

St. Mark's Epistle!

- District Six -

St. Mark's Anglican Church, District Six, Cape Town

Monthly Newsletter

3 February 2002

HAPPY NEW YEAR!

This might seem a bit strange, being February already, but being the first edition for 2002, I thought it appropriate to welcome in the New Year correctly.

Well, after a long break, it's back to normal for most of us. Back to work, back to school, and hopefully back to church. This is usually an exciting time of the year. It is a time of starting over – a sense of renewal. We look back and examine the past year, and more importantly we look forward to the coming year. It is a time to reflect on the changes we want to make in our lives, and how to go about achieving them. It is that time of the year when we make our New Year's Resolutions.

Who invented New Year's Resolutions? This tradition is as old as New Year's celebrations and dates back over four thousand years. The Babylonians celebrated New Years Day which coincided with the spring planting of crops. However, their celebration was in March rather than in January. The Babylonians believed that what a person did on the first day of the New Year would have an effect throughout the entire year.

Why do we make New Year's resolutions, but hardly ever keep them? Most of us are clueless when it comes to making a reasonable resolution, which is why we fail to keep the ones we make. We set our goals too high and then we are surprised when we don't achieve them. Because nobody likes failure, we either stop setting goals, or make resolutions that are easy to attain.

Why do we fail to keep our New Year's resolutions? The simple answer – planning, or lack thereof. Most of us are very sincere when we make our resolution(s), so why not implement a plan to make them more than just meaningless expressions.

I've included a list for those who can never think of a good New Year's resolution.

- Quit Smoking
- Exercise
- Smile more
- Change Careers
- Healthy Lifestyle
- Save Money
- Become (more) active in my community / church
- Go Back to School
- Honesty
- Lose Weight
- Relax more
- Donate Blood
- Help Medical Science
- Get Organised

Now that we've made our New Year's resolution, how do we ensure that we don't break it? Here are a few goal settings tips to get you started.

1. Don't try to achieve everything at once.

You will have a greater chance for success if you attempt one or two goals rather than tackle everything you ever wanted to change all at once. Think bite-sizes, or you might find yourself choking.

2. Word it carefully.

It's important that what you choose to do doesn't sound like something you *have* to do. Say for example your resolution is

Exercise. Don't say, "I'm going to join a gym and exercise daily." Rather think along the line of, "I'm going to start an exercise programme." This opens you up to exploring different things, like jogging, or using the stairs rather than the elevator.

3. Formulate a plan.

Once you have established what you want to do, figure out how you are going to do it. Again, break it down into smaller steps.

- a) What kind of fun activities can be used as exercise?
- b) How much money and/or time are prepared to spend?
- c) Make a list of different exercises.
- d) What time of the day is best suited to do the exercise?
- e) Involve a friend or relative.

4. Write it down.

This step is very important. Write down your plan of action and stick it up where you can see it. This will act as a daily reminder of your resolution and reinforce the belief.

Perhaps one of your New Year's resolutions should be to try and keep your New Year's resolutions. Good Luck! V



St. Anne's Homes Children's Christmas Party



Two Thousand and One ended with spectacular fashion for the Youth. Their first project was a huge success.

St. Anne's Homes held their Children's Christmas Party on Thursday, 13 December 2001. The Youth contributed by making party packs and filling it with a small toy, and sweets from their tuck shop. The gift bags were hand-made by the Youth.

The party packs were given to the children in very extra-ordinary way. Four members of the Youth dressed up as The Teletubbies – *Tinky Winky* (Shevon Watson), *Dipsy* (Lehana Evans), *Laa-Laa* (Lance Hendricks) and *Po* (Natasha Perzent). The looks on the children's faces were priceless. Thanks to Lorraine Weber for providing the suits. For the *grande finale*, Santa Claus (*Grant Lowton*) made a special appearance, and handed out Christmas gifts to all the children.

The Rev. Abie Lawrence of the Cylvanist Church, Lansdowne opened the evening with a word of prayer. In Fr John's Christmas message, he highlighted the irony of celebrating Christmas at St. Anne's Homes with the Virgin

Mary being an unwed mother with no place to go. And, just like Jesus was a very special baby, so too are all the children of St. Anne's.

A special guest speaker, radio presenter, DJ Portia Hlazo, a former resident of St. Anne's delivered a very powerful message. You can be anything you want to be, and shouldn't let circumstances dictate your future. The realism of this message hit home when Elizabeth Petersen, Director of the Homes, sang the Whitney Houston song, *Who Could Imagine A King*.

The women of St. Anne's Homes rounded off the formalities by expressing their gratitude in the form of song and personal testimony.

For the Youth the lesson learnt was simple but effective - *It is truly more blessed to give than to receive*. The project in its entirety - a completely rewarding experience. **V**

QUOTABLE QUOTE

Those who bring sunshine into the lives of others, cannot keep it from themselves.

- Sir James M. Barrie

EPIPHANY

The season begins on 6 January, Epiphany Day. It varies in length depending on the date set for Easter. It lasts until Septuagesima Sunday, 64 days before Easter. With the exception of Easter, it is the oldest season of the church year. In the early church, it was a time when new converts were admitted to the church after a period of preparation.

Like several other Christian seasons, Epiphany was appropriated by the church from a pagan festival. As early as 1996 BC, the Egyptians celebrated the winter solstice (which then occurred on January 6) with a tribute to Aeon, the Virgin.

At first, Epiphany was a celebration of both the birth and baptism of Jesus. After Christmas became a separate season, Epiphany became an observance of Jesus' baptism in the Eastern Church and of the visit of the Magi in the Western church.

Epiphany means "to be made manifest," and Epiphany observances emphasise the manifestation of Jesus as "*Light to the Gentiles*" and the "*Glory of Israel*" to Simeon when Jesus was presented at the temple, the manifestation of Jesus as God's beloved Son at His baptism, and the manifestation of Jesus to the whole world as represented by the Wise Men of the East.

The liturgical colour for the Epiphany season is white. **V**

THANK YOU

to

Formeset Printers

22 Kinghall Avenue

Epping Industria

Tel : 507 9000

Fax : 534 5977

for printing the newsletter.

The Garden

Here are some ideas for your garden:

Plant three rows of peas:

1. Peace of mind
2. Peace of heart
3. Peace of soul

Plant four rows of squash:

1. Squash gossip
2. Squash indifference
3. Squash grumbling
4. Squash selfishness

Plant four rows of lettuce:

1. Lettuce be faithful
2. Lettuce be kind
3. Lettuce be patient
4. Lettuce really love one another

No garden without turnips:

1. Turnip for meetings
2. Turnip for service
3. Turnip to help one another

To conclude our garden we must have thyme:

1. Thyme for each other
2. Thyme for family
3. Thyme for friends

Water freely with patience and cultivate with love. There is much fruit in your garden because you reap what you sow. **V**

Carols By Candlelight

Last year the Carols by Candlelight was held at the Cape Technikon Amphitheatre on Sunday, 16 December. Albeit the weather was a tad chilly, the event was purely delightful.

The Sunday School did a wonderful version of the Nativity. All those who braved the wind to attend will agree that it certainly warmed more than the cockles of our hearts.

It was wonderful to see the old and the young come together and share in such a special moment. The *Carols By Candlelight* at St. Mark's is always more special in that it is the epilogue to the Senior Citizens' Christmas Party.

Hats off to all those who were involved in the preparation that made the choreography and stage directions appear completely natural and seemingly simple. **V**

Youth Celebrates Year End



The Youth closed on 7 December and celebrated the year-end by having a day of fun in the sun at Wynberg Park. We arrived bright and breezy on Saturday morning 8 December to procure a spot. A decision we would later be thankful for.

We were blessed with wonderful weather and took full advantage of it. The day was spent playing volleyball, soccer, cricket, and occasionally fishing the balls out of the fishpond.

Frank Evans took charge of the braai, and did a superb job. *Thanks Frank!* After a hearty lunch there was time for a little

relaxation, chat, and strategising for the afternoon. I always thought "*Chubby Bunny*" was the funniest party game we've played. However, I think it comes a close second to "*Pass the Cucumber*". Picture this scene – two teams competing by passing a cucumber from one member to the next using only their knees.

By 5.00pm it was time to call it a day. We cleaned up, and armed with a doggy bag, said our goodbyes.

A special word of thanks to the PCC for its generous donation towards making the day so enjoyable. **V**



WORDSEARCH

H U C U E A S A N C T U A R Y F H S X U
 N L Y J R F L J H L S W T N A G R O A C
 K C R Z N N O I N U M M O C H E M E Q W
 U A F H O J P X C O V E F U L E E B A L
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 X I F I C U R C N A B O W Y S E N A O G
 H W R Q Y S G I N R R I O H C Z X D N Q
 A C G I N C E N S E C Y Z N B U Z H O P

THE CHURCH

- | | |
|--------------|----------------|
| 1. ACOLYTE | 11. OFFERTORY |
| 2. ALTAR | 12. ORGAN |
| 3. BIBLE | 13. PRAYER |
| 4. CANDLES | 14. PRIEST |
| 5. CHALICE | 15. PROCESSION |
| 6. CHOIR | 16. PULPIT |
| 7. COMMUNION | 17. SACRAMENT |
| 8. CRUCIFIX | 18. SANCTUARY |
| 9. HYMNAL | 19. SERMON |
| 10. INCENSE | 20. VESTRY |

JUST FOR LAUGHS

One sunny day a Catholic, Baptist, and Methodist were going fishing. Right after they left, the Catholic realised that he had left his supplies on the shore. He got out of the boat, walked on the water, got his supplies on the shore, and walked back on the water and got back into the boat. Then, the Baptist realised that they did not have enough bait. He got out of the boat, walked on the water, bought a pack of bait, and walked back on the water and got back into the boat. Then, the Methodist realised that his watch was not working, and he wanted to buy a new one. He took it off, got out of the boat, but sunk all the way down to the bottom of the ocean. Then, the Catholic and the Baptist looked at each other and said, "Oops, I guess we should have told him where the rocks are!"

DID YOU KNOW

What are "*The 12 Days of Christmas*"?

The "12 Days" is the period between Christmas and Epiphany (6 January). In the 6th Century AD *The Second Council of Tours* proclaimed the sanctity of the period as a feast day celebrating the visit of the Magi.

Source: *THE CATHOLIC ENCYCLOPEDIA*

If I am not for myself, who will be for me? If I am not for others, what am I? And if not now, when?

- Rabbi Hillel

HAPPENINGS

ST. ANNE'S HOMES

Please support this worthy charity with donations. Groceries, especially sugar and rice are also appreciated. Phone: 448 8513

YOUTH

The Youth of St. Mark's meets every Friday at 19h30. Join us at 35 Beresford Road, University Estate.

CAKE SALE

Please support our next cake sale, which is on Sunday, 10 February 2002.

Please Support Our BUILDING FUND

Bank : **Standard Bank**
 Branch : Victoria Road (4709)
 Acct. Type : Savings
 Acct. No. : **07 480 558 4**

FROM THE BIBLE

Ephesians 4:22-24

Put off your old nature which belongs to your former manner of life and is corrupt through deceitful lusts, and be renewed in the spirit of your minds, and put on the new nature, created after the likeness of God in true righteousness and holiness.

Contact Details

snail mail:

The Editor
 St. Mark's Epistle!
 19 Almar Road
 Lansdowne
 7780

telephone:

(021) 761 5941

e-mail:

epistle6@yahoo.com

web site:

<http://epistle.bizhosting.com>