



Newsletter August 2026

St Columba's Presbyterian Church Mutare

A Word From The Pastors

We have gone past halfway through the year, and it is time to remind you, in the hustle and bustle of life, of the value of spending time with God.

1. It shows you trust God enough to set aside your precious time for Him.
2. It shows that you love God enough to prioritize Him.
3. It shows the gift of self-control in putting aside other demands for a while.
4. It pleases God.
5. It enriches your soul, your mood, your perspective, and your approach to life.

Calendar highlights

Sun 2 Aug	9 am	Communion Sunday: Bring your "Handful of Food"
Sat 8 Aug		Called to Care Graduation Day
Sun 9 Aug		Ordination of L'Armor Church Elders
Sat 15 Aug		Session Meeting
21-23 Aug		F.O.W. District Conference
Sat 29 Aug		GILLS Event

Visit our website:

<https://stcolumbasmutare.church/>



Jesus gave us the perfect example of succeeding in his mission because he spent time with God:

Matthew 14:23

“And after he had dismissed the crowds, he went up on the mountain by himself to pray. When evening came, he was there alone.”

There are benefits to spending time with God.

1. God is able to bend time and events in your favour.
2. God is able to let you accomplish more in less time.
3. It aligns you with God’s perspective.
4. It helps you sort out what is important and what is not.
5. It releases you from the trap of always being busy.
6. It gives you instructions and wisdom for your life.

Spending time with God is perhaps the asset or investment that is going to make all the difference in your life. Make the Bible your friend and read what God has to say to you, then pray and hear what more God has to say to you.

With blessings,

Pastors Paul and Lydia

Acknowledgements

Pastors Paul and Lydia Neshangwe,
Dr.J.Chakonda,
Sheona Mohamed,
Susan Marezu,
Oni Mususa,
Wendy Mususa,
Ann Ruthenburg,
Iris Shiripinda,
Rob van Steensel,
Wietske Mushonga



THE FAMILY INSTITUTION AND THE GATHERING STORMS OF THE MODERN WORLD

A REFLECTION FOR THE PEOPLE OF THE CHURCH

(A continuation of the article that appeared in our April Newsletter)

Challenge One

Economic Pressure and the Poverty Trap

The relentless demands of economic survival have fundamentally altered the texture of family life. In most households today, both parents are compelled to work full time — not out of ambition, but out of necessity. The rising cost of housing, food, education and healthcare has created a state of chronic financial stress that has become the single most common trigger for marital conflict and family breakdown. Long working hours rob families of the irreplaceable currency of time — time for conversation, for meals together, for simply being present with one another.

For families already living in poverty, the situation is more acute still. Financial instability breeds anxiety and despair that seep into every relationship within the home. Children growing up in financially stressed households often absorb that anxiety into their personalities, their development and their own future relationships. Most troublingly, poverty tends to perpetuate itself across generations — the children of poor families frequently remain poor, not because they lack ability, but because the instability of their upbringing denied them the foundation from which to rise.

Pastoral Concern

When economic pressure is unrelenting, parents trade quality time for material provision. Children feel financially clothed and fed — but emotionally abandoned. Marriages crack under the weight of financial anxiety. The family car, starved of fuel, eventually stops moving altogether.

By Dr J. Chakonda

Will be continued ...

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Empowered Women, Empowered World:

Highlights from UPCSA Mutare WISMOW Conference

On July 27th, St. Columba's Presbyterian Church played host to a transformative milestone: the very first UPCSA Mutare WISMOW (Widowed and Single Women) Conference. Guided by the powerful theme "Empowered Women, Empowered World" and the inspiring motto "Pray, Rise, and Thrive," the gathering established a compassionate, faith-filled platform for women to connect, pray, and grow into women of virtue.

Opening with a strong reminder that "Singleness is not a curse" (Beverly LaHaye), the conference affirmed that while society often subjects widowed and single women to judgment and labels, God views every individual equally, regardless of age, gender, or marital status.

The conference featured three distinguished guest speakers who delivered powerful messages of faith, personal care, and spiritual growth:

- **Faith & Provision: Margaret Mlambo** delivered an inspiring reflection on 2 Kings 4 (Elisha and the Widow's Oil), reminding attendees to take their burdens to the Lord first and trust Him to multiply whatever little they have.
- **Testimony & Health: Elder Mrs. E. Mususa** shared a moving personal testimony of God's grace, favor, and second chances. Following her, **Ms. Phyllis Bangano**, a medical practitioner and fellow WISMOW, provided essential guidance on physical and mental health—emphasizing that taking care of one's body and mind is fundamental to fulfilling God-given responsibilities.



- **Core Values for Growth:** Rev. L. Neshangwe anchored the event by unpacking the **5 Core Values of the WISMOW Network**:

1. **Compassion:** Extending empathy within our families and society.
2. **Dignity:** Conducting ourselves with grace, self-respect, and integrity.
3. **Christ-Centeredness:** Placing Christ at the heart of everything we do.
4. **Empowerment:** Cultivating emotional, mental, and practical skills to support our families independently and avoid reliance on others.
5. **Joyfulness:** Maintaining a realistic, yet resilient and optimistic outlook on life.

The inaugural gathering was an overwhelming success, laying a strong foundation for future initiatives. As the WISMOW network continues to expand, it remains dedicated to nurturing faith, restoring dignity, and supporting every woman to **Pray, Rise, and Thrive**.



Space of Hope Ministry – Restoring Hope, Transforming Lives

Space of Hope Ministry is a community-based ministry dedicated to restoring hope and transforming lives through practical skills training, discipleship, and community development.

We empower vulnerable women, youth, children, and people with disabilities through sewing, baking, Farming God's Way, personal development, and Discipleship Making Movement (DMM). Our goal is to equip people with practical skills that enable them to become self-reliant, earn an income, and build stronger families.

A key part of our work is our Training of Trainers (ToT) program, where community leaders are equipped to train and mentor others in their own communities. This multiplication approach helps extend our impact and ensures that knowledge, skills, and discipleship continue to reach more people.

We are privileged to work alongside the Dora Community and the Hauna Deaf Community, promoting inclusion and ensuring that Deaf men, women, and children have opportunities to learn, grow, and participate fully in community life.

Our ministry is strengthened by dedicated Area Coordinators who provide leadership, mentoring, discipleship, and ongoing support across the communities we serve. They work closely with local groups to encourage growth, strengthen relationships, and help implement our programs effectively.

Beyond skills training, we provide mentoring, Bible study, and emotional support, helping people grow spiritually and build confidence for the future. Support education initiatives, promote safe water and sanitation, and raise awareness to prevent human trafficking.

Through partnerships and community involvement, lives are being transformed one person, one family, and one community at a time. Together, we are bringing hope, restoring dignity, and building stronger communities, to the Glory of God



Space of hope ministry by Wendy and Oni Mususa



This is part of the skills training that Oni and Wendy are doing at 'Space of Hope Ministry' in Sun Valley, 13 km from Mutare CBD



Beginner-Friendly
AMISH SWEET BREAD
RECIPE: *Soft, Buttery*



*By Wendy Mususa who kindly donated us this bread
recipe she uses in the baking training*

INGREDIENTS



4 CUPS
ALL-PURPOSE FLOUR



1 CUP MILK



1/4 CUP SUGAR



1/4 CUP BUTTER



1 PACKET
ACTIVE DRY YEAST



2 EGGS



1 TEASPOON SALT

EASY STEPS

- 1 Warm the milk and dissolve the sugar and yeast. Let it sit for 5 minutes until frothy.
- 2 In a large mixing bowl, combine flour and salt.
- 3 Add melted butter and eggs to the yeast mixture, then mix into the flour until dough forms.
- 4 Knead the dough for about 10 minutes until smooth.
- 5 Place in a greased bowl, cover, and let rise until doubled, about 1 hour.
- 6 Punch down the dough and shape it into loaves.
- 7 Place loaves in greased pans, cover, and let rise for another 30 minutes.
- 8 Preheat the oven to 350°F (175°C) and bake for 30–35 minutes until golden brown.



"The Church should be full of dead people"

I am sure as you read the title of this short message, your mind must have been boggled. You must have asked yourself the following question "Is the cemetery not a place for dead people?" and "Why would a church, which is supposed to be a place of worship be full of dead people?"

The above-mentioned questions are very valid after one has read the title above. Family, the church should be filled with dead people, people who have died to self, people who have let everything that was contrary to Christ within them die and they have allowed Christ to empower them to live for him.

This walk in Christ requires us to crucify our flesh and its desires and its self-centered and selfish ways daily. We are to die to sin daily and let Christ live fully through us. As believers, so many times we struggle in our walk with Christ because we want to hold onto habits and ways of the flesh that are totally not in line with how God wants us to live. So, instead of denying ourselves and our fleshly desires, we indulge ourselves. We find it hard to crucify the flesh. Yes, Christ accepts us as we are, BUT Christ does not want us to remain in the same way in which He found and saved us.

So today you can ask yourself these questions: -Are you willing to die to self daily?

- Are you willing to deny yourself and follow Christ?
- Are you willing to let go of all habits and ways of the flesh that hinder you from living for Christ fully?
- Are you willing to let Christ live through you?

When people look at you, there must be a resemblance of Jesus within you. You must not look nor behave as the world does. There must be a difference between us as believers and the world.

So today do some self- introspection.....Are you dead to self or is your flesh and its desires dictating how you live, are you truly following Christ?

Luke.9.23 - And he said to them all, If any man will come after me, let him deny himself, and take up his cross daily, and follow me.

By Sheona Mohamed



Health Corner: Mental Wellness Matters

"Come to Me, all you who are weary and burdened, and I will give you rest." — Matthew 11:28

Mental wellness is an important part of our overall health. Life's challenges can leave us feeling overwhelmed, anxious, or discouraged. God invites us to bring our burdens to Him, knowing that He cares deeply for us.

Looking after your mental well-being is not a sign of weakness—it is an act of wise stewardship.

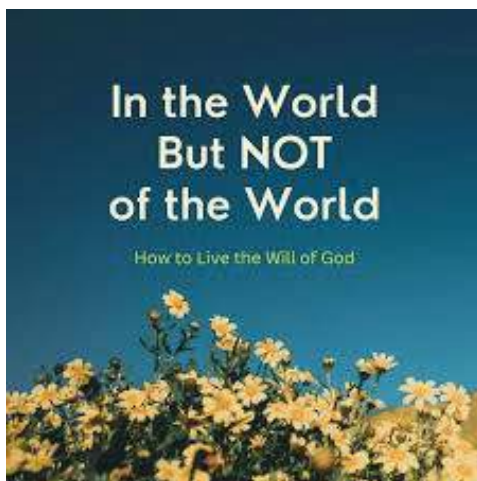
Take time to rest, pray, stay connected with loved ones, and speak with someone you trust when life feels heavy.

Remember that asking for support is a sign of courage, not failure.

This month take a few moments each day to pause, thank God for His faithfulness, and encourage someone else with a kind word. A peaceful mind is nurtured through faith, healthy relationships, and hope.

May the peace of God, which surpasses all understanding, guard your hearts and your minds in Christ Jesus.

Ann Ruthenburg.



List of Ministeries

MINISTERS: REVs PAUL AND LYDIA NESHANGWE
Email: paneshangwe@gmail.com, lydianeshangwe@yahoo.co.uk
Tel: 0717 654008, 0782 964362

<u>CHURCH OFFICE:</u>	<u>SESSION CLERK:</u>	<u>CHURCH SECRETARY:</u>
Mon – Fri 8am – 12:30pm	MARIE SACCONI	NORAH MACHIRI
Tel: 02020 60628, 0717 459312	<u>CARETAKER:</u>	
Email: mupresby@gmail.com	GODFREY MAGODHLO	
	Tel: 0772844273	

SERVICES: Sunday: English Service 9 am
Communion Service and 'Handful of Rice' - 1st Sunday of the month
Kids Church - Sunday 9 am

BIBLE STUDIES:

<i>Ladies Bible Study</i>	Mon 10-11am, Cntct Wietske Mushonga or Jenny Paterson
<i>Bible Study</i>	Tue 2.30pm, Park Cottages
<i>Homegroup</i>	Wed 6.30pm, Mark and Jenny Paterson
<i>Homegroup men&women</i>	Wed 6-7pm, Albert Masvongo and Colin Brandt
<i>Ladies Bible Study</i>	Every 2nd Thu, 10-12am, Marie Sacconi
<i>Church Bible Study</i>	Every Thu, 12-1pm at church, rev Paul

CHURCH MINISTRIES:

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| • CALLED 2 CARE (Skills Training Outreach) | Every Wed and Thu cntct Rev Lydia |
| • GILLs (Growing In Love Ladies) | Last Sat of the Month 9am cntct Jean Brandt |
| • FELLOWSHIP OF WOMEN | Every 2nd Sun after Church cntct Esther Mususa |
| • MEN'S MINISTRY | Every Sat, 7am - Colin Brandt |
| • BOYS' & GIRLS' BRIGADES | Every Sat at the church, 2pm - Fiona Botes |
| • YOUTH MINISTRY | Every other Sat, at the church, 12pm
- Leeroy Mashavave, Nicole Machigere |
| • MUSIC MINISTRY | Every Fri 4.30pm cntct Josphat Mususa |
| • YOUNG ADULTS | Every Sun 12 pm Kuda Musanu & Dean Mususa |
| • DECO TEAM | Contact Hlupe Kandiero or Ann Ruthenburg |
| • WISMOWS | Once a month in various venues - Norah Machiri |
| • KIDZ CHURCH | Every Sun, 9am, cntct Wendy Mususa |
| • FRIENDSHIP TEAS - for the elderly | First Wed of the month, 10 am |
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CHURCH BANKING DETAILS: STANBIC BANK RTGS 914 000 2833 696
FCA 914 000 4484 346
ZB BANK RTGS 4532 104335 200
FCA 4532 104335 405



ATTENTION
June 60's



Friendship Teas Service

Come join us for Seniors' morning tea,
coffee and snacky bits.



A lovely space to
connect, share stories
and enjoy fellowship
with joy and humour.

When: Wednesday 5th August
Time: 10am - 11:30am
Where: St Columba's Presbyterian Church
Cnr. B Ave/3rd Street
(Behind Pick'n Pay)

Sweet & Savory



BOOKS OF THE BIBLE

L E I S T C A M J K K R A M H
 U P R D I M U C F K E A W D T
 K J O N A H J U D G E S B E U
 E D P S S V A E I D X K I Z U
 R W J O S H U A S M C V H E P
 O M J L A I S A I A H K F K M
 Q Z G J O H N E S D O W G I A
 S R J E T A H O E J E B C E E
 W E P X J F D S N K P Q W L S
 E H J O B A P C E E O W X L O
 R T A D K U S O G B O J K N H
 B S K U T Q A L E I N A D D N
 E E P S X L L J M E K J T N K
 H P U Z T K M T R U T H W J W
 V R O M A N S F V E Z R A U P

WORD LIST

ACTS	EZRA	JOB	LUKE
DANIEL	GENESIS	JOHN	MARK
ESTHER	HEBREWS	JONAH	PSALMS
EXODUS	HOSSEA	JOSHUA	ROMANS
EZEKIEL	ISAIAH	JUDGES	RUTH

Homemade
CRAFT MADE FOR

