

CAPE TOWN SOUTH AFRICA

OCTOBER 2026

Mholo! *(Hello! in Xhosa)*

This October our team travelled to Cape Town, South Africa, to partner with local missionaries, non-profits, and churches to provide Christ-centered, trauma-informed care. We hosted workshops, small groups, and practical support for a number of organizations, and we had the opportunity to care for and encourage pastors, ministry leaders, missionaries, non-profit leaders, and volunteers.

It was a transformative trip, both for the team and for those we served. Inside you'll find each day we were there, and below, a little about Kintsugi Care, the ministry this trip grew out of.

WHERE WE SERVED

The Salazar family & their church

Hope Africa Collective

Living Hope

Projekt Ubuntu Connekt

Hannah's Place

Philippi · Masiphumelele · Mitchell's Plain

Kintsugi Care

Healing the Helpers. Strengthening the Work. Honoring the Story.

Kintsugi Care was inspired by the traditional Japanese art of kintsugi, the practice of repairing broken pottery with precious metals such as gold, silver, or platinum. Rather than hiding the cracks, kintsugi highlights them. The places where something has been broken become part of what makes it beautiful. Kintsugi Care carries that same philosophy into the work of caring for people, and exists to strengthen the people who are strengthening others.

CARING FOR THE HELPERS

Those on the frontlines often understand pain intimately; many have walked through difficult places themselves. Kintsugi Care creates space for these helpers to slow down, process their own stories, and tend to the places that still carry pain. The goal is not to erase the cracks, but to help them understand, integrate, and honor them.

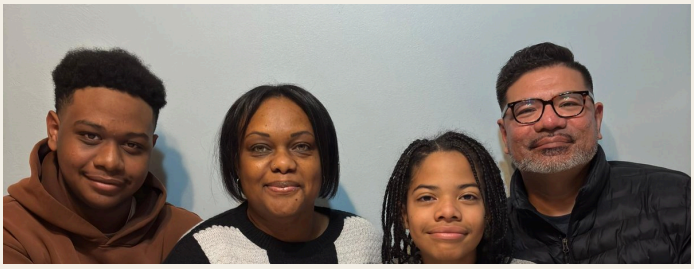
EQUIPPING THE HELPERS

Many organizations serving vulnerable communities have limited access to trauma education. We partner with churches and non-profits to bring trauma-informed training straight to their teams through workshops, seminars, and groups, focused on how trauma affects the whole person and the pathways that support healing and restoration.

THE WEEK, DAY BY DAY → PAGE TWO

The week, day by day

DAYS 1–4



01 SUNDAY

With the Salazar family

After landing late Saturday night, we spent our first full day with the Salazar family, who hosted our team all week. Elias and Tanisha, with their boys Ezekiel and Ezeriah, moved to Cape Town almost four years ago as full-time missionaries. They host mission teams throughout the year and work alongside several non-profits in the area. We worshiped at their church, met their community, and hosted a braai (a South African cookout) with their church family.



02 MONDAY · PHILIPPI

Hope Africa Collective & Living Hope

We spent the day with two non-profits near the Philippi township. Elias volunteers with Living Hope, teaching students practical skills like woodworking that they can use to start their own businesses after graduation. Part of our team also met with the pastors at Hope Africa to pray over them and encourage them.



03 TUESDAY · MASIPHUMELELE

Projekt Ubuntu Connekt

Our next two days were spent with Projekt Ubuntu Connekt. Founded in 2024 by Busisiwe Banda and Yonela Msutu, two young women from the community, it offers after-school tutoring, literacy, life skills, and sports, and runs a kitchen that feeds the children in its programs. On Tuesday we worked with the younger children on regulating their emotions, then led a group for parents on supporting children through difficult times.



04 WEDNESDAY · MASIPHUMELELE

Older children & parents

On our second day with Projekt Ubuntu Connekt, we led groups with the older children on consent and on how to heal when traumatic things have happened. We then led a group for the parents on connecting with their children.









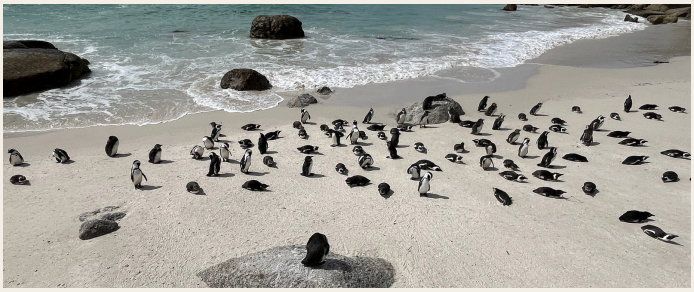


Projekt Ubuntu Connekt · the team · Hope Africa & Living Hope · the younger children’s session · a hug in Masiphumelele

DAYS 5–8 → PAGE THREE

The week, continued

DAYS 5–8



05 THURSDAY

A day of rest

This was our rest day! We spent it with the penguins at Boulders Beach, then at Groot Constantia and Cape Point, with plenty of fun and delicious food along the way.



06 FRIDAY · MITCHELL'S PLAIN

Hannah's Place

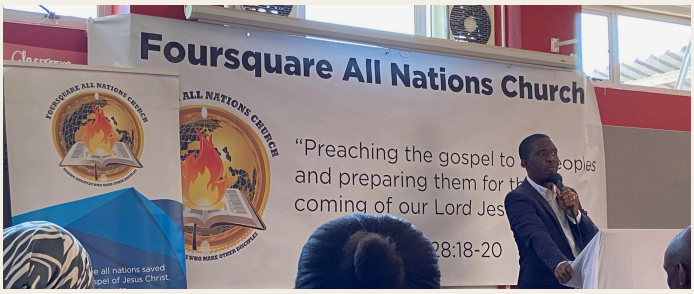
We spent the day supporting the staff at Hannah's Place, a non-profit that takes in babies who have been abandoned or who are detoxing from drug exposure before birth. We brought gifts for the staff and spent time caring for the babies so the staff could rest.



07 SATURDAY

Brick by Brick: a youth event

For our last workshop of the week, we returned to the Salazars' church to host a youth event on how the brokenness we experience in the world affects us and how we see ourselves, and on the healing power of Jesus.



08 SUNDAY

All Nations Church

For our final day in Cape Town, we spent time with All Nations Church, led by Pastor Cebo in one of the local townships. Their October was dedicated to sermons and workshops on families: God's plan for families and how to heal generational brokenness. The Kintsugi Care team will host more workshops throughout the year to support them from afar.











Hannah's Place of Safety · gifts for the staff · "Brick by Brick" · All Nations Church · a last Cape Town sunset

IN THEIR WORDS → PAGE FOUR

In their own words

FROM OUR PARTNERS & THE TEAM

"I just wanted to take a moment to say a heartfelt thank you for the time, love and energy you poured into our children and parents over these past two days. What you may not realize is how much this experience has stirred something in me. It has sparked a burning desire that I've cried for a long time, the desire to create something meaningful and to find ways, even in small ways, to bring solutions and make a difference in our community. Seeing it slowly come to life, even with just four people starting something, was honestly so liberating. I've been praying for this, and seeing God open the door and allow it to happen has been incredibly special to me."

PROJEKT UBUNTU CONNEKT

"I am deeply humbled and grateful for the opportunity to have been part of this humanitarian trip to South Africa. It is difficult to put into words what this experience has meant to me, but I know that I am returning home with a heart that has been changed. It has reminded me of the importance of approaching others with an open heart and a willingness to listen, and that we are often changed just as much by the people we encounter as we hope to contribute to their lives. I hope this trip is not simply a meaningful moment in time, but the beginning of a continued connection: a willingness to return, serve, learn, and walk alongside the people and communities we have come to know."

NATALIE, TEAM MEMBER

"Visiting Cape Town and partnering with the people there has become one of the moments I look forward to most each year. Meeting with them, the pastors, the parents, and the children, always leaves me in awe of the true power of God's love. The Salazars, the missionary family we stayed with, truly live out the command to love God and love others. This time I was able to lead a team, so we could work with more non-profits and churches than before. Because a group of us went, we were able to work with at least 50–60 children at once, and even more kept showing up! Churches and non-profits have already reached out about dates next year for identity and healing workshops. Each trip, I am reminded of the simple truth at the heart of Kintsugi Care: there is no darkness the light of Jesus cannot overcome."

CAITLIN WISE, KINTSUGI CARE

"The trip was transformative. At Hannah's Place, we cared for babies who'd been abandoned by their parents. It was profound to witness these babies finding laughter and joy while we held and fed them, regardless of their traumatic pasts or uncertain futures. Working alongside Projekt Ubuntu Connekt, I watched as some teen boys opened up and a group of mothers bonded over shared struggles. I was reminded that healing happens in relationship, not isolation. The beautiful thing is that the cracks in our vessels don't simply show that we're broken or damaged; they reveal the redemption, the evidence of who's working beneath."

JASON, TEAM MEMBER

LOOKING AHEAD TO 2027

"We look forward to being able to visit South Africa again in the coming years to continue building relationships, partnering with local non-profits, and supporting the work the churches are doing in the area."

Partner with Kintsugi Care

It costs about **$2,600** to send one person to Cape Town: flight, a place to stay, food, and all the workshop supplies and donations. Caitlin hopes to go twice in 2027, the second time with a team. Three people are already willing to go.

Pray for wisdom, safe travel, and our partners on the ground. **Give** at pathwayministries.com/donate and designate your gift "Kintsugi Care." Checks: Pathway Ministries, PO Box 620478, Oviedo, FL 32762-0478.

SCAN TO GIVE
NOTE "KINTSUGI CARE"