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ANNIVERSARY
1904 - 2024

The Trinidad PRESBYTERIAN



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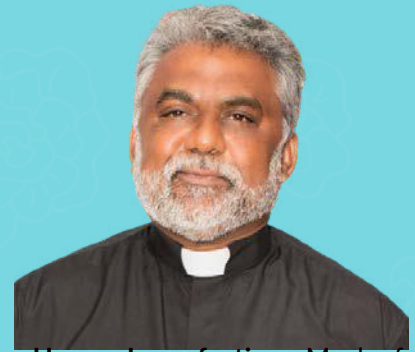
The Presbyterian Church of Trinidad & Tobago
South-Eastern Presbytery
Elevation
SERVICE
Ashford Devan Tamby
as Presiding Elder of
The Presbyterian Church of Trinidad & Tobago
SUNDAY 21ST APRIL 2024
TIME: 4:00 PM
NEW CENTURY PRESBYTERIAN CHURCH
PIETE CAFE RD. MORUGA.

**HE IS
RISEN**
CELEBRATE THE SAVIOUR
HAPPY RESURRECTION SUNDAY
WITH LOVE FROM THE PCTT.

THE MODERATOR SPEAKS
120 Years of *The Trinidad Presbyterian*
NATIONAL SUNDAY SCHOOL RALLY 2024
PCTT's BETH -RAPHA MISSION

THE MODERATOR SPEAKS

PCTT MODERATOR, THE RIGHT REVEREND DANIEL CHANCE



“Brokenness in the Church”

Excerpt from presentation done at ‘Elders’ Retreat 2024’
Theme: “Being and Bringing a Blessing” Sub-theme: “Brokenness in the Church”. Context for Presentation: - The dwindling church membership. - Low Post-Covid church attendance
- The ‘hurt’ experienced by church members, resulting in ‘brokenness within the Church.’

The Church is the coming together or the fellowship of people, who are ‘called out’ by God, to worship Him and are willing to live out in a tangible way, their faith in Christ. It is a ‘Spiritual Fellowship,’ which is governed and led by God’s Holy Spirit.

Within each congregation, there exists a great majority of persons, whose experience of God, continues to shape and so influence their lives in such a meaningful way, that they transmit that energy and spirit to all those with whom they worship. They work tirelessly within the Church, seeking always to build-up God’s Church in the world. They give, looking for nothing in return.

As members of the Body of Christ:

- *Our lives must be grounded in God
- *The life of Christ must be our greatest influence
- *We must be a converted people
- *Our conversion must be reflected or seen in our everyday life, especially in our conversation
- *The Church’s mission must be extended to everyone and not only to a selected few

Steps toward “Healing and Restoration” -

- **a. Knowledge of the Word of God** - The Bible tells of the brokenness experienced by the People of God. They grew disenchanting, discouraged, hopeless, abandoned and alone but those who were willing to acknowledge that God was walking with them through their difficult times, received healing and renewal.
- **b. Learning from Jesus’ life** - As a Church, we learn of brokenness from the one who was broken for our sake. We often seem to forget that Jesus was denied, betrayed and abandoned by those whom He had chosen to carry on His ministry; those who were closest to Him. Jesus teaches us how to confront and manage in a mature way, the challenges of life.
- **c. Love and Forgiveness** - Brokenness is healed by love and forgiveness. As difficult as it may be for us to accept, emptying ourselves through forgiveness brings healing.

d. **Acknowledge our Human Imperfection** - Much of what we are exposed to as the Church today, always existed. It is not new. Through his many letters, St. Paul sought to address the issues which arose within the community of faith. We seem to forget that human beings make up the Church in the world and wherever we are, human problems will arise. Sometimes, because we are identified as ‘Church’ we are led to think that we belong to a perfect community, failing to realize that human beings are far from being perfect.

- **e. Confronting our hurt** - What do we do with the hurt that we feel? Do we feed it, encouraging it and causing it to grow? Or do we put it in its proper perspective and bring it to God, the God who heals, strengthens and makes us whole?
- **f. Learn to depend on God** - When we are able to submit our lives to God, we allow Him to take control of all that will come our way in life. If life was expected to be so perfect, would we have been told, “Do not be afraid,” “I the Lord am with you,” “Come unto Me, all those who have heavy burdens and I will give you rest.” These and more, prepare us for the difficulties we have to face in life. For the Child of God, life is never easier nor more pleasant, but knowing that God is with us, helps us bear the burdens of each day with God’s Grace and Power. We are led to overcome the challenges rather than allow the challenges of life to subdue us.

I close with a quote from the late Mahatma Gandhi, “Be the change you wish to see in the world!”

QUESTIONS FOR REFLECTION:

1. Is there a difference between ‘the Church as the Body of Christ’ and ‘the Church as an Organization’?
2. What are the factors responsible for ‘creating brokenness’ within the Church Community?
3. How is hurt ‘kept alive’ or ‘sustained’ within the Church Community/Church Family?
4. Have I contributed to the brokenness which exists in the church by:
5. failing to offer care to those families which have been assigned to me as well as the wider Church Community?
6. neglecting the ‘vows’ which I have taken at my ordination as ‘Elder’?
7. being careless with my ‘words’ and ‘actions’?
8. my attitude of ‘Entitlement’ and ‘Personal Greatness’?
9. How does my life reflect my faith in Christ?
10. What can I do, to bring healing to the brokenness, which I or someone else may have caused or may have experienced myself?
11. What do you appreciate most, as a member of the ‘Body of Christ’ in the world?

EDITORIAL

WORLD HEALTH DAY - DIABETES

World Health Day is celebrated annually on 7th April. This marks the founding of the World Health Organization in 1948. Each year, it draws attention to a specific health topic of concern that affects people all over the world. This year the theme is “My health, my right”. It was chosen to champion the rights of everyone to have access to health services, education, and information.

As part of the focus on Health Education, this article will focus on Diabetes. About 422 million people worldwide have diabetes, the majority live in low-and middle-income countries, and 1.5 million deaths are directly attributed to diabetes each year. A study in Trinidad and Tobago showed that over 1 in 5 persons between the ages of 15-64 had diabetes.

Diabetes is a chronic disease characterized by elevated blood glucose or blood sugar levels. Most people are aware of this. What is less known is that over time, it can lead to serious damage to the heart, blood vessels, eyes, kidneys, and nerves. The most common is type 2 diabetes, which usually develops in adults. This occurs when the body becomes resistant to insulin or doesn't make enough insulin. Insulin is a hormone made by the body which controls blood sugar levels.

Symptoms of diabetes include the need to urinate often, thirst, vision changes and fatigue. As this can be easily missed, the disease may be diagnosed several years after onset, after complications have already arisen. For this reason, it is important to be aware of risk factors.

The risk factors for diabetes include:

- Being over 40 (over 25 if you're African-Caribbean, Chinese or South Asian.)
- Having a family history of diabetes
- Being of South Asian or Afro Caribbean descent
- Have a high waist measurement.
- Are overweight or obese
- Smoking
- History of gestational diabetes (type of diabetes that occurs in pregnancy)
- Not being physically active regularly.
- Having PCOS (Polycystic Ovarian Syndrome)

If you have more than one of these risk factors, it is important that you find out about regular screening for diabetes. Early diagnosis and regular monitoring can allow you to make lifestyle changes to reduce your risk as far as possible and prevent complications from arising.



Moments
OF INSPIRATION
MONDAYS | 8:30 A.M. |

CORRECTION: The New General Secretary of the PCTT is Ashford Tamby.

We are sorry for the incorrect spelling in last month's print edition.

NATIONAL SUNDAY SCHOOL RALLY 2024

THEME: JESUS IS THE LIGHT OF THE WORLD

Submitted by : B.O.C.E

The Board of Christian Education hosted its 36th annual Sunday School Rally at the Naparima College Auditorium. The theme selected this year was based on the scripture verse John chapter 8 verse 12 "I am the light of the world," which we believed reminded all present the importance of Jesus at the centre of our lives.

Our rally began at 9.am with the traditional flag procession of the regions present. They entered the auditorium with music provided by Penal Rock Choir and song "We are marching in the light of God" led by Mr. Garry Soomarah chairman of the Board of Christian Education. This was then followed by an opening prayer done by Deaconess Marlene Seenathsingh, and the national anthem done on pan by Ashish Balramsingh student of Naparima College and member of the Emmanuel Presbyterian Church. Mr. Garry Soomarah hosted the day's proceedings which started with a brief welcome and safety briefing in case of any emergencies.

This years singspiration was done by the Penal Rock Choir that truly blessed all present with their spirit filled singing and selection of songs that had the kids moving and singing along with them. Following the singspiration was devotions, which was done by the gifted Ms. Andrea Nandlal and her team "The Little Missionaries" which carried everyone on a quest to different lands to find clues about who is the light of the world, this was a well-executed and interactive session. We were then blessed by a solo done by young Kaitlyn Sarwan member of the Canaan Presbyterian Church singing "Oceans". Reshma Sohan and her Dance troupe also blessed us with their liturgical dance "Enter into Jerusalem". Everyone went on a fifteen-minute break after which the kids broke out into their classroom sessions. Special thanks to all the Pastoral Regions whose teachers assisted with the classroom sessions. The kids were truly

blessed by their respective activities done. After the students returned from their sessions, they went into a time of prayer with Deaconess Jenifer Sinanan which was immediately followed

by another singspiration done by Penal Rock Choir. Our final activity was done by Mr. Kosi who engaged the kids in another puppet session on what they had learnt.

The day's proceedings ended with a vote of thanks that included in thanking God for a spirit filled day, members of the B.O.C.E., church workers, Sunday School teachers from the respective regions, parents for sending out their kids with special thanks to Ms. Andrea Nandlal and Team, Emmanuel Presbyterian Church P.C.W. group for providing items to be sold along with Mrs. Vashti Mathura for selling doubles and pies and assisting us with further duties as called upon, Deaconess Marlene Seenathsingh and Mrs. Ochiengh for proving the delicious snowcones that we all enjoyed. Our rally then ended with Reverend Damion Sieunarine doing the closing prayer and benediction after which the audience was led out by the flag recession led in song by Mr. Garry Soomarah singing "We are Marching in the Light of the World" and music provided by Penal Rock Band. To God be the Glory for blessing us with an inspired spirit filled day,





THE FAMILY CAN

THE PILGRIMAGE OF PARENTING: [PART 3] - THE 'PARENTER - PARENTEE' RELATIONSHIP

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

Dear Readers, as we proceed together on step 3 of our journey, we keep in mind the PCTT's theme for 2024 'Pilgrimage of Justice, Reconciliation and Unity' which we hope will impact as this series of thoughts attempt to unravel the difficulties of parenting and to tighten bonds within the family. The PILGRIMAGE OF PARENTING has introduced the different construct of 'Parenting is a Relationship' with the participants being the 'parenter' and the 'parentee'. As to how this impact, now leads us to consider the questions - What is parenting? Where does parenting occur?

To the question, what is parenting? Definitions, interpretations and understanding have significantly changed and reconstructed over the last 100 years but more significantly so over the recent 50 years and most rapidly/progressively through the last 30 years via the impacts of mobility, migration, science, education, technology, communication media, the www and Conventions and legislation both national and global, etc. Parenting can no longer only be seen and understood, promulgated, and perpetuated on traditional, historical, cultural, religious [e.g. Bible] or past societal norms and values.

To explain, consider the concept of direct parenting as (a) biological parents to child; (b) sibling to sibling parenting; (c) adult child to aged biological parent. Secondly, other forms or structures of surrogate parenting which involves teachers, coaches, mentors, and institutional caregivers.

Now, where do parenting occur? Parenting can occur in the context, or environs of the family / households /community where parents are either single or are cohabiting as spouses or a couple to the child, whether biological or not. Parenting also occurs within the 'ideal type' family households or in the constructs of extended family types of kinship, neighbourhoods, religious, ethnic, cultural, indigenous and locations of institutional parenting.

Whatever the circumstances and situations, the roles, responsibilities, and boundaries that are currently practiced are often vague, incoherent, unclear or unspecified. Issues of dependence, independence and co-dependence confront the 'parenter - parentee' relationship with the resulting outcomes either of positive regards or negative regards or with neglect and indifference, resulting in challenges, conflicts, abuse and violence ... death.

However, an understanding of the roles, privileges, boundaries, and authority of the 'parenter' should be understood as should be the roles, privileges, and boundaries of the 'parentee'. This would guide and assist the relationship of parenting. Parenting is not an unbalanced, domineering and manipulative, violent or abusive relational exchange which is countered with resistance, defiance, and resentment but parenting is a relationship where the interests of each person are considered regardless of the socio-economic and bio-psycho-social factors or circumstances.

Here, therefore, I go slowly in presenting the parameters of the model, 'parenting is a relationship' hoping that this different perspective can guide the understanding and effect change and adjustment to the narrative and approach to parenting where the participants interact in a relational exchange that affects their words and actions, attitudes, behaviours and roles, duty and responsibility. Can this approach improve our parenting relationships and skills and improve intra-family and inter-family relationships?

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* Volunteering at the Archives

At present, there are six regular and several associate volunteers at the CAPCTT who assist in various aspects and projects towards the archive's development to enable availability, accessibility and ease of use.

Volunteering requires interest, motivation, and passion with the desire to learn, to research, and with the commitment and responsibility to respect the confidentiality and privacy to archival materials and information especially held in the repository. Why? Some information may be shocking and beyond belief so an open and objective mind and approach may be essential.

The volunteers at present can bear testimony to the wholistic value of the Archives to their church-related and to their personal and family lives. So, does this prompt your interest in wanting to become a volunteer of the CAPCTT?

Volunteers are not bound by long term expectations, obligations. It is for you to decide whether you want to become a 'regular' or an 'associate' volunteer. The former is for continued activities whilst the later will be short-termed or project determined, which means a project of your interest but/and relevant to the CAPCTT, be it personal, family, church, school, national or other. Your project will be guided following CAPCTT's parameters, and related rules.

Although currently most of the volunteers are retired, this does not place any limit due to age on intending volunteers. Further, volunteers can be individuals, teams or groups whose participation would not only enhance the functions and operations of the CAPCTT but also improve and augment the knowledge of persons of and about the PCTT, this with reference to the uniqueness of the Presbyterian or Reformed presence in TT, to the doctrines, heritage, traditions, its history of achievements and losses, church administration and constitution, the activities of Synod's Boards and Committees, of local congregations... and individual membership, etc.

Your volunteering may not only assist you personally but can create a link to and from the CAPCTT and all Boards and Committees of the PCTT national or local - congregational or regional.

This may seem an unrealistic dream or notion, but volunteers can, as already begun, turn this into a real reality for the present and for generations of the future.

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

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

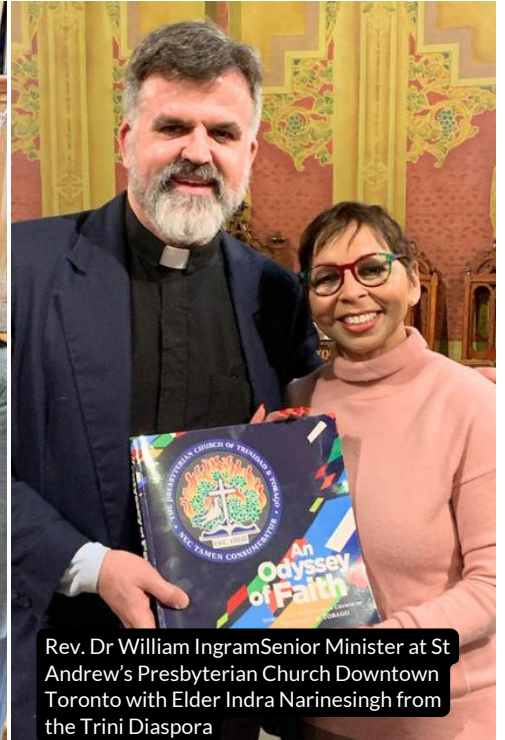
Contact: 652-4829 [Synod Office] and 653-4166 [SATC Library], or Visit in person on Tuesdays and Thursdays, 9 a.m. to 12 noon.

AN ODYSSEY OF FAITH REACHING THE WORLD

The 150th PCTT Anniversary Publication "An Odyssey of Faith" is being well received abroad. In case you missed it, this publication was a project of the 150th Anniversary Committee in 2017 under the then Moderator Rev. Annabell Lalla-Ramkelawan, It was continued in earnest by Rev. Joy Abdul-Mohan and finally released in December 2023 under Rt. Rev. Daniel Chance. Copies are still available at Synod office; Soft Cover \$350, Hard Cover \$400



Rev. Robert Hayashi, Minister of the Richmond Hill Presbyterian Church, Richmond Hill, Ontario; Clerk of Session Susan Falla -Johnson, Mrs. Shirley Mohan and Rev. Joy Abdul-Mohan.



Rev. Dr William Ingram Senior Minister at St Andrew's Presbyterian Church Downtown Toronto with Elder Indra Narinesingh from the Trini Diaspora

120 YEARS OF THE TRINIDAD PRESBYTERIAN

#Did you know.

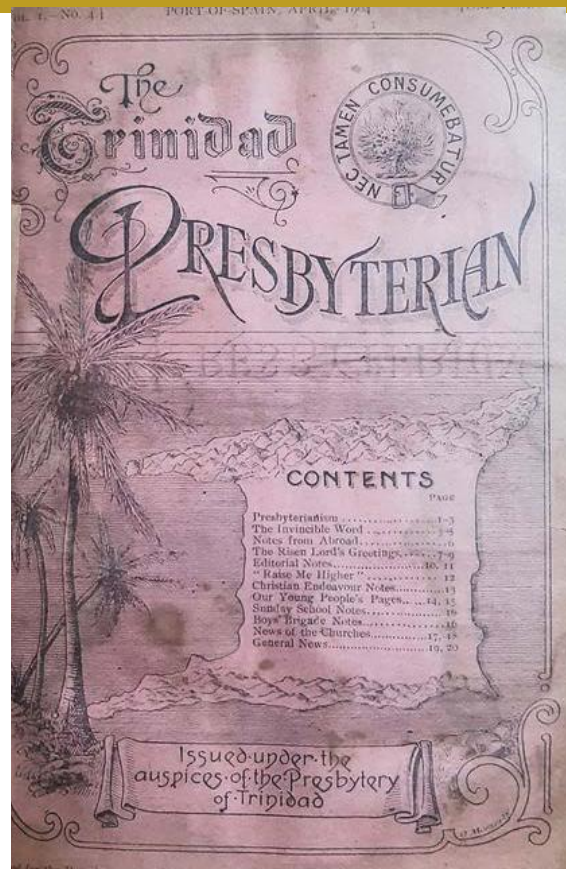
The Trinidad Presbyterian Publication was first printed in January 1904.



According to 'An Odyssey of Faith' the 150th anniversary PCTT publication, it was at Couva that Rev. Thompson produced a newsletter, not only for the benefit of the Couva Field but for the wider Presbyterian Community. That newsletter is now known today as the *Trinidad Presbyterian*.

Rev. Thompson was the first editor. He served at Arunodai Presbyterian Church Balmain upon his arrival in February 1891 to 1910 when he returned to Canada. The *Trinidad Presbyterian* has recorded much history of the PCTT and while many early copies are fragile, all copies of the *Trinidad Presbyterian* are available at the Central Archives of The Presbyterian Church of Trinidad and Tobago, Paradise Hill, San Fernando.

In celebration of 120 years of *The Trinidad Presbyterian*, and in preparation for the 50th anniversary of the establishment of the depository of the Archives in September 1975, efforts are underway to digitise these historical records.





Welcome readers. We continue in this series unraveling **“Worship in Presbyterianism.”**

Christian worship is the response of a grateful heart to God’s own self-giving in Jesus Christ. That does not change. It is the same in every age, but liturgy, the medium by which worship is rendered, has changed, and developed throughout the ages.

Through the liturgy, God speaks and we respond; through the liturgy, we call and listen for God’s response.

The English word Liturgy is derived from the Greek word *leitourgia* which is the combination of two Greek words *laos* meaning people and *ergon* work. Literally, liturgy is the work of the people. It is something that we do together in the presence of God.

Liturgy involves all of us. It calls us to commit heart, soul, mind, and strength. To call a service liturgical is to indicate that it was conceived so that all worshipers can take an active part in offering their worship together. The term liturgical cannot be used for a worship service where there is no participation by the congregation where they are a passive audience. Liturgy is the outward form through which a community of faith express in public worship..

We sometimes think of a liturgical service as a service where there are printed prayers, spoken responses by the people, what we will call a formal atmosphere, and a non-liturgical service as service with less structure, spontaneity, and informality.

The forms, music, preaching and physical environments may be radically different, but worship in both is rightly ‘liturgical’. Once it involves the people in some active manner: singing hymns, choruses, or refrains; reciting the creed; saying a prayer; responding with and “amen” at the conclusion of the prayer or spontaneously during the sermon

The liturgy we use in worship may be prescribed by a Book of Common Worship or a liturgy shaped by a local custom and tradition.

All Christian worship is intended to be liturgical, a work of the people. Everyone has a part, from the oldest to the youngest. There are some basic characteristics we see in Reformed or Presbyterian Worship

1. Reformed/ Presbyterian worship focuses on the praise and adoration of God and not on the experience or satisfaction of the worshiper. Worship is first and foremost for God, this is evident in the hymns we sing, the prayers we render, and the sermons we preach.

2. It engages the people as participants and not merely spectators. Therefore, reformers insisted that the worship service be conducted in the language of the people. They introduced congregational singing and responsive Psalms.

3. It is a Word - centered liturgy, the reformers set out to change the church and its worship. Using the practices of the early church, Acts 2: 42, “They devoted themselves to the apostles teaching and fellowship, to the breaking of bread and the prayers.”

4. Presbyterian worship has been characterized by **an emphasis on preaching as a means of grace.** The word preached is not simply the preacher’s words, but by the presence and power of God’s Holy Spirit, the word proclaimed may become the worshiper God’s word, a word that has power to change us. Preaching is much more than words; it is an occasion in which we are encountered by God.

5. Reformed/ Presbyterian worship is marked by order, dignity, and decorum.

Presbyterians may at times laugh in a service and Presbyterians enjoy worship, but Presbyterians have traditionally understood their worship as something rendered before the throne of God. We are not the people who hop and skip before the Holy One. We believe that God is a God of order and not chaos and the worship we offer up to God is marked by order rather than confusion.

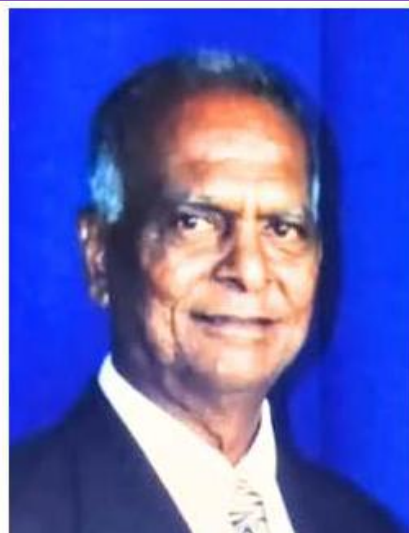
6. By the work of the Holy Spirit which we seek prayerfully that worship can have meaning.

MEMORIAL FOR JAMES EVERETT ABDUL

James Everett Abdul (Sr.), at the age of ninety (90) years, peacefully passed away on Saturday 27th January 2024, at his home in Lothians Road, Princes Town. James was the last of his generation. He was the son of the late James and Rachael Abdul and the nephew of the late Reverend Thomas Ali Hosein and Bible Woman Hannah Jagbandhansingh.

He was married to his dear wife Eva for sixty (60) years and the marriage produced 3 children- James (Jr.), Joy Evelyn Abdul-Mohan and Jeremiah Evans - whom they nurtured in the Christian faith.

James was an educator by profession for over 35 years and retired as an Acting Principal of the Princes Town Presbyterian School No. 2. He taught the standard 5 classes for most of his teaching years where he prepared students for the then Common Entrance Examination.



He served as an Elder and Chairman of the Local Board at the St. Andrew's Presbyterian Church, Princes Town in the 70's and 80's.

His love for youth ministry motivated him to serve as Youth Coordinator even until the age of 70. Persons often times would ask why a church elected a 70 year-old to be their Youth Coordinator. James connected with young people in a unique way that encouraged the youth to become Christian servant leaders and the best versions of themselves. James also served at the presbyterial leave of the PCTT - the then Southern Presbytery, now the South-Central Presbytery and was a lay-preacher.

He was an avid hiker, footballer and cricketer throughout his young and adult life - from Primary school to Presentation College and the then Naparima Teachers Training College.

James, a devoted husband, father and grand-father lived a full life and gave his best to his family, the church, and the Presbyterian school education system. He will be missed by many.

To God be the Glory!

The Family of the late James Everett Abdul (Sr.) expresses their sincerest gratitude to everyone (too many to mention) who sent condolences, offered their prayers, love and support. God bless you all!

TRIBUTE TO UNCLE SAM

On behalf of the Synod of the Presbyterian Church of Trinidad and Tobago, we extend sincerest sympathy to the Sinanan family, friends and relatives of the late Mr. Samuel Sinanan. "Uncle Sam," as he was fondly called and lovingly referred to, passed away on Friday 1st, March 2024, at his home in Canada.

Uncle Sam will forever be remembered as a member of the St. Julien community and the Presbyterian Church. He served as the Church's Property Officer for several years; he represented the Tableland Pastoral Region on various Boards and Committees; and was very involved in the Church's mission in Tobago.

As a father, husband, grandfather and church member, he transmitted his faith in Christ to those with whom he interacted. No doubt Uncle Sam and his late wife made many sacrifices for their children as they envisioned a better future for the entire family. To the members of the Sinanan family, take comfort in knowing that the soul of your loved one finds rest with the Keeper of Souls and as part of our belief, you would never walk alone, for your God, walks with you.



WORLD DAY OF PRAYER REGIONAL SERVICE NARIVA/MAYARO PASTORAL REGION

Submitted by Malla Gadar-Ram- Clerk of Session.



It was indeed an evening of togetherness and love as members of all Five (5) churches of the Nariva/Mayaro Pastoral Region: Mafeking, Ecclesville, Rio Claro, Navet and Biche joined together to celebrate World Day of Prayer at the Rio Claro Presbyterian Church on arch 1st at 5:30 p.m.

There were 62 persons in attendance. Mrs. Persad and Ms. Mahabir, did the Order of Worship and read the prayer. Mrs. Ramjitsingh-Delpino welcomed everyone and made the necessary announcements. Mrs. Seepersad did the Prayer of Adoration.

Three stories were then read : the story of Resilience by Mrs. Sooknanan , the story of Truth Telling by Mrs. Boochoon, and the story of Flourishing by Ms. Rajkumar.

The Offering was dedicated by Mrs. Boochoon. The Rio Claro Choir did an introit and one anthem with Ms. Mohammed, a member of the said choir, doing a Liturgical dance.

In attendance were our very own Interim Minister Reverend Samuel-Moonoo; Presiding Elders - Mr. M Sahadath and Mr. W Gokool; and the Secretary of South Eastern Presbytery - Mrs. Drepaulsingh.

Our Interim Minister did justice to the theme of the service which was prepared by a group of Christian women in Palestine "Let us bear with one another in Love" taken from Ephesians 4: 1-5. She spoke on the sacrifices made by these women in spreading Christianity. The message was very profound and left most of our members doing some form of soul searching and self reflection.

Representative from the BOCE, Mrs. Ramjitsingh-Delpino, did the Vote of Thanks. Kudos to our coordinator, Mrs. Persad, for, a well-planned service. Some members were also decked off in their Palestinian wear which added meaning and purpose to all that was said and done.

Refreshment was served to all. Fellowship followed as members renewed their friendship with fellow members from our sister churches. May God continue to bless us all and the people of Palestine.

WORLD DAY OF PRAYER IN PRINCES TOWN

Submitted by Koreen Mohammed



Twenty-six women and two gentlemen gathered at St. Andrew's Presbyterian Church (SAPC) in Princes Town to observe WDP on 1st March 2024. In addition to the women of the SAPC, participating in the service were women from the Holy Cross Roman Catholic Church, Missions Tabernacle and the Princes Town Baptist Church as well as Mr. Michael Seerattan on the keyboard, he enhanced the service with his melodious voices.

All aspects of this service reflected peace, hope, unity, courage, and love. The congregation that evening was inspired by the stories read to us of three Christian Palestinian women, belonging to an ecumenical group and by our Student Minister Ms. Jessica Mahadeo.

The first woman, Eleoner, who was so moved by her witness to wars and violence, developed various programs which served all people in her homeland. Following in her great grandfather's footsteps to serve and Jesus' commandment to love one another as he loved, her story shared the importance of unity, especially in difficult times.

The second woman, Lina, recognised that her aunt, who was a Journalist, was a voice for others, and that sharing their experiences was a way of bearing with one another in love - giving hope to the voiceless.

The third woman, Sara, shared that within her family and many others, that a key to a home long lost was a symbol of hope and courage. Such hope was rooted in her, as it passed down through generations who were once forcibly displaced from their homes. She, too, was able to bear with one another in love because her grandparents did just that.

Student Minister, Ms. Jessica Mahadeo, reminded us that despite the struggles of the women in Palestine, their focus was on unity with one another and with God. They focused on helping others. Ms. Mahadeo called upon us to do the same - to act upon the call of God within the Church building and outside of the Church.

Ms. Mahadeo highlighted the freedoms we enjoy and the unique

history which brought us to this land and that we should reflect upon our experiences and those of past generations and build upon their hope, courage, unity, bearing with one another in love. We were challenged to consider if we were really helping others, especially those who came to this land seeking a better life.

So touched were the women by Ms. Mahadeo's sermon that all who graced the pulpit after the message, echoed the call for us to go out into the world and make a difference.

The women pictured here who gathered on WDP with shared and diverse experiences were indeed a blessing to one another as the presence of each spoke to the hope, peace, courage, unity and love we share in Christ Jesus.

In each story there was a role model who showed the way forward. Being aware of how your actions can influence others, how will you show that example of bearing with one another in love - for someone to build upon one day?

COUNSELLING COLUMN

VICTORIA AVIAN RAJKUMAR (B.ED., M.ED., CERT. GUIDANCE AND COUNSELLING)
PLAYING OUR PART AS CHRISTIANS TO ELIMINATE CHILD ABUSE.

James 1:20-21 Human anger does not produce the righteousness God desires. So, get rid of all the filth and evil in your lives, and humbly accept the word God has planted in your hearts for it has the power to save your souls.

Trinidad and Tobago joins the global community during the month of April in observing as Child Abuse Prevention Month, a period set aside to sensitize the world to the need to not only prevent but also eliminate all forms of child abuse-acknowledging the fundamental and inalienable right of every child (any person under 18 years old) to enjoy a life free of violence. Statistics emerging from the Children's Authority of Trinidad and Tobago (as of December 2023) indicated that between the period January and October 2023, there were "4444" reports of child abuse and maltreatment." The Office of the Prime Minister reminds us that, "Victims of abuse are at risk of becoming ensnared in a cycle of violence and even of becoming abusers themselves. We all have a responsibility to fulfill children's rights- to ensure that the lives of boys and girls are free from abuse, neglect and violence. Silence is acceptance."

Where can we start? Firstly, we need to be aware of the different forms through which child abuse can exist.

- Physical abuse: Any non-accidental physical injury to a child. It can include hitting, kicking, burning or biting a child.
- Emotional abuse: Behaviours, words, and actions of an individual in a child's life that have a negative mental impact on a child.
- Verbal abuse: A form of emotional abuse that involves name calling, threats, intimidation, teasing, sarcasm and yelling.
- Sexual abuse: Any sexual act, sexual threat or intimidation imposed on a child.
- Neglect: The failure of a parent or guardian to provide needed food, clothing, shelter, medical care, or supervision to the degree that the child's health, safety, and well-being are threatened with harm.

While all forms of child abuse have been recorded in Trinidad and Tobago, the Children's Authority data shows that child abuse is rampant with neglect being most prevalent while sexual abuse comes in close second.

What role can we play?

As Christians, we cannot sit passively and allow child abuse, in any form to occur. When Jesus said in St. Matthew's Gospel, "The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.' (Matt. 25:40) He also meant, children. As such, we can play a significant role in eliminating child abuse by embodying the principles of love, compassion, and justice advocated by Jesus. We can actively engage in efforts to support and protect children within our communities through various means:

1. Education and Awareness: As citizen and Christians we need to educate ourselves and others within our congregations about the signs of child abuse and the importance of reporting suspicions to the appropriate authorities. We can also use our platforms to raise awareness about the issue and promote resources for victims and families.
2. Support Networks: Our churches and groups can establish support networks for families experiencing stress or crisis, providing resources such as counselling, parenting classes, and financial assistance to reduce the risk of abuse.
3. Safe Spaces: As a community of believers, we need to ensure that our facilities are safe spaces for children by establishing clear guidelines for interactions, and fostering an environment where children feel comfortable reporting any concerns.
4. Advocacy and Policy: We, the brethren of Christ and His advocates in this world, need to support policies and legislation that prioritize the well-being of children and strengthen protections against abuse. We can also assist with financial resources to agencies working to eliminate child abuse.

It is imperative that we, as a faith-based organization, work together with the systems in our Nation, to aid in eliminating the scourge of child abuse. It is also imperative that as a church, we provide the necessary assistance and not whisper within our church's wall, within our groups and not act.

The Office of the Prime Minister has coined an acronym that can serve to aid in providing individuals who are aware of child abuse occurring, victims and their families.

ACT F.A.S.T Acronym:

- F: Family: National Family Services: 624-8218 or 627-1163, and a trusted family member that can assist in the process.
- A: Authority: Police Service: 999 (Victim & Witness Support Unit & The Child Protection Unit) and The Children's Authority: 996 / 800-2014
- S: School: Student Support Services (Guidance Counsellors and School Social Workers) Teachers, Principals etc.
- T: Telephone/ Trusted Adult: Child Line: 131 or 800-4321 and a trusted adult to guide the process.

In this season of Lent and Easter, let us answer Christ's call to be of service to humanity and especially those who cannot stand up for themselves.

AGRI FACTS COLUMN

EASTER FLORALS

SUBMITTED BY RAYANNA BOODRAM
rayannaboodram@hotmail.com

Easter is a joyful time for us all! Easter traditions vary from Hot Crossed Buns to Easter chocolates for the children. However, one common practise amongst all is preparing our homes for festivities with lots of beautiful décor and floral arrangements. Blooming Annuals and Perennials are the perfect solutions for brightening up your home and garden without breaking your budgets. In this article, we will explore the best annuals and perennials for Easter and how to maintain them.

At Easter, rosy pink hues are a must! Pink symbolizes jubilant new beginnings and joyful hope. Annuals such as pink Pentas and pink Petunias are ideal for your gardens. Caring for these are very easy. Ensure you water every day, especially if they are in the sun. Don't wait for your annuals to wilt before you water. Good soil is a necessity for your annuals.

Utilize a slow-release fertilizer into the soil at planting time or use a liquid fertilizer on annuals in a garden bed every seven to 14 days. Encourage new blooms by deadheading, which is pinching, snapping or cutting off dead blooms. Petunias, in particular, need to be pinched back on the stem to the base to prevent the plant from going to seed and to encourage continuous blooms.

Chrysanthemums (Mums) are perennials which are known for their assortment of colours. White, Pink and Orange are most beautiful for Easter time. One large Chrysanthemum Plant has just enough blossoms to give a full bouquet of flowers. These beautiful plants are very easy to plant and care for. Mums can reach heights of 1 to 3 feet. They prefer full sunlight during the growing season.

For transplanting your Mums, they prefer rich, well-drained soil. A good rule of thumb is if the soil is good for vegetables, it's good for Mums. They require more frequent watering due to their shallow root system, especially in high heat or little rainfall. Chrysanthemums require a dilute fertilizer several times before they begin to bud. A 5-10-5 fertilizer formulation will have the greatest effect on flower production and overall growth. The best fact about these plants is that they range from TT \$5.00 to TT \$50.00 at your favourite Agro shops!

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Conducted by **Rev. Dr. Annabell Lalla-Ramkelawan**

"When the righteous cry for help, the Lord hears and rescues them from all their troubles.
 The Lord is near to the broken-hearted and saves the crushed in spirit", Psalm 34: 17-18

DIAMOND PRESBYTERIAN CHURCH A LEGACY

Submitted by Lisa Judy Dolman

Reverend Kenneth Grant
 the seeds of our Saviour he did plant
 in 1873, a year in history
 by the Lord's decree
 adding a branch to the Presbyterian tree
 Soon unto us the church was born
 many came to lavana dawn
 crafted by countless pioneers to the duty they had shown
 to teach and serve with the armour of God they worn
 of course it wasn't easy
 a "diamond" in the rough
 trusting in God was enough
 to let a foundation that was extremely tough
 today 12th February a Day in History
 Diamond Presbyterian Church celebrates its 151st anniversary
 because the jubilant cheers
 maybe some happy tears
 no alcohol though we will exclude the beers
 as we look back, remember and reflect
 we cannot forget our forefathers whom we love and respect
 they left a legacy to guard and protect
 a way to remind us God's way is correct
 Many years have come and gone
 Diamond Presbyterian Church still stands strong
 hey sparkling gemstone shining all around
 welcoming everyone all year round
 a reminder before I leave
 we are a family of faith because we believe
 through Christ whose love we receive
 this is only the beginning let's see how much more we can achieve



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BARRACKPORE UNION PRESBYTERIAN CHURCH

On Sunday 25th February 2024, the members of the Barrackpore Union Presbyterian Church held a service at 8 a.m. to celebrate their 113th Anniversary. The Moderator of the Synod of the PCTT, The Rt. Reverend Daniel Chance conducted the service and delivered God's message. His message was based on The Book of Revelation 3: 7 - 8. (The Door that Jesus opened cannot be closed).

Elder Mr. K.B. Mitchell gave a brief history of the Church. Mrs. Pandora Mitchell led the Choir as they enhanced the service with their beautiful anthems. A land mark sign of the Barrackpore Union Presbyterian Church was dedicated by the Moderator.

The service was well attended and at the end the Moderator was presented with a token of appreciation by a member of the Youth Group. After the Service, all was invited to stay and fellowship with one another, as a sumptuous breakfast had been prepared.





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Invites you to its
62nd Annual
**Whitsuntide
Conference**

Theme: Our Pilgrimage to Unity as a Church

1 Corinthians 1:10

Guest Speaker: Rev. Damien Sieunarine

Come out in your regional colours

Registration Begins at 8:00am



Venue : Arunodai (Balmain) Presbyterian Church

Date: Saturday 18th May, 2024

Time: 8:30am - 12 noon

TEA AND COFFEE STATION AVAILABLE

LUNCH WILL BE SERVED AT 12 NOON

5TH NAPARIMA SCOUT GROUP: FOUNDED 1919 A TRIUMPH OF VISION AND COMMUNITY SPIRIT

Jeremiah Dookhoo



left back from left: ASL Shaye Nagir, Kyle Ramdial, Nikoli Mohammed
Front left: Group Chairman Russell Ramrattan, Venture Adviser Randy Mohammed, GSL Sharon Nagir, Jeremiah Dookhoo.
Right back from right: Adrian Singh, Justin Moonah, Zarir Bissessar, Joshua Sookoo,
Front right from right: SL Renold Ramdial, Mikeal Ramlal AGSL, Principal of VPS and SCD District Commissioner, Curtis Dindial, Akela Melissa Ramlal



From left: Mr. Curtis Seepersad, Representative Presbyterian Primary School Board of Education receiving token from Venture Scout Mikeal Ramlal with Group Chairman Mr. Russell Ramrattan and Venture Scout Joshua Sookoo



From left: Rev. Letra Jacob, Minister, Susamachar Presbyterian Church, receiving a token from Venture Scout Zarir Bissessar.

On a momentous Sunday, the 19th of November 2023, a vision conceived years ago reached fruition as the GSL-backed Venture Section proudly inaugurated the Community Mini Library at Vistabella Presbyterian School. Guided by the visionary, Mr. Randy Mohammed, this project is a testament to dedication and community engagement.

The inauguration ceremony was graced by esteemed guests, including the Principal of Vistabella Presbyterian School, Mr. Curtis Dindial, whose unwavering support facilitated the installation of this vital resource promoting reading and literacy within the community. Rev. Letra Jacob lent her blessings, and Mr. Curtis Seepersad represented the Presbyterian Primary Schools' Board of Education.

Fifth Naparima Scout Group, founded 1919, is sponsored by Susamachar Presbyterian Church. The Venture Scout Section acknowledges the significant role and collaborative efforts of The Executive Parent Committee led by Mr. Russell Ramrattan. They played a pivotal role, along with parents, leaders, and supporters who contributed to bringing the project to life.

The carpentry skills of Mr. Sookoo and the collective efforts of all involved were crucial to the success of the endeavour. The Ventures, embodying the scouting spirit, balanced their Duty to Country with the pursuit of their Venture program.

In the words of Lord Robert Baden Powell, "The most worthwhile thing is to try to put happiness into the lives of others." Today, the community library stands as a source of joy, enlightenment, and positive change. As we witness the embodiment of this sentiment, let us collectively support and applaud these young scouts, ensuring that the pages of knowledge turn for generations to come.

In the spirit of camaraderie, let us say, "Thank you, and Fifth Forever."

INDUCTION OF MS. ZARA LACKHAN AS ELDER AT ARAMALAYA

Submitted By: Caroline Sampath



On Sunday 3rd. March 2024, in addition to celebrating the Holy Sacrament of Communion, the Aramalaya Presbyterian Church welcomed its newest elder, Ms. Zara Lackhan. Officiating at the service was Reverend Adrian Sieunarine who not only administered the vows but reminded Ms. Lackhan of the duties and responsibilities which come with being an elder.

Ms. Lackhan who comes from a rich Presbyterian background and prefers to be called simply Zara, Z or Zars has been an active member of the church since the tender age of five when she joined the Sunday School. While still young, she displayed an interest and love for music, specifically the piano. This was arduously encouraged by her parents Carlos and Rita Lackhan. At Aramalaya, Zara wears many hats. She is the organist, Choir Director of both the Senior and Youth Choirs, Assistant Youth Advisor, a member of the PCW and lastly Multimedia Extraordinaire as she has personally recorded and uploaded to You Tube over four hundred church services. Her church involvement is not only confined to Aramalaya as she is also Choir Leader of The Friends in Christ: a choir which she formed comprising of members from Curepe and Aramalaya and of course she is one of the choir directors of the PCTT National Choir along with Mr. Kevin Mark Ragbir of the Susamachar Presbyterian Church. This choir was founded in 2014.

Professionally, Zara is both the music teacher and librarian at the Curepe Presbyterian School. Like her church life, she is very dedicated to her job and always displays a high level of professionalism.

We, here at Aramalaya and the wider Presbyterian Church, sincerely wish Zara all God's richest blessings as she embarks on this new chapter in her life.



REMEMBERING HONORARY ELDER THE LATE KELVIN RAWLE RAMOUTAR: A TRIBUTE TO FAITHFUL SERVICE

Submitted by : Vincent Kelvin Ramoutar - Chairman Debe Presbyterian Church

In a solemn yet deeply heartfelt ceremony, the La Romaine/Debe Pastoral Region paid homage to the late Kelvin Rawle Ramoutar for his unwavering dedication and service to his faith, community, and church. Posthumously bestowed with the esteemed title of Honorary Elder, Kelvin's legacy of 23 years of faithful service was commemorated during the 123rd Anniversary Service of the Debe Presbyterian Church on Sunday, November 19th, 2023.

Elder Kelvin Rawle Ramoutar's journey of service was marked by a steadfast devotion to our Lord and Saviour Jesus Christ, as well as a profound commitment to the Debe Presbyterian Church and the wider Pastoral Region. His impact, though lasting, was tragically cut short when he departed this earthly realm on November 1st, 2023, leaving behind a legacy of love and service that continue to inspire.

As the Clerk of Session, Mrs. Angie Beharry, stood before the congregation, her voice reverberated with reverence as she recounted Kelvin's tireless efforts and selfless sacrifices. With deep respect and admiration, she presented a symbolic token of Honorary Eldership to the Ramoutar family, acknowledging Kelvin's exemplary life and his enduring impact on the community.

In the midst of sorrow and reflection, the Ramoutar family accepted this honour with grace and gratitude, acknowledging the profound significance of Kelvin's legacy. Though he may no longer walk among us, his spirit lives on in the memories he created and the lives he touched.

Kelvin Rawle Ramoutar's legacy is not merely a testament to his years of service; it is a shining example of the transformative power of faith and selflessness. Through his unwavering commitment to his beliefs and his community, he exemplified the values of compassion, humility, and love, leaving an indelible mark on all who knew him.

As we gather to remember Kelvin's life and legacy, let us carry forward his spirit of service and compassion. May his memory serve as a guiding light, inspiring us to live with purpose and dedication, and to honour his remarkable legacy by continuing the work he began.

In honouring Kelvin Ramoutar with the title of Honorary Elder, we not only pay tribute to his years of faithful service but also reaffirm our commitment to carrying forward his legacy of love, faith, and service to others. Though he may have left this world, his spirit remains eternally present, guiding and inspiring us to follow in his footsteps as we continue on our own journeys of faith and service.



Kelvin Rawle Ramoutar
September 29, 1958 – November 01, 2022.



The Late Kelvin Rawle Ramoutar far right in the above picture in front Debe Presbyterian Church.

KNOX PRESBYTERIAN CHURCH

WORLD DAY OF PRAYER SERVICE

Submitted by Ms. Janella Nathaniel, Treasurer – Knox Presbyterian Church PCW Group



“I beg you ... bear with one another in love” Ephesians Chapter 4 Versus 2

On Friday 1st day of March, 2024, the Knox Presbyterian Church held its World Day of Prayer Service led by the Knox Presbyterian Church Women’s (PCW) Group. In keeping with the theme: **“I beg you... bear with one another in love”** the service was written by an ecumenical group of Palestinian women. The head table was adorned with baskets of lemons, oranges, cacti and flowers. Commemorative bookmarks were given out to members of the congregation. The service commenced with members of the PCW group entering the chapel carrying Bibles and candles which were then placed on the head table.

Mrs. Cynthia Goolcharan, President of the Knox Presbyterian Church PCW, led the Order of Worship, whilst the other members carried the rest of the service. The sermon was delivered by Ms. Tracy Doman. The Knox Presbyterian Church was filled with its members along with members of other churches in the Couva/Balmain Pastoral Region.

The Knox Presbyterian Church PCW joins with women worldwide committing themselves to stand with all women in overcoming discrimination, abuse, and oppression. In closing, may we be faithful examples and advocates in society and may we bear with one another in love. May God continue to bless you all.

INTERNATIONAL WOMEN’S DAY SERVICE

Submitted by Ms. Janella Nathaniel, Treasurer – Knox Presbyterian Church PCW Group



“I beg you ... bear with one another in love”

The Knox Presbyterian Church held its International Women’s Day Service on Sunday 3rd March, 2024. This service was led by the Knox Presbyterian Church PCW Group in commemoration of International Women’s Day.

Mrs. Marilyn Bipat, one of the Knox Presbyterian Church members, together with other members of the PCW Group participated in all aspects of the service including being the choir for the service. The sermon was done by Elders and the Vice-President of the PCW Group, Ms. Joy Rajaram, whose sermon was indeed a source of inspiration and rallied around the theme: “I beg you... bear with one another in love”. The service was well attended by members of the congregation and included some visitors.

1 Corinthians 13:4-7 says: “Love is patient, love is kind, love is not envious or boastful or arrogant or rude. It does not insist on its own way, it is not irritable, it keeps no records of wrongs, it does not rejoice in wrongdoing but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things.” We, the women of the Knox Presbyterian Church PCW Group, emphasize this and portray the quality of true love to all our brothers and sisters and society at large and urge each of you to do the same.

May God Bless You All.

KNOX PRESBYTERIAN CHURCH

SIP & PAINT

AN EVENING WITH CELESTIAL COLOURS

Submitted by Sian Karamath- Chung, President, Knox Youth Group.

“From the rising of the sun to its setting, the name of the Lord is to be praised!” (Psalm 113:3)

The Youth Coordinator of Knox Presbyterian Church, together with the members of the Youth Group, were privileged to enjoy an evening of fellowship and artistic expression on the 17th of February 2024, at the Knox Presbyterian Church Hall. This event was led by Youth Group member, Ms. Kimberly Budhoo. Members of the Youth Group were enthusiastic as their evening began with a Praise and Worship Session followed by an inspiring sermon that was delivered by Youth Group President, Mrs. Sian Karamath Chung, entitled, “Into the Wilderness.” This was followed by our stellar event, “Sip and Paint.” The scenic ‘Sunset’ was painted and portrayed as hues of yellow, black and red to depict art imitating life. Fellowship and melodious laughter filled the Knox Church Hall on that day. Members of the Youth Group expressed their gratitude for the opportunity to fellowship, develop their spiritual life and artistic skills to Ms. Budhoo for this transcendent experience. The Youth Coordinator, Mrs. Anisa Roopchand - Joseph, expressed how lovely it was to see the creativity of youthful minds unfold.



Homemade custard and slices of scrumptious chocolate brownie were served along with grape juice. This event was indeed a success. It afforded the members of the Youth Group an avenue to develop their artistic skills. This event was chosen because it supported creativity in a colourful and unique way. Special thanks first to God, then to the members of the Local Board, the parents and the congregation for their continued support.

“This is his commandment, that we believe in the name of his Son, Jesus Christ, and love each other as he commanded us” (1 John 3:23).



HEALING AND THE HEALING POWER OF KINDNESS

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



PART 1

When Your Body Needs Healing You Go To The Doctor. (Some Turn To The Herbalist)
When Your Mind Needs Healing You May Go To The Psychiatrist.
But When You Need Spiritual Healing, You Go To God.

Jesus Healed Everything! The Body, The Mind And The Spirit.

1. He Healed The Body With Miracles - 'All The Crowd Was Trying To Touch Him For Power Came Out Of Him And He Healed All Of Them' (Luke 6:19). He Touched them.

2. Jesus Healed The Mind With His Teachings and His Parables - Telling Us How To Live with love and kindness. How to obtain Happiness.

3. Jesus Healed us Spiritually with His Death on The Cross For Our Sins 'By His Stripes Are We Healed' (Peter 2:24).

This is My Blood shed for you (Matt 26:28).

That Is The HEALING Power Of His Blood.

Healing Our Bodies Can Be Enhanced By Good Habits Daily:

Watch Your Diet / Lots of Fruits and Vegetables / Adequate Water Intake

Physical Activity

Adequate Sleep

Early morning fresh air

Control Your Weight

Discipline In Taking Your Medication

Giving thanks - Gratitude

Prayer

Socializing - Gathering Together

Other Good Habits That Promote Healing Include:

A Touch, A Simple Hug, A Cuddle, A Smile, Reading and Painting, Holding Hands, Good Uplifting Music, Dancing.

Laughter (Laughter is known as the best medicine) Feeling Includes like you belong.

FEELING APPRECIATED

KINDNESS

Make Kindness A Good Spiritual Habit To Develop.

The Story of The Good Samaritan Is A Story of Kindness

Whom did the Good Samaritan help? It was a Jew, his enemy. Samaritans and Jews were enemies. He did not see him as an enemy. He could have finished him off, killed him. That man was already wounded.

But, he saw him as a human in need of help. This is indeed a story of kindness.

Jesus was asked: How do I obtain eternal life? (LUKE 10:25)

Love God first and secondly love your neighbour. Who is Your neighbour? Your Neighbour is someone in need of help. How much love? As much as you love yourself. 'That' is kindness.

THE BENEFITS OF KINDNESS

It Has Been Shown That Both The Person Who Shows Kindness And The One Who Receives Kindness Benefit. They Both Benefit.

When you show Kindness, a Chemical Called Oxytocin Is Released by The Pituitary Gland In The Brain.

It is the 'Happy Hormone'.

People In Love 'Glow'. You can tell.

It Is the Same Oxytocin: Showing kindness is one path to HAPPINESS.

Kindness Boosts your Immunity:

It Supports Wound Healing. It Decreases Inflammation and Reduces The Effect of Chronic Disease. It Gives A Sense Of Well Being. Overall Better Health. To Be Kind to others Is to Be Kind To Yourself as well.

Kindness Also Releases Dopamine and Serotonin as well as Endorphins. These Chemicals Repair Your Skin. You Get a More Youthful Appearance (Better Micro Circulation).

Kindness Improves Your Self-Esteem.

It Improves Your Mood. Decreases your blood pressure.

It 'Reduces' Your Stress Hormone (Cortisol). Less Stress.

You Receive MORE PEACE.

It also Protects Your Heart (Increased Nitric Oxide To Dilate The Blood Vessels And Bring More O2 To The Heart).

'When You Are Kind To Someone You Are Being Kind To Yourself.'

Jesus was kind, everywhere he went, he was doing good. He was healing the sick.

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PENAL PRESBYTERIAN PRIMARY SCHOOL 'NO TO VIOLENCE'



PENAL PRES. STAFF FOR WALK A THON 2024

'NO TO VIOLENCE' was the bold statement seen on placards which students portrayed through the streets of Penal and environs on Friday 16th February, 2024 as they engaged in their annual Walk A Thon with their parents, peers, staff and well wishers of the Penal Presbyterian Primary School.

The theme chosen this year goes hand in hand with the very recent initiative from the Ministry of Education Cultural Transformation Plan. Each department of the school focused on different areas of violence such as: bullying, murders, school fights and much more.

Our walk from the school through the streets of Penal also echoed the sentiments of the distressed situation in which our society also faces in terms of violence within the country and some households. Our message was distinctly heard by neighbouring schools, hardwares, pharmacies, street vendors and fast food establishments.

As we made our way through the streets a banner could be seen very boldly echoing our theme. Two hands were chosen, an adult hand with a child's hand over lapping the adult's hand as part of our slogan to signify greater meaning to our theme. By this picture, we were able to state without a doubt that the future generation is indeed in the hands of the elders and leaders of today's society. Without this, their minds will not be able to depict right from wrong and so our roles as parents, teachers, principals and leaders are very integral in moulding our young ones.



PENAL PRES. LEAVES FROM SCHOOL



PENAL PRES. WALKS THE STREETS OF PENAL



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ROCHARD DOUGLAS PRES SCH LENGUA-BARRACKPORE ZONAL GAMES

Submitted by Mr Eddison Surajballi (Sports Master)

The Lengua/Barrackpore Zonal games were filled with excitement and anticipation for the athletes of the Rochard Douglas Presbyterian School. They had spent many afternoons training diligently, improving their skills.

On Monday 26th February, the field events kicked off with 15 athletes representing the school. From the start the Rochard Douglas athletes began dominating the events ending the day taking eleven gold and three silver medals, amassing a total of 51 points for the field events.

On Wednesday the 28th of February, the Lengua/Barrackpore Zonal Games continued with the March Past leading the way. After much time perfecting their timing and march routine, they represented the school proudly and to our joy placed third, showing a marked improvement from our last performance at the March Past event. The day then continued with the track events and the Rochard Douglas athletes once more proved their training as they claimed a cache of gold and silver medals throughout every event.

At the end of the games, the Principal, teachers, parents and most importantly the students who represented the Rochard Douglas Presbyterian School stood eagerly awaiting the final results, cheering as Joel Dick was awarded Victor Ludorum in the Under 9 Boys category, Zane Birbal was awarded Victor Ludorum in the boys 9 to under 11 category, Ricardo Basdeo was awarded Victor Ludorum in the Boys 13 to under 15 category and Zara Cooper was awarded Victrix Ludorum in the girls 11 to under 13 category. Adding to these accomplishments, the Rochard Douglas Presbyterian School placed first overall in the Lengua/Barrackpore Zonal Games 2024 with a total of 164 points making it the best recorded performance by a primary school in the history of the Lengua/Barrackpore Zonal Games. We take this opportunity to wish all our athletes the best as they move forward to represent the Lengua/Barrackpore Zone at the Victoria Education District Sports, and in all of their future endeavours.



IN LOVING MEMORY



CELEBRATING THE PRECIOUS LIFE OF *Josephine Juliana Persadie*

Sunrise: 25th May, 1933

Sunset: 21st February, 2019

Josephine

will be lovingly remembered as the:

Wife of: Lionel Persadie(Dec)

Mother of: Lionel, Margeret, Anthony, June, David and Clifton

Grandmother of: Anderson(Dec), Marilyn, Mario, Chad, Andrew, Kayleigh, Mark, Christopher, Ginelle, Gregg, Jay, Ryan and Roxanne

Great Grandmother of: Mariella, Gabriella, Christian, Isiah, Christine, Josh, Leanna, Jayden and Dolci-Mae

In Law of: Maria, Susan, Gail, Denise, Adrian and Marshall

Sister in law of: Angela

Relative of: Many

Friend of: Many

*I haven't really left you even though it may seem so,
I've gone to my heavenly home, and am closer than
you now.*

Harold Mangaroo



Sunrise: 21st September, 1934

Sunset: 26th April, 2017

*"To those I loved
and
to those who loved me"*

DAD

*May The Words Of Love Blow Softly
And Whisper So You'll Hear..*

*We Will Always Love And Miss You
And Wish That You Were Here.*

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- 8th: SANJANA BHAGWANDEEN-SARASWATIE GIRL'S HINDU COLLEGE

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SOCIOLOGY - UNIT: 2

- 5th: VANDANA KISSOONDATHSINGH- NAPARIMA GIRLS' HIGH SCHOOL

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Caribbean Studies: Friday 26th April and Saturday 27th April

Management of Business Unit 1: Sunday 28th April (Day 1) and Tuesday 30th April (Day 2)

Sociology Unit 1: Monday 29th April (Day 1) and Sunday 5th May (Day 2)

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