

## THE LONG VIEW

### DEAR FRIENDS

It is amazing how much happens in a year, and that despite the ongoing challenges of our times, we manage to remain resilient and find ways to be creative. A year ago I was feeling like I was running up an escalator the wrong way, and at best marking time as the world sped past me in the opposite direction. The last eighteen months have marked a huge shift in the way we live, and increasingly we are recognising that this is the 'new normal'. In a sermon last Autumn, I encouraged us to use Winter as a time to slow down, even hibernate, to take time to reflect and allow ourselves to catch up with the changes to our lives that the Covid-19 pandemic has demanded of us, changes we had hoped to be temporary but which remain ongoing. I have tried to follow my own advice, and time away in the Eastern Cape in June and a few days away earlier this month in the Wolseley area have helped, and Dawn and I have appreciated the gift of renewal these times have been for us.

If you are like me, you have been praying that the Covid-19 virus will magically go away, and that we can step back from the hyper-vigilance the pandemic has forced on us, not to mention the added challenges that lockdowns and various Alert Levels that have constricted our lives and relationships so substantially since March 2020. I came across an article in *The Atlantic* that made me sit up rather straight with its unequivocal headline: ***The Coronavirus Is Here Forever. This Is How We Live With It.***\* It was something of a shock to see something I suspected and was avoiding acknowledging printed in such solid black lettering. It is not often words leap off the screen at me, but these ones did.

Once I got past the headline, the article itself proved helpful, and I was particularly struck by the closing paragraph:

*With the flu, we as a society generally agree on the risk we were willing to tolerate. With COVID-19, we do not yet agree. Realistically, the risk will be much smaller than it is right now amid a Delta wave, but it will never be gone. "We need to prepare people that it's not going to come down to zero. It's going to come down to some level we find acceptable," [Julie] Downs [a psychologist who studies health decisions at Carnegie Mellon University] says. Better vaccines and better treatments might reduce the risk of COVID-19 even further. The experience may also prompt people to take all respiratory viruses more seriously, leading to lasting changes in mask wearing and ventilation. Endemic COVID-19 means finding a new, tolerable way to live with this virus. It will feel strange for a while and then it will not. It will be normal.*

What we are seeing around the world as different countries take differing stances to the manner in which attempts have been made to contain the virus is the lack of a global social compact around how we deal with it, and I am comforted that in time this will happen. Vaccination is key to giving us some form of control over the virus – which will undoubtedly make living with the virus easier – but the amount of scaremongering and misinformation that social media in particular thrusts into our awareness makes this something of a pipe dream. Dawn and I are both fully vaccinated, but this scaremongering has its impact, and so I was deeply comforted by a recent blog post



### FROM OUR REGISTERS

*Baptised*

5 September 2021

Luca Waldburger

*Died*

11 July 2021 Millie Allen

by Mags Blackie (Scientist and Spiritual Director; herself vaccinated) entitled ***Owning relative uncertainty***,\*\* where she helpfully says that while – as with all medication – we cannot claim it is safe, with all the data we have available to us at the moment the vaccine is unequivocally the better choice. For myself, knowing that with my vaccination the chances of being severely or even fatally infected with Covid-19 are slim, is a great source of consolation. While I continue to trust God for health and salvation, I am also hugely thankful to God for the gift of medical science!

In a snap survey of Parish Council and our Layminister group, where all but one person have responded, there is a 100% vaccination rate. Hopefully, when our planning survey goes out to you all in early October, a similarly high level of compliance with vaccination protocols

# YOUTH MINISTRY

will be evident. As we come out of our Winter hibernation and begin to plan for 2022 and a fuller return to in-person Worship and other levels of interaction, we are hopefully able to embrace the virus with less fear and engage more confidently with life.

I remain thankful for the gift of Scripture in these challenging times, and again commend Philippians 4:4-8 (NRSV) to you:

*Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*

If you haven't yet done so, I do encourage you to come and join us at 08:00 on a Sunday for our in-person service where we continue to follow Covid-19 sanitising and physical distancing protocols. It does feel different to our pre-Covid gatherings, but there is something very comforting and special about being physically present and participating in-person with others in a time of gathering and worship!

*Blessings, Mark*

\* <https://www.theatlantic.com/science/archive/2021/08/how-we-live-coronavirus-forever/619783/>

\*\* <http://www.magsblackie.com/2021/09/15/owning-relative-uncertainty/>

To begin our report for the Spring newsletter – let us 'smile awhile' – "Doreen!" yelled the boss crossly. "I can never find what I want in these files. What system do you use?" The Biblical system, sir," replied Doreen. "The Biblical system? What on earth is that?", shouted the angry boss. "Seek and ye shall find!" came the reply.

We have had a very good year in the Youth Ministry despite battling against the "ups and downs" of the Covid-19 pandemic. The young people, particularly in the Confirmation class have been very steadfast and disciplined in their attendance for which I thank them, their parents, and grandparents for their support. We continue to meet on a Tuesday afternoon at 16:15, and the prepared lesson always ends up with questions and long debates around them. This is fantastic because it means they are thinking very deeply about what it means to be a Christian. They realise that no matter how much you might know about the Christian faith, you never stop learning.

They are very aware that:

**Satan – divides, pulls apart, fragments, and disrupts.**  
**Jesus – unites, reconciles, heals, and restores.**

Children's Church are so very fortunate to have Penny Middelkoop as their inspiration to love Jesus. Her commitment, innovation and discipline are very much appreciated. For the month of September, the children will have lessons on the Season of Creation. Even though the attendance numbers have dropped due to the cold weather, and the early 08:00 Sunday morning start, this does not put Penny off! Whether it is one little one or 20 her commitment is the same. I really want to encourage parents of children between the ages of 4 years and 12 years, to consider bringing your children to Children's Church, while you are free to attend the service in the Church. I promise you it can only do your child good! Thank you Penny!

There was only one Baptism during this winter, and no children were admitted to Communion.

**Another smile, to end:**

The manager of Manchester United was chatting with a friend and said "I would be a great football player if it wasn't for 2 things." "Oh, so what are they?" asked his friend. "My feet...."

Sincere thanks to our Rector Mark, the Churchwardens and Parish Councillors, and the Lay Ministers for your prayers and encouragement for the Youth Ministry.

God bless you, dear Parishioners,

*With love and prayers, Elizabeth and Penny.*

## COMPUTER SUPPORT

CHRIS BEDFORD  
021-683-8452 or 082-805-5240

Computers • Laptops • Tablets • Gadgets • Flash disks  
• External hard drives • Broadband 3G and ADSL  
• WiFi • Printers • Original cartridges

## WOULD YOU LIKE HELP TO RECOVER FROM AN UNPLEASANT OR TRAUMATIC EVENT?

Marion Nixon, a trained trauma recovery practitioner, can help you. There is no charge for the first consultation.

074-024-6771

healthworks@intekom.co.za  
www.healthworks.yolasite.com

# NEWS FROM OUR AUSTRALIAN FRIENDS

We are one of the three couples who regularly tap into the 10am Zoom service at St Andrew's.

We are Ben and Beryl Stoffberg and we live in Melbourne Australia, having migrated here from South Africa in 1971. We have a married son and two beautiful granddaughters. Why do we tap into St Andrew's, one of the other couples, Clive and Priscilla Miller, who have a longtime connection with St Andrew's as they were married there. They are close friends of ours as we worship together at Raft Anglican Church here in Melbourne, but our relationship is broader than that also, we are part of a Bible Study group of 7 and have been together for many years and enjoy weekly fellowship. We also share a love for travel which sadly, has now come to a sudden halt due to COVID 19 lockdowns, (we are in our 6th lockdown now and it looks as if this will be extended due to fresh outbreaks in the community). Being able to tap into St Andrew's 10 am service (evening our time) is a real treat and privilege as we enjoy the service, on Sunday mornings we have a Zoom service at our church because of COVID-19 restriction of numbers and eagerly look forward to when we can freely meet in church face to face. We pray God's continued blessings on St Andrew's Church to be a source of light in its environment.

*Ben and Beryl Stoffberg*

Just a few words about ourselves. We arrived in Melbourne from Sri Lanka in 1969 (Winston) and 1986 (Dawn) and we now live in Keysborough, a suburb of Melbourne in Victoria, Australia. In Sri Lanka we lived in Colombo and I (Winston) attended St Mary's Church, where I worshiped and was part of the ministry of the church. I studied at St Peter's College Colombo and was President of the Catholic Students Federation, which grounded me in the faith. In Australia we worshipped at St James Anglican Church in Dandenong for over 27 years, where we met Ben and Beryl Stoffberg, Clive and Priscilla Miller and Des De Klerk, all South African Migrants. We served together at the same time on the Parish Council in various capacities over a number of years. We have now gone our separate ways and worship at Churches closer to our residences. However our strong bond and faith kept us together and we continue our association through our bible study group, where we meet weekly or fortnightly outside of lockdown. We enjoy the Sunday Services and the Sermons by Rev Mark, Stephen and Bishop Geoff and the Wednesday Wanderings by Rev Mark. Thank you for the privilege. God's Blessings

*Winston and Dawn Foenander*

In a previous article we detailed Clive's family history with St Andrew's which dates back to the early 1900's. Priscilla was confirmed and we were married here in 1970. We attended St Andrew's till our migration to Australia in August 1981. We spent almost 2 years in Adelaide before moving to Melbourne and settled into St James Anglican Church where we stayed for 33 years before changing to Raft Anglican. During our time at St James both of us served on Parish Council (Vestry) for a number of years and were involved in various committees and activities - especially Marriage Ministries. It was here that our current Bible Study group was formed some 15 years ago. Over the years we have lost a few members as people moved away but our core group of 7 have been together for about 5 years. Pre-Covid we met regularly but now have weekly Zoom meetings. Over the last 40 years we have returned to Cape Town 7 times. Each time we have attended services and enjoyed being part of St Andrew's for those brief visits. This also enabled us to visit the memorial gardens where the ashes of Clive's parents are interred. In December 1985 we returned to celebrate our 25th wedding anniversary at St Andrew's with a Renewal of Wedding Vows ceremony. Our plans to return for our 50th anniversary celebrations unfortunately fell victim to Covid. So, we are very blessed and thankful to be part of the weekly Zoom service especially at this unsettling time of the pandemic. It has also been a real privilege to be included in the Reading roster. We depend heavily on our faith and trust in our Lord & Heavenly Father for Hope & His Blessings.

*Clive and Priscilla Miller*

# PROTECT OUR PLANET

*Don't bin it, re-use it!*

**CLOTHES,  
KITCHENWARE,  
CROCKERY, LINEN**

**Haven Night Shelter,**  
5 Fir Street, Claremont.  
021-761-6219

**KITCHENWARE,  
CROCKERY, CUTLERY,  
LINEN, COLLECTABLES**

**KAPS - Karoo Animal Protection Society.** Run solely by volunteers providing mobile animal welfare services to rural communities across the Karoo. Rosie Berry has a Sale at her home to raise funds for this charity. Check date of Sale with Rosie Berry, 7 Moorland Crescent, Tokai 021-715-3641. Items to be dropped off - contact David Barron 082-376-1206

**ALL GOODS**

**Help the Rural Child**  
021-689-8392 (they will collect)  
**Salvation Army**  
021-638-5511 (they will collect)  
**U-Turn** 021-674-6119

**FABRICS, WOOL**

**GAPA (Grandmothers Against Poverty and Aids)** Khayelitsha. Donovan 083-456-1936

**BIRD FIELD GUIDES,  
BINOCULARS**

**Cape Bird Club - Youth Education.**  
Penny Dichmont 078-286-5585

**SPECTACLES, CASES**

**Lions Organisation Recycle for Sight.** Drop off at Specsavers and some Optometrists

**PLASTIC BREAD TAGS,  
PLASTIC BOTTLE TOPS**

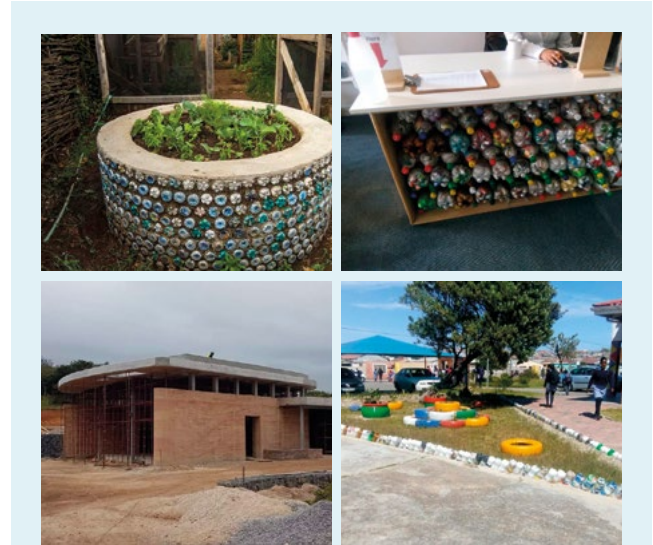
**Bread tags for Wheelchairs -** buy approx 60 wheelchairs a year. 250kg of bread tags and 450kg of plastic bottle tops (milk, juice, water bottles, peanut butter, mayonnaise) are sold for recycling to buy a standard wheelchair. Drop off at Wynberg Pharmacy (wheelchair dept), 222 Main Rd, Wynberg. Lorna Norris breadbagtags@gmail.com

**GOLFING EQUIPMENT**

**Sally Little Centre for Excellence - Youth development for schoolgirls** Peninsula Golf Driving Range, 1 Perseverance Road, Maitland Garden Village (past Vincent Pallotti Hospital) 082-926-8055

**PLASTIC BREAD BAGS,  
2L MILK BOTTLE LABELS,  
COURIER PACKAGING**

**Re.Bag.Re.Use.** Ladies in Hout Bay crochet beautiful shopping bags. Regine Le Roux, Whatsapp 083-302-1528



**ECOBRICKS**

**1.5L (preferable) 2L cool drink Plastic Bottles filled with clean, non-recyclable hard and soft plastic.** Use soft plastic in base and top to firm up bottles, press soft and hard plastic down with a wooden spoon. EcoBric must be heavy and feel as hard as a brick for use in building. This is a form of disposing of plastic - try not to buy the plastic bottles! EcoBricks are being used at Isiphiwo Primary School, Harare, Khayelitsha bordering flower beds, building wells to protect trees etc. (Helderberg Nature Reserve used 8000 EcoBricks, 900 truck tyres, building rubble and rammed earth walls to build a brand new multi-purpose centre). Drop off at 8 Ravensworth Rd, Claremont - home of Elizabeth Danckwerts who says you can throw the bricks over her wall if she is not there. Elizabeth Danckwerts 081-547-9489.

**PLASTIC CONTAINERS**

Any clean container that can hold 250ml or more. **Service Dining Rooms,** 82 Canterbury St, Zonnebloem - serve breakfast 5 times a week to over 300 people 021-465-2390, Karen Cain 084-404-3877



**NEWSPAPERS, CLEAN  
BLANKETS, TOWELS**

**Animal Welfare Society** 021-692-2626. AWS will collect large amounts. Chinaworks, 14 Mains St, (opp. Dean St Arcade), will accept smaller amounts on behalf of AWS 083-861-3468.

**GLASS JARS, BOTTLES**

**Nude Foods, Plastic Free Shopping Experience.** Bulk wholefoods, health foods and earth-friendly products - can take your own jars and bottles, products sold by weight. Wilkinson St, Newlands. 021-685-2878

**NESPRESSO PODS**

Used foil pods can be dropped off at wire artists at Constantia Village.



# LITTLE STORIES FOR THE GRANDCHILDREN WE CANNOT HUG

Moira le Cordeur has been writing stories for her beloved grandchildren in the UK.  
This one was written for Amy's sixth birthday.

## BEATRICE

"Oh, botheration," cried Beatrice "I'm flying in completely the wrong direction!" She settled on a scented geranium leaf and concentrated. The day was not going as well as usual. For one thing, she had forgotten her GPS. Not that she missed it too much as she found the very dictatorial Bee, telling her which route to take, altogether too opinionated. For a Bee, she had an unusually irritating voice.

Beatrice was a natural explorer. If she had been born a person instead of a Bee, she could have been a Wildlife Photographer for Children's National Geographic. So now she planned an entirely different route.

First, she would fly right down the hedge which guarded the very large lawn. Then she would have a most happy time flitting about in the lavender patch at the corner. Such a delicious scent wafted up from the lavender. When she had spent a good long time breathing deeply as she buzzed in and out of the mauve stalks, she would move on to the herbaceous border where all sorts of merry flowers jostled together. Some of them were quite tall like Delphiniums and Canterbury Bells and Foxgloves and Peonies. Planted in front of them would be dwarf roses and verbena and phlox and feathery green leaves. Oh, and blue Felicia with the small smiley faces. Right on the front border Beatrice knew that she would find her very favourite white Alyssum which huddled thickly together and smelled utterly delicious. Of course, there were always yellow flowers like Primroses and Calendulas bringing a touch of sunshine.

All this planning had made Beatrice most excited. She had extra-long eyelashes for a Bee. She called them "my shades". So, she lowered them slightly to keep out the glare and set off on her latest adventure. It was such a lovely day.

As she flew along in a state of great happiness, Bea suddenly saw a frail looking young Bee called Clementine who seemed unable to fly. She was trying to crawl along the grass and looked as though she was having a lot of pain moving at all. Bea swooped down to ask what had happened. Clementine whispered tiredly that she thought she had broken her ankle. Bea had a good look and said, "Don't move, just 'be quietly' and I will be straight back." She had had the brilliant idea of fetching some nectar which she rubbed very gently all round the poor little swollen ankle. Almost at once Clementine started to perk up. You know how Mother Birds teach their babies how to fly? Well, Bea watched over Clementine as she made a few little buzzing hops. And then the two of them flew off together to continue with their lovely day.



*Monthly love packs*



***“May the Lord reward you for your Kindness” - Ruth 1:8***

### **LETTER OF GREAT APPRECIATION**

On behalf of the Management, Staff and the Children at St Michael’s Child and Youth Care Centre, we thank you for your generous contributions received. Your gesture of kindness and thoughtfulness is especially appreciated during this time. The world has never experienced a crisis of this magnitude, but despite this we have experienced only caring and sharing from yourselves. Please like our Facebook page **St Michael’s Child and Youth Care Centre** , **Instagram St Mikes CYCC** and check our webpage **stmichaelschildand youthcarecentre.wordpress.com**

TO: St Andrews Church

DONATIONS RECEIVED: R10 000

God bless you

Date: 29.07.2021

Yours sincerely

**ROSEMARY TSAURAI**  
**DIRECTOR**

Patron: the Anglican Archbishop of Cape Town Registered in terms of section 18A of the income tax act 1962:  
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director@stmikesct.org.za/admin@stmikesct.org.za

14<sup>th</sup> July 2021

Debbie  
**St Andrews Church**  
 Newlands

Dear Debbie

### **THANK YOU TO ST ANDREWS CHURCH**

On behalf of the staff, children and young adults at Woodside Special Care Centre we would like to thank St Andrews Church for their kind donation of R12 000. The funding was spent on much needed items for our residents such as puzzles, floor mats, musical instruments, radio & cd player, Bluetooth boom box (for outdoor music), speaker for our TV, a hospital grade nebulizer, DVDS, plus new Woodside branded Tshirts for the Day Care Centre Team of 11. We are still in the process of purchasing side Positioner Mattress Covers.

Nelson Mandela once said;

*"The true character of a Society is revealed in how it treats its children"*

One of our residents at Woodside is Someleze, who is now 15 years old and has been a resident at Woodside Special Care Centre for 4 years. Near the end of 2018, the therapy department at Woodside allocated an area specifically for a playgroup, set this up with toys for stimulation for selected residents who were younger and somewhat higher functioning than most others in the home. Someleze has participated in this group every morning since then, and progressive change in his behaviour has been notable. With global developmental delays and epilepsy, Someleze has always required – and will continue requiring - full-time care and assistance, however, he has displayed pleasing improvements in terms of his response to instructions, orientation and understanding of routines. He also participates with somewhat more initiative and selection of his preferences, often surprising the staff with seeking out a toy or item he wishes to explore – expressing his individual personality and character – where he previously would remain a passive participant or observer in most activity times. Please see pic below of Someleze enjoying some of Woodside's birthday cake.

None of this provision would be possible without donations by thoughtful people and we wish to thank the parishioners of St Andrews for their kindness shown and reaching out to our children and young adults.

Please see below a few pics of some of the items purchase.

Yours Sincerely,

*Cindy Bost*  
 Funding & Marketing  
 Tel: 021-6962811  
 Cell: 0721972392  
 Email: [funding1@woodside.org.za](mailto:funding1@woodside.org.za)

Board Members: Llewellyn Jones (Chairperson); Dave Steward (Vice Chair); Robert Munsie (Treasurer); Mcebisi Mavuya; Fieke Van Bever Donker; Gerald Weinberg; Michael Bagraim; John Alexander; Johannes Stephanus De Klerk

29 LAWSON ROAD – RONDEBOSCH EAST CAPE TOWN SOUTH AFRICA – 7780 – TEL:+ 27 21 6962811 – FAX: + 27 21 6971596  
 P O BOX 23225, CLAREMONT, 7735  
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**PRIMARY SCHOOL LEARNERS**  
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PBO no 930061524

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[amy@goodstart.org.za](mailto:amy@goodstart.org.za) 0826918059  
[esmeralda@goodstart.org.za](mailto:esmeralda@goodstart.org.za) 0766759014



**ST ANDREW'S CHURCH supporting THE GOOD START TRUST**  
**An Update.....**



THANK YOU!! to St Andrew's Ministry To the Needy, for your wonderfully generous donation of R10,000 to THE SMART CLUB's work with Primary School learners who struggle to cope with class work.

Our work subsidising the provision of professional therapies for the learners of Good Hope Seminary Junior and St Mary's Primary Schools was severely hampered by last year's lockdown schooling interruptions. It was a huge blessing to receive kind donations such as your which put us on our feet again, able to support the learning of little ones whose learning came to a near standstill last year.



Many children have had a very stressful experience of Covid. They have developed many fears, and are in need of professional counselling. **Your donation is enabling us to provide counselling at Good Hope Seminary Junior School, with a registered youth counsellor helping several troubled children.** Amy Immelman is doing a magnificent job of providing a safe space where children can talk, and explore coping skills to use in difficult times. **Thank you for enabling her to provide this wonderful service!**

We have been so fortunate to be able to provide other therapies too. Above is a photograph of a skilled retired Occupational Therapist, Helmien Jonker, doing brain gym and fine motor skills with Gr R's. She works at both our schools with Gr R – Gr 2. And on the right is a registered **Occupational Therapist**, Kris-Ann Hey, assessing a young Gr 1 learner at St Mary's Primary. We also have a **Speech Therapist** on board, Tracel Nel, who is also a qualified TEFL teacher. Some children have been taken for hearing screening, and their parents directed in sorting out wax build up which has been hampering hearing. Four Educational Psychology assessment appointments have been booked to date.



Our Breakfast Club has continued to run at both schools. Over 400 learners are being fed in total. As classes are still attending in halves at present, we send home e'pap donations to cover those mornings when the learners are not at school for their nutritious breakfasts.

On behalf of the Trustees, the teams of helpers and professionals, and all the learners, for your continued support, we thank you and bless you, St Andrew's Church in Newlands!

**Aletta Ashmore, Trustee, The Good Start Trust.**