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# HARK THE HERALD

Table View United Church  
August 2020

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# HARK THE HERALD

## **Sunday Worship: 9:00am**

Including Kid's Ministry,  
Teen's Ministry & baby  
facilities.

## **Office Hours:**

Tuesday; Thursday & Fridays  
9:00am to 1:00pm (closed  
during lockdown)



## **Contact Details:**

Tel: (021) 556 2374  
Fax: (021) 556 2395  
Email: office@tvuc.co.za  
c/o Waterford Road & Raven  
Street, Bloubergrise.

## **Elders:**

Trevor Alexander – 082 309 7479  
Ray Cameron – 082 371 4841  
Jacqui Cameron – 083 375 1353  
Elmarie Neilson – 082 557 0993  
Sandi Nessel – 082 560 8968  
Bill Nicoll (Session clerk)– 082 449 4994

## **Minister:**

Andrew Snyders – 084 453 8191

## **Kids's Ministry:**

Jacqui Cameron – 083 375 1353

## **Church Secretary:**

Volunteers  
021 556 2374

## **ManCo Chairman:**

Ray Cameron – 082 371 4841

## **Treasurer:**

Claudine Batangana – 083 398 0743

## **Banking Details:**

**ABSA BANK**  
**Branch Code: 632005**  
**Account Number: 407 254**  
**2525**

# From the Pastors desk...

To my dearest family at Table View United Church



Utterly compelling. That was an answer to a question which was asked to a group of people I was meeting with. What do you think the question was? If I had to ask you a question and your answer was “Utterly compelling”, what question did I ask you?

Was it “What did you think of this book/movie/tv show?” I know this might have been one of my answers after I watched the TV mini-series Chernobyl. Maybe it was listening to a specific musician playing a piece on your favourite instrument, or maybe even a singer whose voice gave you goosebumps, like Chopin’s Etude Op.25 No.11 (a.k.a. Winter Wind) or Diana Damrau singing the Queen of the Night aria from Mozart’s “*The Magic Flute*”.

# Utterly compelling...

Maybe it was watching some parkour runners jumping between buildings and over cars, or some kite surfers seemingly dance across the waves. It could even have been as simple as watching the sun rise or set, or observing a small bird flap its way through your garden.

According to the Oxford Dictionary, the word “utterly” means absolute, and the word “compelling” means evoking interest, attention, or admiration in a powerfully irresistible way. If we look at the past few months, I think there are moments which were utterly compelling to many. The beginning of the Covid Pandemic was utterly compelling, and until we all just became exhausted with keeping up with the facts and data it remained utterly compelling. Many people are still utterly compelled by the pandemic. The death of George Floyd was utterly compelling, bringing injustice to the world’s eye, when we thought the most tragic thing we would face this year was the pandemic.

# Utterly compelling...

I recently joined an Alpha online group. I was curious to see what Alpha would look like when taking place online. I had also not personally attended an Alpha course in a few years, and thought it would be interesting to attend, particularly since I haven't attended an Alpha course since the content and videos have been updated. Our small group is hosted by Holy Trinity Brompton, which is the church which started Alpha, but we have people joining from South Africa, England, Australia, Switzerland, and the Philippines. It was during our discussion after the second session "Who is Jesus?" that one of our group leaders asked "Who is Jesus to you?" and Janine from the Philippines answered "He is utterly compelling..." How amazing is that!?

Who of us, when asked "Who is Jesus to us?" would reply with "He is utterly compelling?" Do we find Jesus utterly compelling? Do we look at Him and His life, teachings, death, and resurrection and say "He is absolutely evoking interest, attention or admiration in a powerfully irresistible way for me"? I know I wouldn't. In fact, I know I didn't, because I answered that exact question in the group before Janine sprung that gem on us.



# This world is currently hurting a lot....

Many people have lost so much, some have lost jobs or part of their salaries, some have lost homes and family, some have lost their minds in a way, some have lost their cheery dispositions, or any sense of hope. We are a broken, hurting people, stumbling home as if we were at war with an invisible enemy. When we get home, we realise we are deeply wounded by the effects of these last few months, and look forward and see no hope. We mourn the things we have lost. However, in our times of mourning, of pain and sorrow, and of weeping, do we look to Jesus and feel utterly compelled by Him?

May we come to know what it truly means to be utterly compelled by the One who came to save us, the One who we have the awesome privilege of not only calling our **Lord and Saviour**, but also our Friend and our Brother. May we look to Jesus and find our hope and comfort in Him. May we find the peace that only He can provide. And may we come to be in a place of surrender to Him, saying there is no better place to be than with Him, no better life to live than with Him, no better thing to reflect on than His life and sacrifice, and no better thing to be utterly compelled by than Him.

With all the love in my heart for you, dearest beloved Saints

Andrew Snyders

Kind Regards,  
**Rev Andrew Snyders | Minister**

## **TABLE VIEW UNITED CHURCH**



 +27 21 556 2374 ||  [office@tvuc.co.za](mailto:office@tvuc.co.za)



Cnr of Waterford Road and Raven Street, Blouberg Rise, Cape Town

**WATCH THIS SPACE**

**COMING  
SOON**

**CONFIRMATION CLASSES**



**We are OPEN**

**As at the 19<sup>th</sup> July, Table View United opened it's doors for the first time since 27 March 2020.**

**All Covid 19 Protocols are in place and we look forward to seeing you soon**



zoom



Instagram

# What is happening during the lockdown

Even if you can't attend the services at the church

- Sermon's are being filmed
- Sermon's are being voice recorded
- Sermon's are written up
- The following communication channels are used



**WhatsApp**

**facebook**



**YouTube**

**Should you wish to get the  
weekly link to the sermons  
sent to you via WhatsApp**

send a WhatsApp message with your name and  
surname to

Jacqui Cameron 083 375 1353

and you will be placed on a distribution list.  
(this service will continue after the Covid 19  
Shutdown)

## NEW FICTION BOOKS in TVUC LIBRARY

SHELF LABEL	AUTHOR	TITLE	SERIES	NO.
CAH	CAHN	BOOK OF MYSTERIES		
HEN	HENDERSON, DEE	DANGER IN THE SHADOWS	O'MALLEY	0
HEN	HENDERSON, DEE	THE PROTECTOR <i>(This book completes the series)</i>	O'MALLEY	4
HEN	HENDERSON, DEE	TRUE DEVOTION <i>(This book completes the series)</i>	UNCOMMON HEROES	1
HUN	HUNT, ANGELA ELWELL	BATHSHEBA	DANGEROUS BEAUTY	2
HUN	HUNT, ANGELA ELWELL	DELILAH <i>(This book completes the series)</i>	DANGEROUS BEAUTY	3
RIV	RIVERS, FRANCINE	THE MASTERPIECE		
ROS	ROSENBERG, JOEL C.	THE TEHRAN INITIATIVE <i>(This book completes the series)</i>	DAVID SHIRAZI	2
SMI	SMITH, JILL EILEEN	THE CRIMSON CORD (RAHAB)	DAUGHTERS OF THE PROMISED LAND	1
SMI	SMITH, JILL EILEEN	THE PROPHETESS (DEBORAH)	DAUGHTERS OF THE PROMISED LAND	2
SMI	SMITH, JILL EILEEN	REDEEMING GRACE (RUTH)	DAUGHTERS OF THE PROMISED LAND	3
SMI	SMITH, JILL EILEEN	A PASSIONATE HOPE (HANNAH)	DAUGHTERS OF THE PROMISED LAND	4
SMI	SMITH, JILL EILEEN	STAR OF PERSIA (ESTHER) <i>(Complete Series)</i>	DAUGHTERS OF THE PROMISED LAND	5
SMI	SMITH, JILL EILEEN	MICHAL	WIVES OF KING DAVID	1
SMI	SMITH, JILL EILEEN	ABIGAIL <i>(This book completes the series)</i>	WIVES OF KING DAVID	2

New books in our library

## NEW NON-FICTION BOOKS in TVUC LIBRARY

SHELF LABEL	AUTHOR	TITLE	SUBJECT
242 ADA	ADAM, DAVID	LANDSCAPES OF LIGHT	DEVOTIONAL
226 BAR	BARCLAY, WILLIAM	DAILY BIBLE STUDY: MARK	COMMENTARY
226 BAR	BARCLAY, WILLIAM	DAILY BIBLE STUDY: JOHN	COMMENTARY
227 BAR	BARCLAY, WILLIAM	DAILY BIBLE STUDY: GALATIANS & EPHESIANS	COMMENTARY
228 BAR	BARCLAY, WILLIAM	DAILY BIBLE STUDY: REVELATION. V. 2	COMMENTARY
920 BAR	BARRICK, LINDA	MIRACLE FOR JEN	BIOGRAPHY
920 CAM	CAMPBELL, CATHERINE	UNDER THE RAINBOW <i>(See Book Review)</i>	BIOGRAPHY
920 LUN	LUNGU, STEPHEN	OUT OF THE BLACK SHADOWS <i>(See Book Review)</i>	BIOGRAPHY
238 MOH	MOHLER, R ALBERT	THE APOSTLES' CREED	CREEDS
296 SHE	SHER, TOVAH (EDITH)	WHAT HAS MOSES GOT TO DO WITH ME?	JUDAISM
220.7 WIE	WIERSBE, WARREN W	WIERSBE BIBLE COMMENTARY. 2 V.	COMMENTARY
220.3 ZON	ZONDERVAN	PICTORIAL ENCYCLOPEDIA OF THE BIBLE. 5 V.	ENCYCLOPEDIA

New books in our  
library

Watch this space next month for 2 great  
book reviews.....



# Fellowship & Prayer groups

## TUESDAY

### **Ladies Fellowship Group – 9:30 am**

*Ladies 50 + sharing life and supporting each other, while making use of teaching material & DVDs to study the Bible.*

**Suzanna Cook – 082 927 3868**

### **Home and Fellowship Group- 2:30pm**

*Mixed group studying various subjects at Paul and Win's home, 25 Sundown Terraces, Bishops Bend*

**Win Forsythe- 082 391 8309**

## WEDNESDAY

### **Fellowship Group – 7:30 pm**

*Vast range of ages in the group. We tackle different subjects of Christianity based on the scriptures.*

**Trevor Alexander – 082 309 7479**

## THURSDAY

### **Ladies Fellowship Group – 10:00 am to 11:30 am**

*This facilitated group of ladies meet weekly to Fellowship and pray*

**Mary Logan – 072 049 6570**

## FRIDAY

### **PRAYER MEETING – 9:00 am**

*Prayers of Intercession for our church, members, their families and friends.*

**Carole Marx – 082 771 0709**

**We will be back  
shortly!!!!!!**

# Manco hard at work.....

Thanks to Manco and a special shout out to Ray Nessel and his staff for giving our garden, buildings, memorial chair and jungle gym a fresh make-over.

We really appreciate the time and effort they have placed on these facilities, especially in lockdown!!





Fresh paint

Weeds and stones removed



Fresh paint

Bank leveled out

Thorns, weeds and stones removed





All three trees trimmed back

Grass cut, weeds and stones removed





# COPING WITH COVID

## A GUIDE TO MANAGING MILD COVID-19 DISEASE AT HOME

Dr Aysha Kola and  
Dr Waasila Jassat

# WHAT ARE COVID-19 SYMPTOMS?

- fever
- new continuous cough
- shortness of breath
- tiredness
- muscle aches

- congestion or runny nose
- headaches
- sore throat
- loss of taste/smell
- nausea or vomiting
- diarrhoea



cough



fever



shortness  
of breath

**IF YOU ARE  
DIAGNOSED  
WITH  
COVID-19,  
OR IF YOU  
HAVE  
SYMPTOMS  
BUT  
CANNOT  
GET TESTED**

**WHAT  
SHOULD  
YOU DO?**

- Do stay at home for 14 days
- Do stay calm
- Do ensure you have family members on hand who can help you to get shopping and things you may need
- Do keep connected to people you care about by phone and video calls

- Do not go to work
- Do not use public transport
- Do not go to public places
- Do not go shopping
- Do not visit anyone
- Do not attend religious gatherings
- Do not have visitors in your home
- Do not leave home unless you need medical care

## IF YOU HAVE COVID-19, HOW SHOULD YOU ISOLATE?

Separate yourself from other people in your home, in a well-ventilated bedroom. Your family should not stay or sleep in the same room as you.

Use a separate bathroom. If you have to share a bathroom, clean after every use.

Avoid sharing items and the same spaces with other people and clean surfaces often.

Stay at least 1.5 metres (3 steps) away from other people in the home.

Wear facemasks to help prevent the spread of the disease to others.

Cough or sneeze into the fold of your elbow. Alternatively, cover your mouth and nose with a tissue when you cough or sneeze and dispose of tissue in a dedicated bin.

Clean your hands often with soap and water for at least 20 seconds or with alcohol-based hand sanitizer that contains 60-95% alcohol.

## WHAT IS THE DIFFERENCE?

### ISOLATION

- You have tested positive for the virus or you have symptoms and likely have COVID-19
- You need to avoid contact with other people for
  - 14 days after your test if you have no symptoms
  - 14 days after your symptoms started if you have mild disease
  - 14 days from the last day you needed oxygen if you were treated in hospital with severe disease
- You do not need to re-test to confirm you are negative to de-isolate

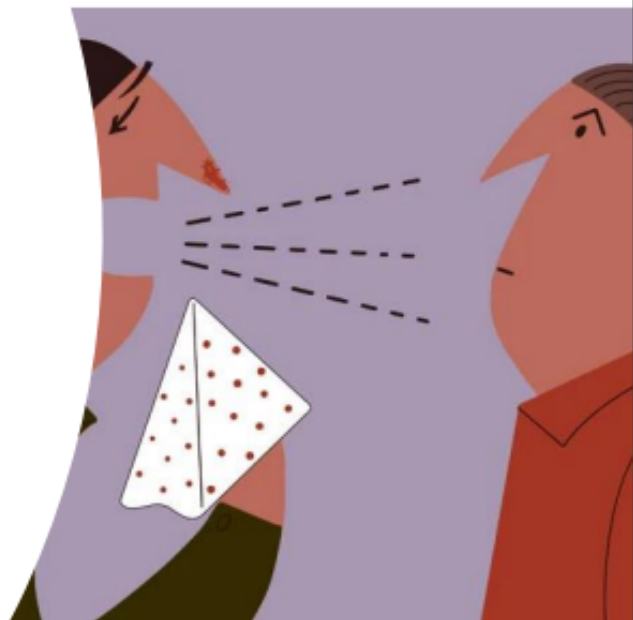
### QUARANTINE

- You have been in close contact with someone with the virus and you don't have symptoms and haven't tested positive
- You need to avoid contact with other people for 14 days after your exposure to the person with COVID-19
- If you do not develop symptoms you can de-isolate after 14 days
- If you develop symptoms you are considered to also have COVID-19 and then you need to isolate for 14 days from the start of your symptoms



## WHAT IS A CLOSE CONTACT?

- Face-to-face encounter with a probable or confirmed case
- Within less than one meter
- For more than 15 minutes
- Both were not wearing masks



## WHO IS AT GREATEST RISK FOR SEVERE DISEASE?

- older than 60 years
- overweight
- unfit
- multiple medical conditions
- medical conditions not well controlled



- hypertension
- diabetes
- chronic kidney, heart and lung disease
- cancer
- HIV
- TB


# IF YOU ARE HIGH RISK, MONITOR YOURSELF CLOSELY

- Make sure your underlying medical conditions are well controlled. Take your hypertension, diabetes and other medicines correctly and on time.
- Monitor your blood pressure and sugar. If you are diabetic it is a very good idea to get a home device to measure your sugar.
- Consider getting a pulse oximeter. This is an easy-to-use device which measures the oxygen saturation (level) in your blood and helps to identify early on when you are in need of medical attention.



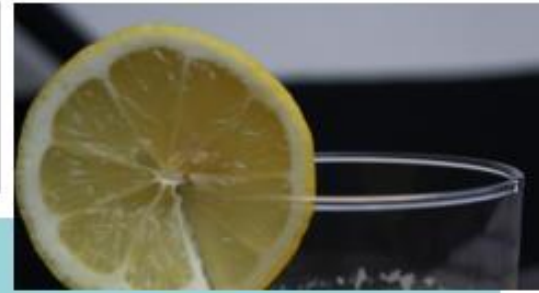
**Oxygen saturation should always be greater than 92%**

# STRENGTHEN YOUR IMMUNE SYSTEM

- Eat healthy meals, drink water, sleep well, get plenty of rest but also remember to stay active.
- Stop smoking! 
- Take the following :
  - vitamin D 50 000 iu once off
  - zinc 200mg daily for 5 days
  - vitamin C 500mg three times per day for 5 days
  - vitamin B complex 1 tablet daily



## USE THE USUAL COLD AND FLU REMEDIES TO RELIEVE SYMPTOMS



- Take Panado for fever and pain
- Drink warm honey and lemon water or use lozenges to relieve sore throats
- Do warm water and salt gargles twice daily
- Steam or use a humidifier with eucalyptus or Vicks as dry air is not good for your lungs
- Traditional remedies like black seed, turmeric, ginger and other natural substances known for their anti-inflammatory properties are not harmful and may help



Do not take steroids or hydroxychloroquine, or any medicines you may have heard about in the media.

Many of these treatments have not been proven to work or are used for seriously ill patients who are being treated in hospital.

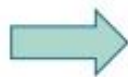
## FEEL A LITTLE SHORT OF BREATH?



- Sleep on your stomach for as much as possible with your head turned to the side (prone position)
- It helps to prop a pillow lengthwise underneath your head and chest for this
- You can also cycle between laying on your belly, on your side and sitting up



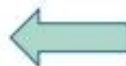
1. 30 minutes – 2 hours: laying on your belly



2. 30 minutes – 2 hours: laying on your right side



3. 30 minutes – 2 hours: sitting up



4. 30 minutes – 2 hours: laying on your left side



# BREATHING EXERCISES CLEAR YOUR LUNGS AND IMPROVE OXYGEN FLOW

**The idea is to get the lower part of your lungs to expand so that any mucus that's collecting there can be dislodged and coughed out**

## DEEP BREATHING and FORCED EXPIRATION

Take a deep breath in through the nose.

At the end of it, hold your breath for five seconds.

Then breathe out through the mouth.

Do this five times - five breaths total.

Next, take a sixth deep breath in, then at the end of it cough strongly, covering your mouth when you do so.

The six breaths plus cough at the end represent once cycle. Repeat this cycle twice.

## PURSED-LIP BREATHING

Breathe in through your nose and breathe out at least twice as long through your mouth, with pursed lips.

## BELLY BREATHING

Lie on your back. Bend your knees.

Breathe deeply through your nose, allowing your chest and belly to expand.

Breathe out through your mouth at least twice as long as your inhale.

Perform for 1 minute.

Then, rest for 30 seconds.

## BALLOON BLOWING

You can also blow up a balloon as breathing against resistance helps to expand the chest.



## WHEN SHOULD YOU SEEK MEDICAL HELP?



- If your symptoms are worsening or have not improved after 7 days
- If you become confused or have difficulty concentrating
- If you develop a new fever or your fever returns
- If you develop chest pain
- If you are diabetic and your sugar level is very high ( $>18$ ) or very low ( $<3.5$ )
- If your breathing becomes difficult, and the number of breaths you take in one minute (respiratory rate) is more than 25
- If your oxygen level on the pulse oximeter is lower than 92%

**Do not go to your GP's rooms**  
**Call the doctor or arrange a virtual medical consultation**  
**Or call an ambulance and go to the hospital**

# CALLING EVERYONE WHO KNOWS HOW TO SEW

We have experienced SUCH a HUGE success with the **Winter Warmth program** that we would like to extend this to sewing AND knitting.

If you are able to sew please can you make the following:

- Quilt blankets
- Basic elasticated sleep shorts (girls and boys)
- Basic t-shirts (boys and girls)
- Pillow case covers
- Duvet covers
- Etc



**DONATIONS of ANY fabric will be gladly appreciated and there will be an allocated "box" left in the church.**

**Note to all "sewers", please feel free to pop into the church when it is open on a Thursday morning (09h00 to 13h00) and take some of the donated fabric to sew up.**

# July Birthdays

Our **sincere apologies** to those who had their birthday in July.

We got the month's wrong last month and entered June's birthdays instead of July's birthday

We hope you all had a wonderful day



## July Birthdays

- 2 Cheryl Liz Chirwa
- 3 Blake Lok
- 11 Derek Gilham
- 15 Moffat Munkanta
- 15 Jeanette Thomas
- 21 Simon Pfothenhauer
- 22 Monica Clark
- 23 Dennis Powell
- 26 Tiffany Paterson
- 28 Liz van Zyl
- 30 Daniel Mudenda
- 30 Marina Mcgregor



## August Birthdays

- 1 Rosemary Argall
- 7 Nathan Mudenda
- 7 Suzanna Cook
- 10 Kyle Alexander
- 10 Batimala Mwasinga
- 11 Izere Jonathan Batangana
- 13 Brett Kingham
- 15 Ann Walker
- 17 Tillie Fourie
- 24 Julie Basiak
- 25 Sally du Toit
- 29 Hugh Paterson

# OUR NEW WEBSITE IS UP AND RUNNING

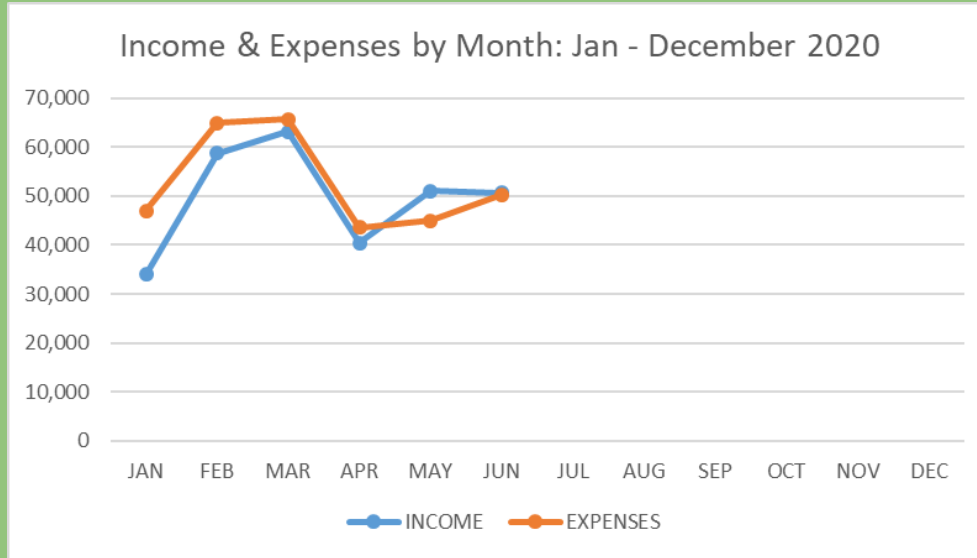
[WWW.TVUC.CO.ZA](http://WWW.TVUC.CO.ZA)

LINKS TO ALL SERMONS ON YOU TUBE

ALL EDITIONS OF THE HARK ARE LOADED

# From the Treasurer's desk...

2020 so far..



Cumulative we are **down**  
– **R18 827** for the year as at  
April 2020

**Total Balances:**  
January –R13026    February –R6259    March –R2616  
April – R3249    May +R6003    June +R321 YAY!!!  
**YTD Cumulative –R18 827**

For your convenience during the shutdown, should you wish to make deposits into our bank account, the details are below.....

**Banking Details:**

**ABSA BANK**

**Branch Code: 632005**

**Account Number: 407 254 2525**

# Ministry...

## DEMENTIA SUPPORT GROUP

2<sup>nd</sup> Saturday of the month - 2:00pm to 4:00pm

Bobby Jutzen - 083 659 7850

## OPERATION MOBILIZATION (OM)

*An international, interdenominational missions' organization, in relationship with churches, sends volunteers from all walks of life into world missions.*

Andre + Peggy Kritzinger - 076 782 5107

## TRANSFORMED LIVING IN CHRIST

*TLC is a personal prayer ministry done in complete confidentiality. You will experience mostly emotional/ psychological healing and also physical healing.*

Elmarie Neilson - 082 557 0993

## MONTHLY PRAYERS FOR REVIVAL

*Praying for the salvation, restoration and spiritual revival of Table View, Cape Town and country.*

1<sup>st</sup> Tue of the month 9:00 - 10:00 am @ TVUC

Sandi Nasset - 082 560 8968

## AGAPE TABLE

*Delicious baked goods on sale after service - Enjoy a bite to eat with your coffee! All proceeds to Missions Fund. Volunteers to bake/serve appreciated.*

## FOOD BASKET

*Supports families in need by distributing monthly food parcels. Members are encouraged to donate items.*

Patricia Maragelis - 084 381 3018

## SANDWICH MINISTRY

Meets Mondays 7:45 am

*Serving our community in a practical way by providing school kids with lunch.*

Patricia Maragelis - 084 381 3018

## FRIDAY

PRAYER MEETING - 9:00 am

*Prayers of Intercession for our church, members, their families and friends.*

Carole Marx - 082 771 0709

## CHURCH LIBRARY

*Discover an excellent selection of books & DVDs for all ages!*

Open **Sundays** & **Weekdays** (Tues, Thurs, Fri 9 am - 1 pm).

Jeanette Thomas - 082 477 1997

## KIDS MINISTRY LIBRARY

*Treasure trove of books & DVDs for kids and teens.*

Jacqui & Hannah Cameron - 083 375 1353

## MENS PRAYER MINISTRY

Monday 19h00 onwards at the Church

*Intercessory Prayer with men.*

Brian Banks - 083 518 7525



# Pastoral Care...

**Please contact an elder or Andrew** for emergencies, for prayer requests, for them know about illnesses, needs or any pastoral issues. The minister, the elders, and prayer warriors are available at all times and will respond. When you contact them you can say whether your request is private, for the pastor, for a pastoral team, or whether it can be shared with the congregation. We will find out whether there is a need for a visit or a meal.

