

Kaleidoscope

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Dear sisters and brothers in Christ.

I greet you in the wonderful name of our Lord and Saviour, Jesus the Christ.

This month I want to share a something on the Lord's Prayer and found inspiration in William Barclay's Daily Study Bible, where he wrote, "Jesus lays down two great rules for prayer."

(i) He insists that all true prayer must be offered to God. The real fault of the people whom Jesus was criticising was that they were praying to men and not to God. A certain great preacher once described an ornate and elaborate prayer offered in a Boston Church as "the most eloquent prayer ever offered to a Boston audience." The preacher was much more concerned with impressing the congregation than with making contact with God. Whether in public or in private prayer, a man should have no thought in his mind and no desire in his heart but God.

(ii) He insists that we must always remember that the God to whom we pray is a God of love who is more ready to answer than we are to pray. His gifts and his grace have not to be unwillingly extracted from him. We do not come to a God who has to be coaxed, or pestered, or battered into answering our prayers. We come to one whose one wish is to give. When we remember that, it is surely sufficient to go to God with the sigh of desire in our hearts, and on our lips the words, "Thy will be done."

As our Saviour commanded and taught us, we are bold to pray:
 Our Father in heaven, hallowed be your name,
 your kingdom come, your will be done, on earth as in heaven.
 Give us today our daily bread.
 Forgive us our sins as we forgive those who sin against us.
 Lead us not into temptation but deliver us from evil.
 For the kingdom, the power, and the glory are yours now and forever.
 Amen.

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Many of us struggle with prayer and others try to convince us that the daily repetition of the Lord's Prayer is just "vain repetition" lacking in imagination.

We must remember that Jesus used this particular prayer to teach his disciples to pray. It is found in both Matthew and Luke who are clear about that. Matthew includes it in the Sermon on the Mount when Jesus is teaching his followers. Luke tells us that Jesus taught a slightly different form of the prayer in response to the request of one of his disciples (Luke 11:1). The Lord's Prayer is a prayer which only a disciple can pray; it is a prayer which only one who is committed to Jesus Christ can take upon his lips with any meaning. The Lord's Prayer is correctly called the Disciple's Prayer.

Barclay wrote, "The Lord's Prayer is not a child's prayer, as it is so often regarded; it is, in fact, not meaningful for a child. The Lord's Prayer is not the Family Prayer, as some believe, unless by the word family we mean the family of the Church. The Lord's Prayer is to be the disciple's prayer; and only on the lips of a disciple has the prayer its full meaning. To put it in another way, the Lord's Prayer can only really be prayed when the man who prays it knows what he is saying, and he cannot know that until he has entered into discipleship."

I find that a little scary, but believe that when we pray even with an unclear understanding we will come to a point where we believe what we repeat each day.

In the first part of the prayer, there are three petitions that have to do with God and with His glory; the second three petitions have to do with our needs and our necessities. Only when we have given God his supreme place, can we turn to our needs, our desires, and ourselves. When we give God his proper place, then all other things will fall into their proper place. Prayer should never be an attempt to change the will of God so that it conforms to ours - prayer is always a desire to submit our wills to the will of God.

The second part of the prayer, the part dealing with our needs and our necessities, seems to cover everything we may need. It deals with the three essential needs of human beings, and the three spheres of time within which man moves.

Firstly, asking for bread to sustain our earthly lives immediately turns our focus to God the Father who is Creator and Sustainer of all life. Asking for bread - for that which is necessary for the preservation of life, brings our present needs to the throne of grace.

Secondly, when we ask for forgiveness, that request immediately directs our thoughts to God the Son, Jesus Christ our Saviour and Redeemer. Asking for forgiveness we bring the past into God's presence where through confession and forgiveness, we are free to get on with life.

Thirdly, when we ask for help in future temptation; we immediately direct our thoughts to God the Holy Spirit, the Comforter, the Strengthener, the Enlightener, the Guide and the Guardian of our way. When asking for help in temptation we bring our future before our loving Father.

As we pray the Lord's Prayer, we bring the whole of life into the presence of God and we invite the Triune God into our lives.

The second part of the Lord's Prayer takes the past, the present and the future, all of one's life, and presents it to God the Father, God the Son and God the Holy Spirit, to God in all his fullness. Barclay wrote, "In the Lord's Prayer Jesus teaches us to bring the whole of life to the whole of God, and to bring the whole of God to the whole of life."

As a believer, remember you are the disciple for whom Jesus intended this prayer. May your prayers be answered according to God's gracious and perfect plan for your life.

Thank you for praying for Lourdes and me, we are the better for your faithfulness.

God bless you

Fr Reg

FR. REG'S QUIET DAY – "REFLECTIONS ON THE WISDOM OF ST. BENEDICT FOR TODAY"

I have been yearning for a 'quiet day' and the opportunity arose when Fr. Reg's Quiet Day was advertised. Coming from a Methodist background I knew nothing of St. Benedict, this was going to be interesting.

When I suggested to Allan we should attend and that it was in Rosettenville, he had some concerns. I phoned through to book and enquired about parking and was assured the parking would be safe.

What a surprise awaited us, we drove into a safe parking area, with lovely St. Benedict's House before us as we parked. Stepping inside you feel the peace and tranquillity. Sue and her team are making every effort to maintain and restore this beautiful sanctuary. Even rushing out to sweep the Labyrinth while the wind was blowing and the leaves kept falling, only giving up when it was time to return for communion.

We were treated to tea/coffee on arrival, midmorning tea/coffee, scones as well as cheese puffs. A tasty lunch with dessert and after closing, tea/coffee and cake. Far better than spending a Saturday at home.

Fr. Reg led us in prayer, gave us a background on St. Benedict's House, St. Benedict and his sister Scholastica. He explained Benedictine Spirituality and the Five Benedictine Lessons. We were given appropriate handouts together with song books and then sent out to enjoy our 'quiet time'. This could be spent in the pretty garden, sitting in the comfortable lounge or walking the Labyrinth. Your quiet time is interrupted for morning tea, communion and lunch with only Fr. Reg permitted to speak. We were however allowed to sing.

Being retired, it's important that I keep myself busy, not that I can show what I have done. What a blessing to sit with your own thoughts, pray and even sing in your thoughts. The song book came in handy as I paged through and sang all the well known hymns and choruses.

What a blessing the day was, all the effort put into making it special by Fr. Reg and Sue, even to buying monastic music was most appreciated.

Joan Youell

Dear Parents

We are so grateful to see your children on a Sunday morning. (I always have this vision that God is smiling with so much love on each one of them).

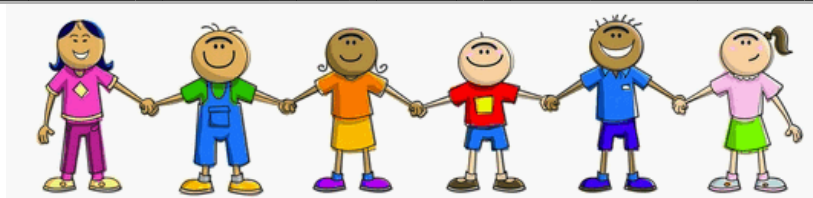
Some have been with us from a very young age, and we have seen them grow into beautiful children. They all have their own unique and special way about them.

We pray for all our children who are preparing for and writing exams.
Lord, replace any anxiety with your peace and understanding.

Isaiah 54:13

And all thy children shall be taught of the Lord; and great shall be the peace of thy children.

The Sunday School Team



DOWN UNDER....OUT BACK....JUST BACK!

My most recent trip, one to Australia, was an all expenses paid trip so generously donated to Dave and me by my brother Marc, who has been living there for 20 years now. Although younger than I am, he has been retired for almost 2 years and is loving every minute of his retirement with his beautiful family, whom he wanted me to meet for the first time.

Although on his initial offer to me, I felt quite tense about the trip because as we all are deemed to believe, the Aussies are such arrogant people. Well, to my surprise, this did not appear to be the case. I think that they exude a confidence that to us is misinterpreted as arrogance.

Based in Moreton Bay with a climate much like that of Durban, he resides on the southernmost tip, in a place called Raby Bay. Wow, what a place! A channel of waterways off his back garden, lead into the bay where Peel Island (known for it's historic Leper Colony), Mud Island (no, not the one commonly known as England), and Stradbroke Island exist. He took us out one morning into the bay and in the distance, I thought I spotted some dolphins (which often even come into the channels where Marc stays looking for food). On closer inspection, just ahead of us we came across what we thought was a huge log in the water, to our surprise, it was a mother whale with her calf. Once we got close enough, she obviously felt threatened and breached just behind us. Naturally, none of us was expecting this and no camera was in sight to capture this exquisite sight. It is migration time for the whales and they often come into the bay to rest before continuing their journey. We were lucky enough to spot 3 whales with their calves in this area as well as a gigantic sea turtle. The bird life in Raby Bay is amazing with Lorikeets of exceptional colours , Crested Pigeons, Galahs and Blue-faced Honeyeaters and of course the ever famous Kookaburra all flying free and along the walking routes. Woken each morning with the songs from the Magpies was different to being woken by the weavers outside my house but I believe irritating to the locals! What's up with them?

A 30 minute drive to Brisi (yes, I picked up the slang), to a place called South Bank, was astounding. In the middle of the city, is a man-made beach with a mini sea and 2 inviting swimming pools with life-guards and all, and surrounded by so many restaurants. This is the place to be on weekends for those who cannot visit the 'real' beaches and is jam-packed . We could do with one of those at River Square!

We also visited the Pine Lake Koala Sanctuary, seeing the non-moving and always 'high' Koalas, some Kangaroos and the smaller Wallabies. I saw an exquisite Cassowary and a rare Black Cockatoo, a Tasmanian Devil who was holed up in his shelter and 2 Wombats asleep on their backs. Most astounding were the Flying Foxes, beautiful fruit bats and absolutely huge in size as well as the famous Dingo.

Our whirl-wind trip to Surfers Paradise on the Gold Coast was a wonderful experience and this place consists mostly of the services industry. Hotels, apartments and a multitude of food halls and shops. Skypoint, a building of 77 floors where you can view the entire terrain was terrifying for me as heights and I do not get on well. I could look out but not down and was stuck to the inner wall area for most of the experience. In 2015 and 2016, 3 660 lives were saved on these beaches in the surf.

After 2 wonderful weeks with my brother, he sent us off to Sydney to experience the beauty of this city. Having only 2 full days here was maybe too little but we did the Hop-on Hop-off tour to see as much as we could in the short time. The Botanical gardens were gorgeous and of course the famous Opera House, a sight to behold. From the deck, it looks like separate buildings and only on an aerial view do you see it is a single building. Our trip to Bondi beach, much like any beach in SA, was only made since it is one of the famous beaches in Oz and has the stigma attached as a result of the TV programme Bondi Rescue. On day 2, my niece drove us to Manly Beach and then we took the ferry back to Circular Quay where we spent the afternoon with friends. We were in an apartment which was central to almost everything and we would laugh and joke that in any direction everything we needed to see was only 5 blocks away. Maybe less but it seemed like 5! My definition of 'just down the road' and theirs is vastly different!

(Continued from page 4)

My brother tells me that the term "the Outback" is generally used to refer to any land outside the main urban areas. I guess then that I was neither in the bush nor in the Outback as I would normally be seen to be on my previous annual vacations.

However, this visit for me was an eye-opener when I saw the cleanliness in the country and the facilities provided for children in the form of parks and recreational activities. Each town has walking lanes and boy do they walk, their dogs, their children and they even tried to walk us but by day 2 my trainers had given me huge blisters and I thus found an excuse to limit the walks, even though I did enjoy the ones I managed to do. One particular walk led us to a street which housed the oldest trees in the city, called Old Tree Avenue. What a sight with some unique trees like the Banyan Vine, which reminded me of our own Baobab but was not exactly the same.

My brother has what he calls the Herrmannsen (my maiden name) International Outdoor trophy and Indoor Trophy. This required us as internationals, to compete against the Aussies. Indoor, we played Foosball with the Aussies taking this one with ease but we took the outdoor trophy, having beaten them in bowls! It will be the turn of my brother Paul and his friend at the end of this month to hold the fort when they make the trip to Oz.

If any of you ever get the opportunity to go to Oz, take it! I did hear the Afrikaans language spoken in many areas as well as the South African mixed with the Ozzie accent and we were not even anywhere near Perth which is also known as mini SA.

Madelaine

DIOCESAN PRAYER DIARY - NOVEMBER

Sunday 5th Today we pray for All Saints, Vanderbijlpark thanking God for their Buildings/Ground and diverse Congregation. We pray for the problems they have: Giving, commitment, benchwarmers and people coming to get and not give. We ask God to provide for their financial needs.

Sunday 12th We commend to God the parishes of All Saints in Robertsham and the parish of St Andrew in Rust-ter-Vaal. Ask God to bless their finances.

Sunday 19th We give thanks today for the parish of St Andrew, Bophelong for the growth and maturity of the congregation. We pray for a community dissatisfied with the lack of service delivery and ask God's blessing on finance to build a new church.

Sunday 26th Today on the festival of Christ the King we pray for our Diocese and for the parish of Christ the King in Mondeor. We thank God for gifted people, increased numbers and willing and generous people of God. We pray against drug abuse and the speeding which causes fatal accidents in the street outside the church. Ask God to bless their finances.



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WEAPONS OF MASS DISTRACTION

Have you noticed that people today distract themselves to avoid facing their inconsistent and broken beliefs about God and eternal matters? Author Oz Guinness wrote that while distraction may feel good in the short-term, (we avoid the discomfort of inconsistent belief and behaviour), it is disastrous in the long-term. He coined the phrase "Weapons of Mass distraction" and they become very effective in side-tracking us from living the Christian life to the full.

Someone once suggested the following four:

Multi-tasking.

I have discovered that so many people are lulled into thinking they can multi-task and get more done. We keep email and text alerts on as we prepare a sermon (if you are a pastor) or as you think through a critical strategy as a leader. We think that giving 90% effort to an important task and 10% effort to a distraction equals 100% of our effort. Actually, each time we shift from one task to another and then shift back, the sum total of our effort is diluted. It never equals 100%. There is a cognitive cost. It is called attention residue – it takes time for our minds to disengage from the distraction and get back on task. In addition, researchers have discovered that constantly emailing or texting temporarily decreases our IQ.

Solution: turn off your phone and automatic alerts.

Continuous partial attention.

Linda Stone, a former VP at Microsoft coined the term. She describes it this way. "To pay continuous partial attention is to keep a top-level item in focus, and constantly scan the periphery in case something more important emerges." As a result, this "always on" mode puts our brains on constant alert, thus flooding them with too much stress hormone, which slows processing.

Solution: Schedule your best thinking time in quiet, distraction free environments.

Dopamine addiction.

Dopamine is one of over 100 chemicals in the brain called neurotransmitters. Simply put, a neurotransmitter is a chemical messenger the brain uses to send messages from one brain cell (a neuron) to the next. As a feel good neurotransmitter, it kicks in during activities that bring us pleasure – from checking off items on your to-do list to eating a bowl of triple-fudge marshmallow ice cream to seeing more 'likes' on your Facebook posts. It is also involved in drug, alcohol, and sexual addiction. Although we may not struggle with serious addictions like drug abuse, we can easily get sucked into social media dopamine addiction when we constantly check to see 'what's new' or 'who likes me' on social media. When we see a 'like' or a funny cat video, we get a little shot of dopamine and we want more, so we keep surfing.

Solution: Set aside only certain times of the day when you surf social media. If you are hooked, go on a social media fast to break yourself from this addiction.

Striving to get to a next better moment.

This one is a bit more subtle but Blaise Pascal captures it in this saying. "All of humanity's problems stem from man's inability to sit quietly in a room alone." In other words, one weapon of mass distraction is the inability to be OK in this present moment. We are often tempted to move to a next better moment to escape the current painful or boring moment thinking that if I just get to a better one, things will be better.

Solution: Try mindfulness practice, a scientifically based spiritual practice that helps you learn to live in the present moment. Learn more about Christian mindfulness.

In our fast-paced, so-called "real and demanding" world, weapons of mass distraction lurk around every corner. When we heed Peter's command in God's Word, we can counter those distractions. "Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour." 1 Peter 5:8

Which of these weapons of mass distraction most tempt you? What would you add to this list? Just some thoughts from an article I read but cannot remember where – Fr Reg

Older is better in so many ways
and what great perspective it brings to our days
because when we're older we worry much less
about things like our image, our plans, our
success.

And as we mature we know so much more
about values and dreams that are worth living for
We feel more contented and wise and secure
and we're still in our hearts just as young as we
were!

Submitted by Joy Bergh

A PIECE OF CAKE!

Sometimes we ask ourselves: What did I do to deserve this? Why does God let these things happen to me? Here is the explanation:

A daughter tells her mother how everything is going wrong for her; she failed her math exam, her boyfriend just dumped her, her best friend does not want her.

In times so bad, the good mother knows just the thing to cheer up her daughter.
'I will make a delicious cake for you.' Saying so, the mother hugged her daughter and walked her into the kitchen, while her daughter attempted to smile. While the mother prepared the utensils and ingredients, the daughter sat across the counter.

Her mother asks her, 'Sweetheart would you like a piece of cake?'
The daughter replies, 'Sure Mom, you know how I love cake!'
'Alright', the mother said, 'drink some of this cooking oil'.
Shocked, the daughter responded, 'what, no way!'
'How about a couple of raw eggs?' to this the daughter responded, 'no way!'
'How about some flour?'
'No mom, I will be sick!'

The mother responded, 'All of these are uncooked and taste bad, but if you put them together, they make one delicious cake!'

God works the same way. When we ask ourselves why he makes us go through these difficult times, we don't realize what or where these events lead us to. Only he knows and he will not let us fall. We don't need to settle for the raw ingredients, trust in Him and see the fantastic thing come about!

God loves us so much, He sends us lovely flowers every spring. He makes the sun rise every morning. Anytime you need to talk, He is there to listen.

He can live anywhere, but He chose to live in your heart!!!
And keep the HOPE that one day, your day is 'A piece of CAKE!'
Have a great day...Oops I also mean have a great CAKE!

AUTHOR UNKNOWN

Submitted by Natasha Coetsee

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Carol Vorster | 10 Allan Basajjasubi | 21 Grace Myemane
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1 400	40 550	76 200	111 800	161 200	422 100
8 100	46 300	79 160	122 500	164 600	470 500
11 150	48 110	86 400	124 700	167 400	
17 100	51 1600	91 110	134 500	171 200	
21 250	55 700	97 3600	144 2000	180 100	
22 200	62 200	100 1200	147 200	183 200	
36 500	68 500	102 120	152 400	187 200	
39 400	69 620	110 400	156 3000	212 700	

400 600	419 1500	427 700	452 50	463 400	605 100
406 300	420 750	428 450	455 2000	467 100	
408 800	421 860	432 150	459 350	469 500	
413 1800	422 200	435 200	460 50	470 2500	
415 1750	425 5000	436 1000	461 200	999 1500	
417 1800	426 200	439 300	462 500	601 20 000	

Finally Brethren...

If prayer was your job, would you still be employed?