

The Trinidad PRESBYTERIAN

The Official Publication of The Presbyterian Church of Trinidad & Tobago

September 2023



Persevere In Your Witness as Stewards of the Gifts of Christ as Post Pandemic People.

“Like good stewards of the manifold grace of God, serve one another with whatever gift each of you has received” (1st Peter 4 :10 NRSVUE).

Moderator Speaks
Susamachar Welcomes Deaconess Jenifa Sinanan
Encountering the Archives
Ecclesiastical Calendar
Independence Day Poem
BOYA Leadership and General Camp
The Face of Addiction

THE MODERATOR SPEAKS

PCTT MODERATOR, THE RIGHT REVEREND DANIEL CHANCE



New Beginnings

The Academic Year, 2023-2024, begins on September 4th. No doubt, this is a new chapter in the lives of all students and teachers. Some of our young ones would be in the classroom for the very first time, while others may be moving to higher levels of education. With our students either beginning or continuing secondary school, as parents, teachers, and other stakeholders, it is our responsibility to ensure that our children are guided along the Godly path while they aim to achieve their academic goals. As we celebrate the success of our Nation's children, we extend congratulations to all Secondary and Tertiary level Graduates who seek to advance their studies and pursue their desired career paths.

As people who are familiar with the Word of God, we are encouraged to join in worship with the community of believers, and to maintain our faith in God. Above all, as a church, we strive to strengthen the relationship which our youths and young adults share with God. Difficulties will always come our way but with God all things are possible. Gratitude must also be extended to the teachers who dedicate themselves to the educational and spiritual growth of their students. As teachers, it must be acknowledged that those under their purview learn from the actions and words to which they are exposed. We are, therefore, urged to be God-fearing examples as we strive to establish a firm faith foundation for our children.

While academic excellence is at the forefront of our priorities as a church, let us ensure that emphasis is also placed on Worship. With a knowledge and understanding of God, His power, and His work within all our lives, no challenge will be able to defeat us. As we set goals for this new academic year, may we also ensure that there is always room for God's plan for us, as His plan is always greater and better than our own. *"For I know the plans I have for you," declares the Lord, 'plans to prosper you and not to harm you, plans to give you hope and a future'"* (Jeremiah 29:11 NIV).

I impress upon all to clear the path for those who have been entrusted to us by God. Through education, the shackles of poverty have been broken and many have been liberated. At this juncture in our lives, we need special care to be extended to all our children so they can be placed on the path for continuing academic and spiritual development.

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.

EDITORIAL

ANXIETY

Anxiety is an increasingly prevalent part of life in the world today. We experience anxiety in a world tossed by threats of climate change, upheaval, pandemic, stress over debt, unkind remarks, rejection, helplessness in the face of injustice, mental illness, fear of home invasion, retirement and aging, and the list goes on. Individuals suffering from anxiety live in a constant state of tension, worry, and uneasiness. They have difficulty making decisions, dreading to make a mistake in relation to what they fear.


One of the main stressors in the lives of those who have been contributing to the home and society for most of their lives is retirement. Retirement and the resulting reduced income, together with aging, are stressors for older individuals. How the retirees react to their changed status (many people depend on their work for status) and the anxiety brought on by their new status depend heavily on their personality. One factor which can reduce stress is to be prepared for the changes in one's life status. One must plan for retirement and not wait to retire to determine the next step in life. Retirees need to examine how life will change and prepare themselves to adjust to those changes. What are your options as a retiree? Will you pick up a second career, acquire the qualifications that go with it and thus receive an income, or will you get involved in community or church related activities through volunteer work? Or do you feel you have had enough of routine and will take each day as it comes?

Avoid the anxiety of waiting until you are at home and bored for the want of a purpose in life before you consider your next move. Time is now in your hands, if you are not satisfied with what you thought would be a good second career or something which initially seemed fulfilling, you can always re-consider and move on. Reduce your anxiety by preparing for a new phase in your life. Do not spend the rest of your days regretting the decision/s you made upon retirement. You have to chart your own course as there may not be any ready-made (external support) coping patterns available which will reduce your stress.

Anxiety and fear lead to an increased desire to communicate with others about what is happening. If you are generally unsure of our adequacy and worth, you are more likely to experience threat than if you generally feel confident and secure. When such social comparison occurs, it reduces anxiety. That is, talking to others who share your fears tends to make you less afraid.

Even in our doubts, blessings are to be had through the One from whom all blessings flow. We let go of life as we know it, and embrace the life God gives. God's love extends to all of us. Worship is a wonderful space to hear the comforting words of the Psalmist,

"When the cares of my heart are many, your consolations cheer my soul" (Psalm 94:19 NRSVUE).

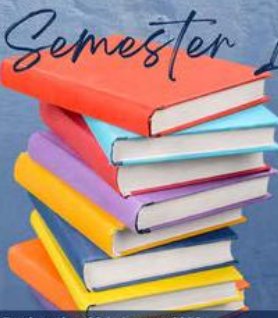


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ACADEMIC YEAR 2023/2024

Semester I



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

SOCIOLOGY FOR CHURCH LEADERS
Lecturer: Major Joseph Bridgewater
Start Date: 5th September 2023
Day: Tuesday | 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

MUSIC FOR CHURCH LEADERS
Facilitator: Rev. Adrian Sieunarine
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: \$500 (per semester)



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SUSAMACHAR PASTORAL REGION WELCOMES BACK DEACONESS JENIFA SINANAN

Submitted by Ms. Joy Sammah

After an absence of over twenty years, the Susamachar Pastoral Region welcomed back Deaconess Jenifa Sinanan as she returned to our Pastoral Region. The South Central Presbytery planned the Installation Service for Sunday 9th July, 2023, at the evening service held at Susamachar Presbyterian Church.

Leader of Worship, Reverend Brenda Bullock, conducted a beautiful and inspiring service which was well received by those attending. Our recently elected Moderator of Synod of the PCTT, the Right Reverend Daniel Chance, was also in attendance while Deaconess Jenifa was supported by her sisters in ministry, her fellow Deaconesses of the PCTT.

Deaconess Amber Seesahai-Payne proclaimed the Word of God in an enthralling message, comparing the work of bees to how we, as humans should engage in the work of Christ.

Other members of the South Central Presbytery took part in the worship service. The Susamachar Pastoral Region, for the first time, had a Regional Choir, conducted by Mr. Kevin Ragbir and a Regional Steel Orchestra under the guidance of Mr. George Poliah.

Due to the unavoidable absence of Ms. Geeta Kalapnath-Maharaj, Secretary of the South/Central Presbytery, Ms. Joy Sammah, Recording Secretary, presented Deaconess Jenifa for Installation to the Chairperson and Minister of the Pastoral Region, Reverend. Letra Jacob. Following her installation, Deaconess Jenifa was presented with gifts from the Deaconesses as well the Susamachar Pastoral Region. In her response, she thanked everyone for attending this beautiful service.

Delicious refreshments were served after this service.

Indeed, Susamachar Pastoral Region warmly welcomes back our petite and dynamic Deaconess Jenifa Sinanan. We pray that God's grace, wisdom, and humility may follow her in her ministry at Susamachar.



Front Row L to R: Deaconess Anupa Nanan, Ms Joy Sammah, Deaconess Calpurnia Chance, Deaconess Jenifa Sinanan, PE Aasha Mahabir, Rev. Manan Deo.

Second Row L to R: Deaconess Amber Seesahai-Payne, Moderator of Synod of the PCTT The Rt. Rev. Daniel Chance, Rev. Letra Jacob, Deaconess Marlene Seenathsingh, Mrs Sandra Singh, Rev. Brenda Bullock.



KNOW YOUR FAITH

**PRESBYTERIANS THROUGHOUT THE WORLD
HAVE A WIDE VARIETY OF STYLES OF WORSHIP.**

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

John Calvin worked with skilled poets and musicians to produce a song book for the Genevan church, with the songs (mostly psalms) in the local language of the people, and with 124 new tunes. Calvin explained that music was the primary blessing or among the principal gifts of God for human recreation, and, therefore, needed to be considered with particular care in the Church. Calvin believed that there were two types of prayer: those with words alone, and those that are sung, so the content, character, and form of singing in church should be reverential.

We receive this vital guidance from Calvin's *Institutes* for our variety in worship:

In external discipline and ceremonies, the Lord has not seen it appropriate to prescribe every detail that we ought to follow (He foresaw that this depended on the nature of the times, and that one form would not suit all ages). We have as our foundation the general rules which he has given, employing them to test whatever order and decency may be needed for the church. Lastly, as He has not taught anything specifically, because these things are not necessary to salvation, and, for the building up of the church, they should be adapted to the different cultures and circumstances of each age and nation. It will be proper, as the best interests of the church may require, to change and repeal the old, as well as to introduce new styles. I admit, indeed, that we are not to innovate rashly, suddenly, incessantly, or for trivial causes. Love is the best judge of what tends to hurt or to edify: if we allow Love to be our guide, all will be safe.



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Day: Wednesday
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Time: 10 a.m. - noon
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- Start Date: 16th September 2023
- End Date: 16th March 2024
- Register Online By: 11th September 2023
- Modules: Seven (7)
- Cost: \$3,500 (\$500 per module)

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THE FAMILY CAN

CRISIS IN THE FAMILY: THE BREAKDOWN IN FAMILY LIFE - PART 7 - COGNITION

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

As we continue to consider the question, 'Has the crisis in the family led or resulted to the breakdown in family life or has the breakdown in family life resulted in or led to the crises of the family?' - Part 7 may seem a far-fetched perspective.

For our consideration, debates, conversations, arguments propelled by anger, defiance or reciprocation, let us set aside the focus on family types or structures and shift focus to two components of the family, the [adult] male and the female.

Let me share these provoking thoughts with you: 'Man sees woman as land to be conquered and colonised,' with the adjunct view being that 'Women see men as wild animals to be tamed and domesticated.'

Within the family, how can such thinking influence all our family relationships especially the male-female relationships of friendship, companionship, marriage, sexuality, occupation, money, social status, and impact our personal identity and self-development?

So, is it cognition [*the acquiring of knowledge through thought, experiences, and the senses*] or preconception [*the act of preconceiving; a previous opinion formed without actual knowledge*] or is it predetermined by Genetics? This is not whether biological, hetero, or homosexual but focuses on cognition, perception, socialization, education, traditional opinions, views, and assumptions, and based on what expectations and satisfactions impact relationships. What drives males and females to think and act as they communicate? Often the unsaid is the raw reality that drives towards empowering or/and undermining relationships.

I, hereby, suggest that both male and female give these some thought. Are these realistic or the reality that predisposes our adult relationships to which we are subconsciously or consciously tethered? If so, how then can we liberate ourselves, change our attitudes, behaviours, thoughts, and feelings to strengthen rather than weaken the foundations that results in breakdown and breakups of the family?

Can research studies or this then explain, analyse, and assesses the triggers of male and female dispositions that result in stability/instability of the family? Want to deliberate?

The changes/evolution in the structure and function of the family and the roles of members certainly result in crises, chaos, and challenges. Can the family adjust and resolve these if they cannot understand the causes that contributes to the breakdown of 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

This month we review the unplanned encounter of Ali Jaishan 'Jay' Amir from the *Maldives.

On being guided to the Archives, Jay informed that as the house guest of Sabrina and David Mowlah-Baksh of the Marabella Presbyterian Church whom he accompanied to Paradise Hill. Somehow, he was found 'wandering' in the SATC library by the librarian and guided to Archives PCTT. Jay had a 'wow' moment on entering and remained for about one hour before the arrival of David who himself had an encounter for about another half hour before their departure.

Jay's first question was, 'As an Archives, what is the oldest document here? Without hesitation, he was presented with **John Morton of Trinidad** by Sarah E Morton. He appeared reluctant to touch it but on opening the cover and finding the date of publication 1916 he awed... whispered, 'this gets me excited... more than a hundred years old'. As he touched and turned the pages ...he continued, 'it was like stepping back in time... touching history, feeling it alive... just holding, touching, opening and reading'. As information on the content of the repository was shared, Jay was intrigued by the records, documents, photos, museum artefacts and archival library. When shown other materials including the **Hindi Bible** d. '83'; the **Hindi Bhajan Book** printed for Morton in India 1900s; the first issue of the **Trinidad Presbyterian** published 1904 with Hindi pages; the First Catechism of 1923; the Student's Practical Dictionary Hindi-English, India 1925, Jay wished he could return to spend many hours and days but the Maldives are geographically too distant and costly for returning anytime soon.

*Briefly: The *Maldives is a garland of 1192 islands in the Indian Ocean located southwest of India and Sri Lanka, mainly 2 chains of volcanic crowns of atolls and coral reefs. 200 are inhabited by half a million persons, descendants of settlers from North India and Arabs and Portuguese and Dutch traders. They became a British protectorate in 1887, independence in 1965 and is a member of the British Commonwealth of Nations. Their main language is Dhivehi, but English, Arabic and Hindi are spoken. The State religion is Islam with Buddhist and Christians. Culture is unique and distinctly 'Maldives'. The economy is centred around marine life, boatbuilding, crafts and tourism.*

During this Encounter with the Archives, Jay in sharing personal information conversed in English but is fluent in Hindi, a spoken language of the Maldives. He is employed in the Government service, on a research scholarship of which history and culture is of significance and is his interest. He is not Christian or Presbyterian but Muslim, in a country of religious and cultural diversity.

These Archives, Jay expressed, with more than 150 years of info and history of the PCTT, is a treasure to be valued and utilised for knowledge, information and research studies of the peoples, religion and cultures. To his enquiry about digital access, currently being addressed. As mementos, Jay requested and appreciated the opportunity to take several photos of visuals, book and document content. If the CAPCTT can intrigue and appeal to Jay from the Maldives think what awaits you your family and your church.

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

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

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



THE ECCLESIASTICAL CALENDAR

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



I take this opportunity to thank you for reading my last series on Sacramental Insights. This month, we begin a new series entitled: 'The Ecclesiastical Calendar/ Liturgical Calendar.'

For Christians there are two ways of marking time:

1. There is a **secular calendar**, which measures time in months, weeks, and days, beginning on January 1st and ending on December 31st. In the secular calendar there are outstanding special days, like New Year, Indian Arrival, Emancipation, Independence, Labour Day, and Republic Day. These celebrations honour the story of cultural heroes and the history of our secular heritage.
2. There is also the time of the church's calendar referred to as the **Ecclesiastical Calendar/ Liturgical Calendar** which also has ordinary and special times. The Church's year does not begin on January 1st. It begins on the first Sunday in Advent, which is calculated four Sundays before Christmas. This way of keeping time tells the story of God's saving work in and beyond human history in the life, death, and resurrection of Jesus Christ.[1]

Christians live in both these time zones, the Secular calendar, and the Ecclesiastical calendar/ Liturgical calendar, and they see and understand human life through them both. Christians are part of this world, and they have responsibilities within the world; they are shaped by it, and help to shape it. We were made by God this way, as believers He does not call us out of the world but into the world to witness to the other reality that shapes us, and the sphere of God's gracious rule in Jesus Christ.

In a world that oppose God's will and purpose for creation lives the church, God's new creation in Christ Jesus.

It is when we tell and retell the story of God's faithfulness in the past and his promises for the future that we gain a deeper sense of who we are, what we have been called to do, and how we are called to live as people who belong to both time zones. Telling and retelling the story shape our lives, our attitude, and our behaviour. Our eyes are opened to see, and our heart and mind to respond to God's acting in the present. Laurance Hull Stookey says, "The Christian story reaches back to the Exodus of ancient Israel and before stretches forward to the descent of a new heaven and a new earth and beyond. Indeed, it can be said that Christians are called to assume a cruciform posture: standing upright with feet firmly planted in the present, we stretch out one hand to grasp our heritage and the other arm to lay hold of our hope; standing thus, we assume the shape of our central symbol of faith: the cross. If either hand releases its grip, spiritual disaster threatens as the sign of the cross becomes mis formed." [2]

One of the most successful ways of telling the story is through the church year. The structure, movement, colour, special rites, and services emphasise the intricacy and richness of the amazing Grace of God. Using the Ecclesiastical Calendar/ Liturgical Calendar in worship is an extremely helpful way of teaching the story of God's love in Jesus Christ and stresses the peculiarity of the Christian faith and loyalty amid the secular world. Robert Webber wrote: "I am deeply concerned that evangelicals who are alarmed over the pervasiveness of secularism in our schools, on television, and in contemporary music seem unaware of a similar trend in our Churches.

Often, we operate with a secular calendar in mind, adjusting our schedules according to the academic calendar and the national calendar of holidays... We celebrate Boy's Scout Day, Girl's Scout Day, Mother's Day, Father's Day,

and the likes. But few evangelical churches follow the Christian calendar of Advent, Christmas, Epiphany, Lent, Holy Week, Easter, Pentecost, and Trinity season except on a few special days such as Christmas and Easter." [3]

Webber suggests that some of the sixteenth-century Reformers rejected the Church year/ecclesiastical calendar/ liturgical calendar because they felt that Christ got lost in the many saints' and feast days that cluttered the calendar. "Today, we face another problem. By not following the Christian Calendar we have adapted secular guidelines for our spiritual time. Christ again has become lost in our celebration of time, not because of too many saints' days and feasts, but because of our celebration in worship of too many other days—national holidays like Independence Day and special events like Mother's Day." [4]

It is only in recent years that Presbyterians have begun to rediscover the liturgical year and to celebrate at least the significant seasons. There was a time when the Presbyterian Church did not even celebrate Christmas. Not only has Christmas become widespread in our yearly celebrations, but the Season of Advent is beginning to be part of it as well. We do not only celebrate Easter, but we are becoming familiar with the entire journey of Lent and the days of Holy Week, and the most ancient of all the Christian festivals, Maundy Thursday (Holy Thursday) to Easter Day, and Pentecost which is celebrated on the fifty days after Easter. There is great value in the rediscovery of this part of our liturgical tradition, not only for the spiritual development of our children but for every person who makes up the community of faithful believers.

[1] J. Dudley Weaver Jr., *Presbyterian Worship: A Guide for Clergy* (Geneva Press, Louisville, Kentucky 2002), 145.

[2] Laurance Hull Stookey, *Calendar: Christ's Time for the Church* (Nashville: Abingdon Press 1996) 22

[3] Robert E. Webber, *Worship is a Verb: Eight Principles for Transforming Worship*, (Peabody, Mass: Hendrickson Publishers. 1992) 158.

[4] Robert E. Webber, *Worship is a Verb: Eight Principles for Transforming Worship*, (Peabody, Mass: Hendrickson Publishers. 1992) 170.

AGRI FACTS COLUMN

INTRODUCTION TO HYDROPONICS SUBMITTED BY RAYANNA BOODRAM

rayannaboodram@hotmail.com

With Climate change bringing drier than normal dry seasons and extreme flooding events for rainy seasons, food prices fluctuate tremendously since crop survival isn't guaranteed. Traditional agricultural practises have become highly dependant on an ever-changing climate in tropical regions. Traditional agriculture can be defined as a primitive style of food production and farming that involves the intensive use of indigenous knowledge, land use, traditional tools, natural resources, organic fertilizer and cultural beliefs of the farmers.

As society evolved with technology, so did Agricultural practices. Technology Driven agriculture is the use of digital technology to integrate agricultural production from the farm to the consumer. These technologies can provide the agricultural industry with tools and information to make more informed decisions and improve productivity. One such method that has become popular in the Caribbean, especially Trinidad, in the past 5 years is the method of Hydroponics.

Hydroponics can be defined as the art of growing plants without soil but by using nutrient rich, water-based solutions. This type of farming is very convenient as it is particularly helpful in areas with poor soil conditions or little space for cultivation. Other benefits of this type of farming system include an increase in crop yields, crops with healthier nutritional value as no artificial pesticides are required and it is near 90% more efficient in terms of its water usage. On a commercial scale, it is initially costly but in the long run, very economically sound and sustainable. It also is a great way for aspiring, small-scale farmers to experience interior cultivation without much financial stress.

In Trinidad, many farmers are practicing Hydroponics as it gives them the advantage to provide adequate fertigation (fertilizer and water mix) to the plants in the dry season which prevents wilt and heat stress and protection from flooding in the rainy season. There are 6 main types of Hydroponics systems. These are Nutrient Flow technique, Aeroponics, Ebb and Flow, Drip Recirculating and Non-Recirculating, Wick and Deep-Water Culture. Hydroponics can even be merged with other agricultural practices such as Aquaculture to form Aquaponics (raising both crops and freshwater fish).

As we progress with the Agri facts column, we will explore all 6 types of Hydroponics in detail!

One God, One People, One Soul, One Heart!

A poem by Caroline Sampath,
Aramalaya Presbyterian Church

August is a time for celebration!
Blow the horn and ring the bell!
People coming forth in anticipation,
What a story we have to tell!

The year was nineteen sixty-two,
when we decided to go brave.
It was plenty! More than a few
for the cause, everything we gave!

We strongly petitioned to the Crown,
nothing, save our independence would do.
The British Empire looked on us and frowned,
but we had a plan and somehow we knew.

Slowly but surely England gave way,
and our twin isles began to grow.
It was inevitable, they could not hold sway,
things were changing, that much we know.

And so at long last we had become,
independent and free to choose our path.
For victory was ours, the goal was won!
One God, One People, One Soul, One Heart!



THE SYNOD OF THE PRESBYTERIAN CHURCH
OF TRINIDAD & TOBAGO (PCTT)

Invites you and your family to

**The Ordination Service of
Ordinand Peter Arjoon**

AS MINISTER OF THE WORD & SACRAMENT OF THE PCTT

*Sunday 10th of September, 2023 at 4pm
at the Susamachar Presbyterian Church.*

COUNSELLING COLUMN

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

BACK TO SCHOOL: HOW TO ACHIEVE A SUCCESSFUL TERM/ACADEMIC YEAR

Matthew 6:34 advises: "So do not worry about tomorrow: for tomorrow will care for itself. Each day has enough trouble of its own."

September marks the beginning of many schools' academic year and can be a month of great anxiety for parents. Many students returning to school are entering new class levels. Some parents are transitioning their little ones to secondary school from primary, while others are high-strung at the thought of sending their 'babies' off to 'big school.' Although a degree of anxiety, as well as uncertainty, are acceptable, as parents and guardians: first, we want to avoid transferring these emotions to our children and secondly, catastrophizing (fixating on the worst possible outcome and treating it as likely, even when it is not).

Matthew 6:34 tells us to not get ahead of ourselves and allow stress to overcome us. When it comes to our children, we want what is best for them. We should trust that the grace of God will take them through their school day each day! This should be the fundamental philosophy as we (our children) approach the new term and academic year.

Some strategies that would aid in our children sailing smoothly through the coming term (and academic year) are:

- **1. Prayer** - As Christian parents/guardians we vowed that we would train up our children in the ways of the Lord. We must acknowledge the role the Almighty plays in our overall success. Prayer is essential to many students' lives and provides comfort, strength, and hope in times of difficulty. Research shows prayer can positively affect academic performance, increase exam scores and overall grades. Prayer can help students cope with difficult emotions, such as anxiety and depression. By reflecting on the day, appreciating blessings, and asking for guidance, students can gain the emotional and mental strength needed to focus and perform their best in class. Prayer can also give students a sense of purpose and direction. Through prayer, students remind themselves of their goals, become motivated to do their best, and take advantage of educational opportunities.
- **2. Routine** - Establishing a routine is one of the most important things a person can do. Routines provide structure and consistency, increase organization, reduce stress, and even help students perform at their best. Beyond organizing one's day, routines help your child develop the skills needed to help with daily behaviours, such as solving problems, making decisions, and following directions. They promote self-control, regulate energy levels and foster confidence and independence. On the other hand, the lack of a morning routine, a homework or after school routine, and a sleep routine can cause stress and anxiety, lack of focus and concentration.
- **3. Organizational Skills** - Organization isn't just about keeping track of things. It's also organizing thoughts, managing time, planning, and knowing how to get things done. It means being able to set goals and do things in the right order. Students without organizational skills have trouble setting priorities, making plans, sticking to a task, and getting things done. The importance of having these skills increases as students moves through different levels. Students with strong organizational skills get things done in a timely manner and they do it right because they can focus on what needs to be done and come up with a plan to do it. To help your students develop their organizational skills, introduce checklists and age-appropriate planners even before the first day of school.
- **4. Time Management** - This is an essential skill for students to master. It helps them become more efficient and productive. Effective time management techniques can help reduce stress and provide a sense of control. There are many time management techniques: time blocks and setting deadlines are two that work well with students. For more time management techniques visit "Clockify" website. Find the ones that work best for your students or for their project.

There are certain key factors that we (as adults) need to incorporate into our lives to aid in our children's success. These include:

1. **Limit screen time** - Set aside time at the end of each day for uninterrupted focus on our children. Detach ourselves from our screens and devices and be fully there to converse with our children about their day to create and maintain connections with them.
2. **Read aloud time** - If this cannot be done daily, incorporate it into the schedule so that read aloud time can be achieved weekly.
3. **Build a strong team** - Develop a relationship with your children's teacher(s). Even if you do not think they are doing their job well, do not divulge these opinions to your children. For those who are co-parenting (separated or divorced) try as best as possible to ensure the routines are standard across all homes that they may stay at.
4. **Dedicated study area** - Unless your child showcases strong abilities to study independently, the home work/study area should be one in the common area of the home. Or one that is easily accessible by parents/guardians/caregivers.
5. **Family Recreational and Worship Time** - In our culture which glorifies lessons, ensure a balance between academic life and recreation as well as time to attend church (Sunday School) frequently.

As we send our children back out to these institutions of learning, let us be guided by the Holy Spirit in making decisions that are best for them and their long-term success.

"If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him" (James 1:5).

PERSEVERE IN YOUR WITNESS AS STEWARDS OF THE GIFTS OF CHRIST AS POST PANDEMIC PEOPLE

Submitted by Curtis Seepersad_Secretary BOSF

"Like good stewards of the manifold grace of God, serve one another with whatever gift each of you has received" (1st Peter 4 : 10).

The Board of Stewardship & Finance has been asked to develop themes pertinent to 'Stewardship' for the month of September.

By reflecting on Stewardship, we recognise that we are able to share our God given talents to uplift His church. When we receive our blessings from the harvest of fruits in His vineyard, we can now provide the tenets of our offerings to support the work and witness in God's earthly kingdom.

As faithful servants, let us now use our gifts wisely and teach others to share their gifts generously. In doing so, God has called us to be Stewards of His abundance as we must be caretakers of all that we have been entrusted. In Paul's letter to the Corinthians, he encouraged as apostles of Christ we ought to be good stewards and maintain values of trustworthiness. **(1 Corinthians 4: 1-2)**

God knew beforehand what Cain did, it was written on his face. Nothing is covered up that will not be uncovered and nothing secret that will not become known. **Genesis 4:6.**

Never be reluctant or under compulsion for God loves a cheerful giver. **2 Corinthians 9: 7.**

Your talents will be of no effect to God for what is in the dark will come to light. Let the Holy Spirit work through you with everyone you meet.

In conclusion, Jesus words in **Matthew 20: 1-2** sums up, the vineyard as the church, talents are what you are gifted by God to be used wisely, and Stewardship is the link between the vineyard and talents from which all God's people benefit.

The sub themes for the four Sundays in September:

Preserve In Your Witness as:

Stewards of the Gifts of Jesus Christ. (Exodus 3: 1 - 16, Romans 12: 9 & 21)

Stewards: How we relate to Others. (Romans 13: 8 - 14)

Stewards: Pressing toward the Goal. (Hebrews 12: 1 - 3 Philippians 3: 12 - 14)

Stewards: The Sufficient Grace of God. (Exodus 16: 2 - 15, Matthew 20: 1 - 16)

I implore you to attend church in September to be enlightened on Stewardship.



DATE	SCRIPTURE	TOPIC	
4\9\23	Exodus chapter 2 vs 1-10	The birth of Moses	Arima
5\9\23	Exodus chapter 2 vs 11-25	Moses flees to Midian	Balmain
6\9\23	Exodus chapter 3 vs 1-22	God calls Moses	Bamboo Groove
7\9\23	Exodus chapter 4 vs 1-17	God gives Moses special powers	Biche
8\9\23	Exodus chapter 4 vs 18-31	Moses returns to Egypt	Bien Venue
11\9\23	Exodus chapter 5 vs 1-23	Moses and Aaron before the King	Canann
12\9\23	Exodus chapter 6 vs 2-13	God calls Moses	Caroni
13\9\23	Exodus chapter 7 vs 1-13	God tells Moses what to do	Chandernagore
14\9\23	Exodus chapter 7 vs 14-25	Disaster strikes Egypt	Charlieville
15\9\23	Exodus chapter 8 vs 1-15	Frogs	Cumuto
18\9\23	Exodus chapter 8 vs 16-30	Gnats and Flies	Cunaripo
19\9\23	Exodus chapter 10 vs 1-20	Locust	Curepe
20\9\23	Exodus chapter 10 vs 21-29	Darkness	Debe
21\9\23	Exodus chapter 11 vs 1-9	Death of the First Born	Ecclesville
22\9\23	Exodus chapter 12 vs 1-12	Passover	Elswick
25\9\23	Exodus chapter 14 vs 1-31	Crossing the Red Sea	Erin Road
26\9\23	Exodus chapter 16 vs 1-31	Manna and Quails	Esperanza
27\9\23	Exodus chapter 17 vs 1-7	Water from the Rock	Exchange Road
28\9\23	Exodus chapter 19 vs 1-21	Israelites at Mount Sinai	Felicity
29\9\23	Exodus chapter 20 vs 1-17	Ten Commandments	Fishing Pond
			Freeport
			Fyzabad
			Grosvenor
			Guaico
			Harmony Hall
			Hermitage
			Inverness
			Jubilee
			Lengua
			Maracas
			Milton
			Navet
			Nipal
			Penal
			Penal Rock
			Picton
			Piparo
			Plum Road
			Poole River
			Princes Town No.1
			Reform
			Riversdale
			Rousillac
			San Francique
			San Francique
			San Juan
			Sangre Chiquito
			Santa Cruz
			Siparia Road
			Siparia Union
			St. Helena
			St. Julien
			Tabaquite
			Tacarigua
			Tunapuna
			Union
			Upper Carapichaima
			Vistabella
			Warrenville
			Waterloo
			Woodbrook
			Bonne Aventure
			Brothers
			Grant Memorial
			Kanhai
			Longdenville
			McBean
			Plum Mitan
			Princes Town No. 2
			Rio Claro
			Rochard Douglas
			Torrib Trace



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Speakers :

Rt. Rev. Daniel Chance
Rev. Dr. Annabell Lalla Ramkelawan
Mrs. Simone Singh-Sagar
Ms. Stephanie Sam

Saturday 9th September 2023
9:00 a.m. - 12:30 p.m.
Lengua Presbyterian School

RSVP Rumonia Drepaulsingh 868-778-1865

BOARD OF YOUTH AFFAIRS LEADERSHIP AND GENERAL CAMPS

Submitted by Stephen Kaseram

"You see when you train a child how to go, when they get old, they ent moving so. When the tree young and you bend it wrong, it's hard to straighten when it old and strong." - Ras Shorty I

Luke 8: 22 - 26 reminds us that in the midst of the storms, Jesus is always there. These camps were centered around the theme: "He Calms the Storm". Throughout the week, the storms raging inside individuals would have been calmed through worship, prayer, education, and fellowship.

LEADERSHIP

BOYA embarked on this journey to ensure leadership is nurtured among our youth to achieve future success. The camp was built around pillars of Spirituality & Worship, Education & Church Vocation, Recreation & Community Building, Emotional & Psychological, and Mission & Outreach. These pillars also form the vision for the Board's future work.

The workshops kept our youth leaders engaged and "switched on" as they enhanced their understanding of the Church and its structure. They were enlightened on the importance of creating a sustainable Youth Ministry. The leaders developed the necessary foundation in developing and administering Bible Studies with the focus on prayer. They also learnt the significance of team building, creating a support network and building a cohesive community.

CAMPER'S EXPERIENCE

The General Camp mirrored the pillars of the Leadership camp; however, the workshops and sessions were to be age appropriate with enough time for "young people to be young people." The experience for these campers, as echoed by many, was beyond compare. The Bible Studies explored the theme as it delved into the depths of the narrative while drawing inspiration and hope from the faith and trust displayed by the disciples. Worship experiences were unlike any other as persons were moved to pray and praise while at times saying that they believed Jesus, Himself, was a camper amongst them. Campers felt connected to one another and to God throughout all activities, even in those moments that someone can deem as "secular." Amid it all, Jesus calmed the storm.

VISITOR'S EXPERIENCE

Camp 2023 created a space where parents, past campers, sponsors, Church Workers, and other stakeholders can be a part of the mission. This "all-hands-on-deck" approach made this camp especially successful. The visitors, at times, seemed as though they were campers, and their interactions made the experience more worthwhile. BOYA extends heartfelt thanks to those who supported in whatever way they did and looks forward to building the Youth Ministry within PCTT.

Memories were created during the activities and events, friendships were made with bonds that cannot be broken, learning was achieved through it all and Camp 2023 was a success. BOYA continues to encourage all campers to be kind, respect others and love one another "in spite of..." The Board extends heartfelt thanks to all those involved and who supported in any way possible. We are reminded in 1st Corinthians that though we are many parts, we are but one body, working together for the greater good of all with Jesus at the helm.



BOARD OF YOUTH AFFAIRS MISSION AND OUTREACH

Submitted by Stephen Kaseram

The Board of Youth Affairs continues to strive for the growth and development of all. The PCTT continues to be blessed with many opportunities which we must take hold of. At the BOYA Camps 2023, we made strides to build and sustain our Mission and Outreach programs.

AUTISM AWARENESS

At Camp 2023, the BOYA made moves to ensure inclusive thinking among all present. A workshop on Autism Awareness affected everyone who was on the camp: leaders and campers alike. This hit home as many campers would have had personal experiences to share. The sessions showed that people who may be on the spectrum can interact and be meaningful contributors to society. This workshop is just a steppingstone for BOYA as it moves into developing and executing awareness programs for the wider PCTT, in creating the space that is inclusive for all, not only those with Autism but all persons who are affected by other forms of Developmental Disabilities.

MENTAL HEALTH – BETH-RAPHA

In all walks of life, it is important that teams, groups, and individuals work together for the common good. The Beth-Rapha group is an integral part of PCTT's ministry, and its mission and outreach. In society, we understand the importance of Mental Health and its effect on individuals, especially during the formative teenage years. Our partnership with Beth-Rapha created the space for people to freely discuss and express their own battles and storms. This partnership will continue far beyond camp and flourish as the mission grows.

MIGRANT AND REFUGEE CULTURAL EXCHANGE – THE LIVING WATER COMMUNITY

Opportunities to grow, develop and help others are always at hand. We were blessed to have students of Equal Place, an educational initiative of the Living Water Community in Trinidad, share their time and talent with us. This interaction was geared toward initiating a Migrant and Refugee Youth cultural exchange program with PCTT and other entities involved. We are about building bridges, learning cultures, and helping all those around us. In this mission, we hope to impact people from all walks of life no matter their cultural background and social status.

As the BOYA continues to grow within PCTT and the wider national and international circles, we want to thank all those who are part of this journey. All are welcomed on board and with Jesus as the center, all will be possible.



THE FACE OF ADDICTION

PART II

“RUM TIL I DIE”

SUBMITTED BY DR DIANA NARINESINGH, PSYCHIATRIST, ARIMA PRESBYTERIAN CHURCH

Although alcohol is the most commonly used substance worldwide, the “drinking” culture in Trinidad and Tobago is unique, with many factors contributing to alcohol-use disorders.

“Liming”, a true Trini pastime which traditionally starts on a Friday evening and continues for the weekend usually includes alcohol. Christmas, birthdays, funerals (from the trunk of cars), baby showers, weddings, sporting activities, a day at the beach or any social gathering usually include “drinks”. Carnival season is a time of “socially acceptable” excessive alcohol consumption from fetes to “on the road”-including Ash Wednesday on Maracas Beach! Some families still practice “a shot of brandy to make the baby sleep” or “rum to kill the worms.” Historically, evolving from our sugarcane industry comes the world’s finest rums. Despite the carefree attitude towards alcohol in society, many of us feel the pain and burden of the ill effects of alcohol use disorders either for ourselves, our loved ones, or those in society.

According to local studies, over sixty percent of households in Trinidad and Tobago consume alcohol with associated increased rates of medical illness, marital discord, impaired relationships, financial distress and behavioural problems with children. Binge drinking is a pattern of drinking where a male has five or more drinks within two hours or a female has at least four drinks within two hours. Heavy drinking is defined as consuming for women, 8 or more drinks per week and for men, 15 or more drinks per week.



A screening tool such as the CAGE questionnaire can suggest if you are showing signs of alcoholism.

If you answer “yes” to one or more of the four questions, this may indicate you have a problem:

1. Cut - Have you ever felt that you should cut down on your drinking?
2. Annoyed - Have people annoyed you by commenting on your drinking habits?
3. Guilty - Have you ever felt badly or guilty about how much you’re drinking?
4. Eye-opener - Have you ever had an eye-opener e.g., a drink first thing in the morning to steady your nerves or get rid of a hangover?

Drinking is a problem if it causes trouble in your relationships, work, school, in social activities, or in how you think and feel. Some of the signs and symptoms of a severe alcohol use disorder could include: inability to limit drinking, continuing to drink despite personal or professional problems, needing to drink more to get the same effect or wanting a drink so badly you can’t think of anything else. Risk factors for developing an alcohol use disorder includes drinking at an early age (teenage years), genetics and family history of alcohol problems and mental health conditions (e.g. ADHD, depression)/trauma (e.g., PTSD). Excessive drinking lowers inhibitions, impairs a person’s judgement and increases the risk of aggressive behaviours. Prolonged drinking or binge drinking significantly increases the risk of committing violent offenses and engaging in criminal activity - including sexual assault and incest.

Alcohol use slows reaction time, impairs judgment and coordination leading to needless motor vehicular related deaths - both of drunken drivers and the innocent. Alcohol use for prolonged periods increases the risk of many medical conditions such as heart disease, strokes, liver disease (jaundice/“yellow”, easy bleeding, ascites “big belly”, cirrhosis, confusion), Vitamin B deficiency, memory loss and cancer.

Impulsive acts while intoxicated may lead to risky sexual behaviours increasing the risk of unplanned pregnancy, HIV, and other sexually transmitted diseases. Withdrawal symptoms such as tremors of the hands (“shakes”), alcohol related seizures or “rum fits” and confusion/hallucinations (Delirium Tremens/DTs) are considered medical emergencies and can even lead to death. Many persons with anxiety disorders use alcohol to steady their nerves or give a boost of confidence. Others may start drinking alcohol after becoming depressed. In some, alcohol itself can cause depressive symptoms. Some may hallucinate (“see things/hear voices”) when alcohol is drunk for heavy or prolonged periods of time. While intoxicated, many regrettably engage in acts of self-harm, attempted suicide or ultimately suicide, which may not have occurred while sober.

Alcohol use disorders are treatable; however, they can have its challenges. Denial is often common, making it difficult to initiate treatment. Consider talking to someone who has stopped alcohol - this may be a good start to the road of recovery. If you think you suffer with an alcohol use disorder, talk to your doctor or mental health professional- underlying medical conditions, rehabilitation, comorbid psychiatric conditions such as depression/anxiety can be discussed diagnosed and treated. Behavioural therapies are also forms of treatment. Alcoholics Anonymous, a worldwide association, has met with tremendous success.

If you, or someone you know needs help, reach out:

<https://aaposigintergrouptrinidad.org>

<https://findcaret.com>

Lifeline: 800-5588



“ONE GROUP, ONE VOICE” MSPC YOUTH LOCK-IN, 2023.

Submitted by Britney Sampath, Secretary, MSPC's Youth Group

The Youth Group of Morning Star Presbyterian Church hosted a Lock - In at the church's premises from Monday 31st July, 2023 5 p.m. to Tuesday 01st August, 2023 at 8 a.m. Ten youth group members, together with the Youth Coordinator, Mr. Kevin Ramkissoon, gathered to participate. The theme was “One Group, One Voice” adapted from 1st Corinthians 12:12-27, Romans 12:4-5, Ephesians 4:4-6, and Colossians 3:14-15.

The scriptures were chosen to teach that all believers are a united body through their faith in Christ and to emphasize the importance of unity, love, mutual support, and spiritual growth among the young members as they work together to fulfill their God given purposes in the world. The church was divided into 4 areas: the dining area, prayer area, activities area, and bonfire area (outside activity). Upon arrival, the members of the youth group engaged in icebreaker activities lead by the YC Mr. Kevin Ramkissoon.

Activities were then broken into four sessions. Session One consisted of dinner and a movie. Session Two was a bonfire, and a Bible Study based on the movie which was done by Reverend Sookhansingh. Games such as Bible Pictionary, the memory game, and body scrabble were led by Mr. Allan Ramdeen. Deaconess Amber Seesahai-Payne enhanced teamwork and communication skills amongst the YG members. Session Three was led by Reverend Cynara Dube-Khan who introduced prayer through the A-C-T-S method of Prayer and a prayer wall.

The youths then enjoyed a midnight snack of corn soup before Session Four began. This session explored the power of creativity and adaptability to discover each member's talents and was entitled, 'The Irony Games: Unleashing Unexpected Talents.' This series of whimsical challenges included blindly trusting your group members through obstacle courses, marshmallow building games, tic-tac-toe relay and Bible charades. After a brief rest, at 4 a.m. a sunrise worship session led by Mrs. Louella Ramsingh had us dancing to complete 12 hours of fellowship. The MSPC's YG would also like to express a heartfelt thank you to our facilitators for our memorable sessions & chefs, Mr. Curtis Ramkissoon and Ms. Tiffany Raghunath for the delicious food. It was truly an exciting event which generated much enthusiasm for the youths of Morning Star Presbyterian Church.



SAN JUAN PRESBYTERIAN CHURCH YOUTH SUNDAY AND SEA ACHIEVERS

SUBMITTED BY SHARON KING

We are thrilled to acknowledge and applaud the incredible efforts of our youths who took charge of the church service on July 30th, 2023, for Youth Sunday. This occasion not only showcased their devotion but also offered a glimpse into the promising future that lies ahead.

Our youths have not only taken up the mantle of leadership but have also displayed remarkable traits that are a testament to their faith and dedication. The qualities of true faith, profound Christianity, unwavering discipleship, effective leadership, and a thirst for education have been vividly exhibited by these bright individuals.

The way they embraced the Youth Sunday service with enthusiasm, grace, and skilful articulation was a true testament to their deep-rooted connection to their faith. It was heartwarming to witness them leading prayers, sharing reflections, and actively participating in every aspect of the service.

The spirit of discipleship was evident in their eagerness to serve the congregation and offer their unique perspectives on spiritual matters. Their passion for learning and sharing their insights were truly inspiring.

SEA Achievers Ciara Samsingh and Jevon Fortune



The commitment they have shown to their education and personal growth is a clear indication of their determination to thrive not just in the church but in every facet of their lives. Their pursuit of knowledge reflects their desire to make informed decisions and contribute positively to their communities. As such, we would like to recognize our SEA 2023 achievers on their success : Ciara Samsingh who passed for the St. Augustine Girls, High School and Jevon Fortune who passed for Hillview College. We wish them the best in their future endeavours.

As a church community, let us continue to encourage and guide our youth, for they are the torchbearers of our faith and the future of our nation. Let us embrace their energy, zeal, and dedication, and provide them with the support and mentorship they need to flourish. Let us celebrate their achievements and nurture their growth as they continue to inspire us all.

To God be the Glory!



MORNING STAR PRESBYTERIAN CHURCH'S PRAYER GROUP VISITS LA VEGA ESTATE

Submitted by Mrs Mrs Elmina Ramroop, Group Leader

One of The Prayer Group's projects for the year, 2023, was a visit to the La Vega Estate in Gran Couva. This project was realized on May 16, when a group of twelve members journeyed by maxi to Gran Couva.

The journey began at 7: 45 a.m. with a prayer for guidance and safety before leaving the church. Upon arrival, the group thanked God for their safe arrival. After members enjoyed a hearty breakfast, they were fortified and ready for the day.

Devotions were conducted by Reverend Kelvin Sookhansingh. They then visited the plant shed where they purchased plants which they were sure they could get from friends, after all 'a bird in hand is worth two in the bush.'

They enjoyed a potluck lunch, this was followed by a period of relaxation. Members enjoyed the time away from chores and daily duties as they engaged in various activities: Bible quiz, trivia, games, and singing which brought them closer together. At the end of a satisfying day in one another's company, they engaged in a period of prayer before boarding the maxi to return to Fyzabad.





PCTT BOARD OF WOMEN CAMP 2023


Submitted by Naomi Kaseram

The Board of Women held its camp at a beach house in Granville from 28th to 30th July, 2023. At this camp, we saw the meeting of women of faith representing various Pastoral Regions of the PCTT. All campers were overjoyed to get the opportunity once more to meet in person after a three-year hiatus.

Participating in the camp were women whose ages ranged from the thirties to the eighties. They shared their faith journey and enjoyed one another's company in true fellowship.

The women were blessed to have two of our church workers present for the duration of the camp.

Several activities were planned and executed much to the excitement of all present. The women eagerly participated in the activities; they also enjoyed the time they had to relax on the beach. Daily devotions were held, these were led by the campers. Sunday morning service was held at the Point Coco Presbyterian Church, Point Coco. It is with bated breath that we anticipate the Board of Women Camp 2024!



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SUNDAY 3RD SEPTEMBER 2023
TIME: 4:00 PM
LENGUA PRESBYTERIAN CHURCH
LENGUA



16TH SEPT
9AM - 1PM



BOARD OF WOMEN
NATIONAL RALLY 2023
'I HAVE HEARD ABOUT YOUR FAITH'
SPECIAL GUEST SPEAKER JUSTICE FRANK SEEPERSAD
NAPARIMA COLLEGE AUDITORIUM

CUREPE PRESBYTERIAN CHURCH WOMEN CELEBRATE 'I AM BEAUTIFUL'

Submitted by Lauren Paula Robinson



Women from across The Region including Arima, Aramalaya, Kelly, Jubilee, Tacarigua, Chaguanas, Cunupia, Curepe, of course and as far as Princes Town, were hosted by Curepe's PCW for a day of celebrating 'I am Beautiful'.

Setting the tone for the day, President Lauren Robinson acknowledged the women who built the foundation for the present PCW and reiterated the need for meeting in person, exhorting one another, stirring up love and good works.

Reverend Adrian Sieunarine delivered an inspiring message on the 'Beauty of finding Spiritual Balance' followed by an afternoon of interactive soul searching session with Reverend Cynara Dube-Khan on Beauty Standards: 'God's Word and the World'.

Curepe's Melissa Bachan explored Esther and her beauty and singer Susanna Surjan ministered with her moving testimony and beautiful voice. Outward beauty was not forgotten as Curepe's PCW's secretary, Nesha Ramjewan-Maharajh, modelled for the make-up demo by Make Up Artist, Tai Harris. Friends in Christ accompanied by Zara Lackhan on keyboard and Sarah Robinson-Gibbs on tenor pan and guitar livened up the day with spiritual, contemporary and Trini selections. A scrumptious lunch and dessert topped off the event.

Women left with mind, body and soul renewed and empowered by God, ready to face this world and prepared for the next.



SUSAMACHAR MEN'S FELLOWSHIP CONDUCTS WORSHIP SERVICE AT BARRACKPORE UNION PRESBYTERIAN CHURCH

Submitted by Raymond Ramsingh



On Sunday August 20, 2023 six members of the SMF journeyed to Barrackpore Union Pres Church to conduct the 8:00 a.m. Service. The group was led by Mr Deonath Goora and included Ronald Seucharan, Joseph Lalchan, Ian Edo, Rajiv Nehorah and Raymond Ramsingh. The Service began with Choruses led by Mr K Mitchell followed by a beautiful Introit by the Choir accompanied by Mrs Pandora Mitchell on the keyboard. Mr Goora then took over with the Call to Worship and Prayer of Adoration. This was followed by Scripture readings from Gen 45 by Ronald Seucharan. Also taking part with the Prayer Of Confession and Thanksgiving and Scripture Readings from Romans Ch 11 was Raymond Ramsingh. The Gospel from Matthew Ch 15 was read by Rajiv Nehorah. In between the readings the Church was filled with the lusty singing of Hymns by the congregation. The Offering was taken up by Joseph Lalchan and Ian Edo. The Message for the morning was brought by Mr Goora and the Theme was "God's Unifying Work" In Conclusion of the Service, the congregation joined with the SMF to take a group picture after which we were invited to partake of breakfast and a gift of a coffee mug was presented to each of us. The members of the SMF were touched by the warmth of the congregation and the wonderful hospitality extended to us. We sincerely thank Reverend Manan Deo, for affording us the opportunity to worship in the Barrackpore Region and to foster new friendship with members of the Presbyterian Family in that Region and especially Mrs. Shirleen Ewan.



SAMMY'S PRIVATE CAPE TUTORING

SEPTEMBER 2023 REGISTRATION

THE FOLLOWING SUBJECTS WILL BE OFFERED ONLINE

- CARIBBEAN STUDIES
- COMMUNICATION STUDIES
- MANAGEMENT OF BUSINESS UNITS 1 & 2
- ENTREPRENEURSHIP UNITS 1 & 2
- PHYSICAL EDUCATION AND SPORTS UNITS 1 & 2
- SOCIOLOGY UNITS 1 & 2
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SPECIAL RECOGNITION TO OUR 2022 CAPE MERIT LIST WINNERS

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SANJANA RAMNATH: NAPARIMA GIRLS' HIGH SCHOOL
VAREANN ROOPNARINE: NAPARIMA GIRLS' HIGH SCHOOL

ENTREPRENEURSHIP UNIT 1

ARANA RILEY: ST. JOSEPH'S CONVENT- SAN F'DO

ENTREPRENEURSHIP UNIT 2

JIRNIA WILLIAMS: H.F.C PENAL
SYERA HERNANDEZ: H.F.C PENAL
ALYA-MARIE FRANCIS: H.F.C PENAL

ECONOMICS UNIT 1

ANUSHKA BOODOO: PARVATI GIRLS' HIGH SCHOOL

ECONOMICS UNIT 2

KAJOL BHARRATHSINGH: NAPARIMA GIRLS' HIGH SCHOOL

SOCIOLOGY UNIT 2

MIA WELCH: NAPARIMA GIRLS' HIGH SCHOOL
ALEXIA RAJKUMAR: SHIVA BOYS' HINDU COLLEGE
FAITH SYLVANI: SHIVA BOYS' HINDU COLLEGE

CARIBBEAN STUDIES

AVISHA RAMAL: NAPARIMA GIRLS' HIGH SCHOOL
HAILEY SEEGOBIN: NAPARIMA GIRLS' HIGH SCHOOL
ARJUNA MAHADEO: NAPARIMA GIRLS' HIGH SCHOOL
KAJOL BHARRATHSINGH: NAPARIMA GIRLS' HIGH SCHOOL

M.O.B UNIT 1

ALEXIA RAJKUMAR: SHIVA BOYS' HINDU COLLEGE

M.O.B UNIT 2

AVISHA RAMAL: NAPARIMA GIRLS' HIGH SCHOOL

PHYSICAL EDUCATION UNIT 1

BRADLEY POORAN: SHIVA BOYS' HINDU COLLEGE
YASH RAMDASS: SHIVA BOYS' HINDU COLLEGE

PHYSICAL EDUCATION UNIT 2

BRIANNA MODESTE: NAPARIMA GIRLS' HIGH SCHOOL
REANNA RAMNANAN: NAPARIMA GIRLS' HIGH SCHOOL

CONGRATULATIONS - SCHOLARSHIP WINNERS 2023

MAKAYA HUGGINS-PRESIDENT'S MEDAL: HOLY FAITH CONVENT COUVA

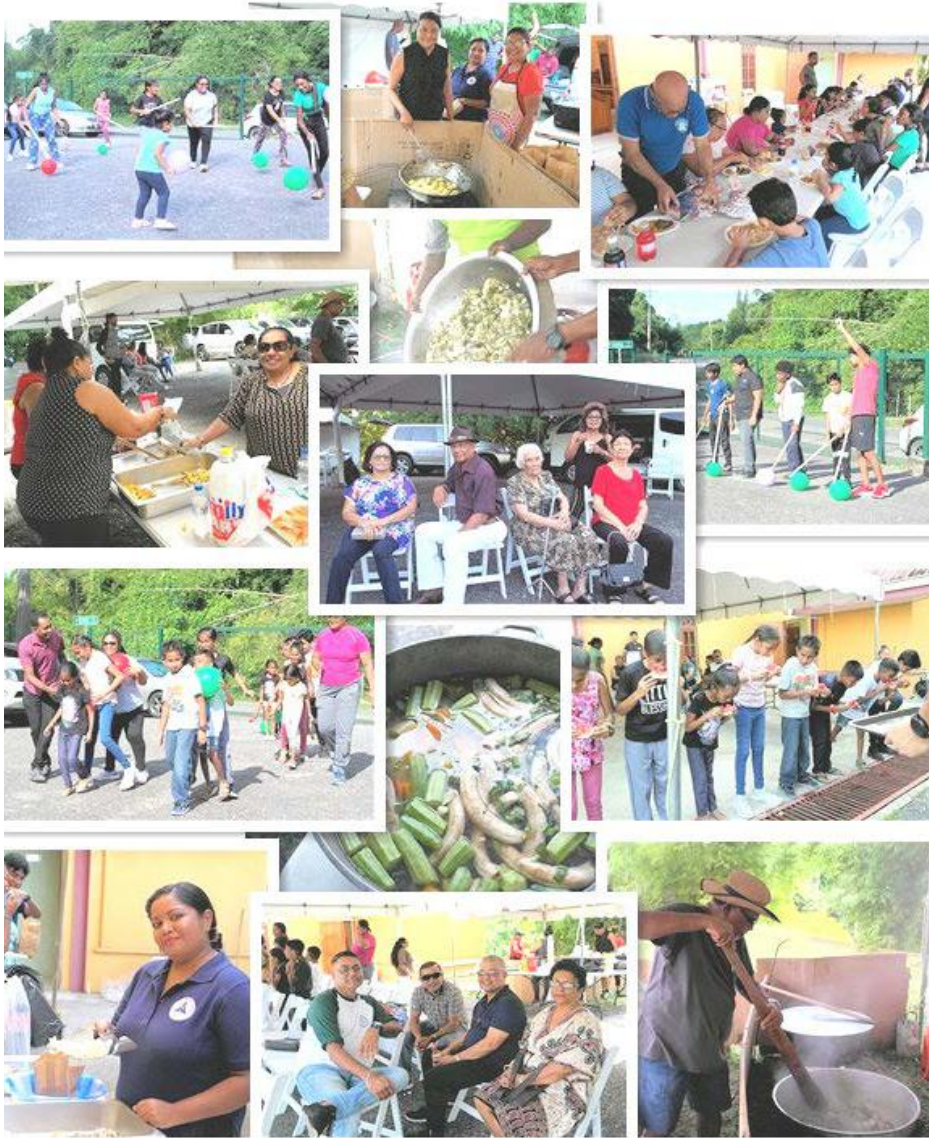
AIDEN RAMBERAN
AKSHAY RAMLOGAN
ANGELINA SIEW
ANJILI PERSAD
ARI RAMNARINE
CHRISTIAN SEECHARAN
DARIAN RAMJITSINGH
DAVID BICKRAM
ESHA MAHADEO
FAHEEM HOSEIN

ISABELLA MUNGAL
JILLISSE ROBERTS
KAMARA RICHARDS
KAYLA JOSEPH
MIA WELCH
MERCEDES JERVIS
MICHAELA GARCIA
ORNILLAMURTI MAHABIR
RENELLE RAJKUMAR
RENESSA RAMSINGH

RENSA JOSEPH
SAKSHI KUSHWAH
SHAILA RAMDHAN
SHANE HARRICHARAN
SHVETA BACHAN
SONJA MARAJ
TAHIRAH SHEPPARD
TAAHIRA KHAN
SHAI-AN LEE WEN
ZAYDEN RAMKISSOON

BARRACKPORE UNION FAMILIES JUST WANNA HAVE FUN!

SUBMITTED BY MR. KARAMCHAND. B. MITCHELL



On Tuesday 1st August, 2023, the Barrackpore Union Church family celebrated the Emancipation Day Holiday in Trinidad and Tobago by engaging in an evening of fun and games on the church's compound.

The event began with a period of Praise and Worship songs. Reverend Manan Deo, resident minister, addressed the gathering and expressed words of support and encouragement. He also prayed for the successful leadership and the continued commitment and dedication of all members.

The games began as coordinator, Mr. Ralph Mitchell, invited all members to participate in events that were carefully planned to cater for all ages, even those who were physically challenged. It was an explosion of fun and laughter.

Throughout the evening, members were constantly refreshed with an assortment of delicious snacks prepared on spot- snow cone, popcorn, pholourie, fries and hot fish broth.

To crown off the games segment, "The Price is Right" hosted by Mrs. Susan Jugmohan invited all to come on down and win lovely prizes, once the "Price was Right!"

Following the sporting activities, all were invited to share in a common fellowship meal, specially prepared hot on the spot by member of the church.

We were blessed with beautiful weather for the day, despite fears expressed based on the previous days of inclement weather. We thank God and look forward to our next planned activity: An evening of Praise and Worship to be held on August 9, 2023. What a glorious day it was.

KRIST MANDLI PRESBYTERIAN CHURCH SUNDAY SCHOOL VBS 2023

Submitted by: Sharon Horrell

The Sunday School of Krist Mandli Presbyterian Church embarked on VBS 2023 from the 17th to the 21st July. This was a wonderful time to teach children about God's love and our faith and trust in him. The Board of Christian Education, VBS 2023, sought to do this through the theme: "Fantastic Adventures in Trusting Him".



Each day of VBS began with prayer, a sing song session, the theme song – where the children sang and danced as well as memorised and recited the Power Scripture : 2nd Corinthians 5: 7 "For we walk by Faith, not by sight." Following this, a story was done each day, after which the children played the various games, made related crafts and memorised a scripture verse. This they enjoyed immensely. At the end of each day, refreshment was provided for the children and on the last day they were treated to KFC, a treat bag, and special gifts. The Sunday School's Superintendent would like to thank all those who assisted during the sessions of VBS as well as the children and parents and all who contributed wholeheartedly in every way to make this week a resounding success.

THE PRESBYTERIAN CHURCH OF TRINIDAD & TOBAGO **VACANCY**



GENERAL SECRETARY OF SYNOD OF THE PCTT Full-Time Contractual Position

Duties

- Manages the day-to-day administration of Synod Office.
- Functions as Secretary of ALL meetings of Synod/Synodical Council/Executive of Synodical Council.
- Manages ALL official correspondence of the Synod.
- Administer the PCTT Insurance plans.
- Ensures the preservation of PCTT records.
- Ensures the PCTT audited financial is prepared.
- Ensure the legal interests of the PCTT.
- Represents the Synod at special observances.
- Functions as Ex-Officio on ALL Boards and Committees of the Synod.
- Presents annual report of the Synodical Council/Executive of Council to the Synod.

Qualifications

- Must be an Elder and served in a Session for at least 5 years.
- First degree in the Social Sciences/or Advanced degree.
- Ten years Management experience at Executive level.
- Good organisational/administrative skills.
- A good working knowledge of the PCTT.
- Good Communication skills.



SUBMIT

Send applications with resume by 13th October, 2023 to the Presbyterian Church of Trinidad and Tobago, P.O. Box 187 Paradise Hill, San Fernando or by email to: synod@pctt.org.tt





PRESBYTERIAN CHURCH OF TRINIDAD AND TOBAGO

VACANCY FULL-TIME PROPERTY MANAGER OF SYNOD

DUTIES :-

- 1) Manage the maintenance of all properties of the PCTT including but not limited to
 - a) Review of ALL pastoral regions' property information and amending information; liaison with tenants, government offices.
 - b) Oversee digitizing process of ALL property information.
 - c) Review of valuation of ALL properties.
 - d) Review of survey plans and cadastral sheets for ALL properties.
 - e) Regular, frequent visits to ALL properties on a rotation basis and in liaison with the Sessions of the area.
 - f) Appropriate co-ordination with all stakeholders of the PCTT regarding properties.
 - g) Presence in the Office for prompt responses to all enquiries.
- 2) Manage the development of properties for investment and commercial ventures.

QUALIFICATIONS :-

- Degree in Business or Land/Property-related field or Project Finance or other related field.
- Advanced specialty certification (Property-related).
- Substantial experience/training in Land Management; Tenancy and Leases; Statutory requirements of T&T Law; Project/Maintenance or Project Management.
- Must be a team-player.
- Good Communication skills.

This is a FULL-TIME CONTRACTUAL POSITION which will require an efficient and results-oriented individual with an eye for property-related investments and projects and a knack for identifying and critically assessing opportunities for revenue-generation.

Send applications with resume by
16th September 2023 to
The General Secretary,
Presbyterian Church of Trinidad and Tobago
P.O. Box 187 Paradise Hill, San Fernando
or by email to : gs.warde@pctt.org.tt



The much anticipated PresbyTV is undergoing testing, check it out at
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HILLVIEW COLLEGE Vacancy - (Spanish) TIII



All applicants MUST be:

- Assessed as teacher III/TVTIV
- Successfully interviewed by the Teaching Service Commission within a three (3) year period (for applicants who are not currently employed with the Ministry of Education)

Kindly apply to:

The Presbyterian Secondary Schools' Board of Education via:
Email : pssboe@pctt.org.tt
Submit a copy to: administration@hillviewcollege.edu.tt
Applicants are required to submit their Appointment/Assessment Letters, Placement on the Order of Merit list, Letter of Interview Results along with other applicable documents.

Deadline for applications: NOVEMBER 30th 2023
Unsuitable applications will not be acknowledged



HILLVIEW COLLEGE Vacancy - (Mathematics) TIII



All applicants MUST be:

- Assessed as teacher III/TVTIV
- Successfully interviewed by the Teaching Service Commission within a three (3) year period (for applicants who are not currently employed with the Ministry of Education)

Kindly apply to:

The Presbyterian Secondary Schools' Board of Education via:
Email : pssboe@pctt.org.tt
Submit a copy to: administration@hillviewcollege.edu.tt
Applicants are required to submit their Appointment/Assessment Letters, Placement on the Order of Merit list, Letter of Interview Results along with other applicable documents.

Deadline for applications: SEPTEMBER 8th 2023
Unsuitable applications will not be acknowledged

IN LOVING MEMORY

Mrs. Wendy Balgobin

SUNRISE: 23rd June, 1967

SUNSET: 06th September, 2022

One year ago God called your name
And it was your time to fly
It broke our hearts to watch you go
And left us wondering why?
But as the months passed, we felt you close
Like you never really left
We feel your laughter in times of joy
And your hugs when we're distressed.
See, you never really left us,
In our hearts you'll always be
We can't look back with sadness now,
Why cry for a soul set free?
This year was just the first of many
That you'll be missed each passing day
But we know we'll reunite in heaven
And then forever we shall stay.
We miss you so very deeply.



Your husband Collin, your children Shanta, Sherise and Sastri, and all those whose lives you touched."

Fay Ramsaran Rambharose

SUNRISE: 23rd November 1965

SUNRISE: 3rd September 2018

Former Member of Knox Presbyterian Church

"When I come to the end of my journey
And I travel my last weary mile
Just forget if you can that I ever frowned
And remember only the smile."

Lovingly remembered by her parents:

Raymond & Annabella Ramsaran

Sisters: Jacqueline & Natasha

Brothers in Law : Venoo & Khairon

Nephews: Christopher & Nicholas

Her many relatives and friends.



Ferome Kristna Sastoo

SUNRISE: May 3, 1961

SUNSET: September 8, 2021

*Never Forgotten
You'll never be forgotten
That simply cannot be.
As long as I'm living,
I'll carry you with me.
Safely tucked within my heart
Your light will always shine;
A glowing amber never still,
Throughout the end of time.
No matter what the future brings.
Or what may lie ahead,
I know that you will walk with me
Along the path I tread.
So rest my Angel, be at peace.
And let your soul fly free.
One day I'll join your glorious flight,
FOR ALL ETERNITY.*



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PLEASE SEND ALL ARTICLES BY THE 10TH FOR PUBLICATION THE FOLLOWING MONTH
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trinidadpresbyterian@pctt.org.tt

PLEASE KEEP ALL ARTICLE CONTRIBUTIONS TO MAX 300 WORDS.



THE NORTHERN PRESBYTERY OF THE
PRESBYTERIAN CHURCH OF TRINIDAD & TOBAGO

invites you to our

ANNUAL RETREAT 2023

Theme

RISE

RESTORATION • INSPIRATION • STRENGTHENING • ENCOURAGEMENT

SATURDAY 9TH SEPTEMBER, 2023 FROM 9AM - 1PM.

• REGISTRATION BEGINS AT 8:30AM.

VENUE: ARAMALAYA PRESBYTERIAN CHURCH,
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& Mr. Dexter Rampersad**

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Read your Bible

September

"Give Thanks For God's Lovingkindness & Tender Mercies"

SUN	MON	TUE	WED	THU	FRI	SAT
					Jeremiah 15:1-9	Jeremiah 15:10-14
Psalm 26:1-8	2 Samuel 11:2-26	2 Samuel 27:12-15	Jeremiah 17:5-18	Ezekiel 24:1-14	Ezekiel 24:15-27	Ezekiel 33:1-6
Psalm 119:33-40	Leviticus 4:27-31	Deuteronomy 17:2-13	Leviticus 16:1-5; 16:20-28	1 John 3:11-16	Exodus 14:1-18	Exodus 15:19-21
Psalm 103:(1-7), 8-13	Josua 3:1-17	Nehemiah 9:9-15	2 Kings 2:1-18	Exodus 15:22-27	Exodus 16:1-21	Exodus 16:22-30
Psalm 105:1-6, 37-45	Romans 16:1-16	Romans 16:17-20	Matthew 18:1-5	James 4:11-16	Acts 13:32-41	Mark 11:27-33

October

"Take Refuge in the LORD & Walk In His Ways"

SUN	MON	TUE	WED	THU	FRI	SAT
Psalm 25:1-9	Philippians 1:3-14	Philippians 1:15-21	Matthew 9:2-8	Colossians 2:16-23	Philippians 2:14-18; 3:1-4a	John 7:40-52
Psalm 80:7-15	1 Peter 2:4-10	2 Corinthians 5:17-21	John 11:45-57	1 Peter 5:1-5, 12-14	James 4:4-10	Mark 2:18-22
Psalm 23	Jude 17-25	Philippians 3:13-4:1	John 6:25-35	3 John 9-12	1 Peter 5:1-5	Matthew 14:1-12
Psalm 96:1-9, (10-13)	Daniel 3:1-18	Daniel 3:19-30	Daniel 6:1-28	Numbers 5:5-10	Deuteronomy 9:25-10:5	Proverbs 24:23-34
Psalm 1	Deuteronomy 6:1-9, 20-25	Deuteronomy 10:10-22				

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