

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)



May, 2020



Rev. Algernon Lewis
Chairman of PEC

Learning in the Crisis

Predicting the future is risky business. History teaches us that many of the conveniences we enjoy today were thought to be useless inventions. The bicycle, the motor car, the personal computer, the television set, the laptop, the digital camera, the internet were all discounted. The powers of the day gave them the thumbs down. Those inventions proved the experts wrong. All those items have helped to define our culture and existence in one way or another.

The current realities tempt us to make predictions about the future. Truth is, no one really knows what normal will look like when the dust settles. Let us therefore be careful about pronouncements and pivot to discern the lessons to be learnt in the crisis. There are many lessons to learn and this article

posits five of the many that we may learn.

1. WE ARE ALL CONNECTED

This novel coronavirus was allegedly started in China based on the findings. That is very far away from the Caribbean. Flying to China would take almost 22 hours. When the virus started spreading, not many of us expected that it would come this far. Particularly since the others before did not come this way. Little did we know that what happened in China, Europe, and North America was heading for our paradise in the Caribbean – the same rod that strikes the wild goat strikes the tame. We live in a connected world. The 24/7 news cycle and the internet, keep the news of the world close.

For years we have heard about the global village and felt the economic realities of it. The covid-19 pandemic multiplied this reality. What happens in a market or a lab on the other side of the world has caused our islands to shut down and alter our lifestyles. This suggests that we examine all our activities. We are connected to people worlds away. We must think differently about life.

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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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As people of faith, we must think globally and act locally. We must think about the state of the world and allow that to inform how we position ourselves for ministry. Increasing numbers of people no longer believe in the exclusive claims of Christianity. They are seeking out alternatives and are quick to embrace those doctrines. The church is no longer a dominant entity in the local or global ecology. So, what do we do?

The Christian community needs to go back to basics. Going back to the scriptures remind us that we were called to the world – Jerusalem, and in all Judea, and Samaria, and to the end of the earth. Our teaching about who Jesus is must be clear in our minds. We are no longer “competing” with people in our village or town. The world is our village. As much as “Jesus loves me this I know, for the Bible tells me so” is foundational, it needs more meat, an apologetic disposition, so that it stands firm when contested. Our Christian Education Ministries must create content that helps all our people to embrace their faith and live it daily. Sermons must provide relevant information and inspiration to help Christians to connect Sunday and Monday – the altar at church and the altar in the marketplace. A new missional posture is required – oriented to serve the community for Christ’s sake and not at our convenience.

2. CHURCH IS MORE THAN MEETINGS

There was great weeping and wailing when governments instructed all places of worship to be closed. This was compounded by the fact that we were in Lent. Some felt powerless thinking that the power of the Resurrection should not be compromised by a health scare. Then the reality that we were left without a viable alternative, gradually sunk in. Online worship has become the norm.

No one expected this but some reluctantly came onboard. How are we going to do all the things we need to do in each service? What about the worship team, the choir, the dance ministry, the youth Sunday and all the other “Sunday morning” components? Can we possibly have meaningful worship without these additives? What about our board meetings and group meetings? How will we survive?

It has been said that some churches will not survive this period. My personal feeling is that most will. They will re-emerge battered by the new reality. The question is, will we learn from the Covid-19 captivity of the church? Will we learn that some of the things we have made church about have served to make church life more cumbersome rather than attractive?

Will we learn like the early church that we can exist and thrive in small spaces? Will we learn that church is not about meetings and activities as necessary as they are, but about the community of the faithful witnessing to a God who meets people where they are and shelters and keeps in all of life’s circumstances? Ministry can be streamlined for greater effect. It is left to be seen what happens when this period passes. Some might go back to the way things were, seeing this period as an interruption. My personal view is that this was a disruption from God, intending to shift the church into greater preparedness for the “end game.”

3. WE CAN DO MORE ONLINE

This is controversial for sure. Brick and mortar are what we know when it comes to church. Yes, in-person worship provides a personal connection. But the technology is available to help build online community. Many developed personal relationships with people they never saw in real-time through the pen pal movement. Many persons came to and grew their faith on radio evangelists. Online church facilitates all of that and more.

With declining attendance, this is a “God-made” opportunity to take the worship to those who do not attend but are still sympathetic to the church of their youth. Millennials are known for enlisting on their terms. Since “the internet never forgets,” the online church content is available to them when they choose to access it. This author’s personal preference is for in-person worship. But the world does not revolve around my personal preference. As a Christian community, we examine the trends and aim our ministry to interface with the trends for maximum benefit of the kingdom of God.

One pastor informed me that their faith community seamlessly moved all their church activities online. Nothing stopped. The last element to move online was their giving which was easily facilitated through the banking system. They long embraced the technology to keep in touch with members who were home-bound, who studies abroad, and who migrated but wanted to remain connected to their community. The technology enabled that community to benefit from the teaching of other leaders without the added expense of travel.

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Shopping and Eating Well During COVID-19 Lockdown

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

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 papaya, 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.

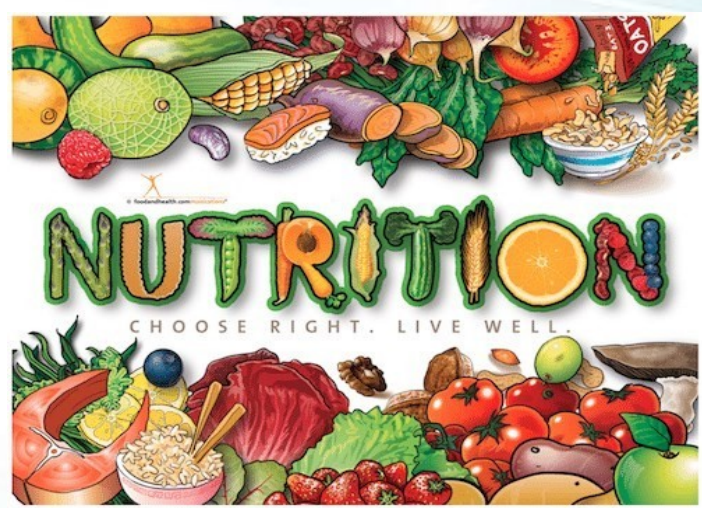
Persons living with Chronic Non-communicable Diseases, NCDs, such as heart disease, hypertension, diabetes and cancer need to pay keen attention to eating healthy in order to maintain the best possible control of their health problems. This is especially important since people with NCDs are considered 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.



Promoting Healthy Habits that will last a Lifetime!

Examples of Meals for 3 days

Meal	Day 1	Day 2	Day 3
Breakfast	Cornmeal porridge with milk Tea	Boiled egg Scrambled eggs Bread Sliced Tomato and cucumber Tea	Oats porridge with milk Tea
Snack	Watermelon	Ripe Banana	Orange
Lunch	Curried chicken Plain Rice Sliced Sweet potato Steamed cabbage and Carrots	Soup made with beans Ground provisions, pumpkin, carrots, chicken	Fried Fish saltfish with creole sauce Fungi with okra steamed pumpkin
Supper	Banana bread Hot cocoa with milk	Tuna sandwiches Tea	Bread and crackers peanut butter Tea



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Now that all activities are online, there has been an increase in the attendance at some group activities because it is more accessible. Covid-19 is proof for this community of faith that they are heading in the right direction.

4. FAITH IS REQUIRED TO WALK THROUGH THE CRISIS

Every crisis should send people of faith to look again at their belief system. God is not an innocent bystander in global affairs. God uses events to fulfill divine purpose. What is God after in this situation? It is not clear, but one can say that for people of faith, we are being called to look to our God. We are called to dig deeper into the word of God and hear again what God is saying. In Scripture, we see God leading the people through the wilderness, through distress and ultimately to the land of promise. If we focus on the news, we will lose hope. If we listen to the conspiracy theories, we may become despondent. However, looking into the word of God and seeking after God, we receive hope for this journey. This crisis is calling us to faith, to endurance, to resilience, to prayer, to holiness, to building relationships and community. This crisis is calling us back to hear the voice of God. *My sheep hear my voice. I know them, and they follow me (John 10:27).* Survival is dependent in obedience – hear and heed. Faith is required to walk boldly through this crisis.

5. GOD IS SOVEREIGN

Walking in faith should lead us to the realization that God is sovereign but that is not the current reality. Many Christ followers believe that once they do all the right things that trouble will not come near their dwelling. Scripture debunks this notion as it shows us that every person God used in the Bible had to endure hardship and trial. Our faith does not spare us from trouble, it protects our eternal destiny. The sovereignty of God means that God does whatever God chooses to do - *Then he said, "It is the Lord; let him do what seems good to him (1 Samuel 3:18b)." (See also Daniel 4:35).* The sovereignty of God means that God has total control of all things past, present and future. Nothing happens outside God's knowledge and control. All things are either caused by God or allowed by God for divine purpose.

When we accept that God does not have to protect our fragile faith, we free God to be God. Not that God is kept back by our shortened perspectives, but our individual faith is not challenged by the chaos in the world. The sovereignty of God in this crisis allows us to walk through this time believing that our steps are ordered.

Let us learn these lessons so that they inform our forward motion.

The Black Rock Moravian Church Celebrates 150 years



As the influence of the early Moravian Missionaries expanded on the island of Tobago, the community of Black Rock benefited from their work and witness leading to the establishing of the Black Rock Moravian Church and Day School in 1869.

As the village community center, the Church was a hub of activity during the week and on the week-ends as the place for learning, fellowship and worship.

After 150 years the Black Rock Moravian Church continues to bear witness to the members of the community and environs, having stood the test of times, hurricanes, restoration and refurbishment, as well as the emergence of new churches.

On November 10th 2019 the members of the congregation and community gathered to launch our celebrations for the 150th Anniversary under the theme: Our Future Shaped By Our Legacy- Determined Through Faith. It was indeed a momentous occasion as we recognized, remembered and celebrated God's faithfulness, and the labour of our fore bearers while re-affirming our commitment to leave behind a legacy so that those who come after us can be proud to build on.

We extend profound gratitude to Rev. Belinda Manswell- Daniel who served as our preacher, the members of the Board, congregation and community for their continued support and partnership.

A number of activities have been planned to celebrate the year long celebrations.

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Weekly Meal Plan

by Mrs. Ellenitta Nathaniel—Home Economist
and Hospitality Trainer

Day	Breakfast	Lunch
Day One	Saltfish and Johnny cakes	Stewed chicken rice & peas with greens
Day Two	Scrambled eggs	Beef Stew with 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 egg	Curried mutton, rice (plain or white green with greens), vegetables
Day Seven	Eggs	Cook-up (pelau) using left over meats & veg & rice

Points to note:

1. Make use of Fruits and veggies as available eg: Fried/boiled Plantain
2. Turkey parts can be substituted for chicken
3. Ground meats of poultry can be used eg. with pasta (Spaghetti & minced meat)
4. Pancakes are always welcome (sweet or savory)

The full article is published in last month's newsletter .
This information is included to help people to shop.

100 NOT OUT



The day was one of great expectation, great rejoicing and grateful celebration. It was described as remarkable and quite extraordinary: In as much as God has created days without number, he has never created a day like this.

The day began not at sunrise but at midnight. The scene, though in a smaller measure, was akin to New Year's in Times Square (New York), as the family WhatsApp lit up with cheers, sounds of hallelujah, and the cascading effect of joyful birthday greetings in celebration of Vernon Roy Connor's 100th Birthday. The day long awaited had come and Bro Connor at the "crease" of life was still batting: 100 not out!

The day long awaited was May 8, 2020. The primary focus of the day was one of praise in acknowledgment of God's faithfulness and in honor of this freshly minted centenarian. His children, family and friends from across the Caribbean and the world gathered on a Zoom platform (hosted by the Nisky Moravian Church) for a lively, memorable and moving worship experience. Official greetings came from the Government of St Kitts and Nevis and, from the Church leaders: Rev'ds Algernon Lewis, Eulencine Christopher, and Rev Hilton Joseph. Special prayers were offered by the Rev Onita Samuel-Warner, The Rt. Rev. Dr. Conrad Spencer and, Bishop Cyprian William (non-Moravian). The sermon entitled: Ever So Remarkable was delivered by Rev. Dr Errol Connor, a son of Vernon. The online congregation was reminded that every life is remarkable; that the journey of 100 years reveals a man and a family that is remarkably remarkable; and that every markable life is rooted not in the achievements of persons themselves but the surpassing greatness of God's grace. The scriptural theme came from Psalm 91.16: "With long life I will satisfy him and show him my salvation." And so, by God's grace, Vernon Roy Connor is 100 not out. To God be the glory!

We salute Vernon Roy Connor! He was born on May 8, 1920 in Anguilla. Since 1947, he has been residing in St Kitts. He is now the oldest male in St Kitts-Nevis. He married Esther Henry who died in 1971. He never remarried. Their offspring are: Winifred, Hilton, Leslie, Joycelyn, Asheila, Rudolph, Errol, and Stedroy. The family tree roots run deep and the branches grow wide. May God continue to bless them all as they serve God and neighbor, and the common good.

Managing Your Finances during Covid 19

by John John—Former Deputy Governor of
the Central Bank of Trinidad and Tobago

The novel Coronavirus (Covid19) pandemic has impacted all our lives. Social distancing, the response to the virus, has involved a stay-at-home policy which has meant a loss of income for many persons as many businesses close or downsize their operations. Currently, countries are seeking to determine the best ways to resume work while maintaining social distancing, particularly as some experts estimate that the virus will be around for as much as two years before a vaccine is found and made widely available. This article provides some tips on how to manage our financial challenges in this period,

1. Take advantage of all assistance that Governments are providing. All Governments have sought to provide some relief to needy citizens. The information on this assistance is usually made available through various media including their websites. You can ask your pastors or other members of the congregation to guide you to these sources if you need such assistance.
2. If you are indebted to financial institutions, including credit unions, learn about and utilize the relief services that they are providing. In some jurisdictions, these have included reduction in interest rates, suspension of interest payments and special grants. However, if your circumstances allow, continue to service loans for which there are only deferral of payments as these debts will still have to be repaid as they are merely postponed.
3. Learn about and access the support services being provided by other groups like NGO's, churches and philanthropic groups. Many of these groups are offering food packages to the needy.
4. Revisit or create a budget. Having such a plan can help to ease feelings of stress and bring some degree of calm. Consider both your income and expenditures, the key components of your budget. On the income side, adjust for both any loss in income and any relief that you can obtain. Where available and necessary, you can draw judiciously on 'rainy day' savings. Do not be surprised by the fact that you may have to make the more significant adjustments on the expenditure side. Here are some ideas:

House mortgage or rent is often a big expenditure item, so explore assistance programs being provided in this regard and try to renegotiate payment arrangements with your landlord. Be proactive and seek payment deferrals of utilities and other regular payments. Reassess spending on 'essential' groceries and household items. Explore where you can help yourself by preparing meals rather than purchasing them and utilizing and repurposing things you have already. Cut unnecessary services and their accompanying fees. Avoid panic buying. Use exercise rather than shopping for stress relief. It is important to discuss your financial plan with your household so each one can buy into it and work towards its achievement.

5. Manage debt. For the most part persons who are in difficult financial straits should avoid additional debt however attractive the terms of repayment may appear. The use of credit cards should always be carefully managed.
6. For those who can, continue to save even if you need to reduce the amount. Keep abreast of the news to be aware of any changes to the soundness of financial institutions or changes in interest rates as these are important considerations in determining where to save/invest. There is much satisfaction to be derived from giving so find an avenue whether through the church or elsewhere to make a donation of food or other needed items.
7. Watch out for fraud. Remember if an offer sounds too good to be true, it usually is.

As you seek to manage your finances in the short term, be mindful that the current situation will end at sometime and a new normal is likely to emerge. Therefore, even as you focus on the now, keep an eye to the future also. Be on the look out for the skills that will be in demand, whether existing or new ones, in the new environment and begin to position yourself to be able to respond to these.



Birthday Celebrants for May

Bro. Patmore Smith	10
Sis. Ivy Vessup	10
Sis. Joan Thomas	10
Sis. Gloria Barker	11
Sis. Karen Bowers-Jones	21
Sis. Deborah Challenger	27
Bro. Daniel Mark	31
Sis. Menelva Samuel	31



Anniversary Celebrants for May



Bro. Adrian Smith & Sis. Andrea Lorde-Smith	14
Sis. Elva Richards Goodwin & Bro. Michael Goodwin	23
Bro. Edgar and Sis. Angela Frederick-Barriero	25



Day of Prayer



Warm Christian greetings in the name of Jesus, our Chief Elder.

As previously announced, the first day of each month from March to June has been designated as days of prayer. Our next day of prayer will be Monday June 1, 2020. There will be three opportunities for prayer – 5:30 am, 12:00 midday, and 6:00 pm. These times of prayer will be conducted via the Zoom platform and hosted by members of the Provincial Staff.

The link will be sent to staff for onward dissemination. Let us unite in prayer as a Province and call upon the Lord who hears and answers prayer.

The Black Rock Moravian Church Celebrates 150 years Continued from Page 4

These are as follows: A 150th logo competition for our children, Open day for visitors, Fashion Show, Dinner and Awards function, Family Day and a Thanksgiving service

Our appreciation must be chronicled to those who have shepherded us throughout the years, namely;

Rev. Albert Frank	Rev. Dr Derrick Forrester
Rev. Roslyn Hamblin	Rev. Hilton Joseph
Rev. Aldwyn John	Rev. J Sean Roberts,
Rev. Onita Samuel	Rev. Dr. Cortroy Jarvis
Rev. Cherice Job-Lewis	

and others in addition to our congregational stalwarts like Sis. Dorry Callender, Edris Archer, Winnifred Williams, Sis. Florence Isaac and Bros. Gerald and Thomas Callender, Winston and Ashburton David and Simon Lawrence to name a few who ensured that the work never wavered amidst the changes and challenges.

We believe the same God, who enabled the early missionaries is still at work in us today. As a people of faith we re-affirm our commitment to being God's people in God's world as we continue to engage the people of our community.

150 years have gone, and there is much more to come, as the story is still being written and as the journey continues - To God be the Glory.



Mother Comes First

It's a habit that seems to be true of our mothers,
To put themselves last and to think of others!
They do it so kindly and always so sweetly
That some people say that they spoil us completely,
Yes, they are unselfish, but this is their day,
So we'll tell them we'll do things a different way,
For this is the day that their own day we call
And mother, dear mother, will come first of all!

By Majorie West

Happy Mother's Day.

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

Moravian Multipurpose Complex

www.moravianmultipurpose.com.bw



Conferences

Seminars

Weddings

Banquets

Meetings

Dinners

Graduations

Conference Center & Apartments



Only ten minutes away from the stores, shops and banks in St. John's.

Our International Airport is also ten minutes away.

Our balcony provides a refreshing view of undulating hills and valleys.

The Conference Center has a seating capacity for 200 persons.

We are situated on a hill overlooking the picturesque outskirts of the city of St. John's, Antigua.

There are 8 Large Apartments which are available for rental. Each room is self contained with kitchenette.

The rooms are air-conditioned with available internet and Cable TV. ALL Utilities are included with the exception of Telephone.

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