



CARIBBEAN BAPTIST  
WOMEN'S UNION

# CBWU CONNECTION

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The Newsletter of the Caribbean Baptist Women's Union



## ***KARLENE EDWARDS-WARRICK PRESIDENT'S MESSAGE***

**O**ur journey together as a new Executive began one year ago. Although we were unable to be together physically due to the COVID 19 pandemic, God allowed us to meet more times than usual using social media platforms for orientation sessions, officers/executive/committee meetings, prayer and daily Bible devotionals. This is an awesome testament that God will always make a way!

Many of you faced times of testing and trials in the midst of the crisis: health challenges, illness and death of loved ones, loss of jobs and natural disasters; but you have kept the faith. I applaud you, my sisters, for cooperating with God in living out our theme for 2021: "Courageous Life". Continue to be strong in the Lord and in the power of His might. (Ephesians 6:10)

Joseph's example of cooperating with God is evident in how he maintained his faith even after he was sold into slavery by his brothers.

Often, we feel as though we are subject to the whims of circumstances, but God uses every situation to bring about His plans and purpose for our lives. Trust that God is with you no matter what happens to or around you. In the end, God made Joseph King of Egypt and enabled him to assist his family from starvation and death. Let us cooperate with God in what He is doing in this new season of ministry and wait expectantly to see God's plans and purpose unfold.

Over the last year the team focussed on the "4 R's" – strategic areas developed for the quinquennium 2020 -2025 – **reinforcing** and strengthening communication in this virtual age as a regional body. Our first virtual CBWU Day of Prayer (DOP) on the 40<sup>th</sup> anniversary of the CBWU had over 500 women in attendance. This was a powerful, encouraging and inspirational time of prayer.

Under our **rebranding** initiative, the CBWU logo, letterhead, Newsletter and DOP program booklet were given fresh new looks. A CBWU theme song and ministry video were done, encapsulating the work and ministry of our women on the islands as they reach vulnerable persons in their communities.

We were able to **rejuvenate** the interest of five member affiliates in the last year, and the team continues to **recruit** and encourage younger women for the ministry. God has been directing us during this time of restrictions on our islands due to the pandemic, to readjust and realign our women's ministry for greater effectiveness post COVID19. We will remain focussed on growth and development as we prepare another generation of women leaders for ministry.

A very special thank you to all the women of CBWU: Officers, Island Presidents and members who have contributed towards the successful fulfilment of our strategic goals in the past year. To God be the glory, honour and praise!

In CBWU, there is an opportunity for every woman to thrive, utilizing her gifts and talents while living out the LIFE God intended for her. Why don't you get involved?

For more information, you can reach the President at [presidentcbwu20@gmail.com](mailto:presidentcbwu20@gmail.com) or visit our ministry webpage on the Caribbean Baptist Fellowship website <http://caribbeanbaptistfellowship.com/women.html>

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## BIBLE STUDY

### “Steadfast Prayer”

Luke 2:36-38

**T**he Bible speaks of Anna, the prophet, daughter of Penuel of the tribe of Asher, who had lived with her husband for seven years after her marriage; and then she was a widow until she was eighty-four. In spite of her loss and sadness, she spent a lot of time talking to God and learnt to be contented in all circumstances.



Anna had a special gift from the Lord and felt honoured that God would choose her for service. This made her devote more of herself to God through **praying, fasting and encouraging the women who came to the temple to pray**. She never left the temple. Her service to God and humanity was a life dedicated to God in prayer and fasting. God blessed her and her life was a blessing to others.

Anna was one of the witnesses when Mary and Joseph brought baby Jesus to the temple for the purification rights forty days after his birth. Along with her was Simeon who was assured by the Holy Spirit that he would not die before he had seen the Lord’s Messiah. When Simeon saw Jesus, he held him in his arms and praised God for him. Likewise, when Anna saw Jesus, she gave thanks to God and, “spoke about the child to all who were looking forward to the redemption of Jerusalem.”

Responding to God’s call of service requires us to remain faithful in prayer and wait patiently on God. Like Anna, God is calling us, even during our trials and tribulations, to use our blessings to help others. Sisters! Let us arise in service and bear witness to God’s faithfulness.

### Guyana Missionary Baptist Church

#### Mrs. Sherrian William-Munro

**Position:** Vice-President

**Country:** Grenada

**Family:** Deacon Derick Munro, husband; and Elvian Munro, daughter.

**Ministry Experience:**

Worship leader, Preacher, Training and Prayer Ministry coordinator.

**Goals as Vice-President:**

- ◆ Maximize the use of the social media platforms for effective communication with and among islands.
- ◆ Deepen knowledge and support of each island through on-going dialogue to nurture growth.

**Islands/Country Assigned:** Bahamas, Dominica, Guyana, Grenada, Haiti, St. Kitts, St. Vincent and Trinidad and Tobago.



#### Mrs. Beula Hamilton

**Position:** Secretary

**Country:** Turks & Caicos

**Family:** Rev. Derek Hamilton, husband; Derek Jr. & Darryl Hamilton, sons.

**Ministry Experience:**

Director of Women’s ministry (island & local levels), Children’s Ministry Coordinator, Workshop Facilitator, Counsellor.

**Goal as Secretary:**

- ◇ Maintain regular contact with the President to strengthen administration.
- ◇ Assist with updating the CBF Website (Women’s page).



## IMPACT OF COVID 19 ON WOMEN AND GIRLS



Women around the world make significant contribution to their societies in nation-building, not only as home-makers, but to the global economy as well. Also true is that women everywhere are faced with similar and various challenges. Issues and concerns such as domestic violence, abuse, immense poverty, lack of formal education and lack of economic opportunities have had an enormous negative impact on women's ability to feed themselves and their families.

The situation has been worsened by the COVID19 pandemic because of the existing structural inequalities across every sector: from health to economy, security to social protection. What is also true is that in times of crisis, when resources are scarce and institutional capacity is limited, women and girls face disproportionate impact with far reaching adverse consequences.

While response to the onslaught of the global pandemic will in some way alleviate or correct existing inequalities, there is

urgent need to build a resilient world that will provide safeguards for the most vulnerable who are affected in the following ways:

- Many women are trapped at home with their abusers. This forced confinement has increased the risk of domestic violence against them. For example, conflicts that arise around domestic and family issues contribute to violent outbursts and attacks.
- The confinement of girls also facilitates an increase in abuse and sexual violence against them. In addition, girls' education is severely interrupted because of the un-availability of resources necessary for Home-Schooling.
- Women and girls are also impacted by cyber violence. Because the internet has become the most fundamental tool for accessing information, education, work and other services, there is greater exposure to them being victims of online sexual predators. *UN Secretary, Policy Brief 2020*

## A CALL TO PRAY!

### PEOPLE OF GOD, IT'S TIME TO PRAY!

The COVID 19 pandemic and its devastating effects have left many – even believers – fearful, weakened and depressed. Yet, the story of Peter's miraculous delivery from prison in **Acts 12** serves as a wonderful reminder to us that God works when churches pray and Satan still trembles, “*when he sees the weakest saint upon his knees*” (William Cowper).

Peter was imprisoned by Herod and was on death row, “but constant prayer was offered to God for him by the Church.” (Acts 12:5) The Church was united and intense in their intercession in obedience to Jesus' command, “men always ought to pray and not to faint” (Luke 18:1) **People of God!** We should never underestimate the power of a praying Church! Jesus said, “I also tell you this, “If two of you agree here on earth concerning anything you ask, My Father in heaven will do it for you.” (Matthew 18:19, NLT) Peter was at peace, trusting God because he knew that his life was in God's hands! When the angel came that night, he woke Peter and told him to follow him. Peter's chains fell off and apparently the guards were put to sleep by the angel. Miraculously, Peter was led out of the prison and once he was outside, the angel disappeared. He went straight to the house of John Mark's mother where the Church was still praying for him. They did not expect their prayers to be answered so soon. Peter shared how God had delivered him and everyone rejoiced.

**People of God!** These are difficult times; change and decay is all around us. The world is dark and is getting darker; but we have a friend in Jesus and the wonderful and awesome privilege of taking **everything** to God in prayer. No matter how difficult the trials or how disappointing the news, God is still on the throne and He always remembers His own.

Our God hears and answers prayer. “Our God is able to do exceedingly, abundantly above all that we ask or think, according to the power that works in us, [so] to Him be glory in the Church by Christ Jesus to all generations, forever and ever.” (Ephesians 3:20-21)

*Rev. Sherma Bowe (1<sup>st</sup> Vice President Bahamas National Baptist Women's Convention)*

# MENTAL HEALTH AND COVID - 19

**M**ore than one year into dealing with the COVID-19 pandemic and there is still so much uncertainty. When will this end? How much longer will we have to continue with the restrictions? Wearing masks? Sanitizing? Distancing?

Many are suffering from ‘COVID fatigue’, anxiety and depression. There is so much death, despair and sadness. What is God saying? He continues to speak and the message is consistent. He tells us in His Word to ‘daily renew our minds’; ‘guard our minds and heart’; and, “to not be anxious” (Rom, 12:2; Prov. 4:23-24; Phill. 4: 6-7). This is a reminder that the Lord is concerned about every aspect of our lives, including our mental health.

In addition to meditating on God’s Word and spending time in prayer, here are some additional tips which can help us to protect and preserve our mental health especially during crises. Maintain a healthy lifestyle by:

- Having a proper diet which includes fruits and vegetables.
- Exercising at least 3 times per week for 30 minutes each session.
- Sleeping so that your body can rest and rejuvenate.
- Maintain social contacts with family and friends by phone, what’s app messaging, email, etc.
- Talk to a counsellor, healthcare worker or someone you can trust, if you feel overwhelmed. Have a plan and know where to go or who to contact in the event that you may need physical and/or mental help. Do not use drugs or alcohol to deal with your emotions.

- Lessen the time that you and your family spend watching or listening to television, radio, social media postings or any other type of news coverage that you may find contributes to increased levels of anxiety.
- Take the time to learn a new skill or hobby, example: gardening, playing an instrument, baking, etc. This will help you to occupy your mind and thoughts positively.
- Get the facts from credible sources you can trust. This type of information will help you to take the necessary precautions to protect you and your family.

Finally, if you have children in your care, please give them some extra time, love and attention. Children can develop mental health issues due to stress and may respond in different ways. We do not know what the future holds, especially as it relates to the COVID -19 pandemic. However, we serve a God who knows and who has already made the provisions for us to cope. Let us continue to lean on Him as we support, encourage and strengthen each other in the faith.

*Dr. Karen Polson-Edwards*



## CARIBBEAN BAPTIST WOMEN'S UNION

### MISSION

To foster and celebrate unity in Christ and promote fellowship among Baptist women in the Caribbean and worldwide; engage in soul winning 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.

THEME  
2020 - 2021

**“COURAGEOUS  
LIFE”**

# Let's Laugh a Little

**Q. Why couldn't Jonah trust the ocean?**

A. Because he knew there was something fishy about it.

**Q. Where was Solomon's temple located?**

A. On the side of his head.

**Q. Where is the first tennis match mentioned in the Bible?**

A. When Joseph served in Pharaoh's court.

**Q. What excuse did Adam give to his children as to why he no longer lived in Eden?**

A. Your mother ate us out of house and home.

**Q. What did Adam say on the day before Christmas?**

A. It's Christmas, Eve!

**Q. What kind of man was Boaz before he got married?**

A. Ruthless.

**Q. What animal could Noah not trust?**

A. Cheetah

**Q. Who was the greatest comedian in the Bible?**

A. Samson. He brought the house down.



## Khurma Recipe

### Ingredients

1 lb. flour  
¼ cup shortening  
¼ cup butter  
½ tsp cinnamon powder  
1 tsp ginger powder 1 tbs ginger (grated)  
½ cup water to knead flour  
1 cup sugar  
2 tbsp condensed milk (optional)

### **Method**

Sift flour, add cinnamon, ginger powder and cut in butter and shortening. Add the water and condensed milk gradually and mix to form a firm but hard enough dough. Cut in two parts. Roll out each part about ¼ inch thick. Cut into strips (according to what size you want). Drop batch into hot oil. Make sure all is covered with the oil. Deep fry until golden brown and crispy. Remove and drain on napkins or brown paper to soak up oil.

### **Syrup**

½ cup water  
1 cup sugar (half brown, half white) 2 tbs grated ginger or more based on your taste for ginger  
Bring ingredients to boil until thick syrup is formed. The syrup is ready when it drips from the spoon and forms long threads. Pour syrup over khurma, mix quickly to glaze khurma. Leave to cool before serving.



**ENJOY!!!!**



## BIBLE SCRAMBLES

Unscramble the letters in each word to discover the passage. The passages are listed below for cross reference when you have completed unscrambling. Have fun!

WTO TSNIHG VHEA I URRQIEED FO EEHT; YNED EM TMHE TON ROFEEB I IED; VROMEE RFA ROMF EM YVTNIA NDA SLIE; VIGE EM TRNIHEE YVTRPOE RON SRIHEC; DEEF EM WTIH OOFD VTONNNIEEC ROF EM; TSLE I EB ULLF, NDA YNED EEHT, NDA YSA, WOH SI EHT ROLD? RO TSLE I EB RPOO, NDA TSLEA, NDA TKEA EHT NMEA FO YM OGD NI VNIA.

UTOLHHGA EHT IGF EERT SLLHA TON SSOOMLB, TRNIHEE SLLHA UTRIF EB NI EHT VSNI; EHT ROLBA FO EHT VOLIE SLLHA LIFA, NDA EHT SLIFED SLLHA YLIED ON TMEA; EHT OLKFC SLLHA EB UTC FFO ROMF EHT OLFD, NDA TRHEE SLLHA EB ON RHED NI EHT TSSLLA: YTE I WLLI ROJIEEC NI EHT ROLD, I WLLI YOJ NI EHT OGD FO YM VTSONLIAA.



Pro. 30:7-9; Hab. 3:17-18. (KJV)

## CBWU OFFICERS

President	Mrs. Karlene Edwards-Warrick	Trinidad and Tobago
Vice President	Mrs. Sherrian Munro	Grenada
Vice President	Mrs. Betty James	San Andres
Secretary	Mrs. Buella Hamilton	Turks and Caicos
Assistant Secretary	Mrs. Sylvia Henry	Jamaica
Treasurer	Mrs. Julie Barclay	Trinidad & Tobago
Newsletter Chair	Mrs. Sylvia Henry	Jamaica

## ANNOUNCEMENTS

- ⇒ Sisters,  
Our Newsletter needs your contributions. If you have an article, poem, song, bible study, spoken word, recipe, jokes, puzzles etc., please do not hesitate to submit to your Presidents.
- ⇒ Baptist Women's World Day of Prayer - November 01, 2021

## EDITORIAL COMMITTEE

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