

Saturday 10 September 2022

2022 LOG Newsletter

A bolt from the blue! Seemingly, unexpected but wholly anticipated! Wonder where is the KwaZulu-Natal LOG whose family entertained the Royal Family when they visited South Africa in 1947? A faint memory!

NEWS OF LORETO SISTERS

1. At Nazareth House, Pretoria, they are hale and hearty, even taking part in the weekly exercise sessions.
2. We are still trying to find out about the Loreto Manual, published in Dublin in 1924.
3. Go to www.ibvm.org for further information on the activities of Loreto Sisters.

SCHOOL NEWS

Please refer to the following websites for information:

1. Loreto Convent School, Nana Sita Road (previously Skinner Street) Pretoria at www.loreto.co.za
2. Loreto School Queenswood at www.loreto.schoolqueenswood.com
3. Loreto Primary School, Strand, Cape, at www.loreto.co.za

LORETO OLD GIRLS NEWS

LOGS: Do You Remember

1. a) "Blossom Time" Programme from 1957 – supplied, with thanks, by Peter Schoorl, Holland. Peter was involved in the production. At the time, Peter and his family were leaving SA for Holland, so the cast signed his copy of the programme as a farewell gift which he has treasured.

Leah's Programme

PROGRAMME

CHARACTERS IN ORDER OF APPEARANCE

- WIMPASSINGER (a Teacher of Dancing) A. Eggers
- LAFONT (an Antique Dealer) J. Wrighton
- COUNT RUDI VON HOHENBERG P. Dermatis
- VICKI (Daughter of Wimpassinger) L. Hamman
- LULU M. Price
- ELSA G. Dique
- SCHUBERT'S FRIENDS F. Masur
- MAYRHOFER D. Mitchell
- FRANZ SCHUBERT C. Granzer
- VOGL (an Opera Singer) M. Surtées
- COUNTESS FRITZI FRANGIPANI (Lady of the Court) T. Murrain
- WILL (Lieutenant of Imperial Guard) M. Brace
- Colonel of the Imperial Guard P. M. Bride
- Major of the Imperial Guard G. Infanti
- COURT CHAMBERLAIN D. Schlebusch
- THE ARCHDUCHESS MARIA VIKTORIA D. Henochsberg
- THERESE (her Ward) E. Mitchell
- LUCIE (Lady-in-Waiting) P. Foye
- POLICEMAN L. Durao
- FOOTMEN P. Reeksting, M. Campbell
- PAGES I. Meyer, E. Gaspar

CHORUS OF PASSERS BY :-

- Men :-** P. Willson, D. Butler, M. Campbell, A. Masceni, S. Kaffiel, R. Reeksting, J. Naude, L. Hoskins, J. Botha, I. Kimble, A. Fick, P. Clarke, S. Duxbury.
- Women :-** P. Nesbitt, E. Baker, Y. McBride, P. Prinsloo, J. Bannister, J. Birss, E. Barkley, B. Byrne, V. Holdstock, J. Renaud, U. King, C. Pantano, P. Gaylard, S. Dargan, J. Blignaut, M. Swacina, P. Foye, S. Nesbitt, A. Heinze, A. Bussi, E. Davidson.

CHORUS OF BALLET GIRLS :-

- A. Webber, H. Felgueras, P. Meison, M. van Zyl, C. Power, W. Robbs, E. Joubert, J. Ferguson, P. Blyth, L. Mallinson.

COURT LADIES :-

- A. Bussi, A. Heinze, J. Blignaut, I. Kimble, A. Fick, P. Gaylard, D. Butler, P. Prinsloo, A. Masceni, S. Dargan, E. Barkley, E. Baker, B. Byrne, Y. McBride, C. Pantano, M. Swacina, J. Birss, S. Nesbitt, E. Davidson, J. Naude, J. Renaud, P. Clarke.

OFFICERS OF THE IMPERIAL GUARD :-

- U. King, J. Wrensch, S. Duxbury, S. Kaffiel, M. Karth, A. Mihalatos, J. Botha, P. Willson, P. Nesbitt, L. Salema, O. Rowe, M. Prevost.

ORCHESTRA :-

- First Violin Mrs. André Clow
- Second Violin Mrs. Dorothea Goedkoop
- Violon Cello Mrs. Margaret Arundel

SYNOPSIS OF SCENES :-

- Act I
 - Scene I Street outside Wimpassinger's House.
 - Scene II Anteroom at Archduchess's Palace.
 - Scene III Street outside Wimpassinger's House.
 - Scene IV Same as Scene II.
 - Scene V Same as Scene I.
- (INTERVAL)
- Act II
 - Scene I The Ballroom at the Palace.
 - Scene II Behind the Stage at the Concert Hall.
 - Scene III The Stage of the Concert Hall.
 - Scene IV Same as Scene I.

Scenery Act I By kind favour of Christian Bros. College.
Act II By kind favour of Repts Theatre Johannesburg.

Costumes By Jack Wolff and Company, 166 Commissioner St., Johannesburg.

Prinsloo

G. Eggers

H. Meason

A. Fick

P. Foye

M. Campbell

M. Prinsloo

Wrensch


Heinze

Reeksting

Clarke

Blyth

W. Robbs

P. Barnatin *D. St. Louis* *J. Barnard* *M. Campbell* *J. B. B. B.*
Allice. *Mary Edwards* *Lucina* *J. B. B.*

THE SENIOR PUPILS OF
LORETO CONVENT PRETORIA *J. B. B.*
 Present *at willow.* *B. B.*
"Blossom Time"
 BASED ON THE WORKS OF FRANZ SCHUBERT
 in the *single*
PRETORIUS HALL
 from *M. M. S. B. B.*
Wed. 27th Feb. to Sat. 2nd March at 7.30 p.m.
M. Luisa Salom *J. B. B.*
B. B. B. *J. B. B.* *J. B. B.*

M. B. B.
M. B. B.

Amata Michalatos

Mother Superior and Community of Loreto Convent, Pretoria take this opportunity to thank most sincerely:—

Mrs. G. Law who has given her time so generously in the production of this operetta — also Brother Superior of the Christian Brothers College for lending scenery and props. — Mr. R. Mason for giving his services so generously in directing the lighting, Mr. Gill, Mr. Sommerville, Mr. Job and Mr. Hulley for their indispensable aid back-stage — the Loreto Old Girls' Association for again taking care of the refreshments — Mrs. Clarke who so kindly directed the ballet girls, Mr. Miles and Mr. Worby for their splendid work on posters and decorations, the Portuguese pupils of the School who made all the ballroom dresses for Act II, Van Schaik's for donating tickets and Johnston's Ltd. for donating programmes — Permanent Stationer's for booking arrangements — Mr. Jack Kennedy whose helpful suggestions we found invaluable. — and last but by no means least, the parents who helped in so many other ways.

subscribers *Marian Heath*

Capital Printers

M. G. O. B.

1. b) Bette Midler said to ban Viagra! Bravo! (article in the “The Pretoria News” of 1 July 2022).

2. Golden Wedding Anniversary – Congratulations to our beloved pianist and her husband Jaksa, our Communion Minister.

Congratulations to Jaksa and Ursula (Sinovich) Jadrijevic (Skinner 1966) who celebrate 50 years of marriage on 23 September 2022. Their son, Greg, will come from England, even though he visited them at Easter. Their daughter and her family returned to Zambia. They keep in touch.

Ursula is involved with the Seniors’ Choir which presents programmes at Old Age Homes and such-like places. Ursula is also involved in the weekly exercise group on Thursdays at Nazareth House where she plays the piano. In addition, Ursula plays the organ at the 08h00 Sunday Mass at Nazareth House and the Saturday evening Mass at the Waterkloof Parish. Ursula attended the celebrations at the Assumption Convent for their 70th anniversary. Our Ursula is a very bright, active and happy Loreto Old Girl. Ursula will again play the piano for us at the Reunion.

3. Happy to be back on track! Report from Alida (Andreatta) Cosani (Skinner 1971)

We celebrated our golden year last year; so very happy that we will be remembered this year as well. We are 15 ladies from our class and we are in contact via WhatsApp daily. We share birthdays, happy events as well as sad events. It is a joy on one’s birthday to get so many lovely messages and to feel we still connect after all these years.

We have Anne in Australia, Fulvia in Italy, Pat, Kathleen and Elsa in England, Joan in Mpumalanga, other Joan in Cape Town and the rest of us between Pretoria and Johannesburg. It is very unusual to have a group like ours and still be so united and in contact.

Three from our class passed away over the years (Maisie Flynn, Niki Coucaris, and (Snowy) Jennifer Ras) and we always remember them too.

That accounts for the whole class! Am sure this is a record!

Looking forward to seeing you all at the LOG reunion.

Alida

4. Greetings from Portugal – Helena Valente (Skinner 1976)

Unfortunately I will not be able to attend the LOG Reunion as I’m living in Portugal. I would like to send my regards to all LOG girls and Loreto sisters especially to those of class 1976 Skinner Street.

Greetings

5. Horrifying experience – Gail (Neville) Prinsloo (Skinner 1969)

Dear Loreto Old Girls,

Sadly I shall be unable to attend the 2022 Loreto Old Girls Reunion due to injuries I sustained during a Home Invasion and Armed Robbery.

And being a True Loreto Old Girl....

during my fight for my life and my struggles with the three armed criminal men, as they had me on my back on the floor of my dining room, one holding my right wrist, one holding my left wrist (and wrenching my wedding ring off my finger – which wedding ring I have worn for the past 52 years) and the third tying my ankles together, I screamed the Holy Name of JESUS....they told me “to be quiet or they would kill me” ; yet still I said My Lord’s Name :” JESUS” over and over again.....

Praise the Holy Name of Jesus.

Yours faithfully
Gail

6. Commendation – Pamela (Prinsloo) Warburton (Skinner 1960)

Greetings from Pamela. Headgirl...Loreto Nana Sita (Skinner) Street 1960.. by the grace of God ..still around...

Unfortunately will not be able to attend the Reunion this year..

I would however like to thank any Sisters who may still be on this earth passing through on their way to Heavenly Pastures. (Mother Veronica, Mother Anne,..Immacula..Joseph.. and all the others).

I cannot express my thanks enough for the exceptional education I received. Intellectual, Emotional, and Especially the grounding with My Lord and Saviour. ..

This is not always appreciated as a young person and very often falls by the way, when the cares of the world become more important.

I can confidently say with 70 years experience.. and agreeing with King Solomon in Ecclesiastes... at the end of everything ..there is only one Important thing.." Love The Lord Your God with all your heart and soul" He is your rock..your refuge..your strength.. your everything.

Don't look to your Mother, your Father, your Husband, or your children for support.. Isaiah 46 :4 says "even to your old age I will look after you .. "

Thank you Lord for the Covenant promises in Deut 28.1-14.. thank you that the generation promise had been fulfilled to my grandchildren ..

Regards
Pamela

7. Greetings - Adrienne (Langley) Blignaut (Queenswood 1990)

Thank you for your email. Unfortunately, I am unable to attend on the 1st of October. I hope it is as wonderful as always.

Kind regards
Adrienne

8. Commendation - Rosemary (Henkel) Roberts (Skinner 1953)

I would love to go to a reunion but am unable to drive at 86 years old. I spent my whole school life at Loreto Skinner Street and matriculated in 1953. I was very fortunate to be able to go there. I loved it.

9. Emigrated – Annemarie (Heinze) de Jager (Skinner 1959)

Just to let all old girls know that I have emigrated with my daughter and her family to Scotland. Settling in well and getting used to the weather.

Kind regards
Annemarie

10. Obituary for Scarlet (Bezuidenhout) Colantoni (Hillcrest 1973)

Thanks in advance. From Diana Gordon-Grant and the class of 1973 Loreto Convent, Hillcrest.

Please insert the obituary below for SCARLET (née BEZUIDENHOUT) COLANTONI:

SCARLET (née BEZUIDENHOUT) COLANTONI 26.3.1954 - 10.7.2020
Loreto Convent Hillcrest 1973

Scarlet was the daughter of Diane and Jannie Bezuidenhout and the sister of Barney, Brandon and Greg. She is survived by her brother Greg, daughter Taj, son Byron and grandchildren Matteo and Giorgia.

Scarlet was artistic, creative and a devoted mother. She was passionate about her day care school and preparing little ones for big school.

The Covid lockdown forced her to close her school. The stress that she endured brought about her kidney failure and death.

Despite various obstacles in her life, she retained her great love for Jesus and Our Lady and for the angels who protected her.

Scarlet is sorely missed by her friends.

11. Apology – Lebogang (Lebo/Gladness) Ngwatle (Skinner 1997)

Thanks for the email. I will not be able to attend the reunion on 1 October. Wishing all the best to the more 'recent' old girls.

Regards
Lebo (Gladness)

12. News from Karen (Hazell) Chellew (Skinner 1979)

- From October 2021

Sad news to report – my aunt, Lola (Brink) Neethling (she was Headgirl, I think round about 1950) passed away peacefully in her sleep on Sunday, 14 September 2021. She was residing at the Mothwa Haven in Garsfontein. Her sister, Winifred Snyman (Brink) is still there; and my mom, Monica Hazell, is at Sonnheim Retirement Centre in the frail care unit in Arcadia.

Regards and stay safe
Karen

- From September 2022

Sadly, my mom, Monica, passed away in Queenstown at 23:45 on Saturday, 30 July 2022. She was 87.

Mom celebrated her 87th birthday at Sonnheim in Arcadia, Pretoria (I was there to celebrate with her), but on the same day I was advised that the home was closing down.

As neither my brother, nor I reside in Pretoria or even remotely close to Pretoria these days, we moved mom to Madeira Old Age Home in Queenstown (now known as Komani) on 8 July. (Her Dr declared her fit enough to travel the distance). Mom stayed with us overnight and on 9 July we moved her into the home.

Understandably, she wasn't very happy about having to move and wanted her friends, but there wasn't really anything else we could do. From the first Tuesday there, she was happier and loved her carer, Noni. Our Dr, who gave Mom the once-over, advised that her lungs were shot (from all the years of smoking), her bones were finished (from the osteoporosis), but that her heart was as strong as anything. He also mentioned that a move like this for someone so advanced in age, is like a death in the family to them, so kudos to Monica for settling in so quickly.

On the Wednesday before Mom died, she presumably cracked a rib (from coughing) and she was in quite a lot of pain and was unable to walk very much and was mainly confined to lying down. She became semi-comatose on the Saturday morning and her condition worsened during the night.

There are quite a few Catholics at the home, and she was due to join them for a prayer meeting the following week. One of the residents (a 92 year old) was so sweet and had the foresight to phone our priest who arrived at about 4pm and he gave Mom the last rites (and one of the sisters had hung her rosary around her neck as well).

The priest did tell me a funny anecdote: This said 92 year old lady asked mom if she could come and pray with her, so mom said no thanks, I am Catholic. The lady then advised that she was also Catholic and they would say Catholic prayers. Only then, did Mom relent and

say they could pray together.

I remember telling you that Lola Neethling (Dolores Brink) had passed away at the end of September last year. She was 88 years old. (Her youngest son, predeceased her on 28 June at the age of 52) and her husband died 20 years ago. Her eldest son, Noel, will scatter both his late brother's and his mother's ashes here in SA.

Winnie Snyman (Winifred Brink) is 85 and is still at Mothwa Haven in Garsfontein. She is generally in good health and in good spirits.

With very best wishes
Karen

13. Congratulations to Jeanne-Marie (Fouché) Murray (Skinner 1988) on attaining her BACHELOR OF LAWS (LLB) degree. Also, congratulations to Maxine Murray, Jeanne-Marie's daughter, on being accepted at Stellenbosch University for Viticulture.

14. Father Mike Van Heerden (Strand Loreto Old Boy) from Durbanville Cape Town gives upliftment:

Dear Friends in Christ,

St Bernard of Clairvaux, one of the greatest saints of the middle ages, was born in 1090 and grew up in Dijon, France. At the age of 23, he entered the Cistercian monastery of Citeaux near Dijon. Three years later he was appointed to supervise a group of his fellow monks in the newly founded monastery at Clairvaux. Though he was often offered high positions in the church during his life as a monk, Bernard rather remained at Clairvaux until his death in 1153. He became renowned throughout the world for his spiritual writings and homilies. In one of his most famous books - entitled: *On the Love of God*, St Bernard reflects on what he calls the four degrees of love. When we look at this Sunday's scripture readings there seems to be very different themes. However, on deeper reflection we can see that these four degrees of love are a central theme of the three readings taken together.

The first degree of Love: Love of self for self's sake

When we think of when we were born – we have a natural love for ourselves. So much so that at first, we see ourselves as the centre of the whole universe. When a child cries for its feed – it has no concern who it wakes up or disrupts. Babies love themselves for their own sake – but, as we grow up we realise that in order to survive in our social world we have to also look out for others. Social living takes reciprocity. We care for others - so that they can care for us. Our love for others at this stage is really a form of self-love.

The second degree of Love: Love of God for self's sake

As we mature, however, in this social love, God begins to reveal His love to us – enticing us into a relationship with Him. God begins to show us that in order to really care for our lives we need to care for Him. When we reach some kind of challenge, for example, some storm that we cannot cope with alone - such as the disciples encountered in today's Gospel – it awakens the sense of God within us and we are inspired to appeal for His protection and care. As the Gospel says: “And they were filled with awe and said to one another: “Who then is

this – that even wind and sea obey him?” (Mark 4: 41).” God also uses positive incidences in our lives to fill us with His consolations and the presence of His gifts. We begin to love God - even though it is also an extension of our self-love. We love God for our own self-sake. We love God because we have learnt that we can do all things through Him and we are better people when united with God.

One teacher in the little town of Robertson, Western Cape, every year would ask her class to draw a picture of something they were thankful for so as to have the right frame of mind to celebrate national youth day on the 16th June - Sharpeville Day. She would often think quietly to herself how little these children from poor neighbourhoods had to be thankful for – but she knew most would draw pictures of playing in the veld or Sunday dinner with the family around. The teacher was taken aback with the picture that Jannie handed in – it was a simple roughly drawn hand. But whose hand was it? The children were captivated – was it the hand of his mother who brought him food or the hand of his friends that he played with. “No,” said Jannie, “it is the teacher’s hand – she waited there at the gate on my first day of school and she had extended her hand and led me into the new and free world of knowledge. How can one repay those who give us courage and help us to face the challenges of this world?” It is God leads us by the hand at this stage of our Christian growth. But, there is a danger here that we begin to love the gifts more than the Giver of these gifts.

The third degree of love: Love of God for God’s sake

Many people lose heart and give up their relationship with God when the gifts and consolations become less frequent or are lost altogether for a while. They feel that God has abandoned them – rather than the fact that God draws back a little so that their love can be tested and purified. In today’s first reading, we meet the figure of Job. Job was blessed by God with everything one could expect from life: health, happiness, a loving family and plenty of money. But, Job had begun to love these gifts more than the Giver of the gifts. It was only when he lost everything that Job could realize the greatness of God the Creator. Only then could he come to love the Giver more than the gifts. Job realized that the ways of God the creator could never be fully understood by our limited minds – but what God has revealed to us in creation and in His Word more than adequately shows His love for us. In the first reading, God says to Job that it was God Himself who drew the boundaries of the oceans and who put the patterns of weather in place. To this day we do not fully comprehend these patterns – but we do understand that there is a Cosmic Soul or Mind behind them.

As our love grows for God – not for our sake, but for God’s sake – our whole world view begins to change. We begin to see things through the Mind of Christ. St Paul in our second reading today says that while he once regarded Christ from a human point of view – he no longer does. After his conversion Paul realised the way Christ sees us: not through the eyes of selfish human love – but through the eyes of God’s selfless, infinite love. He was the one who asked Paul:”Why are you persecuting me?” Christ loves His Body the Church and it is this “love of Christ that urges us on” – Paul tells us in this second reading (2 Cor 5:14). If Christ loves His Church as His Body -that means that He loves each one us in the same infinite measure.

The fourth degree of love: Love of self for God’s sake

There is a true story told about King George VI of England – well known in our time because of the film: *The King’s Speech*. He was travelling up north in the Royal Train to visit the

people of Manchester. As the train arrived at the station, all the celebrities were gathered to greet the King as well as children from all the schools. These sang the national anthem as the King moved through the crowd - greeting people as he went. After the king had left the teachers gathered together their children to return to school. One teacher found a girl from her class in floods of tears. She said to her: "Jane, what is the matter – did you not see the king?" "Yes, Miss," she replied: "but the King did not see me!"

The final stage of love is realising that God sees each person in their uniqueness and loves them infinitely. It is the love of God that sustains all things in being – without that love everything would fall into nothingness. In this final stage of love we realise, as St Paul says in the second reading today, that: ". . . if anyone is in Christ, he is a new creation, the old has passed away – behold, the new has come"(2 Cor 5: 17). We can love ourselves because God loves us and His love makes us loveable. We can love our neighbour as we love ourselves knowing that the love of God extends to all people. As St Augustine once said: "Because You have loved me, O Lord – You have made me loveable." In the love of God let each one of us strive to see the world with these new eyes.

Oh, the love of my Lord is the essence
Of all that I love here on earth
All the beauty I see He has given to me
And His giving is gentle as silence.

Every Blessing – Father Mike

15. Condolences to the Human Family on the passing Natalie (Dovey) Human (Skinner 1944), who passed away on 7 May 2022 at the age of 95. We will miss the Humans at the Annual Reunion. Perhaps the rest of the family will come.

16. Congratulations to Natasche (Uberbacher) Crundwell-Uberbacher's (Skinner 1985) son, Nic, on being chosen as a prefect for the coming school year.



Also, recently Natasche and her family enjoyed a holiday at Lyme Regis in the UK, and Natasche and her husband last month celebrated their 17th Wedding Anniversary. Congratulations!

17. Beatrice (Richardson) Eksteen (Skinner 1946) moved from a house to a smaller flat with a garden. Well done. In her family they have two chemists and six auditors and lawyers. Last year her son-in-law, Chris, died. Her grandson Tino and his wife Tabetha helped through her daughter Clarissa's difficult time, and they are now running a hotel in London. Beatrice is sorting out the family photographs.

18. Carol-Ann (Shaw) Winterburn (Skinner 1967) has moved back to Pretoria.

19. Hayley Rogers, daughter of Margaret (Lello) Cowan (Skinner 1953), let us know of the passing of her mother.

My name is Hayley and I am the oldest daughter of Margaret Cowan – (Maiden Name Lello)

My mum left in 1953. I know she attended a few of the reunions when Sister Oliver and Sister Teresa were still there.

I just thought I'd let you know she passed away 8 months after my father. Fortunately not from our dreaded Covid.

I looked after her throughout her illness. My dad, Bernard Cowan, passed away on 28 September 2020. They were both 85 years of age. Mum passed away peacefully in the afternoon at home on 30 May 2021.

I know she was friends with an Ursula and an Elize. Unfortunately I'm not too sure of their surnames but they were in school together at Loreto Convent.

I just thought I'd let you know for your newsletter, as mum always talked about her school days.

Take care now.

20. Henriette (Nell) Vermaak (Skinner 1994) let us know that Brenda Iten (Skinner 1994) passed away suddenly in March 2022.

21. Recollections from Felicity Meyer (Skinner 1980)

Both Felicity and her mother Evadné (Van Niekerk) Meyer (Sea Point 1957/58) attended Loreto Convents. Even though, for family logistical reasons, they both did not finish their schooling at Loreto Convent, they do though have fond memories of their time at Loreto.

Felicity has sent us a photograph of her mother from her school days.



Felicity has also sent us the following in relation to her own school days.

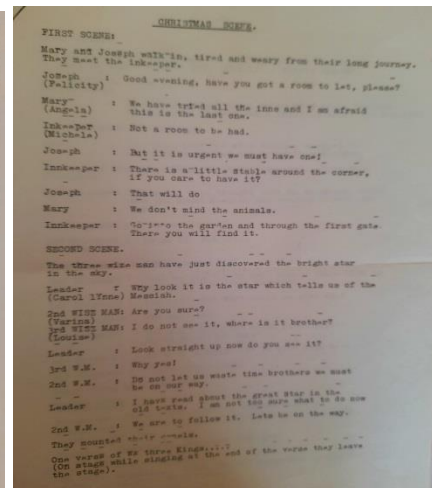
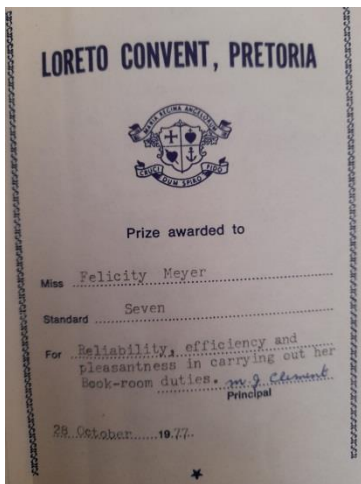
I have included a photograph of me (Standard 7!) standing outside the church on Skinner Street. It brings back so many wonderful memories! In those days, the pupils were either Christophers (red) or Michaels (blue) - I still have my school blazer, boater/skimmer hat and Christopher red pin.

How I wish I could meet some of my old school friends again to share and recall those memorable times and to catch up on what they have been doing all these years.



and this from Std 6

Felicity also sent us copies of some of the book awards she received and even a copy of an adaption of the Nativity Play that she put together in Std 6. Well done.



22. Gracie Pozzo (Skinner 1947) has recently moved to Harmoniehof in Sunnyside.

23. We congratulate Dr Mpho Phalatse (Skinner 1994) who is Mayor of Johannesburg.

Earlier this year she came to visit Mrs Truter, the staff and pupils at Town Covent (as seen in "The Pretoria News" of Saturday 22 January 2022).

24. Kingston Olver, granddaughter of Frances Olver (Skinner 1951) and daughter of her son Bryan and his wife Ilze Olver, is in her second year of studies at Pretoria University.

25. This article, written by Charene Swartzberg (Skinner 1979 and Teacher at Skinner) about yoga, was included in the 2017 LOG Newsletter but because it is still of such great relevance we have included it again this year. We hope you enjoy the article and perhaps are motivated take up yoga yourself at Charene's studio.

YOGA

The asanas or postures are what most people are familiar with which have many benefits such as keeping the body supple and healthy, helping to calm the mind and minimize stress – physically and mentally. It has been known to assist with alleviating back problems, high blood pressure, aching joints and much more.

However, in addition to this, yoga is a vast system of self-development that we can practise in our daily lives. It is a complimentary training in body, mind, thought, speech, and actions - with full awareness and can become a part of our nature and through it we can change who we are and return to our higher nature.

The word yoga is derived from the root word *yuj*, meaning 'to bind together' or 'to yoke'. It has also been said that the term yoga could be derived from the root *yuja* in the sense of 'concentration'. Yoga has also been known as '*samatva*', which literally means 'sameness' or 'evenness' and '*samatva*' has all kinds of overtones, including 'balance' and 'harmony'.

Another definition of yoga is 'to unite'. The practitioner is striving for union with God or that transcendental power called the Divine.

The practice of yoga raises the level of our awareness. This is a process - to become conscious of our more subtle selves, to awaken to the realization that we are integrated - not separate from Divinity. Yoga is about integrating the diversity of body, mind and spirit.

Yoga is about firsthand experience. It is about exploration inwards to the very depths of your own being, a path of self- discovery and this exploration brings about an expanding awareness and knowledge of the processes of life.

Yoga enables us to unite with the real and separate from the unreal. We need to understand this definition through our practice to realize the self and to experience the ultimate aim of yoga - to merge with the Divine. In order to do this yoga provides a system that allows us to work on all aspects of our personality: to bring us from the gross and mundane and take us to the subtle and the Divine.

For more information refer to <https://www.yogacenturion.co.za>

26. Recommended Books: these are obtainable from the Cape Town Catholic Bookshop at 021 465 5904.

- Breath of God by Dave Pivonka.
- Hail, Holy Queen – The Mother of God in the Word of God by Scott Hahn.
- The Handy Little Guide to the Holy Spirit by Michelle Jones Schroeder.

LOG To Do List

Here is the LOG “to do” list: Send news, memories, events, adventures (funny or otherwise), festivities, achievements, anniversaries and bereavements for future LOG Newsletters. Please let us know if your email address changes. Look on the website www.loreto.co.za for LOG newsletters from 2011 to 2021. Also for Reports and photos of LOG Reunions.

Send all LOG correspondence to loretooldgirls1950@gmail.com

We thank Mrs Suzette Truter (Executive Principal Loreto Convent School) (through her PA Maria Correira who is the LOG representative at the School) for kindly giving permission to use the facilities at Loreto Convent School for the LOG Reunion of 1 October 2022. We also thank Mrs Truter for her willingness to be at the Reunion.

This year we are celebrating only the Golden Girls of 1970, 1971 and 1972 but we invite and encourage all Loreto past Pupils, current and past Teachers and current and past Principals to attend the Annual LOG Reunion.

The LOG Reunion of 2022 will take place at Loreto Convent School (Nana Sita Street – previously Skinner Street) on Saturday 1 October 2022 at 11h00. There will be Mass in the Chapel at 11h30, followed by a gathering in the Staffroom which is in the same passage as the Chapel. Proceedings in the Staffroom will start at approximately 12h15. Parking is from the entrance in Visagie Street – this is the only entrance; please don't try to enter the School from any other side. It takes the form of Tea and whatever you bring for a "Bring and Share". Thanks to those who have already replied to say they will be coming. DV.