

The Trinidad PRESBYTERIAN

THE OFFICIAL PUBLICATION OF THE PRESBYTERIAN CHURCH OF TRINIDAD AND TOBAGO

JULY 2020 | \$4.00



KNOW
JUSTICE
KNOW
PEACE

KNOW JUSTICE
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LET JUSTICE ROLL DOWN LIKE WATERS

Welcome back to worship services in our church buildings! After three months the lockdown is lifted and since Sunday 14 June 2020 we are once more able to worship as a congregation in a "new normal". Covid-19 forced us to quickly respond to the challenges of not being able to meet physically. But we met virtually in online worship services, in meetings and several other activities. While we understood the gravity of NCoViD-19, many still did not fully appreciate the depth of change we are living through.

Let me take the opportunity now to commend all Church workers and Pastoral Regions for their sacrificial efforts in caring, not only for our members, but the wider community. This crisis brought out the best in all of us. We were able to put into action the true meaning of our Christian discipleship – love one another. But, be that as it may, we were eager to return to church and to look forward to a deep experience of God's love; Christ's call; and the Spirit of guidance.

Sadly, our Lord's injunction to love one another did not resonate with the police officer in the US who caused the death of an African American man, George Floyd, in the name of the law. This tragic, dastardly act outraged, not only our African American sisters and

Moderator *speaks*

brothers, but people from all walks of life worldwide. Their outrage sparked protests globally. It forced the international conscience to throw the spotlight on the injustices faced by African Americans and persons of colour in the US every day for generations at the hands of law enforcement.

As a church community we must never turn a blind eye or remain silent if we are witnesses to acts of violence or vestiges of systemic and inherent racism here at home or in the world at large. We stand solidly with any member of the human family faced with the inhumanity of racism. Racism must be stamped out. It must not be the basis on which law enforcement act. Law enforcement should protect

These are some of the hallmarks of our Christian Faith. Compelled by the importance of our commitment to these principles and values, the Church must deepen its understanding of the devastating impact of systemic racism. We can achieve this by working with all stakeholders to broaden cultural sensitivity in stamping out discrimination.

We, in Trinidad and Tobago, are blessed with a culture of unity in diversity. We are a multi-religious, multi-ethnic, and multi-racial community. Many admire us as "a rainbow people". Therefore, we must stand in solidarity to crush racial discrimination whenever it rears its ugly head. In fact, as we face a General Elections campaign



THE RIGHT REVEREND JOY ABDUL-MOHAN

and inclusion. We must intensify our efforts in developing a more cohesive ministry of reconciliation and mediation.

As we engage in constructive conversations with our families, friends, and community, let us pray and seek the Holy Spirit's ongoing revelation and healing. Let us pledge to take more

We must come together to build a deeper understanding of issues around social justice and equity for all.

and serve and if there are rogue elements bent on personal agendas, they must be held accountable for their action.

The Presbyterian Church of Trinidad and Tobago stands in solidarity with the ecumenical movement and other religious organizations, local, regional, and international in condemning unequivocally racism, systemic or otherwise. We are committed to the principles of fairness, equity, and inclusivity.

season it may be the right time to remind politicians and social media bloggers not to use race or ethnicity as an election tool.

Recognizing that racism is as real as life and as serious as death, we need to help persons to move from an attitude of hostility to an attitude of hospitality. We must come together to build a deeper understanding of issues around social justice and equity for all by educating our community on anti-racism, diversity, social justice,

action and responsibility toward a more inclusive and just future. We recognize that we all need to do more. Together as a church, community, and country, we can develop a better, more equitable future for all. I am reminded, as I close, that the God who created us equal and in His image calls us to pursue a community of love, justice and peace: So let justice roll down like waters and righteousness like an ever-flowing stream. (Amos 5:24)

KNOW JUSTICE.

KNOW PEACE.

Christian individuals and groups have had differing opinions about whether and when it is ethically appropriate for Christians to use force or violence. It is more helpful for us to realize that God calls us to the abundant life of shalom-fulfilment of justice with peace. Establishing a "Just Peace" in this sense means recognizing and accepting the identities of others, allotting them their rights and responsibilities in Church and society, renouncing hatred as a belief, and working towards autonomy and accountability in the power of the Almighty.

The early Church was pacifist, opposing all forms of violence including military service. Clement of Alexandria, Tertullian and Origen strongly opposed any form of violence. Historian Roland Bainton observes that pacifism ended with Constantine when Christianity changed from being the religion of the persecuted to become the religion of the persecutor.

Today, arguments for the correctness and means of force are shaped by the perspectives of persecutor and persecuted. Those who are comfortably ensconced in positions of power decry violence but simultaneously authorize violence to quell dissent. The view of those who hold societal power is that violence is only justified for necessary defence or to fight a war - with such necessity being determined by the prevailing interests of the ruling classes.

By 1966, Martin Luther King Jr had observed that a riot is the "language of the unheard." He was neither justifying nor promoting violence but noting that it is an inevitable consequence to relentless oppression. The unheard voices of victimized masses will escalate into actions against those who keep them downtrodden. Complicity with race, religious or gender-based violence is not the way of Christ. Understanding those who are tormented beyond endurance is the call given to us by the Lord who came to release those in captivity. Captives today languish under the impedimenta

of income inequity, prejudice, and multifarious manifestations of inhumanity.

Movements such as the Quakers, Amish, Mennonites, and others embrace pacifism and refuse to participate in anything that would possibly generate a culture of violence. The Quakers were the first Christian group to oppose slavery. Quiet, reflective worship led to fervent activism ending the slave trade and slavery.

We are entrusted with applying the lesson of 2nd Corinthians 10:4 which tells us that the weapons of our warfare are not earthly; they are divinely powerful to tear down the strongholds of this world. One of those strongholds to be torn down is violence. The Just Peace is the presence of God.

We are called to cultivate and promote attitudes and actions uplifting and including all, and to be allies of individuals and groups striving to improve the safety and happiness of the disadvantaged and downtrodden. This is the way of the Lord.

KNOW YOUR FAITH SERIES

THE TWO PERIODS OF ORDINARY TIME



REVEREND ADRIAN SIEUNARINE

One of the many things that the coronavirus pandemic has clearly shown us is that there is no such thing as “ordinary” time. Every moment of every day is extraordinarily filled with possibility and opportunity!

In our liturgical calendar, the term ‘ordinary’ does not mean banal, regular, or dull. The term ‘ordinary’ comes from the ordinal numbers which mark the time from Epiphany to Lent and then from Pentecost to Advent. Yes, to make things even more extraordinary, there are actually two periods of ordinary time!

The first period of Ordinary Time begins with the Sunday after the 6th of January, Epiphany, which is the Sunday when we remember Baptism of Jesus (numbered with the ordinal “first” Sunday of Ordinary Time). That period continues until Ash Wednesday which is the 40th day (excluding Sundays) before Easter Sunday. Easter Sunday itself is calculated as the first Sunday after the 14th day of the lunar month following March 21st. The reason a lunar month is used rather than an actual sighting of the full

moon is that the full moon may vary in different parts of the earth, so a tabular calculation provides accuracy, agreement, and advance planning.

The second period of Ordinary time begins on the Whit Monday (the day after Pentecost, also called Whit Sunday) and concludes on the Saturday before the first Sunday of Advent. This is the longer period of Ordinary Time and one could hear in church that “Today is the 27th Sunday of Ordinary Time.” These days in many churches, Ordinary Time is taken as a unit, so the Sundays before Lent continue to be numbered with the Sundays after Pentecost. So, the Sunday before Lent could be the 9th week of ordinary time. And after Pentecost the ordinals resume unabated therefore as the Monday of the 11th week of Ordinary Time.

This means that Ordinary Time is the longest season in the liturgical calendar, usually about 33 weeks long!

Some Christians find the concept and duration of “Ordinary Time” too long and dreary. Some count down the Sundays from

Epiphany to Lent as “Epiphanytide” (meaning Epiphany season) and the Sundays from Trinity Sunday to Advent as “Trinitytide” (Trinity season) Other churches for the second period revert to an older usage and number the Sundays from Pentecost to Advent with the ordinal then “Sunday after Pentecost.”

It is always important to remember that liturgical calendars are the inventions of people, not God. We structure our calendar according to Christian celebrations inserted into various days and months. This year, we did not go to church buildings for Lent, Good Friday or Easter Sunday or Pentecost; a poignant reminder to us that every moment is suffused with wonder.

DID YOU KNOW

that the Liturgical colour for Ordinary Time is green?

Usually green represents hope. Like a new plant. So, when it is not a big feast, calling for red or white, we live in hope. It is a colour that evokes life and growth.

breaking bad news *TO CHILDREN*

COUNSELLING COLUMN WITH BERNADETTE GYAN-MANICKCHAND

Q

How much detail is necessary in explaining the mystery of death to young children?



Direct and honest answers though difficult, are the best ones to develop trust and hope in adults. Evasive questions about dying and death may make a child's feelings of grief, fear, and resentment stronger and longer lasting. Children of the 21st century have information at the touch of a screen therefore it is best we explain in relation to their understanding.

Death can be less terrifying if it is discussed openly and calmly. In explaining death, one has to deal with facts relating to illness, accidents, epidemic, pandemic, and old age. Some parents evade an honest answer in the mistaken belief that they are guarding the child against the pain that may be caused by the truth. Children, however, cannot go through life constantly protected from pain and grief.

A three-year-old can understand that granny died because she was very old and tired, while a six-year-old would be able to think that eventually everyone grows old and

tired and can no longer go on living. Should a parent tell an 'untruth' for example, "grandpa has gone to sleep" a young child can become scared to go to bed. He is now afraid that he too would not wake up.

Even the religious explanation, which seems desirable to many adults is not always helpful to a child. Few children find comfort in such explanations as 'God took him/her' or 'He/she has gone to heaven to be with the angels'. Such explanations may build feelings of resentment, fear and even hatred against the God who can strike without warning someone and for whom the child cares deeply.

Naturally, children are affected and would be affected by the death loved ones. They will also have different levels of effect due to the relationship shared with different individuals. Parents, at that time even though may be going through their own emotions need to ensure that the child's need for explanation and understanding are met.



Naturally, children are affected and would be affected by the death loved ones.



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*The Graduation Ceremony for
all programmes of the St. Andrew's
Theological College (SATC) will be held on
Wednesday September 2nd 2020 at 5:00 p.m.
at the Susamachar Presbyterian Church.*



**ST. ANDREW'S
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The St. Andrews Theological College (SATC) has a solid offering of courses for persons interested in various levels of studies. Browse the upcoming plans for our courses found on the next page or you may contact us for further details.

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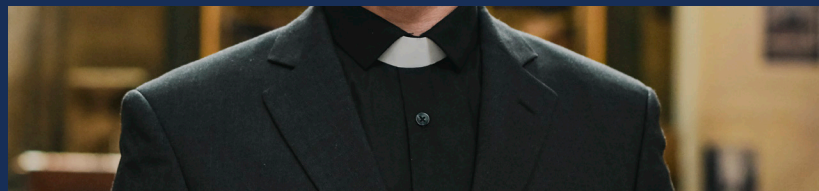
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PRESIDING ELDERS COURSE REMAINING MODULES



COURSE	TUTOR	TIME
Liturgical Studies	Rev. Anthony Rampersad	Mondays in July
Communication Studies	Ms Sanya Beharry	Thursdays in July
The Sacraments	Rev Annabell Lalla-Ramkelawan	Thursdays in August

FULL TIME STUDENTS: JULY-AUGUST 2020 ("SUMMER") CLASSES



COURSE	TUTOR	TIME
Pastoral Counselling 1	Rev. Keron Khellawan	Tuesdays July-August
Homiletics 3	Rev. Adrian Sieunarine	Mondays July- August

FULL AND PART TIME STUDENTS: SEPTEMBER TO DECEMBER 2020



COURSE	TUTOR	TIME
Principles of Church Leadership and Management	Rev. Adrian Sieunarine	Mon 1:00 to 4:00 pm
History of the Caribbean	Mr. Joseph Bridgewater	Mon 5:30 to 8:30 pm
Pastoral Counselling 2	Rev. Keron Khellawan	Tues 5:30 to 8:30 pm
Comparative World Religions	Mr. Burton Sankeralli	Wed 5:30 to 8:30 pm
Letters of Paul	Rev. Errol Inshanally	Thurs 5:30 to 8:30 pm
Individual and Social Ethics	Rev. Adrian Sieunarine	Thurs 5:30 to 8:30 pm
Congregational Studies	Rev. Dr. Randall Sammah	Fri 5:30 to 8:30 pm

Interested in applying?

Application deadline for new students is July 31, 2020 for the September intake.
Contact the Executive Administrative Assistant Ms. Kimberly Ramkissoon

kimberly.ramkissoon@satc.edu.tt | 1 (868) 653 0449 | 1 (868) 657 7554

SHOWING UNUSUAL KINDNESS

EMMA RAHMAN

Moments
OF INSPIRATION

Every Monday at 8:30 a.m. on TV6

Our national television outreach program, Moments of Inspiration is covering a series entitled "Showing Unusual Kindness" adopted from the World Council of Churches: Week of Prayer for Christian Unity. During the season of Pentecost, this global ecumenical initiative allows us time for meditation and prayer as the united body of Christ.

This year, Church leaders from the island of Malta, located in the Mediterranean Sea, have prepared the theme based on Acts 28:2 in celebration of a festival native to their island - the Feast of the Shipwreck of St Paul. The meditations show the actions of Paul, the ship's centurion, and the natives of Malta. These acts of reconciliation, hope and hospitality are as important for society today where an overwhelming amount of time is focused on self-centered desires, hostility to those of different backgrounds and a prejudice to those deemed superior.

Exploring "Showing Unusual Kindness" within the PCTT context has the potential to stimulate reconciliation and unification on a multitude of fronts. From a national perspective, we are encouraged to become more understanding toward the importance of respect for Christians from different denominations as well as believers of different faiths. Within our churches, this is an

important reminder from Acts that status and power falls away when conquered by unusual kindness can become the catalyst for more compassion. The act of showing kindness to those who are different from us may feel abnormal, but it is necessary to reflect the light of Christ.

This eight-part series presents sub-themes depicting the life we ought to lead as Christ's light shines

through our actions, remembering that all human beings are God's diverse and beloved children.

As we explore the messages found within this theme of "Showing Unusual Kindness," you can find all the episodes on our YouTube Channel, Presbyterian Church Trinidad and Tobago, our Facebook page @Moments of Inspiration; and look out every Monday morning at 8:30 a.m., on TV6.

**08
June**

208 | Reconciliation: Throwing the cargo overboard
Presenter: The Rt. Reverend Joy Abdul Mohan
Music Ministry: Kimberly Poliah

**15
June**

209 | Enlightenment: Seeking & Showing Forth Christ's Light
Presenter: Reverend Annabell Lalla-Ramkelawan
Music Ministry: Johanna & Matthew Seepersad

**22
June**

210 | Hope: Paul's Message
Presenter: Reverend Adrian Sieunarine
Music Ministry: Christopher Boodram

**29
June**

211 | Trust: Do not be afraid, believe!
Presenter: Reverend Kendrick Sooknarine
Music Ministry: Melanie Baboolal

**06
July**

212 | Strength: Breaking Bread for the Journey
Presenter: Reverend Manan Deo
Music Ministry: Sharon Paul

**13
July**

213 | Hospitality: Show Unusual Kindness
Presenter: Reverend Brenda Bullock
Music Ministry: Jared Jaggai

**20
July**

214 | Conversion: Changing Our Hearts & Minds
Presenter: Reverend Kelvin Sookansingh
Music Ministry: Thalia & Tevin Hanomansingh

**27
July**

215 | Generosity: Receiving and Giving
Presenter: Reverend Damien Sieunarine
Music Ministry: Neil Forgenie & Aidan Boodram



WHAT IS ON YOUR plate

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

You have probably been hearing a lot about “Quran-ten” or “Quarantine-15” in reference to the weight one might have gained during the quarantine/lockdown period. If you have gained some weight during this period, I assure you that you are not alone.

The Stay-at-Home measures have undoubtedly affected the daily routines and practices of most. Many of us have become more sedentary and may have filled our plates with a bit more than required, resulting weight gain but it does not have to stay this way.

Gaining a few pounds over a short-term period is not the end of the world. However prolonged unhealthy eating and limited activity can prove harmful to your health. Even more concerning to those with children in their households, is that these habits can extend to the little ones. These unhealthy eating habits can persist well into adolescence and adulthood if unchecked. Hereunder are nutrition tips to avoid the above:

IMPLEMENT SUSTAINABLE PRACTICES

End your relationship with diets! Let us aim for a healthy diet. Crash diets, like its name implies are destined for failure. Drastic

changes to your diets such as no carbs, no sugar, are unsustainable and individuals often revert to their past, unhealthy eating habits. For this reason, I recommend gradual changes to your diet to eventually wean yourself out of unhealthy eating practices. These changes can be as simple as:

- Less sugar in your coffee or replacing a glass soft-drinks (soda) or sweetened juices with one glass of water.
- Incorporating natural sweeteners like honey, agave, or bananas (muffins or pancakes)

- One less slice of bread or switching to whole grain as opposed to white bread.

CLEAR UP THE MISCONCEPTIONS

Carbohydrates have been getting a bad rap for a quite a while. This macronutrient is viewed as the main contributor to weight gain, but it is called a macronutrient for a reason. Carbohydrates are an integral part of a healthy diet. As such, it should be noted that weight gain is due to overconsumption of large portions of food in general. However, there are essentially two types of carbohydrates: simple and complex.

Simple Carbohydrates include foods such as white bread, cookies, processed cereals, soft drinks, and other foods with refined sugars. These foods contain empty calories that are low in fibre and enters the body quickly causing spikes in blood sugar, LDL cholesterol levels, inflammation, and insulin resistance. Because these can lead to health issues such as, diabetes, high cholesterol, and obesity, it is advised to minimize the consumption of those types of food. Let us get to the good stuff!

Complex carbohydrates on the other hand not only provide energy, but vitamins, minerals, fibre, and phytonutrients. These healthy carbohydrates can be obtained in foods like quinoa, brown rice, ground provision, broccoli, oats, yogurt, etc.

PROTEIN AND VEGGIES!

As many of us are aware, proteins are the building blocks of our body and are responsible for the repair

and growth of muscle tissues, hormone, and enzyme production. Fruits and vegetables are also our main source of micronutrients and are essential for immune support and overall health.

For these reasons, it is important to incorporate protein and vegetables into your diet. It is also noteworthy that protein is crucial to feeling satisfied during and between meals, which reduces the potential for overeating. However, because proteins can have high levels of saturated fat such as some cuts of meat like lamb, pork, beef. One should ensure that high quality protein is consumed. Foods such as salmon, chicken, eggs, beans, nuts and whey or casein from supplements are great sources of protein.

HEALTHY FOOD DOES NOT MEAN BORING OR BLAND!

Ever heard the saying “you eat with your eyes first”? I love the colour brown, but brown all over a plate, is not the most appetizing sight. Add some vibrant colours, flavour, and range of textures to your food to leave you and the children excited to eat.

EAT WHEN HUNGRY. STOP WHEN SATISFIED!

Do you listen to your body? You should. Your brain sends cues to your body when you are hungry to get you to eat when you need to. Skipping meals lowers metabolism and causes the body to burn less energy which is likely to lead to weight gain. Instead listen to your cues, eat slowly, and stop eating when satisfied.

BUSY SCHEDULE GETTING IN THE WAY

Some of us are right back on schedule with our busy lifestyles and making the transition from excess time on our hands to now having very little can potentially drive us towards the “quick-fixes” again. In this case it is good to consider meal prepping. Food prep allows you to prepare meals in advance on the days or periods where you have the time to do to makes it easy to choose balanced meals, especially when you’re tired or short on time.

GET SUFFICIENT SLEEP

Lack of sleep has been shown to increase susceptibility to stress as well as craving of sweets. Additionally, where there is sufficient sleep (7-9 hours of rest), there is also clearer and more thoughts and decisions. When you’re tired or low in energy you also tend to seek quick fixes, like take-out, processed foods and snacks; conversely, if well rested, you are more likely to make rational, positive choices to support your goals.

Weight loss is best achieved by limiting overall calories while maintaining a balanced diet. When meals are balanced in all aspects you are more likely to feel satisfied sooner and longer, which keeps you from overeating and unnecessary snacking.

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

Ryan Simon Mohammed Earns A Doctorate

DENNIS WILLIAMS, LAY PASTOR

Dr. Ryan Simon Mohammed graduated with a doctorate in Environmental Biology - Aquatic Ecology from the University of the West Indies (UWI).

He is the son of retired Acting Principal, Mrs. Sylvia Mohammed, of the Princes Town Presbyterian # 2 School and retired Scotiabank employee, Mr. Rasheed

Mohammed. He is the brother of Rachael Mohammed. Ryan is a member of the St. Andrew's Presbyterian Church in Princes Town.

He attended the Princes Town Presbyterian #1 School and St. Stephen's College, Princes Town from where he passed both CXC O' Level and GCE A' Level examinations. He proceeded to the St. Augustine Campus of UWI where he pursued studies leading up to a PhD. He graduated on 24 October 2019.

His advice to students is "Keep focused on your purpose; do not give up and have faith in God. You must be a believer if you want to be an achiever."

Congratulations Dr. Mohammed. God bless you and the family!



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THE PCTT NATIONAL SPORTS COMMITTEE URGES KEEP THE COMPETITIVE SPORTS SPIRIT ALIVE

The National Sports Committee of the Presbyterian Church of Trinidad and Tobago (PCTT) has cancelled the Annual National Sports Day schedule for 01 August 2020 due to the Covid-19 pandemic.

While the National Sports Committee regrets having to take this decision, it is urging Youth Groups and Pastoral Regions to continue preparations for a grand event in 2021. The Committee wishes to remind all winners of Challenge Trophies from Sports Day 2019, to please return all outstanding trophies in their possession to the Synod's Office as early as possible.

The nCoVid-19 pandemic will place a damper on several activities planned for this year.

These include:

T10 CRICKET COMPETITION

25 April, 2020

TABLE TENNIS COMPETITION

23 May, 2020

NORTH-SOUTH FOOTBALL

11 July, 2020

48TH. ANNUAL SPORTS DAY

01 August, 2020.

A CAR RALLY

29 August, 2020

SMALL GOAL FOOTBALL COMPETITION

October 2020

The Committee ask that you keep these projected activities in mind for participation and support and pray that we will be able to achieve our goals. Pray, Play and Stay Together as God's children within the Presbyterian Family.



**DIANNE PHILLIP-RAMJATTAN,
SECRETARY OF THE PCTT
NATIONAL SPORTS COMMITTEE**



STEPHAN PERSAD NEEDS OUR HELP

The 29-year old, Stephan Persad, is in need of \$250,000 initially, to pay for an air ambulance to take him to Baltimore, Maryland USA for urgent medical treatment. However, his medical treatment will cost TT\$ 2 million.

Stephan was diagnosed with Acute Myeloid Leukaemia, an extremely aggressive form of cancer on 19 January 2020. He undergone a first phase treatment for the cancer in Cuba but was unable to return to Cuba to start phase 2 due to the nCoVid-19 pandemic's closure of borders. He has since suffered a relapse that put him in a worse situation than he was before.

Stephan was hospitalized for the past few weeks. The doctors in Trinidad have indicated that there

is nothing further that can be done here and has subsequently released him from the Hospital awaiting treatment at Johns Hopkins in Baltimore, USA. This is his only hope and time is not on his side. The treatment is estimated at two million Trinidad and Tobago Dollars. Johns Hopkins has indicated he just needs to get there, and they will sort out the finances at that time. However, he needs to take an air ambulance that is costing around \$250,000.00 TT Dollars. He is one of two children of a single mother. His father passed away a year and a half ago, and his sister, 35, is a child with special needs.

An urgent request is made for your financial assistance to get the necessary treatment to save his life.

Donations are kindly being accepted via Fund Me TnT or First Citizen's Bank deposits.

FUND ME TNT

<https://fundmetnt.com/campaign/saving-stephan>

BANK INFORMATION:

Account # 2532627
Account Name: Denyse Persad
(Stephan Persad's mother)
First Citizens Bank Ltd. (Gulf View)
Contact Number: 1 (868) 702-4229

Thank you for any assistance you may be able to provide.

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The
Sarah Morton
Dormitory
National Heritage Site

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THE SARAH MORTON DORMITORY BUILDING
NATIONAL HERITAGE SITE
DECLARED BY THE PRESIDENT OF THE REPUBLIC OF PAPUA NEW GUINEA
ON THE 15th DAY OF SEPTEMBER 2011
FOR THE NATIONAL HERITAGE SITE
FOUNDER: MISS SARAH MORTON
1884 - 1968

NAPS GIRLS' 103-YEAR-OLD HERITAGE SITE RESTORED



YVONNE WEBB | MONDAY JUNE 22, 2020
REPRINTED WITH PERMISSION FROM
THE TRINIDAD AND TOBAGO NEWSDAY

A 103-year-old national heritage site constructed by Canadian missionaries in 1917 to free East Indian girls from the bonds of child marriage was refurbished and rededicated last week.

The Sarah Morton Dormitory, declared a national heritage site in 2019 and named after the wife of the first Canadian missionary to Trinidad, was built in the grounds of Naparima Girls' High School, San Fernando.

The purpose was to house many bright, but poor young girls who lived far away and who would not have otherwise had a chance of higher education.

Among them was Zalayhar Hassanali, the school's patron and widow of President Noor Hassanali.

At the rededication ceremony, Hassanali, who came from a large family, shared many nostalgic moments of her stay at the dorm when she enrolled in 1943.

The dormitory was converted to a classroom after 1967 but fell into disrepair over the years. A decision was taken to preserve this part of the school's history and a

committee first met five years ago to refurbish and repurpose the dorm to be used by many more generations.

Presbyterian Moderator Rev Joy Abdul-Mohan spoke to a small audience, spaced apart according to physical distancing regulations, in the chapel, which she said is the only chapel in any of the church's five secondary schools.

"It reflects who is at the centre of this school," she said.

She thanked Sarah Morton, "who in recognising the plight of young East Indian girls, was determined to free them from the traditional bonds of child marriage, which hindered the educational development of women." She said even then, the church could not remain silent on the issue of child marriages.

Principal Carolyn Bally-Gosine, who is due to retire after almost four

decades as a student, teacher, and principal at Naparima Girls, said the dorm, much like its founder, has shown resilience and a core strength. She said the building has withstood the test of time and students of Naparima Girls' should feel honoured to be part of this rich history which had contributed to the development of worthy and outstanding citizens.

Beverly Mohan, representing the school's alumni association, said, "This building is not just a wooden structure on the school's compound. It is an integral part of our heritage as it has directly or indirectly moulded the lives of thousands of women in TT."

Similar sentiments were echoed by chairman of the Parents' Action Committee Dr. Afraz Ali, who noted, "this is an important legacy and I think we should cherish it."

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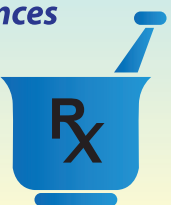
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God Moves Me!

As children of God, we are called to be His followers and "move" for Him. God wants us to practice what is right and to stay away from wrong things as He moves within every one of us. The wonderful thing about God is that He will never allow us to be alone. Instead, God is ready to equip us with a spiritual armour which protects us and help us to grow and move in Him. The New Testament book of Ephesians, chapter 6 verse 13 to 17, tells us all about this powerful armour.



Ephesians 6:13-17 (NRSV)

¹³ 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. ¹⁴ Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness. ¹⁵ As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace. ¹⁶ 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. ¹⁷ Take the helmet of salvation, and the sword of the Spirit, which is the word of God.

We MOVE wearing the full armour of God!

BELT OF TRUTH

we move being surrounded with the truth found in Jesus as we stand up to what is wrong.

BREASTPLATE OF RIGHTEOUSNESS

we move doing what is right in God's eyes by practicing good deeds and having clean thoughts.

SHOES OF PEACE

we move spreading peace wherever we go by telling others about the Good News of Jesus.

SHIELD OF FAITH

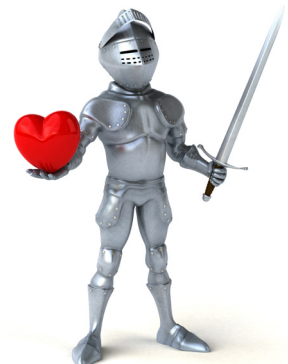
we move keeping our faith in God and knowing He will protect us from harm.

HELMET OF SALVATION

we move with hope, knowing that God gave us salvation and everlasting life when Jesus died for our sins.

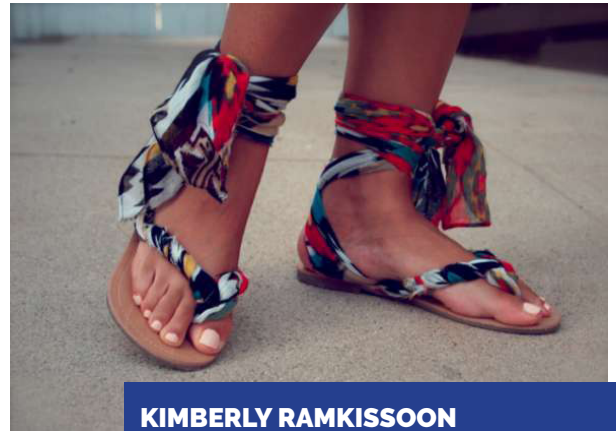
SWORD OF THE WORD OF GOD

we move with the powerful Word of God by reading the Bible and learning how to be true disciples of God.



Sandals of PEACE

"...and having shod your feet with the preparation of the gospel of peace." - Ephesians 6:15



**KIMBERLY RAMKISSOON
MORNING STAR PRESBYTERIAN CHURCH**

THINGS YOU WILL NEED:

Cardboard, Scissors (please ask a parent or responsible adult to help you), 2 yards of ribbon (1 inch), Foam or Sponge, Construction Paper, and Glue

1. MAKING THE SANDAL BASE:

Put on your favourite shoes and trace the outline on a piece of cardboard with a marker. Use a pair of scissors or ask an adult to help you cut out the outline. Glue your foam/sponge to the bottom of each shoe outline and cut off the excess. Pick your favourite colour of construction paper and glue it to the other side of the foam/sponge. Do not forget to trim the extra pieces off again so we keep the shape of a sandal!



2. TIME TO MAKE THE FRONT STRAPS WITH OUR RIBBONS

Place one foot on your "sandal" base and place one end of the ribbon underneath. Wrap it over the front of your foot and tuck the other side of the ribbon under the other side of the "sandal". Make a snip, remove your foot, and use glue to attach the ribbon to the sandal base. Repeat these steps for the next side. Leave enough time for everything to dry.

3. NOW FOR OUR ANKLE STRAPS USING RIBBONS:

Place one foot back in your sandal and place one ribbon under the arch of your foot (near your heel). Make a wrap over your foot and then behind your ankle. Next make two or three criss-crosses up the leg. (see photo). Now that you have the proper length for your strap, you can cut the ribbon and glue the ribbon on to the underneath of the sandal. Repeat for both sandals.

You're now equipped with the Sandals of Readiness to spread the Gospel of Peace!



The Sandals of the Gospel Secret Code

Each number stands for a letter of the alphabet. Write the correct letter in the blank to find the coded words and phrase.

Code key

A 1	J 10	S 19
B 2	K 11	T 20
C 3	L 12	U 21
D 4	M 13	V 22
E 5	N 14	W 23
F 6	O 15	X 24
G 7	P 16	Y 25
H 8	Q 17	Z 26
I 9	R 18	

6 5 5 20

7 15 4

1 18 13 15 18

16 5 1 3 5

18 5 1 4 9 14 5 19 19

OF THE

19 1 14 4 1 12 19

7 15 19 16 5 12

Spot the difference

Compare the Breastplate of Righteousness on the left with the one on right. There are 11 things that are different between them. Can you find them? Let's see how many you can get. Spot the difference!



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IT'S

JAWA

TIME





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

We are heading into the JAVA – July August VAcation!!!! This is a time that is much anticipated by students everywhere. As expected, this year will be different as we maintain government guidelines, but we can make it meaningful all the same!!

Through this page, we would have covered the Four Theological Concepts of Youth Ministry – Service, Relationships, Discipleship and Community. These four concepts will be the base for what we plan to do as Youth Groups in the next two months! Although we would have to limit meeting up physically, let's make our virtual avenues more active – and yes, they can be used for more than talk. You can play games, sing, watch movies, host bible studies and so much more!

Note Well – as youth leaders, your job is not to develop programs that will entice the youths to come out, but to lead them to Jesus Christ through programs designed around their interests. The world offers much by way of entertainment. Church offers what the world does not and cannot – hope found in Jesus Christ. This is our task!

Did you create that Parents Chat or Broadcast List yet? Now is a good

time, as you will need the support and push of parents to have these youths involved.

As always, message me (click my face above) for help! Let's work out what is best for the young people in your Church!

HOST A SPECIAL WORSHIP JUST FOR YOUTHS WRITING EXAMS

This can be done virtually or on an evening at Church. The aim is to have lots of prayer, singing and scripture readings from which the youths can draw confidence and fight fear associated with exams. Pray for each student individually, if you can, and follow this up thereafter by sending them faith building images, videos and songs each week of their exams.

MOVIE AND CHAT

Have you seen The Shack? It is a faith-based movie that centres on forgiveness and the real presence of God in our daily lives. Using the screen share option on Zoom, you can watch this movie together and thereafter have a discussion on the topics covered in the movie. Youths can be encouraged to ask the questions that puzzle them about their faith and even as it relates to the current issues in our world and nation. You may need a theologically trained individual to assist in answering these questions.

TALK ABOUT GOD

Our young people have lots of questions about their faith – seriously they do! This was really apparent at our Jesus Jams held in June. Create a session that allows for them to ask their questions and be prepared to get real. There is a myriad of topics that our youths need answers for and more are popping up as our world and nation endure this time of turmoil.

CHURCH LOVE

We need to engender in our youths' minds that the Church premises are theirs to care for and not just a space to occupy. Plan a clean-up day where they beautify the Church buildings' surroundings or are taught about cleaning the sanctuary. How about a training session on the audio set up or how to create a Church-appropriate visual presentation for worship? Let's teach them how to properly care for the physical House of the Lord.

REMEMBER THAT NATIONAL YOUTH SUNDAY IS AUGUST 23RD 2020. THERE WILL BE NO PHYSICAL YOUTH CAMP HELD THIS VACATION TIME.

The Trinidad PRESBYTERIAN

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Layout for the July'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”

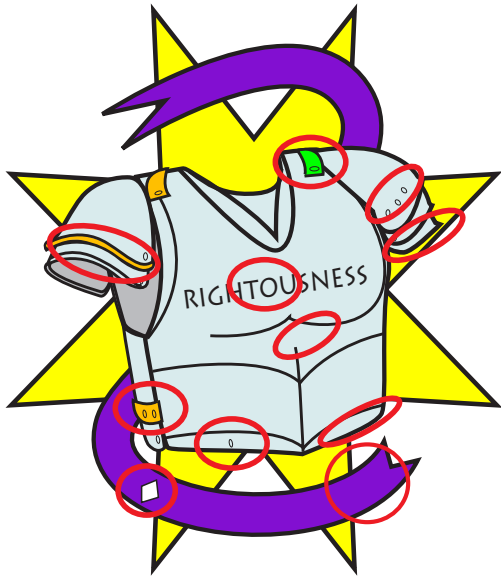
SUNDAY		Matthew 11:16-19, 25-30	Isaiah 55:10-13	Psalms 139	1 Kings 3:5-12
MONDAY		Romans 8:26-30	Joshua 2:1-14	Romans 13:8-14	Joshua 24:16-33
TUESDAY		Matthew 23:13-26	Joshua 2:15-24	Romans 14:1-12	Judges 2:11-23
WEDNESDAY	Matthew 21:33-46	Matthew 23:27-39	Matthew 25:31-46	Psalms 15	Acts 1:1-14
THURSDAY	Matthew 22:1-14	Matthew 24:1-14	Joshua 3:14-4:7	Psalms 36	Judges 4:4-23
FRIDAY	Psalms 88	Deuteronomy 31:7-13, 31:24-32:4	Romans 12:9-21	Romans 15:14-24	Psalms 148
SATURDAY	Matthew 22:23-40	Romans 10:14-21	Joshua 6:1-14	Psalms 56	

July
2020



SOLUTIONS FOR THE KID'S CORNER

1. FEET
2. GOOD
3. ARMOR
4. PEACE
5. READINESS
6. SANDALS of the GOSPEL



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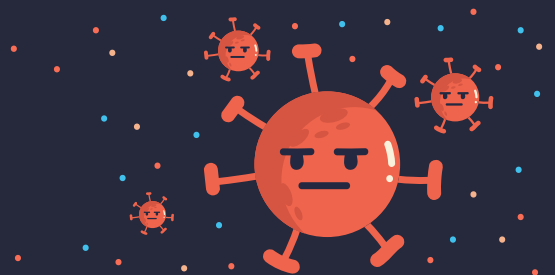
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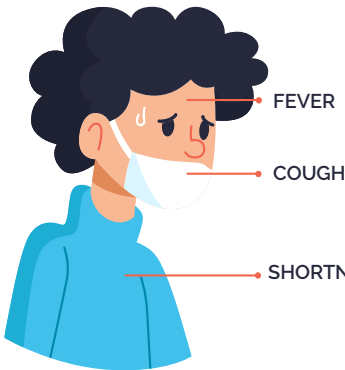
nCoVid-19

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

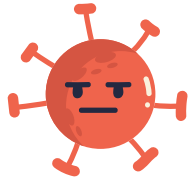
SHORTNESS OF BREATH

OTHER

- DIARRHEA
- VOMITTING

ADVANCED CASES

- PNEUMONIA
- RENAL FAILURE



TRANSMISSION

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

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)

(SOURCE: MINISTRY OF HEALTH, TRINIDAD AND TOBAGO)

IN LOVING MEMORY

Alex Bahadoor Keshwah

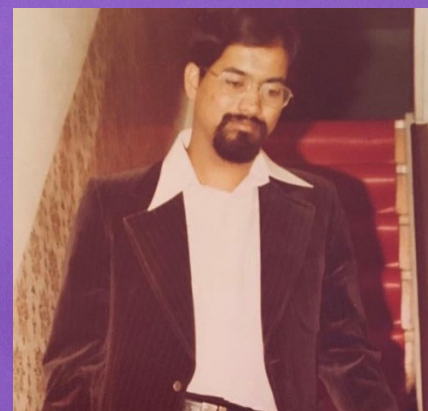
GONE BUT NOT FORGOTTEN

ALEX BAHADOOR KESHWAH was born on 22 January 1955 in San Juan, Trinidad and passed away on 17 May 2020 in Scarborough, Ontario, Canada at the age of 65 years.

He was the beloved husband of Kunti (Sandra) Keshwah for 35 years.

Loving father of his children, Rachel and Dr. Joel Keshwah. Dear brother of Ken (Gisele Keshwah), John (Sandra Keshwah), Alice (Govind Maharaj), Elizabeth (Shiva Bachoo), Zita (Naraindra Prashad) and Luna Boodram. Loving son of Rev. Kenrick Keshwah and Polly Keshwah (Roopnarinesingh) (deceased). Relative of the Keshwah's, the Bissessar's, the Roopnarine's, the Singh's, the Balgobin's, the Rampollard's and the Mohan's. In his formative years, Alex attended San Juan Presbyterian School and Church. He immigrated to Toronto, Canada and attended Vaughan Road Collegiate and was awarded an Ontario scholarship to the University of Toronto. He attained a BSc (Industrial Engineering), placing in the first three in his faculty. Upon graduation he returned to Trinidad and worked at BWIA and then Trintoplan Engineering Consultancy Limited where he was a well-respected employee. Because of his passion for teaching, he attended Ontario Teachers College where he attained a bachelor's degree in education. Alex along with his six siblings was a member of the Patterson Presbyterian church choir in Toronto. As he was blessed with a baritone voice, he was often asked to perform solos, to which he always happily agreed.

He emphasised the importance of education to his children who are both in the medical field. Alex worked tirelessly and made many sacrifices to ensure that his family was well taken care of. He was a personification of values such as integrity compassion kindness generosity and love for family He will be loved, missed, and forever remembered by all of his friends and family. His funeral took place at Jerret's Funeral Home, Toronto on May 22, 2020.



SUNRISE : 22 01 1955
SUNSET: 17 05 2020



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