

## Preface



Calvary greetings to you our readers. It is indeed an honour to welcome and introduce to you our maiden Masvingo District Methodist Church in Zimbabwe Magazine. The magazine is simply called *The Methodist Magazine*. A magazine intended to be accessible to everyone from youths, adults, Christians and even non-believers. The aim is to holistically cover issues that relate to life and human experiences in this ever changing society and environment. As we embark on this journey of life with its ups and downs, we are reminded that our faith is not just a personal conviction, but also a call to action. Amidst life's challenges, as people who have been saved by the blood of the lamb on Calvary we are compelled to respond with compassion, wisdom, empathy and courage.

This magazine is dedicated to exploring the relationship between faith and life. In an effort to understand the intersections of faith and our daily experiences. The focus is on the critical concerns and issues that matter most to our communities such as gender based violence, drug and substance abuse, financial management, health, disaster responsiveness and Christian social responsibility among others. The magazine also focuses on the energy and enthusiasm of youth activities in church and sports. We endeavor to delve into the various complexities of our world with honesty, sensitivity, and hope.

As people of faith with a rich heritage in Wesleyan Methodism, we are also committed to exploring and examining the critical issues of mental health, stress management and other health concerns. There will be deliberate focus on the five pillars of the Methodist Church in Zimbabwe which are; improving church growth, enhancing The Methodist Church in Zimbabwe social responsibility, resourcing the church for sustainability, strengthening The Methodist Church in Zimbabwe for effective delivery and excelling in education services.

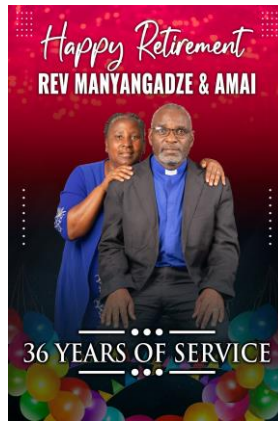
Our goal as a church through *The Methodist Magazine* is not only to inform and educate but to inspire and empower the current generation of believers and by extension all our readers. We believe through sharing our stories, experiences, and perspectives, we can build bridges of understanding and appreciating one another. This will foster meaningful connections, and entrench the spirit of working together towards an envisioned brighter future.

In your reading of the maiden publication, you will find stories of resilience and hope, of struggle and triumph. You will also encounter diverse voices from diverse backgrounds and experiences, all united by a shared commitment to faith, justice, and compassion. The voices range from medicine, education, youth, commerce, clergy among others.

We gladly invite you to join us on this journey, to engage with the issues that shape our world, and to discover the ways in which our faith can inform, inspire, and transform us. We cherish your contributions and feedback on issues you read in the magazine and

encounter in life. This magazine is a quarterly publication. Let's all unite and work together and be of substance to our communities and society at large. Enjoy your reading, and may God bless and guide us all!!

### **Words of Wisdom by Rev Manyangadze**



Rev Manyangadze now a retired minister of religion served in The Methodist Church in Zimbabwe for many years. His last station was Masvingo South Circuit where he served with distinction. A humble man of God, who is calm and full of wisdom. He has now retreated to his rural home in Great Zimbabwe Circuit. In some of his reflections on what fail Christian leaders and clergy in their journey in His vineyard he had this to say;

**“Many Christian clergy and leaders failed in their Christian journey because of the love of money and women.”**

### **The 7 September Fire Incident in Chiredzi Circuit**

The Wesleyans teach and discuss about a Brand plucked out of fire, a saying which came after John Wesley was saved from fire. Most Wesleyans are proud of that statement. However, fire incidents can devastate communities, causing loss of property, emotional trauma and displacements. This was experienced on the 7<sup>th</sup> of September 2024 in Chiredzi Circuit, when Rev Chibvaru and family together with the community experienced devastating moments when the Manse caught fire around 18:00 hours. Surely the experience was so devastating but amidst that turmoil we saw God's hand. The coming together of the community, police, fire fighters and ZESA was just a testimony of the hand of God.

It took just a night for people to come together and plan for the rebuilding. The Disaster Management task force through D&R started to source funds for the rebuilding of the manse. Members of the church took the lead. Despite the economic hardships, people gave what they could. Youngsters and women came together to clear the rubble and the walls of the house which were saved from the fire. The moto was “*Tiri church hombe hatidi kunyara.*” Meaning we are a big capable church institution therefore we do not

want to be embarrassed. Which was a rallying call for everyone to participate in the reconstruction of the manse in whatever way possible.

Local ministers gave their emotional, social and psychological support to the affected family. The incident strengthened our relationship with other ministers in the fraternal as they were taking turns to visit Rev Chibvaru and family. Some went as far as mobilizing food for the affected family. The community group called Lions Club took part in the rebuilding process.

The visit of the District Bishop (Rev T. P Nyabonda and Rev G Nyabonda) and the Lay President Mr Muhwandavaka immensely consoled the affected family. Their visit and presence gave Rev Chibvaru and family courage and strength to move on. By extension, the congregants were emboldened in their effort in the restoration of the devastated manse.

Although it was so difficult to copy with, God gave his people the strength to soldier on. It was during this difficult time of life that as Christians we witnessed God's and surely God is with us in every circumstances. Indeed, as Wesleyans, by the same token we can claim to be that brand that was plucked out of fire!

## **Committing everything in God**

Scriptures: Proverbs 16: 3 and 9

As people we plan how to achieve our goals and dreams in life. Diaries are written especially during the beginning of every year setting standards and aligning goals. I am convinced that we have people who are aiming to achieve certain goals in 2025 and this message is intended to give you important aspects to be considered when planning.

There are two principles which people must understand whenever they are planning to achieve certain objectives or goals in life. These are planning and establishment of the plans. The two dimensions are very critical in whatever an individual or group is planning to achieve and must be taken seriously by the planners if the aim is to prosper in life. From the scriptures mentioned above people must know that **PLANNING IS A HUMAN EQUATION AND ESTABLISHMENT OF PLANS IS A DIVINE EQUATION.**

Planning as a Human equation: At this point people sit down diarising their plans. People can even put time frames as to when certain goals should be achieved. For example, someone may be aiming to grow in business in 2025 aiming to diversify or increase inventory. This requires adequate planning to be put in place. At this stage people can plan to venture into all promising investments that can help them make profits. However, one may realise that the year may come to an end without achieving anything that was in their intended goal and the biggest question is WHY? People will be asking themselves questions like; " Did I not work hard, where did I go wrong". Nothing went wrong of course but people must know that **PLANNING** and establishment of plans are two different realms. Proverbs 16:9 says, "A man's heart plans his way but God establishes his steps." This means that planning is a human equation but the fulfillment of plans is a Divine duty.

Establishment of plans is a Divine equation: The book of Proverbs 16:3 teaches us that for our plans to be established we must first of all commit everything we do and plan in the Lord. Therefore, I want people to understand that it's not about working hard that

makes people achieve what they want in life, but it is the grace of God that makes people achieve their goals. As much as planning is very vital and key in human progress, without a Divine power it is not enough to make humanity prosper. In other words, if you work hard but without God's grace it may be in vain.

It is very important for people to commit their work in the Lord. Do not plan alone but tell God your plans in prayer. As you plan, the devil is also planning for you therefore without God's divine intervention, your plans may just vanish as if you never planned. *Shoko rinoti kana muvaki weguta akavaka Mwari vasipo avakira pasina, kana murindi weguta akarinda Mwari vasipo anorinda pasina.* Meaning without God failure is guaranteed but with God everything is possible. Planning is a human equation but the establishment of plans is a Divine equation. Brothers and sisters lets trust God in all circumstances and He will never fail us.



By Rev Phillimon Timire

## **DEMENTIA**

### **Introduction.**

Dementia is a disorder that is characterized by impairment of cognition, typically involving memory and at least one other cognitive domain (language, visuospatial, executive function). These must represent a decline from previous level of function and to be severe enough to interfere with daily function and independence. Some of these patients will present with loss of memory, confusion, violence, wondering about and florid psychosis.

### **Risk factors**

Approximately 40 percent of dementia cases are attributable to a combination of 14 potentially modifiable risk factors

- Low educational attainment
- Midlife hypertension
- Midlife obesity
- Hearing loss
- Late-life depression
- Diabetes
- Physical inactivity
- Smoking
- Social isolation
- Unhealthy alcohol consumption
- Traumatic brain injury (TBI)

- Air pollution
- High low-density lipoprotein (LDL) cholesterol in midlife
- Vision loss.

Age remains the strongest risk factor for dementia, its incidences doubles every ten years after age of 60 years. Overall, approximately 85 percent of dementia cases are in adults 75 years of age and older. In addition to age it has been noted that approximately 10 percent of patients develop new-onset dementia after a first stroke, and up to one-third of patients develop dementia after a recurrent stroke.

Modification of these risk factors can go a long way in preventing or at least delaying the onset of dementia. The above risk factors can be modified to reduce the risk of developing the disease later in life.

### **Prevention and treatment.**

Lifestyle interventions such as exercise and social interactions are suggested. However, there is no high-quality evidence to support the benefit of exercise, nutrition, and other lifestyle changes in patients with an established diagnosis of dementia.

### **Treatment.**

The management of patients with dementia can be complex as the patients have decreased ability to make decisions and to adhere to treatment plans.

Neuropsychiatric symptoms- can be addressed with non-pharmacological treatments like identifying preceding events that generate agitation and avoiding them. In addition it's important to avoid environmental triggers like sudden changes in surroundings. Some suggested ways are aromatherapy with lemon balm and lavender oil coupled with exercises with a caregiver has been suggested but has yielded mixed results. Music and pet therapy has shown to be effective in some patients too.

Medical treatment include antidementia drugs like cholinesterase inhibitors and antidepressants but I won't get into details of the drugs. If a patient becomes sleepless and agitated visit your family practitioner and get the medications initiated. Some symptoms which may prompt use of drugs are wandering about and violent behaviour. Note that medical treatment should be maintained only if benefits are apparent.

### **Support system.**

It is always important to realise that looking after a patient with dementia maybe distressing and psychologically demanding. Most people who take care of such patients end up having compassion fatigue which usually results in poor care and neglect of these patients. Support system hence need constant help from professional counsellors and rotate those who look after the patient. It's always important to rotate familiar people as new faces and places can trigger worsening of the symptoms.



Compiled by Dr S N Marangwanda

### **Empowered Women as Centres of Societal Cohesion.**

Women empowerment is crucial in this contemporary world characterised by constant changes that significantly impact them. The church must play a vital role by committing to women's education especially on issues of good leadership and women empowerment. There are crucial issues in women's lives that need the church's constant support and intervention. These include women empowerment, women as role models, gender based violence (GBV) and child abuse.

There is a big wide world out there with its own challenges. As astute and dynamic twenty-first century Christian women; there is need to understand the challenges of translating one's education, experience and energy into an active role in the communities, society, our country Zimbabwe and the global world. There is need to strike a balance between being Christian with your role in your families and communities. Life is full of stories which we can draw inspiration from and learn through the journey of life – stories of bright women, who saw a problem and tried to help solve it. As women living in communities in transition, and women making a difference, these stories are a constant reminder to humanity that we all have something to give to the church and to the communities that we are living in. Therefore, as Christians, nurturers, bearers and women of virtue there is need to be role models through good deeds in our families and communities because charity begins at home.

Women are disciples and are called to make more disciples. There should neither be a distinction between discipling men and women nor any distinction during a worship service (Matt. 28:18-20). Everyone throughout their lives, have learned a great deal from the women around them – be it mothers, grandmothers, sisters and women friends. It is from these observations that women should continue to draw inspiration from to lead meaningful and empowered lives.

We all know that God is perfect in his love for each and all of us as his spirit children. When we know these truths, as women in this divine cause, it should help us greatly as we all experience much less than perfect love and perfect justice in this world. In short, women are sometimes dealt with insensitively and thoughtlessly by others, by imperfect

men and women in our societies, it may still cause us pain, but such pain and disappointment are not the whole of life. All these are not permanent but passing phases of life bearing in mind that, the ways of the world will not prevail, for the ways of God will always triumph.

Family remains the primary source of attachment, nurturing, and socialization for humans in our current society. Drug and substance abuse has now become a major challenge to both parents and children. The impact varies depending on the role and gender that the individual with the substance use disorders (SUD) has in the family. For example, an adolescent versus a parent. According to Lipari and Van Horn (2013) the impact of parental substance abuse on children have direct effects, such as parental abuse or neglect, or indirect effects, such as fewer household resources. Current research in Zimbabwe has shown that children of parents with a S.U.D were found to be of lower socio-economic status and had more difficulties in academic, social, and family functioning when compared with children of parents who do not have an SUD. They are more likely to have higher rates of mental and behavioral disorders. There is need among women to campaign against drug and substance abuse in our communities and in the country at large because drug abuse is now a pandemic in the country. Young people are losing precious lives because of this pandemic.

Sometimes, the best way to make a big difference is adding up lots of small ones. Likewise, often, the smartest advice is also the most basic: Look for others who share your interests either in church or in your communities. Do not be afraid to ask for what you want, be persistent, keep a record of all your efforts and crucially, know that, the greatest leaders are not the ones with spines of steel – they are the ones who know how to adapt to change and bounce back from frustration or failure. So as women who believe in Christ it is imperative to be strong and to work hard for your families as well as upgrading yourselves. There are so many projects like poultry, piggery, horticulture to mention just a few that can transform women's lives and their communities. Women are encouraged to take a leaf from the hard work and the humble character of the First Lady of the Republic of Zimbabwe, Her Excellency Dr. A. Mnangagwa's initiatives that, include Agriculture 4SHE, widows' empowerment programme, and Nhangwa- Gota teachings. All these programmes are there to uplift the lives of women and children of our beloved country Zimbabwe, so as church mothers lets copy and let us contribute to these crucial programmes.

Furthermore, women juggle multiple roles as daughters, mothers, wives and professionals, getting knocked off their feet can be a daunting proposition. Questions are often asked as to how can one conquer such impediments in life and there are no one size fits all response. One cannot be particularly "sure-footed" in response as situations differ or vary among different women. For example, with three children, each of whom has his or her own interests and preferred activities, my day generally comprise of a lot of organization followed by a lot of re-organization and by nagging feelings of guilt. However, the trick to keeping one's feet firmly on the ground, is to prioritize and be open to compromise. Some days one can be in a dilemma and do not know whether to laugh or cry. But trying to be everything to everyone, all the time, is a recipe for disaster, and endlessly striving for perfect balance only turns women lives into a tightrope – upon which we never dare to dance, for fear of a terrible fall.

As Christian woman and responsible mothers, we all know that we have to do much more to respond to the cries for justice of women and children who have suffered violence. We have to do much more to end these horrible abuses and the impunity that allows these human rights violations to continue.

There is need to recognise that the time for complacency is long gone and belongs to another era. The silence on violence against women and children has to be broken now and forever. Now is the time for stronger action. This violence against women and children has tremendous costs to communities, nations and societies—for public well-being, health and safety, school achievement, productivity, law enforcement, public programmes and budgets. Violence against women and girls is an extreme manifestation of gender inequality and systemic gender-based discrimination. The right of women and children to live a life free of violence depends on the protection of their human rights and a strong chain of justice. The effects of violence can remain with women and children for a lifetime, and can pass from one generation to another. Studies show that children who have witnessed, or been subjected to, violence are more likely to become victims or abusers themselves.

When it comes to the prosecution of offenders, justice should be seen being done as a way of ending impunity by enforcing laws. Women and children must have access to the police to file a criminal report and receive legal advice and protection orders. The response to violence must be immediate, coordinated and effective so that crimes are punished and justice is secured. This is true during times of peace and conflict. There can be no lasting peace when women and children suffer sexual violence and abuse. In conclusion, remember, the pages of your life belong to you. Women should write stories that make them happy and proud, so that someday, somewhere, a wonderful little girl will read them and say, “I want to be just like them!”



By Mrs Chadzanira



## Walking worthy of our calling...



“I therefore, the prisoner of the Lord, beseech you that ye walk worthy of the vocation wherewith ye are called,” Ephesians 4:1.

The development of Marota primary school, in Masvingo is a true testimony that the Church is walking worthy of its calling. In a space of a year, Methodist Church in Zimbabwe (MCZ) has completed two classroom blocks (four classrooms) and furnished two classrooms with the state of the art eighty chairs and tables. This work has been possible because of the work done by the members of the church both local and in the diaspora. Special mention goes to Rev. J. Makoti for spearheading the fundraising initiatives in the diaspora. The other block and furniture were funded by Methodist Development and Relief Agency (MeDra) courtesy of Australian aid. The completion of these blocks was only possible through the benevolence of the presiding bishop, Rev. G. T. Mawire. Under his leadership, the church provided funds to roof one block and funded the outstanding work on the MeDra block. Funding this project was made possible through financial contributions from other Methodist schools. These blocks were dedicated on the 5<sup>th</sup> of February and the ceremony was graced by the Presiding Bishop (PB), General Secretary (GS), Acting Mission Director (MD) and Education Secretary (ES), MeDra National Director, all Bishops and their spouses, the clergy and members of church, School Development Committee (SDC), and members of the community.

In John’s Wesley’s sermon number 74, “Of the Church,” John Wesley challenges the Church to walk worthy of its calling. According to John Wesley the idea of walking is of very extensive signification. It includes all inward and outward motions, all our thoughts, words and action. It takes in not only everything we do but everything we either speak or think. Walking according to John Wesley is the idea of the church maintaining its active role in the community it exists in spreading a positive impact.

The idea of walking worthy of our calling is fulfilled in pursuing the thrust of pillar number 2 of the Methodist Church in Zimbabwe’s strategic plan. It speaks of enhancing corporate social responsibility. It is underpinned on fulfilling Matthew 25:35-40.

<sup>35</sup> *For, I was hungred, and ye gave me meat; I was thirsty and ye gave me drink; I was a stranger, and ye took me in;* <sup>36</sup> *I was naked, and ye clothed me; I was sick, and ye*

*visited me; I was in prison and ye came unto me. <sup>37</sup> Then shall the righteous answer him, saying, Lord, when we saw thee hungred, and fed thee? Or thirsty, and gave thee drink? <sup>38</sup> When we saw thee a stranger, and took thee in? or naked, and clothed thee? <sup>39</sup> Or when we saw thee sick, or in prison, and came unto thee? <sup>40</sup> And the King shall answer and say unto them, verily I say unto you, in as much as ye have done it unto one of the least of these my brethren, ye have done it unto me.*

In walking the journey of faith, the MCZ together with MeDra has done exceptionally well. They have committed resources in response to the need of people in Marota under Chief Charumbira. The building of the school was a swift reaction to the risk which the children faced when they walked about 10km to school using unsafe routes characterized by disserted roads, forests and mountains. Children were highly vulnerable and were exposed to potential abuse. By building a school in Marota, the MCZ trough its members and arms (MeDra and other Methodist schools) have brought new life and built a solid foundation for the children of Marota area.

The church is committed to seeing progress of Marota primary school. In addition to building two classrooms blocks and furnishing two classrooms in a year. Through the Education secretary, Rev Dr. D. Muzenda, the church has promised to see through the formal registration of the school this year. This is only possible after building a strong room. Hence, it can be concluded that there is a strong commitment by the church for the development of Marota Primary School.

The MCZ is committed to partner the government in providing education. The government has indicated a shortage of 3000 schools. The church has taken this call seriously. This is engraved in Pillar 5 of the strategic plan of the church: Excelling education services. MCZ is not only committed to structural development but boasts of being a champion in producing quality results with all its schools recording 95% plus, pass rate on Ordinary level results.

Marota school has an enrollment of 130 pupils as at the 4<sup>th</sup> of February 2025. Much is still needed to ensure that the school fully serve the community. There is need for staff quarters, ablution facilities for ECD, fencing, more classrooms and furniture. There is need for all people called by the name of God to walk this path in pursuit of their calling and see the vision of Marota school fulfilled.

Let us all walk worthy the vocation of our calling.

## **How to Achieve Financial Stability: Key Tips for Success**

In today's fast-paced world, financial discipline is a crucial factor in achieving long-term success. Just as businesses thrive on structured planning, individuals can also benefit from sound financial management. In this article, we explore key strategies for building and maintaining financial stability.

### **1. Budgeting: The Foundation of Financial Discipline**

A well-structured budget is the cornerstone of financial success. By tracking your income and expenses, you ensure that you do not spend beyond your means. Budgeting not only fosters financial discipline but also provides a clear roadmap for managing your finances.

**Key Steps:**

**Track Your Expenses:** Keep a record of every transaction to better understand your spending habits.

**Create a Balanced Budget:** Allocate 50% of your income to necessities, 30% to discretionary spending, and 20% to savings and debt repayment.

**Prioritize Needs Over Wants:** Differentiate between essential expenses and non-essential purchases to avoid overspending.

## 2. Saving: Building a Strong Financial Foundation

Saving is a crucial aspect of financial stability. It allows you to set aside funds for future use, providing a cushion for emergencies or big life events.

**Key Steps:**

**Set Clear Financial Goals:** Designate savings for specific objectives, such as retirement, homeownership, or a major purchase.

**Start an Emergency Fund:** Aim to save 3-6 months' worth of living expenses to cover unexpected events.

**Automate Savings:** Consider setting up a fixed monthly deposit into a dedicated savings account to ensure consistency.

## 3. Debt Management: Minimizing Liabilities

Effective debt management is essential for maintaining financial health. High debt levels can be detrimental, especially for businesses and individuals alike. Minimizing debt and managing it efficiently is vital for long-term financial stability.

**Key Steps:**

**Tackle High-Interest Debt First:** Prioritize paying off high-interest loans to reduce the financial burden.

**Make Timely Payments:** Avoid late fees and negative credit impact by paying bills on time.

**Avoid Unnecessary Borrowing:** When possible, limit borrowing to avoid overleveraging your finances.

## 4. Investing: Building Wealth for the Future

Investing early is one of the most effective ways to grow your wealth. The earlier you start, the more you can take advantage of compound interest. Diversifying your investments across various asset classes can also mitigate risk.

**Key Steps:**

**Start Early:** Begin investing as soon as possible to benefit from compound growth.

**Diversify Your Portfolio:** Spread your investments across stocks, bonds, real estate, and other business ventures to reduce risk.

**Opt for Low-Cost Investments Initially:** When starting out, consider low-cost investment options to minimize risk while gaining experience.

## 5. Financial Literacy: Empowering Your Financial Decisions

Understanding the basics of personal finance, investing, and money management is essential to making informed decisions. Financial literacy empowers you to navigate the complexities of money management and avoid common pitfalls.

**Key Steps:**

**Educate Yourself:** Continuously seek to learn more about personal finance and investment opportunities.

**Avoid Lifestyle Inflation:** As your income increases, resist the urge to inflate your lifestyle expenses.

**Build Multiple Income Streams:** Diversifying your sources of income can reduce financial risk and increase overall stability.

## 6. Long-Term Planning: Securing Your Financial Future

A solid long-term financial plan is crucial for ensuring financial stability, especially when planning for retirement or unexpected events. Planning ahead allows you to allocate resources wisely and adjust to changes in your financial situation.

**Key Steps:**

**Create a Retirement Plan:** Develop a strategy for saving and investing toward your retirement goals.

**Consider Insurance:** Protect yourself and your family with life, health, and disability insurance. Regular contributions can mitigate financial burdens in times of crisis.

**Review and Adjust:** Regularly assess your financial plan and make adjustments as needed to stay on track.

Achieving financial stability requires commitment, discipline, and strategic planning. By following these essential tips on budgeting, saving, debt management, investing, financial literacy, and long-term planning, you can lay the foundation for a secure financial future. Starting early and making informed decisions will put you on the path to financial success and long-term security.



By AB Ncube  
APAN STARS PBC