

# KEEPING in TOUCH

ST ANDREW'S CHURCH NEWLANDS

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Winter  
Newsletter 2022

## THE LONG VIEW

### RECTOR'S REPORT TO ANNUAL VESTRY 2022

St Andrew's Church, Newlands

*I give you a new commandment, that you love one another.  
Just as I have loved you, you also should love one another.*

*(John 13:34-35; NRSV)*

#### Introduction

The Covid-19 pandemic has played havoc with our lives over the past two years. Last year we were forced to meet online via Zoom in an informal Parish meeting to receive the various reports for 2020, so it is a great joy for me that we are able to meet this year in a formal Vestry meeting, delayed this time by my extended leave and Bishop Joshua's gracious permission that we meet later than required by the Canons.

There is a great deal to be thankful for today: we are able to gather in-person for this meeting; restrictions related to the pandemic are markedly relaxed; we are able to re-engage with one another and the communities we belong to. I am deeply thankful to God for our resilience, the faithfulness of the St Andrew's family, the opportunity to worship again in this building, and for the gift of physical contact.

I wish to pay particular tribute to our Parish Officers who have ended up serving for an extended period, to our staff, assisting clergy, lay ministers and musicians. Our Churchwardens, Debbie Coombe and Janine Tough, together with our Parish Secretary, Bev Shaw, have served well beyond the call of duty with amazing diligence and care. Our resident Covid-19 specialist and epidemiologist,

Jim te Water Naude, also needs special mention for his advice given freely and thoughtfully in an ever-moving landscape. I remain indebted, too, to my wife, Dawn, for her love and care, and her unstinting support of my ministry here.

Sadly, we had two Parish Councillors resign during 2021: Trish Dove in order to meet the demands of caring for her mother, and Goitsione Mokou (also a trainee lay minister and synod representative) due to her move to the other side of the mountain and decision to join the Cathedral Parish as part of her relocation. Both are missed.

Excitingly, we were able to license a number of new lay ministers earlier this year who had in fact completed their training in 2019 and were due to be licensed just as we went into lockdown in early 2020. We welcome Jim and Carol te Water Naude, Nomsa Ndelemani, and Freya Griffiths formally to the team.

It is with deep sadness that we learnt of William Tough's cancer diagnosis two months ago, and we assure him and Janine and their daughters, Sarah and Lucy, of our prayers and love at this very difficult time in their lives.

**Engaging with Covid-19**  
2021 and the first quarter of 2022 has

seen us moving steadily but surely back into in-person gatherings for worship, bible-study, fellowship, and fundraising. Zoom has been a wonderful gift over the past while, and our shift to livestreaming our worship services has left those who for a variety of reasons choose to remain online missing the intimacy we were able to bring to our Zoom services; and two of our Bible-study groups remain firmly online for the moment. Our move to livestreaming, along with updated projection and sound, was enabled by a generous bequest from the late James McKechnie's estate and a substantial insurance claim due to water damage to our previous projection equipment. I need to acknowledge Joe Gore for his attention to detail and his care for the aesthetics of this building in both advising and installing the new equipment for us.

Over the past twelve months we have slowly reclaimed our worship space, and as national regulations and the Anglican Church of Southern Africa's (ACSA) guidelines have allowed so we have brought back a number of our pre-pandemic traditions. You will have noted the return of books to the pews, and very recently the pew kneelers. It was a joy to be able to sing again, too. Thankfully we are no longer required to keep lists of attendees and take people's temperatures at the door. At our recent Parish Council meeting we considered returning to providing access to the Common Cup in our Eucharistic worship (now allowed by the ACSA guidelines), and this will be instituted in the next couple of weeks. Additionally, the joint service on 15 May 2022 was well attended and council is considering doing this on a monthly basis with a somewhat less substantial tea being available afterwards, with the possibility of a return to our evening service on a monthly basis on the same Sunday. It is also encouraging that at least two of our Bible-studies have resumed in-person meetings, and

my thanks to Graham Michael and Bishop Geoff for these initiatives.

Rosemary Wallace's weekly Prayer diary has been a source of comfort to many, as has Bishop Geoff's various online Bible-Studies and my Wednesday Wanderings, and these activities have reached far beyond the boundaries of our Parish. The resumption of our monthly Quiet Mornings has been a blessing, too. I am greatly encouraged that we have managed to sustain our Ministry to The Needy projects, and especially our food parcels for HIV/AIDS affected families and individuals, and I need to commend Debbie Coombe and her team for their agility in adapting to the needs of the past two years, including raising funds in a variety of new ways, and the Parish's ongoing amazing support for these initiatives.

It is encouraging to see in this 5th wave of the pandemic that the infection rate has eventually disconnected from the hospitalisation and death rate, and that the recent Omicron variants, although infection rates are high, for most people their illness is not severe, increasingly mimicking what we have always called the common cold or flu. We need to pray that this remains the case, while at the same time not underestimating the virus' potential going forward. However, what it does mean is that the heightened levels of alert that have dominated our awareness these past two years can be much decreased. What we now need to develop is an awareness of what levels of anxiety mark our lives and the lives of those around us, acknowledging that these will most likely be different for each person, and learning to ask permission of one another before we act: may I shake your hand; may I give you a hug; are you comfortable if I remove my mask? And being prepared to hear a response that says, "I would prefer it if you don't." And to hold back when the other person is not comfortable with our proposed action. For the foreseeable future the use of masks indoors and the use of hand sanitiser at Church events remains the minimum expected of us.

## Challenges

One of the big challenges of the past year has been the care of our children. I am hugely appreciative of Penny Middelkoop and Diana Grant's faithfulness in ensuring Children's Church takes place, initially at our 08:00 in person service

last year, which demanded a high level of commitment so early in the morning from teachers and families with children until such time as we re-introduced the 09:15 in-person service in January this year. It has been good to see numbers grow from a steady three to nine children this past Sunday. We still struggle to get any meaningful regular ministry to our teenagers off the ground (there were plans just prior to the initial Covid-19 lockdown), but I am hugely thankful to Rev'd Elizabeth Cherry for her commitment to Confirmation preparation for our young people of whom four were confirmed last November, and also to families seeking baptism. We have consistently struggled in recent years to engage both young families with babies/toddlers and families with teenagers, despite our Baptism and Confirmation processes indicating we have both groups represented at St Andrew's. We are not alone in this struggle, but there is a need to find a meaningful way forward in drawing younger families and individuals into regular worship and fellowship.

## Archdeaconry and Diocese

2021 saw the delayed Diocesan Synod taking place on a hybrid model, and my thanks to Rosemary Wallace, Goitsione Mokou, and James Drummond for representing us at this meeting which opened formally online in July and finally met in hybrid form in November just as the Omicron variant surfaced. The hybrid nature of the meeting meant we missed the networking opportunities that Synod normally offers, but did enjoy renewing relationships with other Churches in our archdeaconry.

On an Archdeaconry level the pressures on me have markedly decreased with a Priest now in every Parish. Additionally, I have resigned as Chairperson of the Western Cape Religious Leaders Forum. Having had to run two or three Parishes at any one time due to resignations or retirements during the pandemic demanded far more of me than I had expected, and so it is a relief for these responsibilities to now be at levels I had anticipated when I took on the appointment. I am aware this has placed additional pressure on the management of St Andrew's, and am very grateful for the support you have accorded me.

I am grateful to Rev'd Stephen

Middelkoop, who alongside his commitments to St Andrew's, which has included care and support for the Children's Church during Covid-19 and sermons of amazing quality, has been willing to help out in other Parishes in need of transient ministry, and he is presently helping out at St Peter's, Mowbray, twice a month.

## In Conclusion

Dawn and I are most appreciative to both the Parish and the Bishops for the extended leave I have been able to take over the last three months. It has been amazing to spend substantial time with my extensive family in the UK, and to have Dawn's sister from Canada join us for almost three weeks of that time. The restrictions on travel during much of the pandemic made us both conscious of the gift that family is and how meaningful it is to have easy contact. It was also deeply special to experience Lent and Easter in the Northern Spring rather than the Southern Autumn, to experience Creation itself rising to new life and highlighting the wonder that resurrection truly is. It was good to disconnect, and I am thankful to Rev'd Cheryl Bird for stepping in to pick up my responsibilities here and allowing me to disconnect in ways I haven't been able to for long time. It has been life-giving: thank you!

On another note I would like to take this opportunity to heartily congratulate Graham and Margie Michael on behalf of us all on the exciting appointment of their son Doug – a child of this Parish – on his appointment as Dean of Ontario, Rector of Kingston, and incumbent of the Cathedral Church of St George in Canada.

And on that note, I draw this report to a close. Let us remain thankful that as God has been with us, holding, guiding, and directing us through this hugely challenging time that the pandemic has imposed on us, and has done so faithfully. Let us trust that whatever this year is still to hold for us, whatever the surprises or disappointments may be that await us, God will remain faithful, we will be resilient, and St Andrew's will continue to be a home where the love of God is made manifest through care and service of each other and of the world around us.

**Blessings, as always**

*Mark R D Long*

# WARDENS' REPORT

## ANNUAL VESTRY 2022

Where does one start with the Warden's Report, in theory this report is for the last two years and so much has happened in that time. I think the best way is to address the various topics.

### COVID

Do I even need to mention the word? COVID, as you know, sent us into hiding for so long. Even when severe lockdown restrictions were eased, folk were often too scared to venture out. I am so grateful that we could almost immediately go onto Zoom worship which I feel did manage to allow us to reach out to most. I loved the interaction we were able to do on Zoom and it certainly filled the gap, but there is nothing better than being in-person. Our Covid team did well in managing the various changes to regulations that ensued after lockdown and we are very grateful for the invaluable advice we got from our resident epidemiologist, Dr Jim! COVID is still with us, so please continue to be careful and keep those who are impacted by it in prayer.

### Children's Church

Unsurprisingly, numbers were and still are down due to the impact of COVID, there seems to be an increase over the last couple of months, and I do hope this trend will continue. Many thanks to Penny and Diana for leading this group and especially to Penny for her wonderful videos during lockdown.

### Confirmation Class

There were 4 confirmation candidates last year and we have 2 so far this year. Many thanks to Elizabeth for so ably leading this part of Parish life.

### Audio visuals and sound

I am delighted to say that after a very long time of research and debate, we have finally replaced our broken projector with the new 85-inch monitor and we have improved our sound system too. The monitor gives us versatility when it comes to services, lent courses and much more.

### Mini-Markets

Another thing that COVID changed was our inability to hold our annual Morning Market. This led to the beginnings of our Mini-Markets, which I am sure that anyone who attended the markets will agree, have been the most wonderful times of fellowship. These markets brought an element of gentleness into the mix, one where there was enough time to connect with those who we had not seen for such a long time. The plan is to host three of these markets a year, at Easter, Spring and Christmas times. Thank you to all involved, from stall convenors and to all those who donated goodies to be sold. All proceeds of the market go towards our Ministry to the Needy Outreach fund.

### Bootleggers

Like me, one day in mid-2020, you will have noticed the Bootlegger Coffee Cart that arrived in our church carpark. This was a temporary agreement with Kildare, where the barista, Trust,

was given the opportunity to earn an income during COVID. You will have also noticed that over the last year, the coffee cart has become more entrenched and even has its own location called "Bootleggers Kildare". We have been engaging with Bootleggers and Kildare School over the last 8 or so months to reach an agreement and most importantly to regularise the arrangement, but we have not been able to reach agreement, so Council agreed at our last meeting to give them notice to vacate the car park.

### New Building Fundraising

Many things were placed on hold during COVID, as was our ability to actively fundraise for our new hall and buildings. I said at Vestry 2019 that we would be continuing to fundraise for quite a while as building costs keep escalating, and that once the building is up, we would need to keep on fundraising until we had paid back the Diocesan loan facility. While we are now behind with our active fundraising, some of you have continued to give every month to our new building, for which we are extremely grateful! Rob will give further information in his Building Report, but from a fundraising perspective, we will need to actively start fundraising again! These are the numbers as at 30 April 2022:

### New Building Fundraising

Cash available at 30 April 2022	9 140 804
Kildare commitment (needs to increase by cost escalation)	1 500 000
	<hr/>
	10 640 804
Diocesan Loan Facility	2 500 000
	<hr/>
Building funds available	13 140 804
	<hr/> <hr/>

### Wanda

After being blessed for many years of having Parishioners volunteering to supervise and work in our beautiful church gardens, we found ourselves in the position where we had not had a volunteer to supervise the gardening for a number of years. While the garden was still attractive at times, it was needing the constant care of a knowledgeable garden specialist. Council had tried various options over the last couple of years to put adequate supervision in place, but it had not been successful. Therefore, a decision was made to outsource to a garden service. We unfortunately, could not afford a garden service and a gardener, so we reached a retrenchment agreement with Wanda. Wanda left at the end of April 2022, and we are thankful for his 15 years of working at St Andrew's.

## Mark Long Leave

As you know, Mark took his "Long" leave this year and we were blessed to have Cheryl Bird stand in while he was away. She did sometimes have us in stitches in the services! We thoroughly enjoyed her Lent course, being Joan Chittister's The Ten Commandments: Laws of the Heart which gave us fresh insight into the Ten Commandments and made them relevant for the World we live in today. We hope Mark is well rested from his time away and we are grateful to have him back.

## Dedicated Giving

Graham will address this in the budget, but to say that Dedicated Giving has decreased over the last couple of years. And while this is both understandable and probably expected, we cannot afford to let it continue dropping and still be able to run the

Parish and support our MTN outreach. We have dropped our MTN budget from R500 000 to R 400 000 to be prudent. Please keep our fundraising and outreach in your prayers.

## Volunteers

Perhaps, also understandably, the list of volunteers at St Andrew's has dwindled over the years. There are only a few that are carrying most of the load at St Andrew's. Much of this can be blamed on COVID, and those of you who have "retired" from years of service to the Parish, deserve a well-earned rest. So, we are looking for new folk to step up and help us carry the load of guiding and caring for our Parish. Thank you to those of you who have put yourselves forward for nomination for the various Council positions, we are very grateful. There is always room for more volunteers!

# MINISTRY TO THE NEEDY MTN REPORT ANNUAL VESTRY 2022

We are so grateful that we were able to continue with our MTN outreach during the year. A summary of the main items include:

- A bursary to an engineering student at Stellenbosch University
- School fees for a child at Claremont Primary School
- We packed 1280 Love Packs in 2021. As soon as hard lockdown was eased, we put together a small COVID Love Pack team and continued to pack most months of the year, and we continue to do so in 2022. Many thanks to those who were part of the COVID Love Pack team. We will start opening up Love Packs to the broader Parish again, as in addition to the food parcels that go the needy, it is a wonderful time of fellowship for us! The food parcels are distributed by Fikelela and Safeline. Many thanks to Simon Finsen who helps with the deliveries.
- We provided pamper packs to the 7 women who run the Service Dining Rooms. These women were feeding almost 600 people a day during COVID and deserved to be acknowledged for their commitment and passion to help the homeless. This year we have helped them change their lights to LED to help save electricity.
- We helped Fikelela Children's Centre

repaint their children's bedrooms after damp repairs.

We donated funds to St Michael's Child and Youth Care Centre for fresh food.

- For Woodside Special Care Unit for the mentally handicapped we sponsored a nebuliser, craft and stationery, games, a CD player and speaker.
- For Heaven's nest we arranged the painting of most of the interior of their building as well as some repairs and new phones.
- The Homestead for Street Children, we sponsored food parcels and provided funding for their Yizani Drop In Centre.
- Die Eiland Huis, we provided nappies for the disabled children.
- Turfhall Cheshire Home for the Elderly, we provided fresh produce.
- Good Hope Seminary Breakfast Club, we sponsored their Smart Club Learning Support.
- Children A'Loud, we sponsored 60 children to attend the Watersedge Camp.
- We provided 28 food parcels for the elderly at Peace Haven for Senior Citizens.
- We sponsored 10 kids on the sports and social programme at Cool Play.
- For Noah Old Age Homes, we sponsored an industrial food processor.
- For Sisters Incorporated, we bought 28 single duvets sets and fitted sheets.
- We bought a wonderful hamper of

baby items including a pram and car seat for Gedeon, our security guard's first baby. Some of you will remember Gedeon thanking us in church not so long ago.

- And we continued to provide food parcels for those in need.

It always makes my heart sing when I see what we are able to do! Thank you to those of you who help on the MTN portfolio.

All that that is left for me to say, is huge thanks to my fellow warden, Janine, as well as each Councillor for your time and dedication, Graham as Treasurer, Cullen Penny for being Honorary Auditor and especially to Bev for all your hard work and for keeping it all together, especially while Mark has been away. To Mark and Stephen, thank you for your guidance and care for all of us, and Dawn your support of Mark. To Bishop Geoff and Elizabeth for your support and involvement, many thanks. And then to all of you, the Parishioners of St Andrew's, it is through your commitment, dedication and love that we are able to do God's work both within and without our Parish – thank you!

**Abundant Blessings,**

*Debbie*

# BUILDING PROJECT REPORT

## ANNUAL VESTRY 2022

This report provides an update on our building project which aims to build a new hall for St Andrew's and will include offices, other meeting spaces, kitchen and toilet facilities that will be readily accessible for use by the church community. In the process Kildare Pre-Primary School will be renovated to relocate classrooms within the existing building, add a staffroom, and improve kitchen and toilet facilities. The outcome will result in the school and church benefiting on a day to day basis from clearly separated facilities, with the hall being located alongside the church and therefore being available to the parish on weekdays.

This is a long running process and therefore this report is presented with both a sense of gratitude for the ongoing support of the project by all involved and frustration that we have not been able to make more progress in the past 2 years.

An updated building plan is now ready to be re-submitted to the City of Cape Town, after the previous plan was withdrawn during 2021. Apart from the impact of the lockdown period, various consultations with the City resulted in our original building line needing to be reworked for revised regulations when building next to a river. This impacted the previous parking & garaging plans. Some rework of the design of the new hall façade, adjustments requested by the structural engineer and certain school requirements were included. The drawings will be posted on the notice board.

Our architect, John Wilson-Harris of Gabriël Fagan Architects, is finalising the heritage committee submission and updated

parking departure application. It is our expectation that the building plans will be approved through the remainder of 2022, hopefully during the third quarter.

From a costing perspective, our quantity survey, Graham Barratt, has updated the costing estimate, considering the changes to the plans and the passage of time resulting in cost increases. The building program is currently estimated to cost R11.5m, a 10.5% increase since the previous costing of R10.4m in May 2021. With professional fees included the total project cost is estimated at R13.7m. These costings will be confirmed through the builder tender process.

The financial requirements of this project are largely in place, with R9.2m held on deposit with the Diocese, which together with the commitments from Kildare and the facility we have agreed with the Diocese leave a shortfall of R0.6m. The fundraising team will take this forward.

Finally, I give thanks to all those involved in the project, through your enthusiasm and support for the eventual outcome and for your generous funding. And to the building committee through the period of this report, being Ven Mark Long, our Church Wardens Debbie Coombe and Janine Tough, William Tough, Brent Samson and Richard Emery.

Let us continue to pray for this initiative through the year ahead.

Regards,

*Rob*

# FINANCIAL REPORT

## ANNUAL VESTRY 2022

It was noted, with concern, that the financial year ended 31 December 2021 reflected an Operating Shortfall of R178 089. Nevertheless, our Balance Sheet is still in a strong position with Current Assets exceeding Current Liabilities and retained reserves in excess of R1m.

With this in mind, the Treasurer cautioned that the current budget for the 12 months ending 21 December 2022 has been set with an expected shortfall of R240 000 in giving which is needed to cover the operating costs of the Parish. The amount set aside for Ministry to the Needy has been decreased by R100 000 to R400 000 in the 2022 year. We continue to cut costs wherever possible and have also aligned other forms of income

to the Parish in order to boost funds.

So far this year the actual shortfall in Giving for the 4 months ending April is R95 972, but with cost saving and sundry income, the net shortfall in receipts after all costs is R21 647 short of budget.

The treasurer thanked the parishioners for their generous giving and noted that Simon Gilbert had recently sent out letters of thanks and confirmation of receipts to all, noting their reference number for him to allocate and account for all funding accurately.

*Graham Reynolds*

# YOUTH MINISTRY REPORT

It has been a very challenging year for our young people due to the Covid 19 Virus. Although the virus shows signs of decrease as a number of restrictions have been lifted, the daily figures of people having contracted the virus are still in the 1000's; which makes most people very scared to fully live their old way of life, which affects attendance of young people and children at school and religious gatherings, which we have also encountered in our Confirmation preparation class and Children's Church.

Confirmation preparation has just 2 candidates this year. One is a student at Rhodes University, and I keep in contact with him via WhatsApp. Our other candidate and I meet on a Sunday in the Church garden (weather permitting!) during the 09:15 service. This arrangement seems to be working. (Just a quick "advert" if you know of any young people +14 years of age who might like to be confirmed, please ask them to contact me, and we can make a plan!).

I would like now to pay a very loving and sincerely meant gratitude to Penny Middelkoop, Di Grant and Jane Slater for their amazing steadfast love of Jesus and the children during this very difficult time. Although the attendance at Children's Church has declined to an average of 6 children or sometimes only 1 on a Sunday, this does not discourage Penny and Di from being available each Sunday. Unfortunately, Jane has had to leave teaching due to an operation on her foot. We assure her of our prayers and thank her for her enthusiasm for Children's Church these past years.

Penny Middelkoop's innovation and enthusiasm always encourages me. Every Sunday morning during the 09:15 service there is a 10 minute singing and lesson time for us to be made

aware of the lessons Jesus taught, presented by Penny, in a simple understandable language that children and adults can identify with, after which the children go to the Vestry or playground to continue this lesson time together with the teachers. They return to the service during the ringing of the Eucharist consecration bell. Children's Church is awesome! Once again, thank you Penny and Di.

There have not been too many Baptisms this past year, all of which were not done during the 09:15 Eucharist service but at +/- 11:00 on the parents and god-parents chosen Sunday. If you would like your child to be baptised, please contact the office.

Children being admitted Communion are also very scarce. I really do encourage parents to allow their children to receive the sacrament after a short preparation to help them understand what it means. Any children from 6 years of age are very welcome, please just speak to me. Look forward to seeing you!

Before the onslaught of the pandemic, plans were going ahead to begin a regular Friday evening youth group under the leadership of James Drummond and Ton Roux. Guess what?? ...Covid 19 took control and the plans were out on hold! For how much longer, that remains to be seen.

Thank you, Fr Mark, Churchwardens, Parish Council and parishioners for your amazing support and encouragement, and to all the parents, young people and children. God bless you all and keep you strong in your love for Him and each other.

**My love and prayers for you all**

*Rev Elizabeth Cherry*

## *Reflections on the Day of Pentecost*

We write when the season of Eastertide draws to a close. The last few weeks of Eastertide includes the Ascension of our Lord. The season of Easter is always a joyous celebration of the risen and ascended Lord. As a couple who were reared with the teachings of the Church, we reminisce of bygone days spent in His joyful service. We are a liturgical people and live according to the seasons of the Church.

It was a Pentecost Sunday when we witnessed the ordination of our friend, the late Winston Dickerson to the priesthood. The service was held at St Nicholas Matroosfontein in the early 1980's when Archbishop Njonjokulu Nougane was rector of the parish. Bishop Ted McKenzie who was rector at St John Crawford, was the preacher.

Also on Pentecost Sunday, the parish of All Saints Somerset West hosted the consecration service for the Diocese of Cape Town of Bishop Charles Albertyn. Archbishop Phillip Russel was celebrant and preacher. We were privileged to listen to a good, long sermon where the Bishop expounded the theme of the collect of the day; "Almighty God, with wind from heaven and tongues of flame .....send us out as witnesses to the wonders of your love..."

The one event that will live forever in our memory was the consecration service on Pentecost Sunday, 1988 of Bishop Geoff Quinlan and Ted McKenzie of the Cathedral Church of St George the Martyr, Cape Town. It really was a splendid day (despite the icy cold weather!). It was a sight to behold with the bishops of our province in full regalia. Archbishop Desmond Tutu was the president of the Eucharist and Dean Teo King, the preacher.

It really was an enormous privilege to be present at these momentous occasions of our Church. It is our Lord and Saviour Jesus Christ who is present at our Eucharist and we close by borrowing a few words from the fourth Eucharistic prayer;

**"We ask you to send our your Holy Spirit upon the offering of your Holy Church.  
Gather into one all who share in these sacred mysteries....." APB p126**

*Richard and Lauretta Buttress*



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# LALALICIOUS EMPOWERS SPECIAL NEEDS YOUNGSTERS

*Submitted by Alison Gilbert*

LALALICIOUS RESTAURANT has been created to give Special Needs Young Adults a start in life.

Located at 2a Hanover Road, Diep River - (just off Main Road near Block and Chisel), Lalalicious is a wonderful venue to pop in for Tea/Coffee, Breakfast, Wraps and Sandwiches and Ready Made Meals.

The Menu offers preservative free, wholesome food made with the freshest ingredients - including Vegetarian/Vegan and Carb-conscious dishes, delicious biscuits and preserves - they even offer a couple of treats for your dogs! Frozen dishes are available for 1,2, 4 and 6 servings. Lalalicious has a Student Menu

and even delivers to the Stellenbosch area.

Head Chef Cayley trained at the prestigious Silwood School of Cookery. Lalalicious presently has several youngsters (about 24) as part of their programme - some are employed and work in the production kitchen, whilst others are still training. They also have social bake and life skills cooking groups. The more Lalalicious sells, the more youngsters they can employ!

The philosophy of Lalalicious is to empower special needs youngsters through the love of cooking, as well as to provide a safe, nurturing environment

for them to hang their hat - a place for them to belong where they are not only upskilled but can meet and socialise with friends during the lunch and tea breaks. It is so important for them to belong and have a purpose!

The students are extremely busy with their respective tasks, all happily contributing to a well-run catering business. What an opportunity for these young adults to work with their friends, learn new skills and empower them to seek employment outside Lalalicious. With our support, Lalalicious can train many more young special needs adults with culinary skills, life skills and strong self-belief.

Contact Cayley re catering for events and functions - you can use your own dishes, order bulk sauces etc. Add your number or email address to the weekly mailing list to receive Chef's Specials.

# Easter Mini-Market

SATURDAY 9 APRIL 2022



# Parish Tea

SUNDAY 15 MAY

WELCOME BACK MARK & DAWN, FAREWELL CHERYL



# PARISH DIARY

## JUNE

Thurs 16	Youth Day – Public Holiday	Church office closed
Sat 25	Quiet Morning led by Rosemary Wallace	9.30am – 11.00/11.30am
Sun 26	Baptism	11.00am

SCHOOL HOLIDAYS 27 June to 18 July

## JULY

Sun 3	One service followed by Farewell tea for Mark & Dawn	8.30am
Wed 6	Parish Council Meeting	7.30pm
Mon 11	Lay Minister's Meeting	7.30pm

## AUGUST

Mon 8	Lay Minister's Meeting	7.30pm
Tues 8	Women's Day – Public Holiday	Church office closed
Sat 13	Love Packs	10.00am
Wed 24	Parish Council Meeting	7.30pm

## SEPTEMBER

Mon 12	Lay Minister's Meeting	7.30pm
Sat 17	Love Packs	10.00am
Sat 24	Quiet Morning led by Rev Andrew Holmes	9.30am – 11.00/11.30am
Wed 28	Parish Council Meeting	7.30pm



### FROM OUR REGISTERS

*Died*

**20 December 2021**

Helen Walthew

(Memorial Service 3rd May 2022)

### 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

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*Farewell Tea*  
FOR MARK & DAWN  
SUNDAY 3RD JULY  
(after the 08:30 service)

For catering purposes RSVP by  
**Friday 24 June**  
office@standrewsnewlands.org.za