



# CAYMAN ISLANDS REGIONAL MISSION COUNCIL

WEEKLY UPDATE

*Season of Lent*

February 28, 2024

VOLUME 9 ISSUE 09

**Rooted and Resilient: Re-ignited by the Spirit to Re-connect**



The CIRMC extends heartfelt congratulations and best wishes to **Mrs. Laurel Watler**, the oldest living member of the Webster Memorial United Church (Bodden Town), on the joyous occasion of her 100th birthday celebrated on February 27, 2024, surrounded by her family and closest friends. Mrs. Laurel has been a dedicated and active member of her Church throughout her remarkable life, serving in various capacities. May God bless her and her family as they celebrate this milestone and continue to accompany Mrs. Laurel on her journey ahead.

## **JESUS: FULFILMENT OF THE LAW**

EXODUS 20:1-17

There is a school of thought saying that the Israelites were taken out of Egypt, but Egypt was not wholly taken out of them, hence their wilderness wanderings for 40 years (1st generation). Incidentally, NONE of those who left Egypt as adults physically entered the Promised Land, despite forty years of trying to get slavery

mentality out of their systems. Whether that is true or not, despite God providing all they needed, obeying God's Law - the Ten Commandments - proved to be challenging for them. One could say they disrespected the Hand that saved them, and perhaps we should explore which commandment is a challenge for us and why.

Let's not be misled; God is real, and the message of the Gospel is true because Jesus is the cornerstone of our Faith and the fulfilment of the Law. We do not have the luxury of 40 years; we have the blessed gift of NOW. We also have the gift of hindsight - to recognize and change the methodology of the Children of Israel. We do that by recognizing who God is and what God has done for us through Jesus Christ, observing the proof of God's creative power in nature and using those as praise-prayer points in our walk with God, yielding our bodies to God as Temples of the Most High, inviting God's Spirit in to lead, guide and nurture us in God's Truth, and by making time to read and understand God's Word, applying it to our lives so that we intentionally establish a deeper relationship with God.

- (UCJCI Preaching Themes - Sunday, March 3, 2024)

## **Combined Youth Group Meeting**



On Friday, February 23, 2024, sixty young people from our nine Congregations gathered for the first CIRMC Combined Youth Group Meeting of 2024 at the John Gray Memorial Church in West Bay. Our Youth Ministers led the evening, Mr. Roy McGregor (Elmslie Memorial),

Mrs. Jusan Hamilton-Lewis (John Gray Memorial), Ms. Camile Watt (Savannah United), and Mrs. Itza Bodden (East End and Gun Bay United), supported

by several volunteers from our Congregations. The event was filled with plenty of fun, food, and fellowship.

## Bake Sale at Webster Memorial



The Women's Fellowship of the Webster Memorial United Church in Bodden Town held a bake sale on Saturday, February 24, 2024, to raise funds for the expenses of the upcoming 170th Anniversary Celebrations scheduled for May 2024. We extend our heartfelt gratitude to those who baked a wide selection of delicacies such as cakes, cupcakes, biscuits, breads, and cookies and those who assisted with the sales.

## The Daniel Fast

During the Season of Lent, many Christians engage in various forms of fasting, prayer, and reflection as part of their observance. One popular fasting practice is the Daniel Fast, inspired by the biblical account of Daniel in the Old Testament (Daniel, chapter 1). The Daniel Fast typically lasts for a specific period, often 21 days, though the duration may vary.

Participants in the Daniel Fast abstain from certain types of food, including meat, dairy, sugar, and processed foods. Instead, they focus on a diet rich in fruits, vegetables, whole grains, nuts, seeds, and water. This practice and other forms of fasting serve as a spiritual discipline. Those undertaking the Daniel Fast aim to cultivate a closer relationship with God through prayer and self-discipline.

In addition to its spiritual significance, the Daniel Fast also serves as a moderate form of dietary cleansing, contributing to overall health and well-being. This dual purpose makes the Daniel Fast a meaningful and wholesome approach for those seeking both spiritual and physical benefits during the Lenten season.



## TRAINING FOR LAY LEADERS MODULE 1

**NEW START DATE -  
MARCH 23, 2024**

**TOPICS INCLUDE**  
EVANGELISM, DISCIPLESHIP,  
COMMUNICATION, BIBLE  
STUDY, WORSHIP,  
CAREGIVING

**THIS TRAINING IS FOR  
PERSONS PREPARING TO  
SERVE AS:**

- Elders
- Specialized Ministry Leaders
- Lay Pastors

**2nd and 4th Saturdays- March to  
August 9:00 a.m. - 2 p.m.  
via Zoom. Registration through regions  
opens February 27**

**COST  
JMD  
\$10,000**

**FOR MORE INFO**

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**RECORDED ORIENTATION SESSION  
AVAILABLE BY EMAILING**


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**BETHESDA  
COUNSELLING CENTRE**

<https://www.bethesdacounsellingcenter.com/>  
Tel: 946-6575



on Radio Cayman 89.9  
every Sunday at 7:45 am

**March 3, 2024**

**Rev. Rohan Forrester**

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