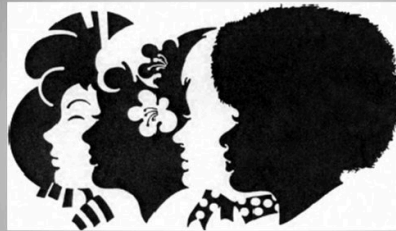


KAWM Newsletter

February 2013



KELVIN AWM

“Do not offer any part of yourself to sin as an instrument of wickedness, but rather offer yourselves to God as those who have been brought from death to life; and offer every part of yourself to Him as an instrument of righteousness”
Romans 6:13 NIV

Becoming God’s Instrument

The year has started. Resolutions made, internal reflection done and hopefully, plans put in place to make those changes we know we need to make.

As KAWM we want to be part of the journey to a better you. We plan to host programming that will help you grow in all aspects of your life especially the spiritual aspect.

Our theme for the year is Becoming God’s Instrument. To please God, a person must be just an instrument for God to use.

For a few seconds, picture in your mind the variety of wonderful and useful appliances we have in our homes. They have been engineered and built to perform tasks of all kinds. But without the inflow of electrical power they are just lumps of metal and plastic, unable to function and serve.

They cannot do their work until power is applied from a dynamic outside source. Our source of strength is the Lord.

He alone is the source of our strength, the reason of our being. It is thus our duty and life mission to discover and live the life He created us for.

In light of recent events, we have a painful but necessary feature. Let us create awareness and empower our children with knowledge.

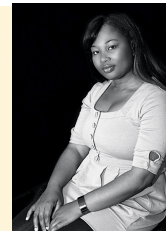
Here’s to a fruitful 2013.

Stay blessed.

Ministry leader:
Pumza NGANDI



Assistant leader:
Masabatha MOHLALA



GOD'S INSTRUMENT

*God has made you an instrument
to be His and His alone...*

*The Master has carved, polished and
made the strings in tune,
but the instrument is not your own.*

*God asks you to practice everyday a melody,
which is to glorify Him...*

*The melody is to be disciplined, obedient,
honouring and free from sin.*

*But when the sin is part of your life
and the melody is out of tune...*

*The instrument becomes scarred and scratched,
some would say it was in ruins.*

*Don't underestimate the Master's touch,
for God always has a plan...*

*He will gracefully pick up the instrument
with His loving hand.*

*The strings are weak and the instrument is
worn,*

but the Master has a goal...

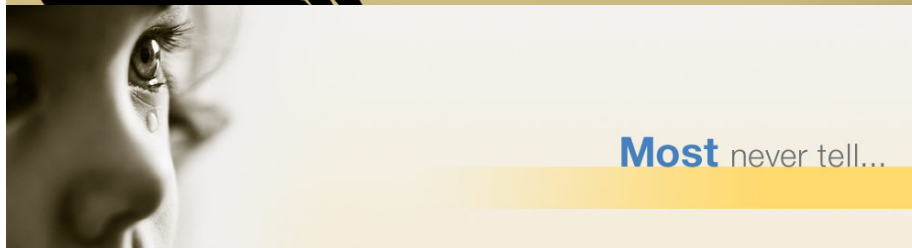
He looks beyond the scratches and the scars,

He looks at the melody of the soul.

*God can restore the instrument
to make it look like new...*

*The Master can change a life
and the melody to play in tune*

Judy Hyde © 2008



The scourge of CHILD RAPE...

It's time to fight back

It is estimated that a woman born in South Africa has a greater chance of being raped than learning how to read. South Africa has some of the highest incidences of child and baby rape in the world with more than 67,000 cases of rape and sexual assaults against children reported in 2000.

Welfare groups believe that the number of unreported incidents could be up to 10 times that number. The largest increase in attacks is against children under seven.

The following five safety tips from RAINN focus on practical things parents can do to protect children from sexual abuse.

1. Talk. Talk often with your child and set a tone of openness. Talking openly and directly will let your child know that it's okay to talk to you when they have questions. If your child comes to you with concerns or questions, make time to listen and talk to them.

2. Teach. Teach your child key safety principles. For instance:

- Teach children the names of their body parts so that they have the language to ask questions and express concerns about those body

parts.

- If your child is uncomfortable or if someone is touching them, s/he should tell a trusted adult immediately.
- Let your children know that if someone is touching them or talking to them in ways that make them uncomfortable that it shouldn't stay a secret.

3. Empower. Your child should know that s/he has the right to speak up if they are uncomfortable, or if someone is touching them. It's okay to say "no" even to adults they know and family members.

4. Implement. Implement Internet safety protocols, and parental controls through platforms such as the Google Family Safety Center. Work with older children to set guidelines for who they can talk to online, and what information can be shared. For instance, be cautious when leaving status or away messages online and when using the "check-in" feature on Facebook or Foursquare.

5. Educate. Educate yourself about the warning signs of childhood sexual abuse. Know what to look for, and the best way to respond.

Sources: SA Medical research council, RAINN and Darkness to light (www.d2l.org)

Health tip:

Achieve optimum all round health with this 8-step plan

1. Keep a food diary for a week (you'll be amazed at the amount of junk you actually eat/drink)
2. Get active. Exercise is the easiest way to reduce stress, boost the immune system, control weight and release endorphins aka happy hormones.
3. Book a monthly massage. This is not just a pampering experience, it improves circulation, relaxes tense muscles, promotes lymphatic flow and releases endorphins (we do love the happy hormone)
4. Cut out the caffeine. We all know the health message, however we preach it more than we practice it. Caffeine causes headaches, anxiety and indigestion. Try herbal teas instead.
5. Take a cold shower. This stimulates circulation (great for cellulite) and boosts the immune system. Do this at the end of your normal shower. Up to 60seconds is optimal.
6. Wear sunscreen and a hat when outdoors. Especially for runners. UV damage causes skin ageing and predisposes to skin pigmentation.
7. Laugh out loud...often. It will keep you happier and younger.
8. Book a 'downtime' appointment daily. Use this time to rid yourself of toxic emotions like anger, depression and anxiety. Use this time to express gratitude to God and to connect with Him.



Cultivating good habits

“We are what we repeatedly do. Excellence, then, is not an act, but a habit.” –Aristotle

Hard-working People Focus on the Most Important Goal

Focus requires clarity concerning the desired results and the relative priority of each step that you need to take to achieve those results. When you think of focus, think of a photographer adjusting his lens to keep the key subject sharp in the center of the picture. Successful people understand that the worst waste of time is doing something very well that need not be done at all.

Successful People Concentrate Your Energies

Concentration requires the ability to stay with a task until it is 100 percent complete. Successful people understand that they must work in a straight line to get from where they are to where they want to go without diversion or distraction.

The Habit of Task Completion

Developing good habits for a successful career include the habit of task completion. Being able to complete your tasks and finish what you start, is an essential part of character building. You cannot imagine a fully mature, fully functioning person who is unable to finish what she begins. The development of this habit is the key to long-term success.

Source: Good Habits Worth Developing Brian Tracy

Beauty secrets:

Sarah, as seen through Abraham's eyes, was "...a fair woman to look upon" (Genesis 12:11); Rebekah was described as "...very fair to look upon..." (Genesis 24:16); and Bathsheba, desired by King David, was said to be "...very beautiful to look upon" (2 Samuel 11:2). The ancient Hebrews apparently placed higher value on a woman's virtuous character and fertility than on physical beauty, but that's not to say that they didn't "look upon" a woman's beauty with an appreciative eye.

The Best Bra

"A well-fitting bra is the best beauty trick there is—boost the girls in and up to look younger, thinner, and more proportioned!"

-Jene Luciani, style and beauty expert, and author of *The Bra Book*

A Marriage Destroyed by Words by Sharon Jaynes

“Let no foul or polluting language, nor evil word, nor unwholesome or worthless talk [ever] come out of your mouth, but only such [speech] as is good and beneficial to the spiritual progress of others, as is fitting to the need and the occasion, that it may be a blessing and give grace (God’s favor) to those who hear it,” (Ephesians 4:29 Amplified).

Friend to Friend

I talked to a friend of mine about what went so wrong in his marriage that led to divorce. Girlfriend, we need to pay attention to his response.

“When I met Jona at the beach retreat,” Don explained, “I was struck by her vivacious, fun attitude. Oh and did I mention, she looked great in her purple bathing suit? (This is 20 years later and he still remembers the color!) She stole my heart and as soon as we got home from the retreat, I called and asked her out.”

I had always been a people pleaser. At first I was always trying to please my parents, then I moved to pleasing my friends, and when I met Jona, I always tried to please her as well. We were soon married and I couldn’t have been happier. She was so encouraging, loving, and supportive. After a few years of marriage and several poor financial decisions, I began to see her lose her respect for me. That was most evident in the words she spoke.”

“In the past everything I touched turned to gold. I was president of the student body, won athletic awards, and succeeded in business. As a result, I over promised to Jona and expected her to trust me. Jona was the one person I wanted approval from and the one person from whom I was not getting it. She grew frustrated, angry and bitter towards me. She also withdrew physically, which was the crowning blow to my manhood.” Jona said things like, “If you cared about us, you wouldn’t make all these bad decisions, you’re a loser, you’re worthless.”

“I’m not putting all the blame of our past marriage problems on Jona. I was shooting for the moon instead of a ten yard gain. I was trying to hit a homerun instead of a base hit. But honestly, once I realized Jona had lost respect for me, I felt the marriage was over. Her words cut too deep and no bandage could stop the bleeding.”

I asked Don what could have made a difference and prevented the eventual separation and divorce. “If she had said, ‘I’m with you, Don,’ or ‘Let’s work on this together’ or ‘How can I help?’ it would have made all the difference in the world. I didn’t feel like we were on the same team. Instead, she said, ‘If you don’t fix it, I will.’ Instead of constantly pointing out my failures, because believe me, I knew what they were, encouraging words would have made all the difference.”

“At one point,” Don said with tears in his eyes, “I found a list of 80 things that Jona didn’t like about me and 3 things she did like. That list broke my heart. She had no intention of me finding the list, but I happened across it one day when I was looking for something. That was the final nail in the coffin. Jona had nothing but disdain for me. A marriage without respect is no marriage. I saw no hope.”

After Don and Jona’s divorce, he met a woman who gave him all the adoration and encouragement that his wife had not. She was gentle, soft spoken, affectionate, hung on his shoulder, smiled at him, and was very affirming. Her beautiful spirit was a breath of fresh air.

“Don,” I asked, “what advice do you have for a woman who is withholding encouraging words or perhaps cutting her husband down with critical jabs?”

“I don’t think any single thing takes away a man’s strength of character more than the loss of respect,” he said. “Don’t dwell on his weakness, but dwell on the positives. Men are in a fight for our lives. We are at war mentally. We’re out there trying to conquer the world. A man needs to know that home is a safe place to be instead of feeling like you’re leaving one battle for another.”

Maybe you have not been giving encouraging words to your husband lately? Perhaps it has been so long you’ve forgotten how? I hope Don’s and Jona’s story stirs your heart to build up that man of yours and become the woman of his dreams.

Think back to when you were dating. What did you admire about that young man that captured your heart? Look for an opportunity to praise him, but make sure it is genuine. Find one attribute, character trait or task that he does well and begin there. If you are out of practice, this may be difficult at first. But I can promise you, it will become easier with time, especially when you see the results on your husband’s face and his attitude towards you.

Last words...

What is PEP?

Post-exposure prophylaxis (PEP) is a short-term anti-retroviral (ARV) treatment that reduces the likelihood of HIV infection after exposure to HIV-infected blood or sexual contact with an HIV-positive person. The drug regimen for PEP consists of a combination of ARV medications that are taken a period of four weeks.

Administration of PEP.

Where infection occurs as a result of exposure, ARV treatment should begin before the infected cells settle in the lymph nodes. Lymph nodes are organs that contain white blood cells, and they are important in the proper functioning of the immune system.

There is no medical agreement on the time limit for administering PEP. Some healthcare workers suggest beginning PEP 24-36 hours after possible exposure to HIV through rape or unprotected sex, other international guidelines suggest 24-48 hours. South African policy advises that PEP should be administered within 72 hours after the potential exposure to HIV.

Conditions of effective treatment.

In order to make sure that PEP treatment is effective and to prevent HIV infection after a rape incident, the survivor should:

- start PEP treatment as soon as possible, but no later than 72 hours after the rape or sexual assault;
- take every dose of the medication as prescribed for 28 days;
- be tested and treated for other sexually transmitted infections (STIs);
- be tested for pregnancy; and if reported early morning after pill to prevent chances of getting pregnant should be given.
- practice safe sex for at least six months after the rape incident;
- return to the health facility for follow-up tests and counselling at six weeks, three months, six months, and one year after the rape incident

Source: Treatment Action Campaign website

GAUTENG Pharmacies and private Hospitals that stock PEP

Gauteng Direct Medicine 0800 434 333,

Morningside Dispensary 011-8046901

Hyperpharm Pharmacies 012-3330244

Millpark Hospital, Garden City Clinic and Sunninghill Hospital

Here is a list provided by the South African Police Services of facilities that provide free post-exposure prophylaxis for sexual assault and rape survivors:

GAUTENG

SUB-DISTRICT FACILITY TYPE TEL NUMBER

Johannesburg SD Chris Hani National Central H (011) 933 2159 Baragwanath Hosp

Johannesburg SD Coronation Hosp Regional Hosp (011) 470 9000

Tshwane North SD Dr George Mukhari H National Central H (012) 529 3111

Mogale City LM Dr Yusuf Dadoo Hosp District Hosp (011) 951 6132

Johannesburg SD Edenvale Hosp Regional Hosp (011) 882 2400

Ekurhuleni East SD Far East Rand Hosp Regional Hosp (011) 817 1426

Ekurhuleni South SD Germiston Hosp District Hosp (011) 345 1200

Lesedi LM Heidelberg Hosp District Hosp (016) 341 2171
Johannesburg SD Helen Joseph Hosp Regional Hosp (011) 489 0111

Johannesburg SD Johannesburg Hosp National Central H (011) 488 4911

Tshwane Cent SD Kalafong Hosp Regional Hosp (012) 318 6400

Emfuleni LM Kopanong Hosp District Hosp (016) 423 7000

Mogale City LM Leratong Hosp Regional Hosp (011) 411 3500

Tshwane Cent SD Mamelodi Hosp District Hosp (012) 601 1905

Ekurhuleni South SD Natalspruit Hosp Regional Hosp (011) 389 0500

Tshwane North SD Odi Hosp District Hosp (012) 702 2274

Ekurhuleni East SD Pholosong Hosp Regional Hosp (011) 738 5020

Tshwane Cent SD Pretoria Acad Hosp National Central H (012) 354 1000

Tshwane Cent SD Pretoria West Hosp District Hosp (012) 386 5111

Emfuleni LM Sebokeng Hosp Regional Hosp (016) 930 3000

Johannesburg SD South Rand Hosp District Hosp (011) 435 0022

Ekurhuleni South SD Tambo Memorial Hosp Regional Hosp (011) 892 1144

Ekurhuleni North SD Tembisa Hosp Regional Hosp (011) 926 0814

Tshwane Cent SD Jubilee Hosp District Hosp (012) 717 2075

Source: TAC website