



Newsletter



In this issue of the CBWU Connection, we feature highlights from the recently concluded CBWU 39th Conference, “A Transformed Life”, which was held on the lovely island of Dominica; known as “The Nature Isle of the Caribbean”. Baptist women from ten countries were hosted by the Dominican sisters at the naturally beautiful Jungle Bay Eco Resort and Spa from the 20th – 24th of July. We were joined by the BWA Women Executive Director, Mrs. Merritt Johnston, who flew in from Texas and had a wonderful time. This conference also saw many sisters attending for the first time and this included some of the younger women who have joined in recent times. More highlights are featured on the inside. Enjoy!

Donna-Daile Smart

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CONFERENCE 2023



Mrs. Karlene Edwards-Warrick leading the Opening Ceremony of the first face-to-face Conference of her tenure as President of the CBWU (left). The President of the Caribbean Baptist Fellowship, Rev. Dominique Dick (right). The young women were also represented and below left are Alicia Lara Barclay, daughter-in-law of CBWU treasurer, Mrs. Julie Barclay and, Dr. Khadine Warrick, daughter of CBWU President, Mrs. Karlene Edwards-Warrick.



TRANSFORMED LIVES

Transformations took place! The CBWU Mass Choir was formed comprising women from all the worship ministries in attendance at the Conference. Here, too, new appointments were accepted by Sis. Donna-Daile Smart who will now serve as the Interim Secretary, and Sis. Donnette Daniels-Franco as the Newsletter Chair of the CBWU. Sis. Merritt Johnston and Sis. Karlene Edwards-Warrick are seen here praying for the new appointees.

Bible Study

San Andres



“You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows.” -Psalm 23:5

INTRODUCTION

Sometimes as women, our cup tends to get a little empty. By cup I am referring to our emotional cup; the storehouse of our energy, drive and vigor. Our cup becomes empty when we pour so much of ourselves into the people we love that we end up emotionally, physically and spiritually depleted.

HOW OUR CUPS GET EMPTY

How do our cups end up empty? “My cup tends to run out when the daily routines of life wear me down.” If we’re not careful, life can easily empty us of our stamina and energy, leaving us with nothing more than an empty tank.

WHAT DOES IT MEAN TO FILL YOUR CUP?

Filling your cup means replenishing your spiritual, mental, emotional and physical reserves. It means stopping and recharging your batteries. It means giving yourself permission to rest and be spiritually refreshed. Yet, it’s easy to overlook and neglect our need to recharge. But it’s nevertheless vital that we take the time to rest. Not taking the time to fill our cups back up only serves to put us in harm’s way.

HOW DO WE FILL OUR CUPS?

Make time to pray: Call unto me, and I will answer thee, and show thee great and mighty things, which thou knowest not. [Jeremiah 33:3](#)

Make time to read your Bible; Meditate on it; Be intentional in comprehending God’s Word: Thy word is a lamp unto my feet, and a light unto my path. [Psalm 119:105](#)

Strengthen yourself in the Lord, intentionally: I can do all things through Christ, which strengthened me. [Philippians 3:13](#)

Leverage worship music: It can change your whole mood, so choose carefully. Sometimes a song can reach us before a message even does.

Have fun with your family: Don’t let it all be “work.” Don’t let it be just another chore checked off the list of responsibilities.

Get enough sleep, eat healthy, and go for walks.

Take some time for yourself, and don’t feel guilty about it: When thou liest down, thou shalt not be afraid: yea, thou shalt lie down, and thy sleep shall be sweet. [Proverbs 3:23](#)

Both fully God and fully man, Jesus regularly practiced the discipline of self-care. No, He wasn’t pampering Himself with “me-time” activities. Rather, He knew the importance of removing Himself from His mission, work, and purpose, so He could fill His cup with Living Water.

MEDITATION

How full is your cup today? Are you ready to pour out the love that’s within you to a hurting world in need?

MENOPAUSE AND WEIGHT GAIN



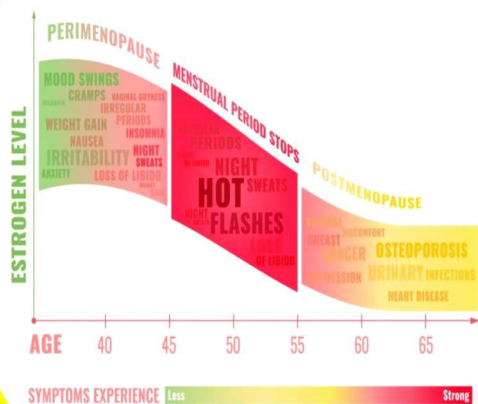
Weight gain during menopause is a common complaint. Women gain about 1.5 pounds per year during their 50s and 60s, and it tends to settle in the abdominal region. The hormonal changes of menopause might make you more likely to gain weight around your abdomen than around your hips and thighs. However, hormonal changes alone don't necessarily cause menopausal weight gain. Instead, weight gain is usually related to aging, as well as lifestyle and genetic factors.

CAUSES OF MENOPAUSE WEIGHT GAIN

A number of factors can contribute to weight gain around the time of menopause, including:

Aging

People of any sex tend to gain weight as they age, thanks to a naturally occurring loss of lean muscle mass (called sarcopenia). Research shows that people lose 3% to 8% of their muscle mass every decade after age 30, with things really picking up after age 60.



Hormones

Females tend to gain weight as they age regardless of whether or not they are in menopause. But hormones—especially declining levels of estrogen—do play a role. Some research points to the fact that estrogen can help block the body's hunger signals, which, in turn, can help you eat less. What's more, when weight is gained, it tends to settle as fat around the midsection. One study followed average-weight premenopausal women for five years. By year three, those who had hit menopause or were transitioning into it (called perimenopause) had a significantly higher total fat mass, "truncal" fat (abdominal fat), and visceral fat (fat deep inside the body) than when the study started.

Lifestyle

As muscle mass decreases, metabolism—or the rate at which we burn calories—slows. That's because it takes more energy to maintain muscle, even at rest, than fat. And when calories aren't burned, the weight creeps up. Physical activity of any kind, be it aerobic exercise, strength training, or both, is key to staving off weight gain at all stages of life. But research finds that older adults are less likely to even think about engaging in regular exercise, let alone actually do it. One study looked at older, middle-aged, and younger adults of all sexes. They found that 60% of those in the older group had no intention of engaging in regular physical activity in the next six months vs. just 25% in the young adult group.



Continued from pg. 4



Sleeping Problems

Hot flashes, night sweats, and increased anxiety are just some of the things that can keep menopausal women up at night. Research shows that lack of sleep can contribute to weight gain. That may be because sleeping poorly at night makes it more likely you'll be too tired to be physically active the next day. It may also be due to how our bodies use fat as we sleep.

[Menopause Weight Gain: Why It Happens and What to Do \(verywellhealth.com\)](https://www.verywellhealth.com)

The peace of God,
which transcends
all understanding,
will guard your
hearts and minds.

-Philippians 4:7



BibleVerseImages.com

Fill My Cup Lord

I offer you my cup of stress
that you may fill it with quietness.
I offer you my cup of criticism
that you may fill it with encouragement.
I offer you my cup of resentment
that you may fill it with forgiveness.
I offer you my cup of fear and worry and control
that you may fill it with trust.
I offer you my cup of loneliness and selfishness
that you may give me your cup of communion.
I offer you my cracked and crumbling cup
that you may remold me and make me strong.
I offer you my cup of pain, the cup you know too well.
Fill my cup with thanksgiving and hope that someday my cup of tears will be filled with joy.
I surrender my cup to you
that you may fill it with service and the sweetness of your presence.
I offer my cup of me that it may be filled to overflowing with you.

Emilie Barnes

Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.

Psalm 23:5

Talent Night



Barbados



Dominica



Grenada



Guyana



Trinidad & Tobago



Jamaica



Turks & Caicos



Providenciales, ‘gem’ of the TCI is the third largest island in the archipelago of forty, where eight islands are permanently inhabited. Locally known as ‘Provo’, the island is known as the business centre for Turks & Caicos, where the official language is English. It is highly populated with nationalities from around the world and neighbouring countries as well. A plethora of international flights, scheduled and private, flood the Providenciales International Airport (gateway to TCI), with visitors every week.

The TCI islands are generally flat with rolling hills, the highest elevation of 250 feet is located at Blue Mountain, Providenciales. The slogan, “Beautiful by Nature” aptly applies! The Grace Bay area, hub of activity, encompasses the award-winning powder-white sand beach which is consistently rated ‘The Best Beach in the World’; the 18-Hole Championship Golf Course; many delectable restaurants; entertainment spots and shops galore! There are major hotels, many smaller resorts and luxurious accommodations in the area and elsewhere.

TCI is a Christian country with the church/place of worship being the centre of community life, and welcomes worshipers weekly. The Baptist faith (TCIBU) has three churches in Providenciales, one located in each of the original three settlements: The Bight, Blue Hills and Five Cays, and many others throughout Turks & Caicos.

Around the Islands with Turks & Caicos

The Baptist Women of Turks & Caicos

On January 6th 2023 the women of the Bethany Baptist Church, located in the tranquil settlement of Blue Hills on the island of Providenciales in The Turks and Caicos Islands enjoyed a time of fellowship. It has become a custom for the ladies of Bethany to host its annual dinner party at the beginning of the year as it gives us the opportunity to bond with each other and testify of God’s goodness toward us over the last year and share some of what we anticipate going into the new year.



One of our featured activities at our last meeting in December 2022, was to have all ladies sit in a circle. Each lady wrote her name at the top of a special printed card, then passed their card to the lady sitting to the left of her, who wrote something special about that lady on her card. Cards were passed in intervals of about 2 minutes to give persons the opportunity to write about the lady whose card they received. This was done until we each ended up holding the card with our name on it. Once we got that card, we each shared what the others in the group had written on the card about us individually. As the Bible tells us in I Thessalonians 5:11, “Therefore encourage one another and build each other up, just as you are doing.” Our prayer for this year is that we continue to build each other up as we seek to better our relationship with Christ our Saviour, and our relationships with each other.

by Mrs. Caulette Simmons

The Trini Scene

Cookout

It was a very enjoyable and memorable day at the BUTT Women's Department (BUTTWD), Fellowship Day Cook-out competition and Horticultural Exhibition organised by President, Sis. Karlene Edwards-Warrick, and her team. The well-planned event took place on Thursday, March 30, 2023 and was well attended. Congratulations to the Winners of the Top Chef award Mafeking Baptist/Rio Claro Churches and 2nd Runners-up, St. John's Baptist Church/Marac/Point Fortin, with 3rd place going to Mt Bethel.

Church members from across the country were very happy to meet and greet each other under the tents. They were also given the opportunity to sample the food from the tent of their choice. These included: the winning "chip-chip" medley by the Mafeking combination, fish broth by the second place "Popoma", and bhagi rice by the Bethels. There was also pelau by the pastors, boil corn, soup and lots of delicacies.

by Sister Barbara Ceasar

Please click the link to see the video.

https://na01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdrive.google.com%2Ffile%2Fid%2F1at-4EumGm1HoabBEE0_yWU4r1R33Rzv%2Fview%3Fts%3D64584974&data=05%7C01%7C%7Cfbf3e39aa44144735b1208db4f61a455%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C638191053004657852%7CUnknown%7CTWFpbGZsb3d8eyJWI-jojMC4wLjAwMDAilCjQljoiv2luMzliLCJB Til6lk1haWwiLCjXVCl6Mn0%3D%7C3000%7C%7C%7C&sdata=%2FmmSu9zWiWzLVl3y70EsPZqg-taDPySRo5zd1CVo0dpl%3D&reserved=0

Celebrating Sis. Beryl Saunders

The women of the Trinidad and Tobago United Baptist Women's Association (TTUBWA) had the privilege of celebrating with Sister Beryl Saunders on her 95th birthday, May 30, 2023. Sister Beryl, who hails from Fifth Company is the only surviving founding member of the CBWU. She is also a founding member of the TTUBWA. She has always been a Baptist and taught generations of families at the Fifth Company Baptist Primary School. Sister Beryl never missed CBWU Conferences and many sisters shared that it was she who encouraged them to attend.

She provided guidance to many young women through her active involvement in Sunday School, Brownies and Girls' Guide where she was a trainer. She continues to impact the lives of many women with her encouragement to, "Continue working for Jesus." We salute you Sister Beryl Saunders!

by Donna-Daile Smart



TRANSFORMED LIFE

"My old self has been crucified with Christ. It is no longer I who live, but Christ lives in me."

Galatians 2:20 (NLT)

ONE LORD, ONE FAITH, ONE BAPTISM

GUYANA MISSIONARY BAPTIST CHURCH (GMBC)

COFFEE MORNING AND PRAYER BREAKFAST

On Sunday, May 8, 2023, the GMBC Women from two different churches had their annual Coffee Morning and Prayer Breakfast, which started in 2015 and 2022 respectively. This scheduled activity is held in May on Mother's Day. Both events are done to seek God's guidance through prayer, while engaging in sharing a healthy meal. The Coffee Morning is a paid event, where the proceeds from this year's event will go to the GMBC Scholarship Fund for Calvary Baptist Church Youths.

Breakfast is the first and most important meal of the day, so why not begin the day with prayer which is even more important? This is the best way to command the day and allows persons to meet, eat, put their petitions to God, and give Him thanks. The purpose is to allow persons to become more connected through prayer to our Lord and Saviour Jesus Christ; to honour mothers and women, intercede for their causes such as empowerment, vision, family, social justice and abuse, and to offer support for the churches of GMBC.

Dynamic women of God fed us spiritually with the message from God's word which lifted our spirits as they highlighted great women examples from the Bible who served to encourage and inspire lives.

The Women ministries members willingly volunteered their services which allowed for the sharing of their skills, ideas, time and other resources, to decorate, prepare and serve the dishes, and lead the Coffee Morning/Prayer Breakfast services.

The events were well received, supported and attended by clergy, members, friends, residents of nearby communities and GMBC Women in God's Service (WINGS). This fostered great fellowship and cooperation amongst the women's ministry as they were able to give praise and thanks while seeking divine intervention for their challenges.





- **FOOD FOR THE BELLY,**
- **FOOD FOR THE MIND &**
- **FOOD FOR THE SOUL**

COCONUT DROPS

Ingredients 12 drops

- 2 1/2 cups All Purpose Flour
- 2 cups freshly grated coconut
- 1/4 tsp baking soda
- 1/2 tsp baking powder
- 1/2 cup raisins / currants
- 1/2 -1 cup brown sugar (your preference)
- 1/2 cup coconut milk / water
- 1/4 cup cold butter (cut into small cubes)
- 1/2 tsp cinnamon
- 1/2 tsp nutmeg
- 1/2 tsp coconut or vanilla essence
- 1/4 cup mixed peel/cherries
- 2 tbsps Chia and flax seeds (optional)

Method

1. Preheat oven to 400 degrees F (200 degrees C). Grease pan or cookie sheets.
2. Sift flour and add in all dry ingredients – baking soda, baking powder, cinnamon, nutmeg, cinnamon, and coconut. Mix well.
3. Add butter cutting in with hands or fork and set aside. Mixture should have a crumbly texture.
4. Mix together milk and essence, make a small well in the dry ingredients and add wet ingredients. Mix well to form a firm and tacky dough (Do not overmix). Add raisins and mixed peel/cherries.
5. Drop about 2 tablespoon full of dough on a well greased baking sheet/pan. Bake for 15-20 minutes or until golden brown. Glaze with simple syrup after about 15 minutes and return to oven.

ENJOY!

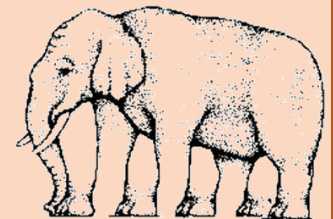
WHAT'S THE ANSWER?

1. Samson used a donkey's jaw bone to kill how many men?
A. 850 B. 1000 C. 3000 D. 1200
2. Who is the 13th tribe of Israel?
A. Zebulun B. Benjamin C. Levi D. None of those.
3. What kind of wood did Noah use to build the ark?
A. Cedar B. Oak C. Mahogany D. Gopher
4. Which woman is mentioned most in the Bible?
A. Sarah B. Mary C. Esther D. Rachel
5. Who cut Samson's hair?
A. Delilah B. Philistines C. A servant D. Samson

What Do You See?

ANGLES OR E ?

**WHAT SHALL IT
B?**



TAKE A SEAT !!

FIND THE FEET!!

Answers: 1.B 2.D 3.D 4.A 5.C

MORE HIGHLIGHTS



Left: BAWW Executive Director, Merritt Johnston; Women in Prayer; Minister of Tourism, Dominica, Ms. Denise Charles; (center) TCI delegates at the Prayer Breakfast.

Right: CBWU Officers; President, Dominica Baptist Women, Sis. Annette George-Boney, Sis. Merritt Johnston, Sis. Karlene Edwards-Warrick and Minister of State in the Ministry of Health, Wellness and Social Services, with special responsibility for Senior's Security, Children at Risk, Gender Affairs and the Differently Aabled, Dominica, Honorable Dr. Cassandra Williams; Our youngest delegate and our eldest delegate.

MEMORIES

We will never forget the Eco-fashion models of Barbados, Trinidad & Tobago, Guyana, Jamaica and Dominica. On Sunday we made time for worship and fellowship at the Revival, Deliverance and Calvary Baptist churches; we also ended the Conference with the Candlelight Ceremony. We look forward to Conference 40 and the 45th CBWU Anniversary!

<https://fb.watch/IWkqZuXCdT/?mibextid=6AJuK9>

Click this link for the Opening Ceremony



Colossians 3:10 "A Transformed Life"



Newsletter

INFORMATION

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.

Newsletter Committee

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

NOTE FROM THE COMMITTEE CHAIR

Thanks to all the women's ministries that contributed to the successful July, 2023 issue.

If you would like to contribute to our Newsletter, please contact the President of your Island.

Peace and Blessings!!!

Donnette Daniels-Franco

CBWU Officers

President	Mrs. Karlene Edwards-Warrick	Trinidad & Tobago
Vice President	Mrs. Sherrian Munro	Grenada
Vice President	Mrs. Betty James	San Andres
Secretary	Mrs. Donna-Daile Smart	Trinidad & Tobago
Assistant Secretary	Mrs. Sylvia Henry	Jamaica
Treasurer	Mrs. Julie Barclay	Trinidad & Tobago