



Newsletter

One Heart Christian Foundation



January -
April 2016

STILLE RUS, RUST, MALMESBURY, SOUTH AFRICA, 7300 NPC NR 2014/121860/08

International Good Deeds Day on 10 April 2016 - South Africa

By Selene Basson

One Heart Youth Group and Volunteers participated with Good Deeds Day on the 10th of April 2016.

We did it in partnership with the international volunteer platform called Giving Way.

IN A NUTSHELL

Good Deeds Day is an annual tradition of good deeds. All over the world, hundreds of thousands choose to volunteer and help others, putting into practice the simple idea that every single person can do something good, be it large or small, to improve the lives of others and positively change the world.

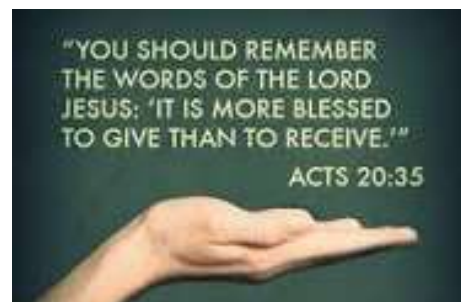


OUR PROJECT

One Heart reached out to our local Old Age home, House Immanuel in Moorreesburg, SA.

One Heart used this opportunity to teach our Youth Group that it is better to give than to receive according to the Words of Jesus Christ in Acts 20:35.

They were taught how to pray Scripture over a person and how to interact with elderly with special needs.



Friends, family and businesses and locals from the town Moorreesburg donated towards the day and sponsored gift bags to the residents containing a warm knee blanket for the winter, shampoo, body lotion, soap, face cloth, roll on, toothbrush, toothpaste, biscuits and a magazine.



We also set a bright tea table for a blessed tea party between young and old.

Thank you to all who donated towards it!



Do a little
GOOD
today.

Do a little
MORE
tomorrow.

“Even a child is known by his doings, whether his work be pure, and whether it be right.”

(Proverbs 20:11 KJV).

One Heart has been approved as an organization on the global volunteer platform called



WHAT'S **DIFFERENT** ABOUT THEM?

No Fees

Their volunteer-matching services are completely free since they believe **nobody needs to pay** in order to go and volunteer.

No Middlemen

Best Matches

Most effective matches as they are based on volunteers' most **relevant skills** and organizations' **actual needs**

Reviews

Read peer-based reviews and ratings of organizations and make **informed decisions** before embarking on your journey.

Community

Be part of a global community of like-minded people, find travelling companions and share your experiences with others.

Resources

They provide various resources on responsible & **ethical volunteering and trip preparation** in order to enhance benefit for both volunteers and local organizations.

<http://www.givingway.com/>

2nd Volunteer from Australia!



Ashley Whitelaw came to hear of One Heart and Rust Stasie Primary through Hailey Lambert that was here a year and a bit before her.

Ashley did a teaching program at the school for 3 weeks while she also helped with athletics training during January 2016.



She was here during a terrible heat wave, but being an Aussie she was used to similar weather!

Ashley connected quickly with the children and within a very short period she fell in love with the children.



Ashley's review:

My time with One Heart was absolutely amazing! I would recommend this organisation to anyone looking for a really warm, supportive, caring, fun environment. The work with the school you undertake is incredibly rewarding, the kids are the most loving children you will ever meet and will give you back 10x what you put in. Any help you can give is extremely appreciated. Living arrangements are really comfortable and they go above and beyond to accommodate you and make you feel welcome - by the time you leave you really feel a part of the family! This organisation is still very new but they have already made such a noticeable difference and have great plans for the future! "

Ashley sponsored a tumble dryer to the school in order for the children to have dry clothes during winter time when they get soaking wet from walking to school.



During her stay, Ashley was taught how to target shoot.

Master of Education!



Well done Mr Alan Felix, on such an awesome accomplishment!



We would like to congratulate the principal of Rust Stasie Primary School in receiving his Master's Degree in Education.



Grade R Outreach Project @ Rust Stasie Primary



One Heart wants to extend a huge thank you to the Care Group of NG Kerk Kenridge. They reached out and showed love to the Grade R and smaller children of the Rust Stasie Community on 15 April 2016. Children were surprised with party packs, cupcakes and educational toys which the children could take home. They also received a warm blanket that was meant to remind them of God keeping us safe and warm when we might feel lonely or cold during life's hardships.





Louis & Martha Meyer and Maria van Heerden!



These wonderful people donated a whole wall size bookcase full of books to our library that will soon be available in our up and coming Youth and Women's Centre!

One Heart and the community of Rust Stasie thank you for your generosity and good hearts to bless us so abundantly!



Please visit our online shop for T-shirts!

All proceeds go towards projects of One Heart Christian Foundation.



Prices range between R90 and R130 for good quality shirts!

(Excluding postage and depending on stock availability)





One Heart Youth and Women Centre



We are working hard to get our Centre up and running. As with all good things it involves a lot of planning and behind the scene work to get everything legal and in place.

With that in mind we extend a warm invite to all sponsors or donars who might want to be part of opening the doors of this great initiative to partner with us and make dreams come true!

What is the purpose of this centre?

- **Counselling**
 - To offer a neutral safe place for social emotional counselling during the week for youth and women.
- **Youth Group (ages 9 – 16)**
 - The foundation started the One Heart Youth Group that comes together Friday afternoons to teach the youth about morals and how to handle life difficulties while also offering emotional support – currently this initiative is running from one of the school classrooms at Rust Stasie Primary, but it is quickly becoming too small...
- **Motivational and Life Skill Workshops for youth and women**
 - The Centre will be a place where motivational and life skills workshops will be hosted by us and other well sourced organizations or institutes. These initiatives will mostly run on a Saturday morning.
- **Healthy interaction by promoting moral development**
 - To reduce the number of teen pregnancies and early substance abuse by teaching morals and guiding the youth through healthy interaction.
 - “Game night” will also be an added highlight for the youth each month.
- **Safe haven from abuse**
 - To provide a place of safety while alcohol abuse at home are high over weekends
 - To provide a feeding scheme at the Centre for the Youth on Friday evenings and on Saturday’s lunches after a workshop.
- **Single Parents Support Group**
 - To offer moral support and keys to creative parenting to single young mothers that struggle through life and create a safety net where mothers can grow together in a support group and receive counsel.



- Minimal funding to apply for change of land use
- Minimal renovation to part of an existing building
- Operational Cost or partial contribution
- Sponsorship for Intern Program
- Send your volunteers