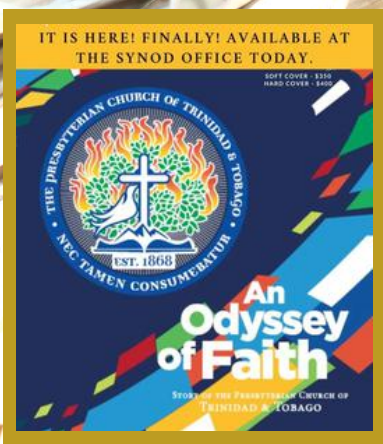


The Trinidad PRESBYTERIAN

The Official Publication of The Presbyterian Church of Trinidad & Tobago
December 2023/January 2024

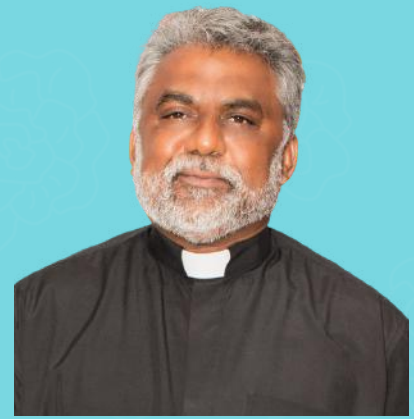


MERRY CHRISTMAS

**The Moderator Speaks
PRESBY5 Music Competition
PPSBE Teachers' Convention
LET'S GREET 2024 WITH OPTIMISM**

THE MODERATOR SPEAKS

PCTT MODERATOR, THE RIGHT REVEREND DANIEL CHANCE



THE REASON FOR THE SEASON

As we embrace yet another Advent Season, we are again reminded as a Church and indeed the world of the 'coming' or 'arrival' of Jesus, the Son of God and Saviour of the World. This is a time of spiritual preparation for the believer in Christ. Too often, as we become overly familiar with the various sacred and special observances within the Christian Calendar, familiarity can erode the rich significance of these religious celebrations.

It, therefore, calls for us to never underestimate the Biblical accounts of the 'saving work of God' in the person of Jesus Christ our Lord and Saviour. This great act of God, done as a result of His love for a sinful people is best reflected in the text, 'For God so loved the world, that He gave His only Son, that whoever believes in Him, should not perish but have Eternal Life' (St. John 3:16 RSV). This came against a backdrop of moral, social and spiritual decay in that their moral and spiritual compass no longer existed. Utter darkness had engulfed the lives of all those who had benefited from the love, care and compassion of a faithful and merciful God. Those who had been called upon to lead God's people into a holy way of living had failed in carrying out their God-given responsibility.

God, in exposing His nature, or in other words, having seen the plight and having heard the cries of His chosen people, sent Jesus. As recorded in St. Paul's letter to the Galatians, "But when the set time had fully come, God sent His Son, born of a woman, born under the law, to redeem those under the law, that we might receive adoption to Sonship" (Galatians 4:4-5 RSV).

The Advent Season reminds us of the most important gift which has been given to the world. We often get distracted by all the extravagant trappings of this sacred season rather than allow the "Christ-Child" to be born anew within our minds, hearts, lives and homes. May we, as believers in Christ, challenge ourselves to eliminate those pockets of darkness which have developed within us so that the Light of Christ will permeate our lives.

On behalf of the Synod of the Presbyterian Church, I extend greetings to you and your family on the occasion of this Holy and Sacred Season and God's richest blessings for the New Year, 2024.

NEW HYMN FOR THE 156TH ANNIVERSARY SERVICE OF THE PRESBYTERIAN CHURCH IN TRINIDAD AND TOBAGO: 7TH JANUARY 2024 WORDS: REV. DANIEL TEELUCKSINGH MUSIC: 'PRAISE MY SOUL, THE KING OF HEAVEN'.

- God be praised our heavenly Father
For your blessings through the years,
On the Church your love created
History's timeline holds this gem.
Hallelujah, Hallelujah
Cherished glorious legacy
- From the estate schools and pulpits,
Barriers bow to gospel spread
Like an ever-flowing river
Church's hand reached near and far.
Hallelujah, Hallelujah
Hope dispensing, full and free
- Guide our mission, yet unfinished
Bringing light where darkness rules
Servant Church, God's hand still moving
Make us worthy stewards of grace.
Hallelujah, Hallelujah
Crown the efforts of your Church.
- Faithful Shepherd, mighty Saviour
Walk with us in years to come
Consecrate, anoint your people
Bring revival, faith renew.
Hallelujah, Hallelujah
Lead us all to love you more. Amen.



EDITORIAL

ANNIVERSARIES

Anniversaries are a big deal! Or they should be. Throughout the Bible, the Lord reminds people to tell all generations of their Lord's wonderful works. Part of what that means for us, as churches, is that we must preserve the memory of how God has worked in our lives. A church that has a strong sense of its history will have a better sense of identity to build on for the future. Paul talked about the discipline of looking back: *"For whatever was written in former days was written for our instruction, so that by steadfastness and by the encouragement of the scriptures we might have hope"* (Romans 15 :4 NRSVue). We look back to learn, to gain endurance and encouragement so that we can look forward with unity and hope. Church Anniversary celebrations should be an exciting time for congregations. After all, these Anniversaries mark special milestones in the life of any church.

Around this time, many of our churches are celebrating Anniversary services. Synod is planning The Presbyterian Church of Trinidad and Tobago's (PCTT) 156th Anniversary service. We commemorate our churches' Anniversaries by holding special thanksgiving services; thanksgiving for all God has done in and through our congregations. At our Anniversary services, we thank our Lord and God for brave, believing and pioneering people - the Missionaries, Bible Women, and Catechists, the locally ordained ministers and Church Workers at all levels - who brought the Good News to this place, those who have gone before us, and those whom we remember at this particular time for their perseverance in establishing the firm foundation and who laid the cornerstone on which the PCTT was established. We thank them for the rich and noble heritage of which we are proud today. As we tell stories of people who have served and sacrificed, we are teaching lessons about what our community of believers value. We pray that we may follow in their footsteps so that the PCTT can continue, and we pray that long after the present generation is no longer here, God's work and Word would be carried on by those who will answer the call to serve.

Anniversaries are a time when we record history, we reflect on the past with nostalgia. Anniversaries celebrate the beginning of a new year and reflect on the past. When we celebrate the past, it is easier to believe in a bright future. While people are thinking about what God has done, it's easy to think of him doing more in the future. Church leaders, together with the congregation, look at the future, they set goals. Anniversaries, in a sense, is a time of remembrance as some of our congregations take the opportunity to honour persons who have made significant contributions to the growth of their particular church.

When we stand together and celebrate, we are reminded that God has been our refuge from one generation to another and that God's Spirit is present with us to give us that strength and sustenance to continue undaunted in these uncertain and challenging times. Anniversaries remind us of how blessed we are as a people.

156

SUNDAY 7TH JANUARY 2024
4:00P.M.
SUSAMACHAR
PRESBYTERIAN CHURCH
YEARS
ANNIVERSARY
CELEBRATION



GENERAL SECRETARY'S REMARKS 150TH ANNIVERSARY BOOK "AN ODYSSEY OF FAITH" BLESSING AND DISTRIBUTION CEREMONY 8TH DECEMBER 2023 – SATC CHAPEL

Good morning everyone. The Moderator of the PCTT Rt. Rev. Daniel Chance and members of Clergy, members of the 150th Anniversary Committee, contributors to this publication, well-wishers and friends, ladies and gentlemen. It is my privilege today to welcome you all on this very special and significant occasion where we are able to collectively celebrate the start of the distribution and sale of an important publication in the life of the Church – the Presbyterian Church of Trinidad and Tobago – “An Odyssey of Faith”.

As we would recall, this book was officially launched at the 155th Anniversary Service of the PCTT in January of this year 2023. But even before that, this was a listed project of the 150th Anniversary Committee back in 2017 under the then Moderator Rev. Annabell Lalla-Ramkelawan; continued in earnest by Rev. Joy Abdul-Mohan and completed under Rt. Rev. Daniel Chance. Three Moderators were involved in this publication. Much changes in the original intent of the book had been made (and some of the speakers today may speak to that), to what is now the final version today. There were many challenges which you may hear about, but it has evolved into quite a comprehensive history book of the PCTT from its inception to present.

1st Corinthians Ch 3 v 6 tells us “I planted the seed, Apollos watered, but God made it grow”.

That verse speaks to the role that many would've played in the conceptualisation, research, compilation, production and final publication of this document. **Some planted the seed, some watered it and with God's hand, today we have this finished product.** It took almost 5 years to complete and this delay was due to many factors, the main being the almost 2 and half years of the covid 19 pandemic, the necessary task of re-researching submissions from many churches for accuracy, correctness and integrity and finally the editing process of such a milestone publication – 384 pages of history of the PCTT.

Administratively, the complement of books with the pre-paid copies and the new sales will not only be sustainable, but profitable, for the Church. We are thankful for the input of so many with this project and final publication. **This was indeed a labour of love.** Presbyterians love their Church and the role and input of many persons into this final product will be a part of the PCTT history. **You are all part of the PCTT history.**



There are so many persons and pastoral regions and individual churches which would've contributed to the publication and the names would be too many to call. I would however like to specially mention persons who have contributed as a part of the 150th Anniversary Committee and in other areas of this compilation – Rev. Ken Kalloo, Rev. Dr. Annabell Lalla-Ramkelawan, Mr. Bill Siboo, Rev. Daniel Teelucksingh, Dr. Jerome Teelucksingh, Ms. Aasha Mahabir, Mr. Kevin Ragbir, Mr. Narend Sooknarine, Rev. Winston Gopaul and Rev. Dr. Randall Sammah and Rev. Joy Abdul-Mohan. Thank you, thank you, thank you for all your time and fervent commitment to this project.

God bless you all and God bless the PCTT.



LET'S GREET 2024 WITH OPTIMISM

Submitted by: Presiding Elder George K. Sammy

The COVID 19 Virus turned our whole world upside down. Ever since we first heard of it in late 2019, we have greeted each new year with doubt and trepidation. But this is not what is expected of us as Christians. Instead, our mind set should be based on faith and optimism, based on the love of God, the sacrifice and resurrection of Jesus Christ and the comfort and guidance of the Holy Spirit. The purpose of this article is to encourage each of us to greet this 2024 with optimism, based on teachings found in the Bible.

One source of optimism for 2024 is the assurance that God has plans for each of us. In Jeremiah 29:11, God assures us, **"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."** So, we can be assured that in 2024, God has plans for us to prosper and to keep us safe from harm. God's plans give us the first basis for optimism in this New Year.

Joshua 1:9 contains a more direct instruction from God: **"Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."** Therefore, we should not enter 2024 with fear and discouragement since God has directed us to do the exact opposite. This instruction is backed up with a powerful promise – God will be with us wherever we go.

If we accept this promise, we can expect God to strengthen us to face whatever challenges the New Year may bring.

In Romans 8:28, Paul reminds us, **"And we know that in all things God works for the good of those who love him, who have been called according to his purpose."** As Presbyterians, we are all called to God's purpose and service. Paul's words are also in harmony with a fundamental concept of our Reformed Tradition; the concept that we cannot earn God's blessings but receive them through grace. Paul makes it clear that the qualifier for God's good works is our love for God. Let us in this New Year build and strengthen our love for God, even as – through grace – we receive God's good works in our lives with great gratitude.

In Romans 8:31, Paul gives an understanding that God strengthens us in a way that no woman nor man can weaken. This verse reads, **"What, then, shall we say in response to these things? If God is for us, who can be against us?"** It is our Christian belief that God's power far surpasses any human power. So as we proceed through 2024 with the guidance of the Holy Spirit, we need not fear any person who may try to stand in the way of our Christian faith.

I'll end this article with an experience of mine from many years ago when I

was an Elder of the Maracas Valley Presbyterian Church. There was an elderly lady in our sister-church, St. Joseph Presbyterian, who was suffering very badly from diabetes, and she required an operation to remove one of her feet. A group of us visited her on the Sunday before she checked in to the hospital on Monday, hoping that we would lift her spirits before that serious operation. When we got there, we found her to be chatty, gossiping about her fellow church members and making amusing comments about them. When it was time to leave, my Mother commented that we had come to cheer her up, but in fact she had cheered us up. Without missing a beat, she replied, "Mih foot sick. Nothing ent wrong with mih mouth!" I hope and pray that we can all adopt a similar positive attitude as we enter this New Year, 2024.

So, let us enter 2024 with optimism, seeking to live good Christian lives and to do the work that God has set out before us. As we do so, let us be encouraged by the words of Philippians 4:13, "I can do all things through Christ who strengthens me." Christ came to live among us, Christ died for our sins, and Christ rose from the dead so that we might have eternal life. Surely, Christ will strengthen us to face 2024 with optimism.

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PRESBYTERIAN PRIMARY SCHOOLS' BOARD OF EDUCATION TEACHERS' CONVENTION, 2023

THEME: EVERY MIND MATTERS

Submitted by Ms. Geeta K Maharaj

The Presbyterian Primary Schools' Board of Education (PPSBE) hosted its Primary Schools' Teachers Convention on Wednesday 8th November, 2023, at the Southern Academy of Performing Arts, San Fernando. Registration was handled by Ms. Ophelia Ganga-Sieuraj, Principal, Canaan Presbyterian School, and her staff. Upon registration, each teacher received a beautifully designed wooden key ring with the phrase: "Teach Love Inspire".

Reverend Stephen Harripersad, Minister, Diamond PR, invoked the presence of God after which the gathering was led in the National Anthem by Ms. Arielle Ghoural, ATP, Bien Venue Presbyterian School. The morning's proceedings flowed seamlessly under the guidance of Chairperson, Ms. Nirmala Chinebas-Dindial, Principal, Upper Carapichaima Presbyterian School, and the superb stage-management of Mr. Michael Bridgelal, Acting Principal, San Francique Presbyterian School. In addition to principals and teachers from our schools, in attendance were Board members, other specially invited guests and Mr. Michael Cooper-Ochiengh, Communications Manager, PCTT, who photographed and video-taped the event.



Dr. Joel Teelucksingh

Moderator of Synod of The Presbyterian Church of Trinidad and Tobago (PCTT), The Rt. Reverend Daniel Chance, formally opened the Convention. Greetings were brought by Mr. Vickram Ramlal, Chairman, PPSBE; Mr. Terrence Warde, General Secretary, Synod, PCTT; Mr. Martin Lum Kin, President, T&TUTA; and Mr. Aaron Ramrattan, Director of School Supervision and Management, MOE. All speakers commented on the relevance, timeliness and appropriateness of the theme. Two cultural items punctuated the series of activities and enhanced the significance of the Convention. Dr. Alicia Batchasingh, TP, Brothers Presbyterian School, sang "Good Job", a well-received tribute to our teachers and the Guaioco Presbyterian School Teachers' Choir filled the hall with their melodious rendition of Revelation 19:1

Feature Speaker, Dr. Joel Teelucksingh, was introduced by Ms. Cynthia Philip, Principal, Esperanza Presbyterian School. The theme: "Every Mind Matters" was expertly dealt with by Dr. Teelucksingh. He let teachers know that they are "architects of dreams", "sources of knowledge" and "guardians of futures." He spoke of the most precious resource in the school as every child is a unique being with a beautiful and different mind. Dr. Teelucksingh continued by saying that the cornerstone of building a better future is brilliant minds, and happy and fulfilled individuals. He called upon teachers to champion the cause to remove the stigma associated with mental health as mental health is really a state of mental well-being. Teachers are to empower students to express themselves and their concerns by creating an environment of compassion, understanding and support, instead of an atmosphere of judgement. He cautioned listeners that they, too, have to exemplify mental well-being if they are to change the paradigm. He cited characteristics/behaviours that would bring about that sense of wholeness in teachers. Dr. Teelucksingh urged them, as educators in Presbyterian Primary Schools, to internalize the theme: "Every Mind Matters" as it captures their responsibilities and he directed them to the Gospels to model the teaching strategies of Jesus Christ, the greatest teacher of all time.

As is customary at these conventions, an offering was collected. Mr. Neil Forgenie, TP, Penal Presbyterian School, strummed out favourite choruses during the collection. P.E. Martin Sahadath, TP, Reform Presbyterian School, dedicated the offering. This Charitable Offering was apportioned among Beth-Rapha, JC Mc Donald Presbyterian Home for the Aged and Trinidad and Tobago Cancer Society. Ms. Geeta K Maharaj, General Secretary, PPSBE, made the presentations.

Another high-point of the Convention was the presentation of plaques to Retirees who would have retired over the last four (4) years in recognition of their service. Plaques were prepared and presented to those retirees who accepted the Board's invitation to the Convention. Mrs. Ruth Ramrattan-Hosein, retired principal, Princes Town Presbyterian #1 School, replied on behalf of the Retirees. Also, honoured with distinctive plaques were three (3) retired Presbyterian School Supervisors. The entire segment was adroitly handled by Mrs. Bunny Maicoo, Principal, Lengua Presbyterian School, and Ms. Sophia Beepath-Nathai, Principal, Princes Town Presbyterian #2 School.

The Convention wound down with a Vote of Thanks competently done by Mr. Derick Sooknanan, Principal, Fishing Pond Presbyterian School. Reverend Brenda Bullock, Vice Chairman, PPSBE, closed the function pronouncing the blessing. Following this, refreshments were served to all attendees. Special Guests, including retirees, were treated to a buffet lunch.

The PPSBE owes a debt of sincere gratitude to the Convention Committee under the Chairmanship of Mrs. Bunny Maicoo, for an excellent event. This Committee comprised Cynthia Philip, Derick Sooknanan, Lynda Nandlal, Nirmala Chinebas-Dindial, Sophia Beepath-Nathai, Michael Bridgelal, Ainsley Lutchmansingh, Tyabali Khan, Shelly Ann Ragbir, Jesse Ramkaysingh, and Board Member, Tara Siloch. Invaluable support was also given to this Committee by PE Martin Sahadath (décor), Aares Abdool (programmes) and Esther Buckridan (invitations). To God be the Glory!





PSSBoE Presby5 2023



MUSIC FESTIVAL & COMPETITION

Submitted by Ashford Tamby – Chairman PSSBoE

On November, 1st 2023, the Presbyterian Secondary Schools’ Board of Education (PSSBoE) held the inaugural Music Festival & Competition at the Southern Academy for the Performing Arts.

The five (5) Presbyterian Secondary Schools participated in all categories of the event. There were three (3) categories: Choir, Vocal Soloist and Instrumental Soloist.

The Moderator of the Synod of the PCTT, The Rt. Reverend Daniel Chance, officially opened the festival and Chairman of the PSSBoE, Mr. Ashford Tamby, was the Master of Ceremonies for the day.

Indeed, all items selected by each school was of an exceptional standard which ensured that the judges had a difficult task in selecting winners in each of the categories. Congratulations to all Principals, teachers and students.

We are and looking forward to a bigger and better Presby5 Music Festival in 2024.

The results were as follows:

Choir

- 1st - Naparima Girls’ High School
- 2nd - St. Augustine Girls’ High School
- 3rd - Naparima College
- 4th - Iere High School
- 5th - Hillview College

Vocal Soloist

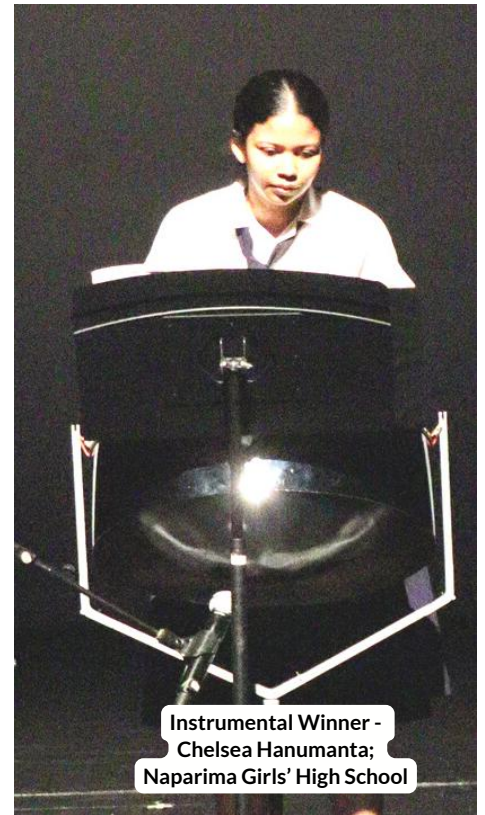
- 1st - Samara Mohammed,
St. Augustine Girls’ High School
- 2nd - Lorenna Gobin,
Naparima Girls’ High School
- 3rd - Leonidus Sammy,
Naparima College
- 4th - Chela Sanchez,
Iere High School
- 5th - J’dira Gajadhar,
Hillview College

Instrumental

- 1st - Naparima Girls’ High School
- 2nd - St. Augustine Girls’ High School
- 3rd - Iere High School
- 4th - Naparima College
- 5th - Hillview College



Soloist Winner -
Samara Mohammed,
St. Augustine Girls’ High School



Instrumental Winner -
Chelsea Hanumanta;
Naparima Girls’ High School



Choir Winners - Naparima Girls’ High School





KNOW YOUR FAITH

CHRISTMAS AND THE NEW YEAR
REVEREND ADRIAN SIEUNARINE,
PRINCIPAL, ST ANDREW'S THEOLOGICAL COLLEGE

Christmas and the New Year bring enduring messages of hope, peace, joy, and love which are constantly counter-cultural at local, regional and international levels. Only the power, presence, and grace of the birth of Christ, the epiphany of Christ, the life of Christ, the death and resurrection, living presence and eternal reign of Christ can generate hope, peace, joy, and love in our lives, our nation and our world.

Paintings depicting the Garden of Eden always seem far less beautiful than the Trinidad countryside I remember when I was growing up in Guaico. Now, crime and violence stalk the land. John Calvin wrote in the 1500s about how "insane and barbarous" people "furiously strive to overturn this divinely established order" and there is systemic corruption where "magistrates may connive at the crime" and the "flatterers" of politicians "immoderately praising their power" make authorities blind to the sufferings of the victims of crime as well as to the conditions of the nation.

In the midst of all the bad news, we are invited to perhaps switch off the media and to definitely switch on to the Lord who is the only one who can bring us "good news of great joy which shall be to all the people" in the midst of hurt and hatred. We can pray for justice without being completely sure what it would look like on earth, while being completely sure that it exists and shall prevail by the will of God.

Let us pray, think, speak, and work for a world of kindness and respect, courtesy and goodwill, where communities and countries recognize and support one another, and where no one is raped, murdered or kidnapped. The "good news" of faith and not fear is a living testimony of divinely ordained defiance now.



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ACADEMIC YEAR 2023/2024 Semester 2

SYSTEMATIC THEOLOGY

Lecturer: Rev. Damien Sieunarine
Start Date: 8th January 2024
Day: Monday
Time: 5.30 pm - 8.30 pm

GOSPEL OF MATTHEW

Lecturer: Rev. Errol Inshanally
Start Date: 11th January 2024
Day: Thursday
Time: 5.30 pm - 8.30 pm

CONGREGATIONAL STUDIES

Lecturer: Rev. Dr. Randall Sammah
Start Date: 9th January 2024
Day: Tuesday
Time: 10 am - noon

PHILOSOPHY OF RELIGION

Lecturer: Mr. Burton Sankeralli
Start Date: 12th January 2024
Day: Friday
Time: 4 pm - 7 pm

Register by: 4th January 2024
Duration: 12 weeks
Credits: 3 (per course)
Cost: \$1,500 (per course)
Registration: \$500 (per semester)



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HOW CAN I FOSTER A GROWTH MINDSET IN MY CHILD OR TEEN?

* *"Be Joyful In Hope, Patient In Affliction, Faithful In Prayer" (Romans 12:12).* *

Growth Mindset: Believing that effort and energy over time can lead to growth and improvement. A growth mindset says: I may or may not be able to do this today, but I can try and learn and grow. With effort and help and perseverance, I will change and improve.

By the publication of this article, end of term exams would have been over and results/reports made available to parents. In our culture, we are fixated on 'A' grades and we can sometimes instill in our children that anything short of that is failure. However, the long term ramifications for this perspective, is the fact that some individuals hold themselves to standards that keep them stagnant rather than blooming.

As we enter into a new year, let us commit to terminating such cycles and instead foster a growth mindset in our children and teens since this is crucial for their long-term success and well-being. Here are some key strategies to promote a growth mindset in the New Year:

- 1. Encourage Effort and Persistence:** Teach children that success comes from hard work and perseverance. Praise their efforts rather than just their innate abilities. This helps them understand that challenges are opportunities to learn and improve.
- 2. Embrace Challenges:** Encourage children to take on challenges and view them as opportunities for growth. Help them understand that mistakes are a natural part of the learning process and not failures.
- 3. Promote a Positive Learning Environment:** Create an environment where mistakes are seen as learning opportunities, and curiosity is celebrated. Make sure children feel safe to explore new ideas without fear of judgment.
- 4. Set Realistic Goals:** Help children set achievable, yet challenging goals. Break down larger goals into smaller, more manageable tasks, allowing them to experience success along the way and build confidence.
- 5. Model a Growth Mindset:** Children often learn by example. Demonstrate a growth mindset in your own life by showing enthusiasm for learning, embracing challenges, and persisting in the face of setbacks.
- 6. Provide Constructive Feedback:** When giving feedback, focus on specific efforts and strategies rather than general praise. Help them see the connection between their actions and outcomes.
- 7. Teach the Power of "Yet":** Encourage the use of the word "yet" to emphasize that abilities can be developed over time. For example, instead of saying, "I can't do this," encourage saying, "I can't do this, yet."
- 8. Promote a Love for Learning:** Cultivate a genuine curiosity for learning by exposing children to a variety of subjects and activities. Help them see the joy in discovering new things and expanding their knowledge.
- 9. Encourage Reflection:** Foster a habit of reflecting on their experiences. Help them identify what they learned from challenges and how they can apply these lessons in the future.
- 10. Celebrate Progress:** Acknowledge and celebrate the progress and growth they demonstrate, regardless of the final outcome. This reinforces the idea that improvement is a continuous process.

By consistently applying these strategies as parents and educators, we can create an environment that nurtures a growth mindset in children and teens, setting the foundation for a lifetime of learning and resilience.

"The righteous will flourish like a palm tree, they will grow like a cedar of Lebanon; planted in the house of the Lord, they will flourish in the courts of our God. They will still bear fruit in old age, they will stay fresh and green" (Psalm 92:12-14).



THE ECCLESIASTICAL CALENDAR

DECEMBER 2023

Submitted by Reverend Dr Annabell Lalla-Ramkelawan

The celebration of the Ecclesiastical Calendar/Liturgical Calendar enhances our worship and our relationship with God. Worship is our human response to God who has reached out to us in Jesus Christ, saving us from sin, death, isolation, and meaninglessness. Worship, therefore, should always be filled with joy, praise, and gratitude. Day to day, week to week and year to year, the core and many of the details in Christian worship remain essentially the same. This does not mean that worship should become monotonous, uninteresting, uneventful, or wearisome. In one service, we can focus on a particular aspect of God's nature using distinctive expressions. For example, we might focus on the holiness of God, praising God's perfection, and thanking him for the gift of the Holy Spirit. In another service, we may emphasize God's grace, praising him for his forgiveness. When our worship responds to the multifaceted character of God, and especially when it is shaped by the various biblical revelation of God, it will have texture and color, even though the basic structure remains fixed.

- The Ecclesiastical Calendar/Liturgical Calendar can enrich the diversity of our worship. It helps us have a broader, deeper, and more spirit filled relationship with the living God.
- The Ecclesiastical Calendar/Liturgical Calendar year keeps worship from becoming a routine that we cease to wonder at the Greatness, Majesty, and Holiness of God. To say it plain, the variations of the Christian year help us not to become bored in worship. Is boredom in worship possible? This seems absolutely impossible. If we keep in mind that we worship an awesome God, it is hard for us to see worship as being boring. Despite how wonderful God is and no matter how truthful our worship might be, if our expressions in worship is always the same week after week, a kind of monotony can step in, and we become bored.

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- The Ecclesiastical Calendar/Liturgical Calendar keeps boredom from stepping in.
- Perhaps you have had the experience of learning a new hymn or worship song and you loved it. As you sing, your heart and mind are lifted to God. But, after singing the same song over and over it loses its fire. Its tune is vibrant the lyrics strong in theology, but its power to move your heart and soul and mind is gone.
- The Ecclesiastical Calendar/Liturgical Calendar enables Christians to live in God's story,
- It is through the stories of the Bible that Christian spirituality is shaped. As the people of God, Israel's faith was shaped by their stories of slavery, redemption, covenant, and Promise Land, so, to the New Israel, the Christian communities' faith is formed by the story of the Messiah and his redemptive work.
- The celebration of the Ecclesiastical Calendar/Liturgical Calendar enriches the faith of the believer and keeps the focus of a season in sight.
- The Ecclesiastical Calendar/Liturgical Calendar is Christ-centered and is shaped around the events of his incarnation, ministry, death, burial, resurrection, ascension, and the outpouring of his Spirit. Jesus is seen in every turn we make; when we hear Jesus calling, we must respond with discipleship.
- The Ecclesiastical Calendar/Liturgical Calendar is down-to-earth, and simply realistic about the day to day, season to season patterns of life that shape our behavior. Throughout our lives, we develop habits through the things we do and the way we use our time.
- The Ecclesiastical Calendar/Liturgical is designed to shape our habits around Jesus' example. We are his disciples, and we walk through the same experiences they had as they lived with Jesus' day in and day out, season after season, over the course of three years.



- The Ecclesiastical Calendar/Liturgical Calendar links worship, family, and community and recognizes both the individual journey and the corporate pilgrimage. What takes place in worship is only a portion of what happens during the week, as our corporate worship and our daily lives as individuals and families are shaped around the story of Jesus.
- The Ecclesiastical Calendar/Liturgical Calendar provides a basis for unity and common experience for Christians everywhere. We are united with each other through the Gospel stories. We celebrate our unity throughout the year. When churches of various traditions and denominations celebrate the Ecclesiastical Calendar/Liturgical Calendar and worship, congregational life is conformed to it.

You do not have to celebrate the Ecclesiastical Calendar/Liturgical to be a faithful follower of Jesus. But the experience of numerous believers throughout the ages should at least encourage you to consider shaping your yearly life by the themes and narratives of Scripture – and this is, after all, what the Ecclesiastical Calendar/Liturgical Calendar is all about.

- Worshiping in the light of the Ecclesiastical Calendar/Liturgical Calendar moves the believer from the plain of Advent to the pinnacle of Christmas. After a month of travel through "ordinary time," we enter the parched desert of Lent in which our thirst for God is magnified. Holy Week takes the Christian through Jesus' last week of ministry, culminating with the brutality of crucifixion Good Friday. On Easter morning, believers are filled with awe and amazement as news of the resurrection is spoken, God has won the victory over death. Throughout the season of Eastertide, all seem alive and bright. At Pentecost, we are filled with the Holy Spirit to continue through ordinary time, until we return to where we began at Advent.



THE FAMILY CAN

CRISIS IN THE FAMILY: THE BREAKDOWN IN FAMILY LIFE - PART 10 - GOODWILL AND PEACE, ANY?

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

As we continue to focus on the question, 'Has the crises in the family led to or resulted in the breakdown in family life or has the breakdown in family life resulted in or led to the crises of the family?' I will provide and consider a perspective to the Christmas blessings - 'Glory to God in the highest and on earth, peace and goodwill to all men!' - in the context of the family, whether related by genealogy or related as a domicile, societal, community, national or global family. Should we begin from the position that we are all children of God, the one living God, then creation makes us all, family. Should we restate these blessings as 'goodwill to all men, peace on earth?' We come to a different understanding that goodwill to all men brings peace on earth. Even a narrow view of goodwill to all peoples appears non-existent within the family or amongst God's family today. The animosity, hatred and malice within households are little different to the crimes, abuses and violence that occur at the societal or national level. Take another look at the barbaric atrocities of political and religious persecution, ethnic cleansing and war crimes between tribes, and nations at the international level.

To each his own cause or agenda, whatever the cost in blood, loss of life, infrastructural destruction towards annihilation defying universal conventions, treaties, and law. For example, God's chosen people are being supported by western Christianity in the Armageddon-like massacre of another of God's created peoples. This raises the question, is there goodwill to all men that brings peace on earth or is it wars without ceasefire at the bloodletting of humanity?

The religious persuasions and geopolitical bigotry exemplified by global leaders offer and provide no peace on earth or goodwill to all humanity. So how is this to be understood or interpreted by the individual within a household or family? Should international laws and conventions be defied and disparaged to justify one's actions, then keep in mind the children are not just looking but experiencing the warmongering, so what do they learn? Make everyone's life 'a living hell' once I have my own way and it benefits me and my supporters/alliances.

The obsession by households, communities, national and global leaders to justify their behaviours without civilised and humanitarian justice and to wage sustained war, violence, and abuse on another human at any cost based on culture, religion and political incendiary proclamations result in crises, chaos, and challenges, but should such permeate and pervade our lives?

As we attempt to comprehend the drivers and triggers of human dispositions that result in stability/ instability of the family, I suggest we consider whether our ideology, behaviours, thoughts and feelings strengthen rather than weaken the foundations of the family?

A family that works, plays, and prays together stays together but not when external forces challenge its survival. Can the family resolve and adjust to these challenges if they cannot consider this thought as a cause 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

Encountering the Archives of the Presbyterian Church of Trinidad and Tobago

Last month we noted, 'Over time, recent and past, many persons who have encountered the Archives, PCTT have been left with feelings of surprise, shock, disappointment and even disgust as their request for information could not be met...' To follow up this month, we ask of you and as a Presbyterian, Do you have or are you aware of any collection of old stuff somewhere in your home, the school at which you work or the church at which you worship? If so, then you would have and encountered an archive in some form or extent as a repository, a museum, photo gallery or archival library. Usually this is important mainly for you alone and as you are tied to it emotionally or sentimentally, you are not yet ready to dispose of your repository or collection which may be personal and or institutional.

Ever give a thought of what would happen to your archives/repository should you stop being there or you can no longer maintain? What would then be its worth and value and to whom? If it is personal, then it may benefit your inheritors but if it contains the materials of an organisation or institution then most likely it would be thrown out as garbage or become a bonfire. This has been the story of not only personal collections, but of the churches and schools of the PCTT and its many Boards and Committees. As a result, too much historical records have been lost over the last 155 years.

What's the point here? People of the PCTT your collection, your repository and your archives can be of immense and immeasurable use and value to the PCTT. Continuously, persons and researchers from within and external have been communicating and visiting the CAPCTT enquiring and searching for information on their churches of worship, schools of work, family history and lineage and activities of congregations - from local boards to the Boards and Committees of the national PCTT.

As we stand at the end of 2023 there may be much house cleaning and church cleaning. We urge that before you throw to garbage or ignite a bonfire to think of those who are children today who are yet to know about your church, your school and you of the PCTT. Do not deny them access to the records and repository still in your schools, churches and personal possession.

The CAPCTT can be contacted and informed to receive and acquire such materials be they registers, ledgers, rolls or listings of baptism, communicants, marriage, death, etc; secretaries' minutes', treasurers' books, the files and folders pertaining to any Boards/Committees - local, official, session, Presbytery and Synod; Groups - Sunday schools, CE/ youth, WMS/PCW, AOTS, choirs, etc. and periodicals, newsletters or brochures, etc.

The history of our PCTT **MUST** be preserved and be made accessible in the future. Simply, if we do not know where we have come from, we would not know or be guided as to where we are going. Keep in mind,

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 Kallou, 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.



AGRI FACTS COLUMN

HOLIDAY PLANT GUIDE SUBMITTED BY RAYANNA BOODRAM

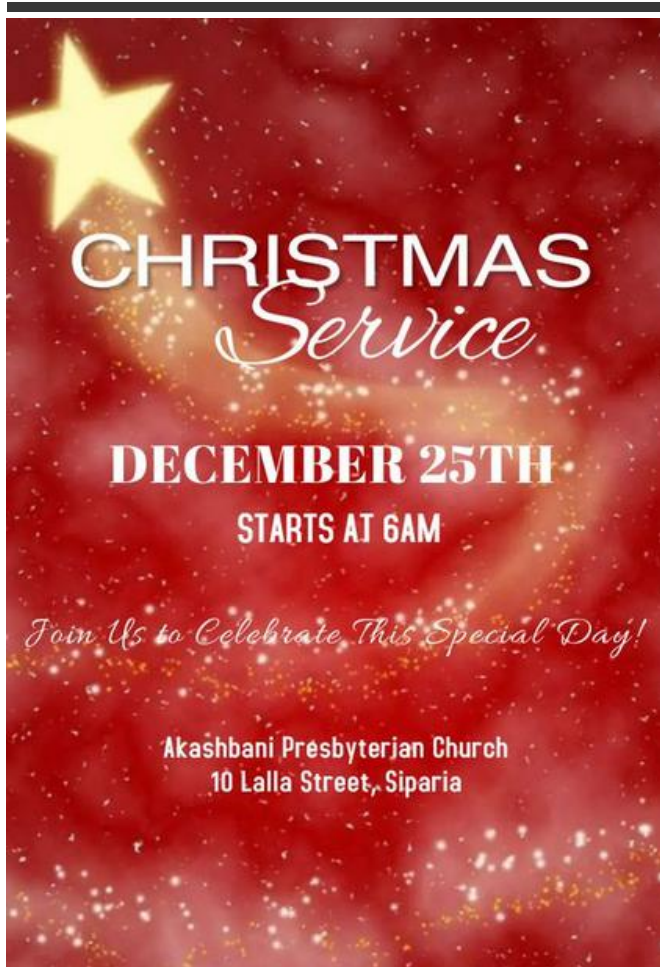
rayannaboodram@hotmail.com

As we welcome and prepare for the holiday season, our home décor and gifting the perfect presents are high on our priority list. There is no better way to feel the spirit of Christmas than using lots of greenery around your home. Evergreen plants, such as Mistletoe and Holly, are a must! Artificial versions of the plants can be found everywhere at this time of year. In your garden shops, look out for Italian Cypress, Arborvitae (Thuja) and Norfolk Island pine (Araucaria heterophylla) which are our local Christmas trees.

We cannot forget the popular Poinsettia! This trademarked Poinsettia (Euphorbia pulcherrima), also known as the Christmas star or Christmas flower, can be seen by the hundreds at plant shops in full bloom in all different sizes. They represent good cheer, success and celebration for the month of December. These beauties bloom in red, white and pink.

Caring for your Poinsettias are very easy. Poinsettias need partial light. You can place your potted plant near a window and allow it to get sunlight for no more than 5 hours per day. Do not over water your Poinsettias, ensure you water just enough to keep the potting mix damp. On the other hand, not allow it to dry out by under watering. Never fertilize your Poinsettias when they are in bloom. Fertilizing should be done only after the Christmas period.

Plants make the perfect gift. You can never go wrong with a beautiful flowering Annual or Perennial. They vary in prices from five dollars and up. Roses, Desert Roses, Lilies, Petunias and Orchids are just a few of the many that will be cherished. For an added touch, you can include fertilizer and garden accessories to complete your gift. For gentlemen you can opt to gift a cactus, palm or even gardening tools. I want to wish you all a very Merry Christmas and Bright and Prosperous 2024! May God Bless you and your loved ones.



CHRISTMAS
Service

DECEMBER 25TH
STARTS AT 6AM

Join Us to Celebrate This Special Day!

Akashbani Presbyterian Church
10 Lalla Street, Siparia





BOARD OF WOMEN
Conference 2024

 | **03RD**
FEB
9AM **REGISTRATION 8 AM**

 Naparima College Auditorium

THEME:
"I BEG YOU, BEAR WITH ONE ANOTHER IN LOVE".
EPHESIANS 4:1-3

FEATURE SPEAKER: *AP Toussaint*





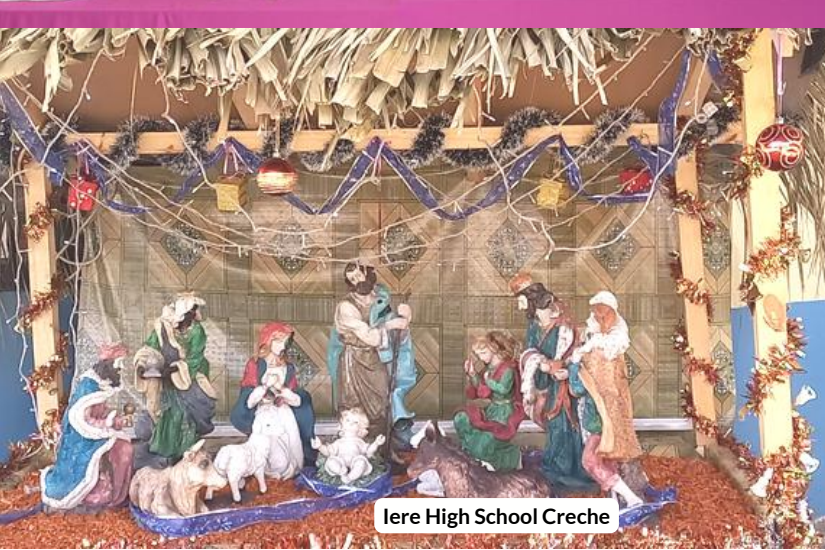
Naparima Girls High School Creche



St. Agustin Girls High School Creche



Hillview College Creche



Iere High School Creche



Naparima College Creche





EVENING OF CAROLS AT MARABELLA

Submitted by Florabelle Lutchman



What an exciting Evening of Carols at the Marabella Presbyterian Church! The Christmas spirit was surely brought to life throughout the two hour Programme planned by a Committee of the Marabella/ Bonne Adventure Pastoral Region headed by Rev. Clifton Mathura. He began the proceedings with the Opening Prayer. The evening continued ably chaired by Mr. Micah Baksh.

The Ben Lomond/Mayo Presbyterian Church ladies opened with a medley of beautiful, traditional carols. The warm and inviting atmosphere continued with artistes from the Pastoral Region: Vincent Ramkelawan, Joel John, Amanda Narine and Michelle John Roopnarinesingh who all displayed their talent through their beautiful renditions of Christmas songs.

The Marabella Church Choir sang, "The Virgin Mary had a Baby Boy" and was led by Musical Director, Mr. Winston Seupaul. There were superb pan items by the Marabella Steel Orchestra trained by Mr Marlon Paul. Feet were tapping when this Steel Orchestra played "God Rest Ye Merry Gentlemen" in true Trini Style.

The newly formed Bonne Adventure Steel Orchestra which also received training from Mr. Marlon Paul was introduced.

Not to be excluded were the children: seven year old Adalyn Rahim who played "Angels we have heard on high," and twelve year old Liam Joseph who performed his own composition, "Carols of the Bells." Kimberly Paul and Kimberly Poliah did an amazing duet "What Child is this?" accompanied by the Steel Orchestra.

This exciting evening ended with an expression of thanks by Mrs. Charmaine Bainey, the singing of "Joy to the World" and the closing prayer lead by Presiding Elder, Mrs. Indra Debysingh.

The audience then filed out to the Fitzroy Bachan Memorial Hall to partake of a most delicious dinner.



The Committee who planned the Evening of Carols- Rev. Clifton Mathura, Mrs. Indra Debysingh, Mrs. Jennifer Sastoo, Mrs. Charmaine Bainey and Mrs. Amanda Narine

UWI PRESBYTERIAN YOUTH CONNECT BLESSED & HIGHLY FAVOURED

SUBMITTED BY STEPHANIE BALDEOSINGH, UWI PYC PRESIDENT

The UWI Presbyterian Youth Connect (UWI PYC) marks one year of the passing of our immediate past Chaplain, the late Reverend Anthony Rampersad.

We reflect that, in his memory and through the seeds that he sowed, we have continued to persevere against all odds, to continue and grow the campus ministry. We hold in our heart so dearly the impact that he had on this group, and how deeply he loved us. In full confidence, we are able to say that he would be so proud of the UWI PYC now, being fully registered as a part of the UWI Guild of Students, which was a long-lasting dream of his. Even in this season of loss, the group has grown in membership and vigor, and we find comfort in knowing that his goals are being fulfilled.

We are grateful for the Grace of Jesus, and the dedication of our new chaplain, the Reverend Cynara Dube-Khan, through which we continue to build the UWI PYC in Reverend Rampersad's memory, knowing that, as he always reminded us, we are blessed and highly favored. We hold on to his words, that we have the potential needed to make a positive impact on the UWI Campus, sharing the light of Christ.

May he continue to rest in eternal peace in the arms of Jesus.



ST. JOSEPH PRESBYTERIAN – 140TH ANNIVERSARY AND HARVEST THANKSGIVING

Submitted by Mr. Anthony Lee

The month of October saw the St Joseph Presbyterian Church celebrating a "hatrick" of events. We celebrated World Communion Sunday with all churches on 1st October. Also, on 1st October, we celebrated 140 years of faithful service in the Lord's Vineyard. And on 29th October, we celebrated Harvest & Family Thanksgiving.

Reverend Bjorn Warde brought the anniversary message and administered the Sacrament of Holy Communion with much reverence and humility. It was a very special moment. Reverend Bjorn is a son of St Joseph Presbyterian Church; his father is General Secretary of the PCTT, Mr. Terrence Warde and his mother is Mrs. Joan Warde. Both his grandparents, Benjamin & Sheila Warde, were elders at St Joseph. To mark the celebration Reverend Bjorn, the first Ordained Minister from St. Joseph Presbyterian, planted a 'Double Conocarpus Tree' in the church's front yard. Clerk of Session, Ms. Judy Kalloo, brought greetings on behalf of the Session.



On Sunday 29th October, we celebrated Harvest & Family Thanksgiving. The Moderator of the Synod of the PCTT, the Rt. Reverend Daniel Chance, brought the message. The Moderator urged us to always be thankful, never question our gifts from God, to be always willing to take the first fruits, put them in a basket and place them at the Altar, in gratitude. The Moderator also unveiled the PCTT's Logo at the front of the church. All to God's Glory!



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



BARRACKPORE UNION PRESBYTERIAN CHURCH PRAISE AND WORSHIP - GIVE IT ALL TO JESUS

Submitted by Nigel Ramlagan

The evening of Wednesday 9th August, 2023, saw a time of Praise and Worship hosted by the Barrackpore Union Presbyterian Church. Under a large tent in the car park, the Barrackpore Union Choir began with a period of Praise and Worship were joined by the spirited participation of members of the community and neighboring churches.

Resident Minister Reverend Manan Deo welcomed all present, including the Moderator of Synod of the PCTT, The Rt. Reverend Daniel Chance, Reverend Ria Thompson-Jimdar, Minister of the Penal Pastoral Region, and Reverend Damien Sieunarine, Minister of the Couva/Balmain Pastoral Region who were specially invited to share/reflect on the theme: Give It All To Jesus.

The Penal Rock Presbyterian Church Choir led by Mr. Neil Forgenie enhanced the evening with spirit-filled anthems which elicited active participation from all gathered. Also, sharing in the worship experience were Ms. Nadia Mitchell, Ms. Susan Bridgemohan and Quartet, and Ms. Pandora Mitchell who sang the Theme Song: Give It All to Jesus.

In his address, the Moderator of Synod, The Rt. Reverend Chance, expressed the need to have the three Presbyteries encourage such Revival Services in each Pastoral Region. Reverend Chance reflected on Colossians 2:7; "Let your roots grow down into Him; and let your lives be built on him." He alluded that just as plants draw nourishment from the soil through its roots, so we draw our life-giving strength from Christ. The more we draw our strength from Him, the less we will be fooled by those who falsely claim to have life's answers. Let Christ be our strength and we will be free from human regulations. God is calling all of us. What is hindering you from Giving All to Jesus?"



Reverend Ria Thompson-Jimdar, in her meditation from 2 Chronicles 5: 11-14, reminded us of the Importance of Worship. "People are present for worship. Giving God praise, thanks, honour and glory with our all. Using gifts given to praise. God is present when we worship. We must offer God the sacrifice of praise. She asked, "Where do we place our priority when it comes to worshipping God as a church?"

Reverend Damien Sieunarine emphasized Proverbs 3:5, "Trust in the Lord with all your heart and lean not on your own understanding. In all your ways submit to him and he will make your path straight."

He reminded us, we sometimes feel that we can't trust anyone - not even God, but God knows what is best for us. He is a better judge of what we want than we are. We must trust him completely, in every choice we make, when we give it all to Jesus.

Following the period of meditation and special prayer requests, Reverend Chance led the congregation in the Agape Feast assisted by Intern Minister Dave Jitta, Reverend Thompson - Jimdar and Reverend Sieunarine.

In closing, Reverend Deo expressed appreciation to all who participated in their special way, in making the Evening of Praise and Worship a Spirit filled experience.

God is so Good! All Glory to God!



SAN JUAN PRESBYTERIAN CHURCH 122ND ANNUAL THANKSGIVING SERVICE

On Sunday, September 17th, 2023, the San Juan Presbyterian Church, nestled in the heart of the vibrant San Juan/Santa Cruz/Woodbrook Pastoral Region, hosted its much anticipated 122nd Annual Thanksgiving Service. The hallowed walls of the church reverberated with a palpable sense of gratitude and unity as Reverend Daniel Teelucksingh, the esteemed Guest Preacher, and Reverend Bjorn Warde, the Leader of Worship, led the congregation in a deeply moving celebration of faith, community, and thanksgiving.

Under the theme "Give thanks to the Lord," the service served as a poignant reminder of the significance of coming together to express appreciation for life's blessings, both big and small.

The combined efforts of the San Juan/Santa Cruz Joint Choir, whose harmonious voices echoed through the sanctuary, added an ethereal dimension to the service, enhancing the spiritual experience for all in attendance.

Reverend Daniel Teelucksingh, renowned for his compelling sermons and insightful teachings, delivered a stirring message of gratitude and communal harmony, emphasizing the importance of fostering a spirit of togetherness and empathy. His words resonated deeply with the congregation, urging them to embrace the values of compassion, unity, and love that lie at the core of their shared faith.

Reverend Bjorn Warde, the Leader of Worship, skilfully guided the congregation through an uplifting

and introspective service, emphasizing the significance of reflection and appreciation in fostering a stronger sense of togetherness. His thoughtful selection of hymns and prayers created an atmosphere of reverence and contemplation, encouraging all present to pause and acknowledge the abundant blessings that have enriched their lives. The San Juan Presbyterian Church's 122nd Annual Thanksgiving Service stands as a testament to the unwavering commitment of the community to come together in gratitude and unity, transcending any barriers and differences to celebrate the collective spirit of togetherness.

The event served as a powerful reminder that, in times of uncertainty and challenge, the bond of faith and the power of communal gratitude has the remarkable ability to uplift, inspire, and strengthen the fabric of the community, fostering a shared vision of hope, compassion, and unwavering faith. As the service drew to a close, the congregation left with renewed spirits, carrying the message of gratitude and unity back into their lives and communities, igniting a collective resolve to continue their journey of compassion, service, and faith, guided by the enduring values of love, empathy, and communal harmony.



San Juan/Santa Cruz Joint Choir



OVER-INDULGING DURING CHRISTMAS TIME

Submitted by Dr Dianne Narinesingh, Arima Pastoral Region.

Trini Christmas. For some, it is the most wonderful time of the year, filled with peace, joy, laughter, optimism, fellowship, giving, family, friends, fond memories and, of course, great food. For others, the Christmas season can be a time of stress, anxiety, sadness, frustration, hurry, loneliness, overworking, overspending, over-eating and over-drinking.

From a psychological viewpoint, there are many reasons why one may indulge at Christmas time.

1. Firstly, it is acceptable! Most of us believe that Christmas gives us a pass on healthy eating. Growing up, we tend to associate Christmas time with delicious treats. These happy childhood memories may make it hard to resist the urge to overeat.

2. Food is everywhere! Culturally, sharing food is part of every Christmas "lime" and is an expression of love and camaraderie.

3. The food can be sweet, rich and addictive! Sugar and fat are addictive! Sorrel drink, sweetbreads, cakes and pastries when consumed release dopamine, allowing for that "good" feeling when eaten.

4. We drink more. Consumption of alcohol is associated with lowering of inhibitions, so we tend to eat more.

5. We eat our feelings. You've probably heard that the word stressed is desserts spelled backward, as a way of explaining cravings for sweets when feeling emotionally fragile. (Remember, the stress response isn't the same for everybody. While some people eat more or gravitate toward highly palatable, high-calorie foods when they're under stress, others lose their appetites. And some people's eating habits don't change at all.)

6. Everyone else is eating so we follow their lead and tuck in, even if we're not hungry. From childhood, we are conditioned to associate Christmas and the holiday season with food. That alone makes it hard to resist the urge to overeat.

7. Lack of routine. During the holidays it seems as if normal rules and eating plans do not apply.

Lots of people get to the New Year a few pounds (or more) heavier and in need of a break from all the rich, festive food. Want to avoid excessive weight gain this holiday but still want to fully enjoy your food this season? Try out some of the tips below:

1. Buy less. It can be so easy to fall for all the wide range of seasonal treats and bargains on food/drink at the groceries. It's okay to indulge! But try buying that smaller tin of chocolates than the large!

2. Eat what you really want and pass on the rest. It is important to enjoy food, whilst feeling in charge of your eating. With mindless overeating there can be very little enjoyment. Be more present with food. If you notice you're not enjoying something, stop.

3. Keep food out of sight. Out of sight- out of mind! Visual food cues are very powerful. A trigger for overeating is food within reach or in sight. You allow yourself to eat festive treats, but if the food around you is too much of a temptation, talk to your family and friends on how to manage food at home and work on a plan to do this.

4. Create strategies and plans. When we set intentions in advance to do something, we are more likely to do it. If you want to feel more in charge of food and drink this festive season, decide in advance of events or situations roughly what and how much you will eat or drink. Another example is to start by drinking a glass of water. Drinking a glass of water before you

start eating will fill you up a little. This means you shouldn't be so desperate to gorge on festive snacks. Water also plays an important part in digestion. So, if you do happen to overeat, you've given your stomach a head start.

5. Don't graze, each mouthful adds up. Some people are 'grazers', whether through skipping meals, boredom, because they're influenced by external cues to eat (such as the sight or proximity of food), because they're emotional eaters or they're hungry whilst preparing the evening meal. Don't kid yourself each time you pop food into your mouth that 'it's only a mouthful'- mouthfuls add up.

7. Do not use a quick-fix diet plan for January as an excuse to overeat for the Holidays.

It is very common, especially amongst women and teens, to feel trapped in yo-yo dieting, swinging between dieting and overeating, and labelling foods as 'good' or 'bad'. Balanced eating involves being generally mindful about food choices, eating in a flexible way and not feeling your eating is either 'good' or 'bad'.

8. Slow down! Fast eating is linked to overeating and obesity, so if you're a fast eater try to slow down. Avoid eating when distracted to help you focus on and savour your food - that way you'll feel satisfied and won't go looking for more food. With mindless eating there can be little enjoyment, so assess your enjoyment levels and if you're not enjoying a food, stop eating it.

9. Keep up the fruits and veggies! Try to keep up your usual intake of fruit, and vegetables over Christmas - it is very easy to eat less of them when there are other tasty, higher calorie foods about.

Do you suffer from a chronic disease such as Diabetes Mellitus, Hypertension (High blood pressure) or Hypercholesterolemia (High cholesterol)?

Christmas is a time to enjoy yourself and have foods that you wouldn't regularly eat at other times of the year. Many traditional Christmas foods tend to be high in saturated fat, sugars, and salt than our usual diets. If you suffer from one of the above illnesses, you may find that this time of year can make managing your blood sugar, cholesterol, and blood pressure much more difficult.

1. Be aware of higher blood sugar levels and high blood pressures. During the holidays, you may find that your blood sugar levels may be higher than normal due to inactivity, overindulging or changing your daily routine. While one or two high readings shouldn't affect your long-term health or diabetes management, try not to let your blood sugar levels stay high for long periods as you could start to feel unwell. If you monitor your own sugar levels at home, it is a good idea to do this more often over the Christmas period, so you can catch changes in your blood sugar sooner and avoid a hypos (low) or hypers (high). Remember, stress and illness can raise your blood sugar levels as well!

2. Stay active
Being physically active can help lower your blood sugar levels and blood pressure over the Christmas period help you manage your weight and reduce stress.

3. Be mindful when eating.
This is a skill that takes time to develop but is worth developing. Mindful eating allows for reduction in the distractions around food so you can focus on the feel, smell, taste, sound and look of your meal. This eliminates mindless snacking, stops the binge, and makes eating a more pleasurable and satisfying experience.

May you have a blessed Christmas and don't forget to indulge responsibly!

Best wishes to you and yours for 2024.



SATC LIBRARY PAYS TRIBUTE TO PROFESSOR EMERITUS BRINSLEY SAMAROO (1940 – 2023), DISTINGUISHED HISTORIAN, WRITER, UNIVERSITY LECTURER, FORMER POLITICIAN, AND FRIEND.

Submitted by Mrs Judy Kowlessar (librarian)

Professor Samaroo made stellar contributions to the history of Trinidad and Tobago. His detailed research focused on the East Indian diaspora, the Presbyterian Church, and the class and labour struggles, both locally and in the wider Caribbean.

Many scholars have expressed their views on his contributions to academia. The library wishes to share an excerpt from one of the many writers, Mr Stephen Kangal. The following is the abridged version of the article published in the Guardian newspaper:

"In an attempt to assess and conceptualize the varied life, exciting times and indeed the unique legacy and saga bequeathed to us by the late Professor Brinsley Samaroo, I can think of his odyssey of life as a solid platform that was supported by four events-filled but interlocking pillars.

Firstly, in some chronological order, is his Naparima-Presbyterian foundation and pillar that coloured, expressed and energized his entire odyssey from Ecclesville, to San Fernando, St. Augustine and to the rest of the world. It is at Naparima College in 1960 where he forged a community of friends and was driven and possessed by the powerful influence of the Naparima-Presbyterian narrative.

Secondly, his stellar contribution to academic lives of students and faculty and in addition to UWI's outreach to the many local and overseas communities. They looked up to him in admiration at his scholarship and historical research capabilities and drive.

Thirdly, his foray into the challenging world of representational politics which was his intellectual justification and appeal in his writings and agitation for equality, justice, and defence of the rights of the grassroots working class.

Fourthly, this was incubated at UWI's many ground-breaking conferences and took off during his retirement was his passion for local social history, Indian diasporic foment and his pivotal role at the NCIC in hosting Indian-based conferences.

It is during this period, post-2012 that he singularly established the Sugar Museum at Couva which was subsequently demolished.

Each of these four pillars of achievements can be subject of PhD theses celebrating the life of this noble patriot."

From Stephen Kangal's "Prof Brinsley Samaroo's rich legacy" in Trinidad Guardian, Saturday, July 15, 2023.

Anyone interested in reading more of this article or other articles is free to visit the SATC library.

The SATC library acknowledges his contributions to the Presbyterian Church of Trinidad and Tobago and shares one of his articles on the history of Tobago taken from the library's collection.



This extract was taken from the book, "The Missionary's Right Hand: the Presbyterian Church of Trinidad & Tobago" edited by Jerome Teelucksingh, Chapter 7, pg. 117

"We are a growing congregation: The Tobago Presbyterian Church" by Larry Delochan and Prof. Brinsley Samaroo

"From the start of this century, the Tobago congregation has been slowly but steadily growing, welcoming new members, admitting communicants and sponsoring fundraising events."

"The current Presbyterian Church in Tobago is a vine of recent vintage. Founded in 1989, it came 176 years after the original founding of the first Presbyterian Church in Tobago. In 1813, the first Scottish Kirk (church) was built in Scarborough by immigrants who had come from the Scottish Highlands to the slaveholding colony of Tobago.

By 1841, the Kirk was on its way out! Three decades later it had collapsed. As the Presbyterians departed, their properties in Scarborough and Delaford were handed over to the Anglicans who willingly accepted. The Presbyterian presence fell in to abeyance until the late twentieth century. This later resurgence came as a result of the belated extension of the work of the Presbyterian Canadian Mission to the Caribbean.

From around the time of Independence in 1962, there was a slow migration of rural Presbyterians from Trinidad to Tobago in search of new employment opportunities. In 1989, the energetic Rt. Reverend Emerson Sieunarine, then Moderator of the Presbyterian Church in Trinidad, visited Tobago in his capacity as prison chaplain. Prior to his visit, he had contacted Larry Delochan.

Since 1989, church services were held at the Delochans' residence at Lowlands. However, from 2003, Reverend Bruce Kramer, a visiting minister from Trinidad, started negotiations with the Anglican leadership in Tobago for the use of the St. Francis Anglican Church at Canaan, Bon Accord, for the conduct of Presbyterian worship.

The Presbyterian community mourns the loss of this brilliant writer and his contributions to the diasporic history of the Indo-Trinidadian which he found very interesting and in need of detailed research and preservation, a cause to which he was dedicated.

Taken from SATC's library information files submitted by Kindly consult the library for further details.



150 YEARS OF FAITH AND FELLOWSHIP AT MIZPAH PRESBYTERIAN CHURCH

Submitted by Mrs Kasandra Chitan and Mrs Roma Sinanan

“And Jacob and Laban erected a pile of stones called Mizpah” ... a figurative watch tower as a border between their territories and a memorial of the promise they made at their parting – “May the Lord keep an eye on us while we are separated from each other.” Genesis 31:49 (Good News Bible).

In the heart of our Union Village Claxton Bay community, a venerable institution stands as a beacon of faith, resilience, and unity. This year, we gathered to commemorate a significant milestone – the 150th anniversary of our beloved church. The journey has been marked by unwavering devotion, shared values, and a commitment to serve our community's spiritual and physical needs. This momentous occasion brought together generations of worshippers to reflect on the past, celebrate the present, and envision the future.

The Organizing Committee, led by the Chair-person, Mrs. Ann Ramnath and the Vice-Chairman, Mr. Christian Dookhoo, together with its members, worked assiduously to produce a month of inspiring celebrations, beginning in November. These celebrations began with a poignant reflection on the church's humble beginnings. In doing so, past Ministers, Rev. Anna Sharma, Rev. Denyse Rattansingh-Atwarie, Rev. Stephen Harripersad and Rev Errol Ragnauth, were invited to four pre-anniversary mid-week Services during the month of November. Each dynamic speaker reflected on the past and reminded the congregation that we must all celebrate the past but more importantly, focus on the future.

The week leading up to the anniversary was buzzing with fellowship and comradery. It began with a Games Night on Monday, a movie night on Tuesday, our mid-week revival service on Wednesday.

Then came the Evening of Carols on Thursday. This annual event hosted by the Mizpah Choir and co-ordinated by Mrs Roseanne Dookhoo, Choir Leader, showcased talent from our very own congregation and specially invited guests from the Presbyterian Community, including Mr. Joel John. Each musical piece was carefully curated to reflect the evolving spirit of worship that ushered in the Advent Season. Door prizes from generous sponsors added to the Christmas spirit of giving and were appreciated by the recipients. The week of activity culminated with our Creche Opening ceremony and Choka Evening on Friday. All these activities were thoroughly enjoyed by those in attendance.

Our 150th Anniversary Service took place on Sunday 3rd December, 2023. It commenced with an Introit, “Thank You Lord”, by our Choir. Resident Minister, Reverend Satnarine Ramnath led in the Prayer of Approach and in the Order of Worship. Deaconess Amber Sesahai-Payne offered the Prayer of Thanksgiving. The Youths Lit the First Advent Candle. A warm welcome by the Secretary, Mrs Kasandra Chitan, set the tone befitting this occasion. The Choir, led by Mrs Roseanne Dookhoo with her band of lovely voices stunned us all with the rendition of “Lord of the Church”. Mrs Ruth Mohammed, resident soloist, did a powerful rendition of the song “Living Hope”.

The Reverend Dr. Daniel Teelucksingh, the longest serving Minister of the Claxton Bay Pastoral Region, delivered a thought-provoking sermon where he urged us to “Remember the past as a beautiful story, don't cling to it, but look to the future as we rebuild our membership through our service to others and to God.” As the Hymn writer says, “The Church is not a building; the Church is a people.”

Honorary Elder, Mr. Errol Ramrattan, gave a brief History of our Church. Mention was made of the Late Samuel Dookhoo who exchanged prime property on which stand the Mizpah Presbyterian Church and Union Presbyterian School. Other names mentioned were: Sinanan, Ramdhanie, Ramrattan, Jaggernath, Dhanukdharrisingh, Dookhoo, Rackal and Marjadsingh families. The progenies of these men and women of faith, now gone, are church workers who now bring their expertise and talents to the Mizpah family.

The Mizpah congregation has always believed in showing gratitude and, as such, honored members of the Congregation. Mrs. Ann Ramnath delivered the Expression of Thanks and presented the names of Recipients of Awards. Successful CSEC students and Youth Leadership were honored; Loyal and Faithful members over seventy were celebrated, and Awards were presented for Meritorious and Distinguished Service. An award for Youth Leadership and dedicated service was presented to Stephenson Ramraj, I.T. Technician.

The Closing Hymn – “God Be Praised”, was composed by Reverend Daniel Teelucksingh, sung to the Tuned Praise my Soul the King of Heaven was a fitting end to this milestone celebration.

Members were treated to a meal provided by our generous members and fellowship continued after the service in the adjoining Church Hall.





150 YEARS OF FAITH AND FELLOWSHIP AT MIZPAH PRESBYTERIAN CHURCH



Susamachar Presbyterian Church. The First Sunday in Advent. Evening Service



MEMORIAL SERVICE HELD AT ETERNAL LIGHT PRESBYTERIAN CHURCH

Submitted by Alana Siloch

On Saturday 11th November, the PCW Group of Eternal Light Presbyterian Church held a memorial service to remember, and honour loved ones who are no longer here with us. The service was conducted by our resident Minister, Reverend Ria Thompson - Jimdar, who was joined by our past Minister, Reverend Kelvin Sookansingh. This memorial service was envisioned by members of the church for many years and thankfully had now come to fruition, as Mrs Helen G Philip mentioned during the service. Reverend Thompson - Jimdar shared an inspiring and encouraging message on Jesus being our gentle and loving shepherd tending to us, his sheep. Members and guests were invited to light candles for their loved ones while the choir sang a beautiful medley of songs. Although the loss of a loved one is sad, the lighting of the candles allowed members to pay respect and celebrate the life no longer with us physically, as the memories of our loved ones will live on in our hearts.



Members of Eternal Light Presbyterian PCW Group

MEMORIAL SUNDAY AT MARABELLA PRESBYTERIAN CHURCH

Submitted by Florabelle Lutchman

“Do not fear or be dismayed
For the Lord will go before you
And His light will show the way
For the one who lives within you
Will be strong in you today.”

What a comforting song sung by the Marabella Choir led by Mr. Winston Seupaul, for the loved ones of the seven deceased members:

- 1). Sandra Elenor Girdhary
- 2). Collin Allahar
- 3). Nadra Rambarran Mahabir
- 4). Norman Ramberan
- 5). Naresh Rambarran
- 6). Samuel Moonah
- 7). Vanerah Bissoon



Clint and Caroline Allahar

This service held on Sunday 19th November, 2023, was powerfully executed by Justice Peter Jamadar. His wife, Shail, led in the three Scripture Readings and the Prayer of Thanksgiving.

The Steel Orchestra's rendition of “What a Friend we have in Jesus” enhanced the worship service. The theme of the message prepared by Justice Jamadar was: “Where is God? Living in His presence; Bearing Fruit.”

In his Sermon, Justice Jamadar gave a practical example of cutting down a non-bearing fruit tree. He continued by saying we, as a people, all want to bear fruit. We all want to have joy, purpose and meaning in our lives.

Many of us may ask the question, “Where is God?”

When we need him most, He can be found within us. Jesus says, “I am with you here and now.” The Kingdom of God is within us and when we believe, we will have life and have it more abundantly.

When we need him most, He can be found within us. Jesus says, “I am with you here and now.” The Kingdom of God is within us and when we believe, we will have life and have it more abundantly.

“Abide in me as I abide in you. Those who abide in me will bear fruit.” Here lies the implication for both this life and those who have departed. If we are faithless, he remains faithful and will never abandon us. Those dearly departed ones if they are in Christ, Christ is all in all. Christ remains faithful to us here, and in the hereafter.

During the singing of the last hymn the congregation filed out to the Fitzroy Bachan Memorial Hall to witness the families of the deceased place their plaques on the Memorial Wall, after a touching, emotional prayer by Justice Jamadar.



Sigmund



CUREPE PRESBYTERIAN CHURCH CELEBRATES 142 YEARS

Submitted by Danielle Bajnath

"Way maker, Miracle worker, Promise keeper, Light in the darkness." These are the words to the worship song Way Maker and also served as the themes used for the month-long celebration of Curepe Presbyterian Church's (CPC) 142nd anniversary in September. Each of the 4 Sunday Services were centred on a related theme around which four guest preachers focused their sermons. Reverend Keron Khellawan spoke on the "Way Maker of Life"; Reverend Adrian Sieunarine on "You Are The Miracle Worker", Presiding Elder Larry Kowlessar expounded on "You are The Promise Keeper" and Reverend Ria Thompson-Jimdar on "You are the Light in the Darkness". The four preachers, in their messages, were able to fully speak to the idea of Jesus as the Way maker, Miracle worker, Promise keeper and Light in the darkness of CPC, and without whom the church and its people would not have made it to 142 years. During the month, the opportunity was also taken to honour 3 long serving members of our congregation: Mr Ranjit Boodoo, Mr Charles Bharath and Mrs Kokaram, the coordinator of the anniversary services, all of whom have given years of unwavering yeoman service to the CPC. The month of celebration concluded with fellowship in the form of a meal on the 4th Sunday. The Local Board of the CPC would like to thank all those who contributed to this month of celebration. We look forward eagerly to the 143rd, with God's grace.




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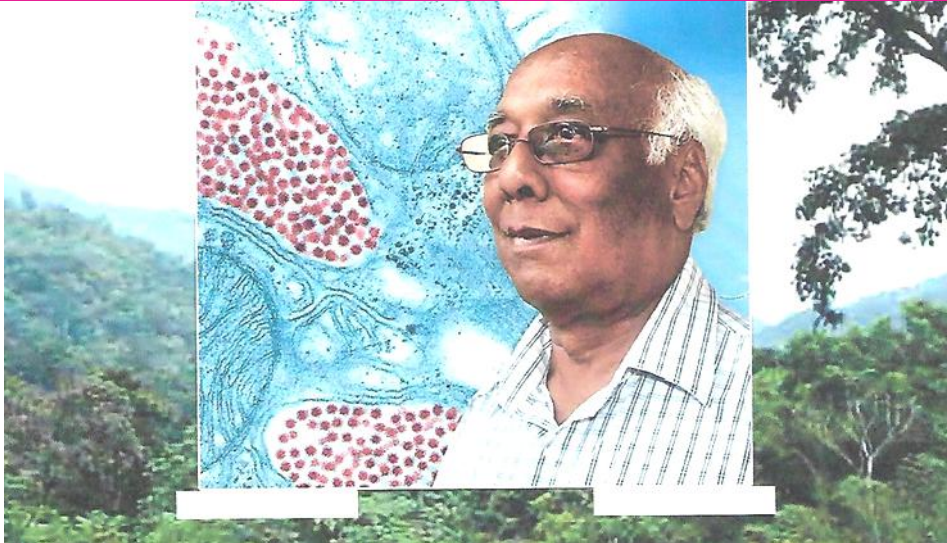
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DR. ELISHA TIKASINGH – AN AMAZING LIFE

Contributed by Lennox Sankersingh



Dr. Elisha Tikasingh who was a member of our Woodbrook Church, passed away on the 31st August, 2023. He became well known for his research on viruses with his greatest achievement being the development of antibody reagents used in the identification of arboviruses. It was not always known that many diseases, including yellow fever, dengue and malaria were caused by viruses transmitted by insects. The technical term for this field of study is 'arbovirology' – viruses transmitted by arthropods, i.e. insects like mosquitoes and ticks. Dr. Tikasingh was one of the few research specialists in arboviruses in Trinidad.



Dr Elisha Tikasingh

For his research in arbovirology and the resulting Public Health benefits, and other contributions, Dr. Tikasingh received an honorary doctorate from the University of the West Indies in 2013.

Dr. Tikasingh was born in 1927 in the village of St. Julien, just outside of Princes Town. His father, Butler Tikasingh, came to Trinidad from India in 1902 aboard the ship, 'Clyde'. Young Elisha walked barefoot to the Canadian Mission Primary School every day.

His father became attached to the Presbyterian Church and was eventually appointed a Catechist. Elisha got into Naparima College and because his father was

a Catechist, school fees were waived. After Elisha graduated from 6th Form, he taught at Fyzabad CM School for 2 years. Due to the very prudent savings by his mother and by working while studying, he was able to do his Bachelor's Degree at Eastern Nazarene College in Massachusetts, USA. Work included washing pots and pans in the school's kitchen and odd jobs for the entire summer vacation to earn as much as possible to cover his school expenses for the following year.

Elisha then did an MA in Biology at Boston University where he chose the area of parasitology. His Ph.D. in Zoology in 1960 was from Oregon State University. During his research, he discovered two additional species of endoparasitic gastropods: *Comenenteroxenos parastichopoli* Tikasingh, 1961 and *Thyonicola Americana* Tikasingh, 1961. He returned to Trinidad in October 1960, and was awarded a Rockefeller Foundation Fellowship to study arboviruses. However, it was the yellow fever outbreak in 1978–1979 that started his involvement with this virus. He was part of the team which investigated this major health threat. Under a high-powered microscope, the organism that causes yellow fever looks innocent—just like a piece of abstract art, but yellow fever causes high fevers, icy chills, vomiting and bone-wracking pain before ending quite often in death. And it's caused by a tiny virus spread by the *Aedes aegypti* mosquito.

Dr. Tikasingh has received many awards for his work, including the Distinguished Service Award in Recognition of Outstanding Contributions to Public Health from the Caribbean Public Health Association (1994), the Award for Outstanding Service to Medical Technology from the Caribbean Association of Medical Technologists (1995) and the Award for Excellence for Outstanding Scientific Achievements in Entomology, Parasitology and Virology from the Caribbean Health Research Council (2001). He has published over one hundred scientific articles in peer-reviewed journals.

Dr. Tikasingh was an Elder at Woodbrook Presbyterian Church and a committed Presbyterian all his life.

Sources:

- (1) 'Dr. Elisha Tikasingh - A Passion for Biology' Newsday, 14th July, 2013 by Shereen Ann Ali
- (2) 'Dr. Elisha Tikasingh- Life Among the Parasites.' Living World Journal by Nalini Rampersad et al.



CONGRATULATIONS TO DR. CRAIG RAMLAL

Submitted by Kim Ramlal

On behalf of the Grant Lal Behari Memorial Presbyterian Church (Corinth) it is with immense joy and pride that we extend our heartfelt congratulations to Dr Craig Ramlal for his remarkable appointment by the United Nations Secretary-General Antonio Guterres to serve on his High-Level Advisory Body on Artificial Intelligence. The call for AI experts resulted in over 2000 nominees across 128 countries. The resulting 38 AI expert member appointments represent all continents and span individuals with deep experience across government, business, civil society, the technology community, and academia. Dr Ramlal sits with experts such as the Senior Vice president of Google Alphabet, the Chief Responsible AI Officer at Microsoft, the Minister of State for AI of the United Arab Emirates, the Secretary of State for Digitalization and AI of Spain, the chief technology officer of Sony, among other notable figures.

The Body's immediate tasks include building a global scientific consensus on risks and challenges, determining how to harness AI for the Sustainable Development Goals, and strengthening international cooperation, governance, and standards in AI.



We are especially proud that he will be representing the group of Caribbean and Latin American countries in this prestigious endeavour. His involvement in this international panel not only reflects his accomplishment but also underscores the exceptional talent and expertise within our church.

A few of his past impactful work includes working as a regional coordinator for developing open data strategies for Caribbean countries with the support of the IDRC, NIHERST, and NASA. He led collaborative projects between the Ministry of Health and the University of Florida to develop ventilators and robotic systems, aiming to reduce COVID-19 transmission. With researchers from Tallinn University, he developed industrial deep learning diagnostic tools implemented on

Estonia's national grid and with Rutgers' University researchers designed corporative robotic systems to transport objects on deformable materials. Moreover, his leadership as head of the controls group, coordinator of postgraduate studies and research for the Department of Electrical and Computer Engineering, the UWI and principal investigator of the intelligent systems lab exemplify his commitment to advancing knowledge and shaping the minds of future leaders.

As a member of our congregation and local board where he serves, his accomplishment resonates deeply with us. We are certain that his contribution to the United Nations' work on AI will be invaluable. We are confident that he will excel in this role and make a lasting impact on the global stage.

Once again congratulations to Dr Ramlal on this well-deserved recognition of his expertise and dedication, we are honoured to stand with him and support his journey in this important undertaking.

Craig is the son of Ashton and Kim Ramlal. Mr Ashton Ramlal serves as a member of the local board and Mrs Kim Ramlal serves as the secretary of the local board.



CHRIST THE KING by Dr George Sammy,

We all asked Jesus, "Are you a king?
Then show us your bright shiny crown;
and show us your throne and show us your robes."
But Jesus just smiled and looked down.

We all asked Jesus, "Are you a king?
Then show us your army, please.
Protecting your borders and keeping us safe
so that we can all live at ease."

We all asked Jesus, "Are you a king?
Then where are your dukes and your earls?"



And why are you preaching to us common folk
and blessing young boys and young girls?"

Then Jesus explained that His kingdom is not
of this world - it does not belong here.
His kingdom is meant to bring truth to the world
and to people who live everywhere.

So, now when we worship our God in the church
and read from the Bible and sing,
we are led by the Spirit to loudly proclaim,
"Jesus Christ is our Lord and our King!"



WINNERS OF THE NATIONAL IEAT COMPETITION

Submitted by Mrs. Esther Sookermany

The Ministry of Education's Curriculum Division initiated an Agriculture Competition for Primary Schools entitled, 'I LEARN, I GROW, I EAT.' Many primary schools participated. Among the winning schools selected was Piparo Presbyterian Primary School which were the winners in the Infant category. The Award Ceremony was held on Monday 30th October 2023, at The Nutrient Model Farm and Training Centre in Couva. This event was also sponsored by Nutrient Trinidad Limited. The Minister of Education, the Honourable Dr. Nyan Gadsby- Dolly, together with other officials, distributed trophies, certificates and other prizes to the winning schools including the Infant students of Piparo Presbyterian School.



Each school also got the opportunity to have a booth displaying the crops they grew and how they could be used to earn money. Piparo Presbyterian School had the Vertical planters as their entry, they used recycled materials for growing crops. They also showed how the crops grown can be processed and sold to earn money. Students presented videos, portfolios, and oral presentations at their display booth. It was an experience that would be remembered by all who participated.



CHRISTMAS JOY

by Dr George Sammy, to all!"

Jesus came to live among us!
We are happy day and night.
Just like Joseph, Jesus' daddy,
we should try to do what's right.

Jesus came to live among us!
He filled his mommy's heart with joy,
and Mary thanked our God in heaven
for her blessed baby boy.

Jesus came to live among us!
like the shepherds we must be"

happy we are all invited
to meet the new-born majesty.

Jesus came to live among us!
Wise men came rejoicing too,
following the star that led them.
Let that star lead me and you.

Jesus came to live among us!
Let us smile and join the call
first sung by the heavenly angels,
"Peace on earth, goodwill to all!"



ROCHARD DOUGLAS PRESBYTERIAN SCHOOL BIDS FAREWELL TO A FAITHFUL SERVANT.

Submitted by Mr. Eddison Surajballi



Friday 20th October started as a bittersweet day for the Principal, staff, both teaching and ancillary, and students of the Rochard Douglas Presbyterian School as they celebrated the retirement of Mr. Timmie Surajballi who was a part of the ancillary staff for just over thirty two years.

In a small, yet moving, function in the presence of all members of staff, students, representatives from the Barrackpore Pastoral Region, and persons representing the wider church community, the career of Mr. Surajballi was celebrated, reminiscing about his contributions to the development of the school in various areas over the years. All took the opportunity to wish him well in the new phase of his life.

The Principal, Mr. Hendrickson Hublal, in a comprehensive speech reviewed some of the many wonderful qualities that Mr. Surajballi possesses that embodied the school's motto: "Strive for Excellence". Mr. Karamchand Mitchell's greetings on behalf of the Presbyterian Primary Schools' Board of Education also reminisced of his time working with Mr. Surajballi.

Mr. Michael Cooper-Ochiengh, the Communications Manager of PCTT, and also Chairman of the Local Board of the Rochard Douglas Presbyterian Church was very gracious in his greetings. Mr. Timmie Surajballi was treated to a spectacular line-up of school talent, both from staff and students. He was also presented with a token of appreciation for his many years of service, something which would remind him of his time spent at the Rochard Douglas Presbyterian School.

After the function ended, a few more presentations were made to Mr. Surajballi from the staff. All members of staff and specially invited guests enjoyed some light refreshment. The Principal, staff, students and parents of the Rochard Douglas Presbyterian School take this opportunity once more to wish Mr. Timmie Surajballi a very happy retirement and God's blessings as he explores the next part of his journey in life. He has rendered excellent yeoman service from the first day he began on September 2nd 1991, to the very last day with us as a member of staff. Well done, good and faithful servant!



Presbyterian Primary Schools' Board of Education Vacancy for Cafeteria Operators Princes Town Presbyterian #2 School.

Requirements:

- Letter of Application.
- Two recommendations (from a member of your community such as Principal, Teacher, Doctor, Minister of Religion, Dentist, Policeman, Lawyer, Regional Corporation. These persons can be in active service or retired.)
- 1 passport size picture
- I.D. Card
- Valid Food Badge

Please address applications to:

General Secretary,
Presbyterian Primary Schools' Board of
Education,
Rushworth Street Extension,
San Fernando.

Deadline for Applications:
December 31, 2023.

For further information please contact the
General Secretary of the Board at 652-
3717 or 657-5323.



PLUM ROAD PRESBYTERIAN SCHOOL – “PREPARING FOR THE FUTURE”

Submitted by Mr. Lawrence Herman (Principal Primary)

On Tuesday 7th November, 2023, the Plum Road Presbyterian School hosted a Career Day for its pupils. The theme of this school event was “Preparing for the future”. It brought together a wide spectrum of people from various fields of work. There were personnel from several Service Providers such as the Police Service, Health Service, Guidance Service, Education Service, Marper Farms, Nature Seekers and the Lifeguard Service. These workers and officers presented a myriad of skills and duties performed by these organizations. The information they presented in videos and pamphlets also demonstrated the numerous career choices in the various services.

The Service Providers also brought with them a wide assortment of tools and equipment used in their field of work. The use of these was demonstrated, with hands-on interaction, during the sessions with the pupils and staff members. This created much excitement and wonder. Information was presented in trivia sessions to encourage the pupils to be more attentive and to learn as much as possible about the various fields of work, their duties, and the educational requirements. Indeed, the educational path to achieve their future career goals was heavily stressed by all presenters. In addition to the exciting presentations from the visiting people, the students were given incentives such as backpacks, school items and young plants.

On that day, the pupils were allowed to dress in the clothing of their possible future career choice. Many of them came aptly outfitted in clothing representing various fields in the world of work. It was an impressive sight to behold. It is strongly hoped that this educational event will increase pupils’ interest in improving their academic performance, spark their curiosity about a possible future career as a stepping stone for the world of work.



ST ANDREW'S THEOLOGICAL COLLEGE LIBRARY CELEBRATES THE CHRISTMAS SEASON!

Submitted by Mrs Judy Kowlessar (librarian)

We savour our local cuisine. There are healthier versions of the traditional fare that you can consume, and the librarian wishes to share some of these recipes from the library files.

"Cooking is all about people. Food is maybe the only universal thing that really has the power to bring everyone together. No matter what culture, everywhere around the world, people eat together." GUY FIERI

Here are a few versions of our annual favorites that are still delicious!

STICKY GINGER GLAZE HAM

Ingredients:

15 kg uncooked ham
1 large onion
5 cm fresh ginger (sliced)
bunch of thyme
5 cloves
sprig of bay leaf

GLAZE:

175 g sugar
2 1/2 cm sliced ginger
10 oranges, sliced and seedless
1 tsp crushed ginger in honey
1 tsp ground ginger
10 cloves

Directions:

1. Preheat oven and calculate the cooking time, 25 minutes per 500 g. Scatter the onion, ginger, thyme and cloves over the base of a large, deep roasting tin. Put the ham on top and add water 5 cm deep. Cover the ham with foil and allow to steam in oven. When the ham is cooked, remove from oven and let cool for 30 mins.

2. Make the glaze. Add the ingredients for glaze in a pan and simmer for 3 minutes. Scoop out the ginger and oranges. Add the honey and ginger. Mix well.

3. Line a clean roasting tin with foil. Put ham in clean tin. Cut off the skin and carve a diamond criss-cross pattern. Turn up oven to 392F.

4. Drizzle glaze liquid over ham and roast again for 20 mins. Serve garnished with pineapple, cloves, cherries and oranges slices.

SWEET POTATO CROQUETTES (Veg.)

Ingredients:

1 1/2 lbs cooked sweet potatoes
1 egg lightly beaten
4 oz grated cheese
6 oz breadcrumbs
1/2 tsp salt
1 tsp basil
2 tsps chopped seasoning peppers
Oil for frying



Method:

1. Mashed potato while still warm. Add cheese, beaten egg, salt, basil and seasonings. Mix well.
2. Shape into sausage shapes about 2 inches long. Coat with breadcrumbs, and fry in shallow fat till golden brown.
3. Drain on absorbent paper.

WHITE ROCK GINGER ALE ORANGE SIZZLE

(Non alcoholic drink)

Ingredients:

1 quart White Rock Ginger Ale
1 bottle Tropicana 100% Orange Juice
Maraschino cherries

Method: Makes 4 glasses



1. Pour a little of Maraschino cherry juice in each glass
2. Put ice cubes in each glass
3. Place heaping 3 tablespoons of orange juice in each glass
4. Then fill each glass with White Rock Ginger Ale.
5. Stir with straw before drinking
6. Add a splash with White Rock Club Soda and garnish with orange slices.

GARLIC PORK

Ingredients:

3-4 lbs pork loin or belly, cut into 1-inch pieces
3 cups white vinegar
1/2 lb garlic
4 stalks fresh thyme
2 Scotch bonnet peppers
2 cups cold water
2 tsps salt
6 cloves
1 tbsp vegetable oil



Method:

1. Wash pieces of pork with 1 cup of vinegar
2. Place the pork in a large bottle with a spoon. Don't use your hands.
3. Place the peeled garlic, thyme and scotch bonnet in a mortar and pound into a paste.
4. Add water, salt, cloves and vinegar to the garlic mixture and pour over the pork.
5. Tightly cover the jar and allow pork to marinate for 4 days or longer.
6. To cook, place pork in a heavy skillet and cook until the liquid evaporates. Then add the vegetable oil and fry the pork until it is brown.





ANGEL VISITORS

by Dr George Sammy,



An angel came down to Zechariah, the priest,
and told him he would have a son
whose duty would be to announce the Messiah
to the whole world, to everyone.

Then Zechariah laughed out loud and long
'cause Elizabeth was very old.
So the angel then made him unable to speak
till the boy came, as he had foretold.

An angel said, "Hail Mary, full of God's grace,
You will bring the Most High to this world."
But Mary was filled both with doubts and with fears,
and she questioned the angel's words.

Then Mary relied on her strong faith in God,
and humbly she bowed down her head.
"I am the Lord's handmaiden," Mary replied,
"let it be to me as God has said."

When Joseph learned Mary was having a child
- not his child - he made up his mind
to break the engagement, but this he would do
in secret because he was kind.

An angel told Joseph that Mary's boy-child
would save the whole world from its sin.
His name would be Jesus and he comes to earth
to be our Redeemer and King.

So, Joseph raised Jesus as his own son,
teaching scripture and carpentry too.
And Jesus gained favour with God and with men
as in wisdom and stature He grew.

NAPARIMA COLLEGE
U-14 NATIONAL CHAMPIONS!
CONGRATULATIONS TO THE TEAM, COACHES,
SUPPORT STAFF, PARENTS AND COMMUNITY.



Curepe Presbyterian Church

Fundraiser Event
New Year's Dinner & Dance

Saturday 6th January, 2024

Time : 6:30 pm

Corner Lyndon & Joyeau Streets, Curepe

Dress code : Elegantly Casual

Contribution : \$180.00

For purchase of tickets contact any of the Local Board members.

CORRECTION. ON PAGE 4 OF THE NOVEMBER, 2023 EDITION OF THE TRINIDAD PRESBYTERIAN IN THE ARTICLE 'SEA 2023 AWARDS FUNCTION' SOPHIA HARRYNANAN WAS LISTED AS A STUDENT OF CUREPE PRESBYTERIAN SCHOOL. SOPHIA IS, IN FACT, A STUDENT OF CANAAN PRESBYTERIAN SCHOOL. WE APOLOGISE FOR THIS ERROR.

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THE EDITORIAL COMMITTEE MAY NOT AGREE WITH THE VIEWS EXPRESSED BY THE WRITERS
DEAR READERS PLEASE EMAIL ALL ARTICLE SUBMISSIONS TO:

trinidadpresbyterian@pctt.org.tt

PLEASE KEEP ALL ARTICLE CONTRIBUTIONS TO MAX 300 WORDS.
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PLEASE SEND ALL ARTICLES BY THE 10TH FOR PUBLICATION THE FOLLOWING MONTH
KINDLY NOTE THAT ARTICLES SENT AFTER THE 10TH WILL NOT BE ACKNOWLEDGED FOR THE
UPCOMING PUBLICATION, BUT MAY BE CONSIDERED FOR FUTURE ISSUES.

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PRINTED BY CARVEY'S PRINTERY LTD

"The Trinidad Presbyterian" was established in 1904

It is the official publication of the Presbyterian Church of Trinidad and Tobago.

Cover Photo - Synod Office Creche 2023



IN LOVING MEMORY

Thomas Lutchman

Sunrise- 9th March 1931

Sunset- 6th December 2016

You may be gone, but you are never forgotten.

Your love continues to dwell in our hearts.

We miss every day your faithful companionship, friendship, constant support, love and kindness

Oh how we wish that you were still here with us but we will meet someday again!!!

From: Your dear wife, Florabelle, daughters- Frances Marina and Stacey Fenella (Deceased), siblings, in laws and Caregiver, Jennifer.



Mrs. Claire Amabelle Noonoo

Sunrise: 4th November, 1937

Sunset: 28th October, 2019

Beloved by:-

Her husband: Harold

Children: Kurt, Karen and

Hans

Grandchildren: Danielle,

Arielle, Giovanni and

Allesandria

Children-in-law: Florence,

Lincoln and Oma



Rudolph Sitahal Magic Fingers

Sunrise: 14th February 1928

Sunset: 07th November 2018

Longingly remembered by

Sumintra(wife)

Children,
grandchildren,
relatives and
many many friends.



P.C. Dave Francis Raghoonanan

You never know the value of a moment until it becomes a memory.

Sunrise: 28th April, 1983

Sunset: 30th November, 2018

Gone too soon but safe in
the arms of Jesus,
You will forever live in our hearts.
Always loved, never forgotten.

Forever missed.

Parents: David and Thelma

Siblings: Teshiera, Tyron

In-laws: Terry, Camille

Nephews: Tairiq, Tyrus, Terris



Blessed & Highly Favoured In loving memory of a faithful servant of God - Rev. Anthony Keith Rampersad.

Sunrise: July 14th, 1958

Sunset: January 9th, 2023.

A year ago, you left this world, but your love and memories still live and will forever be in all of our hearts. We miss you dearly. Keep resting in the arms of our Saviour Jesus. You are lovingly remembered by all of your loved ones - family, spiritual family, friends, colleagues, and the entire PCTT church community.





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