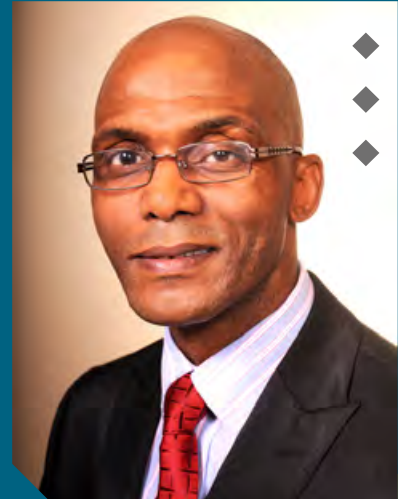


# Spiritual support during the lockdown

Dr TT Poswa, who heads the Department of Environmental Health and is also one of the University's chaplains, has been a major part of our support system during the lockdown. Being technologically savvy has helped him provide valuable spiritual support through various digital channels.



*Dr Thobile Poswa, HOD,  
Environmental Health*

These include: WhatsApp where he uses status postings and dedicated broadcast groups to deliver uplifting messages to nearly 3 000 contacts; LinkedIn where he has over 1 550 followers; Facebook where he has 900 friends and a number of groups; and a blog posting on WordPress for followers with email subscriptions (accessible at <https://tonops.wordpress.com>).

"Initially, I was posting spiritual and philosophical messages monthly. Some of my followers requested more frequent postings. I then introduced weekly devotionals. Still there were requests for more. I then structured my postings to be three times a week and I arranged to cover a 52-week series on Mondays; leadership insights on Wednesdays; and general thought-provoking insights on life on Fridays. I also post general postings as and when a need arises, especially if there is a need to contribute to an important memorable event. During level 5 of the lockdown, I posted daily," said Dr Poswa.

Dr Poswa has built up his database over many years. "This has led many to consult me as a resource whenever they need to contact others," he said. His involvement in multi-sectoral settings exposes him to a diverse network ranging from academia to the church environment and community activities.

When asked what skills help him most to manage relations with his digital followers, he cites communication, book writing skills and an ability to reflect philosophically on ideas. It is his deep love for building others up that gives him joy in doing what he does.

"I therefore feel compelled to share something to touch other people's lives. Regular postings are a ministry for me. I have an inner drive that inspires me to carry on with the ministry of writing and sharing ideas. I get agitated if I fail to do it and will be compelled to do it even in the middle of the night. The messages get downloaded in me and I pass them as they come. It's a mystery that I find hard to tell to anyone or convince others about how it happens.

"I get fulfilled learning that many lives are positively touched. It feels good to receive some feedback from the young and the old; from people playing different important roles; the noble and the ordinary that say:

- ◆ 'Excellent advice'
- ◆ 'I needed to hear this message today'
- ◆ 'This is God speaking to me'
- ◆ 'This is wisdom personified'
- ◆ 'Glory be to God for these profound, challenging and transformational truths'
- ◆ 'Thank you for these powerful teachings that build us, please have courage to continue'
- ◆ 'Powerful words indeed, thank you so much for sharing. Somehow, God allows his people to speak the same language, have the same thoughts and empower each other without meeting to discuss events in one's life...interesting'
- ◆ "Thanks TT for these lessons, they are of good help, if they can be followed and put to practice. God bless you'.