

## THE LONG VIEW

### DEAR FRIENDS

Welcome to Spring! One of my favourite images in the Cape is the fresh green oak leaves that appear at this time of year, almost translucent. The clivias in their prolific orange are also a treat for the eye, as are the bursts of pink and purple, and the variety of blossom that greets us in the great outdoors. The days grow lighter earlier, and the sunset holds the dark at bay that little bit longer each day. Summer beckons, and Capetonians creep quietly from their winter hibernation, or fly home. The Church pews fill, and life begins again.

Not that winter has been lifeless; far from it! July saw Dawn and I celebrate our 50th Birthdays, and we much appreciated the many who joined us on Mandela Day to celebrate: a wonderful sense of belonging as friends old and new played tag at the front door. The accompanying pictures demonstrate the unexpected generosity of gifts; and thanks to all who brought a plate of food to share. The added gift of sunshine after a week of drenching rain added to the festive nature of the day. "Thing One" and "Thing Two" shared a glorious birthday!

August saw Dawn and I, together with our daughter Cassie, heading to England for a family-filled three weeks. We were joined by our son, Nathan, and our granddaughter,

Rebecca-Lee, for the final week. We spent the first week with my parents in Surrey and travelled daily into a London immersion of St Paul's Cathedral (where we "did the dome", climbing the five hundred plus steps to the top) with its amazingly beautiful mosaic ceilings depicting various aspects of creation; the Tate Modern where I enjoyed Picasso for the first time, and discovered from my daughter that Modern Art is all about cloud watching (images appear and disappear as you stare into the amorphous mess of paint on canvas); a tour of the State Rooms at Buckingham Palace with their opulence and pomp of royalty (a really well put together tour); and time with my brothers, their wives and their children.

We then headed to Cheshire, visiting the Michael's in Winchester on the way, a beautiful town with an amazing Cathedral. In Cheshire we visited the Moore side of my family, enjoying a family gathering on the



### From our Registers

#### DIED

**10 June 2015**

Patricia Cawood

**13 June 2015**

Jennifer Steyn

**7 July 2015**

John Crossland

**29 July 2015**

Ingrid Mc Farlane

**17 September 2015**

Derek Heneke

#### MARRIED

**1 August 2015**

Chris De Bruyn &

Jeanine Bothma

#### BAPTISM

**5 July 2015**

Hannah Bowron

**12 July 2015**

Brooke Harvey

**13 September 2015**

Stella Edwards



Sunday, a visit to the family caravan on Anglesey and a final dinner together at the Stretton Fox; a visit to St Beuno's Retreat Centre in Wales, and a return visit to the beautiful Chester Cathedral. We then headed for our Long Family Gathering in Devon, near Exeter, via Oxford for an afternoon of exploration and to London to collect Nathan and Rebecca-Lee. Oxford was amazing in a short period of time, walking from Magdalene College up to the Carfax Tower, returning via Christ Church College (more recently of Harry Potter fame) and the Botanical Gardens, stopping in to visit the University Church of St Mary the Virgin (an intriguing space with not one cross visible, and a beautiful portrait of the Virgin and Child behind the altar) where Cranmer, Ridley and Latimer were condemned for their reformist ways and led to their deaths to be burnt at the stake.

We had a wonderful Long Family Gathering in Aylesbeare - the main reason for our visit - filling a ten bedroom house with twenty three of us, four generations! We went swimming in the sea at Dawlish Warren, walking along the coastal path at Ladram Bay, and visited the seaside village of Beer (the source of Exeter Cathedral's stone), and Buckfast Abbey (a working Catholic Benedictine Monastery), and Exeter Cathedral, in between serious challenges at the pool table, much good food and family fellowship.

While visiting St Beuno's Retreat Centre in Wales, Dawn picked up a pamphlet that contained the following quote by



Pope Benedict XVI:

*Being a Christian is not the result of an ethical choice or a lofty idea, but the encounter with an event, a person, which gives life a new horizon and a decisive direction.*

One might be tempted, visiting various Cathedrals in England, to think that these buildings were inspired by lofty ideas. However, when one considers the commitment, often of more than one and sometimes many generations, to the building of these incredible symbols of a glorious God, one becomes aware of a generation's encounter with something of substance that led to projects that continued to inspire future generations, that continue to create new horizons of awareness every time one enters these magnificent structures; projects that gave decisive direction over long periods of time to generation after generation, and even today to the

curious tourist like myself. Chester and Exeter Cathedrals, despite their size and incredible soaring Gothic architecture still manage to create a sense of intimacy even in their larger spaces for worship, a sense of this great and glorious God being accessible and available.

And I am challenged to ask, "Are we building similarly, not necessarily in stone and mortar, for future generations? Or in this consumerist culture that we've embraced, are we building only for ourselves?" It's an important question.

**Blessings, Mark**

## ST JAMES & WARBLINGTON CHURCH

Once again, I was privileged to stay with Gretta Pescod at her home in Emsworth, a charming coastal village near Chichester. (East Sussex)

At the service on the Sunday just before Wimbledon, I had the privilege of reading Father Mark's excellent letter expressing the gratitude of St Andrew's parishioners for the continued, generous donations that their Mission Committee makes towards our Love Packs. This has been ongoing for 10 years now and as we know has benefitted many needy families in the Peninsula.

Father Mark's warm and sincere thanks drew great applause and appreciation. We have just heard that another donation has been forthcoming and are extremely fortunate to have this support from St James & Warblington Church.

**Margie Barnard**

# BUILDING REPORT BACK

Dear Fellow Parishioners

Some of you may recall that the last update you received concerning the building plans was in the autumn newsletter. So, it is with excitement and some trepidation, that the Building Committee can now report that we are in a position to test the Parish's appetite for this project, by appealing to you all for a contribution to the building fund.

After consulting with many parishioners at a fund raising think tank, we have a plan in place which will, without doubt, lead to an enthusiastic response. Having said this, it is important to remember that we are a community and that those who don't feel they can lend support to this venture, should openly express their sentiment.

It is through this process, that we will discern together, what God's plan is for us. Representatives from the Building Committee will address all three congregations over two consecutive Sundays (end of September and beginning of October). Please consider this prayerfully during the coming weeks.

Looking forward to our future discussions,

**William.**

# LOVE PACKS REPORT

September 2015



So far 2015 has been a very successful year for the Love Pack program, which operates under MTN. 1300 nutritional food parcels have been filled over 6 well supported packing sessions, which are always joyful Parish community events. A highlight of the year was our July pack, which was planned to coincide with International Nelson Mandela Day on Saturday 18 July. With a fantastic turnout of enthusiastic volunteers, responding to the call for 67 minutes of community service, the hall was filled to overflowing and 300 food parcels were packed in record time and in wonderful good spirits. What a joy to serve our Lord and our community in this way.

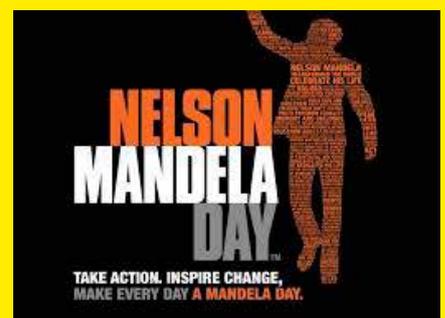
A number of high school learners have also used the Saturday packs for logging community service hours, which is welcomed.

Funding for Love Packs is largely sourced from the MTN budget, but we have also recently been fortunate to receive a generous grant from the mission committee of the Parishes of St James and Warblington in Emsworth, England, thanks in no small way to Margie Barnard's network. We are grateful for their loving support.

The beneficiaries of the food parcel program continue to be the families of members of the HIV support groups run by the Diocese's Fikelela AIDS Project, as well as the SafeLine organization.

We will pack again on the first Saturdays of October, November and December and anyone - parishioners, family and friends - is welcome to join us for one or more.

Rob Coombe



# HEAVEN in a Wild Flower

**Margaret Bewick**

After my husband died, a friend and fellow parishioner at St Andrews suggested I take a course at UCT's Summer School: Vicky Thomas' INTRODUCTION TO BOTANICAL ART (confirming that, at times, guiding angels come in human form!)

This comprehensive course given by such a gifted artist and teacher opened doors to a whole new world for me:

- Getting lost in drawing and painting was a constructive form of therapy;
- I met new people who shared a common interest;
- Through membership of the Botanical Artists' Association there were and are field trips and workshops to attend;
- It increased my powers of observation and the way I look at the environment; and
- It has heightened my appreciation of the beauty that surrounds us – God's awesome creation.

Before the invention of the camera, black and white or hand coloured illustrations were the means by which scientific subjects could be shared. The artist therefore needs to know the subject. One of the best ways to learn is to observe and one of the best ways to observe is to draw.

In past centuries there were fairly strict protocols in place. Because most artists are right-handed, the light source must come from the left; shading values range from light to dark, giving the object depth; placement and orientation of the specimen on the page followed certain standards. This resulted in accurate but sometimes stiff and formal presentations. Today the approach tends to be not so strictly bound, with the artist's individual approach being evident. Instead of viewing botanical art as only for books or scientific journals, this art form is claiming its place alongside landscape, still-life and portraiture. "Wall appeal" is one of the criteria used by judges at the Kirstenbosch Biennale.

Any talent is a gift from God, be it art, music, singing, photography, horticulture, hand-craft or creative writing, for which we give thanks to our awe-inspiring God who is the source of all goodness, healing and redemption.

**Credits:** Title – William Blake; Some content from an article by Vicki Jennings entitled "The art of seeing".

To end I would like to share this passage from Martha Graham's THE DANCER, which has over the years been an inspiration for me:

**'There is a vitality, a life force, an energy, a quickening that is translated through you into action, and because there is only one of you in all time, this expression is unique.**

**If you block it, it will never exist through any other medium and it will be lost. The world will not have it. You must keep that channel open. It is not for you to determine how good it is, nor how valuable. Nor how it compares with other expressions.**

**It is for you to keep it yours, clearly and directly."**



## BARK STRIPPERS IN NEWLANDS FOREST

Those of you who walk regularly in the upper reaches of the forest, particularly on the Contour Path near the bottom of Newlands Ravine, will not fail to notice that some trees have had their bark stripped off. Even if the tree is not completely ring-barked, this eventually leads to the death of the tree as insects bore into the heartwood and weaken it. The bark is sold for muti and fetches a high price as far afield as Johannesburg and Natal. Trees mainly targeted are Assegaai and Boekenhout. Table Mountain park rangers apply tar to the damaged trees to try and save them. There are many tarred trees but newly stripped ones just about every week.

If you should see anybody doing this, do not confront them but please report them to Table Mountain National Park. Here are the numbers:  
021 4221601  
021 4807700  
086 1106417.

Please enter these numbers into your cell phones, give them to any of your friends who walk in the forest. Spread the word!

**Steph Saunders**

## KNITWEAR FROM OZ KEEPS COMING IN!

St Andrews continues to be blessed by their knitting group, led by Kate Andrew from St Aloysius Church. I have been remiss about not putting up photos showing the charming jerseys, beanies, booties and slippers which arrive in the packages from abroad. Do look on the notice board and see the latest arrivals. Knowing that this group enjoy their tennis and follow the Grand Slams avidly, I sent them a card from Wimbledon, hence their reply. (also on the notice board) **Margie Barnard**



# PAM RHODES PRESENTED SONGS OF PRAISE ON BRITISH TELEVISION.

The following are extracts from her charming publication "As Time Goes By"(pub Lion Hudson)

## A seventeenth century nun's prayer:

Lord, thou knowest better than I know myself that I am growing older and will some day be old. Keep me from the fatal habit of thinking that I must say something on every subject and on every occasion. Release me from craving to straighten out everybody's affairs. Make me thoughtful but not moody; helpful, but not bossy. With my vast store of wisdom, it seems a pity not to use it all, but thou knowest, Lord, that I want a few friends at the end.

Keep my mind free from the recital of endless details; give me wings to get to the point. Seal my lips on my aches and pains. They are increasing, and love of rehearsing them is becoming sweeter as the years go by. I dare not ask for grace enough to enjoy the tales of others' pains, but help me to endure them with patience. I dare not ask for improved memory, but for a growing humility and a lessening cocksureness when my memory seems to clash with the memories of others. Teach me the glorious lesson that occasionally I may be mistaken.

Keep me reasonably sweet. I do not want to be a saint-- some of them are so hard to live with -- but a sour old person is one of the crowning works of the devil. Give me the ability to see good things in unexpected places, and talents in unexpected people. And give me, O Lord, the grace to tell them so. Amen.

## A little prayer, based on the Suscipe, a prayer made by novices when they enter a Benedictine community:

Accept me, O Lord, just as I am,  
In my frailty, my inadequacy, my  
contradictions and my confusions.

Accept me, with all those discordant currents  
that pull me in so many directions.

Accept all of this, and help me to live with what I am,  
That what I am may become my way to you.

Submitted by Forbes Smith

## GARDEN OF REMEMBRANCE/THE GLADE

With Spring finally here, the Church gardens are looking very pleasing, especially the dainty bluebells. Shortly, more plants will be added to the Garden of Remembrance, giving it a fuller appearance. The Glade is at its best at this time, with the handsome clivia and flowering azaleas bursting with colour. There has been a slight change in the ground cover – small ivy slips have been planted in the flower bed on the left of the main pathway, as it is hoped that this will grow better than the existing ground cover (regret do not know its name). **Margie Barnard**

"I think that if ever a mortal heard the voice of God it would be in a garden at the cool of the day" - F Frankfort Moore

## PRAISE GOD FOR JOY IN CREATION

(Commemoration of St Francis of Assisi: 4th October)

Submitted by Ivor Jardine

Praise be you, my Lord, with all your creatures, especially Sir Brother Sun who is day, and through whom you give us light.

He is beautiful and radiant, with great splendour and bears a likeness of you, Most High One.

Praise be you, my Lord, through Brother Wind and through the air, cloudy and serene, and every kind of weather

Praise be you, my Lord, through Sister Water who is very useful and humble, precious and pure.

Praise be you, my Lord, through Brother Fire, through whom you light the night. He is beautiful and playful, robust and strong.

Praise be you, my Lord, through our sister, Mother Earth who sustains and governs us and who produces varied fruits with coloured flowers and herbs.

- Francis of Assisi



**PRAY FOR OUR PARISH:**  
Blessed Lord, as Francis found joy in creation, in beauty and simplicity, but perfect joy in sharing the sufferings of the world, so may we, abiding in your love, receive your gift of perfect joy, and by the power of your Spirit radiate your joy and find, even in suffering, the glory of God.

## ST ANDREWS CHURCH, NEWLANDS

MINISTRY TO THE NEEDY **SEPT 2015 REPORT**

How wonderful it was to see the absolute delight on the faces of both the children and teachers of the pre-schools where we installed new jungle gyms and sandpits! It so special to be able to share God's love in this way!



At **Bright Future Pre-school** (Khayelitsha) we installed plumbing to give them access to water inside the school and a beautiful new jungle gym:



At **Inkwenkwezi Pre-School** (Khayelitsha) we installed a new sand pit with a cover for the summer sun:



**Sizisa Ukhanyo Pre-school's** (Khayelitsha) playground equipment was repaired or replaced where necessary and all the woodwork resealed and varnished. We put a new cover over their sandpit for those really hot summer days and replaced the sand in both their sandpits:

We installed a new junior jungle gym at **Nonkqubela Pre-School** in Gugulethu as well as did major repairs to their existing playground equipment, along with a new cover on their sandpit and fresh sand too:



A big thank you to Meagan Hughes for her time in helping MTN do the following for the shelters we support:

- Leliebloem House Residential Child and Youth Care Centre – provision of bedding for single beds
- St Anne's Shelter for Abused and Disadvantaged Mothers and their Children – a gas hob for cooking during load shedding and a contribution to expanding the children's facility
- Saartjie Baartman Centre for Abused Women and Children – a contribution towards their crèche to: Astro turf the play area, close up and level the sandpit and repaint the playground equipment

What a blessing to be able to help these shelters!

I encourage all of you to let us know of any needs that are close to your heart and where MTN can perhaps help.

Huge thanks to so many of you who continuously donate items to the Parish office for distribution to our various beneficiaries and special thanks to Simon Finsen for delivering these donations all over the Cape Town area.

Please keep MTN and our work in your prayers so we can really do God's work in communities that need help.

Enjoy the start of Spring, but pray for more rain, we need it!

**Abundant Blessings  
Debbie Coombe**

# PARISH DIARY

## OCTOBER

<b>Saturday 3</b>	Love Packs 10.00am
<b>Monday 5</b>	Soup Kitchen 11.15am
<b>Saturday 17</b>	Quiet Morning 9.00/9.30 -12.30
<b>Sunday 18</b>	Newcomer's Tea 3.00pm
<b>Monday 19</b>	Soup Kitchen 11.15am
<b>Sunday 25</b>	Baptism Service – Amy Anne Cruikshanks 9.00am St Andrews Amble 2.30pm Family Focus Service 6.30pm

## NOVEMBER

<b>Thursday 29</b>	Parish Council Meeting 7.30pm
<b>Monday 2</b>	Soup Kitchen 11.15am
<b>Saturday 7</b>	Love Packs 10.00am
<b>Sunday 15</b>	DEDICATION SUNDAY
<b>Monday 16</b>	Soup Kitchen 11.15am
<b>Saturday 28</b>	MORNING MARKET
<b>Sunday 29</b>	St Andrew's Amble 2.30pm
<b>Monday 30</b>	Soup Kitchen 11.15am

## DECEMBER

<b>Saturday 5</b>	Wedding – Patrick McCabe & Tammy Farrell 4.30pm
<b>Sunday 6</b>	Festival of Nine Lessons & Carols (Provisional Date) 6.30pm
<b>Saturday 12</b>	Wedding – Charles Garner & Juliette Collins 4.00pm

## Dear Lord

Every single evening as I'm lying here in bed, this tiny little Prayer keeps running through my head:

God bless all my family  
Wherever they may be,  
Keep them warm  
And safe from harm  
For they're so close to me.

And God, there is  
one more thing  
I wish that you could do;  
Hope you don't mind me asking,  
Please bless my computer too.

Now I know that it's unusual  
To Bless a motherboard,  
But listen just a second  
While I explain it to you, Lord.

You see, that little metal box  
Holds more than odds  
and ends;  
Inside those small compartments  
Rest so many of my friends.

I know so much about them  
By the kindness that they give,  
And this little scrap of metal  
Takes me in to where they live.

By faith is how I know them  
Much the same as you.  
We share in what life brings us  
And from that our  
friendships grew..

Please take an extra minute  
From your duties up above,  
To bless those in my  
address book  
That's filled with so much love.

Wherever else this prayer  
may reach  
To each and every friend,  
Bless each e-mail inbox  
And each person who hits 'send'.

When you update your  
Heavenly list  
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Bless everyone who  
says this prayer  
Sent up to GOD.Com

Submitted by Roger Prideaux

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Diocese of Cape Town  
**Stewardship Campaign 2015**  
**Launch Service**

**Date:** Sunday 4 October  
**Time:** 15h00  
**Venue:** St Georges Cathedral

**Contact:** Revd Deon C. Faro • 021 696 1500 • [deonfaro@mweb.co.za](mailto:deonfaro@mweb.co.za)  
Charleen van Rooyen • 021 469 3760 • [vanrooyenc@ct.diocese.org.za](mailto:vanrooyenc@ct.diocese.org.za)

**Growing:**  
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In And  
Through Us

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Allowing  
God To  
Use You

**Giving:**  
Managing  
God's  
Resources