

*The Trinidad*  
**PRESBYTERIAN**

THE OFFICIAL PUBLICATION OF THE PRESBYTERIAN CHURCH OF TRINIDAD AND TOBAGO

JUNE 2020 | \$4.00



**TRINITY**  
**SUNDAY**

**HOLY TRINITY  
SUNDAY** P. 5

**A FATHERS' DAY  
PRAYER** P. 13

**REOPENING CHUCH  
BUILDINGS** P. 22

[www.pctt.org.tt](http://www.pctt.org.tt)

# Moderator

*speaks*

'BEING CHURCH' IN THE POST-PANDEMIC ERA

**A**s we move slowly out of the lock-down mode I have no doubt that we will make some post-pandemic resolutions and decisions to conform to the new normal paradigm shift.

That paradigm shift should include a revival of relationships. Pope Francis made that point recently noting that the post-pandemic era would be marked by more solidarity, compassion and concern for others and the environment, an appreciation of the church as a community and a sharpening of people's listening skills. Have we been missing something?

In preparation for the post-pandemic era, the Government of Trinidad and Tobago has given directives for the phased return to normalcy. However, it will still be some time before we can meet in person. Hence, we must continue to keep our faith in a faithful God. We must continue to care for one another and to be faithful to health and safety protocols. That means we must care beyond the call of duty for those who are struggling economically, socially, and in other ways. Our compassion must reach those who are excluded, discounted, and on the margins of society. We must continue to provide food and assistance to those who are the "poorest of the poor" while taking precautions to help prevent the spread of the coronavirus.

I thank God, that through various forms of communication and

technology, I have been able to keep in touch with over twelve hundred persons on a weekly basis. This includes, church workers, the general membership of Presbyterian Church of Trinidad and Tobago (PCTT), boards and committees, international, regional, and local ecumenical organizations, educational institutions, family, friends, and members of the community. I am touched when church members make a phone call, send a text, email, or WhatsApp message of encouragement and to check up on me and my family. This makes a big difference and can brighten up people's days in ways we may not imagine. We need to follow this example and think of those who might appreciate a check-in during this time of uncertainty and even after the lockdown is over.

Nevertheless, while technology has helped us to maintain connections with family, friends, and members of the church and community, it cannot replace human interaction and communion with others. Trying to reduce the sense of isolation has been very difficult for many people because they miss that human contact with others. In fact, while chatting with a few young people, who would have written final exams and graduated from their educational institutions at various levels, they miss being at school. They yearn for that personal interaction with their teachers and friends. I am truly impressed how most people adapted to the stay-



THE RIGHT REVEREND JOY ABDUL-MOHAN

at-home orders. I have observed many people quickly making serious changes to meet great challenges which have both elevated and concretized my hope for a better and brighter future in terms of a change in attitude and lifestyle.

As the PCTT weathers this current storm, I hope we will continue to hear God's voice in the storm, as Psalm 29 reminds us. It is my hope that 'being church' in the post-pandemic era would help us to emerge as a much stronger, more self-less and compassionate people. I hope that our human capacity for change will transform into fundamental adaptations in how we worship, work, consume, commune, care for our home and community.

My prayer for the PCTT is to find itself drawn into a greater sense of solidarity and communion and that we will wake up and recognize the cry of nature that, perhaps, is inviting us to change our thinking, our lifestyle and our relationship with each other. Working remotely all day and every day has nearly become normal, but when the nCoVid-19 pandemic is over, I look forward to our personal face-to-face interaction.

God bless you and your loved ones!  
Keep safe, keep healthy!



# MOVE WITH CAUTION

**T**he stay-at-home order imposed by Government in March to combat the nCoV19 pandemic not only disrupted our lifestyle but created hardships of one kind or another for many citizens.

But the inconvenience was not in vain. The pandemic curve was flattened. The positive-tested cases were kept at 116 and so too the deaths, as unfortunate as they were, remained at 8. And now, all 108 remaining patients have recovered and are back at home with their loved ones. Our country's handling of this national emergency was lauded by at least two international agencies.

A May 2020 survey conducted by the reputable Market Facts & Opinions Limited (MFO) found that 84 percent of the local population approved of the Government's response to the pandemic. That response was not only limited to decisive action to contain the virus but financial and social assistance to citizens affected by the lockdown. Simultaneously with the lockdown the Ministry of Social Development and Family Services announced a number of initiatives to help soften the economic and social hardships.

Some of these measures included food support; loss of income support; additional funding for recipients of Public Assistance and Disability Assistance Grants; temporary rental assistance; accommodation for the socially displaced; interim relief for persons who applied for Senior Citizens Pension and Disability Assistance Grants; and grant-funding to religious organizations to assist in their food distribution efforts.

While the MFO survey revealed that 59 percent of the population approved of the financial and social relief provided by Government, there are complaints about the slow pace in this relief reaching the most vulnerable in our communities. The Ministry of Social Development and Family Services should urgently investigate this unwelcome development.

As the country begins its phased re-opening, citizens are asked to follow the guidelines issued by the Ministry of Health on the advice of the medical professionals. These guidelines are simple and absolutely necessary if we are to avoid the predicted second wave. Life after nCoV19 will not be business as usual. Stay safe; stay alive; make wise decisions.

# KNOW YOUR FAITH SERIES

## GOD THE FATHER



REVEREND ADRIAN SIEUNARINE

Some people have become disillusioned or uncomfortable with the language of God as Father. Like the disaffected daughter in Dickens' *Dombey and Son*, some angrily vow that they have no earthly father. We carry the baggage of earthly insecurities into our heavenly relationship. The metaphor of God as Father is used to identify characteristics of the divine fatherly role, and to point us beyond that to the metaphysical reality of the fatherly relationship God chooses to have with us. Here are three aspects of God as Father that we can ponder:

### **GOD IS THE FATHER "FROM WHOM ARE ALL THINGS."**

(1 Corinthians 8:6 NRSV).

The unique, ultimate divine progenitor is our source. We come from God. We receive and recognize that creation and creativity have divine origins.

### **GOD IS THE FATHER "FOR WHOM WE EXIST."**

(1 Corinthians 8:6 NRSV).

Exploring why we exist is not a rhetorical riddle; it is the revealing of a relationship. We live for the Lord! We want to make our heavenly Father happy! We also know that our Father is our destination and in all we live and do, we shall journey to him.

### **GOD IS FAMILIAR:**

God is not merely a "father figure" who is far away. Jesus uses the term "Abba" when he prays in the garden of Gethsemane and Paul uses it to portray how close God is to us. "Abba" for God is used three times in the Bible: Mark 14:36, Romans 8:15 and Galatians 4:6. "Abba" is the simple, familial term of endearment corresponding closely to the English word "Daddy." Those three instances demonstrate that when we cry out to God in the depths of desperate distress, we realize how much God loves us and encourages us in the midst of our struggles.

Because there is "one God and Father of all, who is above all and through all and in all" (Ephesians 4:6 NRSV) we can rest and recharge within the reality that God is our Father.

*We live for the Lord! We want to make our heavenly Father happy!*



**T**rinity Sunday is celebrated the first Sunday after Pentecost. "The colour is white. Trinity marks the transition from Lent, Easter, and Pentecost, to Ordinary Time, this will continue until the beginning of Advent, four Sundays before Christmas. This is the only feast day celebrated by the Church that is based totally on a theological doctrine and is the most recent of all the special days."

Trinity Sunday honours the Holy Trinity, the Father, Son and Holy Spirit. Though the word "trinity" does not appear in Scripture, it is alluded to in Matthew 28:18-20, "And Jesus came and said to them, 'All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit.'" Also, in 2 Corinthians 13:14, "May the grace of the Lord

Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with you all." Many other biblical references to God in three persons could be found.

The concept of the Holy Trinity can never be fully understood. That is the mystery. But it is clearly spoken of in Scripture. An understanding of the doctrine of the Holy Trinity comes through the work of the Holy Spirit; therefore, the celebration of this feast on the first Sunday after Pentecost is appropriate.

On Trinity Sunday, the Christian reflects with joy and thanksgiving what the Father, Son and Holy Spirit has done to save sinful humankind. It also reminds Christians that their response to God should be nothing other than "praising Him and giving Him glory." On Trinity Sunday we remember the Father as our Creator, the Son as our Saviour, and the Holy Spirit.



**REVEREND ANNABELL  
LALLA-RAMKELAWAN**

To explain Trinity to the best of our ability, we must turn to the clues written in Scripture to guide us to a fuller understanding of the triune God. The Father is God from the beginning - John 1:1 "In the beginning was the Word, and the Word was with God, and the Word was God." Jesus revealed Himself as equal to the Father in John 10:30, "I and the Father are one." Together, they sent the Holy Spirit. The Bible tells us, "For there are three that bear record in Heaven, the Father, the Word and the Holy Spirit, and these three are one" (1 John 5:7-11). To understand the Trinity is to understand the full nature of God.

WHAT IS THE SYMBOL ON THE FRONT COVER OF THE TRINIDAD PRESBYTERIAN? WHAT DOES IT REPRESENT? HOW DOES IT RELATE TO TRINITY SUNDAY?

# THE TRIQUETRA

## - PAGAN OR CHRISTIAN?



REVEREND KERON KHELLAWAN

On Sunday June 7th, 2020, the Reformed Churches celebrate Trinity Sunday, a day demarking the full revelation of God in the triune communion of Father, Son and Holy Spirit. Uniquely on this day many symbols are used and one of these is the three-interlocking linked of the Triquetra ([trkwtrə](#)). For me visiting the United Kingdom and Europe I have often found a liking to the singular lines that are found in the designs of its Celtic crosses and Triquetra's, where is as if the

designer uses a brush and never lifts the brush from the page until the design is complete-one line. Yet there are still questions of this symbol's pagan origin or Christian link.

Historically the Triquetra was used by pre-Christian communities in Europe to connect God in both masculine and feminine modalities to the human nature -- three connected as one in a divine and human knot. Uniquely the design moved across the silk road from Europe to Asia, where differing meaning were applied -- just look at the company logo of the Japanese made Mitsubishi vehicles and see the connection. When Christianity grew dominant it began to use the images and cultural iconographies

of the Celtic peoples and one such popular symbol was this triune knot, which soon became the symbol of the Divine Father, the Divine Human Son and the Divine Spirit.

Today the Symbol still resonates with many. As a reformed church and reformed people, our faith does not lie in symbols. However, if our understanding of these symbols, particularly focussing in on their beauty, are right, we can see the flicker of oneness in its design. I remind our wonderful church, that we can admire the symbols of the early church, and even use these as references but always remember, the communion of our One God in three persons that can be seen in different images but yet still they cannot encompass who our God is.

# as a flower *WITHERS*

COUNSELLING COLUMN WITH BERNADETTE GYAN-MANICKCHAND

Q

“Will I die too?”

In this the season of nCoVid-19, the word or term *death* has become very common to our daily vocabulary. Young children, as resilient as they may seem have also become fearful. They may have seen a flower wither or experienced the death of a pet, and perplexity of this event may have to be explained.

Many parents who are willing and able to discuss almost any subject with their children become evasive and ill at ease when questioned about death. Perhaps it is because many of us would rather not think about it. But death does occur. And when a loved one passes, it is especially important that parents be prepared to talk about it. A child usually has mixed emotions about death. He may have feelings of sorrow, fear, resentment and even guilt. He may become confused or bewildered.

How parents explain death, and how they answer their child's questions about death can bring comfort and reassurance. Parents should

be aware that a child's concept of death changes as he gets older. All children do not react to death in the same way. However, research into how children view death has shown that the following concepts were common at specific ages.

Between three and five years, children tend to think of death as a kind of journey from which their loved ones will return. Or they may think that death is a kind of sleep and then a waking up. When told of a death, a child in this age group may express sorrow and then seem to forget about it soon afterward. Parents who are unaware of this common reaction may worry that their child is self-centred or heartless.

Between the ages of five and nine, most children accept the idea that death is irreversible, but it happens only to certain persons (sick or old) and it cannot happen to them. Around the ages of nine or ten children begin to understand that death happens to all living things.

(To be continued in next issue)



*Parents should be aware that a child's concept of death changes as he gets older.*



the  
**LAST SHIP** from  
**INDIA**  
*Indian Arrival Day*

**CHERYL KALICHARAN-BEHARRY**





*PICTURE ONE:  
The Late Deaconess  
Beryl Kalicharan*

*PICTURE TWO:  
The Late Deaconess  
Beryl Kalicharan's  
parents*

*PICTURE THREE:  
The Late Deaconess  
Beryl Kalicharan with  
father*

**I**ndian Arrival Day brings pleasant memories of my mother the late Deaconess Beryl Kalicharan who was the daughter of the late Gulab and Khedouie Belass immigrants from India. My grandfather Gulab Belass came with his mother Motie. My grandmother came on the last ship from India and was born on that ship. I remember her wearing her Indian clothes, the Orhni, Gangri, and East Indian jewellery inherited from her mother. As she grew older, she had to remove the nakphul, the wrist to elbow silver churiyaan and the heavy silver Cara worn on her ankles. My grandfather Gulab Belass died at the age of ninety-six in the year 1970 on Old Years night while my grandmother died earlier

that year on Mother's Day at the age of eighty-four.

My mother's first language was Hindi. Later on, when she started school, she learnt English. Deaconess Beryl Kalicharan began her schooling at the Tabaquite Canadian Mission School. Before that she was being trained to be a pandita. It was at the Canadian Mission School that she met the missionaries Mabel Brandow, Inman, and Werner, not forgetting Reverend I.W.M. Kirkpatrick who had a great influence on her life. Added to this influence was that of her godfather Catechist Paul Kunden Maharaj. Together he and the missionaries motivated her to become a Christian.

As a deaconess the late Deaconess Beryl Kalicharan sang bhajans in churches. While working with the late Reverend Everson Sieunarine she was delighted to have received a bible written in Hindi from him. She could converse, read, and write in Hindi fluently. Before Deaconess Beryl Kalicharan went to the great beyond, she had the privilege of visiting India and the birthplace of her father Lucknow. She was overjoyed. May we never forget the rich heritage of the Presbyterian Church of East Indian Indentured labourers. May their legacy continue to live on in us and the generations to come.

# THE BEST WAYS TO PRACTICE selfcare

AT HOME WHILE SOCIAL DISTANCING



**RACHAELENE HERNANDEZ**  
ISSA CERTIFIED FITNESS TRAINER &  
ISSA CERTIFIED NUTRITIONIST

**C**hange is never easy. Part of what makes change so difficult, is uncertainty and loss of control. nCoVid-19 has forced us to slow down and reconstruct our lives to adapt to the “new normal”.

The enforcement of Stay at Home measures has led to the closure of areas used for recreation like beaches, restaurants, gyms, etc., from which we derive social interactions, exercise, and stress alleviation. Loss of this now poses a challenge to both our mental and physical health. We are now tasked with figuring out how to work around our limitations to ensure fulfilment of these requirements. Hereunder are some essential tips to help you adjust and stay healthy while in quarantine.

### **APPLY STRUCTURE TO YOUR LIFE TO SUPPORT AND PROMOTE NORMALITY AND SOCIAL CONNECTION**

Mental health is one of the most neglected but important aspects of health and as we know inability

to cope with stress can cause many harmful effects on our overall health. Our daily routines have undoubtedly changed during the quarantine period, and our mind craves some aspect of normalcy. Let us focus on what we can do rather than what we cannot.

It is important to create a routine incorporating similar patterns or actions performed “pre-pandemic”. Whether it be the time you go to bed or awaken, early morning fitness classes or catching up with friends; find a way to modify pre-pandemic practices for the home setting.

Technology has offered many options to continue and maintain these essential behaviours as seen in applications like WhatsApp Messenger and Zoom cloud meeting which makes it possible to connect with friends and family, co-workers, members of your congregation and even your fitness coach.

## OUR BODIES WERE MADE TO MOVE

Gyms are closed but so what? Movement is essential to both our mental and physical health. It reduces the stress hormones in our bodies, aids in weight loss, boosts immunity and energy levels. Exercise is simply too important to forgo. Hereunder are some ways we can maintain our fitness.

Make exercise fun. Merge them with your hobbies and/or family time. Revisit outdoor games like hopscotch, moral, tag, etc, that you can play in your yard.

Balance your sitting time. If you notice that you have been sedentary for a long period (30 minutes) stand up and take a short walk around your home.

Take a walk/jog outdoors while maintaining social distancing.

Supplement weights for household items where necessary, for instance, cans and water bottles can take the place of dumbbells.

For increased challenge and extra motivation, join an online fitness class for guided training to ensure proper form thereby reducing the chances of injury.



## WHAT IS ON THE MENU?

Exercise and proper nutrition go hand in hand. While it may be tempting to indulge in comfort foods during this stressful time, remember these are short term solutions with long lasting harmful effects to health. Although difficult, nutrition is one aspect in our lives that we can control.

It is important to maintain a balanced diet for optimum energy, performance, and immune health. Hereunder are some tips to sustain a healthy diet.

Make the calories worth it. Consume less processed, high sugar foods. These foods are empty calories with little to no nutritional value.

Aim to separate emotions from your eating habits. Before you decide to eat ask yourself what is driving you to do so.

Eat when hungry. Do not skip meals. Listen to your body and adhere to your natural hunger cues.

Incorporate more protein, vegetables and whole grain in your diet such as chicken breast, fish, bhaji, brown rice for example. Protein will increase satiety between meals, while vegetables and whole grain will provide essential nutrients and fibre.

Eat slowly and aim for satiety rather than fullness.

Stay hydrated with 1.5 to 2 litres of water per day.



## GET SUFFICIENT SLEEP

Sleep is essential for the body's repair, healing, and overall health. Aim for 7-9 hours of sleep per day.

## DO NOT ENVY THE PROGRESS OF OTHERS

Please do not be discouraged by the progress of others. We are all unique with varying limitations, body types and goals. Our journeys are not the same but with consistency and commitment we will all arrive at our intended destinations.

Keep these tips in mind when structuring your day and may you stay safe, stay fit, stay healthy and continue to be guided by faith.



HAPPY  
*Father's*  
DAY

**TO ALL OUR READERS OF THE TRINIDAD PRESBYTERIAN  
AND ALL FATHER FIGURES**

A photograph of a man and a young child playing in the ocean waves. The man is leaning over, and the child is standing in the water, splashing. The image is semi-transparent, allowing the text to be overlaid.

# A FATHERS' DAY PRAYER

*"For this reason, I bow my knees before the Father, from whom every family in heaven and on earth takes its name." (Ephesians 3:14-15)*

*"But as for me and my household, we will serve the Lord." (Joshua 24:15)*

Let Us Pray,

**H**eavenly Father, we come before you on behalf of our fathers. We thank you for knitting families together with cords that cannot be broken. Heavenly Father, enable our fathers to seek Your guidance and listen to Your commands so that children will not suffer or be lost in the clamor and confusion of the world.

Heavenly Father, today we pray a special prayer for our fathers, and we commit them to You. Help them to lead, to guide and care for their families; grant them strength to face the challenges that come their way daily. And empower them to be all that You have called them to be, as they fulfill their God given purpose.

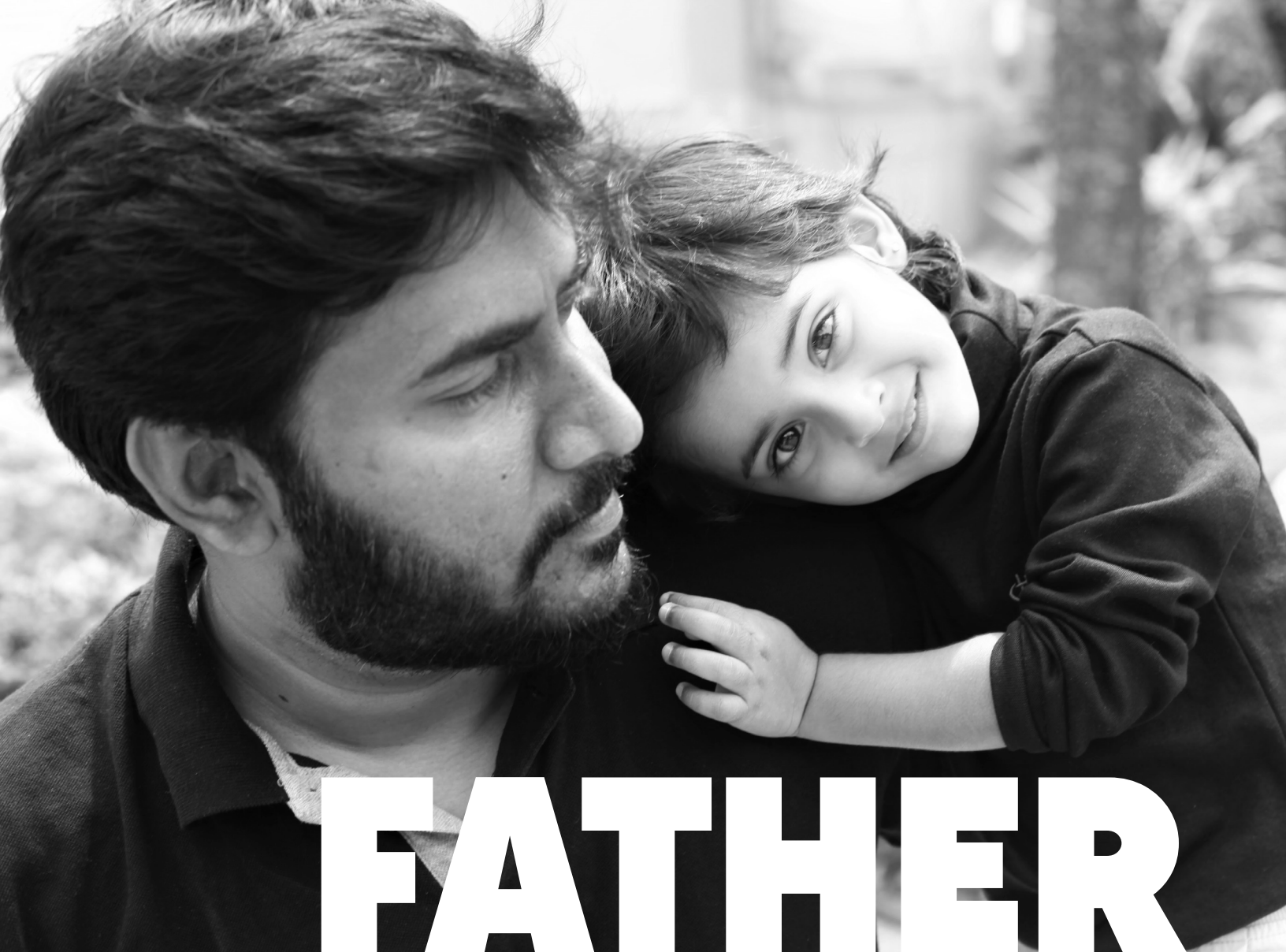
Heavenly Father, we pray for Fathers around the world this Father's Day. We think especially of fathers living in poverty. Give strength to fathers who must work long hours or struggle to find employment as they try and care and provide for their families.

Heavenly Father, please guide those of us who are fathers to care for our families with wisdom that comes from you. Strengthen us for the daily challenges parenting brings. Give us the fruits of your spirit: love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness, and self-control.

Heavenly Father, we pray for those who are fatherless or face challenging family situations. For those who find Father's Day difficult to celebrate. Give to them your peace and comfort.

Heavenly Father, into Your hands we place this prayer in the name of Jesus Christ our Lord.

Amen.



# FATHER

## *Imperfect yet Perfect*

VINCENT RAMKHELAWAN

**F**ather's Day is probably the one time we get to shower our fathers with public displays of love. They must (or at least pretend to) embrace the day's reality of the extra hugs, kisses, and yes, socks and neckties -- okay, and probably some good food too. We usually see dads as the epitome of a stone-faced, no-time-to-waste, gentlemen,

who would not usually wear their emotions for any of their children to see -- but we know there is always love. We know he is always going to be there when needed and the very present parent with the wise words or 'buff' when we mess up or need some guidance.

It makes you start to ponder a bit more about our Heavenly Father, comparing the images we

have to our earthly ones. I know -- in our desire to include all, we inadvertently exclude some, and that is not to overlook the fact of male privilege and sexism in our world. But the fathering illustrations of God are essential ones and should not be swept under the rug any more so than the feminine illustrations of God. From Biblical research over the past five decades, we have been discovering and delighting in those feminine images, and given more attention to the vocabulary in worship and way in which Jesus related to women which was far more inclusive and respectful than we had ever noticed before. There is a lot of recognition of that where in the scriptures God is compared to a hen who gathers her chicks beneath her wings. All of these images enrich our understanding of the Almighty, not in a literal connotation, but metaphorically, giving us more colours from which to paint our portraits of God in our mind.

This portrait plays on our expectations of our earthly fathers. It is not an easy position to be a father. It is an imperfect art, requiring practice, over time getting better at it, and sometimes not so much so. So much responsibility is thrust upon any parent and from that we can think of the many images of fatherhood.

Fathers, after all, are in all sizes, ages, and temperaments and too

often we hear and encounter the all too typical deficiencies and human imperfections of them. There is no undo or do-overs when he takes on the role of father, all the inadequacies as well as the good qualities, still define who he is. Time has basically made us franker about the ups and downs of fatherhood, and we have gotten better about allowing the gentler side of our fathers to be seen.

The Parable of the Prodigal Son (Luke 15:11-32), and the telling of Abraham hiking up Mt. Moriah with his only child, Isaac (Genesis 22: 1-14) are two of the stereotypical Father's Day accounts that we look forward to hearing every year from our pulpits. God is represented by the father and surprisingly, is so human and makes many mistakes. Two representations of imperfect fathers, both raised up in the Bible as faithful men, and in so being, muddle the lines between what is good and what is not, as a devoted father. Of course, all the stories in the Bible about fathers show a certain imperfection, a particular vulnerability, inadequately equipped for all the privileges and responsibilities thereunto belonging to them.

Theologian Michael Wyschogrod in his writings *Body of Faith, 1996*, and *God's First Love: The Theology of Michael Wyschogrod, 2009* asserts that the Genesis story is not about a God who smiles benevolently and impartially toward all humanity

but instead about a God who falls in love with Abraham, Abraham in particular, and his children. God is love and love is particular. He loves the Prodigal Son of the Gospel and He loves the Elder Son differently, yet he loves them both. Like a parent who loves his children, He loves them individually and then collectively. They each matter as a single entity. Thomas G. Long's article in an issue of *Journal for Preachers, Vol XL, 2017*, pointed out the intricacies of our expectations of God as our heavenly Parent. God loves all of us, we say, but that is not all for which we are hoping. The truth is that what we truly want to know is whether God loves us, particularly. It is just not enough to know that God loves humanity. We want to know if God loves us, me, you, knowing what we know about ourselves.

We honour God and earthly fathers, father figures and fathering-mothers, knowing that their love as a divine or earthly parent is expressed individually yet for us all. We know it in the human who gives up or would give up everything for the success of his children. We experience it, by knowing it in the love of the one who was raised up upon a cross and who looks at the world from above, love for love, the dearest of God's love that we can know. We love you our fathers and our Fathering God.

Happy Father's Day!



# BECOMING FIRST RESPONSE CHRISTIANS

VOLVERSE CRISTIANOS DE PRIMERA RESPUESTA





As a Church, our Christ calling implores us to reach out to the poor and marginalized in our communities, embrace the disenfranchised and share the love of Jesus Christ with those we encounter. We are commissioned to be first-response Christians or cristianos de primera respuesta, ably responding to the needs of the most vulnerable in our society. Matthew 25:35 reminds us: "I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me."

As we embrace our role and responsibility as the hands and feet of Christ, we must first breach the language barrier that exists between us and the multitude of Spanish speakers who reside in our communities, who work amongst us and who join our congregations. Nelson Mandela is credited to have said, "If you talk to a man in a language he understands, that goes to his head. If you talk to him in his own language, that goes to his heart."

Our outreach towards Spanish-speaking migrants essentially begins with the language of communication we use to transmit the light and life of our Lord and Saviour, Jesus Christ.

Compiled here is the first in a series of lessons to help our congregation members navigate novel interactions with Spanish-speakers.

**T**here are 16,523 registered Venezuelans in Trinidad and Tobago, while the actual number is estimated to be upwards of 40,000 by the UNHCR. Uprooting their lives and families in the wave of mass migration as a means of escaping political turmoil and socioeconomic instability, the influx of Venezuelan migrants and refugees has become the greatest humanitarian crisis this country has seen in its recent history.

## GIVE A WARM WELCOME

When welcoming someone in Spanish, the expression used depends on the person to whom you are speaking. There are also plural versions.

### WELCOME!

<b>¡Bienvenido!</b>	<i>[male]</i>
<b>¡Bienvenida!</b>	<i>[female]</i>
<b>¡Bienvenidos!</b>	<i>[male plural]</i>
<b>¡Bienvenidas!</b>	<i>[f. plural]</i>

### **Bienvenido/a(s) a nuestra iglesia**

Welcome to our church!

## GREET THE PERSON ACCORDING TO THE TIME OF DAY

<b>¡Buenos días!</b>	Good morning!
<b>¡Buenas tardes!</b>	Good afternoon!
<b>¡Buenas noches!</b>	Good night!

## ENQUIRE HOW THE PERSON IS DOING

<b>¿Cómo está usted?</b>	How are you?
<b>¿Qué tal?</b>	How are things?

## RESPOND TO ENQUIRIES

<b>Muy bien, gracias</b>	Very well, thank you
<b>Estoy bien, gracias</b>	I am fine, thank you

## SHOW YOUR DELIGHT AT MEETING SOMEONE

<b>Mucho gusto</b>	Nice to meet you
<b>Es un placer</b>	It's a pleasure

(continued on the next page)

**OFFER YOUR HELP POLITELY:**

**¿Cómo podemos ayudarlo?**

How can we help you?

**¿Necesita ayuda?**

Do you need assistance?

**¿Necesita ayuda alimentaria?**

Do you need food support?

Once you are able to warmly reach out, here are some responses you may receive:

**REQUESTING ASSISTANCE:**

**Necesito ayuda, por favor**

I need help, please

**INFORMATION ON FAMILY:**

**Tengo un hijo / una hija**

I have a son / a daughter

**Tengo un(a) bebé**

I have a baby

**Hay tres personas en mi familia**

There are three people in my family

**No tengo trabajo**

I don't have a job

**FOOD AND BABY ITEMS:**

- La leche** milk
- El arroz** rice
- El aceite** oil
- La harina** flour
- El pan** bread
- El azúcar** sugar
- La sal** salt
- El pañal** diaper

**FINALLY, SAY GOODBYE WITH A BLESSING AND A WORD OF ENCOURAGEMENT.**

**¡Gracias por venir!**

Thank you for coming!

**¡Chao!** Bye!

**Dios le bendiga** God bless you

**¡A la paz de Dios!** God be with you!

**Dios es bueno, todo el tiempo**

God is good, all the time.

**“Hagan todo con amor.”**

**1 Corintios 16:14**

**Nueva Versión Internacional (NVI)**



**DARCELLE LEANNA DOODNATH**  
**SPANISH TEACHER NAPARIMA COLLEGE**  
**EMMANUEL PRESBYTERIAN CHURCH,**  
**LA ROMAINE/DEBE PASTORAL REGION**  
**PCTT VOLUNTEER IN THE VENEZUELAN MIGRANT COMMUNITY**

**EST. 1970**

**CHECK'S MOTOR SUPPLIES LTD.**

*When you need genuine spare parts, would you rather have quality or price? Choose CHECK'S and have BOTH!!!*

Genuine Spare Parts for All Makes of Vehicles  
• JAPANESE • KOREAN • EUROPEAN & AMERICAN VEHICLES

**• CARS • PICKUPS • TRUCKS • BUSES • TRAILERS**  
ALSO AVAILABLE: Large stock of Brake & Clutch Lining for all types of vehicles

**60-62 Cipero St., San Fernando**  
Tel: 657-9244 • Fax: 657-9472  
Email: checks-motor@hotmail.com

MON-FRI: 7:00am - 5:00pm  
SAT: 7:00am - 3:00pm

**OVER 41 YEARS EXPERIENCE!**

**M&M RAMPERSAD LTD.**  
**APPROVED N.P. CONTRACTOR**

Distributor of **Direct Cool**  
Air Conditioning System

**Appliance Parts, Service, Repairs**  
Distributor of Brand Name Appliances  
Auto A/C Parts, Gas Water Heaters,  
Window & Split A/C Units

Tel: 657-0354 Fax: 657-8194  
Email: mmrampersad\_ltd@hotmail.com

**35 Cipero Street, San Fernando, Trinidad**

# nCoViD-19 RELIEF DRIVE

## The PCTT's Nationwide Hamper Distribution

**W**ith the arrival of the nCoViD-19 virus on our shores, there was the need for the State to buffer the economic fallout caused by the pandemic. The effects of the virus have caused businesses to close, and unemployment and economic hardships for families.

The State took the initiative to provide relief to families and individuals who lost their livelihoods and their incomes due to the effects

of nCoViD-19. The program was specific to citizens and permanent residents of this country.

The Churches, Mosques, Temples, and other places of worship in our country provided safe and convenient conduits for the distribution of foodstuffs (hampers) to those in such need. The Presbyterian Church of Trinidad and Tobago through its 108 congregations accepted the call to outreach in this way to the communities.

The State-funded program saw the PCTT able to secure over 1200 Food Hampers. The foodstuffs were purchased by two food wholesalers and delivered to three points in our three presbyteries. Regions provided names of proposed recipients and the hampers were packed by our members and distributed throughout the regions.

The Synod Office in liaison with the Board of Social Responsibility (BOSR) and hundreds of volunteers in all our 24 regions responded positively in reaching out to the citizens of our country. There was an over-subscription of names for hampers and the PCTT took the initiative to fund the difference to supply to families who would have not received.

It is hoped that there would be another round of funding to extend further the reach to families in need at this time. The PCTT stands ready to continue to fulfil our Mission whenever that time comes.





**THE BOSR &**

**ARAMALAYA YOUTHS**

***RESPOND***

**TO THE CEDROS**

**HUMANITARIAN CRISIS**

**ANTHONY SAMPATH  
ARAMALAYA PRESBYTERIAN  
CHURCH**

**W**hilst the nCoViD-19 Lockdown presented its share of new challenges to the average TT citizen there was a community of refugees in Cedros that was severely impacted by not being able to earn money and to come out to get food to feed the 60 adults and 30 children that made up their camp on the remote Constance Estate in the extreme south-western tip of Trinidad.

It was Lay Pastor Ivan Paul and his wife Gloria in their own visitations that drew attention to the humanitarian crisis developing amongst impoverished Venezuelan refugees in various locations in the Cedros peninsula. After contact with the Board of Social Responsibility, led by Rev. Daniel Chance, the Board was able to initiate visitations and facilitate humanitarian aid.

In late April, the Aramalaya Presbyterian Youth Fellowship (APYF) was making plans to distribute hampers as a part of its Lockdown Outreach Project when news came about the plight of these refugees. With financial assistance and food donations from the Aramalaya and Kelly congregations, the Kelly PCW and The Kelly Youth Group, the APYF were able to put together three vanloads of donations.

Two trips were made, the first on 7th May and the second on 31st May. In total 36 grocery hampers were distributed as well as 945 items of adult clothing, 300 items of children's clothing, baby clothes, baby food, wipes and blankets for the 3 babies in the camp, 36 bedding sheets and bath towels, 83 pairs of shoes and sandals, cases of toilet paper, 150 soaps, buckets, numerous toothbrushes, feminine toiletries and dishwashing liquid. Additionally, the children of the camp who were running around barefoot and in the same clothes for weeks, received new underwear, toys, games and children medication. The cost of the grocery and toiletries came up to \$11,400.00. On the second visit the group was able to distribute 70 boxed adult dinners and 20 boxed children's meals.

It was significant for the youth group members to understand first-hand the want and suffering that takes place right in our small country. They have shared their experiences and photos on social media with a view to sensitizing the PCTT about the plight of refugees. Whilst local families were receiving waves of hampers upon hampers from the churches, NGOs, government and even the political parties these immigrants did not know where their next meal would come from. Such a crisis brings the words of St. Teresa of Avila to mind when she wrote; "Christ has no body but yours; No hands, no feet on earth but yours; Yours are the eyes with which he

looks compassion on this world."

The APYF wishes to express its appreciation to Rev. Chance, Rev. Siloch, Deaconess Seenathsingh, Andrew, Carol and other members of the BOSR and Pastor Ivan and Mrs. Gloria Paul for being available during both visits to coordinate the logistics of the visits and for arranging for translators and the police to be present. With the easing up of the Lockdown the immigrants have now been able to go out on mornings and seek odd jobs in the Cedros community and earn a little income to help themselves.

The BOSR continues to check up on the welfare of the refugees and take additional supplies. At present the Board is examining a means to improve their housing situation which is deplorable. Their door-less shacks consist of galvanize sheds with no running water, no toilets, no electricity, no furniture, and nothing but the sand of Cedros for a floor. At least there is some good news – not one of them was sick, or complained, or were aggressive, or turned away from prayer during visits.



# NEW SATC BOARD APPOINTED

**T**he Synodical Council at a meeting held in May 2020 approved the appointment of a new Board of Directors (BOD) at the St. Andrew's Theological College (SATC). The term of office of the outgoing Board came to an end on May 16th, 2020. The Synodical Council expresses its sincerest gratitude to the outgoing Directors for their service and commitment for the past four years to SATC.

The new BOD/SATC comprises 10 persons who are versed in various fields of expertise relevant to the operation of a Tertiary-level Institution as guided by the Accreditation Council of Trinidad and Tobago (ACTT). Represented are persons from Management/Administration, Law, Finance and Accounting, Curriculum Development, Theology and Distance Learning Platform Development.

The main role of the BOD is to govern and supervise the affairs of SATC in keeping with its Mission and Vision. The BOD must ensure that SATC provides theological training in an ecumenical environment; educate and motivate women and men to become transformation leaders marked by faith in Jesus Christ, integrity, and scholarship.

In addition, the new BOD will focus on the expansion of Curriculum geared towards the extended needs of the Church and society. This thrust will see a focus on Specialized Ministry as the Presbyterian Church of Trinidad and Tobago (PCTT) continues to evolve and retain relevance in maintaining its Mission with new and varied changes in our society.

The New BOD/SATC comprises:



*The Rev. Manan Deo  
Chairman*



*Mrs. Murella  
Sambucharan-Mohammed  
Vice Chairperson*



*Mr. Lennox Sankersingh  
Corporate Secretary*



*Mr. Nello Ramkissoon  
Treasurer/Accountant*



*The Reverend Shelley Tenia  
Director*



*Ms. Elizabeth Sookermany  
Director*



*The Reverend Kelvin  
Sookhansingh*



*Terrence Warde  
General Secretary of  
the Synod of the PCTT*

*(NOT PICTURED)*

*Mr. John Roopchan*

*Mr. Hollis Sankar*

*Mrs. Rowena Wattley*

## **EDDIE'S PHARMACY LTD.**

**For ALL Pharmaceutical Products**

**OPEN EVERYDAY (including PUBLIC HOLIDAYS)**

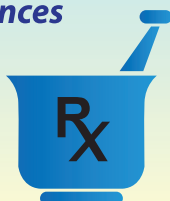
**We accept most Medical Insurances**

#53 Rochard Douglas Road, Barrackpore

**654-2655**

1135 S.S. Erin Road, Penal (GN Shopping Centre)

Tel/Fax: **283-7083**



## **UMRAW'S PHARMACY**

**#6 Clarke Road Junction, Penal  
Tel: 647-4464**

- For all your Pharmaceutical needs and more...  
Wheelchairs, Walkers, Crutches...
- A Qualified Pharmacist is always present for consultation and advice.

We accept PALIGMED Network Plan Card  
Sagikor CariCare International Medical Card  
Guardian Group Life Care EASI-Clain Card



**Pharmacists**

*Carol Umraw-Latchman*

*Arjoon Latchman*

*Roy Umraw*



**GUIDELINES FOR THE  
RE-OPENING OF THE PCTT**

# CHURCH BUILDINGS



## PREAMBLE

**T**he Churches of the Presbyterian Church of Trinidad and Tobago closed their doors for regular Sunday worship on March 29th, 2020 as per government directive. Indeed, it has been an unprecedented period in our Church's history, not being able to worship in physical community and, until now, still being unable to do so.

However, necessity being the mother of invention, innovation and creative thinking, our Church has used online platforms/social media to deliver the Lord's message, nonetheless. Our young people have pioneered these initiatives and have risen to the challenge. In doing so, our Church workers have also sought to create another dimension of their Ministry, one that is relevant and necessary in these pandemic times. The use of available technology has created a positive environment for worship even during the unprecedented impacts of nCoVid-19.

The government authorities have set a timeline for a phased re-opening of the country after the period of lockdown. On May 21st, 2020, the country entered Phase 2 of the re-opening, with health protocols still in place as the Ministry of Health prepares for the second wave of infections as per WHO precedent procedures.

As a Church, our members are hopeful that the subsequent Phases of the country's re-opening will be advanced so that places of worship can return to some semblance of normalcy. At this time, it is quite difficult for Church workers to do visitation, vestry, and other necessary events without contravening the restrictions put in place by the State.

When that time comes, our Church workers, Elders, Local Boards and Sessions are prepared to embrace the 'new normal' and are equipped to create the required environment of health, safety, and comfort to our members. Our decisions are contingent upon state-mandated laws with regard to public health protocols. While each congregation has unique physical arrangements, precautionary measures implemented will adhere uniformly to the guidelines outlined by the Ministry of Health regarding physical-distancing and assembly numbers.

In the hope of our country not moving back and forth between Phases, if second and third waves occur, we should pray for discernment, wisdom, and patience as it relates to nCoVid-19.

Below are recommendations for the physical re-opening of the Churches of the PCTT in alignment with the Phases of the State's medically guided mandated policy

# PROPOSED MODEL FOR RETURNING TO CHURCH

## 1. THE CURRENT SITUATION

- Churches will continue holding online worship services only.
- If worship services are recorded in the sanctuary, physical distancing, and a maximum of five (5) in attendance will be implemented.
- Weddings and funerals will be kept to the required maximum of five (5) in attendance, or as the state advises.
- Bible studies and small groups will continue to meet online.
- Vestry functions will be implemented or limited to ensure essential operations.
- Meetings of the required maximum of 5 while wearing masks and maintaining physical distancing, or meetings online will continue. In this regard, please note there is no rule within the constitution of the PCTT that specifies meetings are required to be in person therefore there is validity in the decisions of online meetings once all rules and protocols are observed.
- High risk individuals (people over sixty (60) and those with underlying health conditions), whether Church workers or

volunteers, will be encouraged to staying at home.

- Those individuals presenting with flu like symptoms are advised to seek medical attention and quarantine following the Ministry of Health protocols.

## 2. RE-OPENING OF CHURCHES

### PHYSICAL ARRANGEMENTS

- A. The sanctuary will be sanitized the day before worship services, pews, doorknobs, microphones, and other furniture appropriately sanitized. This also applies to prospective midweek services and meetings. Sanitizing teams will follow the states reopening protocols for Facility cleansing.
- B. Hand-washing stations at the doors of the Church will be installed. Alternatively, there will be hand-sanitizing liquids available for worshippers.
- C. All persons should wear a mask; where individuals on entering the sanctuary are without a mask, churches will provide masks for them.
- D. Signage will be prominently implemented at all entrances to adhere to the rules for entering and physical distancing during the service.
- E. Following physical distancing principles as advised by the WHO and the Ministry of Health, churches will limit the number of worshipers according to square footage, using the rubric of six-foot distance between persons/families. Alternatively, the general thumb of twenty square feet per person according to space, can be used to work out the capacity of the church, and following this a fifty percent occupancy can be worked out.
- F. Families from the same household can sit together but will still hold the distancing measures of three (3) persons per pew every alternate pew.
- G. The alternate pew not used, should be borne in some way from entry of others e.g. Caution tape or moving the pews to create the six feet on all directional points.
- H. If multiple services are being considered to encourage all or as many families to safely attend services, a plan to clean surfaces between services and to manage numbers of people per service will be advised.
- I. Consideration will be given for use of Church Halls or outdoor facilities for physical distancing management.

- J. If churches are air-conditioned, consideration be given to not use Air Conditioning but aerate the sanctuary where possible and encourage the free flow of air.
- K. If Churches worship in schools, those individual churches will have to follow the Ministry of Educations guidelines for use of the schools and must adhere to the Boards of Education alongside the Principals guidelines as well.

### **3. WORSHIP ARRANGEMENTS**

For the Proper management of Worship services, each church will institute a health and safety team to manage all the protocols and better aid the congregation.

- A. Livestreaming of services for online access will be encouraged.
- B. Hymn books and Bibles will also be sanitized or NOT USED at all. If a monitor is available, the order can be projected on the screens. Alternatively, each person will be encouraged to bring their personal books and bibles.
- C. Speakers can remove their masks keeping at least twelve feet from the congregation.



- D. Microphones will not be shared during services.
- E. There will be no physical contact. No "Sign of Peace" or Greeting that encourages close contact.
- F. Choirs large orchestra's (in close proximity to each other e.g. Steel orchestras) will NOT be a part of the service; soloists and singular musicians will be encouraged. Singing is riskier since it spreads the droplets/aerosols which can carry the virus a significant distance and remain suspended in the air.
- G. Congregational singing will then be limited or stopped according to rules and regulations.
- H. Offerings should be collected in a stationary box/vessel; also, the option of online direct debits to Church accounts can be made available to congregations. Other innovative way can be explored through each Session.
- I. Fellowship after services, such as Coffee/Breakfast sessions, will cease. Persons will be encouraged to leave the building rather than congregate.
- J. Holy Communion – consideration should be given to disposable element-kits; the Elders may need to observe any extra necessary hygienic procedures in preparation; Elders may also be required to not congregate on Chancel but file individually to collect elements from the Presiding Minister for distribution.
- K. The disposable cups should be actually disposed of, and not washed and re-used. An effort should be made to use sanitized glass cups; to be also sanitized immediately after Holy Communion. Elders serving should wear gloves. The element of least physical contact is important with the Communion Service. Both Bread and Wine should be sealed with cling wrap and handed to the personally to the families or individuals. If individuals are to receive elements at the Chancel, Elders will hand the elements out, NO congregant hands must go into the plates.
- L. Churches may wish to consider postponing Holy Communion Services indefinitely until this temporary period of restriction ends.
- M. Holy Baptisms will be considered also under the strictest health guidelines. Parents will hold infants and not the Presiding Minister.
- N. For Contact Tracing measures, a record of attendance to services and meeting will be kept, alongside a record of visitations and all encounters in vestry.

#### 4. SYNOD OFFICE

- O. The re-entry of the Public Service employees (non-essential) to the workplace will be a guide to when the Synod Office can safely be re-opened in full. The Office will await that date.
- P. ALL National Events will be postponed indefinitely or cancelled.
- Q. General Building:
- Proper sanitizing of buildings will be done before staff resumes. We would observe the health protocols as necessary –
  - Post signs indicating symptoms and urging people to stay home/seek medical attention if they have symptoms.
  - Maintain a good stock of tissue, soap, hand sanitizer and disposable paper towels for drying hands.
  - The public area (lobby) would be a priority area for constant sanitizing and should be the area where most of the Public interaction be contained.

- Clean the furniture regularly and between user groups (Board Room) paying extra attention to high touch surfaces. The Cleaning personnel has been engaged with extra hours to do so.
- High risk individuals (people over sixty (60) and those with underlying conditions), whether staff, or volunteers would be encouraged to stay at home.
- Physical distancing should be maintained.
- If masks are mandatory by law in this Phase, it would be a requirement in the Office environment

Please note the above Guideline is subject to changes according to the Medical and State guidelines, and the development of nCoV19-19.

## REFERENCES & LINKS

<http://www.health.gov.tt/covid19/GuidelinesRegulations/ReopeningGuidelines.pdf>

[https://www.cdc.gov/coronavirus/2019-ncov/community/faith-based.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fphp%2Ffaith-based.html](https://www.cdc.gov/coronavirus/2019-ncov/community/faith-based.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fphp%2Ffaith-based.html)

[https://www.pcusa.org/site\\_media/media/uploads/covid-19/returning\\_to\\_public\\_worship\\_may\\_2020.pdf](https://www.pcusa.org/site_media/media/uploads/covid-19/returning_to_public_worship_may_2020.pdf)



*"...for all your electrical needs and more."*

RESIDENTIAL      COMMERCIAL      INDUSTRIAL

**ELECTRICAL INSTALLATION SERVICES NOW AVAILABLE**      356 Fyzabad Main Road, Fyzabad  
1-868-223-1847 / 1-868-682-7460  
klectric9@gmail.com







ELECTRICAL INDUSTRIES LIMITED









# JACK'S

## Tyre Traders Ltd.

### GOOD YEAR MICHELIN



**Authorised Reseller / Dealer for Goodyear, Dunlop, Nexen and many other brands. We stock new tyres to suit any budget.**

**Attention owners of:**

- Mercedes Benz
- BMW
- Audi
- Honda
- Lexus
- Rolls-Royce
- Jaguar

**Your Michelin Tyre is now available! Sizes from 13" – 18"**





**1 Yard Street, Chaguanas • 672-5225 (JACK)**  
**Main Road, Point Lisas, Couva • 679-5225 (JACK)**

# THE WCRC CONDEMNS THE INJUSTICE OF RACISM IN THE UNITED STATES

**“I TELL YOU,”  
HE REPLIED,  
“IF THEY KEEP  
QUIET THE  
STONES WILL  
CRY OUT.”**

**—LUKE 19:40**

**T**he World Communion of Reformed Churches expresses its grief, anger, and solidarity over the murder of George Floyd and the many, many other black people who have been killed in the United States by police forces.

In no uncertain terms we condemn this act of police brutality and call on the appropriate authorities on all levels to take quick action to bring the perpetrators to justice and address the long-standing root causes. We call for solidarity against anti-black racism understanding that racism in all its forms and the many ways it intersects with gender, ethnicity, and culture needs to be overcome. Racism has taken from us the lives of women, men, trans-persons, and even children.

We are appalled at the continuing systemic racism that undergirds the brutal violence faced by black communities and call for demolishing the structures of racism and the dismantling of white privilege. As our member church ECO states, “Simply put, racism is wrong. It is inconsistent with the



gospel of Jesus Christ and the church must work against it."

We call on our member churches in the United States and elsewhere to commit to undoing the injustice of racism while at the same time acknowledging our complicity in upholding racism and racist theologies, confessing, repenting, seeking forgiveness, and working towards reconciliation and reparations. We lift up the cries of the black community and call for the raising of voices of lament and the joining of hands in resistance.

"America is a society suffering from... a wound that was self-inflicted four hundred years ago through the institution of slavery and has never healed. It is an issue foundational to America. The black/white, slave/free legacy and current mindset must be dealt with before any peoples can be free in this nation," said a pastoral letter from the Christian Reformed Church in North America.

The Ottawa General Council of the World Alliance of Reformed Churches (a predecessor to the WCRC) declared what can be found in the Belhar Confession: "Racism is a sin, and the theological support of racist ideologies is a heresy." We continue to lift up both this declaration and Confession today and call on all our member churches as well as the global ecumenical community to speak firmly and prophetically against the sin of racism.

Along with the United Church of Christ, we affirm that "we are called to uproot white supremacy in all of its forms."

With the Presbyterian Church (USA) we affirm blackness by stating, "GOD LOVES BLACKNESS. Too many have denied this basic truth for too long. Our choice to align ourselves with love and not hate requires both a rejection of racism and a positive proclamation that God delights in black lives."

We acknowledge that racism is part of a global system of dominance that is intertwined and embedded with an unjust economic system, ecological violence, and patriarchy. In the Accra Confession we declared, "Therefore we reject any theology that claims that God is only with the rich, and that poverty is the fault of the poor. We reject any form of injustice which destroys right relations—gender, race, class, disability, or caste. We reject any theology which affirms that human interests dominate nature."

We acknowledge that this system has resulted in what we can firmly name as Global Apartheid which seeks the consolidation of the power of few at the cost of the many and particularly those communities who are racialized. With the Evangelical Presbyterian Church we affirm that we are called "to speak out for justice and equality; to speak against racism, injustice, and inequality; and to work to arrest the origins of civil unrest—namely, poverty, racial separation, immorality, and a lack of radical love."

In this moment of crisis we are called to adequately and deeply discern the signs of the times and to imagine and work towards another world in which the humanity and

dignity of each individual is lifted up and the sinful structures of death are brought down. For we know that the Lord requires us "to act justly, and to love mercy, and to walk humbly with your God" (Micah 6:8).

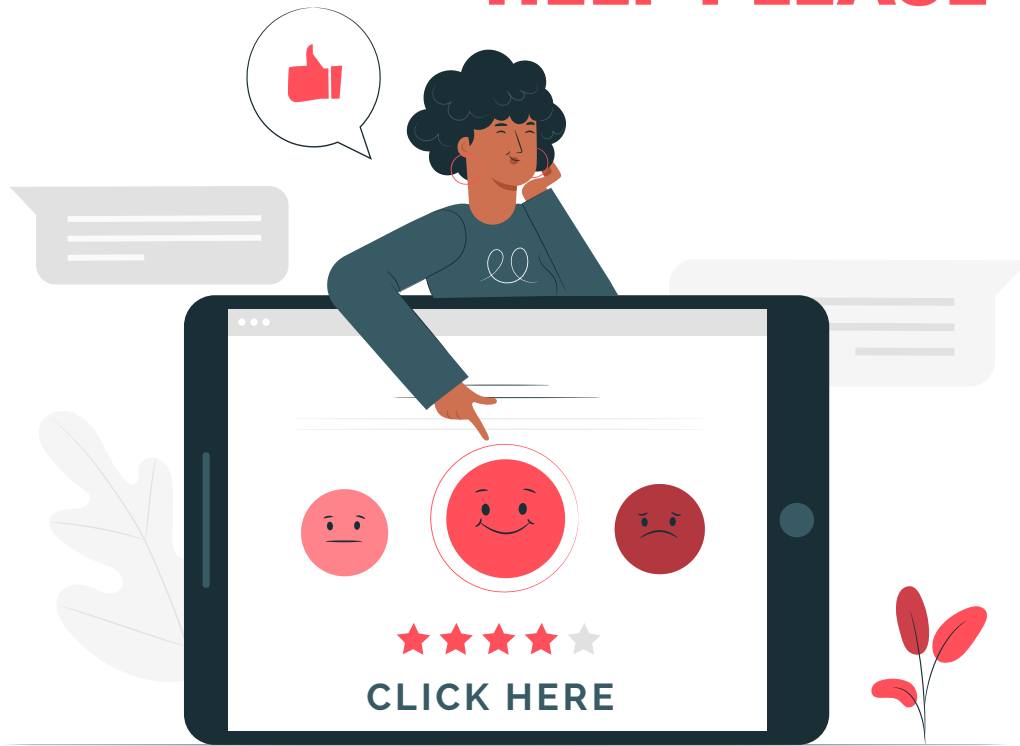
We particularly call on local communities and congregations to address the issue of police brutality by engaging local government agencies to dismantle the culture that encourages, embraces, and uses "use-of-force" policies and to demilitarize police forces.

We further call on churches to have crucial conversations on race and racism that work towards racial justice and specifically call all churches to examine and root out the role white privilege plays in their theology and praxis. Along with the Reformed Church in America we urge all our members to explore how they practically live out the Belhar Confession's principles of justice, reconciliation, and unity.

We call on our churches and the wider ecumenical community to join in a day of lament, fasting, and prayer on 8 June 2020 -- and let it only be a start to a continuing struggle for justice.

*The World Communion of Reformed Churches (WCRC) represents 100 million Christians and 235 denominations in over 105 countries. With its members, the WCRC works to renew and restore the economy and the earth, so that all humanity and the whole of creation might live life in its fullness (Deuteronomy 30:19).*

# WE NEED YOUR HELP PLEASE



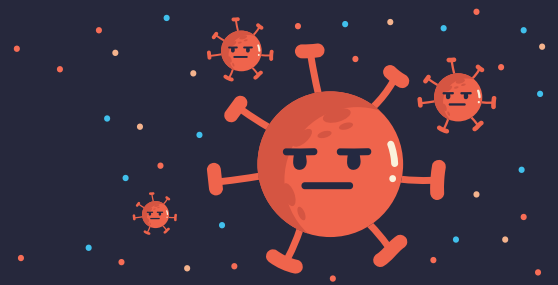
The Communications' Committee of the PCTT launched our first-ever DigitalTP in the month of April 2020. Although this move was in the making, the nCoViD-19 pandemic propelled this vision into becoming reality! We have received some feedback from readers as well as other suggestions in moving forward, for which we are thankful.

At this point, we have reached a crossroad as we consider the pros, cons and cost implications in both digital and print forms of the TP. Your kind assistance in completing our short survey will assist us greatly. Please click on the graphic on the left and follow the Google Docs link and after answering the very short survey just click SUBMIT.

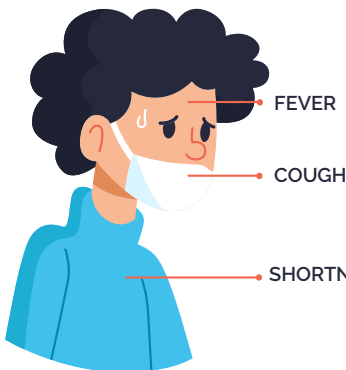
## nCoViD-19

### NOVEL CORONAVIRUS 2019

Help us beat the virus' spread. Keep practicing these for the prevention of the virus's impact for everyone



#### MOST COMMON SYMPTOMS



38°

FEVER

COUGH

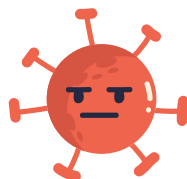
SHORTNESS OF BREATH

#### OTHER

- DIARRHEA
- VOMITTING

#### ADVANCED CASES

- PNEUMONIA
- RENAL FAILURE



#### PREVENTION



WEAR A MASK WHEN YOU GO OUT IN PUBLIC



AVOID TOUCHING YOUR OR ANYONE'S FACE



KEEP YOUR DISTANCE FROM OTHERS (6 FEET)



WASH YOUR HANDS OFTEN WITH SOAP AND WATER OR USE AN ALCOHOL-BASED HAND SANITIZER



COUGH INTO A TISSUE OR INTO THE CROOK OF YOUR ELBOW



STAY AT HOME AND REST IF YOU ARE ILL



CLEAN THEN SANITIZE SURFACES (E.G. TABLE TOPS, DOOR KNOBS AND CELL PHONES)

#### TRANSMISSION

- AIR-BORNE DROPLETS
- CONTAMINATED OBJECTS
- ANIMALS
- HUMAN DROPETS

(SOURCE: MINISTRY OF HEALTH, TRINIDAD AND TOBAGO)





# PEWview

## THE 2020 YOUTH

**MELANIE BABOOLAL**  
**TRINITY (GASPARILLO) PRESBYTERIAN CHURCH**

**I**f we look back upon the last ten years, we will remember the plans we had for the future. Ten years ago, 2020 would seem so far away. But now that we are living that reality, it may be so easy to think that this year is far from our expectations and so far from this vision we had in mind. We had hope that the vision 2020 would be full of new beginnings, endless opportunities, and positivity. But when the world is facing sickness and disease, war and dispute and injustice and inequity, how do we see that vision being fulfilled through these events?

As a young Christian with many expectations for the future, how do I hold on to the hope that my future will end up being bright? How do I find my way through this fog of doubt blurring the clear vision we all had in mind?

As much as we would all like to hit a restart button for 2020, the year still has to happen. 2020 is turned

upside down but it is still 2020. Our hope is built on the promise of God's unfailing love and plan for us to prosper. So why not see this year as our Father's plan for us to come out stronger than we entered the year?

What if after all these bleak events we evolve as a generation stronger than the past ones? What if after disease we gain health, after war unity and after injustice and inequity we gain equal and fair opportunities for all in question? As much as we would like to believe that our individual plans have been ruined by a very unpredictable year, God's Word promises the light at the end of the tunnel for us all. Each challenge that we have to overcome this year PROMISES for us, God's chosen generation, to EVOLVE into stronger and more grounded individuals who are more than equipped for tackling anything.

We may be missing school, our jobs, and the usual leisure we are

accustomed to, but what if this will help us see how blessed we are to even have these things? From this, all of us, our children and their children will have a stronger ability to utilize the Fruit of the Spirit and we will have greater gratitude for all we have been blessed with.

The vision 2020 may be far from expectation but even though it was not the vision we hoped for, the love of God is our beacon through the foggy vision. This entire reality is a transformative one and at the end of it we will come out of it equipped and with a better view for the further future. Let us not think about 2020 as a failed year but let us look at it as a year that forces us to grow and evolve from our former self and ways and help us bloom into new creation. 2020 is an important year for us to become better versions of ourselves and for us to be awakened to a more promising future!

#StayStrong #HoldTheFaith  
#SoliDeoGloria

# CUREPE

## SUNDAY SCHOOL ON



**SHARMILA SINGH**  
**SUNDAY SCHOOL TEACHER, SENIOR CLASS**



According to the Gospel writing of St Matthew 19:14 Jesus said, "Let the children come to me and do not stop them..."

Although nCoV19 attempted to do just that, by forcing closure of all churches within Trinidad and Tobago and many other countries around the world, it did not succeed in stopping the children of Curepe Presbyterian Church from worshipping and learning about Christ. Each week, the children sang, prayed, read bible passages, did artwork, and broke out into their separate classes as they normally do. Only this time they were in their own homes, on their computers, connecting via Zoom.

Aunty Kitty, Superintendent of the Sunday School said, "This is a new way of imparting knowledge unto our children, for the children to learn about God and about the Bible, and, we are learning how to impart that knowledge through the technology. The children are excited about it and it is something

we are excited to do. We are using our talents to praise God and spread His word."

Teaching in a virtual world is definitely not the same as face-to-face. From setting up Zoom to protect the children in a secure classroom environment, to using a virtual whiteboard and playing videos, presents its challenges, but it is all worth it. On average twenty-four children join each week and this includes past students who currently reside in Canada. Many parents also now sit in with their young children instead of dropping them off and returning later to pick them up.

One parent even commented, "Sunday school was really nice. I honestly enjoyed it; the children really enjoyed it as they never did anything like that before...". God certainly works in mysterious ways. When one door closes, He opens another. In this case, when the church door closed, God opened Zoom windows!

### PICTURE ONE

*Keturah Naranjit aka Aunty Kitty, Superintendent of the Curepe Presbyterian Church Sunday School*

### PICTURE TWO

*Top row 1st picture, Sharmila Singh (Senior Class Teacher)  
Top row, 4th Picture, Aunty Kitty  
4th row, 1st Picture, Brian Gayapersad (Substitute Teacher)*

### PICTURE THREE

*Middle row, 3rd picture Large Picture - Sharmila Singh (Senior Class Teacher)*



**Chase Medical Clinic Ltd.**

542, Southern Main Road, Chase Village,  
Carapichaima, Trinidad, W.I.



"Healthcare With Compassion"

Opening Hours:  
Mon-Fri : 8:30am - 6:30pm  
Sat, Sun & PH : 9:00am - 2:00pm.

Office:  
(868) [redacted] / 733-8984  
467-5619 / 233-7026  
E-mail: [chasemedics@gmail.com](mailto:chasemedics@gmail.com)

**Pediatric**



# MEMORY VERSES FOR GROWING



# The Fruit of the Spirit



## Love

1 COR. 13: 4-8

"Love is patient and kind: love does not envy or boast: it is not arrogant or rude. It does not insist on its own way. It is not irritable or resentful: it does not rejoice at wrongdoing, but rejoices with the truth...Love never ends."

"...You make known to me the path of life; in Your presence there is fullness of joy: at Your right hand are pleasures forevermore."

## Joy

PSALM 16: 8-11

## Peace

ISAIAH 26: 3

"You keep him in perfect peace whose mind is stayed on You, because he trusts in You."

"...be still before the Lord and wait patiently for Him: fret not yourself over the variance one who prospers in his way, over the man who carries out evil devices!"

## Patience

PSALM 16: 8-11

## Kindness

EPHESIANS 4: 32

"Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you."

"For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them."

## Goodness

EPHESIANS 2: 10

## Faithfulness

MATTHEW 25: 21

His Master said to him, "well done, good and faithful servant..."

"...let your adorning be the hidden person of the heart with the imperishable beauty of a gentle and quiet spirit, which in God's sight is very precious."

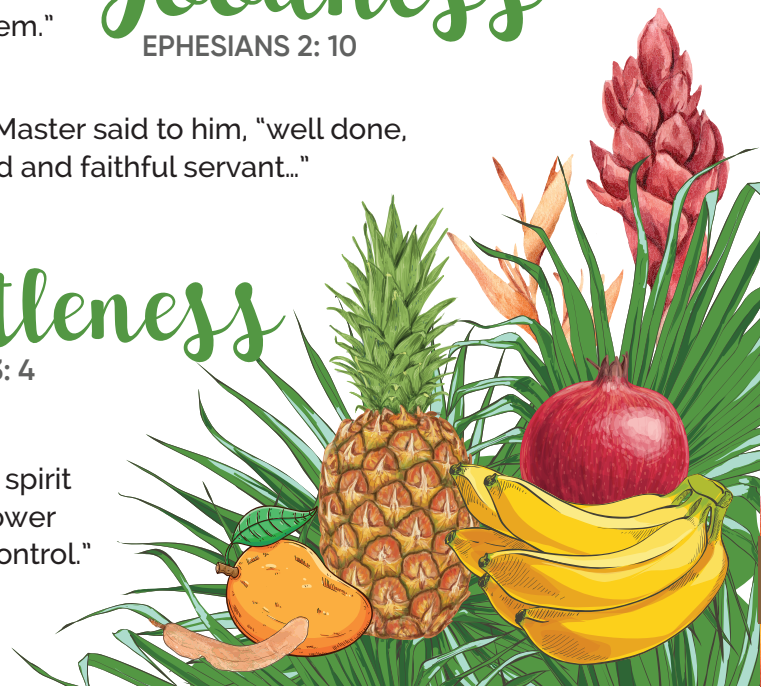
## Gentleness

1 PETER 3: 4

## Self-Control

2 TIMOTHY 1: 7

"...for God gave us a spirit not of fear but of power and love and self-control."

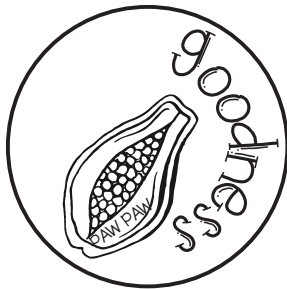
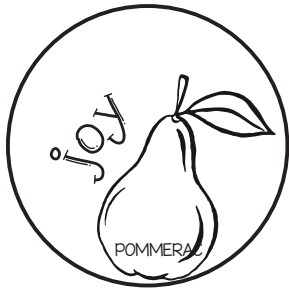


# Wear the Fruit of the Spirit



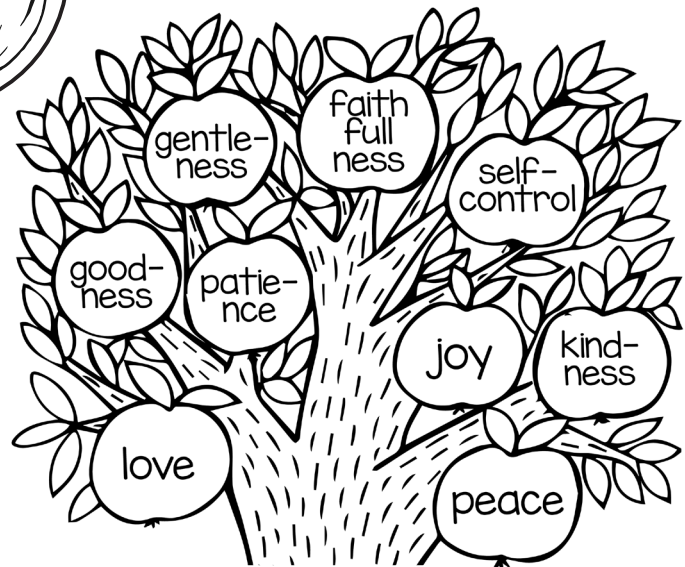
**DOWNLOAD**

and colour the Fruit of the Spirit onto Bristol Board, cut each circle out, punch out a hole on top and string each on twine to make a wearable necklace.



*The Fruit*  
OF THE  
**• SPIRIT •**  
is  
**LOVE, Joy**  
**Peace**  
**LONGSUFFERING**  
**Kindness**  
**GOODNESS**  
**Faithfulness**  
**• GENTLENESS •**  
**Self-control**

Galatians 5:22



**FREE GAME**

inspired by: Mrs. Jones Creation Station

**READY  
SET  
GO!**



**READY  
YOURSELF  
FOR ACTION!**



**SIMONE SINGH-SAGAR, THE NATIONAL YOUTH COORDINATOR OF THE PRESBYTERIAN CHURCH OF TRINIDAD AND TOBAGO**

**H**ey, my fantastic young people! As our country re-opens, examinations have been set and life as we knew it is about to resume, here is a reminder:

Ephesians 6: 10-18

*<sup>10</sup> Finally, be strong in the Lord and in the strength of his power. <sup>11</sup> Put on the whole armour of God, so that you may be able to stand against the wiles of the devil. <sup>12</sup> For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places. <sup>13</sup> Therefore take up the whole armour of God, so that you may be able to withstand on that evil day, and having done everything, to stand firm. <sup>14</sup> Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness. <sup>15</sup> As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace. <sup>16</sup> With all of these, take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one. <sup>17</sup> Take the helmet of salvation, and the sword of the Spirit, which is the word of God. <sup>18</sup> Pray in the Spirit at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints.*

Let us add to this all that we have learnt in this quarantine time, about being thankful, mindful and about self-care:

### MENTAL

Listening to our mental cues for when we are overwhelmed and using measures of mindfulness to give our brains a rest from the pressures of work, school, and social media

### PHYSICAL

Remembering to take better care of our bodies by being aware of what we feed it, how we train it and how we view our bodies as Temples of the Lord.

### SPIRITUAL

With so much more biblical material being made available for us online, let us not forget the lessons that spoke directly to our hearts, in the new songs we learnt and the discovery of new passages of Scripture

### EMOTIONAL

Your emotional self has endured a time of ups and downs, be kind to yourself and practice all the routines of self-care you would have engaged and enjoyed.

### SOCIAL

Do some form of social distancing every day, from the social life portrayed by social media, and socialise more with the true beauty of the earth – nature, silence, animals.

1 Peter 1: 13

*<sup>13</sup> "Therefore prepare your minds for action; [a] discipline yourselves; set all your hope on the grace that Jesus Christ will bring you"*

Be part of this month's Online Youth Check Ins via Zoom:

June 5th  
**JESUS JAM**

June 12th  
**COMMUNITY BUILDING**

June 19th  
**KEEPIN IT REAL (BIBLE STUDY)**

June 26th  
**PRAISE AND PRAYER**

**PCTT NATIONAL YOUTH MINISTRY**

MEET UP PRAY CHECK IN

EVERY FRIDAY IN JUNE ON ZOOM @ 8PM

**JUNE JESUS JAM!**

LET US BUILD OUR COMMUNITY OF FAITH!  
PRAISE. BIBLE STUDY. GAMES. WORSHIP.

# The Trinidad PRESBYTERIAN

---

## COMMUNICATIONS COMMITTEE

---

<b>CHAIRMAN</b>	Karamchand Mitchell
<b>SECRETARY</b>	Intern Minister Sanya Beharry
<b>PRO TEM SECRETARY</b>	Simone Singh-Sagar (NYCoPCTT)
<b>TREASURER</b>	Angela Arjoon
<b>A. TREASURER</b>	Patricia Beepal
<b>EDITOR</b>	Harry Partap
<b>MEMBER</b>	Reverend Annabell Lalla-Ramkelawan
<b>MEMBER</b>	Presiding Elder, Mikey Bedasie
<b>MEMBER</b>	Ralph Pulwarty
<b>MEMBER</b>	Reverend Damien Sieunarine
<b>MEMBER</b>	Amitabh Boodram
<b>MEMBER</b>	Reverend Kelvin Sookhansingh
<b>MEMBER</b>	Rowena Ramlochan



Layout for the June's Digital Edition of *The Trinidad Presbyterian* done by: Vincent Ramkelawan.

*"The Trinidad Presbyterian" was established in 1904  
It is the official publication of the Presbyterian  
Church of Trinidad and Tobago.*

*DISCLAIMER: The Editorial Committee may not agree  
with the views expressed by the writers.*

Dear Readers please email ALL article submissions to this address ONLY.

**TrinidadPresbyterian@pctt.org.tt**

Please keep all article contributions between 300 - 350 words.

Please send all articles by the 15th of each month.

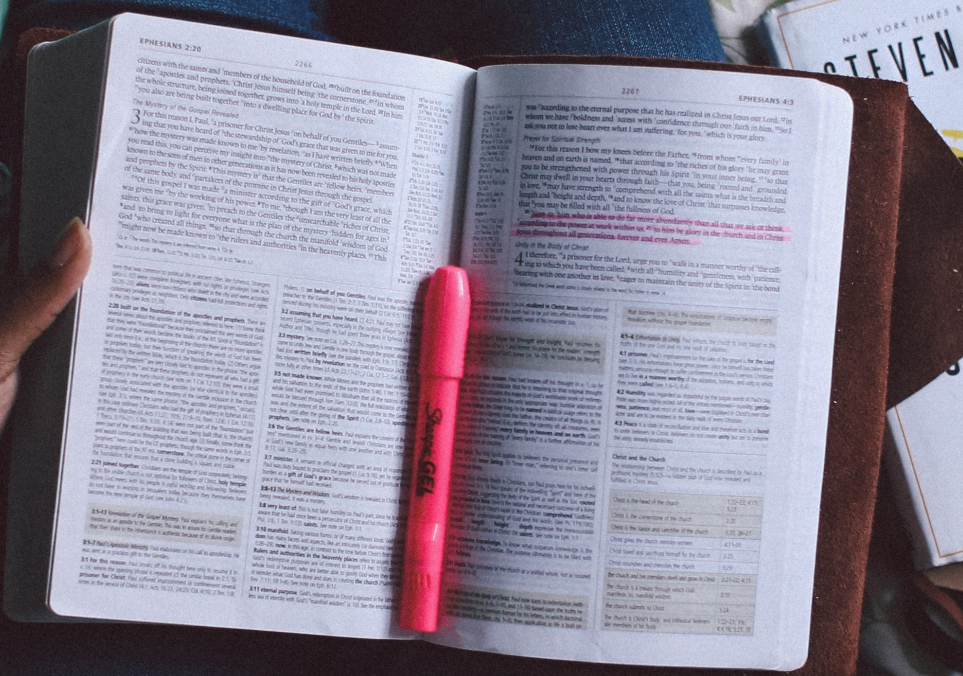
Kindly note that articles sent after the 15th will NOT be acknowledged for the upcoming publication, but may be considered for future issues.

---

Postal Address: P.O. Box 187, Paradise Hill, San Fernando | Email: trinidadpresbyterian@gmail.com



# Read Your Bible



“As the Father has sent me, so I send you”

<b>SUNDAY</b>		Genesis 1:1 - 2:4a	Matthew 9:35 - 10:23	Matthew 10:24-39	Genesis 22:1-14
<b>MONDAY</b>	Galatians 1:1-17	Ecclesiastes 7:1-14	Matthew 17:14-21	Matthew 19:13-22	Matthew 21:12-22
<b>TUESDAY</b>	Matthew 13:53-58	Psalms 12	Numbers 11:1-23	Matthew 19:23-30	Matthew 21:23-32
<b>WEDNESDAY</b>	Ecclesiastes 3:1-15	Matthew 16:1-12	Matthew 18:1-9	Matthew 20:1-16	
<b>THURSDAY</b>	Galatians 3:1-14	Psalms 116	Matthew 18:10-20	Psalms 80	
<b>FRIDAY</b>	Ecclesiastes 5:1-7	Ecclesiastes 11:9 - 12:14	Matthew 18:21-35	Psalms 32	
<b>SATURDAY</b>	Matthew 15:1-20	Galatians 6:11-18	Romans 3:9-20	Romans 6:1-11	

2020  
*June*



# IN LOVING MEMORY

*Ralph E. Boodram*

SUNRISE : 30 07 1939  
SUNSET : 14 07 2020

*Christine B. Boodram*

SUNRISE : 27 03 1942  
SUNSET : 11 04 2020

## GONE BUT NOT FORGOTTEN

*of Queens New York (formerly of Gasparillo, Trinidad)*

*They were the parents of Dennison Boodram, Eddison Boodram, Ingrid Beharry, Brendalene Sookermany, Addison Boodram, Shelley Mitchell, and Genevieve Cellucci. They were the proud grandparents of 18 and great grandparents of 18.*

### *I'm Free*

*Don't grieve for me, for now I'm free,  
I'm following the path God laid for me.  
I took his hand when I heard his call,  
I turned my back and left it all.  
I could not stay another day,  
To laugh, to love, to work, to play.  
Tasks left undone must stay that way,  
I've found that peace at the close of the day.  
If my parting has left a void,  
Then fill it with remembered joy.  
A friendship shared, a laugh, a kiss,  
Ah yes, these things I too will miss.  
Be not burdened with times of sorrow,  
I wish you the sunshine of tomorrow.  
My Life's been full, I savoured much,  
Good friends, good times, a loved one's touch,  
Perhaps my time seemed all too brief,  
Don't lengthen it now with undue grief.  
Lift up your heart and share with me,  
God wanted me now, He set me free.*



# IN LOVING MEMORY

## *Lystra Sampath*

### GONE BUT NOT FORGOTTEN

*As evening falls and we say goodbye today  
Hat's off to mom, we'd always say.  
Boundless stores of gifts you'd shower on us  
Saying, 'Thanks Mom', just doesn't seem enough.*

*You were doctor, teacher, referee and friend  
Your limitless talent possessed no end  
You held no degree in the field of mediation  
Yet every squabble came to an amicable solution.*

*On earth you were both mother and wife,  
And no one could dispute you were the spark of life!  
Today your fragrance still lingers in the air,  
Feeling wistful, it may just bring a tear.*

*Now that you are no longer here  
All we have left are fond memories to share  
May your love and legacy from us ne'er depart  
As you'll always remain – a cherished part of our hearts.*

*(This poem was written by Caroline Sampath of the  
Aramalaya Presbyterian Church in memory of her  
mother, Lystra Sampath.)*

SUNRISE : 14 08 1932  
SUNSET: 06 06 2018



# THE TERENCE ALGERNON BISSESSAR SCHOLARSHIP FUND

THE BOARD OF TRUSTEES INVITES APPLICATIONS  
FOR AWARDS FROM THE ABOVE NAMED FUND

The closing date of application is

31st August, 2020.

All applications should be forwarded to :

Terence A. Bissessar Scholarship Fund  
c/o Nistar Presbyterian Church,  
Southern Main Road, Chase Village.

Email: [tabscholarshipfund@gmail.com](mailto:tabscholarshipfund@gmail.com)  
Phone 662-4086 / 673-0375

APPLICATIONS MUST REACH  
NISTAR PRESBYTERIAN CHURCH  
ON OR BEFORE THE CLOSING DATE



## DOMESTIC VIOLENCE & ABUSE HELPLINES



Domestic Violence & Abuse Hotline: 800-7283

Rape Crisis Society North Office: 627-7273

Rape Crisis Society South Office: 657-5355

Families in Action: 628-2333 / 622-6952

National Help Line: 800-4357

Rainbow Chat: 321-3393

Lifeline: 645-2800/622-6952