



The United Church in Jamaica and the Cayman Islands

# THE FAMILY NEWS

George Town Charge

Volume 195, August 2021

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Antonio Sanchez

### Youth Minister:

Roy McGregor

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[www.bethesdacounselling.ky](http://www.bethesdacounselling.ky)

### Service Times:

Sundays  
Elmslie Memorial United  
10:30am  
Prayer Service last Sunday of each  
month 6:30pm

South Sound United  
44 South Sound Road  
9:00am

## From the Pastor's Desk

**Breathe in...breathe out....**You do it 12-14 times a minute without thinking.

Breathing is a miracle we don't often stop to think about. We just do it. It keeps us alive. In the same amazing way, God has given us as Christians a way to "breathe spiritually" for our spiritual well-being. Spiritual breathing, like physical breathing, is a process of exhaling the impure and inhaling the pure. It can become a way of life.

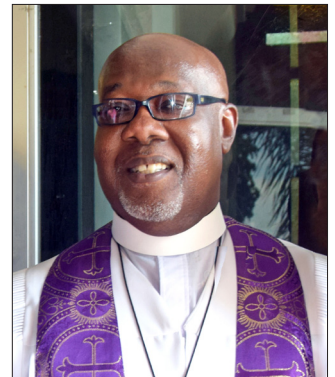
But the average Christian does not understand this concept and as a result lives on a spiritual roller coaster, trying to control his or her own life, which results in frustration. On our own, we may, at times, make a fresh start in life, only to lose it again – negative thoughts, angry words, slammed doors.

How can this change? It can do so by learning and applying the concept of spiritual breathing, which is like physical breathing in that:

1. You "exhale" by confessing your sin as soon as you become aware of it, and claim God's forgiveness.
2. You "inhale" by asking the Holy Spirit to once again control and empower you to help you from returning to that sin.

Usually, we don't give much thought to our physical breathing. But spiritual breathing is something that requires conscious action – a readiness to "exhale", or confess our sin, and to "inhale", or trust God to fill us with his Holy Spirit.

*Continued on Page 3*



## First Ever International Night at Elmslie

On Friday evening, 25th June, Elmslie and South Sound congregants were treated to a special night at Elmslie, celebrating the different nationalities and cultures represented in our churches. Congregants were invited in advance to come dressed in their countries' colours and set up booths in the parking lot featuring cuisine from the various countries represented.

The evening started out in the sanctuary with a processional led by **Conor Macmillan** and **Daniel Sanchez** spotlighting the Sunday school children waving their countries' flags. Youth Minister, Mr. Roy, opened the service by welcoming everyone, followed by **Zendaya Allen, Justice Ramoon, Gabby Webb** and **Zerah Allen** performing the Quadrille dance. **Colin Wilson** read an amusing story he had written, and musical items



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*Continued on Page 4*



## “...Let us join together in prayer”

Have you ever wondered why the disciples “all joined together constantly in prayer” following Jesus’ ascension (Acts 1:14)? Why later did they seek to “give (their) attention to prayer” when early challenges faced the fledgling church (Acts 6:4)? And what was in the mind of those early Christians while Peter was in prison so that “many people had gathered and were praying” in the house of Mary the mother of John” (Acts 12:12)?

Those early Christians discovered that prayer was the lifeblood of the church. It was the source of their power. It provided the plans and strategy for the battle of life. It was that by which they received wisdom to make right decisions. It provided protection and deliverance from the powers of evil – and much more. So they gathered together to pray.

Christians cannot live the Christian life without prayer. Churches cannot survive unless they pray.

One of the most common things people tell you with regard to their prayer life is that praying is something they do on their own. Of course, a person’s personal prayers are important. However, the implication is that there is no need to come *together* to pray. God hears and answers our individual prayers just the same as when we are praying with others, they say.

But it is a fallacy to think that coming together to pray is unnecessary. In the New Testament and throughout church history, Christians *met* to pray, and God moved in special ways when they came together for this purpose. In fact, the evidence is that those churches which do not engage in corporate prayer are those which are generally weak and ineffectual.

We haven’t been very good at corporate prayer, on the whole. We need to reassess our priorities and determine whether the lack of spiritual power, less than effective ministry and our often poor witness may be partly because of our reluctance to come together to intercede, to wrestle together with almighty God, for the needs of our community and the wider world, as well as for the souls of people among whom we live.

The reasons many offer why they can’t or won’t attend a prayer meeting are usually only weak excuses. If you are serious about your faith, and you want your church to be vital and authentic, why not determine to join together with others on a regular basis to pray? Ask God about it, then make your decision!

~ **Michael Bowerman**

*Elmslie currently offers three alternative times during the week for corporate prayer: Tuesdays at 8pm, Wednesdays at noon and Saturdays at 7am.*



## EAT Update

**Richard Trull**, who heads up the Elmslie Emergency Assistance Team - or EAT - provides a brief update on this ministry by which Elmslie people express their love for one another by their actions:

**Why was EAT established?** When Covid began to bite in Cayman in early 2020, Elmslie was blessed by a very generous, anonymous donation, specifically so Elmslie could provide food, medicine and other help as needed to those of our congregation, but also our wider community who were financially suffering from lost jobs.

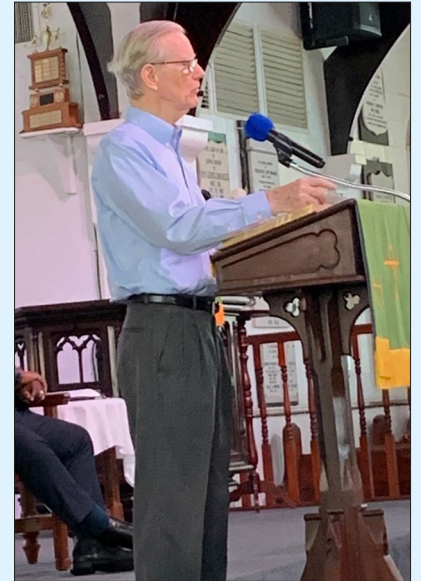
**How does EAT work?** The team meets regularly, plans, organizes, purchases, bags and distributes packaged foods and Foster’s coupons. As many as 75 individuals and families in our community, receive EAT distributions every two weeks. **Joan McField**, with help from her sisters **Carmen** and **Ellen**, together with **Anthony Bodden**, **Ann Marie Webb** and several other Elmslie members, buy and bag food every other Saturday for EAT. Joan, assisted by Anthony and Carmen, delivers bags and coupons to those in need on our EAT list. They not only deliver but also visit with recipients personally and offer to pray with them. They offer devotional literature, prepared by **Cathy Gomez**, to encourage people to learn more about the gospel.

Those who receive often express heartfelt thanks that, though the individual gifts are not large, this ministry has made a positive difference in their lives because it provides regular nourishment - sometimes it is the only food they get - and it also provides fellowship to combat loneliness. It is seen as an expression of Christ’s love.

The team is grateful that others in the church have also contributed funds to this ministry and **Janet Macmillan** from the office keeps a complete accounting of every penny received and spent. Janet and **Harriet Vassell**, who leads our Pantry Ministry, regularly review to ensure that these ministries do not overlap.

**How can we help EAT?** One particular way is by helping for an hour or so with food bagging in the hall. You can pray for this ministry. You can also make a donation towards its ongoing ministry.

More information about EAT can be obtained from any member of the EAT Team. They are **Reverend Chris**, Joan McField, Anthony Bodden, **William Walmsley**, Janet Macmillan, Cathy Gomez and myself.



## FBC Choir at Elmslie

Elmslie was again privileged to have a visit by the First Baptist Church Choir the evening of June 27th. As usual, it gave us an evening of quality music, with songs that uplifted the spirit and gave glory to God. Several members of Elmslie's choir were invited to be guests, and the evening proved to be a memorable one for those who attended. We offer our grateful thanks to **Pastor Dave Jorge** and his choir for including us in their Spring tour schedule.



## Relief and Restoration of St. Vincent

Following the San Soufriere Volcano eruption of a couple of months back, many in the churches here were able to assist the island of St. Vincent by sending cash to assist in the relief and restoration, spearheaded by **Walford Thompson** and his church, Arnos Vale Covenant Assembly.

He writes in reply, "Greetings from St. Vincent. Once again, I must say thank you, thank you, thank you! Thank you for your love and prayers to God on our behalf! God is doing a great work, and has provided this opportunity for us to gossip the gospel in word and deed throughout the island of St. Vincent. Your generosity is being spread through the elders of the church to the hurting and displaced persons of our island. Praise God! We are grateful for your continued prayers and support. May God continue to bless you richly. "For the administration of this service not only supplies the needs of the saints, but is also abounding through many thanksgivings to God" (1 Corinthians 9:12).

A more detailed update of the steps being taken to reach out to those who have been most impacted by the volcano is available by contacting **Mike Bowerman** at [bowerman@candw.ky](mailto:bowerman@candw.ky) or by phoning 925-4590.



## Deaths

Our deepest sympathy to the family of Elmslie's **Rene Palmer** who passed away on 29th June at the age of 81. Her funeral took place at Elmslie on 14th July, and she is to be buried in Jamaica. We also extend condolences to and prayers for SSU's **Karen Turner** whose father, **William Stuart Porter Doodson**, passed away on 7th July in Scotland. He was 86 years old.



## Pastor's Desk (Cont'd. from Pg. 1)

Don't wait to exhale. Be quick to confess. We should pause and confess as soon as we entertain a sinful thought, speak an ugly word, or act on evil desires. "Spiritual exhaling" is agreeing with God about our sin, whether in thought or deed, thanking Him for his forgiveness, and expressing a willingness to change our attitudes and actions. The practice of breathing spiritually aids in developing a God-consciousness which, in turn, serves to keep the revived heart spiritually focused and less susceptible to continual sinning.

To inhale spiritually is to claim and receive the fullness of the Holy Spirit by faith. How do you do that? When you first received Jesus Christ, the Holy Spirit immediately entered your life, and he never leaves – John 1:12, Colossians 2:9-10 and John 14:16-17 tell us that. Though all born-again Christians are indwelt by the Holy Spirit, not all are continuously filled with the Holy Spirit. When the negative circumstances of life crowd in and we take control of the reins of our life, we push back or crowd out the Holy Spirit when, really, we should, "keep on being filled with the Holy Spirit" (Ephesians 5:18).

It is a continuous, conscious choice we make to walk in the Holy Spirit's power. Repentance is not a one-time thing; it's giving our lives over to God and asking Him to direct our decisions on a moment-by-moment basis. Though spiritual breathing is a conscious thing, the more we choose to do it, the more it becomes second nature.

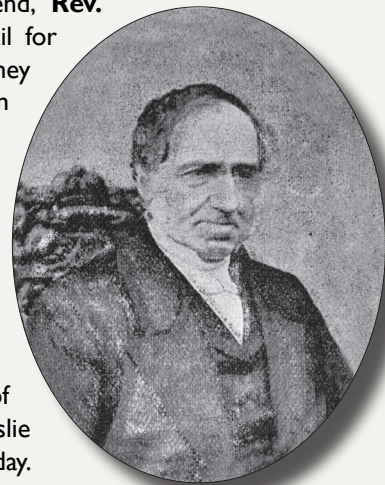
## Presbyterian Church Anniversary Celebrations to Commence

It was 175 years ago, in 1846, that, after spending eight years in Green Island, Jamaica, **Rev. James Elmslie** and his missionary friend, **Rev.**

**William Niven**, set sail for the Cayman Islands. They arrived in Grand Cayman on or about the 11th of September, 1846. Hence, the beginning of the Presbyterian church.

Plans are in place to celebrate this milestone as well as the 100th anniversary of the building of the Elmslie sanctuary as it stands today.

If you are interested in serving on the Planning Committee for the Anniversary Celebrations which will likely take place in the summer of 2022, please contact **Terri Merren** at [terri.merren@gmail.com](mailto:terri.merren@gmail.com) or 926-2909.





# VBS 2021 AT ELMSLIE



2nd - 6th August, 5:30pm - 7:30pm  
Ages: 6 - 17 years

## Ann Rockett-James Youth Music Camp

The Ann Rockett-James Youth Music Camp was clearly a success as indicated by the wonderful performances during the Sunday morning service at Elmslie on Sunday, 18th July. The camp, under the leadership of **Antonio Sanchez** and his team of musicians, took place 13th - 17th July and was open to children 7 years and older.



## Baby News



Congratulations to **Meghan and Gavin Heaney** on the arrival of their son, **Michael**. Big sister, **Madison**, is over the moon! Gavin is a member of the South Sound United Church Choir.

## International Night at Elmslie (Cont'd. from Pg. 1)

were presented by **Marcos Tinoco** who played the electric saxophone, and **Antonio & Amelia Sanchez, Emmanuel & Dayi Macias** and **Yoan Garcia** who performed music from their native land, Cuba. To the enjoyment of all, Mr. Roy, who hails from Jamaica skipped across the stage to the sound of bagpipes - wearing a Scottish kilt, no less!

After the ceremonies in the church, guests were invited to partake of the various dishes offered in the parking lot. We would like to thank Mr. Roy who spearheaded this well-organised event with the help of the Youth Ministry, **Harriet Vassell** and Music Worship Minister, Antonio Sanchez. We look forward to the next International Night which will hopefully become an annual event! (See more pictures on pages 5 and 6.)



# International Night





