christmas, remember that joy isn't always about emotions. True joy is rooted in our relationship with Christ and the hope He brings. By taking intentional steps for wellness and leaning on God's promises, you can find peace and purpose even in a challenging season. As you navigate this season-the end of the year through to the New Year draw closer to God and let Him fill your empty spaces with His joy.



### THE FAMILY CAN

A MONTHLY THOUGHT TO HELP IMPROVE THE FAMILY - HILTON R SIBOO: CONTACT: 788-2685)
THE PILGRIMAGE OF PARENTING: [PART 10] - WHY (SHOULD WE) PARENT - LEARNING. (1)

How can a 'parenter' parent a sense and the value of learning for a child the 'parentee' remains a challenge. In the November issue of the *Trinidad Presbyterian* we considered: How do You Parent LEARNING and defined learning as... to be informed; to gain knowledge or skill in languages and science, versed in literature, art, etc. We consider the question Why Parent LEARNING?

First, should we parent learning and why? Learning provides the tools to resolve, solve, make appropriate/informed decisions, to overcome identity and personal problems, and the development of individual personality with skills to get along with others.

Learning makes a person more aware of self and whom they relate to in whatever situation. Learning develops perception, intelligence, skills for behaviour and emotional control, assists with adjustment to simple and complex situations and circumstances that daily challenge the individual as a person extending into their relationships and societal interactions. Humans are complex individuals in a complex world and learning is necessary for functioning.

Learning to learn are skillsets based on methods, types, models, patterns. Learning is developmental and incremental from exposures, experiences and practices. Learning is not momentary for convenience or expediency. Lifelong learning and the levels of learning whether physical, interactive or virtual/digital can be exponential and should not be compartmentalised for regurgitation but integrated to critical thinking. Learning is physical, sexual, and socio-religious. Learning is psycho-motor and sensory-motor. Learning impacts all intelligences significantly. Learning is to be understood as different from academic education.

Therefore, learning to learn from birth through the stages of infancy, adolescent and adulthood is derived from information, exposures and experiences from success and failure and includes the practical lessons we learn from other persons' lives that include 'parenters', biological or surrogate. For the parenter, it is important to know to learn and to learn to know - having a parenter's philosophy and practice that is cyclical with a 'parentee' keeping in mind that 'as the twig is bent, so the tree is inclined.' A child as a 'parentee' learns what he/she sees and senses.

Children Learn What They Live - Dorothy Law Nolte

If a child lives with tolerance, he learns to be patient. If a child lives with encouragement, he learns confidence.

If a child lives with praise, he learns to appreciate. If a child lives with fairness, he learns justice.

If a child lives with security, he learns to have faith. If a child lives with approval, he learns to like himself.

If a child lives with acceptance and friendship, he learns to find love in the world.

Can this approach improve our parenting relationships and skills and improve intra-family and inter-family relationships? I hope that this perspective can guide the understanding and effect change to parenting where the participants interact in a relational exchange that affects their words, actions, attitudes, 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** 

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

Over recent years, there have been encounters with persons who are members of the PCTT who have little knowledge about the local and universal Presbyterian Church. Sometimes, the information is misinterpreted, is inaccurate or 'hyped up' for a story or an agenda. Truthfully, how many Presbyterians are knowledgeable about the origins of the PCTT and the universal PC: the history, traditions, doctrines, theology, the Order of Worship and The Orders of the church e.g. Ministers, Moderator, Deaconesses, Lay Pastors, Presiding Elders, Elders etc, their role and functions?

Why the fuss you may ask or say? That is not church or worship or praise or prayer. However, as a Presbyterian worshipper and a Presbyterian Christian, can we with confidence respond to the questions – are you Presbyterian? What is Presbyterian? What makes or determines a Presbyterian? Why do we do what we do, say what we say, believe what we believe in our worship and in our daily lives.

The Archives of the PCTT remains a place of study and research, knowledge and experience, what lies beneath the surface of daring to say or hesitantly acknowledge... I am Presbyterian, I am a Presbyterian Christian or a Reformed Presbyterian. Can you tell the difference between Protestant and Reformation?

You may tell yourself that you do not need to know all this Biblical, theological, historical, law and constitution information, but knowing is what makes you uniquely Presbyterian. Where can I begin, you may ask. Sure, the Archives, also studies at SATC which is not only to train persons for the several orders of the church but if local leaders are immersed into these baptismal waters, then personal, congregational, national/universal, spiritual growth and development can occur. As a secondary source of information, the 150th Anniversary publication Odessey of Faith which became available in December 2023, one year ago, can initiate your encounter with the PC, the PCTT and engender your personal and steadfast growth of faith and knowledge.

Yet, an encounter with the CAPCTT will expand in many directions: the roots and branches and the fruits of your personal and congregational encounter and life experiences, religious, spiritual and secular relationships. We again invite all persons, students including the students of the SATC and members of the PCTT, and others to access our resources for your information, education and knowledge.

An encounter with the Archives is an encounter with ... yourself. The Archives are opened on Tuesdays and Thursdays from 9:00 a.m. to 12:00 noon. Call to arrange a visit.

Contact: 652-4829 [Synod Office] and 653-4166 [SATC Library] Asst Archivist: Hilton R Bill Siboo 788-2685



# CHRISTMAS DÉCOR

SUBMITTED BY RAYANNA BOODRAM

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The time of year we all love and enjoy is slowly creeping up on us. From the chills in the air to shopping stores moving out old inventory to make space for the decorations and ornaments, Christmas will soon be everywhere. A typical Trinbagonian Christmas contains some key elements: Sorrell Drink, Turkey and Ham, Poinsettias, Pastelles and we cannot forget the Ponche de Crème. We all love a beautiful dressed Christmas tree as well, however, this year you can choose to keep the festive season alive by adding a few for green tips to our home.

For that pop of greenery in and around your homes, try the Italian Cypress, Arborvitae (Thuja) and Norfolk Island pine (Araucaria heterophylla) trees. You can purchase them from your nearby garden shop along with a beautiful festive pot which is ideal for both outdoors or partially shaded areas. According to the size of your tree, you can even decorate them with ornaments or lights.

Let's talk about Christmas colours! Poinsettias are a must however instead of just red, opt for creating your arrangements with all three colours: red, white and pink. For an added upgrade, you can purchase the flower pot festive wraps which make these Poinsettias perfect for your indoor tables and indoor décor. In another article, we will discuss the care guide for your Poinsettias so that you can keep them healthy all year round.

For a splash of added colour purple, pink and white flowering plants pair nicely together. You can mix and match purple Petunias and purple Orchids with pink Pentas, pink Petunias. For the hint of white, white lilies, Jasmines, white Orchids and white roses are all beautiful! I hope you all give these a try, it's not too late to spruce up your home this upcoming holiday season.





## 13 NEW COMMUNICANTS AT ST. JOSEPH PRESBYTERIAN CHURCH

Submitted by Terrence Warde

The month of November 2024 saw 2 persons being Baptised and 13 being Confirmed into the membership at St. Joseph Presbyterian Church, in the Curepe/St. Joseph Pastoral Region.

Reverend Emmanuel Ramdeen conducted the service and welcomed the persons who attended the LIVE Communicants' classes over a 6-week period into full membership. Reverend Ramdeen especially thanked the Elders for their steadfast commitment and dedication to St. Joseph. St. Joseph Presbyterian celebrated its

St. Joseph Presbyterian celebrated its 141st Anniversary of its existence earlier in October 2024.

Rev. John Morton founded the church in 1883 when he ventured up north from Princes Town. The new members were charged with the task of spreading the gospel while serving the church in the PCTT fold. They were all given Bibles for their guidance and spiritual growth.



Rev.Ramdeen and St Joseph Presbyterian Elders with new Communicants

From left Rosalind Siewlal, Ava Topha, David Rampersad, Juanita Mathuram, Sherde Johnson, Dowlat Peters, Sherna Assoon, Jelena Cadan, Miriam Mustafa, Nadine Dhanoolal and Evan Dhanoolal, (Missing are Azeema Rampersad and Parbatee Heera).

# EASON'S POETR

#### THE CHRISTMAS BEATITUDES POEM

By Clarence Bharath, Aramalaya Presbyterian Church.

Blessed are the Faithful and Pure; like Mary, they are highly favoured for sure. Blessed are the Obedient and Just: like Joseph, they will gain God's trust. Blessed are those who shed Light; like the Angels, they praise God; Christmas night. Blessed are those who are Watchful; like the Shepherds, they'll find Jesus and be Joyful. Blessed are those who are Wise; like the Magi, seeing Jesus, will be their Prize. Blessed are those who love the Saviour, like Mary, they will experience God's favour. Blessed are those who Follow and are Able: like the Star. they too, will find Bethlehem's Stable. Blessed are those who are Humble; with Jesus in the Manager, their example. Blessed are those who are Simple: through a "Stable." Heaven is now more accessible. Blessed are those who finish the Journey; they are steadfast like the donkey carrying Mary. Blessed are the innocent "Sheep"; the Good Shepherd forever will keep.

#### JESUS' BIRTH

by Caroline Sampath, Aramalaya Presbyterian Church.

Across the sky shot the Natal Star. In fields shepherds feared and wondered afar. A host of God's heavenly angels sang: "Glory to God in the highest!" The anthem rang!

In a stable cold and bare. Mary cradled her babe with loving care. Standing close by, Joseph carefully watched. As God Incarnate reached out His hands to touch.

The wisemen came, and gifts they did bring, For it was told to them to welcome a king. They brought frankincense, myrrh and gold, As on bended knees. they watched the scene unfold.

Now as we celebrate this Christmas Day, Christians. the world over. bow their heads to pray: "Thank you, Dear Jesus, for coming to Earth May we never forget Your miraculous birth!"



## THE FRAGILITY OF LIFE

Submitted by Elijah Motieram MBA

In contemplating the fragility of life, we are constantly reminded of its impermanence, an undeniable truth that we often overlook in our daily pursuits.

Each moment is a fleeting gift, one that can be taken away unexpectedly, whether through prolonged illness or sudden tragedy. Yet, we carry ourselves with an unfounded certainty, as if we possess the foresight to dictate our own timelines.

In our celebrations and routines, we frequently forget to honour the profound value of existence, becoming preoccupied with immediate gratification while ignoring the deeper lessons life offers. Each loss we encounter, each farewell, serves as a poignant reminder of the divine blessing that is life itself—a blessing that is too easily taken for granted.

We must realize that God observes our actions and intentions, urging us to cherish and appreciate the simple yet powerful essence of being alive.

To truly embrace this gift, we must cultivate an attitude of gratitude, reassessing our lifestyles and approaches to prioritize meaningful connections over self-centered pursuits. It is imperative that we rid ourselves of selfish thoughts and manipulative agendas, allowing compassion and authenticity to guide our interactions. By recognizing the transient nature of life and learning from the experiences of those around us, we can foster a deeper appreciation for our time here, transforming fleeting moments into lasting legacies of love, wisdom, and kindness.

Ultimately, the true value of life lies not in the duration of our days but in the depth of our relationships and the impact we make on one another.

Our every breath is a blessing from God.

#### **PCTT 65th Synod Folder Cover Contest**

#### Introduction:

In celebration anticipation of the upcoming 65th Synod AGM we are delighted to launch a contest for the design of the folder's cover. This competition aims to harness the creativity of our members and highlight the significance of Synod AGMs.

#### Theme:

### "Persevere in your witness - overcoming the challenges encountered". Objective:

- Showcase the essence and values of PCTT Synod AGM through a cover that will represent the 65th Synod.
- Foster a sense of community ownership and pride in Synod AGM.
- Elevate awareness and understanding of the importance of Synod AGM

#### **Eligibility:**

 Open to all members of PCTT - include Name of Church/ Pastoral region in submission.

#### Guidelines and Criteria:

- · Design Specifications:
- The image will be displayed on the Synod Cover folder and used via other media to highlight the upcoming Synod AGM.
- Size/Resolution: Cover images must be at least 800px tall and have an aspect ratio between 0.66 and 1
- Format: PNG/JPG

#### Content:

 An original design that represents the spirit of Christ and PCTT's work and witness.

#### **Judging Criteria:**

- Relevance to Theme: How well the design encapsulates the theme for 2025.
- Aesthetic Appeal: The visual attractiveness of the cover.
- Originality: Freshness and uniqueness of the design.
- Technical Excellence: Quality and professionalism of the design.

#### . Requirements:

- · Design the book cover
- · Write a few lines to explain the meaning and design

#### Submission Process:

• Submit via communications@pctt.org.tt by Jan 31st, 2025.

#### Note

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### **65TH SYNOD AGM FOLDER COVER** DESIGN COMPETITION EN CONSU **COMPETITION RULES:** 1. Design Theme: Persevere in your witness - overcoming the challenges encountered. 2. The jury's decision is final. 3. Open to all PCTT members. 4. Deadline: Submissions including name, church and pastoral region, must be sent to communications@pctt.org.tt by January 31st 2025 5. For any additional queries, please see www.pctt.org.tt 6. All entries agree to transfer all rights to PCTT 7. Attractive prizes to be won.

# MARABELLA (WILSON MEMORIAL) PRESBYTERIAN CHURCH CELEBRATES

**Submitted by Jennifer Sastoo** 

On Sunday, October 20, 2024, the Marabella (Wilson Memorial) Presbyterian Church celebrated one hundred and nineteen (119) years of service. Our Presiding Elder, Mrs. Indra Debysingh, led in Worship with our Moderator, Rt. Reverend Daniel Chance delivering the message.

The Marabella Presbyterian Church Choir rendered an introit, "When I look into your Holiness" accompanied by the Marabella Presbyterian Church Steel Orchestra.

Scripture was taken from the New Testament 1 John 4:7-13. Ms. Michelle Poliah, Assistant Secretary of our Local Board, presented a brief history of our Church.

Before an inspiring message from Rt. Reverend Daniel Chance, the choir rendered an anthem entitled: "I'm so glad," words composed by Mr. Winston Seupaul.

The Moderator said: Continue to build the foundation which was established by Christ. Anyone who loves is a child of God and knows God. The central theme of Jesus' message in the New Testament is the eternal constant and ever-abiding love of God. The love of which Jesus spoke is rooted and grounded in God. God is love. Whoever loves God, lives in Him and He in them. God is light and God is love.

When God's love is evident and pronounced in someone's life, it is seen or made known in his/her faith in God. Our parents have cleared the pathway for us to believe in faith. The Old Testament reminds us to 'Teach my Word diligently to your children and your children's children.'

Something is wrong with the soil. If Christ is at work in your hearts, this will be received by your children. It takes more from us to hate or dislike someone than it takes to love. A quote Martin Luther King Jnr from his book Strength To Love "Modern man is struggling a road called hate. Hate cannot drive out hate, only love can."

Christ's redemptive love is available to all. Church must continue to articulate the need for Christ's love. Love must not only come from the pulpit, but it must flow out of the Church. Love is misunderstood and misrepresented in the world. We are made to believe that love is a feeling, however, love, as demonstrated by Jesus Christ, goes much deeper and is so much more.

After the thought-provoking message from the Rt. Reverend Daniel Chance, the Steel Orchestra rendered an anthem: I Stand Amazed In The Presence. Our closing hymn was Reverend Dr. Daniel Teelucksingh's new hymn for the 156th Anniversary Service of the PCTT – 'GOD BE PRAISED.'

Fruit baskets were presented to both Rt. Reverend Daniel Chance and Presiding Elder, Mrs. Indra Debysingh. A fellowship breakfast was prepared for the congregants.







### **Navigating Grief at Christmas:**

A Guide to Healing with Faith, Mindfulness, and Hope. The Christmas season is filled with images of joy, celebration, and togetherness. But for those grieving the loss of a loved one, this time of year can bring a deep sense of sorrow and loneliness. Having walked with many through their grief - and also having experienced the loss of loved ones myself - I understand how difficult it can be to face the holidays without those who once made them special. As a Christian psychologist, I want to offer both spiritual and psychological insights that can help you navigate the pain of grief during this season. I pray that these reflections will bring you comfort and remind you that, even in the midst of heartache, there is hope.



1. Grief is a Shared Human Experience. Grief is something we all encounter in life. The Bible affirms this truth, showing us that even great men and women of faith, and Christ Himself, experienced sorrow. In John 11:35, the shortest verse in the Bible, we read, "Jesus wept." Even the Son of God, in His humanity, was deeply moved by the loss of His friend Lazarus. Grieving is not a weakness; it is a part of being human. Ecclesiastes 3:1-4 reminds us that there is "a time to weep and a time to laugh, a time to mourn and a time to dance." Grief, though painful, is a normal part of life, and it's important to give yourself permission to experience it, especially during Christmas when memories and emotions are heightened. The waves of sadness can surface even in the midst of a seemingly joyful celebration. It's important to acknowledge and allow yourself to feel that pain. The only way through grief is to grieve.

**Psychological Insight: Normalizing Grief.** Grief is not something that needs to be "fixed" but rather something that needs to be honoured. Psychologically, we speak of the "Five Stages of Grief" (DABDA- Denial, Anger, Bargaining, Depression, and Acceptance), but it is important to note that grief is non-linear. You may revisit certain stages at various points during the holidays (Neimeyer, 2000).

2. It's Okay to Feel Both Joy and Sorrow – they can coexist! Grief is complex. You may find yourself smiling at a Christmas memory one moment and weeping the next. This mix of emotions is entirely normal. Psychologically, grief is not linear- it comes in waves, sometimes with great intensity and other times more gently. You don't need to force yourself to feel "just one way." It is okay to feel joy and sorrow simultaneously

Isaiah 53:3 calls Jesus "a man of sorrows, and acquainted with grief." He understands your pain and stands with you in it. During Christmas, we celebrate both His coming into the world and the future joy we will have with Him forever. You can hold space for both the joy of Christmas and the sadness of your loss.

Mindfulness Exercise: Mindful Breathing for Grief. A simple breathing exercise can help you navigate the waves of conflicting emotions. Find a quiet space, close your eyes, and breathe deeply. Focus on your breath, slowly inhaling through your nose for four counts, holding for four counts, and exhaling through your mouth for four counts. As you breathe, allow yourself to feel whatever emotions come up without judgment. Repeat for a few minutes to find balance amidst the emotional intensity.

**3.** Lean on Others for Support. Grief can feel isolating, especially during the holidays when everyone else seems to be celebrating. It's important to remember that you don't have to go through it alone. Surrounding yourself with family, friends, or a supportive church community can help ease some of the weight you're carrying. Galatians 6:2 encourages us to "bear one another's burdens." Allow those around you to support you in this difficult time. Whether that's through a simple conversation, a prayer, or even just their presence, community can be a powerful source of healing. *The power of Koinonia!* 

**Psychological Insight:** Social Support Research shows that social connections can significantly impact how we cope with grief. Reaching out to others, even when it feels difficult, can lessen the burden of isolation and provide emotional relief (Harris et al., 2021).

**4. Seek Comfort in Scripture and Prayer.** When grief feels overwhelming, turn to God's Word for comfort. Verses like Psalm34:18, "The Lord is near to the broken hearted and saves the crushed in spirit," can remind you that God is with you, even in your deepest pain. He doesn't leave us to walk through grief alone. Instead, He draws near to comfort us. Prayer is another powerful tool in processing grief. When words fail, remember that the Holy Spirit intercedes for us, as Romans 8:26 says, "with groanings too deep for words." Sometimes, all we can do is sit in God's presence and let our hearts speak. In those moments, God hears and understands even what we cannot express.

Mindfulness Exercise: Prayerful Meditation Take a few minutes to meditate on a comforting scripture. Repeat it in your mind or whisper it quietly. As you breathe deeply, let the words sink into your heart. Allow the scripture to soothe your soul and remind you that God is present in your pain.

**5. Hold Onto the Hope of Christ.** Christmas is ultimately a season of hope. The birth of Jesus brought light into a dark world, and that light continues to shine, even in the midst of our grief. Isaiah 9:6 declares, "For to us a child is born, to us a son is given...and he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace." This same Prince of Peace is with you now, offering His comfort and presence as you navigate your loss. Though the holidays may feel heavy with sorrow, remember that Jesus came to bring us hope, both in this life and the next. His birth points to the ultimate victory over death, and because of Him, we have the promise of eternal life. This truth can give us strength as we walk through the valley of grief, knowing that there is joy to come. Grieving during Christmas is a deeply painful experience, but as Christians, we have the comfort of knowing that we are not alone in our sorrow. We have a Saviour who understands our grief and walks with us through it. Take time to honour your loved one's memory, lean on your faith, and find strength in God's promises. Though the pain of loss may never fully disappear, the hope of Christ's birth and the promise of eternal life bring light to even the darkest moments. May you find peace and comfort in the presence of the One whocametoheal the broken-hearted and give us hope, now and forever.

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# A HEALTHY CHRISTMAS: THE GREATEST GIFT YOU CAN GIVE YOURSELF

The holiday season is here—a time of joy, celebration and indulgence. Amidst the festivities, we must remember that Christmas is not just about being merry -it's about being healthy in body and mind.

Christmas feasts are the stuff of legend—baked turkey, glazed ham, decadent desserts and rich gravies tempt even the most disciplined among us. However, the reality is that these treats are often loaded with calories, salt, sugar and saturated fats. Research suggests that the average person gains 1-2 pounds during the holiday season, and those pounds often linger well into the next year.

To keep your festive feasting from becoming a New Year's resolution nightmare, practice mindful eating. Limit portion sizes and avoid the temptation of snacking directly from serving areas. Instead of skipping meals to "save room" for a big dinner, eat balanced meals throughout the day to prevent ravenous overeating. After meals, move into another room to avoid lingering at the table.

Deck your holiday table with a rainbow of veggies, beans and provisions. These options add flavour and texture while delivering nutrients. Hydrate with water or sparkling water flavored with citrus slices instead of sugar-laden beverages, and remember: alcohol adds empty calories and can dull your inhibitions, leading to overeating.

Unused food items must be promptly refrigerated to avoid the risk of contamination and foodborne illnesses, which can ruin the holiday cheer. Refrigerate leftovers within two hours, and when reheating, ensure they reach the right temperature. A little vigilance in the kitchen goes a long way in keeping your loved ones safe.

With the hustle of Christmas shopping, social gatherings, church events and travel, viruses like the flu and COVID spread easily. Regular handwashing with soap and water or using hand sanitizer can significantly reduce this risk. Cover your mouth and nose with a tissue or your elbow when you cough or sneeze and dispose of these napkins properly. Stay at home if ill, keep hydrated and use paracetamol if needed.

In the race to find the perfect gifts, we often forget the true spirit of Christmas—peace, joy and connection. Your mental health is not a sacrificial lamb on the altar of social obligations.

Quality sleep is the unsung hero of good health. Late-night parties, endless to-do lists and holiday stress often rob us of rest, leaving us irritable and fatigued. Prioritize sleep by setting a consistent bedtime and winding down with relaxing activities like reading or meditation.

Take time for yourself amid the chaos. Start your day with a few deep breaths, stretches, and positive intentions. Forgiveness—of yourself and others—can be the greatest gift, freeing you from the burden of grudges.

Christmas can be a difficult time for those struggling with depression, anxiety, or post-traumatic stress. If you or someone you know feels overwhelmed, reach out. A kind word, a listening ear or professional help can make a world of difference.

The holiday season often brings an increase in accidents and injuries. At social events, designate a sober driver and encourage others to plan for safe transportation. Road safety is especially critical during the holidays, with more vehicles on the road and higher instances of impaired driving.

Children, too, require extra vigilance. Ensure toys are age-appropriate and free of choking hazards. Watch out for potential dangers like open flames, hot liquids and slippery floors. If you're hosting or visiting homes with pools, always supervise children to prevent drowning.

Amid the endless to-do lists, don't forget to carve out time for physical activity. Exercise boosts mood, fights chronic diseases, aids digestion and keeps your energy levels high for all those holiday activities. Outdoor activities like hiking or playing games in the yard will keep the family active. Dance to your favorite Christmas tunes, try a family yoga session or take a morning stroll before the day's festivities begin.

At its core, Christmas is about gratitude—appreciating the love and joy we share with others. Studies show that expressing gratitude can improve sleep, reduce stress and enhance overall happiness. As you sit around the holiday table, take a moment to reflect on the blessings of the year. Encourage family members to share something they're grateful for. This simple act can shift the focus from material gifts to the intangible



### HARVEST AND THANKSGIVING AT ARUNODAI

Submitted by: Wendy Gajadhar

The Harvest and Thanksgiving Service at Arunodai Presbyterian Church celebrated on Sunday October 20th, 2024, was a joyful and heartwarming event. The service began with a vibrant procession led by the Sunday School children and their teachers. It was a delight to witness the children bringing the produce to the altar and placing them in beautifully, adorned baskets. Under the guidance of the Sunday School Superintendent, Ms. Alison De Freitas, the Sunday School children's sweet voices filled the sanctuary with the song: "Because it is Harvest Time," capturing the true spirit of Harvest.

Elder Vilma Lalla-Kantapersad set the tone of the service with a fitting Introit, "Table of Plenty," while Elder Larry Bachansingh led a responsive Call to Worship encouraging the congregation to join in praise and reflection. The first scripture reading from Deuteronomy 8:7-14, was read by the Local Board Secretary, Ms. Raelene Ramdial, followed by Elder Paula Deoraj with the second reading from Colossians 3:15-17. The readings emphasized God's abundant provision and the spirit of thanksgiving.



Elder Gary Gajadhar's heartfelt rendition of "Thankful" further deepened the reflective mood, settina the stage for Reverend Damien Sieunarine's sermon. His message reminded the congregation that Harvest is a centuries-old tradition honouring God as the provider of all our needs. He emphasized that everything we have is a blessing from God urging everyone to live with gratitude and acknowledge that all we receive come from God. After the sermon, Elder Wendy Gajadhar led the congregation in a responsive prayer for the harvest, expressing God's continued care. The trio of Leslie, Dana and Maria Mahabir sang: "Fugitive from God." The service concluded with the hymn: "Bringing in the Sheaves."

Sugarcane stalks standing as natural pillars along the hallowed walls, added an authentic touch of the harvest season. A wide assortment of produce, generously donated by the congregation, complemented the decor, creating a beautiful display of abundance and gratitude. The Minister, together with the members of the Local Board and the congregation, worked tirelessly to make this service a resounding success.

As the produce was shared among the members, the true essence of the day emerged in the fellowship as everyone enjoyed breakfast together. In reflecting on the blessings of the day, we are encouraged by the words of 1 Thessalonians 5:18, "Be thankful in all circumstances. This is what God wants from you in your life in union with Christ Jesus."

To God be the Glory!



# HARVEST AND THANKSGIVING SERVICE AT LAS LOMAS # 1 PRESBYTERIAN CHURCH

Submitted by Evans Ramkhelawan

This service was held on Sunday 27th October, 2024, and led by the serving minister, The Reverend Cynara Dube-Khan. The theme was: "Gratitude and Happiness." The scripture passages were Psalm 126, Numbers 11: 4-17 and 1 Thessalonians 5: 12 -19. Hymns 434 and 807 were sung accompanied by organist, Rodney Ramdin.

Reverend Cynara reminded the congregation that life is a precious gift from God (Psalm 139:14). Our purpose on earth is to love and worship God, and then show the same love he offers us to others so they can come to know him. Through the gift of giving and serving, we can experience joy, happiness and contentment.

Lack of gratitude was shown by the Israelites, the chosen people of God (Deuteronomy 7:6) when the grumblers and complainers incessantly complained to Moses about the "manner" they daily received that dropped from the sky and from which they made bread, which they ate day after day. They longed for their days in Egypt where they once had cucumbers, watermelon, leeks onions, garlic and meat. Their whining took its toll on Moses who became upset, hurt and angry and caused him to question God on why he should take care of those ungrateful people (Numbers 11: 4-17). The Reverend noted that we do have grumblers and complainers in everyday life which can make us very despondent. Instead, worshippers were urged to be grateful and choose to have an attitude of gratitude to God and one another.

Reverend Cynara noted that amongst Paul's final instructions and greetings (1 Thessalonians 5: 15-16) were at all times to do good to one another and all people. Be joyful always, pray at all times and be thankful in all circumstances. This is what God wants from us in our lives in union with Christ Jesus. These instructions can assist us in achieving a life of happiness and fulfillment.

Reverend Cynara blessed the wide range of produce brought in for the occasion by those who worked the land in the rich soils of Las Lomas #1. The harvest was distributed to the congregation and received with thankful and joyous hearts.





### ST. ANDREW'S GRADUATION 2024 "BUILDING THE CHURCH"

**Submitted by Candice Ghouralal** 

It was impossible not to be moved by the graduates' eloquence as they marched down the aisle in their beautiful stoles to the processional musical , "We are walking in God's light ." The faces of the graduating class of 2024 glowed with hope, renewal and the possibility of purpose fulfillment . It was indeed a proud moment for both the graduates and St. Andew's Theological College. The college's energy has indeed exceeded all expectations.

The graduates of SATC, both men and women, who have accepted the challenge of pursuing any of the nine (9) theological programs or thirty (30) plus theological courses, as well as the degree programmes—the Licentiate in Theology, the Diploma in Theology, and the Certificate in Theology— have increased the spiritual potential of our Presbyterian congregations. The college continues to look toward broadening its academic horizon with the introduction of the Bachelor of Theology in the near future. The Board of Directors has also set their sights on the college being able to offer the Bachelor of Education program . As we work towards these goals, it can only allow the College to function as healthy competition in the tertiary markets as we continue to strive toward higher objectives.

Rev. Keron Khellawan, our recently appointed Principal, presented a summary of the College's achievements from past to the present. The young people were encouraged by the principal, through the words, 'every journey begins with tiny steps, with a Youth Ministry certificate as a starting point, you might be inspired to keep improving until you achieve the Licentiate level."

How does the ministry of the Church continue, through its spiritual leaders and members? When we think about it, we realize that the church keeps growing and gaining support because "we"—Clergy, Sessions, Youth Coordinators, Choir Members, Elders, Presiding Elders, Local Boards and all others who serve the Church, in various capacities —continue to be its warriors. Through the guidance, blessing and work of the Holy Spirit, within and around us, God holds us accountable to fulfill His purpose in the World.

In the feature address, which was delivered by the Rev. Dr. Daniel Teelucksingh at SATC'S Graduation Ceremony, held on Saturday, 02 November 2024 at the Susamachar Presbyterian Church, we were reminded of some of the very dark days, through which God quided His Church. It is important that we acknowledge the early church and those who laid the groundwork for our current foundation. As he spoke of the pastoral crisis, Rev. Dr. Daniel Teelucksingh gave the graduates a dose of reality. 'Congregations are becoming smaller, which raises the question of what will happen to the certificates held by the Presiding elders and Elders, respectively. The question posed, "Is there any hope for recovery for the church?" The targeted statement towards the new eldership graduates which also resonated with the congregation was his reference to refrain in becoming just 'wine and bread elders' to be the change. Rev. Dr. Daniel Teelucksingh concludes that we are the hope and the light that creates transformation and writes a new story for the church.'

The congregation in attendance was urged by Rev. Dr. Daniel Teelucksingh, 'to never forget the struggles which the early church endured, the modestly low number of two ordained preachers and forty chosen laypersons, during the most vulnerable time for the church. These individuals were the true evangelists who saved the mission and constructed the church.' The church was successful during its most crucial periods. The recent graduates have the chance to transform a Pastoral Crisis Story into fresh, updated counsel that restates the church's mission and gives leaders stability and continuity. The new pastors have taken up the role. Rev. Dr. Daniel Teelucksingh introduced the graduates as their congregations' pastors, giving them the opportunity to go on building the church.

Ms. Gita Dattoo the valedictorian was the highest awardee completing her Licentiate in Theology as she addressed the graduating class she beamed with gratitude as she expressed thankfulness to those who assisted the graduates on their journey .

The faith community, membership continues to be the church's greatest asset. As members of the Graduating Class of 2024, we have made the commitment to become a part of something far greater than ourselves. Following is a list of those

# ST. ANDREW'S GRADUATION 2024

Submitted by Candice Ghouralal















# PCW COFFEE MORNING AT ARUNODAI

Submitted by Vilma Lalla-Kantapersad (PCW President)







Arunodai Presbyterian Church (Balmain) recently came alive with warmth and fellowship as the Presbyterian Church Women (PCW) hosted their inaugural 'Coffee Morning' on Saturday, 9th November, 2024. From 9:30 a.m., the ladies welcomed everyone into the beautifully transformed Annex which was adorned in elegant gold and white, with lush, locally-grown croton centerpieces. Indeed, it was a wonderful sight to behold. The crisp morning air set the perfect tone as PCW members, dressed in festive attire, along with the invitees gathered to celebrate this special occasion. It was truly a delightful and memorable sight, embodying the spirit of unity and joy.

In attendance were the Minister, Reverend Damien Sieunarine and Mrs. Wendy Gajadhar, the Chairperson of the Local Board.

The event commenced with a warm welcome from the PCW President, Ms. Vilma Lalla-Kantapersad, who then invited Rev. Sieunarine to address the gathering and bless the event. He shared a brief discourse, quoting Proverbs 27:17, "People learn from each other just as iron sharpens iron."

He emphasized the vital role of the PCW and the women in our church as its backbone, offering steadfast support and concluded with a heartfelt prayer.

Mrs. Wendy Gajadhar applauded the initiative and offered words of encouragement. She quoted from Hebrews 10:24, "Let us be concerned for one another to help one another show love and to do good." Both passages beautifully conveyed the message of being supportive, caring, understanding and giving our time and talents to uplift, equip, encourage and empower our church family and the wider community.

The Coffee Morning event was hosted with the goal of increasing the PCW membership. Invitations and flyers were distributed to the various chats to encourage the ladies of the congregation to attend and make a commitment to join the group.

The morning unfolded with a delightful fellowship and camaraderie. Members engaged in meaningful conversations, sharing experiences, memories and ideas while enjoying a sumptuous array of breakfast items and refreshing beverages. The morning was undeniably a huge success, with the PCW

The morning was undeniably a huge success, with the PCW members making a remarkable impact. We trust that our efforts will continue to bear fruit, allowing Arunodai Presbyterian Church to remain a beacon of hope for all.

### YOUR CONGREGATION'S PERSONALITY? (PART 3)

Submitted by: Presiding Elder George K. Sammy

Our identity as Christians is based on a meaningful relationship with Jesus Christ which gives rise to a new identity. We are told in 2 Corinthians 5:17, "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!" Also, in Galatians 2:20 Paul declares, "I have been crucified with Christ. It is no longer I who live, but Christ who lives in me ..." Collectively, we understand our congregations to be "...a chosen people, a royal priesthood, a holy nation, God's special possession ..." (1 Peter 2:9); and as members of a Reformed Church, we also believe in the Priesthood of All Believers.

This third article in the series explores the concept of a Congregation's unique "Personality", again with the objective of assisting Local Boards to better plan for the future of their Churches.

Mr. Michael Adam Becki has named five Congregational Personality Types:

- o Proclamation Centered valuing Truth, especially truth as revealed in the Bible;
- o Outreach Centered valuing Service;
- o **Generosity Centered** valuing Giving to the Church of Time, Talent and Treasure from the gifts we have received from God;
- o **Fellowship Centered** valuing Community by building strong links between the Church and its surrounding community (which in Trinidad and Tobago will include a plethora of religions and denominations); and
- o Healing Centered valuing Wholeness; a balance between spiritual and physical needs.

Strong guidance for a Generosity Centered Church "personality" is found in 1 Corinthians 12:4-6, "There are different kinds of gifts, but the same Spirit distributes them. There are different kinds of service, but the same Lord. There are different kinds of working, but in all of them and in everyone it is the same God at work."

Members of the PCTT are encouraged to identify their Congregation's "Personality" and to use this knowledge to improve the effectiveness of the mission of their Church.

i "What's Your Congregation's Personality Type?", Michael Adam Beck, August 22nd, 2023. https://www.ministrymatters.com/all/entry/11585/whatrsquos-your-congregationspersonality-type? utm\_campaign=shareaholic&utm\_medium= email\_this&utm\_source=email

### **ALL THAT GLITTERS IS NOT GOLD**

**Submitted by Stefan Wilson** 

Dearest Gentle Readers,

The Christmas season is upon us once more, the dazzle of the lights and decorations adorn our sight. Yet, I put pen to paper with a different perspective for us to consider- all that glitters is not gold. Indeed, it is a funny thing to say, but this author believes there are certain truths that can be unlocked from this saying and perhaps you may very well be inclined to agree.

- 1. Is it gold, or tinsel? What is pleasing on the outside may very well not reflect what is on the inside. We face smiling faces that may do the opposite when we are not looking. Every hand shaken, or compliment given, may not come with genuine intention. When Christ walked the earth, he saw directly through the facade of the scribes, who outwardly performed religious signs, and assessed what was on their heart. (Mark 12:38-44)
- 2. With what hat do we decorate our tree? We use many ornaments, some sturdier than others. Often, some break and fall to the ground, and yet some remain, decadent as ever. Interesting, isn't it? Think of our lives as a tree that grows with roots firm in our faith that extends branches beyond our bark. Ornaments may come our way to beautify, but some are not meant to remain. What is a habit we enjoy that is destroying us? What if we are in a job that would not benefit us in the long run? What if a friendship or relationship breaks that would have harmed us for the future? Again, not everything that glitters is gold.
- 3. Look for the real gold. Many things shine on a tree. I've always had a liking for plain white lights on a tree. For I am reminded of Christ, the light of the world. When Christ shines his light on our lives, what must be pruned, broken and even removed happens. The 'real gold' remains. Put this into perspective. Trust and know that in this life, Christ strips away what is not pure gold.

As the song writer says "Purify my heart, let me be as gold. Till next time!

# FUN WITH OUR FURRY FRIENDS

Submitted by: Sarah Robinson - Gibbs

Luke 12:6 says "Are not five sparrows sold for two pennies? Yet, not one of them is forgotten by God." While there were no sparrows present at the Pet Blessing Service at Latchu Memorial Presbyterian Church (Bamboo) under the RDC of the Curepe / St. Joseph Pastoral Region, this scripture rang true for all animals and humans alike who were present. Just as God does not forget us, he does not forget our pets. Reverend Sanya Beharry conducted a short service where we were reminded that God created everything on earth and we were put here to care for all his creations. Anyone who has a pet is well aware what a big part they play in our lives, and we are truly blessed to have them.

All were invited to bring their pets for a special individual blessing by Reverend Sanya Beharry. All animals which were present met the Minister without incident, howling or barking to receive their blessing. As the animals approached Reverend Sanya, it seemed as if they understood in their own way the sacredness of this service and were calm and almost reverent while receiving their blessing.

The joy was evident on the faces of all present - adults and children alike. Especially the animals who received extra love and cuddles. There was fellowship with a shared love of animals and camaraderie. Even the animals fellowshipped and gamboled about together.

There were vets who provided free check – ups as well as giveaways and door prizes full of toys and treats for our furry friends. An obedience trainer was also there giving a very impressive demonstration and offering advice.





to feathered! (Please ensure all pets are on

a leash or in carriers for safety.)



breath praise the Lord

Praise the Lord."

As the hymn writer beautifully put it:, "All things bright and beautiful, all creatures great and small," all things wise and wonderful, , the Lord God made them all."

"For every animal of the forest is mine, and the cattle on a thousand hills. I know every bird in the mountains, and the insects in the fields are mine" (Psalm 50:10-11).

## HARVEST/ THANKSGIVING AT KRIST MANDLI

Submitted by Mrs. Sharon Horrell

Harvest/ Thanksgiving, a wonderful occasion that reminds us of the importance of giving thanks for all the blessings we have received from God.

The Krist Mandli Presbyterian Church celebrated this occasion on Sunday 20th October, 2024, with a special guest, Reverend Ralph Umraw, who officiated at this service. The scripture readings were taken from Deuteronomy 26: 1-11 and Matthew 13: 3-9. The service commenced with the singing of the Introit by the Choir during which the youths proceeded to the Chancery area where they placed the produce.





Deuteronomy 26: 2 states "Take some of the first fruits of all that you produce from the soil of the land your God is giving you and put them in basket." Reverend Umraw spoke about our ancestors being mistreated and subjected to harsh labour and suffering, but the Lord brought them out of Egypt to a place flowing with milk and honey, where they were able to plant and share their harvest with thanksgiving.

He urged the congregation to do the same and praised them for the wonderful crops he saw. He also prayed that Krist Mandli would continue to plant and share in the way he saw and that they continue to have an attitude of gratitude. Each family was given a bag filled with produce.

We thank all those who supported us and we applaud the great efforts of our youths who not only participated in the Harvest/ Thanksgiving Service but who also took charge of the service on Youth Sunday on 29th September 2024. We support, encourage and guide our youths and we look at the seeds planted as they grow trusting God for what's in

# ALL THINGS BRIGHT AND BEAUTIFUL HYMN 435: (ALTERNATIVE WORDS)

Submitted by PE George Sammy

My late mother, Mrs. Myrtle Sammy, truly loved the tune to the hymn All Things Bright and Beautiful. She also liked most of the words, but she had a problem with the references to winter, great lakes and curlew's call in our Trinidad context. Many, many years ago, she challenged me to do something about it. After many decades, I have taken up the challenge and the result is attached.

Refrain:
All things bright
and beautiful,
all creatures great
and small,
all things wise and
wonderful,
in love God made
them all.

Each little flower that opens, each little bird that sings, God made their glowing colours, God made their tiny wings.
Refrain

store. It certainly was a blessed morning at Krist Mandli Presbyterian Church.

The cool nights when it's crop time, the pleasant morning sun, the ripe fruits in the garden, God made them every one.
Refrain ...

The splendour of the mountains, the cocoa and the canes, the warm seas that surround us, the dew upon the plains.
Refrain ...

God gave us eyes to see them, and lips that we might tell how great is God almighty who has made all things well. Refrain ...

### **CANAAN PRES CELEBRATES 129TH**



The Canaan Presbyterian Church celebrated its 129TH Anniversary on Sunday 17th November 2024. It was a day for the church and its congregants to reminisce about the past and plan for the future. The Theme: GENERATIONS OF FAITH by Rev. Joy E. Abdul-Mohan using the Texts: Exodus 3:1-10 & 1ST Corinthians 12:12-26. Excerpts from the Sermon emphasized,

When God has a big task to accomplish, he simply takes the person who will become available to him for the task. In our Old Testament Lesson taken from Exodus 3: 1-10, the task was to liberate God's people from Egypt and lead them to the promise land. God chose Moses although he was not favoured by his own people. He did not have an abundance of talent, yet God wanted him to serve a purpose at that time in his generation. The message focused on four key components:

- 1. The Burning Bush: Moses saw a baffling sight on Mount Horeb. A bush was on fire, but it did not burn up. God told Moses that he had seen how miserable his chosen people, the Hebrews, were in Egypt, where they were slaves. He picked Moses to carry out that task. God communicated with Moses out of a fiery bush that was miraculously unconsumed. The Presbyterian Church holds dear to its heart the motto: Nec Tamen Consumebatur, "not yet consumed", the symbol of the Presbyterian Church since 1690. The symbol expresses the conviction that despite its trials from its earliest days, the Church many generations of faith will not be consumed or destroyed.
- **2. God's Awesome Presence:** Moses received significant messages from the burning bush that was not consumed. It revealed God's awesome presence. Moses was made aware of the angel of the Lord being present in the bush. God's message to Moses revealed that he was a God of overwhelming grace. God's greatest message is always his love and grace. Our forefathers and mothers, with the assistance of the Missionaries, were able to leave us a great example of what it means to persevere and maintain our faith through trying circumstances.
- **3.** God's Faithfulness to the Covenant Promise: God revealed to Moses his compassion and faithfulness to the covenant/promise: God's challenge was for Moses to lead the Hebrews out of Egyptian bondage into the land promised to their father, Abraham. God's promises are as strong and as sure as his own character. Just as Moses, John Morton was called by God to proclaim the Gospel, and his mandate was to bring women and men to the knowledge of the saving grace of Jesus Christ. Thus, as Generations of Faith, we would not be part of the PCTT worshiping and serving God in Christ, if it were not for the pioneers and past generations.
- **4. Unity in Diversity each called to serve:** St. Paul describes the church in terms of a body. He says in 1st Corinthians 12, that the church is like a human body consisting of many parts responsible for different functions. In Romans 12:4-5, Paul says, "For as in one body we have many members and all do not have the same function, so we though many are one body in Christ, and individually members one of another." Paul likens the church in its relationship to Christ to the human body.

Thus, the church is a living organism made up of different parts which will function effectively only when there is a high degree of harmony and unity among its members, each carrying out his or her responsibility. The church needs to and should represent the best example of unity in diversity, where all are seen as essential and vitally necessary to the building up of the body of Christ. There is no room for jealousy, envy or insecurity in the church, every member is called to serve his/her unique purpose for they were created and to be the best version of themselves.

Here, then is the message - God manifests himself through the fire of affliction and adversity and his purposes are certain. God's people are secure in the assurance that they will not be destroyed nor consumed because God is constant, never changing, eternal and faithful to God's promises. 'I am that I am.'

The pioneers established the church not only for one generation of people, but for the future generations. Therefore, as Generations of Faith, we who have benefited from the dedicated work and faithful witness of previous generations must ensure that succeeding generations benefit from our work, as we sincerely work together to build up the church and serve God even beyond the four walls of the church. Amen.

### CUNARIPO PRESBYTERIAN CHURCH CELEBRATES 120TH ANNIVERSARY - 1904-2024

submitted by

The Cunaripo Presbyterian Church was officially established on 19th September, 1904. This year the Anniversary Service was held on 15, September 2024.There were approximately eighty-five persons in attendance. Visitors included members of St. Joseph, Morton Memorial, Jubilee Memorial and Kelly, Presbyterian Churches. The worship leader for the evening was Ms. Roann Mahabalsingh. Members of the Local Board participated in the service and the church's choir rendered an introit and two anthems.

The Guest Preacher for the service was Ms. Petra Mahabalsingh, who delivered a vibrant, powerful and inspiring message. Her theme was "The Church's One Foundation." The scripture base came from Isaiah 50: 4-9 and John 3: 1-12. She captured the congregation's attention as delivered God's message reminding us that the church is Jesus's example, his life, work and witness of how we should relate with others. reminded us of Jesus's relationship not only with his Heavenly Father but with everyone he encountered. The lives he touched not only with his words but with His actions.

She focused on Jesus as 'THE WORD 'urging us to continue building the church; that words without action are meaningless, that we must be doers of the Word; that as a congregation we must do all we can to build up one another, not only in our homes, our church, in our work places but in our community well. She as emphasized that any church with Jesus Christ as their foundation must be prepared to put in the hard work: do not forsake our love for the church, stop making excuses not to come

to church hunger and thirst for God's word, equip ourselves with the word of God, which is the sword of the spirit that protects us. She reminded the congregation that God brought the world into existence with his words, so too, we must use our words to build up one another not tear apart each other. That words once spoken cannot be taken back.

At the end of the service, tokens of appreciation were given to Ms. Roann Mahabalsingh, Ms. Petra Mahabalsingh and Dr. George Sammy (on the following Sunday). Persons in the congregation were also honoured: Mr Haidar Kasmally and Mr. Davidson Sam on their retirement, Mrs, Josephine Sam, Mrs. Josette Sam- Goinda and Mrs. Patricia Parey- Lutchman, for long and dedicated service and Ashay Sagam for service, dedication and academic performance. Refreshments were served after the service and token were distributed to all present, thanks to Mrs. Kathy-Ann Sankar Kassiram. 'Thank you' was extended to all the members who made the service a success.







# THREE IN ONE SERVICE ISAAC SMITH MEMORIAL (ARIMA PRESBYTERIAN CHURCH)

Submitted by Neerala Savi Cumberbatch

"To everything there is a season and a time for every purpose under heaven" (Ecclesiastes 8:1).

This year our annual Harvest and Thanksgiving Service at Arima SUNDAY OCTOBER 20, 2024, was even more significant as the service included the re-dedication of our Church and Hall. The Service started promptly at ten o'clock in the morning, a shift from the usual seven a.m.. this was to accommodate the elderly and children who would have been challenged to reach on time.From the day before, members brought their fruits, vegetables and plants to receive special blessings.

Members of The Northern Presbytery as well as members of our sister congregations of the Region were invited to this Service. Mr. Daniel Harradan, Secretary, brought greetings on behalf of The Northern Presbytery.

The mornings proceedings started with the beautiful hymn: "Give thanks my soul for harvest" followed by a powerful message from our

resident Minister, Reverend Adrian Sieunarine, based on Galatians 6:7-10 with the memory verse "Do not be. deceived: God cannot be mocked." Reverend Adrian Sieunarine was ably assisted by Student Minister, Miss Stephanie Baldeosingh, as worship leader. A Harvest offering special collected which will go towards the continued work of the church.

After the sermon, the Chairman of the Arima Local Board, Mr. Kenrick B. Cumberbatch, gave an account of his stewardship with respect to expenditure on the church improvement project, he also moved the Vote of Thanks.

He reminded congregants that for the past ten years, no one was able to access the church from the main front entrance as the integrity of the foyer was compromised. Thank God we can now do so without risk. The Scope of Works undertaken included the construction of a steeple adding an ecclesiastical appearance.

The colourful welcoming graphic sign was kindly donated by the members of the Arima Presbyterian Church Women depicting the year it was established – June 29, 1890.

Mr Cumberbatch extended his gratitude to the Executive of the Arima Local Board, all the groups of the church, and persons who gave of their time and their talents which were done to the honour and glory of God.

The service ended with the closing hymn: "Bringing in the sheaves" after which special blessings were done for the bountiful harvest received which was shared among the members of the congregation. The Minister then blessed the meal provided and members were then invited to move to the Hall to continue in fellowship where lunch was served courtesy the Local Board.



# ST JOHN PRESBYTERIAN CHURCH CELEBRATES 20TH ANNIVERSARY

St. John Presbyterian Church of Bank Village, Carapichima, celebrated its 20th Anniversary on October 20, 2024, highlighting its rich history and enduring community impact. Since the Presbyterian early 1940s. presence in the village has spiritual and served as а educational foundation. Initially established as a mission, it provided quidance and evolving education, into а structured community gathering place by 1941 with a "Night School" and later a Sunday School.

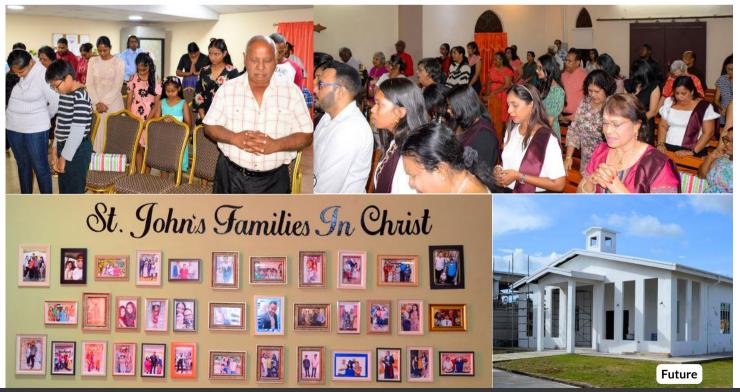


In 1958, a dedicated church building was constructed on land donated by Mr. Bootan, which became not just a place of worship but also a vibrant social hub for events like cricket matches and Christmas concerts. essential for the sugarcanedependent community. However. shifts in employment and migration patterns by the 1990s led to a decline in local participation, and by 2000, the church closed, falling into disrepair.

The church's story took a hopeful turn in 2004 when the Presbyterian Church of Trinidad and Tobago, under Reverend Dr Daniel Teelucksingh, initiated renovations. With support from the Chase Village Pastoral Region, the restored church was rededicated on October 24, 2004, in a service led by Reverend Annabell Lalla-Ramkelawan. This marked a spiritual rebirth, sparking renewed community engagement.

The church has since grown into a beacon of faith, with an active Youth Ministry, a Prayer Group formed in 2013, and a flourishing Music Ministry. The recently erected Church Hall exemplifies St. John's dedication to serving an expanding congregation. St. John Presbyterian Church. grounded in faith and community, continues to inspire and serve, holding a legacy of resilience and hope for Bank Village. May it remain a pillar of faith in the years to come.





# SAGHS WALKATHON AND HEALTH FAIR 2024: STRONGER STRIDES, STRONGER YOU!

Submitted by Murella Sambucharan, Vice-President, SAGHS PTA

On November 30, undeterred by the ominous weather, the spirited St. Augustine Girls' High School (SAGHS) community came together for the eagerly awaited Annual Walkathon and Health Fair, 2024. This event highlighted the power of partnership among parents, teachers, and students in fostering health, wellness, and a strong sense of community.

The theme, "Stronger Strides, Stronger You," beautifully captured in the winning slogan by Seriah Nunes of Form 5Y, set the tone for the day's activities. Participants donned bright pink attire as they enthusiastically walked through the streets of St. Augustine, accompanied by members of the Trinidad and Tobago Police Force. Chipping to the beats of the music truck which led their path, students, siblings, parents and supporters embodied the SAGHS spirit of teamwork and wellness.

At the School's grounds, the SAGHS Steel Orchestra ushered in the Advent season as they regaled attendees with a medley of contemporary music and Christmas carols. Adding a fun and energetic twist, participants also enjoyed a Zumba burnout session that had everyone who participated moving to the beat, further reinforcing the importance of physical activity in achieving a balanced lifestyle.

The Health Fair, another major highlight of this annual event, offered valuable primary care, dental and vision services as well as nutrition advice to attendees. Free ECGs, product sampling, and discounted wellness services were among the many benefits provided to the These community. outreach initiatives underscored the PTA's commitment accessible healthcare and health education for all SAGHS's stakeholders.

The resounding support from the Presbyterian Church of Trinidad and Tobago, staff members, parents, and students was a testament to the strength of the SAGHS family. Together, they brought to life the PTA motto, proving that "Hand in Hand, Together We Can" achieve stronger strides toward a brighter and healthier future.



# 95TH ANNIVERSARY AND MAGAZINE LAUNCH AT CUREPE PRESBYTERIAN SCHOOL

Submitted by Neerala Savi Cumberbatch

From its humble beginnings on St. John's Road to a beacon of academic excellence, the Curepe Presbyterian School celebrated the 95th Anniversary of its existence on Lyndon Street, Curepe, and also launched its commemorative magazine.

On Friday 29th November, 2024, the eager students, under the supervision of their teachers, filed into the Curepe Presbyterian Church sanctuary adjoining the school's compound. They were greeted by the smiles from our Acting Principal Mrs. Patricia Thompson-Jaggernauth; school chaplain-Reverend Emmanuel Ramdeen; and our guest preacher, The Moderator of the PCTT, The Right Reverend Daniel Chance. They were welcomed to the melodious sounds of carols. Our school's choir further enhanced the mood of the service with their introit, 'Ancient of Days' and their anthem 'Goodness of God.'

The symbolic lighting of candles marked momentous occasion by various the individuals who represented different aspects of our school-past and present. Candles were lit in the following order, Past Student, top Presbyterian student 2023, Ruthvikar Saravana Kumar: Present student-Malakai Manswell; Past Parent-Mrs. Shelly-Anne Visser; Present Parent-Mrs. Juliet Jospeh; Past Principal-Mrs. Emeline Dhanoolal and a present member of staff-Mrs. Michelle Ramdass. These candles represented the light that the Curepe Presbyterian School has shone over the years and will continue to shine for years to come.

In his message, the Moderator reminded all that not only do we think of the physical building but to continue building on the sure foundation. Jesus Christ. He emphasized we must continue to express our gratitude to God for his blessings through the years. The students gained insight into the legacy that is Curepe Presbyterian School as homage was paid to past Principals and alumnus. Among them, Mr. Errol Benjamin, Mr. Morgan Bassanta, Mrs. Sybil Ramlochansingh (Ag), Mrs. Jovce Clarke (Ag), Mr. Samuel Bejai, Mrs. Emmeline Dhanoolal, Ms. Joan Ramsaroop (Ag) and our most recent past principal, Mrs. Brenda Pattron-Motilal, Alumnus include former Chief Justice. Satnarine Sharma; former Pro-Vice Chancellor and Principal of U.W.I. Member of Parliament. Dr.Bhoendradatt Tewarie: Political Analyst and Lecturer at UWI, Dr. Bishnu Ragoonath; professional swimmer, Syriah David: **ICT** networking Innovations Pioneer, Dr. Partrick Hosein: the Honourable Minister of Health, Terrace Devalsingh; and 2024 Hummingbird Medal Professor recipient Saniav Bahadoorsingh.

The second part of the morning proceedings conducted by Mr. Davenand Kaladeen began with the welcome by our school's Acting Principal Mrs. Thompson-Jaggernauth.

Greetings were brought on behalf of the Presbyterian Primary Board of Education by Mrs. Ruth Abdul. Additionally, our school's manager, Mr. Anish Bahadoorshingh: and PTA Presiden,t Kimani Peters also brought greetings. Two special items were performed. first by Sophia Joseph a calypso rendition-'Icons CPS' and a musical item by Ms. Nirmala Persad and Ms. Zara Lackhan. During this portion of the morning's events, the school officially launched its commemorative magazine which includes work from our present student body and pays tribute to the legacy and the school's motto 'Higher Still'.

The principal and staff would like to express their gratitude to all stakeholders who have played a critical role in the development of the prestigious institution that we all hold dear and look forward to all God's blessings for future successes.











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# IN LOVING MEMORY



SUNRISE: 7<sup>th</sup> January, 1948. Sunset: 16<sup>th</sup> September, 2023.

# Jean Harrikissoon



SUNRISE: 27<sup>TH</sup> SEPTEMBER, 1944. SUNSET: 26<sup>TH</sup> NOVEMBER, 2022.



Errol Maharaj Sunrise: March 25 1943 Sunset: May 30 2013



P.C. DAVE RAGHONANAN
SUNRISE: 28TH APRIL, 1983
SUNSET: 30TH NOVEMBER, 2018
FROM PARENTS DAVID AND THELMA
SILBINGS - TESHIERA, TYRON,
TERRY, CAMILLE
NEPHEWS - TAIRIQ, TYRUS, TERRIS
WE MISS YOU!!



DALIP RAMSAWAK
SUNRISE: 2ND DECEMBER 1956
SUNSET: 29TH NOVEMBER 2023
LOVINGLY REMEMBERED BY
HIS WIFE - ROSE
CHILDREN - ANDERSON AND ALISON
SON IN LAW - MANIRAM
YOUR LIFE WAS A BLESSING, YOUR
MEMORY IS A TREASURE, YOU ARE
LOVED BEYOND WORDS AND MISSED
BEYOND MEASURE.



Kay Ramlakhan

Sunrise: 30th. December.1947

Sunset: 28th. January.2016.

MEMBER OR THE

PENAL PRESBYTERIAN CHURCH,

LOVINGLY REMEMBERED BY HER HUSBAND

WILLVAN,

4 CHILDREN; 8 GRANDCHILDREN;

4 IN-LAWS; FRIENDS AND RELATIVES

Owen Maharaj

SUNRISE: 29th May, 1941 SUNSET: 22nd September, 2024.



# The Presbyterian Church of Trinidad & Tobago



Of work and witness in Trinidad & Tobago

Sunday 5th january 2025 at 4:00 p.m. Aramalaya Presbyterian Church 14 Cochran St, Tunapuna

Leader of Worship
Rev. Dr. Annabell Lalla Ramkelawan

Preacher

The Rt. Rev. Daniel Chance

Choir

PCTT 157th Anniversary National Choir