



“A fundamental concern for others in our individual and community lives would go a long way in making the world the better place we so passionately dreamt of.”

- Nelson Mandela



*Mthimkhulu Open Day started with a tribute to one of the world's and our nation's prominent leader, Nelson Mandela.*

### **Rest in Joy and Peace Madiba**

By Anne Hope

All over South Africa we are mourning the death of Mandela as one mourns for the passing of a deeply loved member of one's own family, and yet at the same time, we are singing and dancing in the streets as we give thanks for his existence. Seldom have deep sorrow and joy been so intimately entwined in our hearts? When has any statesman, any person, been so widely admired and so universally loved as our beloved Madiba? We are deeply moved by the messages of both condolence and thanksgiving that have been pouring in from every corner of the world. It all leaves one with a powerful awareness of the oneness of the human family.

We spent much of Friday glued to TV, drinking up every drop of news, every story, every joke, every programme focussing on different aspects of Mandela's life, and, knowing that millions of other people all over the world were doing the same thing. What more can one say about the qualities of this extraordinary man, his courage, his compassion, his vision, his forgiveness and his commitment to reconciliation, his love for children, his charm and his irresistible smile? And yet, as we wept and laughed along with the rest of the world, it suddenly made the 'noosphere' of Teilhard de Chardin into a quite visible and tangible reality.

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This 'sphere' of shared consciousness and love, wrapped like a skin around our precious planet (just like its atmosphere of air and its biosphere of living things) of shared values and understanding, of care and courage, of reverence for mystery, this web of wisdom, enveloped us. It gave us a renewed sense that as human beings, and as the human race, we are called to greatness. Because of Mandela we have a new sense of our human dignity, new hope that we can rise above our human weaknesses, our selfishness and our pre-occupation with materialistic trivialities. Both the mourning and sorrow, the singing and celebration are making us more conscious how everything is growing together en route to a deeper awareness that 'All is One'.

Through long years of silence while he was in prison and South Africa became a more and more oppressive police state, we almost lost sight of him. None of his pictures could be shown, none of his words could be repeated. Every decade there was an intense effort to bring about change, always ruthlessly suppressed. There were many heroic figures. We wondered how Mandela was standing up to prison life.

Was he suffering from dementia? Was he still capable of leading? And then slowly the word trickled out of Robben Island, of the influence he was having, on the other

prisoners, and on the warders, of 'Who he was becoming...'. The Free Mandela Campaign started and was taken up in many parts of the world, and the struggle for freedom was taken on by a new generation inspired by Steve Biko and his vision of Black consciousness. This turned the tide.

We sometimes worried whether our expectations of Mandela had become unrealistic. Yet we shared in the immense joy of his final release, and the unbanning of the liberation movements. And gradually we realised that far being unrealistic, Mandela was turning out to be so much greater as a leader than we had ever dreamt possible. He was one of those few who have "bent the arc of history towards justice, no matter how painful the process".

### Those who authentically commit themselves

By Gildo Nhapuala, Mozambique (Training for Transformation Certificate Course 2012)

Those who authentically commit themselves to the people must re-examine themselves constantly (Freire, 1993)\*. I start this text with these words of Freire who has inspired me in the process of personal transformation awakened in Training for Transformation (TfT). Upon being accepted to participate in TfT Certificate course 2012, I could never imagine embarking on a journey that would completely change my view of myself, others and the world. Among several things, two important things I can say, initially, on the TfT: is based on content, processes and practices that leads us to question and reevaluate ourselves, our beliefs and values and, on the other hand, generates a profound positive impact in our lives at personal, social and professional level.



One of the most rewarding aspects of having participated in TfT was to have learned more about the work and legacy of Paulo Freire. The potential impact of Freire in my work is incalculable. One of Freire techniques that has shown promising results in my work is action/reflection. I introduced this technique as part of my *coaching* role to the project coordinator for two months. The results have been very rewarding because it has allowed us to critically analyze our work and have brought positive results in identifying better ways of working with the community and ways to increase the impact of our intervention.

Encouraged by the positive results I'll monitor and support the use more widely to other members of the team in order to stimulate critical analysis of our work.

In September 2012 I had the opportunity to lead the organization and co-facilitating a training workshop for about 100 community facilitators in Nampula province, northern Mozambique. Although is not a new process and have already conducted some training for this group I should emphasize that the training was conducted with exceptional quality. Facilitation skills and knowledge gained on design preparation acquired in Tft allowed me to organize and co-facilitate training with remarkable quality.

### Mthimkhulu celebrates pride & joy during OPEN DAY

By Hazel Apollis

On Saturday 07 December 2013, Mthimkhulu Community Development (MCD) Programme hosted an OPEN DAY to showcase our projects and successes for the year as well as a graduation ceremony for beneficiaries that participated in various skills development programmes.

Over 200 community members and stakeholders celebrated the day with us. The day was opened with a tribute to one of the world's and our nation's prominent leader, Nelson Mandela. Programme Director, Doreen Februarie, dedicated the day and the work that MCD does, in Madiba's honour, followed by lightening of candles for him and we formally opened the event by singing the national anthem.

We had the honour of having the area manager of Kleinmond Municipality, Cecile Jonkheid, address the audience with an inspiring message of equipping our "toolbox of life" with only the positivity of life. During the event entertainment was provided by the "Handevat Musiek Marimba band", a local dj; the little kids from our educare centre and a jumping castle for the kids. Local entrepreneurs that went through our business program were also selling their products. The open day was concluded with a graduation ceremony, awarding beneficiaries that completed skills development programmes during 2013.

During 2013, MCD had a total of 9 projects from which over 6500 people benefited in all 6 of the areas in the Overberg we work in – Hawston, Zwelihle, Caledon, Botrivier, Mount Pleasant and of course Kleinmond. Our interventions for the year includes, a leadership training, 20 ready for work workshops, a business development programme, community health services, a bar & table attendant skills development programme, house hold garden programmes, a job shadowing programme for 100 youth, a job centre assisting the unemployed with CV Development and venturing into study/ career opportunities AND an educare centre where our 30 young kids are developed into leaders.

Mthimkhulu is proud to say that in cooperation with our various strategic partners, we have contributed a total amount of just over R3.2 Million into the development

\* Freire, Paulo. *Pedagogy of the oppressed*. New York: Continuum Books, 1993.

of the livelihoods of community members in the Overberg district this year. We're hoping to continue to grow and work towards alleviating poverty - one community at a time.

*"There is no passion to be found playing small - in settling for a life that is less than the one you are capable of living."*  
Nelson Mandela

The MCD team would like to thank all who shared the day with us. God bless all our beneficiaries, all our partners, the communities, staff and others that have supported us this year!



*"Handevat Musiek Marimba band" in MCD Open Day*

**Feverish preparations are underway for Christmas, right?**

By Natalie Mc Askill

Feverish preparations are underway for Christmas, right? Change the curtains, wash the walls, buy the presents, wrap the presents, hide the presents. Then that special day comes, and we joyously sing Carols with our little ones at our side. We share our day basking in the glowing warmth of our loved ones, the rush of preparations forgotten. And when the left-overs are all eaten and we return to our daily lives, guess what? It's time to prepare for a summer holiday at the beach!

Join us at The Grail Centre in Kleinmond – [www.thegrailcentre.org.za](http://www.thegrailcentre.org.za) – our beds have been freshened, pathways cleared, indigenous trees planted. You can take a hike up to Jean's hill before breakfast and siesta under the shady trees while the little ones frolic on the swings and in the sand pits. A sunset stroll on the board walk down at the beach will cool the spirit some more and in place of television, enjoy a board game or two before you lie on your back, on the stoep, to contemplate the starry sky on a hot summer's night. From 13 January to 28 February 2014, you can benefit from a 15% discount. The Grail Centre Team wishes you a blessed Christmas and New Year.

*"And therefore, Uncle, though it has never put a scrap of gold or silver in my pocket, I believe that [Christmas] has done me good, and will do me good; and I say, God bless it!"*  
Charles Dickens, A Christmas Carol

**Turn your Winter into Summer – Unique Experience in South Africa!**

The northern winter can be brutal and detrimental to one's health and sense of wellbeing. The Grail Centre in Kleinmond near Cape Town, South Africa, has a unique offer to bring the sun back into your life! Nestling tranquilly between the mountain and the sea, The Grail Centre offers a most heart-warming respite for sun-starved northern retirees wishing to enjoy some sunshine in winter - on a budget.

Accommodation is provided in self-catering bedsitters or cottages. If 2 couples share a two bed-roomed cottage the rate per couple will be reduced by 25% per couple. This offer is also open on a single person basis on request. Airfares and insurances are for your own account.

2 weeks	4 weeks	6 weeks	8weeks
\$1,000 couple	\$1,800 couple	\$2,300 couple	\$3,000 couple

The tariffs include accommodation & lunch daily; daily cleaning service and airport transfers. *The Tariffs may vary according to exchange rate at the date of payment.*

**The offer is available from 15 January – 15 April 2014**



**ABOUT US**

The Grail Centre Trust is based in Kleinmond, Western Cape. This Not-for-Profit Organisation delivers two programmes, namely Training for Transformation and Mthimkhulu Community Development Programme. In addition, the Grail Centre Conference and Retreat Centre can accommodate groups of up to 40 people.

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