



Keeping Up With The President

July, 2022 Issue



The year 2022 is proving to be a very active one for the President of the Caribbean Baptist Women's Union (CBWU), Sister Karlene Edwards-Warrick.

From February 10th-19th, 2022, Sis Edwards-Warrick met with the sisters of Dominica. It was her first in-person meeting since coming into office in 2020. Sessions were held with the Committee of Local Arrangements in preparation for Conference 2023. On Tuesday 15th February, our President encouraged the women with a message taken from Psalm 34, "Songs of Praise on Our Lips".

On the 22nd of February, Madam President brought virtual greetings at the launch of the 100th Anniversary of the JBWF.

On the 2nd of April she was a guest speaker at the 5th Annual Women's conference of the Guyana Missionary Baptist Church; a virtual event. The theme was "Redeeming the Time #Breakthebias".

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Keeping Up With

The President

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Sis Edwards-Warrick created history in the Baptist community in Trinidad and Tobago as the first woman to minister at a Baptist Union of Trinidad and Tobago Mid-Term Assembly and Ordination Service held on June 25th. She brought a powerful message, and encouragement, to the pastors being ordained and all present on: “The Requirements for Standing During Times of Storms”.

Sister Edwards-Warrick represented the CBWU in Birmingham, Alabama USA at the Baptist Gathering from the 5th-16th July, 2022 and shared at the BWA 2022 Annual Gathering Sunday Evening Worship Service.

The rest of 2022 will see Sis Edwards-Warrick continuing to carry the message in her role as President of CBWU. May God continue to bless her!

Written by Sis DD Smart (T&T)



Editorial Committee

- | | |
|---------------------------|-------------------|
| Donnett Franco | Guyana |
| Julie Barclay | Trinidad & Tobago |
| Sylvia Henry | Jamaica |
| Karlene Edwards-Warrick | Trinidad & Tobago |
| Annette George-Boney | Dominica |
| Leon Jacobs | St. Kitts |
| Donna-Daile Smart (Chair) | Trinidad & Tobago |

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.



God-Centered Self Care



Social Self-Care

Romans 12: 18: "If it is possible on your part, live at peace with everyone."

This aspect of self-care is about developing healthy, positive relationships. This means assessing our relationships with our friends, family, co-workers and church family, and exploring how we can make these better and more meaningful. Sometimes, it may mean setting boundaries so as not to overwhelm ourselves, but the overall goal is to develop a strong social network where we support each other, pray for one another, lift each other up, learn from each other and are accountable.

Occupational Self-Care

Colossians 3:17: "And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks to God the Father through Him."

A negative work environment and a lack of a meaningful occupation can be a major source of stress and tension which can affect our health and wellbeing. Therefore, being intentional in this area through occupational self-care can improve our health and wellbeing.

Occupational self-care consists of gaining a fulfilling career that aligns with our interests, skills and God-given purpose. Getting into a job that we feel passionate about can be challenging and it may require us to put into practice what we learnt from

our intellectual self-care so that we give ourselves the best chance of career success. And, once we have secured an occupation that we are passionate about, it doesn't stop there, we must aim to create a positive work environment through a good work ethic, kindness, being effective leaders through good mentorship, and maintaining a high level of integrity.

Financial Self-Care

Proverbs 21:5: "The plans of the diligent lead to profit as surely as haste leads to poverty."

Finally, financial self-care is about good money management. This involves developing a financial plan that focuses on debt prevention, giving back to your community and church and taking care of any financial obligations whilst working towards creating generational wealth. This plan should be based on your income and what you can afford and may require you to seek professional financial advice.

Conclusion

As women living through this pandemic era, we must practise self-care to protect our overall health and wellbeing. Self-care can strengthen us physically, alleviate stress and empower us. As Christian women, our self-care must be centered on God and take a holistic approach that pays attention to all aspects of our lives. By doing this we can develop the balance and resilience we need to live a fulfilling life that enables us to achieve God's purpose for us.

Continued from January issue

by Abi Begho St. Kitts and Nevis

Unnamed Women of the Bible



Why are there unnamed women in the Bible and what is their purpose? What can we learn from them in the area of servant hood?

In seeking answers to these questions, the following Bible texts were studied: 1 Kings 3; 2 Kings 4&5 and Matthew 15.

In the first text, **Honesty**, **Humility** and the **Depth of a Mother's Love** are shown by the real mother of the child, who preferred the other woman to have the child rather than to kill him.

The Shunamite woman in 2 Kings 4 displayed **Discernment** and her **Willingness to**

Serve when she attended to the man of God whenever he passed.

Naaman's young maid showed her **Faith** in God remained with her even though she was in a strange land in 2 Kings 5.

The Canaanite woman showed **Persistence in Prayer** as mentioned in Matthew 15. She believed that Jesus could heal her daughter and even though she was rebuked she accomplished her mission.

This continuing study has so far shown God's purpose being accomplished by the gift of **Wisdom** given to Solomon, **Salvation** of Naaman and his household, **Mercy** in granting the child to the Shunamite woman and the **Healing** of the daughter of the Canaanite woman of great faith.

by Jean Murrell

Rhema Word of Life Women Ministry (T&T)



Meet Josephine Williams of the Mahaut Revival Baptist church women's ministry. Josephine started baking bread and coconut cakes in the early 70s in a pot and coal pot. Later she used a stone oven and continued for 42 years. She no longer bakes bread but a variety of cakes and pies which she has been supplying to supermarkets for many years. Baking helps her to support her family and to help those in need. Josephine is grateful to God for giving her the talent and strength!

Mahaut Baptist Church Dominica



Beatitudes

www.churchhousepuzzles.com © 2011

ACROSS	DOWN
1 Blessed are the _____: for they shall be called the children of God	1 Blessed are they which are _____ for righteousness' sake: for theirs is the kingdom of heaven
2 Blessed are the _____: for they shall obtain mercy	3 _____ are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake.
4 Blessed are the pure in _____ for they shall see God	5 Blessed are the poor in _____: for theirs is the kingdom of heaven
6 Blessed are the _____: for they shall inherit the earth	7 Blessed are they that _____: for they shall be comforted
8 Blessed are those that hunger and thirst after _____: for they shall be filled	



Care That Hair

HAIR CARE TIPS



- Embrace your hair in its natural state.
- Trim hair regularly (once every 2 months)
- Wash hair once or twice weekly

- Be mindful of your diet; include fish oils and avocado
- Take care when brushing wet hair, it is more fragile
- Pay attention to the ingredient list on hair products; if alcohol is one of the first two ingredients, it is going to dry out your hair
- Choose combs that are static free and glide through effortlessly.

Turks & Caicos

Recipes for Prevention of Hair Loss

Rice water

½ cup uncooked rice
 2-3 cups water
 Soak rice well (overnight is good)
 Wash rice twice, drain off water. Soak again 30-45 minutes
 Bottle the strained water. Use water to massage scalp.
 Cover hair with shower cap. Leave on 10-15 minutes.
 Wash hair with a mild shampoo.

Oil Mixture

50ml coconut oil
 1 Tbsp jojoba oil
 1 tsp rosemary oil
 1 tsp peppermint oil

Combine all oils well, use 2-3 times per week

For the Lord takes delight in his people: He crowns the humble with victory.

Psalm 149:4



BIBLE STUDY

THE MAN WHO STILLS THE WATERS

Reflection on Matthew 8:23-27

“And when he entered into the ship, his disciples followed him”

The last hours of each year see believers and non-believers alike, flocking to churches to “ring in the new year” in God’s presence. Many make resolutions to submit themselves to God’s will, live a life of service to him and vow to follow where ever he leads; as the disciples in this scripture did. We welcomed 2020 much like every other year, with great anticipation of good things to come. Instead, the world changed drastically with news of the novel coronavirus, which was confirmed in the Caribbean by March that year. For many Christians, we would have boarded the ship unaware that the storm of the century would have been declared in the form of a global pandemic.

“Without warning, a furious storm came on the lake, so that the waves swept over the boat. But Jesus was sleeping.”

Just as in verse 24, God’s children experienced the waves of fury brought by the pandemic. We witnessed governments throughout the region racing to implement measures to prevent and treat COVID-19 infections. Our tourism-based economies were brought to a halt with the closure of airports, schools, public spaces and retail businesses. So too were our churches! In such times, we are prone to think that Jesus is not nearby, but the scripture reminds us that he was the first one on board the ship, and we followed him. Christians of course, would have prayed for an end to the pandemic, and that prayer would have been our theme for months. Although there was no instant end, we needed to remain steadfast, as Jesus’ silence, didn’t mean he was not in the midst of the storm with us: He was just asleep on the ship.

“The disciples went and woke him, saying ‘Lord, save us! We are going to drown!’”

How many times during the pandemic did we

personally feel this way, or heard others say it? Certainly, the negative social impact hit like a tsunami: job losses; financial hardship; scarce conveniences and luxuries; rising cost of living; foreclosures; inability to buy food; strained healthcare and educational systems. Increased reports of domestic and substance abuse, and mental illnesses such as anxiety disorders and depression became normal. If ever a time believers needed to cry out to God, it was then! Leaps of faith were needed by the faithful. This meant giving as much physical, financial, social and spiritual support as we could to those in need, although many times we may have had little ourselves. However, because we understood that the Jesus who fed the five thousand [Matthew 14: 15- 21] was in the storm with us, we trusted Him enough to give knowing he was able to keep, protect, strengthen, heal and provide for us.

“He replied, ‘You of little faith, why are you so afraid?’ Then he got up and rebuked the winds and the waves, and it was completely calm.”

We all face storms differently, and without doubt some Christians experienced a wavering of faith as the pandemic progressed. Others saw no change, while the challenges faced bolstered and boosted the faith of many, causing them to cling closer to the promises of God. Verse 26 tells us that the disciples’ faith wavered as the storm raged, yet in their moment of doubt and fear for their safety, Jesus did not ignore their cry. Remarkably, he pointed out their lack of faith and asked rhetorically, “...why are you so afraid,” then immediately addressed their concern, by calming the storm. This action did not just allay their fears of physical harm, but served to reassure them that he was with them; he cared about their concerns; and to address their doubt by signalling that his silence just meant he was resting, rather than resigned from miracle working; and that he was not diminished in might or power! How many storms did Jesus calm for us during this pandemic? How many times have we seen His hand of provision, protection and deliverance?

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THE MAN WHO STILL THE WATERS
Continued from page 5

“The men were amazed and asked, ‘what kind of man is this? Even the winds and the waves obey him!’”

Two years later, and although the pandemic isn't yet over, we have seen a calming of the waters. Many of us have personal testimonies of the many storms Jesus calmed for us thus far. On reflection, have you told another believer what Christ has done for you as a means of encouragement? Or a non-believer, in the hope that they may come to repentance? Have you gained a net increase in faith because like these disciples, Jesus acted on

the little faith you had? Do you have a renewed resolve to gather together to worship God at every opportunity, having seen a day when it was prohibited? As the world emerges from the grips of COVID-19, and faces uncertainties of war and great natural disasters, do you ever pause or marvel at the question, “what kind of man is this?” Having told us “...In the world ye shall have tribulation: but be of good cheer; I have overcome the world...” Knowing that He is who He says He is, we have the assurance that's in the storms which lie ahead, we are in the boat with the man who stills the waters!

Written by Keisha Brewster (T&T)

SHE IS

There are days when she seems sad
 Constant days long and hard
 Stress of work and life
 While being a mother, friend and wife.

What she doesn't know
 Is that within her is a certain glow
 She is smart and strong
 To correct all wrongs
 She is graceful and beautiful
 To make her home wonderful.

She is powerful but sweet
 Making others bow to her feet.
 Nobody but God can create such
 masterpiece.
 A being that fills the world with love and
 peace.

She is Mother. She is Friend. She is Wife.

She is WOMAN.

by Gabrielle Calendar

The Last Chapter Assembly (T&T)

Name: _____ Date: _____

Women of the Bible

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

Zipporah	Hannah	Esther	Deborah
Dorcas	Eve	Martha	Sarah
Bathsheba	Mary Magdalene	Mary	Miriam
Rachel	Rebekah	Leah	Gomer
Elizabeth	Dinah	Delilah	Anna
Jezebel	Rahab	Queen of Sheba	Naomi
Ruth			

With God we will gain the victory, And he will trample down our enemies.
 Psalm 60:12



Guyanese Pepperpot

Ingredients

- 1lb beef (brisket or cut of choice)
- 1lb ox tail
- 1lb cow heel
- 1 cup cassareep
- Meat seasonings
- 1-2 cinnamon sticks
- 6 whole cloves
- Fine leaf thyme
- 2-3 tbsp brown sugar
- 1-2 hot peppers of your choice
- Salt/bouillon/flavourings

Note: Any meat/combination of meats can be used.

Method

1. Clean and season meats overnight.
2. Pressure/cook cow heel and beef separately until soft.
3. Combine meat in a pot, add cassareep, 1cup water, and all other ingredients and, flavour to taste, cover pot.
4. Leave to cook on medium heat for ½ hr, then lower heat and simmer for ½ hr.
5. Serve hot with homemade bread or root vegetables.

RECIPES



Coconut Spice Cake (Grenada)

Ingredients:

- ½ cup margarine.
- 2 cups brown sugar
- 3 eggs, well beaten
- 2 cups sifted flour
- ¼ teaspoon salt
- 1 teaspoon baking soda
- 2 teaspoon cinnamon
- 1teaspoon clove
- ½ teaspoon nutmeg
- 1 cup thick coconut cream
- (The kind used for cocktails)

Method

Cream margarine, gradually adding sugar until fluffy. Add eggs in thirds, beating well after each addition. Sift dry ingredients and stir in alternately with coconut cream. Pour into greased and floured baking pan. Bake at 350 F, about 50 mins or until tester comes out clean.

Optional: Frost with shredded coconut.

Sorrel Sauce

(Grenada)

(Substitute for cranberry sauce)

Ingredients

- 1lb sorrel
- 1 cup hot water
- 1 cup granulated sugar



Method

Pour hot water over sorrel and boil for 10 mins. Measure ½ cup sugar to a cup of boiled pulp. Cook for about 10 -15 mins. Pour in sterilized jar and allow to cool.

*Sorrel gels quickly.



Conch Salad

(San Andres)

- 2 lbs. Conch
- 1 green bell pepper (med.)
- 2 Small onions (red)
- 2 turn tomatoes
- 2 tbsp. lime juice
- 1 can of peas and carrots (8. 5 oz)
- 1/4 cup vinegar
- Salt and pepper to taste

Beat conch until soften. Boil in pressure cooker for 45 minutes. Remove and cut into small pieces. Chop onions and tomatoes, add vinegar, lime juice, salt and pepper to taste. Add peas and carrots and mayonnaise when ready to serve. Serve with soda biscuits.

Jamaica Baptist Women's Federation Report on Centennial Celebratory Activities



One hundred years ago, the Jamaica Baptist Union Women's Federation was founded in Bethel Town Westmoreland, Jamaica.

Those of us to whom the baton has been passed in this centennial year are doing our best to celebrate the work of our founding mothers even as we seek God's guidance to build upon the foundations so well laid by them.

In preparation for the centennial celebrations, the JBWF launched a Logo Competition in October 2021 and to God's glory, an excellent specimen was discovered. This logo bears our theme: "Celebrating One Hundred Glorious Years: Remembering, Rejoicing, Renewing".

The launch of the celebrations took place at the Mamby Park Baptist Church in Kingston, in February 2022. There, a historical review of the JBWF over the years was presented. Greetings were brought by the Acting General Secretary of the JBU, the President of the

CBWU, the former Custos of Kingston and St Andrew as well as a representative of the Ministry of Culture, Gender, Entertainment and Sports among others. The 100th Anniversary banner was also unveiled at this launch.

Other activities which are planned to mark this yearlong celebration are as follows:

A Centennial Conference which will see the publication of a magazine to showcase the JBWF across the century and an exhibition of products from competitions over the last decade.

A sculpture of our founding mother, lovingly referred to as "Mama Hall", prepared and unveiled at the Garland Hall Memorial Home, in her honor.

The opening of the Safe Shelter for abused women and children is also scheduled to take place in this centennial year. There will also be a pilgrimage to the birthplace of the JBWF, Bethel Town Baptist Church.

by Hillary Morgan (President, JBWF)



Past President of JBWF and CBWU, Sister Yvonne Pitter unveiling the centennial banner along with current President of JBWF Sister Hillary Morgan and immediate past President of Jamaica Baptist Union Rev. N. Rodney



Representative of the Ministry of Culture, Gender, Entertainment and Sports, handing over to the President of the JBWF a copy of the National Strategic Action Plan to eliminate Gender-Based violence in Jamaica.

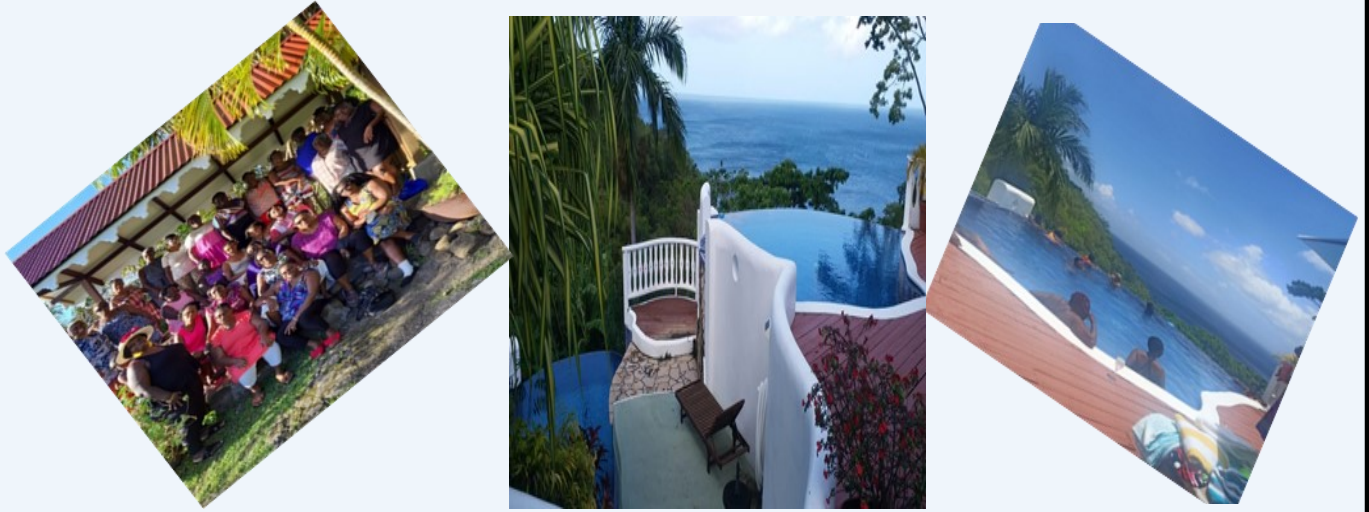
For lack of guidance a nation falls, But victory is won through many advisers.

Proverbs 11:14



GRENADA BAPTIST WOMEN

On May 22nd 2022, the Grenada Baptist Women went on a day pass to the beautiful Mount Edgecombe Hotel located on the west of the island. There were at least twenty-three (23) women in attendance. It was a day of bonding, fun and games which they plan on making a bi-annual event.



Announcements

1. CBF Executive Meeting 18th-20th October, 2022.
2. CBWU Executive Meetings 23rd-26th November, 2022.

Submissions

If you would like to contribute to the January 2023 newsletter please submit your articles etc. to your island Presidents.

Deadline: October 31, 2022.

CBWU OFFICERS

President	Mrs. Karlene Edwards-Warrick	Trinidad & Tobago
Immediate Past President	Ms. Yvonne Pitter	Jamaica
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