

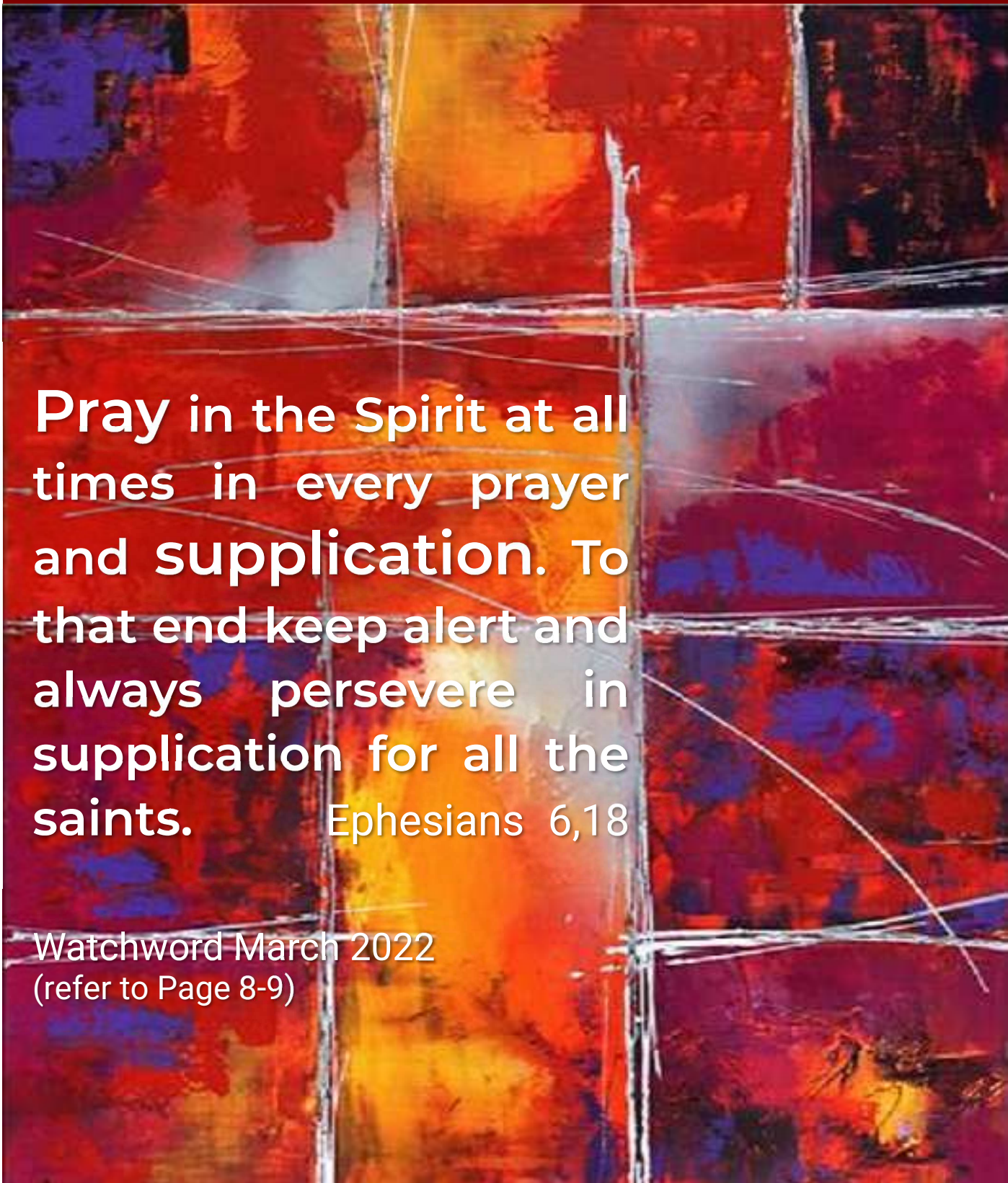


**LUTHERAN PORT ELIZABETH**  
Friedenskirche Church of Peace



No: 2022.03e

Newsletter March 2022



**Pray in the Spirit at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints.** Ephesians 6,18

Watchword March 2022  
(refer to Page 8-9)

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



### GOOD FRIDAY

Who is interested  
in the dark hours  
of the man after  
he suffered a stroke?

Who is touched by the  
Woman who stretches out  
her open begging hand?

Who grieves with  
Child, whose parents  
are divorced?

If not He, who hung  
on the cross and cried:  
"My God, my God, why  
have you forsaken me?"

*Reinhard Ellsel*

# From the Pastor's Heart

## Light in the dark world

What is happening in Ukraine at this time is a constant reminder that the world, as man wants to shape it, nevertheless always descends into chaos.

Over the last hundred years, humanity has experienced two major world wars and since then numerous other small wars and struggles between peoples and nations.

Here in South Africa, lawlessness and violence are spreading in some areas. Newspapers report it, and we feel it too, how the daily cost of living is rising, unemployment is changing very slowly. In short, wherever one listens, wherever one looks, there is a sense of discontent, but also an ever-increasing insecurity among the population.

But where is the answer or the solution to our concerns and questions? Politicians keep claiming that they have all the answers and solutions to the questions and problems of our time. But it turns out that they do not have the solution in their hands.

For me, there can only be one answer, and it does not lie with the politicians.

Our answer to the questions and problems of our time lie with Jesus Christ and his promises to trust and confide in him! He has overcome the darkness and hostility of this world. He has taken away people's fear and shown them what love means. Where

there was hopelessness, he brought new hope, and those who entrusted themselves to him experienced the blessing of his peace, which is higher than all human reason.

This is the answer for our society today, which faces the future with uncertainty. Trusting Jesus Christ and his promises, trusting him to be able to bring about something good and positive in our time today. Those who entrust themselves to him, trust him with something, will also feel God's peace and look forward to the future with more confidence and also endure the turbulence of the times. For the future remains in God's hands.

I greet you with words from the Epistle of Jude - "... who are beloved in God the Father and kept for Jesus Christ: God grant you much mercy and peace and love!" (Luther)

Pastor ir Andreas Wernecke



**To all who are chosen and loved  
by God the Father and are kept safe  
by Jesus Christ. I pray that God will  
greatly bless you with  
kindness, peace, and love!**

**Jude 1-2**

(Contemporary English Version EV)



# What exactly is "Passion Time" or "Lent"?

During the Passion season, we Christians remember the suffering and death of Jesus Christ. The word Passion is derived from the Latin "pati" and means to suffer and endure.

The Passion period precedes the highest Christian feast, Easter. It begins on Ash Wednesday, ends on Holy Saturday and lasts 40 days. Only the working days are counted, no Sundays. The number 40 is found in many other biblical texts. After his baptism in the Jordan, Jesus prayed and fasted for 40 days, and according to Old Testament accounts, the people of Israel spent 40 years in the desert.

Passion time is also called Lent. This tradition has been known since the 4th century. Believers abstained from meat and wine and ate only once in the evening. Today, fasting is not seen as strictly as it used to be.

Nevertheless, many people consciously abstain from alcohol, cigarettes or even mobile phones and television in the weeks before Easter. For some years now, there has been a campaign called "7 weeks without". Everyone can decide this "without" for themselves. Renunciation and fasting are meant to point to a conscious use of God's gifts and His creation. Everyone knows the experience that you can only really appreciate the value of some things when you haven't had them for a while!



**For everything there is a season,  
and a time for every matter  
under heaven  
Ecclesiastes 3:1**

Lent begins on Ash Wednesday. The ashes are traditionally made from the burned palms of last year's Palm Sunday and they are a sign of repentance, of humility and of mortality. Which is why, when ashes are distributed, the minister says: Remember that you are made from dust and to dust you shall return. We don't wear ashes to proclaim our holiness, but to acknowledge that we are sinners in need of repentance and renewal. Ash Wednesday is the day when Christians renew by fasting, praying, giving. Why? Because choosing to go without something reminds us of our dependence on God and Jesus' sacrifice for us. It teaches us to live in solidarity with the less fortunate. Many people give up for lent which is also a form of fasting. Pray to grow closer to God. We reflect on where we have fallen short of God's hope for us and ask for forgiveness. We ask also God to help others and change our hearts to help us be better agents of Christ's love in the world.

# Lenten Devotions 2022

What God gives us isn't meant for us to keep to ourselves, but to share with others especially the poor. Following Jesus' example.

Lent invites us to think about how to help create a more just world, by giving our money, time, or talents. Lent in

vites us to improve our spiritual well-being by getting rid of all that is unnecessary. And help us become more mindful of how God is working in our lives.

From the Ash Wednesday Service 2022 at the Friedenskirche.

***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

9<sup>th</sup> March 2022 18:30

**The cross shines brightly  
Hell strahlt das Kreuz**

16<sup>th</sup> March 2022 18:30

**Immense love  
Unermessliche Liebe**

23<sup>rd</sup> March 2022 18:30

**An invitation to life  
Einladung zum Leben**

30<sup>th</sup> March 2022 18:30

**Comfortable in the light  
Geborgen im Licht**

6<sup>th</sup> April 2022 18:30

**More precious than gold  
Kostbarer als Gold**



# COVID –Thoughts

## The focus seems to have shifted ...

News reports have been flooding the media that Russia began a full-scale invasion of Ukraine on 24 February 2022, in an escalation of the Russo-Ukrainian War that began in 2014. The focus of news media channels has shifted from COVID-19 to the more immediate crisis unfolding in Ukraine and the world.

The Covid threat is no longer front page news. The statistics that we became used to seeing each day have faded somewhat. According to “News 24” on 07 March 2022, the total number of vaccinations recorded in South Africa was 32,126,152. This means that a good percentage of individuals residing in South Africa have had their first and follow-up vaccinations a few months ago. SMS’s are now being sent to individuals who, according to the Government Department of Health are now eligible to have the next booster shot.

## Why are Booster shots important ?

According to The National Institute for Communicable Diseases (NICD)

*“Booster vaccination increases antibody levels and ‘T-cell responses’ to SARS-CoV-2. Laboratory testing has shown that high antibody levels are more effective at neutralising variants of SARS-CoV-2. Therefore booster vaccines are helpful to improve protection from infection, especially during the fourth wave which is predominantly due to the Omicron variant.”*



For more information, visit:

<https://www.nicd.ac.za/covid-19-vaccine-booster-shot-frequently-asked-questions/>

South Africa has been on Alert Level 1 for some time now. The Covid virus is still out there just waiting for the right opportunity to infect the casual and unwary. It is noticeable how the firm enforcement of ensuring proper hand sanitising and mask wearing when entering a store or public building has started to relax a bit. Sanitising stations are still there but the dedicated staff member manning the entrance to ensure compliance by customers appears to be lessening. We all need to continue to take responsibility for our own safety and in doing so, the safety of others.

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**

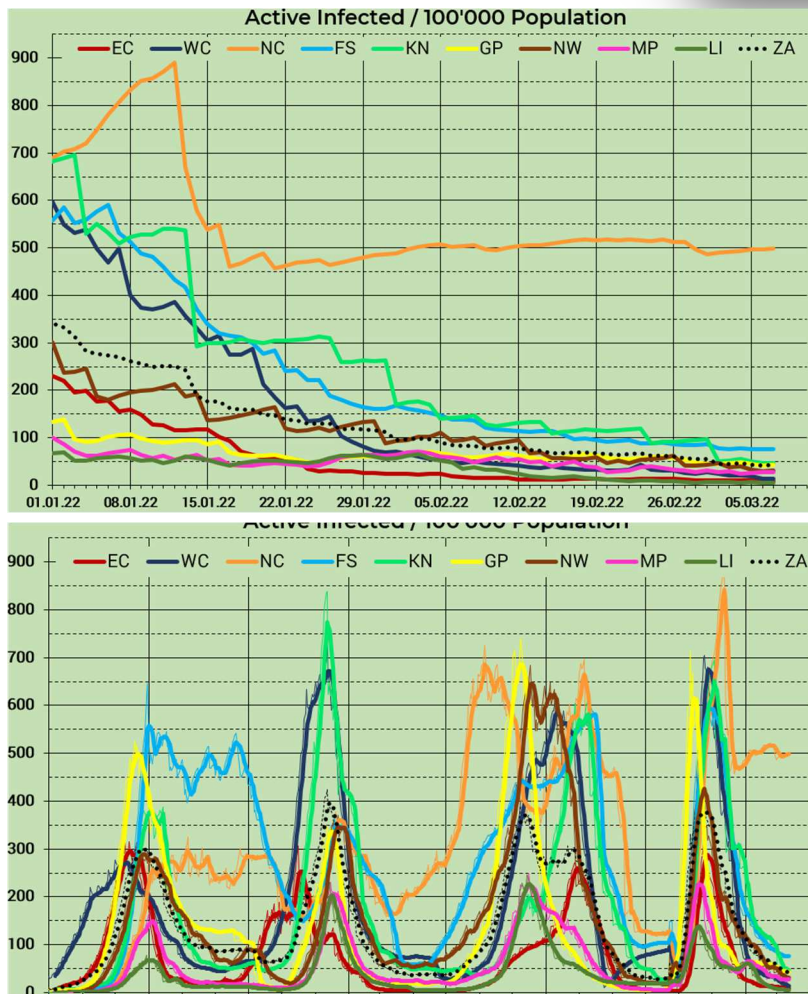
If interested, send sms to Henry Newman

**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 07.03.2022), as well as since the beginning of the pandemic (1 May 2020 to 7 March 22).

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.

# Invitation AGM

## Dear members

You are all cordially invited to our Annual General Meeting (AGM), which will take place on

**Sunday, 13 Mar 2022  
after the service**

Please mark this date in your agenda, we hope for a good attendance. The focus will be on:

### **Congregation Finances**

Monthly we have to transfer our Stewardship to the Cape Church. So the church council would like to ask you, if possible, to also remit the church contribution monthly. We would also like to ask you to increase the monthly contribution so that we are able to transfer the stewardship from the church contributions only. All other income (Events, Markets, Money Wall, etc.) is earmarked for our congregation. This way we can start to build up reserves in addition to the necessary maintenance work.

### **Elections Church Committee**

At the moment there are 4 positions vacant. Please consider whether you would like to share in the destiny of the congregation. The more congregation members are represented on the church committee, the less work there is for each individual.

## 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
  - 1) Greetings Pastor Anja
  - 2) Chairman Report 2021
  - 3) Approval Chairmans report
  - 4) Financial report 2021
  - 5) Approval Financial report
  - 6) Exoneration Treasurer and Church Committee
6. Budget Year 2022
  - 1) Changes in Pastoral Post
  - 2) Other Changes 2021-2022
  - 3) Notes on Budget 2022
  - 4) Financial report 2021
  - 5) Approval Budget 2022
7. Elections
  - 1) Church Committee 2021-2022  
Church Committee 2022-2023
  - 2) Delegates to Synod and CCE elected for the period 2019-2022
8. Events 2022
9. General
10. Closing with Our Father



# Birthdays March 2022



**03-March**

Reinhard | Mahlert

**04-March**

Igor | Lokotsch

**08-March**

Horst | van Biljon

**13-March**

Chad | Deutschmann

**18-March**

Owen | Kivedo

**19-March**

Ulla | Angloher

**21-March**

Olga | Thomas

**24-March**

Dale | Thompson

Josef | Ritter

**26-March**

Declan | Thompson

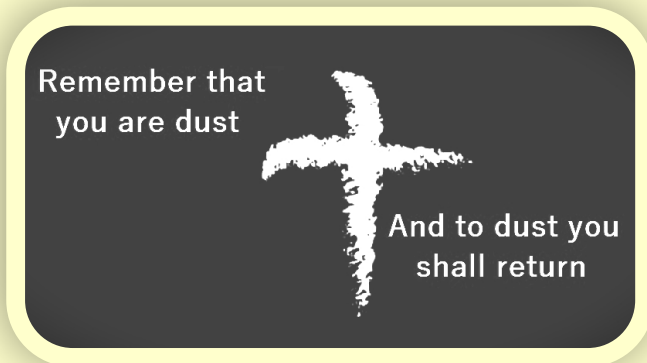
Sicilia | Welcome

Ursula | Eichhoff

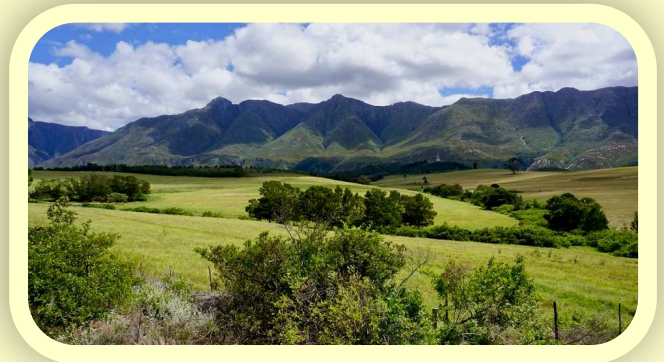


# Divine Services March 2022

**2 March 2022 18:00 (E)**  
**Ash Wednesday**



**6 March 2022 09:30 (D)**  
**Invocavit**



## **Watchword (Luke 18:31):**

*“See, we are going up to Jerusalem, and everything that is written about the Son of Man by the prophets will be accomplished.”*

## **Watchword (1 John 3:8b):**

*“The Son of God was revealed for this purpose, to destroy the works of the devil.”*

An ashen cross on the forehead - this is rarely experienced among Protestants. And yet, even in the Lutheran churches: on Ash Wednesday, begins the time of Lent, a time of contemplation and reflection on the suffering of Jesus Christ. In the Church of Peace a Divine Service will if the Corona Lockdown will permit it - take place to mark the beginning of the Lenten (Passion) season.

On Sunday Invocavit we hear the story of the temptation of Jesus and thank God that we have in him a high priest who-without sin- brought us redemption through His death on the Cross. Only through this heavenly high priest can we, who always experience and are subject to the power of temptation, live confidently.

The question of the tempter remains, whether it be the person himself or an externally acting force. Sometimes we say for example: "I am tempted to buy this and that." But here it certainly no longer has the meaning it has in the Bible.

**Sermon**  
**Exodus 32:1-6.15-20**

**Sermon**  
**2 Corinthians 6:1-10**



# Divine Services March 2022

13 March 2022 09:30 (E)  
Reminiscere

20 March 22 9:30 (E)  
Oculi



**Watchword (Romans 5:8):**

*“God proves his love for us in that while we still were sinners Christ died for us.”*

**Watchword (Luke 9:62):**

*“No one who puts a hand to the plough and looks back is fit for the kingdom of God.”*

Amid the experiences of suffering and guilt, the gospel of this Sunday recalls the love of God who does not want people to be lost. When the need is great, it helps to remind yourself - and God -: "Remember, Lord, to Your mercy!

The readings from this second Sunday in Lent, called Reminiscere show this. God's children are like the nurtured and well-cared for vineyard that only produces sour grapes; and like the tenants that in the absence of their good landlord take possession of the vineyard and kill the messengers. They often discard the will of God, act heartless and cold. Should God not lose patience with them? And yet, it is precisely to the sinners that Jesus Christ came, to save them and bring hope for the whole world.

Important Decisions "The Stakes are high" – this saying is true not only in gambling terms but in terms of life. Some decisions in Life demand a lot from us: strength and energy, money and patience, tears, sometimes divisions. Even with Jesus, the stakes are high, as Sunday Oculi shows. The Betrayal by his friend Judas is only the beginning of his journey of suffering. Those who take God seriously need to make decisions for a life of Love and Devotion. The Bible tells of people whose journey was anything but easy: Jeremiah, who is mocked for God's Sake; Elijah, who is exhausted to death while on the run. And yet, through all of it they learn: God is with me. God is my strength and makes me strong.

**Sermon**  
Isaiah 5:1-7

**Sermon**  
1 Kings 19:1-8(9-13a)

## Divine Services

27. March 2022 9:30 (E Fam)

Lätare



**Watchword (John 12:24):**

*Unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit.*

The name of this Sunday is called Laetare, which means – Rejoice! This Sunday is a small Easter Celebration in the middle of Lent. The Message is that the Hope for new Life, which reaches its completion on Easter, is already clearly laid out. This is shown by the Image of the grain of wheat that must fall into the earth and die to bring about new growth and Life. Jesus speaks of himself as the Bread of Life for us, that can satisfy our hunger for Life. Bread must be consumed in order to strengthen. Even if we can see only the worst, God's Promise to us is that comfort and consolation is very close.

**Sermon**  
2 Corinthians 1:3-7

## Friday Take-Out

On Friday, mum's kitchen stays cold! Delicious take-aways are available in our church centre.

More details every Monday via our church WhatsApp group:



**Lutheran Congregation**

Not yet a member? Please  
sms to Henry Newman  
**078 703 7003**

*Example for Friday, 11<sup>th</sup> March 2022*

### FRIDAY NIGHT TAKEOUT

*Mom's Night off!*

This Friday 11.03.2022 is Savoury & mild.

Savoury:

Mild Suid Afrikaans Mince Curry  
and Rice with sambal - R25 ea

Sweet:

Italiano Schokolade Pizza - R15 / slice  
with streusel topping  
(Mouthwatering Chocolate Pizza)

Traditional:

Deutsche Berliner - 2 for R20  
(German Doughnuts)

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.)





# Prayercards March 2022

1 Mar Aiden Groenmeyer

2 Mar Albert Rohrmoser

3 Mar Anne Tessendorf

4 Mar Arowa Coko

5 Mar Blake Wright

6 Mar Carol Buschhold

7 Mar Craig Bürger

8 Mar Darren Lentz

17 Mar Kerilee Thompson

18 Mar Kurt Eichhoff

19 Mar Mandy Septoe

20 Mar Maya Breitfeld

21 Mar Melissa Fillis

22 Mar Molatelo Rapetsoa

23 Mar Natasha Meyer

24 Mar Otto Bülbring

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**

9 Mar Debra Dreier

10 Mar Dominique  
Thomas

11 Mar Erwin Gehring

12 Mar Eva Rudolph

13 Mar Frank Dreier

14 Mar Gunter Fröhlich

15 Mar Joan Cairncross

16 Mar Joshua Harmse

25 Mar Reinhard Mahlert

26 Mar Sigi Sauer

27 Mar Stefan Jachens

28 Mar Ulla Angloher

29 Mar Ulrich Koch

30 Mar Uwe Stodtmeister

31 Mar Warrick Bürger

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

## Watchword March 2022

### Prayer doesn't have it easy.

There's a song on this subject by the Cologne rock group BAP called: "Yes, if praying were worthwhile, what do you think I'd pray than."

What would you pray? How would you pray? It wouldn't be bad to have some help for praying. A kind of instruction manual.

The Monthly Proclamation for March is such an aid to prayer: Quite simply, the letter writer lists the building blocks of which a good prayer can consist: Do not cease to pray and to supplicate! Pray at all times in the Spirit; be watchful, persevere and pray for all the saints.

### "Cease not, but persevere."

That is the first building block: perseverance. It's not a bit different from exercising, or losing weight, or learning vocabulary: persevere. That is the key to success.

Don't slave away for an hour in the gym once a week. Not eating anything one day a week. Don't bash vocabulary into your head the night before a class test. The 'hair-splitting' approach is no good.

The only thing that really brings success is perseverance. In sport. In losing weight. In learning vocabulary. And also in praying. Again and again. That makes one thing familiar. You get used to it and find peace, security and practice in it. And in times of



**Pray in the Spirit at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints.**

Ephesians 6:18 (NRSV)

need, we no longer have to desperately search for the way to God, we already know it. He is familiar to us from the days when things went well for us.

### "Be vigilant!"

That is our second building block: being watchful. Before we pray, we have to look around and notice what is happening around us. I pray not only for myself and my own happiness and well-being, but also for the well-being of others. For peace in the world. For the integrity of creation. For justice between rich and poor. For an end to the Corona crisis and health for all. For the prevention of dangerous economic and political consequences.

Through prayer we get a new, watchful look at what is happening around us. We do not look away, but look.



## Watchword March 2022

Praying people do not say yes and amen to everything, but are watchful and critical. A wise head once said:

"How we should pray is in the Bible, what we should pray is in the newspaper."

**"...and pray for all the saints."**

This vigilance results in very concrete praying: if you look beyond your own nose, you will see that there are many people who need God's help very urgently.

Not only our help with donations or with our own energy. Many people simply need more courage and more strength. More joy and more hope. More protection and more love. Our prayer can do so much!

We do not have to take offence at the word "for all the saints". This does not refer to those who have been declared saints according to Catholic doctrine - they did not even exist at the time of

the Letter to the Ephesians - but "saints" refers to all those who believe, i.e. all Christians. Nowadays, we should also think outside the box in this respect and say to ourselves: Not only Christians need our prayers, but everyone and anyone who is in need.

For example, if a little pupil is on his way to school and he is afraid of a class test, it is certainly good if mum and dad say: "We are thinking of you. No matter how it turns out, we love you." That alone can give a lot of strength. But if we promise: "I am thinking of you in prayer. God give you strength, and good ideas, and courage ...", then the little anxious soul gets wings.

For - this too is written in the Bible - the prayer of a believer is capable of much!

Prayer is much more than wishing for something from God and then hoping that he will fulfil it. We all know that not all requests come true.

Prayer is an attitude to life that makes us awake and happy and hopeful. For we place everything that troubles us in God's loving hands. And we can be sure:

**God will make good out of it.**

Dorothea Zager  
[www.herder.de](http://www.herder.de)



**Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere.**

Ephesians 6:18 (New Living)

# War in Ukraine

## Appeal of the priests of the Russian Orthodox Church with a call for reconciliation and ending the war.



**Do not keep needy eyes waiting.**  
Ecclesiasticus 4,1

We, the priests and deacons of the Russian Orthodox Church, each in our own name, appeal to everyone on whom the cessation of the fratricidal war in Ukraine depends, with a call for reconciliation and an immediate ceasefire.

We send this appeal after Sunday about the Last Judgment and on the eve of Forgiveness Sunday.

The Last Judgment awaits every person. No earthly authority, no doctors, no guards will protect from this judgment. Concerned about the salvation of every person who considers himself a child of the Russian Orthodox Church, we do not want him to appear at this judgment, bearing the heavy burden of mother's curses. We remind you that the Blood of Christ, shed by the Savior for the life of the world, will be received in the sacrament of Communion by those people who give murderous orders, not into life, but into eternal torment.

We mourn the trial that our brothers and sisters in Ukraine were undeservingly subjected to.

We bitterly think about the abyss that our children and grandchildren in Russia and Ukraine will have to overcome in order to once again begin to be friends with each other, respect and love each other.

"The voice of your brother's blood cries out to Me from the ground; and now you are cursed from the earth, which has opened its mouth to receive the blood of your brother from your hand," God said to Cain, who was envious of his younger brother. Woe to every person who realizes that these words are addressed to him personally.

We call on all warring parties to dialogue, because there is no other alternative to violence. Only the ability to hear the other can give hope for a way out of the abyss into which our countries were thrown in just a few days. Let yourself and all of us enter Great Lent in the spirit of faith, hope and love.



**Do not become an enemy  
instead of a friend .**  
Ecclesiasticus 6:1



# War in Ukraine

## Statement from the Lutheran World Federation.



If it is possible, so far as it depends on you,  
live peaceably with all .  
Romans 12:18

The Lutheran World Federation is deeply concerned by the Russian military assault on Ukraine. The conflict has taken a serious and dangerous turn with loss of life, injury, destruction of property, displacement of people, and heightened tensions in Ukraine, in the region, and across Europe. As Christians we are called to be messengers of peace: "Blessed are the peacemakers, for they will be called children of God" (Matthew 5:9). Therefore, we denounce violence in all its forms. We call for an immediate ceasefire and a restoration of peace. Human rights, international and humanitarian law must be respected by all parties in this conflict. Civilians and civilian infrastructure must be protected. We call for global solidarity with the affected people of Ukraine, including those who have been displaced and require urgent humanitarian assistance. We call on governments to keep their borders open and welcome

those who are fleeing from the hostilities. We call for support for churches in Ukraine and neighboring countries that are providing assistance, including basic necessities, shelter, pastoral and psychosocial support. Peace must prevail. Human dignity must be protected.

Rev. Anne Burghardt  
General Secretary of  
The Lutheran World Federation

LWF calls for an immediate ceasefire in Ukraine and global solidarity with the people of Ukraine.

This is a time to show solidarity and support the churches and people of Ukraine, who are fleeing their homes and seeking shelter, basic necessities such as food and water, following Russia's military invasion of the country.

### What can I do?

- ❖ Pray for each other, particularly for churches and people of Ukraine and neighbouring countries that are providing assistance, including basic necessities, shelter, pastoral and psychosocial support.
- ❖ If you are able, consider donating to support the churches and people of Ukraine, who are fleeing their homes and seeking shelter, basic necessities such as food and water, following Russia's military invasion of the country.

# Fasting



**Do not let your hearts be troubled. Believe in God, believe also in me.**  
John 14:1

Fasting means voluntarily doing without something for a certain period of time. In most cases, this involves abstaining from food and drink. In the Bible, people fast on the one hand as an expression of mourning and atonement, and on the other hand in preparation for an encounter with God. Both have continued in the tradition of the Church. In the Middle Ages, fasting became an act of penance, which was partly prescribed. Martin Luther and the Reformers opposed this kind of penance, and so fasting was uncommon in Protestant churches for a long time. Today, Protestant Christians are rediscovering fasting: as a way to create a spiritual time to encounter God.

In the Bible, people fast as a sign of their grief. By abstaining from food, they want to show that they have also lost a part of themselves with a deceased person. Thus David fasts after the loss of his commander Ahab (2 Sam 3:35) and the whole nation after

the loss of King Saul (1 Sam 31:13). When people in biblical times fasted as a sign of their guilt, they wanted to show that they were consciously withdrawing from God as human beings and wanted to put their lives back in order. For example, David fasted after committing adultery (2 Sam 12:13-25). People also fasted in preparation for meeting God, for example Moses before receiving the Ten Commandments from God (Ex 34:28), and Elijah before God appeared to him (1 Kings 21:9). Fasting also occurs in the New Testament: Jesus fasted when he was tested in the desert (Mt 4:1-11). His disciples, however, were not to fast, because the time of his ministry was a time of joy, in which there was no room for mourning and thus no room for fasting (Mt 9:14-17). Then in the Acts of the Apostles there is again talk of fasting. According to this, the first Christians fasted before sending missionaries (Acts 13:1-3[KC8]) and before appointing elders (Acts 14:23).

For a long time, the understanding prevailed that by fasting one could not only atone for one's sins, but also earn a special merit. Many people went to monasteries, for example, to voluntarily live ascetically. They hoped to gain a more intense spiritual experience and a special position with God. Martin Luther opposed all this during the Reformation with the argument that man cannot earn God's grace. The good news of the Gospel is that

# Fasting

man receives the grace of God as a gift (justification).

Free from the thought of owing God something, many people today use the Lenten seasons in the church year to consciously open themselves to God. The Passion and Advent seasons are the two most important Christian Lenten seasons. They precede the two great Christian festivals: Easter and Christmas. Many Christians want to prepare themselves especially for these festivals. They give up sweets or alcohol - not to punish themselves, but to make "room for God". There are also Lenten campaigns such as "7 Weeks Without" or "The Other Advent". These campaigns are not about abstaining from food, but rather people deal - with texts and in devotions - with what prevents a good life or what promotes it.

**Lord, stay with us when evening comes and the day comes to an end. When it becomes dark in our hearts, when our faces become gloomy, stay with us.**

**Lord, do not leave us when we become strangers and can no longer find our way. When we no longer see our neighbour and only ourselves, do not leave us.**

**Lord, stay with us when night falls and darkness spreads between us. When no one trusts his friend and each becomes the enemy of the other, stay with us.**

**Lord, do not leave us, but open our eyes when we walk with you. Close our ears when we hear from you, let our hearts burn in your presence.**

**Amen**



**Be careful then how you live,  
not as unwise people but as wise .  
Ephesians 5,15**





## Church Committee 2021/2022

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

<b>Bank Details</b> Walmer Branch	<b>First National Bank, :</b> Branch Code: 211217	<b>Lutheran Church Springfield</b> 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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