



LUTHERAN PORT ELIZABETH
Friedenskirche Church of Peace



No: 2022.02e

Newsletter February 2022



**Be angry but do not sin;
do not let the sun go
down on your anger .**

Ephesians 4:26

Watchword February 2022
(refer to Page 20-21)

Christ and His Church invite you!
Christus und Seine Kirche laden Dich ein!

From the Pastor's Heart



**Accept one another, just as Christ
accepted you,
in order to bring praise to God
Romans 15:7**

Dear Members and dear friends of the Church of Peace

I praise and thank God for a wonderful year 2021. He has sustained us and worked many blessings through you dear congregation so that we were able to continue our calling as Christians in mission here in Port Elizabeth in spite of the pandemic. Thanks to you members and the councilors, organist and lay preachers who have done so much to continue the regular worship services on every Sunday while our Pastor, Anja is slowly recuperating in Germany. You all kept our congregation going.

Paul places the following words into our hearts: **Accept one another, just as Christ accepted you, in order to bring praise to God Rom 15, 7**

Where do we feel at home? Generally people answer: There, where I can be

myself. Where I don't have to bend myself or pretend, so that others will accept me. Where I, with my idiosyncrasies, my strengths and weaknesses am accepted as I am. Where I need not fear to be rejected or excluded, if I don't function as people would expect me to.

Places where that is the case, do they come to your mind? Is it in your marriage, your family, your place of work? Is it with friends? By the way these are the ones you can choose.

But Paul has something else in mind, when at the end of his letter he writes to the Roman Christians: **Accept one another, ...** he addresses a mix of Christians – Christians who come from different backgrounds and have different roots, Gentiles and Jews who converted to Christianity. It seems that the Christians with Jewish background are in the minority.

Now in that congregation were different opinions of how one ought to live as Christians. And that lead to certain insecurities and tensions, where one group would give the other a bad conscience, because they had different Christian lifestyle.

This obviously lead to tension, where one group despises the other one. In the mind of the one group they thought they were superior and strong, whilst the others were seen as weak in faith and as inferior. And this situation might cause the congrega-

From the Pastor's Heart

tion to tear apart.

It is so long ago, that Paul wrote this appeal, and yet it sounds rather familiar, doesn't it. Strife and breakaways are part of the political agenda since those days, aren't they. Paul writes to the Christians in Rome telling them, that churches and congregations should be places of harmony, of peace and hope, where all are concerned to build each other up and strengthen each other in faith.

Is this all a religious wishful thinking? Today we place Paul's wish and appeal into words, like tolerance, acceptance, unity in diversity. This is often asked for, yet seldom applied. It is easier said than done, isn't it.

Acceptance means foremost, that God concretely intervenes in the life of people: God changes people and God draws people to Himself, offering them a secure place. This is strongly

expressed in the book of Psalms. Where we read: ***He reached down from on high and took hold of me; he drew me out of deep waters...*** says the psalm writer (Psalm 18:16)

That is Paul's line of argument: how can you reject and despise people within your own congregation and exclude them, when God in fact accepted them? Who do you think you are: And then he complements/concludes his appeal with the words: Accept one another, just as Christ accepted you. Christ, whose birth we just celebrated, is God's unconditional YES towards you, His children, and it is He who binds you together!

No common idea or common job, no teaching of the church create unity, only Christ himself can achieve that.

Just think about these words, about whom we are as baptized Christians: We know we are **liberated** by God's grace! We are a **changed** people! We wish to stay **true to God's word** (Scripture)! We wish to **grow in the relationship: Toward God and in fellowship with *all* people.** And Paul gives very practical advice for us how to go about it this year: **"Accept one another, just as Christ accepted you, in order to bring praise to God!"**

Yours in Christ's service
Andreas Wernecke



**He reached down from on high
and took hold of me;
he drew me out of deep waters..
Psalm 18:16**

Whoever comes to me ...



**Whoever comes to me,
I will not turn away**
John 6:37

"Whoever comes to me I will not turn away," says Christ. And, **"Come to me, all you that are weary and are carrying heavy burdens."** And, **"Let the little children come to me, and do not stop them ."** And, and, and - always the message is: none will be turned away. None is turned away. No one is left out.

At present, we ourselves are experiencing and doing the opposite everywhere: closing off, building walls, breaking bridges, securing borders, strengthening defences. Is this clash a coincidence? Unlike the daily watchwords, a year's watchword is not drawn by lot, but found democratically in a long process by the Ecumenical Working Group for Bible Reading. Around fifty suggestions are discussed and deliberated until a decision is finally made by ballot. People choose a Word of God of which they think: It is now the turn of this word. One can be critical of this: Is God's word being used here?

At the same time, is it not the same with every biblical motto that we choose carefully? For church congresses, for example - or at the striking turning points and transitions in our personal lives? For baptism, confirmation, marriage? We choose a biblical word as a companion because we hope for it: It has its own voice, its own miraculous power that helps us to live. It intervenes in the current misery of the world and in the experiences of my own little life. Again and again, it stands salutary at odds with the general mood. It disturbs me in what I always thought and thought I do knew.

"Whoever comes to me, I will not turn away," says Christ. This translation blurs what he actually says: "Whoever comes to me I will not cast out." Averted expulsion. In its place in John's Gospel, a clear word from Jesus to those who are already "in" and feel safe around him, "his people" as it were. A word to us who now, at



**Come to me, all you that are weary
and are carrying heavy burdens**
Matthew 11:28

Whoever comes to me ...



**Let the little children come to me, and
do not stop them**
Luke 18:16

the turn of the year, seek his nearness. Looking back on a year that is coming to an end shapes the lookout for what may come; every attempted answer calls up new questions. Also questions about God, questions to God.

Sickness and death, finiteness and powerlessness and guilt can no longer be understood as tragic deviations from the "normal". They run riot in the midst of life and get right up close to us. Every day. "Whoever comes to me": The annual Watchword means you and me as we come to Christ on the threshold of the new year: Marked and torn, exhausted and impatient. Shaken in faith too.

And suddenly I realise, he is actually saying it to me. He makes it clear to me: You are here, with me, because I want you here. Still and now more than ever. You won't be thrown out of here because I've already done the most important thing for you and the world. You may stay here despite your sometimes so miserably awkward, so

shockingly clueless and sometimes also richly self-absorbed hurrying from day to day, from year to year. "I will not push you out": this divine promise places me upright and awake in the present. For when I am actually allowed to remain there, with Christ, then my eyes open to what must not remain in this world for the sake of God and man. I can dare to take a sober look - and must risk courageous deeds and signs: Open doors, go out into the streets, be with the unloved, confront cries of hate.

Will you join us? May God grant us a blessed 2022.

Prayer

Thank you, Jesus Christ, for not pushing me out of your presence. In spite of everything. Help me to grow courage from my wonder at this. Courage to say and do what opens doors and hearts. Amen.

Annette Kurschus
Chairperson of the EKD Council ,
President of the Evangelical Church
of Westphalia

COVID –Thoughts

A cautious return to a new “normal” ?

I remember many years ago observing the avoiding reaction of an ordinary garden snail when I came near it with my finger. It pulled back its stalked eyes and curled back into the safety of its shell. Like the snail that retreats into the safety of its shell at the sign of danger, Covid safety protocols have rightly resulted in us retreating from our social norms and interactions in order to minimise the chance and danger of infection. Science has now produced effective vaccines and daily more people are vaccinated. Many already with the booster that is available.

As with the snail that slowly comes out of its shell when it perceives the danger has passed, and carefully extends its eye tentacles - we too need to be careful when we think that the Covid danger is over. Today much more is known about the virus and vaccines have been developed by which our bodies can produce antibodies against the virus. Clearly Covid has been with the world for over two years now and although we have the means to combat it, it can, and does mutate. It is not just going to disappear. We need to be cautious. To avoid close personal contact, we use the virtual way of contact with others - WhatsApp, Zoom, Skype etc, This technology has developed in leaps and bounds and as with the snail's careful extension of its eye tentacles, virtual technology is allowing us to be



able to continue to interact safely with the rest of the world around us.

Working from home was an emergency solution to avoid close contact with work colleagues and clients. Availability of suitable internet connectivity to some homes is, at present, a stumbling block to some. So the new normal seems to be a collection of solutions. Being vaccinated appears to be becoming more and more of a requirement with some institutions before employees return to the workplace.

When last did you take a supermarket trolley without thinking of sanitising the handle as a precaution? Probably over two years ago. Active infections are presently down but maintaining social distance, sanitising and washing hands as well as wearing a mask are simple and proven ways of protecting oneself against Covid infection.

Reinhard Walle
Committee Chairman

COVID – Information

Dear members, dear friends

Under the present COVID-level regulations we are able to offer **live services at our Church of Peace**, but for those who cannot come, we publish handouts so that you can celebrate the service also at home.

These are available at our WhatsApp-Group:



Lutheran Congregation

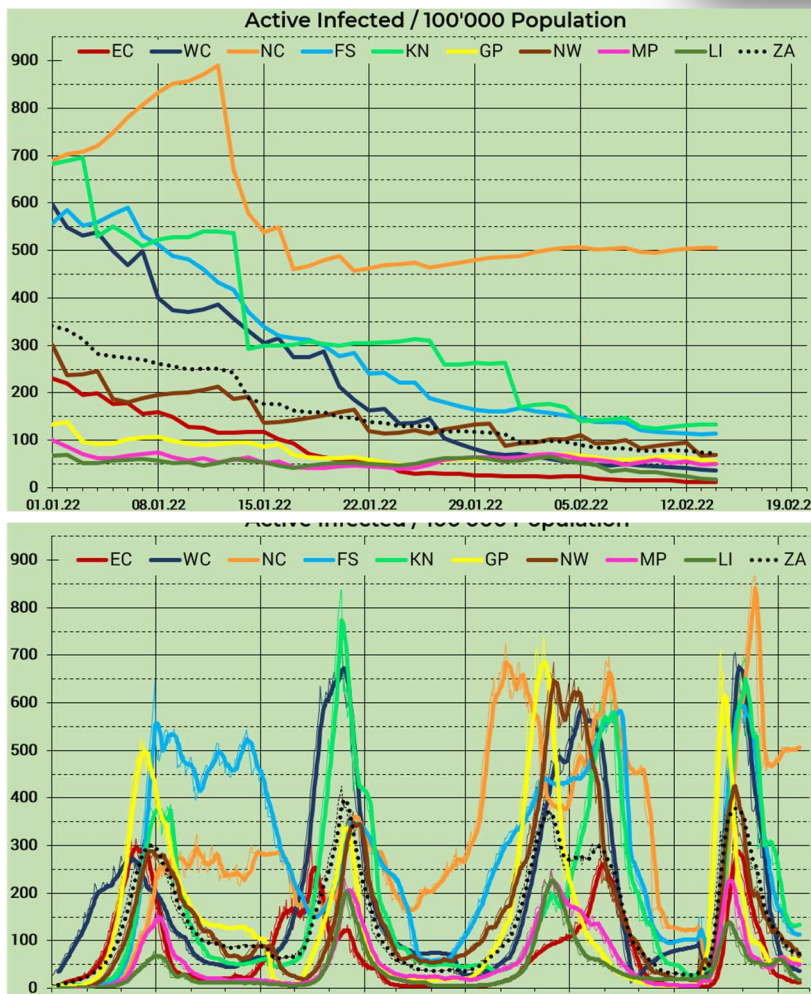
If interested, send sms to Henry Newman

078 703 7003

Bring and wear your **face mask** the whole time. **Sanitize** and sign the **Register** when entering the church

The following regulations apply:

- ❖ Max. 45 persons per service
- ❖ 3 persons per pew (1-1-1) or for couples (2- -1), larger families from the same household can sit together in one pew
- ❖ Every second pew remains free
- ❖ Foyer and Mezzanine have additional chairs 1.5 m apart
- ❖ The Organ will play and you can sing the hymns. The lyrics will be projected (no hymn books).
- ❖ Communion is received individually (disposable cups)
- ❖ No gatherings before/after service in the Foyer



Opposite is an overview of the number of people actively infected with the Corona virus every day for the last few weeks (01.01.2022 till 14.02.2022), as well as since the beginning of the pandemic (period: 1 May 2020 to 14 February 2022). Eastern Cape (EC red) and the adjacent provinces Western Cape (WC dark blue), Northern Cape (NC orange), Free State (FS light blue), KwaZulu Natal (KN neon green), and for comparison Gauteng (GP yellow) and total South Africa (ZA black dotted). For a better comparison between the provinces the numbers are scaled to cases per 100,000 inhabitants.

National Dialogue on Foreign Nationals

The South African Council of Churches (SACC) is calling for a National Dialogue on foreign nationals working in South Africa, who have once again come under the societal microscope. This call comes in the wake of other members of society who are publicly calling for the removal of all foreign nationals from South Africa 'with immediate effect'. "The challenge of addressing the South African attitude to Africans from other countries is a perennial one. The problems of relating to foreign nationals have a direct impact on the communities in which we live, worship and where we have our livelihoods; and we urgently need a national multi-stakeholder and solution-seeking Indaba", said Bishop Mpumlwana (General Secretary of the SACC).

The murmurings about foreign nationals 'stealing the jobs' earmarked for local nationals have been growing in mass for years, albeit at varying volumes. In recent months, we've seen the transport sector buckling under the weight of the strain of local drivers' disgruntlement at the employment of foreign nationals over them. It was not long ago that the N3 was blockaded by protesting drivers, creating a ripple effect to the broader economy.

Today, there are voice notes doing the rounds giving deadlines for the removal of mainly Africans from elsewhere in the continent; and in Johannesburg there is the much more organised "Operation Dudula"; and more recent-

ly, the EFF put the spotlight on the hospitality industry, making visits to restaurants to establish the nationalities and ratios of their staff compliments.

The government appears to lack the capacity to deal with this matter in a sustainable way - and this has continued to plague communities, resulting in much bitterness, fear, anxiety and conflict.

Given the spread of organised groups taking the initiative to accost foreign nationals, whether legal or illegal, as the distinction is hard to verify in the heat of the moment, the SACC is deeply concerned that it would take one misplaced word or act by one or more persons, to tip these murmurings to violence and, God-forbid - death.

It is for this reason that the SACC proposes a national **Indaba** to include all sectors that have an interest in this matter, including the representative bodies of foreign nationals; for all to look into various issues concerning foreign nationals in the country.

These should include the whole question of immigration management and the refugee status regime. It should include the consideration of any research made on the activities attributable to foreign nationals – their presumed role in regular crime and especially organised and syndicated crime like in drugs and human trafficking; their contribution to the national economy and the GDP; their contribution to

National Dialogue on Foreign Nationals

education, including as university professors; the labour and employment situation regarding foreign nationals – this being one of the triggering points in communities in a high unemployment environment.

“We need to look at the difference between poor and middle-class immigrants, legal or not; is it a class thing? Are foreigners objectionable when they are poor and in townships, and not so when they are middle class in suburbs, or are white from, say the Czech Republic?” added Bishop Mpumlwana. He said that it is important to ask what causes the backlog with documentation processes for foreign nationals, and what the role of corruption could be at the borders or in the Reconstruction and Development Programme (RDP) house allocation that inordinately favours illegal foreigners.

Furthermore, considering the large numbers from neighbouring countries like Lesotho, Mozambique and Zimbabwe, how does the South African economy relate to the regional and continental economy, both historically and in the present context? What might be some of the solutions – at community level, at municipal level, sectorally as in types of businesses such as informal commerce, trucking of goods; government and public policy – immigration management, regulation of business enterprises; categorisation even of faith-based businesses. What might be some of the solutions?

“We have a responsibility to ourselves to foster a culture of dialogue that will result in meaningful solutions, which is why this proposed Indaba is a national priority,” said Bishop Malusi Mpumlwana. He acknowledged that our tumultuous past had resulted in much deprivation, and an imbalanced competition for jobs, commodities and housing, but stated that the forced and violent removal of foreign nationals would not a peaceful South Africa make.

“We must appeal to all our communities to desist from what ends up as vigilante action in the absence of effective law enforcement. We saw the effect of people taking the law into their own hands in the fatal vigilante actions of Phoenix; whatever the cause, and however well intentioned, nothing stops popular action against a section of the population from becoming ugly and resulting in serious injury and death,” Mpumlwana added.

The National Indaba on Foreign Nationals will aim to create a fair playing field, and address every area of concern for all affected sectors and communities; and seek solutions, where the rules that apply for one can be applied to all, for the benefit of South Africa and all who live in it.



South African Council of Churches

Invitation AGM

Dear members

You are all cordially invited to this year's annual general meeting (AGM). This will take place on

**Sunday, 13 March 2022
after the divine service**

Please reserve this date and we hope for a good turnout. The main focus will be the financial situation of the congregation and the urgent filling of important vacant positions.

Provisional Agenda

1. Opening Prayer
2. Announcement of Minuting Secretaries
3. Attendance List
4. Approval of the Minutes of the AGM 25 April 2021
5. Annual Reports
Pastor, Chairman, Financial report 2021 and their approval
6. Budget 2022
Resolution Cape Church
Church contributions and stewardship
Approval of the 2022 budget
7. Elections Church Committee
Delegates to Synod and CCE
8. Annual Plan 2022
9. General
10. Closing Prayer

The final agenda, the minutes of last year's AGM and the financial report will be available for viewing in the foyer of the Friedenskirche from 27 February.



**But the aim of such instruction is love
that comes from a pure heart .
1 Timothy 1:5**

Birthdays February 2022



04-Feb

Jan | Heineke
Karla | Arends

06-Feb

Rene | Koch

07-Feb

Kurt | Eichhoff

10-Feb

Gisela | Schmidt
Molly | Trumpp

11-Feb

David | Thompson

13-Feb

Joan | Cairncross

17-Feb

Brian | Arends

25-Feb

Candice | Bürger

28-Feb

Gemma | Bürger
Joan | Burgdorf



Divine Services February 2022

6 February 2022 09:30 (D)
Fourth Sunday before Lent



Watchword (Psalm 66:5):

"Come and see what God has done: he is awesome in his deeds among mortals."

"The water is up to my neck." Sometimes fear makes it difficult for me to breathe. When the storm time is up, when a loss pulls the ground under my feet, then I seek hold. Then I need someone who stands like a rock in the surf and the waves stopped. Jesus is master of the forces of nature and storms of life, as the Fourth Sunday before Lent shows. Where God seems to leave us alone, where we think we need to shake him awake, he is very close, soothed, comforting, smoothing waves. Even the biggest flood came to an end. "Why are you afraid? Have you still no faith?" Jesus asks when it's all over. And you, do you have faith?

Sermon

Matthew 14:22-33

13 February 2022 09:30 (E)
Septuagesimae



Watchword (Daniel 9:18b):

"We do not present our supplication before you on the ground of our righteousness, but on the ground of your great mercies."

That's unfair!" It is not only children who are angry about injustice. But what is just? And God - is God just? That those who act well do not always fare well was already painfully experienced by the people of Ecclesiastes' time. "God's justice is goodness", the Sunday of Septuagesimae counters this. The vineyard owner who pays equal wages to all, even to the last labourer; Jesus who sits at table with a tax collector of all people; God who is not impressed by strength and wealth, but opposes them with justice and his righteousness. Jesus calls those who are infected by this justice to follow him.

Sermon

Jeremiah 9:22-23

Divine Services February 2022

20 February 2022 09:30 (E)
Sexagesimae



Watchword (Hebrew 3:15):

"Today, if you hear his voice, do not harden your hearts as in the rebellion."

He who has ears to hear, let him hear! The Sunday's focus is on listening to God's word. This word, as the epistle says, is "living and powerful and sharper than any two-edged sword". "What I do not hear has not been said." Children are excellent at this: ears closed, tuned out. But listening is often difficult for us too. How much harder still when it comes to God's word. And then it hits us again suddenly, abruptly, right in the heart. The Word of God and its effect are at the centre of Sexagesimae Sunday. Sometimes it is sharp, painful and dividing like a sword, then again it seems to have no effect, but settles down and grows in silence. God scatters the message of his love generously. Even if we ignore it: It is for us. It is up to us to take it seriously.

Sermon
Hebrew 4:12-13

27 February 22 9:30 (E, Fam)
Estomihi



Watchword (Luke 18:31):

"We are going up to Jerusalem, and everything that is written about the Son of Man by the prophets will be accomplished."

It is natural in life that we time and again make our way on a different path than the one we knew before. If we only look back, we may miss what is happening right now or what may lay ahead for us. On this Sunday Estomihi we make our way to Jerusalem, the way of the Passion of Christ. For us to go without fear we ask God to speak His Word of hope and encouragement into our lives. With God's Word may the unknown not frighten us too much, and may we know that whether we experience joy or pain it is not in vain and that it carries a deeper meaning for our lives. May God encourage and strengthen us through the Holy Spirit.

Sermon
Mark 8:31-38

Prayercards January 2022

1 Feb Alie Coetzer

2 Feb Anthea Bürger

3 Feb Auke Brand

4 Feb Carol Buschhold

5 Feb Chad Deutschmann

6 Feb Deanna
Deutschmann

7 Feb Dittmar Eichhoff

16 Feb Jutta Rohwer

17 Feb Kai Burgdorf-
Fourie

18 Feb Katy van Wyk

19 Feb Leo Burgdorf-
Fourie

20 Feb Leon Human

21 Feb Liesel Harmse

OUR FATHER WHO
ART IN HEAVEN
HALLOWED
BE THY NAME

THY KINGDOM COME THY WILL BE DONE
ON EARTH AS IT IS IN HEAVEN
GIVE US THIS DAY OUR DAILY BREAD
AND FORGIVE US OUR TRESSPASSES
AS WE FORGIVE THOSE WHO TRESSPASS

AGAINST US AND
LEAD US NOT INTO
TEMPTATION BUT
DELIVER US FROM EVIL
FOR THINE IS THE
KINGDOM AND THE POWER
AND THE GLORY FOREVER
AND EVER **AMEN**

8 Feb Frank Dreier

9 Feb Gabi Weder

10 Feb Geoff Andrews

11 Feb Gerry West

12 Feb Hans Schaberg

13 Feb Hildegard Dreier

14 Feb Isa Brand

15 Feb Joan Burgdorf

22 Feb Lynn Cairncross

23 Feb Margrit Burgdorf-
Fourie

24 Feb Merle Cairncross

25 Feb Pastor Anja Spiske

26 Feb Ursula Eichhoff

27 Feb Werner Krieg

28 Feb Wolfgang
Paetzold

Therefore, I exhort first of all that supplications, prayer,
intercessions, and giving of thanks be made for all people.
1. Timothy 2:1

Lenten Devotions 2022

*Through all time the cross
shines brightly.*

Lenten Devotions 2022

*Durch alle Zeit strahlt hell
das Kreuz.*

Passionsandachten 2022

Meditation and Thoughts about Passion Hymns
Meditation und Gedanken zu Passionsliedern

9th March 2022 18:00
The cross shines brightly
Hell strahlt das Kreuz

16th March 2022 18:00
Immense love
Unermessliche Liebe

23rd March 2022 18:00
An invitation to life
Einladung zum Leben

30th March 2022 18:00
Comfortable in the light
Geborgen im Licht

6th April 2022 18:00
More precious than gold
Kostbarer als Gold

Jesus and the children

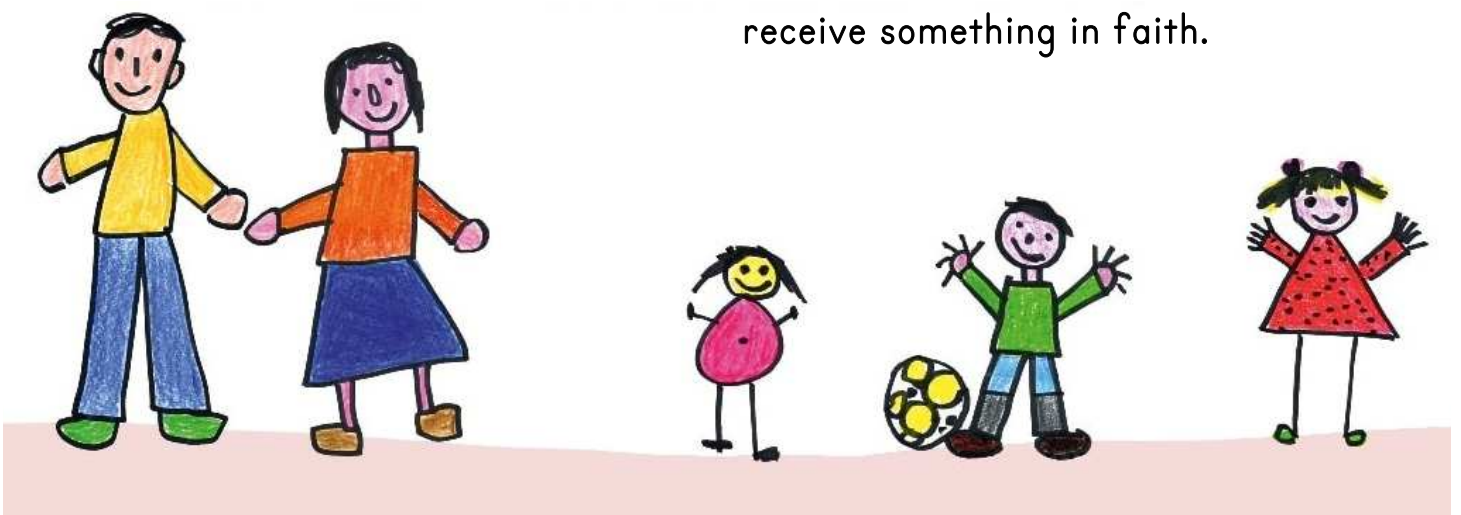
God loves you no matter how many birthdays you have had. God loves you no matter how big or little you are. God loves you no matter how old or young you are. Parents brought their children to Jesus so he could bless them.

A long time ago when Jesus was here on the earth, crowds of people would follow him around to hear Him preach, to be healed of their illnesses and to talk to Him. Some of the people brought children to Jesus so that He could touch them and bless them.

The parents though this was very important. The disciples tried to stop them from doing this. Perhaps they thought Jesus was too busy or too important to do this kind of thing for

the children. When Jesus saw what the disciples were doing, He was upset. Jesus knew it was wrong and He didn't like it! Jesus said to the disciples: "Let the little children come to me and do not hinder them." Jesus wanted to allow the children and their parents to come to Him. Jesus was not too busy or too important to make time for them. In fact, they were important to Jesus. Jesus said: "The Kingdom of God belong to such as these." Wow! The Kingdom of God belong to such as these! That sounds important!

Jesus was saying that children are an example to all people to receive the Kingdom of God like a little child. God the Father loves us and wants to give us His Kingdom. Jesus tells us that we must receive it like a little child would receive something in faith.



Colouring page:



From the Bishop's Office

God's guidance throughout another year

The watchword for 2022 gives us the assurance that the Lord is with us on life's journey. Jesus says: *"Anyone who comes to me I will never drive away."* (John 6:37) It is comforting to know that we can go to Jesus and that he will *"never drive us away"*. In him we find solace and peace. That is what we need during these challenging times in which we face many uncertainties. We plan, knowing that we might have to change them because of the pandemic. But we have the certainty that God is with us. He is Immanuel, God-with-us.

Turning to Him is where we find hope and purpose in life. At synod we had a focus on the Book of Psalms as these prayers are a wonderful resource and tool to guide us through the challenges of life. They are a gift into which we can dig as we move in life from orientation, to disorientation and then again to reorientation; a cycle that repeats itself in life. Pastor Felix Meylahn has shared a wonderful resource to encourage us on this journey. You can find it on the webpage under "Week of prayer on the Book of Psalms." May you be encouraged by the word as you prayerfully face the challenges and as you celebrate life throughout 2022.



Apart from me you can do nothing.
John 15:5

Synod 2021 – time for action!

The theme "Life, Faith, Hope. – Here! Now! Getting from disorientation to re-orientation" was very relevant, as we all struggled on various levels during the pandemic. May the reflections, deliberations and decisions taken encourage and empower us in being church here and now.

The process of re-defining the ministries has started. Church Council will share more information and strategies on how to serve in and through these. A key aspect will be to gather information as to establish on where we are at on congregational, circuit and church-wide level. The information will assist us to network, equip and build capacity as we learn together and from one another. This process will assist in identifying which areas should be prioritized for training.

From the Bishop's Office

The ministries are:

- a) Gender and generational ministry. To oversee ministries related to gender questions and matters surrounding generational interaction.
- b) Diaconal Ministry. To oversee the serving needs in the congregations and the outreaches into the community
- c) Pastoral Ministries. To oversee the Children's, Youth and Caring ministries. Equipping the Saints and Preacher Training.
- d) Legal Desk.
Our orders recommend that Church Council appoints a legal person to advise us when needed.
- e) Communications Desk.
 - Preacher Training for new preachers and continuous training for all preachers will commence in March in a virtual format.



**O Lord, you will ordain peace for us,
for indeed, all that we have done,
you have done for us.**
Isaiah 26:12

Congregations and Pastors

The **Southern Cape congregation** has elected Dr Ronell Bezuidenhout as its pastor. She was inducted on 23.01.2022 in Rondevleihoogte. Welcome in our midst.

We wish her and the congregation a fruitful ministry of kingdom building to the glory of the triune God.

The **ELC Strand Street congregation** has elected Pastor Sybil Chetty as its pastor. She will start her ministry on 1.2.2022. A date for her induction will be announced. Welcome in our midst.



**The sabbath was made
for humankind**
Mark 10:27



Be angry but do not sin; do not let the sun go down on your anger.

Ephesians 4:26

Sarah is sitting on her sofa, recovering from work. She scrolls on her mobile phone, the radio is playing on the side. Pling. A Whatsapp message has arrived on Sarah's mobile. A message from a colleague. A message with nasty insinuations. The words hit Sarah hard. The insinuations are not true. And that makes Sarah really angry. Upset, she throws her mobile phone away from her on the sofa. Nevertheless, her thoughts remain on the message. This morning they were still working together, there was no sign of hostility, and now this. Sarah is disappointed and also quite stunned at what she is being accused of. Her first thoughts, nicely put: "What a stupid cow." - "What is she trying to achieve?" - "What have I done to her to make her so against me?" - "She's out of her mind."

Sarah shuts down and builds up her anger. Her gaze is dark. Her blood is boiling and she doesn't know where to put all the negative energy. But actual-

ly she knows exactly. She would love to tell the secrets of her colleague to the others. She wants to denounce her to the boss and pour her coffee mug over her documents, she is so angry.

How do we deal with our anger and rage? Do we give in to the first impulse and blame ourselves? Anger and rage are strong emotions that are difficult to control. So yes, sometimes it happens that people say or do things out of their emotion that they regret afterwards and that did not necessarily help the situation. But what helps in such a situation? What helps to deal with one's own anger? There is an old saying: after receiving reproachful news, it is helpful to sleep on it for a night, so that this first crass negative impulse subsides and my head becomes clear again, so that I can think. If I can think, I can also act appropriately.

Our monthly saying recommends the exact opposite: "Do not let the sun go down on your anger." Say: Clarify your conflict, your problem, your anger before you go to sleep. The idea behind this is that everything else, i.e. above all waiting or even doing nothing, is an un-Christian attitude. For a Christian way of life aims at reconciliation and relationship. Not making contact then means: breaking off a relationship. Reconciliation is not wanted.

Sarah has been hurt and it has made her really angry. She can't get the Whatsapp message out of her head. Sarah has every reason to be angry and she allows the anger. She doesn't hide it, but she traces it closely. She grabs her pillow and roars into it. There is only a small degree to which her anger turns into aggression. Not much is missing. But then there is that old verse from the Bible that comes to her mind, "If you are angry, do not sin; do not let the sun go down on your anger." This is an old custom of the Pythagoreans. They shook hands before sunset and went home with a greeting, even though they had quarreled before. Their philosophy of life was to strive for harmony in human relationships.

Sarah takes a few deep breaths, organises her thoughts and reaches for the phone. She dials the number of her colleague. She wants to clear up the insinuation, wants to clarify, wants to inquire, wants peace. It is not the

fact that she is angry that leads to guilt and sin. Rather, Sarah would be guilty if she ignored her colleague. If she did not take care of her. But Sarah calls her and asks for clarification. Sarah responds to her colleague, asks her the reasons for the insinuation, and then there is conversation and contact and, above all, there is the possibility of settling the conflict. It is not a pleasant conversation, but there is the possibility that what is broken and hurt can heal again by Sarah's efforts to establish a good relationship. Yes, she is also allowed to reprimand her colleague and admonish her never to do something like that again. This clarity helps disturbed relationships. But beyond that, what is needed is a peace offering, an opportunity to take steps towards each other again.

The next morning, Sarah and her colleague meet at work. They look into each other's eyes and know that trust must slowly grow again, but it is possible to work together again. It is possible to exchange good words. It is possible, but it takes time and, above all, willingness on both sides.

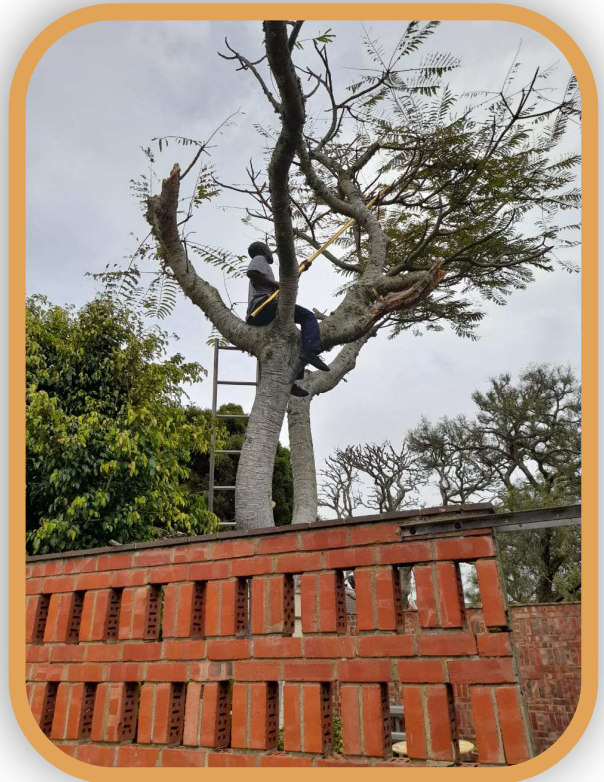
Nele Kaiser
www.herder.de



Let everyone be quick to listen, slow to speak, slow to anger.

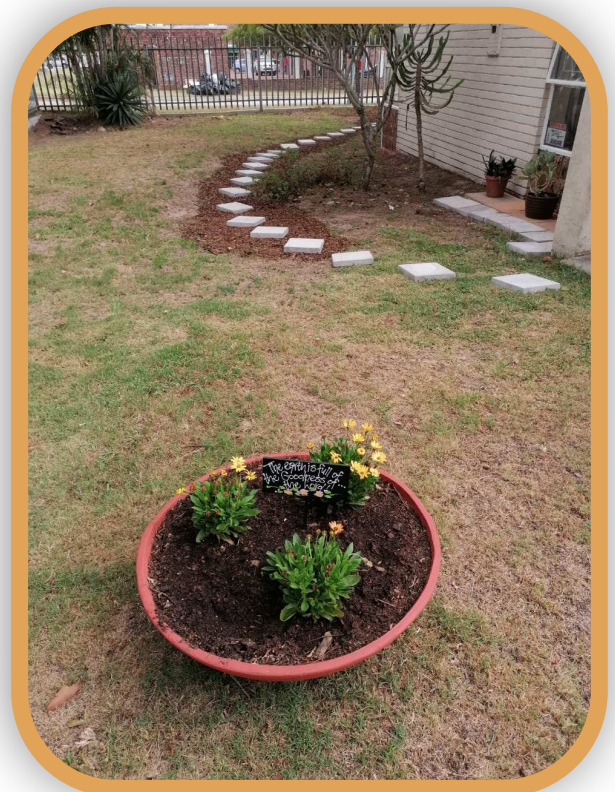
James 1:19b

Maintenance

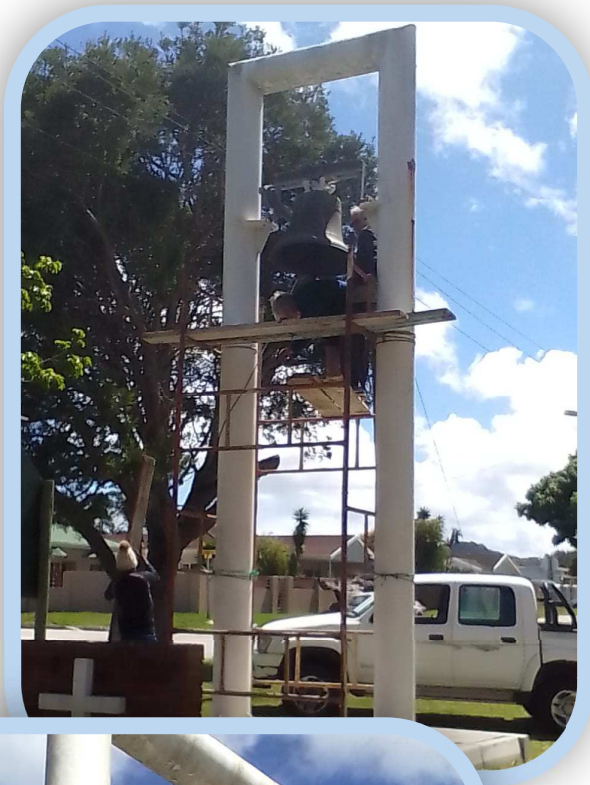


before

after



Friday Take-Out



Many thanks to all who help to maintain our church centre, be it through manpower, donations in kind or money.

FRIDAY NIGHT TAKEOUT

Mom's Night off!

This Friday 18.02.22

Savoury

Choice of:

Pancakes filled with s

Pancakes filled with s

Sweet

Pancakes with Caram

Traditional

Pancakes with Cinnan

To order:

Please phone Carol

Pick up your order at hall entrance 17:00 –

(Covid safety protocols will be maintained.)



FRIDAY NIGHT TAKEOUT

Mom's Night off!

This Friday 25.02.2022 it's a Wrap.

Savoury Chicken Wraps

Choice of:

Plain Chicken Wrap or - R25 ea

Sweet Chilli Chicken Wrap - R25 ea

Sweet

Yummy Chocolate Lasagna slice - R15 ea

Traditional

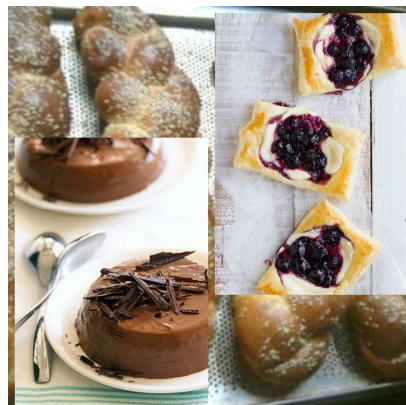
Comfort Apple Slices - R15 ea

To place your order:

Please WhatsApp Rivka at 066 110 7124 by this coming Thursday afternoon.

Pick up your order at the Luke Ave Church hall entrance 16:30 – 18:00 on Friday.

(Covid safety protocols will be maintained.)





Church Committee 2021/2022

Pastor Anja Spiske	33 Luke Avenue, (Manse) pastor@lutheran-pe.org	Springfield 6070 041-367 1986 H
Reinhard Walle (Chairman)	4 May Way chairman@lutheran-pe.org	Sunridge Park 6045 063 685 0263
Henry Newman (Membership) (Treasurer a.i.)	81 Villiers Road, membership@lutheran-pe.org treasurer@lutheran-pe.org	Walmer 6070 078 703 7003
Auke Brand (Maintenance)	52 Bernard Road warden1@lutheran-pe.org	Lovemore Heights 6025 041-367 5287 082 824 7345
Carol Buschhold	25 St Louis, Nerina Ave warden4@lutheran-pe.org	Kamma Park 6070 071 6376 372
Elizabeth Köpke	9 Woodville Road No E-Mail	Mill Park 6025 071 572 0433
Ryan Meyer	warden3@lutheran-pe.org	073 230 2513

Bank Details Walmer Branch	First National Bank, : Branch Code: 211217	Lutheran Church Springfield Account: 534 200 32476
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The congregation's Levy is paid to the Cape Church each month. The recommended contribution per family is **R 550** per month, however, all contributions, small or large help to our commitment. Please make your payments to the church by means of a deposit into the church's bank account or via electronic fund transfer (EFT) and provide **your details under the reference section**

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