



A Weekly Update of The United Church in Jamaica and the Cayman Islands

SYNODICAL THEME:

“Rooted, Resilient: Responding in H.O.P.E. (Health - Opportunity - Peace - Evangelism)”



Mental Health in
the COVID context- pg 02

Haiti Relief- pg 04

News from
Cayman- pg 05



YOU ARE NOT ALONE

Mental Health in the COVID context

by Jonielle Daley, Communication and Information Technology Coordinator

"Break my heart Lord with the things that break yours" is a petition we make, even silently, once we seek after the heart of Christ. With that transformation comes a heart of care for the world in which we live.

Know then, that the emotions you are feeling are valid and know that you are not alone. On a quest to fulfill our responsibility as stewards to ourselves, we must first acknowledge them to be able to tend to them.

Let's roll the curtains back just a little and assess our journey from the first COVID-19 case that was confirmed in Jamaica and the Cayman Islands. Some of us would need to rewind beyond that as we would have known persons from different countries who encountered COVID-19 before then.

Like many countries, we were forced indoors where we spent extended periods with ourselves and our families. Undoubtedly, for a lot of us, that was the first time ever our world came to a halt and we were afforded the opportunity to spend an extra minute staring in the mirror. Curfews and no-movement days were accompanied by many epiphanies as we went through various stages of self-discovery and revelation.

But, not long after our doors shuttered, Change, the intruder, came knocking.

Change is that one visitor or roommate that you hardly ever seem to know when is the right time to accept visitation or what should be the duration of the stay.

Surely, this time, many may agree that Change has overstayed the welcome and permanently moved in.

How are you dealing with that?

While there are psychological and biological factors, the World Health Organization has listed rapid social change, stressful work conditions, social exclusion, unhealthy lifestyle, and physical ill-health as factors that make people vulnerable to poor mental health,

In the most estranged way, I can say we- humans, animals, plants, nature- are all co-inhabitants of this world but in all actuality, the fact that we are co-inhabitants means we are all closely linked. We are all feeling the brunt of the pandemic.

As we consider the absolute facts, may we bear in mind that circumstances vary and undisputedly, so do people's reactions and expressions of the emotions evoked by this new era.

We thank God immensely if you are okay, and if you are not, that is okay. While you are taking stock of the imprints of the pandemic, be mindful of the impact this season has had on your mental health.

You may have prayed and fasted, you may have cried, you may have panicked, you may have been withdrawn, you have had behavioral aberrations, and may have needed medical attention or psychological treatment.

Your initial reaction or expression may have changed or may have been prolonged or intensified but let's not forget that the virtues of Jesus Christ remain the same and peace in Babylon is possible.

"When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze."

Isaiah 43:2

-Burned but not consumed

As much as we possibly can, let us make room for the emotions of each other. Let us embrace codependency; offer some assistance, ask for some help. Lend an ear, a shoulder, give a prayer or some groceries, even so, give the person a call, send them a scripture or an uplifting word.

Remember, **Ubuntu**: "I am because we are, I am because you are."

Listen to our United in Faith Radio Programme aired on RJR 94 FM, Sunday at 6:30 AM. I will discuss with Rev Dr Dave Hazel how to care for our Mental health as Christians in a global crisis.



Three fun ways i care for my mental health

dance party by myself @ 1am

spend time outdoors

paint or colour

HAITI RELIEF



-From the Office of the General Secretary

The earthquake, which had its epicenter near Haiti, on Saturday August 14, 2021, has been devastating for that nation. The severe physical, economic and social impact on Haiti have been made more challenging as shortly thereafter they experienced the passage of Tropical Storm Grace. All of this follows the recent assassination of their President.

At the last count, the death toll was 2,207, with 344 people still missing. Additionally, there has been significant damage to, or the destruction of, homes and other buildings. Many persons are now homeless and desperate and the livelihood of others is severely threatened.

As part of our initial response as a church, we wish to offer financial support to the relief efforts in Haiti, through our established contacts there.

We are aware of the restrictions on attendance in worship in Jamaica and would suggest that, where possible, congregations make a contribution from their own funds.

How to Donate

In Grand Cayman:

Send your contributions to your local congregations, which will then remit the same to the Cayman Regional Office

In Jamaica:

Bank: National Commercial Bank Jamaica Ltd

Address: 90-94 Slipse Rd. Kingston 5

Account Name: United Church in Jamaica and the Cayman Islands

Account #: 234297392

Type of account : Savings



UNICEF/Georges Harry Rouzier | A young man stands outside a row of buildings destroyed by a 7.2 magnitude earthquake in Haiti followed by a storm surge from Tropical Depression Grace.

News From Cayman



Youth Minister of the GT Charge Mr. Roy McGregor leading the 'Children's Time' last Sunday at the South Sound UC.



Youth Worker Ms. Itza West with a card box 'Goliath' made by the children during the East End-Gun Bay Charge VBS.

COVID-19 PROTOCOLS

FROM THE OFFICE OF THE GENERAL SECRETARY

The Government of Jamaica, on August 19, 2021, announced a number of amended provisions under the Disaster Risk Management Act. These provisions are for the period August 20 to September 7, 2021.

We wish to share with you the ones which will affect congregational life from August 22, 2021:

- Church Services - There will be 7 'no-movement days', three of which are Sundays. These are August 22, 29 and September 5, 2021. The number of persons allowed in the sanctuary on August 29 and September 5, 2021 will be a maximum of 20 persons. Each person is required to have a place of Worship Authorization Form.

Where persons are required to travel to the sanctuary on Sundays, a completed Place of Worship Authorization Form is necessary.

Please do the following prior to the service:

- Print and fill out all sections of the Authorization Form
- Insert the name of the person who will participate in the service (use one Form for each person who will participate, do not exceed 20 persons)
- Each Form should be signed by the Minister or Lay Pastor, including her/his own Form
- Place your Church Stamp/Seal where indicated on each completed Form. This is a critical requirement (if you do not have a Church Stamp, visit your regional office and have them stamp each document)
- Ensure that each participant in the worship service has her/his copy of the Authorization Form, along with a valid form of identification, for presentation to the police at a check point.

We encourage congregations to record or stream their services where possible.

- No **crusades, conferences** or **conventions** will be permitted.
- **Funerals** will be not be allowed between August 25 and September 7, 2021.
- **Burials** will be allowed for 30 minutes on Wednesdays, Thursdays and Fridays from 9 am to 4 pm with a maximum of 15 persons at the graveside.
- **Weddings** – no more than 20 people allowed.

Existing provisions remain in place as under:

- **Physical Gatherings** are limited to 10 persons.
- **Stay at home** – persons 60 years and over. Fully vaccinated persons are exempt.
- Please note that **the wearing of masks, hand sanitizing** and **social distancing** are still required for public spaces and gatherings.

WE INVITE YOU TO COMPLY WITH THESE PROVISIONS.

END VIOLENCE AGAINST WOMEN AND CHILDREN

Support The Thursday's in Black Campaign



This campaign, supported by the World Council of Churches, invites people to dress in black on Thursdays and wear a pin to indicate that they are a part of a global movement resisting attitudes and practices that permit rape and violence.

Be sure to share your Thursdays in Black photos on Twitter, Facebook and Instagram, using hashtags **#ThursdaysinBlack**, **#WCC**, **#UCJCI**, **#endviolenceagainstwomen**, **#evgw** **#speakUp**, and **#ucypf**.

Prayer Corner

Let us Pray Together Every Wednesday 12 noon-1:00 pm

UCJCI responds to the COVID-19 pandemic and other local, regional and global challenges as a community of faith.

- Rev. Garwell Bacchas and family with the passing of his brother, Mike and sister-in-law, Marcia.
- The climbing number of COVID 19 infections in Jamaica.
- Patients, families and workers in the health sector in Jamaica
- Members of staff with relatives affected by COVID 19.
- The people of Haiti and Afghanistan
- Rev. Dr. Norman Francis in hospital

A Prayer at this time:

Lord, have mercy. You know how difficult these days are for us. Calm our frustrations with the knowledge that our life is secure in your redeeming love. Sustain and strengthen us under every cross and affliction, that your grace might be made perfect in our weakness.

UPCOMING EVENTS



The United Church in Jamaica and the Cayman Islands
Cayman Islands Regional Mission Council

175th *Anniversary*

HOPE IS HERE!

Back to Church
Sept. 12, 2021 **Sunday**

MON OCT 25 | WED OCT 27 | FRI OCT 29 2021

the **commitment**
the **call**
the **agonies**

EDARE
discernment & radical engagement

3 SESSIONS/DAY
LONDON/WEST AFRICAN TIME (GMT+1):
SESSION 1 | 12:00PM - 1:30PM
SESSION 2 | 2:30PM - 4:00PM
SESSION 3 | 5:00PM - 6:30PM

RISE to LIFE
doing theology in public places

THREE ENERGIES MEET AT THIS EDARE EVENT

AT HOME LITURGY

September 5, 2021



SELFLESS SERVICE

When peace is present and experienced, is it such a beautiful thing. It makes for light and warm relations and an inspirational environment. We must imagine my peace; we must desire it; we must reach out to it and work for it.

Isaiah 35:4-7a; Psalm 146; James 2:1-10

Celebrants



Happy Birthday
Mrs. Karen Francis
Sept 02

Congratulations to
Pastor Wendell McKoy
and
his wife Lloy
on the birth of their daughter,
Wonhealia, on August 8, 2021.

The United Church in Jamaica and The Cayman Islands

Congregational, Disciples of Christ ,Presbyterian

12 Carlton Crescent, Kingston 10

Tel: 876 926-8734

E-mail: synod@ucjci.com ♦ Website: www.ucjci.com

Moderator

Rt. Rev. Gary Harriott

General Secretary

Rev. Norbert Stephens

Regional Deputy General Secretaries

Cayman Regional Mission Council- Rev. Dr. Yvette Noble Bloomfield

North Eastern Regional Mission Council - Mrs. Rose Wedderburn

Southern Regional Mission Council- Rev. Norbert Stephens (Interim)

Western Regional Mission Council- Mrs. Maureen Henry

SYNODICAL THEME:

“Rooted, Resilient: Responding in H.O.P.E. (Health - Opportunity - Peace - Evangelism)”