

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 Pastor Elva Richards ~ Associate Pastor

Provincial Theme

The Thematic Focus

Foundation Text

Conference Theme

Pursuing the Blessing: Empowered to do Ministry

Motto

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

Inside this issue:

Congratulations Unity Synod

Hymn of the Month

It's A Brand New Year ... Living With Heart Diseas



My family and friends in Christ, Jesus' Pastors' Desk" causes us to his baptism in the Jordan River customary to fast by abstaining reflect on the season of the by his cousin, John the Baptist. from meat during Lent. This Church's year known as Lent. It is a period of preparation for tradition is still carried on by the information on Lent customs of the Moravian dead. Church during this season and challenges us to make a For Christian denominations sacrificial fast of something they sacrifice as we journey with that have a continuous history enjoy during this season. Christ through Lent. It is our extending before AD 1500, Lent season, you would have a closer that wrote, collected, canonized, Wednesday relationship with Christ.

From Wednesday February, the Moravian Church commandment Christians throughout Caribbean and the World for a as season of repentance, prayer and Anabaptists period. excluding known as the season of Lent. because all Christian holy days reflection on what needs to Christian calendar

From The Pastors' Desk



Pastor Elva Richards

withdrawal

and 17th believing to be it from Calvinists the which that that they were Roman be fully Christian.

Gradually, the holy days are returning to churches that had lost them. Lent is making a comeback in this the 21st century.

In many countries, the last day before Lent is called Mardi Gras, Fat Tuesday, or Carnival (Latin for farewell to the flesh). It is the last big fete, a day of indulgence of the flesh before the the solemnity of Lent. In past this month's issue of "From The wilderness for forty days after centuries and even today, it was The article provides background Easter and the celebration of Catholics, Anglicans and other the Jesus' resurrection from the denominations which refrain from eating meat on Fridays during Lent. Others make a

prayer that at the end of this is observed. The ancient church Ash Wednesday, the seventh before propagated the New Sunday, is the first day of the Testament also observed Lent, season of Lent. The name came a about as a result of the ancient the practice of placing ashes on in St. Kitts will join with apostles. However, Lent was not worshippers' heads or foreheads the observed in denominations such as a sign of humility before and God, a symbol of mourning and were sorrow at the death that sin soul-searching, a forty-day established in the 16th century brings into the world. Ash Sundays, and those that they influenced Wednesday is a sombre day of Lent is the season in the were discarded on the theory change in our lives if we are to encourages believers to spend innovations. History has proven Moravian Church, services are time in reflection as we imitate that was not the case, held on Ash Wednesday and



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Ministries Within The Church

Leadership

Board of Elders Board of Stewards

Zion Youth Ministry

ZMC Dancers Feed My Lambs

Ministry In Music

Zion Youth Choir Zion Combined Choir ZMC Steel Band

Other Church Ministries

Dorcas Ministry Zion Outreach Ministry Bible Study Health Care Team Moravian Senior Club Zion Ushers Ministry Multimedia Team

From The Pastors' Desk (cont'd)

every Wednesday during the Lenten Season. In many congregations, a theme is coined to direct and encourage worshippers to self-examination in preparation for Easter.

The sixth Sunday in Lent is Palm Sunday and it is the beginning of Holy Week, the climax of the Lenten season. In the Moravian tradition, confirmation services are often held on Palm Sunday. During Holy Week, Moravians meet 9. nightly to read assigned Gospel readings for Holy Week or Passion Week as it is also called, and reflect on Jesus' last week on earth, His 8. Passion and His death. On Maundy Thursday/ Holy Thursday, Moravians commemorate the Last Supper Jesus had with His disciples by 7. participating in the celebration of Holy Communion. In some congregations the pastors and leaders of the congregations exercise humility by following Jesus' example of washing 6. His disciples' feet by washing the feet of members of their congregation. Good Friday is a day of mourning as the Readings reflect Jesus' trials, mocking, His last words and burial in reparation for the sins of mankind. Holy Week is solemn and sorrowful, yet it also anticipates the joy of Easter through the recognition of God's 5. goodness in sending His Son to die for our salvation and bring the Lenten season to an end.

In Moravian churches like most traditional denominations, the vestments for Lent are Violet/ Purple, The colours symbolize both the pain and 4. suffering leading up to the crucifixion of Jesus as well as the suffering of humanity and the world under sin. However, purple is also the colour of royalty and so anticipates through the suffering and death of Jesus the coming resurrection and 3. hope of newness that will be celebrated in the Resurrection on Easter Sunday. The Moravian Church celebrates Lent for it is convinced that Jesus Christ went through this period of renewal 2. in prayer and fast on our behalf.

Historically and even today Lent is a period of sacrifice, repentance and self-examination as we 1. recall the sacrifice Jesus made for us. Let us intentionally make a sacrifice. I challenge you to try one of the following things suggested by Rev. Penny Ford, pastor of the United Methodist As we journey through Lent, allow Jesus to work Church:

TOP TEN THINGS YOU CAN TRY FOR THE LENTEN SEASON:

- 10. Try an electronic fast. Give up TV, Facebook, texting, tweeting, e-mail and all things electronic for one day every week. (Or every day of Lent!) Use the time to read and pray.
- Start a prayer rhythm. Each day of Lent, pray for another person.
- Go deeper into the Bible. Take the time to read the Bible more.
- Forgive someone who doesn't deserve it (maybe even yourself.) Study a book on forgiveness.
- Give up soft drinks, fast food, tea or coffee. Give up some food or drink as a way to grow closer to God. Give the money you save to help folks in a different part of the world or in your community who are in crisis.
- Create a daily quiet time. Spend 10 minutes each day in silence and prayer. Read a daily devotional for the season of Lent. See how it can help you add spiritual practice to your daily life beyond Lent.
- Cultivate a life of gratitude. Write someone a thank you letter each week and be aware of how many people have helped you along the
- Participate a Lent Photo-a-Day in practice and pray each day with your camera in your hand.
- Volunteer one hour or more each week with a local shelter, tutoring programme, nursing home or prison ministry.
- Pray for others you see as you walk to and from classes, walk or drive to and from work.

something new in your life.



Congratulations

The Leadership and Members of Zion wish to congratulate three of our spiritual sisters who have made us and the Federation in general proud of their achievements.



Sister Clarita Richards was one of the four recipients of the BHS, represented by Kadeema awarded Sis Clarita the Most Excellent Order of the British Jagruit Dulera, Oksana Isaac, John Cato, and Joel Fry. Empire (OBE) for sterling national service over the years in the Choir Director at the Zion Moravian Church for several years and Geography, Current Affairs, and SCASPA Affairs, Emancipation Concert.





In November 2015, Sister Asha De Suza graduated from the University of Kent, in the Brussels School of International Studies with a Distinction in the field of International Political As a congregation, we continue to hold these sisters in our (University of the West Indies – Cave Hill Campus) to undertake the church and the wider community. Post-graduate studies in Brussels, Belgium.



Sister Kadeema Blanchette of the Basseterre High School (BHS) emerged the top student in the St. Christopher Air and Sea Port Authority's (SCASPA's) 5th Anniversary Best in Class High School Quiz Competition held from 5 to 21 May 2015. At the end of the Competition, Kadeema and her team were crowned four-peat champions.

Blanchette, Tarique Allen, Federation's New Year's award. The Prime Minister, Dr. Timothy Aliyah Bradshaw, and Dequan Bassue, competed against the Harris, in his New Year's address indicated that the Oueen had Immaculate Conception Catholic School (ICCS), represented by

area of Education, Music and Public Administration. Sis Clarita Both BHS and ICCS advanced to the Final round after the had been a Modern Languages teacher in one of the Federation's Washington Archibald High, Verchilds High, Cayon High, and High schools and a long-standing civil servant, who worked in Charles E. Mills Secondary schools were eliminated. The Foreign Affairs in the diplomatic services at the High participants were quizzed on their knowledge of the English Commission in London. She had also been the Organist and Language, Mathematics, Integrated Science, Local History and continues to make a significant input in the church's annual curriculum-based questions were prepared by a team of educators and PricewaterhouseCoopers randomly selected questions for each night of competition.

> On 26 December 2015, fifteen-year-old Sis Kadeema Blanchette was crowned the 2015/2016 National Carnival Talented Teen Queen. Contestants were judged in five segments, four (4) of which were won by Sis Kadeema. They were the Best Ambassadorial Speech, Best Ambassadorial Wear, Best Teenage Evening Wear and Best On-stage Interview. She was also adjudged the Most Popular Contestant Online.

> This outstanding achievement did not deter Sis Kadeema from attending the church's second Family Service with her parents at 9.30 a.m. on 27 December, particularly taking into account that she was crowned at approximately 2.00 a.m. that day.



Economy. This is a stellar performance as Sister Asha had moved prayers. May they look to God for guidance and wisdom in all of straight from the Undergraduate degree programme in Barbados their endeavours and strive to be role models for the Youth within



PEC Reports

Unity Synod 2016

year of the 43rd Unity Synod of the Moravian Church Unitas Unity Synod. Fratrum (the 27th Unity Synod of the Renewed Church). It is our task to keep the Unity Synod in prayers, and it will be good to COUF #267. Each Province represented at Unity Synod remind the congregations and the brothers and sisters to pray for the Unity Synod during the coming months!

As mentioned already, the Unity Synod is scheduled to be held preceding the Unity Synod. from 12 to 19 August 2016.

Jamaica.

COUF #265 enunciates that the number of delegates to the Unity The Delegates from the EWIP are Sister Jenetta Waithe and Synod shall be according to the following schedule:

- The Mission Provinces shall have one delegate each with the right to vote. The delegate and alternate shall be appointed by the Provincial Board.
- The Unity Provinces shall have three delegates each with the right to vote, two elected by Provincial Synod and one • appointed by the Provincial Board.
- The President of the Unity Board shall have a seat with the right to vote.
- The Moravian Church Foundation shall have one delegate members of the PEC and Superintendents in prayer. with the right to vote.
- The Bishops of the Unitas Fratrum shall have two delegates without the right to vote, elected from among them.
- The Unity Board may invite representatives from Unity Undertakings and Mission Areas to attend as advisory delegates without vote. In case two or more Provinces join one another to form one Province, following the merger they are entitled to send to Unity Synod the number of delegates which they had previously. At future Unity Synods, the new Province shall have three delegates.
- Each Province elects alternates to take the place of any delegates who are unable to attend Synod.

D. ELECTION OF MEMBERS

COUF #266. Eligible are all members of the Moravian Church of at least two years' standing, who are communicants and who have completed the 24th year of their age by 1st January of the year in which the election takes place and who possess all the

other requisite qualifications for membership in their Provincial The year 2016 has begun, and for the Moravian Unity it means Synod. All Provinces are encouraged to consider gender equity in that we have seen the beginning of an important year, namely the choosing delegates to their respective Provincial Synod and to

> elects, according to the procedure appointed by its constitution, its delegates and their alternates at the Provincial Synod, if possible at the one immediately

COUF #268. As evidence of election, or appointment, a It is now decided that the venue of the Unity Synod is the Hilton statement by the Provincial Board, signed by the President Rose Hall Resort & Spa, Rose Hall, Montego Bay, St. James, must be sent to the President of the Unity Board via the Unity Office (UBA) to be laid before the Unity Synod.

Brothers Adrian Smith and Cortroy Jarvis.

PEC Meetings

The PEC has scheduled its meetings for 2016 as follows:

- 08 to 10 February in Antigua
- 24 to 27 April in St. Thomas, Virgin Islands
- 21 to 23 July in St. Kitts
- 03 to 05 October in Barbados

In addition, the Superintendents' Conference for 2016 will take place in Antigua from 11 to 12 February 2016. Please bear up the

Unity Watchword for the EWIP for 2016

Every year, the Provincial Board of the European Continental Province facilitates the drawing of the individual Watchwords for the Unity Board, Unity Provinces, the Mission Provinces, and the Unity Undertakings of the Moravian Church. The Common Watchword for the year 2016 for the entire Unity is taken from Isaiah 66:13, "As a mother comforts her child, so I will comfort you; you shall be comforted in Jerusalem" (NRSV).

The Watchword drawn for the Eastern West Indies Province for the year 2016 is the one drawn on 04 May 2015 taken from Psalm 118: 15-16, "There are glad songs of victory in the tents of the righteous: The right hand of the LORD does valiantly; the right hand of the LORD is exalted; the right hand of the LORD does valiantly" (NRSV).

This Text is to be used as often as possible throughout the year as a reminder of God's promise to us.



PEC Reports

Dear Brothers and Sisters,

I greet you in the name of our Chief Elder, Jesus Christ.

With the arrival of the month of February, the Christian community embarks on the 40 day journey of Lent. Ash Wednesday observances will mark the start of this most solemn season. As we remember our Lord's suffering, death and resurrection and as we embark on this year's Lenten season, Follow His Feet that goes is the hymn of the month for February. The hymn was written by Samuel Rowlands in 1598. In our current hymnal it is #85 and the tune that has been designated is ST. BRIDE.

The text of the hymn extends an invitation for us to be engaged in a journey that is like no other. As we move from one verse to the next, we have been afforded a front row seat in this unfolding divine drama. With each step that we take we are in essence putting our feet where His have just been. And along the way, we come very near to the cross of Christ. In addition, we stand in the crowd rubbing shoulders with the women who are mourning and weeping. Why? They know fully well where and how this journey will end. There is no escaping that we are heading to mount Calvary where Jesus will be put to death!

Even though we are haunted with the knowledge of what awaits Christ there, this hymn beckons to us to see that this is more than just a journey of death. It is for sure life-giving. Yet, as we sing through this hymn, there is no getting away from the truth that in the same way that we are following one who bears His cross, we too in our journey of faith will also bear our own crosses. But as we follow His example, we are comforted with the knowledge that like the thief who also carried his cross was remembered by Christ, so too will we. So as we journey through this Lenten season, let us sing this hymn that challenges us to faithfully follow Christ as we too bear our cross.

Below are the words and music for this hymn:

Follow his feet that goes
For to redeem thy loss,
And carries all our sins with him
To cancel on his cross.

The voluntary death,
That Christ did die for thee,
Gives life to none, but such as joy
Cross-bearing friends to be.

Then press among the throng, Thyself with sorrow wed; Get very near to Christ, and see What tears the women shed.

Hymn of the Month

Up to mount Calvary
If thou desire to go,
Then take thy cross and follow Christ;
Thou canst not miss it so.

Follow their steps in tears And with those women mourn, But not for Christ; weep for thyself, And Christ will grace return.

When there thou art arrived His glorious wounds to see, Say, but as faithful as the thief, O Lord. remember me.

1598. S. Rowlands

Rev Dr Cortroy Jarvis Chairman, Provincial Elders Conference (E.W.I.P.)

0 **JOHN 3:16** U Ρ G Word Search Puzzle F В С Τ G 0 H G Ε D 0 ΗА Ε H W М Ν S Q O F В D В 0 0 NS ΕА ٧ D U S N N Ν Ā Ē ĒW D ΝE L Ε Τ EPP С N D RNE Χ O T Τ Н Τ ٧ Е Μ Ρ R 0 W 0 G Η 0 М D R G Τ С Α G U Α Ν ٧ Ε W Ν L S ΝE Ζ 0 UNKM R 0 ΚH S S S Ε H W Τ H R R U Ε 0 D ٧ S Ε 0 Α S 0 Ε Τ Ε В ٧ L NEEHND G В ROGR U

FOR GOD SO LOVED THE WORLD, THAT HE GAVE HIS ONLY BEGOTTEN SON, THAT WHO SOEVER BELIEVETH IN HIM

SHOULD NOT PERISH, BUT HAVE EVERLASTING LIFE.



For Your Calendar

Shut-in Communion

Shut-in Communion for the Zion, Ebenezer & Bethel Pastorate (Basseterre to Parsons) will be held on Tuesday 09 and Wednesday 10 February 2016 from 9:00 am.

Church Ministries

- Confirmation Class continues on Mondays at 4:00 pm.
- **Bible Study** resumes on Tuesday 9 February at 7:00 pm.
- **Youth Fellowship** continues on Fridays at 7:15pm

Ash Wednesday Service

Our Conference Combined Service will be held on 10 February at 7:00 pm at Bethel Moravian Church. The bus will leave Basseterre at 6:15 pm.

Zion Lenten Services

- 17 February Deeper Life Service at Zion at 6:00 pm.
- 24 February Deeper Life The Service at Zion at 6:00 pm. Con
- 02 March Deeper Life Service at Zion at 6:00 pm.
- 09 March Deeper Life Service at Zion at 6:00 pm.
- 16 March Deeper Life Service at Zion at 6:00 pm.
- 24 March Pastorate The Combined Communion Dep Service at Zion at 7:00 pm.

Christian Council Services

Christian Council Midday Services will be held at the Catholic Church from 11:45 am to 12:30 pm beginning on Wednesday 17 February 2016 and continuing for the following four weeks. Moravian Wednesday will be on 02 March 2016.

St. Kitts Outreach Centre

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

notice. Members are asked to assist wherever possible.

Men's Ministry

and All men are reminded of Men's

2016 Ministry on Sunday 21 February
2016. Bring a brother to Church
with you.

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.

Oasis Moments

On the first Wednesday of each month, there will be a lunch time service entitled Oasis Moments from 11:50 am to 12:50 pm. It will be a time of praise and worship to God. Are you dry and thirsty? Stop at the Oasis of God for a moment of refreshing!!!

Fundraiser "Island Flavours"
The Executive Board of
Conference presents a fundraiser
entitled "Island Flavours" A
Taste of the Islands (featuring St
Kitts, Jamaica, Guyana and
Dominican Republic) in June
2016. Stay tuned for more details.

Moravian Week

The Christian Education
Department of Conference
presents Moravian Week 2016:
Sunday 28 February – Sunday
06 March 2016. Stay tuned for
more details.

Moravian Daily Texts

Devotional Life is important in the life of the believer for spiritual growth, encouragement and direction for life. To aid this, our Moravian Daily Texts are available in all congregations:

- Large Prints cost \$45.00
- Small Prints cost \$40.00.

Purchases can be made with the local congregations.

Black History Poem

The following poem was written by the Reverend Denise Smith-Lewis and recently published in her book titled Emancipation Come (2014). We hereby reprint with her kind permission.

Black Man I See You Black man I see you,

Weary and wounded, wanting to be free;
Walking under a dark cloud of great uncertainty;
Wishing you could erase the pain
and misery from your memory;
Wondering if you could ever get a
fair chance to fulfill your destiny;
Working, waiting for the day to dawn,
to walk in full liberty;
Black man, I see you.

Black man I see you;

Battling, beaming and bold to stand tall;
Building a foundation that you
hope would never fall;
Burning the past behind you,
every barrier that keeps you small;
Breaking free of chains,
the chance to prove yourself and all;
Bridging the gap between future generations,
yes that's your call;
Oh Black man, I see you.

Black man I see you.

Deliberate and determined, directing your steps to the light;
Dreaming of the day of peace, of justice and equal rights;
Devoting your strength to banish racism's ugly night;
Driving yourself to hope in a day that will be bright;
Doing all you can to position yourself for full flight;
Drinking in the taste to success when you do things right;
Yes, Black man, I see you.

Black man I see you.

Confident and courageous, coming in from the dark and cold;
Committed to bettering yourself, than your foreparents of old;
Carrying the sign, that you cannot be bought or sold;
Covering ground between your past and future,
a step that's bold;
Calling out to your people to come join you in the fold;

Calling out to your people to come join you in the fold Now Black man, I see you.

Black man I see you;

Leading the world with a confidence, that's deep in your core;
Lighting the candle of hope, so others can have more.
Lifting the heavy burdens off the backs of the poor;
Loving yourself and others because of the scars you wore;
Living in harmony with all and your gifts coming to the fore;
Black man I see you.



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 (USA). Brother Tonito Lee (UK).

Sisters Rahmona Casey, Ellenitta Nathaniel, Julia Hodge, Urlie De Silva, Dorette Rawlins and Gloria Thompson and Brothers Ernest Christopher 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 and Mavis Deosaw (Overseas).

Brothers Vernon Connor, Arthur Thompson, Earl Brotherson and James Phipps.

Celebration Corner



February Birthday Celebrants

2nd - Sis Surya Rogers, 3rd - Bro Chesil Hamilton, 4th - Bro Ira Wattley, Sis Marilyn McDowell, 6th - Sis Vicky Liburd (USA), 7th - Bro Merja Phipps, 8th - Bro. Wilmot Broadbelt, 15th - Sis Vernis Byron, 12th - Sis Shaline Welcome, 16th - Sis Sylvia James, Bro Recaldo Broadbelt, Sis Veronica James, 17th - Sis Cheryl Godwin, 19th - Sis Viola (Ann) Chumney, 21st - Bro Ajani Nisbett, Sis Jeanille Osborne, and Bro Alphonso Archibald, 22nd - Sis Laverne Huggins, (USA), Sis Micheline Dandressol, Bro James Thompson, 23rd - Sis Iona (Joycie) Caines, 24th - Sis Allison Belle-Archibald, Bro Jason De Silva, Bro Stafford Myers and Sis Tamrah Roberts, 25th - Sis Judith Byron and Sis Shernel James, 26th - Sis Evah Barzey and Sis Seana Benjamin-Mack



February Wedding Anniversary

14 February	Bro Allen and Sis Carmen Davis
25 February	Bro Julian and Sis Judith Byron

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 Bro Withley Williams Bro Zaavan Hobson Bro Christin Scarborough Bro Glassil DeSilva Sis Vicky Liburd Sis Akila Moore

CANADA

Bro Hassanni Lapsey Bro Alester Thomas

SINT EUSTATIUS

Bro Mervin Hook Jr

JAMAICA

Bro Kyle Bradshaw Sis Avicia Sweeney



It's a Brand New Year but is it the Same Old Habits?

As we welcomed the year 2016, most of us have already started penning and implementing our New Year's resolutions. All around the world, people are making the commitment to do some of the following –

- Lose weight
- Cut out bad habits
- Go to church more often
- Eat healthier
- Do some studies
- Get a better job
- Strengthen current relationships with family and friends
- Save more and spend less
- Do more travelling
- Find that special someone

These resolutions are all really great promises to make to one self in an effort to see positive change, but the bigger question is why wait until a new year has begun to make and implement these promises to yourself.

Shouldn't the focus be more on how you can become a "Better You all year round?" A few persons are aware that the way you react to any given situation is determined by your value system, the environment in which you were raised, and the people with whom you associate. Simply put, we are fearfully and wonderfully made. We are all unique and therefore we do present as a rainbow of personalities and characters that populate this beautiful earth. So what if we work towards enhancing this rainbow? Just imagine what a wonderful place this world would be if we can all accept the fact that we are uniquely different and appreciate that difference in those whom we meet.

Therefore, if you are so unique, what is so difficult in becoming better at being you. The answer is simply focus. As human beings, we generally lack focus and that is why by February month end, at least 90% of our New Year's resolutions are forgotten and we lapse right back into our same old habits. Why? because it is comfortable to do the same old habits as they require very little effort. How can we change this pattern? **FOCUS!!!!!**

Here is a novel thought - What if we take three things which we believe would make us better individuals and focus on doing them, until they become old habits.

~ Contributed by Sis. Julie Charles

Zion Senior Club worshipping at Zion Moravian Church (25 October 2015)











Dealing with Heart Disease



In observing February as Heart Health Month, we hereby share a few tips on maintaining your health in regards to the well-being of your heart and thereby encouraging prevention of Heart Please note however that these should be taken under the Disease and Stroke.

heart-related diseases in our society. We are all potentially at health, please do not hesitate to visit your personal physician. risk for heart disease and stroke. Notwithstanding this, it is important to know the risk factors associated with these diseases. Best wishes for a healthy and productive 2016. Be blessed in Lifestyle changes (exercise and diet) can make a huge good measure. difference in significantly reducing the risk.

There are a number of simple elements that you can control to maintain a healthy heart within your everyday lifestyle occurrences:

- Maintain a normal pressure
- **Quit Smoking**
- Maintain a normal Blood Cholesterol level
- Increase Physical Activity (exercise)
- **Decrease Obesity**
- Control of Diabetes

Unfortunately, there are some elements that are beyond our control that also increase the risk for heart diseases:

- Increasing Age elderly are more susceptible to heartrelated diseases
- Sex (gender) men are more susceptible to heart attacks
- Race
- Family Medical History (genetics)
- Previous Heart Attack or Stroke

It is important to have your blood pressure checked frequently and decrease your sodium (salt) intake. Additionally, regular

exercise is extremely beneficial to maintaining normal blood pressure levels and also improving the condition of the cardiovascular system.

There are many supplements which can be taken to improve your heart health. These include:

- Triple Strength Fish Oil Plus Krill
- Triple Strength Fish Oil
- Coenzyme Q10 (CoQ10)
- Vitamin E
- Cholestoff (to better manage dietary cholesterol)
- Garlic Capsules or Garlic in its natural form and Potassium Gluconate (helps to control the activity of the heart muscle).

supervision and instructions of your private physician.

In recent times, we have experienced, with regret, an increase in Let us try our best to make improvements in our everyday the number of deaths or disabilities due to hypertension and other lifestyles one step at a time. For more information about heart

~ Contributed by a VOZ member and Bro. Dwain Archibald.

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



Sis Mia Lapsey and Family on the passing of:

> Dennis Lake (cousin)

Sis Gail Gumbs-James and family on the passing of:

> Lanzelle O'Loughlin (cousin)

The Lord is your rock, your fortress stronghold." Brother and Sisters may the Lord grant you all peace in these trying times.

HONOR POLICON HER

Youth Connection

A Night to Remember

Outstanding Youths for 2015 with Advisor of the Year

Bro Tahjaun Walters, Sis Chelsea Amory, Sis Lilette Lewis, Sis Nizhoni Henry, Sis Londre Bass, Sis Tahmaju Walters and Sis Briana Williams

From ball gowns and three piece suits to tasteful mini dresses and waistcoat with bow ties, the youths of the Moravian Church St. Kitts Conference, along with their advisors, mentors and pastors graced the festively decorated St. Kitts Marriott Ballroom for the 3rd Annual Youth Awards Banquet. The banquet, which was hosted by the Zion Moravian Youth Fellowship, had been the hot topic of conversation among the youths for the weeks leading up to the event and it did not disappoint. Girls dressed in beautiful gowns and cocktail dresses walked gingerly in their stilettos and kitten heeled shoes as the boys strutted confidently in their wingtips and oxfords which complimented their suits and dress slacks.

The speaker for the evening's event was the Reverend Ulric Smith of the Cana Moravian Church in the Antigua Conference. His timely words gave sanction to the youth's theme "Go! God's Order-Walking by Faith, Trusting in His Word." He also reminded the youths to be God's light in the world, set apart to brighten the dark places and not to let their lights grow dim. Following the message, the guests were treated to a delicious buffet meal. Throughout the evening, awards were handed out in many categories. Some of the top awards of the night were "Best Dressed Boy", "Best Dressed Girl" and "Advisor of The Year".

The banquet, which marked the end of the youth activities for 2015, culminated with expressions of gratitude and encouragement from the former president of the Zion Moravian Youth fellowship, Mr. MJ Byron. He admonished the youths to look to the future and what would be in store as they headed into the New Year and new leadership, following their January elections. In true award show fashion, the guests headed out of

the ballroom to have their photos taken against a Hollywood styled backdrop.

~ Contributed by Sis Lilette 'Rosie" Lewis



Best Dressed Male Nayim with Pastor Elva Richards



Sis Tonya DeSuza giving thanks to Guest Speaker, Rev Ulric Smith



Immediate Past President MJ and Best Dressed Female Nigencia



Instrument of Peace

I Love Jesus

In Love with Jesus!



I love my family.
I love my pets.
I love my friends.
I love my job.
I love to sing.
I love beautiful flowers.
I love your shirt.
I love your teeth.

This list can go on and on. It seems like in recent times the word LOVE has been used loosely and without meaning. The month of February is dubbed Valentine's Month or the Love Month. A large amount of money is spent on buying chocolates, teddy bears, roses, etc. On Valentine's Day, the city of Basseterre is abuzz with delivery personnel taking gifts to customers at various business places. I have never been a supporter of Valentine's Day. I always believed and still do, that one should show LOVE all the time and not get into an extra loving mode for one day. Furthermore, if I were to purchase a gift on Valentine's Day, it would be a gift for my personal Saviour; who has shown me and continues to prove his LOVE for me as my best friend. Notwithstanding this, sometimes I am unworthy of his LOVE... however, He continues to lift me up at all times.

For this month's feature, we have chosen a song titled *O Saviour*, *The Truest, The Best of All Friends*. This hymn reminds us that our Saviour's love knows no boundaries and it never ends. No matter if we lose our focus and stumble away from our religious beliefs a million times, He will still be there to get us back on track. Let us continue to put our trust in the Master's hands. We

give God thanks for His love and for sending His Son to die on the cross so that we can have eternal life. In closing, we encourage you to spend some quiet time reflecting on this thought: The true measure of a person is what's in the heart. Blessings for a productive month! We LOVE you!

~ Contributed by a VOZ Committee member

O Saviour, the truest, the best of all friends

O Saviour, the truest, the best of all friends
Thy love is unbounded, thy love never ends
A fountain e'er flowing
Rich blessings bestowing
Thy kingdom eternal thou spreadest around
Its joys are unceasing, its pleasures abound

O draw me, my Saviour, now wholly to thee
And let the pure spring of they love rise in me
All earthly emotion
Be lost in devotion
My heart be enlightened from thy cross alone
Lord, keep me henceforth, and for ever, thine own

O take me, my Saviour, and all that is mine
Thy love hath me conquered, my will I resign
In labour, in sadness
In trials, in gladness
With zeal I will serve thee, God's child I will be
In thee I will live, Lord; O live thou in me

11.11.66.11.11 O URSPRUNG 1883 B Harvey, a.





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The Voice of Zion... **Empowered to do Ministry**



Moravian Daily Text

Last Sunday After Epiphany Transfiguration Sunday

looked up, they saw no one except Jesus Just as the branch cannot bear fruit by itself himself alone. Matthew 17:8

Sunday 07 February 2016

- Exodus 34:29-35;
- Psalm 99;
- 2 Corinthians 3:12 4:2;
- St. Luke 9:28-36 (37-43)

Trust in the Lord with all your heart, and do not rely on your own insight. In all your

ways acknowledge Him, and He will make straight your paths. Proverbs 3:5-6

Watchword for the Week: And when they Christ says, "Abide in me as I abide in you. unless it abides in the vine, neither can you unless you abide in me". John 15:4

> O Redeemer, today we remember how Jesus' face shone like the sun and His clothes became dazzling white as You prepared to save the world through Him. May Your bright light continue to shine on us always. Amen.



Sunday 7th February 2015

(Last Sunday after the Epiphany) Transfiguration Sunday Pastor: Rev Hilton J Joseph and Worship Leader: Sis. Althea Byron ORDER OF SERVICE

Watchword for the Week

And when they looked up, they saw no one except Jesus himself alone. Matthew 17:8

Preparatory Songs

Call to Worship	Psalm 99
-	Blessed Assurance
Hymn 192	I Will Sing The Wondrous Story
Hymn 291	Who Is On The Lord's Side
Song	Sweet Hour Of Prayer
Prayer of Adoration, Con	fession and Thanksgiving
Extemporary Prayers	

Songs of Assurance......Will Your Anchor Hold

Thought for Today

Congregation in Prayer (in pairs)

Notices/Welcome/Celebrations

Worship in Giving

Tithes & Offering, Bus Ministry, Youth Bottle, Freewill Offering, Voice of Zion, Windows Project

Prayer of Dedication

Preparation for the Sacrament of Holy Communion

Hymn 200......Take My Life And Let It Be

The Sacrament of Holy Communion

Psalm 99 The Invitation

Prayer of Humble Access

1st Eucharistic Prayer

Words of Institution of Bread

Hymn 180.....I've Found A Friend O Such A Friend

2nd Eucharistic Prayer

Words of Institution of Wine

Hymn 213......I Love The Lord He Lent An Ear Hymn 218......Jesus Master Whose I Am

Instructions

Covenant Hymn......Bind Us Together Lord

The Blessing

