



**THE ZION MORAVIAN CHURCH**  
 (Established 1777) 239 Years of Christian Witness



# THE VOICE OF ZION

A Monthly Communication of the Zion Moravian Church

**Rev Hilton J Joseph**  
 Pastor

**Provincial Theme**  
*Fulfilling the Mandate*

**The Thematic Focus**  
*Advance the Kingdom!*  
 (Developing God's Church –  
 Teaching, Reprimanding,  
 Empowering)

**Foundation Text**  
*Acts 1: 8*  
*Matthew 28: 16-20*  
*Romans 15:20*  
*2 Timothy 4:2*

**Conference Theme**  
*Pursuing the Blessing:*  
*Empowered to do Ministry*

**Motto**  
*In Essentials - Unity*  
*In Non Essentials - Liberty*  
*In All Things - Charity*



*Rev Hilton J Joseph*

## From The Pastor's Desk

As we enter the beginning of the Church year, also known as the Advent Season, these words seem quite appropriate for the Advent Season, which focuses on the coming of our Saviour Jesus the Christ. It is important to remind ourselves that his second coming is not as our Saviour (the birth of Jesus Christ) but He is coming as our Judge (King of Kings and Lord of Lords).

It is a sad realization that conversations about the coming of Jesus Christ are not the most broadcasted topics within social circles, and more surprisingly it is not the typical message from the pulpit. It has become that avoided message and one who dares to proclaim such a message is seen as a misfit. But the truth be told, the message of the coming Saviour must be proclaimed. The Scripture declares:

*"You also must be ready, because the Son of Man will come at an hour when you do not expect him" (Luke 12:40).*

*"As it was in the days of Noah, so it will be at the coming of the Son of Man. For in the days before the flood, people were eating and drinking, marrying and giving in marriage, up to the day Noah entered the ark; and they knew nothing about what would happen until the flood came and took them all away. That is how it will be at the coming of the Son of Man." (Matthew 24:37-39)*

The onus is on us as the people who know their God to tell our friends, family members and co-workers who do not know Jesus as their personal Lord and Saviour to be ready because he is coming again and each human being will have to give an account of the life that was lived.

Hence the urgency in this hour to understand what it means to be a Church Member... I declare emphatically that it's more than saying "I attend church". Further reflection on this issue of

**G**reetings My Family in Christ and Potential Members,

A few months ago I was sitting at a function held for the elderly of our congregation when the disc jockey (DJ) for the hour played this song that caught my attention: "I Pray We'll All Be Ready". My mind then became engulfed around it to the point where it is now one of the songs downloaded to my cell phone.

Written by Marlowe Cribb and recorded by the Chicago Mass Choir, some lyrics of the song are:

*Verse (Leader)*  
*I pray we'll all be ready (2 times)*  
*I pray we'll all be ready for his return*  
*I pray that we'll get our business straight*  
*So we can all meet at the gate*  
*I pray we'll all be ready for his return*

*Two men walking by the road*  
*One of them had a heart pure as gold*  
*The sky was split and the pure*  
*in heart raptured away*  
*But one of the other one left behind*  
*who did not purge his heart in time\*  
*Cried to the Lord but for him it is too late*  
*I pray that we'll all be ready*

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**Publication Committee**

*Myrna Archibald  
(Chair)*

*Sharon  
Mc Cardy-Joseph  
(Deputy Chair)*

*Hilton Joseph (Rev)  
(Ex-Officio)*

*Chesil Hamilton  
(Photography)*

*Gail Gumbs-James*

*Shernel James  
Ministries Within*

**The Church**

Leadership

Board of Elders  
Board of Stewards

Zion Youth Ministry

Youth Fellowship  
Sunday School  
Girls' Brigade  
ZMC Dancers  
Feed My Lambs

Ministry In Music

Zion Junior Choir  
Zion Youth Choir  
Zion Senior Choir  
Zion Combined Choir  
Zion Gospel Singers  
Praise & Worship Team  
Youth Praise Team  
ZMC Steel Band

Other Church

Ministries

Women's Fellowship  
Dorcas Ministry  
Zion Outreach Ministry  
Bus Ministry  
Bible Study  
Health Care Team  
New Believers Class  
Moravian Senior Club  
Zion Ushers Ministry  
Zion Missions' Team  
Multimedia Team

**From the Pastor's Desk Cont'd**

church membership has caused me to reword the topic and have you, the reader, ask yourself the question: "Am I a church member???" in the hope that such a question will evoke self-evaluation and reflection.

The follow-up question that this article emphasizes is: "What does it mean to be a Church Member?" from a biblical perspective.

- Does being a member say that I dictate the order of service?
- Does it mean that I have the right to say that this particular seating position belongs to me and my family?
- Is it my right to be buried in God's acres?
- Does it mean that the church's governance is directed according to my preference?

We must realize that having a biblical understanding of membership gives a different perspective from the secular mentality of membership that is synonymous with being a member of a country club or a social club (e.g.: the 'Lions' and 'Rotary' clubs), where membership carries with it certain perks.

In His book, "I Am A Church Member:

Discovering the Attitude that Makes A Difference", Thom S. Rainer posits that club membership "... is about receiving instead of giving, being served instead of serving, rights instead of responsibilities, and entitlements instead of sacrifices. However biblical membership means that we are all necessary parts of the whole ...".

The Bible describes the church as a human body and states that members of the church are parts of the body which come together to bring functionality to the body and this can be looked at in understanding the Church universal.

Biblical membership means that "I am an active and functioning member".

The questions for our reflection until our next issue are:

1. What does it mean to be an active and functioning member of the local church?
2. Am I an active and functioning member of my local church?

On behalf of Sis Sharon Joseph and the Leadership, I wish to express to you a very Merry Christmas and a Prosperous New Year!

*Hilton J. Joseph (Rev), Pastor*



**Festive Corn Pie**

**Ingredients**

- 1 egg
- 1 can whole kernel corn
- 1/2 tsp. salt
- 1/4 cup (2 oz.) butter
- 1/2 tsp. black pepper or white pepper
- 8 tbsp. cornmeal
- 2 pimento peppers, chopped (or season peppers)

- 2 medium-sized onions, chopped
- 1 large sweet pepper (red, orange or yellow), diced
- 1 cup evaporated milk

**Method**

Add 1 egg to the liquid from 1 can of whole kernel corn. If there is not enough liquid, add water to bring it to about 1 cup of liquid.

Beat well and then add salt and black pepper or white pepper.

Stir in cornmeal to a smooth paste and set aside.

Melt the butter and sauté the onion, pimento peppers and sweet pepper. Add evaporated milk and bring to a boil. Add the cornmeal mixture and stir on low heat to a consistent paste. Stir in the can of whole kernel corn. Continue stirring until it leaves the sides of the pot. Remove from heat and pour into a greased dish. Smooth the surface with the back of a spoon. Bake at 350 degrees F for approximately 30 minutes or until golden brown.

Enjoy!



## Congratulations

### CFBC Graduates

There is a well-known saying states that *'It's not how you start the race, but how you finish it'*. This statement could be applied to these three Youths from Zion who were proud graduates of the Clarence Fitzroy Bryant College (CFBC) on 22 November 2016. Reverend Ulric Smith of Antigua who brought the message at the Closing Service for the Chief Elders Festival —The Holy Convocation Service (Combined) on Sunday 13 November 2016, at Zion for the Chief Elders Conference, would have agreed that these students exercised patience and made it to the end of the race, even when the journey appeared rough and some of their peers discontinued the race.



**Sister Xarielle Blanchette** graduated from the Division of Arts, Science and General Studies with an Associate Degree (Cum Laude) in Business Management with a concentration in Economics.



**Sister Dendrea Gumbs** was awarded an Associate Degree in the Division of Arts, Science and General Studies.



**Sister Chioma Henry** graduated with an Associate Degree (Cum Laude) in General Studies with an emphasis on Biology and Environmental Studies.

The Leadership and members of the Zion wish to take this opportunity to congratulate these Sisters on their achievement. As they branch out into the labour market or continue further studies, may they seek God's guidance in all their endeavours. May they also remember to give thanks to those who supported them along this path, their parents, their teachers, tutors and fellow students. To God be the Glory.



### Sis Kadeema Blanchette

*"I want to impact the lives of others"*. These are the words of 15-year-old **Sis Kadeema Blanchette**, who was selected as one of this year's 25 Most Remarkable teens of St Kitts and Nevis in a special sitting of Parliament on Thursday 10 November. Kadeema

enjoys making others laugh; her playful personality and her effervescent smile make it easy for her to achieve this goal.

Her long-term goal is to be an obstetrician, minoring in dancing, one of her extra-curricular activities which she started at the age of eleven. She continues to volunteer in the Fireflies dance group,

assisting in Open Day events. She is also an avid netballer and is currently captain of the Basseterre High School Netball team. She has competed as a member of the National Under 16 and Under 19 teams and was a member of the National Under 19 team which defeated the Woodhouse Grove School team from England, when they played at Warner Park this year. She also travelled to Dominica this year as part of the National Under 19 team which placed third in the netball competition which was held there.

Academically, her performance is excellent, always placing in the top two positions in her class. She has participated in several local and regional academic competitions, namely quizzes and reading competitions.

Kadeema hasn't forgotten to volunteer; she is a member of the St Kitts Red Cross and is certified to provide care in swimming. She is also the reigning Miss Talented Teen 2015 - 2016 and will be representing St Kitts in the Haynes Smith Talented Teen competition in December 2016.

The Leadership and members of Zion commend Sis Kadeema on her achievements and the receipt of the award for the same. As Kadeema work towards her long-term goal may she be guided by God's word in Philippians 4 vs 13, *'I can do all things through Christ who strengthens me'*.

### RSCNPF Quiz Winner Sister Jackeema Pitt



Our Primary School students continue to excel. On 02 November 2016, **Sister Jackeema Pitt** of the Beach Allen Primary School placed 2<sup>nd</sup> in the quiz organized by the Royal St Christopher and Nevis Police Force (RSCNPF), as part of RSCNPF's week of activities. The quiz focused on knowledge of the RSCNPF, its history,

mission statement and general information pertaining to policing. A total of five primary schools participated in the quiz.

The Leadership and Members of Zion wish to commend young Sis Jackeema on her outstanding performance. May she continue to excel in her academic performance, through the help of God, her parents and teachers.

### Congratulations Takoya and Tarhia Slack

The Leadership and members of Zion wish to extend congratulations to Sister Takoya Slack and her younger sister Tarhia Slack who have both excelled academically during the academic year 2016.



Sister Takoya, a second year student at the Clarence Fitzroy Bryant College placed fourth in the Caribbean Region in the CAPE Performing Arts examinations which she wrote in June 2016, as a first year student. She continues to be a role model for the Youth of Zion,

*Continued on Page 4*



## A Message for the Festival of Christ the Chief Elder 2016

### A Message for the Festival of Christ the Chief Elder, 2016 from the Bishops in the Eastern West Indies Province

13 November is important for us as Moravians because 16 September is important.

We know that in different Conferences of the Province this Memorial Day is differently observed. However it is observed in your Conference, let us call to mind its significance for the whole Church.

The office of Chief Elder was an important office in the Renewed Unity. A new and different concept of Chief Elder came into being at the Synod of Marienborn which was held from 05 to 31 December 1740.

Leonard Dober had been Chief Elder and sought permission to lay down the office. The Lot was used to decide the matter and Dober's resignation was approved. Count Zinzendorf was scheduled to leave for America in late 1741, and important decisions had to be made for the administrative affairs of the church during his absence.

Accordingly, a Synodical Conference was held in London in September 1741. At that Conference, several lots were cast to select a successor to Dober, but the Lot approved no one.

It seemed to the Conference that God was disapproving the election. In the words of Count Zinzendorf, "it occurred to us to accept the Saviour as Elder..." The Daily Watchword confirmed this to the Conference — "The glory of the Lord filled the house. We bow before the Lamb's face, etc.". "Forthwith and with one consent, we resolved to have no other than Him as our General Elder", said Zinzendorf.

"Since that day no member of the Church has filled this office, for Jesus Christ is acknowledged as its Chief Elder...As Christ is sovereign in his kingdom, and thus is Lord and Head of the Church of God, which he purchased with his own blood, he is also in the Moravian Church unconditionally the Lord and Head, in so far as it is a part of the Church of God, a branch of the universal Church of Christ on earth, for which he has a special purpose in his kingdom." We mean this and nothing else, when we speak of the *eldership* of the Saviour in the Moravian church, says Bishop Hamilton.

In 1741 our brothers and sisters did not have the internet for instant communication as we do today. Owing to the length of time it took in those days for letters to arrive at their intended destinations, the announcement of the decision of the Synodical Conference with respect to the Chief Eldership was delayed until a time when it was expected that the correspondence would have reached to the distant points of the Church and could be made throughout the Church at the same time. The date decided upon was 13 November 1741.

An implication of this action under the guidance of the Holy

Spirit is stated by Adelaide Fries, thus: "By this experience the Moravian Church was saved from a spiritual popedom. It continued to function under the statement which gave it the name *Unitas Fratrum*. *One is your Master, even Christ, and all ye are brethren*. It carried with it the Moravian conception of the ministry, namely, that ministers are absolutely the property of Christ, unreservedly consecrated to His service..."

Another implication is articulated for us by J. E. Hutton when he says: "Instead of bowing to any human authority they proceeded now to manage their own affairs; they elected by Lot a Conference of Twelve, and thus laid the foundations of that democratic system of government which exists at the present day."

As we call to mind these facts, we encourage every member of the Church in this Province, ministers and laity alike, to celebrate this particular insight of Church government which recognizes no earthly head of our Church but acknowledges only Jesus Christ as its head—an understanding which was confirmed by the Daily Watchword 275 years ago.

Let us also celebrate the fact that we have been saved from a spiritual popedom while recognizing that this does not mean license for each person to do what is right in his/her own eyes. We are all accountable to Him for all that we do in his church. Therefore, let us uphold the highest traditions of unity in our beloved *Unitas Fratrum* as we recommit ourselves to working in concert.

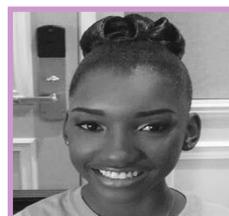
Finally, let us cherish the principle of confederal rather than congregational government which was bequeathed to us by our spiritual forebears. Let us seek to practise in all our dealings that democratic form of government, from the congregational level to the provincial level, where each member is a part of the decision-making process.

Yours sincerely and fraternally,

**Kingsley Lewis and Conrad Spencer,**  
Episcopi Fratrum

## Congratulations Cont'd

particularly to the Junior Choir which she continues to conduct beautifully.



Congratulations are also in order for Sis Tarhia who made the Honour Roll in her school in Maryland where she now resides.





## Hymn of the Month

## PEC Reports

### Hymn of the Month – November 2016

With the arrival of November there are usually harvest celebrations in various congregations. In light of this our hymn of the month for November is ***Almighty God, thy Word is cast***. It was hymn #623 in **CMP** and was originally written by J. Cawood in 1819. The name of the assigned tune is **ST. STEPHAN** (# 117 in the old British musical edition).

This hymn presents an analogy of God's Word as a seed planted in the ground. The hymn seeks to affirm that just as the natural seed is watered by the elements of nature and eventually result in fruit-bearing so too with the seed of God's Word. However the time between the planting of a seed and the bearing of fruit there are challenges that emerge which can potentially disrupt the joy which comes with harvesting. In the case of the seed of God's Word, the adversary always seeks to dislodge the seed from being firmly planted in the soil of the human heart. It is this reality which is highlighted in the second verse. Furthermore, we are reminded that the cares of this world can also stunt the growth of the seed of God's Word in our lives. We should not allow that to happen but instead should nurture that seed so that the final harvest will reveal the fruits of peace and joy. In the fourth verse, we see that the worst case scenario is to be avoided at all cost. God forbid that in our lives there should be any indication that we have rejected the seed altogether. The hymn ends on a positive note believing that God will not only plant the seed in our lives, but that it will also bring forth a bountiful harvest in due course.

As we observe our harvests and thanksgiving celebrations, this hymn reminds us of another kind of harvest which God also considers to be just as important as the harvest of fruits and vegetables. This is an eternal harvest of souls for the Kingdom of God where the seed of God's Word, having been planted in our hearts, now bear eternal fruits.

Below are the words and music for the hymn of the month for November:

*1 Almighty God, thy word is cast  
Like seed into the ground;  
Now let the dew of heaven descend,  
And righteous fruits abound.*

*2 Let not our foe or that of Christ  
This holy seed remove,  
But give it root in every heart,  
To bring forth fruits of love.*

*3 Let not the world's deceitful cares  
The rising plant destroy,  
But let it yield a hundred-fold,  
The fruits of peace and joy.*

*4 Let not thy word so kindly sent  
To raise us to thy throne,  
Return to thee, and sadly tell  
That we reject thy Son.*

*5 Oft as the precious seed is sown,  
Thy quickening grace bestow,  
That all, whose souls the truth receive,  
Its saving power may know.  
1819. J. Cawood, a.*



### Election of New Lay Member of PEC

Brother Anselm Richards of the Tobago Conference was duly elected as the new Lay Member of the Provincial Elders Conference by mail ballot. When the ballots were counted on 03 November 2016, Brother Richards received the 2/3 majority needed to be elected on the PEC. Congratulations and God Bless!

### Condolences

The PEC expresses sympathy on the passing of Mrs. Dorcas Kirby, the Aunt of the Rev. Dr. Joseph Nicholas, Rev. Algernon and Denise Lewis, Great Aunt of the Rev. Nevin Lewis and cousin of Pastor Elva Richards. The Funeral Service took place on Wednesday 19 October 2016 at the Spring Gardens Moravian Church in Antigua.

The PEC expresses sympathy on the passing of Ms. Victoria Chato, the Sister of the Rev. Esther Moore-Roberts. She passed into the nearer presence of God on Wednesday 19 October 2016 in Canada. The Funeral Service took place at Westview Bible Church in Montreal, Canada, on Friday October 28, 2016. A Memorial Service will be held in Tobago on a date to be announced.

The PEC expresses sympathy on the passing of retired Pastor, the Rev. Dr. Samuel Jacobs. The funeral service was held on Saturday November 5th, 2016 at Friedensthal Moravian Church in Christiansted, St. Croix. The viewing was at 9.00 am and the Service of Thanksgiving at 10.00 a.m. where a packed congregation of hundreds of worshippers were in attendance.

Let us remember the family members in our prayers.

Rest in Peace, dear brother, it has truly been nice.

### Furlough

The following members of Staff will proceed on furlough during 2016:

- Rev. Algernon Lewis from 15 August to 14 December 2016.
- Rev. Dr. Cicely Athill-Horsford from 15 August to 14 December 2016.





## Special Prayer Requests



Whether your need is small or great, you are welcome to use God's direct 24-hour hotline — prayer!

His promise is, *“Call to me and I will answer you.”* (Jeremiah 33:3) **This month, let us remember in prayer** the following persons listed below and be reminded that *“you will receive whatever you ask for in prayer.”* (Matthew 21:22)

Sisters Laverne Huggins, Gloria James, and Veronica Stevens and Bro Whitley Williams (USA), Allan Pennyfeather (Canada) and Brother Tonito Lee (UK). Sisters Rahmona Casey, Helen Woods, Ellenitta Nathaniel, Urlie De Silva, Dorette Rawlins, Doris Adams, Lydia Roberts, Shirley Douglas and Beverly James; Brothers Ernest Christopher, Pedro Douglas, Hashim Bertie and Basil Byron (St. Kitts).

## Sweet Hour of Prayer

Please remember in prayer our **Zion Shut-Ins**. Their names are as follows:



**Sisters** Connie Smith, Brenda Manners, Iris Mc Donald, Eugenie Belgrove, Shirley Phipps, Anita Hobson, Eileen Robinson and Mavis Deosaw (Overseas). **Brothers** Vernon Connor, Arthur Thompson, Washington Archibald and James Phipps.

## College Prayer Watch



*Blessed is the man who perseveres under trial, because when he has stood the test, he will receive the crown of life that God has promised to those who love him (James 1:12 (NIV)).* Studying abroad and being away from family and loved ones is a stressful time for many students. Hence, this is why the Zion Community is asking members of the Congregation to bear up in prayer our student members studying overseas. Their names are as follows:-



### UNITED STATES

Sis Ycole Boncamper  
Sis Evah Liburd-Barzey  
Sis Akila Moore  
Bro Zaavan Hobson  
Bro Christin Scarborough  
Bro Glassil DeSilva  
Sis Vicky Liburd  
Sis Tarhia Slack

### CANADA

Bro Hassanni Lapsey  
Sis Shaquanna Bridgewater

### SINT EUSTATIUS

Bro Mervin Hook Jr

### JAMAICA

Bro Kyle Bradshaw  
Sis Avicia Sweeney  
Sis Tonya DeSuza

### BARBADOS

Sis K'Shanta Reid

## Celebration Corner



### December Birthday Celebrants

2<sup>nd</sup> - Bro Heinz Gumbs, Sis Tanya Belle-James, 03<sup>rd</sup> - Bro Zeon Sargeant (USA), 4<sup>th</sup> - Sis Frances Williams, Sis Sonia Daly-Finley, Sis Rahmona Casey, Sis Agnola Rogers and Sis Lysandra Hook, 5<sup>th</sup> - Sis Emileta Warner-Paul, Sis Najee' Warner, and Bro Trovaun Henry, 6<sup>th</sup> - Sis Kiana Merritt, Sis Irma Bailey and Sis Sharon Kelly, 7<sup>th</sup> - Bro Ernest Christopher, Sis Dorette Rawlins, 8<sup>th</sup> - Sis Josephine Christmas, 11<sup>th</sup> - Sis Albertha Brotherson, Sis Telca Francis, Sis Joycelyn Mitcham, 12<sup>th</sup> - Bro Antonio Dandressol, 13<sup>th</sup> - Bro Steven Casey, Sis Urlie DeSilva, Sis Shirley Phipps, Sis Tamia Martin, 15<sup>th</sup> - Bro Alester Thomas (Canada), Sis Adeola Wiggins, 16<sup>th</sup> - Sis Rebecca Skeene, Sis Rasheda Matthew, Sis Michelle Taylor, Sis TeJunique Davis, 17<sup>th</sup> - Sis Iditha Boncamper, Bro Julian Pennyfeather Jr, 18<sup>th</sup> - Rev Hilton Joseph, 23<sup>rd</sup> - Sis Ilynda Henry-Dublin, 24<sup>th</sup> - Sis Vincelle Boncamper (USA), Sis Larida Payen, 25<sup>th</sup> - Sis Mathilda Stevens, Bro Christian Nathaniel, Bro Noel Nicholls, 26<sup>th</sup> - Sis Charlesia Blake, 27<sup>th</sup> - Sis Rasheda Payen, 28<sup>th</sup> - Bro Sherwin James and Sis Elizabeth Warner, 31<sup>st</sup> - Sis Connie Smith.





## Living with PCOS

Have you ever met a woman whose weight fluctuates and, when mentioned, her response is “You know how it is”, Do you know someone who is over the age of 30 and hasn’t had a child or has one and you ask, “Aren’t you planning to have any children?” or “You not planning to give your son/daughter a playmate?” and the person just laughs it off? How about knowing a female that may have days where she is the most pleasant, most social person one day and the next can be such an introvert? This person may be battling with bigger demons than you can even imagine. These are just a few of the symptoms that a woman diagnosed with Polycystic Ovarian Syndrome (PCOS) battles with on a daily basis. Never heard of this disease? Very few people have and those few who have, do not speak about it because of the nature of the disease and the embarrassing and inadequate feeling that the female diagnosed may acquire. So what is PCOS?

PCOS is a disease that is caused by a hormonal imbalance that in turn affects the way a woman’s ovaries work. This disease is generally characterized by infrequent or irregular painful periods. Other characteristic features may include random weight gain despite relatively normal eating habits, excessive hair growth in face, chest or back and oily skin and/or acne; however, these symptoms may not always occur. Diagnosis of this disease would require blood tests to confirm abnormal hormonal levels and an ultrasound to confirm the presence of fluid-filled sacs called follicles present on enlarged ovaries. Although generally unknown, it is believed that PCOS have three major causes:

- Insulin resistance - Insulin, which is produced by the pancreas, helps to transport glucose throughout the body. If the insulin is not effectively transported to the organs, the body naturally secretes more insulin. This high level of insulin stimulates the ovaries to produce excess testosterone, which in turn interferes with the development of the follicles, hence causing abnormal or no ovulation. This in turn, causes a cycle as insulin resistance causes weight gain and excess body fat produces more insulin.
- Added to excess levels of testosterone, excessive levels of luteinizing hormone (which stimulates ovulation) and prolactin (a hormone which stimulates the production of breast milk during pregnancy) and low levels of sex hormone-binding globulin (a protein that reduces the effect of testosterone) are also found to be causes of this disease.
- This disease can also be genetically passed from mother to daughter.

Although rarely spoken about and rarely checked for, it is important if suspected, that this condition, though incurable, be treated because severe complications/diseases may follow if untreated. Such diseases include:

- \* Infertility;
- \* Type 2 diabetes;
- \* Hypertension (high-blood pressure);
- \* High cholesterol;
- \* Sleep apnea (A pause in breathing while sleeping; this may

- last several seconds of minutes);
- \* Depression or anxiety (due to hormonal imbalance);
- \* Gestational diabetes (diabetes in pregnancy);
- \* Pre-eclampsia (high-blood pressure in pregnancy);
- \* Abnormal uterine bleeding;
- \* Endometrial cancer, due to prolonged exposure of estrogen;
- \* Severe liver inflammation (due to accumulation of fat in the liver).

If diagnosed, speaking to a gynaecologist about treatment options that best fit that person’s lifestyle is very important. This is dependent on if that person is ready to conceive. Persons who are not ready are usually prescribed contraceptive pills that help to regulate the above-mentioned hormones to stimulate a regular menstrual cycle.

If the person is ready to conceive, there are several options which can be considered to aid with contraception. Depending on the other symptoms which that person may have, such as acne or abnormal hair growth, each one would have to be treated individually. However, all women diagnosed with PCOS should be following a diet and exercise routine which help with weight gain, depression and prevention of the afore-mentioned diseases. Recommended foods to avoid include those with high Glycemic Index (white rice, mashed potatoes, muffins and cakes), dairy, soy products and bad fat found in fatty foods and red meat. Examples of foods to include in the diet are: green leafy vegetables, fruits, coloured and white vegetables, organic and pasture-fed meat and healthy fats such as oily fish, olive oil, avocado and nuts. Also, taking vitamins and supplements daily, especially vitamin B complex, chromium and essential fatty acids are recommended.

~ Sis Saskya Archibald



### December Wedding Anniversary Celebrants

09th December .....	Josephine Christmas
16th December .....	Bro Arthur Thompson
17th December .....	Sis Agnola Rogers
21st December .....	Bro Nigel & Sis Seana Mack
22nd December .....	Bro Errol & Sis Joycelyn Connor
27th December .....	Bro Rudolph and Sis Janice Wattley
29th December .....	Rev Hilton & Sis Sharon Joseph
30th December .....	Bro Frank & Sis Diane Sargeant





## For Your Calendar

## November 2016

### Shut-in Communion

**Shut-in Communion** will be held on Tuesday 20 December 2016 from 9:00am to 12:00 noon.

### Church Ministries

- **Girls Brigade** on Mondays at 5:00 pm.
- **Bible Study** on Tuesdays at 7.30pm. We are studying the Book of Romans, Chapter 4.
- **Junior Choir** on Fridays at 5:00 pm.
- **Youth Fellowship** on Fridays at 7:15 pm
- **Youth Choir** on Saturdays at 3:00 pm
- **Combined Choir** on Saturdays at 4:15 pm
- **Oasis Moments** on Wednesdays at 12:00 noon
- **Confirmation Class** on Mondays at 4:00 pm.

### St. Kitts Outreach Centre

The **Moravians** will be responsible for ministering at the **St. Kitts Outreach Centre** during the month of **December 2016**. Members are asked to note that the dates will be given in a subsequent notice. Members are asked to assist wherever possible.

### Zion Vestments

The **Zion Vestments Committee** is still seeking funds to offset the cost of two sets of vestments. Members can donate individually, as a group or as a family. Please see any member of the Committee for more details.

### 70+ Service

Our Service in Celebration of our Older Members will take place on Sunday 18 December 2016 at 9:30am.

The Sacrament of Holy Communion and Infant Baptism will be held on the 18 December during the 9.30 service. Please take note.

### Annual Sunday School Programme

The Sunday School Department presents

its Annual Candle Light Programme on Sunday 18 December at 6:00pm. All are invited.

### Family Sunday

Our **Annual Family Sunday** will be held on 18 & 25 December 2016. Our Family Sunday I will be held on 18 December 2016 at 9:30am. Our Family Sunday II will be held on 25 December 2016 (Christmas Day) commencing at 8:00 am.

### Oh Come Let Us Adore Him

“Bring your Best, Dress your Best ...” in honour of the Birthday of the King of Kings and Lord of Lords.

**When:** Sunday 25 December 2016

**Time:** 8:00 am

**Where:** Zion Moravian Church, Victoria Road, Basseterre.

**What to Bring:** Your BEST Offering

**How to Dress:** Your Best

(Ask the ushers for a purple envelope)

### Christmas Outreach

**Outreach! Outreach! Outreach!**  
“A Hot Meal to Someone in Need”

**Who:** Lonely, Poor & Destitute, those who cannot afford a meal;

**When:** Sunday 25 December 2016;

**Where:** Independence Square;

**Time:** 11:00am – 1:00pm.

Persons donating items can bring them to the office at any convenient time. Perishable items can be brought from the 19 to 21 December 2016.

An invitation is extended to members of the congregation to volunteer to assist with the serving of the lunches.

### Watchnight Service

Our Watchnight Service will be held on Saturday 31 December 2016 (New Year's Eve) commencing at 10.30 pm.

### New Year's Service

New Year's Service will be held on Sunday 01 January 2017 at 10.00 a.m. Members are please asked to take note of

the time.

### Week of Prayer

A Week of Prayer will be held during the period 02 to 09 January 2017. More details will follow in sequent notices.

### Service of Confirmation

A Service of Confirmation will be held on Sunday 08 January 2017 at 8.00 am.

### Church Council

Church Council will be held on Wednesday 11 January 2017 at 6.00 pm. All leaders of Groups are kindly asked to submit their report to the Church's office on or before 23 December 2016. Financial Reports may be submitted on or before Saturday 31 December 2016.

### Hospital Visitation

Members are asked to notify the office of persons who are hospitalized. Also, persons who are discharged from the hospital are asked to call and notify the office that they are at home.

### Prayer & Fasting

As a congregation we will be observing a day of **Prayer and Fasting** once per week. This will be observed on Wednesdays from 6:00am to 6:00 pm. Members are asked to join in any of the two services that will be held during the course of that day. That is, the Mid-week Sunrise Devotions at 6:00am and the Oasis Moment at 12:00 noon

### Boys' Brigade

A group of men from our congregation has risen to the challenge of mentoring our young boys through the Boys' Brigade Programme and as such the 5<sup>th</sup> St Kitts Boys Brigade will begin in January 2017.

Through this medium a clarion call is being echoed for all parents with young boys ages five to twelve years to register to be a part of this exciting ministry.

Registration forms are available from the office or Bro Damon Baucus, Bro Walter James or Bro Wycliff Morton.





## Restored for HIS Glory!



*Holy Convocation—Sunday 13 November 2016*

From Thursday 10 November to Sunday 13 November 2016, Moravians from across the conference came together to celebrate our Chief Elder, Jesus Christ at the 2016 Chief Elder Festival. This year’s theme “Restored for His Glory” set the stage for the weekend’s events beginning with two nights of deeper life services, held at the Bethesda Moravian Church. The speaker for the weekend was Rev Ulric Smith from the Antigua Conference.

On Thursday, we were encouraged not to stay in a place of despair but to “go on” with divine purpose, divine preservation and in God’s prerogative knowing that because Jehovah has the final say, we cannot stay in a place of despair, but press toward that which God has called us to. Friday’s message required us to declare boldly that “we’re back on our feet again” because of the power of God’s majesty, the power of God’s mercy and because of God’s Spirit that lives within us we can be mighty in ministry.

As a united body, we marched through the streets of Basseterre on Saturday 12 November in a March of Witness to honour our Chief Elder accompanied by The St. Kitts and Nevis Defense Force band and The Royal St. Kitts and Nevis Police band. Following the march a short Open-Air service was held in the Independence Square. The ministering word for that evening was “Start Walking” - walking in God’s power and victory.

On Sunday 13 November, members and friends from across the conference, resplendent in colours of royalty, came together at Zion for a combined Holy Convocation and Cup of Covenant service. Also in attendance were two visiting groups, members of the Legal Fraternity of St. Kitts and the St. Kitts – Haitian Association. Following a time of praise and worship, including a dance performed by the Conference Dancers, Rev Ulric delivered another poignant word from God entitled “Go All the Way”. We were warned not to become preoccupied with the prestige of buildings, or to get caught up in the politics of pride. These things

may cause us to lose our focus or compromise what God has entrusted to us. We were also warned not to allow ourselves to be led astray and not to give up because of persecution but to exercise patience with a sense of expectancy and endurance.

Having been encouraged not to stay in a place of despair but to get back on our feet and start walking, and not just walking but going all the way with our Chief Elder, it was with great joy and celebration that we were partakers of the Cup of covenant knowing that we were being restored for HIS glory.





## Youth Connection

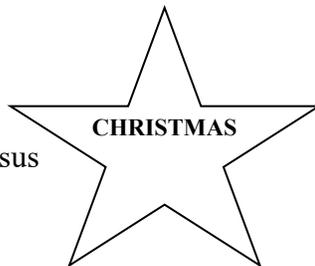
## What Christmas Means to Me



### What Christmas Means to Me by Kimoni Knight

A time for family and friends who...

Unwrap the gifts they share while...



Remembering the birth of Jesus Christ.

Year after year.

Reading the story of His birth reminds me that a KING was born.

*Happy Birthday Jesus!*



### What Christmas Means to Me by Demarni Martin

Christmas is vacation time; we're free!!!



It is the birth of Jesus Christ. That's what it means to me.

Families come together

It is the time for sharing the Christmas spirit as we remember

The birth of Baby Jesus in a lowly manger.

### What Christmas Means to Me by Charlesia Blake



Christmas is the time for celebrating the birthday of the Lord Jesus Christ.

It's a time when we share gifts with our families and friends.

We eat, and eat and drink and drink all day, while we give jokes and play games together.

Christmas time is a time for us to be together for laughter and joy!

*As we celebrate JESUS, the BABY BOY.*

### What Christmas Means to Me by Aziah Warner



Fun, Family and Food is what Christmas is about.

Families talk about times when they were small.

But most of all, we remember the birth of Jesus with a shout!

Christmas Programmes at church and school remind us of it all.

*I like to dance and sing for my King!*



## Instrument of Peace

**Thankful! Joyful! Spirit-filled!** I am ecstatic that in a few weeks we will be celebrating the birth of Jesus. I still can't believe that we are in the month of December. It's almost as if we were singing "Standing at the portal" two months ago. As usual, it's the time of year when most of us will be busy preparing holiday menus and invitations, purchasing gifts, mounting Christmas displays/decorations, preparing for relatives from overseas, among other Christmas-related activities. In all of this, we try our best to maintain certain family traditions that have been passed on over the years. It is also a time when we remember those who have passed to the great beyond—a 'bittersweet' moment for many of us. Notwithstanding all of these activities, let us keep foremost in our minds the true meaning of the grand celebration—the birth of God's Son.

*As we drink the sorrel and eat the fruit/black cake...Remember, the birth of JESUS!*

*As we enjoy the delicious ham and turkey and other Christmas delicacies....Remember, the birth of JESUS!*

*As we sing carols and attend the various Christmas programmes...Remember, the birth of JESUS!*

*As we visit family and friends and reminisce about years gone by...Remember, the birth of JESUS!*

In St Luke chapter 2 and verse 11, we are reminded that **"There is born to you this day in the city of David a Saviour, who is Christ the Lord."** Let us not get too busy in the fanfare and frolic and lose the *Christ in the word Christmas*. It is important that we keep Christ as the centre of the celebrations.

In keeping with the festive mode, we are happy to share this month's featured song titled **Thou Didst Leave Thy Throne**. This song was composed by Emily E. S. Elliott (1864) and can be found in our new Caribbean Praise Hymnal as Number 81. There is a refrain after each verse; however, the words of the refrain change after verse 4 and also after verse 6. I particularly like the first refrain which can be seen as a plea for Jesus to come to our hearts. Be encouraged during this season and let Jesus reign supreme in our hearts.

### Thou Didst Leave Thy Throne

*Thou didst leave Thy throne and Thy kingly crown,  
When Thou camest to earth for me;  
But in Bethlehem's home was there found no room  
For Thy holy nativity.*

### Refrain

***O come to my heart, Lord Jesus,  
There is room in my heart for Thee.***  
*Heaven's arches rang when the angels sang,  
Proclaiming Thy royal degree;  
But of lowly birth didst Thou come to earth,  
And in great humility.*

*The foxes found rest, and the birds their nest  
In the shade of the forest tree;  
But Thy couch was the sod, O Thou Son of God,  
In the deserts of Galilee.*

*Thou camest, O Lord, with the living Word,  
That should set Thy people free;  
But with mocking scorn and with crown of thorn,  
They bore Thee to Calvary.*

***O come to my heart Lord Jesus!  
Thy cross is my only plea.***

*When the heav'ns shall ring, and her choirs shall sing,  
At Thy coming to victory,  
Let Thy voice call me home, saying "Yet there is room,  
There is room at My side for thee."*

***And my heart shall rejoice, Lord Jesus,  
When Thou comest and callest for me.***

*~Contributed by a VOZ Member*



**The Leadership and Membership of the Zion Moravian Church** express condolences to:



**Sister Olleen Warner, Brothers Antonio and Ajani Warner, Sister Emelita-Warner Paul, Sister Darcelle Warner, Sister Viola Warner, Sis Muriel Warner-Browne, Sis Mentrice Arthurton, Sister Vida Warner, Sister Aziah Warner, Sister Kadajah Warner and the entire Warner Family** on the passing of :

**Brother Reo E. M. Warner**  
*(wife, sons, mother, sister,  
grand-mother, nephew, uncle, cousin)*

*"Blessed are those that mourn, for they shall be comforted."*

Brothers and Sisters may the Lord be your refuge and strength during your period of grief.



### THE ZION MORAVIAN CHURCH

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E-mail: zionmoravian1777@sisterisles.kn

The Voice of Zion...  
Empowered to do Ministry

May the good times  
and treasures of the present  
become the golden memories of tomorrow.  
Wishing you lots of  
love, joy and happiness.

Merry Christmas  
Happy New Year



## Welcome

*Suffer the little children to come unto me, and forbid them not: for of such is the kingdom of God. Mark 10 vs 14.*



On Sunday 06 November, the Church, parents and godparents adhered to the Word of God and brought these two children, *Serayah Italia Constantia Casey* and *Xavier Jomani Williams* to be received into the Church through Infant Baptism.



The Leadership and members of Zion welcome these children into the Church and admonish the parents and godparents to continue to adhere to the Word of God as outlined in the opening sentence.

On that same day, Sis Maritsa Roberts was received into the church as a member of the Zion congregation. The Leadership and members of Zion welcome her into our congregation. May her Christian experience as she grows in the church be not only beneficial to her but to her immediate family and those with whom she come in contact with on a daily basis.



## Sunday 04th December 2016 (Second Sunday of Advent)

**Pastor Rev Hilton J. Joseph**

**Worship Leader: Bro Walter James and Sis Tryphena James**

### ORDER OF SERVICE

#### Watchword for the Week:

*Repent, for the kingdom of heaven has come near.*  
**Matthew 3:2**



- Call to Worship ..... Responsive Psalm 96
- Hymn ..... *O Come All Ye Faithful*
- Litany for Advent
- Songs ..... *Holy, Holy, Lord Almighty*
- ..... *It's A Privilege*
- ..... *You Are Holy, Your Are Holy, You Are Holy Lord*
- Opening Prayer
- Welcome Remarks

Celebrations (Birthdays and Anniversaries)

#### Tithes and Offerings

*Youth Bottle, Windows Offering, VOZ Newsletter  
Other Church Ministries and Missionary*

Dedication of Offering ..... Bro. Chessley Williams

#### Ministry of The Word

OT Lesson ..... Isaiah 11:1-10 ..... Bro. Calvin Martin

NT Lesson ..... St. Matthew 3:1-12 ..... Sis. Dahlia Henry

Song ..... *We Need to Hear from You*

**Sermon** ..... **Pastor Clive Saunders**

Notices & Church Concerns

Closing Song ..... *I Heard an Old, Old, Story*

Benediction