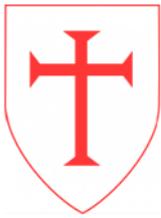


# ST GEORGE'S NEWS



**Our Church Family Magazine**

**December 2020**



*Anglican Church of St George the Martyr with the Chapelries of  
St Mark, the Evangelist, Rotterdam and St Monica, Wesbank*

Volume 4 Issue 3  
December 2020



It's been a challenging year and you may be having a hard time getting into the Christmas Spirit.

However, let us be inspired!

It does not matter how tough the year has been. Christmas is the time of year to be grateful for all we have; not the time to cry about what we do not have.

We have a lot to be grateful for as God continues to unselfishly bestow blessings in abundance on us.

Let us therefore give thanks with grateful hearts!

“For unto us a child is born...” Isaiah 9:6

Designed by Anthea Jacobs

## The Rector's Christmas Message



**M**y Dear People, this is no doubt Christmas with a difference! It is 'Christmas at COVID-19.' Before anything, we have to accommodate the 'COVID protocols.' The coming and birth of Jesus did not find the world in a perfect state. What were some of the social dynamics that the Christ-story interacts with at Christmas? Some scholars indicate that as a 'Palestinian Jew (a third-world context), Jesus would have grown up with stories of conquest and oppression. He lived under military dictatorship.' We have experience of being a third-world country – Apartheid, oppression, discrimination, racism, poverty, unemployment and illiteracy amongst the oppressed. So, Jesus, identified and showed solidarity with our life-experiences.

The Collect for Christmas Day acknowledges this: 'O Christ, light of the world, born into human pain and joy...' Jesus's coming, birth and presence come as divine hope. God is not detached from human experience in a broken world daily stalked by death. God has God's eye on the world. In the Old Testament passage of **Isaiah 40**, God unashamedly feels the grief of his exiled people suffering under the burden of their sin and oppression and breathed 'Comfort.' I pray for patient and sagacious planning for family and friend events – some may feel excluded. It is a time when we perhaps reconsider traditions of the sizes of our meals, and where possible, consider donating towards meals for the least fortunate. This is a sea-

son to do the basics so that we apply rebuilding in the new year.

In spite of what we are experiencing in current time, we must also have future plans. We can teach our children how to live responsibly when situations beyond our control come upon us. In the future world it is very possible that we will be besieged by particularly challenging realities which must include viruses. Hostility between nations wanting control and power globally are planning biological warfare. There is a history of this happening. So, how can the message and event of Christmas, of Christ, give hope and bring transformation to our lives and help us create a better world for the future? **John 1** speaks about the beginning. Thankfully, the story unfolds and includes us. In the beginning was the presence of God and the Word – only the divine presence can bring about life, can create light and give character to the world and hope for a world practicing rejection and live estranged with others. The Holy Presence is engaging, not indifferent. The Holy Presence empowers and is generous. The Holy Presence is 'full of grace and truth.' These are the attributes we need to fill the air that we breathe and the atmosphere in which we live. May this be the ambiance of our homes and communities, so that we may truly know 'Peace on earth and goodwill to all people.'

From my family and I, the leadership of the Parish and the staff: Happy Christmas! Keep safe and be prayerful! Reflect on the readings of Scripture – **Isaiah 52, Psalm 98, Hebrews 1, Luke 2 and John 1.**

Love and peace

Rodney Whiteman





# The Anglican Church of Southern Africa celebrates 150 years

The Anglican Church has its roots in England and came to be established in Southern Africa and specifically the Cape on the heels of commercial and military developments in the later 17<sup>th</sup> and 18<sup>th</sup> centuries.

The founding of the Anglican Church in South Africa developed primarily from the work of British clergy who worked among the British soldiers and settlers in the Cape of Good Hope in the late 18<sup>th</sup> and 19<sup>th</sup> centuries.

British Anglicans started meeting for worship in Cape town after 1806, i.e. after the second British occupation of the Cape. The first recorded service of the Anglican Church was conducted in Cape Town in the Dutch church on 20 April 1749 by a naval chaplain. In the absence of any formal church structure at the Cape at that time, the Bishop of Calcutta, India, was at first responsible for the area. There was also no consecrated Anglican Church and the only priests were chaplains who did not remain permanently in the country. The only services were Matins (morning prayer) and Sermons held on Sundays, Good Friday and Christmas Day, while Holy Communion was celebrated only once every three months.

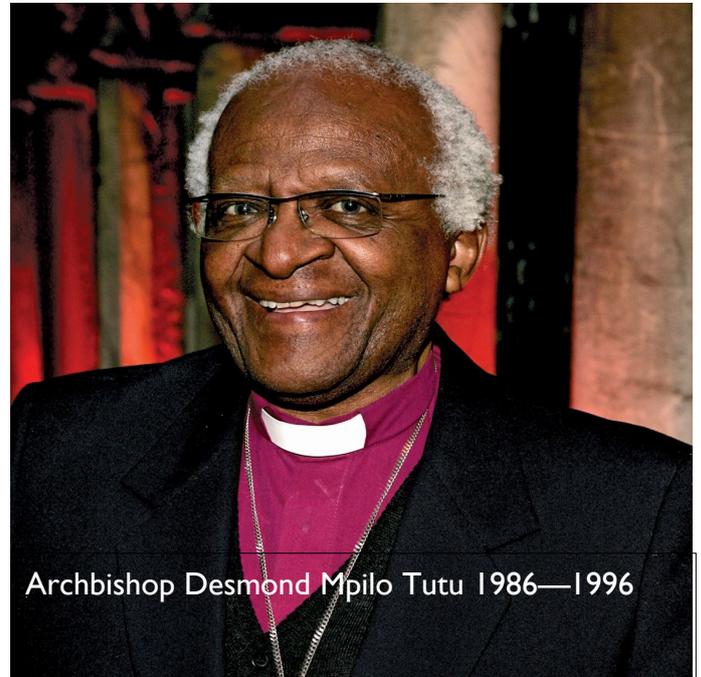
Gardens was made a Cathedral, today known as the St George’s Cathedral. In 1853 Gray became the Metropolitan (Archbishop) in Southern Africa. Through Archbishop Gray’s work and ably assisted by his wife Sophy, the church grew rapidly, and additional dioceses were established. Today there are 29 dioceses of which 21 are in



Robert Gray | First Archbishop of the Diocese of Cape Town

When the British Settlers arrived in South Africa in 1820 the Society for the Propagation of the Gospel in England became concerned about the spiritual poverty of the country. This concern gave rise to a meeting held to discuss the building of a church and the government gave the site at the lower end of the Company Gardens in Cape Town where the Cathedral now stands.

On 29 June 1847 Robert Gray was consecrated the first Bishop of Cape Town in Westminster Abbey in London. He arrived in Cape Town in 1847 with his wife Sophy, children and assistants. Just before his arrival in the same year, the church at the lower end of the Company



Archbishop Desmond Mpilo Tutu 1986—1996



Winston Njongonkulu Ndungane 1996—2007

(Continued on page 4)



(Continued from page 3)

### St George's Cathedral Cape Town



South Africa, three in Mozambique and one each in Angola, Lesotho, Namibia, Swaziland and St Helena.

The Anglican Church in Southern Africa (ACSA), as it is known, was until 2006 known as the Church of the Province of Southern Africa, meaning that the Anglican Church in South Africa is one province in the worldwide Anglican communion of churches. The Church of the Province of Southern Africa was established in 1870 when its first Provincial Synod was held in Cape Town, hence its 150<sup>th</sup> celebration in 2020. ACSA has at its head an Archbishop, currently Thabo Makgoba, based at Bishops Court in Cape Town. It is divided into regions known as Dioceses, namely, the Dioceses of Cape Town, Saldanha Bay and False Bay, each respectively under the leadership of Bishop Joshua Louw, Bishop Raphael Hess and Bishop Margaret Vertue.

In September 1986, Archbishop Desmond Mpilo Tutu was installed as the first black African Archbishop of Cape Town. He was followed by Archbishop Winston Njongonkulu Ndungane in 1996.

Throughout its history, the Anglican Church in Southern Africa has played an important role in the establishment of church schools and missions throughout South Africa. It also played a pivotal role in the fight against the South African National Government's policy of Apartheid and was a beacon of light during those dark days.



**Current Archbishop Thabo Makgoba**

2008—

Eddie Davis



## Christmas in South Africa

**T**he celebration of Christmas started in Rome in about 336, but only became a major Christian festival in the 9th century. Many Christmas traditions, such as decorating trees, started in Germany and later spread to other parts of the world, notably England and the United States. Because of these origins, Christmas traditions worldwide have always had a strong European influence, also in South Africa.

Christmas in South Africa is not nearly as commercial as it is in Europe or the United States, where residents go all out to buy the best presents and decorate their houses extravagantly. In South Africa, there is generally more emphasis on the religious aspect of Christmas, with celebrations focussing on the birth of Jesus. Christmas carol singing on Christmas Eve is very popular in many South African communities, as are Carols by Candlelight. A Christmas highlight for many is to attend a Christmas Eve or morning church service.

The biggest difference between Christmas in South Africa and Christmas in countries in the northern hemisphere is that South Africa has Christmas in summer, whereas northern hemisphere countries have Christmas in winter. The popular notion of a “white Christmas”, referring to the presence of snow on Christmas Day, is therefore a foreign one in the South African context. For us as South Africans Christmas time means sunshine and blue skies. Many families take trips to the beaches or nature reserves and enjoy camping out in nature. As Christmas is synonymous with the holiday season, no schools or businesses are open on Christmas Day. Spending time with families over a meal is hugely important.

The beauty of Christmas celebrations in South Africa lies in its diversity. In different cultures the preferred meals for Christmas differ. Some prefer to make it an outdoor affair, outside in the beautiful sunny weather. Other prefer more traditionally cooked meals, which usually includes a variety of roast meats, accompanied by different salads and roast vegetables, rounded off with delicious desserts. Some families prefer a cold meal, which would include salads, cold meats and fruit. There is no fixed tradition when it comes to the choice of food for Christmas dinner or lunch, but in the spirit of sharing, caring and neighbourliness, there usually is usually a tendency to cater for unexpected guests, friends, family, strangers and even those who are less fortunate.

We inherited the tradition of decorating our homes and putting up Christmas trees from Western countries. South Africans cannot put up pine trees like in America, because pine trees grow in winter. We put up an artificial tree or make alternative trees, like wooden trees, and

adorn it with festive lights and other decorations. A great example of African Christmas creativity could be seen at the V&A Waterfront in Cape Town last year. They did their Christmas decorations differently by using decorative installations as a platform to celebrate local artists and crafters. It originated from a need to embrace African-ism and the beauty and creativity African culture has to offer. Since we are re-imagining so many things as a result of COVID-19, why not approach your Christmas decorations differently this year?

In whatever way people in South Africa prefer to celebrate Christmas, one thing will always be the same: Christmas is a time for families and friends, and it is bound to be a festive, family event. This year, however, we will all be having a different kind of Christmas because of the COVID-19 pandemic. It will look nothing like in the past. Even though Lockdown in South Africa has been reduced to Level 1 (at the time of writing), we should be mindful of the warnings by scientists of a second wave of coronavirus infections. Therefore, let us continue to limit exposure to COVID-19 by wearing a face mask in public, adhere to all health protocols and maintain social distancing measures. You may perhaps even consider finding an ally in modern communications technology which could allow you to see your loved ones face-to-face without the danger of exposure to the virus. Through Zoom, Facebook Live, Google Meet or whatever app is readily available, you can still commemorate the birth of Jesus Christ and rekindle the spirit of love. Covid-19 may have changed our lives in many ways but let us continue to be grateful and hopeful.

Anthea Jacobs



*The Magazine Committee wishes you  
a very Merry Christmas.*

*During this season we will be celebrating  
Hope, Peace, Love and Joy; we pray that  
all four of these would fill your life in  
every way this Christ-  
mas and beyond.*

*Merry Christmas  
and a Happy New  
Year!*



## Dr Dimitri Erasmus ‘provided caring, decisive leadership’



**W**hen Dr Dimitri Erasmus was 12, he lost the second of his two brothers – both of them at the age of 14 in two separate incidents. During the turmoil that followed these tragedies, a local general practitioner supported the family. It was largely as a result of this display of empathy that the youngster decided to pursue a career in medicine when he was in grade 9.

He remained faithful to this commitment and, after matriculating at Paterson High School in Port Elizabeth, he went on to study virology (MSc) and medicine (MBChB) at the University of Cape Town. It was as chief executive officer (CEO) of Tygerberg Hospital that he retired recently, bringing an end to a long and fulfilling career in medicine.

There have been many moments of pride and pleasure along the way. Among these are the 14 years he spent in private practice – from mid-1989 to early 2004 – in Mitchells Plain. “I really learnt a great deal in terms of patient-centredness and caring for people,” recalls Erasmus.

During this period, he also represented general practitioners on committees of both regional and national professional bodies, and served as a national councillor and observer on the board of directors of the South African Medical Association (SAMA) in 2001.

### **Beyond private practice**

“That’s when I realised I wanted to get out of a solo practice environment and pursue a career in an organisation,” Erasmus says. To prepare himself for such a role, he started studying part-time for an MBA at Stellenbosch University’s Business School in 2002.

He then applied for a position in the Western Cape Department of Health (DoH) and ended up as medical superintendent at Red Cross War Memorial Children’s

Hospital in February 2004. Just one and a half years later, he became its CEO.

“The transition from clinical doctor to manager was quite easy,” Erasmus observes. His private practice taught him a lot about management principles. And his passion for children made him especially well-suited to Red Cross (he once even considered becoming a paediatrician, and was affectionately known by some patients as the “kinderdokter” in Mitchells Plain).

Red Cross holds many fond memories for Erasmus: “My most memorable experience there was seeing how the hospital grew in terms of its status and infrastructure, and how people really showed an interest in the care of children.”

In 2010, an outbreak of measles and diarrhoea in the province presented a major challenge. Erasmus was involved in the DoH’s efforts to develop a response. “It was a memorable moment, but also very emotional – to see children become so ill,” he recalls. “That made me more determined to ensure doctors had everything they needed to care for patients.”

### **From Red Cross to Tygerberg**

His move to Tygerberg Hospital in August 2010 posed new challenges. At Red Cross, for instance, there was a well-established trust that raised funds for infrastructure upgrades. At Tygerberg, on the other hand, he was confronted with crumbling infrastructure. Attending to this became one of his main priorities.

In addition, he set out to build sound relationships, particularly with clinicians and with SU’s Faculty of Medicine and Health Sciences (FMHS). “I believe partnership is important to deliver health services in an academic environment,” Erasmus explains.

His third priority was to focus on general specialist services and strengthen the academic training platform in the eastern metropole: “In the public sector, resource constraints have always been a major issue.”



Erasmus addressed all three tasks with a remarkable degree of success. In 2018, he was a member of the DoH team that secured R1,9 billion over 10 years from the provincial treasury for an infrastructure upgrade at Tygerberg Hospital, which is now under way.

The team also secured a commitment to build two new hospitals: Tygerberg Central Hospital (on the current site) and Tygerberg Regional Hospital (in the Belhar area). "That was quite a huge achievement," says Erasmus. "We are hopeful this will happen in the next 10 to 12 years."

**Partnership with FMHS was key**

He developed highly effective partnerships as well: "What was most rewarding was the solid, genuine and lasting partnership between the hospital and the FMHS, built on mutual trust. I'll always take that with me."

"The Dean (Prof Jimmy Volmink), his team and I worked well together. Our doors were always open to each other. The Faculty never saw itself as being apart from the Tygerberg team, and the Tygerberg team never saw themselves as being apart from the Faculty. We really worked together as a unified team."

Erasmus adds: "The FMHS has a mandate to do research and to ensure that training occurs; the DoH has to run services and provide learning opportunities for healthcare professionals. Together, as a team, we saw that as a joint mandate. We always placed the patients and the trainees at the centre."

Erasmus points to the recently revised bilateral agreement between the provincial DoH and the FMHS on services and training as an example: "We were quite responsive to the needs of both parties. We had the same vision and outlook. We wanted to do the best we could – not only for patients, but also for the training of healthcare professionals."

Erasmus is particularly pleased with the progress made since 2017 in strengthening the academic training and services platform in the eastern metropole in a range of general specialist services: "That was quite an achievement."

Volmink readily acknowledges the importance of Erasmus's leadership over the past decade: "Tygerberg Hospital is an indispensable platform for providing essential healthcare in the Western Cape and beyond. Dr Erasmus' caring and decisive leadership of this fine institution has had a significant and far-reaching impact on the quality of patient care."

"These attributes were particularly in evidence during the Covid-19 surge in 2020 when he needed to make tough decisions regarding the upscaling of intensive and critical care services and the de-escalation of other services."

The Dean adds: "We also recognise the important role he played in enabling our Faculty to advance its goal of improving health and health equity through training, research and service. It was an incredible pleasure and

privilege to work with him as a partner. I will miss our monthly cappuccino and catch-up sessions!"

Dr Therese Fish, who worked closely with Erasmus in her capacity as Vice Dean: Clinical Services and Social Impact, also looks back at his term as CEO with a great deal of satisfaction.

"Since Dr Erasmus became CEO, the relationship with the Faculty as a whole strengthened significantly," she notes. "We're in a much better space than we were before he came. We've had very tough times in terms of budgetary constraints and issues around discrimination. But, with his leadership calibre, he assisted us to navigate some of those difficult issues. He's fair; he's firm."

Fish adds: "We both have a philosophy around the importance of having good partners, and how you manage the partnership. The partnership (between the Hospital and the University) is based on mutuality. We all have a commitment to ensuring we have good service and good human resources. That is the fundamental principle of the partnership."

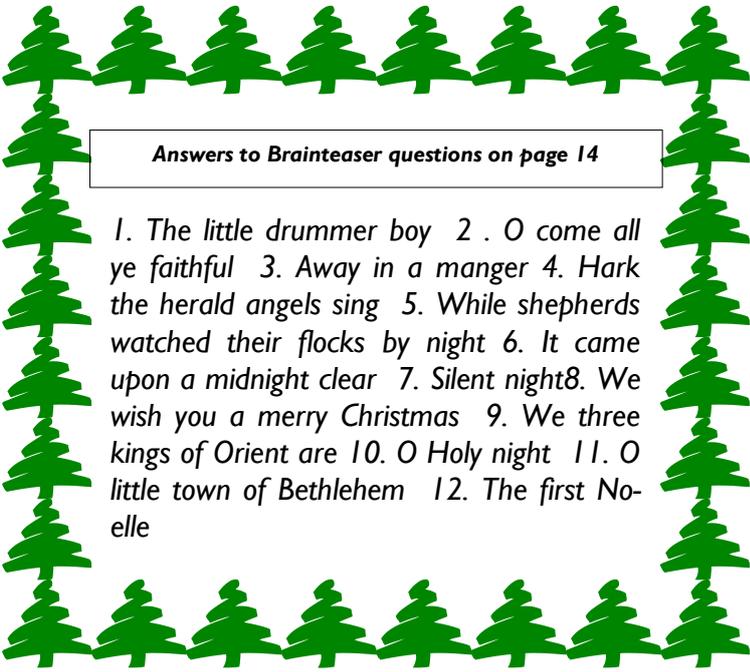
"It's like we're in this marriage, and we can never get divorced. Even if we have tough times, we have to work on it. We have to make it work if we want to provide services and health professionals for our population."

It is clear Erasmus' absence will be keenly felt. "We both have the same philosophy about doing good and looking out for the people of this country, and about giving back because of the opportunities we've had," says Fish. "I'll miss him for that, and for the work we've done together."

Author: FMHS Marketing & Communications / FGGW  
Bemarking & Kommunikasie – Tyrone August

Published: 10/11/2020

Submitted by Charlene Williams



**Answers to Brainteaser questions on page 14**

1. The little drummer boy
2. O come all ye faithful
3. Away in a manger
4. Hark the herald angels sing
5. While shepherds watched their flocks by night
6. It came upon a midnight clear
7. Silent night
8. We wish you a merry Christmas
9. We three kings of Orient are
10. O Holy night
11. O little town of Bethlehem
12. The first Noelle

## Revd Canon Fred Hendricks Retires



South.

Our Rector, Revd Canon Rodney Whiteman says of Fr Fred: "Revd Fred Hendricks is almost synonymous with St George Kuils River. He played a role in assisting the beginnings of St Mark and St Monica. He is a remarkable pastor, preacher, teacher, and priest. Revd Fred's life of reading and prayer is exemplary and a challenge to all of us. He built the people of God in this place with serious outreach which is phenomenal. The current state of the congregations with a growing witness is built on what Revd Fred taught. After over 40 years of full-time ministry including lecturing at St Paul Theological College, he and his wonderful spouse Dorothea enters into retirement. We are thankful to God for his and their ministry, and the way they allowed God to use them among God's people. 'Revd Fred and Dorothea, thank you very much and God bless you to enjoy many years of retirement.' "

*The short article above in no way does justice to Fr Fred's significant contribution from the time he arrived at the newly independent Parish of St George. I am sure many of you would also want to share some of your memories and experiences of Fr Fred's time at St George. The March Issue 2021 will allow us to feature a more comprehensive article where you will be given an opportunity to comment.*

Editor

**R**evd Fred Hendricks, a former Rector of our parish will retire on 20 December 2020. He served at St George from 1989, when he was instituted one month after St George was granted full parish status, to 2003. Thereafter he became Rector of All Saints Durbanville. He is currently the Rector of St John Bellville

## Human Rights Award for Archbishop Emeritus Desmond Tutu

**O**n 10 December 2020, International Human Rights Day, the **Article 3 Human Rights Global Treasure Award** was granted to Archbishop Emeritus Desmond Tutu in acknowledgement for his outstanding contribution to the advancement of Human Rights.

On accepting the award on behalf of the Archbishop, Archbishop Thabo Makgoba quoted Tutu when he gave an impromptu address at Khartoum University after Brig. Omar al-Bashir seized power in a coup:

"If you are a believer, whether you are a Muslim, whether you are a Christian, whether you are a Hindu or a Buddhist... one of the common factors in these faiths [is that] not one of them has a low doctrine of human beings. Christianity says human beings are created in the image of God, so does Judaism. Islam says you are the apt, the slave, of God whose purpose is

to place your will in subjection to the Will of Allah... [E]ach of the [religions] in their intrinsic nature compel their adherents to be people who strive for justice and for peace and for goodness.

"People of religion have no choice... Where there is injustice and oppression, where people are treated as if they were less than who they are, those created in the image of God, you have no choice but to oppose, and oppose vehemently... that injustice and oppression..."

Archbishop Thabo concluded: We thank our Creator for Desmond Tutu's insights, his life and witness..."



## How to deal with teens

**G**etting a sullen teenager to tidy their room can prove an impossible task. But there may be help for frustrated parents, as researchers say the key to success lies in your tone of voice.

Mothers speaking in a “controlling tone” were less likely to gain co-operation from children than when using a warm, friendly and supportive manner.

Speaking in a “pressurising way” would make a youngster feel gloomy, miserable, angry or emotionally distant, as well as being more likely to lead to defiance, scientists have found.

In the study, thought to be the first on how a mother's tone of voice affects the response received, researchers examined 1000 British boys and girls aged 14 to 15.

The study's lead author, Dr Netta Weinstein, of Cardiff University, said: “If parents want conversations with their teens to have the most benefit, it is important to remember to use supportive tones of voice.”

The results, while of obvious interest to parents, may also be useful to teachers.

Weinstein added: “Adolescents likely feel more cared about and happier, and as a result they try harder at school, when parents and teachers speak in supportive rather than pressuring tones of voice.”

The study was published in the *Journal Developmental Psychology*.

Each youngster was randomly assigned to a group. Groups were then played identical messages delivered by mothers of teenagers who spoke in three different tones of voice. The voices were either controlling, neutral or more supportive.

The researchers intend to study the impact of tone of voice on physiological responses such as heart rates, and how long lasting the effects may be.

Daily Mail | 30 September 2019

Covid-19 Protocol and Lockdown Regulations. This is how these changes were implemented:

First, a compliance officer was appointed. This compliance officer signs an official document that holds them accountable to oversee the implementation of the site control plan, which entails factors like managing the adherence to the COVID-19 related hygiene and health protocols in the workplace; and to ensure the plan for the phased return of the workforce is available for inspection. Thereafter, there was a measurement and demarcation of placement in the church pews for the action of social distancing. At the moment 130 people are able to be seated.

Thereafter, equipment like sanitising solutions as well as backpacks to facilitate sanitising after services were purchased and provided. Infra-red thermometers were sourced. For the actual services to commence, a plan was conceived to allow parishioners to indicate their attendance of church services. The best available application was Google Forms which is accessible on the Facebook page and the WhatsApp communication group of the church. The links to accessing the booking of seats are made available on Tuesdays. The form is quite user friendly and allows data like name, surname and contact details of parishioners to be recorded. This information is used for the register. At the services ticks are made next to the names of parishioners who actually attend the services. These records are kept for 6 months. Parishioners who do not have access to social media may book a seat telephonically.

The Hospitality Team assist parishioners with finding seats and adhering to social distancing measures. Masks are worn at all times. The services have been shortened, singing has been replaced by organ music and only the body of Christ is consumed. All doors are kept opened during services as we are not allowed to make use of the air conditioners. The first services after Lockdown were on the 4<sup>th</sup> of October 2020 at 07:30 and 10:30. All these arrangements are currently still in place.

C. Josephs

## 2020: The “new normal” Sunday Services at St George, St Mark and St Monica

**I**s it true, the only constant thing in life is change? This year we have been in for a rollercoaster ride of changes. Things went up and down, things stopped and resumed, things swirled and turned, but here we are at the end of a rough year more changed than ever. At church, things also had to change as per





## Two weeks before Christmas

It is that time of the year again. Many will start reminiscing about the good old days and others will be far too busy organising year-end tasks to pay any real attention to that.

Christmas 2020 will be special for a number of reasons and I am sure it will be remembered for the strange circumstances of social distancing, missing loved ones and spending time with those close to you. It will also be remembered for limited movement and muted celebrations.

I was reflecting on my Christmases past. They actually morphed into one big memory with many reminders of my childhood - the days of yesteryear which now feel like just the other day. Those were the times when kids and neighbours all popped in to assist with Christmas preparations. The message of preparation which the church preaches at this time was smoothly adopted into our daily lives.

The cleaning of the house, the yard, the dogs, the cats and the outbuildings were included in the "getting ready" for Christmas. There was no mistaking that we were all getting ready for the King's birthday. This was a community affair, where you prepare, prepare and prepare. Certain preparations needed to happen every year at the same time. Our mothers would unpack the cupboards, dust off the glassware, wash all the linen. She would say, "You never know who will pop in to look for a bed."

The curtains also needed to be replaced or washed. The living room needed a coat of paint. "Maybe this year we will give the bedrooms a skip," she would mumble. "Go find your cousins and start unpacking the sideboard and beware your soul if any of the glassware chips, cracks or even breaks. Be extra careful!" The neighbour's son would also be called over, as he liked to organise things. My sister and aunt would bake the biscuits. My oldest cousin had the job to make the ginger beer, (suikerbier).

Amidst all the Christmas orders my mother would check the jars of pickled onions, beets, jams and peaches, thinking that maybe she needed to make a special batch of the quince jams. "No, there won't be enough time. The "sousboontjies", figs and guava pieces will have to do."

The two weeks before Christmas would soon be over, and still she checked and checked because everything had to be perfect for when we celebrate the Lord's Birthday. So, she would call us again to change the living room to the way it was before. The yard got a last look over and the hidden heap of junk needed to be sorted out before sundown. There was no way that you could get away with shoddy work. Late night she checked the Christmas pudding, just to make sure that it was still safe under the bed. We got a drink of ginger beer because

Attie did it right this time. I quietly think that she gave it to us as a reward for our hard work.

Christmas somehow seems like one huge blur. Returning home from the midnight service, she would still be busy preparing, keeping an eye on the roast and warning everyone to stay out of her pots. On Christmas morning, she would be up early again, busy getting herself ready and singing her favourite hymns. No Christmas hymns, just "The Church's one foundation is Jesus Christ her Lord". As she leaves for church, she would shout that those who came in late better be ready when she returned from church.

In those silent joys and lessons learned, we saw the dignity of Christmas Day. We learned to work together, we learned to love and to prepare for those unexpected guests and experienced the freedom of friendships that do not fear to share.

One thing that will stay with me is that, even though Christmas preparations for each year are different, we will certainly still be engaged in the same cycle of Christmas preparations and working together.

These are my childhood memories of the two weeks before Christmas and my mother's way of loving us.

Gerald Kestoor

## gk and the Psalms

I am not a saint  
I fall far short of the grace of God  
Yet when I read the Psalms  
I cannot but rejoice.

Great is our Lord  
Greatly to be praise  
Slow and fiery His burning fire  
Which cleanse, renew and put me right.

I knew there was a reason  
Why I love the Psalms  
I knew that walking in those moments of pain  
God will teach me how others grow.

It opens my mind  
It fills my soul  
It put me in the centre  
And confirmed God's will.

Now, I'm slow to understand  
At the best of times  
Too stubborn to see  
Even if in front of my eyes.

# Help your child discover the magic of reading

**T**here is magic in stories. We all remember hearing them as children, and we loved them. Imaginary adventures set in faraway places. Tales about how the dishwasher isn't working. It doesn't matter! Whether made up by parents or read from books, kids love to hear stories.

Our recent work showed reading to children positively impacts long term academic achievement more than many other activities. We found the more frequently parents read to their children, the better their children's National Assessment Programme – Literacy and Numeracy (NAPLAN) scores in different areas.

In our most recent study, we asked parents to read a wordless storybook to their three to five-year-old children titled *The Wolf and Seven Little Goats*. We also tested children in many areas of their important cognitive skills, such as language proficiency, memory, self-control, and friendship skills.

Through examining the different ways parents tell stories, we have pinpointed which elements of shared reading are most beneficial for children's cognitive development.

## Tune into your child

Perhaps the most important aspect of reading to children is to tune into your child. Listen to your child's cues. Do they like the story? Do they know the vocabulary? Are they paying attention to the pictures more or to the text?

Try to coach your child, not to instruct them. Instead of saying: "look they are going to cook some food, maybe they are hungry", you can ask "what are they doing?" or "why do you think they're doing that?"

Be sensitive about whether they are listening and engaged or uninterested and disengaged. If they are disengaged, are there questions you can ask to make them more interested? Do you think they'll like a different type of story better?

## Ask questions

Parents who ask lots of questions engage in a more fun and informative way with their children. Ask them if they know the vocabulary, if they can guess what the characters are going to do next, and why they've done what they've done.

These questions are not only helpful because they help children gain new knowledge and ways of thinking, it also helps strengthen the emotional bond between parent and child.

## Go beyond describing images or reading text

In our study we gave parents a wordless picture book. An important difference we observed between parents was some only describe what they see. Some go beyond the picture.

For example, when the mother goat in the picture book comes home and sees the door to the house open, one parent said:

"When their mother came home and was looking forward to seeing her children and hugging them and telling them a story, she suddenly saw that the door is open. She was shocked!"

Another parent said: "The mother came home and saw the door is open; she went inside and looked for the children.

This parent is only describing the picture. The first parent is imagining what is beyond the picture and text. This is a richer way to tell a story to children, and ultimately leads to better cognitive developmental outcomes for children. This is because it teaches abstract thinking, which is the basis for many of the higher order cognitive abilities such as problem solving and critical analysis.

Jellybean Journal – Weekend Argus | 16 February 2019

(Continued from page 10)

Still, God is patient  
Loving and firm  
Because like David  
He let us go.

We get to play mad  
Throw tantrums and lie  
Give weird stories of wonder  
even make others cry.

Just like David, we return  
Often, daily, sometimes years  
And the Psalms speak, return  
Into God's welcome arms.

Gerald Kestoor gk-thoughts



# Parish Family News

## 13 September 2020—30 November 2020



### Baptism resumed on 13 September 2020

- |                     |                   |              |
|---------------------|-------------------|--------------|
| Bernica Engelbrecht | Phoebe Lategan    | Bella Jacobs |
| Adrian Matroos      | Rayne Stevens     | Basha Jacobs |
| Sadie Floris        | Mateo Solomons    | Kendra Rhoda |
| Cameron Samuels     | Klay Williams     | Seth Baron   |
| Zion Braaf          | David Geldenhuys  |              |
| McKendrick Erasmus  | Eden Smith        |              |
| Lailah Kelly        | Isabella Solomons |              |
| Layken Kelly        | Alex Snell        |              |
| Jaxon Basson        | Nova Fortuin      |              |

### New Parishioners



- Derek and Charmaine Abrahams  
 Carol Minnies  
 Justin Minnies  
 Andre, Zonique, Zehandre, Anrique and Zeva Saunders  
 Leigh Josias  
 Stephen and Karen Arendse and family



### Weddings

- Isaac and Linda Swartz  
 Justin and Lynn Summers  
 Darryl and Elcke De Voux  
 Gurswaian and Shaneece Booysen  
 Kurt and Simone Benjamin



### In Memoriam

- |                   |          |              |
|-------------------|----------|--------------|
| Dora Charles      | Mona May | Sonia Stroud |
| Elizabeth Rossouw |          |              |

## 21 Days of Quarantine

*Bernice Puleng Mosala—AVBOB Poetry Competition*

One day, our children will ask us if we were afraid during the outbreak of Covid-19. We will say, "At first, yes," but then we will tell them the truth about the quarantine. "This is when we were forced to take a break, to breathe and begin again."

We learned how to make houses into homes through DIY projects once put on hold, decided to do the things that we always promised to do but never got around to, like playing with the kids instead of leaving the office late again.

Some took courses to redirect the courses of their lives.  
 Others decided to dance instead of focusing on the darkness.  
 We all finally remembered to call the ones we often forgot to call.

.....

Some talked to God for first time in their discomfort,  
 others discovered that prayer is not a wish list but a conversation,  
 that the Bible is not a book to recite but a sweet word during trying times. (Abbreviated)



# Kids corner

Here is an exciting quiz to refresh your memory on the Biblical story of how Christ was born. You will find the answers in the New testaments of Matthew and Luke. Alternatively, ask an adult to help you.

Circle the correct answer:

**1. Christmas has always been observed**

- a. On Dec 25
- b. On Jan 20
- c. At Grandma's house

**2. When Joseph found out that Mary was pregnant**

- a. Joseph wanted to dissolve the relationship
- b. Joseph married her
- c. Mary left Nazareth for a while
- d. Both a and b



**3. How many Angels spoke to the shepherds?**

- a. a multitude
- b. two... Gabriel and Michael
- c. one
- d. none

**4. What animals were present at Jesus birth?**

- a. cows, sheep, and camels
- b. cows, sheep, and donkeys
- c. lions, tigers, and bears
- d. we don't know for sure

**5. Who saw and followed the star?**

- a. Mary and Joseph
- b. shepherds
- c. the wise men (Magi)

**6. What song did the angels sing?**

- a. "O Little Town of Bethlehem"
- b. "Joy to the World"
- c. "Glory to God in the Highest"
- d. "We 3 Kings of Orient are"

**7. What is a manger?**

- a. a barn
- b. a place for hay
- c. a feeding trough
- d. a Bible term for children's room

**8. How many wise men came to see Jesus?**

- a. 4
- b. 2
- c. 3
- d. we don't know for sure

**9. What are Magi?**

- a. Eastern Kings
- b. priests
- c. astrologers
- d. we don't know for sure



**10. Joseph's family was from**

- a. Jerusalem
- b. Nazareth
- c. Bethlehem
- d. Jerusalema

**11. For the journey to Bethlehem, Mary and Joseph**

- a. walked
- b. Joseph walked; Mary rode a donkey
- c. rode on camels

**12. What sign were the shepherds to look for?**

- a. a star over a stable
- b. a barn outlined with Christmas lights
- c. a baby in a manger
- d. both a and c



**13. When did Baby Jesus cry?**

- a. "no crying he makes"
- b. when he opened the wise men's gifts
- c. when the cattle started lowing
- d. whenever babies usually cry

**14. The gifts the Magi brought were**

- a. frankincense
- b. myrrh
- c. gold
- d. all of the above

# BRAINTEASER

## For tweens, teenagers and adults

We hope you have fun trying to guess the Christmas carols and songs, using the clues. The clues reflect the **titles**, not the content.

Try your best to solve all questions before viewing the answers at the bottom of page 7:

1. The lad is a diminutive percussionist
2. Assemble everyone who believes
3. Far back in a hay bin
4. Listen, the winged messengers are proclaiming tunefully
5. Sheep herders sentinel
6. Cloudless stroke of twelve appearance.
7. Quiet after dusk
8. Our fervent hope is that you thoroughly enjoy your yuletide season.
9. The first person nominate plural of a triumvirate of far Eastern heads of state.
10. In awe of the eventide characterised by religiosity.
11. Small municipality in Juda, south of Jerusalem.
12. The Christmas preceding all others





# Outreach to the community continued during Lockdown



All photographs courtesy of Wilma Koopman





# Meditation

## Something hardly noticeable

***A shoot shall sprout from the stump of Jesse, and from his roots a bud shall blossom. The spirit of the Lord shall rest upon him. - Isaiah 11:1-2***

**T**hese words from last night's liturgy have stayed with me during the day. Our salvation comes from something small, tender, and vulnerable, something hardly noticeable. God, who is the Creator of the Universe, comes to us in smallness, weakness, and hiddenness.

I find this a hopeful message. Somehow, I keep expecting loud and impressive events to convince me and others of God's saving power; but over and over again I am reminded that spectacles, power plays, and big events are the ways of the world. Our temptation is to be distracted by them and made blind to the "shoot that shall sprout from the stump."

When I have no eyes for the small signs of God's presence - the smile of a baby, the carefree play of children, the words of encouragement and gestures of love offered by friends - I will always remain tempted to despair.

The small child of Bethlehem, the unknown young man of Nazareth, the rejected preacher, the naked man on the cross, he asks for my full attention. The work of our salvation takes place in the midst of a world that continues to shout, scream, and overwhelm us with its claims and promises. But the promise is hidden in the shoot that sprouts from the stump, a shoot that hardly anyone notices.

- Henry Nouwen

### For further reflection...

**I will trust, and will not be afraid, for the Lord God is my strength  
And my might; He has become my salvation.  
- Isaiah 12:2**

**The Editorial Team thanks all who contributed to this edition by submitting articles, letters to the editor, photographs and information.**

**Editorial Committee:** Eddie Davis, Cleo-Ann Josephs, Merle May, Anthea Jacobs and Lucretia Davis

You are invited to submit letters to the Editor, photographs, articles, news, stories, letters, cartoons, jokes or request to be interviewed.

Contributions may be submitted in **English or in Afrikaans**, via e-mail, handed in at the Parish Office or given to any member of the Editorial Committee. All contributions are subject to editing. The **deadline** for contributions to the next issue is **1 March 2021**.

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