



## *Pilgrimage of trust on earth in Cape Town*

Name:	
Host church:	Code:
Contact(s):	
Host family & address:	
Phone:	
Morning programme group number:	

Central phone/WhatsApp number  
for urgent questions:  
**+27 67 757 5288**

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## Practical notes

To help make the meeting as ecological as possible, please follow the instructions given by the recycling team.

The workshops will be in English. If you need help to understand, tell us when you arrive at the workshop. If you can help by informally translating workshops, please also let us know.

If you have a safeguarding concern during the pilgrimage, please speak with your group leader, or you can speak with one of these safeguarding contacts for the Church in Cape Town: Jane Payne 082 421 4618; Koleka Lubelwana 082 887 7827; Bernadette Ross 061 052 3650

## Timetable for your bus to/from your local host church

	Depart from host church	Depart from Rondebosch
<b>Wednesday 25</b>		
<b>Thu, 26, Fri 27, Sat 28</b>		
<b>Sunday 29</b>		

**17/ O come and let us sing to God, our hope. God's mercy is forever. O come and let us sing to God, our hope. God's mercy is forever.**

Venite, exultemus Domino, venite, adoremus. Venite, exultemus Domino, venite, adoremus.

(cf Psalm 95:1.6)

**18/ O Kreste Morena Jesu (2)**  
Setswana

UKristu iNkosi uYesu (2).  
isiXhosa

O Christe Domine Jesu (2).  
O Christ, Lord Jesus.

**19/ Siyakuthanda, Moya OyiNgcwele (3).**  
isiXhosa

*We love you Holy Spirit.*

**20/ Thuma mina (3) Nkosi Yam. Sengiyavuma (3) Nkosi yam. Sengiyabonga (3) Nkosi Yam. Alleluia (3) Nkosi Yam.**  
isiZulu

*Send me, Lord.  
I am willing, Lord.  
Thank you, Lord.*

**21/ Tshollela Moya oa Hao Jesu (2). Lipelong tsa rona, Jesu. Tshollela Moya oa Hao Jesu.**  
Sesotho

Pour down your Spirit on us Jesus (2).  
Pour Him into our hearts Jesus.  
Pour down your Spirit on us Jesus.

**22/ Ukuthula Kulomhlaba wezono igazi likaJesu linyenyez' Ukuthula.**  
isiZulu

*Peace, in the sinful world, the blood of Jesus whispers: Peace.*

**Usindiso Kulomhlaba...**  
*Redemption, in the sinful world...*

**Ukubonga...** Praise

**Ukukholwa...** Faith

**Ukunqoba...** Victory

**Induduzo...** Comfort

**23/ Modimo reboka Wena (2) Tsohle dietswe keWena Modimo reboka Wena.**  
Sepedi

*God, we praise/thank You.  
Everything has been made by You.*

**8/ Stay with me, remain here with me, watch and pray, watch and pray.**  
*(Matthew 23:38)*

**9/ Surrexit Dominus vere. Alleluia, alleluia. Surrexit Christus hodie. Alleluia, alleluia.**

Jesus the Lord is risen!  
Alleluia, alleluia.  
Jesus, the Lord, is risen today!  
Alleluia, alleluia.  
*(Luke 24:34)*

**10/ Sing praises, all you peoples, sing praises to the Lord. Sing praises, all you peoples, sing praises to the Lord.**

Sifuni watu wote sifuni  
Mwenyezi.  
Sifuni watu wote sifuni  
Mwenyezi. Kiswahili

Laudate omnes gentes,  
laudate Dominum.  
Laudate omnes gentes,  
laudate Dominum.  
*(Psalm 117:1)*

**11/ In the Lord I'll be ever thankful, in the Lord I will rejoice! Look to God do not be afraid. Lift up your voices the Lord is near, lift up your voices the Lord is near.**  
*(cf Isaiah 12:2)*

**12/ Grant us your peace, O Lord, grant us your peace, O Lord, may it fill all our days.**

Da pacem Domine, da pacem  
O Christe, in diebus nostris.  
*(cf Sirach 50:23)*

**13/ Bless the Lord, my soul, and bless God's holy name. Bless the Lord, my soul, who leads me into life.**  
*(cf Psalm 103:1-4)*

**14/ Jesus, remember me when you come into your kingdom. Jesus, remember me when you come into your kingdom.**  
*(Luke 23:42)*

**15/ Kom en vul ons met vre-de. U alleen o Heer is heilig. Kom en vul ons met vre-de. Hallel-u-ja.**  
Afrikaans

*Come and fill us with peace.  
You alone o Lord are holy.*

Confitemini Domino quoniam bonus, Confitemini Domino, alleluia.  
*Give thanks to the Lord for He is good  
(Psalm 136:1)*

**16/ The kingdom of God is justice and peace and joy in the Holy Spirit. Come Lord, and open in us the gates of your kingdom.**  
*(cf Romans 14:17)*

## Wednesday 25 September

From 9:30am onwards: welcome in host churches and families.

**Around 4pm**, departure by bus from the host churches to Saint Joseph's Marist College, Rondebosch. Please follow the instructions given you by the team in your host church. Note down the timetable for your bus on the page opposite.

**Between 5 and 6pm**: meal distribution at Saint Joseph's (do not forget to bring a plate, spoon, bowl, water bottle and mat/cloth to sit on).

**From 6pm**: song practice in the big tent (no.1 on the plan).

**6:30pm EVENING PRAYER** in the big tent.

(For the songs and the order of the prayer, see the end of this booklet.)

*Before leaving this world and going to the Father, Jesus prayed, "I ask not only on behalf of these, but also on behalf of those who will believe in me through their word, that they may all be one. As you, Father, are in me and I am in you, may they also be in us, so that the world may believe that you have sent me. The glory that you have given me I have given them, so that they may be one, as we are one, I in them and you in me, that they may become completely one, so that the world may know that you have sent me and have loved them even as you have loved me. Father, I desire that those also, whom you have given me, may be with me where I am, to see my glory, which you have given me because you loved me before the foundation of the world. Righteous Father, the world does not know you, but I know you; and these know that you have sent me. I made your name known to them, and I will make it known, so that the love with which you have loved me may be in them, and I in them." (John 17:20-26)*

After the prayer, all return to the host churches and then to their host families. Out of respect for them, please do not return late. Follow the directions you received for the trip back. The bus parking zones are indicated on the plan at the end of this booklet.

## Thursday 26 September

**8am Morning prayer** in a local church (follow instructions of local team)

Song: *Bless the Lord* (13)

Verses of Psalm 25 (song: *Alleluia* (1) between verses)

1. Lead me in your truth and teach me, for you are the God of my salvation; for you I hope all day long.
2. Remember your mercy, O Lord, and your steadfast love, for they have been from of old.
3. The Lord leads the humble in what is right, and teaches them his way.
4. My eyes are ever turned toward the Lord, for God will pluck my feet out of the net.
5. O keep me and deliver me; let me not be put to shame, for I have put my trust in you.

From St. Paul's Letter to the Romans:

Do not model your behaviour on the world around you, but be transformed by the renewing of your mind, so that you may discern what God's will is — what is good and acceptable and mature. For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the measure of faith God has given you. Just as each of us has one body with many members, and these members do not all have the same function, in the same way, all of us, though there are so many of us, make up one body in Christ, and each member belongs to all the others.

(Romans 12:2-5)

Song: *Sing praises, all you peoples* (10) [or in Kiswahili: *Sifuni watu wote*]

Silence (6 to 8 minutes)

Intercessory prayer (with song: *Nkosi, sihawukele* (2))

1. God our Father, you never take back your call and your gifts: renew our hope.
2. God our Father, make us thirsty for justice: may we work for your kingdom to come where there is exploitation and inhumanity.
3. God our Father, you created the heaven and the earth and saw they were very good. May we care faithfully for all you have entrusted to us.
4. Father of all, for the sick or lonely, for the victims of human trafficking, for refugees from conflict or natural disasters across the world, we pray to you.
5. God our Father, give us a longing for the unity of the Church: renew the communion among Christians, for the world to believe in your love.

Our Father

## Songs for the prayers

### Order of prayer

Song

Psalm, song no. 1 *Alleluia* 17

Reading (found in this booklet)

Song

Silence (6 to 8 minutes)

Intercessions, song no. 2, *Nkosi*

*sihawukele*

Song

Prayer

Songs

### 1/ Alleluia 17

Alleluia, alleluia, alleluia,  
alleluia.

### 2/ Nkosi, sihawukele

(Gospodi Pomiluj A)

Nko-si, sihawu-kele

isiZulu

*Lord, have mercy.*

### 3/ Wag op die Heer, sy dag kom gou.

**Wag op die Heer:  
bly waak en bid.**

Afrikaans

Wait for the Lord,  
whose day is near,  
wait for the Lord,  
keep watch take heart.  
(*cf Psalm 27:14*)

**4/ Sanctum nomen Domini  
magnificat anima mea.  
Sanctum nomen Domini  
magnificat anima mea.**

*My soul magnifies the holy name of the  
Lord. (Luke 1:46)*

### 5/ Yiza Moya oyiNgcwele.

isiXhosa

Veni Sancte Spiritus

*Come Holy Spirit.*

**6/ God is forgiveness.  
Dare to forgive  
and God will be with you.  
God is forgiveness.  
Love and do not fear.**

### 7/ O\_ Dumisan Nkosi!

**O\_ Dumisan Nkosi!**

**O\_ Dumisan Nkosi, Dumisan  
Nkosi!** isiZulu

O\_ Let us sing to the Lord!

O\_ Let us sing to the Lord!

O\_ Let us sing to the Lord, let us  
sing to the Lord! -

O\_ Kom ons sing tot die Heer!

O\_ Kom ons sing tot die Heer!

O\_ Kom ons sing tot die Heer,  
kom ons sing tot die Heer! Afrikaans  
(*Daniel 3:57-90*)

<b>Caring for creation. Reflection and exchange with the Revd. Dr. Rachel Mash and young Green Anglicans, Cape Town.</b>	<b>4</b>
<b>Entrepreneurship: an opportunity for many young people. Testimony and discussion with a panel of entrepreneurs from across Africa.</b>	<b>7</b>

4:00pm Catholic Mass (for Sunday) in the big tent

**From 5pm to 6pm** evening meal distribution

**From 6pm** song practice

### 6:30pm EVENING PRAYER

*When it was evening on that day, the first day of the week, and the doors of the house where the disciples had met were locked for fear of the Jews, Jesus came and stood among them and said, "Peace be with you." After he said this, he showed them his hands and his side. Then the disciples rejoiced when they saw the Lord. Jesus said to them again, "Peace be with you. As the Father has sent me, so I send you." When he had said this, he breathed on them and said to them, "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven them." (John 20:19-23a)*

## Sunday 29 September

**Sunday morning worship** with your host family in one of the local churches.

Lunch with your host family, or shared meal at a local church.

**Around 2pm** travel by bus from the host churches to Rondebosch.

**From 3:30pm onwards** bus departures for the journey home:

- South African groups: Zones **B** and **D**
- Other countries: Zone **C**
- Special Bus to the Airport at 3:30pm: Zone **A**

(See departure zones on the plan at the end of this booklet.)

Prayer: Bless us, God of compassion. Your Gospel lets us understand this good news: no one, not one single person is excluded from your love or forgiveness.

Songs...

**8:45am** Visits and meetings with "people of hope" locally. If there is time afterwards, continue by sharing in small groups on the question: "In my life, how am I already serving others? In what ways am I called to serve them?"

**Around 11am** departure from the host churches to Saint Joseph's.

**From 11:30am to 12:30pm** meal distribution

**From 12:30pm** song practice

### 1pm COMMON PRAYER

*When Jesus saw the crowds, he went up the mountain; and after he sat down, his disciples came to him. Then he began to speak, and taught them, saying: "Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they will be comforted. Blessed are the meek, for they will inherit the earth. Blessed are those who hunger and thirst for righteousness, for they will be filled. Blessed are the merciful, for they will receive mercy. Blessed are the pure in heart, for they will see God. Blessed are the peacemakers, for they will be called children of God. Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you." (Matthew 5:1-12)*

### 2:30pm Workshops

See the plan at the end of this booklet to find the places.

Theme	Place
<b>Listening to God in the silence of our hearts. A place for silent prayer. Sisters, brothers, pastors and priests are available for those wishing a personal conversation or Confession.</b>	<b>3</b>
<b>The Word of God, food for our lives. Listening and practice. Revd. Alan Storey, Central Methodist Mission, Cape Town.</b>	<b>8</b>
<b>African cultures celebrate trust and reconciliation. Forum with contributions from various countries and regions: dances, songs...</b>	<b>1</b>

<b>Meeting Christ through street children. <i>The Homestead project.</i></b>	<b>9</b>
<b>Prayer, experience of communion with Christ. <i>A practical approach to silence and meditative prayer with Brother Alois, prior of the Taizé Community, France.</i></b>	<b>6</b>
<b>“The power of story: to build beloved community #whatsyourstory”. <i>Revd. Seth Naicker, Johannesburg, South Africa, Heartlines, #churchoutofthebox.</i></b>	<b>4</b>
<b>Post-Soviet Russia, post-Apartheid South Africa. <i>God’s ways of bringing healing to the broken human family. Exchange of perspectives with Fr. Evgeny Sidorine, Kemerovo, Russia and Fr. Rampe Hlobo SJ, Cape Town, South Africa.</i></b>	<b>5</b>
<b>Knowing and loving our neighbours of other religions. <i>Reflection and sharing with a panel of representatives of different faiths.</i></b>	<b>2</b>
<b>How to release my potential? <i>What makes for a creative life? How can I recognise my deepest calling? What is it to be successful in life? Reflection and sharing with Mona Lisa Okelo, Kenya.</i></b>	<b>7</b>

**From 5pm to 6pm** evening meal distribution at Saint Joseph’s

**From 6pm** song practice

**6:30pm EVENING PRAYER**

*Now before the festival of the Passover, Jesus knew that his hour had come to depart from this world and go to the Father. Having loved his own who were in the world, he loved them to the end. (...) During supper Jesus, knowing that the Father had given all things into his hands, and that he had come from God and was going to God, got up from the table, took off his outer robe, and tied a towel around himself. Then he poured water into a basin and began to wash the disciples’ feet and to wipe them with the towel that was tied around him. (...) After he had washed their feet, had put on his robe, and had returned to the table, he said to them, “Do you know what I have done to you? You call me Teacher and Lord—and you are right, for that is what I am. So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another’s feet. For I have set you an example, that you also should do as I have done to you.” (John 13:1,3-5,12-15)*

After the prayer: return to local hosts

**1pm COMMON PRAYER**

*The first Christians devoted themselves to the apostles’ teaching and to fellowship, to the breaking of bread and to prayer. Everyone was filled with awe at the many wonders and signs performed by the apostles. All the believers were together and had everything in common. 45 They sold property and possessions to give to anyone who had need. Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favour of all the people. And the Lord added to their number daily those who were being saved. (Acts 2:42-47)*

**2:30pm Workshops**

See the plan on the back of this booklet to find the places.

<b>Theme</b>	<b>Place</b>
<b>Listening to God in the silence of our hearts. <i>A place for silent prayer. Sisters, brothers, pastors and priests are available for those wishing a personal conversation or Confession.</i></b>	<b>3</b>
<b>The Word of God, food for our lives. <i>Listening and practice. Revd. Renée August, Manna and Mercy, Cape Town.</i></b>	<b>9</b>
<b>Music from Africa. <i>Marimbas, bands and choirs.</i></b>	<b>1</b>
<b>Making of my entire life a pilgrimage of trust. <i>Living out Christ’s call in a religious vocation. A hands-on approach to discerning and discovering one’s vocation with Brother Alois, prior of the Taizé Community, France.</i></b>	<b>6</b>
<b>From a Khayelitsha street to the fisheries inspectorate, my journey into professional life. <i>My job as a vocation to serve. How to be constructive in a broken system? How to be a Christian in the public sector? Sharing with Chumani Bontsa, Mossel Bay.</i></b>	<b>2</b>
<b>“Preparing children for life.” <i>Three experiences of education amidst today’s challenges. With Laura Singh (Outliers, building capacity in after-school programmes through training, resourcing, and connecting to opportunities), Aphiwe Sobutyu (Ikamva Youth, enabling disadvantaged youth to pull themselves and each other out of poverty and into tertiary education), and Karen Mostert (inclusive education for children with special needs and early childhood development).</i></b>	<b>8</b>

A reading from St. Luke's Gospel:

Jesus said, "Ask, and it will be given you; search, and you will find; knock, and the door will be opened for you. For everyone who asks receives, and everyone who searches finds, and for everyone who knocks, the door will be opened. Is there anyone among you who, if your child asks for a fish, will give a snake instead of a fish? Or if the child asks for an egg, will give a scorpion? If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him!" (Luke 11:9-13)

Song: *In the Lord (11)*

Silence (6 to 8 minutes)

Intercessory prayer (song: *Nkosi, sihawukele (2)*)

1. Risen Jesus, your disciples were filled with joy when they saw you: grant us your joy in the midst of daily life.
2. Risen Jesus, you breathed on your disciples and said, "Peace be with you": make us able to spread peace to those we meet.
3. Risen Jesus, you walked with your disciples when they were discouraged: help us to trust in your presence in times of difficulty, and show us how to accompany our neighbours in their needs.
4. Risen Jesus, you sent your disciples to forgive as you have forgiven: give us a deep desire for good for all our fellow human beings.
5. Risen Jesus, you told us to live in the light so as to become children of light: give us the grace to follow you with hearts that are clear.

Our Father

Prayer: God of peace, you have sent your Holy Spirit into our hearts renewing your mercy towards us at every moment. And we would like to do everything so that the trust you place in us may overflow in mercy towards others.

*Songs*

**8:45am** Visits and meetings with "people of hope" locally. If there is time afterwards, continue by sharing in small groups on the question: "What help and support can I give in my family, or where I study or work, or in my own church community?"

**Around 11am** departure from the host churches to Saint Joseph's.

**From 11:30am to 12:30pm** meal distribution

**From 12:30pm** song practice

## Friday 27 September

**8am Morning prayer** in a local church.

Song: *Wag op die Heer (3)* [or in English: *Wait for the Lord*]

Psalm 121 (song: *Alleluia (1)* between verses)

1. I lift up my eyes to the hills: where is my help to come from?  
My help comes from the Lord, who made both heaven and earth.
2. God will not let you stumble or fall; your guardian will not sleep.  
No, as the guardian of his people, the Lord never falls asleep.
3. The Lord is your guardian and your shade, staying close at hand;  
the sun will not strike you by day, nor the moon by night.
4. The Lord will keep you from harm watching over your life, both  
now and for evermore.

A reading from the book of the prophet Micah:

With what shall I come before the Lord, and bow myself before God on high? Shall I come before him with burnt offerings, with calves a year old? Will the Lord be pleased with thousands of rams, with ten thousands of rivers of oil? Shall I give my firstborn for my transgression, the fruit of my body for the sin of my soul? – He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God? (Micah 6:6-8)

Song: *Jesus remember me (14)*

Silence (6 to 8 minutes)

Intercessory prayer (*Nkosi, sihawukele (2)*)

1. For the very poor and the homeless in this city, for the people of local churches who provide food, for those working for the longer term.
2. For those whose working conditions are harsh or who are badly paid, for those who can find no work, Lord we pray.
3. Upon children who are unloved, and neglected or mistreated in their home, Christ Jesus, we implore your miracle of love.
4. God our creator, you have placed in us an infinite desire. Upon Christians and upon the believers of all religions, we call down your blessing.
5. In difficulties and discouragements, as well as in joys and beauty, may our lives sing your praise.

Our Father

Prayer: Living God, however poor our prayer is, we search for you with confidence. And your love carves out a way forward through our hesitations and even through our doubts.

*Songs*

**8:45am** Visits and meetings with “people of hope” locally. If there is time afterwards, continue by sharing in small groups on the question: “How can I help others to grow in confidence?... in trusting others?... in trusting God?”

**Around 11am** departure from the host churches to Saint Joseph’s.

**From 11:30am to 12:30pm** meal distribution

**From 12:30pm** song practice

**1pm COMMON PRAYER**

*Beloved, let us love one another, because love is from God; everyone who loves is born of God and knows God. Whoever does not love does not know God, for God is love. God’s love was revealed among us in this way: God sent his only Son into the world so that we might live through him. In this is love, not that we loved God but that he loved us and sent his Son for the forgiveness of our sins. Beloved, since God loved us so much, we also ought to love one another. No one has ever seen God; if we love one another, God lives in us, and his love is perfected in us. (1 John 4:7-12)*

**2:30pm Workshops**

See the plan at the end of this booklet to find the places.

Theme	Place
<b>Listening to God in the silence of our hearts.</b> A place for silent prayer. Sisters, brothers, pastors and priests are available for those wishing a personal conversation or Confession.	3
<b>Jesus Christ’s invitation to “come to him and find rest in him”</b> (Matthew 11:28), led by Dr. John Sentamu, Archbishop of York, United Kingdom.	2
<b>African cultures celebrate trust and reconciliation.</b> Forum with contributions from various countries and regions: dances, songs...	1
<b>Meeting and serving Christ in the excluded and the forgotten.</b> Testimonies and sharing with the Missionaries of Charity (Sisters), Khayelitsha.	9
<b>Christ is praying for Christian unity – coming together under one roof in order to bear witness to unity.</b> With Brother Alois, prior of the Taizé Community, France.	6
<b>Tie the knot, not the noose. Why marriage is still your best option.</b> Franci is a high school teacher, Sven is an actor. They are a recently married couple with a little baby boy (Zachariah), and met in Cape Town serving in their church youth group.	7

<b>How to be a Christian in the corporate world: challenges and opportunities to witness to Christ.</b> Reflection and sharing of experience with Heinrich Jantjies, Tigerbrand, Cape Town	4
<b>Exchanging gifts between communities.</b> “I have learnt a lot from great nurses”, with Dr. Cleve McIntosh, Limpopo.	5
<b>Christians in politics: engaging in public service without betraying the Gospel!</b> Reflection and discussion with Steve Swart, Member of Parliament, South Africa.	8

**From 5pm to 6pm** evening meal distribution

**From 6pm** song practice

**6:30pm EVENING PRAYER**

*At noon, darkness came over the whole land until three in the afternoon. And at three in the afternoon Jesus cried out in a loud voice, “Eloi, Eloi, lema sabachthani?” which means “My God, my God, why have you forsaken me?” When some of those standing near heard this, they said, “Listen, he’s calling Elijah.” Someone ran, filled a sponge with wine vinegar, put it on a staff, and offered it to Jesus to drink. “Now leave him alone. Let’s see if Elijah comes to take him down,” he said. With a loud cry, Jesus breathed his last. The curtain of the temple was torn in two from top to bottom. And when the centurion, who stood there in front of Jesus, saw how he died, he said, “Surely this man was the Son of God!” (Mark 15:33-39)*

**Saturday 28 September**

**8am Morning prayer** in a local church.

Song: O come and let us sing (17) [or in Latin: Venite, exultemus]

Psalm 116 (Alleluia (1) between each verse)

1. I love the Lord, who has heard the voice of my prayer, and bends down to hear me as I call.
2. Gracious is the Lord and righteous; our God is full of compassion.
3. The Lord watches over the simple; I was brought very low and God saved me.
4. The Lord has delivered my soul from death, my eyes from tears and my feet from falling. I will walk before the Lord in the land of the living.
5. How shall I make repayment for all God has given me? I shall lift up the cup of salvation and call upon his name.