



STELLENBOSCH UNITED CHURCH

Newsletter Vol. 2018 (#6)

September 2018

On Saturday, while my granddaughter, little Emelia, was being photographed among the daisies, my daughter said to her son, David, "Happy Spring Day." He asked, "Is it spring now?" and on getting an affirmative response, grinned broadly, promptly tore off his jacket and continued his tree climbing! This is just a round about manner of saying, "Happy spring" to everyone.

I got rapped over the knuckles for divulging too much of the content in my introductions – you need to read the whole newsletter from cover to cover as it were – so in my shortened format, as

far as Tony's message goes, you will be treated to a delightful insight on how to appreciate the beautiful town we live in.

Malibongwe has written a very poignant article on the women of our Kayamandi Congregation.

The book review is *Shylock is my Name*: The Merchant of Venice Retold by Howard Jacobson. And it is indeed delightfully reviewed by Jane Plantinga's past lecturer and best friend, and colleague of Stan Ridge, Tony Parr.

Pienaar van Niekerk has done a stunning painting of Stan and has written a lovely

personal article to accompany it in the Art with Heart section.

Stan's legacy continues in feedback and news flashes as Elaine reflects on the Stan Ridge Memorial Lecture held at UWC on 16 August (my birthday nogal).

Next you will have an opportunity to read about Carol Jeffrey's wedding, followed by a photo of the 2018 confirmands. I was fortunate to be at their confirmation and it really was a special occasion. See some family snaps of the young Hunter family and their new addition, Ella Rose. Top honours for Jan van Rooyen and Zanele Situ.

Then there is some lovely feedback from some Alpha Course participants, followed by summaries feedback from Charl Cilliers on the Alpha Course workshop held on 25 August.

And of course there was no doubt that the Annual Potjie and Quiz Evening was going to be a roaring success! Brian Shephard gives us the lowdown of how it all went down and Ros Koch took some lovely photos. I, for one, am sorry I was unable to attend.

Now, finally, since spring is in the air, we can all consider a bit of spring cleaning and remember all the ways to get involved. There is always someone who might need something you don't need or no longer want. Finally, finally, check out the new format of Sunday evening Worship, Sharing Resources, and Upcoming Events.

God bless

Jane van Wilgen

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MESSAGE FROM TONY



Dear Uniters

I've often wondered what makes Stellenbosch tick. It's a beautiful town and has beautiful people. The schools are world class and the coffee shops are to die for. The university is top ten and the traffic is, well, epic. But the truth is that, despite being a small town, it is really busy. It always looks busy and, while you might remember a time when the term "sleepy hollow" could apply, it hardly fits nowadays.

But there are some things about any place which, when you live there, you seem not to notice any more. So here are some things to look out for.

The mountains. It sounds obvious, but the truth is, if you drive along the R44 every day, there will be days when you don't even notice them. Psalm 121 reads: "I lift up my eyes to the hills— where does my help come from? My help comes from the LORD, the Maker of heaven and earth."

The psalmist, a warrior himself, would usually look to the hills for military reinforcements, but his creed is that true help comes from the Lord. *The mountains remind us that the Lord is our helper*, which is why we do not pray to the mountains, but to the Lord, the maker of the mountains.

The oak trees. Again, this is Eikestad! Helloo! But again, the green canopies and gnarled branches become so familiar that we forget their beauty. In Psalm 1, the

Psalmist writes that the righteous person "is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers."

The tree reminds us that the fruit of righteousness grows slowly. We oughtn't get too frustrated with ourselves when we make the same mistakes over and over. The Lord is busy with the trees of our lives and when we are as old as a tree beside the Eerste River, the world around us will find refuge in the cool shade of our spiritual maturity. Jesus uses the image of a mustard bush, implying that, no matter how ordinary you think you look, the Lord uses you to give refuge to the hurting, lonely and lost.

The Bible is full of images of God's work from creation. Flowers, hills, meadows, fig trees, grapes and vines, clouds and skies, sheep and cows, wheat and corn, honey and milk. As you move around our beautiful town, look up, look around and remember the ways in which the Lord speaks to us through creation. His Word comes to us in the beauty of the precious rhythms of nature. And give thanks. Wherever you are. In your car, on your bike, on foot. Give thanks!

The Lord is good. All the time.

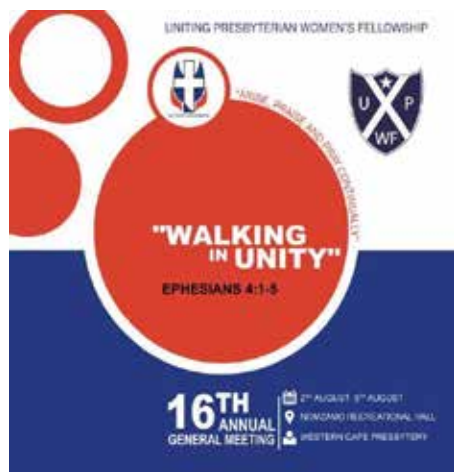
Love

Tony

WALKING IN UNITY – UNITY AS A PRECONDITION IN OUR JOURNEY OF FAITH



by Malibongwe Gwele



August was a very busy month. Women in our congregation led a number of activities. Apart from being involved in hosting a Uniting Presbyterian Women's Fellowship (UPWF) Denominational Conference they led an outreach programme which is at the centre of this article.

Firstly, the excitement and experience of hosting an event is unparalleled. About 400 delegates from different presbyteries descended in the Western Cape Presbytery for a 4 day conference. Our own woman's association was involved as hosts by virtue of being part of the Presbytery of the Western Cape Women's fellowship. The conference was held in strand at Nomzamo community hall under the theme **Walking in**

Unity. This theme was also used by the women's association in our congregation for the month of August. The President of the UPWF presented it during the second Sunday of August, where she explored the concept of walking and that of unity. Emphasising that in our journey of faith unity is a precondition. Unity means being united with Christ and also being united amongst each other. It is in unity that we can overcome challenges.



On Sunday **25 August 2018** women were walking in unity to make a difference in another women's lives. As they do that they managed to unite the whole of Kayamandi Chapel behind the outreach programme they usually carry out every year in August. A year ago they identify a family that was in need. It was more like an expression of a biblical commandment of love; love your neighbour as you love yourself. This fellow member informed other members that her neighbour is struggling. The woman is unemployed, her husband work as a gardener for few days in a week. Unfortunately the situation of this family is still the same as it was a year ago and more likely the same as it was many years ago.

The family have a child and a teenager who are disabled. At some point one of the children with disability had his disability grant suspended. The UPWF organized food and other things as a contribution to this family. The family appreciated this gesture a lot and they expressed gratitude that they were chosen amongst many who are like them and may even be worse off. What moved them most was the fact that people who themselves do not have much to keep their lives going came together in unity to contribute so meaningfully in someone else's life.

They appreciated the prayers and the fact that so many people took time to come and not only give them food but also fed their spirits through the word of God. The family has since been included as the beneficiary of the food parcels handed out monthly.



As a congregation we are forever grateful to the women of our congregation who have led us to be a church not only inside its walls. God already has a mission in our neighborhood and Christians have the opportunity of participating in God's mission. Thank you for inviting us to participate in what God wants done and helping us to realize that God already has a mission that we are invited to be part of. We appreciate many who contribute in our ongoing monthly food parcels that get distributed in households in need. "We need to go beyond the familiar. We must always look for better ways of being Church in such a hurting world. God is evidently active beyond the church walls and we need to join God out there. We must re-tell the bible story in such a way that it brings new meaning to us here and now (Eddie Gibbs and Ryan K Bolger Emerging Churches – Creating Christian Community in Postmodern Cultures)".

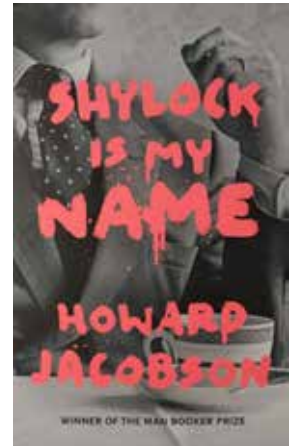


by Tony Parr

Shylock Is My Name: The Merchant of Venice Retold

Book by Howard Jacobson

Howard Jacobson's 2016 novel, *Shylock is my Name*, was commissioned by Hogarth Press as part of a series of novelistic adaptations from Shakespeare's plays, other notable examples being by popular authors such as Margaret Atwood, Jeanette Winterson and Tracy Chevalier. The idea is a publisher's gimmick to link well-known writers with the perennially saleable Bard, but the results so far (judging from reviews) seem to have avoided the stale effects of comparable cross-media efforts, like the play-of-the-movie epidemic that has largely removed original theatre from London's West End. I haven't read all of these novels, but welcome this chance to applaud Jacobson's resourceful and often very funny retelling of Shakespeare's Venetian comedy.



The *Merchant of Venice* has often been regarded as a troubling play, especially since the second World War and the Holocaust, and modern productions have to negotiate highly sensitive territory. Shakespeare's play confronts audiences and readers with many of the most offensive aspects of antisemitism, and some people have argued that it actually feeds this prejudice through its portrait of the Jew. This is despite Shakespeare's clear demonstration of Venetian intolerance and hypocrisy in its treatment of Shylock, and the play's sympathetic scrutiny of the character's attempts to deal with those who despise him. Jacobson's novel is comparably satirical about the secular world in which his Shylock has to live, but he places a greater emphasis on questions of Jewish cultural identity by his principal addition to Shakespeare's plot. The book introduces a wealthy entrepreneur called Simon Strulovitch, who visits a city cemetery to inspect the new headstone on his mother's grave, and encounters Shylock, who is in the regular habit of sitting by the grave of his dead wife in order to commune with her. Strulovitch invites Shylock back to his home, and much of the pleasure of the novel derives from the combative repartee between the two men as they trade views on a range of personal and cultural dilemmas, not least of which, naturally, is the question of what it means to be Jewish in a modern secular society.

In the course of these exchanges, it emerges that Shylock's clash with Antonio and treatment at the hands of the Venetian justice system—as recounted in Shakespeare's play—lie in the past: his daughter Jessica has absconded, and Shylock has made what peace he can with the outcome of the trial scene in *The Merchant of Venice*. But it also emerges that the play's complicated storyline has resurrected itself in modern form. Strulovitch also has a daughter, Beatrice, aged 16, who has fled her father's attempts to control her and taken up with a professional footballer. Meanwhile, another young woman, 'richly left' by a dead father like Portia in the play, but here given the Joycean name of Anna Livia Plurabelle (the novel is rich in literary allusion, principally but not solely to Shakespeare's plays), has fallen for an emptyheaded playboy called Barnaby and given him a ring which he loses. Plury (as she's known) then decides to help the errant Beatrice and her soccer-playing beau, as well as cultivating the melancholy man-about-town D'Anton, who has a complicated crush on Barnaby and is persuaded to help the ill-starred lovers, and thus positions himself as a willing sacrifice to the selfish whims of all these characters. The reprise of

Shakespeare's plot is clear enough, and is handled with great verve by Jacobson, even if the novel flags a little towards the end. Shylock's bitter experience comes into play in attempting to steer Strulovitch away from a self-defeating act of aggression, and the denouement, which resolves the central dilemma with a slightly obvious trick, could be said to mirror, and perhaps parody, the pedantic and artificial device by which Portia outwits Shylock in the original play.

The Merchant of Venice is a comedy that has usually been felt to leave a bitter taste. Jacobson is able to step outside the dilemmas that confronted Shakespeare's society over questions of ethnicity and culture, and rephrase the issues in terms which make it possible to ask questions about the place of both secular and orthodox Judaism in modern British society. But he does not assume that Shakespeare's presentation of the matter is made irrelevant by contemporary sociology. One of the key elements to emerge from the debates of Strulovitch and Shylock is the perennial nature of the arguments that Judaism has conducted both within its own ranks and with the Christian and secular cultures of the West over many centuries. Shakespeare's play, despite the discomfort it arouses—and arguably because of it—has never gone away, because it pinpoints questions that need to be answered whenever we assume we have moved beyond the prejudices of the past or found politically correct solutions to them.

ART WITH HEART



by Pienaar van Niekerk

MY FRIEND, DR STANLEY RIDGE

When Sue and I moved to our home in Onderpapegaaiberg, we became firm friends with the Ridges and over the years our families have grown even closer.

We soon discovered that Stan shared many of our interests – literature, history, art, photography, music and gardening, to name a few.

We swapped books, chatted over them for many happy hours and always knew that had Stan recommended a book, it was well worth reading!

Stan's art patronage and support for both Sue and me as artists has been enormous, of which we have been most grateful. In his private capacity he purchased several works from both of us for his family.

In approximately 1997, during one of my solo exhibitions at US, the University of Stellenbosch, Stan made the decision to facilitate the purchase of two of my major



Painting of Stan by Pienaar van Niekerk

artworks for the permanent collection of UWC, the University of the Western Cape, a prestigious honour for me. This collection is one of SA's finest and includes several collections - the Art against Apartheid Collection, the Albie Sachs Collection of Mozambican Art, the Community Arts Project Collection, and the UWC Art Collection. You can [read more](#) about the UWC flagship.

A second significant art engagement with Stan happened in 2014 when I held a solo exhibition of 12 portraits of all the members of the noteworthy Afrikaans Sestigers literary group. This artwork paid tribute to the writers who had helped me form a realisation during my early formative student years. The books by these writers assisted me in reconsidering my earlier struggle with my allegiance to the Afrikaans language. Contrary to my earlier struggle, here were non-conformist and open-minded resistance authors with whom I could at last identify. Once again, Stan was most supportive and instrumental in the acquisition of a further two artworks for the UWC art collection. These are the portraits of the two authors Adam Smal and Breyten Breytenbach.

Sadly, when Stan passed away, we not only lost a dear friend, but also one of my greatest supporters and patrons.

As a tribute to my dear friend and patron, I have painted a posthumous portrait of Stan in oil on canvas and presented and donated it to UWC. It is now part of the art collection that it will hang in the Rector's Dining Room alongside portraits of other UWC dignitaries.

We shall miss Stan very dearly.



FEEDBACK & NEWSFLASHES

Stan Ridge Memorial Lecture – 16 August 2018

by Elaine Ridge

On 16 August, UWC and the English Academy presented a memorial lecture to honour Stan Ridge. It was a very moving occasion with the amphitheatre filled with people who respected and loved Stan. Professor Grant Farred, one of Stan's former (English) students, now head of the Department of Africana Studies at Cornell University in New York delivered a lecture entitled *The Perversity of Gratitude: Reflections on an Apartheid Education*. It was a complex tribute to Stan (and some of Grant's teachers at Livingstone High), who subverted the strictures of apartheid: they were simultaneously constrained by and hostile to the dictates of apartheid education. "Stan is a gift made to us by time. The "true mystery of time is what and how ... they continue to give to us". He opened up (as opposed to closing down) the world and alerted them to the imperative to think.

In her address, Professor Rosemary Gray reminded us that Stan, though spectacularly able, could also make slip-ups. On one occasion, he stood ready to present the Gold Medal at the climax of the English Academy Conference, when he realised that he had forgotten it on his desk at home.

Professor Julia Martin, recalled the many sides of Stan: from holding the baby of Dave Atwell, then a member of staff but now head of English at York University, in his arms and saying, "There is nothing in the world like holding a baby," to delivering brilliant lectures and caring for students as individuals. "His spiritual life infused and energised his work as UWC – he did not recognise a divide between the work he was employed to do and his True Work as a human being." She felt that when Stan died it was as if a great tree had crashed to the ground: "Because of who he was, that

tree bore beautiful flowers and myriad fruit. Its branches were a lively world for birds, a canopy of shelter for so many of us, and its seeds have tracked across the world."

The English Department at UWC plans to plant a herb garden and a tree in remembrance of Stan. In the meantime, they, like us, are doing what they can "in the detail of their daily lives to continue his legacy".

(With grateful thanks to Grant Farred, Rosemary Gray and Julia Martin.)

Carol Jeffrey's wedding day

by Hazel Jeffery

Carol and Brent Styles were married on 10 August 2018 at our church and their reception was at Hudson's at Vredenheim farm it was really a joyous and happy wedding. By some coincidence they share a birthday 12 October.

The Jeffrey family have a very long history with Stellenbosch United. Mrs Jeffery (Carol's grandmother) was born in 1914 and in the article in A Journey of Faith, Hope and Love she says she has memories of attending the Presbyterian services at the old Lutheran Church in Dorp Street. They would travel in horse and cart. When she was 11 she watched with her family as the foundation stone was laid for the new church - Rev Griffiths was the minister then. Carol's grandfather Colin, served as an elder and in many other capacities for 35 years.



Bruce and Hazel their new son Brent and Carol. On the right is Fiona, Carol's sister, and her husband Mark.

Confirmands



These lovely young people are now full members of the UC and were confirmed on 11 August.

From the left: Alex Hunting, Luke Nicholls, Inge Weidemann, and Cailin and Cachel Joubert

Baby Huntertjie (Ella Rose)



by Celene Hunter

On 1 June, after living with us for the past three years, Luke, Abby and James moved into their own home in the Blue Crane complex near Vergelegen Medi-Clinic, Somerset West. Six weeks later – on 24 July – Ella Rose was born. She weighed in at 3,3kg. Too tiny to play with James yet, she prepared to meet him with a helicopter as her welcome gift. James is smitten by his little sister and intrigued as to how she happened to know that a helicopter is exactly what he wanted! Their new home is ideally situated. It is very close to Abby’s Mum’s home. Sharon is a Maternity sister at Vergelegen – so she is an enormous help on many levels - and Luke locums most Sundays in the Vergelegen Emergency Care Unit. Their departure has left an enormous gap in our lives. But we are so fortunate that they are close enough to visit regularly. We go through each Monday afternoon to see them, and Dave (or KhuluBear as his grandchildren call him) cooks his signature meal: Jamie Oliver’s roast chicken a crispy, roast potatoes. Dave is working on broadening his culinary repertoire but for the moment, KhuluBear’s roast chicken is still a hit! On 1 September Ella Rose smiled for the first time. What a wonderful way to welcome Spring, and new beginnings!

Zanele Situ honoured



Zanele here with her coach Karin le Roux (middle) and Anrune Liebenberg (left) who were awarded for Excellence in Sport in celebration of the Albertina Sisulu Centenary at a glamorous gala in Johannesburg last week.



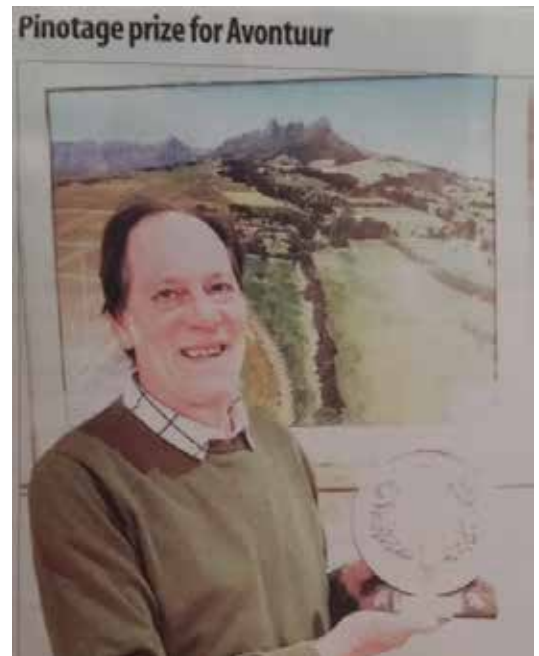
Zanele with her medal at the London Paralympics in 2012

Gsport is an online initiative launched in August, 2006, to raise the profile of South African women in sport, and to encourage Corporate South Africa to back our female athletes. More information on the Gsports4girls [click here](#).

Jan van Rooyen gets Regional Trophy for his pinotage

article from the Bolander

■ The Avontuur team and winemaker Jan van Rooyen were awarded the Young Wine Show's Regional Trophy for pinotage for the estate's 2018 Pinotage last week. "It comes after a few years where we've placed more emphasis on our pinotage vineyards and have changed the style of the wine produced in the cellar too," says Mr Van Rooyen. "We applied for single vineyard status last year for this specific block and receiving this trophy is a wonderful confirmation that the route we're taking with this varietal, is the right one." Tasting room manager, Ella Grimston, confirms that the new style, which is more accessible and lighter on the wood treatment, is a big hit with wine consumers and especially pinotage lovers. "We are getting lots of compliments and the 2014 vintage, which is currently on sale, is doing really well," she commented. Pictured is Avontuur winemaker, Jan van Rooyen, with the Young Wine Show Regional Trophy.



The Alpha Course

We've had some welcome feedback from our attendants. Here are two examples, followed by a summary by Charl Cilliers of the workshop held on 25 August:

By Talya Beyers:

So far, the Alpha course has been a great experience. I like that the content is presented in an accessible way through the videos and the structure that it gives some of the more complicated questions in the Christian faith. It has been an opportunity for me not only to revisit and refresh my faith, but also to get to know people I would never otherwise have such in-depth conversations with. I hope the course will be run again in the future, and hopefully next time people from more diverse spiritual and cultural backgrounds will join, so that we can continue to interact and learn from one another.

By Irene:

The things I have been enjoying the most about Alpha is talking in our groups about how each of us reads the Bible, how we pray and how God has guided each of us in our own lives. It is comforting to hear someone sharing the same experiences as you, but also challenging to hear someone's experiences that is totally different from our own. This has made me look at life a little bit differently and made me question some things I believe in the way I do things. I however, don't think this is a negative thing. I find it has brought me closer to God, for I am continuing seeking the answers in Him now.

Summary of results from the workshop by Charl Cilliers

As part of the Alpha break-away day, the attendees were asked to evaluate their personal experience of the Alpha course thus far.

On the whole the attendees were very positive about the course thus far and the only matter that can possibly be addressed as from the next session is to improve on the time allocated for intensive discussions/reflections after the videos, while the issue of diversity should be addressed in the next Alpha courses. Please ask Audrey for the full report.

The Annual Quiz & Potjie Evening

By Brian Shepherd, and photos by Ros Koch

The annual SUC Quiz and Potjie Evening held at the Table Restaurant at the De Meye Wine Estate was once again a lovely social evening with many questions to get minds working, accompanied by lots of fun and laughter. Forty-two attendees, divided into six teams, took part. After the first few categories of questions, it was obvious that the teams with the more elderly members were on a roll, possibly because general knowledge comes with age. Everyone received a prize for effort, with the "Queens" team taking overall honours with an 80% score over all categories.

There were five different potjies on offer, followed by a very tasty dessert. A huge thank you to Jessica and Luke Grant for allowing us to use the Table Restaurant once again. Also to my wife, Meg Shepherd, for all her help and contribution of homemade goodies towards the prizes, and to Stephen Roberts of Boland Promotions for the donation of prizes. R 2,000 was raised for church funds. Thanks to all those who attended!

The quiz master in full entertaining mode



Luke serving deliciously prepared food to very happy eaters and competitors.



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 R8,040. Thank you for the wonderful support. Lots of new books too. Have a look at the gorgeous coffee table books on sale in the hall. We have an amazing collection of beautiful classical CDs in the office. Come and browse!

Kayamandi Trauma Centre

Shoes for walking needed: women size 4 and 5; men size 6, 7 and 8. For homeless and shack people.

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

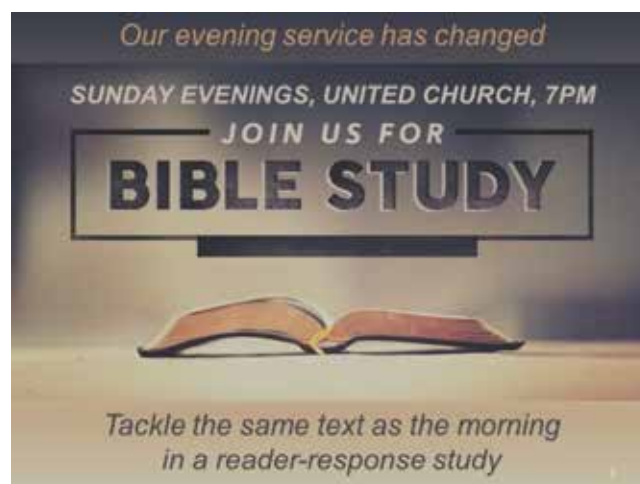
Please leave donations in the office or contact Nicolette Ferreira at www.nicolettewrites.wordpress.com.

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. 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!

Some feedback from Jane Plantinga: “Due to Nontyatyambo Kulati's sharing that her sister, Nokwanda Ndlangalavu, was looking for employment, I have been truly blessed by having her work for me in my guest house.”

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.

Elder, Jongile Gwele is looking for work. He has a code 10 driver's license and is trained as a fork lift and reach truck driver. If you can help, please contact him on 073 481 6268.

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 Onderpapegaaiberg 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.

“Our organist, Estelle, is teaching music classes! She can either come to your home or you can go to her venue (Stellenbosch Dutch Reformed Noordkerk, where Liena Hoffman is minister).

She offers tuition in:

Piano (*Jazz, Pop and Classical*), **Singing** (*Jazz, Pop and Classical*), **Song writing**, **Improvisation** (*in any style*), **Adding/writing in Jazz, Reggae, Blues**, etc., Notes to music pieces, so that it will sound better for light singing and piano, **Aural** for UNISA, Trinity, Rockschooll and Gr. 12 pupils for their exams, **Grade 8-12 School Music as Subject:** Theory and History of Music, working through past papers, **University standard: Theory** of Music, **Teaching** of how to play **background/ restaurant music without music** in front of you, **Pipe Organ**, Working with music notation programmes like **Sibelius** (i.e. helping people to **compose music**), **Piano accompaniment** for any instrument. Your first lesson of half an hour will be a free trial lesson!

UPCOMING EVENTS



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).

Enjoy **Heritage Day** on 24 September. It is also **International Punctuation Day** and, it is the beginning of **International Happiness at Work Week** too.

ART EXHIBITION
'InterWoven'



FACTand FRIENDS

Fibre Artists Cape Town
with painters, ceramicists, embroiderers, jewellers and a glass artist,
basket-maker and weaver.

14 - 22 September 10h00 - 18h00

Entry Fee R20 incl tea/coffee

Nova Constantia off Klein Constantia Rd,
adjacent to Buitenverwachting
gps -34.040522, 18.424585



Join us on
the **HOPE HIKE** & the **HOPE BIKE**

When and where:

Sunday, 14 October, Blaauwklippen, R44, Stellenbosch
(S 33°58' 23.3" E 018°50' 51.0")

Sunday, 28 October, Van Gaalen's, Skeerpoort
(S 25° 17 27" E 27° 46 32")

- A comfortable 3, 5 or 10 km hike/trail run
- An exhilarating 25 km mountain bike fun ride
- Only a limited number of entries can be accommodated – enter now to avoid disappointment

Starting time:

25 km MTB: 07:45
10 km: 08:00
5 km: 08:30
3 km: 08:40

Entry Fee:

MTB fun ride: R100
3 km: R40; 5 km: R60;
10 km: R80;
Children under 12: R30

Enjoy the farmers' markets afterwards at both these venues!

Enter now by going to <https://www.entryninja.com/> and click on The Hope Hike/Bike
Registration on the morning: 06:30 – 08:30

Fight depression! Break the silence!

The Hope Hike and the Hope Bike

Depression is not about "feeling down" and will not disappear by "just pulling yourself together". It is a biological illness, and as with other medical conditions, it requires treatment. As with other illnesses, awareness campaigns help to break the silence around mental illness. Depression is a flaw in chemistry, not character. You can make a difference by joining us on the HOPE HIKE and the HOPE BIKE. Funds raised go towards the Ithemba Foundation (ithemba means hope) to support research into depression.

For information on depression and anxiety, go to
www.ithembafoundation.org.za, www.saimb.org.za,
www.nscotlandhealth.org.au, www.spmh.org.au,
www.capepromentalhealth.co.za and www.aedeg.org.

World Mental Health Awareness Month

October is the World Health Organisation's World Mental Health Awareness Month and 10 October is World Mental Health Day. Raise awareness around mental health, specifically depression - the illness without a face - by wearing your depression awareness ribbon. The ribbon's colour is sky blue - the colour of optimism, peace, positivity, tranquility, calmness - HOPE. Join us on the Hike or Bike and wear something blue to show you are an Ambassador of HOPE!

