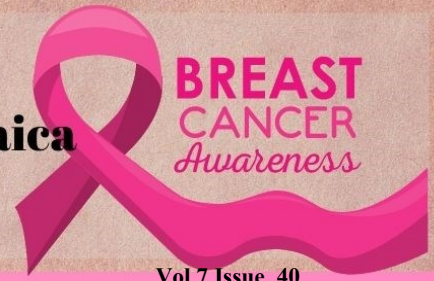




October 13, 2021

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



Vol 7 Issue 40

Sweat, Blood and Tears

by Rev Kraig DeLeon Deidrick,
Communication and Technical Support Officer

Sweat, blood and tears were the price paid. There are many who have taken our freedom for granted, in the words of the Elder, “wi tek badvantage of wi freedom”. Our heroes and heroine where among those who were endowed with the spirit of resistance and resilience. They recognized that human life, their life, had intrinsic value and worth and being enslaved was not to be their lot. They recognized that this intrinsic value would have to be fought for as negotiations were only as strong as the paper they were written on. Armed with this knowledge, they charted a path of freedom by rising against the former slave masters who relegated their lives to that of servitude and subordination. Who were those people to brand them as slaves? after all, they recognized that everybody’s blood is red.

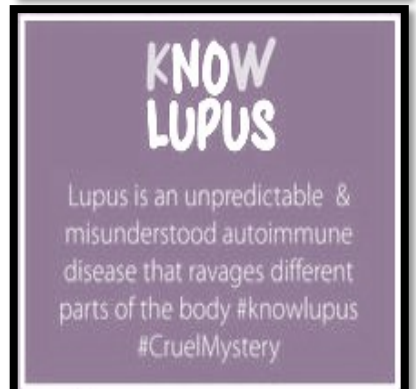
There is a concern, in this 21st century, that this freedom our forebears paid for with their blood and lives is slowly but surely being eroded by those who represent the former slave masters. While we are not experiencing chattel slavery, we have been shackled by economic adversities, an archaic system of governance and policies, as well as on the vestiges of slavery...crime and violence. We seem to have become comfortable with the whip over our backs as our lives are being drained by those who have tricked us that adversity is our pillow. Where is the spirit of resistance and resilience which journeyed with our forebears; where is the spirit of resistance and resilience that caused them to see the intrinsic value and worth of human life? The spirit is still alive and well for those who are willing to seek and access it.

In spite of our challenges, the legacy of resistance and resilience still lives on. We must resist any system which whether through force or ‘sikes’ seeks to undermine that priceless freedom; whether they are political, economic or social pressures, our resilience as a people must cause us to mount a resistance which will stand the test of time. Nanny, Sam, Paul, George, Marcus, Norman and Alexander all stood resiliently and resisted the powers which wanted to reshackle us. Let us together stand and continue pushing forward because our lives and our children’s lives depend on it.

--In honor of National Heroes' Day in Jamaica, October 18.

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2021 Theme:

'Children and Youth With Lupus:
Saving Lives Through Knowledge
and Support'

Self Breast Examination



Stand up in front of a mirror and put your arms on your hips - Look at both your breasts for any change in size, shape, or color of the skin.



Lie down on your back, place a pillow under your left shoulder. Place your left arm behind your head. Feel for a lump. Use the pads of your right hand fingers to inspect your left breast using a circular motion while making sure to cover the entire breast along with the armpit. Repeat these steps for your right breast.



Check your breasts while you are standing or sitting, or while you are in the shower. Use the same movements described in step 2.



Raise your arms to see if any of the same changes persist.



If you notice any change/find a lump, do not panic. See your doctor for a clinical breast examination at the earliest.

Early Detection Saves Lives. It is recommended that you start doing regular mammograms/ a mammogram every three (3) months starting at age 40.

Common Symptoms

- Visible Lumps
- Nipple Discharge
- Dimpled or Depressed Skin
- Texture Change
- Nipple Turning Inward

UCJCI FACTS

UNSCRAMBLE

The Union of these three denominations formed the United Church in Jamaica and the Cayman Islands.

ASERRY SBPTENI _____

ASGONLIRSETNAGIOTC _____

CIPSLDIES FO ITCHSR _____

NEWS FROM CAYMAN



(left to right) Rev. Rohan Forrester (Minister, BT-NS Charge), Ms. Maxine Bravo (LCTG President), Hon. Sabrina Turner (MP, Minister for Health and Wellness) and Mr. Dwayne Seymour (MP, BT East)

Since October 1997 the Lions Club of Tropical Gardens (Cayman Islands) has been in the forefront of raising awareness, providing support and early detection information more available to women living in the Cayman Islands.

During October, Breast Cancer Awareness Meetings are held in each district and giveaway packages are distributed at the District Clinics and the Brenda Tibbetts Lund 10K & 5K Walk / Run.

On October 3, 2021, the Webster Memorial UC in Bodden Town hosted the launching service for the month-long campaign with the Hon. Sabrina Turner, MP, Minister for Health and Wellness and Ms. Maxine Bravo, President of the LCTG in attendance and bringing greetings.



HAITI RELIEF

Since the earthquake, which had its epicenter near Haiti, on Saturday August 14, 2021, has devastated the nation, the country has been experiencing strong tremors. Many persons are still homeless and living under rubbles. Some are hesitant to erect concrete structures as they fear another earthquake at any given time.

At the last count, the death toll was 2,207, with 344 people still missing. 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.



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

Cayman Islands:

Send your contributions to your local congregations,

which will then remit the same to the Cayman Regional Office

Jamaica:

Bank: National Commercial Bank Jamaica Ltd

Address: 90-94 Slike Rd. Kingston 5

Account Name: United Church in Jamaica and the Cayman Islands

Account #: 234297392

Type of account : Savings

COVID-19 PROTOCOLS
AFFECTING CONGREGATIONAL LIFE IN JAMAICA AND THE CAYMAN ISLANDS
-From the Office of the General Secretary

There is now evidence of a community spread of COVID-19 in the Cayman Islands and as such the Government has reintroduced regulations to control the spread of the virus, including but not limited, to protocols for travel and gatherings. **Consequently, indoor gatherings are now restricted to 100 persons.** Please find attached suggested protocols for congregations in the Cayman Islands Regional Mission Council (CIRMC).

The Government of Jamaica, on September 22, 2021, announced amendments to an order under the Disaster Risk Management Act (DRMA) to facilitate in-person worship at churches on Saturdays and Sundays. These provisions are for the period **September 25 to October 28, 2021.**

Please note and be guided by the following:

1. **Church Services** – Sundays have been designated *No Movement Days*, however Church Services are allowed under the following conditions:

- **Persons are allowed movement to attend worship services between the hours of 7 a.m. and 3 p.m.**
- **The number of persons allowed in the sanctuary for worship on Sundays should be determined by the physical distancing requirement of a minimum of six feet between persons, but should not exceed 50 persons.**
- **Each person attending worship is required to have a completed Place of Worship Authorization Form (amended version attached).**

Please do the following prior to the service:

- i. Print and fill out all sections of the Authorization Form
- ii. 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)
- iii. Each Form should be signed by the Minister or Lay Pastor, including her/his own Form
- iv. 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)
- v. 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

2. **Weddings** – the maximum number of persons allowed has moved **from 20 to 50 persons.**

The other relevant provisions remain the same as under:

3. **No crusades, conferences or conventions** will be permitted.
4. **Funeral services are allowed with at a maximum of 20 persons within the place of worship or facility.**
5. **Burials** are allowed for **30 minutes** Mondays to Fridays between **9 am and 4 pm** with a **maximum of 15 persons** at the graveside.
6. **Physical Gatherings** are limited to **10 persons.**
7. **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.

PRAYER CORNER

- ◆ Rev. Dr Gordon Cowans who is unwell
- ◆ Rev L. Christopher Mason who is unwell
- ◆ Mrs. Karen Francis, whose husband Rev. Dr. Norman Francis has passed on.
- ◆ Rev. Delia Picart-Hibbert whose mother, Mrs. Escelene Picart passed on.
- ◆ Rev. Garwell Bacchas and family with the passing of his brother, Mike and sister-in-law, Marcia.
- ◆ Rev Rohan Kong who lost his father.
- ◆ 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.

A prayer :

Lord Jesus Christ, by your patience in suffering you hallowed earthly pain and gave us the example of obedience to your Father's will. Be near me in my time of weakness and pain; sustain me by your grace, that my strength and courage may not fail; heal me according to your will; and help me always to believe that what happens to me here is of little account if you hold me in eternal life, my Lord and my God.

Amen.

AT HOME LITURGY

October 17, 2021
The Call to Evangelism–
Personal Witnessing

Job 38:1-7, (34-41)

Psalm 104:1-9, 24, 35c

Isaiah 53:4-12

Psalm 91:9-16

Hebrews 5:1-10

Mark 10:35-45

St John 1:37

Acts 8:5-6, 26-40

There is no greater joy than to lead a person to a transforming experience of Jesus Christ. As important as the 'coming to Jesus' is the 'going to the world'. It was through the personal witness of John the Baptist that the two disciples found Jesus. It was used by Phillip to lead the Ethiopian eunuch to Christ. Those who practice personal witnessing, or person-to-person evangelism require humility, obedient trust in God, knowledge of the scripture and the gospel, a personal testimony and confidence to bring someone to the point of decision. Through Jesus Christ, our ever-resourceful person, we are vitalized for the task of reaching the lost.



Job Vacancy

MEADOWBROOK UNITED CHURCH
JOB VACANCY

Director of Administration

Meadowbrook United has a vacancy for a **Director of Administration** and for which it is inviting Applications. Reporting to the Senior Minister, the Director is responsible for the non-pastoral functions of the Church which includes the following:

1. General Administration
2. Accounting and Finance
3. Property Management
4. Administrative support to the Pastoral and Management teams.

The successful applicant should be formally trained in business related subjects, have supervisory and accounting work experience, competence in the use of Microsoft Word and Excel software packages and demonstrate good interpersonal/communications skills.

Applications including Resume should be submitted by October 20, 2021 to:

**The Senior Minister Meadowbrook United Church
2 Flemington Drive
Kingston 19
Email: muc@meadunited.org**

Only shortlisted applications will be contacted.

UPCOMING EVENTS

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

EDARE
discernment & radical engagement

the commitment
the call
the agonies

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

- 1 **the commitment** of CWM to "chant down Babylon" and its shitstems in order to allow all life (not just humans, but creation and the planet) to flourish;
- 2 **the call** upon church and community agents, biblical critics and theologians, to practice and perform our trades in public places;
- 3 **the agonies** that current endemics (esp. racism, sexism, covid) bring which require collaborative theological, biblical, and missional responses.

REGISTER NOW!

<https://edare.cwmission.org/register>

We are **IUC**  **International University of the Caribbean**

ASSOCIATE DEGREE: GERIATRIC CARE
ASSOCIATE DEGREE: RESTAURANT OPERATIONS
B.Sc. BUSINESS ADMINISTRATION
B.Sc. BUSINESS ADMINISTRATION (WITH PROGRAMME AND PROJECT MANAGEMENT)
B.Sc. PROGRAMME AND PROJECT MANAGEMENT
B.Sc. TOURISM AND HOSPITALITY MANAGEMENT
B.A. COMMUNITY DEVELOPMENT
B.A. GUIDANCE AND COUNSELLING
B.Ed. PRIMARY EDUCATION
B.A. PSYCHOLOGY
B.A. GENERAL STUDIES
M.Sc. COUNSELLING & CONSULTING PSYCHOLOGY
MA COMMUNITY DEVELOPMENT
MBA LOGISTICS & PORT MANAGEMENT

APPLY FOR 2021

ACCREDITED REGISTERED & READY

SHORT COURSES AVAILABLE RIGHT THROUGH THE YEAR

Add us on  www.facebook.com/iuc2.edu.jm
Follow us on  [twitter](https://twitter.com/iuc2.edu.jm)

www.iuc2.edu.jm
Email: iuc.recruiting@iuc.edu.jm

REGIONAL CENTRES

KINGSTON: 876.754.1921 / 7869 / 8727
MANDEVILLE: 876.631.8716 / 876.632.4075
TOWER ISLE: 876.341.0734
MONTEGO BAY: 876.940.0382 / 876.971.8401

The Jamaica Diaspora Behavioral & Mental Health Task Force & the Jamaica Diaspora Worldwide Organizations Taskforce (JDWOT) PRESENTS

Faith & Mental Wellness

Register for sessions at bit.ly/jdtan-faithmh. Zoom login will be sent upon registration

Saturdays Sept 11 - Oct 30 @ 10 AM ET / 9 AM JA Time

Week 1 Saturday, Sept 11, 2021 Intro to Mental Health & Mental Illness Presenters: Henry Lewis & Joshua Smith	Week 2 Saturday, Sept 18, 2021 Engaging & Motivating the Youth Population Presenters: Melanie Baker & Nia Jones	Week 3 Saturday, Sept 25, 2021 Understanding Trauma & Its Effects on Mental Health Presenters: Lauren Capel & Tierra Sydnor-Diggs
BREAK		
Week 4 Saturday, Oct 16, 2021 Coping with the Stress of Congregational Isolation Before & After Quarantine Presenters: Lauren Capel, Nia Jones, Feona Kerr & Henry Lewis Jr.	Week 5 Saturday, Oct 23, 2021 Healthy Grieving While Maintaining Spiritual Faith Presenter: Joshua Smith	Week 6 Saturday, Oct 30, 2021 Selfcare for Leaders: Learning to Put Your Mask on First Presenters: Lauren Capel & Tierra Sydnor-Diggs

PRESENTERS

 Lauren Capel, LCSW Co-founder Keys of Hope Consultants	 Tierra Sydnor-Diggs LCSW-C, Director Keys of Hope Consultants	 Joshua P. Smith, LPC CEO J.P. Smith LLC	 Melanie S. Baker M. Sc. Special Education	 Henry Jason Lewis Jr. Executive Coach & Author	 Nia Jones Licensed Social Worker & Consultant
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A licensed social worker with over 13 years experience, with experience in trauma informed care. She provides services to children, adults and families and serves in ministry.

A speaker and trainer, Tierra has over 19 years of experience as a Restorative Practices Practitioner and certified trainer. Tierra serves in ministry.

A best-selling author, speaker, entrepreneur and life/ministry coach, Joshua has worked in the mental health field for 12 years and serves in a pastoral capacity.

Melanie Baker is a Grant Writer, Curriculum Development Specialist and Special Education Teacher with over 20 years experience working with students, parents, educators and families.

A trained teacher and mental health therapist, Henry has worked in education and serves in a pastoral capacity. He is currently pursuing his PhD in Organizational Psychology.

Podcast co-host, Nia has worked with youth for 15 years. A mental health advocate, she has been recognized for her work with NAMI, Baltimore through the "Always Forward" yearly fundraiser.

CERTIFICATE OF ATTENDANCE WILL BE GIVEN FOR ATTENDING AT LEAST FOUR OF THE SIX SESSIONS

The Jamaica Diaspora Taskforce Action Network (JDTAN) is a worldwide network of sectoral-focused Diaspora Taskforces with members across 30+ countries. Taskforces have been operating since 2013 as a collaborative approach to engage and mobilize the Jamaican Diaspora to join forces and support national development. It started with Education followed by Agriculture and has expanded to cover over 15 sectors.

Our behavioral and Mental health Taskforce has coordinated a series focused on increasing mental health awareness for the Faith Community in Jamaica. The series will be presented by individuals who are licensed professionals in varying capacities as is evident by their biographies. The attached flyer outlines the topics that were developed in collaboration with persons living in Jamaica who identified specific present-day issues and concerns in their communities.

The series is designed for multi-denominational pastors, ministry staff and volunteers.

UPCOMING EVENTS

St. John's United Church



137th

Anniversary & Memorial Service

Sunday
Oct 17
2021

Worship
begins
10:00am

[YouTube](#) [facebook](#)

St. John's United Church Jamaica

St. John's United Church

HARVEST SERVICE

Sunday November 7, 2021

Worship Begins at 10:00AM

[YouTube](#) [facebook](#)


St. John's United Church Jamaica



Tune in to Our United in Faith Programme

Every Sunday on RJR 94 FM at

End Violence Against Women and Children



Towards a world without rape and violence

THURSDAYS IN BLACK

World Council of Churches

Share your *Thursdays in Black* photos on Twitter, Facebook and Instagram and tag us @ucjci

#WCC, #UCJCI, #evgw, #ThursdaysinBlack, #endviolenceagainstwomen

Congratulations!



Rev. Rohan and Mrs. Stephanie Kong welcomed their son Joel Rohan Kong, on the Friday October 8.

Heartiest Congratulations to the couple.

Happy Birthday



Ms. Monique Lofters
October 13



Rev. Dr. Marjorie Lewis
October 16

The United Church in Jamaica and The Cayman Islands

Congregational, Disciples of Christ, Presbyterian

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

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