iindaba

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The Vicar General writes ... Easter is about LOVE

Dear Family of God,

It is hard to believe that soon we will be celebrating Easter, the glorious resurrection of our Lord and Saviour – however, in order for us to celebrate Easter, we first have to pass through Lent and the agonies of Good Friday. It is in Christ's agony in the Garden of Gethsemane, His appearance and trial before Pilate and His ultimate death on the cross, that our Father's love for us is expressed in ways words cannot define.

Easter is all about LOVE. It was the love of the Father that sent the Son to die on a cruel cross for my sin – yet we tend to brush over the truth about Easter Love and replace it with cuddly soft bunnies and eggs. If ever the world was in need of Easter Love it's now and you and I have the wonderful commission and opportunity of sharing that Love with those around us but we are shy and tend to be quiet when we should speak out. The little article below is one that was sent to me and one that challenged me. I share it with you in the hope that as you read it, you too will be challenged to open your heart and share the Love.



Synod of Bishops February 2025. As our Vicar General, Sharon Nell was invited to join them.

"Installing Love"

Tech Support: Yes, how can I help you?

Customer : Well, after much consideration, I've decided to install Love. Can you guide me though the process?

Tech Support: Yes. I can help you. Are you ready to proceed?

Customer: Well, I'm not very technical, but I think I'm ready. What do I do first?

Tech Support: The first step is to open your Heart. Have you located your Heart?

Customer: Yes, but there are several other programs running now. Is it okay to install Love while they are running?

Tech Support: What programs are running?

Customer: Let's see, I have Past Hurt, Low Self-Esteem, Grudge and Resentment running right now.

Tech Support: No problem, Love will gradually erase Past Hurt from your current operating system. It may remain in your permanent memory but it will no longer disrupt other programs. Love will eventually override Low Self-Esteem with a module of its own called High Self-Esteem. However, you have to completely turn off Grudge and Resentment. Those programs prevent Love from being properly installed. Can you turn those off?

Customer: I don't know how to turn them off. Can you tell me how?

Tech Support: With pleasure. Go to your start menu and invoke Forgiveness. Do this as many times as necessary until Grudge and Resentment have been completely erased.

Customer: Okay, done! Love has started installing itself. Is that normal?

Tech Support: Yes, but remember that you have only the base program. You need to begin connecting to other Hearts in order to get the upgrades.

Customer: Oops! I have an error message already. It says, "Error - Program not run on external components." What should I do?

Tech Support: Don't worry. It means that the Love program is set up to run on Internal Hearts, but has not yet been run on your Heart. In non-technical terms, it simply means you have to Love yourself before you can Love others.

Customer: So, what should I do?

Tech Support: Pull down Self-Acceptance; then click on the following files: Forgive-Self; Realize Your Worth; and Acknowledge your Limitations.

Customer: Okay, done.

Tech Support: Now, copy them to the "My Heart" directory. The system will overwrite any conflicting files and begin patching faulty programming. Also, you need to delete Verbose Self-Criticism from all directories and empty your Recycle Bin to make sure it is completely gone and never comes back.

Customer: Got it. Hey! My heart is filling up with new files. Smile is playing on my monitor and Peace and Contentment are copying themselves all over My Heart. Is this normal?

Tech Support: Sometimes. For others it takes awhile, but eventually everything gets it at the proper time. So Love is installed and running. One more thing before we hang up. Love is Freeware. Be sure to give it and its various modules to everyone you meet. They will in turn share it with others and return some cool modules back to you.

Customer: Thank you, God.

And isn't that what Easter is all about – LOVE. God's love for us as shown in sending His Son to die on the cross. Jesus' love for us as shown in His willingness to accept death, yes even death on the cross. The love of Father, Son and Holy Spirit as seen in the resurrection, granting life to us, children of God.

Th challenge for each of us this Easter is to put aside past hurt, resentment and grudges and share the Love!

Much love and blessings



Dean Sharon+
Vicar General

Easter 2025



Then Simon Peter came along behind him [John] and went straight into the tomb. He saw the strips of linen lying there, as well as the cloth that had been wrapped around Jesus' head. The cloth was still lying in its place, separate from the linen.

John 20:6&7

The editor and media team, the Vicar General, Sharon and Piet Nell, and the Diocesan staff, wish you the spirit of Easter - which is peace; the blessing of Easter - which is hope; from the heart of Easter - which is Christ risen from the dead.



Meet your new Archdeacons

Front - Vincent Mdidimba (Bay East), Deon Lombard (the Bay), Relton Groepe (Karoo) and Karen Groepe (Bay North).

Back - Lulamile Ngesi (Greater Addo), with the Vicar General, Sharon Nell, the BEO, Fumi Kula, and Paul Mosdell (Tsitsikamma).



Prayer for the election of God's chosen Bishop for our Diocese

Almighty God, giver of every good gift:

Look graciously on your Church,

and so guide the minds of those who shall choose a bishop for this Diocese,

that we may receive a faithful shepherd,

who will care for your people

and equip us for our ministries;

through Jesus Christ our Lord. Amen

Pray! Pray! Pray!



Retired clergy and spouses: Michael and Alice du Plessis, Ben Durham and Michael and Vivian Brown.

In thanking members of our retired clergy and clergy widows/widowers for their contribution to the Diocese, the Vicar General, Sharon Nell, pleaded with them to, "Pray, pray and pray, for our Elective Assembly." She asked that they pray that God's will be done and that the meeting goes forward without a glitch and that God will supply the right person at the right time, to take our Diocese forward into the future.

Sharon thanked all of them for the part they have played over the years in helping to form the present clergy who had trained under them, and for the work they continue to do within parishes.

Retired Priest Lawrie Wilmot recalled the Elective Assembly in the Diocese of Cape Town for the Archbishop to be elected. There were two candidates - a very popular Cape Town Priest and Bishop Desmond Tutu.

He continued by saying, "It was as if the Holy Spirit lifted the roof and came down on the Assembly … and Desmond Tutu was elected as the Archbishop of Cape Town!"

Lawrie ended by saying, "And we all know he was the right person for that time."

It was an enjoyable time of fellowship and catching up with friends.

Let the children come to me



Aleiyah reads the Word of God.

Aleiyah (8) read the New Testament scripture at Holy Trinity on Sunday morning 16 February. Everyone was so impressed that she only faltered once … but soon went on confidently again.

Well done Aleiyah!

The view from pulpit and pew

❖ *iindaba* asks continued healing prayers for:
- Busi Gwentshu, of the Diocesan Office staff, whose broken ankle is still giving her problems.

❖ The *iindaba* editor asks that please will parishes who produce newsletters e-mail a copy to her. In this way she is able to share their news with the greater diocesan family.

Clergy on the move

• The following clergy moves are happening:
- Michelle Werth, stipendiary Priest in Charge, St Cuthbert's, 1 June;
- Pakama Plaatjies, stipendiary Priest in Charge, St Matthias, 1 June;
- Shirmell Newman, self-supporting Assistant Priest, St Mary Magdalene 4 May;
- Christopher Prince, Assistant self-supporting Priest at the Cathedral and St Philip's 4 May
- Charles van der Westhuizen, self supporting Assistant Priest, St Mark and St John, 4 May;
- Ivan Edelson, retired self-supporting Assistant Priest, St Paul's and St Barnabas, 1 June.

• Clergy retiring
- Zweli Madlingozi to retire at end April 2025;
- Phumla Mtila to retire at end June 2025.

• New Archdeacons:
- Deon Lombard - Archdeacon to the Bay Archdeaconry;
- Vincent Mdidimba - Archdeacon to the Bay East Archdeaconry;
- Karen Groepe - Archdeacon to the Bay North Archdeaconry;
- Relton Groepe - Archdeacon to the Karoo Archdeaconry;
- Lulamile Ngesi - Archdeacon to the Greater Addo Archdeaconry;
- Paul Mosdell - Archdeacon to the Tsitsikamma Archdeaconry.

They were licensed on Thursday 13 March at St Hugh's, before the Chapter meeting.
- Andrea Potgieter, remains the Archdeacon of Bay South and
- Mark Barth, remains the Archdeacon of Bay West.

Shrove Tuesday pancake makers ...



Above - Making pancakes at Holy Trinity were Nda Okafor and Joy Lancaster.

and (below) at St Hugh's

Explaining to their Rector, Andrea Potgieter, the intricacies of pancake making are St Hugh's members, retired Priest Michael du Plessis, Mary Sauls and Alice du Plessis ... or is she laughing because she is an expert already?



Sharing skills

Lungile Ncola



Nomakula Sokweba of the Uniting Reformed Church in Southern Africa admires some of the bead necklaces on display.

Since its inception in 2016, the Church Community Mobilization Process (CCMP) is still thriving very well at St Matthew's in KwaMagxaki, receiving unwavering support from the parish Rector, Lungile Ngcola.

Its primary focus seeks to encourage the Church to step out to make Christ visible in the local community. This process is achieved by empowering people with skills that will help transform their lives, and alleviate poverty so that they enjoy meaningful and self-sustainable lives.

The Skills Sharing Project (SSP) stems from the CCMP as a vehicle that facilitates its members to learn skills from one another. Its membership comprises mainly women from the Mothers' Union, but it is open to anyone in our parish and beyond; hence ladies from other denominations are also members.

Meetings are held weekly, sharing skills like sewing, crocheting, gardening, bead work, and Bible study.

The SSP has managed to engage a primary school in the community and trained learners in sewing pencil holders. They have been to three areas conducting training in knitting, crocheting and bead work.

Tag lines!



Remember, you can't reach
what's in front of you
until you let go of what's behind you.

Available from the Bible Society



Own the plan



Church leaders listen to Dr Braam Hanekom of the Centre for Public Witness.

Dr Braam Hanekom of the Centre for Public Witness joined various Church leaders and other stakeholders via Zoom on 17 February. Some of the participants gathered at the Bible Society while others joined via Zoom.

Dr Braam explained that his group has held hundreds of dialogues in cities and small towns all over South Africa and that the aim is to bring multi-cultural people together to dialogue and look at what is going on in their communities and to ask what needs to be done about it.

He said that the only way to accomplish any change is to listen to one another; to draft a strategy for the city; and to appoint a steering committee to execute some of the things decided on. He said the key to success of this is that the people need to own the plan.

The Centre has been going for ten years and he said that as people speak honestly to one another it restores trust and hope. The goals need to be realistic and in many cases one has to look at logistics to achieve outcomes – and don't expect a quick-fix. One needs a managerial committee to oversee any project or it will falter.

Giving examples of some good outcomes, he said that in one area the clinic was not functioning properly so the churches became involved and now the clinic is doing very well. The steering group did not build a new clinic, instead they worked with the local authority and made sure the clinic began to run properly.

In other areas food gardens have been established to the benefit of the community.

The Church needs to make a dent in their local authority – systematic interference! Some things the Government can do and some things the church needs to do.

We need to seek the Holy Spirit to take us to a new place where we can sit down and talk about the crisis in our city – we need to 'think out of the box' if we want to get things done.

It was decided that a small group will get together to plan who should be invited to the dialogue with Dr Braam, which will be held on 25 March at a venue to be decided.

Cathedral 200 celebrations

Symphony of Voices



The Mass Choir of all three choirs combined at the end of the programme in a wonderful send-off.

The Cathedral was packed to overflowing on Sunday afternoon 9 March and the audience was not disappointed with the resounding 'Symphony of Voices.'

The Hemiola Chamber Choir began the afternoon with 'Alleluia' by Jake Runestad, followed by the quiet Walvisnota by Franco Prinsloo and closed with an impressive rendition of two South African songs.

Our Eastern Cape Youth Choir did not let us down with their wonderful singing of 'Joshua', 'Die Here is my Herder' and 'Hela Rotan', an Indonesian folk song.

The Mädchenchor Hamburg, a girls' choir of 50 voices, began their section by surrounding the pews as they sang a traditional German song, 'O du stille Zeit', giving us a wonderful surround-sound, and they slowly returned to the front as they went into 'Jubilate.' Their repertoire of 11 songs which they chose to entertain us with, ranged from the first two quiet numbers to the bold sounds of 'Mironczarnia' and 'Fire' and on to, what was offered as a 'look, watch and adore' Gospel number - with surround sound again, movement and sign language.

The afternoon closed with the three choirs joining together as a Mass Choir singing 'Abendlied' by Josef Rheinberger ending by giving us all the joy of Africa as they clapped and ululated while singing 'Kulomzi', a traditional isiXhosa song, accompanied by Hayley Africa on an African drum.

Feeding the Hungry

AWF Executive



Churchwarden, Thenjiwe Goniwe, and AWF member, Mandisa Bisset, preparing to take food to St Francis in KwaNoxolo.

On Christmas day members of St Matthew's parish went out to one of it's chapelries, St Francis in KwaNoxolo, to hand out delicious, cooked meals to people who can't afford festive delicacies.

This vision came from one of our Anglican Women's Fellowship members, Mandisa Bisset, and was fully embraced by the AWF Executive and members; the Rector, Lungile Ngcola, and parishioners, who ensured that the day was a success. This initiative was inspired by the teachings of the late Priest, Mcebisi Xundu, which is to give to those who are less fortunate than us, and of course, the teaching of Jesus on feeding the hungry.

Although the vision was shared at short notice, we managed to give out 120 full meals due to unwavering support from different donors and parishioners who prepared the meals.

This Christmas initiative was blessed by the presence and support of our Rector, Lungile Ngcola; Nokuzola Belu; churchwardens and some of the parishioners who attended the Christmas Day service.

We are praying that with God's help this initiative improves, grows and becomes an annual outreach programme of the Parish.

Their knowledge won them the prize!



Team 'Young at Heart' were winners of the Trivia evening: Desré Foaden (hostess), Sharon Bales-Smith, Brian, Harry and Hester Wileman, Frankie Simpson and Daphne Momberg, with Nicky de Chamoy and Seth Wileman in front.

A fun evening of music trivia and general knowledge was enjoyed by over 80 people at St Saviour's on Friday night 28 February.

Hosted by Desré Foaden, of Music for Fun, the proceeds were donated to the Soup Kitchen. She had great music sections that made contestants really having to think - and even more so for the general knowledge questions! There were many lovely prizes for lucky draws and 'Top and Tail' competitions and the winning team members all received specially made Trivia Champ mugs.

Desré can be contacted at: desrefoaden@gmail.com or 083 330 5922

WWDP celebrated at St John's



With the Rector of St John's, Claire Phelps, are Mary-Lou Emslie, Heather Phillips, Rachelle Bakker, Assistant Priest Michelle Werth, and Danica Marlin.

St John's hosted the annual Women's World Day of Prayer service on Friday 7 March. This year was the 95th celebration of the WWDP in South Africa.

The writer country this year was the Cook Islands, with a wonderful programme on the theme of *"I made you Wonderfully"* (Psalm 139:14).

A very busy kitchen



St Saviour's lunch team are seen busy preparing the plates of food for 100 guests at the monthly Pensioners' Lunch.

On 19 February 100 guests enjoyed the monthly Pensioners' Lunch at St Saviour's in Walmer.

When iindaba arrived at the hall there was a very busy kitchen preparing the lunch for the guests. A delicious starter, followed by a big plate of cold meat and salad, and finished off with a poached pear in a mouth watering syrup with ice cream.

No wonder the hall is always full!

Retiring and thanked for service



On 13 March Archdeacon Phumla Mtila was thanked by Vicar General, Sharon Nell for his 23 years of service to the Diocese.

Archdeacon Phumla and Nomsa Mtila with Vicar General, Sharon Nell and BEO Fumi Kula.

Prickly pear treat for tea

Shirmell Newman



Clergy members of Bay South Archdeaconry enjoying tea: Lindelwa Mama, Shirmell Newman, Rowan Jacobs, Pakama Plaatjies, Lynn de Donker and the Archdeacon, Andrea Potgieter.

On Thursday 27 February, clergy from the Bay South Archdeaconry met for a fellowship tea hosted by Priest in Charge, Pakama Plaatjies, at St Cuthbert's.

Needless to say a fruitful time was had - emphasis on fruit, with Pakama bringing out the prickly pears and peeling them for us to enjoy.

Cathedral begins celebration with music

Jenny Yates



Classical guitarist Mark Jennings.

200 years - a grand old age and something really to commemorate!

Our Cathedral of St Mary's began it's bicentennial year in celebratory style with an unusual Recital on 16 February.

At his personal request, Mark Jennings, classical guitarist from the UK, chose to present an interesting programme in the Cathedral featuring some romantic-type music especially for Valentines' Day - the gentle sound of this instrument being perfect for the occasion!!

There was also a hint of Spanish, as the Classical Guitar is used to accompany Spanish dancing and Flamenco! It would have been great fun to have a go at dancing, but we all behaved beautifully!

The Recital concluded, the mood changed to some joyful celebration with a Cheese and Wine party, well prepared by Zondi Ntlokwana!

What a joyful way it was to "kick off" the festivities!!

Anglicans Ablaze 2025 invites you to attend the Conference!



Many members of our Diocese have had wonderful experiences at Anglicans Ablaze - especially the youth members.

The speakers look very interesting and will be well worth hearing.

If you read this as it is loaded to our Web page you will just make the earlybird booking price of R800 for the Conference.

Please remember you do need to cover your transport and accommodation costs.



St John's Rector on the roof… again!

Claire Phelps



Enjoying themselves having drinks at the Sky Roof Restaurant, with the Rector of St John's, Claire Phelps, are Linda Williams, Belinda Jordan, Bev Hancocks and Karen Glover.

The weekend of 28 February – 2 March saw the Rector of St John's, Claire Phelps, sleeping on the roof…again!

In March 2024 the parish undertook a novel fund raising initiative for 12 hours with four ladies on the roof. This year, the concept expanded under the banner of 'Roof, Rolls and Reels'.

While Claire set up her tent and the Sky Roof Restaurant, parishioners were able to camp on the Village Green on the Friday night. Boerewors rolls were on sale for dinner, with Egg 'n Bacon Rolls available for breakfast the next morning, and a movie was shown on the Saturday night.

While all these activities happened safely on the ground, Claire entertained her guests at eight different sittings in the Sky Roof Restaurant, serving a total of 32 guests: from dinner on Friday night, Midnight Snacks, Champagne at Sunrise, Breakfast, Morning High Tea, Lunch, Afternoon High Tea and Dinner… she was certainly 'fed up'!

Guests ascended the ladder to the roof and were seated at the table in the Sky Roof Restaurant. The stunning views provided the perfect backdrop for this special gathering. From the moment guests arrived, they were welcomed with open arms and treated to a memorable dining experience that was more than just about food - it was about building relationships and creating lasting memories. Each meal was thoughtfully prepared by the Mission Team.

Members of the Mission team were also the waiters for the weekend and served all meals by climbing up and down the ladder. Guests delighted in the bell that they could ring for service! In addition to the main guests, many others popped by throughout the weekend, adding to the vibrant atmosphere and making the event even more memorable.

Although there was heavy wind on Friday night, nothing deterred from the fun and fellowship up on the roof. Members of the parish ensured that Claire's tent was well secured, and she reported that she slept soundly, even with rain on the Saturday night!

The event was an extraordinary showcase of hospitality, community, and fellowship, and it truly captured the spirit of togetherness that St John's values so deeply.

The event was such a success that it looks to become an annual fixture in the St John's calendar! Claire is already thinking of ways to improve on next year's event, with increased opportunities for fellowship and connection.

All funds raised from the weekend will be used for the Mission and Outreach activities that are planned at St John's.

Photos and POPI Act

When submitting reports and/or photos please remember the POPI Act and make sure everyone is happy to appear in the *iindaba*.

If children are in a photo remember to get the parent's permission - this can be verbal.

Very early notice

Calling all our reporters and would be reporters -

***iindaba* workshop**

Saturday 19 July

Registration 08h30

expected time of finishing 12h00

St Hugh's church hall

West Street

(between 3rd and 4th Avenues - almost parallel to Cape Road)

Newton Park.

This is a refresher course for our reporters and an introduction course for all would-be reporters.

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