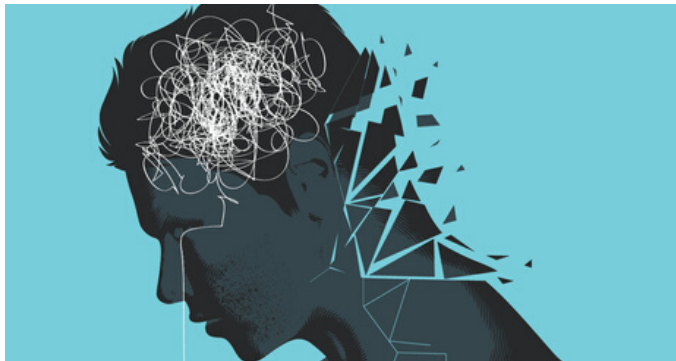


THE HUB

Newsletter



MENTAL HEALTH

BY JOY MUTUPA

Last month at the Hub, we had the opportunity to learn and dive into mental health. Personally I enjoyed the expertise of the professionals who work within this field, and their insights educating us on the topic in a sensitive, but knowledgeable way.

I think mental health is a topic that isn't discussed much in churches, but it really should be, as church is all about community and support, so it was nice to see the KT Hub tackle this.

I left with a better understanding on the different kinds of mental health issues in today's world, signs and symptoms, as well as ways to help someone that is going through a mental health issue.

Well done KT Hub, great job!

READ AND GROW

BY JEAN SAM JEQUIER

Reading the Word of God should be our first read. In the same way that we wash daily I believe we should read the Bible daily to clean our mind and get God's perspective on life. Reading other books is also a great way to grow, however, at times, the hard thing is to find books we like / need.

'Read and Grow' focused on that conversation. We did the session using wireless headsets for the audience and it was really fun as we ended up being immune to all the noise surrounding us, enabling us to be focused on the interviewees sharing their current favourite books.

Here are some of the books we discussed:

- At the Master's Feet, by Sadhu Sundar Singh
- Born a crime, by Trevor Noah
- Spiritual Slavery to Sonship, by Jack Frost





MY TESTIMONY

BY NEVARDO WILLIAMS

From young age my family and I were in and out of Church, we also moved around to a few different Churches. Although over the years going to Church as a family became less frequent and consistent I still believed I was a Christian and my mum always stressed the importance of praying before bed and eating meals etc, so as I got older alot of Christian 'morals' and 'routines' stuck with me.

Age 14/15 we joined a church in our area. This was a church we went to years ago where I gave my life to Christ at the age of 8 at a Church Youth Club. However this this time around I didn't really have much interest in God, I was just interested in finishing school and avoiding jail although I did end up getting involved in the digital media work in my church.

Around a year later, my life took a turn for the worst. I was arrested for a stabbing in school. I had a church conference to film that same weekend and thankfully I got released and was able to film the conference. Near the end they did an altar call and I went to the front, they prayed for me and my new journey with Christ began. Couple months later I was sentenced, I came out after serving two months, and the rest on licence. Two or three days later I got baptised on my 16th birthday and the rest is history!

SPEAK UP

GAYLE TROKO

On the 22nd November the Hub put on an incredible spoken word event 'Speak up'. It was a night full of poetry by some amazingly talented spoken word artists, great music and overall good vibes.

One of the things I loved the most about the night was the topics, and the way each artist was able to articulate their experience and communicate their message in a way that was so relatable. It's so beautiful that spoken word can help give a voice to those who cannot put into words what they are really feeling.

The spoken word night lead me to start a conversation about a very hard thing that I experienced. I felt at liberty to share it with someone I only met that day. It really was a great forum to start the conversation about important things that are difficult to talk about. I'd love to see more of these evenings made available even to the wider public. Especially topics on mental health which affect so many people and an issue that generations after generations will face.

I think if these artists work was to be recorded and replayed, it may be heard by people who might be one conversation away from getting their breakthrough.



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