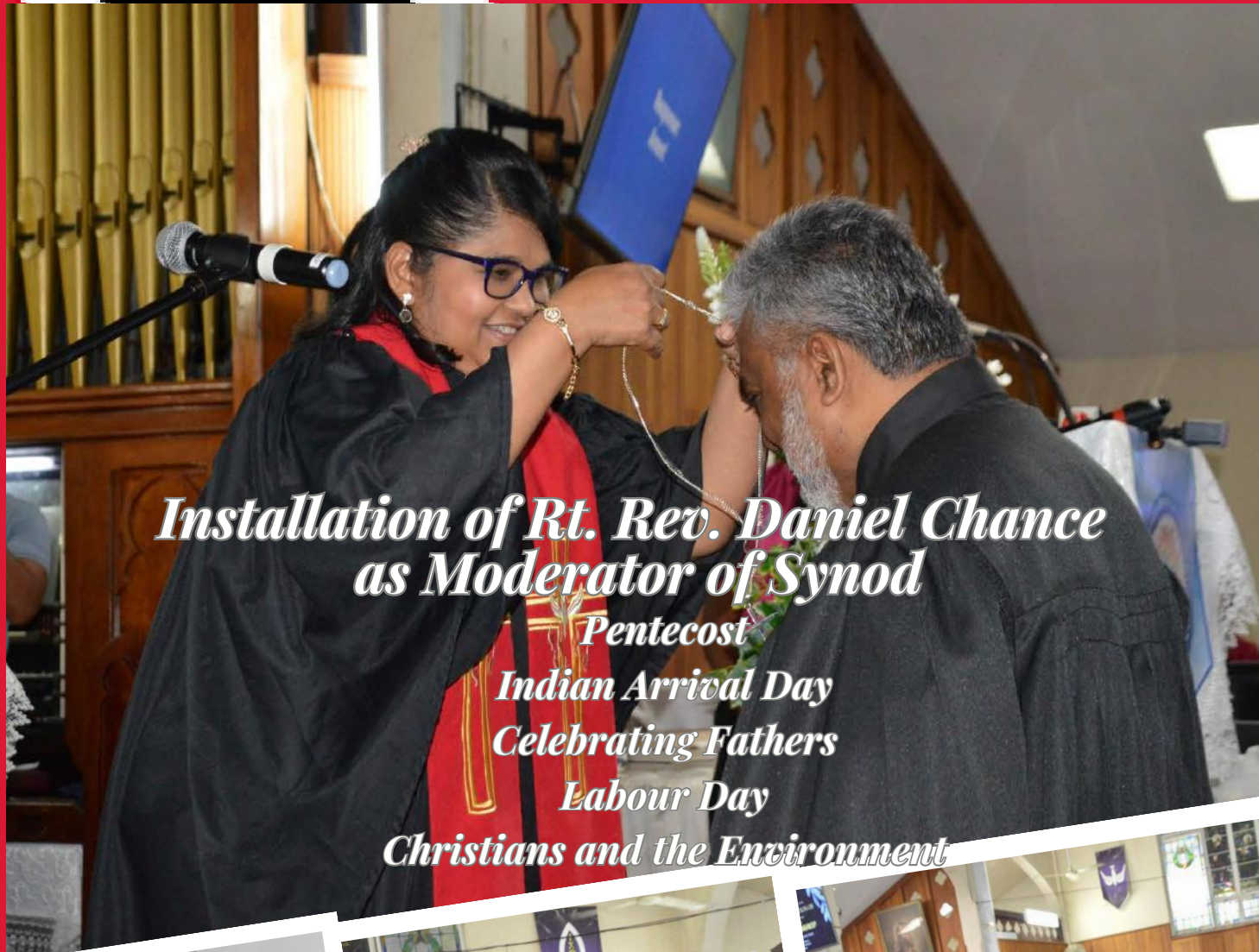


The Trinidad PRESBYTERIAN

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



Installation of Rt. Rev. Daniel Chance as Moderator of Synod

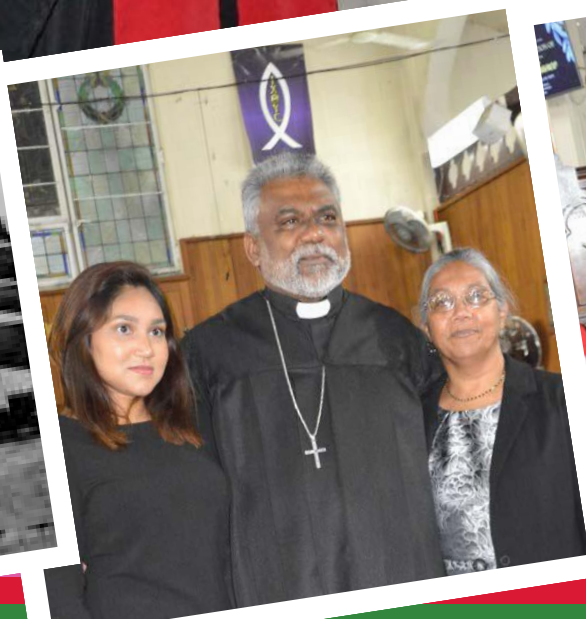
Pentecost

Indian Arrival Day

Celebrating Fathers

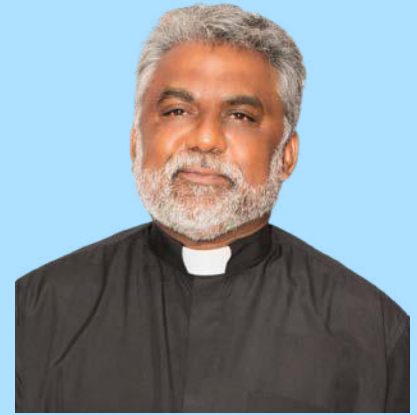
Labour Day

Christians and the Environment



THE MODERATOR SPEAKS

PCTT MODERATOR, THE RT. REVEREND DANIEL CHANCE



"Pastoral Care"

God's call to be a Shepherd to His people is a humbling privilege, yet a great responsibility. Undoubtedly, the life and ministry of Our Lord and Saviour Jesus Christ, our Shepherding example, directs us as a people who are in relationship with him. One may ask, "What makes Jesus' ministry so unique?" He calls upon his disciples and followers to love those who could never love them. Friends, need we be reminded that deep within all of us, there exists the capacity to love and to care for others? It is always easier for us to extend love and care to those who open their hearts to us. We are commissioned to serve his flock to the best of our ability. Let us, therefore, love, direct and care for all of God's people.

At Pentecost, we recall the outpouring of God's Holy Spirit upon His faithful and committed people. Even today, we are being challenged to work together to ensure the continuation and expansion of the ministry of Jesus Christ. World over, it is the power of the Holy Spirit which propels the Church, the visible body of Christ, towards communion with God's people.

I use this column to issue a clarion call to all those who belong to God's household, to fulfill the biblical understanding of what it means to be a 'Shepherd'. I wish to reiterate that the Shepherd within each Pastoral Region is not only the 'Church Worker' but includes all who heed God's call to serve in leadership positions within the Church. As members of the Body of Christ in the world, let us be the kind of Shepherd who will care for the entire flock.

The Word of God cautions that the Shepherd who only feeds himself or herself will stand the consequence of denunciation. In fact, we are called upon to 'feed the sheep and tend the lambs, protect them and build them up.' Therefore, it is our responsibility as Shepherds and Leaders in the exercise of pastoral care: to visit, to pray with, to empower and to encourage all those who have grown disenchanted with being part of Presbyterian fellowship. When Shepherds fail to care for the people of God, the Word tells us that "God Himself will care for His sheep!"

It is my prayer that our gracious and loving God bless and guide us all in caring for the lost, weary, and broken hearted.



GREETINGS FROM THE PRESBYTERIAN CHURCH ON THE OCCASION OF INDIAN ARRIVAL DAY (30TH MAY 2023)

PCTT MODERATOR, THE RT. REVEREND DANIEL CHANCE



On behalf of the membership of the Presbyterian Church of Trinidad and Tobago, I bring greetings to the East Indian Community on the occasion of Indian Arrival Day, 2023. Trinidad & Tobago continues to be considered a melting-pot of many ethnic groups. For most of us, this is the land of our birth as a result of the decision of our ancestors to leave their homeland and all it meant to them in the hope of a better future for their children, grandchildren and their families.

Today, the opportunity is presented to us to pay tribute to the patriarchs and matriarchs of a people, who fought against all odds, with a spirit of determination, endurance, resilience, sacrifice, persistence and courage. They came to work as they envisioned a brighter future for themselves and their loved ones. Their willingness to persevere, despite the existing circumstances which they faced, has taught us, over the years, the value of what honesty, hard-work and faith in God can accomplish.

But whenever we speak of the Indentured Labourers, mention must be made of the pivotal role which the Canadian Missionaries and by extension the Presbyterian Church played in breaking the shackles of poverty thus allowing us the opportunity to enjoy a better life today. Therefore, it is with a deep sense of gratitude that we continue to pledge our support toward making Trinidad and Tobago, the caring, safe and beautiful place that God created it to be.

Greetings to all. Thank You.

EDITORIAL

WHY THE MENTAL HEALTH OF THE NEW DAD MATTERS

“Father! To God Himself we cannot give a holier name.” William Wordsworth

Parenthood is indeed a significant psychological milestone for both men and women. Traditionally, the focus is on maternal mental health while new fathers are largely absent from these discussions in the perinatal and postpartum period. Some studies reveal that up to twenty-five percent of fathers may suffer from undiagnosed and untreated depression with the first year of childbirth. This may express itself as profound sadness, lack of sleep, suicidal ideation, disengagement with the family unit, engagement of risk-taking behaviours and substance use, isolation or even aggression.

As men enter fatherhood, they face some of the toughest challenges since puberty. Biologically, starting a few months before delivery, testosterone levels decrease while other hormones such as prolactin and vasopressin, increase- nature’s way of rewiring the brain for fatherhood. This new transition into fatherhood involves very difficult psychological tasks. A man is now required to learn how to depend on others and how to let others depend on him. He is to resolve his own internal conflicts concerning his father and manoeuvre waves of uncertainty. He is to face new, unanticipated changes and challenges in the relationship with their partner. Guilt, confusion, and resentment may be the result as relationships which provided much needed emotional support and intimacy are now sacrificed. Negotiation and conflict resolutions surrounding parenting may be a source of constant tension. Both conscious and unconscious pressures to provide physical, emotional and financial support are considerable.

Having a supportive and involved father benefits not only the child but the entire family. Authentic connection with an actively involved, engaged father may be a protective factor from negative life outcomes such as developing behavioural problems and risk-taking behaviours, poor academic performance/ not completing high school, increased risk of substance use and incarceration. Research shows that high levels of father involvement are correlated with “higher levels of sociability, confidence, and self-control in children. Children with involved fathers are less likely to act out in school or engage in risky behaviours in adolescence” ([The Fatherhood Project](#)). Fathers who are emotionally present, responsive and supportive have partners who express significantly less symptoms of depression, anxiety, stress and postpartum depression. It has been proven that it is possible for non-resident, engaged fathers to have a positive effect on their child’s emotional and social well-being, their achievements and development as life progresses. Ultimately, it may not be as simple as the number of hours spent as father and child but rather, the quality and strength of that time.

With adequate support and understanding, this silent epidemic of paternal mental health illness can be addressed, allowing fathers to thrive during the unique challenges of fatherhood. Building bonds with other new parents- understanding they share the anxieties and frustrations you are experiencing- can be reassuring. Fathers, at all stages (from conception and beyond) must engage in self-care, have time alone with partner, healthy eating, exercise, disengage from substance use, meditation and prayer as ways to strengthen their physical, mental and spiritual bodies. Professional assessment should always be encouraged for those who are in need.

As the month of June brings Father’s Day, let us honour, celebrate and truly appreciate our fathers and the unique mental health challenges which are presented to them!

Beth-Rapha is an all-embracing and umbrella organization of the PCTT which is not limited by space and personnel. Its aim is to establish a religious/spiritual, bio-medical and psycho-social centre/agency, where the agency will provide interventions for healing, support, training and other services to members of the PCTT family and the wider community.

Objectives:

- To minister to the religious and spiritual needs of persons.
- To care for all persons who are experiencing life crises.
- To collaborate with external stakeholders for intervention.

- How we are going to operate?

Services at Beth-Rapha include:

- Meeting the Religious/Spiritual needs of persons
- Psycho-Social Bio-Medical
- Legal counselling
- Social Welfare advice and counselling
- Training for e.g. (Training would be made available for those who would like to serve.) Other services will be included as the project develops overtime e.g. 24 hours hotline access.



The highest quality of trained and licensed professionals in their respective fields will be engaged to ensure that those accessing these services are given the best care and that the highest level of confidentiality is maintained.

To access the services of Beth-Rapha you can call the Synod’s Office at 652-4829/653-4788 or email: synod@pctt.org.tt.

INSTALLATION OF NEW MODERATOR

PCTT COMMUNICATIONS

Sunday 28th May 2028, was Pentecost Sunday and all roads led to Susamachar Presbyterian Church for the 4:00 P.M. service of Installation of The Right Reverend Daniel Chance as Moderator of Synod of the Presbyterian Church of Trinidad and Tobago. No pew was left empty as people filled in from all pastoral regions. Bus loads came from the corners of the country to witness "Pastor Chance" take on the mantle of Moderatorship.

The service was edified with music from The Penal Regional Choir, the Susamachar Presbyterian Church Steel Orchestra, Mr. Kevin Ragbir on Organ, a duet by Dr. Alicia Batchasingh and Ms Renisa Ramlogan, and a solo by Mr. Neil Forgenie.

Leader of Worship was Reverend Cynara Dube-Khan. The Prayer of Adoration and Confession was offered by Reverend Kelvin Sookhansingh. Welcome and announcements were delivered by Mr. Terrence Warde, General Secretary of Synod, and the Responsive Reading was led by Deaconess Amber Seesahai-Payne.

Reverend Adrian Sieunarine and Mr. Roy Umraw read the Scripture passages, the Prayer of Thanksgiving was offered by Presiding Elder Mr. Roy Ramlogan and the offering was dedicated by Reverend Ria Thompson-Jimdar.

The message was delivered by Reverend Manan Deo on the topic, "The Leadership that God expects." He recalled the leadership of Moses and Jacob, the challenges and obstacles they encountered and reminded that all God's leaders must have the people of God as the focus. As God promised Joshua "I will be with you, just as I was with Moses", Reverend Deo assured that such was God's promise to the new Moderator and all committed Church leaders.

Like Paul, he admonished leaders to have a single minded focus on the people's wellbeing and to use their positions and authority not to oppress but to manifest love for the people. Reverend Deo encouraged the need for honest self awareness of performance.

Self aggrandizement and basking in titles should not be the portion of church leaders. A superior position should not lead to an aloofness and separation from the people but instead should manifest limitless compassion for God's people, offering salvation to precious souls, those suffering unemployment, people with shattered dreams and broken promises and the many whose circumstances lead them to wonder if God exists.

He reminded of Jesus' practice of Servant Leadership and Jesus' call for leaders to shepherd the flock, seeking to heal not to hurt, persuade rather than bully, commit to the upliftment and growth of people.

The Right Reverend Daniel Chance was presented by General Secretary Mr. Terrence Warde and the Act of Installation was conducted by immediate past Moderator ,Reverend Joy Abdul-Mohan.

Reverend Dr. Annabell Lalla-Ramkelawan offered the prayer of Intercession and greetings were brought by Reverend Sanya Beharry on behalf of the Northern Presbytery, Reverend Letra Jacob on behalf of the South Central Presbytery and Mr. Ashford Tamby on behalf of the South Eastern Presbytery. Deaconess Calpurnia Chance, Right Reverend Chance's wife, was recognised with a token presented by Immediate Past Moderator Reverend Joy Abdul-Mohan. To God be the Glory!



Response by Right Reverend Daniel Chance

There are many instances in the Bible where those who were called, set apart, and appointed by God, highlighted or made known their unworthiness, reservation, limitation and how inadequate they felt regarding God's call upon their lives. And friends, today I feel no different. God remains in charge of our lives as well as our destiny.

Many persons have impacted my life in positive ways. Mention must be made of my parents who are no longer with us. Their devotion to God and their love for their children which was reflected in the prayers which they offered to God on our behalf. Their love and care which they have transmitted to us, my siblings and their families.

Today we lift our sister, who has not been well, in prayer. Calpurnia and our daughter, Maya, uncles and aunts, relatives and friends, colleagues in Ministry, the many mothers and fathers, brothers and sisters, sons and daughters as well as those who live abroad within the faith community, who continue to journey with us and support our various charitable work and outreach projects. Friends, you know who you are.

We have all entered into a covenant relationship with God – to care for all of God's people, and to continue the mission which has been entrusted to us by the one who founded the Church, our Lord and Saviour, Jesus Christ. But where should we begin? We need to begin within our homes. It is said that, "the mission of the church, is to bring new life and announce the living presence of God in our place."

Friends, I can think of at least four (4) areas of Ministry that require our attention as we embark upon the Shepherd's model of leadership:

1. The need exists for in-depth Pastoral care, where emphasis will be placed upon those who are on the margin or fringes of society.
2. There is the need for leaders to be empowered with the resources needed so that they, in turn, will empower those in their care. In other words, we need caring pastors. Yesterday, we heard about care-frontation, which is where we care for God's people in a loving manner.
3. There must be a place for everyone within the community of believers, where there is a sense of belonging, where needs are made known and those needs are met.
4. The church must continue to reflect and make real the love and compassion of Christ.

In closing, I wish to thank all those who led and participated in today's worship experience. I acknowledge the tremendous sacrifice made by all those who are here this afternoon. Special mention must be made of Reverend Deo for his words of caution and guidance; the Penal Regional Choir, our Organist, our sisters from Tabaquite, Synod's office staff, the Steel Orchestra and the Susamachar Pastoral Region.

Only recently, a very dear friend and mentor said to me, "Continue to speak with the same people whom you have always been speaking with, and keep your feet on the ground!"

I thank you all.



RESHMA SOHAN PHOTOGRAPHY



KNOW YOUR FAITH

WHAT WE CAN LEARN FROM OLD TESTAMENT SACRIFICES


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

Sometimes when we see the varieties of sacrifices mentioned in the Old Testament, we can get confused. Some people think that the first reference to sacrifice in the Bible is in Genesis 3:20 where God kills animals to clothe Adam and Eve after their sin. As the sacrificial system developed, we can think about sacrifices within these five categories, and the Hebrew word for each is given next to them:

1. Burnt Offering (olah: "offering of ascent"): atonement of sin and expressions of devotion to God. See Leviticus 1:3-17.
2. Grain Offering (minchah): Voluntary expression of devotion to God. See Leviticus 2.
3. Peace Offering (shelem): Includes Thanksgiving, Freewill and Wave offerings. See Leviticus 3 and 7.
4. Purification Offering (chattath): in some early English translations, this is called the "sin" offering but its purpose is to transport the giver from missing the mark, to the point of reconciliation with God, and it was offered for ritual cleansing as well as for atonement for unintentional sin. See Leviticus 4 and 5.
5. Guilt Offering (asham): This is sometimes translated Trespass Offering or Reparation Offering and had a specific monetary value because it was not for the assuaging of emotional guilt but related to the payment of what was owed financially. Reparation meant restitution of relationship. See Leviticus 5: 15-16.

Sacrifices represented an outward expression of inward transformation. Reconciliation was achieved by attitude and not just action, which is why prophets spoke harshly when people followed the ritual but were arrogant and cruel in their lifestyles.

When we prayerfully review the types of sacrifices under the old covenant, we rejoice that Christ is our fulfillment and perfect sacrifice. Christ defeats death and pays the price (Hebrews 10:10). We are called not to offer external sacrifices but to be the holy, living sacrifice to God (Romans 12:1; 1 Peter 2:5).



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kimberly.ramkissoon@satc.edu.tt | raquel.paul@satc.edu.tt

ACADEMIC YEAR 2023/2024
Semester I

INTRODUCTION TO THE BIBLE
Lecturer: Rev. Damien Sieunarine
Start Date: 4th September 2023
Day: Monday | Time: 5.30 pm - 8.30 pm


TEACHING THE BIBLE TO ADULTS
Lecturer: Rev. Dr. Randall Sammah
Start Date: 6th September 2023
Day: Wednesday | Time: 10 am - noon

CONSTITUTION OF THE P.C.T.T.
Lecturer: Rev. Keron Khellawan
Start Date: 6th September 2023
Day: Wednesday | Time: 5.30 pm - 8.30 pm

THE DEAD SEA SCROLLS
Lecturer: Rev. Errol Inshanally
Start Date: 7th September 2023
Day: Thursday | Time: 5.30 pm - 8.30 pm

HEALTHY BOUNDARIES, HEALTHY CHURCH
Towards Creating & Maintaining Professional & Personal Boundaries
Lecturer: Rev. Sanya Beharry
Start Date: 8th September 2023
Day: Friday | Time: 5.30 pm - 8.30 pm

Register by: 30th August 2023
Duration: 12 weeks | Credits: 3 (per course)
Cost: \$1,500 (per course)
Registration Fee: \$500 (per semester)



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SHORT COURSES
June - August 2023

<p>INDIVIDUAL AND SOCIAL ETHICS</p> <p>Date: 5th June 2023 Day: Mondays Duration: 6 Weeks Time: 5.30 p.m. - 8.30 p.m. Cost: \$500 Lecturer: Rev. Adrian Sieunarine</p>	<p>WITNESSING IN THE WILDERNESS: PREACHING EXODUS</p> <p>Date: 6th July 2023 Day: Thursdays Duration: 6 Weeks Time: 5.30 p.m. - 7.30 p.m. Cost: \$500 Lecturer: Rev. Damien Sieunarine</p>
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REGISTER ONLINE TODAY!

COUNSELLING COLUMN

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

HOW CAN I DEAL WITH CYBERBULLYING?

*Don't let anyone despise your youth, but set an example for the believers in speech, in conduct, in love, in faith, and in purity"
(1 Timothy 4:12.)*

In the last issue we covered what Cyber Bullying is and the Mental Health effects of Cyber Bullying. In this edition we look at some ways in which parents and Teens and Adolescents can deal with Cyberbullying.

parents and guardians

Parents need to watch for signs of bullying and help teens take steps to stop online harassment. Here are some cyberbullying prevention strategies:

- Encourage teens to never share their passwords, private photos, or personal data online. This can help prevent fake social media accounts such as Instagram frauds.
- Remind teens to think before they post. If they are upset or angry, they need to pause and wait before engaging with social media.
- Remind teens of how quickly online images and information can be spread. When they share something, it might be shared with anyone.
- Advise teens to imagine when posting or sending a message how they would feel if someone said that about them.
- Coach teens to take steps to prevent future cyberbullying and social media harassment by managing safety features across their social media platforms.
- Parents can also use TikTok safety features like Family Pairing, which allows them to control how long a teen can spend on TikTok each day, limit the appearance of content that may not be appropriate, and restrict or turn off direct messaging.

teens and adolescents

Here are some positive responses and proactive steps that teens can take:

- Foremost, teens should not participate in cyberbullying by "liking" or commenting on images, posts, or videos that humiliate others.
- Resist the urge to retaliate or respond. Walking away or taking a break when you're faced with online bullying gives you some space so you won't be tempted to fire back a response or engage with the bully or bullies. Responding when we're upset can make things worse. (Standing up to a bully can be effective sometimes, but it's more likely to provoke the person and escalate the situation.) Taking a break gives the power back to you!
- Teens who experience any form of online bullying need to let adults know what is happening. Such feedback is not "tattling," but rather preventing damage and distress.
- Also, teens should report cyberbullying harassment. Given the growing awareness around teen cyberbullying, most platforms have reporting mechanisms for online bullying as well as infringements like creating fake online profiles.
- Block the bully. Most devices have settings that let you electronically block the bully or bullies from sending notes. If you don't know how to do this, ask a friend or adult who does.

Although the Bible does not speak directly to the issue of bullying in any form, we can be guided by Biblical tenets in all our actions, be it face to face or online. We are commanded to love our neighbour as ourselves (Mark 12:31) and to treat others the way we would like to be treated (Luke 6:31). There is no room in the Christian faith for belittling or abusing someone. Every person, regardless of what he or she looks or acts like, is created in the image of God (Gen. 1:26-27; James 3:9-10) and is worthy of the dignity that God gives to every person.

THE FAMILY CAN

CRISIS IN THE FAMILY: THE BREAKDOWN IN FAMILY LIFE - PART 2 - THE FOUNDATIONS

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

We have considered - the factors and causes; definitions, structure and function; and demographics. Part 4, will disclose that the breakdown in family life can be related to the foundation on which the family was built; sand or rock?

The foundations of the family, *that is the structure and functioning*, were based on antecedents arising from history, traditions, culture, religion, and civil society which have been shaken and destroyed even collapsing to the earthquake and tsunami of modernization.

What has replaced them?

What has been substituted has been legitimised, accepted or imposed, but to whose benefit? Economics and politics on which governments and private business and enterprises are established and sustained are wary, yet insensitive to the need of the family and the relationships in human psychological and sociological life.

The family can be likened to a boat that has broken from its moorings and drifts on a sea of chaos and crises. Today's family has little control or influence on its members as culture and religion, the main anchors, have been battered by the imposed global culture of war, violence, and secular hedonism.

The foundations of family life for survival are being eroded daily by weapons of mass destruction: distrust, unforgiving, revenge, hatred, disobedience, abuse, violence. Faith lies not in the unseen and intangible but the tactile and tangible. All that has kept persons and the family stable and bonded are disappearing or have already gone. The bonds of relationships re: spousal, parent-child, siblings and 'blood' relatives are now without the adhesive of attachment and the glue for bonding. In effect, the spirit of blood creates more enmity. We, as family members, have become like swords and knives sharpened on both sides and are no more like the proverbial grass knife pulling to its own side in one direction. Family dynamics have become self-interest and self-centred, 'to each his/her own' resulting in crises in the family.

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

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

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

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

Encounteringthe Archives of the Presbyterian Church of Trinidad and Tobago

The Central Archives of the PCTT (CAPCTT)

'Visit and Tour' activity July to August 2023

OPEN INVITATION

To all members of the PCTT. This includes all orders of Church Workers and Lay Persons involved and active in every area of church work at Synod, its Boards and Committees, Presbytery, Sessions, Local Boards and groups - PCW, AOTS Men's Groups, Youth, Sunday Schools, Prayer Groups, Choirs and Institutions, etc.

OBJECTIVES

To inform and familiarise, to educate and evangelize all PCTT peoples and non-PCTT persons as to the location and activities of the CAPCTT and its accessibility for various purposes such as obtaining information, studies and research, the duties and responsibilities, the roles and contribution, the challenges and achievements to the development of the Archives which would celebrate the 50th year of its establishment in 2025, also, how to partner with the CAPCTT.

TO SCHEDULE ARRANGEMENTS

for 'Visit and Tour': please contact by **June 13, 2023:**

652-4829 [Synod Office]; **788-2685** [Asst Archivist: Hilton R 'Bill' Siboo] or you can visit in person or call **653-4166**
[SATC Library on Tuesdays and Thursdays 9:30 am to 1:00 pm]

As expressed by our volunteers, 'Our Archives is a place for all to visit, especially Presbyterians. We encourage you to visit as an individual or as a group. 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'.

SACRAMENTAL INSIGHTS

“Components of a renewed Eucharistic Theology”

REVEREND DR. ANNABELL LALLA-RAMKHELAWAN, CUREPE/ST JOSEPH PASTORAL REGION



In this month's issue of *The Trinidadian Presbyterian*, we will explore component five:

Because the Eucharist is a meal of the Church, embedded in any theology of the Sacrament is an ecclesiology (assumption) about the nature of the Church.

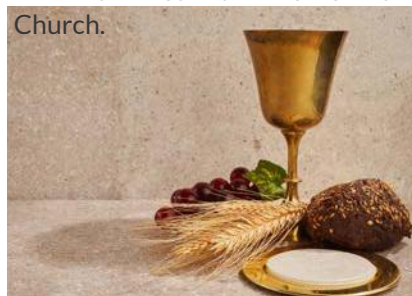
It is true that believers are joined together by the blood of Christ so that they become one body ... And I hear what Paul immediately adds as a kind of explanation (1 Cor. 10:7) that we are all made one body because we partake together of the same bread.[1]

The Greek word *ekklesia* means assembly, the word used for the Church in the New Testament. The Church is described as a community which professes faith in Jesus Christ. In the New Testament, the term Church is used in a limited sense for local believing communities and in a universal sense for all believers.[2]

The Church is united by the celebration of the Lord's Supper/Eucharist and becomes one body because it shares in the body and blood of Christ. The Eucharist gives the Church an identity. The Lord's Supper is not only a sacramental meal of the Church but is also the one through which the Church is empowered and constituted. It is not by coincidence that the expression, "Body of Christ", is used to refer to the Church and the Eucharist.

There are many events in the Church that involve eating and drinking at table: church dinners, coffee time, and refreshments at all kinds of gatherings. These shared meals are important, but they are secondary to and unlike the "Holy Meal." It is in the celebration of the Lord's Supper that the Christian community meets their Lord and joins together in an exclusive spiritual union while eating and drinking together. The Eucharist/ The Lord's Supper is exclusive to the Church and is a strangeness of the Church.

The Church believes that the Eucharist is for the baptized, those who have affirmed their discipleship. This limitation does not mean that the Church is snobbish or inhospitable. This limitation is drawn because the Lord's Supper/Eucharist is a means of grace given by the power of the Holy Spirit to those who affirm and continue in their discipleship and increase in their faith as they experience their risen Lord. The Lord's Supper is unlike any meal shared in a social gathering. The privilege of sharing in the Sacrament of Holy Communion is one of the distinctive marks of the Church.



The Eucharist should never be seen as a personal encounter with God. If we view the Sacrament in this manner, we lose sight of the relational aspect of the Lord's Supper. The Sacrament of Holy Communion should be seen as a feast that invites all believers to partake in God's love which is offered not just to a few but to all devoted individuals. Believers need to understand that the Church is not only mandated to bring large crowds into the church building, but rather to challenge those who come to the gathered assembly to become disciples. Only when we leave the walls of the church building and reach out to men and women and encourage them to become part of the fellowship of Jesus Christ, can we be called the living body of Christ in the world.

God struggles through the Eucharist to teach Christians about community. The Church will not hear the lesson until it realizes that it is not a variety of individuals at prayer in the same place, but a community of prayer at times assembled in one place, but more often scattered far and wide in daily life like yeast that leavens the whole lump of dough.[3]

If you have any questions you may submit same to trinidadpresbyterian@pctt.org.tt



[1] Laurence Hull Stookey, *Eucharist: Christ's Feast with the Church* (Nashville: Abingdon Press, 1993), 100.

[2] Donald K. McKim, *The Westminster Dictionary of Theological Terms* (Louisville, KY: Westminster John Knox Press, 2011), 138.

[3] Laurence Hull Stookey, *Eucharist: Christ's Feast with the Church* (Nashville: Abingdon Press, 1993), 107.

THE MODERATOR MEETS WITH OROPOUCHE PASTORAL REGION

SUBMITTED BY PRESIDING ELDER AASHA MAHABIR

The Moderator of Synod of the Presbyterian Church, The Rt. Reverend Daniel Chance, met with the Local Board (L. Bd.) members and elders of the three points of the Oropouche Pastoral Region: Morning Star, Eternal Light and Sun of Righteousness on May 8th 2023, at 5:00 p.m. at Morning Star, Fyzabad. This was his first of what will be a series of meetings with the twenty-four Pastoral Regions. This meeting was significant as Oropouche was the first Region to which Reverend Chance, as a Lay Pastor, was assigned on August 1st 1991. Now, as Moderator, this is the first region on his 'Meet the Regions' tour.

Worship was lead by the Minister, Reverend Kelvin Sookhansingh, participating were the Presiding Elder and elders from all three points. The focus was on the Scripture Ezekiel 34: 1 - 10 with the theme: "Caring for the Sheep, tending the lamb." The shepherd is held accountable for the flock as the leaders - elders and L. Bd. members - are held responsible for its members. The work in the church is the Lord's work and the leaders must seek the Lord's help to look after those under their care.

The Rt. Reverend Chance focused on 'Pastoral Care' in our church. He noted the move away from church attendance and involvement as evidenced in attendance at church services not only on a 'Communion Sunday' and the financial monthly support once received. To address this situation, each church needs to know how many 'shut ins' who were once the foundation of the church there are, how many elderly because of mobility and health challenges no longer worship, vulnerable groups, our youth and young children who remain uninvolved in church groups and activities. All arms of the church need to function effectively.

The Shepherds of the congregations can bring them back to the fold by reaching out to them. God holds us accountable as shepherds to his people. Reverend Chance reminded us that the first step is to acknowledge our members are not with us, embark on a comprehensive visitation drive, and prepare to encounter many challenges.

Another effective step is to re-assign the families or zone elders according to residential locations bearing in mind there may not be the number of elders to oversee the number of families on roll. By doing this, assigned 'shepherds' can take a note of those who are absent and reach out to them. Each church in a Region must assess what will work effectively for that congregation. Existing members must be welcoming, keeping in mind some are still wary of COVID 19. As a church, we need to exhibit a sense of love, caring, and passion. Mr Vickram Ramlal thanked the Moderator for being present with us, for not letting the grass grow under his feet by the prompt start of working in an area that is close to his heart and the timely reminder of what is required of us as shepherds.

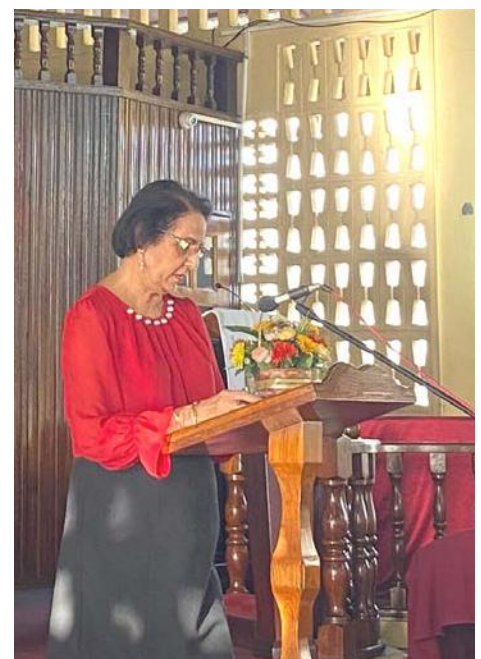
"Thus says the Lord God: I am against the shepherds, and I will hold them accountable for my sheep and put a stop to their feeding the sheep; no longer shall the shepherds feed themselves. I will rescue my sheep from their mouths, so that they may not be food for them" (Ezekiel 34: 10 NRSVUE).



The Rt. Rev. Daniel Chance



Cross Section of the members present



Mrs. Tara Siloch participates in worship

CELEBRATING INDIAN ARRIVAL DAY @ SATC

SUBMITTED BY JUDY KOWLESSER

On the the 178th Anniversary of Indian Arrival to T&T, St Andrew's Theological College (SATC) and PCTT Archives joined with the wider community to commemorate the arrival of Indian indentured laborers to Trinidad.

The library hosted an interactive exhibition that allowed visitors to walk through the library aisles and view the numerous artifacts attractively arranged on display. This exhibition was co-hosted with a renowned professional event coordinator, Mr Kemal Manickchand who has received many accolades for his accomplishments.

The objective of the library is not only to lend theological books but to allow users of all ages to enjoy a multi-faceted approach to learning in a creative space. A walk through the library will allow one to discover books on the history of indentureship and books by Indo - Trinidadian authors. There were tables which were decorated with exquisite artifacts and other unique hand-crafted designs. The exhibition of these items played a key role in educating and building an understanding of the Indian heritage including the traditions, food, utensils, garden tools, music, and more. The librarian introduced an art competition to the youths to get them involved in activities for this cultural event.

We remember that our strand of the Presbyterian family was woven because John Morton from Nova Scotia, on an unplanned stop in Trinidad, saw the conditions of the indentured immigrants from India.

Work by Christian missionaries led to the construction of denominational schools.

Today, we can truly appreciate the strides made by our ancestors.

Visitors to the exhibition included students from Naparima College, Venezuelan migrants, members of the Marabella Presbyterian Church, officials from the National Trust, persons from the College community, and others.

Indian Arrival Day commemorations continue to be wonderful teaching and learning opportunities for SATC in general and the library in particular. For further details on this exhibition please contact.

Mr Kemal Manickchand 3573355
Collector, Designer, Curator OR
Librarian Judy Kowlessar 7991300



MR. RODERICK PARRIAG ELEVATION TO HONORARY ELDER

SUBMITTED BY RACHAEL BOODOO-RAHIM

On Sunday 16th April, 2023, Mr. Roderick Parriag, of the Mafeking Presbyterian Church was elevated to "Honorary Elder." The pews were filled with members from Mafeking, Session members of the Nariva/Mayaro Pastoral Region, other affiliated church members, and visitors gathered to celebrate with Mr. Parriag. The Service of Elevation began at 9:30 a.m. with the Interim Minister Reverend Daniel Chance officiating. Presiding Elder, Mr. Martin Sahadath began the service with the Call to Worship.

Mr. Parriag is a self-less, generous, nurturing soul who is ready to serve the church and, by extension, his region. In the tribute to Mr Parriag, Local Board Chairman, Mr Carl Rajkumar, noted that Mr. Roderick Parriag was always there when projects were undertaken, he would assist with quotations, designs and implementation so that the project would be done professionally. He was the project manager of the church building; this was completed in record time in 1993.

Reverend Daniel Chance delivered a powerful sermon entitled: "Feed my Sheep", the text was taken from John 22:17 This service was made more special as we had the musical accompaniment of Mr. Leslie Mahabir of Princes Town, he led the hymn-singing, performed a beautiful solo and a duet along with Mr Parriag. Reverend Chance reminded us that not only is Mr. Roderick Parriag, an Honorary Elder here in Trinidad, but he is also an elder at St Andrew's Presbyterian Church in Ottawa, in Canada, where he leads in Mission and Outreach. Reverend Daniel Chance did the elevation. Mr. Parriag was presented with a plaque from the Mafeking Presbyterian Church by the PCW's President, Ms. Molly Rajcoomar.

Members of our PCW and their families prepared a surprise brunch. The look on Mr Parriag's face was priceless as he walked through the door and saw the handmade sign, "Welcome to Brunch, Honoring Mr. Roderick Parriag." The PCW members and their families left no stone unturned to make The Parriag family feel loved and appreciated. The love and camaraderie achieved through these celebrations is limitless at Mafeking Presbyterian Church.

Mafeking Presbyterian Church would like to congratulate Mr. Roderick Parriag on becoming an Honorary Elder who together with his wife Elder Beulah Parriag, continue to serve with the guidance from our Lord and Saviour Jesus Christ!



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

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

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

All returning Applicants must provide the following:

- ·Transcript of academic performance for the academic year 2022-2023. Must have a G.P.A. of not lower than 3.0;
- ·A detailed statement of expenditure incurred from the 2022 Award;
- ·A letter from the Applicant's parent or guardian outlining the need for the Award for the academic year 2023-2024.

Applications are to be submitted by the 31st August,2023 to:

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CHRISTIANS AND THE ENVIRONMENT: DOMINION OR STEWARDSHIP?

SUBMITTED BY PRESIDING ELDER GEORGE SAMMY

As we celebrate Earth Environment Day, June 2023, it is appropriate that we should consider the relationship between ourselves as Christians and the environment that God has created. This discussion is based on four articles which were brought to my attention by Reverend Sanya Beharry:

- Ernst M. Conradie (ed.): "Towards an Agenda for Ecological Theology: An Intercontinental Dialogue,
- Norman Habel: "Earth-Mission: The Third Mission of the Church",
- David G. Horrell: "Ecological Hermeneutics: Reflections on Methods and Prospects for the Future", and
- Barbara Rossing "River of Life in God's New Jerusalem: An Ecological Vision for Earth's Future".

As a disclaimer, I have not prepared this discussion from a completely neutral position. I am an Environmental Engineer by profession, and my work seeks measures to reduce, or where possible eliminate, undesirable environmental effects of development. This inevitably influences my views on the relationship between people and the environment.

The Root of our Present Attitude

The concept that people are granted dominion over the earth and its living creatures is found in Genesis 1:26-28, especially when these verses are read in isolation; and this worldview has been blamed for legitimizing the exploitation of the environment (Horrell). For this, Conradie's article suggests that Christianity bears a huge burden of guilt for the ecological problems/crises that we now face. To make matters worse, some people have substituted "domination" for "dominion"; but the two are not the same. Dominion denotes a position of authority but also implies responsibility. Domination, on the other hand, describes a position of superiority with the right to exploit.

"I'm Just a-Passing Through"

Another source of our present attitude to the world is that we Christians consider the earth to be only a temporary resting-place on our road to heaven (Habel). "Indeed, Horrell notes that 2 Peter 10-13 describes the destruction of the present earth and its replacement by a new one, with Christians called to hasten that process.

Therefore, we focus most on the world to come, and far less on the world in which we live (Conradie).

Drawing from the Book of Revelation, Rossing contrasts our present world with the world to come. Our present world, described as Babylon, depends on an economy of social and ecological exploitation. The world to come is the New Jerusalem, which will depend on an economy based on justice. No wonder Christians anxiously await the New Jerusalem. In this new world, there will be a stream of living water (Revelation 21:5&6 and Revelation 22:1&2), which will serve both a spiritual and an environmental function - Ezekiel 47:6-9 tells us that this stream will be the home to fish and other aquatic animals, and will water the trees on its banks.

A Different World View

In an alternative world view, the Christian rationale for caring for the earth is based on a proper understanding of God. We live on a home planet that was created by God, and we human beings are earth-creatures (Steven Bouma-Prediger in Conradie's Article). The earth is filled with God's Presence, and we are kin to all other living creatures. With this understanding, we should celebrate and protect our planet as a sacred place (Habel).

The earth is a community of interconnected, interdependent living things, all of which have intrinsic worth. Humankind is part of that community, and as responsible partners we must share mutual custodianship for the earth (Horrell). This requires that we explore the ecosystems of the earth and balance the needs of all people, using science as an important tool (Habel). But science alone cannot solve the present environmental problems that we face (Conradie). Environmental attitudes and beliefs touch virtually all aspects of life, so they are cultural. They are also religious/theological since they involve our moral vision, virtues and values. The world's religious traditions can offer

inspiration, spiritual vision, wisdom, ethical discernment, moral power and hope as we seek to be good stewards of God's creation. And this is not limited to Christianity. Conradie's article quotes Sean McDonagh as saying, "There are no Catholic lakes, Protestant rivers or Muslim forests. We all share a common earth and in the face of a threat to the survival of the planet we should unite our efforts...".

What Can We Do?

In this new vision of our relationship with the environment, we are called to be guardians / custodians of this sacred planet (Habel). What, then, can we do as a Church and as individuals to answer this call?

As a Church, we need to do more to bring the message of protecting the earth to our members (Habel). We should see the river of life flowing from God's throne in every river, and then we will become stewards of earth's rivers and trees (Rossing). This radical change in perception will only come when we include ecological concerns in our worship in a way that touches our people to their very core (William Johnson Everett in Conradie's article)

As individuals and as Church Groups, we need to think global but act local. The present environmental crisis is global in scope, but very few of us can implement environmental protection efforts on a global scale. Instead, there are meaningful actions that we can take locally. Here are just two examples:

- Some of our Congregations already collect glass and plastic bottles for recycling, reducing the clogging of our waterways and lowering the potential for localized flooding.
- The Pandemic has shown us that virtual meetings can be just as effective as in-person meetings, and they reduce vehicle use and vehicle emissions.

These are simple steps that we can take toward environmental protection, and we need not "re-invent the wheel" (duplicate the efforts of other organizations). Instead, we should seek collaboration where this is available (Conradie).

NATION IN NEED OF EMOTIONAL INTELLIGENCE

SUBMITTED BY BY LINDSEY RAMPERSAD, CUREPE PRESBYTERIAN CHURCH

According to the Oxford English Dictionary, emotional intelligence is "the capacity to be aware of, control, and express one's emotions, and to handle interpersonal relationships judiciously and emphatically." There is the general view that this form of intelligence is the key to both professional and personal success.

People with emotional intelligence tend to live balanced lives, they express gratitude for what they have, they readily adjust to change, and have a strong sense of self-awareness.

Most significantly, they show empathy towards others and do not humiliate and belittle them. They show the virtues of patience, kindness, tolerance, care and understanding, which are fundamental to nation-building.

People lacking in emotional intelligence tend to be bullies. They speak without thinking and their body language conveys the negative qualities of anger, pent-up frustration and unhappiness.

Such unwholesome characters regard themselves as great leaders. They are not only found in small circles of life, but are also present in places such as religious institutions, schools and the political arena. Mainly out of fear, their victims are made to comply so that the offenders' desired agendas are accomplished.

Our nation is suffering from the consequences of misfits, they who are sadly lacking in emotional intelligence. People may be highly skilled and may possess high academic qualifications. However, if lacking in emotional intelligence, they can be nothing more than miserable failures.

Our nation has no place for bullies. We must positively impact the lives of our fellow citizens by our good conduct, which would produce powerful, positive rippling effects that would in turn transform thousands of lives.

The hidden curriculum plays a vital role in the shaping of lives, for better or for worst, especially those of our young people who mirror what is reflected from us. They can easily copy the language and actions of emotionally challenged adults, hence unscrupulous characters such as criminals can rear their ugly heads.

Seminars and symposiums need to be urgently organised to address this grave social problem. If we do not act expeditiously, this problem may become a dangerous cancer that may eventually consume the rich fabric of our proud nation.



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ROMANS 16:2 I ask you to receive her to the Lord in a way worthy of the salors and to give her any help she may need from you for she has been a great help to many people, including me.

DIAMOND PRESBYTERIAN CHURCH ANNUAL FAMILY DAY

SUBMITTED BY CRAIG BATTOO

The Diamond Presbyterian Church returned to its annual Family Day after two years of absence due to Covid 19. The annual Family Day dates back to the late 1980s. Members have always looked forward to attending our annual Family Day.

Our Local Board agreed to a suggestion by the Chairman, Mr. David Battoo, that all our Local Board members subsidize the Family Day since all funds were being channeled to the completion of the new structure, all members obliged. The Family Day was held on the 10th April, 2023, Easter Monday.

The Bar B Que was handled by Mrs. Kelly Battoo, Craig Battoo and Elvis John. Mr. David Raghonanan brought a cooler of Pepper roti and Mr. Glenford Sammy brought mouthwatering desserts. The Ladies Group prepared hot phoulourie on the spot.

The Bar B Que was handled by Mrs. Kelly Battoo, Craig Battoo and Elvis John. Mr. David Raghonanan brought a cooler of Pepper roti and Mr. Glenford Sammy brought mouthwatering desserts. The Ladies Group prepared hot phoulourie on the spot.

The Youth Group organized and executed many fun events and races for all age groups. Spear heading these activities were the Youth group's President and Secretary, Tairiq Mathura and Kaydalle Kissoon assisted by Mathew Mathura, Joel Beharry and Richard Kissoon.

Our youthful Minister, Rev. Harripersad, also took part in the fun activities. He almost placed first in the men's musical chairs but was edged out by the chairman and Elvis. The presence of our Minister and Presiding Elder Beryl Jacob was truly appreciated by our members. Everyone had a magnificent time and did not want the day to end. However, our Family Day ended at 6:30 p.m. with our Minister leading in the closing prayer, thanking God for the wonderful day of fellowship for travelling mercies to our respective homes.



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ANUGRAH PRESBYTERIAN CHURCH PAYS TRIBUTE TO HONORARY ELDER MRS PAMELA JAGDEO BY BELLA SOOKNANAN

SUBMITTED BY PAMELA JAGDEO

It is with a deep sense of pride that the congregants of Anugrah Presbyterian Church pay tribute to our hard working and beloved Honorary Elder, Mrs. Pamela Jagdeo. Mrs Jagdeo, seventy six years of age, is a cherished servant of God. She has demonstrated true leadership. Her service extends beyond the walls of the church as she encompasses everyone with her genuine love, friendship, compassion and humility.

Mrs. Jagdeo started her faith journey at the Green Memorial Presbyterian Church in California where she was baptised. Four (4) years later, she moved to Calcutta Settlement, Road No 1. She was encouraged to join the Sunday School at Anugrah by her brother-in-law, the late Mr. David Bickram , an elder of the church.

After many years of church attendance, she became a Sunday School teacher. She later became secretary of the Local Board, a position she held for over 20 years. During this time, she became an Elder which spanned more than 25 years.



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She also served in the Women's group, the PCW, in the role of Secretary and Treasurer.

She was a member of the choir and the famous Calcutta Bhajan group which she still leads.

She served on the Board of Women and Presbyterian Primary Schools' Board of Education. She welcomed those new and exciting challenges and served to the best of her ability.

Mrs. Jagdeo was elevated as an Honorary Elder at a service held on Sunday 21st August, 2022. This title is deserving of one who has dedicated her life and service to our Lord and Saviour, Jesus Christ, and is reflected in her daily living.

We are blessed to have such a wonderful woman of God in our midst and we wish to thank her for her years of service and dedication.

As she continues her faith journey, we pray that Almighty God will bless her life with peace, love, health and happiness in abundance.

THE SIGNIFICANCE OF LABOUR DAY CELEBRATIONS IN TRINIDAD & TOBAGO

BY KIMBERLY CHAN-BOODRAM PMQ, MBA, DIP., CERT.

Labour Day is celebrated around the world to raise awareness of the rights of working people and to protect them from exploitation. It also serves as a reminder of the important role played by the working class in our society. However, in Trinidad & Tobago, it marks the anniversary of the day of the Butler Oilfield Riots which took place in 1937.

In Trinidad and Tobago, Labour Day was declared a national holiday in 1973 and is celebrated on the 19th day of June annually as a public holiday. The holiday marks the intention to end the ongoing tensions between workers and employers in many sectors of society. During these times, there was inequality, discrimination and continued acts of slavery.

These were evident by the abuse, underpayment for labour, racism, economic depression and a considerable fall in the living standards of the working class and the challenges that they faced, some even in contravention with the basic rights of a human.

Between 1934 and 1937 workers became more influenced by a need for change when they got courage and support from people like Mr. Butler who led them to stand up against these inhumane acts. This stance resulted in strikes and riots which extended throughout the Caribbean. This courageous act saw an emergence of the role of labour leaders in Trinidad and Tobago such as Mr. Tubal Uriah "Buzz" Butler.

Mr. Butler was awarded the nation's highest honour, the Trinity Cross, and the country's main highway has been re-named in his honour. Today, a statue of Butler stands at the Fyzabad Junction, the place where police attempted to arrest him on June 19th, the day of the historic riots 1937. In 1950, he also formed his own party for the general elections, the Butler Party, which would have much success in the political circle.

Labour Day is marked by trade union marches and gatherings in Fyzabad every year. These marches and gatherings increase annually as Unions, their leaders and members celebrate this form of "freedom".

We continue to see many developments, legislation and conventions arising from these developments. Many trade unions have been constituted and now advocate for the rights and equality of workers with institutions such as the Industrial Court being in place.

FATHER'S DAY PRAYER

FIRST PRINTED IN JUNE 2021 - REVEREND DANIEL CHANCE, BOARD OF MEN CHAPLAIN

Gracious God, loving Father.

As a faith community, we acknowledge You to be the God of all creation.

Father, You have planned every human life and You regard us all as being holy, precious and of great value.

Today, as we celebrate Father's Day, we are ever mindful of Your unconditional love towards us, as our heavenly Father. Bless this day, all our biological fathers and all those who have gladly, lovingly, and humbly accepted this sacred responsibility because of their unique circumstance. God, we turn to You for strength, wisdom, and inspiration as we live and fulfil our God-given responsibilities in these dark and challenging times. Keep us ever aware and mindful of Your ever abiding presence within us. We need Your help, Holy Father, to establish a home that honours You. We need the resources which are necessary to care for those who live beyond the walls of our home.

Continue to remind us that we remain accountable to You for the quality of life that is lived.

Bless, O God, Your church in the world as she continues to bring hope and encouragement to all people everywhere.

This we ask in the wonderful and precious name of our Lord and Saviour Jesus Christ.

Amen.

MOTHERHOOD

A UNIQUE ROLLERCOASTER OF A JOURNEY ... PART 2

SUBMITTED BY DR DIANA NARINESINGH, PSYCHIATRIST. ARIMA PASTORAL REGION

This Mother's Day and beyond, let us be aware, celebrate and support the mental, emotional and spiritual health of all the women who have made our lives worth the while.

In our country, many women live with depression well past the postpartum period not understanding or not admitting to the illness from which they suffer. Since the onset of the COVID-19 Pandemic, many new mothers are isolated due to profound stress and worry around the health and wellness of their baby and the responsibility that new mothers feel to keep their babies safe and protected. Both the obstetrician and pediatrician serve as important roles for identifying and treating these conditions.

Lifesaving treatment options include seeking urgent medical care where psychotherapy and/or mediations may be recommended. Free treatment is also available at hospitals and community clinics for stress or any mental health concern that they may be experiencing.

Ways to help manage depression include:

- Talking about it- find someone you can talk to – it could be your partner, family, friends, other mothers, your health visitor, or a support group – someone who can listen and support you, be honest about your feelings and don't bottle it up. (Having a good cry and talking about things can really help the healing process).
- Accept help- In our culture many women find it difficult to accept offers of help, believing that they should always be the one looking after their baby. Accepting help will aid recovery – including practical help such as childcare or cooking.
- Stop avoiding people, seek company- face people, phone calls and social occasions can feel like a chore or even nightmare. However, we need other people and it eventually helps us to get better. Going to a mother and baby group or just going to a friend will help.
- Learn to manage your thinking- remember it isn't your fault. Antenatal and PPD are very common. You are not alone. Keep reminding yourself. When we are depressed, we do not think straight. Our thoughts become unfair, unrealistic and very negative. We can change the way we think. This can lead to immediate relief of your low mood and give you a technique to start regaining control of your moods and your life.
- Get active and exercise regularly. You may not feel like doing it but increasing your activity level day by day will start to make you feel better. Begin with a small change and build up to your bigger goals. Getting active with a small baby can seem impossible, but even short walks with the baby in a sling or stroller can help to improve your mood.
- Do something you enjoy every day. You may not believe that you can ever feel pleasure again, or believe you deserve it. Think of something small that used to make you feel good and plan to include it in your life.

Let us be aware, celebrate and support the mental, emotional and spiritual health of all the women who have made our lives worth the while beyond the second Sunday in May.

GRACE GOPAUL CELEBRATES HER 90TH. BIRTHDAY!

BY CAROLINE SAMPATH - ARAMALAYA PRESBYTERIAN CHURCH

On April 15th. 2023, Mrs. Grace Gopaul celebrated her 90th. birthday at the Roslyn Hall, Tunapuna. Mrs. Gopaul is a dedicated member of the Aramalaya Presbyterian Church. In 1979, she was the first female elder appointed at Aramalaya. She is a stalwart member of the church and is actively involved in the PCW and the Golden Years. Her generosity to her church is phenomenal!

Her birthday celebrations took the form of a Thanksgiving Service. Elder Clarence Bharath, the Master of Ceremony, brought the message for the evening.

Ms. Zara Lackhan delighted everyone with her musical skills.

Well-wishers paid tribute in the form of songs, poetry, music and speeches.



"A Lady Name Grace" by Caroline Sampath.

There's a wonderful lady that I know,
who commands respect wherever she goes.
She's very petite, not very tall,
who is she? She is Grace Gopaul.

So aptly named is this lady,
generous and kind and full of mercy.
Whoever she meets, she's an inspiration,
being with her - What exhilaration!

An elegant lady with the name of Grace,
with piercing eyes in a lovely face.
All eyes are on her as she enters a room,
she's like a flower that's starting to bloom.

She's very soft-spoken, rather cool,
but let me tell you my friend, don't be fooled!
She's wise, savvy and in total control,
she's our Grace with a heart of gold!

You can tell that she loves our Lord,
for wherever she is - she preaches His Word!
She loves her church and can certainly pray,
for she lives her life according to His Way.

Grace, surrounded by her loved ones and close friends disclosed her one wish, that "Everyone would have a closer walk with the Lord and would come to know Him, and trust Him as she has and will continue to do."

The Aramalaya's congregation also extends birthday greetings to another wonderful lady, Ms. Camilla Guyadeen, who turned the grand age of 103 years old on May 4th. Camilla has always been a very faithful and active member of her church but because of health issues she had to scale back. Let us please keep her in our prayers.

SAN JUAN PRESBYTERIAN CHURCH CELEBRATES MOTHERS

SUBMITTED BY : MRS KHADINE RAMOUTAR

Mothers play an irreplaceable role in the church, radiating love, strength, and compassion that uplifts the entire congregation. They are the pillars of faith, imparting timeless wisdom and nurturing the spiritual growth of their families and communities. With hearts overflowing with devotion, they selflessly devote themselves to the well-being of others, exemplifying the essence of Christian virtues. Mothers bring warmth and unity, fostering an environment of inclusivity and acceptance. Their unwavering commitment to prayer and service inspires others to draw closer to God and embrace His teachings. In the tapestry of the church, mothers weave threads of faith, hope, and love, forever enriching the lives of those they touch. We honored our most senior mothers at San Juan Presbyterian Church on Mother's Day, May 14th 2023.



Mrs Ina Beharry



Mrs Bernice Jankey



Mrs. Madeleine Moolchan

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ENA RAMRATTAN RETIRES

IERE MEMORIAL PRESBYTERIAN CHURCH



Ena Ramrattan from Iere Memorial Presbyterian church retires after 23 years of dedicated service as care taker of the Iere Memorial Presbyterian church. She is also an active member of the local board, P.C.W and the Princes Town regional P.C.W. To God be the glory.

MAFEKING PRESBYTERIAN CHURCH'S CARNIVAL MONDAY FISHING AND FAMILY DAY

SUBMITTED BY BY RACHAEL BOODOO-RAHIM

"Walking on water is easy, once you have God in every step"

The congregation of Mafeking Presbyterian Church set out for a fun-filled day of fishing, outdoor cooking and karaoke on Carnival Monday after three (3) long, isolated years due to the Coronavirus pandemic.

This year the fixed destination was at the Rahim-Shaddy-Balgobin's family pond located Bristol Village, Mayaro. Arriving at the pond, we can see the effort made to ensure everyone attending were comfortable with the carat barred and bamboo post camp, tents and freshly cut grass.

The water rippled on the surface of the circular pond when breeze blew passing through the camp and tents. Members of our church family came out in their numbers with a special guest journeying all the way from Barrackpore, Reverend Kelvin Sookhansingh and his wife Mrs. Maria Sookhansingh. Laughter filled the air as everyone greeted one another and sounds of spoons knocking against pots were heard as mouthwatering dishes were being prepared the longtime way on firesides.


This year there was an abundance of coscarob, tilapia and guabin as the fishing competition started to see who can catch the biggest, smallest and most fishes.



As the aroma of the country food was being cooked against the background of shrieks and screams; more and more fish were being caught with our highest number being ten (10) and our lowest number being two (2). Our DJ kept us entertained while we munched on different eats and drinks. Prizes were awarded to both fisher-folks and cooks for several categories. As the evening breeze hit against our skins sending a chill up our spines, the coconut bake roasting slowly in a covered iron pot kept us riveted whilst our karaoke session started, with Rev. Kelvin Sookhansingh and his wife Maria doing quite an item. Our evening ended with cards slamming against table tops as an intense game of all fours was occurring.



As the sun slowly faded away into the horizon, allowing the moon to shine in all its glory, we were reminded that it was time to go on our way home. Thank you to all for one of the most memorable Carnival Monday ever. This year 2023 was indeed our best one yet!

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Friday June 9, 2023

“PASSION OF CHRIST” CRUCIFIXION RE-ENACTMENT

COMBINED SUBMISSION BY ROBERT RAMOUTAR & ASIF JEBODH, CUREPE PRESBYTERIAN PRIMARY



Curepe Presbyterian Primary School's motto says, **“Higher Still.”** New heights have been achieved and added to the ever-flourishing accolades with the re-enactment of the “Passion of Christ.”

First introduced in 2016, this Easter story became an annual event until COVID 19. This idea originated with the school's Principal, Mrs. Brenda Pattron-Motilal. Mrs. Motilal thought students would have a greater appreciation for Easter if they actually saw the events that make this a special observance in the Christian calendar.

On Friday, March 24th 2023, the staff and students were ready to make the Easter story come alive. The cast was set, rehearsals were completed, props and sound system were organized. This production was observed by the then Moderator of the Synod of the Presbyterian Church of Trinidad and Tobago, the Right Reverend Joy Abdul-Mohan, along with the principal, staff, and students of the school.

The re-enactment began with Jesus' entry into Jerusalem, portrayed by Standard Two student, Avery Dattoo. He came riding on a donkey, followed by his disciples, high priests and welcoming pilgrims, all ranging from the Infant level to Standard 4. All actors were outfitted in traditional garments. The procession flowed from the front door of the Curepe Presbyterian Church while musical streams of 'Hosanna in the Highest' was the background music. Students lined the path to the altar waving palm branches, spreading garments and singing praises. This grand entrance which set the tone for the performance was simultaneously accompanied by the melodious musical vocals of the school's choir led by Ms. Zara Lackhan. everyone yearning for more.

The scenes seamlessly continued whilst being narrated by Ms. Anna Yorke. The Last Supper transitioned to the Garden of Gethsemane smoothly. As the laden feast table and New Ordinance occurred, the actors exited and a carpet of green grass was then rolled onto the stage to create the garden setting.

Jesus was then betrayed and arrested. Judas, characterized by Zane De Souza, collected his silver and soldiers armed with swords were up to the task of using whips and chains. Instantly, the atmosphere changed within the church as all eyes faced front. Students became silent as the ominous musical ensemble had Pontius Pilate, portrayed by Jonathon Ramcharan, made his decision. He washed his hands and soldiers gathered to arrest Jesus, Peter cut off the ear of Malchus, and as taunts were made, the earth shook. All actors simulated the earthquake as the thunderous sound effects roared through the speakers which were engineered by the President of the Parents Teachers Association (PTA), Mr. Derek Downer.

Jesus was then crucified. Shouts of jubilation at the initial entry into Jerusalem turned to tears of sorrow as Jesus was mocked, ridiculed and the crown of thorns placed upon his head before being nailed to the cross. The play concluded with Jesus being buried.

Attendees were amazed by the high level of acting and singing. Special thanks to committee members and teachers: Ms. Mohanie Ramjewan, Mr. Brian Sookoo, Ms. Anna Yorke, Mr. A Dattoo, Ms. S. G. Chadee, Mrs. S. Deolal, Mrs. G.L. Sinanan and Mr. Asif Jebodh for their impressive dedication and commitment towards the scripting, casting, costumes, and rehearsing, all of which contributed to its success.

The Right Reverend Joy Abdul-Mohan addressed the students. She congratulated them on an inspiring performance and expressed her gratitude for being able to witness such a remarkable, detailed portrayal, she urged students to continue striving for success and extended congratulations to the principal and teachers.

ROCHARD DOUGLAS PRES SCHOOL DISTRICT CHAMPIONS

SUBMITTED BY MR. EDDISON SURAJBALLI T1 SPORTS MASTER - ROCHARD DOUGLAS PRESBYTERIAN SCHOOL

The Victoria Education District hosted its Under Twelve Mixed Cricket competition for the first time since the onset of COVID-19. It was keenly contested by twelve schools that took part in the competition this year.

The Rochard Douglas Presbyterian was undefeated in their group defeating Debe Hindu in their first match and in an exciting second match that saw them face off against Picton Presbyterian School. Having won their group matches Rochard Douglas Presbyterian advanced to the Semifinal round held on Wednesday 24th May, 2023.

Facing off against Macaulay Government School, they gave their best effort and in a short match dismissed the entire Macaulay team for thirteen runs after 5.3 overs. They then easily got to the target of 14 runs in 1.3 overs.

This win allowed them to face off against the aggressive Tabaquite RC School which also won their semi final match which was also played that morning.

After a morning of exciting semi final action in the Victoria Education District under 12 mixed cricket competition finalists Rochard Douglas Presbyterian faced off against the Tabaquite RC team.

Both teams boasted of fantastic matches prior to this final and excitement filled the air. Tabaquite RC won the toss and elected to bat. Keron Colins and Kayden Waterman took to the crease and started playing aggressively from the first

delivery but with the score on 5 Ronaldo Siewsanekar struck, bowling Colins for 2 runs. Ajay Alexander joined Waterman at the crease and together they built a partnership of 50 before Alexander was bowled by the first delivery of Khaveer Maharaj.

With only 11 balls remaining in the innings. Justin Seepersad joined Waterman at the crease and pushed the score to 68 where Waterman was run out on the last delivery of the game. Tabaquite RC posted a score of 68. They successfully defended earlier in the day to win their semifinal match.

In their chase, Rochard Douglas' openers Khaveer Maharaj and Rasheed Mohammed knowing the championship was on the line put their best performances forward and started attacking the ball taking their boundaries where possible and pushing the two runs where possible. Their partnership was broken in the last ball of the 7th over when Khaveer was caught off the bowling of Waterman, with the score now tied on 68. In a disappointing delivery in the first ball of the 8th over Keron Colins bowled a wide handing the win and the championship to the Rochard Douglas Presbyterian School.

Hearty congratulations to both teams for a well played exciting final. Rochard Douglas Presbyterian School stand as the 2023 under 12 Victoria Education District Champions.



PENAL PRESBYTERIAN PRIMARY SCHOOL 'YOUNG FARMERS 4-H CLUB' VICTORIOUS.

SUBMITTED BY BY FLORABELLE LUTCHMAN

The Penal Presbyterian Primary School participated in the 4-H National School Garden "Grow to Glow" Competition organized by the 4-H National Council of Trinidad and Tobago, Ministry of Agriculture, Land and Fisheries, Ministry of Education and the FAO (Food and Agriculture Organization).

After being away from 4H activities at school for just over a year, students took pride in getting their garden ready. The school competed in three categories: Traditional Field Crops, Pot and Trough Culture and Innovative Gardening. Students were able to learn about using biological pest control methods, incorporating pollinators with crops, care and maintenance of their crops. These 'Young Farmers', captured 5th Place in the Traditional Field Crop category and 6th Place Nationally. Students also participated in the St. Patrick East Voluntary Council, Annual Kite Flying Competition. They capped the Over-All 1st Place: displaying their impeccable craftsmanship and flying skills. They also placed 2nd in the following categories: Best Chickey-Chung, 4-H Decorative and Common Kite. These 4H members are certainly developing a love for gardening and flying to new heights.



ABOVE: of students receiving their Prizes, Certificates and Agro Vouchers, accompanied by the 4-H Volunteer Leader of the school, Ms. Tracy-Ann Vallabh-Patel.

LEFT: The Team Representing the Penal Presbyterian young Farmers at the 4-H St. Patrick East Kite Flying Competition 2023.

CONGRATULATIONS TO DANIELLE SUPERSAD

SUBMITTED BY ELDER FLORENCE NOONOO, TACARIGUA PRESBYTERIAN CHURCH.

The members of the Tacarigua Presbyterian Church extend congratulations to a brilliant, versatile and beautiful young lady, Ms. Danielle Supersad. She was the most outstanding student in the Level 11 Bachelor of Education Programme and graduated in October 2022, from the University of the West Indies (St. Augustine) in the B. Ed. Programme with First Class Honours. Danielle did not surprise us by her achievement as she is diligent, exemplifies excellent work ethics and is a god-fearing young lady.

Danielle is not only an exceptional student, but she is also dedicated and actively involved in the work and witness of her church. One of her favourite biblical verses is Proverbs 3:6 "In all thy ways acknowledge him and he will direct your path." Danielle puts God first in her life and gives Him the glory for her resounding success academically and other aspects of her life. Her commitment to serve the Lord and the church has contributed to her character development, motivation to succeed, self-confidence and spiritual growth.



Danielle has served and continues to serve in many areas of the congregation at Tacarigua such as Treasurer, Local Board Manager, Youth Group Co-ordinator and serves on several church committees. She also preaches on Youth Sundays. Danielle is a glowing testimony that devotion and service to God enhances success and desirable personal qualities. She is a source of inspiration to other youths.

May God bless her and empower her to be all that she can be.

35TH ANNUAL SUNDAY SCHOOL RALLY 2023 ANUGRAH PRESBYTERIAN CHURCH PRESBYTERIAN SCHOOL

SUBMITTED BY SANDRA BICKRAM, SUNDAY SCHOOL TEACHER

The Sunday School children, teachers and parents of Anugrah Presbyterian Church of the Chase Village Pastoral Region were well represented at the 35th Annual Sunday School Rally which was held on the 1st April 2023, at the Naparima College Auditorium. The Theme was "Enter into Jerusalem." There was a total of eighteen children, two Sunday School teachers: Sandra Bickram and Reah Sookdeo, and the Sunday School superintendent, Rachel Mookram, along with six parents.

Many thanks to the Local Board for its financial help and support and we hope this will continue in the future because our children are the future of the church. The children had an exciting time at the rally. They participated in various activities such as a parade around the field, assisted in picking up the offering and more importantly they were given the opportunity to present a token of appreciation to a long standing worker and member of Presbyterian Church of Trinidad and Tobago for dedication and commitment.

Many of the children also enjoyed the lessons taught to them by their assigned teachers and the crafts that they did. During the rally the children were treated with an apple and at the end they were all given a bag containing a journal, book marker and snacks. Many thanks to Almighty God for giving us the strength and courage to continue to work with our Sunday School children so that they can learn about God's Word.



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- The Board shall be responsible for engaging the attention of the Church and the wider community in areas of social responsibility.
- The Board shall undertake the responsibility to stimulate thought and comment on any social issue of importance.
- The board shall offer to the Synod and or Synodical Council informed opinion on contemporary, social, moral, ethical and other issues of national importance.
- The Board shall strive to encourage balanced judgement in light of Christian Doctrine on any issues affecting the Church and the national conscience.
- The Board shall encourage care and assistance to the community as a whole.
- The Board shall undertake projects which shall address social needs.
- The Board shall encourage responsible discussions in respect of corporate social responsibility as it affects the community.
- The Board shall consider and develop a database of projects which shall be available to all members of the Church.
- The Board shall be responsible for submitting an annual report with an audited financial statement to Synod.

IN LOVING MEMORY

Wilbert Hollist Ramrattan

SUNRISE: 8th August 1960
SUNRISE: 8th June 2006

"I keep in my heart the love of the past, for there it was planted forever to last."
Sadly missed by your wife
Ena three sons Roger,
Sterling and Sheldon and
grandchildren Aleah and
Aidon



Daniel "Jack" Sahadeo

SUNRISE: 19 /05/1956
SUNSET: 14 /06/ 2021

Husband of: Jasodrah Lalla
Sahadeo (dec.)
Father of: Michael and Nerissa
Brother of: Rosanna, Agnes
Sultanti, Abraham (dec), Esau,
Rosabell and Samuel.

"Let me tell you, he is the hole in my heart. His loss is my scar. But let me tell you something, his memory drives me forward every single day of my life."




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IN LOVING MEMORY

P.E Mr. Harold Latchu

SUNRISE: 30/09/1931
SUNSET: 02/06/2020



Lovingly remembered
by his wife,
children,
grandchildren,
great grandchildren
and siblings.

Cynthia L. Doodnath

SUNRISE: 29-05-1942
SUNSET: 26-05-2014



Lovingly remembered by
her husband,
Winston Doodnath,
Children, Anderson, Lester,
Ann Marie, Gloria,
Son-in-law Paull, Grandchildren
Alex, Isabella, Max
Siblings, relatives and friends

Kathleen V. Guinness

SUNRISE: 02-10-66
SUNSET: 30-05-2020



From Family and Loved ones

There is a home that lies beyond
And past its golden door
Awaits the ones who are now
away

Not lost-just gone before
And in the home that lies beyond
The master will prepare
A place for you, and when He
calls
You'll meet your loved one there

Adriel N Gokool

From Family and Loved ones
Sometimes God picks the flower
That is still in full bloom
Sometimes the rose bud chosen
That we feel He's picked too soon

Sometimes the flower is fading
With petals floating down
But God knows the perfect time
To gather flowers from the ground

There is a heavenly garden
In which God takes great pleasure
Because he placed within it
The loved ones that we treasure

Giving them eternal rest,
Because I know that it must please Him
Because He choose our very best.



SUNRISE: 07-07-83
SUNSET: 17-06-2015

Emelda Guinness

SUNRISE: 09-09-1936
SUNSET: 02-05-1998



From: Family & Loved ones

A lonely house, an empty chair,
Reminds us that you're no longer here,
A gentle smile and soothing touch,
Can no longer comfort us,
A loving mother with a heart of Gold,
Is no longer a part of our world,
But memories of her are our greatest
treasure,
And in our hearts, She'll live forever.

A Life Well Lived

Esau Guinness

SUNRISE: 31-03-1933
SUNSET: 06-12-2022



From: Family & Loved ones

God called your name softly
That only you could hear
And no one heard the
footsteps
Of the angles drawing near,
The golden gate stood open
God saw you needed rest
His garden must be
beautiful
He only takes the best
A Life Well Lived



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Read your Bible June

"Relying On God's Faithful Guidance"

SUN	MON	TUE	WED	THU	FRI	SAT
				2 Timothy 1:8-12	2 Timothy 1:12b-14	Psalm 8
2 Corinthians 13:11-13	1 Corinthians 12:1-3	1 Corinthians 12:4-13	John 14:25-26	2 Peter 2:17-22	Acts 28:1-10	Psalm 33:1-12
Genesis 12:1-9	Genesis 16:1-15	Genesis 17	Genesis 18:16-33	Genesis 21:1-7	Genesis 24:1-9	Psalm 116:1-2
Romans 5:1-8	1 Thessalonians 3:1-5	2 Thessalonians 2:13-3:5	Luke 6:12-19	Hebrews 2:5-9	Acts 5:17-26	Psalm 86:1-10
Romans 6:1b-11	Revelation 2:1-7	Revelation 2:8-11	Matthew 10:5-23	Galatians 5:2-6	Galatians 5:7-12	

July

"In God, There Is Peace, Security & Love"

SUN	MON	TUE	WED	THU	FRI	SAT
Genesis 29:15-28	Genesis 30:25-36					Psalm 13
Genesis 22:1-14	Genesis 22:15-18	1 Kings 18:36-39	Isaiah 51:1-3	Romans 7:1-6	Romans 7:7-20	Psalm 45:10-17
Romans 7:15-25a	Romans 1:18-25	Romans 3:1-8	John 13:1-17	Romans 2:12-16	Romans 15:14-21	Psalm 119:105-112
Genesis 25:19-34	Micah 1:1-5	Jeremiah 49:7-11	Matthew 13:10-17	Hebrews 2:1-9	Hebrews 6:13-20	Psalm 139:1-12
Genesis 28:10-19a	Genesis 32:3-21	Genesis 33:1-17	Genesis 35:16-29	Genesis 29:1-8	Genesis 29:9-14	Psalm 105:1-11

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