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**BRING ON VALUES
EDUCATION IN
SCHOOLS**

Moderator *speaks*

The Presbyterian Church of Trinidad and Tobago (PCTT) joins the world community of Reformed Churches in celebrating the 504th anniversary of the Reformation started by Martin Luther in October 1517. We also celebrate the achievement of students in the 2021 Secondary Education Assessment (SEA) Examination, and particularly the outstanding performance of Kirsten Ramsaran of the Rousillac Presbyterian School, who placed first in the examination nationally.

It is a credit to our students and teachers that despite the inconveniences caused by the COVID-19 pandemic, they were able to reach heights of excellence in the SEA Examination. I am extremely happy for Kirsten whom I have known since she was an infant, having officiated at her Baptism at the Dharam Ka Surj Presbyterian Church in Rousillac. Her parents would have nurtured her into a respectable young girl with Christian and spiritual values. It is my prayer that Kirsten and all our girls and boys will continue to excel not only in their academic journey but in their spiritual and moral lives as well.

It also offer special thanks to the principal and teachers of the Rousillac Presbyterian School for engaging in holistic education as a human enterprise designed to create a purposeful, thoughtful and

worthwhile way of life for all. As a church community, we recognise the hard work and sacrifice of all the principals, teachers, students and parents of our 72 Primary Schools, who discovered their ingenuity out of necessity during the Global Pandemic. They worked assiduously under great pressure and with the challenges of a virtual classroom, and came out victoriously through God's grace.

Amidst the celebration, though, we cannot ignore the pain of many parents who have lost their children through unforeseen and sometimes horrific circumstances. Some of whom never had the opportunity to write the SEA examination. One such child was Sean Luke. I was serving as a Prison Chaplain at the time when Sean was murdered and the then alleged teenage perpetrators were incarcerated. Now that the trial has ended and the perpetrators will serve time in prison, we must come to terms with the fact that teenagers committed such a gruesome murder.

What caused them to perform such a heinous and brutal crime, especially upon a six-year-old? Was it anger or pure deviancy or evil or lack of parental guidance or an inadequate education system? Whatever the reason, it falls on us to create the social environment to reduce or eliminate this toxicity in our country. We can begin by urging the Ministry of Education to include the teaching of values



THE RT. REVEREND JOY ABDUL-MOHAN

education in the school curriculum. We should be engaging our young people in discussions for them to understand what it means to respect and cherish human life. In fact, good parenting and parental support need to be a priority so that the family will, once again, become the bedrock of society and the springboard for foundational beliefs of love, kindness and respect for the sanctity of human life.

Thanks be to God that the Presbyterian Church of Trinidad and Tobago, through its educational institutions, has always engaged in holistic education and has striven to maintain academic, spiritual and moral excellence. Education should not only make our boys and girls brighter but better human beings and worthy citizens of our nation. This is the strength of the denominational schools. The PCTT encourages all children and young people to continue working hard to provide the positive and credible leadership required at this time.


May God continue to bless and keep us safe during these strange and changing times!

EDITORIAL

World

Communion Sunday





The first Sunday in October is designated as World Communion Sunday and is celebrated by several Christian denominations. This is indeed the thanksgiving service of the whole church – when we eat and drink – we are thanking Jesus for the opportunity to remember Him.

World Communion Sunday was originally called Worldwide Communion Sunday and was first celebrated at Shadyside Presbyterian Church, Pittsburgh, Pasadena, in 1933, under the leadership of Dr. Hugh Thompson Kerr, the pastor. It was their attempt to bring churches together in a service of Christian unity. In 1936, this practice was embraced throughout the Presbyterian Church in the United States. It subsequently spread to other denominations, when in 1940, the Federal Council of Churches, now the National Council of Churches, endorsed World Communion Sunday and began to encourage Christian Churches worldwide to share in the celebration. Thus, it can be termed a gift from the Presbyterian Church to the larger ecumenical church.

World Communion Sunday began as an attempt to bring churches together in Christian unity and ecumenical cooperation: to emphasise the importance of Christ, that we are one in the Spirit and the Gospel of Christ, to receive inspiration and information, and to illustrate how each congregation is interconnected with one another. It focuses on our shared celebration of the Lord's Supper.

Jesus instituted the first such meal, and World Communion Sunday is remembering that Christ calls us together to celebrate the liturgy "*in remembrance of me.*"

At the Lord's Table on this Sunday, as Christians we are linked with people of all races, cultures and nations who confess that Jesus is Lord. "The cup of blessing that we bless, is it not a sharing in the blood of Christ? The bread that we break, is it not a sharing in the body of Christ? Because there is one bread, we who are many are one body, for we all partake of the one bread" (1 Corinthians 10: 16 – 17 NRSV). To be a Christian is to belong, and to know we belong to God, and to all in every era who have put their trust in Him. To be a Christian is to belong to the one society that transcends time and all racial, socio-economic, and political differences. This society is the church of the living God.

We remember as individuals that Christ died for all, at the Lord's Table, and when we return to our homes and occupations as world citizens, inclusive and world-minded in our love. We celebrate our oneness in Christ with all our sisters and brothers worldwide. In praise and prayer, we encompass humanity through our intercessions. In worship, we participate in the world mission of the Gospel.

Today, World Communion Sunday is celebrated worldwide. However, World Communion means little if it does not enable us to realise, at even deeper levels, that all belong to us, and we belong to all. That Christ is eternal, human, and divine, enriching and liberating.

Reformation History

(IN A NUTSHELL)

PETER ARJOON
STUDENT MINISTER, PENAL PASTORAL REGION

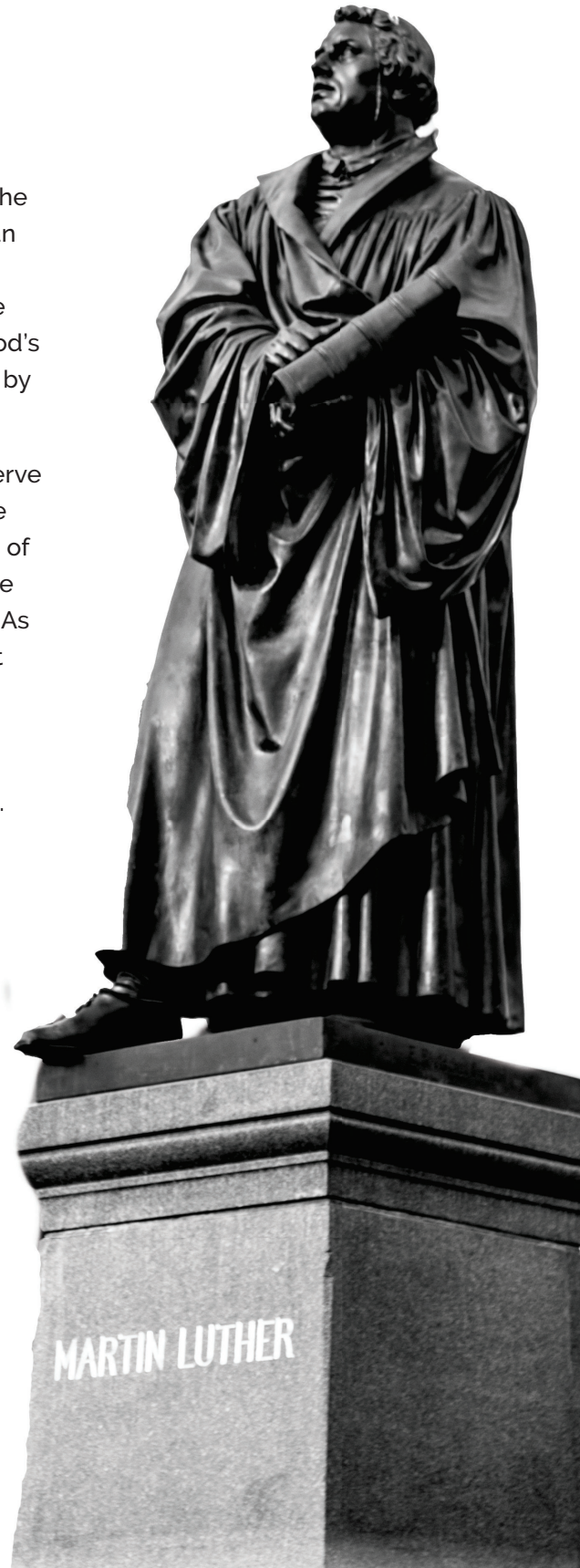
On October 31st, 1517, a German monk named Martin Luther (1483-1546) posted a document popularly known today as the *95 Theses* on the door of the Castle Church in Wittenberg, Germany. This document was a series of 95 propositions about Christianity that Luther invited people to debate with him. These were also seen as controversial because they directly contradicted certain teachings and practices of the church.

Martin Luther's *95 "Theses"* quickly spread across Western Europe aided by the invention of the printing press and soon became the catalyst that led to what is called the "Reformation." The Reformation became the basis for the founding of Protestantism, a term used collectively to refer to the many religious groups that separated from the Catholic Church due to differences in doctrine.

Martin Luther paved the way for other key figures of the Reformation like John Calvin. Calvin introduced the term "Presbyterianism" from the Greek word "presbuteros" (elder) to refer to someone who is a leader in the church – hence the name "Presbyterian." He is regarded as the most important figure in the second generation of

the Reformation, and also held the same position about the Christian faith as Martin Luther, that God is sovereign, the Bible is the sole authority, salvation is through God's grace alone and we are justified by faith alone.

October 31st is the date we observe Reformation Day. 2021 marks the 504th anniversary of the posting of Martin Luther's *95 Theses* and the birth of the Reformed churches. As we observe Reformation Day, let us do so with a sense of moving forward in unity, living faithfully, and building relationships in an evolving church and community. We work together to strengthen Christ's church and to love one another as Christ has loved us.





KNOW YOUR

FAITH

SERIES



PLANTING & HARVESTING

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

The process and experience of planting and harvesting (also called sowing and reaping) is used as an allegory for many aspects of life. The Bible reminds us that what we plant is what we shall harvest. (Matthew 7:16; Galatians 6:7).

The Biblical metaphor of planting and harvesting can encourage us to:

1. Do good and not evil (Proverbs 22:8; Job 4:8; Galatians 6:8).
2. Be generous and not stingy (Leviticus 23:22; 2 Corinthians 9:6; Luke 6:38).
3. Remember that harvests are long-term and not immediate

(Psalm 126:5; Galatians 6:9; John 4:37).

The work of planting takes effort. The results are blessed by God's grace. The Bible reminds us that sowing and reaping are about causes and consequences. We can plant the wind and reap the whirlwind (Hosea 8:7). Although we cannot plant the force of the invisible wind that goes wherever it wants (John 3:8), we understand the Biblical lesson: The forces unleashed by our attitudes and actions generate effects faster than we can imagine, predict or control.

Orienting ourselves in a divine direction ensures that the full potential of what we harness and harvest are beneficial and not

destructive.

Although we may not see the beautiful results of our powerful positivity, the rippling effects in the long term provide the present assurance that we may begin rejoicing because we can see the promise of the budding blossoms of harvest fruits.

As our Churches and communities prepare to have Thanksgiving celebrations, let us remember that all that we think and do will produce harvests.

We give God thanks for the privilege to live and labour and we joyfully plant our words and work as seeds for a heavenly harvest!

Matthew 7:16 - ¹⁶ By their fruit you will recognize them. Do people pick grapes from thornbushes, or figs from thistles?

Galatians 6:7 - ⁷ Do not be deceived: God cannot be mocked. A man reaps what he sows.

Proverbs 22:8 - ⁸ Whoever sows injustice reaps calamity, and the rod they wield in fury will be broken.

Job 4:8 - ⁸ As I have observed, those who plow evil and those who sow trouble reap it.

Galatians 6:8 - ⁸ Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life.

Leviticus 23:22 - ²² "When you reap the harvest of your land, do not reap to the very edges of your field or gather the gleanings of your harvest. Leave them for the poor and for the foreigner residing among you. I am the Lord your God."

2 Corinthians 9:6 - ⁶ Remember this: Whoever

sows sparingly will also reap sparingly, and whoever sows generously will also reap generously.

Luke 6:38 - ³⁸ Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you."

Psalm 126:5 - ⁵ Those who sow with tears will reap with songs of joy.

(NIV Translations)

pets are important for *DEVELOPMENT*



COUNSELLING COLUMN WITH BERNADETTE GYAN-MANICKCHAND



Q

Why are pets important in a child's development?

An animal that depends on you for all its basic needs is your pet. Food, water, shelter, oxygen, space, safety, family, and respect are all basic needs that require human intervention. A pet is a companion animal – one that lives with you in your home – like a dog, rabbit, parrot, hamster, or cat. Companion animals result from domestication. They live with us because they fulfil our needs as well. They can provide us comfort, friendship, and responsibility

Gail F. Melson, PhD, professor Emeritus of Developmental Studies at Purdue University, Indiana, and the author of *Why the Wild Things Are*, began studying the impact of pets in order to learn how human beings develop the ability to care for others. "Nurturing isn't a quality that suddenly appears in adulthood when we need it," she says, "and you don't learn to nurture because you were nurtured as a child." People need a way to practice being caregivers when they're young.

Having a loving a pet is a two-way street, as each gives love to receive love. The benefit of having a pet lends to the holistic development of a child. Pets are, first and foremost, our good gifts from Our Creator Father. As an adult, I love seeing the bond that children share with their pets, and I know the memories of taking care of and loving pets are treasured for a lifetime. Not surprisingly, I

think every child, and adult as well, should have a pet, and here are five reasons: (courtesy "Pet Living").

1. CARING FOR PETS TEACHES RESPONSIBILITY.

Including children in pet-related chores is a terrific way to impart the lesson of responsibility. By assigning age-appropriate tasks like playing with the dog or feeding the cat, kids learn how important it is to follow through with their duties. After all, certain four-legged furries are counting on them! (Of course, the ultimate responsibility for the family pet lies with the grown-ups in the family.)

2. KIDS LEARN RESPECT AND EMPATHY FOR OTHERS.

Animals are feeling, thinking beings with both physical and emotional needs. Children should be reminded to treat pets with care, play gently with them, and respect their need for space. When parents teach kids to approach pets with kindness, love, and compassion, these easily translate into treating other human beings the same way.

3. CHILDREN WITH PETS MAY BE HEALTHIER.

The health benefits of pet ownership are almost too numerous to count. People with pets are reported to have lower blood pressure, less risk of heart disease, lower cholesterol and are more physically active – and those same benefits apply to kids! Plus, research has shown that children

who have a pet during the first year of life are actually less likely to develop asthma.

4. ANIMALS BOOST SELF-ESTEEM AND PROVIDE MENTAL HEALTH BENEFITS.

Let's face it, the business of growing up is tough! Having a pet makes it easier. Pets never judge, never tell your secrets, and always look at you as though you are the smartest, most important person on the planet. So, it shouldn't come as a surprise that kids with pets are less likely to suffer from anxiety and have more self-confidence than those who don't.

5. PETS BRING THE FAMILY TOGETHER.

In this go-go-go world, it can be hard to carve out time to spend together as a family. Having a pet can actually bring parents and children closer by their coming together to care for their four-legged family members. All the activities that revolve around Fido or Fluffy – from exercise to grooming to feeding – require teamwork and cooperation. Even something as simple as taking the dog for a walk together or telling a funny story about your cat can help build and strengthen the family bond.

Are you convinced yet? Ready to adopt a puppy or find the purr-fect feline friend?

**CRISIS IN THE FAMILY:
ADOLESCENCE [PART 3]**

Ideas



The concept of ideation is defined as 'the power of the mind for forming ideas: and the exercise of such power.' Since along the stages of human development, everyone encounters the challenges of roles, rights and responsibilities, ideation remains critical in adolescent and youth development and can result in personal and family crises.

Ideas emerge in the mind as simple or complex thoughts, images or plans. Ideas represent our understanding and comprehension from what impacts perceptions, concepts, impressions, notions, experiences and exposures. Ideas are related to simple assumptions, beliefs, conclusions, convictions, feelings, judgements, opinions, reactions, views, guess, hypothesis, theory, fantasy, whim and inspiration.

In his psychoanalytic theory of personality development, Sigmund Freud theorised that the competing personal and emotional forces struggle to influence behaviour. He identifies the id, the ego and the superego. The id being the libido, human energy or human drive, the ego as regulator of human behaviour and the superego as the established ethical values.

Should we assume that ideas come from the id [human drives] then every role performed in our

activities, attitudes and actions are driven by our ideations - be they personal or social; occupational and career; ideological, religious or spiritual; sexual (affection, intimacy and gender roles); race and ethnicity; separation (autonomy from parents or divorce); ethics, values and morality. However, ideas can be useful and useless, can create role confusion and identity conflicts.

Human and personality development can stumble should anyone exclude the fact that a crisis of identity may occur with an idea. Adolescents need and must have significant references and contexts to assess whether they are progressing through their challenges and crises successfully as these provide clarification of their roles and affirm their identity. Should they refuse to comprehend that they may be caught up in the conformity and competition of educational pursuits and achievement, lifestyle, fashion, entertainment, sports, information from the www and social media, how are they to ascertain whether 'you are in or you are out, you are accepted or rejected' by their peers.

So where is the adolescent today in 2021, considering the interpersonal protocols of this prolonged Covid-19 global pandemic? Are

they deep or deeper in the crisis referred to as identity and role confusion? Adolescents [millennial youth] so often buoyed by the ideas of the present, of 'what's trending,' may disconnect from the past and the future in their desire for acceptance and identification with youth and adolescent characteristics which they believe are some things that mark or set them apart (e.g. entertainment and gender).

Ideas of adolescents and adults should not become my idea vs your idea, my identity vs your identity, me vs you, adolescent vs adolescent, adolescent vs the adult. Ideas should be expressed and considered in the best interest and benefit of the individual and family as they are in this together.

Remember, the family is not just a group or gathering without a common purpose. Never let it ever be that the family can NOT adjust and adapt as changes occur.

CRISIS IN THE FAMILY - ADOLESCENCE continues in the next issue.

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

Hello PCTT family! Being able to share a little bit of who I am and my faith journey via this platform is truly a blessing. Nurtured in the Curepe/St Joseph Pastoral Region, the St Joseph Presbyterian Church laid the groundwork for where I find myself today.

Along with my parents, Dr. Ian Sammy, and the late Mr. Peter Sammy, played pivotal roles in my faith foundation and in my approach to community and scripture. My then-friend and now-wife introduced me to writers like C. S. Lewis and Charles Spurgeon,

Adrian Sieunarine in the San Juan/Santa Cruz/Woodbrook Pastoral Region, and under Reverend Keron Khellawan in the Princes Town Pastoral Region. Both experiences brought a great deal of learning from the ministers and the congregants alike. Learning to be adaptable and keeping myself humble are lessons that I take with me each day as I learn and grow.

Currently, I am the Intern Minister in the La Romaine/Debe Pastoral Region, working alongside Reverend Stephen Harripersad. Becoming an Intern Minister during a pandemic has resulted in being

I'm also now grateful to have many mentors and friends within the PCTT Church Workers' family who are sources of wise counsel and inspiration...

who influenced my theological view of the world around me. Since then, I've been blessed with many friends via camp, worship teams and other groups within the church. They have helped me to grow and discern the Call to Ministry. I'm also now grateful to have many mentors and friends within the PCTT Church Workers' family, who are sources of wise counsel and inspiration along this journey to becoming an Ordained Minister of The Word and Sacrament.

As a Student Minister, I worked under the tutelage of Reverend

more innovative in the ways to pastor and relate to congregants. Thankfully, the process has been made easier because of the support of wonderful tech-savvy persons within the congregations.

As I forge ahead on this journey, I look forward to continued learning and meaningful experiences, as the Spirit guides me down the path to ordination.



*Intern Minister
Bjorn Warde*



*Board of Men Pulpit address
for Laity Sunday 2021*

RAWLE SEEPERSAD, CHAIRMAN & GARRY SOOMARAH, SECRETARY OF THE BOM

Greetings in the wonderful name of our Lord and Saviour Jesus Christ. The Board of Men of the Presbyterian Church of Trinidad and Tobago (PCTT) is pleased to worship with you on this special Laity Sunday, 10th October, 2021.

Today, Lay Persons are occupying our Presbyterian Church pulpits throughout our country. They are using their talents to deliver their message in hope of building a better church and country.

The theme for this year is "*Living faithfully in Christ and building relationships in an evolving church and community*," taken from Revelations 2: 1-7. Following the apostle John, at Ephesus, we are showing our love and personal devotion to Jesus Christ as we seek to change everyone's belief and attitude to our God.

For the past 56 years the Board of Men has been entrusted with the opportunity of conducting Laity Sunday Services. The purpose of the Board of Men is "*to lead men to an understanding of witnessing for the church, that through commitment to Christ they may fulfill the ministry to which they are called in the church, in the home, in daily work, in the community and in the world.*"

Today, as the Covid-19 pandemic surrounds us, we humbly ask that Presbyterian men join us in the march of "Living faithfully in Christ and building relationships in an evolving church and community."

The Board of Men believes that this theme will help us become more proactive in our church and community as we participate as a unified body belonging to Jesus Christ.

We thank everyone for your continued support and assistance to help us achieve our goals of stewardship, evangelism and a successful Presbyterian Church through commitment to our congregation and community with love, devotion and peace.



Vacancy Property Manager's Assistant

- Bachelor's Degree in Business, Finance or Marketing.
- Minimum 1-2 years experience associated with administrative duties.
- Proficient with MS Office applications, including MS Word and MS Excel.
- Experience in Property matters essential.
- Reports to the Property Manager.
- Prepare and record property related correspondences and reports.
- Other related duties.

Deadline for applications : 16th October 2021

Send applications to : General Secretary of
Synod, Paradise Hill San Fernando
gs.warde@pctt.org.tt



The Presbyterian Church of Trinidad and Tobago and the Rapid Fire Kidz Foundation



Wheelchair Outreach

The Presbyterian Church of Trinidad and Tobago (PCTT) has been in partnership with the Rapid Fire Kidz Foundation (RKF) for several years in providing assistance to children in need of the essentials of life. Rapid Fire Kidz Foundation has developed an alliance with the Canadian organisation UNI TNT and is presently providing wheelchairs suitable for children.

The PCTT is pleased to partner once again with RKF and is asking all Pastoral Regions to identify children under the age of 18 who may be in need of a wheelchair and advise the Synod Office accordingly. Arrangements will then be made to facilitate any such requests.



TRIBUTE TO *Frederick Balroop Lakhan*



Frederick B. Lakhan was born to parents: Samuel and Mooniah Lakhan (both deceased) at the Barracks, Corinth Village, St. Madeleine. He was an only son, his sisters - Savitri Samuel (deceased 2002) and younger sister, Catherine Soogrim.

He, also, had an only son, Javid F.K. Lakhan, who was preceded by three daughters, Lisa Lakhan-

Horrell, Tisa (Cindy) Lakhan-Bhola and Candy Lakhan. He was the loving grandfather of seven, Trisbyn and Aidyn Horrell, Jonathan, Nicolas and Christian Bhola, and Kyle and Melanie Kissoon.

He was the husband of Geeta Manbodh-Lakhan for almost thirty-two years.

Mr. Lakhan was only able to complete formal education up to primary level at the St. Clément's Vedic School since his mother was widowed when he was fourteen years old. He started working at a tender age as an office boy and worked his way up to General Manager and Head of the Legal Department at Presidential Insurance Company Limited.

He attended the Grant Lal Behari Presbyterian Church, Corinth, and served in his early days as Sunday School Teacher, then, at the time of his death as an Elder for many years. He served as part-time Property Manager of the Presbyterian Church of Trinidad and Tobago from 2009 to 2019. He also served as a member of various Boards and Committees over the years.

His family moved to St. Joseph Village in 1992 where his funeral was conducted by Rev. Annabell Lalla-Ramkelawan on 30th September 2020. He wanted no sadness on the day of his funeral. He was buried at the St. Clément's Cemetery after a short service at the Grant Lal Behari Presbyterian Church, Corinth. This service was conducted by the resident Minister, Rev. Letra Jacob, and the present Moderator of the PCTT, The Rt. Rev. Joy Abdul-Mohan.

Frederick Lakhan was a man of strong faith, honesty, integrity, generosity, and kindness.

His four loves were:

Cricket - He was Captain of the Ste Madeleine Cricket Team for more than twenty-five (25) years.

Church - Served and worshipped for most of his life.

Liming/Beach - Loved to recreate with friends.

Family - Gatherings at Sunday Church Service and, thereafter, lunch.

Virtual Launch of Environmental Impact Assessment Handbook

August 5, 2021, saw the virtual launch of an e-book entitled, *A Handbook for EIA Practitioners in the OECS*, by George K. Sammy, Hema David, Debbie Reyes and Indrany Linda Sammy. In addition to his work as an Environmental Engineer, the lead author, Dr. George Sammy, is a Presiding Elder of the Presbyterian Church in Trinidad and Tobago. Co-author, Ms. Indrany Linda Sammy, is a member of the Maracas Valley Presbyterian Church.

The countries and territories of OECS face a pressing requirement for development in order to meet the needs of growing populations. Yet, as small island developing states, we are particularly prone to environmental damage that could result from ill-considered and

poorly planned development. An EIA is one tool that may be used to identify the potential for adverse environmental impacts and to recommend measures to reduce (or, preferably, to eliminate) such impacts.

The purpose of this Handbook is to provide practical guidance in the preparation of Environmental Impact Assessments (EIAs) so as to facilitate informed decision-making. It provides a broad explanation of the EIA Process and

describes specific procedures. The Authors share their significant experience with the EIA Process so that other Practitioners may gain from their insights. Persons wishing to obtain further information on the Handbook are invited to visit <https://oecseiahandbook.wordpress.com>.





(03.01.1894 – 04.09.1979)
Ms. Lalla in the Middle

MS. FAIRY LALLA, ELDER ARUNODAI PRESBYTERIAN CHURCH, BALMAIN

The Stewardship of the Late Sarah Nabibaksh-Lalla

Mrs. Sarah Nabibaksh-Lalla was born in the remote village of Calcutta, Freeport, on January 3rd 1894. In November 1905, she was one of the first students to enter the Iere Home for Girls in Princes Town. Five years later, in August 1910, she left the Iere Home and got married to Mr Egbert Lalla, brother of Rev. Charles David Lalla. She relocated to Balmain, Couva, where she lived and worked until her demise. As the first Bible Woman, her work started in the Couva/Balmain Pastoral Region.

In November 1965, at the Iere Home's 60th Jubilee Anniversary, Mrs. Sarah Lalla was one of the main speakers. At this function, she testified what her Christian training meant to her and how it motivated her to respond to the call to perform the duties of a Bible Woman. In her book, *The History of Our Church Women*, Ms. Mabel Brandow stated: "It was the Iere Home for Girls that gave Mrs. Lalla the education and the spiritual upliftment that sustained her throughout her 34 years of working as a Bible Woman."

Mrs. Lalla ensured that her children grew up with the solid Christian values by which she fashioned her own life. Her first son, Mr. Charles Egbert Lalla, (03.07.1915 - 24.08.1994) served the Arunodai Presbyterian Church all his life. He was an Elder and the Church Treasurer for 25 years. Her second son, Mr. Cornelius Olsen Lalla, (27.07.1916 - 12.03.2008) also served the Arunodai Presbyterian Church faithfully. Her last son, Mr. Robert Stanley Lalla, (07.05.1920 - 19.11.2000) not only served the church in Balmain but was a Primary School teacher who later

became a Primary School Principal. After his retirement, he migrated to Canada where he died in November 2000. Today, two of Mrs. Lalla's granddaughters: Annabell Lalla and Vilma Lalla-Kantapersad are still very active in the work of the Arunodai Presbyterian Church.

The women who came as Canadian Missionaries had a very influential role in shaping the life of Mrs. Lalla. These women included Miss A. J. Archibald, Ms C. MacDougall, and Ms Mabel Brandow with whom she served diligently in her later years.

Mrs. Lalla was a faithful, sincere, and committed Bible Woman for 34 years. Her work began in 1932 under the leadership of Ms A. J. Archibald, the superintendent under whom she was trained. Her mission at Arunodai Presbyterian Church extended beyond Balmain. Her fluency in Hindi and literacy in English facilitated her communication with Christians and Non-Christians. Her outreach programme was not only for Christians and believers but her kind, warm and pleasant disposition made her very welcomed in every home in Spring Village, Balmain; Spring Estate, Preysal; and Calcutta Village. Her visitation was extensive and included much more than spreading the Gospel of our Lord Jesus Christ. Mrs. Lalla exuded many existential nutrients to those she encountered. Her kindness, humility, empathy, her sympathetic ear, her consideration for others made her a welcome visitor and a much-loved friend. Her versatility in the Hindi language and ability to sing Hindi bhajans made her

especially welcome in the Hindu homes.

She also functioned as a guide to youths and to families as counsellor, mediator, and peacemaker. She touched and influenced the lives of many in the Couva/Balmain Pastoral Region. She was instrumental in spreading God's Word to many unbelievers and encouraged many adults and children to be baptized and join the Presbyterian Church. According to Ms. M. Brandow, *"In 1993, she visited 516 homes and families over half of which were not yet Christians. In 1962, her zeal and enthusiasm had not diminished, she visited 454 homes, only 298 of these were Christian homes."*

This was typical of her annual work. Throughout her life in Balmain, Mrs. Lalla faithfully carried out her visitation and evangelism work in the Pastoral Region. She was also instrumental in starting a Presbyterian Church Women's group in the Region and held meetings twice a month. Her objective was primarily to educate and empower women. Her commitment to the church was profound. She was one of the first female elders in the Presbyterian Church and was the first woman to become an Elder at Arunodai Presbyterian Church. She was also a Lay Preacher and kept Sunday Morning services when called upon to do so. She preached God's Word with great passion. She conducted First Communion and Sunday School classes from her home and trained others to do so as well.

Although Mrs. Lalla's primary purpose was to serve the Church, she also found the time for community service. She served as The Registrar of Births and Deaths for many years in the Couva/Balmain Region. She also served as Sewing Mistress at the Milton and Balmain Canadian Mission Schools. Even though she was well known for her community service, her greatest accomplishment was her work as a Bible Woman.

As my father's aunt, she was a major influence in my own life and that of my family members. My involvement in the Presbyterian Church of Trinidad and Tobago was part of a promise I made to her many years ago. My involvement in church work was the best decision I ever made in my life.

In October 1966, Mrs. Lalla resigned from active church activities due to ill-health. St. Paul's words to Timothy can adequately and appropriately describe this wonderful servant of Our Lord Jesus Christ, *"Our leader must be above reproach, faithful, sober, temperate, courteous, hospitable, of a forbearing disposition, avoiding quarrels and no lover of money...of the highest principles"*

(1 Timothy 3: 2-4).

Mrs Sarah Nabibaksh- Lalla certainly lived a full, God-fearing life until her journey in this world ended on September 04, 1979.

Eternal rest grant unto her, O Lord, and may Your perpetual light shine on her. May her soul rest in peace.



SHAM SAHADEO, DHARM KA SURJ PRESBYTERIAN CHURCH

Dharm Ka Surj Celebrates!

The Dharm Ka Surj, Sun of Righteousness (Rousillac) Presbyterian Church, like so many other Churches, resumed regular weekly services on September 12th 2021, after a second round of COVID-19-imposed restrictions were lifted. Indeed, celebrations extended to beyond the resumption of regular Sunday Worship. We had much, much more to celebrate!

Our little church building and the Rousillac Presbyterian Primary School both sit humbly on a very picturesque hill along the Southern Main Road, Rousillac, in what many consider "Deep South". The School was delighted to produce this year's top SEA student! Surely, by now, the name "Kirsten Ramsaran" must be a household name. Earning an excellent 100 percent scoresheet, Kirsten topped the country overall.

The church's Minister, Rev Kelvin Sookhansingh, officiated at this momentous service. In these times of so many challenges Kirsten's success resonated deeply, for it showed the potential benefits of that synergy that the Church, the School, and the Family, can achieve when they work in harmony with one another. Her teacher, our very own Local Board member, Mr. Dennis Ghouralal, beamed with pride as he recounted the pleasure it was to have been her teacher. Ever willing to take up a challenge, polite, courteous, and honest are said to be her hallmark traits. These are qualities that could not have been possible if not for her dedicated and committed parents – Anushka and Brent Ramsaran.

The celebrations did not stop with Kirsten's success alone. The Rousillac Presbyterian School and Church also celebrated three

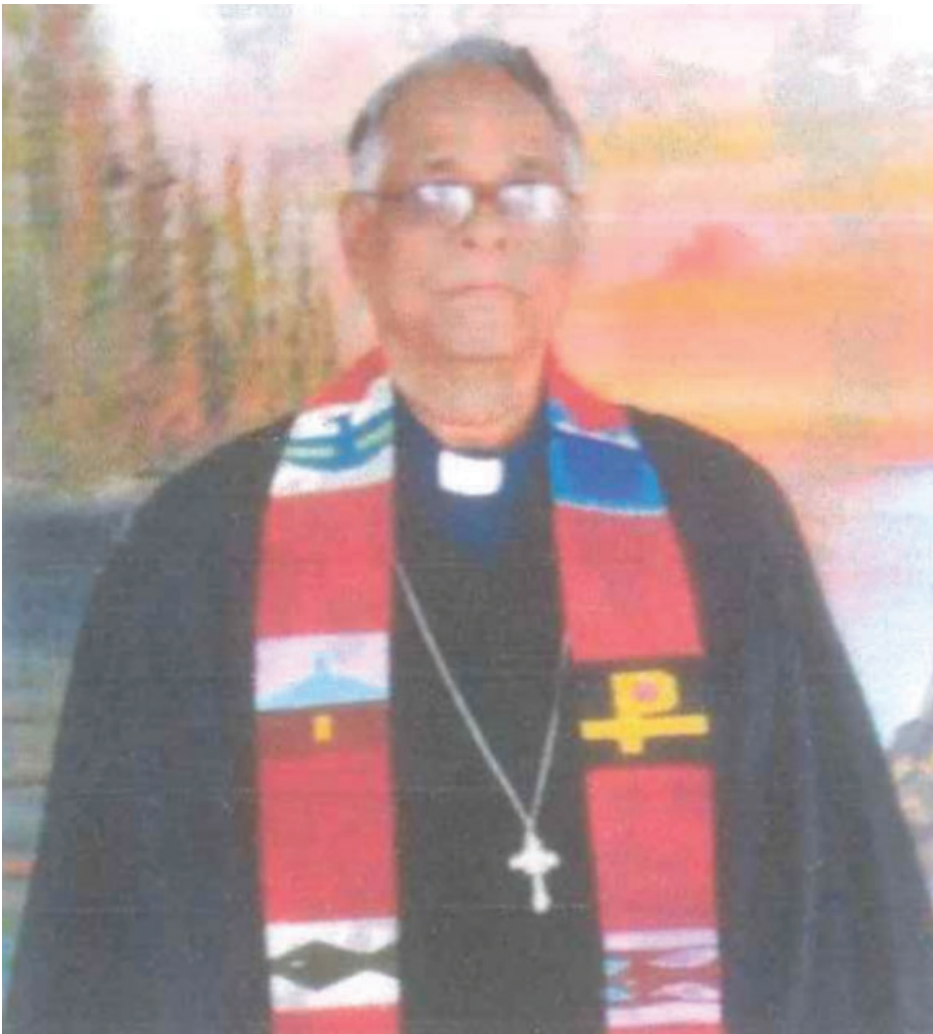
other excellent placements: Satya Ghisayawan at Naparima College, Emily Harricharan at Iere High and Andre Latchman at St. Benedict's College. There is no secret to the success of our Primary and Secondary Schools. The recipe is hard work and preparedness, dedicated and committed staff members, and the support from the Church and Family units, each doing what is required! A simple but effective recipe for overall success!

All glory to God for our successes.



From the front left: Mrs. Anna Lutchman, Kirsten Ramsaran, Satya Ghisayawan, and Andre Latchman.

From the back left: Brent Ramsaran, Darin Ghisayawan, Reverend Kelvin Sookhansingh and Emily Harricharan,



Congratulations Reverend Balliram

BARRY MITRA BALLIRAM

Congratulations to Reverend Paul D. Balliram on the celebration of his 80th Birthday Anniversary - August 20, 1941.

Reverend Balliram entered the Teaching Service as a Pupil Teacher on March 10, 1958. He served in the Teaching Service, for thirty-five years and worked on secondment for five years at the Agricultural

Development Bank, as a Credit Supervisor I and then II. He served at both the Primary and Secondary Levels. The last seventeen (17) years in the Teaching Service were spent at the Pleasantville Senior Comprehensive School. He exited the Teaching Service as a Technical Vocational Teacher IV (Range 46) on August 31, 1993.

After his retirement from the

Teaching Service, he entered St. Andrew's Theological College, San Fernando, to read for the Licentiate in Theology and simultaneously enrolled as an External Student of the University of Cambridge, England, to pursue the prescribed course for ordination by the said University. He successfully completed both programmes in 1996 and was ordained as a Minister of the Word and Sacrament of the Presbyterian Church of Trinidad and Tobago on June 22, 1997. He previously served for five years as a Presiding Elder and one year as a Lay Pastor/Presiding Elder. Reverend Balliram served as an ordained Minister for twenty years.

Reverend Balliram would like to pay tribute to the various Educational Institutions which impacted his life, namely: Riversdale Presbyterian School, Mausica Teachers' College, Eastern Caribbean Institute of Agriculture and Forestry (ECIAF) Agriculture Teacher Education Centre, St. Andrew's Theological College and Cambridge University, England. His studies at the Eastern Caribbean Institute of Agriculture and Forestry and the Teacher Education Centre were made possible through Full Government Scholarships.

Once again, congratulations on your 80th Birth Anniversary, your outstanding academic achievements and sincerest gratitude for your years of dedicated and meritorious service to Trinidad and Tobago.

Continue to enjoy your Retirement, Pa.



Congratulations Risha Persad

DYLAN PERSAD

Congratulations to Risha Persad who attained a Bachelor of Science Degree in Chemistry from the University of the West Indies, Trinidad. Risha is the daughter of Richard and Sharon Persad of Rahamut Lane, Phillipine, and the granddaughter of Rev. & Mrs. Paul D. Balliram of Trinidad. The Persad Family worships at Canaan Presbyterian Church. At present, Risha is employed as a Food Safety Specialist in the Manufacturing Industry.

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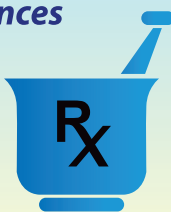
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Celebrating Annalee

STACEY-ANN ROOPCHAND, RIO CLARO PRESBYTERIAN CHURCH

Who would have imagined that at only age eleven one could become a component of one's school history? From sitting in the pews from only a few months old, to drinking bottles silently, to hunting Easter eggs, to carolling at Christmas time, Annalee Shayna Roopchand now stands tall with an achievement that is well-deserved.

As a member of the Rio Claro Presbyterian Church, Nariva/ Mayaro Pastoral Region, Annalee is honoured and ecstatically proud to contribute to the history of TML Primary School, Libertville, which she attended. She has left her mark as the FIRST STUDENT to ever advance to Naparima

Girls' High School (NGHS) after Standard 5. Additionally, she has been awarded the Top Secondary Entrance Assessment 2021 Student at the school.

Annalee is the daughter of Stacey-Ann Roopchand (formerly Kowlessar) and Shane Roopchand. She is a fourth generation Kowlessar, being the great granddaughter of Honourary Elder, Mr. Harry Kowlessar. She is known for her humility, self-discipline and poise. Annalee has worked conscientiously during her SEA preparation with emphasis on working independently without extra lessons. Though dedicated and diligent, she encountered numerous challenges, some of which took her down to the very

bottom. However, after a little deviation from the hardcore routine and placing focus on mental health and its requirements, Annalee was able to regain her focus, and redirect her energy with the FAITH that she could excel despite these challenges.

Annalee expresses the feeling as surreal. She is extremely hyped about her life as a 'Naps' Girl' and has now kicked in the Drive Gear towards a very successful journey that lies ahead. She is also very elated to have motivated her sister Shaylee-Ann to become a 'Naps' Girl' at only age eight.

As Annalee exclaims, "Now let the fun begin. Naps, here I come!"



Towards a world without rape and violence

THURSDAYS IN BLACK



World Council of Churches

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People of faith must speak out against sexual and gender-based violence

This violence is frequently hidden, and victims are often silent, fearing stigma and further violence.

We all have a responsibility to speak out against violence, to ensure that women and men, boys and girls, are safe from rape and violence in homes, schools, work, streets – in all places in our societies.



Thursdays in Black: Resistance and Resilience

The campaign is simple but profound.

- ▶ Wear black on Thursdays.
- ▶ Wear a pin to declare you are part of the global movement resisting attitudes and practices that permit rape and violence.
- ▶ Show your respect for women who are resilient in the face of injustice and violence.
- ▶ Encourage others to join you.

Often *black* has been used with negative racial connotations. In this campaign Black is used as a color of resistance and resilience.

This global ecumenical campaign has been adopted by many of the World Council of Churches' 348 member churches, national councils and ecumenical and inter-religious partners, academic institutions, student associations, and more.

Join this movement of people and organizations that can make a difference to individuals, communities, and national and international policy forums. Be an ambassador in your words and actions for respect, security and justice for women and men, girls and boys.

In every country, gender-based violence is a tragic reality:

One in three women today experience physical or sexual violence, mostly by an intimate partner.

Globally, more than **eight out of ten** girls experience street harassment before they are 17.

Women and girls represent **70 percent** of human trafficking victims.

One in four children under the age of five lives in a household experiencing domestic violence.

An estimated **246 million** girls and boys experience school-related violence each year.

What is Thursdays in Black?

Thursdays in Black grew out of the World Council of Churches' Decade of Churches in Solidarity with Women (1988–1998), in which the stories of rape as a weapon of war, gender injustice, abuse, violence, and many tragedies that grow outward from such violence became all the more visible. But what also became visible was women's resilience, agency and personal efforts to resist such violations.

The campaign was inspired by:

- The **Mothers of the Disappeared** in Buenos Aires, Argentina who on *Thursdays* protested at the Plaza de Mayo, against the disappearance of their children during the violent dictatorship.
- The **Women in Black** in Israel and Palestine, who protest against war and *violence*.
- **Women in Rwanda and Bosnia** who protested against the use of *rape* as a weapon of war.
- The **Black Sash** movement in South Africa protesting against apartheid and its use of violence against black people.

HAPPY TEACHERS' DAY



The Communications Committee of the Presbyterian Church of Trinidad and Tobago sends best wishes to all our teachers particularly our teachers and students of Forms Four to Six who will be returning to physical schooling

Teachers at the heart of the Education Recovery

GARRY SOOMARAH, EMMANUEL PRESBYTERIAN CHURCH

In commemoration of World Teachers' Day observed on Tuesday 5th October, 2021, the theme selected is: "Teachers at the Heart of Education Recovery". As a church, the PCTT celebrates 153 years of evangelising. Additionally, another major milestone in our church's accomplishment is that of education. Education has undoubtedly changed the landscape of our country by empowering many of our country's citizens, primarily those of the East Indian Indentureship, by providing them with the opportunity to receive an education in the schools established by the then missionaries.

As we look towards the future, we pay homage to those teachers who have toiled unselfishly to shape the lives of children over the years, not only those teachers attached to Presbyterian Schools but to all schools throughout the country. They have all made outstanding contributions towards nation-building.

Society sometimes undervalues

the role teachers play in the lives of their young charges. However, even as our nation grapples with the challenges the pandemic has created in the education of our children, there is hope. Teachers throughout our twin-island Republic have stepped up to the challenges, by adapting to the ever-changing technological environment that requires constant training and re-tooling in order to be relevant to the new norms in education. As we all embrace this new form of pedagogy, we are yet again reminded that teachers play a pivotal role in nation development. According to Dr. Linda Darling-Hammond, Professor Emeritus of Stanford University, *"teaching is the one profession on which all other professions depend."*

Hence, *"education is the key to success in life, and teachers make a lasting impact in the lives of their students"* (Ortiz, Solomon 2021). According to Patricia Farell, *"We owe teachers our lives because they bring to fruition the promise of the intelligence residing within their students, and on that, we must rely*

for existence. Society has no future without dedicated teachers and motivated students. It doesn't matter whether the teachers perform their particular magic in a classroom, an open field, under a shade tree, in a converted bus or online - the value is enormous. The worth of a teacher is priceless."

As we strive as a nation to have a first-class education system, let us not forget that for such a system to exist, especially in these trying times due to the COVID-19 pandemic, we must embrace the theme of this year's World Teachers' Day. This theme undoubtedly will be echoed in all corners of the globe, since teachers and the work that they perform are needed to ensure a bright future for any nation and its development.





Siparia Union Presbyterian School Commissioning

Friday 27th August 2021 saw the long-awaited commissioning of the reconstructed Siparia Union Presbyterian School. This reconstruction project was started in May 2014 through the perseverance of Mrs. Tara Lalgee retired Principal (2010). The project was put on hold from September 2015 - December 2019, but the resumption in January 2020 saw its eventual completion.

The school, in its 91st year of existence, has had its share of infrastructural challenges which called for immense sacrifices by students, parents, and teachers alike. Their sacrifices, along with those of retired teachers and past students is recognised by those who will benefit from this world class facility now and in years to come.

The ceremonial handing over of the school was witnessed by a small gathering of distinguished persons due to the COVID-19 limitations. The ceremony was streamed live courtesy of the Presbyterian Primary Schools' Board of Education.

In attendance was the Member of Parliament for Fyzabad, Dr. The Honourable Lackram Bodoie. Bringing greetings from the Presbyterian Primary Schools' Board of Education was Chairman Mr. Vickram Ramlal and the invocation was conducted by the Moderator, The Rt. Reverend Joy Abdul Mohan. Minister of Education, Dr. The Honourable Nyan Gadsby-Dolly delivered the feature address and Principal Jerome Ramlakhan delivered the Vote of thanks and expressed gratitude to Ministry of Education and to those who bore

the sacrifices for the duration of the project and for the promise and renewed possibilities which the new facility will bring to the school community.

The Siparia Union Presbyterian School has a rich legacy of committed teachers, dedicated to the service, as well as producing students who have developed into well-adjusted and successful members of our wider society, in all walks of life. It is with great anticipation and excitement and by the grace of almighty God that the staff of Siparia Union Presbyterian School commits to the translation of a multi-million-dollar investment into producing million-dollar education and service to the community.



Left to Right: Principal Mr Jerome Ramlakhan, Dr The Honourable Lackram Bodee, The Honourable Lisa Morris-Julien, Dr The Honourable Nyan Gadsby-Dolly, Mr Lennox Rattansingh, Chief Executive Officer of the MTS, The Rt Reverend Joy E. Abdul Mohan, Moderator of the Synod of the PCTT.



Mr Vickram Ramlal, Chairman of the PPSBE; The Honourable Lisa Morris Julien, Minister in the Ministry of Education; Mr Lennox Rattansingh, Chief Executive Officer of the MTS; Dr. The Honourable Nyan Gadsby – Dolly, Minister of Education; Mr Jerome Ramlakhan, Principal, Siparia Union Presbyterian School.

PSSBOE Commissioning Ceremonies

GARY SAMAI, GENERAL SECRETARY PSSBOE

On Monday 30th August, 2021, the Presbyterian Secondary Schools' Board of Education participated with grateful hearts in the Commissioning of various buildings at St. Augustine Girls' High School and Hillview College. The Board was well-represented by its articulate Chairman, Mr. Ashford Tamby, and industrious General Secretary, Mr. Gary Samai. These milestone functions were attended by dignitaries from the Ministry of Education, The Parliament of Trinidad and Tobago, various Local Government Regional Corporations, Schools' Administrators, and other valued stakeholders in education, including the Synod of the PCTT.

These newly commissioned facilities will equip these two Presbyterian Secondary Schools

to extend and enhance their subject offering capabilities, and provide the much needed space for practical activities. The Minister of Education, Dr. The Hon. Nyan Gadsby-Dolly, bestowed praises on the Presbyterian Church and Secondary Schools' Board for their continued advancement and commitment to education in Trinidad and Tobago. She exclaimed that as her Alma Mata, St. Augustine Girls' High School (SAGHS) over the years has not only produced distinguished leaders, but has also provided quality educational coaching through its dedicated staff.

The two buildings commissioned at SAGHS were The *Jennifer Beckles Performing Arts Centre* and The *Joanne Mahadeo Science Block* in honour of two outstanding past teachers, both of whom were present at the function and were elated by the developments. Ms. Linda Dharrie (Principal Secondary on pre-retirement leave) was showered with accolades for her consistent role in having these buildings completed and placed into active use.

At the Hillview College ceremony, the building commissioned was

named after the former altruistic principal, Mr. Leslie Mahase. The Member of Parliament for Tunapuna and former student, Mr. Esmond Forde, reiterated the sentiments of the Minister of Education regarding the values instilled through the holistic educational approaches adopted at the school. He thanked the various stakeholders for their contributions in supporting Hillview College, in maintaining its enviable academic and co-curricular achievements.

The Chairman of the Presbyterian Secondary Schools' Board of Education, Mr. Ashford Tamby, expressed his gratitude and continued appreciation to all the Ministries, Agencies and Personnel who continue to acknowledge and support the work of the Presbyterian community in Education. He expounded on the achievements of the schools, noting that without God, none of these achievements would have been possible.



HILLVIEW COLLEGE: From left to right - Mr. Gary Samai: General Secretary PSSBoE, Mr. Terrence Warde: General Secretary of Synod, Mr. Esmond Forde: M.P Tunapuna, Dr. The Hon. Nyan Gadsby-Dolly, Minister of Education, Mr. Ashford Tamby, Chairman PSSBoE, Mr. Dereck Bissessar, Principal (Ag.) Hillview College



ST. AUGUSTINE GIRLS' HIGH SCHOOL: From left to right- Hon. Lisa Morris-Julian: Minister in the Ministry of Education, Ms. Linda Dharrie (Principal), Mr. Ashford Tamby, Chairman PSSBoE, Ms. Annu Ramphalie-Motilal (Principal Ag), Mr. Gary Samai, General Secretary PSSBoE

Morning Star Presbyterian Church Sunday School VBS 2021

CHARMAINE RAMKISSOON, SS TEACHER, MORNING STAR PRESBYTERIAN CHURCH

The children of our Sunday School (SS) enjoyed the Virtual Sunday School organised by the Board of Christian Education. Every day, children between the ages of two to fifteen years promptly logged in with their parents and grandparents. They listened and participated wholeheartedly in the sessions. Parents and grandparents were very supportive, they assisted in preparing the craft material.

The involvement took them back to their own SS days as they showed as much excitement as their children and grandchildren. They eagerly sent in pictures of the finished product. All in all, the programme was one with a difference for all our children, which was unique, well-planned, and well-executed.





Children's Authority
A Division of PCTT

WHAT IS CYBERBULLYING

Bullying another person (child) via cell phone, computer and or tablet.

WHAT IS CYBERBULLYING
Willfully using **text messages, social media, forums, apps** and other digital mediums to **hurt others.**

WHAT IS CYBERBULLYING
It can include; **rumours, embarrassing/nude photos, harassing messages, threats** and the creation of **fake, abusive profiles.**

IMPACT OF CYBERBULLYING ON CHILDREN

- Reduced feelings of self-worth
- Higher rates of depression and anxiety
- Poor performance at school
- Use of **alcohol** and **drugs**
- Increased **suicide attempts**
- Difficulties sleeping and increased **bed-wetting**

TTPS Cyber Crime and Social Media Unit

The TTPS Cyber Crime and Social Media Unit is a specialized team in the Trinidad and Tobago Police Service. Their primary role is to provide technical assistance in the detection and investigations of crime wherein the computer is the target or the means used.

How can they be contacted?

The TTPS Cyber Crime and Social Media Unit can be contacted via the following means:

Online Reporting: <https://ttps.gov.tt/Report-A-Crime/Report-A-Crime>

Email: cybercrime@ttps.gov.tt

Telephone 1: 1-868-612-0742

Telephone 2: 1-868-715-2072





THE THREE

V
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S

THE PCTT CARES,
PLEASE REMEMBER THESE

CORONA VIRUS

PREVENTIONS

“Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.”

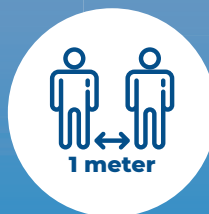
– 3 John 1:2



Wear a face mask properly



Wash your hands often



Watch your distance



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Morton Memorial Presbyterian Youths LOCK-IN 2021

In Christ, we can find perfect peace and rest!

NITYA SUEPUAL, MMPY'S SECRETARY

The Morton Memorial Presbyterian Youths held their annual Lock-In via Zoom this year. The event was a two-night, action packed exercise held on the 28th and 29th August, 2021, from 6 p.m. -12 a.m. The theme was "Quality time with Jesus: Quarantine Edition". It was a beautiful weekend worshipping our Saviour and sharing in fellowship with one another. We spent time in deep prayer and meditation. Our Minister, Rev. Sanya Beharry, conducted worship. One very inspiring session reminded us of who we are in Christ.

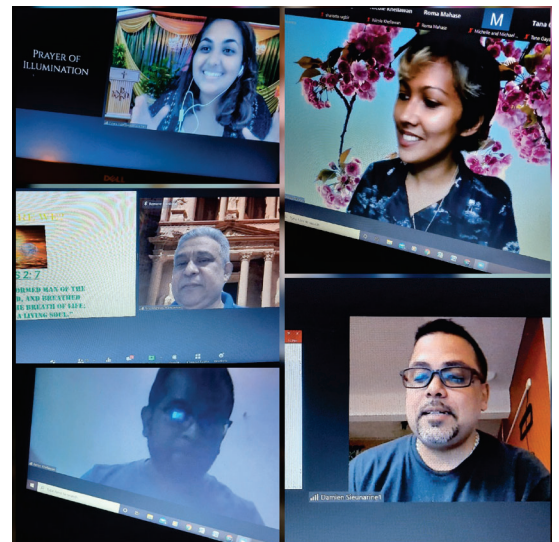
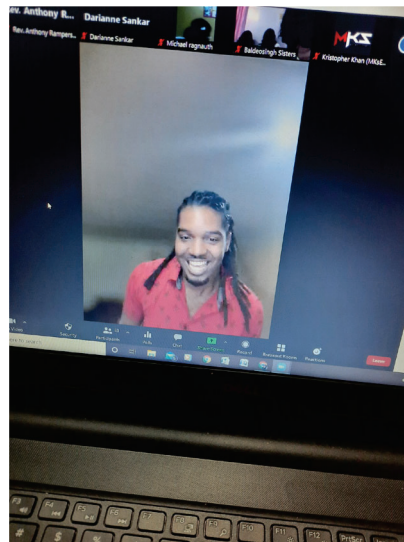
Greetings were brought by the National Youth Coordinator, Mrs. Simone Singh-Sagar; BOYA's Secretary, Ms. Fadilah Mohammed; our Regional Youth Coordinator, Ms. Stephanie Sam; and our Local Coordinator, Ms. Nicole Khellawan.

Sessions were also conducted by Reverend Keron Khellawan, Reverend Damien Sieunarine and Reverend Anthony Rampersad. It was a packed two nights - full of fun, games, worship, and even a revitalising aerobics session facilitated by Mrs. Margaret Mohammed.

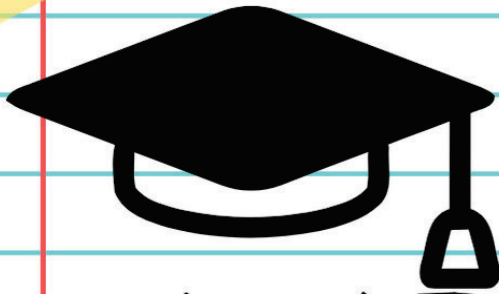
We also had a Praise Party where

Gospel Artist, Positive, joined us and Mr. Kristopher Khan shared his gift of music. For our main event, participants were required to develop a short play with given prompts based on our theme from the scripture reading, James 4:8, "Draw near to God and He will draw near to you." The second and final night was brought to a close with a Taizé Worship, conducted by Deaconess Amber Seesahai-Payne and Intern Minister, Ms Cynara Dubé-Sookoo. After such a renewing two nights of worship and fun, Lock-In 2022 is greatly anticipated.

TO GOD BE THE GLORY ALONE!



COME
JOIN US!



UWI

PRESBYTERIAN

THURSDAYS AT 5PM

via Zoom online meetings!

*Come worship together, plan activities
and find a safe supportive space away
from all the school stress..*

Contact Rev. Anthony Rampersad

@(868) 336-0923



NITYA SUEPUAL, MMPY'S SECRETARY



2021 Joint Youth Initiative of the CWM Caribbean and Europe

YOUTHS “RISING TO LIFE” IN THE FACE OF COVID-19

The Council of World Mission (CWM) Caribbean and European Regions hosted a Joint Youth Initiative on Thursday 2nd and Friday 3rd of September, 2021, via Zoom. The theme for this event was *‘Youths “Rising to Life” in the face of Covid-19’*. We focused on what “Rise to Life” means to young people. For us, it means an awakening of our true selves as a result of the pandemic which compelled us to dive deep inside, pause and truly reflect.

We discussed the challenges faced during the pandemic and the impact on our mental health. Reverend Dr. Delroy Hall, a licensed psychotherapist and counsellor, ordained with the Church of God Prophecy, UK, conducted a very inspiring session. We discussed some ways young people found solace to cope, which include: listening to music, journaling, exercising, breath prayers, etc. Breath prayers are very powerful and can help us when we are stressed. We can simply choose one or two lines to meditate on and inhale and then exhale through them.

We also shared ways in which PCTT has reached out to our members during COVID-19, providing emotional and spiritual support. We shared how we were able to adapt to the virtual platform for meetings, worship, National Youth events, mental health seminars and days to “Talk it Out”. Technology has been a great aid, which allows us to meaningfully connect in virtual spaces. Our Minister, Reverend Sanya Beharry, one of the Chaplains, reminded us to pause and breathe, remembering that God is always in control. Through these sessions, we were able to discuss ways in which we, as a church, can continue to use our voice to bring healing and hope to others. The strategies were built upon the acronym CHURCH!

C - Care for persons living with mental illness and their families. We are to be the hands and feet of Christ, to reach out to God's people and be a safe place for all. We are to be the voice for the voiceless and extend God's radical love to all.

H - Help with the basic needs of people living with mental illness and their families. We are to reach out to others and provide comfort and hope to

God's people. Because we have a mandate from God to care for the physical, spiritual and emotional needs of people.

U - Utilize Volunteers. Every church can mobilize members to become safe people who effectively care for and help persons who are going through emotional distress.

R - Remove the stigma surrounding mental illness. Start the conversation and let us help to end the stigma. Mental Health is health!

C - Collaborate with community: Connect with others (professionals) in society and help raise awareness at all levels.

H - Offer HOPE: The Hope that Christ gives. With Jesus Christ, our Saviour, and the world's greatest counselor, the Church can offer something that no one else can - HOPE!

Let us continue to find ways to reach out to others especially in these trying times, and bring healing and hope to a hurting nation. Mental Health is just as important as physical health. Remember to be kind to yourself and others. Christ cares about our mental wellness.

Mental Health Matters!

Reformation

DEACONESS AMBER SEESAHAJ-PAYNE, CLAXTON BAY PASTORAL REGION



OUR STORY

A long time ago in Germany, there was a man named Martin Luther whom God was going to use to do very important things for the church.

The church that Martin Luther went to was not teaching all the amazing things the Bible tells us. That church said that if you wanted all your sins taken away you must pray to different saints and do good things as well as pay money. God's Word does not say to do that! God says that our sins are forgiven because Jesus died on the cross. God does not want us to pray to anyone except Him.

One day when Martin Luther was on his way home, a thunderstorm came.

Lightning struck a tree right next to him. Martin Luther was afraid he was going to die, so he prayed asking God to keep him safe and if he were kept safe, he would become a monk. A monk is a person who lives away from his family and lives his whole life praying and working for God.

God kept Martin Luther safe from the storm, and Martin Luther became a monk. Martin Luther was still worried about his sins. He tried to do everything that was good. He prayed and he worked. The more he tried to be good, the more he knew how bad his sins were.

Martin Luther's friend told him about this amazing book called, "The Bible" and Martin read it and learnt about

the Good News that his sins were forgiven because Jesus died on the cross for us.

Martin Luther was so excited about what he learnt and wanted others to know about it too but the church did not want others to know.

Martin Luther was very upset and wrote down 95 concerns (theses) about the church that he wanted to talk about and he nailed them to the church door on October 31st, 1517. This day became "Reformation Day" because God was using Martin Luther to change the church into teaching what God says in the Bible.

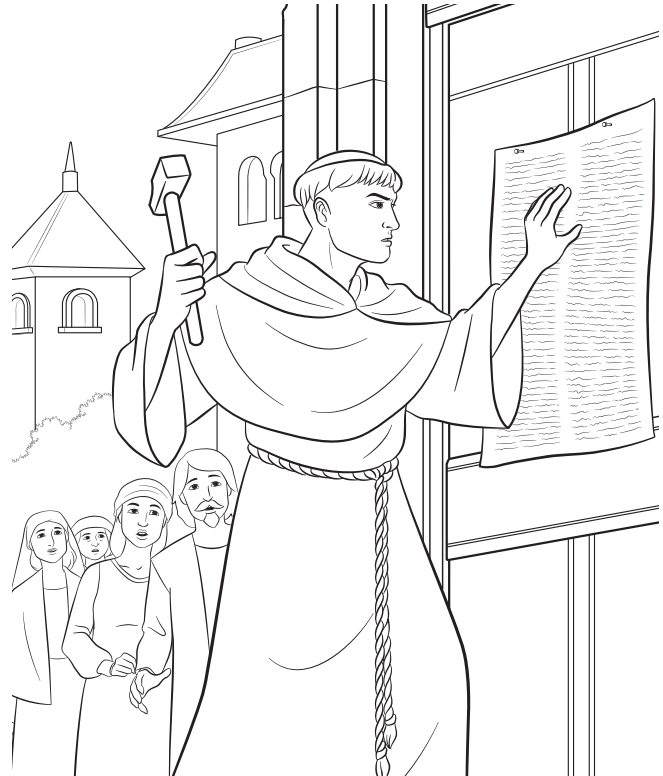
MEMORY VERSE

"I mean that you have been saved by grace because you believe. You did not save yourselves. It was a gift from God. You cannot brag that you are saved by the work you have done."

- Ephesians 2:8-9 (ICB)



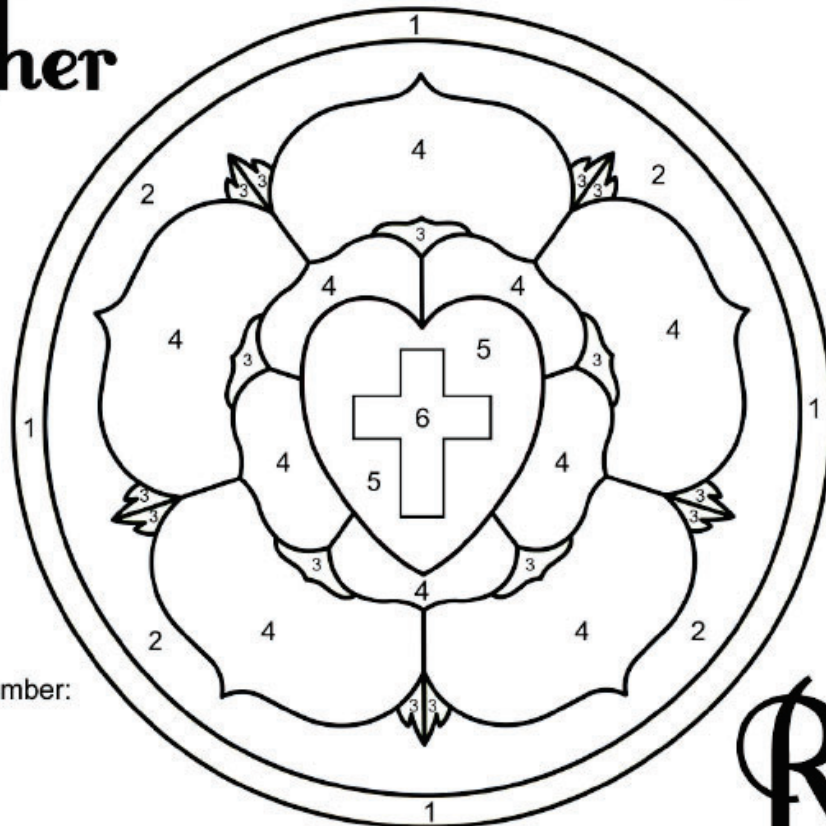
As he studies the Bible, Martin realizes,
"By grace we are saved through faith!"



Martin Luther's 95 Theses set off
the Protestant Reformation.

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Luther



Color By Number:

- 1: Yellow
- 2: Blue
- 3: Green
- 4: White
- 5: Red
- 6: Black

Rose



THE PCTT CARES

As a community of believers, we need to demonstrate love for our neighbour. (Matthew 22:39)

The Presbyterian Church of Trinidad and Tobago (PCTT) affirms the Greatest Commandment of Christ, our Lord - to love one another as God loves each one and to love neighbour as self.

Although a personal choice, the PCTT cares that you protect yourself, your loved ones and your neighbour from COVID-19 by getting vaccinated guided by sound medical advice. **COVID-19 kept us apart but vaccines can bring us back together.** Make the responsible choice! Be safe and God bless!

IN LOVING MEMORY

Danae Rausaran - Persad.

GONE BUT NOT FORGOTTEN

Husband - Krishna Persad, Children - Wendell & Suzette

In-laws - Tricia & Paul, Grandchildren - Alex & Liam

Never far from our hearts. Till we meet again



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



Girlyu Somaria Noyan

GONE BUT NOT FORGOTTEN

Wife of: Jerandel Noyan, Mother of: Rachel Noyan-Mohan, Tony Noyan and Jeralyn Noyan, Mother in law of: Neil Mohan and Lisa Sonny-Noyan, Grandmother of: Mikhael, Mikayla, Michele, Anthonio, Aaliyah & Aidon, Past member of The Lower Barrackpore & Penal Rock Presbyterian Churches.

SUNRISE: 15-01-1951
SUNSET: 19-04-2021

Peter R. Sammy

GONE BUT NOT FORGOTTEN

"For they cannot lie anymore, because they are equal to angels and are from God, being sons of the resurrection"
- Luke 20:36



SUNRISE: 29-07-1960
SUNSET: 25-09-2020


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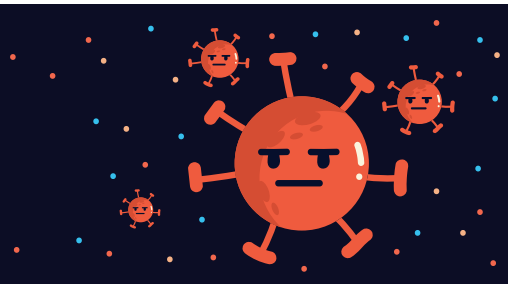
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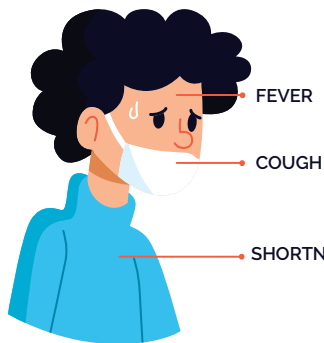
nCoVid-19

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

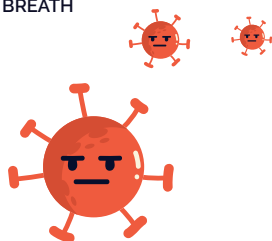
SHORTNESS OF BREATH

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



KEEP YOUR DISTANCE FROM OTHERS (6 FEET)



COUGH INTO A TISSUE OR INTO THE CROOK OF YOUR ELBOW



STAY AT HOME AND REST IF YOU ARE ILL



AVOID TOUCHING YOUR OR ANYONE'S FACE



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



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

(SOURCE: MINISTRY OF HEALTH, TRINIDAD AND TOBAGO)

DOMESTIC VIOLENCE & ABUSE HELPLINES



Domestic Violence & Abuse Hotline: 800-7283

Rape Crisis Society North Office: 627-7273

Rape Crisis Society South Office: 657-5355

Families in Action: 628-2333 / 622-6952

National Help Line: 800-4357

Rainbow Chat: 321-3393

Lifeline: 645-2800/622-6952



Read Your Bible

October
2021

The Lord Restores Those Who Love Him

SUNDAY	31-10-2021 Psalm 119:1-8	Psalm 8	Psalm 90:12-17	Psalm 91:9-16	Psalm 126
MONDAY		1 Corinthians 10:14-11:1	Jeremiah 36:1-26	Matthew 11:1-24	Jeremiah 45:1-5
TUESDAY		1 Corinthians 11:2-22	Jeremiah 36:27-37:2	Matthew 11:25-30	Lamentations 1:1-12
WEDNESDAY		1 Corinthians 11:23-34	Jeremiah 37:3-21	Matthew 12:1-14	Lamentations 2:8-15
THURSDAY		1 Corinthians 12:1-11	Jeremiah 38:1-13	Matthew 12:15-21	Lamentations 2:16-22
FRIDAY	Matthew 8:1-17	1 Corinthians 12:12-26	Jeremiah 38:14-28	Matthew 12:22-32	Lamentations 4:1-22
SATURDAY	Matthew 8:18-27	1 Corinthians 12:27-13:3	Jeremiah 52:1-34	Matthew 12:33-42	Lamentations 5:1-22