

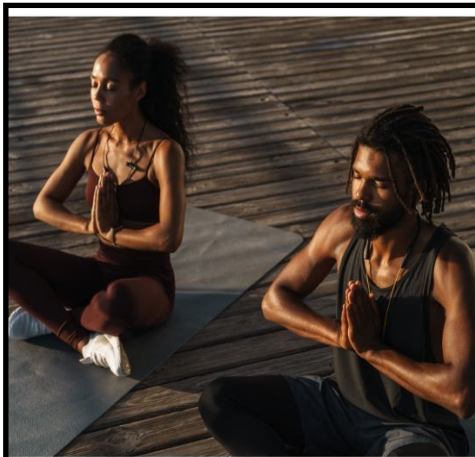


The United Church in Jamaica and the Cayman Islands

Weekly Update

August 17, 2022 || Volume 9 Issue 33

Bible Diet vs Today's Diet



The poster is for an 'OPEN DAY' at Pringle Home for Children. It features the church logo at the top. The text includes: 'Pringle Home for Children OPEN DAY', 'ACTIVITIES: Library Re-Opening (Handover by Author Mary AM White - Philanthropist), Health Services (FREE: School Medical, Immunization & Covid-19 Vaccine, INFORMATION: HIV & Testing & Health Education), Social Services'. It also lists 'PARTICIPANTS: JN Bank, RADA, HEART/NSTA, Ministry of Justice, & more.' The date is 'AUGUST 24 2022' from '10 a.m. to 4 p.m.' at 'Grounds of Pringle Home, Carron Hall, St. Mary'. A quote at the bottom reads: 'Pringle at 100: preserving a legacy of service.' There are small circular images of people at the bottom.

Have we ever considered the difference between the biblical diet and today's diet? Last Friday, this question was asked at a workshop on Healthy Nutrition held by the Jamaica Council of Churches in collaboration with the Food and Nutrition department of The Ministry of Health, Kingston and St. Andrew.

The Biblical diet, as plated in the scriptures, was a heavily plant-based diet that included ingredients like beans, grains, stews and herbs prepared as a farm-to-table experience. Fresh. One of the Biblical diet facilitators was the social context and what many now consider family constructs. Gender roles within the general biblical society found women in the homes with time dedicated to preparing healthy meals. The historical trajectory of development in itself shows just how societal evolutions have dictated operations within our families.

In today's context, our diet is determined by several things a few of which are:

- Industrialization, Innovation, and Globalization
- Food Security and Sustainability
- Socialization and Gender Roles

The farm-to-table experience has been mostly replaced by the need for convenience. As things evolve and societies move from hunters and gatherers to farmers and now corporate bosses, along with more knowledge and literature breeding more innovation, the need for convenience has been high.

Both genders spend less time in the home, as more women have joined men in the continued pursuit of academic and corporate success. With this, gastronomy is forfeited for fast-food and farming for importation. This lifestyle and value system has caused fewer people to be interested in the sustenance of the agriculture industry and fewer people to be in the kitchen.

Rising demands warrant a rise in supply and in a short space of time. That is what dictates what is stacked on our supermarket shelves. Thus,

a lot of unhealthy processed foods; freezer meals, and tinned goods. Undoubtedly, even products labeled as organic is often times genetically modified and cannot be compared to the fresh healthy foods of Bible days.

Wedded with all of this is the tool of marketing. The popular saying, “what you eat defines you”, also speaks to lifestyle in terms of social class and groups that one fits in according to what’s on their plate and from which brand. Indulging in certain kinds and brands of food, especially certain fast-food brands through acculturation, associates one with social groups as the psychology of sales is exercised and more lifestyle brands such as Starbucks and other coffee shops are becoming more prevalent. It is the use of the understanding of psychology that boosts purchases. For example, the engagement of all the senses in advertisements across all platforms, the ability to convince others to indulge because people of influence are doing so and the use of the color theory to play on colors like orange and red to appeal to the taste buds.

Truthfully, to sustain healthy eating, especially in our Jamaican society, is difficult and expensive.

As we try to function in a fast pace and demanding environment with eroded boundaries, more people are troubled with mental health issues that affect diets, one of the most common being body dysphoria. Exploring diet not just as what we eat but how we prepare what we eat and how often we eat it, we can say that essentially it is our relationship with food. Notably, fad diets have become popular. Many people are trying to lose or gain weight to the detriment of their health and well-being to simply look a particular way. Contrary to this, one can argue that a Biblical diet was one of the practical expressions of faithfulness to stewardship and caring for the body as the Lord’s temple. Now, we choose to be ignorant of how our relationship with food is affecting our overall health.

The workshop hosted several church representatives across country from different denominations and was held at the Providence Methodist Church Auditorium.

The Jamaica Council of Churches has prepared materials to teach us how to care for our bodies through Food and Nutrition. You can access the toolkit of sermons at:

food4changecaribbean.org/creating-faith-based-spaces-for-healthy-food-patterns/



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Tips from the Ministry of Health and Wellness on Healthy Eating on A Budget:

- **Plan Weekly meals using the Ministry of Health & Wellness Food Based Dietary Guidelines**
- **Make your grocery list according to the weekly meal plan. Include a variety of locally-grown produce**
- **Purchase fresh fruits and vegetables that are in season**
- **Compare nutrition labels on packaged foods to choose the healthier, more affordable option**
- **Prepare meals from home**

Liturgy For Worship At Home

August 21

Isaiah 58:9-14; Psalm 71:1-6 Heb. 12:18-29; Luke 13:10-17, Isaiah 5:1-7

Responding With Righteousness & Justice

For both the prophet Isaiah and Jesus, responding to human need and suffering must be given priority over simply observing the rites and rituals of one’s religion. The response that is required must be sensitive and relevant, even if it does not fit with “tradition”.

St. John's United Church in Hannah Town Aims to Use Sports as a Tool of Evangelism



Spectrum Management Authority donates sports equipment to St John's United Church in Hannah Town for youth/community ministry.

On any evening, at least thirty to fifty youngsters, ages eight to 17, from beyond Hannah Town gather on the compound of the church where they play sports or just hang out. The game of choice is mostly football in the scrimmage format. The church has provided a safe space for them and the church has identified and embraced this as a ministry opportunity.

Matches are being organized around church schedule so that ministry, church school and youth fellowship, may be offered using a different approach and format.

As such, we are seeking to further develop what we have here. Already, Spectrum Management Authority has graciously donated some equipment for which there are not enough words to express our gratitude. Other donations have made it possible for four courts to have been painted on the recently paved (concrete) grounds-scrimmage, netball, Volleyball, and basketball (half court) and we are just as hopeful and as we are grateful for the kindness ushered to this project so far.

We are hoping to get additional equipment such as poles and hoops for volleyball, netball and basketball, and a supply of balls for scrimmage football as they go rather quickly.

We try to provide snacks for the youngsters - simple bag juice and biscuits.

We pray for help and resources to make the ministry sustainable and viable. Food, gear, equipment, personnel and time are needed.

For the sake of the Kingdom of Heaven.

Condolences

The Cayman Islands Regional Mission Council extends heartfelt condolences to the family of Mrs. Margaret Rose Garcia, member of the Savannah United Congregation. She has given valiant support to the East End United Congregation, especially in the area of children and youth ministry. She served as Worship leader and reader on several occasions. She died tragically on Sunday, July 31, 2022. She will be tremendously missed by both the Savannah United and the East End United Congregations. May her soul rest in peace.



The Cayman Islands Regional Mission Council extends heartfelt condolences to Mrs. Debra Humphreys, Elder at the John Gray Memorial Congregation and Member at Large on the Council Executive Committee, on the passing of her husband Mr. Dave Humphreys, and her mother Mrs. Madge Ebanks. May their souls rest in peace. As a Council, we surround Ms. Debra with our love and prayers.

*"The Lord is close to the brokenhearted and saves those who are crushed in spirit."
Psalm 34:18*



**Tune in to United in Faith Sundays
on RJR 94 F.M at 6:30 a.m.**



You can listen to United In Faith episodes at your convenience on our Anchor F.M. Platform.

Click the link either in our Instagram bio or when it is circulated via WhatsApp.

Prayer Corner

Prayer Request

- The Bulgin Family as they mourn the recent tragedy
- Rev Godfrey Meghoo, who is recuperating at home
- Rev and Mrs. Joe Crawford
- Rev Harry Bodden
- 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
- The family of Rev. Dr. Gilbert McKenzie, former minister of the UCJCI, who passed recently
- Members of staff with relatives affected by COVID-19
- People affected by the war between Ukraine and Russian
- Victims and perpetrators of crime and violence in Jamaica and the security force and government as they respond

Prayer

Eternal and most faithful God, Hear us, Shepherd of Israel, You who led Joseph like a flock, we thank you for those who have gone on before us. Help us to remember that we are surrounded by a great cloud of witnesses. Help us to run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. In His glorious name we pray. Amen.

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



Registration for CWM's eDARE 2022 is now open!

We invite you to register using the link below:

<https://forms.gle/iWjf9BmB2FWLArw39>

We look forward to seeing you DARE!

NOTICES

THE UNITED CHURCH SENIOR CITIZEN HOME

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GET THE FACTS ON MONKEYPOX

What is Monkeypox Disease?

A rare disease that is caused by an infection from the monkeypox virus

How is the Monkeypox virus transmitted?

It can be transmitted from animals to humans through:

- bites or scratches by an animal carrying the virus
- handling and eating meat from infected animals

It can be transmitted from human to human through close contact with:

- skin lesions e.g. rash, blister, sores, scab, etc
- body fluids
- droplets from respiratory secretions e.g. cough, sneeze, spit
- recently contaminated objects e.g. bed linen, clothes and frequently touched areas

What is the incubation period ?

The incubation period (time between infection and when the symptoms start) is usually from 6 to 13 days but can range as 5 to 21 days

What are the main signs and symptoms?

- Fever
- Chills
- Intense Headaches
- Extreme Exhaustion
- Muscle ache and Backache
- Swollen lymph nodes
- Rash (usually appears 1-3 days after the fever)

Symptoms can be mild or severe and associated skin rash can be itchy or painful

What is the treatment for Monkeypox Disease?

Treatment is based on the symptoms. If experiencing fever or pain, Panadol can be taken. Drink lots of fluids to maintain hydration

Who is at risk of being infected with the Monkeypox virus?

Any person in close contact with someone who has monkeypox

How can the risk of getting Monkeypox be reduced?

Key prevention measures include COVID-19 prevention measures:

- Wear your mask
- Wash your hands
- Physical Distance
- Frequently sanitise areas that are frequently touched
- Avoid crowds



Is there a Vaccine for Monkeypox?

- There is a vaccine against monkeypox that is generally available. A recently approved vaccine has been produced for research purpose only

Jamaica has no known case of monkeypox at this time.

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HAPPY
Birthday

Rev. Donovan McPherson
August 20



Rev. Anthony Wallace
August 20



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Congregational, Disciples of Christ, Presbyterian

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