

A person is silhouetted against a sunset sky, standing on a rocky shore and fishing with a long rod. The ocean is visible in the background, and the foreground shows wet, reflective rocks.

LIFE@central

Central Baptist Church, Pretoria

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Say among the nations, "The Lord reigns! Yes, the world is established;
it shall never be moved; he will judge the peoples with equity."

Psalm 96:10



PASTOR'S CORNER

by Charles de Kiewit [Senior Pastor]

Dear Friends

Having just finished three weeks of ministry focusing on the theme of missions “far and near”; I have once again been stirred by the challenges from God’s word.

I have been challenged by the phrase ‘loving Jesus for Jesus’. I do trust it is something we are all considering in our walk with God. It is evident in the Luke 5 passage that the crowds were surrounding Jesus to see what He would do and what He would say.

They had already witnessed him performing miracles. He had cast out demons and he had healed many people. We can be sure that they were motivated by what it was that he would do for them.

The crowds would have come with their itching ears and with their many needs. Some may have been sick, others lonely or poor or depressed or some just wanting a better life.

Here was a man who was to be able to do great and miraculous things. I guess one could understand their motivation coming to Jesus to meet their needs. It seems so right, but is it?

Where were the crowds later? They were there but not following him as disciples but jeering at him to be crucified. In their opinion he had not delivered on their agenda.

There were some who followed Jesus even when it turned out that what he came to do was not

what they wanted him to do. This kind of disciple appears more and more on the scene after Pentecost down through the years of the church and even some present in our own day.

The first martyr Stephen is a good example of a man that followed ‘Jesus for Jesus’.

Who are these true disciples? They love and follow Jesus for Jesus. They have heard the words of Jesus in Luke 9:23: *“If anyone would come after me, let him deny himself and take up his cross daily and follow me.”*

Where does that leave us today? I am convinced that we who live in an era of massive consumerism need more than ever to search our hearts with regard to our reasons for following Jesus.

I need to ask is it Jesus for Charles, or putting it differently, ‘Central for Jesus’ or ‘Central for Charles’. Do I love and worship Jesus for who he is as God, or do I crowd around him to have him meet all my interests, perceived needs and desires.

What about you? Who is Jesus to you and what value does he have to you?

As we move forward, as recipients of his incredible love and grace, may we all grow in our love for Jesus; loving him for who he is and not just for what he can do for us.

Charles

CARING MINISTRY

by Eric Robbins [Assistant Pastor]



WHAT IS THE GOSPEL?

To the question "what is the gospel?", as good Baptists, most of us would readily answer, "Why, the good news is the news about what Jesus does for us of course". We all need to be deeply thankful for the reality of God's grace towards us, Christ's provision of salvation and the forgiveness of sin. All these things are truly wonderful provisions, but they are really only the means to the greatest good of knowing Christ. Paul puts it this way in Philippians 3 v8, "I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord".

I am currently working through John Piper's book entitled "God is the Gospel". When we understand this truth that God himself is the centre of the Gospel then all other things relating to our own needs and our own desires begin to fade into the background. We are often quite critical (and rightly so) of prosperity and healing churches in overemphasising physical benefits as an inevitable part of the gospel they preach. But we ourselves make a similar mistake by failing to recognise the absolute centrality of Jesus Christ Himself in the Gospel and instead focusing on all the personal benefits we derive. Really it's not so much about you and me and our needs being met, it's about Christ and His glory, and the absolute joy and privilege of knowing Him.

In II Corinthians 4 v4 Paul describes the Gospel as the "gospel of the glory of Christ": *"For God who said 'Let light shine out of darkness' has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ"*.

It's this glorious knowledge and intimacy with God through Jesus Christ that is the essence of the Gospel. Have you found Jesus Christ in the Gospel and are you experiencing Him more and more each day?

Pastor Eric

The *Life at Central* Magazine

Thank you to everyone who contributed to this edition! Any articles or contributions for the next edition can be emailed to life@central.org.za.

Download the magazine in pdf format (colour) from the Central website: <http://www.central.org.za>

Previous editions (2006 to 2013) are also available.

Articles for *Women's Value* compiled by Natasha Dercksen. Edited by Wambui Gititu and Daniel Salzwedel.

Let's go FISHING!

by Noel Durrheim

Noel Durrheim's articles have been a defining feature of the Life@Central magazine for many years, and will be sorely missed. "Let's go fishing" was written by Noel shortly before his passing on 2014-07-30.

The mirror-like surface of the Roodeplaat Dam reflected the glory of the rising sun. Here and there the smooth surface was rippled as numerous water birds, (including White-knobbed Coots, Egyptian Geese, Dabchicks and Cormorants), swam around in search of an early morning snack.

Small groups of fishermen, sporting a variety of fishing tackle, were scattered around the perimeter of the dam. One group had obviously camped there for several days, judging by the caravans, tents, trailers and several 4x4 vehicles. The leader, with fuzzy hair and a grizzled beard, was a veritable mine of information on the aquatic life in the dam. He stated that it was common to catch fish with a mass of 12 - 15kg, the all-time record catch however was a carp, which weighed more than 40kg! (I am not sure whether this was just a fisherman's tale!) Just then a healthy specimen of a King Carp was reeled in.



This veteran fisherman was not content with merely casting in a line from the bank of the dam, which might take the baited hook only a short distance. The baited lines were given to a man in a boat to transport them to a deeper area of the dam, \pm 500 – 700 meters from the shore. I was intrigued by the fact that the boat in question seemed to glide noiselessly to its destination without any evidence as to how it

was being propelled. Responding to my query about this, my informant told me that the boat was powered by an electric motor, which did not emit any noise which could frighten fish. The “master fisherman” interrupted our conversation by bellowing out instructions and gesticulating with his arms to the boatman as to where he should drop the lines.

The foregoing episode reminded me of the instance when the Lord Jesus Christ advised some of his disciples, who had spent an entire night fishing, only to come back empty handed, **“Cast your net on the right side of the boat and you’ll get plenty of them”** (John 21:6). They followed his advice and had difficulty drawing in the net because of the big catch of fish!

All too often our efforts to spread the Good News are thwarted by our reluctance to leave our comfort zone. Some people are reluctant to share the Gospel with total strangers because of the fear of rejection. An evangelism team from the church sought to set up an appointment to visit at least four contacts without success. The Lord overruled in this situation by clearly directing them to an apartment block in Arcadia. They took a lift the third floor. On disembarking they noticed a light burning directly across the passage. Their knock on the door of the apartment was answered by a lady with two children, who invited them to enter. During the ensuing conversation, they learned that the family had moved to Pretoria from the Democratic Republic of the Congo. It was clear from her responses to various questions posed to her, that she lacked assurance of salvation.

The Good News was shared with her and she responded by accepting God's offer of Salvation and surrendered her life to the Lord Jesus Christ. As the team exited the lift in the foyer, they encountered her husband, who had just returned from work and arranged to visit him the following week. What a joy it was to witness him also committing his life to Christ during that visit. PRAISE THE LORD!

Another striking example of the importance of being in the place of God's appointment is seen in the experience of a young pastor in Israel, who responded to God's call to relocate to Haifa, situated next to the Mediterranean Sea, to an area where there was virtually no Christian witness. Being an avid fisherman he revelled in this form of recreation, which he combined with his passion to reach out to needy folk with the Good News. He met a homeless alcoholic who had emigrated from Russia to Israel. He

had been living on the streets of Tel Aviv and Haifa for three years! Not only was the addict rehabilitated, but he also came to saving faith in Christ! This was the forerunner of many similar experiences.

Let us respond to the clarion call of the Lord Jesus Christ: ***"FOLLOW ME AND I WILL MAKE YOU FISHERS OF MEN"*** (Matt 4:19).

The secret of effective witnessing is total dependence on the Holy Spirit's guidance and empowering.

"YOU SHALL RECEIVE POWER WHEN THE HOLY SPIRIT HAS COME UPON YOU AND YOU SHALL BE MY WITNESSES..." (Acts 1:8)

(On the day of Pentecost the Lord saved about 3000 souls and kept adding to that number, daily!)

MY HOPE IS BUILT ON NOTHING LESS

Words written by Edward Mote, 1834

My hope is built on nothing less
Than Jesus' blood and righteousness;
I dare not trust the sweetest frame,
But wholly lean on Jesus' name.
On Christ, the solid Rock, I stand;
All other ground is sinking sand.

When darkness seems to veil His face,
I rest on His unchanging grace;
In every high and stormy gale,
My anchor holds within the veil.
On Christ, the solid Rock, I stand;
All other ground is sinking sand.

His oath, His covenant, His blood,
Support me in the 'whelming flood;
When all around my soul gives way,
He then is all my hope and stay.
On Christ, the solid Rock, I stand;
All other ground is sinking sand.



WOMEN'S VALUE

Compiled by Natasha Dercksen

A letter from Carol

Hello from your Pastor's Wife

Is it just me or has this year been a whirlwind for you too? I feel as if the year has just started and suddenly we are beginning to attend year end functions and events. This helps me understand the phrase "life is short", it sure is.



It has probably been a whirlwind year because so much has happened, we have had a busy year here at Central. There have yet again been a number of babies added to our church family, for which we thank the Lord for. God has also seen fit to change the address of some of our members, some have moved out of Pretoria to another city or even country, and some have been moved to their final and eternal home.

Some of these folk have been significant church family members and have played a wonderful role in the church in various leadership positions. Thank you to their wives for sharing their husbands with the rest of us and for encouraging them and supporting them in the ministry amongst us. We pray that now we will be an encouragement and support to you as you continue life here on earth without your life's mate.

We had an exciting and really blessed meeting a few Saturday's ago as we discussed and planned King's Rubies for 2015. In Natasha's article you

will see some of our plans – very exciting.

James is one of my favourite books in the Bible, because it helps me keep focused and gives me a check list which I need to reflect on regularly.

I'm so grateful to God that I am not saved by works alone because then I would never stand a chance of being saved, I am such a weak vessel and I fail daily in my own efforts to be the person God wants me to be.

Having said that, we still need to make every effort to live a life worthy of the Gospel. There still needs to be fruit on the tree. Reading the book of James helps me check the evidence of fruit in my life. It helps me ensure that my fruit is good, healthy and nutritious.

For healthy fruit to be evident, I have got to spend time taking care of my root system.

- There is a beautiful shop on the corner of Duncan & Charles Streets called Flora Mystique. It is always decorated beautifully and has lovely, luscious looking plants and flowers for sale. If you visit this shop, you will soon discover the lovely little olives, pretty lemons, tiny mandarins are plastic. These fruit offer absolutely no nutrition whatsoever, in fact if your diet consisted of the fruit from this shop, you will more than likely be poisoned and you will die.

- I was out running early one morning when I discovered a tree fallen across the road which had been uprooted during the night from a storm. The tree had a shallow root system. When the storm arose, the roots couldn't

withstand the battering of the wind and the rain, it fell down. If a tree with an unhealthy root structure had to bear fruit, it would be dry, sour, shrivelled, ugly and unappealing. Not the fruit that one would want to eat or have anything to do with.

- The tree that has good roots will flourish and bear much fruit. It's fruit is nutritious and life-giving. It looks good, it is appealing and delicious to eat. This tree produces seeds which will cause more trees to grow and make more fruit.

"Therefore as you received Christ Jesus the Lord, so walk in Him, rooted and built up in Him and established in the faith, just as you were taught, abounding in thanksgiving" 2 Col 2:6-7

To have a life which is life-giving, appealing, lovely, delicious and nutritious to God, myself and others, then I have to work and nurture my root system. I have to develop a root system anchored deep in God's Word.

Let's think about some aspects of a root system which can only be produced by the regular, faithful study of God's Word.

- **Roots are unseen**

Set aside time to be alone with God's Word – underground, immersing yourself in the Bible and growing in Him – regular undisturbed time with just you and God.

- **Roots are for taking in**

Alone with your Bible in hand you'll want to take in and feed upon the truths of the Word of God to ensure your spiritual growth. You can never take in too much, enough is never enough.

- **Roots are for storage**

As you form the habit of looking into God's Word, you'll find a vast deep reservoir of divine hope and strength forming for the rough times. It's good to store up ahead of time so that you are prepared for the drought, it's difficult to store in the time of drought.

- **Roots are for support**

Do you want to stand firm against the pressures of life? The routine care of your roots through

exposure to God's Word will cultivate you into a remarkable woman of endurance. In addition you will be more able to be the support to others when they are going through drought. You will have enough in your reservoir to share with them.

I pray that 2015 will be a year of good 'root nurturing' for each one of us, that we would always have a full reservoir, enough for us and enough to share with others.

At our King's Rubies meetings next year we plan to give our ladies garden implements which will help them work their root system more effectively. We will do this by studying the book of James.

I invite you to come to our Spiritual boot camp at King's Rubies in 2015. Let's flex, stretch and work our spiritual muscles and become spiritually fit together.

Carol





WOMEN'S VALUE



At Central we are blessed to have many ministries one can choose to serve with. For me, serving at the Hill Campus has been wonderful. Let me tell you what it means to me to be part of a ministry in Central. I teach Sunday school, grade two to four. Being part of this ministry has helped me get to know my fellow brothers and sisters who are part of the Sunday school ministry. Trust me; there is no better way of making friends in church than

by serving together. I have come to learn that building relationships with each other starts by serving together. I am also in the "towel ministry team" where we take turns to wash the bathroom towels. Here I have got to know more people as we all have something in common – washing the towels every now and again.

If you are not part of ministry, consider joining one; find your place. You will grow spiritually, make friends and mean something to someone.

Wedding

Congratulations to Sonny and Edwina on their recent wedding. May the Lord bless your marriage.



Get in Shape with Kings Rubies in 2015

Ladies, the winter is over and the summer is here. Do you need some trainer tricks to get fit – physically and spiritually? If the answer to your question is yes, then Kings Rubies needs to be part of your next year's plan. If your answer is no, hopefully by the time you are done reading this article, you will consider giving Kings Rubies a shot.

Next year at Kings Rubies we will be learning about both physical and spiritual health. The programme promises to keep you both physical and spiritually fit. The theme will be "boot camp" with the following line up:

- **Pick up the pulls:** On 17 January 2015 we will not only delve in to the Bible to see how we can exercise our spiritual muscles but we will also get practical advice on cardio exercises and health tips on a low cholesterol diet. Don't miss this one, it will kick the programme off with a bang.
- **Resistance training:** On 21 March 2015 we will learn what the Bible teaches us in James 1:13-16 and we will also have a look at affordable home exercises and saying "no" to unhealthy foods.
- **Shaping up from Sunday to Sunday:** On

16 May 2015 we will run through James 1:19-27 and 4:4-6 with our running shoes. We will learn more about Body Mass Index (BMI) and portion control diets.

- **Tongue tied:** Come and see what the Bible teaches us about the tongue in James 3:1-12 on 25 July 2015. We will also take a look at quick work outs and tasty treats that are delicious on the tongue and friendly to the hips.

- **Taking the knock:** On 19 September 2015 we will be working out in the boxing ring learning from James 4:1-3. We will also be discussing convenient foods and balance exercises.

- **Knee lunging:** On 17 October 2015 we will be closing our boot camp with James 5:12-18. We will also take a look at the importance of reading the labels when we buy food. Our last session will end with some advice on leg and knee exercises.

Wow, by just reading through the program, I already feel healthier and motivated. I can just imagine how I will feel spiritually and physically after I have actually attended the above meetings. I can't wait!

Blessings in a Bottle

Keep your eyes open; Kings Rubies will be introducing the 'blessings in a bottle' project next year.

Each lady is encouraged to take a beautiful empty spice bottle and every time you feel blessed you put some money in the bottle. So say someone gives you a gift, or you realise how good God is to you or you experience God's grace or if the Lord showed you something special in your quiet time or Bible Study, you put money into the bottle.

Funds collected will be given to the Baptist Union to support students training to be nurses.

Acts 20:35: "In all things I have shown you that by working hard in this way we must help the weak and remember the words of the Lord Jesus, how he himself said, 'it is more blessed to give than to receive'".





WOMEN'S VALUE

The Joys of Serving in Children's Ministry

A few ladies in Central were asked to share their experiences in being part of a ministry in church and this is what they had to say:

Joan Viljoen:

Sunday school teacher at the Arcadia campus teaching grade three.

"I love the interaction with the kids, and getting them to see how applying the Bible teachings to their lives every day can impact positively on them – at home, at school and even on the playground. Spiritually they have taught me so much with their child-like simplicity and utter faith in God. I have been truly blessed by being part of this ministry."

Gaby Pretorius:

Sunday school teacher at the Hill Campus teaching grades two to four.

When asked what she likes best about the ministry she is involved in, Gaby said she likes the children's personalities and eagerness. She added that "it is also so precious to see them learn gospel truths and try to apply them in their own daily lives. Teaching our precious little ones makes the gospel come alive for me as I seek to explain truths in as simple ways as possible. I am reminded that our faith needs to be as simple as that of a child". For Gaby, being involved in Sunday school is a privilege.

Clarissa (Clarry) Brews:

Teaches grades seven to twelve at the Hill Campus.

"Helping and teaching the children in God's word is an answer to prayer as I believe that communication between adults, children and the Scripture are

vital in life and I rejoice in being part of that. It allows me to use the creative abilities God has given me. It has also helped me to study the Word of God more meaningfully".

The Sunday school ministry could do with teachers and helpers and you don't have to be an expert teacher. Just be willing and let the Lord use you to serve the children. Like Joan, Gaby and Clarissa, you too will learn so much from the little ones.



Mia, Nathen D, Rachell, Liam, Daniella, McKenzie, Josua, Nathen S, Addison, Gaby and Natasha



Gareth S, Addison, McKenzie, Josua, Liam, Daniella, Rachel, Mia and Natasha

Around and About Central

Wedding

On 11 October 2014 Bryony and Grant Pienaar got married. Congratulations!



Central girls at the wedding

Births

Congratulations to the mommies with their new babies!

We would also like to congratulate Kristin Viljoen, Adele and Peter Roos, Charlene & Adrian Lackay, Fuziwe Oladapo, Armstrong and Margaret Changsan, Taka and Samantha Munodawafa, and Kate and Andrew Dodd on the births of their beautiful babies.



Jeff and Kristen Viljoen and their baby, Jesse Taylor Viljoen.



Baby Cristaan, born to Adele and Peter Roos



A

CONTRAST

OF

C O L O U R S

by Gisela Nicholson

When visiting Germany in August and September 2014 I had opportunity to see and visit a number of churches both in East Germany and Eastern Europe, and I was struck by the contrast between some of them although all were – presumably – built to honour God.

The first one was the Cathedral of Passau in Bavaria where I listened to an exquisite half-hour organ concert on the largest organ in Europe, but looked in vain for even a single portrayal of Jesus Christ! The main purpose of all the sculptures and paintings seemed to be to venerate the past bishops of the Passau diocese.

On a cruise along the river Donau with a Christian travel organization, which started in Passau, the passengers enjoyed devotions, interesting talks and some musical treats while sailing down the Donau. Our first stop was Vienna, Austria, where we toured the city and visited St. Stephen's Cathedral, named after the first king and founder of Austria. Again – no depictions of Christ, but a few small headless angel sculptures at the entrance, apparently decapitated by the Turks when they conquered Vienna during the Ottoman empire in the 19th century.

The ship's next stop was Bratislava, Slovakia, from where we had to go by bus to places in Hungary as the lock between Bratislava and Budapest was out of order. Our first stop was Esztergom Basilica, the biggest basilica in Hungary. This one had at least one or two depictions of Christ. Our group from the cruise ship sang two songs to hear the amazing acoustics, and to be witnesses to the other tour groups in the basilica.

On the return journey to Passau we stopped to

visit Melk, a monastery where we learned something about Austrian history and marveled at the rich gold-plated ornamentation (as in the other cathedrals) of the church. In one of the rooms of the huge complex there was a depiction of the Crucifixion of Christ and the days leading up to it. Several other rooms contained a library of 100 000 books, the oldest manuscript dating back to 830 AD.

After the cruise I traveled to East Germany, first visiting a retired bishop of the Lutheran Church and his wife who had been my neighbours for 6 months when visiting South Africa last year to do some research. Mrs. Mikosch showed me the town of Gera, Thuringia, where they live, politically dominated by leftist parties and former communists. She also showed me the Baptist Church which was just as well because I would not have recognized it as a church. So, on Sunday, I made my way there and enjoyed a wonderful service with an uplifting message and a new way of serving communion: small



Gera Baptist Church

groups of people standing around small tables and breaking off pieces from a loaf of bread and drinking out of one big cup. The wife of their former pastor invited me for lunch where I met her husband who had been out preaching in another place.

The next stop was Dresden where the brother of the former pastor in Gera and his wife first showed me the old, beautifully restored part of the city. It is hard to imagine that hardly a stone was left on another after the devastating British air raid in February 1945 when 13 000 people perished in that one night. A major attraction is the Frauenkirche, rebuilt only in the 1990s, the reconstruction driven by a group of people of whom the wife of my hosts was a member. It is supposed to be a Lutheran Church, but resembles a Catholic Church on the inside, its name also meaning that it was originally dedicated to Mary, although a monument of Martin Luther stands in front of it.

Lastly, I spent a two-week holiday in a small town in Saxony, Bad Elster, near the Czech border. As is my custom, when there is no Baptist or other evangelical church in the town, I visit the services of the local Lutheran Church since I grew up as a Lutheran and still know the liturgy which has changed little over the years. But here I was pleasantly surprised to find a

friendly welcoming congregation which almost filled the church, and to listen to a clear evangelistic message. After communion the pastor invited sick people to come forward and be anointed with oil and prayed for according to the instructions in the Book of James!

Of course, when staying with my daughter Rhoda, I went with them to the Baptist Church in Darmstadt (not far from Frankfurt) in which she and her husband are very active and which supports the community projects of two Baptist churches in George and Cape Town here in South Africa. So my visit to Germany made me aware once again of the rich spiritual heritage we enjoy and the treasure we have in the Word of God.



Frauenkirche Dresden



Happy Birthday!

Dawn Robb turned 60 on the 10th of October. She held a special ladies tea for her Glenhaven friends, and on 18 October, she had a celebration with her family and friends at Central Baptist's Arcadia campus. She organised a beautiful music program with special friends, and her sister and her children ended the evening on a high note.

ALZHEIMERS

by Miriam Cain

- you can protect your brain

Before you decide this article is only for senior citizens, hang on and consider this, that according to Professor David Smith of the University of Oxford, Alzheimer's disease begins early in life, for some of us, even in our thirties! Patrick Holford, a nutritionist guru, says that evidence shows that degeneration begins perhaps 30 years before the first symptoms of the disease develop. That's the bad news; the worse news is that dementia of various kinds is a growing worldwide problem. Alzheimer's, which now affects 35 million people world-wide is predicted "to become a global tsunami of 115 million by 2050, as increasing life expectancy leaves us with an ever-expanding aged population" says Jean Caper, an American Medical Journalist who has written the book '100 Simple Things You Can Do to Prevent Alzheimer's'. Early-onset Alzheimer's (starting before 60 years old) seems to be genetically linked but that is only 5% of all cases. The rest seem to be linked to various lifestyles, dietary and environmental factors. This is great news because it means that it is largely preventable! We can all do SOMETHING to keep our brains healthy!

Of course we didn't know this 30 years ago, so the people being diagnosed with Alzheimer's now didn't have the opportunity to make the lifestyle and dietary choices that we have. So then what can you and I do to prevent the disease? Alzheimer's is one form of dementia; dementia runs on a continuum from forgetfulness and short-term memory loss, through age-related cognitive decline to the dementias; that's the bad news. The good news is that individually we can reduce our risk! In the next few articles we will be looking at ways to prevent, slow down the progression and in some cases, reverse age-related cognitive decline. Here's the first one:

Get blood to your brain!

Exercise - a daily brisk walk has been shown to stimulate the birth and growth of brain cells. According to Jean Carper, "study after study, including clinical trials, proves the extraordinary power of exercise to improve brain functioning, leading to improved cognition in older people". So do something (anything!) to get your heart thumping for an hour three times per week, or 30 minutes five days a week. The best is to find something you enjoy doing and do it regularly, such as: walking, swimming, cycling, dancing. Dr Arthur Kramer, a neuroscientist at the University of Illinois, showed in his study that six months of regular aerobic walking pays off with an astonishing 15 to 20 percent improvement in memory, decision-making ability, and attention, plus a bigger brain with more grey matter". A distinguished brain researcher Carl Cotman PhD at the University of California, Irvine, judged that physical exercise is more effective than any known drug in protecting the brain from damage leading to Alzheimer's and memory loss.

Keeping your blood pressure normal

High blood pressure is a predicator for both Alzheimer's and Vascular Dementia, which is often caused by mini-strokes (silent strokes). When tiny blood vessels get clogged, the brain cells they feed die. When enough brain cells die, so does memory. Your goal is to keep your blood pressure at or less than 120/80. Blood pressure of 140/90 or more is too high. So, have your blood pressure monitored regularly - having a home monitoring machine does mean that you are not nervous when you do it so you don't push it up artificially.

From the book '100 Simple Things You Can Do to Prevent Alzheimer's' here are some simple strategies you can follow:

- Decrease your salt and increase your potassium (bananas or many vegetables) intake.
- Increase your magnesium intake.
- Drink enough water. Don't drink sugary soft drinks.
- Exercise. Keep your weight normal.
- Take the blood pressure lowering tablets the doctor prescribes.
- Follow the DASH diet (Dietary Approaches to Stop Hypertension). During an 11 year study, at Utah University, those who stuck closest to the diet had the slowest rate of cognitive decline and vice versa. This diet was designed by the

National Institutes of Health (USA) specifically to lower blood pressure. The four food groups most likely to benefit your memory are: vegetables, whole grains, low-fat dairy and nuts and legumes. They recommend daily: 7-8 servings of grains, 4-5 servings of fruit, 4-5 servings of vegetables, 2-3 servings of low-fat dairy, and 2 or fewer servings of meat. Also 5 servings of nuts, legumes or seeds per week. The DASH diet plan, tips and recipes are free at www.nhlbi.nih.gov/health/resources/heart/hbp-dash-index.htm

- Meditate or pray regularly.

Keeping cool, calm and collected also stops your blood pressure from spiking! Next time we will look at the role of Blood Glucose.

In the next article, we will consider more ways to get blood (and therefore oxygen) to our brains.

YOU THINK ENGLISH IS EASY?

Submitted by
Lammie Fourie

- 1) The bandage was **wound** around the **wound**.
- 2) The farm was used to **produce produce**.
- 3) The dump was so full that it had to **refuse** more **refuse**.
- 4) We must **polish** the **Polish** furniture.
- 5) He could **lead** if he would get the **lead** out.
- 6) The soldier decided to **desert** his dessert in the **desert**.
- 7) Since there is no time like the **present**, he thought it was time to **present** the **present**.
- 8) A **bass** was painted on the head of the **bass** drum.
- 9) When shot at, the **dove dove** into the bushes.
- 10) I did not **object** to the **object**.
- 11) The insurance was **invalid** for the **invalid**.
- 12) There was a **row** among the oarsmen about how to **row**.
- 13) They were too **close** to the door to **close** it.
- 14) The buck **does** funny things when the **does** are present.
- 15) A seamstress and a **sewer** fell down into a **sewer** line.
- 16) To help with planting, the farmer taught his **sow** to **sow**.
- 17) The **wind** was too strong to **wind** the sail.
- 18) Upon seeing the **tear** in the painting I shed a **tear**.
- 19) I had to **subject** the **subject** to a series of tests.
- 20) How can I **intimate** this to my most **intimate** friend?



CHILDREN'S MINISTRY

updates

The June/July holidays were indeed a wonderful time of ministry amongst young people. During the first week we hosted Holiday Clubs at both Arcadia and the Hill campuses. The theme was: *Arrow Island, Choosing God's Way*. Children were challenged in the following areas: *Love God most of all, Choose good friends, Be kind and forgiving, Stand for God, and Take action*. Each lesson was from Scripture and included a gospel message. We had several teachers and classroom helpers who were involved in sharing God's Word with the children. There were also other stations where children enjoyed games, crafts and snacks. I was amazed at how even our young high school teens took so much ownership of these ministries. You were great!



We praise God for all the support and contributions that were made towards this outreach. I was blown away by the donations and willingness of members to come and serve. We had a great team of leaders and helpers across both Campuses. God enabled us to minister to about 200 children and we had the opportunity to meet a good number of new parents who attended the Friday night prize giving at Arcadia.

Overall it was a success and it has been wonderful to see the body of Christ working together in order to make the name of Jesus famous amongst the children of our communities. A sincere thanks to all those who

served, prayed and contributed - may God bless our efforts.

Shortly after Holiday Club a group of us travelled to Magogong in the North West province to run an Afrikaans Holiday Club in a coloured community called Bonita Park. We partnered with a group of leaders from Vereeniging Baptist who ran a Tshwane Holiday Club in a community called Pampierstad. On the first Sunday after our arrival, the group broke up to attend different churches in the community. The theology is very weak in most of the churches and there is a definite need for pastors to be trained. We ought to be praying about this. The next day was showtime and we were ready for the week ahead. Mornings and early afternoons were spent with the children and the rest of the day involved planning and practicing for dramas and puppet shows. Although some of us got sick, and although it was tiring, the trip was definitely worth it!

We had up to 280 children at the Afrikaans Holiday club and there were around 100 who attended at Pampierstad. Our greatest joy was that 50 children from Bonita Park actively responded to the gospel. Their details have been passed on to Andrew Murray (the local missionary) for follow up. It has truly been a wonderful period of ministry, and lets all remember that youth ministry remains to be a community project. We praise God for His goodness amongst us and that He chooses to use ordinary Christians to be part of His Kingdom building plans.



by AJ Meiring



Arrow Island



Magogong



*This is pure and undefiled religion in the sight of our God and Father,
to visit orphans and widows in their distress..." James 1:27*

- Patricia's birthday 1 October (teacher)
- Johannah's birthday 2 October
- Rudi van Jaarsveld's birthday 5 October
- Phiri's Anniversary 10 October

- Joey's birthday 23 October
- Maria's birthday 23 October
- Pray for Nicholas: October Child of the Month

From the Director



Dear Friends of Bethesda,

At Bethesda, our attention to the reality of crime in South Africa rose greatly with the "smash and grab" that our Office Manager, Ruth Rising, experienced last week on her way home from Bethesda. The perpetrator used an object to quickly smash (shatter) the passenger side window and within a matter of seconds, reached in, grabbed Ruth's handbag from the floor of the car and took off with it. Ruth was stunned and quite shaken, but we are all thankful that she was not harmed physically. Unfortunately, experiencing such a crime could understandably give rise to fear and anxiety. Ruth is absolutely aware of God's presence and constant watchful care and is working at living out the knowledge of God's sovereignty, knowing that God doesn't make a mistake.

Crime that involves taking the money or property of another person constitutes the bulk of reported crime in South Africa. We are again reminded that we must be aware of this at all times and do our part to ensure safety. We do not want to be distracted by fear because we have a job to do for God's glory. There are millions of orphans in Southern Africa and God's command is simple – "to look after **orphans**....in their distress." That is our focus.

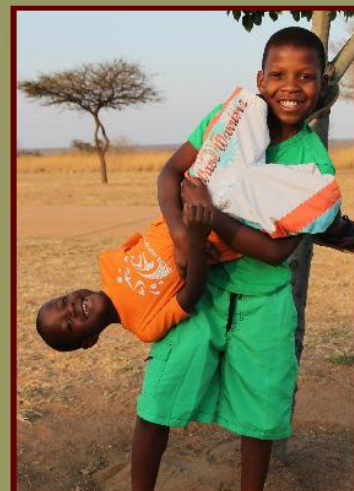
You will enjoy seeing and reading about what we have been up to here at Bethesda throughout this update. It's been so busy recently that we couldn't fit everything in the update this month! You'll just need to wait for our next update to see even more of what is happening here.

Thank you again for your continued support. Your prayers and gifts are imperative to the continuing work of Bethesda as we persevere in the vision God has laid on our hearts. We desire to see disciples of Christ emerge from the desperate situation caused by AIDS. We praise God for the opportunity He has given us and praise Him for each of you who have helped us in so many ways. He is doing GREAT things in our midst!

To God be the Glory!

John P. Mylon

John and the Bethesda Team



*"Do not fear, for I am with you;
Do not anxiously look about you,
for I am your God. I will strengthen you,
surely I will help you,
Surely I will uphold you
with My righteous right hand."*

Isaiah 41:10



JCA Career Week



For many people, thinking ahead in life and planning to go to university or get training beyond high school is what is expected and normal. However, for many children living in a rural area of South Africa, it is not a normal expectation because many or most of the people in their lives are either out of work, dropped out of school before graduation, or have never had any additional training after Grade 12. If you can picture yourself growing up in that kind of a situation, you quickly realize that you might not have a very good idea of what kinds of opportunities, jobs, or careers are available to you; and you would struggle to push toward career goals that you are unaware even exist.

Our school and teaching staff work to help our children know about the many jobs and opportunities that could some day be available to them, as well as creating an atmosphere in which the expectation of further education is normal and assumed. This type of training needs to start early so Career Week is emphasized from Grade R (Kindergarten) all the way through to our Grade 7 students. This year, we had a dietician, a handyman, waiters/managers from a nearby restaurant, a policeman, and several other people speak to our students. On Wednesday, parents were encouraged to come to the school and speak to their child's classroom about what they do. On the last day of the week, the children were encouraged to dress up like a career that they might be interested in doing someday. The children learned a lot through the week and enjoyed the variety of speakers and activities in which they were able to participate.



Building Project Update

It has been exciting to see the JCA new school building going up. Now that the floors have been poured and the roof trusses are going up, it is starting to look more and more like the finished product. We are aiming to have this finished by the middle of October before our annual Board meetings. Please check our facebook page (<https://www.facebook.com/BethesdaOutreach>) regularly to see the weekly progress! We are looking forward to putting this building to good use and being able to impact more students for Christ!



Can you believe this guy is walking across the peaks of the trusses...eish!



For more information on serving at Bethesda go to www.bethesdaoutreach.org

How to Pray for your Pastors

Submitted by Margie Martin

*The following is a guideline on how to pray for pastors, teachers and leaders, and was written by John Piper. The original guideline is available from the following web address:
<http://www.desiringgod.org/articles/how-to-pray-for-the-pastoral-staff>*

What a privilege to serve on the pastoral staff at Bethlehem! We on the staff all feel that way. There are many reasons. One of the greatest is that we get prayed for so often by so many with such great faith and earnestness. We are deeply thankful.

We are eager for this to continue and for God to multiply our usefulness through your prayers. To that end here are some biblical helps. We feel like the apostle Paul, only way more needy, when he said, "Pray also for us, that God may open to us a door for the word, to declare the mystery of Christ . . . that I may make it clear, which is how I ought to speak" (Colossians 4:3-4).

1. Ask God to give us an *inclination* to his Word and not to money or fame or power (Psalm 119:36), and to *open* our eyes to see wonderful things when we read his Word (Psalm 119:18), and to have hearts *united* in the fear of God rather than fragmented over a dozen concerns (Psalm 86:11), and to be *satisfied* in his steadfast love (Psalm 90:14). (This is the **IOUS** acronym I use almost every day in praying for those I love.)

2. Pray for our *purity* and that we not come into temptation. "Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak" (Matthew 26:41). It is so crucial that our minds, not just our bodies, be pure. Defiled minds dull spiritual sight and make a pastor weak and, in the end, useless.

3. Pray for our *biblical, doctrinal faithfulness*. An elder "must hold firm to the trustworthy word

as taught, so that he may be able to give instruction in sound doctrine and also to rebuke those who contradict it" (Titus 1:9). "Keep a close watch on . . . the teaching" (1 Timothy 4:16). Pray that a hundred years from now the leaders of Bethlehem will believe and love and teach "the whole counsel of God" (Acts 20:27).

4. Pray for solid, joyful, Christ-exalting *marriages* where dad leads in daily family devotions and where dad leads his wife in times of prayer with just the two of them. "Fathers . . . bring [your children] up in the discipline and instruction of the Lord" (Ephesians 6:4). "Likewise, husbands, live with your wives in an understanding way. . . so that your prayers may not be hindered" (1 Peter 3:7).

5. Pray for our *boldness in witnessing* to the truth and beauty and necessity of Christ as the only way to escape the wrath of God and enjoy the pleasure of God's presence. "When they had prayed, the place in which they were gathered together was shaken, and they were all filled with the Holy Spirit and continued to speak the word of God with boldness" (Acts 4:31). "Do not be afraid, but go on speaking and do not be silent, for I am with you, and no one will attack you to harm you, for I have many in this city who are my people" (Acts 18:9-10).

6. Pray for *visionary, creative energy*. Some of us are older and have been around a long time. Pray that we not get lazy. Pray that age brings both wisdom and strength and zeal. Pray against any couch potatoes on the staff. Pray that we dream and create and press for more and more impact on this world for Christ. "Now Joshua

was old and advanced in years, and the Lord said to him, 'You are old and advanced in years, and there remains yet very much land to possess' (Joshua 13:1). Yes! No time for coasting, or retiring, or playing. Pray that we dream and work hard till we drop.

7. Pray for *converting power*. We do not want to counsel and pray and lead and plan and teach and preach powerlessly and without eternal effect. Pray that what happened with Paul and Lydia will happen in our ministries. "On the Sabbath day we went outside the gate to the riverside, where we supposed there was a place of prayer, and we sat down and spoke to the women who had come together. One who heard us was a woman named Lydia, from the city of Thyatira, a seller of purple goods, who was a worshiper of God. The Lord opened her heart to pay attention to what was said by Paul" (Acts

16:13-14). Ask the Lord to open hearts and save people through our ministry.

8. Pray that we would be a small part of a *great, global awakening* of fully biblical, doctrinally complete, Christ-exalting, God-centered reformation in the church and awakening in the world. "Pray then like this: 'Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven' (Matthew 6:9). Don't pray prayers that are too small. Pray that you and we will be swept up by the Spirit in a great new work in our day that has the supremacy of God in all things at the center of it.

With deep gratitude for your prayers,

Pastor John

By John Piper. © 2014 Desiring God Foundation. Website: desiringGod.org



Frank McDougall celebrated his 90th birthday on two continents – Europe and then in Africa at Glenhaven. On his birthday on October 1, he and Brenda together with his son Guy and his wife, Carol, daughter Bernice and granddaughter Lorraine, spent the day on a boat on the river Thames. Back home at Glenhaven, friends, family and the Glenhaven staff spent a lovely evening of celebration with them on October 13. A highlight of the evening was the arrival of the song group Ma's Boys. What a delight and treat especially when Frank was asked to join them in the hippopotamus song. In addition to this, Margie Martin also composed a song for Frank!



Frank joining in with Ma's Boys, singing the hippopotamus song in four-part harmony!

From left to right: Frank and Brenda also celebrated their 5th wedding anniversary! A day on a boat on the river Thames. Frank displays his silver "White Elephant" birthday gift.

Centralite in the Diaspora ... Charity Somo

by Wambui Gititu

Life at Central recently caught up with Charity Somo, one of our very own who recently emigrated to the US of A to pursue a doctorate degree in marriage and family therapy at a university in Athens, Georgia. It only seems like she left yesterday but it has been about five months. In the few months she has been away, Charity has had to adjust and endure culture shocks as she gets acquainted to 'sweet tea' and learns that 'waffles' don't necessarily mean the same thing in the US.

L@C: Charity, apart from family and friends, what about SA do you miss?

"I miss being able to get around easily. The public transport system here is limited to the bus which runs every hour. I miss easier access to shops and other public services. I also miss the food: fresh vegetables, fruit and meat! I missed the beauty of the purple rain". We can confirm that as usual the Jacaranda trees were a sight to behold, very beautiful.

So tells us some of the culture shocks you have

experienced during the four months you have been there?

"Understanding American accents and expressions of people from other continents like Europe and Asia! Sweet tea was a definite culture shock - at events you have the option of either water or sweet tea (what at home we call iced tea, only it's much much sweeter). The programme curriculum is excessively demanding, there are a lot of classes to be attended, and I was not expecting to be attending classes. Driving on the other side of the road, or rather as a pedestrian, I have to look left, look right and look left again when crossing the streets! I always use the pedestrian crossing, it's much easier. The other shock has been the difference in time zones, calling SA can be challenging".

Tell us about some of the funny incidences that you have experienced?

"I went to a restaurant called Waffle House and asked for a waffle topped with ice cream. It turns out waffles are not eaten as dessert here,



Birthday supper (22 September) with new classmates and friends



*With American friends that once worked for Campus Outreach:
Me, Kristy Romine, Jamie Smith, Khanyi, Leslie and Cory Thompson*

*New friends from all
around the world*

they eat them as part of a savoury breakfast! When I asked for a waffle topped with caramel and chocolate the waitress pushed the menu towards me and said, "Here, this is what we have!" Alas, no dessert waffles, NONE!"

Have you found a good church and how has it helped in adjusting to your new life?

"I'm attending Redeemer Presbyterian Church in Athens. I don't know if it's affiliated to Tim Keller's church in NY, I always forget to ask. It's a good church, solid in its preaching and teaching of the Bible on Sundays as well as during the week, where there are many opportunities to learn about God throughout the week. They are active in several ministries within and without the church, and they also do community outreaches so there are ample opportunities for you to serve God with the church. It's great, I am looking forward to being more active there soon. I attend a women's Bible study on Tuesday mornings and a Bible study home group on Sunday nights. The people are really sweet, although the older people at community group can't understand my accent".

In what ways did Central prepare you for your new life?

"Finding a God centered church, it was modeled to me, and it was encouraged".

In what ways do you think Central can reach out to students away from home?

"The church I'm in is very intentional about supporting international students - they have a ministry and a full time pastor and intern for that. I think that the best way to support international students is to befriend them, the pastor lady has befriended me and it has made a significant difference in my life".

What advice can you give any students planning to study abroad?

"Call me before you come! If you can't, then here are the top three. One, pray for your trip vigilantly. Two, find a solid church in advance, ask to be referred to a good church. Once you arrive, get to know people in the church - attend as many activities as you can (it's exhausting but essential!). And three, be very patient with the transition: be patient with God, with yourself, with the culture, with people, and take it ONE DAY at a time".

Your plans for Christmas?

"I am spending Christmas with Cory and Leslie Thompson, they were on staff with Campus Outreach and attended Central from 2003-2006/2007, and are living in Atlanta. I am also going to visit Paul and Haley Miedema over the season, they live 4 hours away from me.

ALL ONE IN CHRIST

by Naila Mollel

One of my favourite Bible verses is Galatians 3:28, it says *"there is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus"*. This verse is packed with a lot of wisdom; able to nullify and silence racial, social and gender division amongst believers. Yet applying this verse is very challenging because of our sinful nature. I am sure you will agree with me that as believers we acknowledge the authority of Scripture but struggle to let Scripture lead us, especially on issues where we idolize our human morals.

One area we at times struggle with is that of ethnic and cultural unity amongst believers. Mind you, the Bible in Galatians 3:28 does say that in Christ *"neither Jew nor Gentile"*. Yet, applying this verse in our fellowship with one another remains a challenge.

Here at Central, our church is filled with people from different nationalities. We speak different languages, have different skin complexions and practice different cultures. Sometimes, like the rest of the world, we struggle to embrace these differences even though the trinity in their ageless wisdom saw fit to create these differences.

The struggle or should I say the sin (whether outwardly displayed or inwardly hidden) of racism, segregation, discrimination or whatever you like to call it can be attributed to our total depravation. We are a broken people who tend to use our broken logic to justify how we live.

Aren't there times we are reluctant to appoint people into positions of leadership simply because of their ethnicity and culture? We at times build walls between us and fellow believers who are different from us. Sometimes discrimination on the basis of ethnicity and

culture is overt and at times it is subtle. Our discriminatory nature (sin) is sometimes not bothered by the fact that our concept of justice and comfort is achieved through the injustice and discomfort of others who are different from us. This kind of behaviour is a mockery of what God commands us to do; we grieve the Spirit every time we disregard a believer from a different ethnic or culture group based on human logic/preferences instead of Biblical truth.

Thankfully there are believers who are at the forefront of reconciliation and do not allow these differences to come in the way of fellowship. It is through deep and genuine interaction that one can identify with a culture and admire it even though it is different from one's own. This kind of God honouring interaction challenges our strongly rooted stereotypes and enables us to admire God's workmanship in different ethnic groups and cultures.

The opposite of genuine interactions is when we build shallow relationships with believers from different ethnic groups and cultures. These shallow relationships involve a *"how are you, how was your week and how's your family"* accompanied with a polite smile. Very little effort is made to initiate brunch or lunch. These kinds of relationships demonstrate that the church has a long way to go in addressing genuine ethnic and cultural unity.

It is true that we cannot get along with everybody. However, within different ethnic groups and cultures there are people who are similar to us. Unfortunately, these similarities will go unnoticed if we don't make heartfelt efforts to live life together.

Jesus had genuine interactions with the

disciples; he ate, travelled and prayed with the disciples. In the same way, the disciples interacted with different ethnic groups and cultures for the sake of the Gospel. The apostle Paul also followed our Lord's life by dining and living with both Jews and Gentiles.

If the Bible is the guideline on which we make

our decisions, then it is time to reevaluate whether or not our interactions in different areas of our lives show an understanding of Revelation 7:9 - "*a multitude of people from different nations, tribes and cultures*" - all before the Lord. You and I need to remember that there is no perfect culture of people group, only a perfect God.

This has happened to me...

by Val Nowlan

I am kindling a love affair with my Kindle!

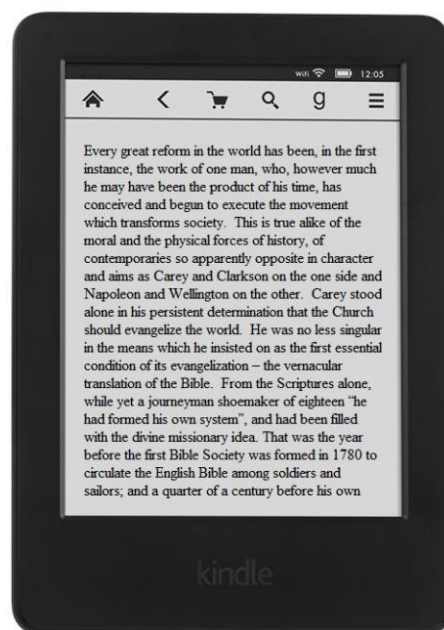
It is possible to fall in love with this little black book! The enjoyment and enrichment it affords is endless. It's a library of books all contained between two covers, available at my finger tips. It is easy to hold, carry, store and use and has the potential to provide spiritual enrichment with Bibles, biographies and a host of other books in an enormous selection of categories – all between two mysterious, yet ordinary looking black covers.

Let me tell you my story. I bought my Kindle about 16 months ago. With the help of a friend I ordered and paid for it online and it was delivered to our door. My experience using it has grown by leaps and bounds and my interest has focused mainly on Christian biographies and more recently, early church history. There are however thousands of books, as well as periodicals and newspapers available. The books are available in several dozen categories, secular and Christian. I also receive the Mail and Guardian newspaper each week on a Friday.

Shopping for books on the internet can, if not controlled, be like a rodent burrowing into my finances! So I've limited myself to stay within a very conservative price range. At frequent intervals there are free books available in the categories in which I am interested. Furthermore I can easily say that the books I've purchased are no longer available in hard copies.

My Kindle reader is always close at hand, at any time of day or night, to read and enjoy in an ongoing way. It only asks for attention in two ways – to be recharged at regular intervals and to be kept safe, as it is small and can easily be picked up if left lying around.

It is an investment with the potential to provide its owner with hours of companionship, fun and enjoyment.



BOOK reviews

by Val Nowlan

5 Classic Christian Biographies:

The Life and Diary of David Brainerd by Jonathan Edwards (1749);
The Biography of Robert Murray McCheyne by Andrew Bonar (1843);
The Life of William Carey by George Smith (1885);
George Muller of Bristol by AT Pierson (1899);
The Authoritative Life of General William Booth by GS Railton.

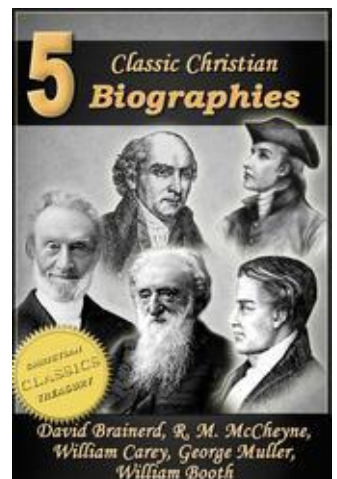
This is an e-book with 1,490 pages and published as such on 21 March 2012. It brings together five of the greatest Christian Classic Biographies from the years 1700-1900.

I quote now from chapter 10 in the biography of William Carey –

“Every great reform in the world has been, in the first instance, the work of one man, who, however much he may have been the product of his time, has conceived and begun to execute the movement which transforms society. This is true alike of the moral and the physical forces of history, of contemporaries so apparently opposite in character and aims as Carey and Clarkson on the one side and Napoleon and Wellington on the other. Carey stood alone in his persistent determination that the Church should evangelize the world. He was no less singular in the means which he insisted on as the first essential condition of its evangelization – the vernacular translation of the Bible. From the Scriptures alone, while yet a journeyman shoemaker of eighteen “he had formed his own system”, and had been filled with the divine missionary idea. That was the year before the first Bible Society was formed in 1780 to circulate the English Bible among soldiers and sailors; and a quarter of a century before his own success led to the formation in 1804 of the British and Foreign Bible Society. From the time of his youth, when he realized

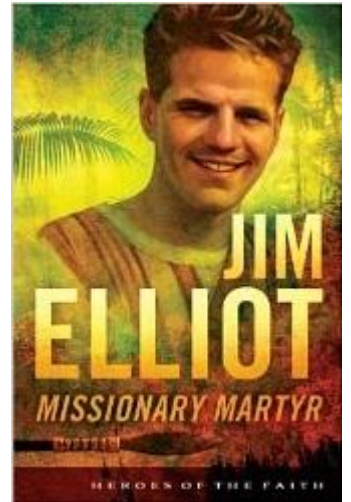
the self evidencing power of the Bible, Carey’s unbroken habit was to begin every morning by reading one chapter of the Bible, first in English, and then in each of the languages, soon numbering six, which he had himself learned. Hence the translation of the Bible into all the languages and principal dialects of India and Eastern Asia was the work above all others to which Carey set himself from the time, in 1793, when he acquired the Bengali. He preached, he taught, he disciplined in every form then reasonable and possible, and in the fullest sense of his Master’s missionary charge.

But the one form of most pressing and abiding importance was the publishing of the divine message in the mother tongues of the millions of Asiatic men and women, boys and girls, and in the learned tongues also of their leaders and priests Carey might have tolerated interruption when engaged in other work, but for forty years he never allowed anything to shorten the time allotted to the Bible work He ceased not, night and day, if by any means, with a loving catholicity, (that) the Word of God might be given to the millions.”



Jim Elliot: Missionary martyr (Heroes of the Faith)

by Susan Miller



Thirty three years after the deaths of the five missionary martyrs, Olive Fleming (one of the widows), returned to the scene – she had remarried about two years after Pete’s death. Dawa, one of the Auca tribe (now known as the Waorani), answered questions Olive asked. Dawa was amazed that the missionaries had not used their guns to defend themselves. Dawa recounted how on that day “George” and the others had visited the beach, one of the missionaries had taken something out of his pocket to show them. In 1956 the Waorani (Auca) did not wear clothing and did not understand the concept of pockets – it seemed the man took something out of his body. What he took out of his pocket was a photo of Dayuma. The Waorani neither understood pockets nor photography.

How had Dayuma gotten into their pocket? The obvious conclusion was that the men had eaten her. Fear spread that the missionaries were cannibals who intended to eat the Waorani. Therefore they had to be killed, and so they were.

Dawa’s story did not end here. Kimo, a Waorani Christian leader, was with the killers on the beach that day and joined

Dawa’s account of what had happened in 1956. When the men were dead, on the beach, the Waorani heard singing. Dawa was in the woods with the others on the beach – they looked up over the tops of the trees and saw a larger group of people singing – describing it like “a hundred flashing lights.”

Only years later, when they had heard and accepted the Gospel had they understood. It would appear that the event of the deaths of the men communicated something of the power and greatness of God long before words could tell the story. Thirty three years after the events on that beach, a savage tribe was living peaceably with its neighbours and teaching the Christian faith.

For “everyone who calls on the name of the Lord will be saved.”
How then will they call on him in whom they have not believed?
And how are they to believe in him of whom they have never heard? And how are they to hear without someone preaching?
And how are they to preach unless they are sent? As it is written,
“How beautiful are the feet of those who preach the good news!”

Romans 10:13-15

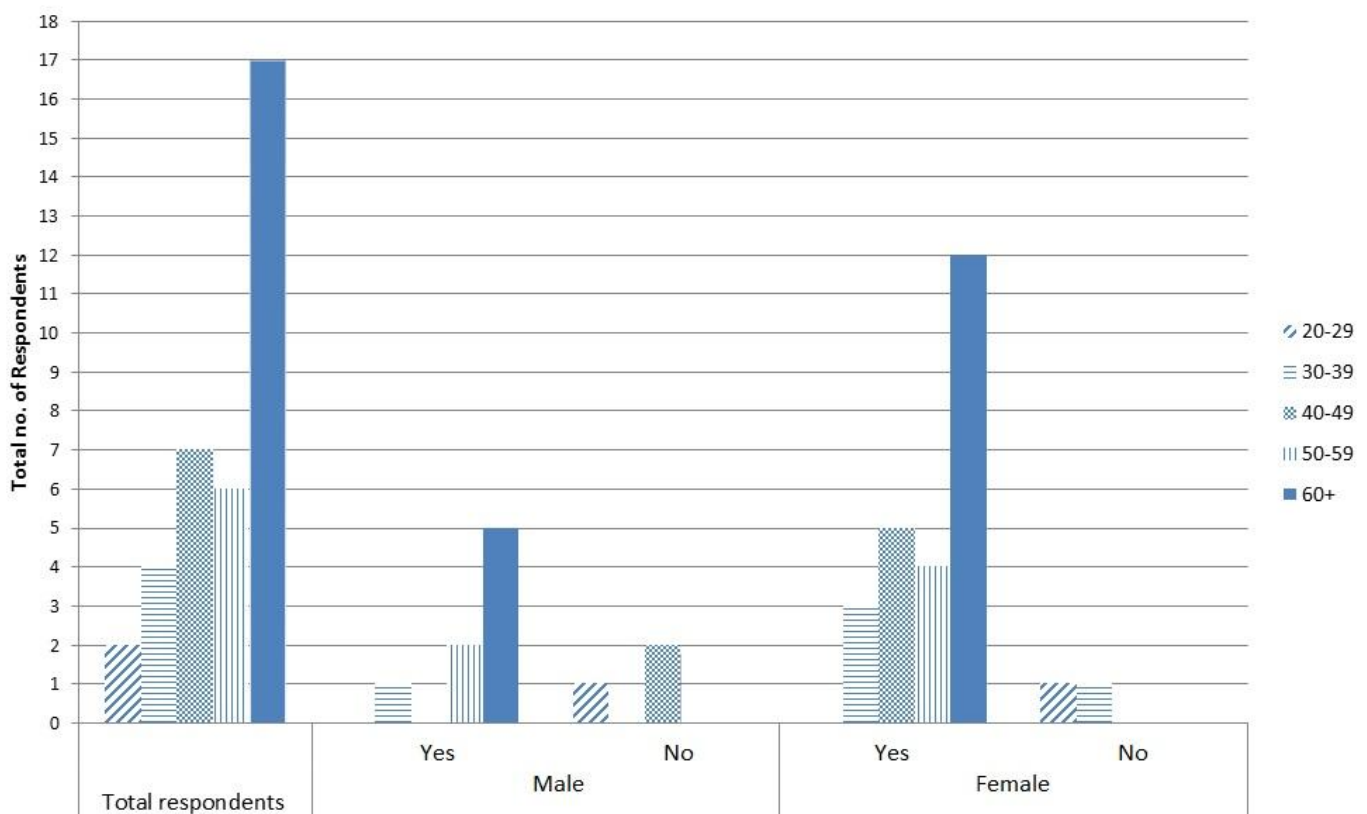
What you said about Life@Central magazine

We recently conducted a simple survey to find out how Centralites feel about the Life@Central church magazine. This magazine has been in production for many years and we wanted to know if we still had a readership, what our audience would like and how best we can make it interesting and relevant.

About 380 copies of the questionnaire were printed and distributed together with the church bulletin to all the church services across the two campuses. Unfortunately the response was not encouraging because out of the 380 copies distributed only about 40 people responded. Nevertheless those that were sent back to us were analysed, and this is what those who responded had to say:

We are happy to report that Life@Central still has a keen readership. The majority of the readers from the respondents are women from 40 years onwards. For the men, most of the readers are those aged over 60. Very few 20-29 years olds responded to the survey; perhaps one of the reasons is that this age group is made up of students who hardly have time to read the magazine. This was noted and we now know there is need to include articles that appeal to this age group. Perhaps we can throw the challenge back at any of Centralites aged between 20-29 years to start contributing and using the magazine as a forum to share their thoughts. Life@Central would love to hear more from you if you are between 20-29 years.

Readership

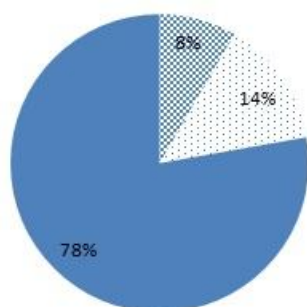


On why people read the magazine, some of the respondents said “the magazine has articles that are sound in biblical teachings”, “the photos are interesting”, as well as “to know what others are learning”. What is clear is that readers enjoy the articles and they use the magazine to know what is going on in the church. Below is the representation of readership from the feedback we received.

Respondents said they would like to read: news on missions especially in relation to Central’s missionaries, book reviews with one respondent saying “movie and book reviews but not only Christian e.g. if a certain book receives a lot of attention in the press, a review from a Christian point of view would be welcome”. Some people would like to see crosswords and sudoku; though there is also an opinion that crosswords and games aren’t appropriate. Testimonies about people in Central and news about the two campuses were also mentioned as interesting reads. Some respondents also said they would like read about Central members, with some saying especially those not prominent. The editorial team is happy to profile Centralites if they are willing to be featured in the magazine.

Preferred Magazine Version

✖ Email link ▨ Not Given ■ Printed



That the digital world has taken over is no debate so we also wanted to know whether people preferred a printed version of the magazine or accessing it from the church website. The results were that respondents still prefer a printed version.

From all the responses it is clear that Centralites find the magazine interesting, informative and entertaining. Suggestions on how to make it more interesting included having a Sunday night section of interest to students. This is something we will look in to because we do want to ensure that all age groups are catered for. As it is now, judging by the responses we got from students as earlier mentioned, it is clear that the magazine needs to improve in hooking the interests of younger readers. One of the young respondents aged between 20-29 said that the magazine needs to include young adults subjects and also involve children in producing the magazine. Another reader aged between 30-39 said that the magazine should “feature different ministries and Bible studies so that people who don’t know a lot of people from Central can choose where to go, and articles from a variety of Central members - especially those who are not always at the forefront in different ministries”.

At the moment the church magazine is compiled by two people, who at times approach and encourage individuals to contribute articles for the magazine. While the editorial team will try the best to bring you various articles of interest for the different age groups represented in the church, we would like to make an appeal to those who enjoy writing to contribute articles that you think your peers would enjoy to read. This is your platform to share and encourage one another, so do make a point of getting involved.

If the magazine is to serve all members, then we need more contributors. The editorial team hopes that next year will see an increase in article contributions. We would also like to this opportunity to thank those who responded to the survey. The suggestions have been considered and we will endeavor to make the magazine more interesting and engaging to all age groups.

GOING FULL CIRCLE

by Jeanne
Sylvester

Never did I think that I would be coming to the end of my life living at Glenhaven together with some others with whom I went to both nursery school and Sunday school some 72 years ago!

I first met Christobel Ansell (nee Stoltz) at nursery school probably at the age of five. Later we both attended Sunday school at the Pretoria Central Baptist Church where we met Sylvia Clarke (nee Bailey), Alton Mills, his wife to be Joan (Harmer), Joan's brother Dennis Harmer, all living at Glenhaven today, except for Alton and Joan who are already with the Lord - Alton having been the general manager of Glenhaven for many years. My twin brother and I came to know the Lord while we were still in Sunday School, I, through a faithful Sunday School teacher. We all moved up to the Youth Department as we got older and later Roy Fredrickson and Max Ansell joined us, as well as Jimmy and Thelma Lockhart (Haven Village). Some of us played tennis on a Saturday afternoon and attended the youth prayer meeting at the church afterwards.

The youth prayer meeting (called the Monkey Club - see no evil, speak no evil and hear no evil) was the highlight of our week. We wrestled with God in prayer and saw Him answer in amazing ways. We earnestly prayed for God to send us revival and saw God working in our lives and those around us. God taught us to pray and trust Him. A large number of our young people went into ministry and to the mission field and other avenues of Christian work. We prayed for the Church, the diaconate and other leaders of the Church, missionaries, family members and lots more. An unbeliever was invited to one of our meetings and went home a born again Christian. He later became a Baptist minister and ministered in our city and elsewhere for many years until his death a few years ago.

Before church on Sunday evenings the Y.P. held open air services on the corner of Beatrix and Church streets. We always had a crowd listening to the Word of God being preached and to the

testimonies of some. It was in this atmosphere of prayer and service that we grew up. What a heritage! We did not need the things of this world to entertain us, our concern was to pray family, friends and others into the Kingdom of God.

Together we went to church camps, attended various church activities, and each others' weddings! What wonderful lives we had as young people growing up with wonderful memories to share with each other (if we can still remember that far back!)

We have all had our share of successes, disappointments and sorrows, and all that life brings to one along the way. However we can all testify to God's faithfulness and blessings over all these years and praise God for bringing us through some very difficult situations.

Now we are ending our lives together at Glenhaven (God's waiting room!) with the same assurance of God's continued blessings and His promise of His Presence until He takes us to be with Him. What a wonderful day that will be!



In the photograph taken at a church camp, left to right are: Max Ansell, Roy Fredrickson, Mervin Joubert (retired Baptist minister), Denis Harmer, and my twin brother Norman Underwood.

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