

The M Word

Can we still afford to treat mental health as a taboo subject?

My COVID Testimony

Kate, a nurse on the frontlines of the COVID fight shares how Jesus strengthened her in battle

The Interviews

We Chat to Princess Zunzanyika about Realty & Tich Dzingirai on his cheap energy initiative

MANHOOD *IN A TIME OF CRISIS*

How do we heal an entire generation of men broken by the world & seemingly condemned by the word of God

Clap your hands, all you nations; shout to God with cries of joy
~Psalms 47 : 1~

COVID-19 INFO

Call Centres and Hotlines

Temporary Employer-Employee Relief Scheme

012- 337 1997, Corona19ters@labour.gov.za

Essential service application portal

www.bizportal.gov.za

Support to business

0860 663 7867, info@dsbd.gov.za / info@mybindu.org.za

SASSA

0800 60 10 11

Solidarity Fund

0860 001 001, info@solidarityfund.co.za, <https://www.solidarityfund.co.za/>

Fake news

WhatsApp line 067 966 4015, www.real411.org

Information on Coronavirus COVID-19

WhatsApp "Hi" to 0600 123 456

National Institute for Communicable Diseases

0800 029 999, <https://sacoronavirus.co.za/>, <http://www.nicd.ac.za/>

COVID-19 National Crisis Helpline - 0861 322 322

SA Police Service Crime Stop - 08600 10111, SMS Crime Line: 32211

Reporting Undue Price Increases - 0800 141 880

For Updates Log On To:

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Purpose:

At TAQA magazine, we are a family of God loving Christians who are excited about sharing testimonies of how God is still speaking today. The conventional pulpit has since evolved over the years and we are the product of that evolution. The WORD is and will always be solid and the same.

We will tackle issues from parenting to schooling to relationships to the covenant of marriage and issues that affect the life of the contemporary Christian. Our aim is to welcome you to our family and to have conversations with you on the goodness of God and encourage you in your everyday life. We hope as we embark on this journey we will move from Glory to Glory in the Lord. Welcome to the praise world of TAQA

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EDITOR'S *Note*



TRADITIONALLY, the awesomeness that is Daddy, is recognised on the 21st of June every year. Father's day is only but a single day when your worth and contributions are celebrated but the job lasts throughout the year. Being a dad carries the dual roles of not only being a father to exceedingly inquisitive children but also extends to being a knight in shining armour to your wife. Beyond that, every aspect of your life requires different levels of attention and it is upon you to balance all that out. And there are no days off. You deal with racial and social issues, economic pressures and the devil does his best to test your Faith with one body blow after the next. But somehow find the strength to pick yourself up, dust yourself off and do it all over again. Some are now experts at toddler tantrum control and teenage mood swing navigation. They are present dads and yet they never seem to get a break. COVID-19 has only made this job that much harder as now some dads have lost the means to provide for their families and yet they're still standing. To go-getter dads, never-say-die dads, God worshipping dads, dads who fight on their knees for their kids not fists, the stay up all night working dads, hugging dads, wipe away tears dads, yes those kinda dads, The Taqa Family Salutes you.



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Despise Not the Days of Small Beginnings

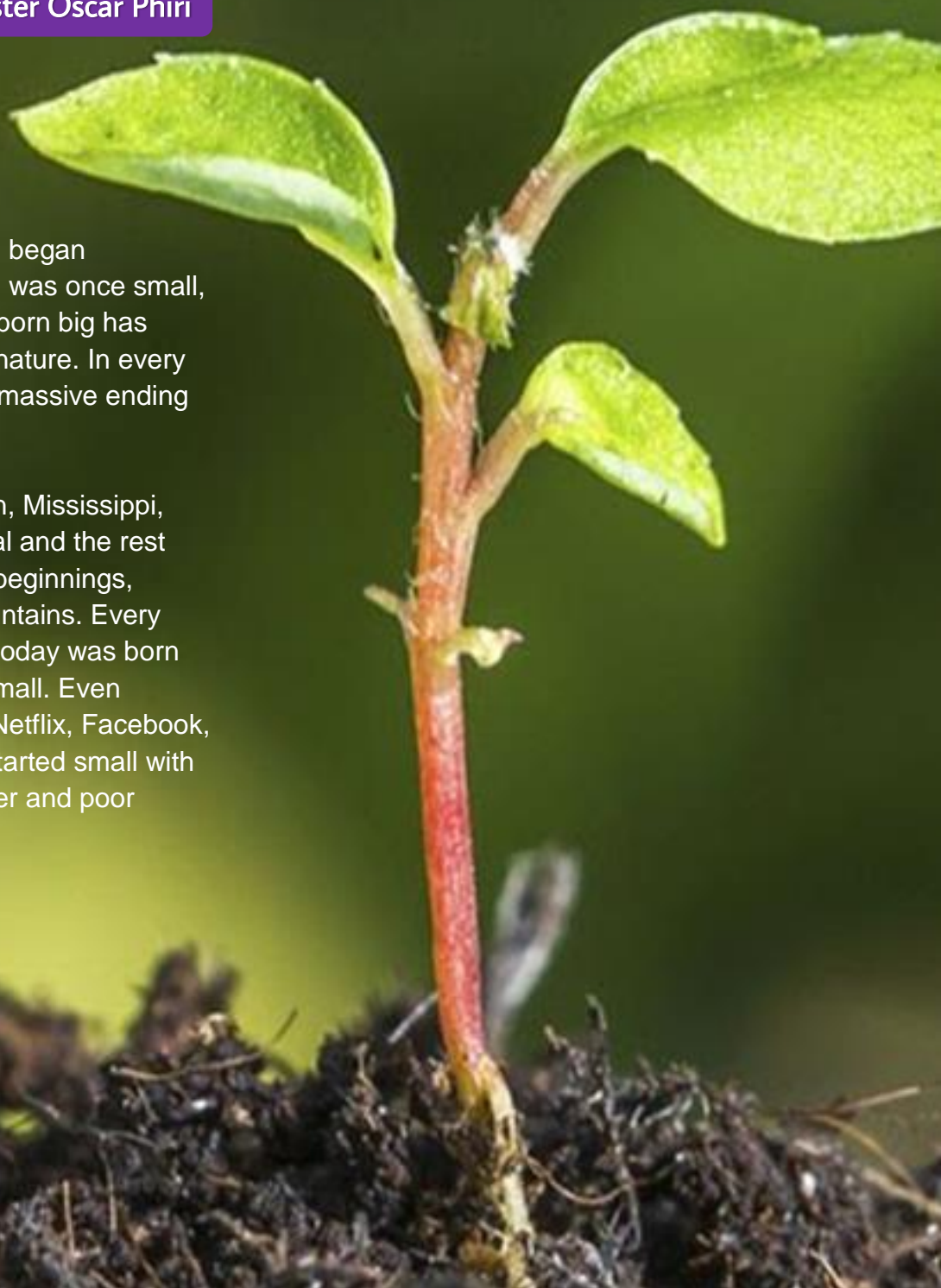
Greatness starts with a small seed.

By Minister Oscar Phiri

Rome was not built in a day.” This saying tells

you and me that everything began somewhere. Everything big was once small, for anything that has been born big has contradicted the course of nature. In every small beginning, there is a massive ending that is still undisclosed.

All great rivers, the Amazon, Mississippi, Limpopo, Zambezi, the Vaal and the rest began from springs, small beginnings, flowing from the top of mountains. Every man and woman on Earth today was born an infant. All births begin small. Even behemoth companies like Netflix, Facebook, Apple and Econet Global started small with few employees, low turnover and poor infrastructure.



Zechariah 4 vs 9-10 says “... Zerubbabel is the one who laid the foundation of this temple, and he will also complete it. Then you will know the Lord of Heaven’s armies has sent me to you. Do not despise these small beginnings, for the Lord Rejoices to see the work begin, to see the plumb line in the Zerubbabel’s hand.”

The foundation of a building is the least aesthetically pleasing, if considered at all. We never comment on how beautiful or artistic it is. Do you know why? Because it is hidden and yet everything that people do see and appreciate rests upon this

through time, discipline and sound judgement, the business amasses a million Rands from that initial seed (small beginning) of 1 cent. If you were to take that 1 cent from a million, it ceases to be a million and becomes R999 999.99.

So as much as the cent may look small and insignificant when viewed in isolation, its value as part of a whole system must not be underestimated. Do not quit that small business simply because you can’t seem to shed the “Small” moniker. Consult with established business people and get to appreciate their development in business.

Others started by selling sweets to pedestrians, on trains and on street stalls. Today they are supermarket giants.

Whenever the devil looks at every small beginning he attacks because he is aware of the greatness

Even behemoth companies like Netflix, Facebook, Apple and Econet Global started small with few employees and poor infrastructure.

overlooked platform.

If no one appreciates your small beginnings, learn from the foundation of a building. No one really sees the 40 stories of crystal exterior that beautifully captures the sunset in the evening or the vintage Victorian look of a country estate while looking at the foundation.

To break it down, 1 million Rands is made up of 100 000 000 cents. For the business person, it takes recognising that first seemingly insignificant cent that enters the business and putting a system in place start accumulating more of its kin. Gradually,

that us hidden in that beginning. I remember when I was growing up I used to get sick before exams but by the Grace of God I would still excel. I take these as attacks on small beginnings. Even **Jesus Christ** was also attacked by Herod as an infant. In **Matthew 2 vs 13** the devil was aware of the task and mission ahead of Christ so the Lord sent an angel to spare his life. The reason why we kill a snake even if it is small is we are not killing size but the poison it carries and we mitigate the danger before it grows. We notice the potential danger that may arise in future so we nip it in the bud during small beginnings.



COVID-19 has forced most of us to rebuild or re-start. Let's not despise small beginnings. What we should fight for is not to remain small. It is not a sin or crime to start small, the problem is staying small or company of small beginnings. Jesus Christ began as a mere carpenter but in 3 years he inspired an entire faith that reached all corners of the globe and is still growing strong today.

#SmallBeginnings



But the Lord

is

Faithful ...

COVID-19 has had a devastating effect on not only physical health but the mental as well. None have been affected more than those on the frontlines, our healthcare practitioners...

By Kate M

In February, during the time the world started talking about this new virus we now know as COVID-19, I remember discussing with some colleagues about a hospital in China that had been built in less than a week or so we heard. During the same time, my boyfriend asked me just how much I knew about the virus since it was everywhere. I confessed that I knew very little and had to go and read up bit more about it. Little did I know that a few

weeks later, it would not be a news headline but our lived reality.

The COVID-19 infection rate was rising steadily and the death toll was running in the hundreds. I was existing in a continual state of shock, what on earth is going on in my world. One day my Lead Consultant came to me and instructed me to stop going



into the ward because everybody was a potential carrier. At that time, the safest option was one of tactical avoidance. It was a time of deep fear and uncertainty. During that period, I distinctly remember turning up to work one Friday and my Nurse Manager saying ***“It’s all hands on deck”***. She explained that a previous instruction to avoid the ward had no longer been viable as the situation was evolving so rapidly. The situation had reached a point where the wards needed all the help they could get thus all specialist nurses had to be brought on board and necessitated a plan for redeployment.

To my horror, initially she advised me that I was either going to the COVID Positive ward or go up to the Intensive Therapy Unit (ITU).

to a COVID positive ward but since things were still up in the air, nothing was immediately confirmed. By that afternoon, I had received an E-mail saying I had to go onto another ward in a different site. As opposed to a COVID Positive ward, the ward I was to report to was a Rehab ward for discharged patients that were either waiting placement in care homes or needed more physio or some sort of additional occupational therapy input. I remember getting home and thinking, ***“Thank you Jesus I am not going onto a COVID positive ward.”*** All was right with the world. Well, in my little world anyway. The weekend came and I successfully stuffed the whole business in the furthest recesses of my mind. I did not want to think about it because that would make it real and my nerves would get the

better of me. Instead of being worried about COVID, the one concern that dogged me was wondering if I was expected to be the nurse in charge since I would most likely be the most senior nurse in the ward.

I remember getting home and thinking, “Thank you Jesus I am not going onto a COVID positive ward.”

I remember telling her that I would not go on to the ITU as I would just not know where to begin with the specialist equipment they use in the department. I had not been ward based in years and would not possibly manage in ITU. In all honesty, I hadn’t worked in a ward since 2013 when I left to become a specialist nurse. I didn’t think I had the up to date clinical skills to provide the necessary care required for ITU patients.

Due to my apprehension about working in the ITU, she said I would likely be deployed

On the Monday morning I woke up with the thought of Abraham’s servant on my mind. In Genesis 24, Abraham sought a wife for his son, Isaac. He entrusted this duty to his lead servant, making the man swear that he would not find Isaac’s wife among the Canaanites who were idolatrous and so unlike Isaac. After crossing the desert, he began this prayer, ***“O LORD God of my master Abraham, please give me success this day, and show kindness to my master Abraham.”*** I adjusted it a little that morning to say ***“God give me success today and show***

me kindness.” After my Morning Prayer and preparation, I drove over to the hospital dressed in my immaculate uniform with the belief that I would go straight to the ward and start working straight away. As I was walking down the corridor I came cross a colleague I worked with in the same team previously. We had been deployed to the same hospital and ward so it was pleasant to see a familiar face. My pleasure was however overshadowed by my shock when I realised she was getting changed into scrubs. As if that was not enough she further put on full PPE (Personal Protective Equipment) compliment. I was not expecting at all to put on full PPE

because this was just an ordinary rehab ward, so I walked up to her to enquire what was going on. She told me it was a COVID Positive ward with End-of-life care. I literally felt the earth collapse from under me. I could have just walked back to my car and driven away. That’s exactly what every fibre of my being was telling me. But in the midst of the thick haze of fear and confusion, a voice reminded me that I turned up for work and was expected to be present. I just had to gather myself off the floor and get on with it.

There was a nurse from the Infection Controller and she was there explaining how to effectively don the PPE: “... *put on the fluid resistance gown first. Then don the surgical gown fully covering torso from neck to knees to end of wrists. You put on the mask securing ties or elastic bands at middle of your head and neck. You place the visor on*

your face and eyes and adjust to fit. Put on the double gloves extending to cover wrist of isolation gown...” I was sweating already. It was probably a combination of anxiety and the fear of the unknown and now I had to add the layers of protection. Once on the ward, you cannot remove the PPE. The only way was to physically leave the ward and even then there was a procedure just as elaborate as the first one on how to safely remove the PPE and correctly wash your hands. To be honest I only caught half of what she said in those minutes, the other half just went in one ear and came out the other.

The weeks that followed were difficult. End-of-life care is where patients who had a “Do Not Resuscitate” (DNR) order were being sent.

All I could do to keep it together was to tell myself that I needed to survive this and continually asking “*God, just get me through today. I just need to get through today.*” And he did.

The weeks that followed were difficult. End-of-life care is where patients had a “Do Not Resuscitate” (DNR) order were being sent. So literally all we were there for was to keep them comfortable until they pass away. It was all about trying to give them as much of a dignified and comfortable death as you possibly could. It was particularly hard for me as I hadn’t had to deal with dying patients since my training days which had been over ten years past. On my first day on

that ward however, three patients died and I had to perform “Last offices”. This is a procedure performed to the body of a dead person shortly after death has been confirmed. This meant wash them, drape them in a shroud and get them in a body bag. To say this was taxing is a gross understatement. It took a massive emotional toll on me and I had to literally disconnect from reality in order for me to perform my duties. I remember a colleague asking me afterwards why I even bothered to talk to them while washing since they were already dead. I still felt the sense that their spirit was still in the room and it was just out of respect. Even in death, to me this was a human being who once walked the earth and had people who loved them. Somebody's mother, somebody father, Somebody's daughter, somebody's grandmother. So you still have to respect that. I could not just go shoving them in a body bag. I still talked to them whilst I was getting the shroud on. I still talked to them as I put them in the body bag. That first shift took a lot out of me. I got home and tried talking to my boyfriend about it, emphasis on tried. I was so emotional that he could not find the right words to console me. So at a loss, he just decided to focus on other things in the news and I remember crying as soon as he put the phone down. I cried myself to sleep that night.

As time went on I realised that I had to shift my mind-set in order to survive. I stopped taking every death personally. I learned to disassociate my emotions in order to be able to focus on the task at hand. In the three weeks that followed, I also learned to leave work at the door as I walked out. Once I was out of that building and in my car, I was Kate. Not Kate the nurse. Not Kate working on the COVID positive ward. Not Kate working on the End of life care. I was Kate, just another member of the human race. And then when I came back in the morning I focused on the care I needed to give.



A source of buoyancy, though, during those dark days was seeing patients being discharged. That gave me hope that it wasn't all doom and gloom. The pandemic on the whole seemed like a death sentence.

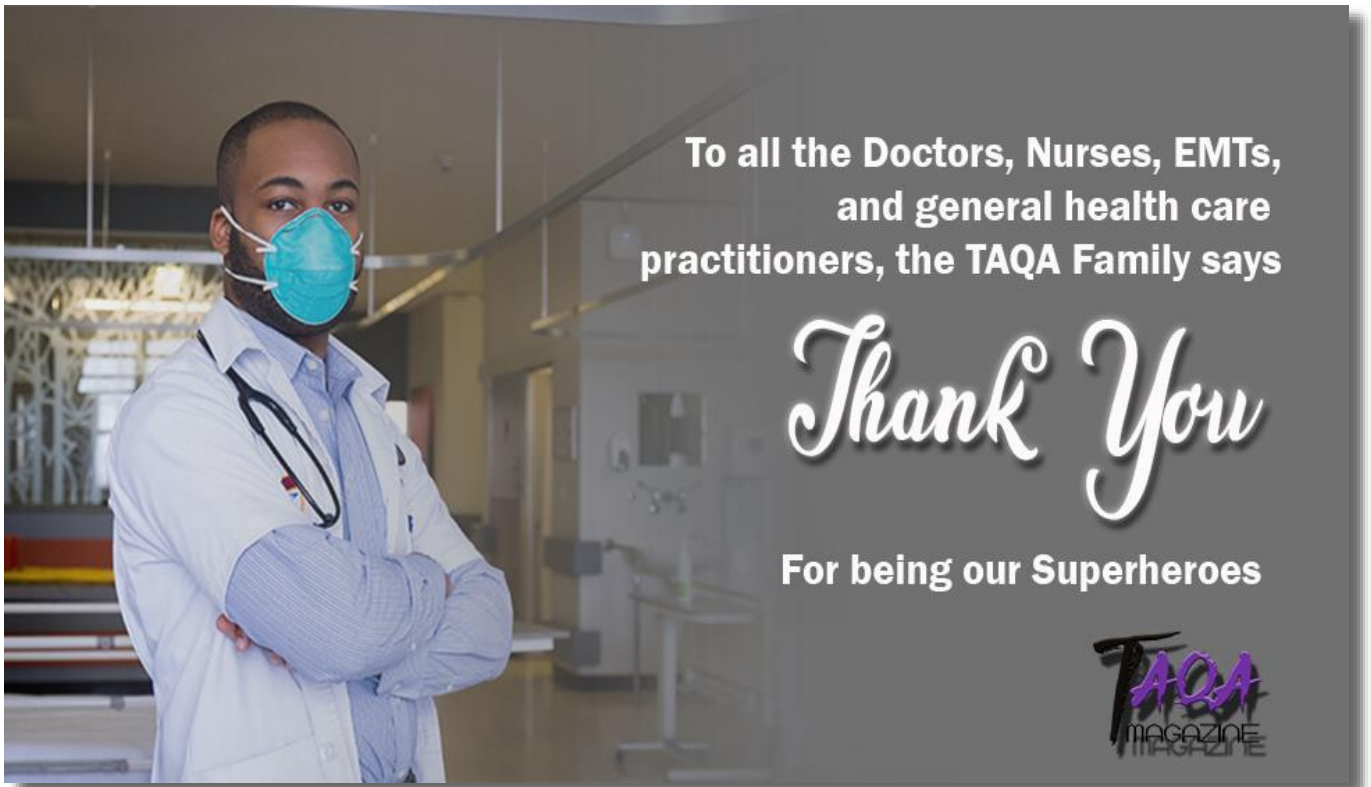
So seeing patients that had a DNR being picked up by the hospital transport without the need for a body bag was a marvel to behold. Life however was not without the occasional body blow.

I remember one patient I had that was getting ready to be discharged back to her nursing care home. She had been video calling the previous night and when I went in to check on her the morning just to make her comfortable, she had passed on. Just when I was on my road to emotional recovery.

I have since moved from that ward and do not have to deal with death as much anymore. I believe I am a much stronger person today thanks to the experience. There are days when I look back on it and let out a sigh thanking God that I don't have to go back into that situation ever again. I developed a whole new level of respect and appreciation for all the nurses on ITU or Critical Care or High Dependency Unit (HDU) because I couldn't do it. Every day I wonder how they still manage to come back

day after day because it is not only such an emotionally draining occupation but it is physically demanding as well due to all the PPE layers. On top of that, there is that clear and present danger of contracting the virus yourself.

When people are in their last moments of life, it is imperative that they experience that human connection and touch. This is next to impossible when you are wearing double gloves. When a baby is born, the midwives always place the new born on mum's chest so the new born gets to feel that human touch. Come to think of it, it is the same at end of life. But with COVID it's just not been possible because PPE everybody is gowned up you need to protect yourself and you also need to protect all the other patients you are looking after as well.



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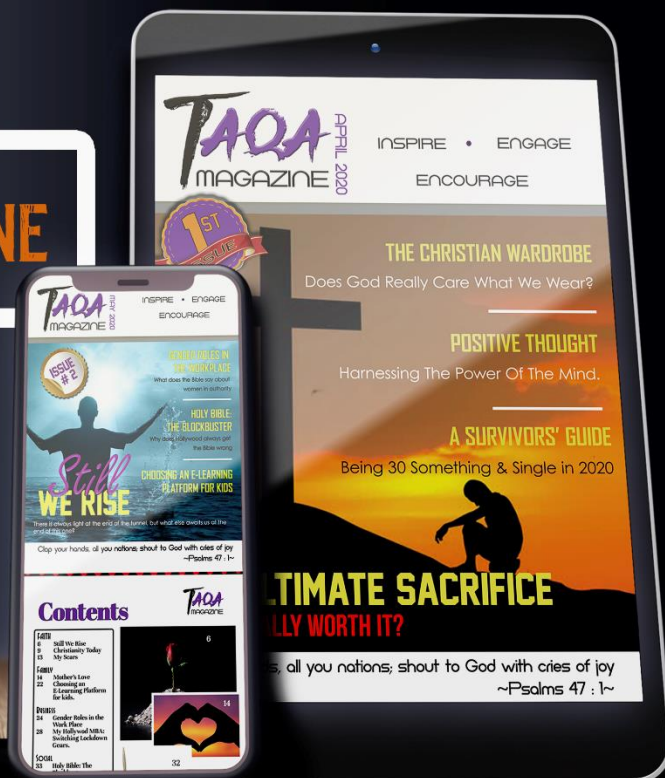
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MANHOOD

In a Time of Crisis

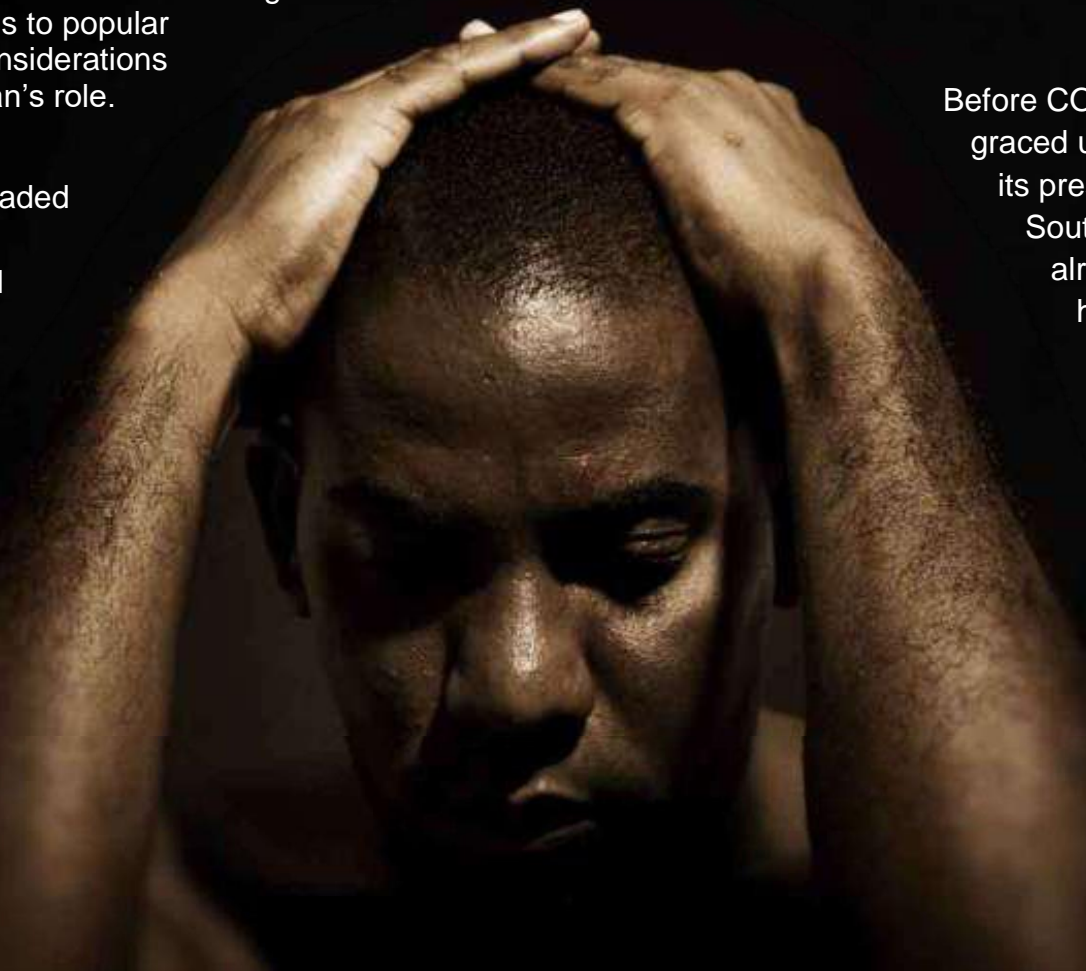
By Alvin Mlambo

Sometime in the 1200s, in a region on the edge of the African continent known today as South Africa, was a prosperous village of hunter gatherers. Young men proved their manhood by being proficient in the art of hunting and thereby earned the respect of the tribe. Barring initiation rituals and ceremonies, that ability showed the village elders and prospective mates that one would be an adequate protector and provider for a family in both lean and abundant times. Leap forward 800 years and not much has changed with regards to popular societal considerations about a man's role.

We have traded spears for wallets and bank

accounts, animal hides for denim jeans, sandals for Jordan sneakers and lush hunting grounds for financial district high rises. As a man's worth was calibrated by the size of the beast flung over his shoulders as he sauntered into the village back then, so is a man's worth graded by the size of his financial resources today. Basically man equals financial stability and provision. However as recent world events have taught us, we may need to re-evaluate this long held but ultimately simplistic view of a man.

Before COVID-19 graced us with its presence, South Africa already had a



staggering unemployment rate of between 27% and 29% depending on who you asked. Youth unemployment was registering at 54% and the country had experienced two consecutive quarters of negative GDP growth. Load shedding had become that excessively drunk and vulgar uncle who always ruined family gatherings but we had to tolerate and let in because he was family.

viability attaches a heavy stigma and a mighty blow to self-esteem. Even in the bible in *1 Timothy 5 vs 8*, it says ***“But if anyone does not provide for his relatives, and especially for members of his household, he has denied the faith and is worse than an unbeliever.”***

“But if anyone does not provide for his relatives, and especially for members of his household, he has denied the faith and is worse than an unbeliever.”
- 1 Timothy 5 vs 8,

There is also clear evidence to support the link between unemployment and poor mental well-being. Apart from the inability to provide, most of the matters facing the unemployed man are born of the loss of hope and feelings of despondency.

As a result, many jobless

Things were looking bleak. Then COVID-19 came along and showed us just how good we had it after all. After six months of a countrywide lockdown, South Africa now stands at Stage 1 of the lockdown regulations. The most facets of the economy have been opened up to resume operations but irreparable damage has already been done to most industries. Companies had to close and lay off most of their respective work forces which has left many households without steady income.

men turn to opioid and alcohol abuse to numb the pain of their perceived failure. This is often accompanied by marriage failure, violence and a decline in civic or religious participation. The much publicised spate of gender based violence adds credence to this. Though the reasons are based as per case, the majority of cases have their roots entrenched in the compromised psyche of the unemployed man. So then how do we heal a man broken by global elements that we have no control over and also seemingly condemned by the word of God? I believe we must look far beyond the surface of the matter.

Currently, according to reports, the unemployment rate stands at 38%, not good. Though this has affected both genders, I believe it has had a more devastating effect on men who have always been viewed as the heads and breadwinners of the family.

In a world that attaches so much value to economic viability, robbing a man of that

A man is called the **“Provider”** and **“Protector”** of the family. The first title of being a provider is mostly restricted to financial provisions. True a man must be in a position to ensure that his family is cushioned financially and want for nothing. So does this mean if you are unable to derive rewards through the works of your

hands you are then a failure? Not at all. Beyond financially a man must:

Provide Love: A family with a very wealthy but loveless father and husband reminds me of anecdote about a bird in a gilded cage. You may sing of all the comfort and opulence that you have but ultimately you are simply going nowhere.

Ephesians 5 vs 25 says “**Husbands, love your wives, as Christ loved the church and gave himself up for her.**” Jesus loved the church so much he gave his life for it. This is the level of commitment a man must have for both his wife and family. To be strong enough in his convictions to be able to put away his pride and socially advocated views of manhood and masculinity in order to take on the role that best benefits his family. His love must transcend tradition and popular opinion to put his family first.



Provide Spiritually: A man must be a spiritual leader in the home. *Ephesians 5 vs 23* mandates that “**...a husband is the head of his wife as Christ is the head of the church.**” Unfortunately some men have taken this verse as reinforcing the fact that

women must submit, as mentioned in *Verse 22*, in perpetuity regardless of the man’s contribution or lack thereof. Funny how we pick and choose bits that support our own views. A woman can only submit to someone worth submitting to. A spiritually strong and firm father and husband who

A man with a vision always makes solid future plans and has his sights set forward in aspiration, sideways for information and always on the heavens for inspiration.

leads his family from the front “**...in reverence for Christ**” as mentioned in *1 Corinthians 15 vs 58* and *1 Corinthians 16:13*.

Provide Vision: My wife told me that the one thing she found most attractive about me when we were still dating was my hellacious vision. Even when we were still spiritually immature, she recognised the worth of a man with vision. Plans may not pan out and strategies hit brick walls as some of mine did but a vision is malleable enough to be adjusted in accordance with situations and gives you the energy to find a fresh route. Even in the animal kingdom, God placed this responsibility even in apes. While travelling in dangerous areas the alpha male will take the lead in order to get a clear view of the best path to take while steering the pack clear of danger. The other males will take the rear while the females and young’uns occupy the realm of relative safety in the middle.

When a man lacks a vision he ends up being a victim of his and surrounding circumstances. *“Why did this COVID thing have to happen now?”*, *“Why was I the one to get let go during the Lockdown?”* *“Why does my wife nag me so much when she can clearly see the situation in the country?”*, *“Why do I still live in a one bedroom apartment with my wife and 3 kids?”* *“How did I manage to sink this deep in debt”* *“Why is all this happening to me?”*



“As One” – Courtesy of Kevin A. Williams

Whereas a man with a vision always makes solid future plans and has his sights set forward in aspiration, sideways for information and always on the heavens for inspiration.



Provide Himself: I believe this is the most important provision and unfortunately this due to the tech dominated and busy lives we lead these days, it has been an area of mass shortcomings for most of us, me included. A man must provide attentive, devoted time and attention to both his wife’s needs and his children’s demands. Due to our deeply embedded belief in our value as financial providers we are always *“on that hustle”* for money, supremacy, station, reputation and other such ultimately trivial pursuits. Eventually we fail in maintaining that work//life balance and it is usually the family that suffers. I cannot overstate the value of the *“Quality Time”* between husband and wife. Time when you can talk and reconnect without the trappings of WhatsApp, emails, Facebook, Twitter or Netflix. Then you must also provide time for your children’s endless questions and musings about the world. Get to know them on an individual basis. And stop expecting all of them to be like the angelic eldest.

Proverbs 22 vs 6 instructs us, *“Train up a child in the way he should go; even when he is old he will not depart from it.”* Instead of being the father who commands and points in the direction his children are supposed to go, hold their hands and walk the journey

with them. That demands time and your presence.

our identity and worth. Yes in the world we live in today, financial stability is important but it is not the “be-all and end-all”. Instead of gauging prestige and station based on the number of zeroes on your bank statement, lets us use biblical and spiritual yardsticks to value ourselves. Just because as a father you are economically inactive and struggling to provide

Due to our deeply embedded belief in our value as financial providers we are always “on that hustle” for money, supremacy, station, reputation and other such ultimately trivial pursuits.

The title of “**Protector**” goes beyond physical attributes and defense against corporeal threats. If this was so a man such as myself who stands at only 1,7 meters tall has more fat than muscle and can’t go up two flights of stairs without taking a break would not meet the physical attributes to be considered a form of security. It also extends to protecting the family against spiritual attacks as we previously discussed.

material things does not mean that your value as a man is diminished.

Your value lies all the other aspects that make you a loving, devoted father and husband. This also applies to the single and unmarried man. If you don’t have a family yet, more than money, you must have that vision for the coming family and plan according the biblical prescripts so you can prepare for the storms that will inevitably come.

I propose that we as men, stop putting so much stock in worldly and societal views of

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The M Word

*Can we still afford to treat Mental Health issues as a
Taboo Subject?*

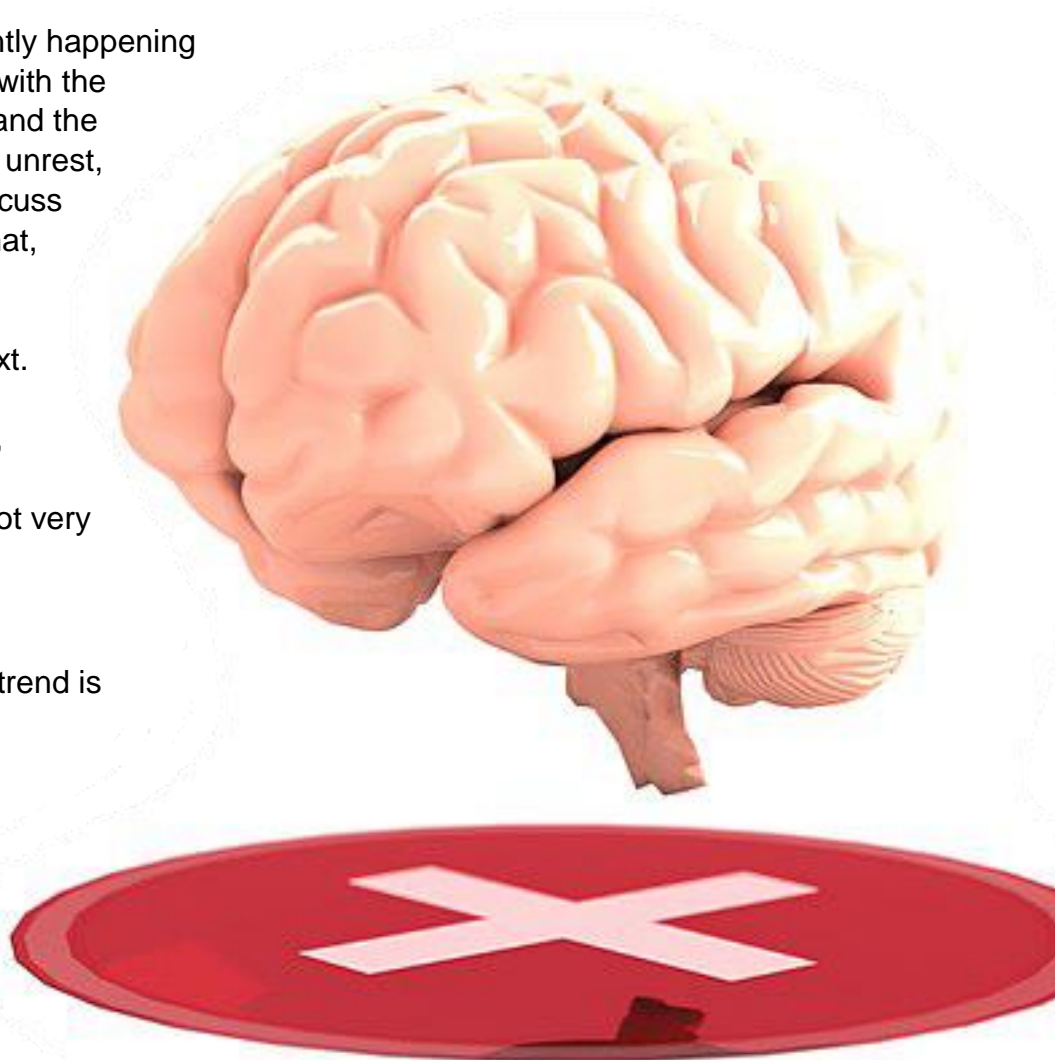
By Miss Dee

In light of what is currently happening in the world right now, with the pandemic, the killings and the general atmosphere of unrest, I felt it imperative for us to discuss mental health. I have found that, historically mental health is something that is overlooked, especially in an African context. I guess faced with the many other challenges, like poverty, diseases, and armed conflict, mental health awareness is not very high on our 'To Do' list.

Research has found that this trend is often compounded by three factors: ignorance about the extent of mental health problems, stigma against those living with mental illness and mistaken beliefs that mental illnesses cannot be treated.

For this article however, I will tackle anxiety and depression. During this pandemic/lockdown that we have been

experiencing, a few people have reached out and seem to be struggling with this. I guess without the distractions of the normal



(pre-COVID) day to day routines that used to occupy us, this is forcing us to really pay attention to the state of our minds.

A few years ago, a friend of mine called me to talk to me about a bout of depression that she was experiencing. She told me how it felt like she was drowning and was barely able to keep her head above the water. That her feelings were overwhelming and she felt herself sinking more and more into despair. When she spoke to people in her family or close friends, they would either think she was seeking attention or that it was all in her head.

from depression or any other mental illness is a sin. We seek help from medical professions and start our journey to getting better. So why don't we follow that approach with mental health? Is it that we feel it is not as important?

I mean the Bible makes reference to these emotional distress.

“Casting all your anxieties on him, because he cares for you.” - 1 Peter 5 vs 7

“The waters closed in over me to take my life; the deep surrounded me; weeds were wrapped about my head at the roots of the

mountains. I went down to the land whose bars closed upon me forever; yet you brought up my life from the pit, O Lord my God. When my life was fainting away, I remembered the Lord, and my prayer came to you, into your holy temple.” - Jonah 2 vs 5-7

We even have the story about King Saul, who was tormented by a demon

that would only depart when David played his harp.

So what is the point I am trying to make here? It is simply this. **God** created a perfect world, but when evil entered, perfection was shattered and the world was never the same. We all suffer in some ways from the results of evil breaking into **God's** perfect creation. Illness, whether it be physical or mental, is one of the many ways we see how broken our world truly is.

God created a perfect world, but when evil entered, perfection was shattered and the world was never the same. We all suffer in some ways from the results of evil breaking into God's perfect creation.

I tried to encourage her but I felt inept and unqualified to do so. All I could do was pray with her and continue to pray for her. I even asked an elder at the church I used to attend at that time what I could do. I was told praying for her was a step towards the right direction and that I should continue to do so. But I still felt like there had to be more that could be done.

If you get a cold or any physical illness, does anyone ever tell you that you're being sinful or failing to trust **God** because you are in pain? It sounds unreasonable because it is. It's just as unreasonable to say suffering



You see, mental illness is often triggered by stressors or negative environmental factors, but that does not mean it is not real. Physical illness is also frequently triggered by stressors and negative environmental factors. Stress can cause ulcers and increase the risk of a heart attack, very serious illnesses that, like depression, need treatment, not condemnation.

So here are a few things you can do to help you through any anxieties you might be feeling.

1. You are not cut off from God - when you are experiencing a mental health crisis and feeling isolated, it's very easy to forget that **God** is literally within you. The Holy Spirit is the presence of **God** Himself, living and active in the life of everyone who trusts in Jesus. **John 16 vs 12-15**. When you have placed your trust in Jesus, that same Spirit lives within you. **God** literally could not be closer to you in whatever you are experiencing.

2. You are not alone - The Bible provides many examples of people experiencing depression, darkness and frustration with

God. He is not angered by your honest words. **God** wants your relationship with Him to be authentic. His mercy reigns even in your brokenness. Some examples in scripture are **Jeremiah 20 vs 7**, **1 Kings 19 vs 4** and **Psalms 42 vs 9**

3. God's love and faithfulness does not depend on you – **God's** love for us is solely dependent on His character, grace and goodness. That's it. Because I've placed my faith in Jesus and He's paid for all my sin and brokenness on the cross, He will never walk away from me.

4. There is still hope because your low thoughts and emotions are not the truth.

Your relationship with **God** depends upon His unchanging faithfulness and not on your changeable emotions. Counter the lies running through your head with the truth in the Bible. God has **"...NOTHING can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow— not even the powers of hell can separate us from God's love."** - **Romans 8 vs 38**



5. Find strength by leaning on your community and Friends - When you're depressed, the last thing you usually want to do is be around people. The problem is that being alone with your thoughts is probably the most dangerous thing you can do when you're really depressed. Depressive thoughts tend to spiral, and because depression overwhelms your emotions, it's easy to believe the lies that your life is hopeless and no one cares about you.

As much as you do not feel like being around people, it's crucial to have someone who can just be with you and be a physical reminder that people love you. So explain your situation to people you trust with your truth. And ask them help by 'dropping in'. In the current situation we are in, perhaps a video call with a loved one every week can help.

The last piece of advice I will give is that **it is fine to seek professional help.** Seeking help does not mean you are a bad Christian

or do not have faith. It simply means you are using the wisdom *God* gave you to seek help for a problem, you cannot resolve on your own. If you want someone to address your depression/anxieties in the context of your faith, some large churches have counselors on staff, and there are many Christian counselors available to help. And I know there are a few therapists offering their services for free, especially during this lockdown period.

But most importantly remember this: *God* cares about your suffering. When we are in pain, *God* is right there with us, as He always is, whether we can feel it or not.

Psalm 34 vs 18 says, "***The LORD is close to the brokenhearted; He rescues those whose spirits are crushed.***" With the love and support from *God* and the people around you, you can get through this time and emerge resplendid and made new.

#YouAreNotAlone

The South African Depression and Anxiety Group (SADAG) is Africa's largest mental health support and advocacy group and is committed to quality counseling, outreach and capacity building work throughout South Africa. Our programs have been recognized and endorsed by the World Federation for Mental Health (WFMH) and the World Health Organization (WHO).

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HDI "You Decide" Youth Helpline	0800 33 33 77
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The South African Depression and Anxiety Group



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A Conversation with the *Royalty* of Realty

Born in Redcliff, a mining town situated in the Midlands Province of Zimbabwe, Princess Zunzanyika moved to the capital, Harare, in her early twenties to pursue her career dreams. Through twists, turns and many learning curves, she finally found herself in the industry she was born to be in. Today, she is the Managing Director of RightHaus Realty, an integrated real estate and land development and management consultancy Company she founded. Throughout her real estate career, she has trained and helped Estate Agents under her wings to embrace real estate as a fulltime career. This mother of two beautiful young ladies owns and manages her top flight real estate company and has a great appreciation for the work that it takes to be successful in the real estate industry. Fortunately for us, she decided to share some insights with the Taqa Family.

Taqa: *How did the idea and name for your business come about?*

PZ: The idea of my Business and the name actually came from my husband. He owns and runs a business that actually deals with Properties. We realised that it would be beneficial to consolidate our wealth.

Taqa: *What was your key driving force to become an entrepreneur?*



PZ: My key driving force was for me to attain financial independence. Working for someone else from 8 to 5 Monday to Friday just was not my thing. I believe in the mantra that if you work for someone you earn a living, but if you work for yourself you earn a profit. I also desired personal growth outside of the confines of formal employment.

Taqa: *How did you raise funding for your venture?*

PZ: I earned funds to finance my business by working as property consultant for another realtor SEEF. I saved my commissions until I had enough to establish my own venture.

Taqa: *How do you market your business? Which method has been the most successful?*

PZ: We market ourselves through advertising campaigns on Web.dev, Zimbabwe Classifieds and Property.com. We also advertise via boards and roadside billboards. I must say the most successful and effective method of marketing is through referrals. If we do a good job and people and people are satisfied with our service they refer someone to us and the web grows exponentially.

Taqa: *Can you outline your typical day?*

PZ: Well my typical day is hectic to say the least. I get to the office early and first sit down with my administrator to go through the itinerary. I then sit with the Sales Manager and go through his responsibilities

for the day. After my meeting, I check and respond to emails and book appointments for viewing properties. I follow up on clients and pending sales. No matter how crazy or packed my day gets though, I always make time to read up on the real estate industry to make sure that I always have my finger on the pulse regarding developments and trends.



The RightHaus Family – Back row from Left to Right: Simbarashe Kaseke, Sandra Makawa, Esther Paul, Princess Zunzanyika, and Reginald Dziwa.

Sitting: Cecil Kachambwa, Naomi Mapiravana, Batainashe Chatiza,

Taqa: *How has being an entrepreneur affected your family life?*

PZ: My family life has actually improved.

Taqa: *What motivates you?*

PZ: My husband and my girls have been inspired and are extremely proud of what I have become and achieved

Taqa: *What is your definition of success?*

PZ: My definition of success is waking up every morning doing what you love and making money out of it. As long as you're doing with integrity and honour.

Taqa: *If you had the chance to start your career all over again, what would you do differently?*

PZ: I think what I would do differently is start my entrepreneurship journey much earlier and at a much younger age. There is a lot to be said about the exuberance of youth and it would've been a vital tool in the business.

Taqa: *What advice do you have for budding and aspiring entrepreneurs?*

PZ: I advise aspiring entrepreneurs to always have a mentor and stay relevant. As we have seen with the aftermath of COVID-19, to stay pertinent, a business person must be nimble and flexible enough to embrace new technologies and methods of doing business on the fly. Read widely and thoroughly study your chosen profession and be an expert in your particular field.



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About RightHaus

RightHaus Realty is an integrated real estate and land development and management consultancy Company. It is a one stop shop for all estate agency and brokerage services, land development and management, project management, valuations and real estate.

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#GreenCooking

*We chat to Tichaona Dzingirai,
Founder of a company bringing
affordable and clean cooking
energy to African households.*

From an early age, Tichaona Dzingirai knew that he was destined to change the world. He had high aspirations to build an international business that not only made a tidy profit but was eco-friendly in the process. But as the old adage goes, “Everyone is born creative, but it is educated out of us at school.” Tichaona went on to further his education and graduated with a Degree in Economics and Management. His childhood hunger, however, would not be denied, thus came the birth of Ethovations. Ethovations has a sole purpose of delivering world class ethanol powered innovations into Africa for domestic use. Tichaona gives a glimpse into his motivations.

Taqa: *How did the idea and name for your business come about?*

TD: *Ethovations* came about as a fusion of the two words Ethanol + Innovations. We felt this captured what the organization is about in a cool way. This was after spending a week brainstorming the perfect name and after listing 26 names, Ethovations was just the perfect fit.

Taqa: *What was your key driving force to become an entrepreneur?*

TD: Firstly, dreaming big. As a child, my father would take me on tours around the pulp and papermaking mill he worked for. This inspired me and I always wanted to build a business just as big and influential. He taught me about every step of the process and how all the moving parts work to benefit the economy (Yes, by age 12 I knew what this meant). At the age of 16, I made the decision that I want to own and build a business of that magnitude because it was cool. Secondly, I wanted to deal with Unemployment. At the age of 24, I struggled to find employment despite being a graduate. I then thought to myself, I might as well pursue my dream and create employment for myself. It took me a while to figure out exactly what my passion was. However, the moment I learned how simply life changing it can be to use a cleaner fuel can be. I took it upon myself to build a business that is a driving force towards use

of environmentally friendly cooking practices.

Taqa: *How did you raise funding for your venture?*

TD: Well, I was fortunate enough to be selected as part of the inaugural 1 000 fellows that participated in the Tony Elumelu Entrepreneurship Program in 2015.

After completing the 12 week training program, I received a USD5 000.00 seed capital grant. I then used the grant money to purchase 40 stoves and the corresponding bio-fuel. Ran a pilot project, then after establishing proof of concept, I managed to raise more capital from family started building the business mostly through a customer funded growth model.

Taqa: *How do you market your business? Which method has been the most successful?*

TD: We adopted a direct marketing approach for example word of mouth. This is done through community leaders and equipping agents with adequate marketing material such as pamphlets and flyers. The local agents take advantage of peer connections and advertise heavily within church groups. Peer to peer advertising has been the most effective to date. Our main product users are women and through their

networks/cooperative's they always come together to purchase goods that are convenient for them.

Taqa: *Can you outline your typical day?*

TD: well I'm up at 6 am, pray first then get ready. In the office at 8 am where I usually touch base with my team. Attend a few meetings and work on finding new methods to improve efficiency. I am out of the office usually at 5pm. Head home and have a skype call with business partners based in America. At 7 pm, I shut down everything and take time to rest.

Taqa: *How has being an entrepreneur affected your family life?*

TD: At the current moment, I spend more time building and working on the business than spending time with family.

As the business grows, I employ more individuals and I have started gradually to delegate responsibility to free myself up for family time. My wife has had to make many sacrifices and I appreciate her immensely for this. My goal is to setup a strong business system within the next 12 months that is able to operate with minimal supervision.

Taqa: *What motivates you?*

TD: The possibility of being a change maker that inspires the migration from harmful traditional cooking fuels to cleaner fuels in

rural Africa thus saving our natural habitats and creating an environment where that girl child is no longer required to sacrifice hours of her day gathering firewood. An Africa that adopts a renewable resource and slows down the deforestation rates in the process creating employment for one another without relying on aid but rather mega industries built by Africans.



CLEANCOOK - Comet 2

Taqa: *What is your definition of success?*

TD: For me, I believe success is being undoubtedly happy and at peace about what you do on a daily basis.

Taqa: *If you had the chance to start your career all over again, what would you do differently?*

TD: I do not think, I would do anything differently. I am firm believer that everything happens for a reason and it is all part of Gods integral plan.

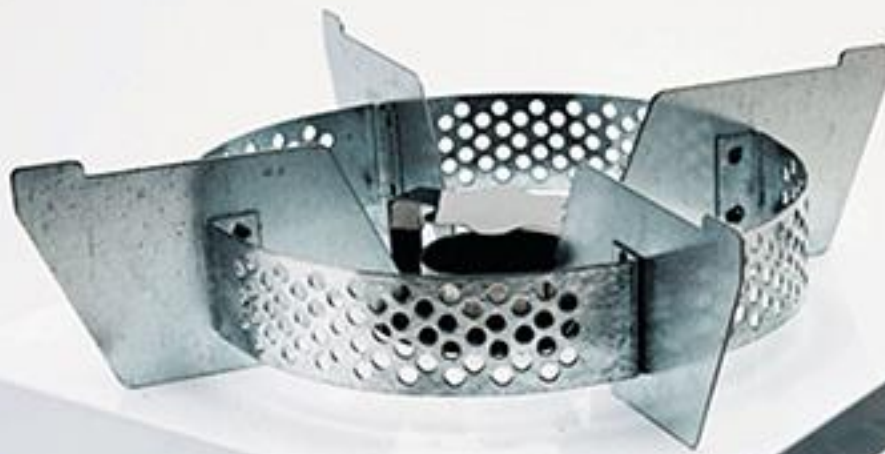
Taqa: *What advice do you have for budding and aspiring entrepreneurs?*

TD: Be bold, Take the plunge, never stop learning and Trust your gut.



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about ethovations

Ethovations has a sole purpose of delivering world class ethanol powered innovations into Africa. Our focus is to introduce Ethanol for domestic use.

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THE WRITER'S BLOCK

In our continuing efforts to evangelise and share the gospel and how God is working in our lives, we invite you to share your talents and experiences with other readers through the medium of storytelling and poetry. If you are an aspiring, budding or experienced author or poet, please read through our submission guidelines below and in addition we advise that you subscribe to our social media feeds. We regularly update them with the sort of work we are looking for and give writing prompts for story ideas. Please note that all submissions are made on speculation; we cannot guarantee publication.

How to Prepare Your Manuscript

- *Taqa Magazine* is a free offering and all of its staff are volunteers, therefore **Taqa does not pay for Short Fiction, Flash or poetry contributions.** However as circulation increases we have plans to change the policy. For now credit the author with a profile on our website and social media feeds.
 - Poetry should be 1,000 words or less.
 - Non Fiction anecdotes must be up to 500 words.
 - Short story prose should be between 1 000 – 1 200 words, no more.
- We are a Christian magazine so submitted content, has to have to have a Christian theme. The main requirement however, is that the content should enlighten the reader. An enlightening story does not suggest that difficult and trying events do not occur in a story. Challenging subjects can be dealt with, but there must be an optimistic purpose and conclusion in its telling. With our eclectic audience I believe it goes without saying that all submissions contain - no graphic violence, crude language including curse words, or explicit sex.
- Please familiarise yourself with the content of our previous issues and our website (www.taqamagazine.online). You will get to appreciate the motivation and mission of the magazine.
- Short fiction submitted to the magazine must be original and previously unpublished. **Taqa** considers work that has appeared online (including on blogs and Facebook) to be previously published. Simultaneous submissions to other publications are acceptable. However, if your work is accepted elsewhere first, please withdraw your submission.
- All manuscripts must be typed in English, Double-spaced and sent as Microsoft Word (.doc, .docx) or Open Document Text (.odt) attachment:

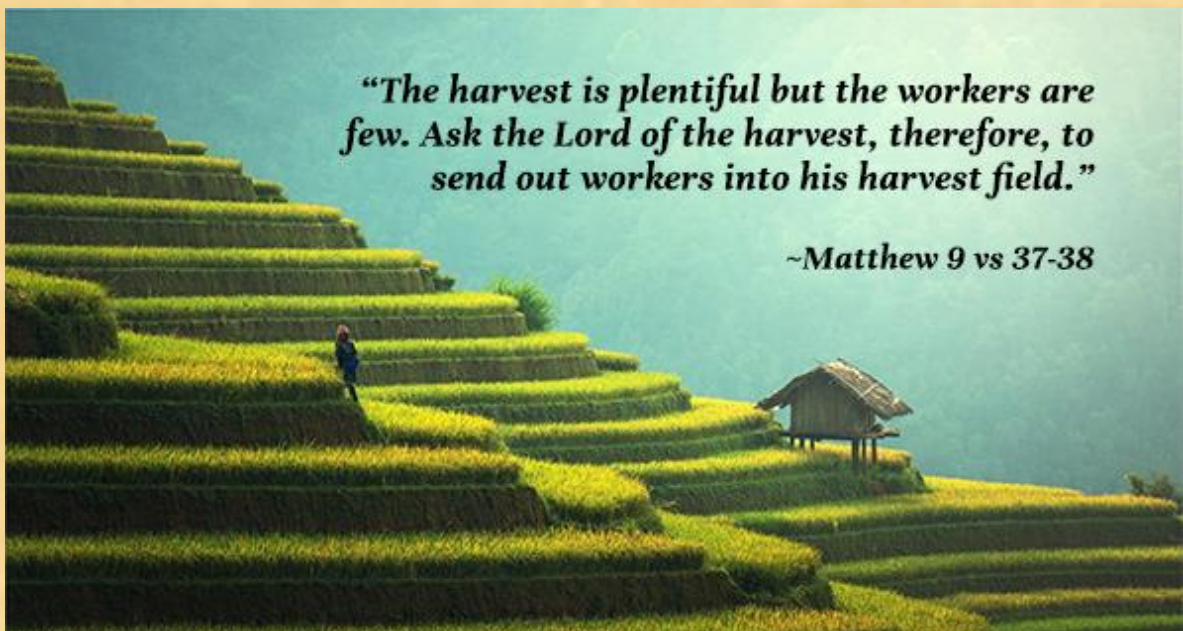
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- Approximate word count at the top of the first page, and numbered throughout.
- We do not accept novel excerpts.
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- As previously stated, at this time, there is no payment due to the author for acceptance/publication. Contributors will receive credit in the magazine and may be promoted on our social media and website.

If your work has already been accepted, we will send you an e-mail when we publish the issue that contains your work. If you haven't heard from us yet, don't worry. We will read your work and get back to you.

How to Submit

- Email your manuscript as an attached file to lynnett@taqamagazine.online
- The editor may request revisions to the submission to better fit the goals of the particular issue and the interest of our readers.
- Please allow 2 weeks for a response to submissions or queries

NB: Taqa Magazine Reserves the right to make minor copy editing changes to the manuscript. Any major editorial changes will require author's approval prior to publication.



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Even though the Lockout Regulations have been relaxed to a relatively normal Stage 1, keeping the family happy while keeping a firm handle on the purse strings is a tight wire act. So getting innovative in the kitchen is a step in the right direction. With some creative and wallet-friendly recipes, you may be able to introduce your family to a new culinary experience right in your home

Enjoy

CHEESE & POTATO CAKES



Ingredients

750g	Leftover mashed potatoes, chilled
100g	Cheddar, grated
2	Spring onions, chopped
1 Egg	Lightly Beaten
120g	Plain Flour
	Vegetable Oil for Pan Frying

To Serve:

Fried eggs or country-style ham (optional)

Method

Step 1

- In a large bowl, stir together the mashed potatoes, cheese, spring onions, egg and three tablespoons of the flour until well combined. If the mixture looks too wet, add a little more flour; if it looks too dry to hold together, add one more egg.

Total Time: 30 Mins.

Yield: Serves 4

- Using clean hands, divide the mixture into 12 portions. Roll each portion into a ball, then flatten it into a patty about 1cm thick.
- Place the remaining flour in a shallow dish and carefully dredge each pancake in the flour, shaking off any excess.
- In a large pan over a medium heat, add enough vegetable oil to thoroughly coat the bottom of the pan.
- Working in batches to avoid overcrowding the pan, cook the potato cakes for 3-5 minutes per side until golden brown. Add more oil to the pan as needed between batches. Transfer to a plate lined with kitchen paper and sprinkle with salt.
- Serve the potato cakes with fried eggs, or a few slices of country-style ham, if desired.

WARM CHICKEN SALAD



Ingredients

- 4 Fingerling Potatoes, Scrubbed
- 2 Tbsp. Red Wine Vinegar
- 1 2 Tsp Water
- 1/3 Cup Olive Oil
- 3 Cups Red Leaf Lettuce, Cleaned, Dried & Torn Into Bite-Sized Pieces
- 1 Cup Shredded Leftover Roast Chicken
- 1 Tbsp. Chopped Fresh Chives
- Salt & Freshly Ground Pepper

Method

- Bring a medium saucepan of water to a boil and salt the water generously. Simmer the potatoes until just tender, 15 to 20 minutes. Remove the potatoes from the pan and let them cool.
- In a small bowl, whisk the vinegar with a few big pinches of salt and pepper to taste. Slowly drizzle in the olive oil, whisking constantly. Taste and add more salt if you like.

Total Time: 30 Mins.

Yield: Serves 2

- When the potatoes are cool enough to handle, slice them into 1/2-inch rounds. Arrange the lettuce on a small platter.
- Put half the vinaigrette in a medium saucepan and set it over medium heat. Once it is hot, add the chicken and potatoes to the pan.
- Cook, turning everything over gently with a spatula every couple of minutes, until the chicken is warmed through, and both the chicken and potatoes are crisp around the edges.
- Drizzle a few spoonfuls of the remaining vinaigrette over the lettuce and then arrange the chicken and potatoes over the top. Sprinkle the chives over everything and serve immediately, with the remaining vinaigrette on the side.



The advertisement banner features a blue and white geometric pattern background. On the left is the Intrasight Graphics logo, which consists of a stylized 'Ig' inside a circle. To the right of the logo, the text 'Intrasight Graphics' is written in a serif font, followed by the tagline 'creating an image that lingers' and 'A Division of Basileia Holdings (Pvt) Ltd' in a smaller font. Below this, there are two columns of service offerings, each starting with a blue circle icon. At the bottom left, contact information is provided, including a location pin, phone numbers, email, and website. At the bottom right, social media icons for Facebook, Snapchat, LinkedIn, Instagram, and Twitter are listed with their respective handles.

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My Two Cents

By The Penny Pincher



We were introduced to the nouns “Lockdown” and “Level 4” on the 23rd of March 2020 and with them came a mighty shift in the way we lived. The term “business as usual” became irrelevant and entire industries had to re-invent their operations just to stay in business. Most however could not stand the tide and had to shut their doors. With those shut doors came the tide of unemployment and slim finances.

6 months and two downgrades later, we are now living in the era of Lockdown Level one. Many sectors of the economy are now open again and we are beginning to experience some semblance of the life we once knew. In order not to be lulled into a false sense of security, it is vital that we replenish the depleted Lockdown purse by saving at each available opportunity. Here are some tips that may help to put some Rands in the piggy bank.

1. **Take the Skaftin to work** - Now that those of us who were fortunate enough to have survived the employment blood bath are able to return to the office, it may be beneficial to adjust a few behaviours. Chief among them would be to bring your own lunch to work rather than buying food from your favourite fast food outlet. This option gives you the flexibility to play around with our daily lunch meals and apart from saving you a wad of cash now, you can make healthy meals which will save you on hospital bills later.
2. **DIY your cleaning supplies rather than buying them.** - It may surprise you to know that items like baking soda and vinegar are effective all-purpose detergents and cost next to nothing. So instead of dashing over to your local store the next time you need to vanquish a dirt monster, consider creating your own brand of DIY cleaners instead. Thanks to the internet and YouTube videos, there is a wealth of recipes and methods that will only take you a few minutes out of your day. From mixing white vinegar, water, rosemary and lemon rind to make scented all-purpose cleaner to mixing Borax powder and lemon to make heavy duty scrub and mixing warm water and baking soda to make kitchen cleaner, you can save a tidy sum of money rather than buying the store version.

PLEASE DO THOROUGH RESEARCH AND BE MINDFUL OF THE SAFETY PRECAUTIONS WITH REGARDS TO THESE DIY RECIPES.

- 3. Turn into Mr/Mrs/Ms Fix-it.** - Instead of hiring someone to fix an item or replacing it, you should consider fixing it yourself. You can find online tutorials and videos that show you how to fix almost anything under the sun. You can take advantage of these free videos and turn yourself into a home improvement guru in the process. Gain a new skill and save you some money all in one go.
- 4. #BrandLoyaltyMustFall** - Rather than leaving it to muscle memory and just picking up your favourite brand of detergent, baked beans or fresh milk, try out the store brand or generic version of the item. From Pick n Pay's "No Name Brand", Shoprite's Ritebrand, Checkers' Housebrand and Spar's Own Brand You may discover that the store brand is just as good as the name brand. Today, retailers' in-house brands compete fairly with brand names in terms of quality and perception so why pay more for a brand name? Once you embrace the generic brand lifestyle, you'll find your regular grocery bill getting smaller and smaller.
- 5. Use price-comparison apps** - Do your homework before making a major purchase and compare prices. Take time to do some research in order to get the best deal if you are the sort to buy something at the first store from which you see it. To get a detailed price analysis, use price-comparison software like PriceCheck.

Analysing prices and identifying the retail cycle is critical. Usually, you pay full price for new products at the time they are introduced. The item will most likely be available on discount in around 30 days' time since retailers don't want to carry old inventory. It's best to wait until it's on sale if an item is not an urgent or emergency requirement for you. However, if you need anything urgently, shop around and check the costs before committing.

- 6. Repair, repurpose and adopt the minimalist lifestyle with regards to clothing.** - Next time you go shopping for new attire, buy clothes that mix and match well and you won't need as many clothes. With a little bit of inspiration you can come up with different combinations from 5 shirts and 5 pants that go together. You can easily reduce your clothing purchases by mixing and combining different pieces. When your wardrobe items finally start to shed their "newness", don't toss out a shirt because of a broken button or a pair of pants because of a hole in them – put in a patch of some sort and save them for times when you're working around the house. With a little bit of practice, you can learn and sharpen your sewing skills to save money and extend your clothes' life. It takes a lot of discipline to save money, but it start with a single commitment. Hopefully these tips will get off to a good start.
But That just my 2 cents.

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trust

Trust in the LORD with all your heart
and lean not on your own understand-
ing; in all your ways acknowledge him,
and **he will make your paths straight.**

[Proverbs 3:5-6]