

# *The Trinidad* **PRESBYTERIAN**

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## THE REVEREND SANYA BEHARRY **ORDAINED**

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

The image features two police officers in silhouette against a vibrant, glowing red background. The officer in the foreground is seen from the back, with the word "POLICE" printed in large, bold, white letters across their upper back. The second officer is partially visible to the left, also in silhouette. The overall mood is serious and authoritative.

**POLICE**

# **A CASE FOR ELECTRONIC BRACELETS**

# Moderator *speaks*



**THE RIGHT REVEREND JOY ABDUL-MOHAN**

**T**he Presbyterian Church of Trinidad and Tobago (PCTT), like the rest of the population, is appalled by the increase in violent crimes against citizens, particularly the elderly, women, and children. We unequivocally condemn this state of affairs.

Studies show that violence occurs in families from all walks of life and that it is no respecter of persons. It also takes place, far more often than we care to admit, among people of all racial, socio-economic, religious, and educational backgrounds. This makes it imperative that gender-based violence becomes a priority concern for us, not only in the Presbyterian Church, but in other religious organizations and civil society groups.

In the last two decades, especially during this Global Pandemic, we have witnessed new levels of violence against women resulting in terrible suffering in the home and society. We do get reports that women, family members, and other distressed citizens seeking refuge are subjected to further physical, sexual, and mental abuse. They are marginalized and exploited by those who wield power. When will it end?

Over the years the home and society seem to be growing accustomed to despicable acts of heinous and murderous violence against the vulnerable. Governments over the years have been unable to

adequately treat with this criminal assault against our citizenry. We must guard against the tendency to so assimilate violence that we become desensitized or immune to the shock of these grievous assaults.

The church cannot embrace justice, peace, and love if it fails to speak out, condemning violence as a sin. This is the opportune time for us in the PCTT to confess our complacency and demonstrate our commitment to end violence against humanity. Our interests and actions must not be seen merely as a project but as a mandate that permeates every sector of the church and society. Our individual churches and communities need to be educated and prepared for our crucial role in this battle. We must

to deny Bail to those who breach Protection Orders. We make this suggestion noting that several women were killed by persons who breached Protection Orders. Perhaps, such an amendment to the Domestic Violence Act could be a deterrent.

We urge Cabinet to implement the measure now before it that makes it mandatory for persons subject to Protection Orders issued with electronic monitoring bracelets. We are aware that in countries where electronic bracelets are mandatory there has been a decrease in violence and murder of abused women.

*... we need to support legislation that can curb and prevent murderous attacks against citizens.*

Speak out against this violence from our pulpits; our schools; our bible study groups through worship and music; and work in partnership with other stakeholders.

Moreover, we need to support legislation that can curb and prevent murderous attacks against citizens. We suggest that the Domestic Violence Act be amended

We, in the Church, the community and country cannot become oblivious to the many forms of violence that seek to destroy the society. Let us act together to protect the communities we serve. May God bless us all as we seek to end violence in all forms, especially as we continue to live in this "new normal".



**B**y now you would have internalized and even adjusted expectations of the 2021 National Budget presented by Finance Minister Colm Imbert on 05 October 2020. Chances are that you would have also reviewed the voluminous critique by citizens of all ranks on how this Budget would affect them. After conducting our own analysis, we are likely to conclude that the Finance Minister had some serious challenges in preparing this Budget – the nCoVID-19 pandemic, the uncertain energy markets, low economic activity, retrenchment, and the demands for social and financial relief from citizens..

A National Budget is really a plan of income and expenditure for the coming financial year. It outlines how government intends to raise income (revenue) and how it intends to spend it (expenditure). A Government cannot simply regard the Budget as an exercise in balancing the books or getting the arithmetic right. Thankfully, the Finance Minister did no such thing. He did in fact recognise the financial and social dislocation caused

by the pandemic and applied some measure of healing. In doing so the Minister did not seek to impose any increase in direct taxation. In fact, he gave some relief to wage earners so that persons earning less than \$7,000 per month will pay no Income Tax.

The Finance Minister also made provision for a \$50 million allocation to provide laptop computers for school children and removed all taxes from computers and related devices.

He also removed Stamp Duty for first-time homeowners and allocated \$500 million to boost the agricultural sector. He did not interfere with the many initiatives of the Ministry of Social Development and Family Services to provide support for citizens affected by the pandemic. With the limited financial resources at his disposal, the Finance Minister was also still able to offer several initiatives to stimulate the economy in the short and long term

On the other hand, the Finance Minister signalled the intention of the Government to restructure the Water and

Sewerage Authority (W.A.S.A.), seek a revision of water and electricity rates, privatise the operations at the port in Port of Spain, and divest itself from petrol filling stations.

We assume that the Government would follow the established process of consultation in making these changes, since they can result in retrenchment of workers and an increase in the cost of living

This Budget was not intrusive. It points the way to individual initiatives in partnerships, self-help, and entrepreneurship. It weans the population from subsidies, and it raises the hope that at long last a serious attempt would be made to diversify the economy away from dependence on oil and gas. Covid-19 has forced us to do what should have been done in the years of plenty. But as calypsonian Black Stalin reminds us – we could make it if we try. And as US Theologian Warren Wiersbe puts it, "If we see only the problems, we will be defeated; but if we see the possibilities in the problems, we can have victory."

# KNOW YOUR FAITH SERIES

## THANKSGIVING WITH A NEW HOPE



REVEREND ADRIAN SIEUNARINE

**W**hen cultivating the land filled the daily lives of most people, the celebration of "Thanksgiving" was easier to understand. A good harvest was a relief because it meant that the community would thrive. Nowadays, we often find ourselves alienated from the earth and from one other. We can reclaim thanksgiving with a new hope and plan as we recognize what Thanksgiving has to teach us:

### WE ARE GRATEFUL TO THE GIVER.

Thanksgiving reminds us that one of us may sow a seed, another may tend to the plant, but growth comes from the Lord. (1 Corinthians 3: 6-8). We tune our hearts to acknowledge that we need food from the earth and that every blessing from God is (as John Calvin put it) "a new ground for thanksgiving." All things teach us to accept and acknowledge their Divine Origin.

### WE HUMBLY USE AND DO NOT EVER MISUSE THE GIFTS OF GOD.

We do not make a gift into an idol. In all our endeavours and efforts, we consecrate who we are, what we have, and all that we do to God. We devote ourselves to God because we accept that we are not in charge. God is Sovereign over the fields of agricultural as well as human harvests. The act of Thanksgiving makes us project our gratitude to beyond ourselves.

### WE ARE TOGETHER.

Just as we are not self-made, we are not self-sufficient. We are here to help one another. We all depend on other God-given people for food, clothing, and shelter. As we

look around us, we look within and above us and sing a thankful song of happy praise to the Lord who makes things grow!

Life is not a given. It is God's gift, given to us. Let us have a permanent attitude of gratitude.



# children are *GREAT OBSERVERS & IMITATORS*



COUNSELLING COLUMN WITH BERNADETTE GYAN-MANICKCHAND



Q

If there was open communication in my family, what would my child say to me?

**KEEP COOL.** Do not fly off the handle. Keep the lid on when things go wrong. Children need to see how much better things turn out when tempers are under control.

**BUG US A LITTLE, BE STRICT.** Show us who is boss. We need to know we have some strong support under us. When you cave in, we get scared.

**DO NOT BLOW YOUR CLASS.** Stay on that pedestal. Do not try to dress, dance, or talk like we do. You only embarrass us, and you look ridiculous.

**LIGHT A CANDLE. SHOW US THE WAY.** Tell us God is not dead or sleeping or on vacation. We need to believe in something bigger or stronger than ourselves.

**WHEN WE NEED PUNISHMENT, DISH IT OUT.** But let us know you still love us. Even though we have let you down. It will make us think twice before doing the same again.

**CALL OUR BLUFF.** Make it clear you mean what you say. Do not cave in and don't be intimidated by our threats to drop out of school or leave home. Stand up to us and we will respect you.

**BE HONEST.** Tell us the truth no matter what. Be a straight arrow about everything – we can take it. Lukewarm answers make us uneasy. We can smell uncertainty a mile away.

**DO NOT GET STRUNG OUT ON BOOZE OR ILLEGAL DRUGS.** When we see our parents reaching for crutches, we get the idea it is okay to do the same. Children are great observers and great imitators.

**PRAISE US WHEN WE DESERVE IT.**

This is what our children are say to us. Are we listening?

To answer this pertinent question in Family Life Education, I refer to Family Life Therapist Ann Landers' 1999 article entitled "Parents' Behaviour Can Help Children".

After discussion with a class of about a dozen pre-teens and about half a dozen teenagers, who saw their parents as failing, here is what emerged:

# Jagat Ka Prakash celebrates 120 YEARS

TRACY-ANN VALLABH-PATEL

**T**he Jagat Ka Prakash (Light of the World) Presbyterian Church in Penal celebrated its 120th Anniversary with a difference. Using media technology due to the nCoVid-19 pandemic restrictions, a virtual service of thanksgiving was held as members of the congregation remained in the comfort and safety of their homes.

The service was conducted by Reverend Ria Thompson-Jimdar with assistance from Local Board chairman Roy Umraw and others. This service, along with regular weekly services, were broadcast via the church's website.

In her online homily, Reverend Thompson-Jimdar reminded church members to incorporate their talents and treasures in whatever plans they may have to do God's will and work. She referred to both Psalm 77 and the Book of John, where the Lord Jesus Christ was identified as the Good Shepherd giving endless love towards his sheep. She called on the congregation to restore and renew their faith in God especially at this time. She urged members to hold firm to God and trust in His faithfulness.

Members of the congregation had rallied around the church and the wider community in aiding those in need during the pandemic. Four persons were honoured for their dedication and loyalty to God's service. They were Clifford Bullock -- who heads the church's webpage linking the church to its members during this pandemic;

Sharon Umraw -- who heads the Love Offering committee and was responsible for the distribution of several food hampers and financial aid; Elizabeth Ramjattan - musical leader; and Reverend Thompson-Jimdar



OUR DEDICATED AWARDEES



# New Minister ***ORDAINED***

HARRY PARTAP



**R**everend Sanya Beharry was ordained as a Minister of the Word and Sacrament of the Presbyterian Church of Trinidad and Tobago (PCTT) making her the 12th locally trained female minister in the modern history of the PCTT.

Reverend Beharry also became the 103rd minister to be ordained in the PCTT. The Ordination Service took place on 25 October 2020 at the St Andrew's Theological College (S.A.T.C.) chapel in San Fernando. The service was led by Reverend Keron Khellawan. The act of ordination was performed by PCTT Synod Moderator the Rt. Reverend Joy Abdul-Mohan, S.A.T.C. principal Reverend Adrian Sieunarine delivered the homily at the ordination.

Also participating in the service were Reverend Annabell Lalla-Ramkelawan, Reverend Manan Deo, Reverend Letra Jacob, Board of Theological Education Chairman Reverend Shirvan Siloch, PCTT General Secretary Terrence Warde, PCTT Youth Coordinator Simone Singh-Sagar, Presiding Elder Aasha Mahabir, and Student Deaconess Amber Seesahai-Payne. Greetings

came from World Council of Churches Programme Executive Reverend Nicqi Ashwood and Reform Presbyterian Church Elder Stasha Sammy.

The musical team comprised Sanctified Alliance, soloist Rondell Mungal, pianist Zachery Ali, and accompanist Kristopher Khan.

In his sermon, Reverend Sieunarine described ordination as a paradox where one is elevated but to servanthood. "It is a collection of contradictions," he said. He added, "You are elevated- but to servanthood. It is all about you yet not really about you at all- it is all about the Divine Grace of God."

According to Reverend Sieunarine, that Divine Grace embodies and expresses itself in our Destiny and our Duty. He said, "We are called and chosen before the foundations of the world. We have a duty to minister." Reverend Sieunarine quoted from the Book of Jeremiah 20:9, "That I have a fire in my heart and bones. It is burning within me and I have to cast that fire on the earth. That fire is the Holy Spirit". He said in 1st Corinthians 9:16 the apostle Paul emphasizes that he has to preach; "necessity is laid upon me to preach the gospel... woe to me if I do not preach the gospel."

Reverend Sieunarine said, "Divine Grace gives us our duty; it gives us a Divine Discontent so that we rejoice in the Lord always, yes, but we know that there is work for us to do. We are witnesses for the Lord." The Minister referred to Miriam


in the Book of Exodus describing her as the first woman in the Bible to be called Prophet, and the first and only woman in the Bible to be described as leading women in singing and dancing and playing percussion instruments. He said she inaugurated the practice of worship with singing and dancing.

Reverend Sieunarine told the congregation that Reverend Abdul-Mohan was the first of the twelve locally trained female ministers to be ordained in the PCTT. He referred to three things arising from Reverend Abdul-Mohan's ordination service back then. The first was a quote from the late Reverend Victor Ramlal's sermon on that occasion, in which he said that ministers must not be "like sweet drink trucks just dropping off cases at churches on Sunday mornings." The second was an observation from the then Moderator, the late Rt. Reverend E.T. Sieunarine that some people commented about the Presbyterian Church in Trinidad and Tobago having a shortage of ministers, but with the ordination of Rev. Abdul there was an increase in the number of short ministers. The third was, that he was wearing the clerical shirt and the gown that his father, The Reverend E.T. Sieunarine wore on that day at the service.

According to Reverend Sieunarine, "We have the attire from the past; we wear things that are handed down... but it is more than garments. We receive the attitudes and learn from the saints of the past." Hindsight and insight, he said, give us foresight.

# SCHOOL FROM HOME





**D**uring the early months of the nCoVid-19 global pandemic with the resulting lock-downs, locally and globally, coupled with the “stay at home/residence orders’ WFH ‘Work from Home’ became the option, the new means by which non-essential workers were kept employed. The WFH option to a significant degree placed parents and children including adult children in a highly competing environment for IT and mobile communication devices.

Those who had the resources provided additional hardware, but the negatives of self-isolation and psycho-social distancing in better living spaces in many instances led to separate lives. However, the families that were unable to similarly provide, experienced different issues regarding sharing and the limited use of devices. Additionally, the proximity and lack of personal space/privacy led to the increase in disagreements. In both situations, there were conflicts. Abuse and violence in all forms – physical, sexual, verbal, psychological and economic. Some homes and families coped whilst others slowly disintegrated.

Although some of the protocols have lifted for employees, schools only briefly re-opened (for SEA) and were closed soon thereafter. The new normal has become ‘online school’ or ‘School from Home’. The family, which was regarded as the primary agent of socialisation is now responsible for secondary socialisation, which the school performed at all levels and ages.

Parents now are “forced” into spending more time with their children that they had not had before because of school.

The responsibilities of dealing with home and school discipline and supervision without escape have created frustration and desperation, sometimes resulting in an inability to cope and, in many instances, severe punishment in many forms. “School from Home’ (SFH) was always an exception, compared to the reality it has now become, and neglect and abuse should not be coping mechanisms. So, who is there to help the parents and adults in their dilemma and confusion in this time of need? Teachers, religious leaders, social workers, neighbours, and friends are there – call, reach out to them. Your reality has changed!

As changes occur, we are all called to adapt and adjust. Remember, the family is not just a group or gathering without a common purpose. School from Home and the economic and social realities will continue to challenge the family for as long as the pandemic continues. Whatever may be your family’s circumstances, experience the joys of being together as you work, learn, play and pray. Be thankful.

***Don’t lose faith. Hold strong.  
Believe, The Family Can.***



**Strive To Do  
God's Will**



THE LATE REVEREND EVERSON T. SIEUNARINE

**D**o you realise how hard we work at impressing people? We want to be seen wearing the most fashionable brand of shoes and clothes. Some of us even get into great debt because we cannot afford the luxuries we obtain to display before the public. Also, we are more concerned with the opinions of others about us than about the formation of our character. We spend more time cultivating social charm than an inner strength and beauty.

In 1 Peter chapter 2, women are reminded that their - 'beauty should not come from outward adornment such as hair and wearing of gold jewellery and fine clothes.'

Instead, it should be that of the inner self, the unfading beauty of a gentle and quiet spirit which is of great worth in God's sight.

Men likewise can be reminded their masculinity does not depend on fast cars, violence, drugs or sexual prowess but should issue from moral and spiritual strength.

Trying desperately to impress others is a sure sign of insecurity. We may not be sure how persons

will accept us if only they discover who we really are.

We may not even be sure God will accept us just as we are. Jesus warned against the danger of being more anxious to receive the praise of others than the praise of God. He also had strong words for those who parade their piety or publicise their charity.

How often we see people donating to charitable organisations because their names are going to be broadcast, engraved, or memorialised somewhere.

How often in religious circles there is rivalry for positions not because of motivation to serve but desire to lord it over others. Jesus teaches us "not to do your acts of righteousness before men to be seen by them". Do not trumpet your charity, do not be vain about your prayers or conspicuous about your fasting. (Matthew 6)

God sees what is done in secret and will reward. Instead of striving to impress others, let us strive to do our Father's will and give thanks that God can use us with all our weakness to serve our community. He accepts us without us first fulfilling conditions. In

that acceptance we must find the forgiveness of our sins and the courage to face our real selves.

One of the reasons for the enduring appeal of the Psalms is their utter honesty in confronting the holiness and majesty of God. Verses like the following unmask us all as we come into God's presence:

- "Judge me, O Lord, according to my righteousness, according to my integrity, O Most High" (Psalm 7)
- "Test me, O Lord, and try me, examine my heart and mind." (Psalm 26)
- "No one who practices deceit will dwell in my house; no one who speaks falsely will stand in my presence" (Psalm 101)

Be careful lest we use our religious practices and positions to ignore or conceal our ungodly attitudes and conduct.

*Reprinted from the November 1998 issue - Trinidad Presbyterian. The late Reverend Everson T. Sieunarine passed away on 01 March 2017.*

# A Tribute To Dennis Lindsay "Spragalang" Hall

YVONNE WEBB



Naparima College, one of the five Presbyterian secondary schools, is not only known for its academic excellence but as a spawning ground for exponents of arts and culture.

This was the view of former college vice-principal David Sammy in paying tribute to the late Dennis Lindsay "Spragalang" Hall who died in early October. Sammy remembered Dennis Hall as a fellow student and son of his former Latin teacher and Dean, Michael Hall. He listed Hall as one of the notable alumni of Naparima College (1962-1967).

Sammy said Dennis Hall can be numbered among Naparima College luminaries as former Presidents Noor Hassanali and George Maxwell Richards; former Chief Justice Sir Isaac Hyatali; economist and politician Winston Dookeran and television and radio personality Errol Fabien.

Dennis Hall was a comedian, historian, actor, producer, and singer/composer, who was featured in the 2007 Canadian feature film "A Winter Tale". Sammy, who is well known in the theatre community, said that Hall had been an exponent of the arts along with his brother Tony, Fabien, Ralph Maraj, Devindra Dookie and others.

According to Sammy, "If you knew the father you would understand Dennis because his father taught me Latin in Form Three and he had a great sense of humour which Dennis obviously inherited." He said while at school, Hall was featured in the College magazine for his athletic achievements and his oration and public-speaking skills.

An article penned by a student for the magazine after Dennis hosted Naps Calypso and Old Mas competition back in 1967, said he provided "much witty entertainment for the alert

audience". The student wrote, "There was never a dull moment for the humorous MC Dennis Hall had the audience swaying with laughter."

Sammy said when Dennis left Naps he continued to work with the drama guild under James Lee Wah, and the San Fernando Theatre Workshop. He also distinguished himself in the technical aspects of the theatre, designed and constructed sets, wrote and directed plays, judged Best Village, served on many boards and was in demand as an MC.

Sammy eulogised, "Dennis Hall was one of those uniquely interesting theatre personalities. We wish we had more of him. His tomfoolery belied the utter seriousness behind the dedication and pride in his craft. I salute this man of the theatre."



**EST. 1970**



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# DIABETES: A MODERN PANDEMIC







**DR. JOEL DAVID TEELUCKSINGH | CONSULTANT  
PHYSICIAN/ENDOCRINOLOGY/DIABETES**

**A**s we battle the unprecedented nCoVid-19 pandemic, proper management of chronic diseases like diabetes is essential. There are over 460 million persons with diabetes worldwide. Many are unaware of the diagnosis and are at risk of catastrophic physical, psychological, and socioeconomic complications.

November is Diabetes Awareness Month and the theme of World Diabetes Day on 14th November 2020 is "The Nurse and Diabetes." The campaign aims to raise awareness around the crucial role that nurses play in supporting patients.

This is a disorder of high blood sugar (glucose) which results from either a deficiency of insulin (Type 1 diabetes) or the inability to utilise insulin effectively (insulin resistance seen in Type 2 diabetes). Some pregnant women develop diabetes during pregnancy (gestational

diabetes) and there may be rarer genetic forms of the disease.

Insulin is a hormone produced by the pancreas and is the "key" to allowing glucose to enter cells for energy.

There are genetic or environmental factors that increase the risk of this "diabetes tsunami".

Most patients have Type 2 diabetes because of the separate pandemic of central obesity ("fat around the waist") that creates an environment of resistance to insulin. Poor diet and sedentary lifestyles have exacerbated this scourge. This may also elevate blood pressure (hypertension), cholesterol and risk for heart attacks or strokes. You may be "at risk" if you:

- Are age 45 or older
- Have a family history of diabetes
- Are of certain ethnicities like Afro-Trinidadian, Indo-Trinidadian or Hispanic/Latino.

- Have a history of gestational diabetes, large babies, or unexplained stillbirths.
- Have a history of hypertension, cholesterol problems, heart disease, stroke, depression, numerous ovarian cysts (polycystic ovary syndrome) or a dark, thickened skin around your neck, knuckles and armpits (acanthosis nigricans).
- (100-125 mg/dl is referred to as impaired fasting glucose or prediabetes).
- Random blood glucose greater than or equal to 200 mg/dl with signs or symptoms.
- Oral glucose challenge in which the individual drinks 75 grams of glucose and has a blood sugar greater than or equal to 200 mg/dl.

Many persons may be unaware that they have diabetes until complications occur, so it is essential to do blood tests if you are at risk. It is believed that subtle abnormalities exist up to twenty years before the diagnosis.

High blood glucose levels may cause:

- Frequent thirst, urination, bedwetting in children and hunger.
- Increased lethargy
- Blurred vision
- Burning, numbness or tingling ("junjuni") in the feet or hands
- Frequent infections like "yeast" or bladder issues
- Weight loss

Although fingerstick sugar tests are useful to monitor, your doctor will request a blood test from your veins to diagnose diabetes.

This may include the following:

- Fasting blood glucose greater than or equal to 126 mg/dl. No food or drink except water is allowed for about eight hours before.

(140-199 mg/dl is referred to as impaired glucose tolerance or prediabetes).

- Haemoglobin A1c exceeding 6.5%. This gives a snapshot of the person's sugar control during the preceding three months and is also used to monitor the disease. Certain blood disorders, kidney disease and pregnancy may affect this result.

(5.7- 6.4% is referred to as prediabetes.)

It may be necessary to repeat these tests on a different occasion to confirm.

Persons **with diabetes** are advised to maintain fingerstick glucose levels of 80-120 mg/dl and below 140-180 mg/dl two hours after eating.

Dietary modifications may be difficult but, with support from family and friends, can become enjoyable. It may be necessary to chat with a dietician or diabetes educator. Persons with diabetes are often afraid of eating carbohydrates ("carbs") but these are essential for energy. Healthy sources include

fruits, vegetables, nuts, whole grains, legumes (beans) and low-fat dairy foods. These can also be used for mid-meal snacks.

Limit portion sizes and read labels when making purchases. Everyday objects or your hand may estimate a portion. For example, 1 serving of meat is the palm of your hand or a deck of cards while 1/2 cup of rice or pasta is a handful or a tennis ball.

Avoid fried, buttery, salty, sweet snacks and drinks. Water is safest and alcohol should be limited to one drink in women or two drinks in men per day. Sugar substitutes are not healthy either and may contribute to obesity and other complications.

Regular physical activity for 30-60 minutes per day reduces blood glucose, blood pressure, cholesterol, depression, memory issues, brittle bones, and cancer risk. Discuss with your health team to ensure it is safe to begin and be wary of symptoms of low blood sugar (hypo or hypoglycaemia).

Low blood sugar (below 70 mg/dl) is an emergency and occurs from anti-diabetic medications, skipping meals, alcohol, or certain medical illnesses.

You may feel sweaty, nervous, anxious, a rapid heartbeat (palpitations), dizzy, headaches, irritable, lethargic, or confused.

Some people use glucose tablets (15 grams) or a sweetened drink to alleviate symptoms but, if unable to swallow, have to be hospitalised. Driving and certain occupations will be dangerous with hypoglycaemia.

There are many tools in the therapeutic armamentarium to battle this disease. Type 1 diabetics require insulin by a pen, pump, or syringe because the cells in the pancreas are not functioning.

Many Type 2 diabetics are commenced on tablets like metformin but based on their HbA1c, the safety, cost, efficacy, and tolerability of oral agents, require more complicated schedules and even insulin. This does not necessarily reflect non-adherence or failure on the part of the patient but is often a natural sequence of changes to the pancreas. Needle phobia is rampant amongst patients (and physicians!) so family members and friends should be involved in management. It remains the most effective drug in diabetes care. Weight gain may occur with insulin use so lifestyle changes must continue.

Never share needles- even with family members- and ensure proper disposal.

Exciting breakthroughs in treatment include an artificial pancreas, pancreatic transplantation, and weight loss surgery.

Poorly controlled diabetes is the leading cause for blindness amongst working aged adults, commonest cause for end-stage kidney disease and dialysis, frequent cause of non-traumatic loss of limbs and elevates the risk for heart attack, stroke, depression, disability and death. Regular blood tests, at-least annual eye examinations by an ophthalmologist (a doctor who has specialised in eye diseases), daily

foot inspection for cuts, calluses or sores, semi-annual dental reviews and annual flu shots are all mandatory for diabetics.

There has been a plethora of fascinating research that confirm that intensive lifestyle changes and weight loss especially in prediabetes or early Type 2 diabetes may achieve remission. Weight loss ("bariatric") surgery has also proven to be effective and durable in attaining this goal. However, weight regain, and the natural progression of the pancreatic dysfunction make it likely to return.

Social distancing, scrupulous hygiene and masking are key essentials to reducing the transmission of the novel coronavirus. Diabetes increases the risk of lung failure, pneumonia, and septic shock in nCoV-19 particularly if blood sugars are improperly managed. Depression and anxiety have been exacerbated this year and 40% of chronic disease patients have pre-existing psychological problems that require intervention.

People with diabetes often lead happy, healthy, normal lives. However, lifelong monitoring of blood glucose, blood pressure and cholesterol with healthy dietary patterns and regular exercise are essential for aggressive management.



# POETRY VACCINE FOR NCOVID-19

FLORABELLE LUTCHMAN

general information concerning this devastating disease that is overpowering the world.

The lockdown periods have caused much anxiety and stress emotionally, physically and financially, and many have become suicidal.

The poems of these authors are the right vaccine for our soul in this austere, even dramatic space and time we are going through. A reviewer of the book had this to say: "CHAOTIC TIMES" is a volume of poetry with extremely positive reflections, bright valences and a lyricism of calm reconciliation with the chaotic rhythms of the existence of two charming spirits that offer to the reader a true therapy through poetry. Between the pages of this volume are a multitude of solutions to various human turmoil."

This Anthology, which is a best seller on Amazon in the inspirational and religious category, will prove to be an unforgettable remembrance of what we all went through in 2020, a year that really never was.

CHAOTIC TIMES: POETRY VACCINE

FOR COVID 19 is now available on Amazon and the Kindle Version is Free to download.

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**T**wo Presbyterian sisters, Brenda Mohammed and Florabelle Lutchman, have teamed up to bring hope, encouragement and amusement to a Covid-19 stricken world through a recently published anthology of poems, Chaotic Times: Poetry Vaccine for Covid-19.

This anthology comes at a time when everyone is hoping for a vaccine to prevent them from getting the Coronavirus. But, to date, no vaccine for nCoV19 has been invented. Hundreds of thousands of people are getting sick and dying all over the world.

What can we do? Our lives are simple but in these times we need hope and encouragement and

Poetry vaccine for Covid 19

Chaotic  
Times



Brenda Mohammed  
Florabelle Lutchman

*Foreword By Shiju H. Pallithazheth*



# SAGHS GETS NEW MINIBUS

**T**wo major corporate giants, Republic Bank Financial Holdings Limited and Xtra Foods Limited teamed up to sponsor a brand new 25-seater minibus to the St Augustine Girls' High School.

The Yutong minibus was delivered to SAGHS principal Linda Dharrie on Wednesday 19 August 2020 at the school's St Augustine compound. The gift came one month before SAGHS's 70th anniversary. Over the past year attempts had been made to acquire a sponsor for the much needed 25-seater mini-bus.

The minibus was dedicated by the school's chaplain Reverend

Damien Sieunarine at a ceremony on Monday 24 August 2020. At the ceremony were Republic Bank Financial Holdings Limited's Group General Counsel Kimberly Erriah-Ali; CSR Management Senior Official Natalie Burnette-Alfred; Xtra Foods' Marketing Assistant Terry-Ann Bartlette and Customer Service Representative Samantha Ramoutar.

It was noted that the school's original 13-seater mini-bus did not have the capacity to transport students to and from field trips such as sporting events, drama festivals and envi-sci outings. Maxi-taxis had to be hired to do the job. The school is grateful to both sponsors and looks forward to SAGHS students benefitting from this gift.



PICTURED:

*SAGHS chaplain Reverend Damien Sieunarine, SAGHS principal Linda Dharrie, RFHL corporate general counsel Kimberly Erriah-Ali and Xtra Foods Limited customer service representative Samantha Ramoutar.*

*SAGHS principal Linda Dharrie and D. Rampersad Company Limited representative Aftab Mohammed*

*SAGHS bus driver Quazikizir Khan*

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**BUT BUILT ON THE INSIDE”**

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Irritation on direct contact and may be harmful  
Keep out of reach of children.  
Must be protected from moisture at all

Adana, Turkey.



**BLENDED  
HYDRAULIC  
CEMENT**

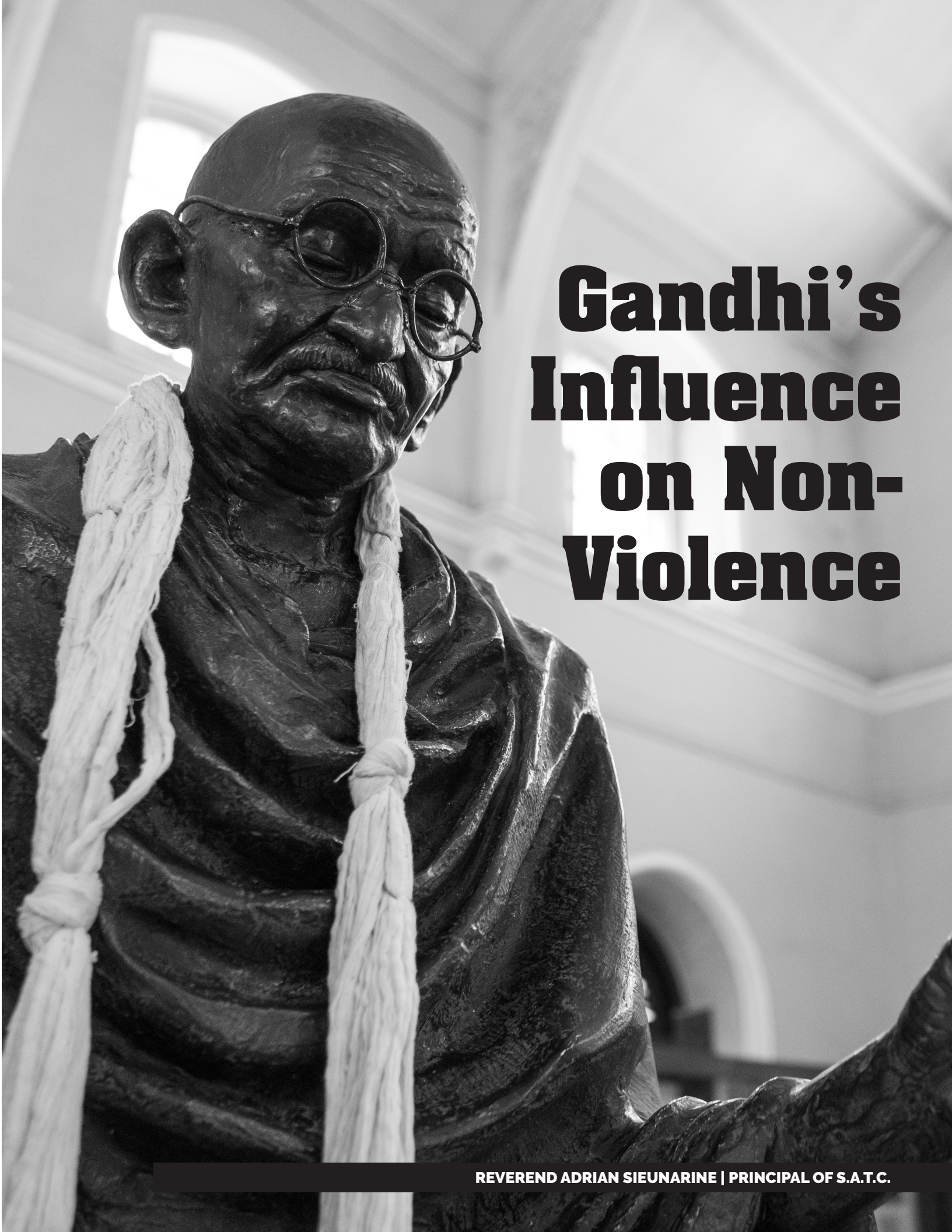
**ASTM  
FOR GEN**

**NET WEIGHT 4**

SAFETY AND



## BUILD STRONGER.



# **Gandhi's Influence on Non- Violence**

REVEREND ADRIAN SIEUNARINE | PRINCIPAL OF S.A.T.C.





**EQUALITY OF MEN AND WOMEN.**

Gandhi believed that social as well as political emancipation was essential for true freedom.

**ADAPTING ANCIENT IDEAS TO NEW CIRCUMSTANCES.**

Gandhi said, "It is good to swim in the waters of tradition, but to sink in them is suicide"



Since 2007, the United Nations declared and commemorated 02 October each year as the UN International Day of Non-Violence. The UN chose that day being the birth date of India's freedom fighter Mohandas Gandhi, also known as the "Mahatma", which means Great Spirit.

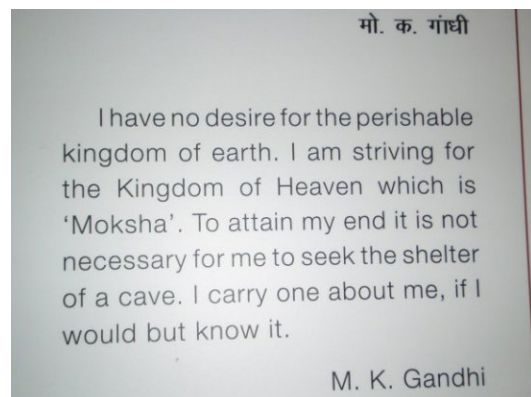
The UN acknowledges that its Universal Declaration of Human Rights emanates from the philosophical principles of Gandhi. Gandhi himself developed some of his ideas through his correspondence with Tolstoy, whose Christ-inspired book *The Kingdom of God Is Within You* was a strong influence on Gandhi.

Some of Gandhi's ideas:

**AHIMSA ("NON-INJURY")** which he interpreted as the avoidance of negativity. He extended ahimsa into the political sphere as satyagraha (truth-force), or nonviolent resistance to specific evils.

This year on the 151st anniversary of Gandhi's birthday, the Mahatma Gandhi Institute for Cultural Cooperation at their new location in Mt Hope held an Inter-Faith prayer service on October 2nd, a day that in India is a public holiday called "Gandhi Jayanti." The strong ties between India and Trinidad and Tobago were noted. The chair used in the Trinidad and Tobago Parliament by the Speaker of the House of Representatives was a gift from Jawaharlal Nehru on behalf of the Government and people of India to the Government and people of Trinidad and Tobago.

The Gandhi Smirti in New Delhi is the place where Gandhi spent the last days of his life. The strength and simplicity of his life and message may be absorbed from the serenity of that location which is now a museum. Here are some photos of the Gandhi Smirti which I took during my time in India.





Government of the Republic of Trinidad and Tobago  
Ministry of Health

“I have to give him the best possible chance,  
so I don't take any chances with the flu.  
That's why I'm sure to get him vaccinated.”



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NOT THE FLU**

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nearest Health Centre for details.



[www.health.gov.tt](http://www.health.gov.tt)



Ministry of Health-Trinidad and Tobago



TrinidadHealth



MoH\_TT



minhealthtt



Government of the Republic of Trinidad and Tobago  
Ministry of Health

The Ministry of Health will begin providing the new 2021 influenza (flu) vaccine to members of the public, at no cost, from Tuesday 29th September, 2020 at health centres. Don't risk getting seriously ill, get the new flu vaccine.

### Who should get the new flu vaccine?

While the flu vaccine is available for everyone, persons who are at highest risk of getting very ill from the flu are especially encouraged to get the new flu vaccine. Persons in the high-risk group include:

- Children aged 6 months to 5 years
- Adults 60 years of age and over
- Pregnant women
- Persons suffering from Non Communicable Diseases - NCDs (e.g. Diabetes, Hypertension, Heart Disease)
- Persons with compromised immune systems (e.g. persons with Lupus, cancer patients)
- Persons with chronic respiratory illnesses (e.g. Asthma, Chronic Obstructive Pulmonary Disease)
- Members of the National Security Forces and Customs and Immigration Division
- Healthcare workers

**GET THE VACCINE NOT THE FLU**

### Where can I get the new flu vaccine?

In Trinidad, while the flu vaccine will be available at all Health Centres, certain centres will provide the flu vaccine from Monday to Friday, 8am - 4pm. You may call the other health centres in Trinidad for their flu vaccination schedules.

For the flu vaccination schedule in Tobago, please visit the social media pages of the Division of Health, Wellness and Family Development, THA and the Ministry of Health.

All COVID-19 health protocols will be followed.



[www.health.gov.tt](http://www.health.gov.tt)



Ministry of Health-Trinidad and Tobago



TrinidadHealth



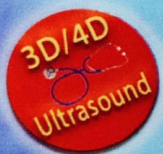
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*The Rt. Reverend  
Joy Abdul-Mohan  
The Moderator of the  
Synod of the PCTT*

*Mr. Terrence Warde  
The General Secretary of  
the Synod of the PCTT*

**T**he 60th Annual General Meeting of the Synod of the PCTT (Days 1 & 2) were held on October 23rd and 24th on Paradise Hill, San Fernando. These meetings were held via the internet portal Zoom and followed the same format as Day 1 held on August 21st 2020.

The 60th AGM of Synod will always be remembered as the first ever virtual meeting - 'historically unprecedented'.

On Day 2, Annual Reports were

presented by the Northern Presbytery, the South-Eastern Presbytery, the South-Central Presbytery.

The Northern Presbytery highlighted the role of the Presiding Elder in the present Constitution; the South-Central stressed the role of the Ad-Coms and the South-Eastern Presbytery made several recommendations concerning the offices of Presbytery, the Order of Presiding Elder and the training of Presbyterians in Christian Education through workshops in our schools



**Mr. Stefan Wilson**

**Ms. Jessica Mahadeo**

**Mr. Peter Arjoon**



**Mrs. Dianne Phillip-Ramjattan, Secretary of Northern Presbytery**



**Ms. Marlene Shah, Secretary of the South-Central Presbytery**



**Reverend Shirvan Siloch, Board of Theological Education**

and the St Andrew's Theological College.

The Primary Schools Board of Education also presented on Day 2 and was deferred to Day 4.

The Board of Theological Education presented their annual report on Day 2 and presented the 3 Candidates for Ordained Ministry (accepted by the Synod on Day 1) – Ms. Jessica Mahadeo, Mr. Stefan Wilson and Mr. Peter Arjoon.

On Day 3, Annual Reports were presented by the St. Andrew's

Theological College and the General Treasurer.

The SATC report noted steps being taken to facilitate the re-registration process of the College; the advent of a new Board of Directors; a newly appointed Principal and plans for bringing the College to a sustainable entity.

The 2021 Budget was also presented by the General Treasurer Mr Leslie Naipaul. Some highlights of the Budget discussions were as follows:

1. There was no increase in the budgeted allocation for Pastoral Regions for the 2021 period.
2. There was no change in the contributions of pension benefits.
3. There were no salary increases for Church Workers and employees.

Day 4 of the 60th AGM is scheduled for 28 November 2020.



guided by three  
words into ordination

**FAMILY.**

**DIVERSITY.**

**AUTHENTICITY.**

**REVEREND SANYA BEHARRY**

**T**oday, 25 October, is Reformation Sunday. It is a significant day in the life of our Church. In normal non-nCoVid pandemic circumstances, the Presbyterian Church of Trinidad and Tobago (PCTT) would have held its national

Convention yesterday. And in the case of an Ordination service, traditionally we would have had a much larger venue filled with friends, family and members of congregations from across the country and even international visitors. But times have shifted, and

I would like to use this opportunity to share some reflections with you on Reformation.

First of all, my home church is the Reform Presbyterian Church -pure coincidence. When I say "home", it really is home in the fullest sense.

It is where I was baptized; went to Sunday School; Youth Group; Choir; preached my first sermon; served as an Elder and so much more. It is where my family worships— aunts, uncles and cousins from both my mother's and my father's side. This is a congregation that welcomes, nurtures, loves and supports one another.

We are taught that the call begins at baptism, and I would like to acknowledge and thank all the members of Reform Presbyterian for being a family for me. For my literal family, this journey in ministry would have been impossible without them: to my mother Glenda, thank you for modelling what dedication looks like, for taking me to church and encouraging me to participate in all activities. And thank you for letting me take just about any and everything from the house to use for camps and conventions.

To my dad, Reuben, thank you for empowering me to make decisions for myself – for teaching me how to be generous and helpful in all things without expecting anything in return. Thank you to my brothers, Franz and Stefan, sisters-in-law Susan and Amrika, and baby Samara for your quiet support and laughter. For me, the word Reform – automatically carries with it a feeling of “family” that surrounds and uplifts.

Secondly, I belong to the reformed tradition. I am unapologetically Presbyterian, but I love ecumenism. To meet persons who know the same God that I do, yet come from such different backgrounds

and have such diverse practices has always been and continues to be a source of wonder in my life. It shapes my theology and broadens my life. As the Caribbean Young Adult Representative for CANACOM - the Caribbean and North America Council for Mission with my dear mentor and friend, Reverend Nicqi Ashwood – my identity as a Caribbean woman on a global platform became crucial. Serving as a steward in South Korea with the World Council of Churches taught me that all duties – whether great or small from a human perspective – are important. Simple gifts of hospitality and welcome translate across all languages and cultures.

However, it was the studies at the Global Institute of Theology in Germany with the World Communion of Reformed Churches during the 500th year celebration of the Reformation that truly solidified my reformed identity. We are a people of grace, faith, Christ, scripture, and glory to God alone. We are also a people committed to education, inclusive worship, and social justice. The word “reform” carries that meaning of family and now also diversity that unites God's people across time and space.

Thirdly, on this Reformation Sunday, we have the motto of “Ecclesia reformata, semper reformanda” – The Church reformed, always reforming. At the time of the Reformers, this was a call to remove corrupt practices within the Church and return to the root of our beliefs as Christians. It's a call for authenticity in our life and faith. It does not mean we throw away our

traditions, nor does it mean that we change for changing sake. It requires constant re-examining of ourselves. Reformation, therefore, is complicated and messy.

This year has truly been a year of testing and trial for our Church and our beliefs. Traditions we never thought we would have to leave behind gave way to amazing possibilities made reality through technology and truly gifted members of the Church. Working on Moments of Inspiration for the past 226 episodes and seeing the birth of Church without Walls, Sunday School, and our digital Trinidad Presbyterian have been great joys in my life. And while the tech is breathtaking, the thing that is most meaningful about it is always the genuine love for Christ and service of those who participate – their authenticity as they preach, sing, dance, play, write, create graphics, mix music, etc. It makes the long hours of coordinating and editing worth it. And so, the final thought on this word “reform” I have for today is “authenticity”.

As I begin this new leg of the journey, I hope to carry these three words with me into ordained ministry: family, diversity and authenticity. “Family” to remind myself of the faithful cloud of witnesses that God provides; “Diversity” to strive for a world that is filled with justice, peace and unity like God's Kingdom; and “Authenticity” in the shifting world of today that will keep me firmly anchored in true love for Christ.

# The Trinidad PRESBYTERIAN

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<b>MEMBER</b>	Rowena Ramlochan



Layout for the November 2020 Digital Edition of *The Trinidad Presbyterian* done by: Vincent Ramkhelawan.

*"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.

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



Read  
Your Bible



“Blessed is He who comes in the name of the Lord”

<b>SUNDAY</b>	Psalm 43	Psalm 70	Psalm 90	Psalm 95	1 Corinthians 1:3-9
<b>MONDAY</b>	Psalm 5	Joel 1:15-2:2	Habakkuk 2:1-4; 9-20	Galatians 6:1-10	1 Thessalonians 1:1-10
<b>TUESDAY</b>	Luke 13:1-9	Joel 2:3-11	Luke 17:1-10	1 Corinthians 3:10-23	
<b>WEDNESDAY</b>	Luke 13:10-17	Joel 2:12-19	Luke 17:11-19	Ephesians 1:3-14	
<b>THURSDAY</b>	Luke 13:18-30	Joel 2:21-27	Luke 17:20-37	Ephesians 1:15-23	
<b>FRIDAY</b>	Luke 13:31-35	Joel 2:28-3:8	Malachi 3:1-12	Romans 15:7-13	
<b>SATURDAY</b>	Psalm 149	Joel 3:9-17	Malachi 3:13-4:6	Philippians 2:1-11	

November  
2020



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*This Advent, give the gift of inspiration and hope through SATC's Advent Meditations 2020 themed "My Spirit Rejoices".*

*Books are available for sale at \$20 per copy. Your support shall truly bless others by helping to fulfill the mission of the College.*

*Contact the office at 657-7554 or [kimberly.ramkissoon@satc.edu.tt](mailto:kimberly.ramkissoon@satc.edu.tt) to place your orders for pick up. May our spirits continue to rejoice as we bear each other's burdens and walk in the way of the Lord!*



# MY SPIRIT REJOICES

Advent Meditations 2020  
St. Andrew's Theological College

# IN LOVING MEMORY

## Reverend Kenrick "Sonny" Keshwah

### GONE BUT NOT FORGOTTEN



SUNRISE: 02 07 1922  
SUNSET: 26 09 2020

*A loving son of John and Batchia Keshwah (both deceased), was born on July 02, 1922 in Central Village, Lower Santa Cruz, Trinidad and passed away on September 26, 2020 in Canada. He was buried on October 05, 2020 at Prospect Cemetery, St. Clair Avenue, Toronto, Canada.*

*He was the devoted husband of Polly Keshwah (nee Roopnarinesingh) (deceased). He was blessed with seven children; Kenneth (Gisele), Alex (deceased) (Sandra), John (Sandra), Alice (Govind) Elizabeth (Shiva), Zita (Naraindra) and Luna. He was the dear brother of Nathaniel, Beatrice, Eutrice, Loney, Rosie, Myra, Lenny, Josephine and Yulah (all deceased). He was also the brother-in-law of Inez Keshwah, Leela Mohan, Oudit and Alma Roopnarine. He was the fond grandfather of Father Matthew, Kevan (Sarala), Rishi, Sabita (Wayne), Candice (Castra), Rachel, Shane, Rajeev, Kieran (Emma), Shivanan (Stephanie), Savite, Dr Joel, Chantal, Sanjeev, Annan, Sharvan and Rianna; and great Grandfather of Savannah, Aaliyah, Hunter, Selina, Suri and Noah.*

*Reverend Keshwah was an active member of the San Juan/ Santa Cruz Churches. He was a lay Preacher, a member of the Local Board, the A.O.T.S. men's group and an Elder. In 1970, Reverend Keshwah and his family immigrated to Canada He worked at Givaudan Stuart Bros for 28 years. After retirement at the age of 65, he decided to fulfil his goal of becoming a Minister of Theology and graduated with a Master of Divinity from Knox College, University of Toronto. He was ordained as a Presbyterian Minister at the age of 70. He served at the Patterson Presbyterian Church until his retirement at the age of 85. He was a truly good and faithful servant of the Lord.*

  
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# IN LOVING MEMORY

## Rudolph Sitahal

### GONE BUT NOT FORGOTTEN

*Lovingly remembered by*

*The Sitahal, Sukal, Dookie and Arjoon families  
Relatives and Friends*

*Your lovely music still resonates in our hearts.*



**SUNRISE: 14 08 1928**  
**SUNSET: 07 11 2018**

# IN LOVING MEMORY

## Danae Ramsaran Persad

### GONE BUT NOT FORGOTTEN

*Four years and still lovingly remembered by*

*Husband: Krishna Persad  
Children: Wendell and Tricia, Suzette and Paul  
Grandchildren: Alex, Liam and Nathan*

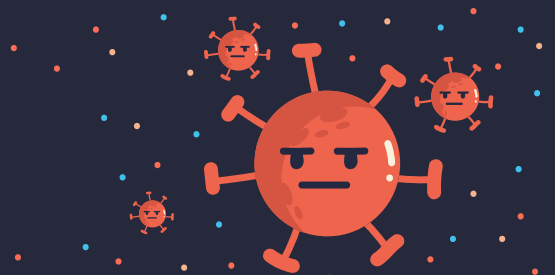


**SUNRISE: 13 01 1950**  
**SUNSET: 24 10 2016**

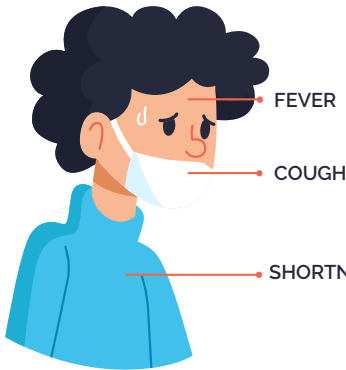
# nCoVid-19

## 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

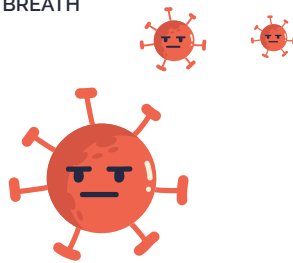
SHORTNESS OF BREATH

### OTHER

- DIARRHEA
- VOMITTING

### ADVANCED CASES

- PNEUMONIA
- RENAL FAILURE



### TRANSMISSION

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

### 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)

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Rape Crisis Society South Office: 657-5355

Families in Action: 628-2333 / 622-6952

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Rainbow Chat: 321-3393

Lifeline: 645-2800/622-6952