



STELLENBOSCH UNITED CHURCH

Newsletter Vol. 2018 (#5)

August 2018

I am sorry to say that I cannot come up with a snappy opening to my introduction this month. As many of you know, our friends and neighbours the Chapmans lost their home in Jonkershoek in a devastating fire 14 days ago. It has resulted in a sad and traumatised little community here in Jonkershoek. Many of us have lived here for more than half of our lives and our children have grown up here. To say that our DNA is rooted in the Jonkershoek valley is an understatement. I recognize that we are all extremely grateful to have had this opportunity to live here and know how blessed we have been. Right now, however, our collective hearts appear to be broken and we are not quite sure how to go about fixing them.

And so it seems serendipitous that Delice's book review touches on the heart of the matter. The Choice by Edith Eger deals with how one copes with loss and suffering – it is a choice. (Our problems pale in significance in comparison to the sufferings related in the book, but it can really help to give everyone perspective.)

Please don't stop reading, as things are going to get a lot chirpier. You may have noticed that I have sneaked the book review ahead of Tony's message, which is coming up right now.

Tony discusses the holiness of the Sabbath day and our observance of it. He encourages us to take time out every week to do nothing else but experience God's work around us (the time may

have to be actively diarised in your to-do (or is it to-not-do?) list. Tony also asks us to keep the Chapman family in our hearts and prayers.

And my goodness, isn't that cheerful picture of the Kayamandi parkrun enough to lift anyone's spirits! The ever-effervescent Ros Koch gives us the low-down on this wonderful initiative.

We get inspired once again as Jane Plantinga profiles Lubi Koorts and the wonderful project she was tasked with and has recently completed. The Disa Primary School, which is a no-fees school, opened its doors in 2012. Lubi's task was to make four major (and I mean MAJOR!) quilted shields for the school. It was a massive undertaking and the pictures testify to a magnificent effort.

Speaking of magnificence, Rentia Hobbs recently had the life-changing opportunity to go to the Chelsea Flower Show as one of five volunteers to assist the horticultural team who set up the South African exhibit there. It was a huge learning curve for Rentia in many ways.

Read her article and be caught up in her enthusiasm. (The word "stoked" comes to mind!)

Tilda gives us feedback on how the introduction to the Alpha course went, and invites everyone who has not yet joined the course to come on board. As an added treat, Katjeepering restaurant has offered to sponsor delicious food during course meetings!

PLEASE DIARISE AND BOOK NOW for the annual Quiz & Potjie Evening, which is happening on 24 August. You can book with Audrey.

Finally, consider ways to get involved in our church community, cast your eyes over our shared resources, and check out all the upcoming events.

Enjoy your last bit of winter hibernation. Spring is just around the corner!

God bless

Jane van Wilgen

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MESSAGE FROM TONY

Dear family

One of the oddest things in the Bible, at least to me, is the command to “keep the Sabbath day holy”. In Deuteronomy it reads, “Observe the Sabbath day by keeping it holy, as the LORD your God has commanded you.” It then goes on to prohibit any work by the patriarch of the family, any of his family, household, servants, employees and his animals.

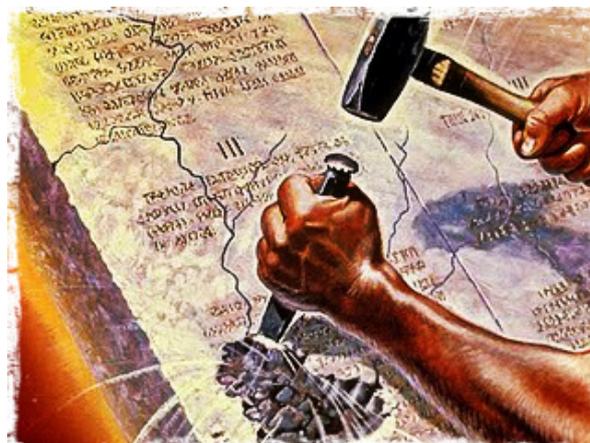
The prohibition has one or two instances where it may be broken, but these are emergencies. In the New Testament we find the references to the Sabbath taking on a controversial nature as Jesus provokes the religious leaders because of their constant debating over the minutiae of the Torah. The logic being that, if one can rescue an animal in distress on the Sabbath, surely one can heal a diseased person.

The thing which is odd though, is the fact that the command appears at all. At least in the form that it does. Deuteronomy gives the Exodus as the reason for the Sabbath, while Exodus 20 gives the creation. In both cases, however, the faithful are not told what to do on the Sabbath, apart from remembering the sovereign creation and redemption of YHWH. Mostly, they are told what NOT to do. There are no instructions about Schule, a Seder or service, about Sunday devotions or any sort of religious action. Don't misunderstand me, these are important responses to the creation and deliverance of God, but they are not explicitly commanded in the statute.

I remember one of my mentors telling me early in my ministry how he had not had a day off for months. It came out as some kind of boast and it definitely had an

impact. In our era it seems that it is an honourable thing to work every day of the week. But there is a rhythm which the Bible calls us to observe - both to recognise that the mountains remain standing whether we work or not, and that our salvation is not achieved by anything WE do.

That makes sense for those who are working a day job. One of our elders recently told me over a cup of coffee that his family goes away over the weekend whenever they can. They hitch up the trailer and head for the hills. For us in full-time ministry, life feels a lot less like work than when I went into the office every day and worked late when deadline or competition required. It was easy to separate work and rest, but for many of us it is not. For me, much of my “work” is just time spent with beloved family. For many of you who are retired, it's similar.



So here the command is not only to stop doing what we might consider work. It is to find a way to observe the rhythm of creation and the release of redemption. To stop every seven days and remember that life will go on without us, but not without the Lord.

That redemption was accomplished on the cross and it is the free gift of God.

Please build spaces into your week where you can get away from things, where you can take time to do nothing particularly productive and see the work of the Lord all around. A space where you allow the redemptive power of Jesus to percolate into the very depth of your soul. My dear family, I have learned that, if I don't put these times in my diary, they will be the first to suffer the call of the to-do list.

So find a regular time to do nothing more than celebrate creation and be thankful for

redemption. As you do, you will find yourself praying. For others, for yourself and for the world. And as you do, please remember Arthur and Janet Chapman and their family after their home was burned. And pray for the Jonkershoek valley residents and the land issues facing our country. More than half of our Bible is about land, so The Lord knows how important it is to us.

Have blessed Sabbaths.

With Love,

Tony

KAYAMANDI PARKRUN



by Ros Koch

There are plenty of ways in which we can experience community and belonging, within AND outside the church, just as God intended, even if we don't feel we have much time. If only we think a little more broadly about what "community" really means. If we look at our personal interests and passions, it doesn't take us long to realise we can have more in common with each other than simply our faith. We are surrounded by like-minded communities.

Even though there have been more than 40 Kayamandi parkruns since it started last year, still many people in our community do not know about it. We recently did a walk through the streets of Kayamandi to tell people all about it.



There are lots of ways to be part of the parkrun community. Some of our supporters donate their time as volunteers. Others donate services or goods, such as both new and nearly-new footwear to enable all our parkrunners to run or walk in comfort.

A few years ago, my family and I discovered the parkrun community, which runs free, timed weekly 5 km events all over the world and is organised by local volunteers. It's called a "run", but you can also walk it, jog it, push your child in a stroller ... it really is one size fits all! The format of parkrun is simple: register once, print your barcode, then turn up at a parkrun near you, wherever you want, whenever you want.

At the end of last year, another parkrun started up in Kayamandi. Such a fantastic idea! Not only is it another great setting (the entire 5 km route runs through Papegaaiberg Nature Reserve with stunning views of Stellenbosch) but it's also right on our doorstep. The same, of course, goes for the Kayamandi residents for whom both cost and transport is so often a barrier.

Start following the Kayamandi parkrun Facebook page or Instagram account and become a part of this wonderful community!

Instagram @Kayamandiparkrun

Facebook @Kayamandiparkrun



Rentia Hobbs with a few of our newest young runners from Enkanini Environmental Education Centre



Some of our regulars prefer to volunteer rather than to run. That's fine by us!



LUBI KOORTS' AMAZING QUILTS



by Jane Plantinga



A few months back, church member and artist Lubi Koorts (a member, teacher and tutor of the SA Quilters Guild) completed four major fibre art quilts to serve as house shields for Disa Primary School, a no-fees school supporting the communities of Imizamo Yethu and Hangberg near Hout Bay.

Each of the four quilts represents one the school's values: **Compassion** (citrine); **Adventurous**

(aquamarine); **Resourceful** (red); **Enthusiastic** (emerald). Put them together, and the school's ethos is simply to CARE.

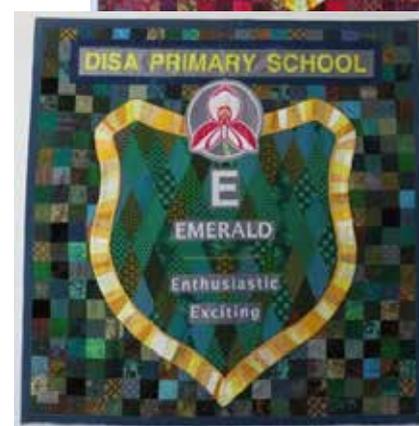
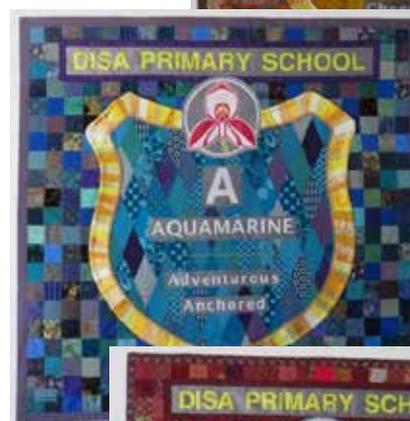
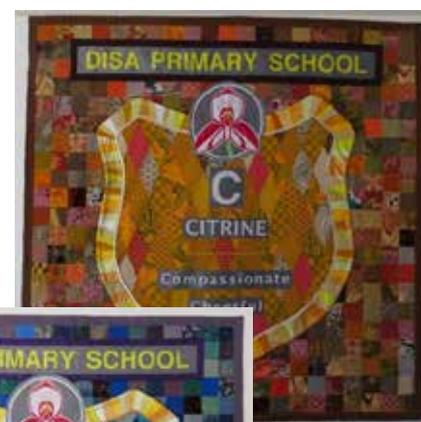
Making these quilts was no small task! A total of 2 852 pieces of fabric were incorporated into the quilts, with each quilt measuring 1.5 square metres. Furthermore, each quilt contains 312 diamond shapes cut from 20 different Shweshwe fabrics. They are rounded off with golden silks and satins and mounted on a background of 282 square metres of textured fabric. The school logo, a disa, is embellished with hand quilting and beads. The quilts have been pieced by machine and hand applique, with quilting and finishing done by hand, over many hundreds of hours.

I remember watching Lubi doing the completion work on this in April 2017. I have an indelible memory of her on her hands and knees, crawling over, around and on the quilts in an almost prayerful fashion, on the floor of her Azaleahof room.

Lubi gives all the credit to God for enabling her to undertake this vast project after the death of her husband, Christie, and her subsequent move to Stellenbosch. From start to finish, Ps 23:1-3 was her daily prayer: "The Lord is my Shephard, I shall not want. He makes me lie down in green pastures; He leads me beside still waters. He restores my soul; He leads me in the paths of righteousness for His Name's sake..." - The unveiling of the beautiful house shields she created for the school occurred on 22 May 2018.

The unveiling of the beautiful house shields Lubi created for the school occurred on 22 May 2018.

The school's website (www.disaprimaryschool.co.za) says, among other inspirational comments, "We want to be ready to take on new challenges and opportunities and to make a difference everyday."





by Delice Thompson

The Choice

by Dr Edith Eva Eger

The Choice is a remarkable true story told by an even more remarkable woman.

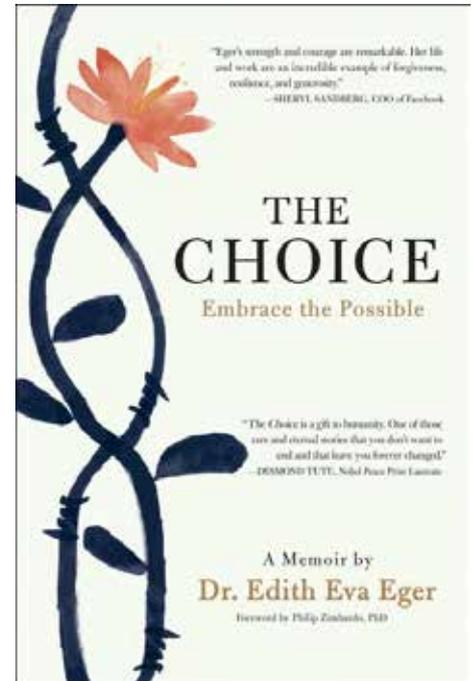
One morning in Hungary, during the Second World War, the Eger family are abruptly woken up, told to pack a few things, and together with hundreds of other Jews, are unceremoniously herded into cattle trucks and taken to Auschwitz.

There they are sorted into lines: one for men, another for women with babies, then one for girls and yet another for young men. The Eger sisters, Magda and Edith, soon learn that their parents were taken straight to the gas chambers.

Magda and Edith survive Auschwitz, but as the American and Russian troops penetrate Germany, the occupants of Auschwitz are made to march for days on end away from the advancing troops. Those who are too frail to continue are shot where they fall.

Yet again the two sisters survive this march, but only to just. I will not tell you how, but it is nothing short of a miracle.

Ultimately, the sisters have to choose what to do with all the suffering, both emotional and physical, that they cannot obliterate from their minds, but must live with for the rest of their lives. To quote Desmond Tutu: This book is indeed "a gift to humanity".



ART WITH HEART

by Jane Plantinga

Iconic Landscapes, the theme of the SA Chelsea Flower Show exhibit, was realized when the designer, Leon Kluge, was in Khayelitsha photographing arums. He became inspired by the view of Table Mountain, with the houses of Khayelitsha in the foreground all blending with the landscape of indigenous flora. He saw this blend of nature and culture too in the creations of the local crafters – one of whom, Elmon Muringani, he invited to create the backdrop of the exhibit.

[Follow this link to more photos and information.](#)

FEEDBACK & NEWSFLASHES



Chelsea Flower Show 2018

Photos and words by Rentia Ross

The South African National Biodiversity Institute (SANBI) received an invitation to exhibit at the prestigious Chelsea Flower Show in May 2018. SANBI sent two young horticulturists (Ricardo Riddles from Karoo Botanical Gardens in Worcester and Mpendulo Gabayi from Kirstenbosch Botanical Gardens) along with five volunteers, of which I was one. We accompanied master landscape designer Leon Kluge –who just won gold at the Singapore Flower Show – and his assistant, Chris Randlehoff.

Kirstenbosch participated in the Floral section, one of many different categories of show. The competition is rather a showcase of your skill and creativity and the camaraderie among participants made it quite a memorable experience. What's more, the SANBI team brought home a gold medal again. (SA's 36th!). A well-deserved honour!

The visitors to the SANBI exhibit loved the variety of our floral and cultural kingdoms. The theme of the show, Iconic Landscapes, was inspired by the view from Lookout Hill in the Cape Flats. This theme was captured not only in the flower arrangements, but also in the 3D backdrop of Khayelitsha and Table Mountain created by local artists from the townships.

My mission was to “look and learn.” I didn't ever think that the experience would change my life! I learnt how little I know about our plant kingdom and how crucial our duties as caretakers are. Plant, animal and insect are intensely dependent on each other and without their harmonious interaction and existence human kind will not subsist either. Now I even appreciate all the weeds in our gardens; they too have a purpose.



Fun and hard work,
Rentia had it all.

The SANBI team receive their award. Back from left to right: Leon Kluge (designer), Ricardo Riddles (horticulturist at Karoo Desert National Botanical Garden), Mpendulo Gabayi (horticulturist at Kirstenbosch Botanical Gardens), and Annalie Skein (volunteer). Front from left to right: Rentia Hobbs (volunteer), Lihle Dlamini (SANBI marketing director), Chris Randlehoff (assistant designer), Nana Magomola (SANBI board chairperson), and Dr Moshibudi Rampedi (CEO of SANBI).

Newsflash from STUCET (Stellenbosch United Church Education Trust)

by Elaine Ridge

Thandokazi Daweti Qayi formally received her BTech at the CPUPT April graduation this year. She is the assistant project manager at Wildlands. This impressive young woman managed the demands of her job and her family while completing this degree.

The current students are Yonela Ndangaluvu (first year BCom at UWC), Abongile Pandula (Extended BCom at SU), and Giaan Julius who is doing the SciMathus programme at SU designed to give students a chance to improve their NSC results in particular subjects. We are delighted to say that all three passed all their courses in June and are settling in well.

We would very much like to continue to support them next year, but will need some extra funds to do so. If you would like to offer financial support next year, please contact Peter Koch, Elaine Ridge or Tony Robinson. (STUCET is able to provide a tax certificate.)



Thandokazi Daweti Qayi at her graduation.

The Alpha Course

by Tilda Schoonwinkel



The Alpha Course started at last on Wednesday 18 July, and it was a special occasion with a growing number of people joining to eagerly learn and share. It is a very well-thought-through course, which has been used all over the world in more than 100 countries to spread the message of faith in our Lord Jesus.

We have experienced first-hand the provision and blessing of our Lord: Katjeepering restaurant owner, Niel Lambrechts, has decided to take part in our adventure in preparing the meals for us each Wednesday! It is such a special gift to receive!

As one of our participants put it: "Our first group meeting was very informative. All the members took part in the discussion afterwards and shared thoughts freely. I am really looking forward to the rest of the course."

So, if you are still wondering if you must join, I hope you feel encouraged to do so now! We are also planning to repeat the course next year to bring this rich blessing to more people.

The annual Quiz & Potjie evening

Don't miss the annual Quiz & Potjie Evening, which will be held on **Friday 24 August** at The Table restaurant. It is sure to be loads of fun once again! Book with Audrey, and keep an ear on the ground for more details.

WAYS TO GET INVOLVED



Clothes

Don't forget to bring clothing and household goods for our Love to Give project, as well as any baby and children's clothes for Louise to take to the hospital.

Books

Sales already amount to R7 245. Thank you for the wonderful support. Fabulous children's books, gorgeous coffee table books, and a collection of beautiful classical CDs are available. Come and browse!

Kayamandi Trauma Centre

Soup kitchen: Please bring your empty yoghurt and margarine containers to church. If you can make soup occasionally, please contact Carol: 021 887 1781 or 073 534 3738.

Cards

Marion Smit's beautiful cards for all occasions are available at the office at R5 each. All proceeds go to our Benevolent Fund to support those in need.



Care Coins

Please help yourself to a bottle from the table in the church lobby and start collecting your loose change. This year, we have already collected R650.57. The money will be given to a charity at the end of the year.

Sibongile Crèche

Please leave donations in the office or contact Nicolette Ferreira at www.nicolettewrites.wordpress.com.

Worship Group

Do you enjoy singing? We would like to start a worship group to support the singing of hymns in our Sunday morning services, starting Sunday 22 July. The plan is to meet just before the service each week to go through the music. For more information, contact Hermien at 083 457 8729 or just come and meet us at the organ at 9 am on the 22 July. All adults and children are welcome!

Alpha Course

The Alpha Course started on 18 July. If you have not registered and would still like to attend, please contact Audrey or Tilda.

SHARING RESOURCES



Do you have any skills, services or equipment that our members might find useful? You are welcome to share it here!

isiXhosa conversation for beginners: Wednesdays 14h30 and 17h30 (a repeat of the same class), starting on 25 April at 14 Blenheim Road, Die Boord. Contact **Carol** at 021 887 1781 or 073 534 3738.

Our elder Nontyatyambo Kulati's sister, **Mrs Nokwanda Ndlangalavu**, is looking for work. She is an experienced cleaner having worked at The Neelsie for 14 years and at the Devon Valley Guesthouse for four years. Please contact her on 083 718 4932.

Our organist, **Estelle**, offers **music lessons** for all! Skills you could acquire or improve include improvisation, composing songs, classical and jazz/pop piano, opera and pop singing, organ lessons, theory of music lessons and Gr. 8–12 school music. She will also be teaching regular **toddler music classes** on Wednesdays from 14h30 to 15h10. The content is mostly introducing toddlers to basic musical concepts/instruments, learning songs and interacting with other budding toddler musicians in a small group. Contact Estelle at estellevd@gmail.com or meet her at the organ after Sunday service.

Enrique Miller is offering **part-time work**. He has a **mobile cleaning kit** used for cars, driveways, etc. Contact Enrique on 082 335 9125.

Lila Kruger runs a **dog training** business called Doggy Do-It. It's about exercise, desensitization (behaviour training), discipline and enrichment of environment. Outings to Onderpapegaalberg Forest and Coetzenburg are also on the cards. She is available for hourly sessions at a very reasonable rate and can be contacted by SMS or WhatsApp on 083 312 2087.



UPCOMING EVENTS



Thu 9 Aug	Women's Day
Mon 13 Aug	International Lefthanders Day J
Sun 17 Aug	Vanilla Custard Day J
Fri 24 Aug	Quiz & Potjie Evening at The Table restaurant
Sat 25 Aug	Special Alpha course day

Every **Tuesday** morning: **Prayer group** meets from 10h00 – 10h30 in the church. All welcome.

Every **Wednesday** morning: **Bible study** from 10h00 – 11h30 in the meeting room. All welcome.

Every **Wednesday** evening: **Alpha Course** from 18h00 – 19h30 in the church hall.

Every **second Thursday** of the month: **Crafts for Christ** meet from 10h00 – 12h00 in the church hall. Contact Lani Bredenkamp (082 648 8646).