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Provincial Newsletter of the Anglican Women's Fellowship

"United in Prayer, Service & Love"

The message from the Liaison Bishop of the AWF The Right Reverend Daniel Kgomoso

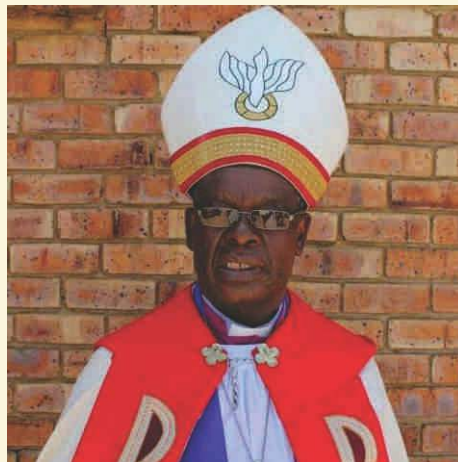
Greetings beloved Sisters in the name of the Triune God

The Israelites questioned one another when they first noticed it, "What is it?" Because they had no idea what it was. It is the bread the LORD has given you to eat, Moses remarked to them. Exodus:16.15.

I am persuaded dear friends as the year ends to take some time and reflect on the journey undertaken by the ancient Israelites to the promised land and their encounter with the provider God of the Exodus. This has for many people been a challenging year both on a personal and communal front. Our life's journey has been synonymous with the one undertaken by God's people so many years ago. We have struggled to find bread to satisfy our bodily hunger and water to quench our thirst, both literally and figuratively.

Dear friends, the God we worship is a God of provision. He does provide for our needs even though we are ungrateful and undeserving. When the people were hungry and lamented that Moses had led them out of Egypt so they could perish in the desert with their families and herds, Yahweh provided manna for them to eat. The people cried out to Moses, pleading with him to give them bread. God responded to their cries by giving the Israelites manna every day. The Israelites questioned one another when they first noticed it, "What is it?" Because they had no idea what it was. It is the bread the LORD has given you to eat, Moses remarked to them. Exodus:16.15.

God does provide for us currently. He provides for us because it is in His nature to care for, to forgive, to provide for, and to save. God provides for us not because we worry and complain and argue and put Him to the test. Whatever your circumstance, your worry, or



thirst may be, God cares for you as well. Each one has some "thirst" that we, on our own, cannot quench; something deep down that needs to be satisfied. Can you recall a time when you were thirsty? If you can remember such a feeling of thirst, perhaps you have an idea of what the Old Testament Israelites might have been experiencing, as recorded in our text from Exodus 17.

We are told by those knowledgeable that South Saharan Africa, except for Lesotho perhaps, is a water-scarce territory. Our rainfall pattern is often on a downward spiral and our water supply is for that reason unpredictable. The drought in the East Lon part of the Republic has just been broken after many years. The people of Gauteng province and elsewhere know what it means to go without water for days on end.

This was certainly NOT the first time that the Israelites quarrelled with Moses about what they needed and wanted. Exodus 16 reminds us that, only a little over a month after God miraculously rescued them from their Egyptian bondage, "the whole community grumbled against Moses and Aaron (and God). So, the people *Toy toyed!* And the Israelites said to them, 'If only we had died by the Lord's hand in Egypt! There we sat around

pots of meat and ate all the food we wanted, but you have brought us out into this desert to starve this entire assembly to death.'" (Exodus 16: 2-3) God graciously provided meat (quail), bread (manna) and, in our text, water. God commanded Moses to take some of the Elders of Israel, go out ahead of the people to "the rock at Horeb (meaning "dry place") [and] strike the rock, and water will come out of it for the people to drink." (Exodus 17:6).

Through their self-centred and wicked words and deeds, the people frequently argued, complained, and evaluated both their leaders and God Himself! God did provide for the Israelites, and He provides for us... not because we fuss and grumble, quarrel, and test; but because it is His nature to care, forgive, provide, and save! He cares for you, too, no matter what your situation, concern, and thirst. He knows how to quench your real thirst.

God urges us to turn our self-centeredness, believe in Jesus, trust that He knows what we need and provides it for us, and live assuredly in that knowledge. As Luther put it so eloquently decades ago, "I believe that God has made me and all creatures... given me clothing, shoes, food and drink... [and] He richly and daily provides me with all that I need to support this body and life." (Luther's Explanation to the First Article of the Apostles' Creed). How gratefully, confidently, and happily we now have the opportunity to live for His honour!

Please let's carry that out!

Grace and peace

+ Dan Mpumalanga



From the Provincial President's Desk

We are in the last phases of getting ready for our first PEXCO and Presidents meeting, hosted by the Diocese of Christ the King. We hope this meeting will achieve its purpose and we are delighted that we will be getting together soon. I attended the Diocese of Mthatha Conference following the inaugural Provincial Executive Meeting, which was held in the diocese of Lesotho in April.

We are incredibly grateful for having the ACSA Deputy Registrar at our AWF offices in July to help us with certain sections of the constitution that needed more clarity. I attended the Green Anglican Provincial Conference, which was held in Benoni from May 3-5, 2023 from which I gained so much knowledge, and already shared with diocesan presidents the knowledge gained including access to the resources hoping that each will utilise the information in their respective dioceses to address environmental issues.

I was afforded with an opportunity to participate in the Mothers Union Conference, which took place from 02 to 06 August 2023, at the Garden Court Hotel. The topic of discussion revolves around the concept of transformation. The keynote address was delivered by Mrs. Sheran Harper (Nosizwe), the President of the organization on a global scale. According to her "We find ourselves situated at the summit of a mountain, beckoned to commune with the divine entity commonly referred to as God. It is believed that God has chosen to conceal a valuable collection of possessions within our very beings.

It is imperative that we engage with the individuals to whom God has bestowed upon us the responsibility. It is imperative that our countenances exude radiance and brilliance, serving as a testament to the presence of God within our organization, so enabling individuals to discern His existence." Furthermore, topics of discussions included environmental conservation, teenage pregnancy, and substance abuse.

The substantial amount of knowledge gained will be shared and communicated to members. Peggy Khambule was asked to represent AWF to PSC



meeting scheduled to take place from 27 September to 29 September 2023 as I was scheduled to attend the Diocese of Mbashe Conference, which was scheduled to take place from 29 September to 01 October 2023. I would like to express my sincere gratitude to all members who are willing to collaborate and assist where they can.

I am also very appreciative of the telephonic conversations where I must provide valuable guidance when needed. The affection and dedication you have demonstrated is highly valued and is not taken for granted. Christ is not only regarded as our Savior, but also as our Lord and Master. In an equivalent manner to how He fulfilled His duty to His Father through the provision of care to individuals, we fulfill our obligation to God by attending to the material and spiritual needs of others in our vicinity.

Sincerely and affectionately yours,

Pam Mntonintshi

Provincial President



The Diocese of Johannesburg - Women's Day of Prayer

On the 19th of August 2023, The Diocese of Johannesburg hosted The Women's Day of Prayer at the All Saints Rabie Ridge. The main purpose of the event was to honour the veterans who served the ministry of the AWF selflessly for 45 years with unbroken service, loyally.

The President Morakane Queen Khalo, welcomed everyone especially our veterans, referred to them as parents, founders, mentors, loyal servants, nurturers, coaches, councillors, leaders, and advisors.

The Preacher was Chaplain Revd Mmatebogo Mosieng, who reminded us about reimagining ourselves and igniting God's flame. Message of the day was from Mathew 25:1-12. The kingdom of God likened to the ten virgins who took their lamps and went forth to meet the bridegroom.

We were encouraged "TO WAIT UPON THE LORD WITH FAITH"



*The celebrant of the Mass:
Resident Priest Revd Cookie Makaba.*



GUEST SPEAKER: Diane Chiyangwa and AWF member from St. Aidan's Yeoville was the guest speaker. She is a freelance and documentary photojournalist as well as an award-winning writer and poet.

*Preacher Chaplain
Revd Mmatebogo Mosieng*



Miriam Thubela, the spiritual coordinator, and the Vice President presented the certificates, and candles which resembled the light by the President Morakane Queen Khalo.





HONOURING OF OUR VETERANS. *The Marketing Team led by Refiloe Mabitsela, coordinator and an Alternate Vice President, presented the veterans with AWF blankets.*



Our sick and housebonds were presented at home by their Archdeacons and Branches at home.



Other members were presented with certificates at their parishes



The day was lit by the presence of the resident choir with beautiful powerful music. Our own AWF Parish Ministers were serving. Our grannies were over the moon, thanking the AWF for remembering and honouring them.



The dearly departed members who were to be honoured were represented by their families.

GBV Presentation at the Women's Day of Prayer by Dianah Chiyangwa (St Aidan's Yeoville)

Gender-based violence is broad and it can be attributed to different factors. The persistence of sociocultural norms, traditional beliefs and gender stereotypes are the most frequently cited obstacle¹, which perpetuates Gender-based violence.

As a way forward to challenge, GBV-interventions should target multiple social levels, including public policy and

government officials. Additionally, individual men, women and families, community leaders, schools, and faith-based organisations such as churches should work together in the fight against GBV. Churches are significant in communities and in social institutions, which could play a pivotal role in addressing GBV, both traditional and cultural stereotypes.



The Diocese of Highveld March against GBV and Teenage Pregnancy *Women send strong message against societal issues.*

In commemoration of Women's Month, over 50 women from the Anglican Women's Fellowship in the Diocese of Highveld held an awareness event on August 26 focussing on issues affecting women and children. Wearing black dresses and colourful doeks, the group of women took to the streets around their church in Woburn Avenue to raise awareness about gender-based violence and teenage pregnancy.



They held placards with messages such as 'stop violence against women', 'stop teenage pregnancy' and 'protect our women and children' whilst singing religious songs'.

“As women we should rise and bring discipline back into our society, schools, and church.

Mothers should lead by example. Do not expect your to be a shining star whilst you are not leading by example”.

If our children cannot learn from us, who are they learning from? Be close to your children, but remember that they are not your friend,” said Majola.



On this day, the AWF women from the Diocese of Highveld also donated sanitary pads and care packs to representatives for six schools within the East Rand.



Holding placards during the march are Sindi Shai, Thandi Thusi and Maureen Mokgohlane

According to the Diocese of Highveld President, Mrs Zanele Buthelezi, the aim of the event was to shine a spotlight on the role of women and the church in curbing teenage pregnancy and the scourge of gender-based violence. During the event, guest speaker, Matshepo Majola reminded the attendees that women play a pivotal role in society.



Holding placards are Mirriam Sethibe, Isabel Ramasino, and Thembi Moagi



The AWF of the Diocese of Mthatha held a conference in July



Guest from various dioceses and guilds at the AWF, Diocese of Mthatha conference



The Diocese of Mthatha AWF President Ms Thuletu Ngudle with ladies ready to display hospitality with divine dishes



AWF Provincial President with Cluster Coordinator, former PEXCO Member, and Provincial Treasurer at the AWF, Diocese of Mthatha Conference



Former president Ms Pumla Titus with the Diocese of Mthatha AWF Chaplain during the candle light



Candle light at the Diocese of Mthatha AWF conference.





MU President supported by MU Members delivering a message of support at the AWF Conference



The diocesan Choir President delivers the message of support



Guests at the AWF Diocese of Mthatha conference



The St Bernard Mizek Guild delivering a message of support at the AWF Conference



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*The Diocese of St Mark
the Evangelist on Mary
and Martha day:
Tree Planting and
donated 2 Trees
to the Holy Spirit Parish.*



Mental Health Awareness Month

The month of October has been declared the Mental Health Awareness month. 970 million people around the world struggle with some mental illness or drug abuse. 1 in 4 people will be affected by a mental illness at some point in their lives. 14.3% of deaths worldwide, or approximately 8 million deaths each year, are attributable to mental disorders. Global prevalence figures show that depression affects an estimated 300 million people worldwide and anxiety disorders concern almost 4% of the world's population. These two conditions constitute the bulk of mental health problems.

Quality mental health care refers to care that is safe, effective, timely, efficient, equitable and people centred. This includes ensuring interventions and services are evidence based and respect human rights. However, people with mental health conditions often experience severe human rights violations, discrimination, and stigma due to lack of sustained financing for services and subsequently the provision of services is lacking. Mental health and well-being are fundamental to enjoying a good and meaningful life. People with mental disorders also require social support, including support in developing and maintaining personal, family, and social relationships.

- Women are twice as likely as men to experience depression.
- 15% of women receive treatment for depression, compared to 9% of men.
- Depression is the leading cause of disability in the world (World Health Organisation 2023).
- Depression increases the risk for many types of physical health problems, particularly long-lasting conditions like diabetes, heart disease, and stroke.
- In 2050, around 152 million people are expected to suffer from some form of dementia, with 68% in low- and middle-income countries. (World Health Organisation 2023).

Tips on how to look after your mental health:

- Choose someone you trust to talk to.
- Think about the best place to talk.
- Prepare yourself for their reaction.
- Don't forget to be kind to yourself and practise self-care.
- Remember "No one can make you feel inferior without your consent." (Eleanor Roosevelt, from This is my story, 1937).

Website:

www.anglicanwomensfellowship.org.za