

A MESSAGE FROM Fr Jerome Prins

**PRAYER, FASTING AND ALMSGIVING – JESUS TELLS
US HOW IMPORTANT THESE ASPECTS OF OUR LIVES
ARE, ALL THE TIME, NOT JUST IN LENT.**



Fr Jerome Prins
Chaplain

The season of Lent is a liturgical season consisting of forty days of fasting, prayer, and almsgiving, beginning on Ash Wednesday and concluding at sundown on Holy Thursday. The official liturgical colour for the season of Lent is purple, symbolising penitence. Lent begins on Wednesday, 5 March, 2025.

The observance of Lent is related to the celebration of Easter. In the first three centuries of the Christian era, most Christians prepared for Easter by fasting and praying for three days. In some places this was extended to the entire week before Easter (now known as "Holy Week"). There is evidence that in Rome, the length of preparation was three weeks.

The word derives from the old English word 'lencten', meaning spring – the time of lengthening days. There is biblical support for doing penance, but the season of Lent, like all liturgical seasons, developed over time. In its early three-week form, Lent was the period of intense spiritual and liturgical preparation for catechumens before they were baptised at Easter. Many members of the community imitated this time of preparation with the catechumens. By the fourth century (when Christianity was legalised), Lent had developed into its current length of forty days, the length of the fast and temptation of Jesus in the desert (cf. Luke 4:1-13).

Recently, research has suggested that the development of Lent was also influenced by the forty-day span of fasting practiced by many in the early Church (especially monks). This fast, beginning right after Epiphany (January 6th) stressed prayer and penance. Once most people were Christian and baptised as infants, Lent lost the connection to the preparation of catechumens and the themes of repentance and fasting became dominant.

The Church, in an attempt to help Christians, asks all to fast and abstain from meat on certain days. Fasting means to limit food to one full meal a day, with the possibility of two smaller meals (not adding up to a full meal) as needed. Abstinence means not eating meat, although fish is allowed. Anglicans are asked to observe all days of fasting and abstinence, which is one of the precepts of the Church.

Others abstain from meat on Ash Wednesday, and if one's work or health make it inadvisable to fast or abstain from meat, they are not obligated to do so. Some people give up all dairy products and meat during all of the Lenten season. Since chickens continue to produce eggs and cow's milk, the custom developed to make the milk into cheese and colour the eggs so that when Easter arrived, no food would be wasted.

Prayer, Fasting, Almsgiving

Jesus tells us how important these aspects of our lives are, all the time and not just in Lent - have a look at Matthew 6:1-18. However, as the days go by, we often find that we have slipped up - Lent is a time for getting ourselves into training once again, a time for living intensely the way we should always live.

Through **PRAYER** we link up with God. We praise him for the wonder of the world and for the wonder of our own being. We intercede with him for those suffering and those in need of any kind. We ask him to forgive the things we have done wrong, - our laziness, our selfishness, our stubbornness or pride, and we ask him for those things that we need to live good lives.

The idea of **FASTING** is found many times in the Old and New Testaments. At the beginning of Jesus' public life, he fasted in the desert for forty days and forty nights. He recommended it to help people become humble before God and to prepare them for making important decisions. Fasting nowadays is understood as having one main meal and two small ones. Often in Lent we are asked voluntarily to do without something we enjoy - it may be food, or sweets, or cold drinks, or going to the cinema or even gossiping! We do it to support our prayer, to promote self-discipline and to help cleanse ourselves of previous abuses or sin. It enables us to be in solidarity with the poor and with those who are severely tempted.

It also helps us to use the money we have saved to give **ALMS** - that is to help those who are poor in some way. The people of the Old Testament were encouraged always to remember the poor. If some of the harvest was left, the widows and orphans would come and gather it and poor people were to be helped generously and with dignity. In the New Testament Jesus tells his followers to give without showing off, and without expecting anything in return. He says "As often as you did it for one of the least of my brothers or sisters, you did it for me." Almsgiving is not just about giving money or food or clothing. It is also about giving our time and our talents to help others help themselves, and so make society a better place.

We hope that you join us for this holy pilgrimage and holy time. Pray for us as we pray for you.

Fr Jerome Prins



OUTDOOR CLUB WOLWESPRUIT TRAIL

TWENTY
TWENTY
THRIVE 20
25



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MATRIC DANCE INVITATION HANDOVER

TWENTY
TWENTY
THRIVE 20
25



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CRICKET

1st Team T20 vs HeronBridge College

St Dunstan's College won the toss and elected to bowl
HeronBridge College: 106 for 7 after 20 overs

- ★ Dharishan Sagathevan: 2 wickets for 17 runs in 4 overs

St Dunstan's College: 89 all out

- ★ Tristan Nidd: 40 runs off 32 balls

St Dunstan's College lost by 21 runs

U15 T20 vs The King's College

St Dunstan's College won the toss and elected to bat
St Dunstan's College: 212 for 2 in 20 overs

- ★ Keagan Merifield: 82 off 67 balls
- ★ Joshua Cook: 56 not out off 39 balls

The King's College: 64 all out

- ★ Joshua Cook: 5 wickets for 18 runs in 4 overs

St Dunstan's College won by 148 runs

1st Team 50 overs vs The King's College

The King's College won the toss and elected to bat
The King's College: 182 all out

- ★ Ethan Meiring: 4 wickets for 34 runs in 10 overs

St Dunstan's College: 74 for 5 in 17 overs

- ★ Grant Lithgow van Rooyen: 20 runs off 19 balls

No result due to weather

BASKETBALL

The Girls 1st Team participated in the **St Peter's Festival** with results as follows:

- vs Herschel Girls School: won 13 – 8
- vs Rand Tutorial College: lost 25 – 13
- vs Southdowns College: won 15 – 7
- vs Sacred Heart College: lost 35 – 13
- vs Crawford Sandton: won 31 – 15
- vs St Stithians College: lost 33 – 28

vs Redhill College:

U14: won 8 – 6

U15: lost 26 – 7

1st Team: lost 40 – 10

TENNIS

Girls Team vs Steyn City: won 44 – 19

WATERPOLO

Girls Team vs Redhill School: lost 14 – 4

Boys Team vs Redhill School: lost 16 – 2

RUGBY

SAHETI 7s Festival

U16 Team

vs Beaulieu College: won 14 – 10

vs Hellenic Academy: lost 10 – 0

vs SAHETI (B): won 28 – 0

Shield semi-final vs SAHETI (A): won 14 – 0

Shield final vs Reddam Bedfordview: won 28 – 0

Result: Shield winners (5th out of 16 schools)

1st Team

vs Reddam House Bedfordview: lost 21 – 0

vs Curro Thatchfield: won 21 – 0

vs Redhill College: lost 21 – 0

vs CBC Boksburg: lost 17 – 0

Plate semi-final vs Reddam House Waterfall: won 17 – 0

Plate final vs Soweto Eagles: lost 10 – 0

Result: Plate runners-up (10th out of 25 schools)

ATHLETICS

D17 Results:

Chelsea van Dyk: 1st 800m, 1st 1500m and 1st 3000m

Taylah Cobbett: 1st 100m, 4th long jump, 5th 200m

Buddy Zackey: 1st 400m, 1st 400m hurdles

Gemma Rigele: 2nd high jump, 4th 200m, 4th 400m and 5th 800m

Pupils selected to compete at Gauteng Championships:

Chelsea van Dyk – 800m, 1500m and 3000m

Taylah Cobbett – 100m

Buddy Zackey – 400m and 400m hurdles

Gemma Rigele – high jump

ATHLETICS D17 CHAMPIONSHIPS

TWENTY
TWENTY
THRIVE 20
25



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ROWING ST ALBAN'S REGATTA

TWENTY
TWENTY
THRIVE 25



RESULTS:

Gold: JW16A Pairs – Jade Pringle and Arwen Coetzee

Gold: JW14B Singles – Naomi van Straaten

Silver: JW14B Singles – Sabrina Kerkhove

Gold: JM14A Doubles – Blake Fick and Luka Meduric (both Grade 7s)

Silver: JW16A Coxed Quad – Cate Sherwin, Hunter Ellinas, Jade Pringle, Arwen Coetzee and Naomi van Straaten (Cox)

Gold: JW14B Doubles – Naomi van Straaten and Sabrina Kerkhove

Bronze: JW19 1st Division Singles – Cate Sherwin



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ROWING SA SCHOOLS' CHAMPS

TWENTY
TWENTY
THRIVE 20
25



RESULTS:

Silver: JM14A Doubles – Blake Fick and Luka Meduric (both Grade 7s)

Bronze: JM15 Doubles – Emihle Malavi and Travis Mantle

4th Place: JW15 Singles – Cate Sherwin. Cate has been invited to join the South African Schools Rowing Union (SASRU) U16 Development Tour to the UK in May 2025.

7th Place: JW16 Pairs – Jade Pringle and Arwen Coetzee



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RUGBY SAHETI 7s

TWENTY
TWENTY
THRIVE 20
25



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SWIMMING HOME GALA

TWENTY TWENTY THRIVE 2025



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GAUTENG TEAM SELECTION FOR SA SCHOOLS CHAMPIONSHIP 2025



Brett De Waldon-Holmes



Chloe Olivier

Brett and Chloe participated in the Let's Race Gala and Gauteng Schools Swimming Championships:

Let's Race Gala:

Chloe Olivier: 2nd 100m Backstroke, 2nd 50m Backstroke, 1st 200m Backstroke

Brett De Waldon-Holmes: 3rd 50m Breaststroke, 3rd 100m Breaststroke, 2nd 50m Butterfly

Gauteng Schools Swimming Championships:

Chloe Olivier: 1st 100m Backstroke, 2nd 50m Backstroke, 1st 200m Backstroke

Brett De Waldon-Holmes: 1st 50m Breaststroke, 1st 100m Breaststroke, 1st 50m Butterfly

EASTERN XCEL CLINIC

Eastern XCEL squad swimmers had the opportunity to meet and swim with Erin Gallagher and Pieter Coetzé, both top South African swimmers, at recent backstroke and butterfly clinics.



SQUASH VS SPRINGS BOYS' HIGH SCHOOL



Photograph courtesy of Springs Boys' High School.

WATERPOLO **VS REDHILL SCHOOL**

TWENTY 20
TWENTY 25
THRIVE



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NETBALL SHIELD WINNERS: SAHETI 7s

VENTY
VENTY
RIVE 20
25



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NETBALL DEVELOPMENT SCHOOLS

TWENTY
TWENTY
THRIVE 20
25



Development training with our two 'sister' schools, Unity Secondary and St Francis College. Thank you to the coaches and everyone involved in helping these girls to thrive! Thank you to SPAR for being on board for the Easter Sports Festival 2025 and for the continued support of netball, not only at St Dunstan's College but in South Africa.



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TWENTY
TWENTY
THRIVE 20
25

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CRICKET - U15A VS THE KING'S COLLEGE

TWENTY 20
THRIVE 25



**DATES TO
DIARISE...**

**PAINT
& SIP
NIGHT**

THE MÄTRIC
FAREWELL
FUNDRAISER

THURSDAY, 3 APRIL @ 6PM

BENONI COUNTRY CLUB

R470PP

Light dinner, welcome drinks
& supplies included.

For more information or to book email
sritchie@stdunstans.co.za

All payments to be made
on the KARRI App.

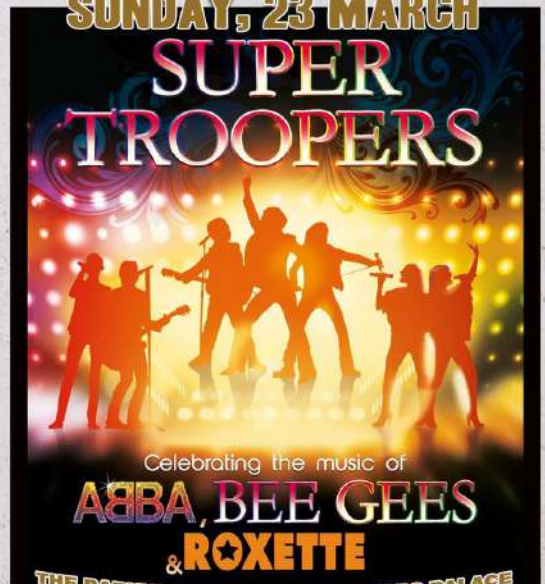


TWENTY 20
THRIVE 25



THIS IS A
COLLEGE
HOCKEY
FUNDRAISER

**SUNDAY, 23 MARCH
SUPER
TROOPERS**



THE BARNYARD THEATRE EMPERORS PALACE
DOORS OPEN: 12:00 SHOW STARTS: 14:00

TICKET PRICE: R300

BOOKING TO BE DONE VIA THE KARRI APP (SCAN THE QR CODE)
NOTE: THE BARNYARD IS A CASHLESS ESTABLISHMENT.
AVOID QUEUES AND PRE-ORDER FOOD AND DRINKS
DIRECTLY THROUGH THE BARNYARD.
NO BEVERAGES MAY BE BROUGHT IN FROM THE OUTSIDE.



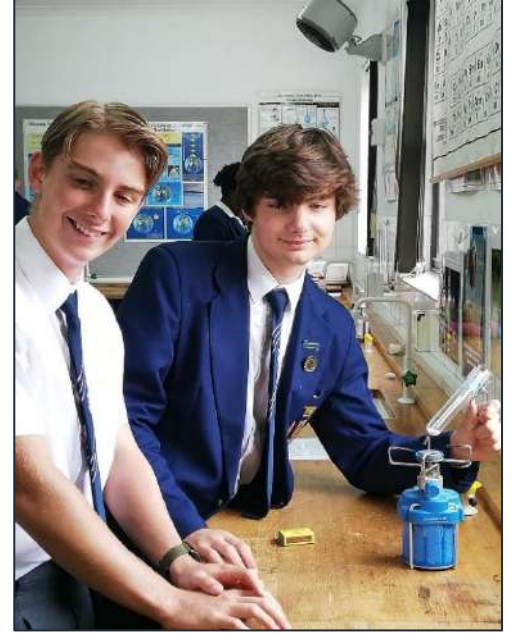
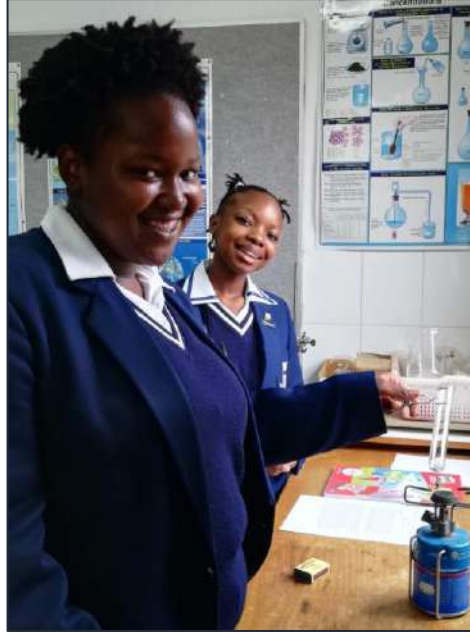
TWENTY 20
THRIVE 25



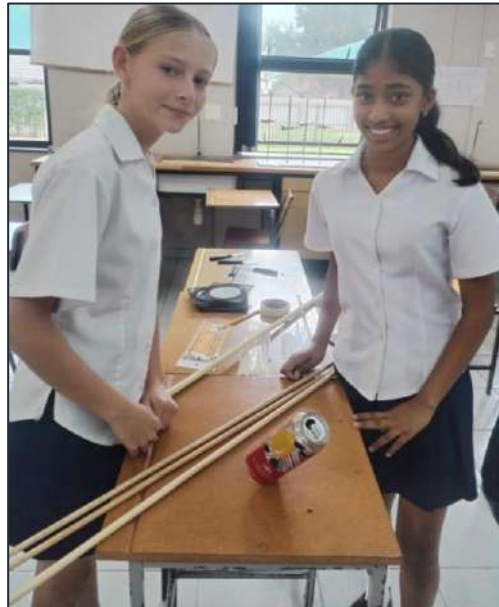
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SCIENCE GRADE 10

TWENTY
TWENTY
THRIVE 2025



SCIENCE CLUB



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CONSUMER STUDIES GRADE 10

TWENTY
TWENTY
THRIVE 20
25



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PUBLIC SPEAKING **GRADE 8**

TWENTY 20
TWENTY 25
THRIVE



TOUR DE MATHS #2 **ST JOHN'S COLLEGE**



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2025 EASTER SPORTS FESTIVAL

ST DUNSTAN'S COLLEGE



THURSDAY, 17TH APRIL : SATURDAY, 19TH APRIL : MONDAY, 21ST APRIL



AMAZING SPONSORSHIP OPPORTUNITIES AVAILABLE FOR THIS FLAGSHIP EVENT

Whether it be a R500 donation or a GOLD, SILVER, BRONZE, NAVY or WHITE sponsorship to showcase your brand, the sponsorship team would love to hear from you.

CONTACT: Natasha Hardy - Head of ESF Sponsorship

082 326 5465 or natasha@qubd.co.za

Don Jones - Director of the St Dunstan's College Foundation (Section 18A)

083 772 2080 or DonJestthomas.co.za



ST DUNSTAN'S COLLEGE

St Dunstan's College is a leading independent, co-educational school in Ekurhuleni where every student is encouraged to form their own identity and grow in stature. Our students strive for excellence in all aspects of their schooling, including academic, cultural and sporting excellence. Sporting excellence is about adding balance to our academic and cultural programmes. It is about learning life-lessons, building lifelong relationships and friendships, participating in a wide range of activities, entering games well prepared with a positive, competitive spirit and winning, or losing, with grace.

THE EASTER SPORTS FESTIVAL

First launched in 2014, the St Dunstan's Easter Sports Festival is the first multi-sport event of its kind on the East Rand. Schools from across South Africa and Zimbabwe compete in hockey, netball and rugby. The Festival embraces the diversity of communities and encourages students from different backgrounds to compete and socialise in a competitive, sporting environment.



GOLD: R50 000 - R75 000 (DONATION OR GOODS EQUIVALENT TO THE VALUE)

- Stand at chosen sport code area (to be negotiated)
- Branding opportunity at chosen sport code area
- Social media - sponsor thank you on Facebook, Instagram, TikTok, LinkedIn
- Signage
- Branding on the Festival app
- Newspaper coverage of the Festival
- Communication to participating schools
- VIP function attendance
- Opening Ceremony branding
- Mention at the VIP Opening Function



SILVER - R25 000 - R50 000 (DONATION OR GOODS EQUIVALENT TO THE VALUE)

- Stand at chosen sport code area (to be negotiated)
- Branding opportunity at chosen sport code area
- Mention at the VIP Opening function
- VIP function attendance
- Business listing on the Festival app
- Social media - sponsor thank you on Facebook, Instagram, TikTok, LinkedIn



BRONZE - R10 000 - R25 000 (DONATION OR GOODS EQUIVALENT TO THE VALUE)

- Mention at the VIP Opening function
- A stand at the Festival
- VIP function attendance
- Business listing on the Festival app
- Social media - sponsor thank you on Facebook, Instagram, TikTok, LinkedIn

NAVY - R5000 - R10 000 (DONATION OR GOODS EQUIVALENT TO THE VALUE)

- A stand at the Festival
- VIP function attendance
- Business listing on the Festival app
- Social media - sponsor thank you on Facebook, Instagram, TikTok, LinkedIn



WHITE - R2500 - R5000 (DONATION OR GOODS EQUIVALENT TO THE VALUE)

- Business listing on the Festival app
- Social media - sponsor thank you on Facebook, Instagram, TikTok, LinkedIn

PMR AFRICA DIAMOND ARROW AWARD
WINNERS FOR THE 11TH CONSECUTIVE YEAR
THE BEST PRIVATE SCHOOL IN EKURHULENI

