

Chatterbox

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Message from the Director —Colleen Rogers

These Chatterbox newsletters are coming faster than usual, I am sure!!! It seems like yesterday that I had to rack my brains to put pen to paper!!!

Researching Charity has opened my eyes to what it really means to us. People often refer to LifeLine as a “Charity” organization and I have always corrected them, saying that we are not! Now, when looking at it differently I realize that we are actually just that!

I think LifeLine actually started as a “Spiritual impulse” which was awakened many years ago! It was a realization of love for the human being and manifested itself



as the work we, as Lay Counsellors, do within the community. All of our Lay Counsellors (and staff!) are like the flowers, spreading the perfume and blooming for everyone and anyone who needs our services

or “Charity”! We all do what we do out of warmth and love and we all know that we get much, much more than we give!! None of us feel compelled to do what we do—we choose to do it willingly—that is why we all started as, and some still are, volunteers with LifeLine. Even our staff provide services after normal hours as our contribution as volunteers. So volunteering is never something that we loose.

I have been with LifeLine for more than 21 years and can honestly say that I love what I do and have never had one day of feeling that I “have” to go to work! It is an absolute pleasure to do so and I can safely say that of most of our staff! LifeLine Vaal is a fun place to be!!!!

What does Charity mean?

The theme is: **CHARITY**

Benevolence or generosity towards others

Something given to help the needy

Dictionary

In the dictionary “Charity” has a number of meanings, all of which suggest help and benevolence towards those who are less fortunate.

It also refers to institutions and organizations who assist the needy or promote human welfare—such as LifeLine!

If one looks at the philanthropic definition, the word charity takes on a more human side talking to the effort or inclination of increasing the wellbeing of humankind and the love of humankind in general!

There are many words which we can associate with charity—e.g. donation, help, relief, gift, contribution, assistance, hand-out, alms giving, benefaction, selflessness, kindness, love, pity, humanity, affection, goodness, goodwill, compassion, generosity, indulgence, bounty, altruism, benevolence, fund, movement and tolerance to name a few!

From the Bible: 1 Corinthians—“And now abideth faith, hope and charity, these three: but the greatest of these is charity”. But what does charity really mean??



July 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>Themba</i>	2	3	4
5	6	7 <i>Pinky</i>	8	9	10	11 <i>Joyce M</i>
12	13	14	15	16	17	18 <i>Patricia K</i>
19	20	21	22	23 <i>Nomsa/Ntsoaki</i>	24	25 <i>Dimakatso</i>
26	27	28	29	30 <i>Linda A</i>	31 <i>Claudine</i>	

August 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 <i>Thandiwe</i>
2	3	4	5	6 <i>Sibongile</i>	7	8 <i>Minah</i>
9 <i>Refilwe</i>	10 <i>Joyce R</i>	11	12	13 <i>Ntsoaki Monakedi</i>	14	15
16	17	18	19	20	21	22
23	24	25 <i>Madelaine</i>	26	27	28	29 <i>Jennifer</i>
30						

September 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7 <i>Noko</i>	8	9	10 <i>Linda Mc</i>	11	12	13
14	15	16	17	18	19 <i>Willie</i>	20
21 <i>Tebogo</i>	22 <i>Nompi/ Sylvia N</i>	23 <i>Louise K</i>	24	25	26	27
28	29 <i>Esther</i>	30				

STAFF NEWS

Luckily there have not been any changes in staff—everyone seems to be happily enjoying what they are doing and the various areas of activity are running well. We cannot complain as there are usually very few staff changes!

The AGM held in May 2015 went well and a new Chairman was elected. His is Frank Allies, who is highly qualified for this position, having been a Financial Planner, Bank Branch Manager at various times, Past president of the Three Rivers Rotary Club and Circuit Treasurer of the Methodist Church. Welcome Frank! We hope you will have an enjoyable stay with us.

Our reception/switchboard post has been filled by five volunteers who are taking turns at doing duties, once a week, at this very visible and important point of call. We have managed to source some training for these ladies in order to develop and grow them. This will take place during July.

Some news from and about staff members and volunteers:

Keke: Still struggling to get her new home completed – hope it reaches completion soon!

Willie: Became a grandfather again—congratulations!

Denise: Very busy arranging her upcoming wedding in the Cape—hope all goes well!

Madelaine: Congratulations on your wedding 11th June! Now Mrs Morgan.

Nadene: Enjoy your holiday in the UK

Sonja: Geluk met jou huwelik!

Naveen: Best of luck with your new business ventures!

Sylvia: Hope your new “practice” goes well!

George: He is about to become a grandfather soon!

Petro: Hope you enjoyed your trip to the South Coast

Dimakatso: Thank you for the gift of material for Bella Maria

Esther, Nompi, Charlotte, Ntombi, Tieho and Moipone:

Thank you for going the extra miles!!

Food (Veggies!)for thought!!!

THE GARDEN

For the garden of your daily living;

Plant 3 rows of peas:

- Peace of mind
- Peace of heart
- Peace of soul

Plant four rows of squash:

- Squash gossip
- Squash indifference
- Squash gambling
- Squash selfishness

Plant four rows of lettuce:

- Lettuce be faithful
- Lettuce be loved

- Lettuce be patient
- Lettuce really love one another

No garden is without turnips:

- Turnip for meetings
- Turnip for service
- Turnip to help one another

To conclude, in our garden we must have thyme:

- Thyme for each other
- Thyme for family
- Thyme for friends

Water freely with patience and cultivate with love.

There is much fruit in your garden, because you reap what you sow!

Charity
begins at
home but
should not
end there!

Thomas Fuller

Lifeline's gratitude journal

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.

John F. Kennedy

At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us.

Albert Schweitzer

LifeLine gives a free service to all those in need. Should you wish to make a donation to LifeLine Vaal Triangle, our banking details are given below. Your donation will make a difference in someone's life. Visit our website at lifelinevaal.co.za to view our wish list.

Bankers: Nedbank
Vanderbijlpark, South Africa
Account no: 1748320750

Auditors: Audit Connection Inc.
Kruger Ave, Vereeniging
Tel: +27 16 455 1436

SERVICE CENTRE NEWS



Mamello Wellness Centre—Sebokeng

• KG, Supervisor at Sebokeng, went to Mamello Day Care Centre in Small Farms and Little Judy Day Care Centre in zone 10. He did “The my body parts” ice breakers with the children and gave out 40 knitted dolls to both day care centres. The dolls were provided by Joalta from Bella Maria.

Khensani Wellness Centre—Sharpeville

• Joyce, Supervisor at Sharpeville, went to Mary’s, Ste[by Step and Ikageng Day Care Centres in Sharpeville during Child Protection Week and handed out handmade dolls to each child at the three centres.
• Joyce and Keke attended an “Elder Abuse Awareness “ event at Vaal Echoes of Love in Sharpeville. They gave a presentation and mingled with those present giving out information.

Tirisano Wellness Centre—Palm Springs

• Olivia, Supervisor at Palm Springs, went to Little Lilly Day Care Centre in Palm Springs where she handed out handmade dolls. At Evaton Primary School Olivia gave a

Lay Counsellors

LifeLine has gained a number of “new” volunteer Lay Counsellors during the past month.

- **Mamello:** We have selected 12 new volunteers, 3 males and 9 females! They are all keen and raring to go—practising hard!!
- **Khensani:** At this Centre there are also 12 new selected volunteers, all female!!! They are equally ready to undertake the challenge of learning to counsel and attend regularly.
- **Tirisano:** Fewer than the other Centres but all 8 of the volunteers are keen and willing to learn.
- **Duncanville:** Not as fortunate as the other centres, we have done the training but our selected volunteers have gone to Khensani!!!
- **Duncanville:** We are lucky to have 9 volunteers who joined us late last year and who are still providing services in various areas while they are in

Snippets from all over

At a Rotary Induction Meeting held on 26th June 2015, LifeLine was awarded a certificate for “Excellence in service to the community, co-operation and partnership in making the Vaal a better place for all”

LifeLine was awarded a “District Grant” from Rotary and the monies were spent doing work in 7 schools in the Sedibeng District—3 in Barrage area and 4 in Sebokeng.

In the picture below Shirley is receiving the Certificate from Beth Thomas, President of the Rotary Club of Three Rivers.



The Department of Social Development held their Annual Centenary Event at Jeugland in Vanderbijlpark on Friday 26th June.

The event is held to honour those who are over 100 years old. Entertainment, refreshments, lunch and many gifts were part of the event. In total 21 elderly persons were treated although they were not all present.

Linda McCormick, LL Volunteer and I were privileged to be amongst the guests and had a very emotional morning and came away feeling truly uplifted!

LIFELINE VAAL TRIANGLE BOARD 2015/2016

- Chairman: Frank Allies
- Vice-Chairman: Naveen Ramparsad
- Treasurer: Cobus Thomas
- Secretary: Rhoda Grootboom
- Member: Pat Mgwexelwa
- Member: Mbuyiselo Botha
- Member: Jason Ferris
- Member: Gerda McKenzie
- Ex-officio: Colleen Rogers

HIV NEWS

Did you know?

- **LifeLine Lay Counsellors provide HIV testing at all our Centres**
- **LifeLine Lay Counsellors provide community HIV testing in Vanderbijlpark bi-weekly**
- **LifeLine has, in the past, provided HIV testing to management and staff of a number of corporate**
- **LifeLine Vaal tests approximately 80 people per month**

Lay Counsellors are trained to provide pre test counselling as well as post test counselling. This is an extremely important and legal requirement of HIV testing!

Community Activities

CLUB 200

For many years Club 200 was an integral part of fundraising for the LifeLine Vaal Centre.

The wonderful support of its Members ensured much needed income for both the Centre (running costs) and its various Community Programmes. We tried to revive this club again but have not had much success advertising it.

We would like to present the concept once more!

When joining the **200 CLUB**, you will sign up for 12 months during which you may donate R100 per month or a once off amount of R1200 for the full 12 months. A number will be allocated to you and this number stays your lucky number whilst you are a Member of the **200 CLUB**. **An 18A receipt can be issued for tax purposes!**

There are annual prizes to be won in a lucky draw in July each year for paid up members!

For further information please contact Colleen on 016 428 1740 during office hours

PLEASE SUPPORT THIS WORTHY CAUSE

Child Protection week was celebrated by LifeLine in various ways this year. As usual we collaborated with other organisations to make a bigger statement! A Cycle Tour was undertaken—From Groenpunt Correctional Services, through Deneysville, Sasolburg, Parys and back to Sebokeng. Along the way a prisoner provided motivational talks and gave messages to learners at 7 schools. Motivational talks were provided by Marietjie Bothma on

If you haven't got any charity in your heart, you have the worst kind of heart trouble

by Bob Hope

the emotional assistance she had received from LifeLine during the years she had lived on the streets and had bad experiences in her life. LifeLine staff provided information and support to both inmates at the Leeuhof and Groenpunt Prisons and learners at schools. Twenty cyclists took part, including our own KG and Gladwell from our Mamello Service Centre in Sebokeng.

Good work to all who participated!



In this picture are our two intrepid cyclists who are being supported by Moipone

Training

Our Personal Growth and Basic Counselling Skills Course for the second part of the year will commence on 20th July.

We have a new training venue and the training will be held here. The address is Corner of Leeuwkuil Road and Schreiner Streets, in Duncanville. It is in the same road as the current LifeLine Office in Duncanville but at the other end!!!

Other Courses available:

Positive Parenting: A course to guide a parent towards a positive approach to parenting in order to achieve positive outcomes.

- Includes:
1. Awareness of child development and growth
 2. Establishing generic principles and points of departure of effective parenting
 3. Understand and become competent in managing the critical areas of parenting

People Skills in the Workplace: This is a structured and practical workshop enabling the participant to understand and develop interpersonal competence and to relate this in the organisational environment

NOTICE

Play it safe!

HIV counselling and testing is available at all our Centres

Know your status!

This will keep you safe and well!

LifeLine: Vaal Triangle

Office: Monument road, Duncanville
Avondrus/ Eventide Old Age Home
P.O Box 20
Arcon Park 1937
Tel no: 016 428 1740
Nat. no. 0861322 322

Crisis line: 016 428 1640

Website: www.Lifelinevaal.co.za

Facebook: facebook.com/Lifelinevaal



Building Community Heart



Elize Heuer: Life coach
and Editor of Chatterbox

For any suggestions or feedback
please email: elize@vut.ac.za

We would love to hear from you!

The views expressed in this
publication are not necessarily those
of LifeLine Vaal Triangle
or its service centers.

CHARITY—WHAT IT REALLY MEANS!

According to the definition of charity as love towards thy neighbour we need to find out first what loving means to us at this very moment.

So let's wash away all the definitions/concepts that have been imposed on us. The answer lies deep within us. Love is the essence of what and who we are. This strange flower blooms in the stillness of the mind, but we run around searching for it in the outer world.

The task is to consciously let it stream through us unto everyone we come in touch with. We know intellectually that the unity of mankind is essential and that love is the only way to heal the world: but we don't know what love really is, and therefore we cannot put it into action.

The nature of love is always to reach beyond self. It is not satisfied with loving self, but it strives to love others and be united to others. Love acknowledges the differences between people, but is also the integrating force that overcomes separation. You feel another person's joy as joy in yourself. It does NOT mean feeling one's own joy in someone else.

It is similar with charity. Remember what Mother Teresa said: "To truly give charity, you must be free of selfishness!"

It is pure joy of giving, which includes much more than material things. This givingness can have many faces, like in a warm smile to strangers, a personal thank-you-letter, an encouraging hug, an unexpected phone call and many other examples.. All this is done not out of duty or responsibility but out of the abundance of warmth and love you feel welling up inside you. And the more you give out, the more flows back in; that is the joy of love in action, the manifestation of charity. As long as you feel compelled to do something because it is your duty or because you want something in return, there is no love.

When one truly loves there must be freedom, not only from the other person but from oneself. Charity can come into being only when there is total self-abandonment. It does not come as the result of any effort.

Such a moment happened to me when I heard someone saying that "maybe the meaning of our cycling from birth to birth is nothing else but learning the lessons of love". In that instant I knew that I had just been given a most valuable key: the key to the meaning of the annual cycle. It is the great labour of perfecting love in the cycles of a life-time. In the same manner as we witness it in the annual cycle in nature, with the dormant seed resting in the earth in Winter, awakening in Springtime, flowering in Summer, and manifesting the mature fruit in Autumn.

During these cycles, the dormant seed of human nature gradually transforms into higher and higher levels of perfection until finally a spiritual impulse awakes, desire turns into the will to love, selfish thoughts are transformed into greater understanding of what love means, and the fruit of this love is expressed in the manifestation of charity.

However, many lessons have to be learned before selfishness is transformed into the ability to truly love others. There is no greater mystery than the mystery of love itself.

Mother Teresa said: "I do not think I have any special qualities. I don't claim anything for the work. It is His work. I am like a little pencil in His hand, that is all. He does the thinking. He does the writing. The pencil has nothing to do with it. The pencil has only to allow itself to be used."

Autumn is the time of harvesting the fruits of our endeavours. Have we been good gardeners? Let us celebrate together as we harvest the golden fruit, which is the manifestation of love in action. And let us not hoard the fruits for ourselves but be ready to share with others not only the fruits of our labours but also what we have learnt of the secrets of good gardening.

The challenge remains for all of us: May our life become a spark in the flame of charity, so that the warmth and light of this loving fire may shine ever more brightly and sustain hope in the hearts of mankind.

Extract from Britta Kantzer

