

July - September 2013



Mid Way Home for the elderly In Durban



On Saturday, 22 June, His Eminence, Archbishop Sergios held the blessing of the new home for the elderly of KwaZulu-Natal. The welfare committee of the Hellenic Community of KwaZulu-Natal has opened a mid-way home to serve the needs of their elderly, under the direction of His Eminence Archbishop Sergios.

Port Elizabeth Church of the Dormition

On Sunday 18 August, His Eminence Archbishop Sergios officiated at the service of the Holy Eucharist at the Church of the Dormition of the Mother of God, in the presence of the Ambassador of Cyprus, Mr Petros Nacouzis and the chairman of the Hellenic Community of Port Elizabeth, Mr Prodromos Galatalis.

The service to celebrate the Dormition of the Mother of God, the Theotokos, included an Artoclasia offered by the Godparents of the Church, Andreas and Thelma Christodolou. After the service, His Eminence welcomed the new priest Archimandrite Father Joachim, and Mr Nacouzis, and invited Mr. Nacouzis to address the congregation. His Eminence also welcomed Mr. George Tsiftis, the Greek teacher who has arrived from Greece. Mr. Tsiftis had spent many years in the pat working in South Africa.



Main table at the official lunch organised by the community of Port Elizabeth

Thessalonica Youth Choir visits Cape Town



The Childrens and Youth Choir of Saints Cyril and Methodius church thrilled audiences in Cape Town during August with their incredible vocal talents. They are an internationally-acclaimed youth choir from Thessalonica who travel the world giving concerts and participating in youth choir festivals and competitions. They are trained to sing under the baton of Choral Director, Dr Maria Emma Meligopoulou. He is the Founder and Musical Director of this renowned youth choir and is also a distinguished adjudicator for choral competitions in Europe

Saint Kosmas Aitolas, Holy Martyr and Teacher of the Nation, is one of the remarkable saints of our Orthodox Church and he is the patron saint of our Greek School in Cape Town.

On Sunday 25 August, the school children delighted and inspired all of us during the Holy Liturgy service at St George's Cathedral when they shared the story of the saint's life with the congregation.

Two priests honoured for Afrikaans liturgical translations

At a ceremony in Pretoria on Sunday 25 August, two Orthodox priests were honoured in what must surely be a milestone in the history of Orthodoxy in this country. Father Zacharias van Wyk and Father Jacobus van der Riet were given a special commendation by the FAK (Federation of Afrikaans Cultural Organisations) for their services to Afrikaans literature and culture for translating Orthodox liturgical texts into Afrikaans.



Greek School celebrates Saint Kosmas Aitolas



GROWING IN CHRIST

EASY WAYS TO GROW IN FAITH THIS NEW ECCLESIASTICAL YEAR

New Year's resolutions are so hard to keep! We set goals with the best of intentions... truly wanting to make positive changes and grow. But, there is too much pressure to achieve our sometimes impossibly high goals. Some people do achieve their lofty New Year's Resolutions. However, success can be found where people have made simple goals, helping build confidence and encourage further growth.

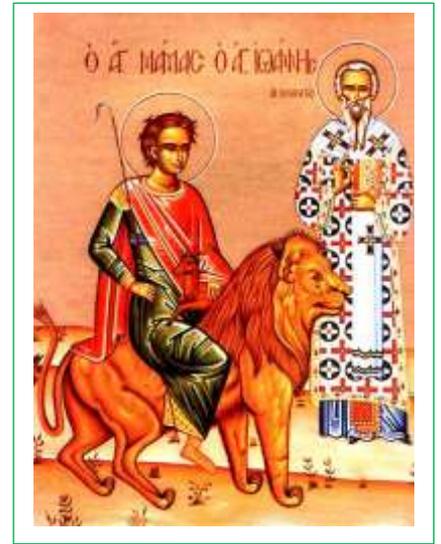
The same thing can happen when making goals for our spiritual lives. Sometimes we can get overwhelmed, thinking of all the ways we could improve our spiritual lives. Ultimately, we get frustrated and pass off growth and change until the next year.

On September 1st, we celebrated the beginning of a new ecclesiastical year. This year, let's avoid the stress of making overwhelming goals. Instead, let's make a few simple goals for growing in Christ that we can easily achieve. Below you will find a few examples of small, achievable goals. Pick one spiritual discipline to focus on. You could also choose to work on more than one. The main goal is to GROW IN CHRIST!

- **Pray!** – We all pray. But do we have regular prayer discipline? Do we just say what's on our mind or do
- **Serve!** - If you already participate in service projects or philanthropic activities, consider organizing a project or offering more of your time and talent to these efforts.
 - Read and reflect on [Matthew 25:31-46](#). What does this passage mean to you regarding service and helping one's neighbour?
- **Worship!** - If you already attend Divine Liturgy and other services pretty frequently, make a more focused attempt to be on time or make it even earlier for the Orthros (Matins) service. In addition, make it a point to participate regularly in the Sacramental life of the Church. Prepare to receive Holy Communion (Eucharist) and Confession more regularly.
 - Read/Learn!** – You might be bogged down with school and work. But take an hour out of your video game or Facebook time to read something that is relevant to your Orthodox Christian faith.
- **Love!** – Love is not just a noun; it is also a verb... an action! Make an effort to love your neighbour by respecting rather than judging. Make an effort to love your family by learning how to be patient and understanding, even when they get on your nerves! Make an effort to love those who might be different than you because they, too, were created in God's image.
 - Take a moment to read and reflect on [1Corinthians 13](#) about the Greatest Gift... Love!
 - Take a moment to read and reflect on [Matthew 22: 35-40](#) about the Greatest Commandment. Who is our neighbour? How can we show our love for God through loving our neighbour?

Reference: The Department of Youth and Young Adult Ministries www.Goarch.org

Saint Mamas Day 2013



The image of St. Mamas on the lion's back serves to remind us in a symbolic manner of the theology of the Eastern Church regarding creation and man's place in it as a part thereof. Although we divide creation into inanimate and animate being and further distinguish man as intelligent animate creation, we treat all of creation as a unity in which mankind plays a significant role. We acknowledge God as Creator, as uncreated essence, which exists apart from creation but is imminent in all of it as "divine energy". Scripture tells us that we shall have dominion over the fish of the sea, the birds of the air, and all creeping things that move upon the earth. *Genesis 1: 28* This dominion is subject to the condition that mankind shall cultivate the earth and care for it as steward. *Genesis 2: 15* This right of dominion coupled with the duty of stewardship is paramount in the Eastern Church's theology of creation. The icon of St. Mamas makes that clear. As surrogate for us all, he rides the lion thus asserting dominion over it and all creation. The lamb in his arms illustrates our stewardship of living things. Represented here is the oneness of mankind with all of creation of which mankind is custodian. www.newbyzantines.net



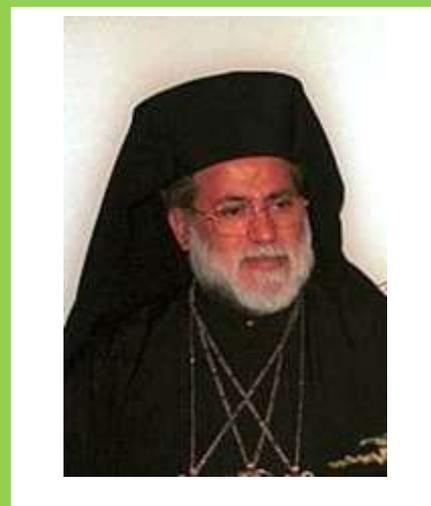
The Feast of the Exaltation of the Holy Cross



His Eminence Archbishop Sergios officiated at the Church of Saints Nicholas, Andrew and Gerasimos in Durban



The Feast of the Exhalation of the Holy Cross was celebrated at the Church of the Holy Archangels in George on Sunday 15 September



A Memorial Service was held for the late Patriarch, His Beatitude Petros VII on Sunday 15 September at the Church of the Holy Archangels in George
May his memory be eternal