

7 Sacred Days in Cape Town

Presented by Cape Town Interfaith Initiative

20 – 28 August 2018



Led by Berry Behr

An Interfaith, Intercultural pilgrimage facilitated by the Cape Town Interfaith Community

Day Zero: Monday 20 August

Arrive at Cape Town International Airport:

Welcome to Cape Town, a proud City of Compassion known the world over and with good reason as “The Mother City”. After a warm welcome at Cape Town International Airport (rendezvous 12 noon at the Mugg and Bean coffee shop) we will transfer to a comfortable local guesthouse 6 minutes’ walk from the sea, where you can refresh, relax and settle in. We’ll introduce ourselves over dinner at a carefully chosen local beachfront restaurant, then enjoy an early evening in preparation for the full week ahead.



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Day 1: Tuesday 21 August

A gentle start to your Interfaith experience as we enjoy a light breakfast and a morning of intention setting before our visit the Tushita Buddhist Meditation Centre, where we will learn something about Kadampa Buddhism before we head off to the Ananda Kutir Ashram. The practitioners of Integral Yoga will be hosting us to lunch and an afternoon of gentle wisdoms with Swami Vidyananda and Mother

Yogeshwari. Ananda Kutir Ashram is affiliated to the Divine Life Society of Rishikesh, India.

A sunset beach walk will conclude our day before we head back to our accommodation for a lovingly prepared, vegetarian Cape meal and an evening of fireside discussion.

Day 2: Wednesday 22 August



A congenial breakfast and a briefing on the day's outing will herald the start of our Islamic day. First stop is the famous District Six museum where we learn the history of forced removals and family tragedies endured by a multifaith, multicultural community in bygone years. Our route takes us to the nearby Muir Street Mosque, and then to the Tana Baru Cemetery in

Bo-Kaap – the first Muslim burial ground acknowledged by the SA government back in 1805 and recently the subject of a failed attempt to auction this sacred land for commercial development. After lunch, we pay our respects at a kramat in the heart of the Constantia winelands, then wind our way across the Peninsula to Muizenberg for a final kramat visit, a beach walk and a relaxed dinner at the historic Kalk Bay Harbour.

Day 3: Thursday 23 August



A complete change of pace as we head out before sunrise with a local shaman on a fascinating journey into the mountains surrounding Cape Town, to ceremony in one of the ancient sacred caves frequented by our Khoisan ancestors. We hike up the mountain in the footsteps of our ancestors to enjoy a fresh picnic breakfast with a glorious view, and descend for a restful afternoon of free time before gathering again for another seaside dinner – this time in Melkbosstrand, a delightful village

just a short drive up the West Coast. We relax after dinner and watch a documentary on local history.

- Weather option – We visit a Khoisan Cultural Project that strives to celebrate the past, present and future of San culture, providing a responsible tourism opportunity as well as a skills training program to restore dignity to a culture that is still marginalized, poverty stricken and exploited.

This is our day to celebrate Nature, and our timing means that the famous Namaqualand daisies may be displaying their glory. We take a short drive to find out. We will have the unique opportunity over dinner to discuss with local environmental activists what is being done to bring balance to the humanity's impact on Mother Nature, in this, our beloved Mother City.

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Day 4: Friday 24 August



Friday is our day of Judaism, as we make our way after breakfast to the Jewish Holocaust museum and a presentation by Marlene Silbert, a South African hero recognised for her contribution to the creation of a respectful and just society in which all diversity is honoured and valued. Marlene used her role as an educator to launch CTII's schools program, now known as the Marlene Silbert Youth Interfaith, Intercultural program. We'll lunch in the renowned Company Gardens behind the Jewish Museum as we process the morning's experience, then visit the nearby historic Slave Lodge before we return to our accommodation to prepare for evening shul and shabbat with the West Coast Progressive Jewish Community.

Day 5: Saturday 25 August



A day of rest on which you get to do anything you choose... remember to let us know in advance if you need any help with arrangements. Costs of activities on this day not included in the tour price. Options and possibilities

include visits to local markets and fairs, visit the V&A Waterfront for some retail therapy or jump on the open bus for a City Tour or the broader scenic drive that takes you through Kirstenbosch Gardens, Constantia and Hout Bay. Or simply take the time to rest and contemplate....

We gather at 3pm to depart for the home of the local Brahma Kumaris community where we will join an Interfaith gathering, hosted by the Brahma Kumaris, to celebrate Raksha Bandhan – a festival originating in the Hindu tradition, but gifted with a Universal spin by the Brahma Kumaris. Our ceremony will include entertainment by our very own Interfaith musicians, Desert Rose – a unique husband and wife team who celebrate their own special expressions through their globally acclaimed music.

Day 6: Sunday 26 August



No Interfaith Tour would be complete without a visit to St George's Cathedral, the Herbert Baker-designed Anglican Church that has been home to so many of South Africa's struggle heroes. We'll be in our pews for the sung mass at 09.30, then wonder around the corner to admire the lovely Catholic Cathedral, St Mary's, more formally known as the Cathedral of our Lady of the Flight into Egypt. Our walk will also take us into St George's Square where entrepreneurs from many African countries gather to sell their wares in a colourful, vibrant open air market. We'll change our pace for the afternoon with a visit to a Traditional Healer – or Sangoma – and her family of novices who will give us a taste of an oral tradition best described by the deeply unifying word "ubuntu", with a meal prepared over the fire and an authentic experience of traditional singing, dancing, bone throwing and messages from the Ancestors.

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Day 7: Monday 27 August



The theme for our last day is “Interfaith in Action”. On this day we learn about a number of faith based organisations who are working tirelessly for the upliftment and empowerment of the deeply challenged, from babies with aids to food gardens for the hungry to township gang issues and skills development and employment schemes and leadership schemes for

disadvantaged youth. After lunch, we visit the Hope Foundation and their deeply moving, life-giving Blikkiesdorp project where we will have the opportunity to play games with the children from the pre-school playgroup, visit the home of a community member and learn more about the interventions conducted by the Catholic organisation HOPE Cape Town and their partners. How appropriate to end our tour on a note of Hope! It’s a thoughtful day and we’ll wind down afterwards with a beach walk, sundowners, a mindful meal and a heart to heart processing of your 7 Sacred Days in Cape Town.

Departure Day: Tuesday 28 August

Not ready to go home yet? Speak to us about our options for an onward tour. Visit Lions, Tigers, Namibia, the Garden Route, the Karoo or simply stay in Cape Town to experience more of her many rich offerings.

It’s been a week, we’ve loved having you, and we hope you will be leaving us with an uplifted sense that there is so much good in the world, and it lives everywhere in the hearts and minds of all those who embrace inclusiveness, kindness and peace. We hope you’ll take something of our spirit home with you... until next time.

Tour cost: US \$ 1500 / R18000

Includes Accommodation, Meals, local transport and all entertainment and entry fees in Cape Town – so all you have to do is get to Cape Town and we look after you from there.

Exclusions: Personal purchases, some gratuities, alcoholic drinks, between meal snacks.

Please note this itinerary is subject to change without notice but we do have back up plans in case of poor weather or other unforeseen circumstances.

Bookings: Berry Behr berrybehr@gmail.com

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