



Pastoral Assistant's Letter

The nation has been on lock-down for quite some time now, and I wanted to share with you a little something of my own experience. One of the most significant things that I have noticed is the fact that I find myself feeling a lot more tired a lot more often throughout the day – something that under ‘normal’ circumstances, did not happen. Considering that I was far less active than I usually was, this was a bit strange to me and so it came as no surprise I could not understand why I was feeling like that.

I stumbled upon a very interesting article though, that I found remarkably helpful in understanding what was going on. During moments of crisis the body usually responds in one of two ways which we are all familiar with, it is known as the fight or flight response. We either stand and fight against whatever it is that is causing the crisis, whether that is a physical or emotional crisis, or we turn in the opposite direction and attempt to run away from it. The problem though is that the fight or flight instinct is not a realistic response for us now. In essence we have found ourselves in a state of limbo where the body is trying to react in a certain way but finds itself unable to do so. It cannot fight the crisis nor can it escape it – we are forced to remain in one single place (the lock-down) with no ability to change the circumstance. What your body is going through right now is a natural defense mechanism to this unusual problem. Quite simply, when we cannot fight or run, the body does the only other thing it knows how, and that it to ‘play dead’. Your body is demonstrating a natural response to grief and I want to encourage each of you to listen to what your body is saying to you.

The reason why we feel tired under such conditions is because your body is trying to rest and of course, with rest, comes healing. **MATTHEW 11:28-30** says this, *“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”* In these times, every aspect of who we are as people is being challenged. We are facing a ‘major crisis’ and we are grieving whether we know it or not, but I want you to take courage in these words. Christ offers us rest, not only a physical rest but a spiritual rest as well. We can take comfort in the fact that no matter what may come He is enough for us, and He will continue to renew us in and through all circumstances.

The Lord bless you and keep you,

The Lord make His face shine upon you and be gracious to you,

The Lord lift up His countenance upon you,

And give you peace.

Until next time.

Lincon






Session Clerk's Letter

The past weeks have certainly been unusual in the life of our congregation. Our minister of the past eighteen years has now officially retired and where we have in the past jointly celebrated Tenebrae and Easter Friday services with the Anglican congregation we have, instead, been in lockdown because of the Corona virus. We have been worshipping from our homes as we listen to pre-recorded sermons uploaded to our website or Facebook page. Gordon Hay's lockdown message is a daily inspiration. I am so grateful to Gordon, Lincon, Matthew and Alex who are faithfully doing everything they can to ensure that we can still listen to God's Word and stay in touch with our church family, and to Pietro who is running the church office from home. Thank you also to Lincon, Angela Roche, Jenn Kuhles and Bryson Arthur for their Easter Friday messages and to Peter Havenga who helped with the music selection. They allowed us to share in a Tenebrae devotional and Easter Friday Service in addition to our usual midweek and Sunday worship services. I trust that we were all able to reflect again on God's amazing grace during this most significant time in our church calendar. May the message of Easter remain with all of us throughout the year.

God has again shown so clearly that He is not restricted to a building and that His church can never be confined to any venue. **JOHN 1:7** and **2:9** remind us to walk and live in the light and to the many other members of our congregation who are involved in various acts of kindness like phone calls and messages of encouragement to, and shopping and dropping off groceries for others - thank you too for shining God's light in the world.

Alan Cameron's retirement from 1 April means there is now officially a ministerial vacancy at Trinity. At our meeting in March our Interim Moderator, Rev Wayne van Heerden, shared **JOHN 10:10-18** with Session. He encouraged Session to listen to the voice of Jesus Christ. At the end of the day the question is: What does Jesus want? The other voices out there try to drown out the voice of Jesus, but He remains the King and He is in control. During the transition things may at times seem to fall apart but amid all this God gives comfort and peace. Wayne reminded us that God does things in his own time. A call committee will be constituted as soon as possible. Session, the Executive Committee and the congregation will be represented on it.





We were intending to finalise the constitution of the committee in April, but Session and our Interim Moderator agreed to postpone it in view of the current lockdown. We will re-assess the situation towards the end of April. Please continue to pray for Trinity during this period of transition.

No one knows when this very unusual and quite traumatic period will end. It will inevitably have diverse and far-reaching consequences that will last for months and even years. There are already so many who have lost, or are separated from, loved ones and who are experiencing financial hardship. Let us continue to uphold them and all those involved in health and other essential services in our prayers. How fortunate we are to know that we serve a God of whom we can say: *“He is my refuge and my fortress, my God in whom I trust...He will command His angels concerning us to guard us in all our ways”* (PSALM 91).

With love

Michele Havenga



Baptism

It was a joyful morning on the 22nd of March as Alison Baragwanath, daughter of Brian and Kathleen and sister of Benjamin, was baptised at Trinity.

While the service was quite intimate owing to pre-lockdown COVID-19 precautions, it was lovely to celebrate this wonderful occasion with the family.



Charisma

I don't need to remind you that the Lockdown happened very fast!! We are glad that we were able to get the Drop-In Centre children's birthday party goodies and gifts to them on their last day at the Centre. Thanks to Dave Turner and Pastor Jeff Dhlamini we were also able to deliver their regular food parcels to the Charisma Church for the children to collect.

In conjunction with Pastor Jeff, we will arrange for further support as needed and as the Lockdown progresses.



Sue Hay & Malcolm Brown





News about the Mamelodi, Hammanskraal and Tshwane inner-city projects.

Wally Thiele reports that Mikimaths is excited that they have partnered with Pen who have been running various outreach projects in Tshwane Inner City since 1992. For more information visit their website at <http://pen.org.za/what-we-do/>.

Mikimaths has provided teaching material to practitioners and books for 698 learners in Mamelodi, 420 learners in Hammanskraal and 355 learners at the various Pen supported Early Childhood Development centres. They are supporting children in the Age 4-5 and Grade R age groups. The first training session with each of the groups of practitioners has been completed. The training sessions are held at Charisma pre-school in Mamelodi, at a Creche in Kekana Gardens in Hammanskraal and at the Pen office in Sunnyside.

The support has been received incredibly well by the practitioners and it is great to see that many of them have been with us for a few years now. Alice Mokomme is now conducting some of the training sessions. The practitioners relate well to her and the fact that they are being supported in their home language helps tremendously. We will be keeping an eye on further developments regarding the Corona pandemic and will plan the rest of the year accordingly.

Alice has also been hard at work at the Charisma Drop-In centre. Our programme there focusses on enhancing children's basic skills.

Thanks once again for your support. It is making a big difference to the future of the many children that are benefitting from the programme.

Wally Thiele





OpenUp

An Outreach Idea for Trinity in the Lockdown period.

One of the difficulties in this lockdown period is that one feels helpless and unable to do much to make a difference to others.

Of course we pray deeply at this time and we make contact with loved ones, friends, business colleagues or acquaintances by messaging, emails or phone calls. We may be able to make financial contributions which can make a difference to others less fortunate than we are.

How else can we respond as individuals, and as a congregation?

Two thoughts. The first was that the autumn wind was blowing and this means we are moving into winter. The second was that tidying a cupboard (because there is time to do this) revealed clothing that hadn't been worn for some time.


This led to thinking what we might do as a congregation in this lockdown time. What about us collectively, as a congregation, checking on our own cupboards and seeing whether there is some clothing, a pair/s of shoes or an extra blanket that we could set aside which will be available for distribution once the lockdown is over. The needy around us are numberless. The tough economic times that have begun, and will continue, will make their position even more precarious.

So here is the challenge – if you do have items that could be contributed please make a list of them and send the list to Gordon's email: gordonhay@tci.co.za. We will create a spreadsheet which will be updated on a regular basis to indicate what has been identified for distribution from the congregation.

The list could include clothing for male or female, and for any age or size. Very important would be shoes, jerseys, anoraks, jackets, scarves, beanies, blankets and coats.

Once the lockdown is over your "gifts" donated can brought to the church.

Let us "OpenUp" our hearts, cupboards and drawers as we deal with the Lockdown.





Letter Of Encouragement: Daniël Du Doit

I was doing my Greek reading for honours class this morning and I came across this passage. We are reading the Didache (literally means teaching) in our class. It's the earliest form of a church order and liturgy we have. Most scholars date it 1st century and some believe it predates the Gospels. The following text stood out to me from the 9th "chapter" and I found it to be quite timely. I would like to give you the Greek, followed by my own translation:

“ὩΣΠΕΡ ΗΝ ΤΟΥΤΟ ΤΟ ΚΛΑΣΜΑ ΔΙΕΣΚΟΡΠΙΣΜΕΝΟΝ ΕΠΑΝΩ ΤΩΝ ΟΡΕΩΝ ΚΑΙ
ΣΥΝΑΧΘΕΝ ΕΓΕΝΕΤΟ ΕΝ, ΟΥΤΩ ΣΥΝΑΧΘΗΤΩ ΣΟΥ Η ΕΚΚΛΗΣΙΑ ΑΠΟ ΤΩΝ ΠΕΡΑΤΩΝ
ΤΗΣ ΓΗΣ ΕΙΣ ΤΗΝ ΣΗΝ ΒΑΣΙΛΕΙΑΝ”

My translation:

“Just as this fragment (referring to the bread as the body of Christ) had been scattered over the hills and after having been gathered together became one, so let your faith community be gathered together from the ends of the earth into your kingdom”

It occurred to me that even though we are scattered. His bread, the fragment, brings us all together today. I hope you all had a wonderful Easter in remembrance of the great One who unifies.

I submit this to be shared in the church newsletter or correspondence if you deem it edifying to the church.

I am a student and researcher at the University of Pretoria, currently studying my honours degree in Theology as well as completing an honours degree in Ancient Greek.

Kind Lockdown regards

Charel Daniël du Toit



B-Women for God

Following the B Women session last year, the activity cushions that were made were delivered to Cedar Manor. These were received with such joy.



We have been in touch with two additional organisations who have hospice facilities. These are Kwalata Community Development in Hammanskraal and Missio Dei in Ficksburg.

Both have indicated that activity cushions would be very much welcomed for their hospice patients.

So, while you are tidying your cupboards, please keep an eye out for “cushion bits”!

These can really be anything that does not have any sharp points for example: beads, buttons, ribbons, key rings, keys, medals, small soft toys, small zip up purses, material with different textures, velcro strips, zips, crocheted shapes etc. etc.

There is no right or wrong and colour scheme is unnecessary. The idea is just to focus on including as many different textures and shapes as possible.

If you have any unused cushion covers / pillow covers, feel free to sew your findings onto these or set them aside for someone else to work on after the lockdown.

Don't worry if you don't have inners for the cushions. We know where to source these.

If you start a cushion and don't have enough to complete a cushion, don't let that stop you either. We will collect all the contributions at the end of the lockdown and finish them off.