

Message from the President
Yvonne Pitter MPH



Sisters of the Caribbean I greet you in the Precious name of our Lord and Saviour Jesus Christ. As we embark on a New Year I would like to wish for you and your family a healthy, inspired, prosperous and fulfilling year. I want to remind all of us that God's words says "I know the plans I have for you, plans to prosper you, plan to give you hope and a future. (Jeremiah 29:11)

So regardless of all the challenges we had in 2015 let us keep hope

From the Editorial Team

This is the 5th Anniversary of the publication of the CBWU CONNECTION. We thank all our readers for their support and extend our very best wishes for peace and prosperity in 2016. The editorial team encourages all people of the Caribbean to continue to grow in the love and service of Christ.

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and trust God, because our God who took us through 2015 has a plan and a purpose for us in 2016. Therefore sisters I want to encourage you if you don't know His plans for your life, this year ask God to reveal His plan for you and to fulfill that plan in your life.

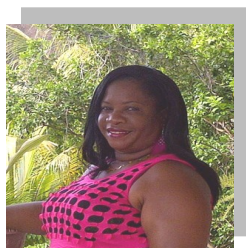
My sisters as we start this New Year what is your vision for the ladies of your Island and indeed the Caribbean? Please remember without vision the people perish. So as you plan your strategies be inform by the CBWU Strategic Plan and Operation Plan. Therefore, as you plan expect great things from God and do extraordinary things for Him. So my sisters Arise, Shine and give God the glory.

This year my sisters have a desire to possess the land by moving to a higher level. Just going through the motion with no life on the inside is not enough. There needs to be fire on the inside as we move to the next level.

Remember if God brings you to it He is going to bring you through it. Have the tenacity and will to possess the land as you Arise, Shine and strengthen your stakes. His grace is sufficient for us so let us all get up and do something extraordinary for the Lord this year.

As we focus on the BWA Women's Department theme for this year – Arise, Shine through Community, I want to encourage you my sisters to let your presence be felt and seen not only in your Church but in your Community and beyond. There are numerous women, children and men who don't know the Lord as their Saviour and He is depending on us to share the Good News with them. Let us find creative ways of reaching out to them. Let us use our time productively in God's service and pray that they will come to the saving grace of our Lord.

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Greetings
from
Sherriann Munroe
Vice President-at-large

It is with great humility that I put pen to paper to write this New Year greetings to you my sisters of the Caribbean Baptist Women Union. As we have just ended one calendar year and stepped into another, I would like to take this opportunity to thank Almighty God for his grace and mercies that brought us through.

To you my sisters, for the many contributions you have made to the Caribbean Baptist Women's Union over the years, I say thank

you and to continue to make an even greater effort as we move forward. I know it has been a challenging year, but God had carried each and everyone of us day by day. As we move forward, I would like to leave these words of encouragement with you.

" May you learn lessons from the challenging times and become stronger and better than ever before. Take time to pray. It helps bring God near and washes the dust of the earth from your eyes. Take time for work. It is the price of success. Take time to think. It is the foundation of knowledge. Take time to laugh. It is the singing that helps with life's loads. Take time to love. It is the one sacrament of life."

To you and your families, A Happy New Year and a Bright and Productive 2016 as we move forward in Christ.

Featured Message

Mercy*by Allison Glaud-Pantin*

*Mercy said no
I'm not going to let you go
I'm not going to let you slip away
You don't have to be afraid
Mercy said no
Sin will never take control
Life and death stood face to face
Darkness tried to steal my heart away
Thank You Jesus,
Mercy said no*

(Cece Winans)

Cece Winans' song Mercy Said No – says because of mercy God will not let us go, he will not let us slip away; He will not let sin take control. For this to happen we have to be compassionate, forgiving and patient which are important qualities of mercy, and ever trusting in God who shows us mercy because of His love for us as we should show to others.

" I'm sharing Mercy which in my walk is undeserving to me "

In my walk with God I have found that there are things I think I know and very quickly find out that God knows and He teaches and I must pay attention and learn, everyday every walk is a learning experience for all of us. These attributes I am sharing is within all of us, knowing what they are and how to use them is key and a learning tool for all of us as I am sharing with you, so with God's guidance and my Pastor's editorial voice I'm sharing Mercy which in my walk is undeserving to me.

Being compassionate goes far beyond just feeling sorry for someone, it involves that desire within us to help others in need no matter who they are, what situation they're in or where they are. Helping a stranger on the street, not for a reward, but just because. Jesus went about all cities and villages healing sickness and diseases but when he saw the multitudes he was moved with compassion for them ... (Matt 9:35, 36). We must show compassion to our neighbours, friends even persons we don't know to be exemplars of Jesus.

While we learn that forgiving someone who cause us physical harm or even hurt our feelings is the right thing to do, our first reaction is to 'treat them as they treat us', but God teaches us to forgive them as he forgives us, even though we think they don't deserve it. You haven't spoken to your sister or brother or even your cousin in years, and now you can't even remember what the argument was about, the way moving forward starts with forgiveness. This is not only for them it's for you, so activate what God teaches us. Ephesians 4:31, 32 says: let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice: Be ye kind one to another, tender-hearted forgive one another even as God for Christ's sake hath forgiven you.

Patience or forbearance is an attribute we can work on and be included in our daily walk, because being patient while dealing with a difficult person or situation cannot be easy. Taking care of your aging parent as they are going through sickness e.g. Alzheimer's, can take a lot from you, the caregiver, emotionally and physically. Even dealing with irate customers or headstrong co-workers can leave you wanting to pull your hair out or run screaming (in some cases jeopardize your job). Paul again says... walk according to the vocation wherewith ye are called, with all lowliness and meekness, with longsuffering, forbearing one another in love (Eph 4:1, 2).

As we make our daily walk in God's service we ought to prayer for his grace, compassion, forgiveness and his mercy. Because He is our Father and He understands us more than even we ourselves, he knows these emotions can be overwhelming as we go through our day to day life and Christian walk which is not always easy. Because He loves us He shows us mercy and love; to be able to walk this walk, we much be compassionate and giving to others, forgiving as he forgive us (always remembering he forgave us first) and patient and tolerant.

My walk with Him seems sometimes (most times) to be difficult but then I pause and think of the mercy he shows me, why me I always ask Him and His answer always: 'I love you'....

In the midst of the storm*A poem by Julie Barclay*

As sure as there is life
We encounter strife
Though this is not always the norm
We find ourselves at times in a storm

In the midst of the storm
We lose hope and feel fear
And in despair are moved to shed a tear

In the midst of the storm
There is apprehension and frustration
At times even rejection

In the midst of the storm
There is hatred and anger
Why, oh why could things not be better

In the midst of the storm
There is anxiety and worry
There are many that end up in a flurry

But stop ... Wait ... keep the faith
In the midst of the storm
He is never late
A constant friend who will carry our weight

In the midst of the storm
We can take our focus off the fear of the day
Safe in the knowledge that Jesus is the only way

In the midst of the storm
We can still find that peace that passeth all understanding
Cast your eyes unto the hill from which cometh your help, and keep standing

In the midst of the storm
Know without a doubt that He is in control of the wave
He is strong to deliver and mighty to save

In the midst of the storm

Message from the President continued.....

To the women and children of our communities who are being abused in many ways let us identify with them understand their needs and assist them in ways that will turn their lives around for the better. Remember our God specializes in the things that are impossible and He is depending on Christian women to reach the unsaved women among us and in our communities.

I would like to remind you my sisters that CBWU Conference 2016 will be held in Miami at the Hilton Airport Hotel. Our host Island will be Turks and Caicos Islands and I am very grateful to them for considering this although it will not physically be held in their Island. Further information will be included in this News Letter.

“2016 Day of Prayer: Arise, Shine through Community”

for this DOP on June 1, 2016 will be “Arise, Shine through Com-

The CBWU Day of Prayer material that is being prepared by the sisters of Bahamas will be sent to you electronically shortly. Please ensure that you plan your Programme creatively and invite women of other denominations to share with you. The theme

munity”. Let us pray for divine intervention in all aspects of our Women’s Ministry. Pray for each other and especially the Officers and those who are not well.

As Baptist Women we want to express our deepest sympathy to our former Executive Director of BWA Women’s Department Patsy Davis on the passing of her brother. We also extend condolences to former CBWU Vice President Avra Bernard at the passing of her husband. May the dear Lord strengthen them in this very difficult time. Pray for all sisters who have lost loved ones since we last met.

A gentle reminder that each Island is being asked to put on a fundraiser for CBWU so we can assist Islands with various projects and other necessary assistance and requests. Together we can achieve much under God. Sisters, remember let the unsaved see Christ in us in words and deeds.

I trust that you will truly ‘Arise and Shine’ in your Island this year. Sisters stay blessed and serve your God.

Yours in His Service.

Yvonne Pitter

CONNECTION Recipe Corner

Our region is primarily made up of island nations surrounded by waters teeming with an abundance of fishes. In this edition, we present some delicious and simple fish recipes These delightful treats from the sea are key to a healthy diet. Low in calories, sodium, and cholesterol, protein-packed *seafood* provides vitamins and minerals. The second recipe uses Grouper but you can choose the type of fish you prefer for these recipes.

Baked fish in garlic and olive oil

Ingredients

- 4 fish fillets
- 4 cloves crushed garlic
- 3 Tbsp olive oil
- 1 onion, chopped
- ¼ tsp cayenne or white or black pepper
- Salt to taste



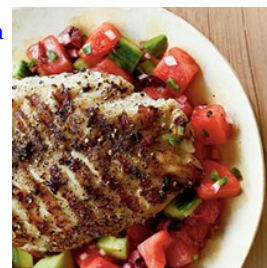
Method

1. Rub the fish fillets with the crushed garlic, then place them in a shallow, non-reactive dish. Spoon olive oil over the fish until they are coated. Place the onion on top of the fish. Cover the fish and refrigerate for at least one hour or overnight to allow the fish to soak in the marinade.
2. Preheat oven to 350° F
3. For baking the fish, transfer to a 9x13 inch baking dish along with the olive oil, garlic and onion. Sprinkle the fish with the salt and pepper. If you are grilling the fish, wrap in aluminum foil.
4. Bake at 350° F for 30 minutes.

Grilled Grouper with Watermelon Salsa

Ingredients

- 4 (4-oz.) grouper fillets
- 1 teaspoon freshly ground pepper
- 1 teaspoon salt, divided
- 3 tablespoons olive oil, divided
- 2 cups chopped watermelon with seeds removed
- 1/2 cucumber, chopped
- 2l pimento peppers, seeded and minced
- 2 tablespoons minced onion
- 2 tablespoons white vinegar



Method

1. Preheat grill to 350° to 400° (medium-high) heat. Sprinkle grouper with pepper and 1/2 tsp. salt. Drizzle with 2 Tbsp. olive oil.
2. Grill fish, covered with grill lid, 3 to 4 minutes on each side or just until fish begins to flake when poked with the tip of a sharp knife and is opaque in center.
3. Combine chopped watermelon, next 5 ingredients, and remaining 1/2 tsp. salt and 1 tbsp. olive oil. Serve with the grilled fish.

Variation:

The fish can be baked in the oven at 350° F instead of being grilled.

H1N1 What you need to know

By Dr Karen Edwards-Polson



It's the flu season and everyone is speaking of Influenza A (H1N1) or "swine flu" as it is commonly referred to. This past week, Trinidad and Tobago reported its sixth death related to H1N1. What is this H1N1? Is it deadly? Should we take it seriously? What can we do to prevent it?

H1N1 is a type of human influenza (flu) virus which circulates worldwide during different seasons. The typical flu season for the Caribbean is between September to March and this is the time when there is usually an increase in the number of persons coming down with the flu. A person who has the flu may release tiny droplets containing the virus into the air when coughing, sneezing or talking. If the droplets land on your mouth, nose or eyes; or if you touch any of these body parts after touching a contaminated object or shaking hands with someone who has the flu, you can become infected. The main symptoms of the flu include fever, headache, general aches and pains, tiredness or weakness and a dry, chesty cough.

Although the flu is generally a mild disease, persons who are most vulnerable such as the elderly, pregnant women and those with underlying chronic conditions such as diabetes, hypertension and obesity can have serious complications leading to severe illness and possibly death if they become infected with the flu. Persons who become infected with the flu should try to get plenty of rest, keep hydrated by drinking a lot of water and take paracetamol or ibuprofen to reduce the fever and relieve the aches and pain. Those in the vulnerable groups and persons for whom the symptoms continue after a week need to seek the advice of a physician.

There are vaccines available which can be given to persons, especially those at highest risk, on an annual basis. This is necessary because the type of virus which causes the flu changes every year. The best way to prevent one catching the flu or spreading it to others is through practicing good hygiene through i) proper handwashing with soap and water for at least 20 seconds ii) covering of the mouth and nose with tissue or shirt sleeve when sneezing or coughing iii) the regular disinfecting and cleaning of surfaces such as door handles, telephones, etc to get rid of germs and iv) avoiding contact with others by staying at home if you are sick.

Plan to attend...

The 35th Annual CBWU Conference

Date: Wed July 20th to Mon July 25th 2016

Venue: Hilton Airport Hotel, Miami

Registration Fee: \$75.00 USD due 14th February 2016

Accommodation

Single occupancy:	US \$1150.00
Double occupancy:	US \$850.00 (each)
Triple occupancy:	US \$750.00 (each)
Quad occupancy:	US\$650.00 (each)
Payment Due:	half down payment by Feb 14th Balance due on 30th April

Conference colours:

Burnt Orange also for the Prayer Breakfast

White for closing Communion Service

Please remember to bring:

- a token to exchange with room-mate/prayer partner
- a special offering to be collected at the Prayer Breakfast
- a flashlight or a battery-lit candle for communion service

For further information contact:

CBWU President Yvonne Pitter

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1-876-289-3250 (mobile) 1-876-962-4511 (Fax) OR

CBWU Secretary Karlene Edwards-Warrick 1-868-774-9569
or 1-868-625-3880 e-mail: dna4events@hotmail.com



The Caribbean Baptist Women's Union

Mission:

To foster and celebrate unity in Christ and promote fellowship among Baptist Women in the Caribbean and worldwide; win souls for Christ and work towards greater social and community involvement through prayer, witness and service.

Vision:

Caribbean Baptist Women in every island working together, growing in effectiveness, solidarity and impacting our region and the world for Christ.

Executive Members of CBWU

President	Yvonne Pitter - Jamaica
Secretary	Karlene Edwards- Warrick - T'dad
Treasurer	Marjorie Fletcher - Jamaica
Secretary of Promotion	Marjorie Fletcher - Jamaica
Vice President at Large	Sabrina Pinder - Bahamas
Vice President at Large	Sheriann Munro – Grenada

Have a submission? Send it to Debra East: debraeast@hotmail.com
