

The Cathedral Visitor

August 2013-September 2013 Edition

The Cathedral Church of Saint Andrew & Saint Michael - Bloemfontein

INTERNATIONAL EVENING

26.7.2013

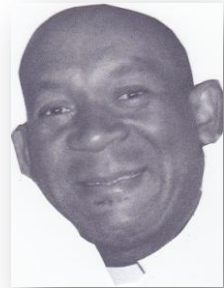


'WE ARE THE WORLD'

Martha's hand and Mary's heart.

Greetings,

As a church we pay honour and affirm the women in our churches, families and communities. The church is always depicted as "Our Mother". Women have always played an important role and come top in terms of building families and raising the children.



We give thanks to God for the positive contribution of women in family lives, politics, economy and society. During July and August we celebrate and commemorate the following women and events:



July 22nd
July 26th
July 29th
August 9th
August 9th
August 11th
August 15th
August 27th

Mary Magdalene

Anne and Joachim (parents of the Blessed Virgin Mary)

Mary and Martha

Mary Sumner (founder of the Mother's Union, 1921)

National Women's Day

Clare of Assisi (founder of the Minoresses (Poor Clares 1253))

The Blessed Virgin Mary

Monica the mother of Augustine of Hippo 387

As a church we can look back and reflect on the stance we once took about the ordination of women. Since then we have come a long way in terms of recognizing the role and ministry of women. At the moment we have five women Priests and a good number of women in the fellowship of vocation (Diocese) and five lay ministers (Cathedral Parish). The same can be said of the radical transformation in ACSA we now have two women Bishops! I never thought that the Diocese of Swaziland would ever make such a move. I guess God is a God of humour.

About Mary and Martha, the two whose brother, Lazarus was raised by our Lord from the grave: they are mentioned in the Gospels as devoted friends of Jesus and more several times his hosts at their house in Bethany (Luke 10: 38-42). I suspect every woman has felt at times sympathy with Martha. While she did all the hard work of the Bethany kitchen, Mary sat at the feet of the guest. "Dost thou not care that my sister has left me to serve alone?" She asked of Jesus. Jesus' rebuke to Martha has come running down the generations, dividing the workers and contemplators, the doers and dreamers.

It is too easy in these busy days to be like Martha "cumbered with much serving". The service to others is an important part of teaching, but not the most important. We have Christ's word for it. Beware of taking on so many jobs that you have no time to think, no time to listen, not time to pray.

There are certain social and domestic duties that must not be shirked, but we must learn to do them with hands of Martha and the heart of Mary. You may have your hands in greasy water but your thoughts can be among the stars. Remember Brother Lawrence, who made his altar amongst the pots and pans of monastery kitchen.

But no matter how we spiritualize drudgery or how altruistic we may be, we cannot pay our way to heaven by mere performance of good works. We need to have a balanced spirituality to sit, Mary-like at the feet of the master, listening, watching and worshipping. As a church we can sometimes be so much involved in the work of the Lord, and not be involved with the Lord of the work. I believe there is that element of Mary and Martha in every one of us. Please encourage and affirm the women-folk in the Parish and beyond.

Article Written by: **Dean Lazarus Mohapi**

**A PENCIL MAKER TOLD THE PENCIL 5 IMPORTANT LESSONS
JUST BEFORE PUTTING IT IN THE BOX :**



- 1.) EVERYTHING YOU DO WILL ALWAYS LEAVE A MARK**
- 2.) YOU CAN ALWAYS CORRECT THE MISTAKES YOU MAKE.**
- 3.) WHAT IS IMPORTANT IS WHAT IS INSIDE OF YOU.**
- 4.) IN LIFE, YOU WILL UNDERGO PAINFUL SHARPENINGS, WHICH WILL ONLY MAKE YOU BETTER.**
- 5.) TO BE THE BEST PENCIL, YOU MUST ALLOW YOURSELF TO BE HELD AND GUIDED BY THE HAND THAT HOLDS YOU.**



All need to be constantly sharpened.

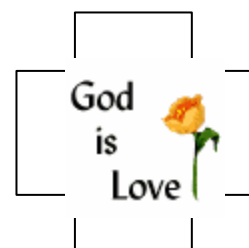
This parable may encourage you to know that you are a special person, with unique God-given talents and abilities.

Only you can fulfil the purpose which you were born to accomplish.

Never allow yourself to get discouraged and think that your life is insignificant and cannot be changed and, like the pencil, always remember that the most important part of who you are, is what's inside of you and then allow yourself to be guided by the hand of God.

Submitted By:

Fr Reg Huskins



Sharing the News



SNIPPETS

As heard by: **Sandy Botha**



This winter has produced a fair crop of people not feeling well:



Bishop Paddy Glover had an operation to remove growths from his vocal chords, and fortunately they are not malignant. The only drawback is that he may not speak or laugh for 10 days, which will be extremely difficult for him!

Kirsty thanked everyone for their prayers.

Sue Tibshraeny gave us all a scare by being rushed to hospital resulting in having a pacemaker inserted. She is feeling much better, but taking things a bit easier.



Richard Morris fell and hurt his knee. **Brian Cooper** also had a bad fall. **Duncan Murray**, youngest son of Pam Murray, was also in hospital with suspected viral encephalitis. Luckily he recovered quickly.

Delysia Hoehne continues to be poorly. She and **Sigi** are trying to sell their house in Dan Pienaar so that they can move to Siesta Old Age Home.

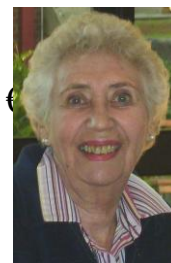


Esme Mogodi had an operation but has fully recovered. **Bruce Middlecote** is recovering slowly. **Sam Marais** continues to scare his family now and again with his heart problems, but he still manages to look quite spritely! **Molly-Ann Beattie** has also been under the weather. **Nkamoheleng Sondiya** continues to battle with debilitating Lupus.

On a lighter side, some people have been lucky enough to escape a bit of the winter:

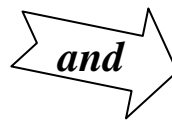
Derek and Anne Ochse have just returned from Switzerland where they visited friends for three weeks. Look out for our next magazine to give you all the news! **Sue Loupos** and most of the extended family have also returned from a holiday in Cyprus. **Charlotte Kettle's** mother (who lives in England) has just moved into an Old Age Home and Charlotte went there to help her pack up her home.

Eunice Muller spent time with her daughter in Cape Town. Before she went on her holiday she invited the 'Thursday



church/tea group to celebrate her birthday.

Muriel + Wolf Helmes
spent time in Durban



Marlene + Mettry Hamaty
spent time in Margate.



Congratulations!

Their son **Ryan Hamaty**, and his wife **Evone**
have had a baby boy, **Blaise**.
He was born on 15th June.

Another traveller has been **Zandile Moloi** who had to go to China for work!

Doreen Lewer is another very proud granny as her granddaughter **Megan Gower** has won a bursary to work at a very upmarket hotel the **Naples Hotel in Florida, USA** as a chef. Congratulations! And keep on smiling Granny Doreen Lewer.



I don't think **Kate Roberts** would classify this as "travel", but she took part in a triathlon event in Palamos in Spain recently and showed everyone that even if she is 30 years old (ancient hey!) she is still a force to be reckoned with as an athlete. She achieved a time of 2:03:36 and appears 27th on the world list of elite women. If she continues to achieve such good times it is possible that she might be chosen for the Brazilian Olympics in 2016! This would be her third Olympics. She now trains in Morzine, France, and is the daughter of **Gerald and Karen Roberts**. Kate will soon compete in Hamburg, Germany, and Stockholm, Sweden before going to the world finals in London on 14th September. Good luck!

The stork has been finding it cold here in Bloemfontein, so he hasn't been very active recently. **Johann and Ivy Strydom** have a new daughter **Ariella**, who was baptised on 28th July.



Did you know that our organist, **Professor Nicol Viljoen** (the acting Departmental Chairperson of the Odeion School of Music) has just returned with his wife, **Professor Martina Viljoen**, from a visit to Poland where he gave two solo piano performances and on those grounds he has been invited back as a soloist next year with the Polish Symphony Orchestra. Martina has been included on the advisory board for the influential International Review of the Aesthetics and

Sociology of Music. This position is only filled on invitation, so we have to really look up to our organist and his wife, as they are truly of great value to the Cathedral!

On 11th August **Bishop Dintoe Letloenyane** will confirm the following candidates at the 09h00 service:

Thatano Senoko, Bulelwa Sondiyazi, Tshwanelo Peterson, Keitumetse Peterson, Keoagile Selebogo, Renay Seck, Renaldo Pillay, Thapelo Modisapudi, Aileen Refilwe Mothupi, Lerato Mohapi, Lerato Mbongo, Nicole Jackson, Rethabile Mokoena, Relebohile Phutsisi, Zikhona Hleko, Kebitseng Seape, Nthabiseng Patricia Rakoele, Mpine Sylvia Kotobe and Kgosi Taye.



Gene Kyle, secretary to **Bruce Harrison**, the administrator of the Diocese, retires at the end of August, and we wish her a wonderful time to rest and refresh her soul! She was Parish Secretary here at the Cathedral for many years before moving to the Diocesan Office.

Bishop Tom Stanage had a terrifying experience recently – after a meeting here at the Cathedral he was on his way home through town, when, while the window of his car was slightly open, someone grabbed his gold Jesus cross from around his neck. He said he felt as if his neck was going to break with the force of the robber. This cross was given to him when he became Bishop and was obviously, of great sentimental value. Fortunately, besides a wounded heart and great shock at the loss of a cross that he had in his possession for 30 years, he was not injured. Take care, Bishop Tom!



Stephen, Elrita Grimsley and the rest of the family suffered a huge loss when Stephen's brother, **Trevor Grimsley**, died suddenly. He lived in Richards Bay. **Zimbini Ndenze** lost her father in July too. Our sympathy to all.

Good news! The marriage of **Berneen (nee Schroeter) and Pieter Muller** in George on 15th June 2013, was a joyous occasion and it was celebrated in a grand way! Congratulations, **Basil and Cheryl Schroeter!** Berneen's daughter, Tayla, is over the moon!



HEARD AT COUNCIL....



Planning continues for the International Evening.
The Dean said that all councillors should support the event.

**The Patronal Festival would be celebrated on
30th September.**

Baby explained the procedure on how she uses the money given to her by the Cathedral, to support needy people, especially in the Hilton area.

It was agreed that one of the clergy would go to the Sunday School every Sunday to encourage the learners.

Diseko said that a new leadership for ASF had been elected and that he hoped that they would breathe life into ASF. He promised Cheryl an article on ASF for the new magazine.

Basil said that there are repairs to be done to Clergy House no 2.

Sandy has contacted Wayne Beelders about how to go about applying for a NPO number. She is pleased that commitment is still above the figure budgeted.

The Dean encouraged everyone to give generously for the Theological Education Sunday on 18th August.

Dipiloane said that she would address the issue of visiting with the Lay Ministers at their meeting. Lay Ministers should not become “Sunday Lay ministers”.

Eldrid proposed that the petrol guzzling Cressida be put aside and a more economical car be used. The Mazda has an oil problem.

Fr Lazarus said that the date for Dedicated Giving Sunday would still be decided.

There was a very gracious Christian lady who was mailing an old family Bible to her brother in another part of the country.

‘Is there anything breakable in here?’
asked the postal clerk.

‘Only the ten commandments.’



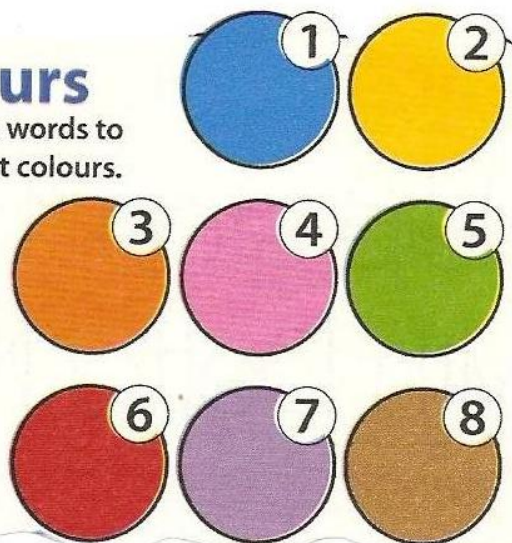
answered the lady.



Colours

Match the words to the correct colours.

orange
red
green
yellow
brown
purple
pink
blue

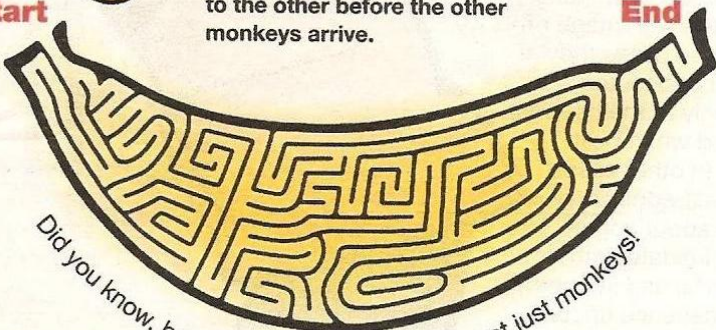


Big banana!

Help Mickey Monkey chomp his way from one side of the banana to the other before the other monkeys arrive.

Start

End



Did you know, bananas are good for us too, not just monkeys!

DO YOU READ?



Q: What travels around the world but stays in one corner?

A: A stamp.

Q: What two words have a thousand letters in them?

A: Post Office!

Q: Why did the boy jump up and down on his card?

A: He heard he had to stamp letters!

Q: What did the letter say

Maze

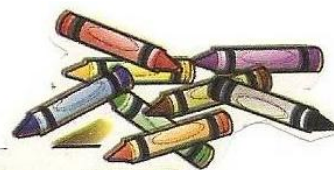
Help Andile reach his crayons.



start



end



to the stamp?
A: You send me.

Quick Macaroni Dish

1 Cup of boiled macaroni (shell shape)
2 Tins of tuna
1 tin mushrooms

Method:

Make a white sauce and mix in the macaroni.

Add the crushed tuna and mushrooms and mix well.

Pour into an oven dish and sprinkle with grated cheese.

Bake until brown.

ENJOY: STEPHEN GRIMSLEY



"The real secret of patience is to find something to do in the meantime."

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“The bread which we break....” : Significance of the Eucharist



Introduction: The Eucharist, with varying names such as the Lord’s Supper, the Holy Communion and the Breaking of Bread, has become central to the faith of the Church. It is sometimes referred to as the Lord’s Supper, emphasizing its connection with the last supper Jesus had with his Apostles. It is also called the Holy Communion stressing the theme of our unity with Christ and with one another. Again, others call it the Eucharist because it is a form of thanksgiving for what God has done for humankind in Christ. **The Eucharist is Christ’s real presence under the appearance of bread and wine.** As the greatest of the Sacraments and the centre of the life of the Church, the Eucharist was instituted by Christ himself at the last supper. It is, therefore, a service of thanks and praise in which Christ is present in dual form, as Priest and Victim.

Main features of the Eucharist: In the Anglican Church, the main features of the Eucharist on Sunday worship come after the sermon. After sharing the peace with one another there is the *Great Entrance*. The silver collection is brought alongside the “elements” (the bread and wine) to the chief celebrant as a form of thanksgiving. The Eucharist then commences with the “Sursum Corda” or the “Great Thanksgiving”, which contains a series of responses and a rather lengthy prayer, the Eucharistic Prayer. In the middle of this prayer, the elements are blessed followed by the ringing of the sanctuary bell, first when the wafer is raised and then the chalice. Irrespective of the nature or the type of priest leading the celebration (the one may be regarded as a sinner grade one!) and offering the Eucharistic prayer, the moment he or she offers the *epiclesis* (or the ‘invocation’) the elements of bread and wine mysteriously become the body and blood of Christ, because this was precisely what Christ did and said. God mysteriously enfolds the elements with His Holy Spirit so as “to make to us the body and blood of our Lord Jesus Christ”, as the Eucharistic prayer points out. This makes the taking of the Holy Communion one of the most sacred and sensitive aspects of our worship. Paul was, therefore, right when he cautioned us not to be casual in taking it.

Theological and symbolical significance of the Eucharist: The Eucharistic feast emphasizes certain points of theological and symbolic importance:

- **Remembering Christ’s suffering and sacrifice.** Included in the Eucharistic Prayer is a portion in which the priest raises the wafer (bread) and the chalice (wine) alternatively reminding the participants, “...on the night he was handed over to suffering and death...”. Thus by partaking symbolically of the crucified Christ, the individual personally benefits from the Cross, the love given and demonstrated, and the salvation offered. It is therefore suggested, at this juncture, to respond reverently, “My Lord and my God”, the words of Thomas when he really became aware of the risen Christ (John 20: 28).
- **Spiritual vitality.** The elements, bread and wine, taken in faith are symbols that God feeds the soul. The Eucharistic prayer reads, “...we offer you, Father, this *life-giving* bread. This *saving* cup...”. In other words, as bread and drink revitalize and strengthen the physical body, so in the bread and wine God gives life, strength, and joy to the spirit of the one who partakes in the Eucharist. The author’s response to this spiritual vitality is, “In life, in death, O Lord abide with me” before the element is consumed.
- **The Communion of believers.** Anglicans, normally, refer to the Eucharist as the Holy Communion because it symbolizes, emphasizes, and reminds us that we live in a community, a community of believers called the Church. The Holy Communion, therefore, in spite of doctrinal or denominational differences in the Church, demonstrates our *oneness* or *unity* in Christ and increases our sense of fellowship. No wonder that as part of the Eucharistic prayer the congregation is made to respond, “We who are many are one body, for we all partake of the same bread” (I Cor. 10: 17).

- **The second coming of Christ.** The Eucharist also reminds us of the impending coming of Christ, which was pointed out by Christ himself during the institution of this sacrament (Mark 14: 25; Matthew 26: 29; Luke 22: 15-18). Paul makes it more emphatic: “Every time you eat this bread and drink from this cup you proclaim the Lord’s death *until he comes*”. Part of the Eucharistic prayer also requires the congregation to proclaim this “mystery of faith”, which captures the futuristic conception: “Christ has died, Christ is risen, Christ *will come again*”.

Contrary to the thinking of some of us, the Holy Communion is not a secret rite directed only to the Church. Through this sacrament we are called upon to proclaim God’s salvation in Christ. It is a missionary sacrament, a sacrament directed to the whole world. The hymnist, Horatius Bonar, captures the significance of the Eucharist in the following words:

*Here, O my Lord, I see Thee face to face;
Here faith would touch and handle things unseen;
Here grasp with firmer hand the eternal grace,
And all my weariness upon Thee lean.
Here would I feed upon the Bread of God;
Here drink with Thee the royal Wine of heaven;
Here would I lay aside each earthly load;
Here taste afresh the calm of sin forgiven.
I have no help but thine; nor do I need
Another arm save thine to lean upon:
It is enough, my Lord, enough indeed,
My strength is in thy might, thy might alone.*



Article Written by: **Rev. Fr. Albert Arko-Cobbah**

Calendar of Events

FOR THE MONTH OF AUGUST

- 1 **09h30 – Holy Eucharist** 18h00 – AWF meeting in the Foyer
- 2 **08h00 - Holy Eucharist**
- 3 **08h00 - Holy Eucharist**
- 4 **EIGHTEENTH SUNDAY OF THE YEAR**
07h30 – Holy Eucharist 09h00 – Sung Eucharist 09h00 – Confirmation classes
- 5 **17h30 - Holy Eucharist**
- 6 **THE TRANSFIGURATION OF OUR LORD -**
08h00 – Holy Eucharist 08h30- Staff meeting 09h30 – Knit & Knatter at Siesta
- 7 **Dominic - 08h00 – Holy Eucharist**



- 8 09h30 - Holy Eucharist
 9 PUBLIC HOLIDAY - 08h00 – NO SERVICE
 10 *Laurence* - 08h00 - Holy Eucharist
 11 **NINETEENTH SUNDAY OF THE YEAR**
 07h30 – Holy Eucharist 09h00 – Sung Eucharist and Confirmation
 12 17h30 - Holy Eucharist
 13 08h00– Holy Eucharist 08h30- Staff meeting 09h30 – Knit & Knatter at Siesta
 15h30 – Bible Study – 15 Dickie Clarke Street
 14 08h00 - Holy Eucharist
 15 **ST MARY THE VIRGIN, MOTHER OF OUR LORD - 09h30 - Holy Eucharist**
 16 08h00 - Holy Eucharist
 17 08h00 - Holy Eucharist
 18 **TWENTIETH SUNDAY OF THE YEAR** - Theological Education Sunday
 08h00 - Holy Eucharist PARISH BREAKFAST 09h00 – Sung Eucharist
 19 17h30 – Holy Eucharist 17h30 -Council Meeting
 20 *Bernard of Clairvaux* - 08h00 – Holy Eucharist 08h30- Staff meeting
 09h30 – Knit & Knatter at Siesta
 21 08h00 – Holy Eucharist
 22 09h30 – Holy Eucharist
 23 08h00 – Holy Eucharist
 24 **ST BARTHOLOMEW - 08h00 – Holy Eucharist**
 25 **TWENTY-FIRST SUNDAY OF THE YEAR**
 07h30 - Holy Eucharist 09h00 – Sung Eucharist
 26 17h30 – Holy Eucharist
 27 08h00– Holy Eucharist 08h30- Staff meeting 09h30 – Knit & Knatter at Siesta
 15h30 – Bible Study – 15 Dickie Clarke Street
 28 *Augustine of Hippo* - 08h00 – Holy Eucharist
 29 *The beheading of St John the Baptist* - 09h30 – Holy Eucharist
 30 08h00 – Holy Eucharist
 31 08h00 – Holy Eucharist

Happy Birthday to you
 August



- 1 Doreen Jones, Chelsea Ogilvie, Erica Ishiwu
 2 Michael Koupis, Paballo Masoabi
 3 Mabatho Langa, Kegaisamang Taye
 4 Vivien Nuttall, Moleboheng Malebese
 5 Lebogang Seekoei
 6 Rapuleng Matsaneng, Tameryn Louw
 7 Martina Viljoen
 8 Estelle Middlecote, Nomthandazo Malumo, Daniel Mattaka, Meggan Gower, Darren Lombard
 9 Sharon Ogilvie, Mphumzi Ralane, Teboho Senooe
 10 Marleen Webber, Edward Tait, Baratang Mocumie, Charmaine Motsoari
 11 Maria Papane

- 12 Carol Keep, Leretlhabetse Moipolai
- 13 Sam Marais, Thulo Phutsisi
- 14 Malefa Moleme,
- 15 Xabisa Kapa
- 16
- 17
- 18 Piet Steyn
- 19 Nicol Viljoen
- 20 Samuel Melamu, Christopher Lombard
- 21 Mponki Mohapi
- 22 Mary Louw
- 23 Keamogetswe Serache
- 24 Edward Lawrence, Hlabanyane Tsotetsi
- 25 Amanda Hendricks
- 26 Beppie Cooper, Yolisa Tsibolane
- 27 Wolf Helmes, Kayla & Ncita van Rooyen , Adrian Captieux, Lisanele Magwentshu,
- 28 Charles Walbrugh, Lethabo Kunene, Khanyisile Kulane
- 29 David Mocké,
- 30 Mathapelo Radebe
- 31

JUMPING CASTLES



Children
parties....
Fundraising.....



Contact:

EDWIN

Cell: **084 4224 156**

Fun days....

CONFIRMATION.



On the 11th August, 2013, we will have the joyful ceremony of admitting a number of young people into full membership of our church through the sacrament of confirmation. The background to the sacraments of Christian baptism/confirmation are progressions of the Old Testament rituals of purification and, possibly also the ceremonies of acceptance of proselytes (converts) into the Jewish faith.

In the New Testament baptism became a necessary part of conversion/initiation into the new Christian faith. These days confirmation is a re-affirmation of the vows and renunciations made on behalf of the candidates when they were formally accepted into the church during the ceremony of baptism. Normally this is because children are brought for baptism at an early age and cannot answer for themselves. Candidates for confirmation are given a period of instruction in order to familiarize themselves with the mechanics of liturgical worship and the sacred value of Holy Communion. They are also taught that by submitting themselves to be confirmed they are accepting that they will be facing and

confronting the challenges and realities of living the Christian life in a largely cynical society.

Baptism and confirmation are indelible and unrepeatable sacraments which should never be devalued and become what Dietrich Bonhoeffer called “cheap grace”. It is essential to always remember that through the laying on of hands by the bishop, the gift of the Holy Spirit is conferred on those to be confirmed. This gift should never be left “on the shelf”. It should always be evident to other people that by our words and deeds we represent the values of Christian identity.

God’s gift of the Holy Spirit should continually excite us and “..... **fan into flames the gift of God**” (2 Timothy 1:1ff). As said above, confirmation is a “once off” sacrament, but is good for us to continually - through prayer, meditation and church/social involvement - to “reconfirm” to ourselves our Christian responsibilities, and always to be aware of the privilege of being accepted as fully fledged members of God’s church.

Written by: **Fr Reg Huskins**



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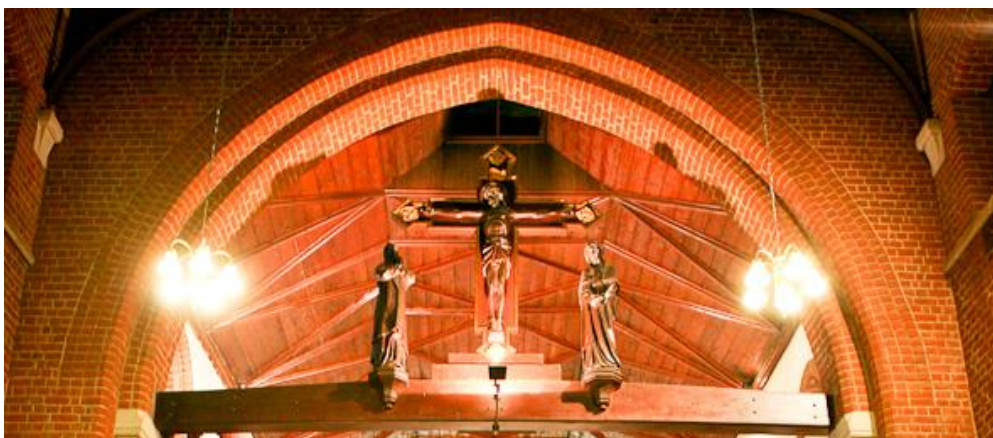
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Telephone / Fax: 051-522-2174

Cell: 086-503-0938

THE ROOD BEAM



While you are sitting in the pew waiting for the service to start, you might look up and see that great wooden beam (or rood beam) with the figure of Christ on the Cross (crucifix)

mounted on it. Did you know that this is called a rood screen? It is a common feature of medieval church architecture that separates the chancel from the nave (where you are now sitting). It was quite often a complete structure with wooden tracery right to the ground, leaving only a small entrance. This was to separate the laity (common people like you and me!) from the high altar. (See the story of Zechariah Luke 1:5-25.) Zechariah had been chosen to enter the sanctuary of the Lord, and offer incense. The whole congregation was at prayer outside. They were separated by a rood screen or Veil. (Read Leviticus 16:2) The figures on either side of Christ are said to be Mary the mother of Christ and St John. (See John 19:26-27).

Until the 6th century the altar of Christian churches would have been in full view of the congregation, separated only by a low altar rail around it. Then churches started to surround their altars with all sorts of pillars and decorative elements which could support a beam along which a curtain (or veil) could be drawn at specific points during the Eucharist. That is also why the bells are rung during the elevation of the Bread in the Eucharistic prayers, to remind those who sit in the congregation where the priest is in the prayer (he could not be seen due to the curtain). Most of the rood screens or chancel screens were removed from churches during the Counter-reformation in the 16th century as it was thought that there should be no separation between the laity and the celebration of the Mass. However it provides a focus for worship, especially during Holy Week. In our own Cathedral a smaller altar has been positioned near the chancel steps, bringing the clergy even nearer to the congregation.

On the lighter side: while looking at the rood beam, you will see a small hole on the right-hand side. This came about when a bird escaped the Free State heat and flew into the cool Cathedral. When the time came to putting on the alarm, the bird flew around in panic, setting it off again and again. The only way Timothy Cross (youngest son of former Dean, Aidan Cross) could think of solving the matter was to eliminate the bird. Hence the bullet hole in the Rood beam – it seems he wasn't such a good shot!

Written by: ***Sandy Botha***

LAUNCHING OF MEN'S FELLOWSHIP

As iron sharpens iron, so one man sharpens another.



It is horribly tough for a man to walk into a room and say:

- *I need help because I constantly yell at my wife or teenage daughter / son*
- *I have financial problems, all my bills are in arrears*
- *I have endless problems at work*
- *I have trouble confessing my sins*
- *My walk does not resemble Jesus'*

Instead we walk in and say: "I'm fine, how are you?"

We remain quietly frustrated and unhappy.

"Tigers don't cry", we say.

We must come to church to really recharge our batteries, and get encouraged for the week ahead. It is through fellowships that worship and sermons can lift our relationships to fruitful levels. We should be able to say: "Brother, you don't look well, let's stop and pray about it", or "can we talk about it?"

It was in that spirit that we called upon all the men in our church to help us launch the church's Men's Fellowship in 2011. The idea has been put before council and has been approved. They should become fishers of men.

What were the expected outcomes from that fellowship?

- *Devotion and understanding of the Word of God*
- *Well-grounded Christian principles for all members (focus on the family)*
- *Solid financial base and good resource management*
- *Income generating skills and gainful employment of said skills*
- *Involvement (visible) in Diocesan programmes among parishes. (Maintenance & renovations)*
- *Established welfare scheme*
- *Attraction and retention of members*

How would the expected outcomes be achieved?

A range of activities were agreed upon, some of which are:

- o Monthly Men's breakfast including expert speeches on eg: marriage, finance, fathering etc
- o Weekend retreats (workshops, seminars and conferences)
- o Bible studies
- o Braai's for the congregation
- o Big screen rugby and soccer matches
- o Cleaning services to parishes
- o Camps (Fathers and sons)
- o Daddy's night dates with daughters
- o Fishing and hunting
- o Valentine Fellowship Dinner (Annual) etc

Who qualifies to join the Fellowship?

The criteria are as follows:

- o Baptized men with up-to-date pledges
- o Up-to-date contribution / pledging for the Fellowship
- o Age (to be decided)

The launch took place on 6 August 2011 in the Cathedral.

Blessed is the man who trusts in the Lord, and whose hope is the Lord.

Thank you for your time. **Amen.**

For more information
about this group contact:
Matthews Mohutsioa
083-2697707



Written by:

Matthews (Shakes) Mohutsioa
(Founder and Chairman of the Group)



Fill the Men's group so full Lord, that the fruit of the Spirit will pour out of their hearts and bless the people You've placed along their path with a refreshing drink of You.

We would really like to thank the Men's group for their dedication in making a difference in the life of the church.

INTERNATIONAL EVENING EVENT

On the 26th July 2013, the cathedral parish hosted its 3rd annual international evening. One of the most successful events for the parish and its members recorded its multiple achievements beyond the preparation committee's expectation. Out of all notable success the most important milestone was a fifty percent ticket sales and revenue increase for the parish revenue fund. The recent growth is a sign that there is a need to host the event in a bigger venue in the future. The stall holders were certainly prepared and their services were of high hotel standards. With different food offerings all of them were excellent and the attendee's faces were a true confession of pure happiness. The total that was made is R15,983.75.

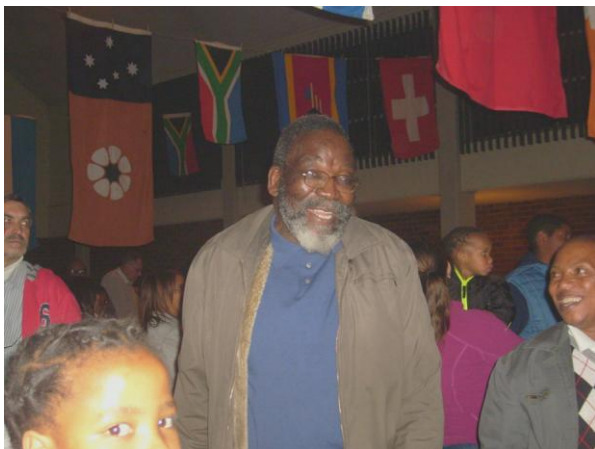
And it is interesting to say few if not most were new stall holders. The dedication of active members should be an encouragement to all of us that there is always a role to play in the parish activities. All the success is a reflection of a greater participation of all parish

groupings which allowed most of us to enjoy each other's fellowship. When we sung "**We are the world**", for a moment it felt perfect and we truly experienced the spirit and God's love for the day. To all the parish members and visitors who directly and indirectly participated may the good lord bless you?

On the lighter note before I forget, thanks to the Dean's prayer, no reports were received of a case of constipation.

Written by: **Amos Moloi**

*There comes a time when we heed a certain call
When the world must come together as one
There are people dying
And it's time to lend a hand to life
The greatest gift of all*



*We can't go on pretending day by day
That someone, somehow will soon make a change
We are all a part of God's great big family
and the truth, you know.
Love is all we need.*

*We are the world, we are the children
We are the ones who make a brighter day
So let's start giving
There's a choice we're making
We're saving our own lives
It's true we'll make a better day
Just you and me.*



*Send them your heart so they'll know that someone cares
And their lives will be stronger and free
As God has shown us by turning stones to bread
So we all must lend a helping hand*

(Written by Michael Jackson + Lionel Richie)





Mission to Seafarers

I first came in contact with The Mission to Seafarers when I was an undergraduate at Oxford and needed a job during the university long vacation. The Secretary General offered me a clerical position at the Victoria Docks in the east end of London. It was a mighty experience and one which I have never forgotten. The hours were long and the work hard, but the fellowship of the staff and the contact with Seafarers was a daily adventure full of moments of great excitement.



In 1978 the Synod of Bishops of our beloved Anglican Church of Southern Africa invited me to become the Liaison Bishop for the society and I immediately accepted the invitation which added to my other responsibilities as Suffragan Bishop of Johannesburg and then Bishop of the Free State, but SO WELL WORTH all the tedious travelling and the responsibility of another diocese. I loved it all.

The Mission to Seafarers is a society within the Anglican Communion and identified by the Mission's Flying Angel flag. It has chaplains working in 250 ports around the world to support the practical and spiritual wellbeing of the planet earth's 1.25 million seafarers and their families.

It was founded in Britain in 1856 after an Anglican priest and his son had been taking a Sunday afternoon walk along the edge of cliffs south of Bristol and the little boy, looking out to sea, gazing curiously at a whole fleet of ships riding at anchor asked his father how the ships crews' managed to worship God on Sunday. His father, completely taken aback by the question, went on to think deeply about it. The Society was established soon afterwards.



Today the Mission provides Flying Angel Clubs in one hundred ports. A Christian welcome in a safe haven. Each station offers hospitality, affordable communications, chapels, warm clothing, refreshments, counselling, advice and spiritual support.

In a further 150 ports, local honorary chaplains and volunteers undertake invaluable ship visiting, transport and support services. The ship visitors take phone cards and interlinked laptops on board so that seafarers unable to go ashore can contact their families.

Around the world and around the clock, the Mission is there to care when ships enter port. Meals are provided and presents at Christmas, visiting Ship's crews, some of them left in hospital or prison, giving clothes and friendship, or simply being a listening ear or a helping hand, the Mission and its people are often the only help on offer.

As Written by: **Bishop Tom Stanage**

The YW is in the Bloemfontein suburb of Willows. The YW provides accommodation for 28 young ladies in self-catering units surrounding a beautiful rose garden. Situated near the Free State University, Technicon, Bloemfontein College and the National Hospital the Bloemfontein YW is an ideal location for students wanting a quiet atmosphere in which to study.



Accommodation facilities include furnished flatlets providing bedrooms with private en-suite and kitchenette. Other facilities available are: laundry, large lounge with TV.

- * Residents are expected to attend a weekly youth service and optional Bible Study groups are also provided.
- * Limited secure parking is available within the complex.

For enquiries regarding accommodation, and any other information, please contact Veronica or Richard on telephone: 051-4445307 or fax: 051-4445873 or at e-mail: ywbfn@lantic.net

The YW which was founded in Cape Town in 1886 has a long history of providing safe, comfortable and affordable accommodation. We are an interdenominational non-profit making organization providing accommodation in a Christian atmosphere. We believe in nurturing young women – the role models of the future. It is these girls who will shape the values and ideals of coming generations. If they enter into a personal relationship with Jesus Christ, their influence can be far-reaching, apart from helping them to set a sound and godly example to their partners and future families.



The Mission of **The YW** is to provide:
secure, clean and comfortable accommodation for young women within a Christian environment;
a biblical foundation leading to a life committed to Jesus Christ;
opportunities for young women to enhance their personal growth.

THIS PAGE HAS BEEN SPONSERED BY: JENNIFER SLADE-BAKER

From the Ashmans'



Chris and Carol have spent an interesting 7 months living in Mahikeng in the North West Province. They previously lived there for 25 years, retiring to Bloemfontein at the end of 2006, so know the area well.

The reason for the move, was that a newly appointed Drama teacher to the International School of South Africa [where Carol taught Drama from 1990-2006] was suddenly unable to take up the post due to personal problems.

The Headmaster asked Carol to return to ISSA for at least a term, so Chris and Carol closed up the house at Oude Westhof, and taking very few personal items, apart from a kettle and a toaster, trekked the 452 kilometres up to Mahikeng on the 9th January this year. The school prepared a furnished cottage on the campus for us, which is only 200 metres from her classroom.

It was quite a challenge teaching again- 6 periods a day was initially tiring, but after a month, [and some very early nights], I adjusted and started enjoying the young people at the school, who come from all over Africa, including the DRC, Tanzania, Malawi, Zambia and Zimbabwe. Plus a goodly number of students from South Africa, and a few from the UK and the USA. In May, the Head asked us to stay until the end of this year, and after discussing it, we decided that it was like a Gap year for oldies[!], so we agreed to stay on.

I have enjoyed the interaction with other staff members and the students; and this past term I took 19 of them to Johannesburg to take part in an Inter-Schools One Act play Festival, which we won! Much jubilation! Then, in July, I directed a stage version of “Cry the Beloved Country” by Alan Paton, with a cast of 86 actors on stage. The Mahikeng community supported the 3 performances, and we received excellent critiques from the local press.

The Headmaster has asked that we extend our stay at ISSA until December 2014, and because we are enjoying ourselves – Chris has a solid circle of chums who talk 4 by 4 vehicles, and we’ve spent a weekend at Botsalano Game Reserve; we’ve agreed that I’ll teach for another year.

During the school holidays, we’ll be back in Bloemfontein, and look forward to seeing old friends. If you’re up in the North West, please look us up; come for coffee, or a meal, as we’d love to see you.

The Dean of Kimberley, Simon Aiken, and 2 guests from Oxford, who were visiting the Diocese, called us and we spent a pleasant couple of hours having breakfast at “The Purple Peppa”.

We are worshipping at St John’s Anglican Church, where we were part of the congregation during our time in Mahikeng. Bishop Patrick, Father Alfred Mathe and Father Mike Rasebitse all send greetings to the Cathedral Staff and Parishioners.



*It was so lovely seen you again Carol,
full of happiness and friendliness.*

The Church Warden’s Corner.



Contact:

Stephen Sondiyazi

☐ 082-8664527

☐ sondiyazi@telkomsa.net

I greet you all in the name of God the Father, God the Son and God the Holy Spirit.

The international evening was a great success, thanks to the planning committee for their efforts and I hope that the same committee continues to plan other outstanding fundraising events. Also it is important to give thanks to the stall keepers for their delicious portions of food, I now understand why they only serve a portion for you to taste. If you missed the function this year come and enjoy it with us next year! Further I would like to thank everybody that partook in the evenings events. **It was lovely fellowship and the LORD was in control.**

THANKS VERY MUCH / THANKS VERY MUCH / THANKS VERY MUCH



WORSHIP SERVICES PROVIDED

The Cathedral over and above the Sunday services offers the following services:

Monday	17:30
Tuesday	8:00
Wednesday	8:00
Thursday	9:30
Friday	8:00
Saturday	8:00



I humbly request that whenever you are available, do attend these services. After the service on a Thursday everyone meets for tea and biscuits in the foyer, a lovely time of fellowship.

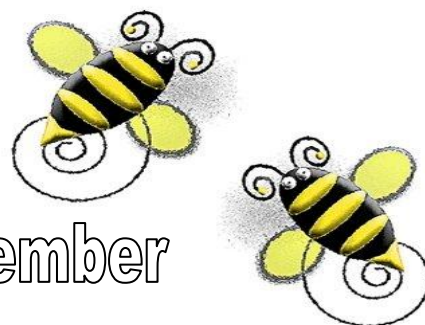
As Anglicans we also pray at 12:00 midday and you are encouraged to do likewise.

At 12h00 every day the bell at the tower gets rung and the Angelus is said:

Hail Mary, Full of Grace, the Lord is with you; blessed are you among women and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. **Amen.**

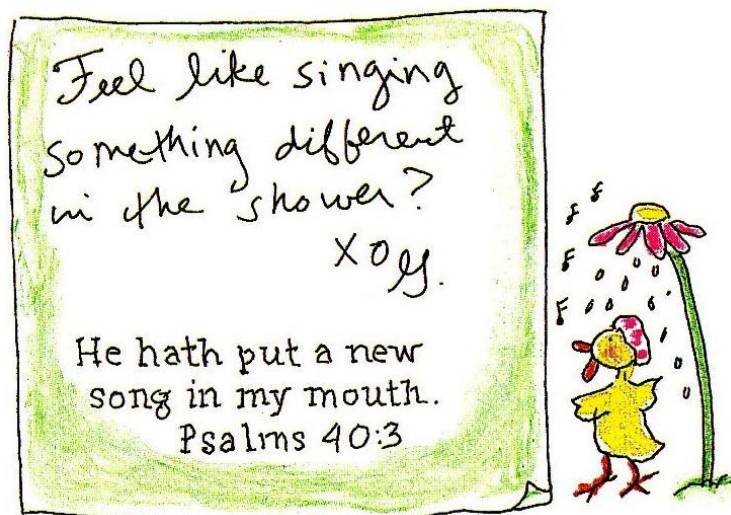
Happy Birthday to you

September



- 1 Gene Kyle, Mamello Petersen
- 2 Ryan Beelders, Nthabiseng Masooa-Motsumi, Uviwe Ndenze
- 3 Liano Henney, Neo Melamu, Gomolelmo Taye
- 4 Siphon Kabane,

- 5 Sonja Loffstadt , Maryke Smit, Ephraim Nnanna, Boitumelo Taye, Esme Mogodi
- 6 Matthew vd Ross, Ziyanda Twala, Matlhasedi Maphutha , Brandon Bosman
Raymond Taye
- 7 Chevonne Myers , Palesa Phutsisi, Wayne Beelders
- 8 Nico Koupis, Keanan Minnaar, Tarryn Jacobs,
- 9 Dorothy Buitendag, Cikizwa Sondiyazi, Mami Taye, Ponelopele Sasing,
Thulani Mbaxa,
- 10 Rethabile Mokoena
- 11 Derek Ochse, Caleb Hendricks, Austin Barnes
- 12 Michael Kettle, Fredrick Ishiwu, Kebitseng Seape, Khanyisile Ngwenya
- 13 Cecille Bridger, Menzi Ntwasa-Mnweba, Neville Adolph
- 14 Otlaadisa Tlhakanelo
- 15 June Househam, Letuka Ntsielo, Naledi Matsaneng,
- 16 Godfrey vd Merwe, Robin Masuaby
- 17 Basil Schroeter, Katherine Burt-Robinson
- 18 David Letebele
- 19 Joslin Grobbelaar, Herman Rudd, Atlegang Selebogo
- 20 Julian Myers, Thabang Ntsane, Christo Hattingh, Malihhang Masia,
Franki Damons
- 21 Masingwaneng Selebogo
- 22 Alf Abraham, Keitumetse Peterson
- 23 Liola Boraine, Keamogetswe Serache, Oratilwe Serache, Nina Seitelo
- 24
- 25 Percy Hendricks, Virgilio Jordaan
- 26 Benito Kroutz
- 27 Margaret Hartel, Lleyton Lucas
- 28 Loyiso Ndenze, Kyra Beelders, Tlotliso Tshabalala
- 29 Quinton Mathebula, Jean Prophet
- 30 Colin Hickling, Fanele Mkhwanazi, Shadrack Papane



Calendar of Events

FOR THE MONTH OF SEPTEMBER

- 1 **TWENTY-SECOND SUNDAY OF THE YEAR**
07h30 – Holy Eucharist 09h00 – Sung Eucharist
- 2 *The Martyrs of New Guinea* - 17h30 – Holy Eucharist
- 3 08h00 – Holy Eucharist 08h30- Staff meeting 09h30 – Knit & Knatter at Siesta

- 4 08h00 – Holy Eucharist
 5 09h30 – Holy Eucharist 18h00 – AWF meeting in the Foyer
 6 08h00 - Holy Eucharist
 7 08h00 - Holy Eucharist
 8 **TWENTY-SECOND SUNDAY OF THE YEAR**
 07h30 – Holy Eucharist 09h00 – Sung Eucharist
 9 17h30 – Holy Eucharist
 10 08h00 – Holy Eucharist 08h30- Staff meeting 09h30 – Knit & Knatter at Siesta
 15h30 – Bible Study – 15 Dickie Clarke Street
 11 08h00 – Holy Eucharist
 12 09h30 – Holy Eucharist
 13 *Cyprian* 08h00 - Holy Eucharist
 14 *Holy Cross Day* - 08h00 - Holy Eucharist
 15 **TWENTY-FOURTH SUNDAY OF THE YEAR**
 08h00 - Holy Eucharist PARISH BREAKFAST 09h00 – Sung Eucharist
 16 *Ninian* - 17h30 – Holy Eucharist 17h30 -Council Meeting
 17 08h00 – Holy Eucharist 08h30- Staff meeting 09h30 – Knit & Knatter at Siesta
 18 08h00 – Holy Eucharist
 19 *Theodore of Tarsus* - 09h30 – Holy Eucharist
 20 *John Coleridge Patteson* - 08h00 – Holy Eucharist
 21 ST MATTHEW - 08h00 - Holy Eucharist
 22 **TWENTY-FIFTH SUNDAY OF THE YEAR**
 07h30 – Holy Eucharist PARISH BREAKFAST 09h00 – Sung Eucharist
 23 17h30 – Holy Eucharist
 24 PUBLIC HOLIDAY 08h00 – NO SERVICE
 25 08h00 – Holy Eucharist
 26 *Lancelot Andrewes* 09h30 – Holy Eucharist
 27 08h00 - Holy Eucharist
 28 08h00 – Holy Eucharist
 29 **TWENTY-SIXTH SUNDAY OF THE YEAR**
 07h30 – Holy Eucharist 09h00 – Sung Eucharist Bopanang Meeting
 30 ST MICHAEL AND ALL ANGELS - 17h30 – Holy Eucharist



So we acclaim the victory of Christ
 Dying you destroyed our death
 Rising you restored our life
 Lord Jesus, come in glory

THE POWER OF YOUR STORY

Shortened version of a sermon preached by Fr David Tanton on Sunday 21st July in preparation for Invitation Sunday, the 29th September, 2013.

If we are going to encourage someone to consider coming with us to church, what story are we going to share with them as to how we came to faith, and how God has been working in our lives? It does not matter how simple or profound. **The fact is that in telling our story we can be a blessing to another person by giving to that person our testimony.**

There are an incredible number of ways in which a person can come to faith. Some have had a personal conversion, others have been brought to faith through a friend. Yet others have come to a good understanding of faith through Confirmation or the upbringing by committed parents. Some might have heard a sermon or read a book that touched their heart and helped them to understand the Good News of God's love and forgiveness. For most, the experience has been quiet and simple; for others it has been quite dramatic.

The new Archbishop of Canterbury, Justin Welby, tells of a having a conversion one evening when he was at University. He was praying with a friend and suddenly, he continues, "I had a clear sense of something changing, the presence of something that had not been there before in my life..... Since then I have never gone back on that night's decision to follow Christ." (Quote from an interview with Archbishop Justin Welby at Lambeth by the journalist Charles Moore on 12 July 2013.)

Others have been challenged by a friend. This is what happened to Dr Michael Cassidy, also while at University. His friend, Robbie Footner, asked him whether he had surrendered his life to Christ. Michael continues, "I had to ask myself who was running my life. Was it I or was it Christ who was on the throne of my heart determining how I would spend my days on earth. Then Robbie read that verse from John 17. Verse 3 '*This is eternal life: that they may know you, the only true God, and Jesus Christ whom you have sent*'. There it was," says Michael: "To know God the Father on the basis of surrendering to God the Son. And there and then I knelt down with my friend and surrendered my life to Christ as Saviour and Lord. By late afternoon that day I knew something had happened of overwhelming consequence for my life. I had come to God in Christ." (pp. 42-43, '*The Church Jesus prayed for*', Michael Cassidy. Published in 2012)

Subsequently, Michael Cassidy was guided to establish African Enterprise, a para-church evangelistic organisation taking the Good News to all the major cities of Africa, with its Headquarters in Pietermaritzburg. It has recently celebrated its 50th Anniversary.

Saul, later St Paul, had a dramatic experience on the road to Damascus that turned his life around so completely that he was converted from being a fanatical Pharisaic Jew persecuting Christians, to being a forthright Christian Leader himself helping to bring the Good News to the Greeks and Romans of the First Century. His story and letters are recorded in Scripture for us to read today. (viz. 'The Acts of the Apostles', Chapter 9, and many New Testament Letters)

Sandy Botha gave her witness at the 09h00 service:

My name is Sandy Botha and I would like to share my testimony with you, as God exhorts us to bear fruit as it is written in Colossians.

In February 1989 an angel crossed my path in the form of a wonderful old lady, Helen Steven, aged about 80. She was incredibly active and had many interests. She insisted that I help her do dried flower arrangements for the bazaar. At this time I had just completed a sewing course and was wondering what I could do next, when, a few days later, she asked me to help her. I had never arranged flowers. So, on Friday mornings I used to join her in a classroom in the hall and make arrangements and Christmas wreaths etc. This inspired me to

join a flower arranging course which started in the April that year. That same month the lady in charge of flowers at the Cathedral retired to the coast and she asked if I would be in charge of the flowers. I agreed tentatively, and, within the next 6 weeks had to cope with 6 funerals, including that of our Dean, Aidan Cross. I firmly believe that the Lord guided me into this position and that is why, to this day I continue to help arrange flowers here. He wants me to beautify His house. The more talents one uses, the more Christ gives to you to use in His service. Helen was someone who I looked up to as an example of how to age graciously.

Then, in 1998 there was a small advert in the pew leaflet asking for a computer literate Parish Secretary for the Cathedral, as the current lady was moving to Natal. I happened to come into the office as she was talking on the phone to someone and she looked at me and said: "I have found a secretary!" I said that I was not "computer literate" at all. Yes, you can guess. I was offered the position and after a month of training, took over the running of the office. Just the month prior to this, I had again been wondering what to do with myself – the children were at Varsity and independent, so, again the Lord showed me what to do.

In 2009 I attended the Emmaus Walk and found a huge affirmation of my faith. I believe like a child that I am a child of God. He enables me to soar like an eagle and do things I never thought possible. This saying was given to us at Emmaus and I read it every day (it's stuck near my mirror, so I see it!) and I would like to share it with you:

The secret of living **is learning to pray;**
It's asking our Father for strength for the day!
It's trusting completely that His boundless grace
will overcome care and each problem we face!
It's walking by Faith every mile that we plod and knowing
our prayers bring us closer to God.

Cheryl Schroeter gave her witness at the 07h30 service:

..... **I woke, the dungeon flamed with light; my chains fell off, my heart was free, I rose, went forth and followed Thee.** Yes, this is how I felt when Jesus saved me, me a sinner not worthy of putting my name together with His.

Good Morning, as most of you know, I am Cheryl Schroeter, the receptionist in the Parish office and have been humbly asked to share a bit of my witness for the glory of my Saviour, Jesus Christ. Through the years I have learnt that the reason for my life is to try and serve and glorify "my Father, God" in all my ways, not that it has been always an easy journey. During the years I have battled with nervous breakdowns, and believe it or not, **owing to the fear of people,** God just said enough, "**I am your Light, follow me.**"

I remember, a big change in my life in 1996 when I went to an Alpha group held at the church I was in at that time, it had been going on for a few months and so many church members were so changed that I wanted what they had. They had so much love in them and so much joy coming out of them that I longed for that happiness and security of love they were all showing. During the course, every night I would ride home alone and would be crying my heart out and during the days to the next weekly session I would sit and read my Bible and wrestle with my **Father God**, over issues I had, and was never going back, **But-** **He** knew better and I was first in the queue every week, not saying a word just listening. On our Holy Spirit weekend, which was at the camp site at Aldersgate on Saturday the 18th May, 1996, everything just changed in me, I felt the presence of Jesus, and had so much joy

and love in me, it was like the song that we sing: **And can it be that I should gain**, written by Charles Wesley between 1707-1788, and a verse quoted at the beginning of my talk. After the course I just wanted to tell everyone about the lovely experience and closeness I felt with my Father God. I had found what others before me had found and I will never change it for any worldly goods.

Each one of you also have a witness to tell, everyone has something Jesus has done, **to turn You to Him** otherwise you wouldn't be here in church today. No-one will come to Jesus unless they have heard his call and changed their heart and became his disciple, following Him and proclaiming His Word, and His truth at all times. May God Bless each one of you.



78 Harvey Road
Bloemfontein
9300

Tel: (051) 4479423
Fax (086) 6199258
email: sales@kevcor.co.za
Web: www.kevcor.co.za

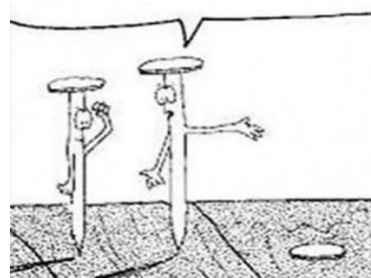
We are suppliers of Stihl Garden Equipment, Honda Pumps, Generators, Engines, Spares and also a full range of Protective Clothing




**TALK TO SOMEONE
ABOUT JESUS TODAY!**



...and then I heard a loud Bang and when I turned Back he was gone.



*A little girl was watching her parents dress for a party.
When she saw her dad donning his tuxedo, she warned,
'Daddy, you shouldn't wear that suit.'
'And why not, darling?'*

'You know that it always gives you a headache the next morning.'



A little girl had just finished her first week of school.
'I'm just wasting my time,' she said to her mother.
'I can't read, I can't write, and they won't let me talk!'



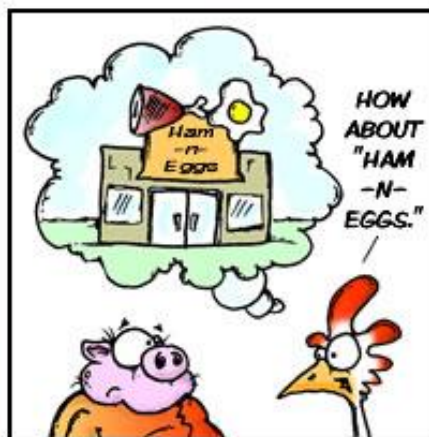
While walking along the sidewalk in front of his church, our minister heard the intoning of a prayer that nearly made his collar wilt. Apparently, his 5-year-old son and his playmates had found a dead robin. Feeling that proper burial should be performed, they had secured a small box and cotton batting, then dug a hole and made ready for the disposal of the deceased. The minister's son was chosen to say the appropriate prayers and with sonorous dignity intoned his version of what he thought his father always said:

'Glory be unto the Father, and unto the Son, and into the hole he goes.'

Submitted by: Jill Grinter



By Clark & Vizdos



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Sunday School

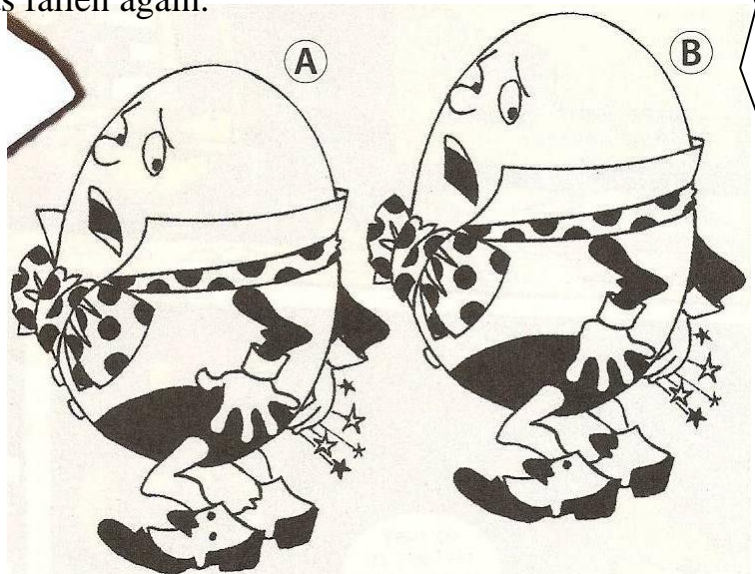


Sunday School classes are available in the Cathedral's Hall
every Sunday at 09h00 during term time.

Jesus taught us that the kingdom belongs to children. We are to receive
Him with the faith of a child (*Luke 18: 16-17*).

SPOT THE DIFFERENCE

Ouch! Poor Humpty has fallen again.
Look carefully
to find **6** differences
between
these sad eggs.



Those are our rates
of interest for loans'

Puns: Puns: Puns:

Broken pencils *are pointless* .

How does Moses make his tea ? *Hebrews it.*

I stayed up all night to see where the sun went.

Than it dawned on me.

Velcro - *what a rip off !*

I used to think I was indecisive, *but now I'm not so sure.*
I'm reading a book about anti-gravity. *I can't put it down.*

from Fr David Tanton

Through the eyes of an ASFer

I greet you all in the mighty name of our Savior, Jesus Christ. I hope this piece finds you all in good health.

I had the privilege of attending my first Provincial conference of the Anglican Students' Federation (ASF) and indeed it is with great pleasure to say that it was a fruitful one. From the first day it was just amazing to see the regions progressively arrive, one by one as time for the opening service of the conference was drawing closer.

Many students, chaplains and friends of ASF, all with different languages bound together by love, one faith, one church and one God as it was. As we were led by God in all we did things got better day by day.

Morning and evening Eucharist services were held daily which came as great a blessing as we were able to start and end the day in the presence of our Father. Each morning we would gather in our groups for a bible study. There, we were able to share our views and experiences about the scripture chosen for the day.

Through it all, I got to learn that we all go through difficulties in life and we should just invite God to stay with us, to help us get through it all.

From all that was shared I gained a lot, throughout the week we had speakers who addressed different issues like human sexuality, environmental issues, Anglicanism and being a born again Christian. Just from listening to all the discussions, I left each presentation ready to make a difference.

My highlight of the conference was the Provincial Outreach. Three different places were visited, i.e. The Anglican Church, where the altar was painted; a home for children living with disabilities, where the ASF members played with the children and cleaned the yard. I also had the privilege of visiting an orphanage, where we got to play and pray with the children. To talk with them so as to know them better and to show and tell them how much they are loved. We also helped in cleaning their vegetable garden. This was a great blessing to me as I've never seen so many students humble themselves and be selfless, giving up their time and going out to do God's work.

Other activities which were held during the conference were; a talent show, a sport day and also a "mjikelelo" (Round Robin fundraising). We also had a powerful prayer evening, where we had our candle light service and a praise and worship. That was an amazing night filled with the presence of the Holy Spirit and blessings. From where I was standing, it was an amazing, joyous and a blessed sight. The volume of praise songs was even better for I could feel the presence of the Holy Spirit in all that was done.

Indeed it was a transforming conference and I believe that everyone went back home ready to make a difference in their homes, churches and regions. I learnt that
"TRANSFORMATION SHOULD BEGIN WITHIN US BEFORE WE START CHANGING THE WORLD".

ASF is truly a home away from home. ☺

Written By: **Matefo Ditabe**



THE SPOKEN WORD:

“Therefore God exalted him to the highest place and gave him the name that is above every name, that at the name of Jesus EVERY knee should bow, in heaven and on earth and EVERY tongue confess that Jesus Christ is Lord, to the glory of God the Father.”

Philippians 2: 1 – 11.

It took me a while to understand and contextualise certain Bible scriptures and definitely a lot of Anglican hymns and many other choruses we sing in our different gatherings... Come, let's sing: 'Tumelo ke thebe...', 'Oho bitso le ratehang ke le letle hakakang ha le binwa ke batho.' 'Great is your name, oh Lord... How wonderful is your name.'

It also took me a while to understand why during an Anglican service some people bow with every mentioning of Jesus' name and somehow I always wondered why Muslims bow as they do during or as an act of worship. Thanks to a friend who encouraged and made me understand God's word and said: Conception, pregnancy and birth provides an excellent analogy of the working of God's Word as is it, **1st RECEIVED in the heart, 2nd GROWN through faith and confession until, 3rd finally MANIFESTED.**

Let's analyse the main topic, 'Confession' according to Word Web Thesaurus/Dictionary (Technological age!) means: 'A public declaration of your faith' or, 'to say the same thing as.' To confess God's Word is to say the same thing as God, to speak His Word as the ultimate truth concerning our lives, to be in agreement with Him. It is to declare God's promises over our lives as true and established. God gives us His promises and tells us who we are in Christ, and we are to agree with Him in our heart and out loud, both in our believing and in our speaking. It's all about walking in fellowship – agreement with God.

You see, the aim of confession (whether of our sins or confession of His promises) is to get ourselves into greater agreement with God, to line up our lives with His Word so that we can have a closer faith-walk with him and see his promises come powerfully to pass in our lives. Interestingly, let's move and chat more 'bout the body parts in question (knees and tongue) in the scripture reading. The two most important (let's rather say significant) body parts you have are your knees and tongue. No offence to the rest of your body, but your knees and tongue are the most important because they are the quickest indicators of your heart.

Knees that bow and tongues that confess reveal hearts that trust and hope in the loving GOD. Accordingly, stiff knees and silent tongues reveal hearts with no trust and hope.

Let's digest: Knees, why do they matter so much? Ever heard of, 'The shortest distance between a problem and a solution is the distance between your knees and the ground'? 70% would be a 'Yes'. But if it is so easy why then do we still find stressed or depressed people? I think we can never logically reason our way out of whether or not our knees are willing to surrender to God. At the end of the day, knees that won't bow reveal a heart that doesn't trust regardless of how smart we think we are. When you find time, Google and read the 'I'm too blessed to be stressed' quote.

Right now, let's talk more 'bout why the tongue matters so much? Very short, a confessing tongue is important in 3 contexts:

- 1. Our personal relationship with God (Romans 10: 9-13)**
- 2. Our relational interaction with other believers (James 5: 16)**
- 3. Our relationships with non-believers (Romans 10: 13 - 15)**

Isn't it time to start practising what the Word says (James 1: 22), and then at the name of Jesus every knee should bow and every tongue confess that Jesus is Lord. Also, in imitating Christ's humility, 'let us be like-minded, let's have the same love, be one in spirit and purpose.' Philippians 2: 2. The key to the on-going working of God's power in manifesting the promise, is maintaining an active, strong faith by thanksgiving & meditation on God and His promises.

At the end of reading this article, take a moment to consider the following:

- Analyse your knees and how often you hit them to pray?
- Regardless of whether circumstances are good or not, how often do you humble yourself on your knees as a picture of surrender?
- Analyse your tongue and consider whether you ever take time to encourage and build up believers?
- What is the confession of your tongue to non-believers? Could friends of yours who don't know Jesus answer clearly what you believe to be true based on your words?
- Are you honest with God, do you ever talk to Him about what's really going on in your brain?

I should make a habit of 'article-writing', but next time I'll stick to my home language (Setswana). In closing let me add and say we can't earn His grace by our obedience, but the more we believe, say and do His Word, the more we align ourselves with Him, allowing His grace to work more abundantly in us, so we can experience the life of God.

Yours in Christ,
Diseko I Ntsepe

(ASF FS: BLOEMFONTEIN BRANCH CHAIRPERSON)



DOESN'T THIS MAKE YOUR DAY?!

A nurse on the paediatric ward, before listening to the little ones' chests, would plug the stethoscope into their ears and let them listen to their own heart. Their eyes would always light up with awe, but she never got a response equal to four-year old David's comment. Gently she tucked the stethoscope into his ears and placed the disk over his heart.

'Listen', she said... 'What do you suppose that is?'

He drew his eyebrows together in a puzzled line and looked up as if lost in the mystery of the strange tap - tap - tapping deep in his chest. Then his face broke out in a wondrous grin and he asked, the stethoscope

'Is that Jesus knocking?' the stethoscope

Have a Blessed day-



Received from: **Jean Prophet**



Mosamaria was started in 2003 as part of the response to the call by Archbishop Njongonkulu Ndungane of the Anglican Province of Southern Africa, for the Anglican Church to respond in some meaningful way to the Pandemic of HIV/AIDS which was and still is devastating Sub-Saharan Africa.

Initially, all the Anglican churches in the Diocese of the Free State were mobilised to start talking openly about HIV/AIDS to try to address the stigma surrounding the disease, and to reassure all people that HIV was not a punishment from God.

Mosamaria is a registered NPO 070-155, and Public Benefit Organisation and a Faith Based Organisation, exempt from paying all taxes. It operates as a Diocesan Organisation with its own Management Board with Bishop Dintoe Letloenyane as the Chairman.

Mosamaria strives to work together with all people of all religious denominations to curb the spread of HIV through correct knowledge and the ability to make important life decisions, and to support all people regardless of race, creed or colour, who live with HIV.

Programme Coordinator:

Trudie Harrison

Tel: 076 454 6474

Fax: 051 522 6675

Email: trudie@mosamaria.co.za ;

info@mosamaria.co.za



SERVICES HELD AT THE CATHEDRAL

Sunday Services:	Weekday Holy Eucharist:
07h30 Said Holy Eucharist	17h30 Monday Said Holy
09h00 Sung Holy Eucharist	08h00 Tuesday Said Holy
09h00 Sunday School in the Hall	08h00 Wednesday Said Holy
Eucharist	09h30 Thursday Said Holy
Eucharist	08h00 Friday Said Holy
	08h00 Saturday Said Holy



(some of the soup people who come daily and
Our Bishop Dintoe and Dean Lazarus who ministered to them on that day)

On behalf of Dean Lazarus and the Board of Council members, we would like to thank you “ALL” for your dedication and effort you put into feeding the poor people who come to the soup kitchen.

Margaret Mead once said, *“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.”*

What a wonderful personification of these words as demonstrated by your thoughtful and charitable decision to make Soup for our daily ‘Soup Kitchen’, either weekly or even every now and again. Or maybe you come in on special days to hand out the food to needy people or help with giving out old clothes brought in by the many caring Parish members.

On behalf of the many guests that are served daily at the table of ‘Our Lord’ we really thank you, as it is by the example given by ‘Our Lord’ that we in turn show of the love of ‘Our Father’. Through the last few years we have really opened our doors to many more needy people. This will no doubt, grow even more.

Match the Fund, donors, thank you so much for your generous contributions! All I can humbly express is how amazing you have all been in regard to this appeal. We were doubtful in the beginning that we could ever reach the target of R31000, and now we can see that this ministry to the needy has really touched your hearts as well as your pockets so that

we can now say: We have reached the Target!" Thank you each and every person who contributed – a small group, CAN change the world.



Cheryl Schroeter,
(Parish Receptionist)

Thank you



CATHEDRAL DIRECTORY

CLERGY	PARISH STAFF
The Dean	Parish Secretary: Sandy Botha
The Very Revd Lazarus Mohapi 📞 051 -447-4266 📞 083-759-6688 ✉️ mohapil3@gmail.com	Receptionist: Cheryl Schroeter Mon – Thurs 08h00 – 15h00 / Fri 08h00-13h00 📞 051-448-3010 or 051-447-6462 📠 051-448-3078 ✉️ info@bloemcathedral.co.za
Assisting Clergy	CATHEDRAL CONTACT DETAILS
The Right Revd Thomas Stanage 📞 051-436-7282 📞 082-807-3716	Postal Address The Cathedral of St Andrew and St Michael PO Box 1523 Bloemfontein 9300
The Revd David Tanton 📞 051-444-1763 📞 083-564-8174 ✉️ tantonde@telkomsa.net	Bank Details Name: The Cathedral of St Andrew and St Michael Bank: Nedbank Branch: Mimosa Mall Code: 117-134 Account: 1171082584
The Revd Albert Arko-Cobbah 📞 083-645-7499 ✉️ arkocobbah.blms@ufs.ac.za	Please include your name and / or pledge number as reference ✉️ info@bloemcathedral.co.za ✉️ angcath@bloemcathedral.co.za
The Revd Reg Huskins 📞 051-4308182 📞 082-503-4356 ✉️ huskins@telkomsa.net	
Fr Ernest Moipolai 📞 072-424-6754 Deacon: Fr Sam Zenzile 📞 078-332-7468	
Estate Manager	
Basil Schroeter 📞 084-504-5000	

HOSPITAL VISITING

PLEASE NOTE: We always want to support Cathedral members and their family and friends who might be sick at home or in hospital. The clergy treat this ministry as a high priority **BUT** can only visit or pray for you if we know that you are not well. Please be sure to inform us of this need.

Mediclinic:

Fr Lazarus Mohapi



National:

Deacon:



☎ 051-4474266 /083-7596688
Fr Albert Arko-Cobbah
☎ 083-6457499



Rose Park:
Fr Lawrence

☎ 082-

Fr Reg Huskins
☎ 082-

5034356

Universitas:
St Margaret's Church
☎ 051-4305924



Fr Sam Zenzile
☎ 078-3327468

Oranje:

Dipiloane Phutsisi
☎ 082-7126028

Sunflower House:

Fr Ernest Moipolai
☎ 072-4246754

Pelonomi:

Fr Johannes
Ramatlakane
☎ 051-4341601
082-6827762

