



# UCJCI UPDATE

A WEEKLY NEWSLETTER OF THE UNITED CHURCH IN JAMAICA AND THE CAYMAN ISLANDS

THE UNITED CHURCH  
IN JAMAICA AND THE  
CAYMAN ISLANDS

Volume 5: Issue 26

Wednesday, July 3, 2019

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**OUR VISION:** "Touching  
Lives, Nurturing Disciples,  
Seeking Transformation  
through Christ"

**SYNODICAL THEME:**  
"Renewal and Transfor-  
mation: Discipleship for  
Life"

## IN THIS ISSUE

- Man Cave 1-2
- UCJCI Values 2
- Leadership Corner 3
- Ad Corner 4

## PRAY FOR:



- **Revs. Dave Spence and Millard Edwards** who are recovering from illness
- **Rev. Walter Russell** who is ill
- **Rev. Raymond and Mrs. Ruth Coke** whose son, **Samuel Martin**, has passed on
- **Rev. Dr. Lorna Letts Jones** whose father has passed on

# Man Cave!!!

**A**pproximately seventy-seven (77) males of Webster Memorial United Church (Jamaica) retreated to their Man Cave in a homely setting in the Church Hall on June 13, 2019, to consider "Manhood Re-wired"!

A "Man Cave" or "manspace" is a metaphor for a male retreat where men feel free to do as they please, indulge in hobbies, and hang out with friends, without fear of upsetting any female sensibilities. There are no women around!

Given the prevailing threat to honourable masculinity in our local context, the conversation between males of varying ages and stages of life, as well as socio-economic standing, sought to create an environment for authentic sharing, encour-

agement, and empowerment.

The Man Cave was set up with live band, bar, lounge chairs, special lighting, domino tables, and food and drink.

The presentations were stirring! **Professor Clinton Hutton** shared a perspective on, "Men and Mentoring", centred on the question, "How do we positively impact the next generation of men?"

**Mr. Courtney Campbell** offered insights on, "Men and the Marketplace", asking, "How can we be progressive and not aggressive? Can we be successful without sacrificing our principles?"

**Rev. Paul DaCosta-Pinto** expounded on the topic, "Men and their Master". "Does God have relevance for our manhood today?" while **Kevin Bailey** shared thoughts on, "Men and their 'Main Squeeze'". The

question surrounded, "How do we healthily navigate our relationships with women?"

It was, indeed, a space and an atmosphere for reflection, contemplation, and sharing on how our men can take hold of their true identity, and identify the role they play in their families, communities and society-at-large.

It encouraged men to embrace a worldview based on being made in the image of God. They were taught that, yes, it is the divine-rewiring of their thinking and actions that will make them great, and be expressed in wholesome relationships.

The next installment of Man Cave is being planned! *May God continue to guide our congregations into innovative ways of undertaking ministry and making a positive impact!*



Rev. Astor Carlyle, Minister of Webster Memorial United Church addressing the men at Man Cave



Men reflecting and conversing at Man Cave. Rt. Rev. Dr. Gordon Cowans, Moderator, UCJCI (left) participated.

# CELEBRATIONS!

# MAN CAVE!!!



70:

*Mr. Bryan Bothwell*

*July 4*

*Rev. Dr. Leroy Walters*

*July 5*

*Rev. Clifton Bailey*

*Rev. Dr. Cephas Stern*

*July 7*



**Above:** Rev. Paul Da Costa-Pinto (centre) addressing the men at Man Cave. Messrs. John Lobban (left) and Courtney Campbell (right) share in the moment. **Below:** Young men sharing in a game.

## UCJCI VALUES



“In seeking to live out our calling, we particularly value and are committed to:

**STEWARDSHIP**—by tithing, and with the generosity of thankfulness, the commitment of gifts and resources (time, talents and money) to advance God’s kingdom in the world; the proper care and optimum use of the resources provided for God’s work; and the care of God’s creation (1 Peter 4:10, 1 Corinthians 16:2, Matthew 23:23).



## EVANGELISM: THE #HEARTBEAT OF THE CHURCH

**Below:** Nineteen (19) persons were received into membership at Portmore United Church on April 7, 2019! They included seven (7) men and twelve (12) women.



Send comments and news about your congregation to: [ucjiupdate@gmail.com](mailto:ucjiupdate@gmail.com)



## LEADERSHIP CORNER

### Self-Discipline: The First Person You Lead Is You

**N**o one achieves and sustains success without self-discipline. And no matter how gifted a leader is, his or her gifts will never reach their maximum potential without the application of self-discipline. It positions a leader to go to the highest level and is a key to leadership that lasts.

If you want to become a leader for whom self-discipline is an asset, follow these action points:

**Develop and Follow Your Priorities.** Anyone who does what he or she must only when in the mood, or when it's convenient, isn't going to be successful. Nor will people respect and follow the leader. If you can determine what's really a priority and release yourself from everything else, it's a lot easier to follow through on what's important. And that's the essence of self-discipline.

**Make a Disciplined Lifestyle Your Goal.** To be successful, self-discipline can't be a one-time event. It has to become a lifestyle. One of the best ways to do that is to develop systems and routines, especially in areas crucial to your long-term growth and success.

**Challenge Your Excuses.** To develop a lifestyle of discipline, one of your first tasks must be to challenge and eliminate any tendency to make excuses. If you have several reasons why you can't be self-disciplined, realize that they are really just excuses—all of which need to be challenged if you want to go to the next level as a leader.

**Remove Rewards Until the Job is Done.** Mike Delaney remarked, *"Any (organization) that pays equal rewards to its goof-offs and its eager-beavers sooner or later will find itself with more goof-offs than eager-beavers."* If you lack self-discipline, you may be in the habit of having dessert before eating your vegetables.

**Stay Focused on Results.** Anytime you concentrate on the difficulty of the work instead of its results or rewards, you're likely to become discouraged. Dwell on it too long, and you'll develop self-pity instead of self-discipline. The next time you're facing a must-do task and you're thinking of doing what's convenient instead of paying the price, change your focus. Count the benefits of doing what's right, and then dive in.

#### Reflect on this...

H. Jackson Brown Jr. stated, *"Talent without discipline is like an octopus on roller skates. There's plenty of movement, but you never know if it's going to be forward, backwards, or sideways."* If you know you have talent, and you've seen a lot of motion—but little concrete results—you may lack self-discipline.

Look at last week's schedule. *How much of your time did you devote to regular, disciplined activities? Did you do anything to grow and improve yourself professionally? Did you engage in activities promoting good health? Did you dedicate part of your income to savings or investments? If you've been putting off those*

things, telling yourself that you'll do them later, you may need to work on your self-discipline.

**To improve your self-discipline, do the following:**

**Sort out your priorities.** Think about which two or three areas of life are most important to you. Write them down, along with the disciplines that you must develop to keep growing and improving in those areas. Develop a plan to make the disciplines a daily or weekly part of your life.

**List the reasons.** Take the time to write out the benefits of practising the disciplines you've just listed. Then post the benefits someplace where you will see them daily. On the days when you don't want to follow through, re-read your list.

**Get rid of excuses.** Write down every reason why you might not be able to follow through with your disciplines. Read them through. You need to dismiss them as the excuses they are. Even if a reason seems legitimate, find a solution to overcome it. Don't leave yourself any reasons to quit. Remember, only in the moment of discipline do you have the power to achieve your goals.

Source: *"The 21 Indispensable Qualities of a Leader"* by John C. Maxwell



# UCJCI FAMILY AD CORNER

**THE UNITED CHURCH IN JAMAICA AND THE CAYMAN ISLANDS**



# SUMMER CAMP 2019

"Youth Campers" Something new and different is coming your way. LOOK OUT!

**THEME: DISCIPLES ON DI MOVE**

**DATES**


- Children's Camp: July 6 - 12 (Ages 8-10)
- Junior Camp: July 13 - 19 (Ages 11-13)
- Pacesetter Teens: July 20 - 26 (Ages 14-17)
- Discovery Teens: July 27 - August 2 (Ages 14-17)
- Young Adults Conference: August 15-18 (Ages 21-40)

**Camp Fee \$8700.00**  
Please note that the fee for Young Adults Conference is a separate cost

**Venue: Madge Saunders Conference Center Tower Isles, St Mary.**


Come and experience Spiritual Growth, Mission and Fellowship

**THE UNITED CHURCH IN JAMAICA AND THE CAYMAN ISLANDS**




## VACATION BIBLE SCHOOL 2019

### TRANSFORMERS FOR CHRIST



Sharing God's Love  
SPEAK TRUTH  
SHARING THE GOOD NEWS



**ROMANS 12: 2 - "BE TRANSFORMED BY THE RENEWING OF YOUR MIND..."**

**DUKE STREET UNITED CHURCH YOUNG PEOPLE'S FELLOWSHIP**

## ANNIVERSARY CONCERT


# I AM GOD'S PRIZED POSSESSION

**JULY 14, 2019 @5:00 PM**


**70 DUKE STREET KINGSTON** | Adults \$500 | Children under 12 \$200

REFRESHMENTS ON SALE

**The United Church in Jamaica and the Cayman Islands**



# Youth ENCOUNTER



**Fellowship Ministry Mission Discipleship Worship Evangelism**

**An Intense Encounter!!!**

**October 18-21, 2019**  
Venue and cost to be announced!