

Reflections from Our Messiah Members Who Traveled to Tanzania in June

3-R Method Learned in Africa

A group of women met at Azania Front for a directed Bible Study. Linda, Liz, and I participated. We used a simple and effective method to examine a well-known Bible passage. It will also work with any Bible passage. So, here's what it is. Read, Reflect, Respond, the 3-R method. It seems easy... We read the 23rd Psalm silently, then orally, then silently again, then from different translations. So, more reading than the usual quick once over.

Then we were asked to reflect on any new insights we found. I realized that I had skipped over one line: "He prepared a table before me in the presence of my enemies." This meant that God really cared for me. He loved me enough to prepare a gala even though I was surrounded by enemies. His action reflected this great regard for me - me! I had known that this Psalm meant I was cared for but at the banquet meant even more - that I was treasured. We shared this & other insights.

Then it was time for the last part - Respond. One way I'm responding is to share this 3-R method with you. More ways are to look at meals & banquets as ways to reflect God's care and love. I'm still not finished with the reflecting and the responding so this is one of the few Bible study forms that keeps leading me to new adventures. - - - *Judy Quirk*

PQT - Personal Quiet Time

The Bible study leader at Azania also suggested PQT. I am trying to figure that space and time for me. A time that doesn't get interrupted. A place that is free from TV, phone, people, perhaps even pets. So I am trying to start with five minutes a day-everyday. A time to pray and read. I trust it will grow. - - - *Judy Quirk*

Thought Provoking...

In Africa, we were introduced to the oldest member of three of the satellite churches Azania Front supported. Wow, what a surprise! These were young people. They were the ones who first joined these new congregations. Perhaps they asked to begin a House Church at their home or they walked four hours to attend Sunday services & asked that a church be established in their area. However things happened, they were the catalyst to begin the new church. They were highly esteemed persons. Members of Azania Front took up the challenge to provide assistance. Usually one or two persons were the champions for the new location.

I wonder if we would have the ability & faith to do a similar thing if someone from Deerton or Halfway Location asked the same - for help starting a church. - - - *Judy Quirk*

Mabinti Center

On one of our day trips, we visited the Mabinti Center. This organization helps young women who have had difficult childbirths and developed fistulas. They become outcasts from their families and communities.

The Center offers 'hope'. Services include free surgical repair, health education and family planning. Marketable skills such as crocheting, sewing, fabric dyeing, screen printing and beading are shown to them. Also included are basic English language and business skills. When the women graduate from the program with improved self confidence, they are sent home with a sewing machine, fabric and start up money. - -

Elizabeth Beyne