

*The Trinidad*  
**PRESBYTERIAN**

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# Moderator *speaks*

WORKING TOGETHER TO PROTECT EACH OTHER

**B**y the time you read this column, the response to the nCoVid-19 virus would have already altered your lifestyle and with Lenten Services being interrupted and Holy Week threatened we turn to the Resurrection of Christ in reverence and hope. As a community of faith, we invoke the compassionate presence of Christ as we do our part to mitigate fear and persuade others to practice acceptable health and safety protocols. Working together we can stop the spread of this virus.

As a church, we are in solidarity with the secular authorities and agencies in their effort to contain this pandemic. We have suspended worship services, postponed major and statutory meetings and put on hold events of our Standing Boards and Committees. These actions, we hope, will help in “flattening the curve” in the struggle of containment. In addition, we must not forget that our response of compassion and prevention needs to be surrounded and guided by continual prayer for the well-being of all people, especially the most vulnerable.

As part of the proactive, preventative measures -- now being enforced for the Health and Safety of citizens -- is a new concept called social distancing. It maybe a new concept but it simply means keeping a safe distance from one another. My alma mater Princeton Theological Seminary (PTS) has shared with its alumni some useful information on social distancing in the context of the faith community. An article published by PTS Vice-President Professor Dr. Shane A. Berg, entitled, *The Theology of Social Distancing and Love of Neighbour*, makes the point that “implementing a plan for social distancing as a tool to mitigate the spread of the nCoVid-19 virus, is complicated, difficult work but must be done with great speed”. He wrote: “Complicated, because faith communities and churches are in the business of nurturing the bonds of fellowship. Churches are to draw God’s people closer together, not push them apart. Social distancing strikes us as deeply wrong; it feels antithetical to fostering Christian community”.

According to Dr. Berg, “It is not fear or irrational caution to put social distancing in place... it is rather fidelity to Christ’s charge to love our neighbours and care for the least of our sisters and brothers.” Though these misgivings are understandable, it is our care and concern for others that motivates our adoption of social distancing measures. It is in fact an act of Christian love to participate fully in the practice of social distancing in the context of a pandemic. Professor Berg emphasizes that, “While it feels



THE RIGHT REVEREND JOY ABDUL-MOHAN

counterintuitive to us, social distancing is the best way for us to respond to Christ’s call to protect the ‘least of these’ in the human family”.

Clearly, we must make hard but necessary choices to limit our participation in community interaction to preserve human life. Serving the common good in this way calls for a level of sacrifice as an act of Christian discipleship in this Easter Season. Social distancing does not mean cutting ourselves off from human interaction but finding ways to limit our participation in large gatherings. The principle of groups of no more than ten should be our guide.

We mourn with those throughout the world who lost loved ones and we pray for those recovering from this virus. We also remember those who have lost their livelihood because of measures to stop the spread of the virus. We offer a prayer of thanksgiving for the medical professionals and those on the frontline who risk their personal health to serve and support others. We are reminded that life in the spirit of the Resurrection is not simply quantity but quality of time. Resurrection life begins when we figure out how to use our time in the best and worst of times. We can be confident that the Resurrection of Jesus Christ is having a powerful effect in our lives right now as we face this new reality.

Be Safe and Healthy!



# KEEPING A SAFE DISTANCE

**T**he nCoVid-19 pandemic and the free-fall of oil and gas prices will test our resolve as a nation to take hard decisions for survival and yet stay united. This double dose of adversity should not only expose our human compassion, but open new opportunities hidden during the period of plenty.

To navigate these two major challenges will require discipline from all citizens.

While our government provides the leadership, civil society must give the support. We must not ignore the advice of the medical experts in this matter. That will be a recipe for disaster.

Government has introduced social distancing as a major thrust in limiting the spread

of the virus. This limits public gathering to 10 persons. It has closed all educational institutions, bars, and other places where people congregate. The Presbyterian Church of Trinidad and Tobago (PCTT) has heeded the call and suspended all worship services as well as all meetings and activities of Boards and committees. We are using the social media technology to maintain pastoral care. In fact, this issue of the Trinidad Presbyterian will be online to keep our members informed.

Government has introduced several measures to provide relief to the most vulnerable in the society. Commercial Banks and other financial institutions have reduced their interest rates and offered deferrals in loan payments. And we are

told that Government is taking to Parliament a \$4 Billion social relief and stimulus plan to mitigate the effects of the falling oil and gas prices on big and small businesses. We hope that this package will offer some relief to those who may lose income through closure in the private sector.

We urge that care be taken of the elderly and those with pre-existing medical conditions as well as those on the margins of society. Our prayers are with the medical and support frontline personnel who are caring for the sick. The Church can follow in the footsteps of Christ's Mandatum Novum, "Love one another as I have loved you" (John 13:34).

Remember to:

- Practice proper hygiene and social distancing,
- Check on the elderly and shut-in, and
- Offer relief to those in need

This too will pass.

**To prevent COVID-19 it is safest to avoid physical contact when greeting. Safe greetings include a wave, a nod, or a bow.**

**How should I greet another person to avoid catching the new coronavirus?**



**#Coronavirus #COVID19**

9 March 2020



CORONAVIRUS [nCoVid-19] PANDEMIC  
CHURCH SERVICES

# SUSPENDED





The PCTT took the action following a request by Government that churches consider suspending worship services to avoid large gatherings. This action will assist in mitigating the spread of the Coronavirus (nCoVid-19) virus.

The deadly virus originated in Wuhan, China last November and has spread to some 197 countries. Trinidad and Tobago had 85 confirmed cases at the time of print and so far three persons have died as a result and one recovered. Across the world there are some 803,313 confirmed cases with 39,014 deaths and 162,937 recovered patients (the WHO figures at 31 March).

In a letter dated 17 March 2020, Moderator of Synod the Rt. Reverend Joy Abdul-Mohan and PCTT General Secretary Terrence Warde instructed that the suspension will include all meetings of Local Boards, Sessions, Boards and Committees, Presbyteries, Synodical Council and "any other planned meetings". The church officials stated, "Please also note that events should be cancelled during this period, this may include weddings, prayer meetings and wake services."

According to the church officials, the work of the Presbyterian Church "must continue despite these necessary changes." The letter continued, "At this time of anxiety and fear our Church Workers, Elders and Lay Persons are still available for prayer and pastoral care whenever needed through other

means." The letter added. "Albeit, our services are suspended for this period, it gives us an opportunity to reflect and draw closer to God during this Lenten journey. Through our social media platforms, especially *Moments of Inspiration*, the presence of the Church and its leaders will be available for spiritual outreach and home worship."

The church officials urged families to worship at home and made a plea for special attention to the elderly and the most vulnerable in the communities. The officials said that the "church's response to this unprecedented phenomenon will define who we are and strengthen us as an institution". "Let us continue to pray for families, communities, and nations affected by this pandemic, acting responsibly to mitigate and spread of nCoVid-19 by following the necessary health and safety protocols.

Our resolve is strong. Our faith is stronger," the church officials said.

**T**he Presbyterian Church of Trinidad and Tobago (PCTT) suspended all church worship services at its 108 congregations for two weeks due to the Coronavirus (nCoVid-19) pandemic. Other denominational churches are on similar lockdown.

Since that decision was made The Government of Trinidad and Tobago has ordered a total shutdown of all non-essential services until Wednesday 15 April 2020.

*a plea for special attention to the elderly and the most vulnerable in the communities*

# KNOW YOUR FAITH SERIES



with REV. ADRIAN SIEUNARINE

## THE RISEN CHRIST IS WITH US

**T**he world is a dangerous place. Calvin points out that we are surrounded by risks from accidents as well as “ambushes, robberies, open violence” and sicknesses.

Easter reveals the awesome, puzzling truth that death has no dominion over Jesus Christ and we are more than conquerors through him. How does our belief in Christ impact on our behaviour during the panic and pandemic of the nCoVid-19?

### LISTEN CAREFULLY

We acknowledge our frustrations and powerlessness in illness and in the restrictions imposed on us. Calvin vented, “If only my condition were not a constant death struggle...” He was afflicted by many painful ailments throughout his life including kidney stones, gout, arthritis, malaria, tuberculosis and abscesses. We listen to the diagnosis of our situation so that our prognosis can be guided by divine wisdom. (James 1:19) God alone is in control.

*Easter reveals the awesome, puzzling truth that death has no dominion over Jesus Christ*

### LEARN ENTHUSIASTICALLY

During quarantines and social distancing, we can learn from the youth about how to be connected through technology while being physically apart (1 Timothy 4:12). Calvin urged the Geneva council “You, older ones - be not jealous of the gifts which the younger generation has received but be glad and praise the Lord who has given them.”

### LABOUR CONSTANTLY (JOHN 5: 17) BUT DIFFERENTLY

Calvin points out that when “laid powerless upon a bed” we can be spiritually powerful and strong in patience because the grace of God works in us more fully in illness and even death. Illnesses can “purge us from worldly affections” and “retrench what is superfluous in us” and make us spiritually powerful. While suffering, Calvin prayed “O Lord, how long?” but when people asked whether he would stop labouring for the Lord he said “Bear with me that God find me watching and waiting and busy at his work until my last sigh.”

When the Good Friday of pandemic and panic overwhelm us, we know that the Easter Sunday of hope, happiness, peace and fulfilment is approaching, and the Risen Christ is

with us now and forever (Matthew 28:20; Romans 8:38-39).

### SCRIPTURE REFERENCES

James 1:19 (NIV)

*“My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry,”*

1 Timothy 4:12 (NIV)

*“Don’t let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity.”*

John 5:17 (NIV)

*“In his defense Jesus said to them, “My Father is always at his work to this very day, and I too am working.””*

Matthew 28:20

*“and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.””*

Romans 8:38-39 (NIV)

*“<sup>38</sup> For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, <sup>39</sup> neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.”*



# break the SILENCE

Concerns over the rise of domestic violence in Trinidad and Tobago as well as worldwide have led to the publication of an anthology of poems edited by two outstanding Presbyterian women.

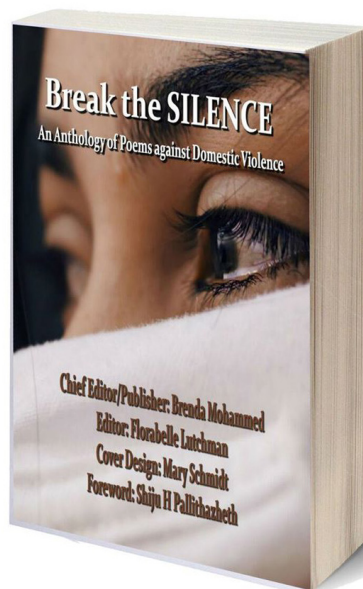
The book, *Break the Silence: An Anthology Against Domestic Violence* is an initiative of Brenda Mohammed, Founder of Facebook Literature Forum, How to Write for Success. Mohammed is also the Regional Director of Operations, of a larger *Facebook Literature Forum, Motivational Strips*, established by Shiju H. Pallithazheth from Sultanate, Oman. *Motivational Strips* has a readership of five million viewers a month, four Associates, and six Affiliate Forums of which *How to Write for Success* is one.

Concerned about the rise in domestic violence, Mohammed discussed the initiative with Pallithazheth and they agreed to invite poets from the 106 countries in both forums to participate. Poems from eighty-seven writers were selected for inclusion in the anthology.

Mohammed is the Chief Editor and Publisher of the book with Florabelle Lutchman as Editor. Lutchman is a member of the Marabella Presbyterian Church

and an administrator in the *How to Write for Success* forum. The book cover was designed by a member, Mary L Schmidt of Colorado, USA. The Foreword was written by Pallithazheth. The book also features an article and a poem by Presbyterian Church Moderator Rt. Reverend Joy Abdul-Mohan. The book is on Amazon's Bestseller's list.

This is the third anthology Mohammed has initiated in the Forums – *A Spark of Hope Volumes One and Two*. They contain a treasury of poems for saving lives from suicide.



**BRENDA MOHAMMED & FLORABELLE LUTCHMAN**

## THURSDAYS IN BLACK

**Towards a world without rape and violence  
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.**



World Council of Churches

# symbols & *IMAGES*

COUNSELLING COLUMN WITH BERNADETTE GYAN-MANICKCHAND

Q

“HOW DOES an infant develop Intuitive-Projective Faith?”



*Have you ever heard children re-tell a Sunday School story?*

**F**rom the time children begin to use language to communicate about self and objects in the world, one can see the emergence of a style of meaning-making. This is called the Intuitive-Projective stage. Here they order experiences through emotion and perception. Imagination, not yet disciplined by logic, responds to story, symbol, dream and experience. It attempts to form images that can hold and order the mixture of feelings and impressions evoked by the child's encounters with the newness of both everyday reality and the mystery that surrounds it.

Death, for instance, emerges as a source of danger and mystery. Experiences of power and powerlessness steer young children to a deep concern for protection. Children begin to construct and re-construct events according to episodes. While they appreciate stories and are capable of becoming deeply engrossed in them, they are seldom able to accurately

reconstruct the narrative pattern and detail of a story. Have you ever heard children re-tell a Sunday school story?

There is fantasy or make-believe which is not distinguished from fact. Constructions of faith at this stage of childhood are drawn to symbols of images of visible power and size. There is an appreciation for stories that represent the powers of good and evil. These make it possible for children to symbolize the threatening urges and impulses that fascinate or terrify them. Curiously enough, symbols of representations of the deity at this stage are mixed with fantasy.

There is in this stage the possibility of aligning powerful religious symbols and images with profound feelings of terror and guilt, as well as of love, ecstasy, and unity with the Holy One. Such possibilities give this stage the potential for forming deep and long-lasting emotional and imaginal orientations in faith -- both for good and for ill.



# WHO WINS?

THE FAMILY CAN - A MONTHLY THOUGHT TO HELP IMPROVE THE FAMILY

*Don't lose faith.  
Hold strong.  
BELIEVE,  
THE FAMILY CAN.*

**I**t was never a race. How did it become a competition about who wins? Who cares who wins? The desire to win can result in sibling rivalry; spousal fights, domination and control, manipulation and scheming, and income and gender bias. It trends towards proving who is the best, or the most successful. Or who is the highest social, economic, psychosocial, religious, political and academic achiever. Does this sound like someone or somewhere you know, intimately? Does it describe the person you see in the mirror?

We have considered the factors of rush and expediency which makes it difficult for the family to achieve success and share meaningful relationships. Let us consider here the critical factor of winning: within your family, in the home or the space where you live, do you just co-exist with an emphasis on who wins?

There can only be one winner but sadly of the many losers the greatest is 'the family'.

Usually the winner takes it all. The winner has the bragging rights and usurps power, status and superiority. There is no common ground, no level playfield, no home of love and understanding but a house of conflict, competition and distrust. To become obsessed with winning challenges the ability and the capacity of families to cope, adapt and adjust to change. For the family to be the winner it calls for bringing together strengths and weaknesses and creating opportunities to overcome threats and challenges.

As we continue to focus our thoughts on the positive position that The Family Can, let us remember the family is not just a group or gathering without a common purpose. Never let it be that the family can NOT because one person has to be the winner.

by **HILTON R SIBOO**

# PUBLIC NOTICE



## St. Andrew's Theological College

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Our Ref: OC: 007/2020

March 13<sup>th</sup> 2020.

### THE BOARD OF DIRECTORS OF ST. ANDREW'S THEOLOGICAL COLLEGE STATEMENT ON ACCREDITATION

The Board of Directors of St. Andrew's Theological College (The BOD/SATC) wishes to advise the Presbyterian Community that The Accreditation Council of Trinidad & Tobago (ACTT) on January 30<sup>th</sup> 2020 took a decision not to approve SATC's Application for Continued Institutional Accreditation Status. Thus, SATC is now required to reapply for continuing "registered status" with The ACTT.

To facilitate this process an extension of six (6) months "registered status" from January 30<sup>th</sup> 2020 to July 29<sup>th</sup> 2020 was approved by the Board of The ACTT.

SATC was founded in 1892 by the Presbyterian Church of Trinidad and Tobago (PCTT). In 2009, SATC was granted "registered status" by The ACTT. Under Chapter 39.06, Act 16 of 2004, SATC was able to legally function as a Tertiary Institution.

In 2012/2013, SATC volunteered to improve its status with The ACTT and was conferred Institutional Accreditation Status for a term of five (5) years. Accreditation is a voluntary act by an Institution.

After a review of the Accreditation Status of SATC by The ACTT in 2018/2019, SATC was asked to revert to "registered status". Under "registered status" SATC will continue to operate legally as a Tertiary Institution.

The Certificate, Diplomas and Licentiate offered by SATC will continue to be recognized.

Be assured that SATC will continue to work to achieve Institutional Accreditation.

The BOD/SATC is committed to ensure, that the Institution, SATC will continue to work to strive to deliver quality Tertiary Education.

We thank you for your continued support.

Yours in the Master's Service,

  
.....

MS. RENISA S. RAMLOGAN.  
Assistant Corporate Secretary.

  
.....

REV. KELVIN SOOKHANSINGH.  
Chairman.

---

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# ETERNAL LIGHT ANNUAL *Retreat* AT LOS IROS



**PRAISE &  
WORSHIP,  
FUN, FOOD  
& THE COOL  
SEA BREEZE.**

**T**he Eternal Light Presbyterian Church held its annual two-day Family Retreat at Los Iros Beach Resort during October last year. It was a weekend that glorified God and one that members will remember for the praise and worship, fun, food and cool sea breeze.

The weekend activities began with a worship session led by Reverend Shirvan Siloch, who was with his family. The theme for the retreat was, Renewing, Restoring and Rekindling our Faith. God was glorified through favorite songs and praise. Reverend Siloch encouraged members to accept and share responsibility for Church activities. It is hoped that after the two days of rest and togetherness, members

would return reinvigorated to move forward together to do the Lord's work. Reverend Siloch reminded the group of their different talents which can be used to enhance the Church and build stronger ties with each other.

It was a packed two days with all church groups being responsible for different activities. The groups came together and shared in the preparations for the meals. It was a wonderful, Holy Spirit-led, Jesus-centered two days of great company, food, fun, sea and praise.

**by CAMILLE CHEDDIE &  
NAMELIA LUTCHMAN**



# Penal Women & Youths Celebrate

by **TRACY-ANN VALLABH-PATEL**



**T**he Penal Presbyterian Church Women (PCW) hosted its annual World Day of Prayer service on Friday 06 March 2020. It was a celebration of women's strength and the commitment to make a difference in her community.

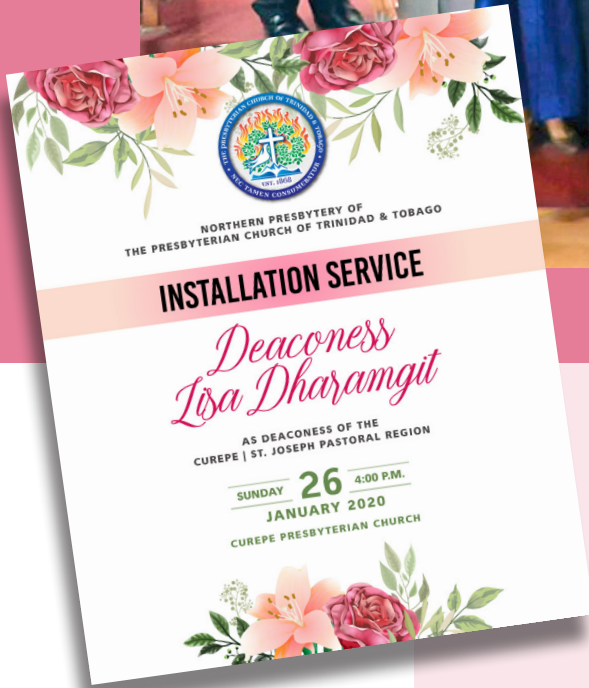
The guest speaker, Bernadette Gopaul urged women to use peace as the building block for a fruitful society. She said that women must take the lead in making a difference in communities.

On Sunday, 8th March the women celebrated International Women's Day 2020 by conducting the church service.

In February, the Penal Presbyterian Youth Movement marked Valentine Day with its dinner and dance based on the theme, Once Upon a Valentine. Group president Nathaniel Vallabh-Patel explained that the event was in recognition of God's undying love for people and their love for each other.







Deaconess Lisa Dharamjit (centre in blue gown) with colleagues following her installation as a deaconess in the Curepe/St Joseph Pastoral Region. The installation took place at the Curepe Presbyterian Church on 26 January 2020. Deaconess Anupa Nanan brought the message urging Deaconess Dharamjit to "trust in God and He will equip you to serve in simplicity and love."

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EMERGENCY


Coronavirus  
disease (COVID-  
19) outbreak



# the exploding **PANDEMIC**

by DR JOEL DAVID TEELUCKSINGH  
CONSULTANT, INTERNAL MEDICINE/ENDOCRINOLOGY/DIABETES





**C**hina reported to the World Health Organization (WHO) cases of pneumonia emanating from a live animal market in Wuhan Province on Tuesday 31 December 2019. It was caused by a novel coronavirus (called SARS-CoV-2).

Coronaviruses are a diverse group of viruses, many of which are animal viruses. Four of these predominantly cause mild to moderate lung problems and may be responsible for 10-30% of colds.

Two other coronaviruses have caused outbreaks of severe respiratory illness in people: SARS, which emerged in Southern China in 2002 and MERS in the Middle East, in 2012.

The World Health Organization declared a nCoV-19 pandemic on 11 March 2020. This was after 118,000 cases in 114 countries, and 4,291 deaths were reported. The mortality rate of under 3 percent. We live in a "global village" and local authorities diagnosed our first nCoV-19 infection the following day in a traveller returning from Switzerland.

There have been drastic travel restrictions to the most affected countries like China, South Korea, Italy, Japan and Iran. Everyone should avoid cruise ships, non-essential airline travel, mass gatherings, sporting events and crowded places. This "social distancing" is a critical aspect in the control of the pandemic.

*I will now seek to answer some frequently asked questions which could assist us in responding to this pandemic:*

## **HOW IS THE NOVEL CORONAVIRUS TRANSMITTED?**

This occurs by droplets or direct contact.

Contact transmission includes direct exposure to an ill person via shaking hands, kissing or touching a contaminated surface and then, the mouth, nose or eyes.

Those who are sick can also infect others when viral-laden droplets from their coughs and sneezes are expelled. These may travel about six feet and persist on surfaces for hours or days.

## **HOW DOES COVID-19 COMPARE TO THE COMMON COLD OR FLU?**

The estimated incubation period (time from acquiring the virus to appearance of symptoms) of nCoV-19 is five to six days (range 0 to 14 days). The median age of confirmed cases is around 59 years. Fever, cough and fatigue are common symptoms while vomiting or diarrhoea may occur. 80% of patients have asymptomatic or mild disease and recover. 15% may get severe disease including pneumonia and around 5% become critically unwell with septic shock and/or multi-organ and respiratory failure. It seems worse in high risk groups such as the elderly, smokers, persons with diabetes or lung disease. The surge in seriously ill patients in Italy has crippled its health sector with a shortage of intensive care beds.

Those individuals with the common cold may have a mild cough, sneezing, runny or stuffy nose, fatigue and, uncommonly, a low-grade fever.

Symptoms of influenza commonly include fever, chills, headache, muscle pain, dry cough and, perhaps, sneezing and stuffy nose. Seasonal Influenza has affected 26 million people in the United States since November 2019, killing up to 25,000 so far. Indeed, the 1918 influenza pandemic (Spanish Flu) was the deadliest event in human history (50 million deaths). Fresh air, rest and sunlight were prescribed then -- and are still effective.

## IS ANY TREATMENT AVAILABLE?

Most people will recover with fluids, rest and paracetamol. Serious infections -- especially in the aforementioned vulnerable groups -- require admission to hospital for intensive care. There have been early reports of successful outcomes with antimalarial and HIV drugs but research is ongoing.

Antibiotics are NOT beneficial in viral infections like nCoVid-19 or influenza.

Denial by governments has led to global panic and a hodgepodge of misinformation on social media (an "infodemic") especially by charlatans and modern snakeoil vendors. There is no role for garlic, heat, drinking bleach, colloidal silver or water every fifteen minutes.

## WHAT SHOULD I DO IF COVID-19 IS SUSPECTED?

The majority of healthy young adults, children, and infants have only mild symptoms and these will usually not be tested but may transmit. They may be managed at home and should call their primary care doctor or Ministry of Health to discuss symptoms, and will likely

be recommended to self-isolate for about 14 days from the onset of their illness if tests confirm nCoVid-19.

This will prevent the spread of infection to high-risk patients in emergency departments and waiting rooms while conserving resources in the midst of a pandemic.

The UK has a 24 hour hotline to identify such patients and aggressively quarantine and trace contacts. China's attack on nCoVid-19 required speed, imagination and political courage. People could talk to doctors via telephone, order food and medications online and there are designated testing areas for CT scans and swabs. Interestingly, thousands of government workers were deployed and taught basic aspects of care such as proper use of gowns and hand hygiene. We need some of these practical solutions in the Caribbean.

## HOW CAN I PREVENT INFECTION AT HOME, WORK AND CHURCH?

- Before preparation of the sacraments of Holy Communion, wash hands with soap and water for at least twenty seconds. Hand sanitizer (at least 60% alcohol) may also be used. Disposable gloves may be ideal when handling bread and should be worn when collecting used glasses as the virus may live on surfaces for many hours. Fresh gloves should be used when washing the glasses.

- No handshakes, hugs or kisses during the sign of peace. A small bow or greeting is preferred.

- Cough or sneeze in the crook of the elbow or sleeve. Disposable tissues followed by hand washing may be useful. Masks are unnecessary except in ill persons to prevent large droplets from being dispersed. N95 respirators should be conserved for hospital workers.

- Avoid touching your face and stay home from church, work or school if ill. First-World countries have been compensating such workers and our schools should send lectures online if available to recovering or quarantined pupils.

- Churches and offices may consider hand sanitizers in exits and washroom areas.

- Seek medical assistance if suspected to have COVID19 based on symptoms like fever, cough, shortness of breath and exposure to infected persons or travel to high-risk areas.

- No vaccine is available yet but ensure that you receive an annual influenza ("flu") shot especially if in a high risk group : aged 6 months to 5 years, over 60 years, pregnant women, healthcare workers and those with chronic medical illnesses such as diabetes, heart disease or asthma.

- A healthy diet rich in fruits and vegetables, regular exercise in fresh air, adequate sleep, weight loss, smoking cessation and stress reduction may boost natural immunity. There is limited evidence that vitamin-C supplements are beneficial.

## DO I NEED TO STOCKPILE ANY ITEMS?

The nCoVid-19 pandemic has troubling economic implications



as the stock market plummets. "Panic- buying" is a self-fulfilling prophecy as there is a shortage of basic amenities afterward as a result of overbuying! While it may be prudent to purchase some extra medications or foodstuff, be altruistic... please leave for others. There have been unfortunate reports of racism and xenophobia after this pandemic began in China.

*The New England Journal of Medicine* reminded the medical fraternity of the Greek myth of Pandora's box: the gods had given Pandora a locked jar she was never to open. Driven by human weaknesses, she nevertheless opened it, releasing the world's misfortunes and plagues. However... hope remained!

## RESOURCES

World Health Organization (WHO): technical documents for coronavirus (covid-19) outbreak: <https://www.who.int/health-topics/coronavirus>

European Centre for Disease Prevention and Control: latest guidance for EU/EEA: <https://www.ecdc.europa.eu/en/novel-coronavirus-china>

US Centers for Disease Control and Prevention: latest guidance, advice and information: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Ministry of Health of Trinidad and Tobago website: [www.health.gov.tt](http://www.health.gov.tt)



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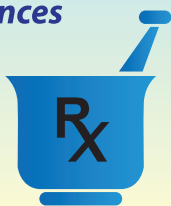
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# 8,000

# meals

## SERVED TO THE NEEDY

## BY THE GOOD SAMARITANS AT THE JUBILEE MEMORIAL PRESBYTERIAN CHURCH



**J**ubilee Memorial Presbyterian Church has distributed over 8,000 meals in its "Feed the Need" initiative launched one year ago.

The project was launched by the church in Caroni Village on 07 April 2019 after a survey that identified the underprivileged children in the area. The project began with the distribution of 50 meals each Sunday. This was increased to 162. The project was funded by donations from persons from the church and the community. Church members prepared the meals.

The meals consisted of rice, roti, dhal, curry chicken, macaroni pie, lentils, callaloo, red beans and stew chicken. Sometimes stew lamb, grill or chicken soup were served. A two-man team delivered these meals to those who could not come to the church hall.

Included in the meal program are at least twenty street people, most of whom come to Constantine Park. Our food caravan covers seven villages.

by **TERRENCE KALLOO**







# PEWview

## KUDOS FOR THE TRINIDAD PRESBYTERIAN



Editor,

Congratulations to the Communications Committee of the Trinidad Presbyterian. Recent publications had such good information. For example, the Know Your Church Workers column gave us a better understanding of our hard-working Ministers. It was an excellent idea. We see them, now we know them better.

Reverend Adrian Sieunarine's article on the *Spirituality of Meetings* certainly opened my eyes. Notes from the Archives by Reverend Ken Kalloo eulogising the late

Reverend F. X. Muttoo brought back memories of a past era and the article on Caring for People in Grief by Reverend Anna Sharma demonstrated compassion and love.

I am glad that the Trinidad Presbyterian has re-introduced the feedback column, PEWview. The 2020 Calendar of Events is certainly something to treasure. Kudos to the Board of "Good" Men for their vision viz-a-viz the music bank in our church. We at Santa Cruz will certainly be asking for assistance shortly.



**DAVE SADAPHAL**

Chairman, Local Board,  
San Juan/Santa Cruz/Woodbrook  
Pastoral Region

# AUTISM SPECTRUM DISORDER:

## A GLOBAL HEALTH ISSUE

The Autistic Society of Trinidad and Tobago (ASTT) joins with other countries to mark World Autism Awareness Day (WAAD) on Thursday 02 April 2020.

It is a day set aside by the United Nations (UN) to spotlight the hurdles faced by autistic persons. WAAD was first observed by the UN in 2008. Autism is a global health issue. It is estimated that 1 in 160 children worldwide are diagnosed with Autism Spectrum Disorder.

There are three levels of diagnosis of Autism Spectrum Disorder ranging in severity from

Level 1 – that require some support; Level 2 – that require substantial support and Level 3 – that require very substantial support. Children and young people on the autism spectrum have challenges with social communication, social interaction and sensory issues.

Early diagnosis with early intervention is the key to improving a child's chances of coping with the real world. Autism is a very unique

culture with specific learning styles and needs, so parents and caregivers must learn how to treat persons on the autism spectrum. Children diagnosed in one level can move along the spectrum depending on early intervention as well as their brain function.

Children and adults like structure and keeping to a routine, so families are struggling to make the necessary changes during this time of the Covid-19 crisis.

ASTT president Teresina Sieunarine, is appealing for your prayers during April. She wishes to thank all who have assisted the group financially so that services can be extended to families who seek help for their child on the autism spectrum.

ASTT has two Centres: at D'Abadie and Point Fortin.

You can follow us on Facebook to get the latest news and on the website [www.autismtt.org](http://www.autismtt.org)

Email us at [autismtt@gmail.com](mailto:autismtt@gmail.com)  
Telephones: 646-5506/270-9224



# WORLD AUTISM Day



# The Board of Women 92nd Annual Conference

**W**omen are partners not the property of their husbands or boyfriends.

This decisive message was sent by the International Women's Resource Network (IWRN) president Sandrine Isaac-Rattan when she addressed the 92nd Annual Conference of the Board of Women (BOW) of the Presbyterian Church of Trinidad and Tobago (PCTT) on 8th February 2020. The conference was held at the St Augustine Girls' High School. At the conference were BOW chairperson Annette Dipchan-Singh, PCTT Moderator the Rt. Reverend Joy Abdul-Mohan and Senate President Senator Christine Kangaloo.

According to Isaac-Rattan, men need to re-visit the way in which they view women. She said for relationships to thrive successfully the parties must respect each other. She said, "If there are challenges in the relationship, it is important for couples to engage in meaningful conversations to resolve the issues." She made it clear that if the issues cannot be resolved they should seek external help.

Isaac-Rattan said while legislation may be necessary, the solution to domestic violence must first begin with acknowledging that there are problems in a relationship and that a concerted effort is made to effect change. "It's about accepting one's own reality and a strong willingness to change," she said.

IWRN president said, "Parents need to also change their approach in how they nurture their sons, understanding that boys need the same level of love and nurturing as girls." According to Isaac-Rattan, the minds of many men are twisted today as a result of poor parenting. She noted that some of those very parents were themselves raised in environments devoid of love, care and attention. Because of this situation, she said, they were unable to raise their children in a respectable manner.

**WOMEN ARE  
PARTNERS, NOT  
PROPERTY**



# statement

## FROM THE SYNOD OF THE PCTT

**I**n this time of uncertainty and anxiety with the nCoViD-19 Pandemic, the PCTT aspires to be a light in a time of crisis and seeks to keep in touch with all our members and stakeholders. These are challenging and changing times, which have required an enormous amount of rapid decision-making and understanding by all.

people focussed on the Cross in this unprecedented era of our history through Pastoral Care and outreach.

However, with the latest government directive, it may now be feasible to communicate only by phone and internet. Visitations should not be considered permissible due to the Social Distancing health requirement. Church workers and Elders should be creative in keeping in touch with their congregations without breaking the law of the land.

We want to express our sincerest gratitude to our Communications team which has been keeping our worship services alive through our online broadcast presence on social media. The viewership has been encouraging, and our people are appreciative. *Church Without Walls* is an innovative vehicle to keep in touch and in worship with our members. Many of our Pastoral regions, churches and individuals have expressed their commitment to the PCTT in keeping our families in community, in worship, and in fellowship The “*Stay At Home*” until 15 April 2020 Government directive solidifies the opinion of most of the members of the Synodical Council that:

In a previous correspondence it was indicated that the Synod office will operate with shortened hours until March 30. However, with the recent government directive on non-essential entities mandated to cease operations and their workers stay at home, the office will now be closed until April 15, 2020. Any further development will be communicated when necessary.

We are incredibly grateful to our Church Workers and Elders who are doing their part to keep our



## RE: PCTT OPERATIONS: UPDATE ON THE nCoViD-19 PANDEMIC



a) All worship services at our 108 congregations, all LIVE meetings of Boards and Committees, Local Boards, Sessions, Presbyteries and Synodical Council still remain suspended now until April 30, 2020.

b) All church-related events be cancelled indefinitely.

c) The 60th Annual General Meeting of Synod scheduled in April 2020 be postponed indefinitely.

d) Urgent or emergency decisions to be made by Synodical Council and Boards and Committees during this time be done by round-robin.

e) The Synodical Council recognizes that Local Boards and Sessions are finding ways to ensure that their pledges and offerings are received. There has been a very positive response from most of our Pastoral Regions in committing to their financial commitments to Synod for the next few months, despite the worship services and simultaneous offerings being non-existent. Some pastoral regions have even accessed their "rainy day" funds to ensure the PCTT remains sustainable and that Ministers' salaries and other commitments are met.

The PCTT is grateful to all our Local Boards and Sessions who have kept our church operating with their fervent prayers and loyal financial contributions. Such dedication and commitment to the work of our Lord is important in these trying times. While it may be a harsh reality of minimal financial resources, the PCTT recognizes the innovative strength of our congregations.

We are hopeful that the doors of our churches will soon re-open and this period of crisis too shall pass. Let us all in this season of self-examination be reminded of the sacrifice of our Lord and Saviour. Let us also be thankful that the benevolence and unity of our congregations will see us through these challenging times.

Please do not hesitate if necessary, to contact the General Secretary or the Moderator of Synod at any time.

God's blessings to you.

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# 20%

## INTAKE BY THE PRESBYTERIAN SECONDARY SCHOOLS

**G**reetings in the name of  
Christ our Lord!

We wish to advise that  
the SEA Examinations  
2020 will be held soon. Therefore,  
it is imperative to start pulpit  
announcements for names of  
candidates for preparation of the  
20% intake lists. We would like to  
suggest that this be done as soon  
as possible, if you have not already  
started, bearing in mind the time  
factor and the fact that some  
Sessions meet bi-monthly.

Please be advised that the policy  
accepted by the Synodical Council  
on May 15, 2001, and modified  
at its meeting held on January  
22, 2015, approved the following  
recommendations for qualifications  
of students wishing to enter the  
Presbyterian Secondary Schools  
via the 20% intake as provided for in  
the Concordat:

1. The student must be a baptized Presbyterian for at least five (5) years prior to the S.E.A. Examination.
2. In cases where the child has been baptized in other Christian faiths, transfers to the PCTT should have been done five years prior to the S.E.A. Examination.
3. The child should be an active member of the Sunday School of the Church.
4. Other activities or participation in other groups should be noted or considered as well.
5. There shall be a roll taken for the Sunday School.
6. Where the Church does not have a Sunday School, Church attendance should be taken into consideration.
7. The Church roll should also have the names of the children included.





It will be appreciated if the qualification requirements be strictly adhered to since several complaints have reached the Synod Office in the past.

The Local Board must do a proper 'screening' of candidates' eligibility and the names accepted are to form part of the minutes of the Local Board. Secretaries of Local Boards must forward their approved list to the Clerk of Session

When the names are received and approved by the Sessions, they are to be properly minuted to form part of the Session's records. The list must then be prepared and signed by the Clerk of Session and the Chairperson of Session, in accordance with the minutes of the Session.

We wish to remind you of the following procedures:

1. The Session will prepare a final list for the Pastoral Region, which must be signed by the Chairman and Clerk of Session.
2. This list must be submitted to the Principal of the School.

3. Please address the letter to "**The Principal**", clearly marked "**Private and Confidential**", to be opened by the Principal only".

4. The Session will be required to submit to Synod's Office, a copy of the letter with the list of persons recommended by the Session, as soon as it is sent to the Principals. This letter must be in a sealed envelope addressed to, "The Moderator of the Synod".

***Notwithstanding all of the above, please let the congregations be aware that there is no guarantee that children will be placed in their schools of choice.***

We thank you for your stewardship in this important matter involving the education of our Presbyterian children.

Yours in Christ.

*Mr. Terrence Warde* General Secretary of Synod

*Rt. Rev. Joy E. Abdul-Mohan* Moderator of Synod

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

# Do you have all the blocks in place?

## KNOWLEDGE OF THE NATIONAL YOUTH POLICY

Here you will find all the information, guidelines and functions you need to know of and implement within your Region and Local Church to start up or adjust your youth ministry. Take a read, it is available for download from our website [www.pctt.org.tt](http://www.pctt.org.tt) under the Resources Tab.

## NAME OF YOUTH MINISTRY AND FOUNDATIONAL SCRIPTURE

Yes! This is important as a key element of the youth's life stage is finding identity. A name gives identity and a foundational Scripture gives context about what the group is about. In fact, it may be cool to issue as a challenge among your Youth Ministry members, since we

are home anyway!

## YOUTH COORDINATORS! CHOOSE WISELY

Again, you need two – a Regional Youth Coordinator and a Local Youth Coordinator per Church. These persons will be the liaisons between Youth Ministries and Session/ Local Board. The LYC will be the one to link with parents, telling them about Youth Ministry content, to encourage the parents to send their youths out! And yes, that is easy to do via a WhatsApp group or broadcast list with all parents.

## THE LINK

Set up some means by which your group of youths will communicate – WhatsApp or IG or whatever works for you guys...set your meeting date and plan what you are going to do. Include national events and regional

activities too

## YOUTH GROUP EXECUTIVE

Of course this is still essential! Remember, we are teaching you life skills here too! So, check your Nat Youth Policy or call the Nat Youth Coordinator for help (Simz 320-2543) and make sure your Executive is in place. These are the folks who will plan and implement all the activities and such for your Youth Ministry!

## PURPOSE

Uh huh – Youth Ministry is meant to be different from any other arm of the Church. Worship is different, socialising is different, interests are different – but we are the same people of God. So! The purpose of Youth Ministry is four-fold: to make DISCIPLES for Christ, develop a heart for SERVICE, build RELATIONSHIP with the whole Church body and develop COMMUNITY among the youths in each Church, Region and PCTT on the whole!

*And of course, I am always available to help you guys out.*

*E-mail me at [nyc@pctt.org.tt](mailto:nyc@pctt.org.tt) or WhatsApp/call 320-2543 Simone, National Youth Coordinator.*





# BUILDING A SUCCESSFUL YOUTH MINISTRY



# TRAINING YOUTH LEADERS IN CHASE VILLAGE

**T**he future of the Presbyterian Church is in safe hands in the Chase Village Pastoral Region.

A regional youth training session organized by the Chase village Pastoral Region attracted a large group of young people on Saturday 07 March 2020. Representatives from the various churches in the Pastoral Region were able to gain insights on conducting a Sunday Service as well as the Order of Worship. They were also able to participate in practical activities that would allow them to implement what they learnt.

This special event was facilitated by Intern Minister, Sanya Beharry and Presiding Elder, Emmanuel Ramkaran at the St. John Presbyterian Church. The participating youths were led in discussions pertaining to the creation of a cohesive worship arrangement, various types of prayers, the importance of worship structure, sermon preparation and selection of scripture

readings. This was followed by various small group interactive sessions that gave each participant the opportunity to express their thoughts and creativity in preparing specific aspects of our Presbyterian Order of Worship.

Youths were also able to fellowship during the break-out sessions. Special thanks to Church Youth Coordinators and Regional Youth Coordinator for encouraging the new generation of Presbyterians in their preparation to lead.

by: **GARY SAMAI, RDC SECRETARY**





# IN LOVING MEMORY

## Wilma Katwaroo

### GONE BUT NOT FORGOTTEN

Lovingly Remembered by  
Her Husband : Emmanuel Katwaroo

Your Children : Lorna, Juliet, Sharon

Sons-in-law : Jim, Kenny, Shameer

Grandchildren: Victoria, Shaun, Veronica,

Christine, Bryan and Karvish

Granddaughter-in-law: Lauren

Great Grandson: Christopher

Faithfully attended the Nistar Presbyterian Church



SUNRISE : 20 12 1938  
SUNSET: 14 04 2013

## Dr. Selwyn Claudius Beharry

### GONE BUT NOT FORGOTTEN

Your humble servant was called.

He heeded your call.

His faith in You Lord never did fall.

In your footsteps his service to mankind was exemplary.

His servant leadership was temporary.

S - Servant, Sincerity, Simple, Saving lives

E - Everlasting faith in his God

L - Loving and kind, helping everyone he came into contact with

W - Winning souls for Christ

Y - Yearning for the word of God

N- Never giving up, he served in his capacity until the last day  
before submitting himself to the hospital.

From your wonderful four children Selwyn Beharry Jr.,  
Alethea Beharry, Christiana Beharry and Briana Beharry



SUNRISE : 14 08 1965  
SUNSET: 08 03 2018

  
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# GUAICO PRESBYTERIAN WON AGAIN



by **THERESA K. MOTILAL**  
VICE PRINCIPAL, GPPS

**T**he Guaico Presbyterian School Steel Orchestra won the *National Junior Panorama Championship 2020*.

The school successfully defended the title at the Queen's Park Savannah during Carnival 2020. The tune played was Kes' "Savannah Grass". The band won the admiration of the savannah crowd with the tune arrangement.

Striking a balance between academic studies and music can be a daunting task for anyone but these children were able to successfully balance their books and their passion. The steel orchestra is under guidance of the musical director, Triston Marcano and his colleague, Maria Antoine. The steel orchestra members practiced diligently on their lunch breaks, evenings and on weekends.

A key part of attaining and keeping success is support. The steel orchestra had the support of the Principal, Indira Rambaran-Mohammed, the staff, the parents and the community. Guaico Presbyterian Primary is an institution that believes in the value of holistic education. A place where students are prepared for life, and not only for the Secondary Entrance Assessment. Harnessing and honing this passion for the pan, will definitely help create an avenue for these children, as they grow older.

The Guaico Pres Steel Orchestra unquestionably embodies the soca catch phrase for 2020 – 'Work hard, play harder!'

# CHURCH WITHOUT WALLS

**T**his time of social distancing has caused the suspension of our Church's physical worship services and meetings. However, it has birthed the "Church Without Walls" series. CWW is a social media worship across the online platforms utilized by the PCTT. The decision to suspend our worship services and meetings was interconnected with our aim to ensure that the faith needs of our people were met, especially during this critical time. In this light, we can appreciate the role that social media has on worship in moving us from experiencing Church -- and Sunday School -- in our Church buildings, to experiencing *Church Without Walls*.

The Local Board of the Reform Presbyterian Church were so generous in granting permission to host the taping of this series on their compound. We offer our sincerest thanks to you; as well the media team who fully volunteered their services, to help connect with our congregations.

We are also extremely grateful for all the Churchworkers, Pastoral Regions and Churches who mobilized groups of persons for sharing the Word of God, despite restrictions in place nationally.

From the online platforms, a plethora of worship content has been disseminated, including prayer, songs, spoken word, graphics, written meditations, video sermons and brief messages. The St. Andrew's Theological College has been issuing excerpts from the Lenten Meditations 2020 every day on their Facebook and Instagram pages. Indeed, from the feedback being received online, the faith and hope of our people is being fuelled, moving focus from fear in the uncertainty to faith in the plan of God. Our recent statistics regarding viewership is evidence that many on the receiving end are heartened and impacted by these messages of faith and trust. Church Without Walls has also been part of the resource package being distributed by the Caribbean and North American Area Council (CANAAC).

The overall theme agreed to by the Synod for the year 2020 is "Christ's Love Moves The World to Reconciliation and Unity - Mission Beyond Church Walls." With this interruption of a global crisis

pandemic, our Churchworkers have unified in a mighty manner, to spread the Word of God, much needed in this time.

They too, despite age differences and interest in social media, are doing marvellous work in utilizing technology that brings us together, even as we are asked to stay apart. Every day, there is a call for more and a positive response to what is being offered, as families are coming together to pray and worship, as spouses are spending time sharing the Word of God and as all members of the household are encouraged to engage one with the other.

This mandated quarantine is bringing new meaning to Hebrews 10:25, "Do not give up meeting together, as some are in the habit of doing, but encouraging one another -- and all the more as you see the Day approaching." We are in a time that requires us to be watchful, to be wise and to pray without ceasing.

Let us keep connected!





A photograph of a stone archway leading to a landscape with three crosses on a hill under a sunset sky. The archway is made of dark, weathered stone and frames a view of a bright, orange and yellow sunset sky. In the distance, three crosses of varying heights stand on a dark, rocky hill. The foreground shows the stone steps leading up to the archway.

# Easter

**E**aster Sunday seems so strange this year -- no Easter Bonnet parades, no Easter Sunday services -- not even the gradual progression from Palm Sunday through all the days of Holy Week to Easter. Ecclesiastical edifices are silent this Easter Sunday. What can the first Easter, that original Resurrection day, teach us for our weird world today? Here are three things we can learn:

## CONFUSION

We grieve for the way we were and we are perplexed by what has recently happened and is still occurring. This is true of our ongoing fight with the novel coronavirus and it is true as we stand outside the tomb on Easter morning. We thought we were prepared. Like the women arriving early in the morning, we came to anoint the body of Jesus. We bring the spices and perfumes of this world but our good intentions meet a tomb as empty as church buildings. No prediction or prophecy prepared us for this bewildering reality where nothing makes sense and our hopes are crushed. We wonder where Jesus is, in this crisis. Confusion is to be expected. Accepting that confusion enables us to see through our tears to discern Jesus gently speaking to us (John 20:13-16).

## CRUCIFIXION SCARS

The Resurrection fulfills but does not erase the Crucifixion. Scars remain (John 20:20). The body of Jesus bears the marks of suffering unto death. We are the body of Jesus Christ today (Colossians 1:24). We are scarred and often scared. People have scars from losing loved ones. Some are struggling with mental or physical ailments. Others have lost income or employment. Others feel that their future lies in ruins. Our anxieties can be our scars.

## CHRIST IS RISEN!

That ancient message is the eternal hope of the people of God. The tombstone becomes a throne; the persecuted become preachers; women are witnesses; all because Jesus lives. God shatters the life-death continuum as well as our cultural constraints. The one who is despised and rejected is King of Kings and Lord of Lords and he exalts the oppressed. Death is defeated and victory is ours forever. We do not understand it rationally, but we receive it spiritually. The eager grace of God rushes to reassure us that Christ is with us always- through the isolation, illness and injury - to infinity and beyond. Thanks be to God!

by **REV. ADRIAN SIEUNARINE**



# The Reverend Charles Kitney's Family Reunion



**O**n Communion Sunday, 01 March, 2020 the Woodbrook Presbyterian Church welcomed to the service the children of the late Reverend Charles Kitney. They were Lynn Prower and John Kitney. With them were The Reverend Joyce McGirr and her son, Darren and John's wife Karen.

Reverend Kitney, one of the last Missionaries of Canada, served as Minister of Woodbrook Presbyterian Church in the late 1950's for eight years. During his 25 years in Trinidad, he also Ministered in many parts of Trinidad including the Princes Town and Rio Claro pastoral regions.

It was indeed a pleasure to hear them relive stories of their time in Trinidad. Lynn and Joyce were both members of our choir and they brought memorabilia of yesteryear

including photos. Older members of our congregation took a walk down memory lane with them, seeing pictures of themselves in their youth.

According to John, who was born in Trinidad and lived here until age 16 and who still had a *Trini-twang*, this trip was a lifelong wish of Lynn's.

Small tokens of appreciation were presented to our guests and after service, the congregation was able to spend time catching up with them talking about the good ole days. We are indeed honoured and blessed to have reconnected with such a prestigious and long-standing family in the Presbyterian church.







3



4



5

Photo 1:  
John Kitney, son of the late Reverend Charles Kitney

Photo 2:  
Lynn Prower, daughter of the late Reverend Charles Kitney

Photo 3:  
Reverend Joyce Mc Girr

Photo 4:  
Flashback: Some members of the Woodbrook Presbyterian Church during Reverend Kitney's tenure.

Photo 5:  
(left to right)  
John Kitney, Karen Kitney, Lynn Prower, Local Board chairman Richard Sahadath, Joyce Mc Girr and her son, Darren Mc Girr.

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Let's see how many you can get. Spot the difference!



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Let's see how many you can get. Spot the difference!



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# Let's Celebrate EASTER



Jesus gave the New Commandment:  
"Love one another as I have loved you."



Jesus shared bread and wine with his disciples.



Jesus prayed in the garden of Gethsemane.



Judas betrayed Jesus and He was captured.

*Easter is a very special time for all of us as Christians. We celebrate and remember that Jesus Christ, the Son of God, loved us so much, that he gave his life for us so that we might live. Follow the story below and let's celebrate the New Life we have through Christ.*



Three days later, the tomb was empty. Jesus Is Alive!



Jesus was nailed to the cross where he died for our sins.

#### Four Ways To Celebrate Being Alive Every Day!

1. Say a prayer telling God thank you for being alive.
2. Sing your favourite choruses from Sunday School.
3. Share love by hugging your parents.
4. Dance to your favourite Sunday School song.



## MEMORY VERSE

prepared by: **KIMBERLY RAMKISSOON**  
**MORNING STAR PRESBYTERIAN CHURCH**

*John 3:16 "For God so loved the world, that He gave His only begotten Son, that whosoever believeth in Him shall not perish, but have everlasting life."*

# The Trinidad PRESBYTERIAN

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Layout for the April's 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**

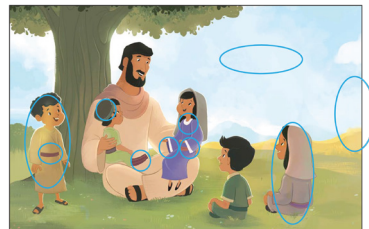
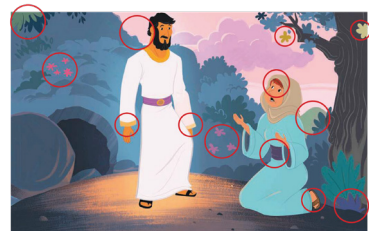
Please keep all article contributions between 300 - 350 words.

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.

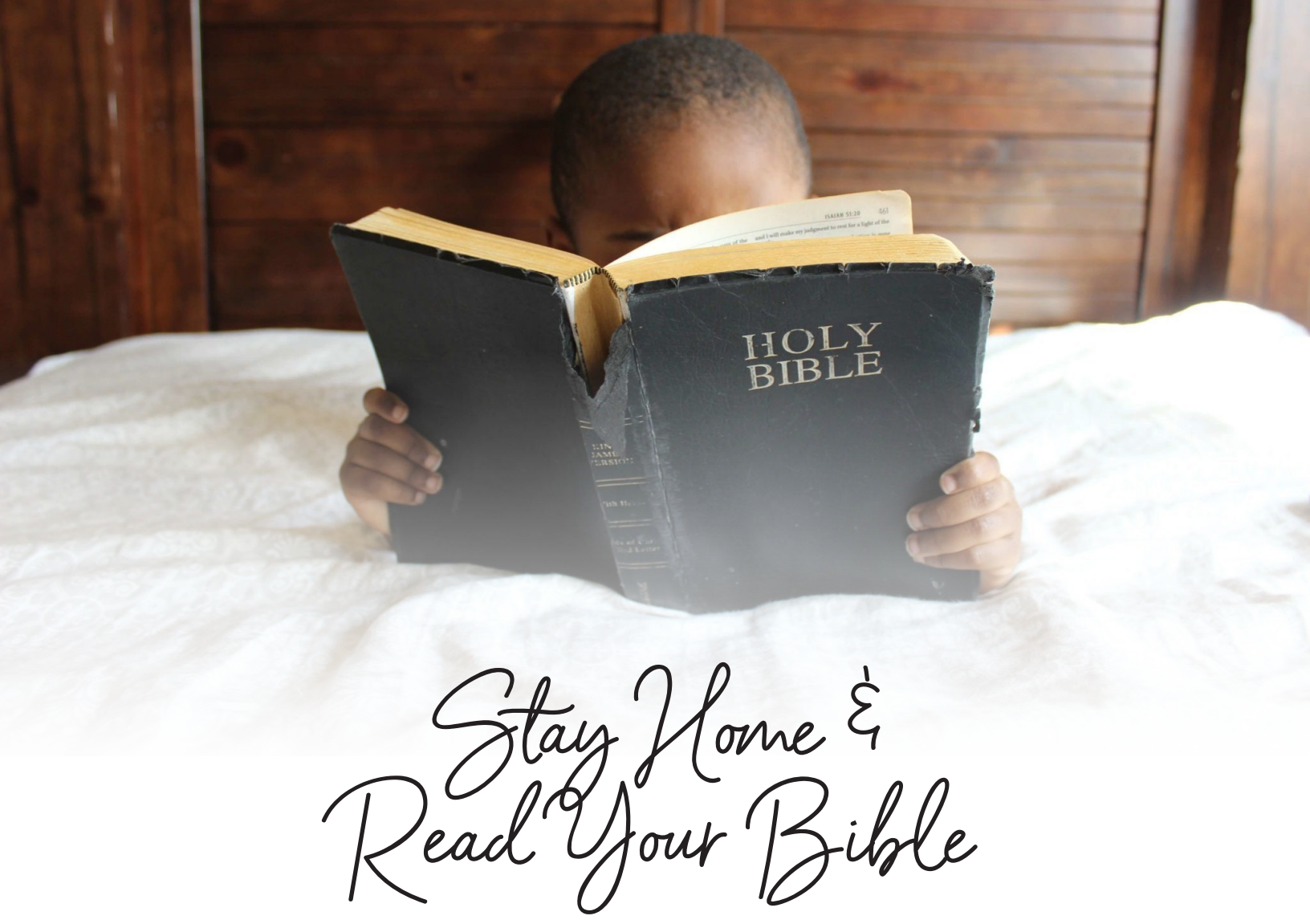


### ANSWERS FOR SPOT THE DIFFERENCE



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





# Stay Home & Read Your Bible

April  
2020

<b>SUNDAY</b>		Zechariah 9: 9-12	John 20: 1-18	John 14: 1-7	Mark 16: 9-20
<b>MONDAY</b>		Mark 11: 12-25	Psalms 97	John 14: 8-17	Exodus 18: 13-27
<b>TUESDAY</b>		2 Corinthians 1: 8-31	1 Corinthians 15: 12-28	1 Peter 1: 13-25	Exodus 19: 1-16
<b>WEDNESDAY</b>	Psalms 5	Mark 12: 1-11	1 Corinthians 30 - 41	1 Peter 2: 1-10	Colossians 1: 15-23
<b>THURSDAY</b>	Psalms 27	John 13: 1-17, 31-35	1 Corinthians 15: 41-50	John 15: 12-27	Exodus 20: 1-21
<b>FRIDAY</b>	2 Corinthians 4: 1-12	John 18: 1 - 19: 42	1 Corinthians 15: 51-58	John 16: 1-15	
<b>SATURDAY</b>	2 Corinthians 4: 13-18	Romans 8: 1-11	2 Corinthians 4: 16-5:10	John 16: 16-33	



**THE PRESBYTERIAN CHURCH  
OF TRINIDAD & TOBAGO**

wishes to remind our  
congregations of the need to be  
vigilant and responsible in  
responding to COVID-19.  
As a precaution, the following  
national events are

**POSTPONED**

**BOCE Sunday School Rally  
BOTE Elders' Retreat  
BOW Southern Rally**

PROTECT OURSELVES & EACH OTHER AGAINST COVID-19



Clean hands with  
soap and water or  
alcohol-based hand rub.



Cover nose and mouth  
when coughing and sneezing  
with tissue or flexed elbow.



Avoid close contact  
with anyone with cold  
or flu-like symptoms.



Avoid shaking hands  
and hugging.



**ST. ANDREW'S**  
THEOLOGICAL COLLEGE

**NOTICE**

**SATC will be CLOSED  
From 28th March 2020  
to 15th April 2020.**

If you need to contact the College,  
please email Kimberly Ramkissoon,  
Executive Administrative Assistant at:  
[kimberly.ramkissoon@satc.edu.tt](mailto:kimberly.ramkissoon@satc.edu.tt)

OR

Rev. Dr. Randall Sammah,  
Principal at:  
[rsammah@hotmail.com](mailto:rsammah@hotmail.com)

The LORD  
shall fight  
for you  
you need only to  
be still



-- EXODUS -- CHAPTER 14 VERSE 14 --