



Quarterly Newsletter of the General Assembly of the Church of God in Trinidad and Tobago

We give God an abundance of Praise and Thanksgiving for His mercies towards us; and join with the Song Writer as he declared:

"Great is Thy Faithfulness, Oh God my Father, there is no shadow of turning with Thee. Thou changest not, Thy compassions they fade not, as Thou hast been, Thou forever will be"

There are some moments in life that will forever be engraved on the hearts and minds of those who walked the earth during that time. The year 2020 has proven to be such an era; as we have experienced, and continue to experience, the effects of the COVID-19 Pandemic.

The year to-date has changed the lives of many persons globally, as they endure the effects of the virus: losing loved ones, friends and neighbours to this dreadful plague.

In the midst of this, we witness the hurt, pain, and anger being expressed over the racial tensions that exist across the globe.

As children of God, we are called to pray; to pray that the love of God would reign supreme in the hearts of men, women and children everywhere.

It is our duty, to ensure that we live our lives in fulfilment of God's Word, God's Purpose, God's Desire for His Chosen Generation.

We must walk in a way pleasing to God, putting aside any thought, any word, any action that is not in keeping with God's Plan.

The Word of God reminds us:

But ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should shew forth the praises of Him who hath called you out of darkness into His Marvellous Light.

- 1 Peter 2: 9

"If my people, which are called by My Name, shall humble themselves, and pray, and seek My Face, and turn from their wicked ways; then will I hear from Heaven, and will forgive their sin, and will heal their land".

Brothers and Sisters, the world is in need of God's healing; and it can come through our prayers... but it calls for us to align our ways to the ways of God.

We are all encouraged to present ourselves daily before the Lord, to invite Him to search our hearts, to cleanse our ways; as we seek to guide souls to our Lord and Saviour. It is not His Will that any should perish, but that all would come to eternal life. Let us be diligent in doing our part... *"May He finds us in our place, when our King shall call for us."*

"Be ye therefore perfect, even as your Father which is in Heaven is perfect"

- Matthew 5: 48

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Chairman's Words of Inspiration

Rev. Alister Bhola

Service in the Lord's Church is a high and glorious blessing. Through service, Christians give praise to God, and help to further the Kingdom. Service in the Church allows Believers to make use of their time, talents and treasure.

The Church of God has always been blessed by those who willingly give of themselves for the sake of the Gospel. Without their faithful service, the Mission and Ministry of the Church would suffer.

They have as their model and guide the Saviour who said: "The Son of Man did not come to be served, but to serve, and to give His life as a ransom for many." ~ (Matt. 20:28). This is a model of service that Christ has given to all Believers.

These are difficult times in which to do ministry. This is nothing new. The Christian Church through the ages has always ministered during difficult times. The Church on earth will always face challenges. It can only find its strength in the Lord of the Church. He has given the Church this everlasting promise: "I am with you always." ~ (Matt. 28:20).

The Holy Spirit empowers the Saints, and equips them for service. He bestows gifts upon the Saints so that they can carry out works of service.

There are many great challenges that face the Church of God in these days. These are difficult economic times which limit how the Church carries out Ministry. There are Congregations that have seen declines in Membership and in financial resources. Many Congregations have been forced to cut back on Ministry. There are many Congregations that are in need of Pastoral Leadership.

There is a Word of Scripture that had always strengthened me during my years of active service. These words are from Paul's first letter to the Corinthians. This verse reads as follows:

"Therefore, my beloved brothers, be steadfast, immovable, always abounding in the work of the Lord, knowing that in the Lord, your labour is not in vain." (1 Cor. 15:58)

Those who render service are urged to be faithful, because there are many challenges that come with service. Some of the challenges come from Fellow-Members who either do not serve, or might find fault with the Christian worker's service. Those who render service, are called to remain faithful in their service. As they serve, may they always keep their eyes fixed on the One whom they serve - Jesus Christ. He will make their service a blessing to the Church.

The text concludes with these words: "Knowing that your labour in the Lord is not in vain." All that Believers do for Christ is a blessing, and gives praise to Him. There is no lack of work within the Kingdom. All the Saints need to be about service. The Holy Spirit has granted gifts to all Believers to use in service. There is much to do; there are many people in need of the Gospel.

Dear Saints, never grow weary, keep active in service, and know that your labours are a blessing to the Lord and to His Church.

Did You Know...?

To the extent a Church can have a human founder, that distinction belongs to Daniel Sydney Warner, born in Ohio in 1842. He was a Civil War Veteran, who entered the Ministry of the Churches of God in North America.

Though successful, he was troubled by the concepts of human organization and membership. On October 1, 1881, he separated from the Church to become united with God alone. Five (5) others persons shared his vision, and the Church of God was born.

THE CHURCH OF GOD IN TRINIDAD AND TOBAGO

- 1906: Arrival of Bro. & Sis. George Pye from the U.S.A. The work of the Church started in Woodbrook.
- 1908: A few converts left Trinidad and embarked on a Missionary effort in Colm, Panama.
- 1912: The Church is established in Princes Town; Worship Services began in Siparia; The Church is established in Poole; The first full-time native Pastor Edward Cumberbatch.
- 1913: Ordination of the first native Pastor Edward Cumberbatch.
- 1914: A chapel completed in Princes Town.
- 1918: Worship Services held on Coffee Street, San Fernando.
- 1918: Work began in Sisters Road.
- 1919: Sis. Rowena Skeritt constructed a place of Worship in Carapichaima; later she established a Church in Chaguanas.
- 1921: Meetings held at Burnett Street, Tobago.
- 1922: Work commenced in Logwood Park, Tobago; Work started at Lambeau, Tobago; The first Camp Meeting was held in Port of Spain - delegates came from all over the island; they travelled by bicycles, buses and train...

WEBSITE - www.gacogtt.org

The website of the General Assembly of the Church of God in Trinidad and Tobago, was launched in January, 2020.

It is our hope that this website, will aid in accomplishing a number of things; including but not limited to:

- ◆ Present a medium for Members and Site Visitors to become knowledgeable about the Church of God Movement in Trinidad and Tobago (*it's history, activities, and plans for the future*);
- ◆ Provide details of the activities of the Church of God at a National and Local Level; thereby allowing for more support among Churches at our Main Events.
- ◆ Establish a database of our Membership (locally and in diaspora), whereby we are able to develop a skills-bank; supporting each other in business, and prayerfully supporting one another in our aspirations in life.

Remember to visit our website:

- 1) subscribe to receive our Quarterly Newsletter, updates, and other correspondence;
- 2) do not forget to download the Data-Capture Form, complete and return it via email at gacogtt@gmail.com

(to be continued.... Volume 2 - September, 2020)

UNITED IN PRAYER

- for Health & Strength:

- ♦ Rev. David Brathwaite
- ♦ Rev. Rollin Bacchus
- ♦ Rev. Gordon Luke
- ♦ Rev. Frankie Drakes

- for comfort and strength: (passing of a loved one)

- ♦ Sis. Thomas and Family (*San Fernando*)
- ♦ Sis. Peggy Baptiste and Family (*Arima*)
- ♦ Bro. Selwyn Trim and Family (*Port of Spain*)
- ♦ Sis. Molly Polson and Family (*Mt. St. George*)

- ♦ For each other, and our Brothers & Sisters in Diaspora during this COVID -19 Pandemic;
- ♦ For love, wisdom, and understand to saturate the heart and guide the life of men;
- ♦ For unity and love within God's Household of Faith, as we seek to accomplish God's purpose in our lives;
- ♦ That we may all prosper and be in health; even as our souls prosper;
- ♦ For our Leaders: that they will be covered by the Blood; and their steps always ordered by God.



Gone ... Not Forgotten:

- ♦ Rev. Albee Mascall: blessed our hearts with his euphonious voice - sang for us at our National Convention in 2019; but will pass on suddenly on 12th December, 2019.
- ♦ Brother Norris Alleyne (*Mt. St. George*): one of the most melodious male voices within the Church of God; slipped away so quietly on 21st December, 2019.
- ♦ Brother Andrew Thomas (*San Fernando*): one of our Church of God Patriarchs; who departed this life on 24th February, 2020.
- ♦ Sis. Valerie Trim (*40 Carlos Street*): served and worshipped faithfully at the Church of God, 40 Carlos Street; she passed on peacefully on 21st May, 2020.

WE PRAY THAT YOU PROSPER AND ARE IN GOOD HEALTH...



Mental Health: A look at Anxiety Disorders *- Sis. Shequilla Joseph*

As we strive to adapt to the new realities of living in a pandemic due to Covid-19, there are significant changes to our lives.

The advent of Covid-19 has led to a sudden and unpredictable shift. This shift has caused many to become anxious about the future and what it holds. There has been an unprecedented drop in oil prices, inflated prices on basic commodities, increased unemployment rates, and the destabilization of the global economy. The recovery of which has been further exacerbated by travel and trade restrictions.

These factors have impacted everyone globally, but the individual challenges vary. Many are concerned about their loved ones, livelihoods and general wellbeing, and crave the support in trusted relationships and the comfort of physical togetherness to cope with these rapid and challenging changes.

However, we are told to adhere to social distancing guidelines, and “stay home - and stay safe” is the mantra of the day. This has led to the emergence of a worldwide concern about the rise of mental health issues. While some may view this as another ill-fated blow by the pandemic, it can be seen as a unique opportunity to address mental health.

What Is Mental Health?

Mental health refers to our emotional, psychological, and social well-being. It influences our thoughts, feelings and behaviours. Our ability to handle stress, relate to others, and make well-informed choices, is dependent on your mental health.

It is estimated that one (1) in five (5) people will experience a mental health issue during their lifetime. Mental health conditions can affect anyone regardless of age, gender or background.

A mental health disorder as classified by the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5), is a syndrome characterized by clinically significant disturbance in an individual's cognition, emotion regulation, or behavior that reflects a dysfunction in the psychological, biological, or developmental processes underlying mental functioning.

What Are Anxiety Disorders?

Anxiety is a normal emotion; for example, one may feel nervous before an examination, or when making crucial life choices. While anxiety is a normal emotion, **anxiety disorders** are dissimilar, in that they are a **group of mental issues, which causes distress and impedes one's ability to carry on with their life normally.**

Individuals, who suffer from anxiety disorders, worry and fear constantly. This becomes overwhelming, and can be disabling; but with treatment, many people can manage those feelings and get back to a fulfilling life.

According to the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5), **anxiety disorders include disorders that share features of excessive fear and anxiety and related behavioral disturbances.** These disorders include: Separation anxiety disorder, selective mutism, specific phobia,

social anxiety disorder (social phobia), panic disorder, agoraphobia, generalized anxiety disorder, substance/medication-induced anxiety disorder, and anxiety disorder due to another medical condition.

What are the symptoms and Causes of Anxiety Disorders?

Anxiety disorders share common symptoms which are:

- ◆Panic, fear, and uneasiness;
- ◆sleep problems;
- ◆inability to remain calm and still;
- ◆cold sweating, sweaty, numb or tingling hands or feet;
- ◆shortness of breath;
- ◆heart palpitations;
- ◆dry mouth;
- ◆nausea;
- ◆tense muscles;
- ◆dizziness

Researchers have found that risk factors for anxiety disorders can vary; however there are general risk factors for all types of anxiety disorders which include:

- Temperamental traits of shyness or behavioral inhibition in childhood
- Stressful and negative life experiences, such as trauma or abuse
- Biological factors, such as genes or brain chemistry.
- A family history of anxiety or other mental health issues in biological relatives

How do I determine if I have an anxiety disorder?

Some physical health conditions, such as thyroid problems or heart arrhythmias, or caffeine or other substances/medications, can produce or aggravate anxiety symptoms; a physical health examination is helpful in the evaluation of a possible anxiety disorder.

Therefore, if you have experienced very similar or any of the symptoms mentioned, it is prudent to contact your doctor or local community health centre. A check of your medical history, physical examination and test may be conducted to assess or eliminate any underlying health issues that might be causing your symptoms.

If there is no medical reason for your symptoms, you may be referred to a Psychiatrist, Psychologist, or another mental health practitioner to help determine if the symptoms are psychosomatic. In other words, imbalance in psychological wellbeing may manifest in symptoms that can't be medically attributed.

Online searches may be useful in gaining insight into your symptoms; however, anxiety disorders and other mental health issues can only be diagnosed by a qualified professional.

How to treat and manage the symptoms of anxiety?

Treatments for anxiety disorders are varied and usually include medication, such as antidepressants and/or psychotherapy which is counseling. All aimed at addressing the biological, psychological (emotional) and social response to mental health concerns.

Also in an effort to control or reduce one's symptoms, eating right, exercising and getting better sleep play a crucial role. Exercise aids by releasing chemicals in the brain which diminishes stress and improves mood. Reducing foods and drinks that have caffeine is also necessary as caffeine is a mood-altering drug that may worsen symptoms of anxiety disorders.

Make getting good rest a priority and develop a relaxing bedtime routine as there is a correlation between sleep problems and anxiety disorders. Consult your mental health practitioner if you are still experiencing trouble sleeping or before taking any over-the-counter drugs or remedies, as some may contain chemicals that can make anxiety symptoms worse.

Use your support network to surround yourself with people whom you trust, who will listen to you without judgment and provide comfort. Mental health challenges are prevalent, but there is no need to feel overwhelmed with despair as help is available. With treatment, individuals who experience mental health issues can get better, and by extension increase their chance of complete recovery.

QUARTERLY - APRIL, 2020

By the Grace of God Almighty we were able to meet online for a glorious time of Worship & Praise, and to hear God's Message to His people on Sunday 5th April, 2020.

We say a heartfelt thanks to Bro. Gerard Drakes, Sis. Caroline Laptiste and the Cumberbatch Family, for their beautiful renditions in song; to Pastor Marlon Moore who served as our Chairperson, and to Pastor Alister Bhola for God's Word.

On Sunday 19th April, 2020 we were blessed, as we united once again online with our Brothers and Sisters in Tobago for the Tobago Quarterly. Brother Jayson Caesar served as a wonderful host, with Sis. Joseph as the Song Leader. The Word came forth with power through the voice of Sis. Deborah Wallace.

We pray God's continued outpouring of His Wonderful Blessings upon all our lives!



Are you a Member of the
Church of God in Trinidad and Tobago?

Do you own a Business?

Do you wish to market your services
and/or products?

THEN THIS SPOT MAY BE FOR YOU!
Contact us to place your advertisement in our next
issue!

How Do You Want to Be Remembered...

More than a decade ago, a man was reading his morning newspaper. To his surprise and horror, he read his name in the obituary column. The newspapers had mistakenly reported the death of the wrong person for sure. He was shocked to read the news headline about his death. When he regained his composure, he read it to find out what people had said about him.

The obituary included sentences like, "Dynamite King Dies." and "He was the merchant of death." The man was the inventor of dynamite and when he read the words "merchant of death," he asked himself a question, "Is this how I am going to be remembered?" He decided that this was not the way he wanted to be remembered and he decided to change.

From that day on, he started working toward world peace. His name was Alfred Nobel and he is remembered today by the great Nobel Prize, the greatest of all the prizes.

The Nobel Prize has been honouring men and women from all corners of the globe for outstanding achievements in physics, chemistry, medicine, literature, and for work in peace since 1901. The foundations for the prize were laid in 1895 when Alfred Nobel wrote his last will, leaving much of his wealth to the establishment of the Nobel Prize.

~ Anonymous ~

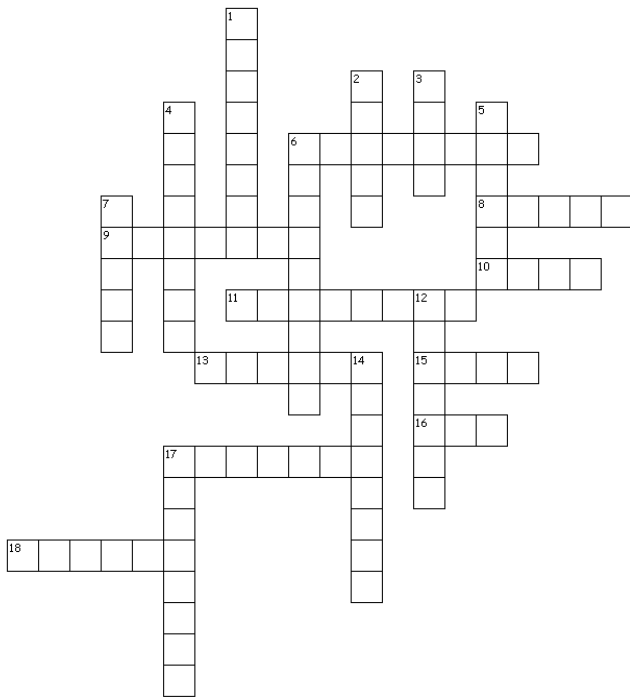
Vacancies

Pastor
Church of God, 40 Carlos Street

Pastor
Church of God, Princes Town

Please visit our website at
www.gacogtt.org for details...

LEARNING IS FUN...



WE ARE FAMILY

Across

- 6. Son of Rachel
- 8. Mother of Ishmael
- 9. David's wife and Tamar's mother
- 10. Miriam's Grandfather
- 11. Son of Solomon
- 13. Son of Jacob, brother of Joseph
- 15. Brother of Cain and Abel
- 16. His wife looked back
- 17. His Father Built the Ark
- 18. Father of Ephraim

Down

- 1. Ephraim's Brother
- 2. Levi's Sister
- 3. One of the Sisters given to Jacob for a wife
- 4. Jesse's son and David's brother
- 5. David's first wife
- 6. Mother of King David's Son
- 7. Husband of Moses' Mother
- 12. His Father was pursued by King Saul
- 14. Son of Bilhah
- 17. Mother of Aaron, Miriam and Moses

There are 30 books of the Bible in these paragraphs. Can you find them?

This is a most remarkable puzzle. It was found by a gentleman in an airplane seat pocket, on a flight from Los Angeles to Honolulu, keeping him occupied for hours. He enjoyed it so much, he passed it on to some friends. One friend from Illinois worked on this while fishing from his johnboat. Another friend studied it while playing his banjo. Elaine Taylor, a columnist friend, was so intrigued by it she mentioned it in her weekly newspaper column. Another friend judges the job of solving this puzzle so involving, she brews a cup of tea to help her nerves. There will be some names that are really easy to spot. That's a fact. Some people, however, will soon find themselves in a jam, especially since the book names are not necessarily capitalized. Truthfully, from answers we get, we are forced to admit it usually takes a minister or a scholar to see some of them at the worst. Research has shown that something in our genes is responsible for the difficulty we have in seeing the books in this paragraph.

During a recent fund raising event, which featured this puzzle, the Alpha Delta Phi lemonade booth set a new record. The local paper, The Chronicle, surveyed over 200 patrons who reported that this puzzle was one of the most difficult they had ever seen. As Daniel Humana humbly puts it, "The books are all right here in plain view hidden from sight." Those able to find all of them will hear great lamentations from those who have to be shown. One revelation that may help is that books like Timothy and Samuel may occur without their numbers. Also, keep in mind, that punctuation and spaces in the middle are normal. A chipper attitude will help you compete really well against those who claim to know the answers. Remember, there is no need for a mad exodus; there really are 30 books of the Bible lurking somewhere in this paragraph waiting to be found. God Bless.

6			4			7	
							4
8			2			3	6
	2			8	6		
			5				
		9				6	4
2	4	7	1				
		5			3	2	8
	9				2		