



The United Church in Jamaica and the Cayman Islands

Weekly Update

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Making The Best Of It

Celine Nicholson, General Secretary, National Secondary Student Council
Ridgemount United Church, SRMC

Just as we prioritize our academics during the school year it is only typical that emphasis is placed on winding down in the summer. However, in doing this it is important that we take a holistic approach in order to maintain a healthy balance especially as we prepare for the upcoming school year. Here are some tips to ensure that you have a Winning summer.

HOW TO MAXIMIZE YOUR SUMMER HOLIDAYS

- Volunteer within your community. It is important that we contribute to nation-building.
- Take part in Online Certification Programs that will make your resumes look even more attractive. These programs will help students to develop useful skills.
- Work towards achieving at least one goal over the summer holidays. However big or small, get a few of the things you promised yourself, done.
- Spend time outdoors with friends and family. This helps to boost our mood and self-esteem.
- Plan ahead!
If applicable, set some time aside to plan and do research on tertiary institutions to pursue higher education.

HOW TO PREPARE FOR BACK TO SCHOOL

- Set clear goals for the upcoming school year in order to increase your chances of a successful year. Remember, it is important that we set goals that are S.M.A.R.T. (Specific, Measurable, Attainable, Realistic, and Time-Based).
- Develop a consistent nighttime routine to ensure that you're getting sufficient rest so you are ensuring that you always operate at your peak.
- Play brain stimulating games to improve and stimulate your vocabulary to get your brain ready for the new school year.
- Keep Moving!
Do frequent exercises which will help to boost your immune system, overall mood, and performance.

The Pringle Home for Children

100th Anniversary
Calendar of Events
2022

"Pringle at 100: preserving a legacy of service"

Church Service	July 31
Open Day	August 24
Panel Discussion: Child Care and Protection in Jamaica	November 17
Gospel Concert	December



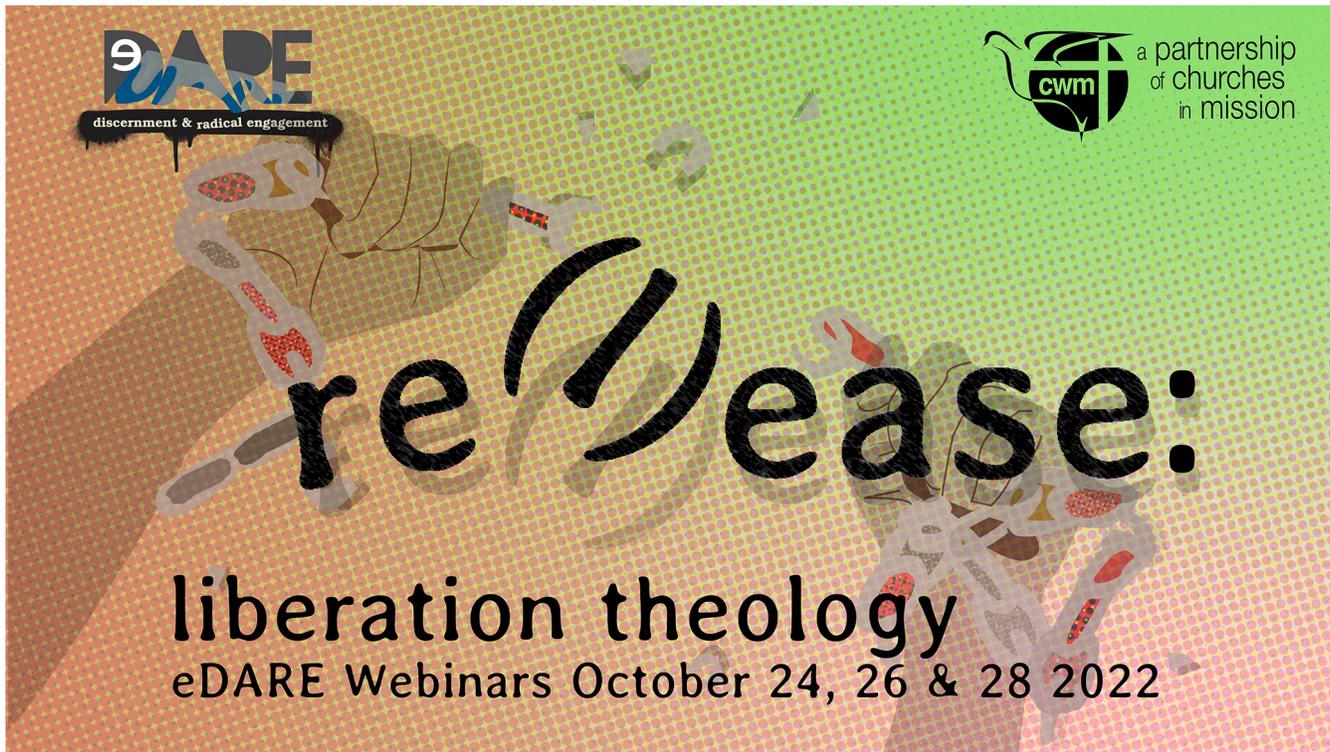
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Highlights from Pringle Home Anniversary Church Service

The 100th Anniversary Service of Pringle Home for Children, happened on July 31, 2022, at Carron Hall United Church. Unfortunately, the community of Carron Hall was without electricity which prevented the service from being streamed. A shortened version of the anniversary service will be posted on UCJCI's YouTube Channel early next week. Stay Tuned.





**eDARE 2022: re(l)ease liberation theology
October 24, 26 & 28 2022 via Zoom**

Rise Above

Give each thought more than just a brief encounter. Contemplate, and provide your mind with a healthy workout.

Follow along as one thought leads to another. Journey into the deep recesses of your thinking.

Enable your thoughts to gain new power as they interact with other thoughts. Discover new ways to combine, assimilate, and to think about what you already know.

Your ability to concentrate has the potential to change the world. Give it the time it deserves, and give yourself the benefits that come from quality thoughts.

On a regular basis, do the work that transforms knowledge into wisdom. Engage your amazing ability to think, and provide your mind with ample time to do its valuable work.

Your life is driven forward by your actions, and those actions gain immense power when you put quality thought into them. Contemplate, and enable life to benefit from all the mental connections you create.

— Ralph Marston

PRAYER CORNER

Prayer Request

Prayer

Lord Jesus Christ,

Thank You for your presence in the world.
You touch our pain and warm our hearts
with hope.

Fill us with the joy of your Spirit and make
us faithful messengers of your Gospel.

Amen.

- Rev. Dr. Richmond Nelson who was ill and is recuperating
- Dr. Auma Folkes and family as they mourn the death of one of her sons, Albie Folkes
- Rev. Ranford Hewitt who is recuperating from illness
- Mrs. Rose Wedderburn who lost a relative
- Rev. Rohan Kong, his wife Stephanie and their son, Joel Kong, who is back in the hospital
- Rev. Wendell McKoy and family as they mourn the sudden passing of his brother-in-law
- Miss Lorraine Howell and family
- The family of Rev. Dr. Gilbert McKenzie, former minister of the UCJCI, who passed recently
- Members of staff with relatives affected by COVID-19
- Victims and perpetrators of crime and violence in Jamaica and the security force and government as they respond



NOTICES

THE UNITED CHURCH SENIOR CITIZEN HOME

WE ARE ACCEPTING APPLICATIONS!
 VACANCIES ARE AVAILABLE FOR BOTH
 MALE AND FEMALE SENIORS.



Send us an email to ucschome32@gmail.com or call the Director, Miss Bailey, at 876-373-8474 or 876-962-3768 to make your enquiries.

32 Villa Road, Mandeville P.O., Manchester

Savanna-la-mar United Church
 presents
An Evening of Elegance
 with
The Jamaica Military Band in concert
 Musical Director: Lieutenant Rafael Salazar
 on
Sunday, August 14, 2022 at 3:30 p.m.
 Venue: Savanna-la-mar United Church
 (across from Manning's School) Admission: Adult \$2,500
 Child \$1,000
Proceeds are in aid of the Church's outreach programs



International University of the Caribbean

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UCYAAM CONFERENCE 2022

August 18-21, 2022
 Madge Saunders Conference Center, Tower Isle, St. Mary



ACTIVITIES

- ✓ Bible Studies
- ✓ Call to Ministry
- ✓ Morning praise
- ✓ Praise & Prayer
- ✓ Take me to the King
- ✓ Food 4 the Soul (Church)
- ✓ AGM - Elections
- ✓ Children's Time

ACTIVITIES

- Big People Talk - Man & Woman Tory
- Heelz & Tux
- Bond Fire
- Awards Ceremony
- Nature Walk
- Sip & Dip
- Financial Advisor
- Beach

REGISTER ONLINE

End Violence Against Women and Children



Share your Thursdays in Black photos on Twitter, Facebook and Instagram and tag us @ucjci

#WCC, #UCJCI #evgw
 #ThursdaysinBlack
 #endviolenceagainstwomen

Liturgy For Worship At Home

August 14

Isaiah 5:1-7; Psalm 80:1-2, 8-19; Hebrews 11:29-12:2, Luke 12:49-56

Responding With Patience & Endurance

The list of the faithful in Hebrews 11 (named and unnamed) were models of faithful, patient endurance. As we respond to the challenges, we will not always see immediate results. Notwithstanding, we must persevere and continue to believe that God will honour God's word and our efforts.

Happy Birthday



Rev. Euthman Wray

August 13

The United Church in Jamaica and the Cayman Islands

Congregational, Disciples of Christ, Presbyterian

Moderator: Rt. Rev. Gary Harriott

General Secretary: Rev. Norbert Stephens

Regional Deputy General Secretaries

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- ◇ **North-Eastern Regional Mission Council -**
Mrs. Rose Wedderburn
- ◇ **Southern Regional Mission Council-**
Mrs. Janet McConnell
- ◇ **Western Regional Mission Council-**
Mrs. Maureen Henry

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