

A group of children in school uniforms are gathered around a table, looking at items. They are wearing black face masks. The scene is outdoors with greenery in the background.

# HARNESSING THE HUMAN SUPER-POWER OF EMPATHY:

- I always thought I was busy; until I met the single mom who works three jobs to keep her kids in school and still makes sure they have a bed-time story every night
- I always thought I was battling financially; until I met the man digging through my rubbish bin with all he owned in his backpack, still trying to recover from hundreds of failed job interviews
- I always got frustrated sitting in traffic on my daily commute; until I met the 65 year old 'gogo' who starts her daily commute to work at 4:30am in the morning, stands in a line waiting for a bus for 60 minutes in the blistery cold weather, and travels two more hours just so she can be in time for work at 8am. Only to repeat this routine again at the end of the day.
- I always moaned about how difficult it is to juggle life with small kids, the mess, the chaos; until I met the couple who's last IVF treatment failed and they spent all they own on this last attempt at having a child

You get the point! Life is always seen through a lens – and unfortunately for most of us – this lens looks a lot more like a mirror. It seems to magnify ‘self above others’, ‘my needs above others’, ‘my discomfort above others’, leading us to believe that in some way we are a victim of a cruel world in which we are the stars of our own show. The only remedy to this, and in fact the only solution to living in fulfilment and meaning, is to turn the mirror into a magnifying glass, to truly SEE the people, the world with all its goodness and equal pain. The missing art of empathy is the human gift aimed at helping us all to stop for a moment and truly see the person in front of us, truly hear the cry of the world around us, and let our hearts be moved by compassion. The only way we are going to win as a human race, is if we practise this lost art of empathy, and give attention to the stories around us. This may be the very gateway to seeing our lives count for something bigger than ourselves.

*Matt Hogarty*  
DIRECTOR

# MEET THE TEAM - LOVE NOTTIES

We are so excited to launch our first in the **LOVE CITIES** network: **LOVE NOTTIES!** We are thrilled to introduce you to the dream team behind this initiative. Pictured on the side, from left to right: Julie Howe, Missy Hughes and Sandra Burning. Love Notties has evolved from our extensive Covid-19 feeding project, funded by the Nottingham Road Landowners Association, as the Nottingham Road Relief Fund. Our vision for Love Notties is create a catalyst for positive change in our community. We need to focus on community building efforts to bring about positive change and opportunities in our village. Unity is strength. Through upliftment and skills development, to create more employment opportunities and alleviate poverty and suffering. Creating a sense of belonging and hope.



March is a busy month for Love Notties with the Official Launch of the Organisation and all the Social Media, opening their first Street Store in Nottingham Road and keeping up with the food parcels for the community.

## SHOW YOUR SUPPORT



**HLONIPA**

Respect for oneself, others and the environment



"Everyone can experience the joy and blessing of generosity; because everyone has something to give."

JAN GRACE

## MARCH UPCOMING COURSES

**Job Readiness:**

4 - 30 March

**English In The Workplace:**

1 - 19 March

**Office Admin:**

5 - 12 March

**Computer Literacy:**

15 March - 1 April

**Cashier:**

15 - 16 March

**Merchandising:**

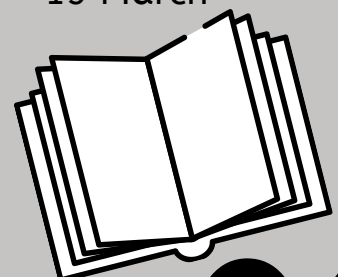
17 - 19 March

**Waitering:**

15 - 16 March

**Barista:**

17 - 19 March





## **BENEFICIARY SCHOOL: YARROW PRIMARY SCHOOL, KARKLOOF**

On Wednesday, 17 February, Love Howick Volunteers arrived at Yarrow to joy, enthusiasm, and an unmistakable atmosphere of excitement. The students and teachers were told all about Love Howick, what we do and the generosity of the local Howick community, businesses and individuals, who so selflessly gave to this drive. There was a skit/story done for the students, then all the stationary packs were handed out to all the students, with a treat that was kindly sponsored by Harvard House, Howick. Then all the volunteers split up and played some games with the students before the learners had to go back to class. All in all, it was a huge success and we, as the Love Howick Team, are so grateful to have had the opportunity to spend some time with these amazing students, and pour some extra love on them. Thank you to all those that donated toward the drive and made this initiative possible.



**Education is the most powerful weapon which you can use to change the world.**

NELSON MANDELA

# FEBRUARY STATS OVERVIEW



Areas Brush Cut (m2)	2659
Verges & Pavements Cleaned (m)	1901
Curb Painted (m)	171
Gardens Cleared (m2)	1024
Gardens Planted (m2)	50
Garden refuse & litter removed (bags)	175

RENOVERGE



STREET STORE

Families Reached:	90
Clothing Given:	80
No. Of Customers That Went On To Do Training:	10

Job Readiness Students Completed:	14
Office Admin Students Completed:	3
Computer Literacy Students Completed:	7
Students Job Placement:	3
Volunteer Hours Served:	28

DREAM CENTRE



## BECOME A LOVE HOWICK PARTNER

*Donate*

**ZAPPER**

**BANK:**  
FNB Howick  
**ACC. NO:**  
627 747 27 039  
**BRANCH CODE:**  
220 725

*Volunteer*

**EMAIL**  
INFO@LOVEHOWICK.COM  
OR VISIT OUR SOCIAL MEDIA  
FOR MORE INFO!