



Newsletter March 2025

St Columba's Presbyterian Church Mutare

Lent

When is Lent 2025? Lent takes place at a different period each year, depending on when Easter Sunday is on our calendars. This year, Lent 2025 begins on Wednesday, March 5th, and ends on Thursday, April 17th
 What are you taking up or giving up for Lent ? Let us know !

Some examples:

- Do an act of kindness every day*
- **Pray every day** - Give a **compliment** to someone -
- Give up negativity** - Read the **Bible every day** - Give up **gossip**
- Give up **sugar** - **Walk every day**
- Give up taking **selfies/pictures** of your dinner - **Volunteer** -
- Give up **TV** - Help an **elderly person** - Visit a **sick person** - Be the first to say **sorry** to someone
- **Surprise someone in a nice way**
- **Tidy up your room** without being asked to - **Make someone laugh**

Calendar highlights

Sun 2 Mar	9 am	Communion Service Handfull of Rice
Sun 9 Mar	6 pm	Denominational Online Revival Service Pastor Lydia preaching
Sat 15 Mar		Elders Meeting
Sun 16 Mar	9 am	Baptismal Service



A Word From The Pastors

THE CITIZENSHIP FACTOR!

There's a lot of talk about citizenship all over – because the citizenship of some countries is considered as being more valuable than others. The same conversation was happening in the Bible between the apostle Paul and a Roman commander who had ordered for Paul to be arrested and put into jail. Here's the conversation (Acts 22:25-29)

Commander:	“Tell me, are you a Roman citizen?”
Paul:	“Yes, I am.”
Commander:	“I had to pay a lot of money for my citizenship.”
Paul:	“But I was born a citizen.”

Roman citizenship was considered valuable and hard to get. The commander reveals that he had to pay “a lot of money” for his Roman citizenship. Paul, on the other hand, reveals that he was “born a citizen.” Immediately, a series of quick corrective actions happened because the commander knew that Roman citizenship came with rights and benefits. And so:

- Paul's interrogators **withdrew** immediately (v. 29a)
- The commander was **alarmed** that he had put a Roman citizen in chains (v. 29b)
- The commander **released** Paul the next day (v. 30)
- The commander ordered the Sanhedrin to **assemble** for Paul to stand before them (v.30)



Roman citizenship had more power than other citizenships! Today, you need to realize that your citizenship in the kingdom of God as a Christian has more power and is primary in your life. If you call upon God using your kingdom citizenship:

- Your accusers will be made to **withdraw** in Jesus's name
- Your oppressors will be **alarmed** at what God will do through you
- Your emotional or physical bondage will be **released**
- God will order His angels to **assemble** around you and protect you

So remember that there are benefits to being a citizen of the kingdom of God. Use your citizenship and call out to God for help, and God will cause mountains to move because of your complete reliance on Him and not in your own methods and your own power.

Pastors Paul and Lydia

Acknowledgements

Pastors Paul and Lydia Neshangwe,
Pastor Chris Muzodziwa
Kudakwashe A Musanhu,
Ashly Mususa,
Hillary Chakonda,
Daniël Shiripinda,
Mark Paterson,
Colin Brandt,
Iris Shiripinda,
Rob van Steensel,
Wietske Mushonga

all contributed to the production of this newsletter.



A quick introduction, in case you've never heard of us! We are a prison rehabilitation project, giving prisoners a 2nd chance in life through our knitting project.

2024 was a busy year for us. We still have about 5 ladies in prison and about 31 ladies, out of prison, knitting full time for us. Our ladies have to attend the workshop 3 times a week and they are given lunch on these days. Our expectations of them are very high and we insist on excellent quality, as they are being sold to discerning customers.

Last year, with the help of some donors, we were able to build a Place of Safety, with 2 rooms and a shared shower & toilet. This will be to house vulnerable ladies when they are released from prison, and any time our ladies are in serious trouble. We are so grateful for this and for the donations to furnish these rooms.

2024 also saw us finance 2 operations – a hip replacement and a hernia op, plus several dental procedures and a drug rehab stint.

Gogo Olive has been blessed beyond measure and we are so grateful to God for his provision! One quick example – we had no orders on a Monday, so the ladies started praying in earnest and by Tuesday morning, when we had our weekly staff meeting – we had 2 very good orders. God is good all the time! All the time..... yip, you know it!



B

uilding a Healthy Relationship

The ABC of a Healthy Relationship

Welcome to Part 2 of our relationship series. If you missed our Part 1, we discussed on the 4 C's of an unhealthy relationship - criticism, contempt, complaints and comparison. We found out that a relationship ridden with these negative aspects can be so toxic that if not handled well, separation or even divorce can be inevitable. We also discovered that in such relationships, partners can experience debilitating mental health problems like low self esteem, isolation and loneliness, depression, anxiety and even suicidal thoughts.

Let's move on to our current discussion. Have you ever heard of the saying: 'As easy as ABC?'. You do agree that relationships are far from being easy at all. In fact both partners have to work extremely hard towards creating a strong and lasting relationship. Let's look at the first 3 letters of the alphabet to describe how we want our relationship to be. The list below is a general guide that represents some of the words that we can use to determine whether our relationships are healthy or not. The words can also point to areas that need improvement in our relationships. Feel free to add more words of your choice which further describe your relationship.

A

- | | |
|---------------------|---|
| Attentive | Aware of each other's needs |
| Appreciative | Express gratitude & appreciation for each other. |
| Amicable | Solve conflicts with cooperation & friendly attitudes |
| Affectionate | Expression of love, care & affection towards each other |
| Accepting | Accepting each other's differences & embracing each other's uniqueness. |



B

Best-friends	Accept who your partner is despite their flaws
Bubbly	Cheerful, lively, exciting & always laughing.
Bonded	Deep emotional connection between partners
Beneficial	Both partners experience growth and fulfilment.
Building	Continuously working together for a strong foundation and future.

C

Committed	Dedication, loyalty & mutual support.
Compassion	Showing empathy & kindness to each other.
Cooperative	Being in a team & having a sense of togetherness.
Celebratory	Celebrating achievements & joys of life together.
Communicative	Expressing needs & wants without fear.

Reflect on each word and evaluate your own relationship. If you answer yes to all the above words, you can be rest assured that your relationship is extremely healthy. If you have a few no's, do not despair but work with your partner towards areas that need improvement. Remember, your relationship can be as easy as ABC.

Hillary Chakonda.



EAT FAST, PAY LESS.

A 5 ***** hotel in Dallas Texas introduced an express buffet, eat all you can in 30 minutes and pay just half the price! Excited just the thought of it. After that experience one diner reported. I lost my decorum, stuffing my mouth with yet more food. I lost my civility... and lost my appetite for the rest of the day, so severe was the heartburn.

Sometimes I think in our devotional reading we treat God's word like an express buffet. We wolf it down as fast as we can and wonder why we haven't learned much. Just like physical food, spiritual food needs chewing too.

For those of us who have been Christians for a long time, we have the tendency to speed - read through the passages therefore we miss what God is saying or meaning to show us. One sure sign of it we learn nothing new from that passage.

Psalm 119:15

That's the way to treat God's word, take our time to mull over it. Let's not read our bibles like we going to an express buffet just to fool ourselves I've given God he's time.

Spending time in meditation, keeping scripture in our heart and transforming us.

We are very guilty at times of doing this.

Imagine if we got heartburn each time we read the Bible without reflecting which is the same like eating without chewing. Some soul food to think about.

Be blessed.

Colin

God Sees You

How does it feel like to know that somebody wants you? To know that they choose you only amongst everyone else, because as much as we deny it, we all want to feel wanted and chosen. As young people we have been rejected at some point and rejection induces self doubt and self doubt evokes low self-esteem. In other words all of us have been broken before and we yearn for a love that will satisfy our soul, but truth is the kind of love we all yearn for, it can't be found in the hollow spaces we seek it from.

God designed us to require to be loved because above everything else His kind of love, is the only love that can fill our souls. If we don't allow God to heal us then we will end up bleeding on innocent people. Matthew 28 vs 11 tells us that God wants us as we are, as broken as one can be and with every burden on our shoulders and that's because God's love makes us perfect in His eyes even though we are imperfect on our own.

It's important to note that, God sees you and His love for you is more than sufficient. Yes, you might have been rejected, unwanted or unloved and everything in between but we keep hurting ourselves by trying to feel whole using the love we get from other people around us. Firstly we need to learn to become whole through the love that comes from Jesus and only then can we learn to appreciate the love that comes from people around us. God wants you so much more than anyone could ever yearn for you, He called us by name which means He chose us wholeheartedly and nothing can beat that feeling.



Prayer

Prayer holds a central place in the Christian faith, serving as a profound means of connection with God, reflection, and personal growth. Prayer was a cornerstone of the early Christian Church, fostering a sense of community, faith, and resilience among believers.

Acts 2:42 states, "They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer." This verse highlights the early Christian community's commitment to four key practices: the apostles' teachings, fellowship, breaking of bread (communion), and prayer. Prayer, in this context, signifies their continual reliance on God and their desire to maintain a close, communicative relationship with Him.

Prayer is a spiritual practice in which believers communicate directly with God. It can be used to express worship, thankfulness, confession, and petitions. Christians pray individually or in groups, quietly or aloud, for divine assistance, direction, forgiveness, and blessings for themselves and others. It is an essential component of a Christian's spiritual journey, resulting in a deeper and more personal connection with God.

We warmly encourage everyone to join us in prayer **every Tuesday during lunchtime from 1 pm to 2 pm**, and also for half an hour before the service every Sunday. Additionally, if anyone needs Madzimai?1prayer, you are welcome to remain behind immediately after the service. An elder or pastor will be available to join you in prayer.



Meet Dr Mark Paterson (Paediatrician)

1. What sparked your passion for current profession and what motivates you to continue making a positive impact in your field?

- *"I don't know what sparked my passion, I still can't remember a time when I didn't want to be a doctor. So very early on in my school life that's what I wanted to do and everything that I did in my school life was directed towards that. I really want to see the health of children improve and I think they get the worst part of the deal because most people think they are not worth paying attention to, so I would love to see improved care in children."*

2. Can you share a challenging experience you faced in your profession and how you overcame it?

- *"Yesterday I encountered a 4 year old who had a heart problem and was extremely sick, but because of what I knew about him I was able to determine what was wrong and we were able to help him. He was put into intensive care and he is recovering because of the training I have received."*

3. How do you prioritize your own well-being and self-care given the demands of your profession?

- *"I think the foundation of my well-being is heavily dependent on my relationship with God, so that the first thing I do every day, I spend time with God. In terms of my own health I maintain fitness, I run, cycle and walk. And I have a very special and very supporting wife Jenny and that relationship is foundational to my well being. But I also spend time playing sports with friends."*



4. What advice would you give to young people who are interested in pursuing career in your field?

- *"I think the main issue is learning to see what you do as a service to people rather than a means to your own success, if you can see what you are doing particularly in the medical field, if its about making money, they are much easier ways of making money I would not waste my time. But if you really want to help people then that's the way to go."*



love it!

Presbyterian church

My name is Ponch. I am 7 years old. I am a grade 2. I like my church. It is very nice. Every time I think about it. Pastor Paul and Pastor Lydia are our pastors. The Sunday school kids church teacher are Wendy, Jon and Katie. They are kind. I love them. That's why I go to every Sunday -

thank you

If you also want your letter and picture in the Newsletter talk to Jenny.



5 FINGER PRAYER



Thumb

Pray for family
and friends

Index Finger

Pray for
Teachers and
Mentors

Middle Finger

Pray for Church
and Government
Leaders

Ring Finger

Pray for the
Homeless, the Weak
and Hurting

Pinkie

Pray for Your
Own Needs



House groups

We like to share with you about house groups / bible studies that have started.

JENNY PATTERSON: runs a *ladies' bible study* every Monday morning, from 10 – 11am at Wietske Mushonga's home at 8 Cassiobury Park, on the Hillside Golf Course. If you'd like to join this study, please talk to Jenny or Wietske.

MARIA SACCONI: teaches a *ladies' bible study* every SECOND Thursday morning, from 10am – 12 noon at Strickland Lodge. If you're interested in this study, please see Maria.

MARK & JENNY PATERSON: run a *home group, for men & women*, on Wednesday evenings at 6.30pm in their home in the Palmerston area.

GAVIN & SUE YOUNG: run a *NEW house group, for men & women*, every Monday evening, from 5.30pm for about an hour, at their home in the Park Cottages just down the road from here. Liffy Gorton will be leading this group. Please see either Gavin or Liffy if you'd like to join this study.

COLIN & JEAN BRANDT: run a *NEW house group, for men & women*, every Wednesday evening, from 6 – 7pm, at their home, 6 Darwin Circle, Westlea. Albert Masvongo will be leading this group. Please see either Colin or Albert to join this group.

SIMON & KATIE BOWEN: run an *ALPHA COURSE* on Tuesday evenings, 4th of February, from 6pm, at the church. This is a brilliant course for anyone who is still searching & would like to know more about Jesus; Please see Simon or Katie if you are interested.

LIFFY GORTON: runs a daytime Bible study on Tuesday afternoon from 2 - 3pm at the Church.

If there is anybody else who would like to either host or lead/ teach a bible study, please see the Pastors or myself. Ideally, we'd like everyone to be involved in a bible study group.



List of Ministeries

MINISTERS:

REVs PAUL AND LYDIA NESHANGWE

Email: paneshangwe@gmail.com, lydianeshangwe@yahoo.co.uk

Tel: 0717 654008, 0782 964362

CHURCH OFFICE:

Mon – Fri 8am – 12:30pm

Tel: 02020 60628, 0717 459312

Email: mupresby@gmail.com

SESSION CLERK:

MARIE SACCONI

CHURCH SECRETARY:

KATIE BOWEN

SERVICES:

Sunday Service 9 am

Communion Service and 'Handful of Rice' - 1st Sunday of the month

Kids Church - Sunday 9 am

BIBLE STUDIES:

Ladies Bible Study

Mon 10-11am, Jenny Paterson, Cntct Wietske Mushonga or Jenny

Homegroup men&women

Mon 5.30-6.30pm, Liffy Gorton, Contact Gavin&Sue Young

Bible Study

Tue 2-3pm, Liffy Gorton

Alpha Course

Tue 6pm, Simon & Katie Bowen

Homegroup

Wed 6.30pm, Mark and Jenny Paterson

Homegroup men&women

Wed 6-7pm, Albert Masvongo, Contact Colin Brandt or Albert

Ladies Bible Study

Every 2nd Thu, 10-12am, Marie Sacconi

CHURCH MINISTRIES:

- **CALLED 2 CARE (Skills Training Outreach)** Daily, Onie & Wendy Mususa
 - **GILLS (Growing In Love Ladies)** *Last Saturday of the Month, 9am – Lys Sheiky*
 - **FELLOWSHIP OF WOMEN** Every 2nd Sunday after Church
 - **MEN'S MINISTRY** Every Saturday, 7am - Colin Brandt
 - **BOYS' & GIRLS' BRIGADES** Every Saturday at the church, 2pm - Fiona Botes
 - **YOUTH MINISTRY** Every Saturday, at the church, 2pm - Munya Kamunda and Ashley Mususa
 - **YOUNG ADULTS** Monthly, cntct Kuda Musanu & Simba Mangore
-

CHURCH BANKING DETAILS: STANBIC BANK

RTGS 914 000 2833 696

FCA 914 000 4484 346

ZB BANK

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FCA 4532 104335 405





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Contact Wietske or any member of the Newsletter Team.

