

The Seven Wonders  
of the World?  
To see, to hear, to touch,  
to taste, to feel,  
to laugh,  
and to love.

# The Eight O'Clock NEWS

May 2024 All Services, Christ Church, Kenilworth 021-797-6332

## Psalm 33 & The SA Election

- Tony Westwood

Thirty years ago most of us were part of a miracle. After a faith-testing few months of violence and brinkmanship in 1994, light overcame the darkness and a peaceful democratic election took place. 30 years on, has the age of miracles passed? Is the May 2024 election a mere way-station on the slide into the abyss? Are the sins of the nation such that "bones in the wilderness" is all that we can expect (Psalm 95:8-11; Hebrews 3:7-11)? Has God abandoned South Africa?

You could be forgiven for thinking so, given the way many, including Christians, speak.

Psalm 33, one of King David's, gives perspective and guidance to any hard-pressed South African voter, and certainly to the Christian voter.

The psalm begins with a call to praise. *Sing, shout to God in full voice. Bring out your musical instruments.* Creativity and art are to be exercised. To celebrate what? The last word of verse 3.

*Shout for joy before the Lord, you who are righteous;*

*Praise comes well from the upright.*

*Give thanks to the Lord on the harp;*

*Sing him psalms on the ten-stringed lute.*

*Sing to him a new song;*

*Strike up with all your art and shout in triumph.* (vv1-3)

Triumph. So, there's a good place for the hard-pressed Christian voter to start. David tells us why we can shout, sing, play, and compose with two W words: 'word' and 'work'.

*The Word of the Lord holds true,  
and all His work endures.* (v4)

How firm a foundation...! (If I may quote an old song in this context, King David!) Then we are reminded of God's nature:

*The Lord loves righteousness and justice.*

*His love, unfailing, fills the earth.* (v5)

Righteousness, justice, love. Righteousness, justice, love. You may want to revert to verses 1 to 3 at this point and compose a rhythmic, dancing song to those three words. We are reminded of what He has made in love to give us perspective:

*The Lord's word made the heavens,*

*all the host of heaven was made at His command.*

*He gathered the sea like water in a goatskin;*

*He laid up the deep in his store-chambers.* (vv6-7)

What is the response of the hard-pressed Christian voter to these word pictures?

*Let the whole world fear the Lord*

*and all people on earth stand in awe of Him.*

*For He spoke and it was;*

*He commanded, and it stood firm.* (vv8-9)

Reverence and awe—not a bad starting place for a voter. So, given this perspective, where is the election in God's economy?

*The Lord brings the plans of nations to nothing;*

*He frustrates the counsel of the peoples.*

*But the Lord's own plans shall stand for ever,*

*and His counsel endure for all generations.*

*Happy is the nation whose God is the Lord,*

*the people He has chosen for His own possession.* (vv10-12)

Perhaps the election has no value; perhaps a lot. There are serious questions here about our alignment with God's will: 'our' = Christians; 'our' = nation. What does God see?

*The Lord looks out from heaven,*

*He sees the whole race of men.;*

*He surveys from his dwelling- place*

*All the inhabitants of Earth.*

*It is He who fashions the hearts of all people alike,  
who discerns all that they do.* (vv13-15)

I am driven to my knees in repentance by these verses.

I (we) simply have to be in the right place with God before and as we vote. I hear the echo of "righteousness and justice" (v5a). My vote has to promote righteousness and justice above self-interest. My vote has to be for a party or person who puts genuine righteousness and justice above all else, including the longevity and well-being of their party. Party or self first means God, righteousness and justice cannot be first. It is this that is the road to entitlement, despotism and/or demagoguery—something a Christian cannot vote for.

A further word from King David for political parties and those who put their faith in them:

*A king is not saved by a great army,*

*Nor a warrior delivered by great strength.*

*A man cannot trust his horse to save him,*

*Nor can it deliver him for all its strength.*

*The Lord's eyes are turned towards those who fear Him,*

*towards those who hope for His unfailing love*

*to deliver them from death*

*and keep them alive in famine.* (vv15-19)

All schemes and manifestos are worthless, if not imbued with genuine righteousness, justice and love. And be reminded that there is no righteousness without justice.

Look what happened to the “God-fearing” Nats—God-forsaken!

The penultimate two verses of the Psalm round things off with a backwards (through the psalm) and upward (to heaven) résumé, and a personal statement of trust.

*We have waited eagerly for the Lord;*

*He is our help and our shield.*

*For in Him our hearts are glad,*

*because we have trusted in His holy Name. (vv20-21)*

And, appropriately, the final verse is a humble prayer and dedication, with an expression of hope. King David knew what a hard-pressed South African voter in 2024 would need.

*Let Your unfailing love, O Lord, rest upon us,*

*as we have put our hope in You. (v22)*



Lindy and Peter Tomalin are in the UK at the moment visiting daughter Jenny and family and will celebrate Peter’s 80<sup>th</sup> birthday there. This will be a very special time for them.



Eleanor Watson celebrated her 95<sup>th</sup> birthday on 10 April with a tea party. She belongs to a growing 90s group in the CCK family and are a delight to the rest of us.



## HAPPY SPECIAL [DECADE] BIRTHDAYS MAY 2024

4<sup>th</sup> Peter Tomalin—80

5<sup>th</sup> Ascencia Tebbutt—92

6<sup>th</sup> John Rogers—80

11<sup>th</sup> Kim Cloete—60

12<sup>th</sup> Bianca Brown—50

15<sup>th</sup> Glenn Truran—60

18<sup>th</sup> Margie Marsland—60

19<sup>th</sup> Beth Mackerill—87

19<sup>th</sup> Barbara Webling—90

27<sup>th</sup> Peggy Bullen—80

31<sup>st</sup> Gillian Douglas

‘For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.’

- Ephesians 2:20



Bev and John Bailey celebrated their 50<sup>th</sup> Wedding Anniversary with a cake and five candles with their small group!

Sandy Lennox  
30/6/1963—13/4/2024

— Pat Lennox

*Photograph of Sandy taken two weeks before she died;  
Family photograph as they were at CCK*

Christ Church Kenilworth has been such a critical, formative and beautiful part of our lives. And the Church is the people. Sandy was diagnosed with melanomas on her lung early last year and the disease suddenly spread this year. She died in the Ulster Hospital on 13<sup>th</sup> April with the three of us at her side. Anna and Laura said a few words at her funeral, among which was this, “Just before my mom went to heaven, we were praying together and my dad said to my mom, ‘Sandy, you are so loved by so many people.’ And our mom said, ‘And they are so loved by me.’” So many people from Christ Church were held in that loving line.

Sandy and I met at a house church in Oakhurst Avenue in Rondebosch. In 1986 Sandy was a newly qualified botanist from Pretoria with her first job at Kirstenbosch; I was a new Christian working at the City Council and recently arrived from Belfast. We got married on 6<sup>th</sup> May 1989 at Kirstenbosch Gardens. Our Oakhurst fellowship of brothers and sisters in Jesus was an amazing foundation for our lives and we learned that the Church is the followers of Jesus. It is the nature of house churches, not being institutional, to have relatively short lives as people move. While the relationships have remained to this day, regular meetings came to an end.

We ended up at CCK. Here’s how it happened: two of our special house church friends, Siegfried and Christie, had joined CCK and Christie had told Sandy that the church and particularly Lynn Pedersen, had been so kind and had prayed with them when Siegfried was very ill. Now, pregnant with our first baby, Sandy received a phone call at work one Wednesday morning in late 1996 in the corridor of the labs at UCT and was told a scan showed the baby may not be well (as it turned out she was fine). With me out of the country on my work, Sandy remembered Christie’s story about this church in Kenilworth—she headed down there and got prayer. So began our wonderful relationship with CCK where we fellowshiped from 1997 until 2008. And CCK was also home to old Oakhurst brothers and sisters, Gerry and Jill Adlard, and John and Janet D’Arcy-Evans. Sandy was a very prayerful person and so enjoyed her contemplative prayer with Judy Everingham, she enjoyed Beulah, our home group and the friendships formed with people like Lucy and Ali and Elizabeth were for life and embedded in a love of Jesus. During our time at CCK we lived in Gardens. Sandy left work for some years and our Anna and Laura were at school at Herzlia Gan Aviv and then St. Cyprian’s. Then with Sandy back and enjoying work at UCT’s Microbiology Department we felt (I felt!) God leading me into church ministry and Polokwane in particular. Sandy always blamed John Atkinson and Duncan McLea for our move. There was lots of prayer about it. Gabrielle Nye, whose husband had been the bishop up there in the north, was a very dear prayer partner with us.

Then we left Cape Town in early 2008. Eight years up in

Limpopo. Our best friends up there for the first two years were Peter and Clare Houston, formerly of CCK. And we had visits from Lucy, Ali and Elizabeth, Barbara, Jon and Hilary, Sam, Ann,



and others. Sandy found getting work quite difficult and even tried her hand as a teacher of Afrikaans! Then an opportunity arose to do a PhD in paleontology at Wits. So up in the heat of Polokwane, Sandy got her PhD. She so loved that work. And Sandy made friendships up in Polokwane that she treasured.

Then it was Belfast. Sandy had to leave her research again! But for the last three years she had a job in a lab with people she really liked. And Sandy loved living here. Walking in nature, whether in the local parks or in the countryside. And we had our little South African dog, Bixie, to whom Sandy was very attached. And Sandy was able to have a beautiful time with the three of us and her sister at Laura’s university graduation in Swansea, be at Anna and Kyle’s lovely wedding just after Christmas, see Laura doing well at university in London and Anna qualifying in medicine a few weeks ago.

Sandy’s funeral was in east Belfast and her burial was in Ardmore Parish Church overlooking the fields at the edge of Lough Neagh. We have been trying to contact as many as possible of those friends that were so loved by her. I have been so moved by the words sent to Anna, Laura and me, many from Christ Church, and the words used most often were ‘gentle’, ‘loving’, ‘grace’ and ‘beautiful’. Christ Church, that is, the people of Christ Church, meant so much to Sandy and continue to mean so much to Anna, Laura and me.

## The One Who Comes Alongside

– Michelle Naude

There are times in our lives when we need other people with us. Hard times. Challenging times. Times when we are going through something really difficult, when someone we love dies. At such times we especially need someone who will come alongside us, walk the path with us, listen to us, be there for us.

But wouldn't it be good if there was Someone who was always with us in a special way all the time? Of course God the Father is that person and Jesus is that person but the Holy Spirit can also be that person. (Never forget that the Holy Spirit is a Person. He should always be referred to as "He". He is just as much of a person as God the Father and God the Son.)

In John 14, 15 and 16 Jesus has a special name for the Holy Spirit which emphasises just how much He can help us and be with us. Jesus calls Him *the Comforter*. Some English translations call Him the Helper, the Counsellor, the Advocate.

Some translations even call Him the Paraclete, which is the actual Greek word *Para-kleetos*. It is a compound word: **para** = alongside + **kaleoo** = to call. So the literal translation of the Greek word would be *the one who is called alongside or the one who comes alongside to assist*.

The word is used in the New Testament of all three Persons of the Trinity. In 2 Corinthians 1:3 it is used of God the Father who is called *The Father of mercies and the God of all comfort* (all coming-alongside). In 1 John 2:1 we are told that 'if we sin we have an *advocate* with the Father' (Who speaks to the Father on our behalf), Jesus Christ the righteous and He is the propitiation (the One who turns aside the wrath of God) for our sins." But the title Paraclete is supremely used for the Holy Spirit. Jesus uses it for the Holy Spirit **four** times in John 14, 15 and 16 to emphasise just how much the *Comer-alongside* will help the disciples because they will really need His help after Jesus has left them. This was something they definitely needed to know because as Jesus was speaking to them, it was a mere few hours before He would be arrested. He has a lot to say to His 11 remaining disciples about who the Holy Spirit is and what He will do for them.

So what does Jesus tell us about this wonderful Comforter, Helper, Counsellor and Advocate? Here are just some of the things (not all) that the Lord Jesus says about the Paraclete—the One Who Comes Alongside:

- \*He will be with us forever
- \*He will be in us;
- \*He will teach us all things
- \*He will guide us into all truth because He is the Spirit of truth
- \*He will bear witness to Jesus
- \*He will glorify Jesus;
- \*He will convict the world of sin and righteousness and judgement.

I don't know about you, but the more I think about these various ministries of the Holy Spirit, the more encouraged I am. I hope you are too. Let us be grateful for the ministry of the Holy Spirit in our lives.

And let us never forget that He is the third Person of the Trinity who comes alongside us and ministers to us in many different ways.



### One Year On

- Barrie Jack (with Joy in above photograph)

Joy had been asking, 'What is wrong, you don't seem well?' I kept responding that I was fine. I was just really tired most days. Then blood tests resulted in a visit to a physician who ordered a biopsy of my swollen lymph nodes. The resulting biopsy revealed stage 3 Lymphoma. In June last year I began chemotherapy.

Our son, Matthew, was such a strong support. He provided transport for us to and from my chemotherapy sessions and was a constant visitor frequently joined by his fiancé and our grandsons. There were also prayers and messages of support from my daughter and son-in-law's church in England; Christ Church Summerfield in Birmingham. Our special appreciation to the wonderful folks at CCK for their ongoing prayers, messages and phone calls. We felt so cared for and lifted by all those prayers. We also received visits from family and friends whenever my reduced immunity allowed.

Mike Keggie visited in hospital and prayed over and anointed me, leaving me with a sense of peace. This was the second time I was diagnosed with cancer, the first time 49 years ago. Then as now, the Lord performed miracles. In mid-December, my Clinical Haematologist, sent me for a PET scan and a few days later told me that I was clear of the cancer and in remission! My thanks go to him and the medical folks who attended to me over the months in both the ICU and chemotherapy wards at the Netcare Christian Barnard Memorial Hospital.

# Margaret Murray

7 December 1933—31 March 2024

— Michaela Jacobs

As we gather to bid our final farewell to my beloved Granny, I would like to reflect on the time she and I spent together. One thing I loved most about Granny was, despite her sweet and angelic demeanour, we really had a knack for bringing out the cheekiness in each other. Granny Maggie and I always had a strong bond—one that was built on mischief, jokes, and playfulness. Even though many who knew her will classify her as being the sweetest and most pleasant little old lady, she and I would often act like naughty children when we together, and I am so grateful for the many memories of our silly antics. One specific memory took place many years ago, when Granny and I decided to play a prank on my great aunt, her older sister, who we all fondly knew as *Cuckoo*. Cuckoo was a very proper and well-put-together lady—and that is exactly why when Granny and I got our hands on a whoopee cushion from the Crazy Store, there was no doubt in our minds as to who our victim would be. And so, one afternoon we popped in for a visit at Auntie Cuckoo's flat, and as she politely went off to make us all some tea, Granny and I seized the opportunity to inflate the whoopee cushion to its maximum size and place it under the pillow on her chair. The lump was far from subtle, but we managed to keep Cuckoo distracted. However, when she went to sit down, the whoopee cushion popped with a loud bang that startled us all. I am sure Cuckoo saw the intended humour in our failed prank... Granny gleefully accepted Cuckoo's reprimanding, and on our way home, she and I continued to crack up, despite the whole plan being a flop. In our minds, just the mere thought of it was still hilarious. It was Granny's example in moments like this that taught me the value of not taking myself too seriously.

One of the most profound gifts Granny bestowed upon me was the love for music, and I credit her as the main reason behind my fulfilling career as a teacher. She bought me my first flute in primary school, igniting a passion that has shaped my life. She would always ask for stories and updates on my *little angels* (my students) and would happily listen as I babbled on and on about the shenanigans that went on in my classes each week. In her last week, I sat at her bedside and played a few songs on my flute. Even though not able to move or even open her eyes at this point, I am certain she heard me and knew that I was pouring my heart into each note. I assured her that I will always think of her whenever I play, and that her legacy will live on through the melodies that fill my days.

Sitting next to her in bed for hours on end, playing with her hair, babbling on about anything and everything in a rather one-sided conversation became a daily routine in these last few weeks. I repeatedly told Granny that I love her lots and lots—that is what she would always say at the end of our phone calls: "I love you, too, Spook. Lots and lots and lots!"

I could go on for hours but will quickly sum up a few of my most vivid ones. Whenever I think of Granny, I think of the two huge hydrangea bushes at the front of her house; of her little fairy garden, and how she always kept her front stoep so clean and shiny that it was a slipping hazard.

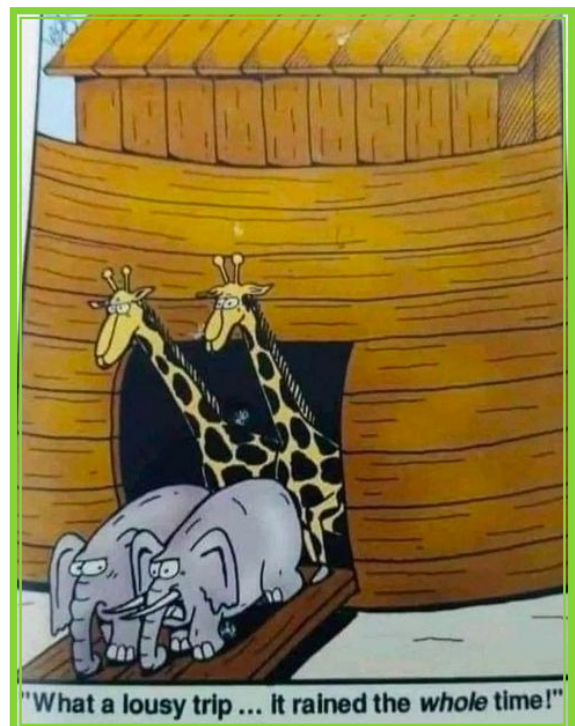
I remember watching Cartoon Network and the Disney Channel at her house when I was much younger even when my parents told her I was not allowed to, because I had lost my TV privileges. As long as I closed the TV set and made it look like I had been busy with something else by the time mom or dad came to fetch me, I always had TV privileges at Granny's!

I remember that every time I slept over, I could count on her to be awake before me and already making pancakes for breakfast, which we would top with syrup and cinnamon sugar. Her favourite pizza topping was ham and pineapple, and now it is mine, too. We would play Rummikub in bed, and I'm pretty sure we made up our own starting rules every single time. I remember coming with her to the church after school, and hanging around while she worked on what she called the "klackety-klack" machine in her little room. I also remember wasting so much of the church's paper because she and I would scan our handprints on the photocopy machine.

One time she randomly arrived at our house just to prove that she could still drive when so many people advised her to stop. Granny always had a spirit that defied frailty and tiredness. Most recently, she summoned the energy to come for a drive and visit my new apartment to see where I live and teach despite not feeling well on the day. That outing was her last.

Granny, your mischievous spirit, your stubborn nature, and your childlike sense of joy has left an indelible mark on my soul. I am forever grateful for the many wonderful memories we created together. As we say our final goodbyes, I want you to know that I love you with all my heart. I will miss how you would always answer my phone calls with a chirpy "Hello, Spook!"

Your presence in my life has genuinely shaped me into the person I am today, and I will hold on to our memories together forever. Please give Lucy a big cuddle for me; I can only imagine how excited she must have been to see you again. I love you. Lots and lots and lots.



## Me in My Small Corner... Thoughts from a U-turn Volunteer

- Jane Wood

I am now in my tenth year as a volunteer with U-turn.

I work two mornings a week with the 'Champions' who struggle to read and write.

I'm a fully trained primary school remedial teacher and passionate about coming alongside students who find learning a challenge. Many of my students can in fact read and write and simply need encouragement to remember how to do it! Some dropped out of school because they struggled and were told they were no good. Others got involved with alcohol and drugs and as a result could not cope with school. Whatever the reason, U-turn came to their rescue, offering them a chance to turn their lives around and start afresh.

My lessons usually start with a game, story cubes, pairs, tricky fingers or sometimes snakes and ladders. This is then followed by routine activities, phonic cards, word building and speed reading which involves teaching high frequency sight words. Finally, we work on various aspects of language development leading to early reading skills. The highlight is to fill in the reward chart and then leave with a coffee treat.

I'm sure I could write a book on different Champions who have come to 'me in my small corner'. (I teach in a corner at the end of an enclosed corridor!) One student I taught had never been to school. He had grown up on the street. During one lesson I gave him five different pictures and five letters, a, e, i, o, u. I asked him to match the correct letter to the corresponding picture. He shuffled the cards around and picked up the ambulance. 'Embulance' 'e', he proudly stated. In actual fact, in his lingo he was correct. Then there was another Champion who was convinced that I was a member of the English royal family, probably because of the way I speak. During one lesson he said, "You won't be here next Thursday!"

"Of course I will," I replied, "I never miss lessons."

"No" he said, "You'll be at your grandmother's funeral."

It turned out that in his mind my grandmother was Queen Elizabeth II, the late Queen of England! Did I laugh, and for a few weeks after that, I was known as the Right Royal Auntie Jane!

I hope I have many more opportunities to teach the U-turn Champions. It has been the most fulfilling teaching time of my career. Well done to each one who has persevered, never given up and proved to be a true Champion.

### Worth Quoting

'It is only when we slow down our lives that we can catch up to God.'

- N T Wright

## Roger and Jane Wood

- Roger Wood



Jane and I were both born in the UK. I came to faith in 1959 through a Billy Graham Crusade in Manchester. I met Jane some five years later when we were both at Teacher Training College—at that stage she was a fairly new Christian. We married in 1969 and soon after left the UK for a teaching post in Lusaka, Zambia. Seven years later we took up a similar post in Swaziland.

In 1982 we moved to Cape Town where I taught in a number of schools, worked for an NGO and finished my working life as a lecturer in the Engineering Faculty, UCT. Jane was trained as a remedial teacher and taught at St Georges, Herzlia and Lourier Primary School in Retreat. We joined CCK about a year ago, largely due to its close links with U-turn where we had both been involved as volunteers.

Over the years we have been involved in a number of churches and have always sought to be active members in a variety of different roles. We are therefore thrilled to find that there are so many opportunities to participate in the life of the church at CCK.

(Roger and Jane worship at 11 am and Roger helps at the Resource Centre once a month. He will also be helping Theresa Keay with book reviews and hopes to attract more readers to the Resource Centre. Ed)

A grandfather was walking through his yard when he heard his granddaughter repeating the alphabet in a tone of voice that sounded like prayer. He asked her what she was doing. The little girl explained: I'm praying but can't think of exactly the right words, so I'm just saying all the letters, and God will put them together for me because He knows what I'm thinking. (Source unknown.)



Carolyn Clark and Thomas Pringle were married by Guy Axelson on 13 April 2024 at CCK. Carolyn entered the church to Pachelbel's Canon played by Inge Wessels (harp) and Kim Fowler (cello). Carolyn and Tom exited the church to the strains of Sweet Caroline! (Carolyn wore Mom Margaret's wedding dress.)



Last Day of the Camino Rafe and Robyn Axelson arriving in Cathedral Square, Santiago at the end of their Camino walking retreat. 'It was a wonderful, challenging walk. We have a few blisters but feel exhilarated'. Robyn stayed on in the UK to spend time with family.



### Isaac of Stella

- c1100-c1169

*Born in England, died in Aquitaine*

He Himself is my contemplation;  
 He is my delight.  
 Him for His own sake  
 I seek above me;  
 from Him Himself I feed within me.  
 He is the field in which I labour.  
 He is the fruit for which I labour.  
 He is my cause;  
 He is my effect.  
 He is my beginning;  
 He is my end without end.  
 He is, for me, eternity.

# Outreach Through Small Groups

– Yvonne Kane

Any idea what a *strapline* is? It's that little phrase we associate with a brand.: **Finger lickin' good**—Kentucky Fried Chicken; **Just do it**—Nike; **Have a break, have a...** Kitkat.

## **Upward and outward ?**

I'm not suggesting the church is a brand but the phrase **Upward and Outward** certainly encapsulates our values:

**Upward:** *We are all about Jesus; Built up in the Word; Empowered by the Holy Spirit.*

**Outward:** *Care for one another; Dare to share.*

The value most linked to Outreach and Mission is **Dare to Share**. And it just so happens that Outreach has its own strapline at CCK: **Good news in word and deed**.

As we consider our Outreach Partners and our church ministries, some have a more **deed-focused** ministry and some a more **word-focused** ministry—at the heart of each is the **good news of the gospel of Jesus Christ**.

Author Frances Adeney describes the theology and practice of **Graceful Evangelism**. She sees evangelistic outreach as being centered around 'Abundant Life' - *as people live an abundant life in Christ (not mere happiness), they can abide in bringing an abundant life to those around them.*

Small groups have various elements that make up our time together—nurture; prayer; Bible study; community; worship. What about Outreach?

There is a myth—that Outreach must wait—to wait for groups to mature or to gel together before we think about mission. We think Outreach and Mission is one of the essential components of small groups from the start. The seeds of mission should be planted in groups along with the other elements. It might look different for each of the groups, but as Elizabeth Connor writes: *in healthy disciples the inward journey must be matched by the outward journey.*

We see this modelled by Jesus with his disciples. Jesus modelled the balance between establishing the group identity and nurturing his small groups of disciples, and at the same time equipping them for an outreach focus. Mark 3:14-15 *Jesus went up on a mountainside and called to him those he wanted. He appointed twelve—designating them apostles—that they might be with him and that he might send them out.*

The disciples had intimate fellowship, teaching, and on the job training as it were. Jesus didn't just say watch me—he sent them out to practice and even threw them in the deep end by driving out demons!

As Dan Williams writes in his book on small groups: *Jesus knew that basic teaching and modelling had to precede a personal mission project. He knew that sometimes the disciples needed to retreat and sometimes they needed to be challenged to meet the needs that landed in front of them. Jesus encouraged teamwork, trying in spite of risk of failure, learning from mistakes, and seeing the bigger picture of kingdom work.* Williams goes on to write *After Jesus paid the full price of his mission, each of the disciples would go out and establish new groups of disciples, and the pattern would begin again* and we see a similar model

*May 2024 Eight O'Clock News*

throughout the book of Acts.

Small groups are the ideal 'incubation zone' for outreach in the church. Why? Because in the group there is a sense of team, support, encouragement, risk taking, those that push us a bit more, and those that are a bit more realistic—and importantly, use humour!

Many writers on small groups suggest *contracting*, or some would call it *covenanting*, with your small group.

Contracting is a discussion within the group around *purpose*. It starts with the *Why* of the group—why are we meeting? Contracting gives the leader an awareness of each person's purpose for being in the group. It also includes the *When* of the group—the logistical arrangements as well as the *What* of the group—what our time together will look like? This includes a discussion on the various elements of the group. By the way, this is also a good opportunity to have some agreement on how to manage the talkers within the group!

Contracting also allows the group to commit to being involved in ministry and mission. This is not a one-size-fits-all. It may be that your group supports through intentional prayer—perhaps adopting one of the Outreach Partners and praying regularly for them. A start would be inviting, where possible, for them to visit your group, or if further afield, setting up a zoom meeting.

Another group may opt to focus on more local church and community—such as background and hospitality support for one of the courses being offered, including Alpha. Or the various opportunities through WOTS, Children's Library, Bettaway Homework programme, Scripture Union and Red Frogs. I encourage you to look at the Outreach page on our website. Your group may opt to serve on a Sunday and can sign up on [cck.org.za/teams](http://cck.org.za/teams).

Or your group might want to initiate a short-term project or mission. This could involve some or all of the small group. Imagine the benefits to your group of doing something like this together. This could be local or further afield—such as a group taking a road trip to Windhoek for a week to encourage the church planting work of Kwatouta Katenda (KK) and enjoying the sights of Namibia at the same time.

**Brenda van Straten** is one of our Outreach Partners with Mercy Ships and serves on our Outreach Team. A Dr Gray from the *Anatstis* Ship preached at CCK in 1996. Brenda says that was it for her—she applied to join the ship in May, got signed off by Duncan McLea (minister at CCK) and was onboard in July! **Hazel Large** then responded to the call of mission shortly after Brenda and served in Niger and Mali. Hazel remained with Wycliffe until she passed away in 2021. How can small groups spur young people to go forth from our church?

This is also an invitation for anyone to come and join our **Outreach Team**. We'd love more members as we seek to keep Outreach and Mission front and centre at CCK. We meet every two months on a Monday afternoon.

One final word from author Dan Williams: **Whatever your group, don't get stuck—expect transformation when the people of God gather around the word of God with the Spirit of God present.**



# The Fatherhood of God and its Importance in Our Lives

- Grace Leach (Sermon 6/4/2024)

The self-designation of God as the *Father* must have great importance for our Lord Jesus Christ, for he uses it so much, not least in the prayer he taught his disciples to pray: **Our Father in heaven** ... and important as our belief as a family at CCK! God is our Heavenly Father, but He is also more to us—never less, but even more—he is also our counsellor, redeemer, healer, creator and provider. As part of my PhD, I studied the effect of paternal orphanhood and paternal absence on child health in South Africa. I focused on very young children (under 5). Firstly, the sad reality is that two in five children under four have living but absent fathers. Staggeringly, every second child under four grows up without their father in the household—either absent or deceased.

These children without fathers are significantly more vulnerable to poor health outcomes and hunger relative to other children of the same socioeconomic status. Poor nutrition is likely to lead to poor chronic health outcomes for both these groups of children in later years (Muthayya *et al.*, 2013).

While the financial benefit that comes from two parents investing in the home are large in a South African setting, there is reason to believe that there are other negative consequences of father absence. Indeed, in two households of the exact same level of wealth, in the household where there is no father present, the children tend to be worse off.

Father involvement in infancy is linked to improved emotional security in children and more confidence in exploration of their environment (Yeung, Duncan and Hill, 2000), while children playing with their father is further linked to emotional and behavioural regulation (Weatherspoon *et al.*, 2015). This is specifically linked to the type of play which fathers generally engage in which is more robust, requires risk/effort on the part of the child, and is repetitive. eg. Wrestling, riding a bike, throwing a ball. These types of play are associated with the development of confidence in tackling difficult tasks, and retackling a failed task eg. a difficult maths problem. Multiple other studies confirm that greater father involvement in a child's life is associated with higher academic achievement, greater readiness for school, stronger development in mathematics and verbal skills, higher self-esteem, and a lower likelihood of exhibiting problematic behaviour (Volling and Belsky, 1992; Yeung, Duncan and Hill, 2000; Flouri and Buchanan, 2003; Sarkadi *et al.*, 2007).

I must be clear, mothers are incredibly important as well. In fact, it is absurd to say that a child can grow up without a mother (biological or non-biological). Playing with a mother is also associated with many good outcomes for children. The bible speaks of God as having many mothering characteristics.

We have a powerful God, who has not chosen to identify

himself primarily as our law-giver, judge, creator or as an omnipotent being to whom we must be distantly obedient. He has chosen to primarily identify himself as our Father! Because God has identified himself as a father, I believe that fatherhood is under deep and sustained attack by the enemy,

who wants to poison our minds and feed us lies. An easy way to do this is to remove worldly fathers and make sure children grow up with an image of a father that hinders them from accepting their Heavenly Father with ease.

Many children grow up without fathers and/or grow up with fathers who are absent for bad reasons and feel abandoned by the fathers who are meant to protect them. Even worse, many fathers who are present abusive, or distant and cold—unable to show emotion. These types of father wounds create deep scars and prevent us from understanding what type of father our Heavenly Father is. If God is this loving father, why does he let such bad things happen to us? This is one of the most complex questions out there and is so critical for us to grapple with. While I do not offer a full answer here, I will offer this:

We live in a broken and messed-up world, and God our Heavenly Father has given us the ability to have free will. When terrible things happen to people, the Father's heart is broken. When terrible things happen to you, the Lord is there with you and feels your pain as deeply as you do. He has a broken heart for all the pain in the world. And I want to encourage you, if you feel you have unforgiveness in your heart towards your dad, or if you, or someone you know carries deep wounds in their heart because of their dad, please pray for this issue.



## FAMILY PRAYER

God, be with our family,  
From the youngest to the oldest,  
Lighting up our relationship,  
Sowing grace into our troubles.

God be with our family,  
Weaving love into our work,  
Or rest, and our play.

*Amen.*

## Sustainable Grandparenting 19: You Really Like Rubbish, Grandad!

- Tony Westwood

So said four-year-old granddaughter Emma as we took the kitchen waste to the Bokashi compost bin. The fact is: I hate rubbish! I am on a mission to produce as little of it as I can and help others to do the same. What is rubbish? It is not the same as waste. Rubbish is irreducibly unusable and useless, and is dangerous environmentally in large amounts. Waste may include rubbish but true waste can, if handled appropriately, be used usefully. Both rubbish and waste should be minimised. A lot of what we call rubbish (as in 'rubbish bin') is not rubbish. We may treat it as rubbish, but it isn't. Much of what we call waste (as in 'wastepaper basket') need not have been acquired and used in the first place and can certainly be used again in some form. A lot of waste thus becomes rubbish.

All garden waste can be reused—usually through composting. Almost all food waste can, with a little effort, be composted and should not be put in the rubbish bin. If food waste or garden waste are put into the rubbish bin with other refuse they contribute to climate change as they decompose in landfill sites producing carbon dioxide gas. Apart from garden waste and food waste, what else do we find in the average suburban rubbish bin or in the

street? When burning off non-essential fat, a byproduct (rubbish) of my largely Western diet, when running round the southern suburbs of Cape Town on rubbish collection days, I am struck by how full the bins are week after week. So little of it needs to be there. Last week, when taking a pile of cardboard to the Oasis Centre in Imam Haron Road, I passed a rubbish bin with cardboard at the top of a full bin of what one household had thrown out (there is no 'out', by the way—it all goes somewhere), not 30 metres from a recycling centre. I picked out the cardboard and took it with me to Oasis. 'You really like rubbish, grandad!' I am sure that many or even most CCK-ers can recite a litany or list of things that can/could/are being done to minimise waste, waste as rubbish, and true rubbish in households linked to the church. Words like Bokashi, Eco-brick and Good Food Club are fairly common currency. It will be wonderful when we come together to share ideas, help each other (John 13:34) - and our neighbours (Mark 12:31) – as we do in other areas of our common church life. We have 2024's Season of Creation coming in September. This might be a good time to bring these things together. My hate of rubbish (seen as love by Emma) is, in fact, love—love for creation, love for neighbours (even the '30m from Oasis' neighbour), love for God. A high calling indeed, and one for all of us. Let me know what you, in love, hate, and let's see how we can come together around rubbish and waste this year.

---

## Remembering The Open Door

- Kathy De Smidt

The other evening, we attended an open community meeting (advertised on our Church WhatsApp group) concerning U-turn and their plans for opening a new service centre in the Methodist Church Hall in Church Street, Wynberg. Quite a few of us from St John's Church attended. This organisation equips people and communities with skills to overcome homelessness, and their service centres are usually the first point of contact.

It was pointed out that many churches and organisations in Wynberg are working together to try and make this happen. It reminded me of another similar initiative started in 1977, called The Open Door, that I had the joy of being part of from its early days.

I was 21, had just become a new mother and had stopped working as a social worker at the Cape Town City Mission Homes for Children. While I enjoyed being a mom, I missed the opportunities to connect with people other than babies. We were members of Wynberg Baptist Church at the time and our church's big hall was the ideal venue to host the Open Door, so I asked my mom if she could look after baby Mathew every Monday for a few hours, while I went to serve meals at the Open Door. I absolutely loved it (and I think granny did too). Tasty meals were prepared on site and the team of volunteers serving that day each brought a dessert to serve with the meal. I was happy to help regularly, until Brian and I moved to the Seychelles, thus beginning a life-time of cross-cultural service. I read about

the part St John's parish played in this Open Door initiative in an article by Rose and Ken Clack in the *100 years of God's Grace, the Story of Christ Church, Kenilworth*.

"Although all the Wynberg churches were part of the plan, Christ Church under David Prior was very much involved. Ken Clack became the manager and had a wonderful team of voluntary helpers each day, from different churches, who took it in turn to prepare and serve the lunches. House churches used to take it in turn to make meals.

"It was a popular place to eat as at the time there was no eating place in Wynberg for anyone who was not classified 'white'. People from all walks of life, cultural and economic backgrounds, sat together to enjoy the tasty and substantial meal.

"At the time of Open Door's first anniversary, it was reported that in the first year, 5997 meals, each at a cost of 35c, had been prepared and served. As the menu for the special celebration was roast beef the price on this day was raised to 50c!

"Counsellors were also available when the need arose and many opportunities presented themselves to share life experiences and talk about Jesus."

In September/October 1998, Peter Holgate wrote in the Parish Profile, "This community project based at Wynberg Baptist Church has been operating for 21 years. Over the past year 21,990 lunch meals were served to the needy and destitute people, including the many vagrants who live in the area—an average of 96 per day, Mondays to Fridays. Each day an average of 65 meal tickets distributed by local churches are redeemed. (Ctd on p 11, R column)

## An Acrostic Psalm

An acrostic is a poem/psalm in which the first letter of each new line follows the alphabet. Our small group was encouraged to write our own acrostic psalm and here is the first one submitted to the group. It is written by Myrtle February:

### A Lament

Almighty Father, Everlasting King, Creator of heaven and earth;  
Be Thou my refuge and my fortress in times of trouble;  
Come down and give comfort to my troubled soul;  
Do not hide Your face from me for I am weak and helpless.  
Eternal God and Father, Thou who searches our hearts and knows our most intimate thoughts;  
Forgive me for I have wandered far from Your presence;  
I have followed my own ways;  
God of all creation—You are merciful and just...  
Help me to resist the evil one.  
I praise You Lord for You have created me in Your image.  
Jehovah Jireh, our provider,  
King of all the heavens and the earth  
Lord of all; Have mercy on me;  
My enemies surround me, but your...  
Name is above every other name  
Open my heart Lord; I want to  
Praise and glorify your wonderful name.  
Quench my thirst for Your Word  
Redeemer and friend  
Satan can never separate us from Your unfailing love  
Thou who has called me by my name, the  
Universe trembles in Your presence  
Very God of very God  
Why should I wander far from Your presence?  
eXamine my thoughts Lord and guide me on my way  
You have been faithful and You have forgiven me all my iniquities  
Zion, City of God, delight in the Lord and sing praises unto Him.

God is not waiting to love you until you have overcome your weaknesses and bad habits. He loves you today with a full understanding of your struggles.

- Dieter F. Uchtdorf

healinghopes.blogspot.com

(Ctd from p 10) "The Parish plays a significant role in this. There is a need both for funds and for voluntary help to assist in keeping the Open Door "open" and a plea goes out for more volunteer helpers. Ron Douglas from Christ Church continues to assist in the management of the project.

"All praise to God for his generosity shown through his people in keeping this ministry alive and relevant in the heart of Wynberg."

The Open Door finally stopped functioning in 2005.

It would be wonderful if there were many from St John's who get behind this initiative by U-Turn in Wynberg. As they say: 'Be a Hero. Get involved.' You can read more about this excellent organisation at [www.homeless.org.za](http://www.homeless.org.za)  
*This article was first published on the St John's Church website*

*Photos: with Brian and young Mathew in 1977.*

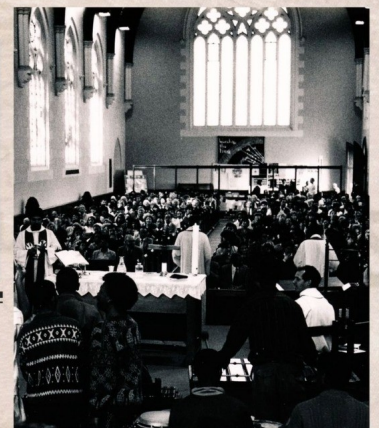


190th Edition. Founded 1834

# Breaking News

JOIN US FOR

ST JOHN'S  
BIRTHDAY  
DINNER



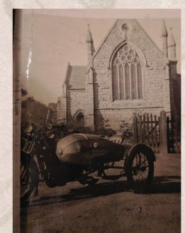
Join us for our 190th Birthday Dinner at St John's Hall and help us raise funds for much-needed repairs on our beautiful, but aged building.

27  
JULY  
2024

7:00PM

St John's Rd.  
Wynberg  
Cape Town

Dress code: smart



Tickets R300 per person  
[kathy@stjohns.org.za](mailto:kathy@stjohns.org.za)  
071 424 5770

Book early to avoid disappointment

# Intercessory Prayers 28/4/2024

-Eric Bateman

**We thank you our Father for giving us your Son, and leaving your Spirit until your work on earth is done.** We are so privileged to be able to call you Father and to know that as we meet, that the Spirit of Christ, who dwells in us, is with us here. We thank you for the message we have heard today; words that challenge us as your followers in an area of great sensitivity, because, like the wealthy man who encountered Jesus, we almost certainly all have more than is essential for living but find it so hard to part with any of it. So, we pray for open ears, open hearts and open hands, so that we might like Zaccheaus get it right and bank in heaven rather than on earth. Thank you that where our wills are weak, as Jesus said, **what is impossible with man is indeed possible with God.** Give us the strength to apply what we heard today. We pray for our country as we approach the elections and 54 political parties vie for our attention and our vote. Almighty God, Ruler of Nations who, as recorded in scripture, raised up rulers and brought down even the greatest earthly powers, according to your will, we cry to you for our fractured country with its flawed leadership and misappropriation of resources. Forgive us where we, your church, through our attitudes, slothfulness and neglect have not helped to create a country where justice and righteousness reign. Show us now how we can contribute to improving our communities, how we can assist worthy leaders to be elected, and support them in their tough assignments. Especially we pray for the many Christians who are standing for election in the city, province and government, intending to serve you in this way. Protect them, we pray against abuse and physical violence, guide them and give them steadfastness of purpose in obedience to you. We pray against the lies, misinformation and cunning of those seeking power for their own enrichment rather than to serve. We pray for a new deal for the poor and needy in our country, that resources might be rightly used and invested. Especially we pray for a peaceful election without intimidation and violence of any sort. Jesus our Redeemer, thank you that you came to seek and to save the lost. We pray for every activity in this your body at CCK that has this as its mission. We thank you for the Alpha programmes that started two weeks ago, here at CCK on Wednesdays, among the Youth on Fridays and throughout the parish, and also Alpha for Prisons due to commence shortly. We thank you for the commitment of dozens of our members as hosts, helpers, caterers, organisers and pray-ers, but especially for the visitors that have enrolled. We pray that all who attend will come to realise their need for forgiveness, peace with God, and meet Jesus, their Redeemer and Friend. We thank you for our mission partners and especially GEM in Lesotho. Thank you for the encouragement that Guy was to them this week as he preached at their graduation service and for bringing him back safely. Thank you for the growing number of activities for

children and teenagers and young adults in this church and for the growth in each. Please raise up new helpers where they are needed, and give them the enthusiasm and commitment for the roles that they will play. As we share in the joy of Keenan and Bronwen's marriage and give thanks for their calling to CHS, we pray for Guy and MJ; for return of health, for energy and continued enthusiasm in spite of added responsibilities. We pray too for those that lead or are involved in Abbas, Adventurers, Amplify, Ambassadors and Young Adults. Please help those on the staff team that guide and mentor our interns during their special year of service; Lyall, Josh and Tim Smith on whom this responsibility rests. May this year set our interns on a course of development for future service in your kingdom. We thank you for their willingness to serve in this way and pray that we as a church community we will be characterised by unity, rejoicing in our varying backgrounds and gifting, and by genuine love for one another.

We remember those in this church family and those known to us who are suffering and need your hand of comfort, healing or guidance. Jesus, the Healer, we pray for the return to health for James Acton, Herman Smal, our dear sister, Denny Bunn who is recovering from injuries sustained in a motor vehicle accident. Lord we pray for your presence with them at this time, and peace, knowing that you have their welfare at heart and their future in your hands. We pray too for those that are facing loss; those recently bereaved, missing family far away, or who simply feel very alone. Our Lord, Shepherd of your sheep, we pray for your loving presence in perceptible, if not tangible ways. You have said that *not one sparrow falls to the ground outside your father's care*. The *very hairs of our heads are numbered*. Assure these, our loved ones, brothers and sisters, of their worth and of your loving care.

Finally, Oh Lord, as we come to communion, we reflect on the words of St Paul to the Ephesians, and remind ourselves that we, who were by nature deserving of wrath, because of your great love for us, and your rich mercy, have made us alive with Christ; this is the gift of God. We pray that now, as God's handiwork, created in Christ to do good works, which God has prepared in advance for us to do, will go out and just do that.

**We pray these things in the name of our Lord and Saviour, Jesus Christ.**

Amen

*Ponder as we go... Psalm 33:5*

*The Lord loves righteousness and justice.  
His love, unfailing, fills the earth. (v5)*

#### Editorial Team

##### Tel/e-mail

Ev Els	072 241 5233	emichael@iafrica.com
Kim Fowler	083 675 0502	hellokimfowler@gmail.com
Jeanette Harris	073 498 9632	jeanetteelizabethharris@gmail.com