



**THE ZION MORAVIAN CHURCH**  
 (Established 1777) 238 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*

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## From The Pastor's Desk



it is noted.

For the purpose of this article, I wish to define mothers as strong women. So then and therefore, in this article, 'mother' is not only vested in biological attributes but the understanding that any woman who is strong is a mother.

In the Proverbs 31 text, the author, Lemuel, asked the question, "Who can find a virtuous woman?" The term 'virtuous' is from a noun meaning strength, efficiency and ability. In this context, it refers to strength of character, i.e., moral strength and firmness.

Recently, while scrabbling through the pages of social media Facebook, the following words struck my heartstrings: "*When I am asked to count my blessings, I count my mother twice*".

My thoughts quickly escalated to the woman whom I call 'mother' and her years of sacrifice and love, enabling me to be who I am today and the will to keep striving for the excellency of God to guide this flawed human vessel. **Thank you Mrs Madge Joseph.**

This certainly catapulted me into an assessment mode to reflect on our society and the understanding of showing appreciation to those we love.

This article serves to honour the strong women in our lives: we call them mother, grandmother, aunt, godmother, tanty, mother-in-law, etc. Whichever word flows from our vocabulary to describe these rare gems, these sacrificial agents,

To the strong women (mothers) I wish to encourage you to never 'leave your crease'; there are too many women abandoning their role for the glamour of life, which is fleeting. (Hence, over the last decade human trafficking has been on the increase.)

This has resulted in children growing without guidance and strength of character, children learning to survive at whatever cost, children being robbed of their childhood years.

Do not leave your crease – the sacrifices you make today will give eternal and moral dividends. Remember love is not spelt 'money', 'iPad', 'clothes', 'cuss out' or 'friend'. Love is still spelt:



### Publication Committee

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### Ministries Within The Church

#### Leadership

Board of Elders  
Board of Stewards

#### Zion Youth Ministry

Youth Fellowship  
Sunday School  
Girls' Brigade  
ZMC Dancers

#### 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

## Zion's Mother of the Year



Sister Iditha Boncamper

### A Mother's Love

*Your arms were always open when I needed a hug. Your heart understood when I needed a friend. Your gentle eyes were stern when I needed a lesson. Your strength and love has guided me and gave me wings to fly.* **Sarah Halin**

Sis Iditha Boncamper has been selected as Zion's Mother of the Year for 2015. We are certain that Sis Iditha's children would endorse the above words in respect of their mother. She is the mother of three loving children, two daughters, Vincelle and Ycole and a son Richard, who is currently a member of Zion's Multi-media team. The daughters are overseas pursuing tertiary education; Vincelle has completed a first degree in Accounting and is currently in the final stages of the Certified Public Accountant (CPA) programme.

Sis Iditha continues to quietly make a sterling contribution to Zion; she has been a member of the Board of Stewards for approximately fifteen years, performing the role of the church's treasurer. She started serving in this capacity under Reverend Algernon Lewis and has continued until current time under Reverend Joseph. During this period, Sis Iditha also served on the Zion Moravian Pre-school Board.

She effectively balanced the above duties (maternal and church) with her civil service duties in the Accountant General's Department in St Kitts; she is now retired after having given over

thirty years of service in that area.

As a loving mother and having been brought up herself under a religious background, Sis Iditha has encouraged her children to trust in God and to always give thanks whenever they have good news, such as success in examinations. She constantly reminds them of God's Word in 1 Thessalonians 5:18 which states: **In everything give thanks.**

Sis Iditha recognizes the importance of interacting and spending quality time with her children. She indicated that as a parent, she has not been too stern/strict with her children, however they understood 'when **yes** meant **yes** and when **no** meant **no**'.

Her children were encouraged from an early age to attend church and Sunday School on a regular basis. When it was time to be confirmed, Sis Iditha ensured that they attended the confirmation classes. Whereas Vincelle and Richard were sent to confirmation classes at the appropriate age level, Ycole asked to attend confirmation classes at the tender age of ten, was accommodated and fully prepared for confirmation with the other children in that group.

A scripture verse which has guided Sis Iditha through the years, is the passage taken from Proverbs 3:5 and 6, '**Trust in the Lord with all thine heart and lean not on thine own understanding. In all thy ways acknowledge Him, and he shall direct thy path**'.

Sis Iditha's word of advice for Mothers is a quote taken from Maya Angelou, '*Listen to yourself and in that quietude you might hear the Voice of God*'.



Sister Iditha



## Coping with Grief and Loss

### Understanding the Grieving Process

The loss of someone or something you love or care for deeply is very painful. You may experience all kinds of difficult emotions and it may feel like the pain and sadness you're experiencing will never let up. These are normal reactions to a significant loss. But while there is no right or wrong way to grieve, there are healthy ways to cope with the pain that, in time, can renew you and permit you to move on. As some of our Moravian Conference's members have experienced the loss(es) of loved ones during the past three (3) months, I am honoured to share with you in this month's Newsletter a few guidelines which may be used to assist your family members and friends. I invite you to engage in the enlightening facts from a psychological view point.

### What is grief?

Grief is a natural response to loss. It's the emotional suffering you feel when something or someone you love is taken away. The more significant the loss, the more intense will be the grief. You may associate grief with the *death of a loved one; which is our focus for this month's newsletter*—which is often the cause of the most intense type of grief—but any loss can cause grief, including:

- ~ Divorce or relationship breakup
- ~ Losing a job
- ~ A miscarriage
- ~ Death of a pet
- ~ A loved one's serious illness
- ~ Loss of safety after a trauma
- ~ Loss of health
- ~ Loss of financial stability
- ~ Retirement
- ~ Loss of a cherished dream
- ~ Loss of a friendship
- ~ Selling the family home

Grieving is a personal and highly individual experience. How you grieve depends on many factors, including your personality and coping style, your life experience, your faith and the nature of the loss. The grieving process takes time. Healing happens gradually; it can't be forced or hurried—and **there is no "normal" timetable for grieving**. Some people start to feel better in weeks or months. For others, the grieving process is measured in years. Whatever your grief experience, it's important to be patient with yourself and allow the process to naturally unfold.

In 1969, psychiatrist Elisabeth Kübler-Ross introduced what became known as the "five stages of grief." The stages, popularly known by the acronym **DABDA**, include:

**Denial** — "I feel fine."; "This can't be happening, not to me."

**Anger** — "Why me? It's not fair!"; "How can this happen to me?"; "Who is to blame?"

In this stage, the individual recognizes that denial cannot continue.

**Bargaining** — "I'll do anything for a few more years."; "I will give my life savings if..." This stage involves the hope that the

individual can somehow postpone or delay death or change circumstances.

**Depression** — "I'm so sad, why bother with anything?"; "What's the point?"; "I miss my loved one, why go on?" During this stage, the individual may become silent, refuse care, refuse visitors and spend much of the time crying and grieving. It is not recommended to attempt to cheer up an individual who is in this stage. It is an important time for grieving that must be processed.

**Acceptance** — "It's going to be okay."; "I can't fight it, I may as well prepare for it." In this last stage, individuals begin to come to terms with their mortality, or that of a loved one, or other tragic event.

*\*The women are more likely than men to experience all five stages of grief.\**

### Symptoms Someone Is Likely to Experience While Grieving

While loss affects people in different ways, many experience the following symptoms when they're grieving. Just remember that almost anything that you experience in the early stages of grief is normal; including feeling like you're out of character, feeling like you're in a bad dream, or questioning your religious beliefs.

**Shock and disbelief** – Right after a loss, it can be hard to accept what happened. You may feel numb, have trouble believing that the loss really happened, or even deny the truth. If someone you love has died, you may keep expecting him or her to show up, even though you know he or she is gone.

**Sadness** – Profound sadness is probably the most universally experienced symptom of grief. You may have feelings of emptiness, despair, yearning, or deep loneliness. You may also cry a lot or feel emotionally unstable.

**Guilt** – You may regret or feel guilty about things you did or didn't say or do. You may also feel guilty about certain feelings (e.g. feeling relieved when the person died after a long, difficult illness). After a death, you may even feel guilty for not doing something to prevent the death, even if there was nothing more you could have done.

**Anger** – Even if the loss was nobody's fault, you may feel angry and resentful. If you lost a loved one, you may be angry with yourself, God, the doctors, or even the person who died for abandoning you. You may feel the need to blame someone for the injustice that was done to you.

**Fear** – A significant loss can trigger a host of worries and fears. You may feel anxious, helpless, or insecure. You may even have panic attacks. The death of a loved one can trigger fears about your own mortality, of facing life without that person, or the



## Coping with Grief and Loss

responsibilities you now face alone.

**Physical symptoms** – We often think of grief as a strictly emotional process, but grief often involves physical problems, including fatigue, nausea, lowered immunity, weight loss or weight gain, aches and pains, and insomnia.

### How Do You Seek Healing Through The Process? Here Are Two Tips

#### Tip 1: Get Support

The single most important factor in healing from loss is having the support of other people. Even if you aren't comfortable talking about your feelings under normal circumstances, it's important to express them when you're grieving. Sharing your loss makes the burden of grief easier to carry. Wherever the support comes from, accept it and **do not grieve alone**. Connecting to others will help you heal.

**Draw comfort from your faith** – Spiritual activities that are meaningful to you such as praying, meditating, or going to church can offer solace. If you're questioning your faith in the wake of the loss, talk to a clergy member or others in your religious community.

**Turn to friends and family members** – Now is the time to lean on the people who care about you, even if you take pride in being strong and self-sufficient. It is wise to draw loved ones closer, rather than avoiding them, and accept the assistance that's offered. Oftentimes, people want to help but don't know how, so tell them what you need; whether it's a shoulder to cry on or help with funeral arrangements. The family members and friends may not know how to reach out when in the person's presence; it may be expressed in a "fidgety/uneasy manner" which may be a bother or uncomfortable to the person who is grieving at the moment. I suggest not taking it personal if asked to be alone at that moment in time. Simply extend compassion and respect to the person's wishes.

**Talk to a therapist or grief counselor** – If your grief feels like too much to bear, call a mental health professional with experience in grief counseling. An experienced therapist can help you work through intense emotions and overcome obstacles to your grieving.

#### Tip 2: Take Care of Yourself

When you're grieving, it's more important than ever to take care of yourself. The stress of a major loss can quickly deplete your energy and emotional reserves. Looking after your physical and emotional needs will help you get through this difficult time.

**Face your feelings.** You can try to suppress your grief, but you can't avoid it forever. In order to heal, you have to

acknowledge the pain. Trying to avoid feelings of sadness and loss only prolongs the grieving process. Unresolved grief can also lead to complications such as depression, anxiety, substance abuse and health problems.

**Express your feelings in a tangible or creative way.** Write about your loss in a journal. If you've lost a loved one, write a letter saying the things you never got to say; make a scrapbook or photo album celebrating the person's life; or get involved in a cause or organization that was important to him or her.

**Look after your physical health.** The mind and body are connected. When you feel good physically, you'll also feel better emotionally. Combat stress and fatigue by getting enough sleep, eating right, and exercising. Don't use alcohol or drugs to numb the pain of grief or lift your mood artificially.

**Plan ahead for grief "triggers."** Anniversaries, holidays and milestones can re-awaken memories and feelings.

#### When Grief Seems Like It Doesn't Go Away

It's normal to feel sad, numb, or angry following a loss. But as time passes, these emotions should become less intense as you accept the loss and start to move forward. If you aren't feeling better over time, or your grief is getting worse, it may be a sign that your grief has developed into a more serious problem, such as complicated grief or major depression.

If the pain of the loss is so constant and severe that it keeps you from resuming your life, you may be suffering from a condition known as **complicated grief**. Complicated grief is like being stuck in an intense state of mourning. You may have trouble accepting the death long after it has occurred or be so preoccupied with the person who died that it disrupts your daily routine and undermines your other relationships. Usually, when it has reached the stage of complicated grief, it's more likely that you have passed the "healthy grieving timeframe of two (2) years.

#### Symptoms of complicated grief include:

Intense longing and yearning for the deceased

- \* Searching for the person in familiar places
- \* Intrusive thoughts or images of your loved one
- \* Avoiding things that remind you of your loved one
- \* Denial of the death or sense of disbelief
- \* Extreme anger or bitterness over the loss
- \* Imagining that your loved one is alive
- \* Feeling that life is empty or meaningless

#### When to Seek Professional Help for Your Grief

If you recognize any of the above symptoms of complicated grief or clinical depression, talk to a mental health professional right





## Cloud of Witnesses

*This monthly feature is to re-tell the stories of ordained Pastors who served in the Eastern West Indies Province in recent past. It is intended to inform us of the life and witness of these ministers and their spouses so that we can better appreciate the sacrifices they have made. Moreover, it is hoped that both the ordained and un-ordained will be inspired to continue our ministry diligently knowing that our labour will never be in vain in the Lord.*

The following biography of the Reverend Rawle C Belle was submitted by his daughter La Vaughn Belle.



**The Reverend Rawle C Belle** was born in Barbados on 05 January 1935, the first of four children born to Ethelind and Ernest Belle.

Rawle attended Welches Primary School and Barbados Academy and upon graduating from secondary school, taught at the Modern High

School in Barbados. His preferred mode of transportation to work was motorcycle and he often boasted of his prowess as a rider and how handsome he looked on the bike, especially in his Boy Scout Leader's uniform.

Rawle had a great love for the Church from his early youth. He enjoyed teaching Sunday School and singing in the choir and preaching at his Church, Sharon Moravian. He frequently spoke of the tremendous influence his minister the Rev Duncan C Moore had on his Christian formation. It was no surprise when he responded to God's call to the ministry. He enrolled in Union Theological Seminary in Jamaica in 1962 and during his seminary years assisted at several churches around the island. His first assignment when he graduated was on the island of St Kitts where he pastored the Estridge and Bethesda Moravian Churches.

In 1970, he transferred to Tobago and was responsible for the churches at Bethesda, Spring Gardens, and Moriah. At Moriah, he met Claudia Merlin Stewart whom he married in December 1971. In 1974, Rawle was called to serve at the Memorial Moravian Church, St Thomas. He arrived in October with his wife and two young children, Walter, 1 year 6 months, and La Vaughn 5 1/2 months. His last child, Brian, was born in 1976. He served Memorial until June 1979. While at Memorial, he earned a Master of Theology degree from Clarkville School of Theology in 1977. He spent thirteen years in the ministry of the Moravian Church. His love for pastoral care, teaching, preaching, liturgy, and administration enabled him to make a significant contribution

to the Church as a whole.

Due to family concerns, Rawle left the Moravian Church and became a Rector of St John's Episcopal Church in Christiansted, St Croix. He enrolled in Nashotah Theological Seminary and graduated with a Master of Sacred Theology in 1980. He served in the Episcopal Church for another 24 years until failing health caused him to retire in 2005.

### Hymn of the Month April 2015

With the arrival of April, as a Church, we celebrate the joy of the Resurrection of our Lord and Saviour, Jesus Christ. Though Easter as we know it comes once a year, in many ways each Sunday when we gather for worship can be seen as a 'mini' Easter, for as believers the proclamation of the resurrected Christ is central to our faith identity. Christians have long repeated what has been called the memorial acclamation captured in the following words: "Christ has died, Christ is risen, Christ will come again." As we continue then in this Easter season our hymn of the month for April is **And Now O Father Mindful Of Thy Love**. This hymn was written by William Bright in 1874. The tune used for this hymn is **Unde Et Memores** and was arranged by William Henry Monk.

The opening line of this hymn sets the tone for the rest of the hymn. It communicates that there has been some divine revelation that has been received and embraced. With that comes a mega shift of perspectives. There is new knowledge and with this new knowledge there is a new appreciation of the magnitude of Christ's sacrifice on Calvary's cross. But there's more! Because of what we now know, our view of all of life now happens through different lenses. We see just how inadequate even our best efforts are when compared to all that Christ has done for us. In spite of our own shortfalls, we are amazed that God's love for us is in no way lessened.

Furthermore, with what we now know about the nature of God's unconditional love we desire that this same divine knowledge be received by others so that their lives too will be impacted as ours have been. This knowledge of God's love which has radically transformed our lives is reinforced every time we gather at the Lord's Table. And so even as we share in "this food, so awful and so sweet" because of what we now know we have absolutely no desire to remove ourselves from the presence of God.

Thankfully, once we know God's love, it can never be unknown! And now, because of that knowledge, life as we know it can never be the same.



## PEC Reports (Cont'd)

Below are the words and music for the hymn of the month for April 2015:

*And now, O Father, mindful of the love  
That bought us, once for all, on Calvary's Tree,  
And having with us him that pleads above,  
We here present, we here spread forth to thee  
That only Offering perfect in thine eyes,  
The one, true, pure, immortal Sacrifice.*

*Look, Father, look on his anointed face,  
And only look on us as found in him;  
Look not on our misusings of thy grace,  
Our prayer so languid, and our faith so dim:  
For lo, between our sins and their reward  
We set the Passion of thy Son our Lord.*

*And then for those, our dearest and our best,  
By this prevailing Presence we appeal:  
O fold them closer to thy mercy's breast,  
O do thine utmost for their souls' true weal;  
From tainting mischief keep them pure and clear,  
And crown thy gifts with strength to persevere.*

*And so we come: O draw us to thy feet,  
Most patient Savior, who canst love us still;  
And by this food, so awful and so sweet,  
Deliver us from every touch of ill:  
In thine own service make us glad and free,  
And grant us never more to part with thee.*

**1874. William Bright**

### CHAIRMAN ATTENDED JAMAICA SYNOD

The Chairman of PEC was invited by the Moravian Church in Jamaica to attend its 74th Provincial Synod, which was held at Bethlehem Moravian College in St. Elizabeth, Jamaica. The Synod convened on 06 April and concluded on 10 April 2015.

### PEC MEETING

The PEC held its final meeting before the 31st Provincial Synod. The meeting took place in Antigua from 28 to 30 April 2015.

### CONDOLENCES

The PEC expresses condolences to the family of:

- The late **Bro Samuel Nathaniel of the Moravian Church in St. Kitts**. Bro Nathaniel passed into the nearer presence of God on Friday 06 March 2015 at the JNF Hospital in St. Kitts. Bro. Nathaniel served the Moravian Church well. He was a Lay Preacher and Treasurer of the Moravian Church in

St. Kitts for a long time. In addition, he served as a Lay Member on the Provincial Elders Conference (PEC) for a few terms. Our Brother will be missed not only by the Moravian family in St. Kitts, but by the entire Provincial family.

The Funeral Service of the late Samuel Nathaniel was held at the Zion Moravian Church in Basseterre, St. Kitts on Wednesday 18 March 2015 at 3.00 pm. The viewing and tributes started at 1:30 pm.

- The family of the late May Louise King who was born in St. Kitts on 22 February 1919. She was the daughter of Moravian Minister Rev Archibald Theodore King and May Johanna Brow King of St. Croix. The family returned to St. Croix in 1922 following the death of Rev King and resided in Frederiksted. She passed into the nearer presence of God on Wednesday, 18 February 2015, at the Herbert Grigg Home for the aged in Kingshill, St Croix U.S Virgin Islands.

A Memorial service was held at Friedensberg Moravian Church, in Frederiksted, St. Croix on Friday 13 March 2015 at 9:00 am.

Let us remember the families in prayer at this time.

### SPRING GARDENS MORAVIAN CELEBRATES 249 YEARS

The Spring Gardens Moravian Church, Antigua celebrated 249 years of Christian witness in the Antigua Conference.



A service to celebrate the significant milestone was held on Wednesday 01 April 2015 at 6.am

The Service was held at the very spot under the Sandbox tree where the first service was held on 01 April 1756 by Missionary Samuel Isles. This Sandbox tree became the place where the Church gathered for worship for a period of time.



## For Your Calendar May 2015

### Shut-in Communion

Shut-in Communion (**Basseterre to Cayon**) will be held on **Wednesday 26 May and 09 June 2015** commencing at **9:30 am**.

### Church Ministries

**Bible Study** continues on Tuesday at **7:00 pm**. All are invited.

**Youth Fellowship** meets on **Fridays** at **7:15pm**

**Girl's Brigade** meets every **Monday** at **5:00 pm**.

**Junior Choir** meets on **Fridays** at **5:00 pm**.

**The Zion Youth Choir** meets every **Saturday** at **4:30 pm**. Members are asked to take note and to be punctual.

**The Zion Combined Choir** meets every Saturday at 3:00 pm.

### St. Kitts Outreach Centre

**The Moravians** will be responsible for ministering at the **St. Kitts Outreach Centre** from **25 to 29 May 2015**. Members are asked to take note and assist wherever possible.

### Men's Ministry

All men are reminded of Men's Ministry Sunday on **17 May 2015**. Invite another brother to church and let's worship the Lord our God Almighty.

### Book Sale

**Daily Texts** are now available. Large print at \$48.00 and small print at \$40.00. Please support.

There are still copies available of **"Emancipation Come – The Yearnings of a people to be Free"** written by Rev Denise Smith-Lewis, the former Superintendent and Pastor (Bethesda) in the St. Kitts Conference.

### 2014 Emancipation Concert DVD

Copies of the 2014 Emancipation Concert Collector's Item DVD are

available at the church office at a cost of EC\$40. However, you are welcome to give a love offering of \$50. Persons purchasing three (3) or more copies will be entitled to a special price of \$30 each.

### Missionary

In an effort to raise funds for Missions, the Joint Board presents **Colour Offerings for Missions**. We will collect a special Offering the last Sunday of each month:

**24 May** – Green Offering (\$5.00 - all working adults and \$1.00 - children and young people not working)

**28 June** – Blue Offering (\$10.00 - all working adults and \$1.00 - children and young people not working)

**26 July** – Purple Offering (\$20.00 - all working adults and \$1.00 - children and young people not working)

**3 August** – Orange Offering (\$50.00 - all working adults and \$1.00 - children and young people not working)

**20 September** – Green Offering (\$5.00 - all working adults and \$1.00 - children and young people not working)

**25 October** – Blue Offering (\$10.00 - all working adults and \$1.00 - children and young people not working)

**29 November** – Purple Offering (\$20.00 - all working adults and \$1.00 - children and young people not working)

All Groups are encouraged to plan fund raising activities during this period to ensure the success of our Missionary period as we seek to "Advance the Kingdom".

### Women's Fellowship

The Women's Fellowship will be having a session on Tuesday 5 May at 5:30pm. The session will be on Property Ownership. The presenter is Mr. Tapley Seaton QC. All are invited.

## Welcome Bro Kevin St. Hill

2<sup>nd</sup> Year Moravian Student of The United Theological College of the West Indies (UTCWI).

My Brothers and Sisters, I greet you in the name of our Chief Elder, Jesus Christ. Is it Christ whom I testify, spoke to me while I was engaged in an act of worship, that was held at a Provincial Youth Camp in St Kitts in 2007. I felt a strong compulsion to serve God and God's people in the Pastorate. I cannot classify it as a want, but a need, for indeed I didn't want to pursue that path for myself. So I sought my own goals in life, only to see life confront me with un-appreciation and utter apathy. Amidst this rejection, the Holy Spirit continually called out to me and I was emboldened by it to submit to that call. And though it has not been an easy journey, it has been one paved in the conviction that I can do it through Christ who strengthens me!



*Brother Kevin St. Hill*

My experiences at the UTCWI have tested those convictions and the challenges are very real, they plague me both internally and externally. The challenges though daunting are a healthy reminder that I cannot do it alone and so I am continually 'brought to my knees'; which thankfully is the perfect position to pray and reaffirm my surrender to God and service to God's people. I have been taught to approach Pastoral formation with an open mind and to learn everything I can. I deeply thank those who would have instilled those precepts in me because they have facilitated my growth. I continue to look forward to what God is doing in our Church and to witness the execution of the vision that we have been endowed with by the Holy Spirit. May God continue to richly bless you!

**This article was submitted by Brother Kevin St. Hill who will be attached to the St Kitts Conference for his 2015 Summer Assignment.**





## How Much Do You Actually Know About Blood Donation?

### Introduction:

Blood donation is the process of extracting 450mL of whole blood (red and white blood cells, platelets and plasma) from a healthy person, for the purposes of giving blood and blood products to a patient who is in need.

As a Medical Technologist prepares to complete this task, there are many areas to be assessed before removing this unit of blood. The blood donation process includes:

- Determining the donor's blood level and blood group/blood type;
- Determining via interview or questionnaire, if the donor is healthy enough and fits the criteria to donate;
- Acquiring the patient's legal consent for extracting and testing blood; and
- Drawing the unit and samples required for testing.

### Blood types:

Before delving into the blood donation process, permit me to ensure that everyone is fully educated on the eight (8) major blood groups and exactly who can give and receive what types.

Blood Type	You can give blood to	You may receive blood from
A +	A +, AB +	A +, A -, O +, O -
A -	A +, A -, AB +, AB -	A -, O -
B +	B +, AB +	B +, B -, O +, O -
B -	B +, B -, AB +, AB -	B -, O -
AB +	AB +	All blood types
AB -	AB +, AB -	AB -, A -, B -, O -
O +	O +, A +, B +, AB +	O +, O -
O -	All blood types	O -

Here is a helpful chart that provides this information:

As depicted by the above table, the universal recipient (the person who can receive from any blood type) is AB positive and the universal donor (the person who can donate to any blood type) is O negative. However, both blood types are very rare, 4% in blacks, as determined by the American Red Cross. The most popular blood type donated would be O positive (47% blacks).

### Types of donors:

There are mainly two types of donors: voluntary donors and donors who are asked to donate for family or friends. Generally, medical technologists prefer the voluntary donors, as they tend to be the healthier set. When asked to donate for a family member or friend, the donors are generally not prepared and might have smoked, drank alcohol or even be on medication. Those donors might not know the process and therefore most likely would not fit the criteria established. It is our goal at the JNF General

Hospital to achieve at least 30% voluntary donation. **We are trying to meet that ideal target and solicit your assistance in this area.**

### Blood Type and Level:

When donating blood, the medical technologist would first determine the donor's blood group and blood level. It is imperative that the donor understands that if donating for a specific patient, although it would be helpful if the donor knows the patient's blood type, it is NOT necessary. The blood being taken from that donor is merely a replacement and not necessarily given to that particular patient. Once the blood is taken, it is coded and therefore it would be difficult for the technologist to determine what unit was taken for which patient. Also processing of the unit takes approximately one week, by which time the patient would have already needed the unit requested.

For the purposes of donating blood, the blood level must be over a certain level (36% for females, 39% for males). This is to ensure that after the blood is drawn, the donor will not become anaemic (i.e. have low levels of blood).

### Questionnaire:

After verifying that the donor's blood type is needed and the blood level is sufficient, the donor is carried into a secluded room where vitals (blood pressure, pulse, temperature, weight) are taken and a number of questions are asked. Some questions are geared towards keeping the donor well and some are to protect the patient receiving the blood. They are as follows:

#### Questions to safeguard donors':

- ~ Have you eaten for the day?
- ~ Are you hypertensive/diabetic?
- ~ Do you have any other chronic or acute medical conditions such as sickle cell anaemia, heart problems, liver diseases etc.?
- ~ Are you pregnant?

#### Questions to safeguard the patient:

- ~ Are you currently on medication?
- ~ Have you ever tested positive for sexually transmitted diseases?
- ~ Do you participate in illegal drug use?
- ~ Have you recently travelled to a malaria endemic country?
- ~ Have you been to jail in the past year?
- ~ Have you had a tattoo or piercings in the past year?
- ~ Do you participate in high-risk sexual activity such as sex with more than one partner without a condom, prostitutes, homosexuals or bi-sexuals?

The most commonly asked questions by the prospective donor are: what is the purpose of asking about going to jail and recent tattoo and piercings. Firstly, whilst in jail, men may participate in sexual acts (whether consensual or not). This being a taboo topic,





## How Much Do You Actually Know About Blood Donation? (Cont'd)

the donors may not admit that they have, therefore placing them in the at risk group for HIV and other STDs. With regard to the tattoo and piercings, the donor may have been infected with a used needle and therefore they are exempted for a year due to the window period in which they may not be detected.

After the donor is questioned to the satisfaction of the medical technologist, the donor is told that the blood drawn will be tested for HIV 1&2, Hepatitis B and C, HTLV 1&2 (a virus similar to HIV which attacks the T-lymphocytes) and Syphilis. The donor then has to give written consent of this process along with the technologist (for confidentiality); it's like a contract. If any results return positive, the donor is notified to see the doctor whose name has been provided by the donor on the questionnaire and the laboratory will also notify the doctor.

### Blood Drawing Process:

The blood drawing process lasts about 5-10 minutes depending on the flow of blood. It is the medical technologist's duty to ensure that the donor is conscious and as comfortable as possible. If at anytime the donor asks to stop the process, feels discomfort, or is in pain, the blood drawing process ceases. The donor bag is labeled with the blood group, collection date and expiration date, along with a number assigned to the unit. It is at this time that the samples for testing are also drawn. At the end of the process, the donor is asked to abstain from heavy lifting for the remainder of the day and drink lots of water to help build back up lost fluid.

### Uses:

Blood consists of fluid and cells. The fluid includes plasma; the cells comprise the red and white cells and platelets (remnants of other cells).

The blood donated has multiple uses and one unit can go a long way. That unit can be separated into Packed Cells, Plasma, or even Platelets.

### Some Uses of Packed Cells:

- For pregnant patients who have lost a

lot of blood via delivery or caesarean section;

- Accident victims who have lost a considerable amount of blood;
- Gunshot wound victims who are actively and profusely bleeding;
- Patients undergoing major surgeries, such as hysterectomies or amputations;
- Patients with chronic diseases which may cause gradual blood loss, such as End Stage Renal failure or various cancers (e.g. colon); and
- Internal bleeding patients.

### Some uses of Plasma:

- Patients who have lost a lot of fluid and nutrients due to an open wound bleed (the plasma is used along with Packed Cells); and
- Patients with clotting factor deficiencies.

### Some uses for Platelets:

- Patients with viruses that decrease the platelet count (Leptospirosis, dengue etc.); and
- Patients with genetic platelet deficiencies.

As mentioned above, one unit of blood has multiple uses; for example, the anaemic patient could benefit from the packed cells, the patient with clotting problems receives the fresh plasma or a patient with extremely low platelets becomes the recipient of the platelets. Of course, every product has its expiry date. Whole blood or packed cells expire in 35 days. Plasma, which is separated and taken off within 24 hours, is frozen and lasts one year. Platelets must be separated immediately and lasts one day.

As previously mentioned, it takes approximately one week to complete all testing on the unit before it is ready for use. If for any reason a unit is positive for any of the tests, the unit is immediately discarded.

### Myths:

There are a few myths surrounding blood donation which all technologists would

love to get the rid of. Here are a few:

**Women cannot donate:** All genders can donate, as long as the person is over the age of 18 and under 70 years of age. 16 years olds can donate once the parent or guardian of that child provides written consent. It is advised that if the female donor is currently on her menstrual cycle or 'seeing her period', she may return at a later date due to the amount of blood loss, leaving the donor a bit lethargic.

**Donors with tattoos and piercings cannot donate.** Once the patient has passed the one year mark of receiving the tattoo or piercing/s the donor is indeed welcomed.

**Blood donation is extremely painful:** The medical technologists at the Joseph N France General Hospital try to make this process as painless as possible and try to make the donor as comfortable and at peace as possible.

### Conclusion:

Once a donor has donated, he/she is encouraged to return as a volunteer donor within the next 3 months (within this time the blood lost would have had sufficient time to build back up). This allows not only the blood bank to keep a healthy stock of blood to be used on demand, but also it serves as a free health check for the donor.

**With this being said, everyone reading, who fits the criteria is encouraged to become volunteer donors. The Blood Bank's hours are from 8:30 am to 1:30 pm Monday to Friday and there are also blood drives throughout the year, which are advertised on radio. So listen out for our next blood drive in June and don't hesitate to play your part in saving a life.**

*Contributed by Sis Sasskya Archibald*  
Medical Technologist  
Joseph N France General Hospital  
Buckley's Site  
St Kitts



## 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, Urlie De Silva, Dorette Rawlins and Gloria Thompson and Brothers Dawud Byron, Ernest Christopher and Earl Brotherson (St. Kitts).

## Sweet Hour of Prayer

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



**Sisters** Connie Smith, Nora Godwin, Winifred Phipps, Brenda Manners, Mavis Deosaw (Overseas) and Abdelita Glasford (Barbados).

**Brothers** Vernon Connor 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  
Bro Withley Williams  
Bro Zaavan Hobson  
Bro Dujon DeSuza  
Bro Glassil DeSilva  
Sis Vicky Liburd  
Sis Tonya Watts  
Sis Akila Moore  
Bro Christin Scarborough

### CANADA

Bro Alester Thomas  
Bro Hasani Lapsey

### ST THOMAS, USVI

Sis Nadia Francis

### UNITED KINGDOM

Sis Giovanna Matthew-Mattenet

### BRUSSELS, BELGIUM

Sis Asha DeSuza

### TAIWAN

Bro Lindbergh Belle

### JAMAICA

Bro Kyle Bradshaw  
Sis Avicia Sweeney

### SINT EUSTATIUS

Bro Mervin Hook Jr



## Celebration Corner



1st - Sis Jillian Musgrave-Archibald, 4th - Bro James Thompson, 5th - Bro. Oliver Glasford, 6th - Sis Marilyn Claxton, Sis Londre Bass, Sis Petula Clarke, Bro Cecil Francis, Sis Marilyn Cotton, 7th - Lanelle Sargeant (USA), 9th - Bro Vernon Connor, 10th - Bro Carl Greaux, Bro Wilmoth Roberts, Sis Sasskya Archibald, 11th - Bro Jon-Lewin Watson, Sis Sharaine Mc Sheen, 12th - Sis Sylvia Benjamin, Sis Donna De Silva, 15th - Sis Kilene Belgrove-Richardson, Sis Domina Christmas-Brisport, 16th - Sis Xianise Comrie, 12th - Sis Tamara (Tammy) Liburd, Sis Donna DeSilva, Sis Sylvia Benjamin, 20th - Sis Christel Joseph, 21st - Sis Sylvia Samuel, Bro Shevaun Williams and Bro Le Quan DeSuza, 22nd - Bro Johneal Harvey, 25th - Bro Malcolm Sargeant (USA), 27th - Bro Mervin Phillip, 29th - Sis Amalyn Okyere Sargeant (USA) and Sis Darcel Warner



### May Wedding Anniversary Celebrants

Bro Sidney & Sis Pamela Osborne ..... 02 May  
Bro Michael & Sis Gail James ..... 09 May  
Bro Ben & Sis Telca Francis ..... 25 May



## Zion's Family Month 2015 Activities

Zion's Family Month 2015 commences on 10 May 2015 (Mother's Day) and concludes on 28 June 2015.

The Theme for this year is **"Empowering Families for the Advancement of God's Kingdom"**.

Empower through:

- ⇒ Health
- ⇒ Wealth
- ⇒ Fellowship
- ⇒ Relationship

10 May	Honouring the Women in Our Lives	Zion	9:30 am
17 May	Go for the Guys Sunday	Zion	9:30 am
24 May	Caring for our Elderly Parents	Zion	9:30 am
28 May	Fire Proof (Movie Night for Couples)	Zion	7:00 pm
31 May	Family in the Word (Exchange of Pulpit)	Zion	9:30 am
07 June	Families in Worship	Zion	9:30 am
14 June	Youth Arise: Rewrite, Rewire, Rebrand, Revolution	Zion	9:30 am
19 June	Why Did I Get Married (Marriage Seminar)		7:00 pm
21 June	Honouring the Men in Our Lives	Zion	9:30 am
26 June	Health Walk (Zion to Frigate Bay)		6:00 pm
27 June	Fun Day (Sponsored by the Youths)	Zion	11:00 am – 5:00 pm
28 June	Family, Fun, Food & Fellowship Sunday Frigate Bay Lawn (T-shirt & Jeans)		10:00 am

## 600th Anniversary of Martyrdom of Jan Hus Celebration

**Moravian Church (St. Kitts) Conference  
600<sup>th</sup> Anniversary of the  
Martyrdom of Jan Hus Celebration**

Sunday 05 July

Divine Worship & Fellowship Lunch  
Zion Moravian Church @ 9:30 am

**Monday 29 June 2015 to Sunday 05 July 2015**

**Excerpt from PEC's Information Newsletter**

06 July 2015 will mark the 600th Anniversary of the Martyrdom of Jan Hus. In keeping with the historical significance of this celebration which will be observed throughout the Moravian Unity, the PEC proposes that the EWI Province participate in celebrating the legacy and memory of John Hus.

Monday 29 June Opening of the Moravian Village and Cocktails @ Zion Moravian Church (A White Affair) from 7:30 to 9:00 pm

The PEC proposes the following:

- ◆ Date of celebration - Sunday 05 July 2015
- ◆ Proposed theme - "Courage to Stand"
- ◆ Celebration format - Conference Combined Worship Service

Tuesday 30 June Our Stories (The Moravian History) @7:30 pm

Wednesday 01 July Evening of Praise @ 7:30 pm

Worship and Music Resources:

- ◆ 600th Anniversary Hymn
- ◆ Introit and Anthem
- ◆ Special Anniversary Litany and suggested hymns
- ◆ A short (10 minutes) dramatic presentation by the youth

Saturday 04 July Motorcade – Trinity travelling to Parsons @ 10:00 am.  
Open Air Service (Parsons Village)





## Youth Connection

### Show Your Love

*Listen, my son, to your father's instruction and do not forsake your mother's teaching. Proverbs 1:8 (NIV)*

I am sure that all of you know when it is Mother's Day. Are you going to give your mother a card or a present for Mother's Day? One Mother's Day card I read said, "Mom, I love you!" Do you think your mother likes to hear you tell her that you love her? Of course she does! But do you know what your mother would like even more? She would like for you to show her that you love her.

What are some ways you can show your mother that you love her? Well, you might help out around the house or wash the dishes. You could clean your room or empty the trash. You could show her that you love her by obeying her when she tells you to do something. You can show her you love her by getting along with your brothers and sisters. It is easy to tell your mom that you love her, but if you really love her, your actions will show it!

Do you think that God likes to hear us tell Him that we love Him? Yes! I know He does. However, He likes it even better when our actions show Him that we love Him. How do we do

that? The Bible tells us that, "God showed His love for us by sending His one and only Son so that we might live through Him." It goes on to say that, "since God loved us so much, we ought to love one another". One of the best ways to show our love for God is to love one another. Yes, God likes to hear us say, "I love you", but then again, He would rather see us say, "I love you".

As we celebrate Mother's Day, let us tell Mom that we love her, but more important, let us remember to show her that we love her. And as we worship today, let us tell God we love Him, but more important, let us remember to show Him we love Him by loving one another.

*Dear Lord, we have come to your house today to say, "I love you". Help us to go out of here today and show you that we love you by our actions. Amen.*

~ Adopted from [sermons4kids.com](http://sermons4kids.com)



# Mother's Day Word Search

I love you,  
Mother!



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





# Mother's Day Poetry

## Mother

You smiled when you first heard me cry  
 And gazed upon my face  
 With such awe and joy  
 radiating from your whole being.

You made me laugh when I wanted to cry,  
 You felt my sadness and my joy.  
 You protected and provided for me.

Your words lift me up and propel me forward.  
 Your hands cradle my face so gently as you  
 wiped away my tears and soothe my fears.

You are the first to love me,  
 And love me you did even while  
 Correcting me.  
 God knew what He was doing when he made you.

He made you gentle yet firm enough,  
 He fashioned and molded  
 You from cloth with thread so woven  
 They aren't easily broken when life's  
 Obstacles come your way.

You're the guardian at the door  
 When the enemy tries to tempt and steal me away.  
 Down on your knees you wage war for me.  
 Mother... That's who you are.

You're my cheerleader and confidant.  
 There is no other like you.  
 Mothers come in different shapes and  
 Sizes all wrapped up in love.

The love you give to me and those around you.  
 And so I take this time to wish you a .....

## HAPPY MOTHER'S DAY

Written by  
**Ms. C. Seaton**



Submission from the Mother's Day Poetry Competition  
 6-12 year category:

### MOTHERS

Mothers' hands touch in love  
 Mothers watch from above  
 Their hands will always be there  
 To wrap you in their tender loving care

You correct me when I am wrong  
 You make my heart feel so strong  
 I know that your love is true  
 That's why my mother will always be  
 You.

Written by:  
**Lajuwon Seaton**



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

**Sis Rita Adams and Family** on the passing of:

**Mrs Mildred Parris of England**  
 (Sister)

The Word in Isaiah 43:2 says *“When you pass through the waters, He will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.”*

May the Lord grant you His eace in these trying times.



## Stewardship

**Stewardship is intimately worshipful (1 Chronicles 29:11 - 16).**

- It is about giving God that which we deeply value – just as we offer God our praise and adoration.
- It is about commitment and re-surrender!

**Stewardship is inextricably connected to our relationship with God and God’s people (Matthew 28:19 - 20).**

- Our resources of time, talent, temple, and treasure follow our relationships
- In the local church, it is always about people, relationships, and making disciples.
- All ministry takes place in the context of relationships.

**Stewardship demands accountability (Matthew 25:14 - 30).**

- The parable of the talents – we will give an account.
- ROI – are you seeing measurable results?

**Stewardship is transformational (Matthew 6:21).**

- The heart of giving and stewardship is ultimately a matter of the heart.
- Giving and generosity not only changes us, it changes what we give to.

**Stewardship is God’s business plan for funding the ministries of the church (Matthew 6:33).**

- He has already given to the church everything that is needed to accomplish what he wants accomplished. God is not cheap or forgetful.
- It’s never about available resources; it is always about trust and obedience to release the needed resources!



## From the Pastor’s Desk

- Spare not the rod and spoil the child
- Spend time with my children
- Talk with my children
- Challenge my children
- Pray for and with my children
- Listen to my children
- Parent my children

To all children reading this article, ask God to help you overcome the spirit of entitlement (if you are saddled with it). Love and appreciate the strong women in your life – they won’t always be there.

How do you love? Show respect, live their teachings, show appreciation, cherish the sacred moments. So when Mummy wants to talk, put away the cell phone – WhatsApp and Facebook can wait.

Pray for these strong women.

So when I count my blessing I count my mother twice.

Let me take this opportunity on behalf of the leadership and membership of this historical congregation to wish all of the strong women in Zion and our general reading public a Happy Mother’s Day. In particular, profound greetings to the Voice of Zion selected Mother of the Year – Sister Iditha Boncamper, or Sis B (as I call her), for your hard work and dedication. I salute you: the hours that you invest behind the scenes may not be seen by many, but let me assure you that they are recorded in Heaven’s time sheet.

Be blessed and covered and remember that when counting your blessings count your mother twice.







## Instrument of Peace

## You Raised Me Up

*“No gift to your mother can ever equal her gift to you—life.”*

Author Unknown

Many times we take a Mother’s gift of life for granted. We take for granted the waves of pain and discomfort her body must have endured to give us life. We take for granted her many sleepless nights when her thoughts raced like a speeding train about the well-being of her child/children. The list continues—so many things that probably got left undone because the safety and security of the developing foetus was her number one priority. Added to this, once the baby is born the mother’s fears and concerns catapult into a sea of mixed emotions that last for a lifetime.

When I became a mother, I certainly began to understand and fully experience a different kind of love—an unconditional love for my child. Hearing your toddler say the word “Mommy” for the first time is probably one of the most emotional experiences for any new mother. Here was a little human being who relied on me for almost everything. It was a new kind of love. A fresh kind of love! This was a love which mothers share and speak about all of the time. Finally, here was a genuine gift that brought me so much joy, peace and love in one package.

Meanwhile, this new love also made me fully aware of the many sacrifices that my own mother must have made to make my life and that of my siblings a comfortable, happy and memorable one. More than ever, I could always find myself reminiscing on my own childhood experiences and been extremely grateful for all that my mother had done for me. My mother took her role seriously—albeit, too seriously some of the times. I got my ‘fair share’ of correction in different forms. I still marvel at our afternoon ritual at the dining table completing our Homework and having to re-do them sometimes according to her guidelines. In all of it, I am ever thankful for her love and Godly instruction and everything she has done and continues to do to ensure that we live a full and enriched life.

In closing, I take this opportunity to thank all of our Zion Mothers for their important and respective roles. Mothers, words are insufficient to express how we truly feel about your invaluable contributions to the social welfare of your loved ones and your community. We salute you! We dedicate the following song as our feature. **Happy Mother’s Day in advance!**

**You Raise Me Up**  
~by Josh Groban

*When I am down and, oh, my soul, so weary;  
When troubles come and my heart burdened be;  
Then I am still and wait here in the silence,  
Until you come and sit awhile with me.*

*(Repeat twice)*

*You raise me up, so I can stand on mountains;  
You raise me up to walk on stormy seas;  
I am strong when I am on your shoulders;  
You raise me up to more than I can be.*

*There is no life - no life without its hunger;  
Each restless heart beats so imperfectly;  
But when you come and I am filled with wonder,  
Sometimes, I think I glimpse eternity.*

*(Repeat twice)*

*You raise me up, so I can stand on mountains;  
You raise me up to walk on stormy seas;  
I am strong when I am on your shoulders;  
You raise me up to more than I can be.*

*You raise me up to more than I can be.*

~ Contributed by a VOZ Committee Member

### Moravian Daily Text

#### Fifth Sunday of Easter

**Watchword for the Week** — Jesus says, “Abide in me as I abide in you. Just as the branch cannot bear fruit by itself unless it abides in the vine, neither can you unless you abide in me.” **John 15:4**

**Sunday, 03 May** — Acts 8:26–40; Psalm 22:25–31; 1 John 4:7–21; John 15:1–8

“Whoever is kind to the needy honours God.” **Proverbs 14:31 (NIV)**

“If a brother or sister is naked and lacks daily food, and one of you says to them, “Go in peace; keep warm and eat your fill,” and yet you do not supply their bodily needs, what is the good of that? So faith by itself, if it has no works, is dead. **James 2:15–17**

*O loving Creator, we recognize that you are our Provider. We give thanks to you every day. Let us share your blessings with others in need, in the name of Jesus. Amen.*



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



**Coping with Grief (Cont'd)**

away. Left untreated, complicated grief and depression can lead to significant emotional damage, life-threatening health problems, and even suicide. But treatment can help you get better. Contact a grief counselor or professional therapist if you:

- \* Feel like life isn't worth living;
- \* wish you had died with your loved one;
- \* blame yourself for the loss or for failing to prevent it;
- \* feel numb and disconnected from others for more than a few weeks;
- \* are having difficulty trusting others since your loss;
- \* are unable to perform your normal daily activities.

May this article be a blessing to your grieving process to all the members of the Moravian Conference who have lost someone dear to their hearts. We serve a God who comforts us during such a time of mourning and is able to bring us through at the end of the tunnel that has been so dark and gloomy. Look to His bright and morning star that shines within us each morning as we are presented with His gift of LIFE! It is because He loves us with an everlasting love and not even death shall separate us from His tender loving hands. Be encouraged! Be brave! Be strong!

*Contributed by Sis Gallio Gumbs, supported by extracts from 'What is grief -- University of Illinois Counseling Center'.*

**Sunday 3rd May 2015  
(5th Sunday of Easter)**

**Pastor & Celebrant: Rev Hilton J Joseph \* Worship Leader: Sister Delyth Christmas  
ORDER OF SERVICE**

Pre-service Songs  
 Call to Worship..... Psalm 24  
 Hymns of Invocation  
 #236..... *Come, We That Love The Lord*  
 Isaac Watts  
 #186..... *Blessed Assurance*  
 Frances van Alstyne  
 #192 ..... *I Will Sing the Wondrous Story*  
 Francis H Rowley

Prayer of Approach  
 Prayer Response ..... *Available to You*  
 Rev Milton Brunson

Welcome

**Ministry of the Word**

Song..... *Wonderful Words of Life*  
 Philip P Bliss

OT Lesson ..... Psalm 22:25-31 ..... Sis Rahmona Casey  
 NT Lesson ..... John 15:1-8 ..... Bro Alphonso Bridgewater  
 Sermonic Song..... *Ancient Words*  
 Michael W Smith

**Proclamation: Retelling and Reinterpreting Good News .....**  
**..... Rev Hilton J Joseph**  
 Altar Encounter

**Worship in Giving**  
*Tithes & Offering, Missionary, Youth Bottle,  
 Free Will Offering, Voice of Zion, Windows Project*

Worship Text: "Give and it shall be given unto you" **Luke 6:38a**  
 Song ..... *Bringing in the Sheaves*  
 George A Minor

Prayer of Dedication  
 Birthday/Anniversaries Celebration  
 Church Concerns

**Preparation for the Sacrament of Holy Communion**

Hymn #544 ..... *Jesus to Thy Table Led*  
 Robert H. Baynes

**The Sacrament of Holy Communion**

The Invitation  
 Prayer  
 Hymn #536 ..... *According to Thy Gracious Word*  
 1st Eucharistic Prayer  
**Distribution of Bread**  
 Hymn #198 ..... *Heal Us, Immanuel*  
 Hymn #200 ..... *Just As I Am*  
 Hymn #209 ..... *And Can It Be*  
 2nd Eucharistic Prayer  
**Distribution of Wine**  
 Hymn #215 ..... *Hushed was the Evening Hymn*  
 Hymn # 219 ..... *Take My Life and Let It Be*  
 Hymn #330 ..... *Rock of Ages*  
 Prayer of Thanksgiving  
 Covenant Hymn # 420 ..... *What Brought us Together*  
 The Blessing