

The Information

"I must turn aside and look at this great sight..." When the LORD saw that he had turned aside to see, God called to him out of the bush, "Moses, Moses!" And he said, "Here I am." Exodus 3 Vs. 3- 4 (NRSV)

April Newsletter, 2020



Rev. Algernon Lewis
Chairman of PEC

Journey Faithfully

Reflections on Exodus 16: 1-5

As much as this is a time for preaching and saying clearly, "Thus saith the Lord," as a means of encouraging the people of God, I am cautious in speaking as the faithful may already be bombarded with many messages about what is happening or not happening and what God is doing or not doing. I do not claim any special insight into what is happening in our time, but I know that what is happening now did not catch heaven by surprise. I know that God sees and God knows and our best bet as we navigate this crisis, is to look to God.

I am drawn to Exodus 16, partly for selfish reasons and partly because it seems to speak to our times. Selfishly, I want us as Moravians in this Province to remember the

current theme of the Province – S.H.I.F.T. – and the Book of Exodus as one of the source texts; the other text being Nehemiah, which provides guidance for the rebuilding which must take place after this period of disruption and dislocation. Beyond that, I strongly believe that God is luring the church into the wilderness, out of Egypt, to bring renewal of missional focus, revitalization of ministry, and integrity back to the church. I am not saying that Covid-19 was orchestrated by God to bring renewal. I am saying that I believe that God is on the move to draw the church into new places to restore it for divine purpose.

In this text from Exodus 16, we meet Israel moving away from Elim, where they had wells of water, deeper into the wilderness, into the place of uncertainty. They are coming off a great victory where God drowned Pharaoh's army in the Red Sea. We read in chapter 15 of the song of Moses and the song of Miriam. They were in high praise for what God had done for them and hope was alive. The truth is, that was not the end of the story, it was only the beginning, because they were on a journey.

The text begins by noting that they journeyed. They were not on a nature hike; they were being led on a journey by God.

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Vision Statement

**A Church - Transformed,
United,
Victorious in Christ**

Mission Statement

By the grace of God, we seek to be faithful to our Lord Jesus Christ; without distinction, we use all that we possess to call all peoples to the truth of the Gospel through worship, evangelism, discipleship and service.

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Journey Faithfully continued from pg. 1

They were moving away from slavery in Egypt to being captives to God so that they could be free. Journey is an important concept for the child of God and for the church corporate. God does not desire for us to camp but to keep moving towards destiny. Journey speaks of migration from one place to the next in the unfolding drama of life. Each step builds on the last and should move us to where God desires us to be.

Each time I think of journey, Psalm 84 comes to mind. I have sung this as a canticle for many years without recognizing the deep truths as the psalmist speaks of the child of God – whose strength is in God and in whose heart is the highways to Zion. The psalmist is here saying that the one who trust in God is on a pilgrimage to Zion. The canticle version is clearer as it says – Who passing through the valley of misery, maketh a place of spring. Think about that for a moment – passing through the valley of misery but makes it a place of spring. Journeys are notorious for being treacherous but the one who is on the highways to Zion knows that all things work together for good to them that love the Lord and are the called according to purpose. My purpose in Christ allows me to journey on because there is always greater ahead. Let us not miss this motif of Journey. God is leading us individually and collectively into the place of uncertainty.

Verses two and three take us further as they show us some of the things that happen on a journey – **LONG-ING FOR YESTERDAY**. The whole congregation of the children of Israel complained...Oh that we had died by the hand of the Lord in the land of Egypt...for you brought us out into the wilderness to kill this whole assembly with hunger. What a thing! The journey begins to get rough and they started looking back, they started to reconsider. As much as Egypt was a place of hardship for them, they wanted to go back. They longed for the familiar. Slavery in Egypt seemed like a better option than journeying with God in the wilderness. Maybe they can be excused because they were not sure that they could trust God. They had waited a long time for God to deliver and God was only now showing up. They were still uncertain if God was with them for the long haul. Even though they had seen the mighty miracles of deliverance from Egypt and through the Red Sea, the present reality of impending hunger, thirst, and death caused them to doubt that God would come through for them.

I wonder if this resonates with anyone today. I wonder if we find ourselves longing for a yesterday that God separated us from. Is there any place in our story where we were without God's leadership and we are looking back longingly for that place as Lot's wife

looked back longingly for Sodom? Are there people who are reconsidering their decision to follow Jesus, to be part of the church, because of the challenge that comes with that commitment? Are there places in our lives where we are doubting God's ability to come through for us? We can be honest and say out loud that "I am not sure what God will do for me!" Honesty helps us to grow. I pray that we choose to endure affliction with the people of God than the pleasures of sin for a season, as Moses did (Hebrews 11:25).

Verse two tells us that they were complaining against Moses and Aaron not realizing that they were really complaining against God. Sometimes in our circumstances we need to back away and take a balcony position so we can see clearer what is happening on the dance floor. We blame other people for stuff that God is doing with us and in us. Sometimes we also give credit to people that should really go to God.

This text is challenging us to understand that God is the God of journeys and God is leading us on this journey. We have the choice as to whether we follow or not. The current state of affairs of Covid-19 and all the other drama associated with it, forces all of us to back up and ask God about the journey. Where are we going Lord and where are you on this journey? Lord, if you are with us, what are the signs of your presence? It is a time to be reflective and contemplative. The extra time is not for more tv and sleep. The extra time should enable us to carve out time to hear from God; to receive strength for the journey; to ensure that we are in the right place to go on this journey. This is not a time for church gymnastics. It is a time for serious commitment. Chapter 16 is a strategic point on the journey as Israel has to choose who they will follow.

We are at a strategic point as a church as we contemplate where we are currently. Will we fall away and blend into the crowd or will we be resolute and continue to walk with God. Sometimes we blame people for things when God is orchestrating the circumstances. I cannot claim to know the mind of God on all the things that have befalling us as a church or the world at the moment. What I do know is that God is not an idle bystander, wandering with the rest of us, what is happening and what will happen. There is never an emergency in heaven and so God remains sovereign in all the earth.

The text takes us further on this journey as God calls Moses aside to bring him up to speed what the next steps. Here, God tells Moses about the meal plan now that people's Egyptian supply is running low. Let me insert here that scholars believe that starvation was not Israel's real experience in the wilderness.

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Advance the Kingdom: S.H.I.F.T.

Journey Faithfully continued from Pg 2

They brought a lot of food with them. But as they saw the supplies go down, their imaginations got the better of them and they envisioned a worse case scenario and started to complain. Much like people who run out to buy toilet paper – panic buying or panic complaining. It is my firm conviction that God had waited for their Egyptian supplies to finish so that God could be their only source. Without further textual support, I suggest that God was also seeking to drain Egypt out of their hearts. Egypt, being a type of the world's system, needed to be in their rearview mirror rather on their minds. God wanted them to look only to HIM rather than to the system they were being delivered from. I wonder where in our lives we are so hooked-up to worldly ways that the ways of God cannot properly permeate our hearts. This is both for the church individual (membership) and corporate (body).

I make this point here, in the midst of the crisis, **LOOK FOR THE PROVISION OF GOD**. Judge not the Lord by feeble sense but trust him for his grace. God told Moses that he would rain bread from heaven. I can imagine someone saying, "Nonsense!" Anybody ever heard about bread raining from heaven? Certainly not! But God has promised bread from heaven just like he promised a highway in the desert and rivers in the wilderness. Bread is scripture is always survival language. It is a promise of sustenance. God was promising them that they will be sustained on the journey. God was sending the message that I got this, and I got you.

Can I help us understand today that this journey we are on, before this crisis and now during the crisis, is calling us to look out for the unique provisions of the Lord. God does not run out of options. When I think about all the challenges that will arise because of Covid-19 and the reality of church in a secular age, I know I am out of options. But I also know that God is not out of options. A beautiful hymn reminds us that "when we have exhausted our hoarded resources, our Father's full giving, is only begun." Paul says we know in part and we prophesy in part. We do not have the full picture of what God is up to or what God is doing. I know that prophets will arise and say that they know and maybe they do. But I know in part and speak in part.

What I say to us is look for the simple and unique provisions of the Lord in the circumstance. I know that some of you have crises that are separate and apart from this larger global crisis, but we are dealing with the same God. Look for the provisions. God has been sustaining some persons for a long time and there is still complaining because we have in mind what we want rather than freeing God to give what is in God's

hand for us. No one promised you an easy journey. Not even in the movies you get an easy journey. Don't forget that Job 14:1 says that "Man that is born of woman is of few days and full of trouble." Embrace the trouble and also embrace the provision of God for you. No one can deny the stress of this season – global crisis, stress with church life, stress with living your faith, stress with family issues, physical illness, financial issues...but God. God has provided. I cannot tell what that provision is. We must discern what God is saying and doing. Many times, I have found that what God provides is a song. A song can lift the spirit, provide direction, give hope and so much more. I sing a lot to myself. Sometimes I don't even realize that I am singing. I have learnt to start listening to the songs I am singing as they are provision on the journey.

What I say ultimately from this text is that God is calling us on this journey to a place of **RADICAL TRUST IN GOD**. Radical trust calls us to fix our gaze on God. In an age of social media and 24/7 news, we can become distracted and begin to fuss with governments and authorities thinking that our sustainability lies in their hands. We must raise our expectations and rest them on God in Christ. The widow of Zarephath in 1 Kings 17 knew what it meant to have a radical trust in God. She obeyed God. I do not think that it was simply following the word of the Prophet Elijah that brought her to that place. It was primarily her radical trust in God that prompted her to accede to Elijah's request. His word resonated within her spirit. Not every call is a call from God. Our radical trust becomes ever more crucial in a time when we cannot come together in the usual fashion. Our faithfulness to continue to present our tithes and offerings is being tested at this time. Let us be faithful in our stewardship. We get to test that there is no distance in God and we can be together even though we are apart.

Where is God calling you to be radical in your trust? Some people might think it is to expose themselves to contract Covid-19. There are more productive ways to test your faith. For some people it might begin with checking the nature of your commitment to God. Is it solid? Is your commitment certain? Is your commitment conditional? What is your location in God? Where are you on this journey?

Exodus 16 calls us to journey with God, not longing for yesterday but looking for the provisions of God while exercising radical trust. This is our best posture in this state of flux where only God has the coordinates. Egypt will not sustain us, but our radical trust in God will bring us safely into the destiny God has prepared for us. Journey faithfully!

These thoughts were originally shared in a sermon with the Moravian Church Trinidad Conference on March 29, 2020.

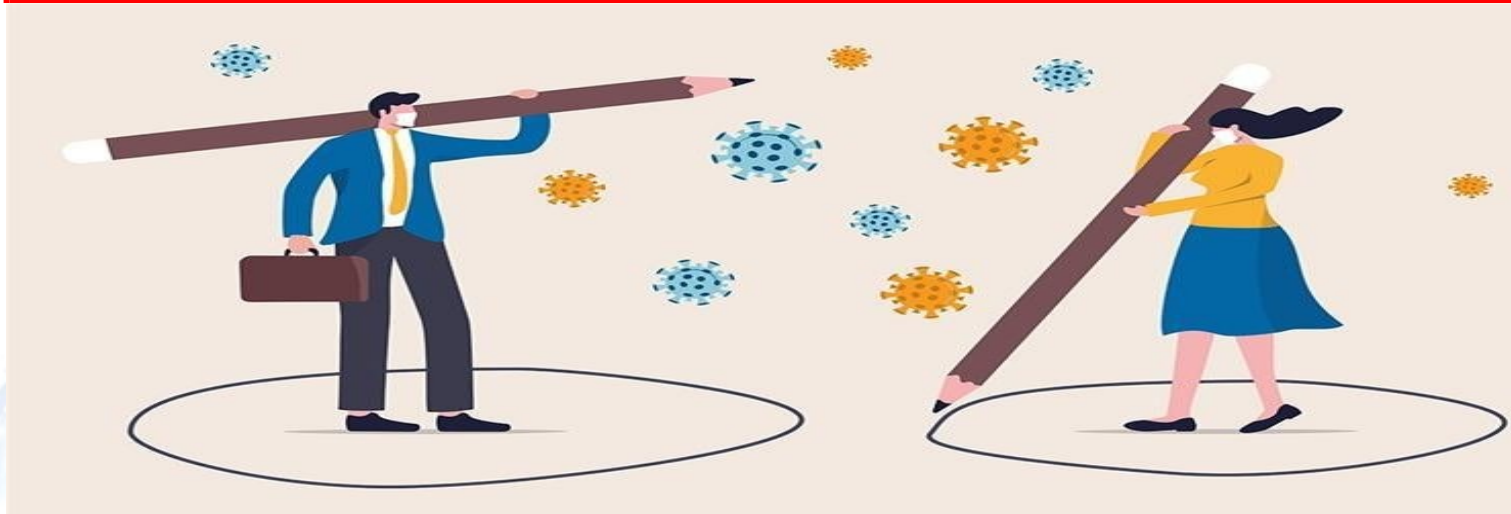
Advance the Kingdom: S.H.I.F.T.



Ministry of Education, Science & Technology

COVID-19 Guide for Children and Families

The outbreak of the Coronavirus disease, COVID19, has caused much disruption to life in Antigua & Barbuda and the rest of the world. This is a challenging situation for the entire family, and it is common for adults and children to feel stressed and worried. This document outlines some ways in which parents and caregivers can help their children to maintain physical and mental wellbeing.



Things Children Can Do To Maintain Emotional Wellbeing



Be mindful:

- o Children follow your reactions. What you do and say can increase or decrease your children's anxiety.
- o Children will want to talk about their concerns and fears. It is important that you make time to listen as this can reduce their anxiety; pay special attention to children with pre-existing conditions, asthma and other respiratory illness and diabetes and address their fears and concerns.
- o Respond to children with factual, age appropriate information on COVID-19; your discussions with your 6-year-old should be different from the discussion with your 14-year-old child.
- o Limit their access to television and social media information and recommend which sites you want them to follow (WHO, PAHO, UNICEF, CDC).
- o Remind children that the corona virus has nothing to do with where someone is from or how they look. It is wrong to stigmatize or bully persons because you believe they are in some way associated with the virus.
- o Note any change in behavior, appetite or mood, as this may be a sign of distress for children who cannot express themselves verbally.

Wash Your Hands After...



Daily Schedule for Children

Maintaining a routine in all the disruption can also help to reduce anxiety. Below are examples of two schedules that can be adopted based on the age of your children.

OLDER CHILDREN SCHEDULE			
Before 9 am	Make bed, get dressed BREAKFAST	12:30 pm	Chores Time (Help Sanitize house)
9:00 am	Exercise (dance, morning walk)	1:00 pm	Quiet Time (reading, naps)
10:00 am	Academic Time (No electronics)	2:30 pm	Academic Time (electronics can be included –Educational activities)
11:00 am	Creative Time (craft, music, cooking, puzzles)	4:00 pm	Enjoy the Outdoors (walking, biking, beach if possible) *be sure to maintain social distance
12:00 am	LUNCH	4:30 pm	Clean Up
		5:00 pm	TV Time
		6:00 pm	DINNER
		7:00 pm	TV Time/ Family Fun Games
		8:30 p.m.	Bed-time (according to age)

Younger children Schedule			
7:00 am	Wake up and Get Ready	1:00 pm	Nap/Quiet Time
7:45 am	Exercise (e.g. dance, walk)	2:30 pm	Book Time
8:00 am	Breakfast	3:00 pm	Snack Time
8:30 am	Independent Play	3:30 pm	Outdoor Play (e.g. bike riding)
9:00 am	Interest Learning Activity (e.g. count and sort, ABC, shapes, nursery rhymes)	4:00 pm	Independent Play/ Screen Time
10:15 am	Outdoor Activity (e.g. digging, running, jumping)	5:00 pm	TV Time
10:45 am	Snack Time	5:30 pm	Clean Up
11:00 am	Indoor Activity (e.g. Pretend play, drawing/painting)	6:00 pm	Dinner
11:45 am	Tidy and Chores (e.g. Pick up toys, put away clothes)	6:30 pm	Family Time
12:15 pm	LUNCH	7:30 pm	Prep for bed and bedtime
12:30 pm	Clean up		





Shopping and Eating Well During COVID-19 Lockdown

by **Juanita James** — President of the Antigua & Barbuda Diabetes Association and Public Health Nutritionist

Long lines of people standing six feet apart (hopefully) outside supermarkets and grocery stores have become a common sight throughout the region following curfews and 24-hour lockdowns as a result of the Corona Virus Pandemic which has not spared our beautiful small islands. Panic shopping with crowds has continued in some instances, in spite of orders for social distancing and prohibitions of gatherings of more than 10 persons. It seems that in the midst of the current crisis, securing food has taken precedence over staying home and keeping safe. And of course food is a basic need that must be satisfied in any situation. Yet as important as it is to ensure adequate food supply in the household, we all need to follow the regulations for social distancing and avoiding, in order to reduce the spread of the Corona virus.

With limited time to shop and less money to spend in some cases, careful planning is essential. If you have never planned your meals ahead of time before or prepared a shopping list, this is a great time to start. The aim is to reduce the number of trips to the supermarkets and grocery stores and the amount of time spent shopping. Focus should be made on getting essential food items and other supplies to last for at least a week. A strong immune system has been shown to increase the body's ability to fight infections and healthy eating is critical for helping to boost your immune system.

As a guide to planning your meals, choose a variety of foods, within your means, from each of the following food groups:

For example:

Starchy Foods – rice, pasta, cornmeal, flour, ground provisions, oats, bread, crackers, popcorn (especially if children are in the home)

Peas, beans and nuts – red kidney beans, black eye peas, lentils, split peas, peanuts/peanut butter.

Vegetables – pumpkin, carrots, butternut, cabbage, spinach, eggplant, okra, zucchini or other squash, green pawpaw, christophene, lettuce, tomato, cucumber

Fruits – bananas, ripe pawpaw, melon, cantaloupe, oranges, apples, soursop, fruit canned in 100% fruit juice.

Food from Animals – chicken, fish, eggs, milk, cheese, tuna, sardines, mackerel, ground turkey.

Fats and oil – cooking oil, butter/margarine, mayonnaise.

Other: onions, garlic, peppers, chive, thyme, curry, baking powder, salt, cinnamon, sugar, tea, cocoa.

Persons living with Chronic Non-communicable Diseases, NCDs, such as heart disease, hypertension, diabetes and cancer need to pay keen attention to eating healthy in order to maintain the best possible control of their health problems. This is especially important since people with NCDs are considered to be at high risk for serious complications if they become infected with the Corona Virus. So watch out for foods which are high in sugar, salt, and fat and include as much vegetables and fruits as you can in your meals and snacks.

Examples of Meals for 3 days

Meal Type	Day 1	Day 2	Day 3
Breakfast	Cornmeal porridge with milk Tea	Boiled or scrambled egg Bread Sliced tomato and cucumber Tea	Oats porridge with milk Tea
Snack	Watermelon	Ripe banana	Orange
Lunch/Dinner	Curried chicken Plain rice Sliced sweet potato Steamed cabbage and carrots	Soup made with - beans, ground provisions, pumpkin, carrots, chicken	Fried fish/ Salt fish with Creole sauce Fungi with okra Steamed pumpkin
Supper	Banana bread Hot cocoa with milk	Tuna sandwiches Tea	Bread or crackers Peanut butter Tea

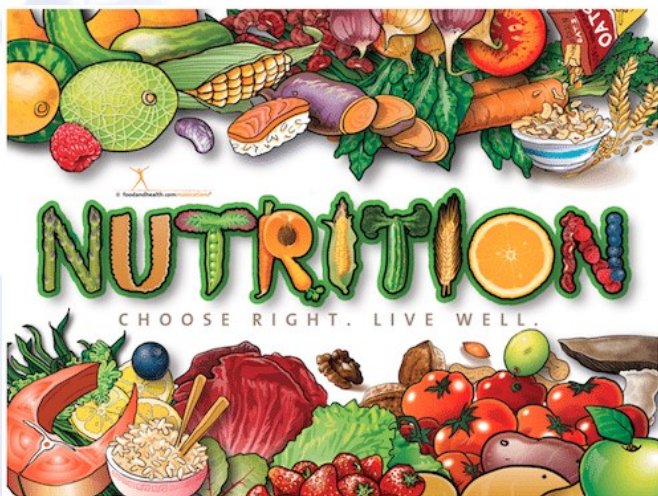
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Shopping & eating... continued from pg. 6

The choices you make will depend on your personal preferences, the likes and dislikes of your family members, what is available when you go shopping and, of course, on your budget. Before you give in to panic shopping, consider other expenditure such as rent, utility bills, and loan payments which, although postponed, will still have to be paid. Bear in mind that no one knows how long this crisis will last. Therefore planning, shopping wisely, and good money management can help you to cope better.

This is a great time to grow some of the foods you eat. Backyard gardening can help to provide fresh produce for healthier meals, save money, and provide an opportunity for outdoor exercise for the whole family. During this challenging time consider the words of St. Matthew - Chapter 6 verses 25 and 26:

"Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment? Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns: yet your heavenly Father feedeth them. Are ye not much better than they?"



Promoting Healthy Habits that will last a Lifetime!

Advance the Kingdom: S.H.I.F.T.

Weekly Meal Plan

by Mrs. Ellenitta Nathaniel—Home Economist and Hospitality Trainer

Day	Breakfast	Lunch
Day One	Saltfish & Johnny cakes	Stewed chicken, rice & peas with greens.
Day Two	Scrambled eggs	Beef stew with platy carrots, green banana pie or crushed green banana (Substitute any other veg.)
Day Three	Sausages with baked beans or bacon	Fish (Steamed or fried), cornmeal balls, pumpkin or sweet potato or broccoli.
Day Four	Turkey bacon & eggs	Baked chicken, macaroni pie.
Day Five	Sausages with French Toast	Soup (Using whatever is available).
Day Six	Tinned salmon & hard boiled eggs	Curried mutton, rice (plain or with greens), vegetables.
Day Seven	Eggs	Cook-up (Pelau). Using left over meats & veg. & rice.

Points to note:

1. Make use of Fruit and Veggies as available. E.g Fried/Boiled plantain.
2. Turkey parts can be substituted for chicken.
3. Ground meats or poultry can be used, eg. with pasta. (Spaghetti & minced meat)
4. Pancakes are always welcome. (SWEET or SAVORY!)



‘Wake-up call’ for the Church

Reprinted from the Nation News April 12, 2020

By **Donna Sealy** - The coronavirus pandemic is a “wake-up call” to the church to examine how it carries out the will of God and attends to its members, says Reverend Dr. Adrian Smith.

In an interview with the **Sunday Sun**, the forthright minister, who leads the congregations of Calvary and Grace Hill Moravian churches, said the present situation had caused him to reflect on what else the church could do to assist in the communities they serve in areas such as providing shelter for the homeless and food security.

“This is not the end. He’s the God of a second and a third chance and I think even with us recognising it, He’s given us another chance to really be the church that He wants us to be in this season,” he said.

“I do think that as a church we have to play a part in agriculture and I think that we have to look at food security in its broadest context, not just in terms of planting but even in terms of housing. I was saying to myself that if Miami shuts down, where do we shop? Who do we partner with? How do we get food?

“These questions are on my mind as a pastor saying: ‘Okay, I have faith in God but when God gave me five talents, what did I do with my five talents?’ And if one of my talents is that I have members who are into agriculture, or I have land and so on, am I not being a bad steward if I have not used this land or prepped this land in a time like this when some things become scarce to utilise church buses or vehicles for transportation?” asked Smith via telephone.

Even with this pandemic and the islandwide curfew, the church still has to carry on with its ministries, one of which is its 24-year-old feeding programme.

Provide meals

Every Tuesday and Thursday, volunteers from the church on Roebuck Street provide meals for 75 people. Started by Reverend Neilsen Waithe, the programme is not limited to any specific group and includes people who may be down on their luck.

“From 1996, it has evolved and is basically a programme we run year-round, except for summer, when we offer the six weeks of vacation **Bible** school that we offer to children. There is normally a one-week break around **Christmas** and **Easter**.”

“With the feeding programme, they (clients) have recognised that we’re going to do this. The core value of the feeding programme is to affirm the human dignity of all people. The programme, by design, allowed people to come and sit down and have a meal – prior to COVID – so there is not the sense of ‘here, take this, go’ but ‘come, sit down, have a meal. We actually care about you’. . . . We also provide toiletries when we have the stock . . . ,” he said. The church also offer hampers “mindful that there are some people who have been laid off, some people for whom they [the church] can’t buy,

but who may be in need”. For three years now, Calvary Moravian has been streaming its services.

Services streamed

Foreseeing the shutdown because of the COVID-19 pandemic which has seen churches in Barbados closed, except for funerals, weddings and streaming of services, the media centre was moved to its Manse. **Bible** studies are held via Zoom.

“We have our **YouTube** channel and **Facebook** page and we’re beginning to explore the idea of putting content on the **YouTube** channel that would transcend just the Sunday morning worship. We have been ahead in that regard.

“COVID-19 has, in a sense, validated what we were saying a long time, that is, the church needs to be where people are and if people are on social media, then we need to be there with the gospel with positive content with things that would help people to cope. Right now we have joined at the provincial level with the church in having something called **Courage In Crisis**, conversations on mental health,” said Smith.

The 30-minute conversations include topics such as coping, anxiety, depression and suicide. They are held every Tuesday and Thursday and can be viewed via the **Facebook** page and **YouTube** channel.

“We are trying to put content out there that is not just services but will speak to some of the issues that people have in their minds and want to hear about, such as how to deal with the loss of a loved one at a time when there are restrictions on funerals.

“Some people would just put on their **Facebook** ‘Stan’ home’ and that’s fine because we all need to stay home, but to somebody who has lost someone or whose loved one has taken ill, not with COVID-19, and has to go to hospital, it impacts how the family can respond. People do have genuine concerns and it is really for us to speak to those concerns,” he said.

Withdrawal symptoms

Among those concerns are withdrawal symptoms from alcohol and being in the same space as their abusers and helping people find ways to cope during this shutdown as it was “not a one-size-fit-all cap”.

One of his elders has been tasked with calling members weekly to see how they are coping in addition to “taking names and numbers of people in the communities” who may “want someone to talk to, somebody to pray with, somebody just to listen”.

“I’ve put my cell phone number out there, because at the end of the day, if somebody just wants to talk, just to know someone is at the other end to hear their heart, what is going on and just to vent, I think those are some of things we’re trying to do in this season.”

Moravian Minister

Reverend Dr. Adrian Smith. (FP)

Advance the Kingdom: S.H.I.F.T.



Birthday Celebrants for April

Bro. Elroy Christopher	4
Sis. Catherine Governor	4
Sis. Dorothy Graham	7
Sis. Gwendolyn Jacobs	8
Bro. Mikie Roberts	27



Wedding Anniversary Celebrants for April

Bro. Elroy Christopher & Sis. Jane Thomas-Christopher	27
Sis. Esther Moore-Roberts & Bro. Rudolph Roberts	22
Bro. Jeremy Francis & Sis. Rena Warner-Francis	28



Furlough

1. The PEC has granted furlough to the Rev. Vankys Isaac of the Bethany and Emmaus Congregations on St. John from March 1, 2020 to June 30, 2020.
2. The PEC has granted furlough to the Rev. Nevin Lewis of the Montgomery Moravian Church in Tobago from March 16, 2020 to July 15, 2020.

Kindly uphold our Brothers and their families in prayer as they continue to serve the Lord and the church.



Condolences & Opportunities to Connect

1. The Moravian Provincial family expresses condolences to the Sis. Gwendolyn Jacobs, widow of the late Rev. Samuel Jacob, of the Virgin Islands Conference, on the death of their daughter Sis. Victorine Jacobs-Samuel of St. Croix, Virgin Islands. Mrs. Jacobs-Richards died on Sunday, March 29, 2020 in Tampa, Florida after a brief period of illness. Please keep Sis. Gwendolyn Jacobs and family in your prayers.
2. As most of our church activities have moved to virtual platforms, please make every effort to connect and be empowered in this period. Your pastor may have more information of the various programmes offered by Moravian pastors online. One such programme is called *Courage in Crisis: Conversations of faith and mental health*, aired on Tuesdays at 6:00 pm. You can view this via the

Calvary Moravian Church Barbados YouTube Channel either live or delayed. These conversations are to help us deal with the stresses and disruptions occasioned by the Covid-19 pandemic. Let us be open for all the ways that God is meeting us and bringing joy, peace, and healing to our lives.

Unity Prayer Watch 2020

The Unity Prayer Watch is a special service to the world, offered by the worldwide Moravian Church. The Eastern West Indies Province will participate in the Unity Prayer Watch from 12:00a.m April 03 - Midnight April 17, 2020. The Schedule is as follows:

Conferences are asked to observe the time allotted for our members to engage in the unbroken prayer chain. This prayer meeting began on August 13, 1727 when the Moravian Church had its Pentecost experience. The Church was so much on fire that the Prayer meeting lasted for 100 unbroken years.

Name of Conference/ Mission	From	To
Grenada Mission	12:00a.m. April 03	8:00a.m. April 03, 2020
St. Kitts	7:59a.m. April 03	8:00p.m. April 05, 2020
Trinidad	7:59p.m. April 05	8:00p.m. April 06, 2020
Virgin Islands	7:59p.m. April 06	8:00p.m. April 09, 2020
Barbados	7:59p.m. April 09	8:00p.m. April 12, 2020
Tobago	7:59p.m. April 12	Midnight April 14, 2020
Antigua	11:59p.m. April 14	Midnight April 17, 2020

Let us therefore encourage our members to be in prayer, as we continue to seek God's guidance and direction for our Church and indeed our lives.



Quote of the Day

**CHALLENGES ARE WHAT
MAKE LIFE INTERESTING;
OVERCOMING THEM
IS WHAT MAKES LIFE
MEANINGFUL.**

— Joshua J. Marine.

Advance the Kingdom: S.H.I.F.T.

When Anxiety Strikes!



We all experience feelings of anxiety at some point in life. The COVID-19 pandemic has served to bring anxiety issues to the fore. Recognizing the signs and symptoms of anxiety and anxiety disorder can help you better overcome when anxiety strikes.

Anxiety as an emotion is defined as the body's natural response to stress and a feeling of fear of the unknown. It can be caused by a number of factors and can be short-lived or more severe. In small manageable amounts anxiety can be healthy and serve as a type of motivation to overcome life's challenges. However, if anxiety is prolonged (over 6 months), interferes with daily life and is intense, it can indicate the presence of anxiety disorder!

The COVID-19 environment is a very stressful and anxiety provoking time in general. COVID-19 is unpredictable and has a devastating impact on lives, economies and persons' feelings of security. People fear contracting COVID-19, being isolated and dying from the disease. Many persons are extremely stressed over job loss, school closures, decrease in family finances and the drastic change in life's routines. The oversaturation of the media with COVID 19 related news also adds to increasing stress and anxiety. Ultimately people are afraid, feel unsure and hopeless in this COVID-19 environment; all key ingredients for anxiety.

As with COVID-19, anxiety can affect anyone, at any age and developmental and socioeconomic stage. The World Health Organization (WHO) notes that anxiety disorders are the most common mental disorders and 1 in 13 globally, suffers from anxiety. That suggests that even people of faith can and do face anxiety and may live with anxiety disorders. But while feelings of anxiety and anxiety disorders are pervasive, they are very treatable and do not need to be debilitating or fatal!

So what does anxiety look like? In general, anxiety causes restlessness, and a feeling of being "on-edge". Persons may have uncontrollable feelings of worry, increased irritability, difficulty concentrating and disturbances in sleep patterns. Anxiety Disorder on the other hand is a mental health condition that must meet specific criteria for diagnosis. It's important to note that Anxiety disorders should only be diagnosed by a medical or mental health practitioner. *So avoid self-diagnosing as this can only add to stress and anxiety.*

In general, anxiety disorder is diagnosed when the fear or anxiety:

- is ongoing for over 6 months (occurring more days than not)
- is out of proportion to the situation or age inappropriate
- hinders your ability to function normally.

There are several types of anxiety disorders, including Generalized Anxiety Disorder and Panic Disorder (APA, 2019). There is no one cause of anxiety disorders. Rather a combination of causes, namely, environmental, genetic and chemical (meaning brain changes) have been linked to anxiety disorders. Other contributing factors are a trauma history and some medical conditions like, heart disease, substance misuse and hyperthyroidism.

Do not be anxious! Anxiety is of no surprise to God! Many accounts of persons in scripture, from the Old Testament to the New Testament prove that even people of faith dealt with anxiety. The scripture "be anxious for nothing" (Philippians 4:6), suggests that it is something that must be addressed. But even in the most harrowing experience of panic and anxiety, there is hope! The instruction to "not be anxious" is easier said than done...but it is possible! Psychotherapy and anti-anxiety medications are the most common ways to get relief from the symptoms of anxiety disorders and can be very effective. In both cases, there is significant stigma attached, especially in the Christian community. *However, it is important to get help with severe, unmanageable symptoms, to avoid a progression to other complications like hopelessness and suicide.* But symptom management is not healing, and so it is important to get to the root causes of your anxiety. Negative thought patterns can fuel anxiety and must be addressed. Philippians 4:8 and Romans 12:2 provides a powerful starting place for mental reframing. Other options that are very effective in addressing anxiety include:

- Diets that are low in caffeine and sugar, but high in minerals and nutrients like magnesium & Omega-3. Probiotics that improve gut health have also been shown to positively impact mood.
- Aromatherapy- essential oils that help with anxiety include: Lavender, orange, Ylang ylang & vetiver
- Exercise: Brisk aerobic exercises like jogging and biking help release brain chemicals that cut stress and improve your mood.
- A strong and active spiritual life: this includes regular practice of prayer, meditation and spiritual surrender. **A word of hope!** I believe that as day follows night, this COVID-19 pandemic will surely pass. Never before do we need to rely on the living word of God. So as we cope with the unpredictable, let us hold steadfast to the unchanging One! Turn your anxiety into prayer, praise and positive creative expression.

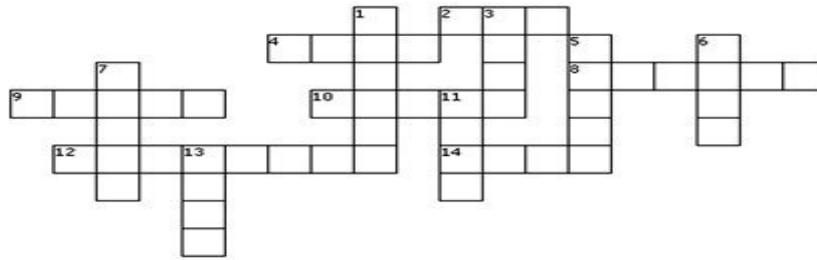
by Billie Sterling-Lewis (Holistic Counselling Psychologist)

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FUN CORNER!

He is not here. He has risen!

Words taken from John 20:1-18 (NIV)



ACROSS

2. To shed tears
4. The opposite of alive
8. A heavenly being
9. The thing that covered the entrance to Jesus' tomb
10. The color that is the opposite of black
12. A person who takes care of plants and flowers
14. The name of the woman who discovered Jesus' empty tomb

DOWN

1. The male parent
3. Return to an upright position after lying down; to return from the dead
5. The opposite of late
6. A period of seven days
7. An adult female person
11. A place where someone is buried; another name for grave
13. The opposite of light

Words Used

early	angels	gardener	rise
week	white	Mary	dead
dark	woman	tomb	
stone	cry	father	



The Sin of Lying

A minister told his congregation, "Next week I plan to preach about the sin of lying. To help you understand my sermon, I want you all to read Mark 17."

The following Sunday, as he prepared to deliver his sermon, the minister asked for a show of hands. He wanted to know how many had read Mark 17. Every hand went up. The minister smiled and said, "Mark has only sixteen chapters. I will now proceed with my sermon on the sin of lying."



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