

The Cathedral Visitor

July and August 2014 Edition

The Cathedral Church of Saint Andrew & Saint Michael – Bloemfontein



BE STILL AND KNOW THAT I AM GOD.

PSALM 46

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just hand in at the Parish Office.

Vicar and His Son: Andrew was watching his father, a Vicar, write a sermon. **'How do you know what to say?'** Andrew asked. **'Why, God tells me',** the father replied. **'Oh, then why do you keep crossing things out?'**

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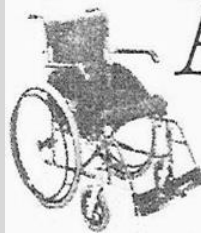
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Two donkeys were in the field nearby Jerusalem.

The one donkey said :

"I don't understand it, just yesterday everyone was throwing their clothes and palms on the road when I was carrying Jesus on my back, but now I am back to being a nothing. Those people don't even see it's me who was carrying Jesus."

The other donkey said:

"It works like that my brother;

without Jesus you are nothing in this world"

The Samaritan Way

*A word, a smile, a helping hand.
That which is often given lightly,
as a gesture of goodwill,
and the very best of our intentions,
will always carry in its wake,
the gift of Christian charity.*

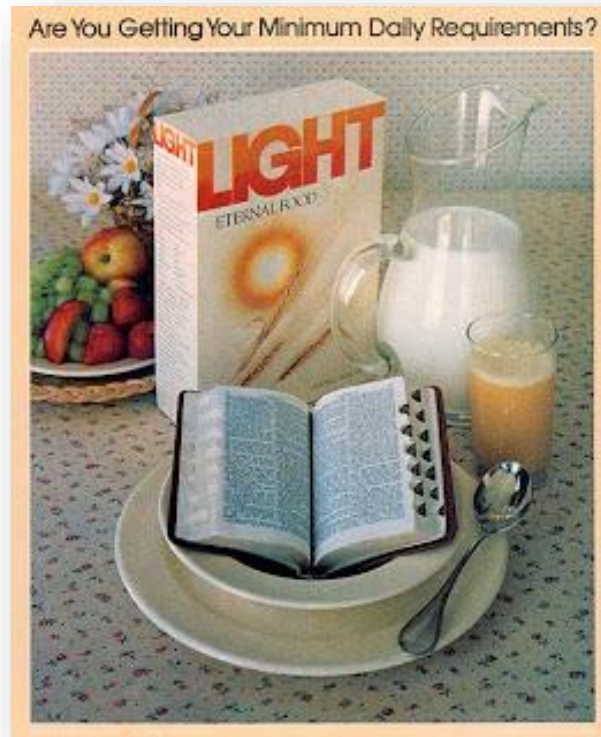
*Which, in a world grown drear,
with the whims of selfish malice,
sheds God's clear light
on all our deeds;
and sanctifies that love
we're called upon to share,
in blessing all the gift's participants:
the giver and especially the recipients.*



This poem written by Fr Andre Hattingh
was given to Fr David and Ann-Louise Tanton:

August 2010

ARE WE SPIRITUALLY ANOREXIC?



Dear friends in Christ

In my experience as a priest, I have discovered that if you want anything to happen spontaneously, then you need to organise it.

Dr. Paul Siaki once said “The height of insanity is to do the same old things the same old way and expect different results”. I think this is our own GAD (General Anglican Disease). We all have a natural, innate appetite for God and spiritual things, but we may not be experiencing the sensations that would tell us that we are hungering for Him. **Why not?** Maybe it's because we have been depriving ourselves of spiritual food for way too long. **Are we refusing to feed ourselves spiritually? How often do you pray or read your Bible?** If we don't actively seek God and instead ignore this yearning from deep inside, cravings can, and do, eventually change and disappear.

When we are physically hungry, our bodies send us signals through our hunger pangs and cravings that tell us we need to eat. If ignored, these signals at first grow stronger in hope of pushing us to fulfil the need for food. But if we continue to ignore this appetite for long enough, it will eventually begin to fade and we can actually convince ourselves that we really aren't hungry anymore. That is exactly what the anorexic does. One tells him/herself I'm not hungry and ignores the signal the body is sending. Eventually one will have completely numbed the cravings to the point that we no longer desire food. We have so effectively convinced ourselves that we are not hungry that our bodies are now starving to death. Yet we don't even realise the danger.

Hence we need to be honest with ourselves in realising our Spiritual needs. I believe **St. Augustine** was right when he stated “**You have made us for yourself, O Lord, our heart is restless until it rests in you**”.

This is how it can be with our spiritual appetite. **When we are spiritually hungry, we experience the beckoning of the Holy Spirit within us to feast on the things of God.** If we ignore our craving for God long enough, we will find the craving for Him eventually begins to fade and die. We are capable of convincing ourselves that we are doing just “fine,” yet we are starving our spirit to the point of spiritual death.

Our desires for the things of God fade, and we are no longer able to experience the pull of the Holy Spirit because we have so numbed ourselves to His call. Without even noticing it, prayer has become less important, we no longer thirst after God’s Word, and we convince ourselves it’s no big deal to miss church now and again.

Both types of anorexics refuse themselves the nourishment they need to sustain life. The only way for both of them to heal and regain a healthy appetite that will help them grow is to pull up to the table and eat. **Are we feasting at the banquet table of God?** If we want to cultivate and grow our spiritual craving, we must feed it. **Psalm 34:8 says, “Taste and see that the Lord is good”.**



May God bless you all.

Dean Lazarus Mohapi

*If you feel that maybe you are homeless,
that you don't feel like you have a home anywhere,
reach out to Christ, reach out to His Gospel
and see yourself find a home once more.*

*The neatest thing is that no matter where
you are at in the world
you can find that group of people that will love you
the same way that Christ loves you.*





Granny **Charlotte** and Granddad **Mike Kettle** are going to have another grandchild, *a grand-daughter*, towards the end of August. Elizabeth (nee Kettle) and Hein Basson are expecting their second child then.

Trixie and John Eagar's son, Mark and his wife were Blessed with a baby girl on Christmas day last year.



Basil and Cheryl Schroeter took their leave in June to be with their elder daughter Berneen Muller who gave birth to the first little boy-child in the family. He is named **Samuel**, after Pieter's father.

Afterwards the Schroeter's had a blissful week at Chintsa West (see cover), and have returned, refreshed. Cheryl is now our TV star! Did you see her on TV2 and 3 when they reported on our marvellous soup kitchen?

She is now demanding a raise in salary and one of those fancy desks to work from!



While staying with their children (Colleen, Sue and Tim) in Johannesburg for Fr David and Ann-Louise Tanton's golden wedding anniversary, **Fr John Davis** was taken ill and after a few postponements, had to have a triple bypass operation, where they also replaced one of the valves of the heart. He has been recovering there slowly and hoped to return home to Kenton-on-Sea with his wife Joan (Fr David's sister).



Rainee Motlohi's brother, Billy Motlohi, passed on 19th May. She is also to have a shoulder operation on 10th July. She will have to wear a sling for 6 weeks.

Derek Ochse has had a second stroke, **Margaret Papenfus** has returned to Serenitas after the hip replacement and **Sue Loupos and Sr Joan** spent a few days in hospital.

Something to really take note of is that **Kayla Jacobs** was held up at gun point in the driveway of a friend's home in Universitas on the night of the 7th June. Her cell phone was stolen, and fortunately, she did not suffer any injury, but the emotional scarring runs deep. The family ask please to be aware of this and pray that your daughter doesn't suffer the same fate. Look around you at night take extra precautions in secluded / unlit areas.



Khothatso Masooa's father, Tsidiso Mothupi, died on 26th May and was buried on 31st May. Khothatso is the son of **Nthabiseng Masooa-Motsumi**.

It was decided at Council that the funds raised at the **Bingo evening** (R13 500) in May would be used to repair the St Michael's Chapel where the brickwork on the inside is crumbling. Our next fund raising event is the **International Evening on 29th August**, so get your tickets now – tickets have been limited and there will be NO tickets available at the door. They cost R50 for a booklet of 5 tickets allowing you to taste 5 small portions of food from around the world.

On 1st July a successful Jumble sale was held in the hall. Led by **Dawn Huskins** and ably assisted by **Charlotte Kettle, Jean Prophet, Lyn Bryce and Muriel Helmes**, a total of R1 202 was raised. The ladies decided that this money should go towards the repair of St Michael's Chapel. Thank you, ladies!



The following people were confirmed by **Bishop Dintoe** on Pentecost Sunday, 8th June:

Shandré Smith,
Orapeleng Oabile Setlhare,
Khumo Mpho Maphutha,
Matthew Wessels,
Thuto Tlholoe,
Tlotliso Ntsielo,
Sebatso Gift Moleme,
Rethabile Motshabi,
Remofilwe Molwantwa,
Morena McKenroy Sebatana,
Lehlohonolo Michael Ntsane,
Nkanyiso Ngwenya,
Siphesihle Ngwenya,
Oboitshepo Galaletsang Ngakatau,
Keabaka Bokang Omphemetse Leburu.



Congratulations are due to **Jeneen Grimsley** who graduated with a MBA on 3rd July. **Stephen and Elrita** are very proud!

You might remember from his previous visit – **Terry Murnane** from the Blackburn Diocese. He was ordained a priest at the Blackburn Cathedral on 28th June by Julian, Lord Bishop of Blackburn. When Terry first came to Bloemfontein he was testing his vocation, so it is good to hear that at last he has been ordained!



Information from the greater Anglican Church of Southern Africa (ACSA) is that the South African Council of Churches is trying to revive itself and an important meeting will be held in the Cathedral Chapter House on 22nd July. The meeting will be attended by the General Secretary of the SACC, our **Bishop Dintoe** and the **Dean, Fr Lazarus**.

Our other star is **Moleboheng (Molly) Mohapi**, who will be singing with the St Michael's School Choir at the Applous Gala 2014 in Pretoria on 31st July.
Look out Idols, here comes Molly!



Now that the Schroeter's have returned to the Cathedral following their leave, **Sandy Botha** is planning to take two weeks' leave in August. She and her sister, Ann, will be visiting Kruger Park and following the Panorama Route through Mpumalanga. Next year Sandy will visit Australia, of course!

Eunice Muller's sister, Lynette died in Gonubie on 29th May, having been an invalid for many years. Our sympathy to you and the family, Eunice. **John Kumleben**, the former Registrar of the Free State Diocese, passed away recently.

Our oldest male parishioner, **Alf Abraham**, also passed away on 28th May. He was nearly 101 years old. We mourn with his family too.

For those of you who don't live in Bloemfontein you will be alarmed to hear that the **stained glass windows of the Cathedral** are in a bad state. In the 1930's someone in their wisdom painted resin over the windows, and this is now peeling off taking the glowing colours with it! We have had an expert in to look at the windows, and he says that to repair each window (and there are 9 of them, the most important are the 3 above the altar) will cost about R50 000! If we don't repair them, more and more colour will disappear, never to be replaced again, so this will have to be undertaken. The Cathedral has started a fund for the windows, and should you feel moved to assist us, the banking details of the Cathedral are in the directory at the back of the magazine. Thank you!

All of the Face-Book fans out there will be pleased to know that the Cathedral is now also on **Face-Book!** You will find it under "The Anglican Cathedral of St Andrew and St Michael, Bloemfontein". Please "like" our page and tell all your friends to "like" it too!

*The Church Warden's
Corner.*

*Stephen
Grimsley*



As I write this report, it is freezing cold outside and has been for a couple of days. One cannot help think about those souls that are less fortunate than us and are forced to brave the outside elements. **Please keep them in your prayers** and donate as many blankets, old clothing and soup as you can to the Cathedral for distribution by our soup kitchen to those in need. **Bless those that minister to them by doing duty in the soup kitchen.**

As usual our treasurer has kept a tight reign on the finances and we are really pleased at the improvement of the arrear commitments being paid by parishioners. With the tight budget we were forced to cut down on various expenses, one of them being the petrol for our priest's vehicles. If the commitment improves this item can be increased and so allow for more visitations to the parish at home or in hospitals. It is really up to us. If you have been a "visitor" to the Cathedral for years, please be so kind to fill in a pledge form and either place it in the collection plate on Sundays or hand it in at the parish office.

The Bingo evening was a huge success, but it is now history. Liola now has her sites aimed high at the **"International Evening"** to be held in the hall on **29th August 2014 at 18h00**. This is another fun evening of socialising and enjoying various portions of traditional meals from various countries. The down side is that we need volunteers to run the different food stalls, to decorate the hall and most of all to buy tickets and attend this fund raiser. They are available from all council members and the parish office. Take a chance and dive into this one!

I phoned the Dean the other day and from the gasps for air in his voice, I thought he was running a marathon. I was really surprised to hear that he was actually doing some gardening in the Cathedral gardens. **We are proud of you Fr.Lazarus.** Anybody needing somebody for garden services, you know who to contact.

The Dean and the church wardens attended a cluster meeting held in Mangaung. Of concern to me was that the youth of some parishes were longing for support and guidance to promote their ministry, while some lay ministers were seeking training and liaison with other lay ministers in the different parishes to discuss their problems and seek advice. I do hope that the cluster leader will make work of these aspects as they are two important groups of our ministry.

I am not going to talk about latecomers. I am not going to talk about late comers. **I am not going to talk about late comers. Respect. Respect. Respect.**

Due to the urgency, the Council has given permission to do remedial work to the crumbling lower walls of the side chapel. Failure to do this could result in the sagging of the external wall. Quotes are being considered and work will soon commence. Please excuse the inconvenience once the contractor starts. **We have to look after and care for what God has given to us.**

Lastly, I think it is only fair to express our appreciation to our choir and servers for their dedication. I am not forgetting all the other legs of the ministry, but they do make a huge difference to the enjoyment of the service. These nightingales want their numbers to explode and the servers are forcing their parents to drive them to church and subsequently attend the service. Must be some sort of psychology? Good on you folks.

Please remember that all church wardens have an open door approach. If something is really worrying you, please approach us. We will try and resolve any matter and you may remain anonymous, if you so wish.

My wish is for our parish to prosper, to care for, support and love one another and so each become a true follower of Jesus.

Greetings.



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*Following an informative talk on **Sexual Abuse** given to the **AWF ladies** in May, it was decided that this information should be spread further afield.*

Priscilla Monyobo, a forensic nurse specialist, spoke of the Domestic Violence Act which protects both men and women. There are different kinds of abuse, namely: physical, sexual, emotional, (psychological) and harassment. All of these forms of abuse are covered under this Act. Drugs and alcohol can also exacerbate abuse. Rape can affect your mind, body and your feelings. Unfortunately time is the greatest healer. One must not be afraid to ask for help from your friends or family. Abused people can also suffer eating disturbances, guilt, insomnia, thoughts of suicide or panic attacks which could affect their school work or employment. Please look out for these and other symptoms which could indicate abuse.

There are usually 6 stages of recovery, but these could happen in any order.

- 1) Denial – it didn't happen to me
- 2) Apathy – confused awareness- is it my fault? What is it that I am feeling?
- 3) Loss of trust in others; low self-worth. What if I feel like I just can't "get over it?"
How do I take care of myself?
- 4) Anger – why me?
- 5) Depression – I am worthless
- 6) Clarity of feelings and moving on – I will not let this crime control me

Every rape survivor takes a different amount of time to heal emotionally. Some do it quickly and some take years. Rape survivors need their supporters to be patient and give them the time and support that they need. Emotional abuse is the worst form of abuse as it leaves no physical scars. There is a cycle of abuse: After the abuse the perpetrator could be very apologetic and buy the abused flowers or jewellery to "make up" for the abuse (the honeymoon phase), but then falls back into the cycle of abusing. This causes much tension in a household.

Priscilla hopes that people would feel free to disclose to a priest at their church, and anyone dealing with abused people needs to be very sympathetic and able just to listen, and not judge. In the black culture there is still the patriarchal system, where what the father says, goes. This can lead to abuse and the covering up of it. This should not be allowed. Mothers should also teach their sons to respect women; also to play with dolls, and daughters to play with cars – in other words to bring up all children equally, with no differentiation between sexes.

Wonder Moadira was the next speaker and she works as a NPA at Thuthuzela, which means comfort. Thuthuzela is a one-stop centre where Social Development, Child Welfare, SAPS and the Department of Health are available. The very first thing an abused victim should do is make contact with the police, so that evidence can be obtained. Wonder gives support to all victims of sexual abuse, and does follow-ups with them to see that all is progressing as it should. She is the link between the court and the victim.

She goes to crèches, high schools and even clinics to make people aware that abuse is not on, in any shape or form.

Sister Seekoei also works at Thuthuzela. She takes evidence from the victims and blood from the accused. She works with traumatized children of 18 years and younger. These children could be abused or even neglected. Neglect is also a reportable offence. Children are calmed so that they can properly describe what had happened to them. Sometimes the children have to be removed from the parent's home as the abuser is often from home. There is a place of safety for children and adults; the maximum time one is able to stay there is 3 months. She also helps the victims during the line-up parade. After you have been raped, it is important that you get health care as quickly as possible. This is to enable you to get medical care, treatment and advice, and also to collect evidence.

There are certain things that have to be followed after an abuse:

- 1) Phone the nearest police. They do have a Family Child Protection Unit, formed for this express purpose. If you don't want to contact the police, one could go directly to Thuthuzela that can be found at the National Hospital. You are entitled to refuse any examination, but this would allow the abuser to possibly go unpunished.
- 2) DO NOT WASH YOURSELF
- 3) DO NOT GO TO THE TOILET. This can also remove evidence.
- 4) Bring any articles of clothing, sheets, towels etc that could have been contaminated by the perpetrator. This can be used as evidence.
- 5) You have to report to someone within 72 hours; the evidence will not be viable after that.

Once that has been completed, you might want to do a pregnancy test, an HIV test, a hepatitis B test and a test for sexually transmitted diseases (STD's). There are "morning after pills" that can prevent one from falling pregnant after sexual abuse.

When someone comes to Thuthuzela, they are given a comfort pack containing a panty, soap, hand lotion, toothbrush and toothpaste in a bag. This is an effort to try and make the abused feel better about themselves. Sometimes clothes are also given out, as a victim may be brought there with no or very little clothing on.

Men also need to be helped. They have traditionally always been the head of the household, but after 1994 women have been empowered and equality can disrupt the conventional way of life. Male victims need to be given the same treatment (physical or emotional) as women and children.

Ratang Mathbisa, a social auxiliary worker, gave the contact numbers for Childline:

CHILDLINE: 080 0055555 OR 080 0122333
PLEASE KEEP THESE TELEPHONE NUMBERS IN A PROMINENT PLACE IN YOUR HOME, should anyone ever have a need to contact Childline.

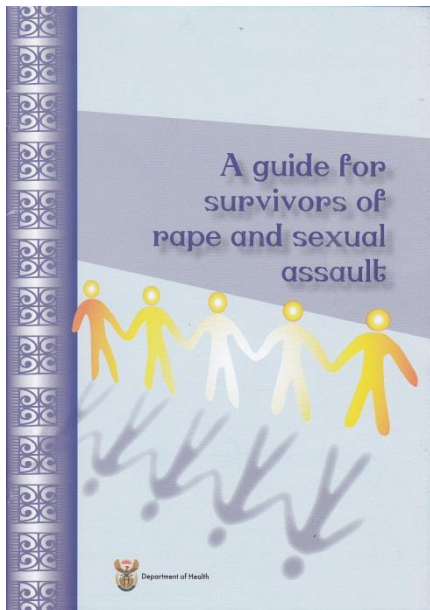
These ladies may be contacted at the following numbers:

Priscilla Monyobe (Forensic nurse specialist) – 051-4129142 or cell 082 390978

Wonder Moadira (NPA Thuthuzela) – 051-4039937 or cell 084 400473

Sr Seekoei (Forensic nurse specialist) – 051-4039936 or cell 072 2071255

Ratang Mathobisa (Social auxiliary worker) – 051-4039637 or cell 082 2856894



In the Parish office there are booklets called:
“A guide for survivors of rape and sexual assault”.

If anyone has a need for one of these,
please come to the Parish office during
office hours.

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THE CATHEDRAL'S MINISTRY AT ST. BEDE'S CHAPELRY SOUTPAN: REFLECTIONS

1 Introduction

For some time past, **the Cathedral Parish** has been responsible for a **“Chapelry” in Soutpan**, about 60 kms from Bloemfontein. Though the activities there have been brisk, little is known by the Cathedral parishioners whose generous contributions, in money and in kind, have helped in **“seeking the one lost sheep”**, as the scripture teaches us. This ‘reflections’ is meant to inform and thank our congregation for their efforts to spread the Gospel to the people of Soutpan.

2 Background information of St. Bede's Chapelry

The Chapel was earlier placed under the tutelage of St. Peter's. **However, Bishop Patrick decided to transfer it to the Cathedral.** There was then litigation between the Diocese and the Catholic Church in the area as to the rightful ownership of the Chapel since the two denominations (Anglican and Catholic) had been worshipping together in the chapel. The Diocese won the case and renovations amounting to over R45, 000. 00 were made to the Chapel **with funds, mainly, from our Link Diocese, Blackburn.** The then Bishop of Blackburn (BoB) visited the country at a later stage and Bp. Patrick delegated Frs. Amos and Albert to accompany the BoB to Soutpan to avail himself with the progress made in our ministry. Apart from the photographs that the Bp took, he visited some of the members in their homes, took lively pictures with them, ostensibly, to show to the people of Blackburn the good work done with their contributions. The current attendance is about 20 and 15 elderly and children respectively.

3 Activities in the Chapelry

- **Sunday Services** Church services are conducted in the Chapel every Sunday. However, the Eucharist is administered once every month in the second week of the month. During the time of Fr. Don the Clergy took turns to visit and participate in the service till Fr. Albert was formally licensed by Bp. Patrick on 19 October 2010 as Priest-in-Charge (PiC) of the Chapelry. The services, usually, start at 12 noon since the designated priest is bound to worship in the Cathedral before travelling to Soutpan (a distance of about 60 kms.) a telling situation for the Priest and the congregation. Funeral and burial services are also conducted when the need arises.
- **Mentorship of Priests and Deacons** The Chapelry, one way or the other, serves as part of the mentoring process for new Priests and Deacons. Frs. Joshua, Amos, Albert, Ernest and Deacon Sam used the chapel as part of their training.
- **Confirmation Service** For the first time in the Diocese, a chapelry (and only in the St. Bede's Chapel) confirmation service was conducted by Bp. Patrick assisted by the Cathedral Clergy. Eight people were confirmed in 2010. The Bishop was so impressed that he wrote to thank the Council for progress made in ministering at the chapel.
- **Visit by the Cluster Mothers' Union** In an attempt to re-invigorate the fledgling Mother's Union, the Bloemfontein Cluster Mother's Union scheduled one of their annual meetings at St. Bede's. The meeting was preceded by a procession through the principal streets of the town with singing and dancing.
- **The Cathedral Men's Fellowship** The above has made, at least, three visits to the Chapel, one to join in their worship as a form of encouragement and two Saturdays (accompanied by Madam Trudie of Mosamaria) in order to help introduce vegetable gardening in an effort to make the chapel financially sustainable.

4. Financial situation of St. Bede's Chapel

Through the efforts of the PiC the Chapel serves as a pay-point for pensioners in and around the town, yielding a monthly income of R500.00. The current financial position of the Chapelry is about **R 30,000.00**. Much as this figure appears laudable, the situation is not sustainable. There have been a series of attempts by other churches to offer the same facility but by the grace of God, and through the efforts of the PiC, both Absa and, lately, South African Social Security Agency (SASSA) have brushed off the intrigues from various competitors.

5. Current challenges facing the Chapelry

- **Unstable membership.** Total membership remains unclear following the exodus of most of the members to join a charismatic church that emerged recently;
- **Times of visit by Cathedral Priests.** The current visit is limited to once every month and service starts at 12 noon, a situation the members and the Priests find discomfiting. Various presentations have been made to that effect.
- **Inadequate financial commitment.** Collections and pledges hover around R100 to R200 monthly.
- **The Mother's Union.** Since the organization's membership is composed of very old women, over 60 yrs of age, it is gradually becoming extinct.

6. Attempts made to resolve some of the challenges

- A two-pronged recruitment drive has been initiated: a) House-to-house visits to old and prospective members. 2) The Cathedral Men's Fellowship is exploring the possibility of initiating a Youth Training Programme in and around Soutpan with a possible government.
- Since Anglican worship is "priestly-centred" the request to increase the Sunday visits to two per month to boost attendance was granted and the Lord Bishop has designated Fr. Ernest in this regard.

7. Acknowledgements

The Dean, the Clergy, the Cathedral Council and the Congregation of St. Bede's take this opportunity to thank the following for their immense contribution to the Chapelry:

- **The Cathedral Congregation** for taking the responsibility to provide the "elements" for the Eucharist and bearing the transport cost of the visiting Priest;
- **The Cathedral Men's Fellowship** for a series of visits made to the area to join in the worship and to help in raising awareness of vegetable gardening as a form of income for the Chapelry and individual members and also attempts to introduce an Internet Café as a means of helping the Soutpan Community to combat youth unemployment;
- **Mrs. Trudie Harrison of Mosamaria** in teaching the members how to raise vegetable gardening;
- **Mr. Solly Mattins of the Chapel** in donating a Chalice for the Eucharist at the cost of over R1000.00
- **Fr. Albert** for donating five specially designed blankets bearing the insignia of the Diocesan Mothers Union at a cost of R 1,5000 for five senior citizens from the Chapel and R 500.00 towards the Cave Service on behalf of the Chapel.

Compiled By:
Rev. Fr Albert Arko-Cobbah



WOULD YOU BE A KING OR A QUEEN?



Image and Likeness

God said: let us make man in our image, after our likeness..., “KJV. Genesis 1:26”. The Hebrew word for “image” and “likeness” is interesting. In simple terms the word **“image (Hebrew – tse lehm) ”** means we should **“look like”** God and **“likeness (Hebrew – demooth)** means we should **“function like”** God. Really? Yep! The same stuff in Him is now in you.

A King's Mentality

KJV.1 Timothy 6: 12 – 16 says,.....”Which in His times He shall shew – who is the blessed and only Potentate, the King of kings, and Lord of lords”. If Jesus is the King of kings, who do you think those kings are? God called us because we are created in His image and likeness, we look and function like Him! He is the Most High and we are just high, just kings. We are rulers of this entire planet! This planet was made to obey the sons and daughters of the Most High God! Jesus said,” Is it not written in your law, Ye are gods?” (KJV. John 10: 31 – 35). I have said, Ye are gods; and all of you are children of the Most High, (KJV. Psalm 82:6). This is much the same as us adding the word “junior” when we name children after ourselves. They are like us and do everything we do.

If we do not know who we are, we are subject to act like anybody. But if we understand that we are gods and kings in Christ Jesus, then we will act like Jesus. That is what the devil is afraid of, and it is what all of creation is crying out to see!

Our minds must be renewed to the full understanding of our position in God. Imagine how big an impact you would make in church and the community if you engaged in full, all of your powers as one of God's juniors! The problem is conforming to the pattern of the world (KJV. Romans 12:2).

What sort of Priest, Lay Minister, Sides Person, AWF, Men's Fellowship, Council or Choir member would you really be if you recognised and used all your “likeness” powers as God junior? It's like buying a top of the range cellphone or car and then using only 5% of its features, because you do not read the manual (in our case not consulting with the Word of our Father all the time).

Kings refuse to be labelled, boxed or dictated to on worldly terms but only by the Spirit. Kings believe all things are possible with God (KJV. Mark 10:27). You are more than conquerors, and I will ALWAYS cause you to triumph (KJV. Romans 8:37 and 2 Corinthians 2:14). We are to live as citizens of Heaven and kings of the Earth.

Living like a King

Have you ever seen a **good** king or queen cursing people out, being anti-social or unkind, poor and barely making it, whose children beg? When we think of kings and queens we get “images” of majestic and powerful people! Yes there are those kings and queens placed above ourselves here on earth for order (governments, royalty, chieftains, supervisors and managers etc), but in the Spirit realm, boy/honey, we all qualify for the high life in Jesus Christ. We cannot settle for less. If unsure, check this scripture out, “...reign as kings in life through the one Man Jesus Christ” (KJV. Romans 5:17). Also, (KJV. Revelation 1: 5-6) “...and hath made us kings and priests unto God and His Father”.

The real impact of God’s kings and queens

When God taps one of His kings or queens on the shoulder and says, it’s time for you to bankroll the Bazaar, Bingo Evening, Sunflower Bills, Mosamaria etc, or stand for Council Elections, real kings and queens don’t get scared or confused and say “But I cannot afford it, I don’t have the time, I’m not smart, I’m weak or I’ve got too much baggage”. Those are worldly strongholds that pull you down (KJV. 2 Corinthians 10:3-5), enforced by the evil one, who is afraid of your “likeness powers”.

Godly kings and queens, who have taken full possession of His likeness, jump up and say **“I trust You Lord. What is my first step?”**. Jesus Himself said “Send me Lord?”.

Joshua seized the Promised Land, he didn’t slack.

Think also of Moses, Peter, Thomas and the whole lot. Those guys had all the “worldly perceived weaknesses” - doubt, a stutter, temper etc. But they made LIFE-GIVING history. Moses split the sea open under Pharaoh’s attack ! That’s a “demooth” master stroke right there! He ended up able to face the crowd and speak.

So stop wasting your kingship by taking the back-seat, watching and sizing people up while they are busy unlocking their “likeness” features/functions. You could be just the man our Men’s Fellowship needs.

Late Coming in Church!

All humility expended, late-coming in church is wrong and must stop. Let’s say kings are never late for war, they prepare for it! Your trip to church should be a mission to “trample the lion and adder under feet” (KJV. Psalm 91.13). So fix your Spirit, Soul, Body, Bath, Clothing, Car, Bicycle, Taxi (Fare & Route) in **TIME**, to be ready to banish the devil to his pit in a Spirit-filled worship. Like the Israelites coming from Egypt, it was just them and God in that desert, uninterrupted Spiritual connection. Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. (KJV. 3 John 1:2).

Amen.

Shakes Mohutsioa



“Iron sharpens Iron” Men’s Fellowship

End Note: Dr. Bill Winston,

Transform your thinking, transform your life, (Harrison House Publishers. 2008), p. 125, p. 157 – 166.

Ramblings and Ravings.

Dear Parishioners

Is there anyone out there who would be willing to become a Sacristan? What we do is to prepare the altars and sacred vessels for Sunday worship. We work on Saturday mornings for about two hours, or less, but you would be required only once a month as we are four teams working in rotation. All you need is 100% reliability and some enthusiasm, the rest we can teach you. **Do contact me [Charlotte],** or speak to the office staff, if you are interested.



Dear Alley Cat, are you the same Alley Cat who used to contribute to the Cathedral Visitor years ago, before Cheryl's time? I wish I knew who you were but Cheryl won't tell me.

I must totally agree with you over **the poor response the church gets when help is needed.** But in reply to your query of 'Where do you fit in?' I would like to defend myself as follows:-

1. **Making palm crosses** - sorry, but I spend most of the morning preparing the church for Palm Sunday. [See above paragraph on sacristans].
2. **Derek's challenge** - sorry again, but finances don't always allow.....
3. **Old newspapers** - oh dear, they already go to a worthy cause.
4. **Bingo evening** - here I score, because yes, I went and enjoyed a great evening.
5. **Lent course** - this really is a tricky one, and no offence meant, but quite honestly I prefer a more structured programme, and if anyone wants to know where I am on Wednesdays in Lent, you will find me at the Catholic Cathedral at the Stations of the Cross. This may not be to everyone's taste, but I grew up on it, and find it a much more useful and worthwhile form of meditation than our Lent course in its present form. Others may disagree.




A few notes on the Bingo evening which was a great success. In the end there was a good crowd, although **too few were Cathedral members.** We were all very impressed by the lovely prizes won, and so congratulations to the winners, lucky them! The caller and his crew did a great job, but may I suggest next time we start promptly as waiting for latecomers isn't fun. We must remember that a lot of hard work was done by Basil and others in setting up the tables and chairs, and dismantling same the next day, so many thanks to them. Did I mention the food? We were served a super feast, and so a huge thanks to those who cooked and served.

Looking forward to another fun evening soon!



Charlotte Kettle

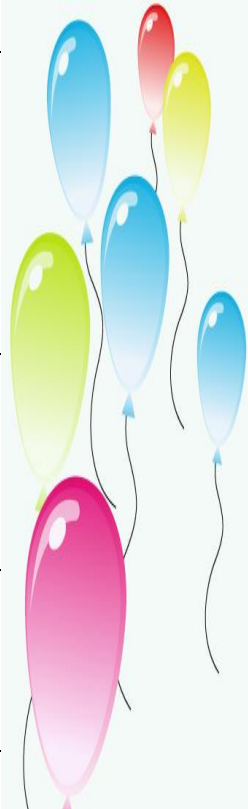

JULY BIRTHDAY

	Week 1	Week 2	Week 3	Week 4	Week 5
Sunday		6 Percy Donai	13 Puseletso Moloi	20 Charlton Sondiyazi Heracious Adolph	27 Carmen Henecke Tlotliso Ntsielo Tshepang Malebese Sinah Setlhabe
Monday		7 Thapelo Modisapudi Refilwe Moloi	14 Dolly Wedderburn Andries Grobbelaar Tina Mgidlana Aqineta Ntungwana	21 Sylvia vd Merwe Lehlohonolo Ntsane Sechasa Ranoha	28
Tuesday	1 Mary Mokoena Bridgette Bosman Fr Sam Zenzile	8 Jerome Madimabe	15 Venita vd Ross	22 Omolemo Smile Nthabiseng Tsotetsi	29 Philip Erasmus Brooklyn Bosman
Wednesday	2 Les van Heusden Katlego Melamu	9	16 Taryn van Vrede Duncan Murray	23 Amos Moloi Xoliswa Seape Damon Strydom	30 Remofilwe Molwantwa
Thursday	3	10 Olerato Matila Miche+Mache Springbok	17 Thabo Moss	24 Keegan Solomons	31 Marlene Hamaty
Friday	4 Willie Olivier	11	18	25 Tanja Boshoff Lelomo Setlhabe	
Saturday	5 Nomaza Mdwaba Mirriam Maphutha Moroesi Molusi	12 Richard Marston Nelisa Tsibolane	19	26 Kevin Corrigan Obakeng Setlhabe	


JULY CALENDAR

	Week 1	Week 2	Week 3	Week 4	Week 5
Sunday		6 14TH SUNDAY OF THE YEAR 07h30 – Holy Eucharist 09h00 – Sung Eucharist	13 15TH SUNDAY OF THE YEAR 07h30 – Holy Eucharist 09h00 – Sung Eucharist	20 16TH SUNDAY OF THE YEAR 07h30 – Holy Eucharist PARISH BREAKFAST 09h00 – Sung Eucharist	27 17TH SUNDAY OF THE YEAR 07h30 – Holy Eucharist 09h00 – Sung Eucharist Bopanang
Monday		7 17h30 - Holy Eucharist	14 17h30 - Holy Eucharist	21 17h30 - Holy Eucharist 17h30 – Council meeting	28 17h30 - Holy Eucharist
Tuesday		1 08h00 – Holy Eucharist 08h30- Staff meeting 09h30 – Knit & Knatter at Siesta	15 08h00 – Holy Eucharist 08h30- Staff meeting 09h30 – Knit & Knatter at Siesta	22 ST MARY MAGDALENE 08h00 - Holy Eucharist 08h30 – Staff meeting 09h30 – Knit & Knatter at Siesta 15h30 – Bible Study – 15 Dickie Clarke Str	29 William Wilberforce 08h00 – Holy Eucharist 08h30- Staff meeting 09h30 – Knit & Knatter at Siesta
Wednesday		2 08h00 - Holy Eucharist	16 08h00 - Holy Eucharist	23 08h00 - Holy Eucharist	30 Mary & Martha of Bethany 08h00 - Holy Eucharist
Thursday		3 ST THOMAS 09h30 - Holy Eucharist	17 09h30 - Holy Eucharist 17h30 - EXCO	24 09h30 - Holy Eucharist	31 09h30 - Holy Eucharist
Friday	4 08h00 - Holy Eucharist	11 Benedict of Monte Cassino 08h00 - Holy Eucharist	18 08h00 - Holy Eucharist	25 ST JAMES 08h00 - Holy Eucharist	
Saturday	5 08h00 - Holy Eucharist	12 08h00 - Holy Eucharist	19 08h00 - Holy Eucharist	26 08h00 - Holy Eucharist	

AUGUST BIRTHDAY

		Week 2	Week 3	Week 4	Week 5
		3 Mabatho Langa Kegaisamang Taye Atleaug Kotsi Mphoeng	10 Marleen Webber Edward Tait Baratang Mocumie Charmaine Motsoari		24 Edward Lawrence Keke Hlabanyane Tsotetsi
	Monday	4 Vivien Nuttall Moleboheng Malebese	11	18 Piet Steyn Dikeledi Motlhale Tsholofelo Sebogodi	25 Amanda Hendricks
	Tuesday	5 Lebogang Seekoei	12 Palesa Stamier Carol Keep Austin Motlohi	19 Nicol Viljoen	26 Beppie Cooper Yolisa Tsibolane
	Wednesday	6 Tameryn Louw	13 George Masuabi Sam Marais Thulo Phutsisi	20 Samuel Melamu	27 Wolf Helmes Kayla & Ncita van Rooyen Adrian Captieux Lisanele Magwentshu Kearatoa Petersen
	Thursday	7 Martina Viljoen Ilse Van Wyk	14 Malefa Moleme	21 Mponki Mohapi	28 Charles Walbrugh Lethabo Kunene
Friday	1 Doreen Jones Chelsea Ogilvie Erica Ishiwu	8 Lisanele Magwentshu Ashley Donai Daniel Mattaka Meggan Gower Paul Seknoto	15 Xabisa Kapa	22 Mary Louw	29 David Mocke
Saturday	2 Michael Koupis Paballo Masoabi Balerileng Moss	9 Bonizile Mbongo Robert Donai Sharon Ogilvie Nico Solomons	16 Xavier Raynard	23 Dominic Raynard	30 Aileen Modisapudi Masego Tshabalala

AUGUST CALENDAR (Month of Compassion)

	Week 1	Week 2	Week 3	Week 4	Week 5
Sunday	31 22ND SUNDAY OF THE YEAR 07h30 – Holy Eucharist 09h00 – Sung Eucharist Bopanang	3 18TH SUNDAY OF THE YEAR 07h30 – Holy Eucharist 09h00 – Sung Eucharist	10 19TH SUNDAY OF THE YEAR 07h30 – Holy Eucharist 09h00 – Sung Eucharist	17 20TH SUNDAY OF THE YEAR 07h30 – Holy Eucharist PARISH BREAKFAST 09h00 – Sung Eucharist	24 21ST SUNDAY OF THE YEAR 07h30 – Holy Eucharist 09h00 – Sung Eucharist
Monday		4 17h30 - Holy Eucharist	11 17h30 - Holy Eucharist	18 17h30 - Holy Eucharist 17h30 – Council meeting	25 ST BARTHOLOMEW 17h30 - Holy Eucharist
Tuesday		5 08h00 – Holy Eucharist 08h30- Staff meeting 09h30 – Knit & Knatter at Siesta	12 08h00 - Holy Eucharist 08h30 – Staff meeting 09h30 – Knit & Knatter at Siesta 15h30 – Bible Study – 15 Dickie Clarke Street	19 08h00 – Holy Eucharist 08h30- Staff meeting 09h30 – Knit & Knatter at Siesta	26 08h00 - Holy Eucharist 08h30 – Staff meeting 09h30 – Knit & Knatter at Siesta 15h30 – Bible Study – 15 Dickie Clarke Street
Wednesday		6 THE TRANSFIGURATION OF OUR LORD 08h00 - Holy Eucharist	13 08h00 - Holy Eucharist	20 Bernard of Clairvaux 08h00 - Holy Eucharist	27 08h00 - Holy Eucharist
Thursday		7 Dominic 09h30 - Holy Eucharist 18h00 - AWF	14 09h30 - Holy Eucharist 17h30 - EXCO	21 09h30 - Holy Eucharist	28 Augustine 09h30 - Holy Eucharist
Friday	1 08h00 - Holy Eucharist	8 08h00 - Holy Eucharist	15 ST MARY THE VIRGIN, MOTHER OF OUR LORD 08h00 - Holy Eucharist	22 08h00 - Holy Eucharist	29 The Beheading of St John the Baptist 08h00 - Holy Eucharist 18h00 – International Evening
Saturday	2 08h00 - Holy Eucharist	9 Public Holiday 08h00 – NO SERVICE	16 08h00 - Holy Eucharist	23 08h00 - Holy Eucharist	30 08h00 - Holy Eucharist

FLOWER ARRANGING IN THE CATHEDRAL

We are a very small group of five ladies who enjoy flower arranging, who love the Lord, and want to beautify His House. **Joan, Liz, Marleen, Deirdré and Sandy** take it in turns to **make sure there are flowers in the Cathedral every week.** Greenery is often picked from the

gardens to save money. Flowers have increased a lot in price over the years, and we would like to thank Pepe of **Waldorf Flowers** who often gives us a discounted price as the flowers are for the church.

There are two arrangements on the main altar and two arrangements in the side chapel that have to be done. Flowers at the pulpit, entrance or font are entirely optional, according to your pocket. Oh, yes, the flowers come entirely from our pockets unless sometimes one is lucky to have a parishioner donate flowers or money to buy flowers when it is your turn. In summer the heat doesn't make the flowers last, but in this cooler weather, the flowers can last for two weeks.

There is a selection of vases that one can use. These have been acquired over time. Some ladies prefer to work directly into a vase, and not use any Oasis, others prefer Oasis.

One need not be an expert to arrange flowers – as long as you are doing it for the Lord. So if there are any other ladies who are interested in arranging flowers please contact Sandy at the office and she will slot you in to the roster. If you want to work with someone in the beginning, that is also alright.

I would like to thank these ladies who have been doing flowers for such a long time, and I know that they are reliable and ready to work for Him.

Sandy Botha

"Now He who supplies seed to the sower and bread for food will also supply and increase your store of seed and will enlarge the harvest of your righteousness. You will be made rich in every way so that you can be generous on every occasion, and through us your generosity will result in thanksgiving to God."

-2 Corinthians 9:10-11



Evening

The first event for 2014 being the Bingo Evening, this fundraising effort required some research and volunteers. I was fortunate in co-opting many volunteers who really gave of their time and resources, which made my task much easier than I initially envisaged.

We had a wonderful Bingo Evening on Friday 16 June 2014. Not only did we give away **R12000 worth of prizes**, we also made an amazing profit of **R12545!**

I would sincerely like to once again thank the following sponsors:

Angelo Raynard, Baby Lange, Basil & Cheryl, Carol Keep, Connie Mocumi, Dick & Amy Mahaffey, Erika Claasens, Fr Lazarus, George & Venita v/d Ross, Jeneen Grimsley, Julian & Yvette Myers, Kenny Jampies & Family, Leane Shilling, Kevcor (Kevin & Kathy), Maison Costa (Marlien Onderstall), Mary-Anne Damons, Milly Liebenberg, Phillip & Carmen Hennecke, Rodger & Nicolette Damon, Rolf du Plessis, Sharon Oglilve, Spa Kabane, Stephen Grimsley, Sue Loupos, Sylvia v/d Merwe, Dr Wayne Marais and Yolisa Tsibolane

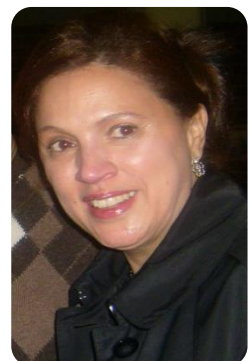
who are members of the Cathedral!

Special thanks also to **Sandy Botha, Karin Jacobs, Connie Mocumi, Spa Kabane, Yolisa Tsibolane & Deidre Elsmere** for assisting in the kitchen, to **Mollie & Fr Lazarus** for assisting with the prize layouts, and to **Rachel v/d Merwe** for her superb catering! A big thank you to **Edwin & Russell Jacquire** for their hard work in keeping the bar running which made a good profit!

Many people were very happy when they won prizes and there was more than enough to give away. There were lucky draws, first 5 lucky numbers and I'm sure everyone that came to the Bingo had lots of fun! NB; A lady who came "**down and out**" to the Bingo Evening, and walked away with a Microwave, a R1000 cash prize, as well as "something to drink"- definitely a God send. She most definitely will tell all her friends and bring them along for next year.

Thanks to our MC **Rick Nuttall** and **Stephen Grimsley** and all who supported the event, to those who missed out, please support the Cathedral "Fun raising" events which will allow you to meet your fellow congregants and become "involved" as this is "our church!"

The next one is The International evening on 29th August.



Written by: *Líola Boraine*



“I am a pirate and I’m taking over this ship!” Ben knew he was a pirate, because he had the T-shirt – and was wearing it. He put his hands on his hips, puffed out his chest and commanded Nigel, the tiller man, to yield the ship. **The ship in question was the *Kingfisher*, a narrow boat on the Leeds-Lancaster Canal.** For Diane’s special birthday, we had packed the boat with a selection of her family and friends and set off from Barton Grange to **‘Th Owd Tithe Barn’** for lunch. All Diane’s grandchildren were on board, including the latest, Callum, although he was focused as usual on food and sleep. Ben had spent some time in the bow being a pirate; I confess a Granddad may have suggested the stern was where the command of the boat was held. So we worked our way down to the stern, Ben rose to his full height (!) and issued the command. The result was hilarious. Nigel stepped forward and said ‘Of course – here’s the tiller.’, and invited Ben to take it. Ben was instantly transformed from the swashbuckling and assertive pirate to a confused and worried small boy. Backing away, he stammered ‘No!’ Nigel stepped forward a little and repeated ‘Come on – you can steer the boat – you can stand on the box here.’ (The box was precisely for small people to stand on to take the tiller.) ‘I need my Daddy’, blurted out the pirate and fled to his uncle Carl.

Subsequently, all four of the older grandchildren had a go steering the boat. Euan and Zach took it in their stride, but rapidly returned to a Lego movie in the bow, Aedan and Maayana took multiple turns, mostly politely. Maayana had a tendency to snatch the tiller and turn into the bank, so Nigel would have to keep a firm hold on the tiller; Aedan grasped immediately the ‘turn to the left to go right’ principle and blossomed under Nigel’s tutelage: ‘He’s a natural.’ But the pirate never took command of the ship.

We’ve been covering the Lord’s Prayer in a couple of local schools and got to the phrase ‘Thy will be done’. Using the parable of the two sons in the vineyard, dressed up a little, (one says he will help in the vineyard, but doesn’t, the other says he won’t, but does – we make it a story about helping Dad or Mum in the garden) we looked at *doing* God’s will, rather than just *saying* you’ll do it. It is easy to puff ourselves up, rise to our full height and to say we’re a Christian – so much harder to *do* it, especially when it’s frightening, costly or embarrassing.

It’s not a new problem. St James once wrote to his congregation **“Do not merely listen to the word, and so deceive yourselves. Do what it says.”** (The Bible, James 1.22) I remember being challenged by a preacher with “If the police arrested you tonight for being a Christian, would they find enough evidence to convict you?” Being a Christian is about following Christ as our Lord and Saviour in every part of our life, not just Sundays. They are called Sunday *Services* because as an act of worship, they are meant to help us, to *service* us, as followers of Jesus. The fellowship, the prayers, the teaching all help to remind us how to live Monday to Saturday. We live out our Christian witness in the way we won’t take short cuts or descend to common industry practice just because ‘everyone else does’, in the way we give our time freely even when we’d rather not, when we go the extra mile (a phrase from Jesus) in serving those around us. Sometimes there are the ‘grand’, the ‘big’ moments for standing up and being counted as His followers; most of the time, it is the way we tackle the mundane, the everyday, the way we are there for our children, our spouse, our community, our employer. We need to be reminded how and why we serve as the people of God: we attend Services to be serviced that we may be a service to others.

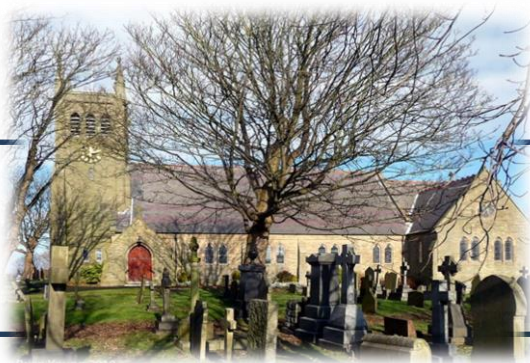
Jesus demonstrated this in every part of his life – and death – but poignantly when he washed the feet of the disciples. Foot washing was the lowest task anyone could undertake. It's hard to understand how demeaning it was, how you declared yourself to be the lowest in the pecking order because feet were associated with dominion. But despite the connotations, with no disciple willing to wash even the feet of Jesus, it was Jesus who rose, unrobed, knelt and washed the feet of his errant disciples, one of whom would shortly betray him, one, the leader, would formally deny him, and none would stand by him to the end as he died, leaving that task to women and second order disciples.

Before followers of Jesus were called 'Christians', they were called 'Followers of the Way', a way of service, a way of doing as well as hearing and saying. We need to step up – and we need to do what we say, or we'll be like a small pirate, never taking control of the ship.

Praying that you and your children may in prayer find the peace of our Lord Jesus Christ
Your servant in the Lord Jesus Christ,

Simon Cox.

Rev'd Canon Dr Simon Cox
Rector of Bispham All Hallows
Area Dean of Blackpool



Dear God,

I have been reading all the things that happened long ago. When the sun stood still and David and Goliath and Daniel with the lions den and the story of Ruth and the fall of Jericho. A lot of things happened in your days.

*Yours truly,
Joe*

From the book – 'More Children's Letters to God'

- from Derek Oehse

A logo for a plumbing and maintenance company. It features a cartoon character of a man in a cap and overalls, holding a pipe. The text "E.S. Eddles & SONS cc" is written in a stylized font. Below the character, the words "Plumbing Maintenance" are written. At the bottom, the contact information "Cell: 082 5733 337" and "Email: eddles@mweb.co.za" is provided.

E.S. Eddles & SONS cc
Plumbing Maintenance
Cell: 082 5733 337
Email: eddles@mweb.co.za



The Feast of Corpus Christi

Today, **Thursday 19 June 2014**, marks the **Feast of Corpus Christi (Latin for Body of Christ)**. It is also known as **Corpus Domini**. **It is a rite that memorates the tradition and belief in the body and blood of Jesus Christ and His Real Presence in the Eucharist.** It stresses the joy of the institution of the Eucharist, which was observed on Maundy Thursday, eve of the Good Friday. Apostle Paul in his First Letter to the Corinthians (11: 23) refers to it as a tradition “received from the Lord which I also passed on to you... and whenever you eat this bread and drink this cup, you proclaim the Lord’s death until He comes”. **The Feast is celebrated on the Thursday after the Trinity Sunday.**

The institution of Corpus Christi as a feast is credited to a Belgian Nun, Juliana, who developed a special veneration for the Blessed Sacrament. This was enhanced by a vision of the Church under the appearance of the full moon having one dark spot, which was interpreted to be the absence of a dedicated anniversary for the institution of the Holy Eucharist in the Liturgical calendar. **In 1208 Juliana had a vision of our Lord in which she was asked to plead for the institution of the feast of Corpus Christi.** The vision was repeated 20 years later and in 1246 a synod was convened and order made for the celebration of Corpus Christi as a dedicated annual event.

The celebration of the feast of Corpus Christi, usually, takes the form of a procession through the principal streets of the town with the Blessed Sacrament displayed in a monstrance. The procession is followed by the Benediction of the Blessed Sacrament and a prayer, the Divine Praises. For example, in the Vatican, the Pope presides over an Eucharistic procession that begins at the Archbasilica of St. John Lateran through the principal street to the Basilica of St. Mary Major, where it ends with the Benediction of the Blessed Sacrament. In Ghana, the author’s home country, tents are erected at conspicuous places around the principal streets and the Blessed Sacrament carried in a palanquin (what is used to carry kings on special occasions) amidst singing and dancing and whistle-stops at the tents where the Priest administers the Benediction with the prayer, Divine Praises. **Carrying the Blessed Sacrament in a palanquin is meant to depict the Kingship of our Lord.**

What is the significance of the celebration of the feast of Corpus Christi, one may ask? The importance of the celebration of the feast can be found in what the Eucharist emphasizes which, according to Friar Sydney Mascarenhas, are:

- The proclamation of the Suffering, Death and Resurrection of Christ, and also the Suffering, Death and Resurrection of the group brought together in His name;

- Not only do we also proclaim that Jesus Christ is the Way, the Truth and the Life of the world but also proclaim that the group celebrating the Eucharist is the Way, the Truth and the Life of the world;
- Not only do we proclaim that Jesus Christ is the Living Bread given for the world. We also proclaim that we, Christians throughout the world, are Life given for the world.

Perhaps, one can also add that the celebration of the Eucharist serves as a reminder of the Second coming of Christ, which was pointed out by Jesus Himself, and Paul makes it more emphatic thus: “Every time you eat this Bread and drink from this Cup you proclaim the Lord’s death until He comes”. Furthermore, the elements bread and wine, taken in faith, is a symbol that God feeds the soul, as 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 partakers of the Holy Communion. Friends, it behoves on us to continue to preserve the sacredness of the Eucharist as the Early Church scrupulously revered. It should not be looked upon as a mere symbol. As St. Ignatius wrote in AD 107, the Eucharist is the Real Presence of Christ. For example, there is a legend that St. Anthony of Padua (dubbed “Wonder Worker”) was once going to offer the Holy Communion to the sick at home after an early morning Mass. When crossing the road, a shepherd with a herd of sheep ignored the “host” being carried by the Saint but the sheep, collectively, knelt on their legs and waited till the Sacred Mystery crossed over. Again, there is another legend that an ‘unbelieving’ communicant, apparently, to deride the contention that the wafer, when consecrated by the Priest becomes ‘**real**’ Body of Christ (Ignatius’ Real Presence claim) did not swallow it but buried it. On looking back, the wafer was ascending in the form of vapour. Another legend has it that a priest in Bolsena and his congregation witnessed a Eucharist miracle of a bleeding consecrated host (the Priest wafer) that is raised during consecration.

Our calling as Christians, in our today’s world is awesome. **Can we, honestly, say that we are beacons of Light for those who are groping in darkness, or the Ray of Truth in a world full of gossip and mudslinging? Are we really signs of creative Life amidst rotten and difficult situations, or the clear running waters yearned for by the people of this our earth planet?** Indeed the Body of Christ was pierced so that streams of Living Waters could quench the thirst of all the peoples of this earth. Come, let us pray by joining in the hymn composed by St. Thomas Aquinas for the Blessed Sacrament, *O Salutaris Hostia*, which occasionally, I use to ‘preface’ the Peace Greetings:

“ O Saving Victim, opening wide the gate of heaven to man below, our foes press on from every side; thine aid supply, thy strength bestow”. Amen.

Presented by Fr. Albert
during the Mass for Senior Citizens
on Thursday, 19 June 2014.



ANGLICANS ABLAZE CONFERENCE 2014: HOPE IS RISING



Wow, where does one start after a week like that? We arrived in Bryanston, at the New Life Church at 14H00 on Wednesday. Registration went by quickly and before we knew it we were up and registered. We saw familiar faces and new faces. We were welcomed by one of the most energetic bishops, **Bishop Steve of Johannesburg diocese** and then a Praise and Worship that one did not think the Anglican Church could have (thus was held back a bit).

There were break away sessions for the youth and I attended them with great anticipation. The first one was titled **'let justice roll'** and was presented by **Nancy Njagi from Kenya**. 'Let justice roll' meant that we, the youth, should roll out the Good News to our communities not just by word but by actions as well. She taught us that the Bible does speak of **Social development, Isaiah 58:6-14**. Let justice roll in our community. She made us aware that we had a responsibility as the youth of the Anglican Church. She went on to speak about Mathew 25:31-46, saying that we should love God and our neighbour. **Without love as Christians there is nothing we can do.**

Thursday came and that period that I did not know about the church came, praise and worship. Man did this session melt me every time. **Then the keynote address was by the Archbishop of Canterbury**. I remember thinking wow he is young... young to be Arch! He then took the microphone and I thought wow! I am not going to lie - half of the address I spent being star-struck. I did not think I would get to meet him, so when we broke off for the youth service and he was addressing us I made sure to wake up this time. We got there and gave him an African Anglican youth welcome. **Oh how blessed we are as the Church with the type of leaders we have! He encouraged us to stay in the church and help our communities so as to be able to help our country and the world at large.** He said that we as South Africans should use our history to propel us forward and encourage us that we can change the world. And if his presence was not enough, he washed our feet...aah such humility! **Are we able to wash someone else's feet?**

After lunch I attended a workshop on education, even though I went there under the impression of Sunday school teaching and it was not to be, the session was an eye opener.

We got to hear about the Anglican Board of Education.

Did not think such existed, its objectives are:

- Support existing Anglican schools
- Establish new high quality, accessible Faith-based schools
- Galvanise parish and community involvement.

But this is also our responsibility. We have so many retired teachers in the church and they can help. We don't have to be part of the board to help; we can have afternoon classes to help kids with their homework. While this might pose as a challenge for the Cathedral as we are based in town and the need might not be that much, but we can always roll out the project in the location with the aid of other parishes. The education need is there and we can improve it.

Friday came, **the youth session was held by Nancy Njagi and Oscar Muriu.** These two are a powerful combination. Their message was that we as the youth must stand our ground. **Stop being "bullied by our peers". We should be able to stand for our faith.** We should stop saying that the Anglican Church is boring and running away to other churches. We should be the change we want to see within the Anglican Church. **Let us grow each other in faith and within the church. They said that the youth is the church of tomorrow but the church of today. The time is NOW and we should start acting.** The church is growing and so is the demand for spiritual growth. With that said the world is also in rapid growth and we are said to be in the era of technology. Thus one of the workshops was on social media. In South Africa, Facebook is the biggest social network. We then went into discussing how the Church can use these sites to reach to the spiritual need of the church and the country. My Anglican, a site the church has set up to keep a data base of the Anglican churches and its membership, Interesting!

The highlight of Thursday was the youth celebration...need I say more? Guitar, drums, young people. **Let's just say the roof was on fire!**

Before one knew it was Saturday and the week was over. **We had a Eucharist, the only way Anglicans that are on Fire know how.** Indeed hope is rising and we the young people have to play an active role within the church. The week was indeed an eye-opener and really caused one to introspect of their role in the church. We are all challenged to live an active Church life. If each person that attended Ablaze made two people disciples and those two made two, how many people would attend the 2016 Ablaze? My question to that challenge is: what are we waiting for? Two people each in a year...lets go!

Kamo Mokagabe
Sunday School teacher



Editor Remark: *Can you imagine all this she is relating to us?*

*It's not human excellence but **divine anointing** that the church desperately needs. The Holy Spirit alone will help **Kamo** finish the divine task of evangelism. Pray for divine anointing! The only way to receive it is to give everything you have and are on the altar of self. Sacrifice it all to Jesus. Hold nothing back. Only then will fire from heaven fall, the fire that you need. Only through total surrender will you have divine salt and aroma to attract sinners and repel the self-righteous (2 Corinthians 2:14-16). In your own words, Kamo all I can say is WOW – wish I could have been there to experience all the excitement!*



It was decided that there would be services at Soutpan on the 2nd and 4th Sunday of each month, Fr Ernest would celebrate them at 10h00 and the Cathedral would pay for his petrol.

The focus of visiting would fall on those who have pledged but not paid.

Rolf would obtain another two quotes for the repair of St Michael's Chapel. The repairs might take a month, and the Chapel would not be able to be used in that time. Kevin suggested that the funds raised at the Bingo evening be utilized to repair the Chapel. This was agreed.

Sandy said that she had received a generous donation of R1 000 for plants in the Garden of Remembrance, and R9 000 for the stained glass windows.

The insurance had paid out R14 700 for the Cressida, which should be put in our Nedbank investment account.

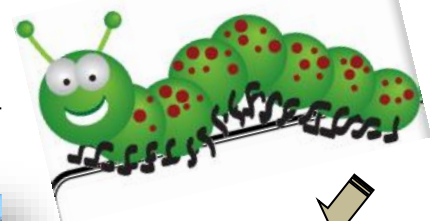
Fr Lazarus said that he would contact someone at Environmental Affairs about a plastic bin for recycling paper.

Fifty blankets had been bought with the money from "Match the Fund" and distributed to the people coming to the soup kitchen.

JUMPING CASTLE TO HIRE



CONTACT: EDWIN JACQUIRE CELL: 084 4224 156



BAZAARS.....

CHILDREN
PARTIES.....

FUNDRAISING...
FUN DAYS.....





One of The Cathedrals Fund raising Events is having Clothing Jumble Sales - they have always had some during the year and always a table or two at the annual bazaar.

Dawn Huskins has taken over the chair of looking after all the clothing jumble that comes in, and has a right hand helper in **Charlotte Kettle**, but she needs many more helpers to ease the load of all the work in preparing the clothing for sale (sorting out and pricing). They have been coming in twice a week for an hour or two to go through all the boxes and packets that generously is brought in by Parish members. It has only been because there was such a back load of clothes to sort and if there were more volunteers to help they wouldn't need to come in so frequently. (The help of men would also be a great help as the carrying and pasting of boxes for the ladies gets sometimes a bit hectic for the Estate Manager of Basil so he would welcome any help especially at the day of the Jumble sales which are going to be held now monthly).

They never know what is going to turn up in the boxes or packets and sometimes are very disappointed in the condition and the state of the clothing which they have to just discard as even the street people haven't any use for them. But thank you to other items donated that are spic and span and some even still have price tickets on.

Since Dawn and Charlotte started on their mission you are aware they have had a very successful sale already and thanks go all round for those who came to man the tables on that day and also for **the kind gentleman Shakes Mohutsioa** who came to help Basil and the ladies in good team work. Although the work in preparing the goods for sale is hard the atmosphere is remarkably friendly and relaxed. **Prices are kept low to aid clearance.** What is not sold does not go to waste as they are donated to **Baby Lange** in her home outreaches, to the **Soup Kitchen** and to anyone that is known to be in need. They are always very grateful for the items received.

If you can help with this fund raising effort, require further information please contact :

Dawn Huskins - Telephone: 051-4308182

Written by: Cheryl Schroeter

Johnny's Mother looked out the window and noticed him *"playing church"* with their cat. He had the cat sitting quietly and he was preaching to it. She smiled and went about her work.

A while later she heard loud meowing and hissing and ran back to the open window to see Johnny baptizing the cat in a tub of water.

She called out, *"Johnny, stop that! The cat is afraid of water!"*

Johnny looked up at her and said,

"He should have thought about that before he joined my church."



Submitted by Jean Prophet

Don't send your old shoes to the Philippines.

This was the title of a newspaper article I have just read, written by an aid-worker, describing American people's response to a request for aid following the recent typhoon in the Philippines. It seems people are generous and mean well, but their donations are often totally inappropriate, e.g. Santa Claus outfits, cocktail dresses, open tubes of medication, etc. In fact almost anything they want to throw away.



This article put me in mind of our own predicament before our bazaar. While most of what we receive is good and welcome, and we thank you for your generosity from the bottom of our hearts, we also get more than our fair share of goods in need of tender loving care, and, quite frankly, items which should not come to us at all but go straight into your rubbish bin. **Please people, we do not want dirty, broken, incomplete or obsolete items. If it's dirty please wash or polish it before donating. Please no electrical goods without a plug attached, no totally outdated electronic goods. No tins with traces of flour, salt or cake crumbs. No teapots with old teabags still inside. No flower pots or other garden equipment full of dried soil.** Many of these items simply need a little attention before being brought to church.

I must emphasise that we are very grateful for some very generous donations, but please spare a thought for those who volunteer hours of work to sort through the stuff.

Written by: Charlotte Kettle

A farmer with a sense of humour
gives motorists something to smile at along the way!



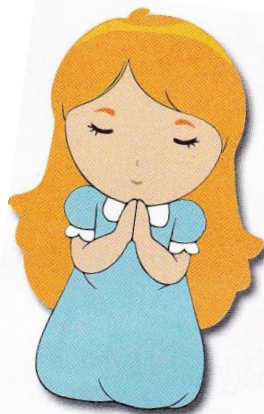
Virginia Scott was travelling to Welkom and took this photo on the way....

After the church service a little boy told the pastor, "When I grow up, I'm going to give you some money." "Well, thank you," the pastor replied, "but why?" "Because my daddy says you're one of the poorest preachers we've ever had."



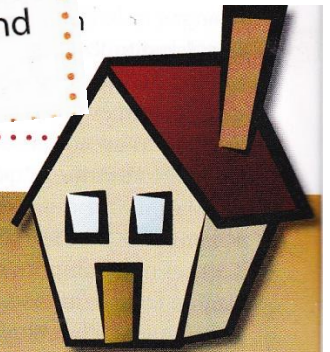


A father was at the beach with his children when the four-year-old son ran up to him, grabbed his hand, and led him to the shore where a seagull lay dead in the sand. "Daddy, what happened to him?" the son asked. "He died and went to Heaven," the Dad replied. The boy thought a moment and then said, "Did God throw him back down?"



After the christening of his baby brother in church, Jason sobbed all the way home in the back seat of the car. His father asked him three times what was wrong.

Finally, the boy replied: "That preacher said he wanted us brought up in a Christian home, and I wanted to stay with you guys."



3-year-old Reese:
"Our Father, Who does art in
Heaven, Harold is His Name.
Amen."



Church notices can lift the spirits! By James Clarke

Low Self-Esteem Support Group will meet Thursday at 7pm.
Please use the back door.

Jean will be leading a weight-management series Wednesday nights.
She's used the programme herself and has been growing like crazy!

A bean supper will be held on Tuesday evening in the church hall. **Music will follow.**

Wednesday the ladies liturgy will meet. **Mrs Johnson will sing
"Put me in my little bed" accompanied by the pastor.**

The Rev Adams spoke briefly, **much to the delight of his audience.**



Cheryl snooping around in the Computer

Our 3 beautiful boys:
D'Artagnan Who Else - 11yrs,
Edgar Degas - 10 weeks and
Lancelot 8yrs.
Samantha (Harrison) Zwiegers



A happy Saturday with super-volunteer **Richard Marston** enjoying his birthday (12th July) at Sunflower house having fun with the children.

Our little ray of sunshine

This is **Delysia Hoehne's** grand daughter **Ariane Kieser** hubby **Tinus Kieser** and little **Waydan~Lee Kieser** (Delysia Hoehne's great-grandchild and **Scilla Wessels first grand-child** and her other daughter **Cheyenne is now a first time Auntie**) born the 25th March 2014, in Lydenburg. Waydan is doing very well, and we are all thrilled with his arrival. Mom (Ariane) just loves her new job as mom and stays at home looking after Waydan, dad works for one of the Platinum mines in the area, they live on a farm about 30 min outside Lydenburg. Ariane says he is a very contented and happy little chap.



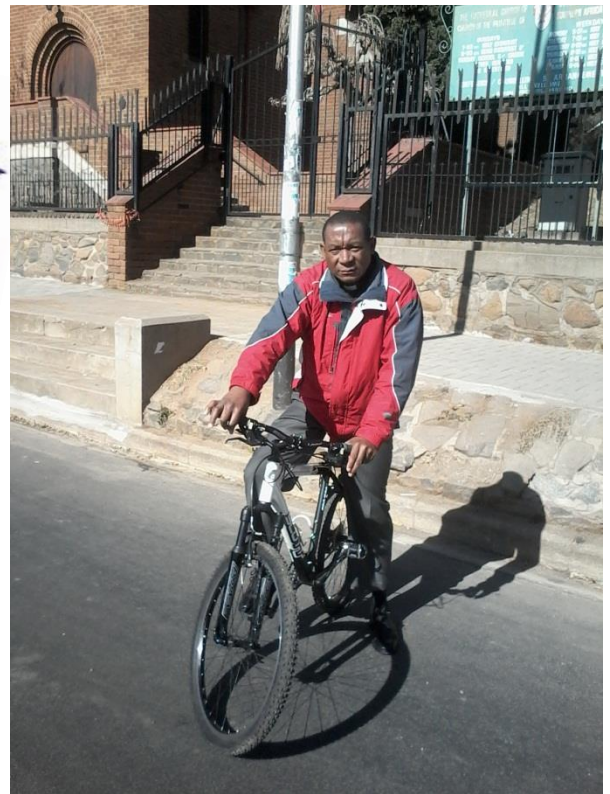
Look what former Cathedral Warden, Carol is getting up to:

Former International School of SA Business Manager Trevor Smallbone. Visits the school - posing with other school legends Carol Ashman and Amal Jayalath



Blessings to 'Our Moruti Hilary Murphy' who had a birthday on the 4th of July.

Not too sure what is going on with this Dean of ours...hope he isn't cracking up or maybe he is trying to tell us that he needs a new motor car or this is how he keeps his body in shape....



...maybe he is just letting us all know that the road 'St George Street' is no longer under construction so there will be no excuse for not coming to church anymore.

Jesus can change the things that we think are hopeless, but what is even more amazing is that **His power** can change us.

"God is able to make all grace abound toward you; that ye, always having all sufficiency in all things, may abound to every good work."

-Corinthians 9:8



R6800

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0825603274

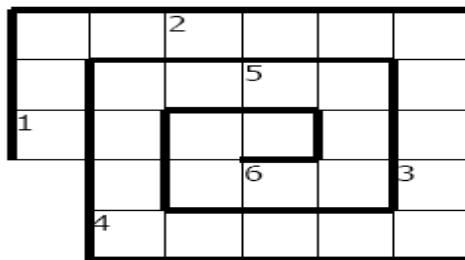
T's & C's APPLY

“Sharing, caring and working together, helping to make the world a better place”.



Feed My Sheep

Jesus asked him the third time, "Do you love me?" He said, "Lord, you know all things; you know that I love you." Jesus said, "Feed my sheep. John 21:17b-18a



- | | |
|---|---|
| 1. To give food to be eaten | 4. Woolly animals similar to goats |
| 2. Taking food into the body through the mouth | 5. A deep, tender, feeling of affection toward another person |
| 3. The person or thing following the first and second | 6. A young sheep |

feed
love

third
lamb

eating
sheep

Learn to Draw a Sheep



1

2

3



3



4



5

Children are a
GIFT from
the Lord



a child is a
REWARD from
Him.
Psalm 127:3

SERVICES PROVIDED AT THE CATHEDRAL

Sunday Services:

07h30 Said Holy Eucharist
09h00 Sung Holy Eucharist AND Sunday School in the Hall

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

HOLY BAPTISM BY ARRANGEMENT

Contact: Parish Secretary: Sandy Botha ☎ 051-448-3010

CONFESSION, COUNSELLING & INTERVIEWS BY ARRANGEMENT



**PLEASE Contact: Any one of the Priests
on their cell phones to arrange with them
FOR AN APPOINTMENT.**

CATHEDRAL DIRECTORY

CLERGY		PARISH STAFF	
The Dean		Parish Secretary: Sandy Botha	
The Very Revd Lazarus Mohapi ☎ 051-447-3649 📱 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	
Clergy		CATHEDRAL CONTACT DETAILS	
		Postal Address The Cathedral of St Andrew and St Michael PO Box 1523 Bloemfontein 9300	
Deacon: Fr Sam Zenzile ☎ 051-447-4266 📱 078-332-7468		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 ✉ aarkocobbah@gmail.com		Please include your name and / or pledge number as reference ✉ info@bloemcathedral.co.za ✉ angcath@bloemcathedral.co.za	
Estate Manager		Website: http://bloemcathedral.co.za Facebook: THE CATHEDRAL OF ST ANDREW AND ST MICHAEL, BLOEMFONTEIN	
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

☎ 051-4474266 /083-7596688

Fr Albert Arko-Cobbah

☎ 083-6457499



☎ 082-5034356

Universitas:

St Margaret's Church

☎ 051-4305924



**Rose Park:
Fr Lawrence**

☎ 082-7173356

National:

Deacon:

Fr Sam Zenzile

☎ 078-3327468



Oranje:

Dipiloane Phutsisi

☎ 082-7126028

Sunflower House:



Pelonomi:

Fr Isaac Kalake

☎ 082-5972501

