



RECTOR'S LETTER



25 October 2024

Letter 5 21 / 24

Dear Parishioners,

This coming week, from Monday, 28th October to Friday, 1st November, I'm off to Goedgedacht Farm, to participate in an Annual Archdeaconry Clergy Spiritual Retreat.

If you do not know where Goedgedacht Farm is situated, it is located on the beautiful mountain slopes of the picturesque Riebeek Valley, which is approximately one and a half hours drive from Milnerton. It is not the first time that I am going there, but I always feel that I am there for the first time when on Retreat. I think it had to do with the amazing natural surroundings, the panoramic olive grove and mountain views. I also think that what I will do daily this year during my time there, is to load a few pictures onto the St Oswald's Facebook Page. Perhaps, through the pictures, you can feel part of my experience this week. Pray for me and the other clergy who will be there, and remember I will be holding you in my heart.

Well..., you may wonder, why is your parish priest joining other clergy and spending time on a Retreat?

There are many reasons of course.

Firstly, within the Anglican Church, it is incumbent upon all clergy to go on an Annual Spiritual Retreat. The length of time may vary, but 5 days is sufficient time for any clergy person who is in full-time ministry. This is simply my view; other clergy may have a different view. But, whatever the reason for a Spiritual Clergy Retreat, it provides a breathing space in a setting that inspires inner reflection. The setting, silences and pace of the Retreat gives us as clergy who will be there the freedom to open up to ourselves and to God. All this is done through a daily rhythm of eating, prayer, reflection, and listening to spiritual input.

Clergy connecting with each other through conversation is also very important. This helps with the deepening and strengthening of relationships.

A spiritual Clergy retreat is also a break for the heart and mind. It creates more of a breathing space for, relaxing, resting and finding comfort in the middle of our active lives. It is about meeting God in silence, reading God's word, and rekindling the fire of faith.

Much more could be said, at the end a Retreat one feels refreshed, rejuvenated, and see things in a new way.

So..., on Monday, I am off to Goedgedacht.

With love
Selwyn
