



# Bethlehem Herald

Monthly Newsletter of the  
Bethlehem Moravian Church



*To Educate & Outreach*

Volume II. No. 15, March 2020

## 'What exactly is Love?'

*Submitted by Bro. Kyle Alleyne*

*Love - Anyone who does not love does not know God, because God is love. ~ 1 John 4:8. Hatred stirs up strife, but love covers all offenses. ~ Proverbs 10:12, So now faith, hope, and love abide, these three; but the greatest of these is love. ~ 1 Corinthians 13:13*

So great is love! So great is love that they say it conquers all. But what exactly is love?

*Let us pray. – Dear Lord, thank you for the gift of life and of love. Bless those who are seeing this that they may bless others who are unable to. Give them the ability to share this with the world so that the world may come to know you, for you are love, and anyone who does not know love does not know you – and our commission of Love is that all may come to the saving knowledge of You and your love. Amen.*

Love – what is it? Apparently, it takes many forms and the ancient Greeks have several words for Love, among them –

- Eros (*sexual*),
- Philia (*deep friendship*),
- Storgé (*family love*),
- Agapé (*christian love for everyone*),
- Ludus (*playful love*),
- Pragma (*longstanding love*),
- Philautia (*love of self*).

So, of love we all have our own perceptions based on culture, experiences – things which educate and



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*"Our Lamb has conquered; Let us follow Him"*

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inform us. But, as they say "when truth is blurred by lies and misinformation, perception becomes reality and all is lost". So, here are some of the things the Written Word of God tells us about *LOVE*.

At its core **Love is sacrifice** – it is in giving not in getting. "But God shows His love for us in that while we were still sinners, Christ died for us." (*Romans 5: 8*).

**Love is generous.** "Do not say to your neighbour, 'Come back tomorrow and I'll give it to you'— when you already have it with you." (*Proverbs 3: 28*).

**Love is unending;** it is not merely a feeling – it is a commitment. It is not defined by emotion nearly as much as it is by devotion. "Love never ends." (*1 Corinthians 13:8*)

**Love can be undeserving** and is often **unreciprocated.** I do not believe it is required for you to like people in order to love people. "You have heard that it was said, 'Love your neighbour and hate your enemy.' But I tell you, love your enemies and pray for those who persecute you." (*Mathew 5: 43-44*).

I join with the Written Word of God in *1 Corinthians 16:14* to charge us today ~ Let all that you do be done in love – AGAPE LOVE. **AMEN.**



## From the Pastor's Desk

Rev. Roslyn Hamblin

### 'Remember & Celebrate'

March is a time of reflection and celebration within the Moravian Church. It was at this time of the year that the Unitas Fratrum (Moravian Church) was established in Czechoslovakia in 1457. This was inspired by the teachings of John Hus, a Bohemian priest born in 1369, who spoke out against the corruption of the Roman church in his day and promoted the following.

- ❖ That the sale of indulgences was iniquitous.
- ❖ That the Laity should be allowed to receive the cup at the Lord's Supper.
- ❖ That worship should be conducted in the language of the people.
- ❖ That Christ alone should be recognised as Head of the Church.
- ❖ That the authority of the Bible should take precedence over the authority of the Church.

Rather than seeing reform, Hus was burnt at the stake on July 6, 1415. But his teachings and principles lived on, and in March of 1457 his followers organised themselves into a church known as the Unitas Fratrum. Although the exact date is unknown, March 1 is recognised as the Birthday of the Moravian Church. The Sunday closest to March 1<sup>st</sup> is therefore observed as Unity Sunday annually.

On March 26, 1467, at a Synod in Lhota, Czechoslovakia, the Unitas Fratrum decided by "Lot" to establish its order of ordained ministry and three (3) men were chosen, again by "Lot", as its first ministers. The Sunday closest to March 26 is therefore marked as Theological Education Sunday annually.

As a Church that 'remembers', we must also be a Church that 'celebrates'. We must therefore allow our history to impact our lives and strengthen our faith and commitment. Our Church was born out of the deep conviction and strong faith of John Hus – a faith which led to his martyrdom. Our Church must continue to live by this faith, committed to Christ at all cost. We must stand for what we

believe, and live daily by our convictions. We are called to follow Christ, even when the cost is great. Jesus said, "Take up your cross, and follow me". He further asked, "For what shall it profit a man, if he shall gain the whole world, and lose his own soul? Or what shall a man give in exchange for his soul?" As Moravians, we need to live by our motto: **"Our Lamb has conquered; let us follow Him!"**

### Worship Hours at Bethlehem:



- ❖ Sunday School:
  - Adults @ 9:00 am
  - Children @ 10:45 am
- ❖ Divine Worship: Sundays @ 10:00 am
- ❖ Holy Communion – every 1<sup>st</sup> Sunday @ 10:00 am
- ❖ Mid-week Lenten Services (*replacing Bible Study this month*)
  - Daytime – Wednesdays @ 12:15 pm
  - Evening – Wednesdays @ 7:30 pm
- ❖ Prayer & Fasting this month (4<sup>th</sup> Wednesday)
- ❖ Office Hours: Fridays – 10:00 am to 12:00 noon

### Announcements

- Assisting with this month's Worship experience:
  - ❖ The **Choir** with Cleaning and Preparing the Sanctuary.
  - ❖ The **Wider Congregation** with Readings and Prayer.
- **Liturgical Dance Rehearsals** — Interested? Contact Sis. Clauzel Forde (Saturdays: 2:00-4:00 pm)
- **Learn to Drum** — Interested? Contact Bro. Kevin Yarde (Fridays @ 6:00 pm)
- **A Day of Prayer & Fasting** — Sunday, March 1 (**Unity Sunday**)
- **Holy Communion to Sick & Shut-In** — March 3
- **Lenten Services** — every Wednesday : March 4 to April 1, 2020 at 12:15 pm (*mid-day*) and 7:30 pm.
- **Women's Fellowship Meetings** — 2<sup>nd</sup> Tuesday @ 6:00 pm.
- **Elder's Meeting** — Tuesday, March 24 at 7:30 pm.



We express condolences to Sis. Joyce Walters and family on the death of her brother, Zauthan Thelesson Mayers, whose funeral was held at Calvary Moravian Church on February 12.

The ashes of Sis. Jasmine Crichlow were interred at the Clifton Hill Moravian Cemetery on February 27 following a Memorial Service.

**May they Rest In Peace.** Please remember in prayer the families and friends as they grapple with this loss.

☞ The theme for the **Season of Lent** is “The Mission of Jesus — Shifting the World.” (see below):

Date	Sub-Theme (Caring for...)	Text
March 4	<b>Feeding the Multitude</b> Physical Component	Luke 9:1-22
March 11	<b>Calming the Storm</b> Human (Frailty) Component	Mark 4:35-41/ Matt. 8:23-27
March 18	<b>Releasing the Captive</b> Medical Component	Mark 5:24-34
March 25	<b>Forgiveness</b> Sinful Component	John 8:1-11
April 1	<b>Transcending the Stigma</b> Social Component	John 4:7-25

## Reminders

- ☞ **Pantry Ministry** — On-going (year-round) The Barrel is in the Church (toiletries & non-perishables).
- ☞ **Calendar of Events** are still available.
- ☞ **Moravian Almanacs** are available.

## Province/Conference Events

- ☞ **Moravian Voice Broadcast** — LIFE 97.5 FM every Wednesday @ 8:00 pm.
- ☞ **Lay Academy** continues Mondays at 6:00 pm at Calvary. You may still register – Forms are available.
- ☞ **We Gatherin’ Barbados 2020:** the four (4) Moravian congregations in St. Thomas will be participants in the the Multi-Faith Service of Celebration and Opening Ceremony for the St. Thomas leg of We Gatherin’ 2020 on Sunday, March 1 at 4:00 pm at the Lester Vaughn Secondary School. As a result our annual March of Witness has been cancelled. The Service will feature the acceptance of the National Candle being transported to each parish throughout the year. The candle, which portrays the spreading of light, will be positioned at Sharon Moravian Church after the service for the month of March.

- ☞ **World Day of Prayer** — Friday, March 6
- ☞ **Sunday School Quiz & Spelling Bee** — Saturday, March 7 at Sharon at 9:30 am
- ☞ **Conference Fish Fry** — Saturday, March 7, 6:00 - 9:00 pm, Bay Street Esplanade. Tickets available: \$25.
- ☞ **Harvest Festivals at 3:30 p.m.**

Gracehill — March 8	Penuel — March 22
Mt Tabor — March 15	Faith — March 29

- ☞ Fulnec Women’s Fellowship’s “**Fire Prevention**” **Lecture** — Thursday, March 12, 2020 at 7:00 pm.
- ☞ **Fellowship/Sports Day** — Saturday, March 14.
- ☞ The Annual General Meeting of **Island Conference** — Saturday, March 21 at 10:00 am at the Duncan C. Moore Educational Centre, Sharon, St. Thomas.
- ☞ **Local Camp** — March 27 to April 3. Forms are available
- ☞ **Tea Party at Faith** — Saturday, April 18, 3:00–6:00 pm at Cuthbert Pilgrim Memorial Hall. Tickets are available at \$20.
- ☞ **Conference Church Leaders’ Retreat** has been postponed until later in the year.

## Special Envelopes:

- **UNITY OFFERING (MARCH 1<sup>ST</sup>)**
- **THEOLOGICAL EDUCATION OFFERING (MARCH 29<sup>TH</sup>)**

**UNITY OFFERING:** The Moravian Church was founded in 1457 and on **Sunday, March 1, 2020** the Moravian Church worldwide will observe Unity Sunday. We ask for your continued prayers for the work and witness of our Church.

A special Unity Offering will be received in all Moravian Churches worldwide on Sunday, March 1, 2020, for the continuing mission of the church.

**THEOLOGICAL OFFERING: Sunday March 29, 2020** is Theological Education Sunday. On the Sunday closest to March 26 annually we remember in prayer our Warden/Tutor and all of our ministers in training.

At present, we have one (1) Minister in training – Sis. Marleen Browne from the VI Conference Conference. Our Warden/Tutor is the Rev. Neilson Waithe. Let us remember them especially in our prayers.

## Special Greetings This Month

### BIRTHDAYS – MARCH

- 01 – Bro. Michael Holder
- 01 – Sis. Jaida King-Greenidge
- 04 – Sis. Kaninie Knight
- 04 – Sis. Eleanor Hollingsworth
- 05 – Sis. Ashley Greene
- 11 – Bro. Andrew Edwards
- 20 – Sis. Verve Alleyne
- 21 – Sis. Eudora Mascoll
- 29 – Bro. Martin Adams



### ANNIVERSARIES – MARCH

- 01 – Moravian Church – 563 Years

## Walk-Up Offerings:

- 1<sup>st</sup> Sun. Bethlehem’s Building Fund
- 2<sup>nd</sup> Sun. “Youth With A Mission”
- 3<sup>rd</sup> Sun. 32<sup>nd</sup> Provincial Synod (*clearing expenses*)
- 4<sup>th</sup> Sun. Bethlehem’s Quota Arrears



Remember to call, visit and remember in Prayer our Sick/Shut-In/Recovering:

NAMES	CONTACT NUMBERS
Sis. Boothe Chase	246-428-6068
Sis. Mavis Chase	246-428-6258
Sis. Emily Forde (currently hospitalised)	Golden Tower Nursing Home 246-437-6461
Sis. Cynthia Walcott	246-428-9768
Sis. Odessa Haynes	246-426-8663
Sis. Gloria Layne	246-428-7545
Sis. Muriel La Forte	246-428-7536



# Our Moravian Family News

## ANNOUNCEMENTS FROM THE PROVINCE

### MORAVIAN UNITY OBSERVANCE 2020

**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 12:00 a.m. April 3 to 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. 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. (*see Schedule below*):

Name of Conference/ Mission	From	To
Grenada Mission	12:00 am, April 3	8:00 am, April 3
St. Kitts	7:59 am, April 3	8:00 pm, April 5
Trinidad	7:59 am, April 5	8:00 pm, April 6
Virgin Islands	7:59 am, April 6	8:00 am, April 9
<b>Barbados</b>	<b>7:59 am, April 9</b>	<b>8:00 pm, April 12</b>
Tobago	7:59 pm, April 12	Midnight, April 14
Antigua	11:59 pm, April 14	Midnight, April 17

Details will follow on how the **Barbados Conference** (congregations and pastorates) will join with the Unity to complete this **unbroken chain of prayer** between the period **Friday, April 3, until Monday, April 12.**

### CALL ADVISORY

The PEC announces the following calls, effective March 1, 2020:

- ❖ The Rev. Dr. Dion Christopher has been seconded to the Moravian Church in North America, Southern Province for five (5) years and has been appointed to serve as the Pastor of the Prince of Peace Moravian Church.
- ❖ The Rev. Dr. Jeremy Francis has been called to serve as the Pastor of the Friedensberg Moravian Church in Frederiksted, St. Croix.
- ❖ The Rev. Georgette John-Cotton has reapplied for the pastoral ministry of the Moravian Church Eastern West Indies Province and has been called to serve as the Pastor of the Gracehill Moravian Church in Antigua.

Please keep our brothers and sisters and their families in prayer as they continue to walk in obedience to the call of God on their lives.

## ANNOUNCEMENT FROM THE CONFERENCE

As the Conference seeks to meet the financial obligations of the Moravian Church Barbados Conference, the Executive Board is exploring additional streams of income. One such avenue is the rental of the house at Lot 1 — Sharon. This property was damaged by fire in September 2018 and is in need of repairs, that it could be made available to a prospective tenant. A further \$36,000 is needed to cover the estimated cost of repairs. To this end, a special offering will be received in our congregations on Palm Sunday, April 5, 2020. Each person is invited to give \$50 towards the effort. We look forward to your support.

### Our Indoor Games Evening

On Saturday, February 22 the congregation at Bethlehem came together for an Indoor Games Evening in the Cuthbert Pilgrim Memorial Hall. It was packaged as a fund raiser and refreshments were on sale – chips and chicken, hotdogs, local juices and other beverages.

There was a variety of family fun games for all ages. Table-top games at stations across the room included playing cards, word games like boggle, traditional games like **Warri**, and the familiar games like ludo and dominoes.



**Floor mat games** were set up on the stage and included checkers, snakes-and-ladders, and HedBanz – a quick question game of “What Am I”.



There were also computer stations along with extra-large monitors for games like ‘dirty rally’ – a ‘test-your-car-driving-skills’ game complete with pedals and an actual steering wheel, wrc3-PC version (a world rally championship game), and FIFA (football game) with other possible video games. Space was also available for the really younger ones to play their favourite games, including “Catch Me If You Can!”



The event started at 4:00 pm and continued until the last domino game was won. Adults and children from one year old to ninety-three years old attended the event. There was much laughter and chatter heard across the room as young and old played together and shared some new ways to play old, familiar games. It was testimony of the enjoyment of all.

The organisers must be complimented and congratulated for putting together such a relaxing, enjoyable and successful event.

*Submitted by Bro. Maurice Quintyne*



## Congregational Retreat

When I arrived at the Cuthbert Pilgrim Memorial Hall on Saturday, February 1 at the Bethlehem Moravian Church late – as it was already 9:36 am, the Sisters and Brothers from the Faith and Bethlehem congregations were engaged in an interactive Ice breaker exercise for the day. Bro. Maurice Quintyne led the Devotion and gave an overview of Nehemiah and the rebuilding of the wall, and reminded us to focus and be deliberate with our commitment to God. Later, in the Bible Study session, Rev. Vincent Miller spoke on the S.H.I.F.T. in our approach to Church and things of God. One of his observation was that of persons arriving late for Church on a continuous basis (not related to my lateness), suggesting that we should do better. He also encouraged us that where there is a need to assist we should willingly give of our time, talents and abilities as outlined from the book of Nehemiah chapters 1-4 –“A mind to work”.

Pastor David Ince took us through stages for Strategizing for the S.H.I.F.T. (*Five “Ps”*):

- Identifying the Problem/Project
- Prayer
- Penitence
- Claiming the Promise
- Executing the Plan

Thanks to our Caterer, Margaret Jackman, for the delicious lunch provided. We then worked in groups to discuss the following:

- What you do consider to be some of the elements for change?
- In what ways is teamwork relevant to change?
- What are some major hindrances to change?

Sentiments from the groups included lack of prayerful life, self-pity, praise and thanksgiving to God, being too comfortable, sacrifice and self-surrender. The information and suggestions were inspirational and soul-searching

We were challenged and reminded by Rev. Roslyn Hamblin not to let it be a ‘talk shop’, but to get out of our comfort zone and take action with the information She reminded us to review our retreat commitment card, which was part of the booklet provided, and to sign them as a pledge to our commitment going forward to “Advance the Kingdom: SHIFT”.

As the retreat came to a close, Rev. Hamblin led us in the Cup of Covenant. The hymns ‘What brought us together’, ‘Facing A Task Unfinished’, ‘In your Hands’ and ‘We are One in the Spirit’ were sung, and the Bible reading came from Jeremiah 18:1-6. At the end of the day the Benediction was received. It was truly a day of fellowship and reflection for the work ahead. *Heavenly Father, equip us for the task at hand. We surrender our lives to you. Give us the mind to work. Amen.* Submitted by Sis. Michelle-Louise Williams

## Installation of Church Officers

Installation of Church Officers and Delegates took place on Sunday, February 2, 2020 (see below):

Members of Elders Board		Members of Stewards Board	
Rev. Roslyn Hamblin, Chair		Rev. Roslyn Hamblin, <i>Ex-officio</i>	
Pastor David Ince		Pastor David Ince, <i>Ex-officio</i>	
Bro. Cecil Forde, Vice-Chair		Sis. Eudora Mascoll, Chair	
Sis. Linda Simpson, Secretary		Bro. Kevin Yarde, Vice-Chair	
Sis. Margaret Harris, Asst. Sec.		Bro. Victor Nelson, Asst. Treasurer	
Sis. Marva Alleyne		Sis. Verve Alleyne, Secretary	
Sis. Lena Edwards		Sis. Pamela Holder, Asst. Sec.	
Sis. Joan Bramoa		Bro. Lionel Hollingsworth	
Bro. Earl Alleyne		Sis. Cicely Spencer-Cross	
Church Treasurer			
Sis. Desma Linton		<i>Ex-officio</i> to Stewards Board	
Island Conference Delegates			
Bro. Earl Alleyne		Delegate to Island Conference	
Sis. Marva Alleyne		Alt. Delegate to Island Conference	



## Fellowship By Spotlight

A meeting was scheduled for incoming and outgoing members of both Boards and set for Tuesday, February 18 as the customary first joint meeting of the year. I must first say this is the earliest time I have reached a meeting, even though it was after the start-time. For some reason, we did not have a quorum. However I encouraged persons to stay on and have discussions even though we could not proceed to decisions. Then the electricity went off and my mind changed, but by then I must have done such a good job at convincing others to stay on that no-one was taking me on, and they all stayed together chatting in the dark while I secured the doors to the Church.

At that time, we did not know that this meeting was to be a Meeting with a Fellowship Session after (with food). When that information came to light (*pun intended*), the decision was taken that although the lights were off we could flip things and have the Fellowship, followed by the Meeting. With all in agreement we proceeded to the Meeting Room for the **fellowship ‘by spotlight’** where a spread of food and drinks was set up. After we said prayers, I distributed the plates and received some teasing that my act of service was why the lights went out.

We participated in the wonderful spread of delights, enjoyed plenty jokes, and shared of life experiences with each other. We spoke of some global and national concerns - including the water challenges, now coupled with the electricity challenge, we discussed other Board matters like the outstanding Synod Report from the Conference Delegation, and we sought an update on the Manse and issues surrounding it.

By the time the lights came on, time was well spent. We continued the fellowship while we cleaned up. As the evening drew to a close, Rev. Hamblin asked us to keep a few topics in mind so that we would be ready to address them when we reconvened. She listed financial situation, membership visitation, Sunday School, and Calendar of Events. We then parted with prayer and went on our way feeling refreshed – having all truly enjoyed the fellowship, the meal, and the environment with outgoing and incoming Board members.

Submitted by Bro. Cecil Forde



## The Moravian Church – Our Ministry Pulse Check (Then and Now)

With March 1<sup>st</sup> upon us, when we celebrate yet another year of witness, let us pause for a ‘pulse check’ (our vitals) looking back and forward. We have a rich heritage of education and outreach. As we focus today on Education and Worship, let us ask ourselves – “**How Can We Do More**” towards Outreach” “What SHIFT is required in order for us to be a part of what is needed today to Advance God’s Kingdom?”

### EDUCATION:

**Education** has played a vital part in the history of the Moravian church. Globally, Moravian schools and colleges are found throughout the Moravian world. Within the Barbados Conference the Schools established over the years were Edgehill, Montgomery, Buxton, Gracehill, Sharon, Mt. Tabor, and Roebuck. Some of our chapels had also been used as schools in the early days – eg: Centenary and Dunscombe.

Education continues to be a part of our Programmes in Barbados. The method of education has varied from the establishment of academic schools to Sunday Schools – for years not just designed for our children and youth, but including an adults class. The Sunday School Programme remains a mainstay in all congregations. Methods of education also ranged from Bible Study – whether morning, mid-day or evening – to the training of our Laity through our Conference Lay Academy Programme or congregational Laity Training Programme (Preaching, Leading Worship, Moravian History, and other leadership development training); from Retreats to sleep-in Camps; and through various activities within the auxiliary groups of the congregations (eg: Quiz competitions). Efforts are on-going to improve and increase the participation in these areas as they remain important paths towards Christian growth and development, and our on-going christian education programme.

In our congregation mid-week Services not only feature evening sessions but include morning or mid-day sessions to cater to those who no longer drive at night, have unavoidable evening commitments (eg: care of the elderly), or are simply available in the day. Effort is being expended to maintain these vital elements of our educational thrust. Other educational efforts include Congregational Retreat, on-going and *ad hoc* Training (eg: choir, dance, piano, drum, leading worship, SS teachers, and multi-media).

Bethlehem has conceptualised a monthly newsletter, released in the last quarter of 2016, which continues to strive for outreach, education and information-sharing among our membership to encourage and support all other efforts of the Church, while engaging our membership in sharing in Ministry and Worship.

### WORSHIP:

We have always heard it said that Moravians love to sing. **Worship** in the Moravian tradition still has a strong

emphasis on music, with Choirs and Chorales, and musical instruments – particularly organ and piano, and even brass bands – playing an integral role. Our choir performs each Sunday. Organ, Piano, Keyboard, Drums – acoustic and bongo – Tambourines, as well as the occasional saxophone, guitar, recorder and steelpan renditions are used at various times and seasons in the worship experience.

The Moravian Lovefeast is still practised from time to time – a service of song with the sharing of a very simple meal (a special bun with ginger beer, mauby or lemonade). A Moravian devotional guide called The Daily Texts, published since 1731, is still in use today, and Bethlehem has added two other devotionals prepared annually for the Lenten and Advent Seasons, featuring devotions penned by our membership. The liturgies of the church still follow the seasons of the Church Year. The Christmas Candlelight Service – a festival of carols and readings – and the Easter Sunrise Service remain as annual highlights for congregational worship.

### CAN WE DO MORE?

Together as a team (Pastors, Boards, Auxiliary groups, the entire membership), as we make plans in relation to the life of our congregation (not only in the areas of education and worship, but also quality social engagement with the community and each other) let us consider individually and as a body ‘**How We Can Engage More**’ to **Advance the Kingdom**, and make the SHIFT needed to serve our community and to minister to those in need - within or outside the ‘walls’?

Inspired by:

<https://www.moravian.org/2018/06/the-moravian-church-our-faith-our-history-and-our-ministry/>

Compiled by: *Sis. Verve Alleyne*

### Planting a Lenten Garden

Here's what you need to plant in your garden:

**Three rows of Squash:**

1. Squash gossip
2. Squash criticism
3. Squash indifference

**Seven rows of Peas:**

1. Prayer
2. Penance
3. Perseverance
4. Peltiness
5. Preparedness
6. Purity
7. Patience

**Seven Heads of Lettuce:**

1. Let us be unselfish and loyal
2. Let us be charitable
3. Let us search the scriptures
4. Let us not be weary in well doing
5. Let us be obedient
6. Let us be truthful
7. Let us love one another

**No garden is complete without TURDIPS:**

1. Turn up for daily Mass and weekly Eucharistic Adoration
2. Turn up for prayer and Bible study
3. Turn up with a smile, even when things are difficult
4. Turn up with determination to do your best in God's service

**Conclude with Thyme:**  
thyme with God, thyme for fun, thyme for rest,

Water freely with patience and cultivate with love.  
There will be much fruit in the garden because you reap what you sow!







## Some More Burglary Prevention Tips

Most burglaries are committed when the home are left unattended. These culprits are mainly opportunists and they will take advantage of an easy target. Do not make it easy for them.

- ❖ **Install a deadbolt lock.** Use deadlocks that are usually locked with a key from the outside and on the inside. The cylinder should be pick-resistant. Lock your doors every time you leave the house, even if you're leaving for just a few minutes during the day. The most popular times for residential burglaries are weekday daylight hours. In some of these burglaries, there is no forcible entry – someone forgot to lock the doors.
- ❖ **Mark your property.** Mark your valuables with an engraver. Marking your property serves as a deterrent to would-be burglars and it helps police in identifying, tracing and returning stolen property. Make a property identification lists. Operation identification is such a service offered by The Royal Barbados Police Force, free. Call your police station and make your request.
- ❖ **Purchase a burglar alarm.** A home alarm system can be a very effective burglary deterrent and fits into many people's needs. Remember to test your system monthly.
- ❖ **Use proper exterior lighting.** Place a light over every door. Use good exterior lighting on each corner of the house, also light up windows. Leave lights on, close bedroom drapes and blinds.
- ❖ **Work together with your neighbours.** When you are going to be away, tell trusted neighbours and ask them to watch your property. When on vacation, have someone cut grass. Shrubbery should not hide neighbours' view of windows and doors. Have someone pick up newspapers and mail. Tell neighbours to call police if they notice anything suspicious. **Form or join a neighbourhood watch.**

*Extract from Flyer – “Thieves About : Keep Them Out!” prepared by the CRIME PREVENTION DEPARTMENT, a Community Policing Department of the Royal Barbados Police Force*

## Teen/Youth/Young Adults Corner

### WORD SEARCH

## MARCH

J	I	M	C	L	Q	H	P	G	I	V	J	G	X	A
O	Q	A	Y	Z	W	Z	G	W	C	X	S	Y	X	R
C	U	I	S	M	L	C	G	M	E	I	T	V	O	Y
S	N	W	C	N	U	O	C	Q	K	E	C	C	M	K
X	I	K	L	U	U	S	N	Z	C	O	T	Q	A	M
F	W	P	Z	A	O	M	P	A	E	L	W	M	G	S
N	R	U	O	U	P	C	R	P	A	J	A	V	M	J
K	O	Z	Y	P	K	J	G	A	L	C	S	C	F	I
E	W	E	D	X	P	M	A	E	H	D	X	P	B	X
T	E	L	Q	U	H	K	Y	A	V	C	T	N	J	G
L	W	M	Y	V	V	M	M	I	L	N	R	R	A	W
G	U	C	P	G	Q	J	M	R	G	G	J	A	Z	U
F	T	J	K	M	Z	N	M	Y	R	Q	Z	E	M	A
S	L	X	X	D	K	R	T	G	G	S	A	O	D	A
T	X	A	V	F	A	I	F	H	G	O	A	O	P	G

How many words can you make from “MARCH”

Arc	Harm
Cam	Mar
Char	Ram
Ham	Arm
Mach	Cram
Arch	Mac
Car	Marc
Charm	?

Look up their meanings for yourself!

**Did you find “March”?**

## Teen/Youth/Young Adults Corner



### EXCURSION:

An outing (picnic) organised for a large number of persons not necessarily related to travel by bus in which participants carry food with them and share a meal in the open air.

### “LOOK HOW OUTSIDE SET-UP”:

Reporting a change of weather for the worse observed from a look at the sky/clouds.

### BOX-CART:

Basically a home-made wheel-barrow, but used for ‘fun and frolic’.

### BLACK-LEAD:

A pencil.

### PECKISH:

Feeling slightly hungry.

### BEG PARDON:

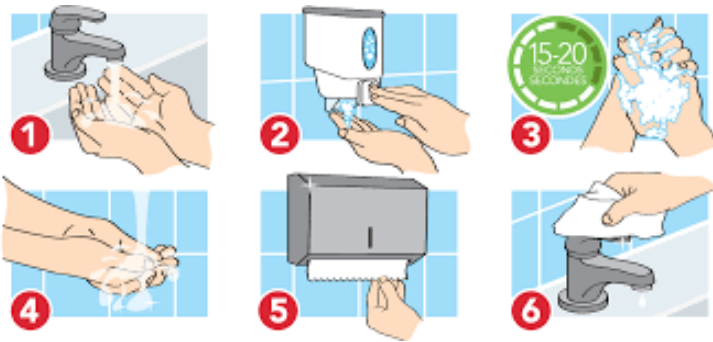
To apologise.

## Guidelines to avoid the spread of 2019 Novel Coronavirus – an emerging infectious disease

*Also known as COVID-19*

(Education and Awareness is key as we move from Preparedness to Readiness to Rapid Response)

**Frequent handwashing** is the most effective way to help prevent infections. By washing your hands, you can prevent germs from spreading to your body and causing illnesses.



### Proper handwashing

- Remove any rings. Use warm water and wet hands thoroughly.
- Use liquid or foam soap and lather very well.
- Scrub hands between fingers, under nails and at the base of thumbs for 15 to 20 seconds.
- Rinse thoroughly.
- Dry hands with a single-use towel or hot air dryer.
- Turn off taps/faucets with a disposable paper towel.
- Protect hands from touching dirty surfaces as you leave the bathroom (e.g. doorknob).

<https://eohu.ca/en/my-health/handwashing>

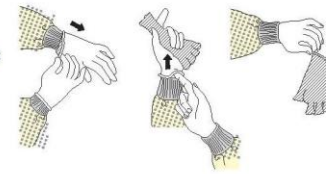
If caring for someone who is ill, the following guidelines will aid in **preventing the spread of germs:**

### SEQUENCE FOR REMOVING PERSONAL PROTECTIVE EQUIPMENT (PPE)

Except for respirator, remove PPE at doorway or in anteroom. Remove respirator after leaving patient room and closing door.

#### 1. GLOVES

- Outside of gloves is contaminated!
- Grasp outside of glove with opposite gloved hand; peel off
- Hold removed glove in gloved hand
- Slide fingers of ungloved hand under remaining glove at wrist
- Peel glove off over first gloved
- Discard gloves in waste container



#### 2. GOGGLES OR FACE SHIELD

- Outside of goggles or face shield is contaminated!
- To remove, handle by head band or ear pieces
- Place in designated receptacle for reprocessing or in waste container



#### 3. GOWN

- Gown front and sleeves are contaminated!
- Unfasten ties
- Pull away from neck and shoulders, touching inside of gown only
- Turn gown inside out
- Fold or roll into a bundle and discard



#### 4. MASK OR RESPIRATOR

- Front of mask/respirator is contaminated – DO NOT TOUCH!
- Grasp bottom, then top ties or elastics and remove
- Discard in waste container



**PERFORM HAND HYGIENE BETWEEN STEPS IF HANDS BECOME CONTAMINATED AND IMMEDIATELY AFTER REMOVING ALL PPE**



Visit <https://www.cdc.gov>

## “Advance the Kingdom : S.H.I.F.T”

“Seek and Submit, Hear and Heed, Imagine and Insight, Focus and Function, Totally Transformed”