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# **CONTENTS**

# PREFACE TO THE REVISED SECOND EDITION PREFACE

1.	THE MOMENT OF TRUTH	1
2.	CRITIQUE OF 'STATE THEOLOGY' 2.1 Romans 13:17 2.2 Law and Order 2.3 The Communist Threat 2.4 The God of the State	3
3.	CRITIQUE OF 'CHURCH THEOLOGY' 3.1 Reconciliation 3.2 Justice 3.3 Non-violence 3.4 The Fundamental Problem	9
4.	TOWARDS A PROPHETIC THEOLOGY 4.1 Prophetic Theology 4.2 Suffering and Oppression in the Bible 4.3 Social Analysis 4.4 Tyranny 4.5 Liberation and Hope in the Bible 4.6 A Message of Hope	17
5.	CHALLENGE TO ACTION 5.1 God Sides with the Oppressed 5.2 Participation in the Struggle 5.3 Transforming Church Activities 5.4 Special Campaigns 5.5 Civil Disobedience 5.6 Moral Guidance	28
6.	CONCLUSION	31
7.	<b>EXPLANATORY NOTES</b>	33

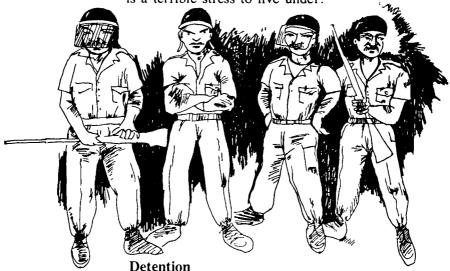


# PART 1. DIFFERENT STRESSES IN PEOPLE'S LIVES

Here are some of the problems that people on OASSSA workshops talk about. Your community may have different problems, but some of these problems will be the same.

# SADF and Police in the Township

The State of Emergency brought many more security forces into townships. Police or army can search and question people in their homes at any time of the day or night. The SADF and police brought teargas, shooting and sjamboks into townships. People get badly injured and people die. Children die in the streets and no person is safe. This is a terrible stress to live under.



SADF and SAP have detained thousands of people. People in South African jails are sometimes kept alone in a prison cell. Sometimes people are alone for so long that they are even happy to see a warden or the police. And sometimes a cell is very crowded and people can't find any space for themselves. All of these things are bad stresses.

# Part 1. Different Stresses in People's Lives

People may also suffer torture in prison. People talk of terrible beatings, electric shocks, not enough sleep, no food or bad food, bad toilets and so on. These things are both physical and mental torture for people.

The detainee, their family, and friends all suffer. Detainees have no information about the outside world. They have very little time with people they love and care for. They feel very helpless. And family and friends feel helpless. They worry about the detainee's health but they cannot really find out how the detainee is feeling or what is happening in detention.

# **Corruption And Divided Communities**



People feel that township officials do not serve the people in their communities. Officials do not care about increases in rents and taxes or about bad services like roads, lights and water. People feel that officials are only interested in the money they can get from their position.

Corrupt officials also use other people in the community to do their work. Vigilantes are often tsotsis and unemployed people in the community who terrorise and sometimes kill people wanting change in South Africa.

There is also a lot of crime in the communities. People have no work so they turn to crime to make a living. So township people are not free to move around their living place without fear. And people in townships become divided from each other through fear. It is hard for people to trust each other and so relationships between people suffer

Many people also feel afraid to take part in the struggles in their community. Activists feel angry that these people do not join the struggle for a democratic South Africa, and this causes divisions in the community. People may want to do something but are afraid of the army and police. So people also feel divided in themselves about what to do.

Old and young people, and parents and children also get divided from each other. Some older people want to be safe and quiet. They feel angry and afraid when their children want to change things in South Africa. This kind of family problem is a great stress on the parents and the young activists.

# Safe Places To Meet

There are no safe places for meetings in townships. At every meeting people fear a police raid. Political activists have to meet and live in secret places. This is a terrible stress on their lives.

# Rape and Beating of Women

Rape is a crime of violence. Women have been raped by army and police. Some women have reported being raped in Casspirs. Women of all ages get raped. Not only the security police, but also many other men in townships rape women. There is no real justice or safety in townships, so women are not safe to walk in the streets. Many women are beaten, often by members of their own family (eg. husbands), because everybody is under great stress and so people have a lot of angry and violent feelings.



# Part 1. Different Stresses in People's Lives

# School

Students have no representation. They have no place to complain and change things. So students tried to change the education system through boycotting school. Then schools become war zones as police teargas, sjambok, shoot and detain students.

Some of the problems students talk about are:

- unequal education: black students get different education from white students. They only get educated to become exploited workers.
- bad conditions at school: not enough desks in classrooms, bad and biased books, bad school libraries, too many students in one class and so on.
- teachers are badly trained and don't know how to teach.
- beatings: students are hit by teachers. Students have been treated in hospital for beatings they got at school.
- sex problems with teachers: men teachers may fail a student if she does not sleep with him.
- bad and unjust marking: students complain that they may do a lot of work and not pass, and other students do no work and pass. Some students say they had failed a year, but later found that their exam papers had not even been marked.

# Housing

The government does not spend enough money on houses so many people have no homes. Often too many people share one small house. Services are bad and houses are often in bad condition but rents go up all the time. With rent boycotts people fear the local police will throw them out of their houses at any time.

Many other people without houses live in shacks where they fear being moved by the police. To have no place to live is a terrible stress in any person's life.

# No Work

A great stress on people in townships and homelands is no work and no money. There are millions of people without work in South Africa.

This is a problem for employed as well as unemployed people. People with work have to support more people with their low wages. Unemployment is also a problem for trade unions. Management can always get a person with no work to take the job of workers fighting for better work conditions. And for people without work there is no help. The government does not have any welfare programmes to help people without work.



# Hospice Association of the Witwatersrand 97 Houghton Drive Houghton Estate Johannesburg

P O Box 87600 Houghton 2041

This organisation is a medical home that looks after people who are dying of illnesses like cancer etc. They also help the families of these people. The program includes medical and psychological help.

Tel: (011) 728-7023

Tel: (011) 728-1211/2/3

Tel: (011) 484-1734/5/6

# Human Awareness Programme (HAP)

147 Louis Botha Avenue Fellside 2192

P O Box 95134 Grant Park 2051

To give information and build skills for organisations working for progressive social, political and economic change in South Africa.

# **Independent Living Centre**

1st Floor Happiness House 120 Loveday Street Cor Wolmarans Street Braamfontein 2001

P O Box 7289 Johannesburg 2000

To help people who are disabled to live without always needing help from others. They give advice, information, like showing people how to use wheelchairs and how to get them cheaply etc.

# Johannesburg Child Guidance Clinic

32 Honey Street Berea 2198

To provide a counselling and therapeutic service for children and families.

# Life Line Southern Africa

P O Box 13454

Northmead 1511

Tel: (011) 849-2747

Benoni	(011)	54-0088
Johannesburg	(011)	728-1347
Krugersdorp	(011)	665-2111
Pretoria	(012)	44-2222
Vanderbijlpark	(016)	33-7333
Carltonville	(01491)	3232

To give a 24 hour telephone counselling service; to give crisis teams when needed which provide a counselling service in special problems like rape or when somebody dies.

# ORGANISATION FOR APPROPRIATE SOCIAL SERVICES IN SOUTH AFRICA (OASSSA)

6 FLOOR JENNER CHAMBERS	P O BOX 34
189 JEPPE STREET	WITS
JOHANNESBURG	2050

Tel: (011) 23-4714

OASSSA is a progressive organisation that aims to unite and educate workers in a social service field. That means people who work with people's worries and life problems like psychologists, social workers, counsellors etc. OASSSA serves communities and trade unions by giving counselling to people who need it like ex-detainees, by training people to become counsellors (ESG training) and by doing research for organisations, e.g. giving communities information they need to know but don't have time or skills to find out.

# Organisation for Rehabilitation through Training

93 Iris Road Norwood 2192

P O Box 95090 Grant Park 2051

Tel: (011) 728-7154/5/6

To teach people who have not had a chance to learn different things, for example a trade which might help them to make money.

# People Opposing Woman Abuse (POWA)

P O Box 93416 Yeoville 2143

Tel: (011) 393-1020

POWA is an organisation that helps women who have been raped and beaten. POWA believes women are oppressed in society and they call for the liberation of women. The struggle for women's liberation is called femininism. POWA helps women fight for liberation by counselling, giving legal advice, giving shelter and food and support. In this way POWA hopes to make women strong.

Women who are in bad trouble can phone POWA at all times — 24 hours a day.

# Rivoni Society for the Blind

P O Box 96 Elim Hospital 0960

This organisation helps to teach people how they can look after their eyes and not go blind. They also offer help to people who are blind.

Tel: (01552) 616

# S A National Council for the Deaf

26 Thornton AvenuePrivate Bag X4WestdeneWesthoven 2142JohannesburgTel: (011) 27-5368

This is a national group who serve deaf people. They give help and support. Sometimes they give food and money to deaf people, they also teach deaf people how to read and write etc.

# South African National Council on Alcoholism and Drug Dependence Happiness House P O Box 10134 Wolmarans and Loveday Streets Johannesburg 2000 Braamfontein 2001 Tel: (011) 725-5810

This organisation aims to help people who drink too much (alcoholics) or take drugs (drug addicts). They also teach people about how bad drugs and drink are for the body and the mind. They show how people lose jobs and families through this problem.

# The South African National Epilepsy League

Cor 6th Avenue and 2nd Street Geduld Springs

P O Box 1070 Springs 1560

Tel: (011) 56-1458/9/0

This organisation gives help to people who have epilepsy. There are offices all over the country.

# Technical Advice Group (TAG)

4th Flr Merchandise Centre EastP O Box 5244350 Bree St c/o EndJohannesburg 2000Johannesburg 2000Tel: (011) 402-6335

TAG is a voluntary group of engineers and scientists who have skills which they wish to share with the workers and their trade unions and community organisations.

# Transvaal Rural Action Committee (TRAC)

4th Floor Khotso House 42 de Villiers Street Johannesburg 2001

Tel: (011) 23-8405 29-5421/2/3/4

TRAC works in the rural areas. They work with organisations who ask for their help. They give legal advice, they help with publicity (if something must go into the newspapers etc) and they teach people organisational skills. TRAC works with communities who are being forced to move. They also work in the homelands

# National Medical and Dental Association (NAMDA)

8th Floor Jenner Chambers 189 Jeppe Street Johannesburg

NAMDA is a group of progressive doctors and dentists whose aim is to give and work for an equal and good health service for all South Africans. They give a service to released detainees.

Tel: (011) 23-3244

# **Detainees Counselling Service (DCS)**

OASSSA Crisis Teams P O Box 34

6th Floor Jenner Chambers Wits 189 Jeppe Street 2050

Johannesburg Tel: (011) 23-4714

DCS and OASSSA crisis teams are groups of psychologists and psychiatrists who counsel ex-detainees who are suffering emotional problems like depression, anxiety (a lot of worrying) etc. They help people to get strong so that they can carry on with their lives again.

# Martindale Counselling Centre

21 Annadale Road Martindale

P O Box 58051 Newville 2114

Tel: (011) 673-1473

This centre offers counselling for people and families for different kinds of problems like depression, divorce, worrying about children etc.

# Mental Health Society of the Witwatersrand

12th Floor North City Cnr Plein and King George Streets Johannesburg

This society gives help to people with emotional problems and they also give help to the mentally retarded or brain-damaged people and their families.

Tel: (011) 337-9254

# **Psychiatric Community Services**

8th Floor Armadale Place 261 Bree Street Johannesburg

Tel: (011) 337-7246

This organisation helps people who have emotional worries or problems. They help families as well as individuals (one person). Armadale is a community service.

# LEGAL ADVICE CENTRES

# **DESCOM/DPSC** Advice Centre

1st Floor Khotso House 42 de Villiers Street Johannesburg

P O Box 39431 Bramley Johannesburg 2018 Tel: (011) 23-6664

This advice office aims to help people suffering because of the bad unrest situation in the townships and in the rural areas. The service helps and advises families and friends of detainees; helps find medical care or psychological counselling for released detainees, or for people suffering from the unrest; helps set up a detainees support committee in an area.

# South African Council of Churches (SACC) Dependants' Conference

5th Floor Khotso House 42 de Villiers Street Johannesburg

Tel: (011) 28-2251

The Dependants Conference helps families of political prisoners and detainees by helping pay for a lawyer for political prisoners. They give money if it is agreed the person deserves it because they have worked hard and need the money badly. They also help people to visit their relatives in prisons far away. They offer counselling services to families of political prisoners.

# Black Sash

1st Floor Khotso House 42 de Villiers Street Johannesburg Tel: (011) 337-2435

The District Cook since the control of the control

The Black Sash gives advice and help on problems like job registration, house permits, evictions from houses and detentions.

# **Quaker Services**

4th Floor Merlen House Cnr Simmonds and Pritchard Streets Johannesburg 2001 Tel: (011) 836-7111

Religious Christian Services offer crisis counselling. They also help if the person earning the money is detained.

# Lawyers for Human Rights

701A Medical Arts Building Jeppe Street (between Delvers and Troye) Johannesburg 2001

P O Box 7613 Johannesburg 2000

Tel: (011) 23-6013 23-7817

This group of lawyers helps people who are being oppressed. They give legal help and advice to victims of unrest and repression.

# Legal Resources Centre (LRC)

Elizabeth House 18 Pritchard Street Johannesburg 2001 Tel: (011) 836-9831

LRC is a group of lawyers who help people with legal matters like house evictions, detentions and assaults (beatings etc).

# **Democratic Lawyers Congress Legal Services Centres**

Tshwane Legal Services Centre 2nd Floor Central House 213 Central Street Pretoria 0111

P O Box 8204 Pretoria 0002

# Tembisa Legal Services Centre

232 Tembi Shopping Centre Igxagxa Section Tembisa

Tel: (012) 924-1760

The DLC has lawyers who work with individuals, community organisations and trade unions in the Pretoria area and on the East Rand. Their legal services centres give legal help to people with problems like house evictions, rent problems, removals, detentions, unfair dismissals from work etc.

# Campus Law Clinic

University of the Witwatersrand (West Campus)
1 Jan Smuts Avenue
Johannesburg 2001

Tel: (011) 716-5644 716-5645

The Law Clinic gives advice to and helps students and other people who cannot afford to go to a lawyer.

# Centre for Applied Legal Studies (CALS)

University of the Witwatersrand 1 Jan Smuts Avenue Johannesburg 2001

Tel: (011) 716-5664 716-5668 716-5666

CALS is a group of people that researches and studies the law. They aim to give information on people's rights, race relations and industrial relations (workers' rights).