



CPSC Notes

COUNCIL FOR PASTORAL AND SPIRITUAL COUNSELLORS

No 14 – November 2020

What a challenging year!

Dear affiliate

The year 2020 will be remembered for Covid-19 and the world's response to resolve and survive this devastating virus. The pandemic was part of every conversation and left us with many challenges. Most were overcome, but some that left us paralysed. We had to learn to be vigilant and innovative, patient and supportive and make the best of a bad situation.

CPSC's administrative functions were also challenged and the CPSC and ACRP Boards could not function as usual. We could not host proper conferences, but thanks to the electronic media, we could still stream our meetings and processes.

Thank you

A hearty thank-you to our staff for their efforts in this time. As usual, Anita took the bull by the horns and CPSC went from strength to strength.

Regardless of the situation, we can still find hope in the Christmas message: God have come to live between us. He is with us, He is committed to giving all His children a future and the promise of His presence every moment of our lives.



God has proven His faithfulness throughout the ages, and He is the same God who will care for us and give us the strength we need to overcome our challenges.

The result of the peace He promised through His angels is not that everything will always be going our way, but rather that we will never be alone in our struggles and challenges. He will guide us in His wisdom and strength and fill us with the courage we need to excel in the midst of difficult circumstances.

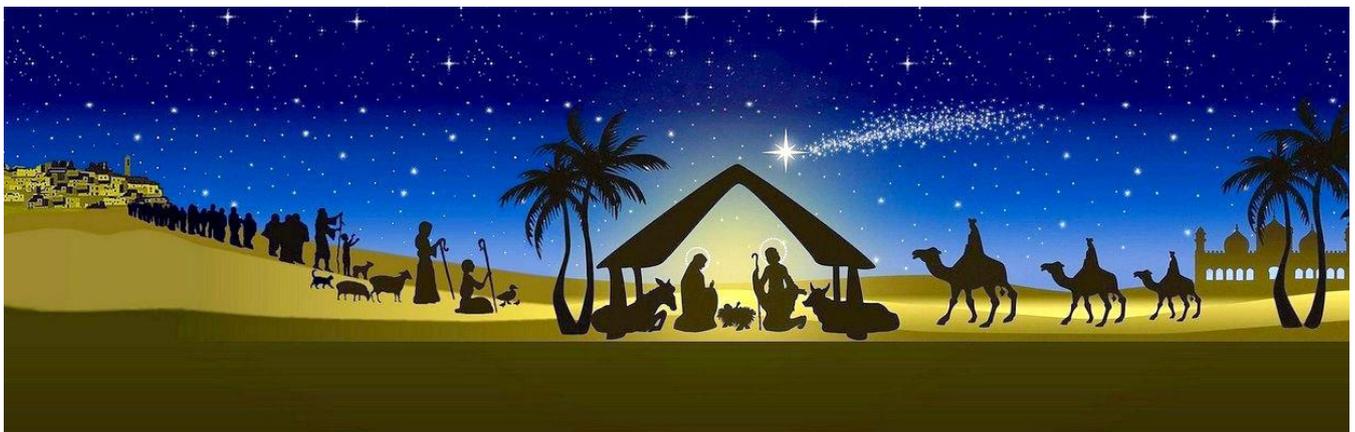
A blessed Christmas

In John 3:16 God promised His love for us, that includes His costly sacrifice in becoming a man, so that we by faith can inherit an eternal future, while living towards our destiny in Christ, day by day.

The CPSC office and Board Members wish you all a blessed Christmas and pray that the love of our Lord Jesus Christ, the power of our Almighty God and Father, and the presence and comfort of the Holy Spirit will be with you always. May we all experience a new year filled with the hope of God's presence in our lives.

Dr Tertius Erasmus

CEO: Association of Christian Religious Practitioners and Chairperson of CPSC. ■



CPSC Executive news

During the COVID-19 pandemic and the unfolding lockdown situation, the CPSC Executive Committee has gradually identified and co-opted a number of skilled CPSC affiliates to serve on the CPSC Executive, selected for their expertise and valuable contribution to CPSC and ACRP. We congratulate the new Executive members and thank them for their willingness to serve.

Due to SAQA's new requirements, the ACRP management further requested the CPSC Executive Committee to appoint two members to represent CPSC on the ACRP Board of Members.

Dr Elmo Pienaar

Elmo is a Pastoral Family Therapist, PhD

Elmo grew up in Rustenburg and matriculated in Empangeni in 1994, where he excelled in extracurricular activities: chess (provincial colours in two provinces), racket sports, karate, and music.



The arts remained a notable extracurricular activity where fulfilling the role of creative/music director in several groups while studying Theology at the University of Pretoria.

Theology introduced him to the idea of stories and although also initially pursuing psychology up to his third year of studies, it was the depth of the stories he found in Old Testament scholarship and Practical Theology that intrigued him most.

This led him to postgraduate studies in practical theology, where he focussed on dealing with families from a pastoral and narrative therapy perspective. In the research aspect of postgraduate work, he continued exploring the arts and how that might be used in both counselling and corporate/organisational settings.

Elmo served as minister for a period of ten years, where he also attended to the music and arts ministry in the congregation. He was instrumental in founding several businesses that are still going strong. These revolved around creative media and marketing, as well as a professional association serving the coaching, counselling, and consulting industry.

Elmo was granted a prestigious academic research fellowship at the University of Pretoria, focussing on spirituality and leadership in coaching and similar roles. During this time, he also developed and ran a coaching

training programme in partnership with the University of Pretoria.

Later fellowships included the practical theology departments of North-West University and the University of the Free State. Other institutional affiliations included Da Vinci institute for management leadership where he taught strategic business subjects.

In 2017 Elmo became the Managing Director at Coram Deo national pastoral counselling and narrative therapy training centre in Pretoria. He lives in Centurion and loves being a dad to his two boys.

Dr Jack Mashipata

Jack is Psychologist, Pastoral Counsellor, Marriage Officer and Senior Pastor

His qualifications are MEd in Psychology of Education, MEd in School Guidance and Counselling, Further Diploma in Educational Guidance (FDE), Certificate in Guidance and Counselling and Doctorate in Education (DEd).



He is registered as Psychologist (Educational) with HPCSA and is in part-time private practice at Louis Pasteur Hospital, providing psychological counselling services.

Jack was Education Specialist (Advisor) in Psychological Services in the Department of Education in Limpopo, based at the District office for learner support, counselling and career guidance, where he provided support and training for the Remedial and Guidance teachers.

His next step was that of Student Counsellor at Tshwane University of Technology (Previously Technikon Pretoria) for 7 years.

Jack is currently Director of Counselling and Career Development at UNISA, responsible for the provision of counselling and career development services to the students and managing the staff providing this counselling services across all the regions nationally.

He has been accredited by the HPCSA as CPD trainer, presenting a workshop on Ethics in Counselling for the psychologists, registered counsellors and social workers with an allocation of 4 Ethics CEU points since 2018.

Jack authored a chapter on Trauma Debriefing in a Life-skills textbook entitled "Life-skills: my journey, my destiny".

Jack's professional affiliations are the following:

- Past President of Southern African Association for Counselling and Development in Higher Education (SAACDHE in 2011-2012 and 2018-2019)
- Previous Executive Member of the South African Association for Learning and Educational Difficulties (SAALED)
- Member of Psychological Society of South Africa (PsySSA)
- Member of Society for Educational Psychology in South Africa (SEPSA)
- Member International Association for Counselling (IAC)
- Affiliate of Council for Pastoral and Spiritual Counselling (CPSC)
- Affiliate and member of the Association of Christian Religious Practitioners (ACRP).

Jack was appointed as a CPSC representative on the ACRP board of members.

Dr Retha Kruidenier

Hospivision

Dr Retha Kruidenier matriculated at Potchefstroom Gimnasium in 1988. She obtained the following qualifications: B.Bibl 1993, B.Bibl (Hons) 1994, MPhil (Theology) 2006, MA (Practical Theology) Pastoral Family Therapy 2007, PhD (Practical Theology) Pastoral Family Therapy 2014. Postdoctoral Fellowship (Practical Theology) 2015 (UP).



The postdoctoral fellowship was part of the Ubuntu Project, University of Pretoria, with Prof Julian Müller as supervisor. She was involved with Ubuntu Project at the University of Pretoria between 2014 and 2017. She published articles as well as a chapter in a book.

In her professional career she is the supervisor of Hospivision, Steve Biko Academic Hospital. Since 2014 she is a lecturer at Hospivision in several courses, as well as a lecturer at the Advanced Certificate in Pastoral Care and Counselling. She is accredited at the Centre of Contextual Ministry, Faculty of Theology, University of Pretoria. She is supervisor for Theology students and for the Certificate in Clinical Pastoral Care.

Dr Kruidenier was ordained as a minister in the Dutch Reformed Church in 2020. She is married to Henk and the couple has three children: Sarita, Talita and Ruben.

Retha was appointed as a CPSC representative on the ACRP board of members.

Dr Cornette Koster

Cornette is in private practice

Cornette holds a Ph.D. in Pastoral Studies, with a focus on understanding Anger within the Christian context (NWU: 2013). Her fields of Interest are Interpersonal Neurobiology, Attachment Theory and Developmental Trauma.



Cornette is currently in Private Practice where it is an honour to be a servant of Christ, welcoming all individuals, from children aged six to the elderly. She is very curious to understand the "why" of individual behaviour, to walk alongside each person in the process of recognising adaptations such as anxiety, negative thought patterns, and perfectionism, to name but a few. These adaptations might prevent a person from living an abundant life as promised by Christ.

She quotes Caroline Leaf: "Science is catching up with God". Her great passion in these studies is proving the Wisdom and Knowledge of God to be accurate. Her ongoing quest is to discover how to live the Love of Christ, that each individual in her care should be able to function as a whole person who love God, love others and love him- or herself.

Dr Nadine Dunn

Nadine is an educational psychologist

Nadine holds a PhD in educational psychology from the North-West University, Potchefstroom and has been in private practice 2009. She is passionate about helping other people grow spiritually, personally, in relationships as well as financially. Over the last few years, she has mentored and coached new counsellors on setting up their own practices, thereby helping a growing number of people resolve their problems.



Nadine has an occupational health and safety training company with branches all over South Africa. She loves business networking and owns a franchise of an international networking business in South Africa which helps business owners grow their businesses.

In her own practice, Nadine specialises in working with relationships and trauma. “These two aspects influence every part of our being. We are born into a relationship; it is relationships that hurt and cause trauma and yet we cannot be without relationships.” By helping people to work through their own trauma, Nadine enables them to break the cycle, become more resilient, have better relationships and create a better future for their families. By helping people work through trauma, Nadine also believe that they can make a difference in their workplace and community.

Mr Willem (Wouks) Coetzee

Wouks is motivated by seeing people in ministry get a formal education and be registered with a governing body, after a bad experience with a Bible school.



Wouks is full time employed in the retail motor industry. He volunteers at his local church, where his passion is counselling ministry. He assists people in dealing with their emotional healing, trauma, substance abuse and family issues. Apart from studying and volunteering at church, he does pastoral care giving from home. He believes that to be a pastoral counsellor, one needs compassion to give care to the needy.

Wouks started in ministry with children’s church and grew into other facets of ministry, until he ended up in counselling. In the last ten years he has attended numerous Bible School classes, in and around Johannesburg. From 2012 to 2015 he enrolled in a Bible School that promised “International accreditation through a university in the USA”. Alas, a costly evaluation of foreign qualifications at SAQA, resulted in no accreditation for the Bachelor of Divinity (Theology) and Bachelor of Divinity (Counselling) degrees. After seven years of studies he had no formally recognised qualification.

Wouks was very disappointed and is now a vehement supporter accredited study. He registered with CPSC (still called SAAP in 2017) and has since enrolled for a B.Th. with SATS and a one-year course with HospiVision (Advance Clinical Pastoral Counselling, 2020).

Wouks finds great pleasure in assisting the counsellors in his church with registering at CPSC .

“Earlier this year I did a presentation (with the help of Anita and Tertius) at the church on the importance of belonging to CPSC as part of a registered SAQA professional body, as well as on the benefits affiliation holds for an individual.

The church he attends is in the process of submitting its teaching material for approval with CPSC to qualify for CPSC CDP points. Wouks also endeavours to inspire the pastors in general ministry to embrace the importance of registration with CGMP (Council for General Ministry Practitioners), that is also a council of ACRP.

CPSC ethical values and standards

Being registered with the ACRP as a Pastoral Counselling Specialist confers on the practitioner the right and privilege to practice his or her profession.

Correspondingly, all professionals and specialists have moral or ethical duties to others and to society. These duties are in keeping with the principles of the South African Constitution (Act No. 108 of 1996) and the obligations imposed on Pastoral Counselling Advanced Professionals and Specialists by the Rules of Conduct and Ethical Values and Standards for good practice.

Core Ethical Values

Everything ethically required of a professional to maintain good professional practice is grounded in core ethical values and standards – the latter are the directives that follow the core values.

The core ethical values and standards required of Pastoral Counselling Practitioners are the following:

- **Respect for persons:** Affiliates should respect all persons and acknowledge their intrinsic worth, dignity and value
- **Best interest or well-being:** This is also known as non-maleficence. Affiliates should not harm or act against the best interest of persons even when the interests of the latter conflict with their own personal self-interest. They should not engage into harmful counselling practises towards their clients. No action will be taken that amounts to abuse of power or that may knowingly harm people physically, emotionally or otherwise. This undertaking, however, does not preclude the affiliate from exercising his or her right to freedom of expression as enshrined in the Constitution.
- **Human rights:** Affiliates should recognise the human rights of all persons.
- **Autonomy:** Practitioners should honour the right of persons to self-determination or to make their own informed choices and to live their lives by their own beliefs, values and preferences.

- **Integrity:** Practitioners should incorporate these core ethical values and standards as the foundation for their character and practice.
- **Truthfulness:** Practitioners should regard truth and truthfulness as the basis of trust in their professional relationships with persons.
- **Confidentiality:** Practitioners should treat personal or private information as confidential in professional relationships with persons – unless overriding reasons confer a moral or legal right to disclosure.
- **Compassion:** Practitioners should be sensitive to, and empathise with, the individual and social needs of persons and seek to create mechanisms for providing comfort and support where appropriate and possible.
- **Tolerance:** Practitioners should respect the rights of people to have different ethical beliefs as these may arise from deeply held personal, religious or cultural convictions. Tolerance should be shown regardless race, sex or gender.
- **Justice:** Practitioners should treat all individuals and groups in an impartial, fair and just manner.
- **Professional competence and self-improvement:** Practitioners should continually endeavour to attain the highest level of knowledge and skills required within their area of practice.
- **Society and community:** Practitioners should strive to contribute to the betterment of society in accordance with their professional abilities and standing in the community. ■

See <https://www.cpsc.org.za/affiliation/documents>.

Hospital ministry under the new normal of COVID-19

By Chaplain (Rev) F.B.P.T. Meulenbeld,
Head of Department: Pastoral Services,
2 Military Hospital, Wynberg, Cape
Town

The year 2020 came, and everybody was excited about what this year would bring to each one of us...

Then we heard about COVID-19 and its global effect, after the initial detected cases in Wuhan, China. The first case in South Africa was recorded on Thursday 5 March 2020. COVID-19, short for Coronavirus Disease 2019, also known by novel coronavirus, or severe acute respiratory syndrome coronavirus-2 (SARS-CoV-2). The World Health Organization (WHO) announced COVID-19 outbreak as a pandemic on 11 March 2020.

South African Military Health Service (SAMHS)

As COVID-19 arrived in South Africa, the military, including SAMHS, immediately started with their preparations and planning.

At 2 Military Hospital in Wynberg, Cape Town, the Officer Commanding, Colonel (Dr) J.J. Molomo, put together a COVID-19 management team, which included the Head of the Department of the Pastoral Services.

Besides COVID-19 positive patients, only medical emergencies would be attended to. Ordinary medical clinics or non-emergency appointments were cancelled. The hospital beefed up its security, and all staff members as well as private individuals wanting to enter the hospital had to be temperature screened besides answering



certain health related questions. This screening procedure is still maintained. Staff needs to report for daily screening before entering the hospital building.

2 Military Hospital has a second screening tent outside the casualty department, for those members who do have signs and symptoms of COVID-19. These patients are then swabbed, with a test swab taken from one nostril as well as one from deep inside the throat. These swabs are sent to a medical laboratory in order to determine if the patient has COVID-19.

The hospital opened two dedicated COVID-19 wards, to be used only by COVID-19 positive patients, as well as the ICU for COVID-19 positive patients. Staff members working inside these wards were trained in the correct wearing of all relevant PPE (Personal Protective Equipment).

Hospital ministry

The 2 Military Hospital Pastoral Services has been providing eMinistry as well as tele-counselling to everyone who has been tested for COVID-19 at the hospital. A dedicated team of Chaplains from both the SAMHS as well as SA Navy have been providing this eMinistry and tele-counselling since March 2020. The Chaplain Service Division has been producing daily devotional video messages, which are also distributed to all staff and as part of the eMinistry to members who have been tested.

At 2 Military Hospital, besides serving SANDF members who have been tested, many pensioners / military veterans as well as their dependants have been tested for COVID-19. All have received a call from one of the Chaplains who are part of this dedicated team.

As per the day of writing this article, a total of 3117 individuals have been tested, of which 457 tested positive for COVID-19. Sadly, 21 people passed away at 2 Military Hospital, due to COVID-19. 320 people have been certified as having recovered from COVID-19.

The Hospital Chaplains were busy to gather the required information from the infection control department, and to provide eMinistry and tele-counselling to all members who have been tested, as each and every person receives a phone call.

Hospital staff members have not been neglected either. eMinistry has been provided to all staff, and the daily devotional video message is uploaded on the T-drive, making the video accessible to all staff. Certain clinical staff members deployed to the Eastern Cape to assist the provincial department of health, who also received a daily message from the hospital Chaplain.

The Chaplains handed out prayer cards, together with a chocolate, to all the health care practitioners, besides daily and weekly devotional periods, taking social distancing into consideration. A frontline workers appreciation parade was held on 17 September 2020, to thank all the staff for their hard work and dedication.

The hospital management decided to conduct weekly MCWC (Military Community Wellness Committee) meetings, in order to address any staff issues that would arise due to the unique challenges that COVID-19 brings.

Ordinary daily ward rounds have been replaced with tele-counselling sessions, and the Chaplains are also called to assist in the non-COVID wards, when patients have been requesting spiritual support. COVID-19 positive patients and their families are also supported by the hospital Chaplains.

As the country entered Level 1 of the national state of disaster, the hospital has also been opening its services, and appointments and clinics are operating once again, with strict COVID-19 protocols in place.

Testimonials

The Military Chaplains have, since the commencement of the Covid-19 eMinistry, been receiving incredibly positive feedback from both staff and patients. The following are testimonials received by the Chaplains; real names have been changed to protect the identity of the person:

“Good afternoon Chaplain. Trust that you and your family are doing good and is safe...I want to thank you for all the spiritual encouragement that was send to me in

time of suffering... may the Lord bless you and keep you and make His face shine upon you and give you His peace” (Mrs X)

“Afternoon Chaplain. I would like to take this moment to say Thank You to you and 2 military hospital for the support you showing us during these tough times. The Scriptures and messages are powerful. They gave me hope and strength to fight and carry on. Today I am discharged. Declared Covid-19 free. I wouldn't have done it without God. Thank you.” (Mr P)

“Thank you. The period when I was very sick I was praying to God to do His will about me, like He do all the time about everyone. I believe that I am healed and God has a reason for that! I praise Lord, the Almighty now and forever. Thank you again for support I got from you Chaplain and all your colleagues and teams. May you continue to do the same to all people and families in need of your prayers and support!” (Mrs Z)

“Thank you, Chaplain, for all your support during my hospital admission. Thank you for the daily video messages and messages. I have been discharged and getting better every day” (Dr N)

“Thank you, Chaplain, for all your hard work and dedication to support the staff members at the hospital. Thank you for the prayer cards with a chocolate attached! We are grateful to have you as part of the team here at 2 Mil” (Lt Col Q)

Conclusion

Even though at the time of writing this article, on 22 October 2020, the military operation called OP NOTLELA has been completed, and its members have returned to their home units, the SAMHS is continuing with its services to our SANDF members, pensioners and their dependants. The SAMHS Hospital Chaplains continue with their eMinistry and tele-counselling, and every day members are still being contacted by the Chaplains after they have been tested for COVID-19.

The hospital Chaplains, together with all the hospital staff have not been able to take any vacation leave, nor deployment leave. The multi-professional team consisting of the Chaplains, Psychologists and the Social Work Officers are addressing the needs of the staff members, at the time when the country is preparing for a possible second wave of COVID-19.

The saying “You can only care for others if you care enough for yourself” is so very important, as the hospital Chaplains are exposed to the emotional reactions of the people they contact, the staff they interact with, as well as with the patients they minister too.

Our prayer is that God Almighty will be gracious to us, that He will keep on strengthening us, and that His grace will be sufficient for us. ■

Separation vs Divorce

By Heinrich Lottering

There are various factors to be considered before making the big decision to dissolve or terminate a marriage. Some of these factors include the intent to terminate the marriage and facing the unpleasant consequences, whether parties are sure about the fact that they can't work things out and whether or not parties still have feelings for one another.

Situations exist where parties are unhappy and convinced that the only option to get the break they so desperately need is through divorce. There is another option: a separation agreement that allows for time apart from each other, while the marriage relationship continues.

The difference between separation and divorce

Separation

- Parties stay married in the eyes of the law;
- Parties might be required to make some decisions together, like in the case of minor children;
- Parties may still enjoy certain insurance and medical aid benefits;
- The marital regime applicable to the marriage will remain standing;
- Parties will still be responsible for one another's debt as prescribed by their marital regime; and
- Parties have the opportunity to reconcile.

Divorce

- Parties are no longer married in the eyes of the law;
- After divorce, no decisions are required to be made together, except for certain matters relating to minor children;
- Spousal insurance and medical aid benefits fall away;
- The marital regime applicable to the marriage is dissolved;
- The debts and liabilities of parties are divided between the parties in accordance with the relevant marital regime. Should a party incur debt after a divorce, it will be that party's responsibility; and



- Parties won't have the opportunity to reconcile as divorce is final.

Choosing separation

People usually get separated when they are unsure if they want to get divorced, when they want to work on the relationship but they require time apart, when they still

want some of the advantages of being married and when their religious, cultural or ethical values reject divorce.

Separation allows for parties to live separately while still being married and prevents future argument as there is a contract or agreement in place regulating parties' roles and responsibilities. Even though this is not a court order, this agreement could form part of an eventual consent or settlement in divorce should parties decide later on that there is no way to save the marriage. This agreement could also stabilise the position whilst the divorce proceedings are ongoing.

Separation, therefore, provides parties the time apart they need to objectively step back and allow them to spend some time apart with the security of an agreement setting out their different roles and responsibilities. Parties have enough time and freedom to work through their emotions and receive the counselling necessary to reconcile.

A relationship is not just over because parties can't live together at a point in time. Sometimes parties need to work through individual issues and insecurities before they can tackle relationship issues. Along with individual and couple counselling, separation can be a powerful tool to potentially save a marriage relationship.

People tend to forget that a marriage consists of two individuals who choose to spend their lives together because they didn't want to wake up one more day without the other – that is something worth fighting for.

Legal advice

For advice and assistance on separation agreements, divorce or matrimonial property regimes, feel free to contact Zinita on 087 150 0646 or zil@avdb.co.za for a free first consultation.

Zinita Yvonne Lottering, Attorney, Notary



Boundaries (Part 14)

By Dr Hanlie Meyer, Counselling Psychologist in private practice and CPSC affiliate

The previous article ended with the brave statement that this article will focus on some practical ideas regarding age appropriate boundaries for children... and then COVID 19 struck the planet.

I am of the opinion that if this pandemic has taught us one lesson it is how little control we really have. What I heard from parents was exactly this: the struggle they had to get the children to focus on their online studies, to take part in the chores in the house, to get up and get dressed as if for school and get going with the study material. It is an enormous struggle to manage the time spent by children on computer and smartphone distractions, instead of being mindfully present in the house and activities in the house.

Parents tried every strategy under the sun: asking, pleading, promising, threatening, taking away the devices, warning children about the dangers to the brain: both regarding mental health and physical health. Never before has the inability to control children been as emphasised as during the past eight months. Parents indeed experienced extreme challenges during these months. People who have never been in the role of teacher now suddenly had this enormous responsibility on their shoulders.

Often there were children in the house whose ages differ from pre-school age to junior secondary school age and mothers and/or fathers had to supervise them and give guidance on material they are not familiar with. Roles became blurred: to wear both the parent and teacher hat does not go down well with children especially if they are not used to it.

Neither was parents used to this and it demanded a lot of emotional resourcefulness and creativity on the side of the parents to keep all the balls in the air. Even worse, with some parents working from home, not designed and furnished to accommodate both parents and children to function optimally at home.

It is a known fact that children act out when they are emotionally insecure or sense instability and insecurity in their caregivers. But adults who have not learned appropriate skills tend to act out themselves during times of uncertainty!

This pandemic brought out the best and the worst in people. A remark on social media: "When shaken what is already in you will spill out – the challenge is not the shaking or what caused the shaking – the challenge is what is already inside, because that is what will come out in the shaking!"



At the beginning of the lockdown I urged people to use this time to become aware of what is inside them and not leave one stone unturned in order to overcome personal barriers to growth.

What actually happened was that the struggle to survive was so intense that even if people did become aware of blind spots or unresolved issues and traumas, they often did not have the time or the emotional resources to attend to these.

The danger is that now the worst is over, we can become complacent again and can be so relieved that we actually survived, that we might sweep those things under the carpet again. The important thing to take cognisance of is that in not dealing with these things, they will move "underground" from where they will continue their mostly negative influence on our lives and the lives of our family members.

I urge people to listen to their family members – especially to their children – to highlight the areas in their lives that need attention.

Here are some of the things that bothered spouses and children most during these times.

Parents "waking up"

- Parents who all of a sudden want to be present and want to prescribe to adolescents what they should and should not do. Threats if they were to disobey these orders did not help. Being home the whole day made every family member's attitudes and behaviour visible.
- The irritation levels became extremely high. Some parents only had their position of power by virtue of being the parent, available as mechanism to curb the adolescent's behaviour and attitudes. Sadly, this strategy never works. Adolescents might appear to submit – sometimes out of fear but seldom out of respect.
- However, they tend to "go underground" and do what they wanted to in any way. Parents who have been absent most of the growing up years and who have only now become aware of their adolescent children's challenges need different strategies if they desire positive outcomes from their interventions.

Inconsistent emotional presence

When parents are unable to be loving and caring even when pressure mounts it presents a huge challenge regarding authenticity - especially when parents present

themselves as Christians. Our behaviour and attitudes as Christians are the only mirror other people and also our children have of the love of Jesus. If we use emotional closeness and withdrawal as mechanisms to induce fear and hopefully obedience resulting from that, we merely strengthen the negativity towards relationships and especially towards a relationship with God.

All of us need to learn to be vulnerable. We need to become willing to show our fears, uncertainties, acknowledge mistakes made and even our anger in such a way that relations are strengthened – even at the risk of our children making the wrong choices.

Double standards

Unacceptable behaviour in parents' eyes is very often generally unacceptable – even for adults. Parents who want to prevent their children from “being on their phones all the time” but they do not apply “screen fasting” themselves lose their standing with their children.

The same goes for cleaning their rooms, removing the dishes, helping in the house or treating the other parent or their siblings with respect. Screaming, threats, promises and silent treatment did not have any positive impact.

Families that flourish

On the other hand, there were families who seemed to flourish – some even while the marriages were under pressure. In my experience there is one common denominator in these families: family members doing things together. Some families camped on their lawns, some did art projects together, some watched television together for the first time, others exercised together, other families rediscovered the miracle of meals shared at the table and not taken in front of the television.

For all families it was a steep learning curve to spend time together and really got to know one another. Those who persisted reap the fruit now. The answer does not lie in techniques (although there is room for that) but in relationships. There is no replacement for relationships.

A lot is forgiven when we are willing to admit that we have made mistakes and do not have all the answers but are willing to learn. Most of us suffer from the desire to “fix” our spouses or children. We overlook the fact that this is not how Jesus deals with us. ■

Coronavirus (COVID-19): managing stress and anxiety

The University of Melbourne provides advice to what you can do to look after yourself and manage feelings of stress, anxiety, or distress associated with COVID-19.

COVID-19: common reactions

As the COVID-19 pandemic and its far-reaching implications continue to unfold, it is normal to experience a wide range of thoughts, feelings and reactions, including:

- Feeling stressed or overwhelmed
- Anxiety, worry, or fear
- Racing thoughts
- Sadness, tearfulness, loss of interest in usual enjoyable activities
- Physical symptoms, such as increased heart rate, stomach upset, fatigue, or other uncomfortable sensations
- Frustration, irritability, or anger
- Restlessness or agitation
- Feeling helpless
- Difficulty concentrating or sleeping
- Feeling disconnected from others
- Apprehension about going to public spaces
- Trouble relaxing

These experiences are all understandable in the face of this significant challenge. There has been loss of life, rapid changes to our way of life (e.g., study, work, social gatherings), and disrupted plans due to travel restrictions and social (physical) distancing measures in our efforts to slow the spread of transmission. People are naturally concerned for their own and their loved ones' health and safety. There is still much uncertainty.

It's important to recognise the seriousness of the public health challenge facing our community, and be mindful that reacting from a place of panic and fear is usually unhelpful, especially in the long-term. Looking after our wellbeing in times like this can help to reduce stress, and is crucial in enabling us to still take calm and effective action in the midst of this global crisis.

Coping with stress, anxiety or distress

When many things feel uncertain or out of our control, one of the most effective ways we can manage stress and anxiety is to focus on the actions that are in our control. Here are some ways you can take intentional steps to look after your physical and emotional wellbeing during this challenging time:

- **Learn how to protect yourself and others from COVID-19.** Government provides important actions we can all take to protect against infection and prevent the virus from spreading including practising

good hygiene, self-isolation, and social (physical) distancing. See <https://sacoronavirus.co.za/>.

- **Acknowledge your feelings.** Whatever you are feeling right now, know that it's okay to feel that way. Allow yourself time to notice and express what you're feeling. This could be through journaling, talking with others, or channelling your emotions into something creative (e.g., drawing, painting, poetry, music). Mindfulness meditation exercises can help us stay grounded in the midst of an emotional storm. You can learn how to witness and let thoughts and feelings come and go in their own time, without getting overwhelmed by them.
- **Maintain your day-to-day activities and a routine as much as possible.** Having a healthy routine can have a positive impact on your thoughts and feelings. Go back to basics: eating healthy meals, physical exercise (e.g., walking, stretching, running, cycling), getting enough sleep, and doing things you enjoy. Even if you're in self-quarantine, or working from home, there are many ways to develop new routines and stay healthy.

During this time of change, it's natural for our minds to think of all the usual activities we may not be able to do at the moment. Make a conscious shift to focus on the activities we are still able to do, or those that we may have more opportunity to do if we're at home more often.

Keeping perspective

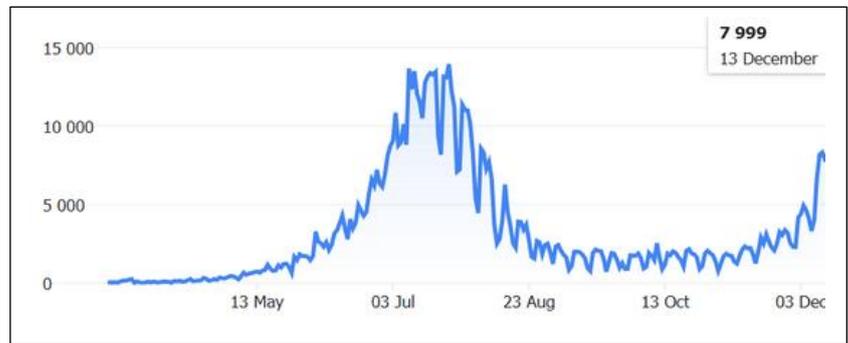
Stay connected. Receiving support and care from others has a powerful effect on helping us cope with challenges. Spending time with supportive family and friends can bring a sense of comfort and stability.

Talking through our concerns, thoughts, and feelings with others can also help us find helpful ways of thinking about or dealing with a stressful situation.

Remember that physical distancing does not need to mean social disconnection. There are many ways we can use technology to stay connected, and both give and receive support (remotely). You could:

- Call, text, or video-chat with friends and family
- Share quick and easy recipes
- Start a virtual book or movie club
- Join an online group or peer forum.

Contribute. Showing care towards friends, family, or vulnerable people in our community can be all the more important during times like this. It can foster a sense of hope, purpose, and meaning. Some ideas can be to:



- Send someone you care about a message of encouragement or affirmation
- Cook, pack and deliver a meal to someone in your neighbourhood
- Donate to a cause.

Keep things in perspective. In a situation that's uncertain, it's natural to have many 'what if?' questions. In the absence of information, our anxious mind will often fill in the blanks with worst case scenarios, which can leave us feeling overwhelmed, helpless, or vulnerable.

Here are some questions you can ask yourself to shift your thinking from catastrophizing to a more helpful mindset:

- What are the things within my control?
- Am I overestimating the likelihood of the worst-case scenario?
- What strategies have helped me cope with challenging situations in the past that will serve me well during this time?
- What is a small helpful or positive action that I can take now?

Seek accurate information. Finding credible sources you can trust is important to avoid the fear and panic that can be caused by misinformation. Follow sources such as the Department of Health for up-to-date fact sheets, including advice and support (<https://sacoronavirus.co.za/>).

Set limits around news and social media. It's understandable to want to keep informed and prepared. At the same time, constantly reading, watching, or listening to upsetting media coverage can unnecessarily intensify worry and agitation.

When you get the urge to check updates, see if you can pause, notice the urge, delay acting on the urge, and let it pass without judgement. Schedule a specific time to check in with the news instead. It's also okay to take breaks from conversations with others about COVID-19 and suggest talking about other topics.

Source: <https://services.unimelb.edu.au/counsel/resources/wellbeing/coronavirus-covid-19-managing-stress-and-anxiety>

Selfcare in difficult times - Part 2

By Pastor Gawie J le Roux

In the previous CPSC Notes, I introduced Pastor Bennie that suffered burnout due to his work-load as pastor and the pressure of his family life. Caregivers must take responsibility for their own health and understand the dangers of care burnout.

Structure your time better

The timetable to the right indicates how a pastor, counsellor or caregiver can structure a typical working day that includes his/her personal needs. The daily programme may, of course, vary over the week.

Caregivers should plan for their leave, sport and recreational activities, study leave and CPD events. The ladies may have to plan for maternity leave. Your calendar must cater for these activities. Also include the annual leave and regular free days. The labour law requires:

- 12 days sick leave in a calendar year, and
- 10 days for family responsibility leave - 5 days for direct family members' illness and 5 days for the death of family members, as needed.

Michael (2018) gives the following guidelines in planning our daily activities:

- Stick to the basics. Over time you will find your own rhythm and routine. You will be able to implement more and identify more particular forms of self-care that work for you.
- Self-care is an active choice to be actively planned, rather than something that just happens. Add the activities to your calendar, announce your plans to others to increase your commitment, and actively look for opportunities to practice self-care.
- Keep a conscious mind. Be aware of the self-care activities that you do, why you do it, how it feels, and what the outcomes are.

In summary

In my personal experience as pastor, I have implemented a couple of resources, helping me in developing my ministry, but also to help prevent burnout and career fatigue. Some of these practical guidelines are:

- Build and develop a multi-professional referral list in the helping professions: The various careers in the helping professions include social workers, counsellors, pastors and psychologists.
- Attend multi-professional supervision groups: The purpose is to be in direct contact with the various professionals where case studies and debriefings are conducted.

05h00-08h00	Personal devotion, Bible study & prayer time	According to personal needs
08h00-09h00	Breakfast	
09h00-12h00	Counselling/ Hospital visits/ walking clients etc	According to personal needs, these can also structure according needs or replace where there is no counselling or needs for hospital visits on those days
12h00-13h00	Lunch	
13h00-16h00	Office admin, counselling client follow-ups and dealing with emergencies	According to personal needs, admin duties and emergencies will not be needed every day, and these can be structure to cover other appointments as they arose.
16h00-17h00	Follow up on hospital patients	As needed
17h00 - 20h00	Supper and family time	
20h00-22h00	Personal devotion, Bible study, prayer time	According to personal needs

- Structure Continuous Professional Development (CPD) attendance to your own personal needs: These CPD activities are compulsory according to SAQA and professional body guidelines. Use it to develop yourself, stay up to date with new developments and critical trends in this profession.

Conclusion

Covid-19 has brought great uncertainty in a difficult time. It has challenged us to adapt to change to survive and to stay relevant in our ministry. We must ensure that we stay healthy, to be in the service of our assemblies' members and know how to minister to them.

In this career path, we need to be more aware of our own needs and how to take care of our particular emotional and physical needs.

The ministry can be an extremely rewarding career, but without proper selfcare, you can become burned-out and lose interest in your career and your calling. ■

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The role of the Chaplain in suicide prevention

By Chaplain (Rev) Frank Meulenbeld, 2 Military Hospital, Wynberg, Cape Town

Wikipedia defines suicide as follows: “**Suicide** is the act of intentionally causing one's own death”. Suicidal behaviour patterns in South Africa are:

- Nearly five times more males than females commit suicide, however, females attempt suicide three times more often than males.
- Suicides occur in the younger age groups (15-34 years old).
- Firearms, hanging and poison ingestion were found to be the most common methods of suicide.

The pastoral counsellor needs to be prepared to deal with suicide prevention with members in the unit. It is of vital importance to be alert to various warning signs and symptoms.

General warning signs

- Acting out: aggressive, hostile behaviour, sexual promiscuity
- Alcohol and drugs use / abuse
- Passive behaviour (lethargy)
- Changes in eating habits
- Changes in sleeping habits
- Fear of separation

Specific warning signs

- Abrupt changes in personality
- Sudden mood swings
- Risky behaviour
- Decreased interest in school and poor marks at school
- Inability to concentrate
- Loss or lack of friends

Final distress signals

- Loss of an important person or thing
- Hopelessness
- Obsession with death, suicide talk
- Making a will, giving away prized possessions

Assisting members who are contemplating suicide

People contemplating suicide need to know that there is somebody who cares for them. The Chaplain needs to be direct with the member, asking questions such as: “Are you feeling depressed?” or “Have you been thinking of hurting yourself?”

When in doubt, ask!

If their intentions are not clear, ask them point blank: Are you thinking about suicide? It seems counter-intuitive, the opposite of what you think you should do, but

asking will not push them to act. Talking about their thoughts and feelings may serve as a release-valve, thus buying more time. Learn as much as you can about their suicide plan. A suicide threat assessment tool that may be helpful is easily remembered by the acronym SLAP:

- **Specific plan** – have they thought about how, where and when they would commit suicide? A plan that is specific is much closer to being carried out than one that is only general: “I don’t know how, but I’m going to do it.”
- **Lethality** – how deadly is the plan? Are they having a plan to overdose on Vitamin C, or are they going to shoot themselves or jump from a highway bridge?
- **Availability** – do they have, or can they easily get what they need to carry out their plan?
- **Proximity** – How close is help can indicate determination.

Talking to the member can create the impression that someone cares for him / her. It is also important to always ask if the member will talk with a professional, and to make an appointment with a psychologist. The Chaplain should also follow-up on the member.

Conclusion

As pastoral counsellors, we cannot ignore what it is to be neighbourly and caretakers of one another. Neither can we afford to neglect our commission as pastoral counsellors, to rescue the perishing and to care for the dying (psychologically and emotionally). This “grieving body” of people may be among members of our unit, church family, neighbours, clients, or acquaintances.

The immediate and long-term implications of suicide on families cannot be ignored. It is vital to effective suicide intervention to understand the traumatic bereavement that parents, siblings and the extended family are faced with. May God grant us wisdom and guidance to deal with those who are contemplating suicide.

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Soaring Light of Faith

By Mrs Roxanne Bailey, Career Guidance Counsellor, Independent Psychometrist and Pastoral Counsellor

“When Jesus spoke again to the people, he said, ‘I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life’” - John 8:12

Introduction

The vast creation was given to us by our Loving God, and yet over epochs it has been abused by mankind. Walking this earth... what do we see... do we really view the earth as a jewel to cherish or an everlasting gift to guard...?

The lyrics by the singer, Selah, uses the verse: ‘Come now let us reason together’. Let us take flight like a bald eagle, soaring powerfully and graciously over land and sea. If one could place the whole world under a microscope and have a glance at its precision; what fascination, tranquil awe of silence it would bring to all.

Since many spectacular moments of minute discoveries are not to be classified or meant to be understood yet appreciated for its magnificence... unseen phenomenal Grace.

Content

Many findings have been made... and God has granted the skill, knowledge, and faith to many gifted and resourceful individuals; to uncover and share their discoveries with the hope of leaving only one ‘seedling’ – faith in God.

A multivessel of light during the ancient times might have been to build small fishing boats capable of travelling some distance. To create a durable and timeless vessel, meant to use the mortise-and-tenon method. It might have been time consuming, yet ensured reliability for many centuries, that was used in the Mediterranean (Future Learn). God led men through many centuries to build many vessels, yet the most symbolic durable vessel build – Noah’s Ark. Since, Noah knew nothing of shipbuilding, God guided him and He was the Designer. “And God saw that the wickedness of man was great in the earth, and that

Selah - We Must Not

Artist: Selah

Album: You Amaze Us

Come now let us reason together

There is work to be done

There's a lot of evil around us

I can feel the darkness coming on It's coming on strong

But the Father's love is deeper still

And the whole wide world is a mission field

Take my hand let's hold each other up

Brother won't you bear my burden

I need you to stand with me

There are souls to be won

I may be a martyr staring at a gun

But we must not keep the gospel from anyone

We must not keep the gospel from anyone

You and I are not that different

Deep inside we want everyone to know Jesus loves

You may be an ocean away

I'm on the front lines of my faith

But in the Spirit we're one

You see prayer is so powerful

Darkness flees, dominions fall

Side by side let's keep pressing on

I don't need you to pray for my safety

For I am in the Father's hands

Just pray that I would know His will

And stand up strong like Steven did

Even in the face of death.

every imagination of the thoughts of his heart was only evil continually.” - Genesis 6:5, KJV. Furthermore, Genesis 6:12-16 states:

“¹² And God looked upon the earth, and, behold, it was corrupt; for all flesh had corrupted his way upon the earth.

¹³ And God said unto Noah, The end of all flesh is come before me; for the earth is filled with **violence** through them; and, behold, I will destroy them with the earth.

¹⁴ Make thee an ark of **gopher wood**; rooms shalt thou make in the ark, and shalt pitch it within and without with pitch.

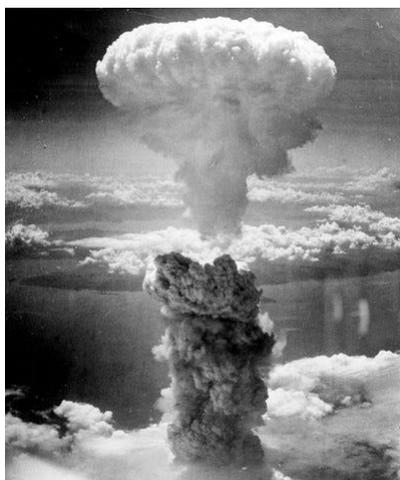
¹⁵ And this is the fashion which thou shalt make it of: The length of the ark shall be three hundred cubits, the breadth of it fifty cubits, and the height of it thirty cubits.

¹⁶ A window shalt thou make to the ark, and in a cubit shalt thou finish it above; and the door of the ark shalt thou set in the side thereof; with lower, second, and third stories shalt thou make it.”

The people on Earth forgot

about God as being The Light and became corrupt in all their doings and violence flood the earth, thus ‘continual evil’.

An evil that happened on 6 August 1945 to our beloved earth was the atomic blast on Hiroshima in Japan, which



killed about 100 000 people. A human act and deed, not created by God, such as the great flood. People formed this man-made flood of devastation of fear and evil. However, afterwards the radiation led to further deaths and illnesses, as well as mutations.

“An increase in leukemia appeared about two years after the attacks and peaked around four to six years later. Children represent the population that was affected most severely. Attributable risk—the percent difference in the incidence rate of a condition between

an exposed population and a comparable unexposed one — reveals how great of an effect radiation had on leukemia incidence. The Radiation Effects Research Foundation estimates the attributable risk of leukemia to be 46% for bomb victims.” (D. Litswa, 2012).

The fascination: The Soaring Light of God

Even though the Hiroshima blast brought forth devastation created by mankind's power of rule. God let the ginkgo and oleander sprout through the complete destroyed, and thought of unfruitful land. On the site Inverse.com, E Betuel refers to the Ginkgo trees that



survived the Hiroshima blast.

“Those trees, now dubbed ‘A-bomb trees,’ or hibakujumoku, are still in Hiroshima today, monuments to both humanity’s capacity for destruction and nature’s ability to withstand us at our worst. But while these roughly 170 ginkgo trees are now famous for surviving the Hiroshima blast, ginkgos as a species have persisted through a 200-million-year history of close calls that laid the foundation for its ability to withstand the A-bomb attack, explains Sir Peter Crane, Ph.D., director of Yale’s School of Forestry and Environmental Studies.”

Umeray (2019): “Months after the atomic bomb was dropped over Hiroshima, Japan, a small patch of oleander flowers bloomed out of the irradiated rubble. Since then, oleanders have symbolized both the dangers of nuclear war and the hope of a more peaceful future. In a similar spirit, the Oleander Initiative leverages the “power of place” of Hiroshima – the first city to be devastated by nuclear weapons – to **empower peacebuilders from around the world.**”

The lyrics by singer, Selah, says: “There’s a lot of evil around us”. Although there is a lot of evil events and things that might happen on earth through mankind, there are also many symbols of hope. Some of the unique symbols provided by God in nature are described below.

According to firefly.org, fireflies can be found within the open fields and forest edges near standing water, as well as larvae in rotting wood



and forest litter at the margins of ponds and streams. The significance of the firefly, is its natural ray of light created by luciferin inside their abdomen / tail, which combines with oxygen, calcium and adenosine triphosphate, where a chemical reaction occurs. No man on earth could create this pure light. However, again with this gift of Soaring Light from God, humankind again partakes in the extinction of these classified winged beetles. M. Breyer (2020), stated that this spectacular light get dimmed by pollution, pesticides and habitat destruction, which is further enhanced by the streetlights and headlights that may adversely affect the communication between the fire-flies thus limit the synchronization for reproduction.

Furthermore, light created by the oceanic Hatchetfish cannot be re-created by mankind. How extraordinary, just like the fireflies on land, this type of fish is luminous. God created it with its own unique light, through the process known as bioluminescence. Thus, special organs known as photophores run along the length of their body whereas a chemical reaction takes place and produces light. The sun’s soaring light is the source of energy for all these creatures to produce their light, as well as for mankind to exist. The wonder by God is Light:

[14] And God said, Let there be lights in the firmament of the heaven to divide the day from the night; and let them be for signs, and for seasons, and for days, and years:

[15] And let them be for lights in the firmament of the heaven to give light upon the earth: and it was so.

[16] And God made two great lights; the greater light to rule the day, and the lesser light to rule the night: he made the stars also.

[17] And God set them in the firmament of the heaven to give light upon the earth,

[18] And to rule over the day and over the night, and to divide the light from the darkness: and God saw that it was good.

[19] And the evening and the morning were the fourth day. (Genesis 1: 14-19)

The magnificence of the creation of God: the sun. The sun consists of the following parts: convection zone, the corona, radiative zone, coronal streamers, core, and chromosphere.

The awe of it all is that the radiation from the Hiroshima blast lead to destruction, yet the sun’s radiation creates life on earth, filtered through the magnetosphere. Did you know that God filled the relative outer thin layer of the sun called the Chronosphere with magnetic field lines that restrain the electricity charged, by solar plasma. God already created natural solar panels inside the main source of light on earth. The corona

of the sun consists out of photospheres, also found in the Hatchefish (NASA).

Conclusion

Through all the devastations, hardships and evils created by mankind, the Soaring Light of our Creator and Designer God, shines through, providing us with hope and faith. It is visible in symbols of hope left on the earth by our Creator, such as the Oleander or Ginkgo, He is the ultimate and stronghold on earth.

Einstein, although a pantheist (a belief that does not recognize a distinct personal god, anthropomorphic or otherwise, and instead characterizes a broad range of doctrines differing in forms of relationships between reality and divinity), wrote to Dr Marcus:

“A human being is part of the whole, called by us “Universe,” a part limited in time and space. He experiences himself, his thoughts, and feelings as something separated from the rest—a kind of optical delusion of his consciousness. The striving to free oneself from this delusion is the one issue of true religion. Not to nourish the delusion but to try to overcome it is the way to reach the attainable measure of peace of mind”.

Albert Einstein envisioned and developed the relativity theory, wherein he describes light, as ‘always propagated in empty space with a definite velocity, which is independent of the state of motion of the emitting body’. However, at the end he realized, as a pantheist, that something that his theory of relativity could not explain, was Love - God’s ultimate Light in the Universe. One constant within Einstein’s life was his daughter, Lieserl Einstein, whom he loved.

Moreover, Ranger Rick exclaims the following, which further stipulates God’s Hand of Love and Light over all creations on earth:

“On a cold winter day, a wood frog lies in shallow burrow beneath fallen leaves on the forest floor. The frog is not moving. It is not breathing. Its heart is not beating. In fact, it is frozen solid. Yet this frog is alive!”

Look at God’s majestic love, hope, grace, and faith through the metaphor of ‘the wood frog’. The freezing temperatures triggers the frog’s body to produce large amounts of glucose (it aids as antifreeze), whereas this reacts as a natural barrier inside the wood frog’s cells which prevents the cells from freezing. Although the heart stops, this frog is still ‘alive’.

The greatness is found all around us, as depicted throughout our lives. If we just look attentively through His looking glass – the Word; we will note the following as exclaimed



by the singer Selah: ‘I’m on the front lines of my faith’ and ‘Darkness flees, dominions fall, Side by side let’s keep pressing on’.

God is in the front line and guides us through the darkness. He is your strength like the ‘gopher wood’, the Ark was constructed with. It is defined as: “an unidentified wood used in building Noah's ark. Gen. 6:14”. ‘Unidentified’ since God’s unfailing Love and strength is so vast and indescribable. Yet, some have made speculations that it might be Cedar or Pine - this indicates God’s all-mighty strength; to guide and protect us on the front line of all life situations. Psalm 119:105-112, King James Version (KJV)

“¹⁰⁵ Thy word is a lamp unto my feet, and a light unto my path”.

According to scientists, light is faster through water and it is even faster through steel, as well as travels through a vacuum at 300 million meters per second (Morgridge Institute). Just like light does not need a medium to travel through, so is God’s Light of Love. It is always present and will never leave you, on your pathway. He is your Lamp, let Him ignite His Light in you.

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Notes from the CPSC office

Dear CPSC affiliate

The year we thought would never pass, is finally nearing its end and it is time for the Christmas message from the CPSC office, conveying hope, despite very trying circumstances.

When we look back on the most trying 10 months which challenged all of us emotionally, physically, socially and economically, we cannot help feeling apprehensive of the unknown new year.

We have been exceptionally challenged during 2020 and many/most have suffered some form of personal loss and hardship and it is logical and human to feel afraid of the unfolding 2021 chapter of the COVID-19 pandemic.

We now know how bad things can get and how suddenly circumstances can change. We are now knowledgeable about different lockdown levels with tough restrictions experienced during especially the higher lockdown levels, essential services, permitted services and working from home or online.

Restructuring, early retirement, retrenchment and job losses are terms which became all too familiar and sanitising, masks, social distancing and Zoom meetings have become household words. There is no sign that the pandemic is nearing its end and the reality is that COVID-19 is currently more dangerous and threatening than 10 months ago when we were already scared.

As part of a pandemic-weary population, we will need an extra special skill set to face the challenges of 2021.

The scripture used at my mother's memorial service was found on a handwritten note in her drawer:

*Whom have I in heaven but you?
And earth has nothing I desire besides you.
My flesh and my heart may fail,*



*but God is the strength of my heart
and my portion forever.*

*Those who are far from you will perish;
you destroy all who are unfaithful to you.*

But as for me, it is good to be near God.

*I have made the Sovereign Lord my
refuge;*

I will tell of all your deeds.

(Psalm 73:25-28, New International Version)

If this testimony forms part of our armour in this ongoing challenge of 2021, it creates Hope, which in turn gives us the Peace that we so desperately need.

We all know extremely difficult things can happen to anyone of us but even in the

darkest hour and most difficult circumstances God will always hold our hands in His hand and He will never forsake us. He will lead the way and carry us when our feet grow weary and weak.

Let's hold onto this Hope when we celebrate the birth of Jesus Christ our Redeemer soon, the eternal Light that no amount of darkness can ever extinguish. Through His coming He became Immanuel, God with us. This is the most comforting piece of knowledge and beacon of hope, He is in us, around us and with us for ever.

Thank you for another year with you, our dear CPSC affiliates. This must be one of the best jobs ever, with all of you in my life! Thank you for your continuing support, positive input and words of wisdom, understanding and comfort in my life during 2020.

I wish each and every one a blessed Christmas, filled with the eternal Light! May this Light also guide us into, during and through 2021.

Warmest regards and Christmas blessings

Anita ■

CPSC CONTACT DETAILS			
<p>CPSC Admin Officer: Anita Snyders E-mail: admin@cpsc.org.za Postal address: PO Box 704, Newlands, Pretoria, 0049 Cell phone: 082 600 6578 (am) Fax: 0865105840</p>	<p>BANKING DETAILS CPSC (The Council for Pastoral and Spiritual Counsellors) Nedbank Branch: Woodlands Account no: 1020501553 Branch code: 136-305</p>	<p>PLEASE NOTE Fax or e-mail proof of payment to the CPSC Admin Officer. <i>Please state your initials and last name as reference for any deposit made.</i></p>	<p>DISCLAIMER While CPSC supports initiatives for equipping pastoral and spiritual counsellors, statements and opinions expressed in this newsletter do not necessarily reflect the views and/or opinions of CPSC. CPSC does not make any warranty regarding the information supplied. CPSC shall in no event be liable for any decision or action taken in reliance on this information.</p>