THE NGLICAN



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Milestones of Excellence

Glenmuir & DeCarteret Celebrate

Two Diocesan High Schools, Glenmuir High and DeCarteret College which are ranked among the nation's leading secondary institutions, are celebrating their 60th and 100th anniversaries, respectively.

The celebrations at Glenmuir were launched with a Service at the School in May Pen on Education Sunday, September 9, under the theme "Relentless in the Pursuit of Excellence."

Celebrant and Preacher at the Service was the Rt. Rev. Robert Thompson, Bishop of Kingston, who pointed to the School's mandate to transform its community by developing "well-balanced Christian men and women, who would show their love for God, not just by lifting their hands in praise, but in their compassionate work for justice and their love of country."

School Flag

A highlight of the Service was the presentation of the School Flag to Principal, Dr. Marsha Smalling by Bishop Thompson. Designed by the Anniversary Planning

Committee, Dr. Smalling said the Flag "signifies the dawn of a new era. It reminds us of past achievements and renews our zeal and passion towards further excellence. It will become a significant symbol of the revered Glenmuir brand," she noted, pointing to the School's six core values of trustworthiness, respect, responsibility, fairness, caring and citizenship.

Achievements & Upcoming Events

Glenmuir was founded in 1958 by then Bishop of Jamaica, The Rt. Rev. Percival Gibson, and has produced outstanding graduates, described by Dr. Smalling as "world changers." These include former Minister of Finance, Dr. Omar Davies; President and Group Chief Executive Officer of National Commercial Bank, Patrick Hylton and outstanding Jamaican netballer, Elaine Davis.

The celebrations continue with the Annual Prize Giving and Award Ceremony in December; a Sports Day Jamboree; 6K Run Walk; a Cruise; and Past Students' Annual Brunch in 2019. They will culminate on September 7 with an Awards and Hall of Fame Banauet.

Service at St. Mark's, Mandeville. Photo 2. First group of students at Glenmuir High with two current members of the Diocesan Staff - Mrs Monica Bernard and Sister Molly Walton (heads circled).

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Glenmuir Principal, Dr. Marsha Smalling displays the schools flag.

DeCarteret's Choir on its return from South Africa.

DeCarteret's History

The year-long celebrations commemorating the 100th anniversary of the establishment of this school have been gathering momentum.

Past students converged on the School between September 3 and 9 for Homecoming Week, the highlights of which were a Career Day and a Church Service.

The School was established in 1919 by the then Diocesan Bishop, Dr. Cecil deCarteret, when he purchased the former King Edward Hotel in Mandeville and opened a preparatory school with 10 boys. In 1921, the School was acquired by the Diocese and called the Diocesan School. In 1931, when Bishop deCarteret retired, its name was changed to deCarteret Preparatory School in his honour.

In 1961, a Secondary School for boys was added and the institution became coeducational in 1976. The preparatory school was phased out in 1974 and boarding was discontinued.

The original school was housed in the old hotel building on a hill, while the secondary school was constructed below on what used to be a playing field. Unfortunately, the old building was destroyed by fire. The Alumni has launched a major anniversary fundraising project to rebuild the structure as a 6th Form College.

Some Achievements

Today, there are more than 1,200 students and the School has distinguished itself in many areas of national life. In July 2018,

deCarteret received a silver diploma in the category "Mixed Youth Choirs" when it competed against 298 choirs from 48 countries at the World Choir Games in South Africa.

This year also, two alumni, Professor Dale Webber and noted jazz musician Monty Alexander were in the spotlight – Webber for his appointment as the Principal of The University of the West Indies (UWI), Mona and receipt of a National Honour (CD); and Alexander for his upcoming award of an honorary doctorate by the UWI.

Other Anniversary Events

December 18, 2018 Bar-B-Q Supper January 19, 2019 Founder's Day

Exhibition & Dinner Founder's Day

January 21, 2019 Founder's Da Celebrations

July 4 - 7, 2019 Grand Reunion Weekend

EDITORIAL

Mission of Human Development

The influence of the Anglican Church in education in Jamaica dates back to the 1700s with the mandate from then Bishop of Jamaica, The Rt. Rev. Christopher Lipscombe, that slaves should be taught to read. Schools were established with funds willed by wealthy Anglicans who stipulated that these institutions should be led by Anglican clergy and teachers.

Today, the Church's ownership and involvement in the nation's educational sector covers some 200 institutions from the Early Childhood to Tertiary level, many of which are beacons in their communities and perform among the sector's top tier. The mandate of the Diocese is that our schools be institutions of choice, offering a holistic programme to equip students to be responsible and respectable citizens.

However, consistent access to resources that will ensure a quality learning experience for students remains a challenge.

Through the Division of Schools, the Diocese has been building competence among academic staff in the areas of Literacy, Numeracy and Science; and School Boards. Principals and Senior Staff are also being trained to enhance their administrative capabilities. Our objective is to ensure that our institutions maintain high standards of teaching and learning; while also demonstrating high levels of accountability and professional leadership. with teachers who are committed to their profession and who present themselves as persons to be emulated.

The Church's mission of human development through education is even more critical today, in the face of declining moral standards and social values. As we seek to create a nurturina environment in which respect, love and care for all are promoted, I urge members in the community of Anglicans to volunteer their service as lay chaplains. We also need to increase the corps of trained teachers who can play a vital role in maintaining the Anglican ethos in our Church schools.

Mrs Ena Barclay Director of Schools

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Email us: TheAnglican@anglicandioceseja.org

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Dr. Garth Anderson – Transformational Leader



When Dr. Garth Anderson began his teaching career some 18 years ago, little did he know that one day he would become President of The Jamaica Teachers' Association (JTA), one of the largest professional organisations in Jamaica. On August 20, he was installed as the 54th President of the prestigious JTA.

Although Dr. Anderson will be ably supported by other members of the JTA leadership during his year in office, his job at the helm of the 20,000 strong organisation calls for a special temperament and skills.

The Principal of the Diocese's sole tertiary institution, Church Teachers' College (CTC) in Mandeville since 2010, Dr. Anderson has proved to be a man of vision and a transformational leader, attributes that will be an asset in his new role. Himself a graduate and subsequently lecturer at CTC, Dr. Anderson is a born Anglican. He recalls that his grandmother introduced the family to the faith during his childhood in Harmons District, Manchester, where the Priest-in-Charge was the Rev. Alvin Stone (now a retired Archdeacon).

As a student at CTC, he met Church Army Sister, Norma Thompson, who was Chaplain at the institution for many years. "Sister Norma nurtured me and helped to prepare me for confirmation at age 21. Her influence strengthened me as a Christian, and enabled me to deal with life's challenges from a relatively tender age," he explains.

Dr. Anderson now worships at St. Mark's Church in Mandeville where he is a member of the Church Committee.

He also serves many organisations, both within and outside of the

educational sector. He is currently Dean of Teachers' Colleges of Jamaica, Past Treasurer of the Association of Caribbean Tertiary Institutions, Vice-Chairman of the University Council of Jamaica's Finance Committee, and immediate Past President of the Rotary Club of Mandeville.



Outgoing JTA President, Mrs. Georgia Waugh Richards lighting Dr. Anderson's torch symbolizing the change in the organisation's leadership

Sharing his vision for education, the new JTA President says: "We have to invest in education that has its roots in the Christian principles of love, compassion and equal treatment for all persons, regardless of their station in life". He adds that the expected outcomes for education stated in Vision 2030 "will be just a pipedream, if we do not invest in our teachers, and adopt the right values and attitudes." He believes the church has a significant role to play in shaping these values.

By Hortense Rose

Anglican JTA Presidents

Mr. Clinton Muschett
Mr. Desmond Gascoigne

Mr. Victor Edwards

Mr. Dundee Hewitt

Mr. Woodburn "Woodie" Miller

The Rev. Dr. Kenneth Thaxter

Mrs. Lorraine Judith Spencer-Jarrett

Mrs. Ena Barclay

Mr. Michael Stewart

Mr. Clayton Hall

Donna Evelyn Assumes Newly- introduced HR Function

n response to a 2017 Synod Resolution calling for the establishment of a Human Resource (HR) Management System to enhance its administrative efficiency, the Diocese has appointed Mrs. Donna Evelyn as Human Resource Officer.

Mrs. Evelyn, who assumed duties on August 2, previously worked with the ICD Group for about 25 years, during which she held various positions,

including HR Officer, Unit Head of HR and Assistant Manager of Administration. She is confident that her previous experience will serve her well in this newlycreated post.

"My experience will allow me to handle start-up operations and also to introduce creative approaches to HR management," she notes. Mrs. Evelyn describes her role as one that will interface with all members of the Church House

staff, clergy, church workers and other stakeholders. However, she believes new policies will have to be established and efficiently executed in order to improve administration in the Diocese; and she looks forward to developing and implementing some of these in 2019.

A dedicated member of The St. Andrew Parish Church, Mrs. Evelyn serves as a Lay Reader, Synod Representative, member of the



of the Reception Committee.
She has one son, Douglas, who is active in the Anglican Youth Fellowship and the Church's Sunday School.

September 2018 The Anglican

CPWI Member Is New MUWorldwide President

Mrs. Sheran Harper of Guyana is the new Worldwide President of the Mothers' Union. The first person from outside the British Isles to hold the position, she will take office in January 2019; and will serve for three years.

A Worldwide Trustee of the Mothers' Union, Mrs. Harper was, until recently, the worldwide trainer assisting Mothers' Union parenting programmes in 23 countries across the globe. She has also been a Mothers' Union spokesperson in the CPWI on various interfaith and international panels and forums.

Born in the United Kingdom, Sheran Harper grew up in Guyana and studied at the University



of the West Indies School of Physical Therapy. She undertook her Clinical Practice at Guy's Hospital in London and then worked with the Ministry of Health in Guyana where she managed new physiotherapy departments in hospitals nationwide.

She stopped working in this area 17 years ago to focus

on her calling to serve the Mothers' Union.

In congratulating Mrs.
Harper, President of the
Provincial Mothers' Union,
Jamaican, Mrs. Hermin
Price, acknowledged
the guidance which the
new Worldwide President
had offered to her at the
regional level and the
strong working relationship
they shared over the years.

Recipients of National Honours

Congratulations to the members of our Church who received National Honours and Awards from the Government of Jamaica on National Heroes' Day, October 15, 2018:

Order of Jamaica (OJ) presented to:

 The Hon. Earl Jarrett, member of the Incorporated Lay Body, for exceptional contribution to the Banking and Financial Sectors, Public Service and Volunteerism

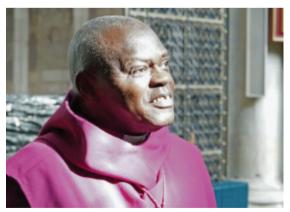
Order of Distinction Commander Class (CD) presented to:

- Professor Celia Christie-Samuels, for outstanding contribution to Public Service and Child Health
- Mr. Stephen Boswell Facey, for outstanding contribution to Real Estate Development, the Banking and Financial Insurance Sectors
- Dr. Joyce Glasgow, for outstanding contribution to Education and Human Resource Development, locally and internationally
- Mrs. Maxine Henry-Wilson, for outstanding Public Service
- Mrs. Marie Elizabeth "Mitsy" Seaga-Mian, for dedicated contribution in the areas of Child Safety and Development and Philanthropy
- Professor Dale Webber, for outstanding contribution to Environmental Conservation

Badge of Honour presented to:

- Mr. Audley Davidson, for service as a Music Educator
- The Rev. Canon George Thomas, former Rector of the Spanish Town Cathedral, was recognised by the St. Catherine Municipal Corporation for outstanding service in the field of religion. He received an award in a ceremony held on National Heroes Day in Emancipation Square.

Archbishop Sentamu Announces his Retirement



The Most Rev. and Rt. Hon. Dr. John Sentamu says he will retire from his post as Archbishop of York on June 7, 2020, three days prior to his 71st birthday.

Church of England clergy are required to retire at age 70, but this may be extended by one year at the discretion of Queen Elizabeth who is Supreme Governor of the Church. In acknowledging the extension, Archbishop Sentamu said the launch of

a Diocesan evangelism and discipleship programme would be a priority before his retirement.

An outspoken critic of racism, slavery and injustice, the Archbishop and his wife visited Jamaica in 2007 during the commemoration of the Bi-Centenary of the Abolition of the Trans-Atlantic Slave Trade. They returned in 2012 for the Jamaica 50 Independence Celebrations.

Spirituality and Church Schools

'The Lord God formed a man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being/soul'. – Genesis 2: 7

This Scripture verse describes our reality. Every human being is a biological combination of flesh and spirit, and we are also a spiritual combination of the physical/material and spiritual natures of life. Although these two natures function as a unit, they at times have two different agendas producing two different types of energy, one creative and the other destructive, and both energies seek to obtain priority in our lives.

The Church and the schools which it operates seek to position children in a relationship with God through Jesus Christ, so that they

may be influenced by the Spirit of Christ and follow his example. This is reflected through the Fruit of the Spirit – love, joy, peace, patience, kindness, goodness, and gentleness in their lives.

Based on the teachings of Christ, these spiritual qualities are critical to character building, harmonious interpersonal relationships and civilized living. While society takes them for granted, these values are not inherited at birth, but must be taught. Without them, our world would be an even more hostile place. Most Church schools have a chaplain whose main task is to provide pastoral care and spiritual guidance to the whole school community, so they can remain focused on character building.



Education is about holistic development – academic, physical, emotional and spiritual; and our church schools are committed to preparing citizens who are the salt and light of the world; and to make a difference for good in this world.

Contributed by: The Rev. Canon Michael Allen

The Anglican Church and Jamaica's Heritage

The radio programme 'Think on These
Things' on October 14th – the day before
National Heroes Day – focused on our Church's
contribution to the nation's heritage. Below are
excerpts from the programme.

- The Anglican Church has been in Jamaica since the conquest of the island by the British from the Spaniards in the late 17th century.
 The oldest church, the Cathedral in Spanish Town, dates back to the 1660's – that is over three hundred and fifty-five years ago.
- The early Church was controlled by the planter-slave-owning class, and in 2006, the General Synod of the Church of England apologised for what the Archbishop of Canterbury at the time, Rowan Williams, described as "the shame and sinfulness of our predecessors."
- The first Bishop of Jamaica, The Rt. Rev. Christopher Lipscombe, arrived in 1824 with a mandate to prepare the slaves for freedom and to separate the Clergy (and the Church as a whole) from control by the slave-owning class. The British Government realized that it was time for the Anglican Church – which was the established church – to minister to the slave population.

- Thanks to Bishop Lipscombe, the greatest contribution of the Anglican Church to the new Jamaica which had its beginnings on August 1, 1838 and one for which we can be justly proud, was in the field of education.
- The fifth Bishop of Jamaica, The Rt.
 Rev. Enos Nuttall, is remembered for his seminal role in nation-building. His greatest achievement as a statesman was his leadership in the rehabilitation of Kingston and other parts of the island after the devastation of the 1907 earthquake.
 He was the moving spirit behind the reconstruction work in the face of inertia by the Government of the day.
 He also helped to establish several institutions that are now an integral part of our society. These include:
 - The Jamaica Agricultural Society in 1895
 - The Mico Training College (now the Mico University College) and the Shortwood Training College, which he served as Chairman for 34 years and 31 years, respectively.
- The Church has also contributed greatly to the built heritage of the country .The Jamaica National Heritage Trust has a list

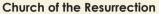
- of buildings and sites which are Heritage Monuments. Twenty-eight Churches are on the list of declared national monuments and 13 of them are Anglican Churches. These churches are testimony to the fine skills of the Jamaican stone makers and craftsmen who built them.
- King's House, was the original residence of the Bishop of Jamaica. The present day dining room, which used to be the Chapel, is the only part of the original building which has remained intact through the years.
- Our old Anglican cemeteries also reflect much of the history of Jamaica as they are the final resting place of many prominent persons, dating back hundreds of years.
 For example, Archdeacon Nuttall, several Bishops, George Stiebel (of Devon House fame) and Amy Jacques Garvey, widow of the National Hero, are all buried in the St. Andrew Parish Church Cemetery.

For the full programme check the Diocesan website at **www.anglicandioceseja.org**

Contributed By: John Aarons Hon. Diocesan Archivist

St. Andrew Deanery's Fabulous Forty-Two

A recent census conducted by the St. Andrew Deanery Sunday School Council indicates that the Deanery is blessed with 42 Sunday School teachers and superintendents who have served for more than 10 years, with some working for up to 30 years. Under the guidance of these stalwarts, the Sunday Schools have thrived, especially in areas where most children attend Sunday School and church without their parents. Congregations in the Deanery continue to support the Sunday Schools with material donations, transportation and assistance in preparing children to participate meaningfully in Sunday School activities. The Deanery formally recognises teachers who have served for five years and more.



- 1. Maxine Jones, Superintendent
- 2. Devon Spence
- 3. Charmaine Campbell
- 4. Leonie Brown, Caretaker

St. John The Evangelist

- 5. Beverley McDonald, Superintendent
- 6. Grace Lawrence
- 7. Dianne Brooks

St Luke's

- 8. Eltega Campbell, Superintendent
- 9. Brenda Manning for 30 years

Church of The Ascension

10. Betty McLean, Superintendent

Church of St. Margaret

11. Glena Smith

St. Mary the Virgin

- 12. Leroy Green, extra curricular support
- 13. Dianne Campbell

St. Cyprian's

14. Doris Jacques, Superintendent

St Andrew Parish Church

- 15. Jacqueline Mighty, Superintendent
- 16. Fay Duncan
- 17. Joyce James
- 18. Winnifred Johnson
- 19. Paulette Thompson
- 20. Elaine Baker
- 21. Yvette Smith

22. Carole Willis

- 23. Shirley Thomas
- 24. Vivenne Jones
- 25. Sandra Watson
- 26. Gabrielle Watson
- 27. Angella McCarthy
- 28. Hazel Thomas
- 29. Nicole Thomas

St. Clement's

- 30. Melinda Thompson, Superintendent
- 31. Mabel Pink
- 32. Sybil Thompson (24 years)

St. Thomas Mission

- 33. Sylvia Dias
- 34. Lisa Blackburne

Church of the Transfiguration

- 35. Athinia Campbell, Superintendent
- 36. Colette Sharp
- 37. Heather Morrison

St. Martin of Tours

38. Claire Thomas, Superintendent

St. Simon's

- 39. Vivienne Williams from 1994
- 40. Woodburn Miller from 1994

St. Philip's, Brandon Hill

41. Sandra Level, Superintendent

St. Jude's, Stony Hill

42. Maureen Garriques, Superintendent



Eltega Campbell - St Luke's



Sandra Level - St Philip's, Brandon Hill



Dianne Brooks - St. John the Evangelist



Grace Lawrence - St. John the Evangelist



Jacqueline Mighty, St Andrew Parish Church



Doris Jacques - St Cyprian's

Music Camp Concert - July 20





From Lutheran to Anglican

Rev. Errol Inshanally

mong the first things one notices about the Rev. Errol Inshanally is his jovial, friendly personality, and his passion for God. Currently, Priest-in-Charge of the Pedro Plains Cure, St. Elizabeth, he served as a Lutheran pastor for 28 years, before he was converted to the Analican faith.

Rev. Inshanally was ordained Deacon in August 2013 at St. George's Cathedral, Guyana and priest in June 2014 at the Spanish Town Cathedral. He served his Curacy at Kingston Parish Church, after being ordained Deacon.

He says that his deep appreciation of the Church's liturgy and the celebration of Feast Days, were among the traditions that drew him to Anglicanism. Consequently, he states that the phrase, "I have not missed heaven on a Sunday" resonates with him, as he enjoys celebrating the Eucharist every time he has the opportunity to do so.

Rev. Inshanally's passion and love for God are reflected in his favourite Bible verse: "For me to live is Christ, and to die is gain." (Philippians 1:21), which influences his commitment to ministry. He therefore enjoys preaching, leading Bible Study, visiting the sick and any other duty associated with pastoral care.

Happily married to Christina, he is the proud father of two grown children, Albert and Ann Marie. His favourite dish is ackee and salt fish with fried dumplings, and for relaxation, he enjoys reading and watching television.

Rev. Inshanally will leave our Diocese shortly to commence duties in Trinidad. Admitting that the decision to leave Jamaica was not an easy move, he explains that this was in response to his desire to move closer to his homeland, Guyana. His parting advice to persons seeking to enter the ordained ministry is: "If you don't have a passion to serve, stay out."



Monica Bryan – Pioneer at St. George's, Cayman



A t times when the history of a Church is being written, it is difficult to locate information about how it was founded.

However, for St.
George's Church,
Grand Cayman, the
answer is easy. It was
a group of Anglicans,
chiefly from Jamaica,
who in the early
1960's met in homes
to worship. Prominent
in this group was Mrs.
Monica Bryan, nee

Lobban, who migrated to Grand Cayman in 1961 to teach at the Cayman Preparatory School. She subsequently married Lloyd, then a Dental Technician at the George Town Hospital; and theirs was one of the homes in which early services were held.

Of this group of pioneers, Mrs. Bryan was the only one still on the island and active in the Church up to her death in August 2018.

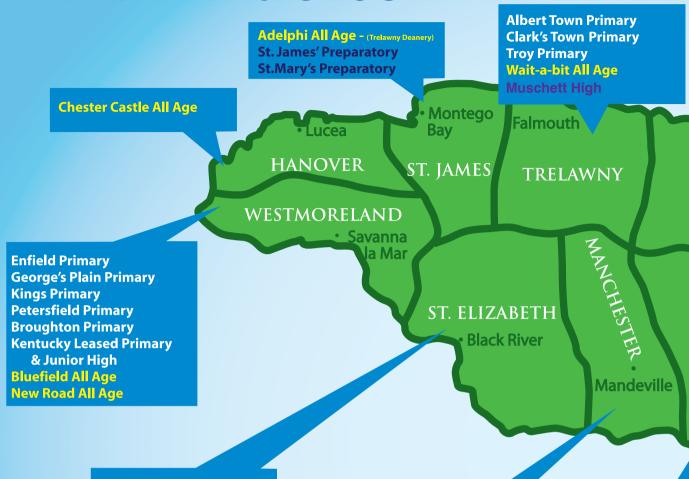
She recalls that the Mission really began to grow and regular services were held after Mr. Kenneth Phillips, a Guyanese and Mr. Laurence Small (father of Rev. Mary Graham) arrived on the island and were licensed as catechists. Holy Communion was reserved for those Sundays when a clergyman visited; and she remembers especially the ministry of the Rev. Canon Gervaise Clarke and Canon Weeville Gordon, who brought members from St. George's Church, East Street and St. Matthew's Church, Allman Town, to support the young congregation.

In time, a building was erected; and it was a source of pride to Mrs. Bryan when in 1984, Bishop Alfred Reid confirmed her daughters Joy and Mellony.

Over the years, Monica Bryan served as Sunday School Superintendent, Church Committee member, Pre-School Lay Pastoral Caregiver; and the Prayer Group and choir also benefitted from her involvement. More recently, her home at Newlands has been used for Services to support the outreach programme in that community.

So, from a humble beginning, and with the effort of committed members, a church grows and flourishes.

PRIMARY & SECONDARY LEVEL



ALL AGE SCHOOLS

PREPARATORY SCHOOLS

JUNIOR HIGH SCHOOLS

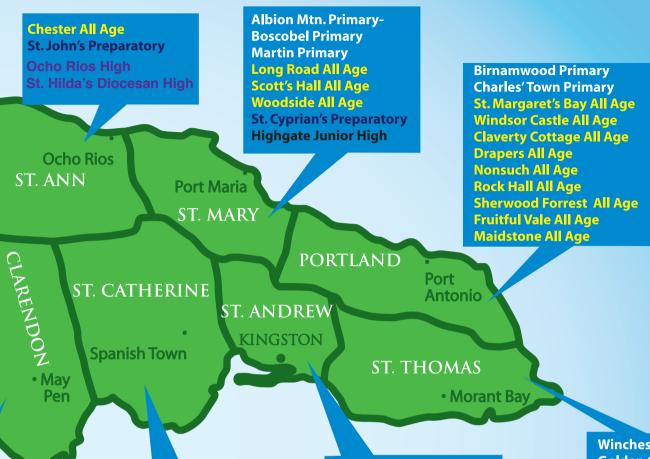
HIGH SCHOOLS

Pedro Plains Primary Slipe Leased Primary Siloah Primary Top Hill Primary Austin Leased Primary Crawford Primary Bull Savannah Primary Lacovia Primary Morningside Primary Mayfield All Age Quick Step All Age Red Bank Leased All Age Russells All Age St. Alban's All Age St. Mary's All Age **Black River High** Nain High

Christiana Leased Primary
Old England Primary
Snowdon All Age
Chantilly All Age
Kendal All Age
Campbell's Castle All Age
Rose Hill All Age
Comfort Hall All Age
Craig Head All Age
Bishop Gibson High
De Carteret College

Race Course Primary
Mount Providence All Age
Red Hills All Age
Glenmuir Preparatory
Cross Junior High
Glenmuir High

SCHOOLS OF THE DIOCESE



Freetown Primary Barton's Primary Mccook's Primary Eccleston Leased Primary Kentish All Age St. Faith's All Age Guanaboa Vale All Age Harewood Leased All Age Juan De Bolas All Age Marlie Hill All Age Top Hill All Age Clapham All Age -(St. Ann Deanery) St. George's All Age-(St. Ann Deanery) **Trinity Preparatory** St. Jago Cathedral Preparatory **Mount Moreland Junior High**

St. George's (Girls) Primary Franklin Town Primary St. Michael's Primary St. Alban's Primary Allman Town Primary Central Branch All Age

ST. ANDREW
Grove Primary
Bowden Hill All Age
Cavaliers All Age
Clifton All Age
Cooper's Hill All Age
Craighton All Age
Craighton All Age
Padmore All Age
Woodford All Age
St. Hugh's Preparatory
Queen's Preparatory
Kingston College
St. Hugh's High
The Queen's School
* Whitfield

Winchester Primary Golden Grove Primary Middleton Primary Whitehall Primary Thornton Primary Woburn Lawn All Age

Young Anglicans

CAMP WEDGER

Summer Camps were held at Camp Auchtembeddie, Manchester, for three age categories - Junior, Intermediate and Senior between July 8 and August 17. The young people participated in activities under the theme "Dweet fi di Luv."







Let no one despise your youth, but be an example to the believers in word, in conduct, in love, in spirit, in faith, in purity.

Education Sunday was Sept. 9



Church of the Ascension Sunday School taken on Education Sunday 2018

Glenmuir Prep. 50th Anniversay Service on Education Sunday



Mr. Andre Riley, Principal







Wreath laying in memory of Mrs. Margaret Tait, first Principal and other Founders.



TIPS FOR "SCHOOLERS"

HEALTH & NUTRITION

- Nutrition is an important factor in academic performance. Studies
 have shown that children who eat healthy, balanced breakfasts
 and lunches are more alert throughout the school day and earn
 higher grades than those who have an unhealthy diet.
- This requires eating from the five Caribbean food groups which include proteins and fats; carbohydrates; vitamins; minerals and legumes and beans, in moderate proportions.
- Drink plenty water. Remember, water is the best drink as sodas, fruit drinks and sports drinks contain too much sugar and have been linked to overweight and obesity.
- Get exercise as part of your daily routine. Exercise enhances the brain's function, and reduces obesity. Studies have shown that children, who exercise a lot, have better memory retention, which helps in their overall performance in school.
- Sandwiches for lunch Make them healthy, attractive and appetizing.
- To save time, use bread already sliced or portioned such as hamburger bread and hotdog roll.
- Omit tomatoes as these will make the sandwiches soggy. Instead, use lettuce or cucumber.
- Use fillings such as cheese, tuna, bologna, chicken, beef and ham.

CARING FOR TEXT BOOKS

- Wrap books to safeguard and preserve them
- Take special care where and how books are used
- When it rains, wrap books in plastic bags before placing them in the school bag
- Find a safe place during play to secure school bags to prevent possible theft
- Make book markers and use them instead of bending the pages of books
- Avoid marking the pages of textbooks so that they may be resold or traded.

PERSONAL SAFETY

- When crossing the road, remember to stop, look to the left, then to the right; and listen for oncoming traffic.
- Parents should try to accompany children to school until they become familiar with the routes they are travelling.
- Avoid standing alone at bus stops, or walking alone on lonely roads;
 and know who to contact in case of emergency.
- Children are especially vulnerable to kidnapping. You are advised to travel in groups, whenever possible. Children less than 9 years old should never walk alone, or be left on their own!
- Try to avoid strange people and vehicles when walking on the street. If you feel like you are being followed, go to a wellpopulated area or find a police officer and inform him/her of your concern.
- Always walk facing oncoming traffic.
- The use of cell phones affects the concentration of children and reduces pedestrians' awareness of activities around them. Avoid using cell phones when crossing roads.
- Do not play on busy roads as this is a dangerous practice.
- Always use pedestrian crossings when these are available. If there is none nearby, avoid intersections and blind spots.

Confirmation Highlights



Rt. Rev. Dr. Howard Gregory, and 20 newly confirmed members of the Black River Cure of Churches and Missions. The Rite of Confirmation and Holy Eucharist service was held at the St. John's Parish Church, Black River on Sunday, October 14, 2018.



Confirmands at the St. Mary Parish Church, including 8 from the St. Cyprian's Cure with Bishop Robert Thompson. A total of 25 persons - with a set of triplets and a pair of twins was confirmed.

Whatever you do,
work at it with all your heart, as
working for the Lord,
not for human masters,

Colossians 3:23 (NIV)

Intentional Discipleship Keep the Fire Burning!

The fire of Intentional Discipleship is being kept ablaze through several activities across the Diocese and we are happy to report that our efforts have been recognized well beyond our shores.

Cayman "On the Move with Jesus"

A weekend congregational training workshop involving more than 20 members of St. George's Church, Georgetown, was held in late July. In September, the participants shared their plans for the "next step" with the full congregation in a worship experience entitled "On the Move with Jesus." Rev. Mary Graham, the Rector, reported with much joy that the lessons from the workshop were presented through drama, a video, and PowerPoint.

Rap Session in Porus

A presentation and interactive exchanges led by Dr Eleanor Henry, a member of the Intentional Discipleship working team, were the highlights of the Cure Day at St. Augustine Church in Porus in late September. The day started with Cure worship followed by a spirited discussion.

Update for the Anglican Communion

A video report on activities mounted in the Diocese since the launch of the Season of Intentional Discipleship in November 2017 was presented at meetings of the Standing Committee of the Anglican Consultative Council (ACC) and Primates held in London in September. Excerpts of the report, which was well-received,



are also being circulated across the Anglican Communion.

Newly-appointed full-time Coordinator for the Season of Intentional Discipleship in the Anglican Communion Office, The Rev. Jolyon Trickey, says a series of publications is now being developed; and 'good news' stories are also being compiled for presentation at ACC-17 in April 2019; as well as the Lambeth Conference of Bishops in 2020.

The Season of Intentional
Discipleship in this Diocese is being
coordinated by the Rev. Douglas
Barnes, Director of Christian
Education.

What's next?

In our Diocese, Intentional
Discipleship is not just a season but
a way of life. As we continue the
effort to deepen our relationship
with God, and to make disciples,
look out for:

- Material for Advent 2018
- A Bible Study Guide for Lent 2019
- More training sessions in congregations, Cure Services and Deanery meetings

For more information or assistance, call us at 876-926-0504 or email: intentionaldiscipeshipja@ anglicandiocese.com

We still have work to do!!!

Contributed by: Dr. Eleanor Henry Intentional Discipleship Working Team

Church of The Transfiguration Names Its Church Hall

"The Percival G. Powell Hall"



Mr. Powell and his daughter Cheryl cut at cake the dedication ceremony

(COT),
Meadowbrook
Main, Kingston, named its
newly-refurbished Church Hall
in honour of founding member,
Mr. Percival G. Powell.

Transfiguration

Bishop Harold Daniel, and the Revs. Paul Sharp, Edward Jennings and Melvin Carey officiated at the Mass, during which Mr. Charles Jones, Rector's Warden, read a Citation to Mr. Powell, who has served the Church for many years in various capacities – including Rector's Warden for three priests.

Following unveiling of the name of the Hall, the guests who included specially invited

members of Mr. Powell's family, other clergy, and members from the Cure and other churches, enjoyed a sumptuous meal and pleasant fellowship in the beautifully decorated Hall. Mr. Powell and his family expressed their great pleasure and gratitude to the Church for its thoughtful gesture.

Arrangements for the function were managed by the COT Events Planning Team and its associates, who were complimented on their efforts. Thanks be to God.

Contributed By: Karen Norman Bell

News of Former Editors



Congratulations to Dr. The Hon Barbara Gloudon on receiving an honorary degree from Sewanee University – The University of the South – in Tennessee, USA, on 12 May 2018. Also receiving an honorary degree at the same ceremony was Condoleezza Rice, the former US Secretary of State. Sewanee, is a private, residential, coeducational liberal arts institution and is owned by 28 southern Dioceses of the Episcopal Church of the United States.

KC Choir Awarded Silver Musgrave Medal



KC's Vice Principal, Mrs. Marguerita Douglas-Hall and Choir Director, Audley Davidson, hold the Musgrave Medal Award, with members of the Choir in the background.

The establishment of the Kingston College Chapel Choir was one of the lasting achievements of KC's founding headmaster, the late Bishop Percival Gibson. In 1922, as a young priest, he received the Silver Musgrave Medal for writing and producing a church pageant. Now, 96 years later, the Choir has been awarded the Silver Musgrave Medal for its contribution to Jamaica's musical life.

The Presentation Ceremony was held at the Institute of Jamaica on October 10. The Choir was one of 10 recipients of the 2018 Awards. Commenting on this achievement, Choir Director, Audley Davidson, said, "It is just wonderful. On behalf of the boys, we humbly accept and vow to work even harder in the coming years."

Sympathy to the family of Rev. Laurence Small

Rev. Laurence Small, who served as the Editor of the Jamaica Churchman from 1979 to 1983 has died. He was the father of the Rev. Mary Graham, Rector of St. George's Church, Grand Cayman.

Father Laurence, who was from Barbados, served as Assistant Curate at St. Matthew's Church, Allman Town, and as Rector of the St. Mary Parish Church Port Maria, during his tenure as editor. He gave up the position when it was decided to contract a professional communications agency to edit and produce the quarterly Diocesan publication. In 1987, he left the Diocese to return home.

St. Hugh's High Turns 120 in 2019





Golf Charity Tournament in May to raise funds for the School's Care Centre; and Homecoming Week starting with a Church Service at St. Luke's Church on November 17, 2019.

At its 85th Annual General Meeting in October 2018, the St Hugh's Past Students' Association reported on its programmes over the past year. Highlights included:

- Sponsor-a-Swan through which needy students were assisted with a monthly care package, including toiletries and bus fare
- Big Sisters Group Mentoring which focused on Grades 7 9 students for whom seven sessions were held; and Grades 12 & 13 girls with whom five sessions were conducted during the year
- Health & Community Outreach through which alumni in the medical fraternity donated their services to conduct medicals for students entering the school
- Devotions with students which were led by Past Students three times for the year
- Sponsorship of a Sixth Form Bursary Award
- Fund-raising activities to support the outreach programmes

The Distinguished Past Student Award was presented to Dr. Judith Dallas-Waller for her work in the fields of Obstetrics and Gynaecology.

All past students are invited to participate in the Association's many programmes.

For information, visit their website at: www.Sthughspsa.org

Phone: 876-799-5852

E-mail: shhs.psa@gmail.com Facebook: StHughsPastStudents

Instagram: sthughspsa.

St. David's, Morningside visits Church House



'The Anglican' is all about You

received from staff. In the photo below, some of the

horses move.

God's word.

godly life.

5. James warned that we should not be to teach

6. We should use our words to ____ God and reflect a

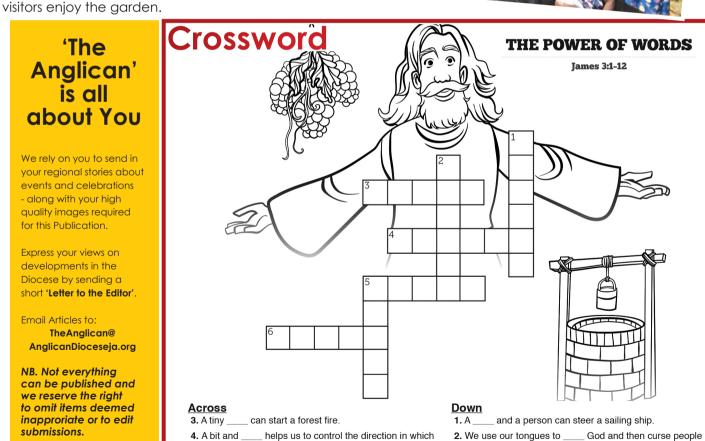
We rely on you to send in your regional stories about events and celebrations - along with your high quality images required for this Publication.

Express your views on developments in the Diocese by sending a short 'Letter to the Editor'.

Email Articles to: TheAnglican@ AnglicanDioceseja.org

NB. Not everything can be published and we reserve the right to omit items deemed inapproriate or to edit submissions.

Check the Diocesan website for links to Worship Resources, Diocesan Resources, Seasonal Hymn Suggestions, Clergy Contact and more www. anglicandioceseja



Upcoming Events

- Oct. 20-Nov. 3 Bible Quiz
- NOVEMBER Youth Month
- 1. Nov.4- Youth Service Launch
- 2. Nov.10-Regional Youth Caucus
- 3. Nov.24-Futsal Finals
- 4. Nov.24-Regional Youth Rally. St. Michael's Church, Clark's Town, Trelawny (Montego Bay Region); St. Cyprian's Church, Highgate, St. Mary (Kingston Region); St. Matthew's Church, Santa Cruz, St. Elizabeth (Mandeville Region)
- **NOVEMBER 4** -Amy Muschett Home celebrates 56 years - Church of St. Michael's and All Angel's, Clark's Town, Trelawny -3pm
- **NOVEMBER 10 BSA** National Fellowship Service St. Gabriel's Church - May Pen - 9am (All BSA Members are expected to attend)
- November 25 Cathedral Sunday, Spanich Town Cathedral - 2:30pm Choir Fest
- **DECEMBER 2** Advent Sunday

Send your flyer for events so we can post it on the Diocesan website www.anglicandioceseja.org

NEXT ISSUE:

- Cathedral Sunday **Highlights**
- **Christmas Messages**
- **Highlights from Youth Month & Futsal**

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He made in His own image.

___ humans have not tamed is their

5. The only thing on __

own tongues

Heroes Day Expo, Longville Park



Sunday School children from the Longville Park Mission, Clarendon, displaying puppets used to dramatize a Bible story. They participated in a display mounted by the Mission to highlight the work of the Church. Occasion was a Heritage Expo organised by the Lonaville Park Community on National Heroes' Day.

Hopeton Dennie Photo





meetings or gatherings.

We offer comfortable accommodation with modern ammenities.

For information about rates and to make bookings, please contact: The Education & Youth Department of The Diocese Tel: (876) 926-8925; (876)920-2714 E-mail: youth@anglicandiocese.com

LIFELONG STEWARDSHIP

Based on the gift each one has received, use it to serve others, as good managers of the varied grace of God. 1 Peter 4:10

While you are contemplating bequeathing your assets, you may wish to consider a charitable bequest to the Diocese of Jamaica and the Cayman Islands and its various ministries. Bequests may be made in your memory, if you so desire. We suggest that you discuss the matter with your attorney-at-law (or financial planner) prior to making any final decision.

For further information please contact The Diocesan Secretary Mrs Jacqueline Mighty Tel:960-0905 email: jmighty@anglicandiocese.com



St. Hugh's Prep Graduate Tops GSAT Performances



ayla Wright's academic performance and involvement in extra-curricular activities at St. Hugh's Preparatory School were exceptional, and so, it was not surprising when she emerged as the nation's top performer in the 2018 Grade Six Achievement Test (GSAT). Kayla aced the examinations, achieving 100% in every subject to earn a place at the prestigious Campion College.

During her years at St. Hugh's Prep, Kayla served as Head Girl, and she was a member of the Junior Schools' Challenge quiz team, as well as the cricket and swim teams. This multi-faceted student also participated in gymnastics

and dancing. The School's Principal, Mrs. Sasha Wright, describes Kayla as an eager, consistent and exceptional student.

Kayla lives by the mantra "With God all things are possible" (St. Matthew 19:26). She states that, "God blessed me with a wonderful Grade 6 year. He enabled me to score top marks although I continued to take part in my favourite extra-curricular activities which helped me to remain physically active, and relaxed." At the same time, she developed good time management skills which also allowed her to focus on achieving her goals.

She credits her success to God's blessings, excellent teachers, and the strong support of her parents, Mr. Stefan and Dr. Marilyn Wright, other members of her family, friends, coaches, school and Church communities. Kayla expresses gratitude to God for blessing her so abundantly.

Contributed By: Marissa Foote





Telephone: 876-917-7892

Email: hillcrestdirector@anglicandioceseja.org hillcrestretreat@cwiamaica.com





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