

I must be thankful for what is

And stop thinking ***about what is not.*** Nancy Wood

In one of his journal notations Thomas Merton writes that we are always thinking that our life will truly be happy ‘*when*’.

We are not satisfied with what is currently our situation because we have it in our mind that our life won’t be happy until something else occurs:

- *When I have one more thing I want*
- *When I get rid of that personality flaw of mine,*
- *When I can finally have life as I have always dreamed it to be*
- *When I am truly successful*
- *When I learn to pray better*
- *When I find the right person in my life*
- *When, when, when....*

Waiting for the ‘*when*’ keeps me from appreciating what I now have. Longing for promises and dreaming dreams is not a harmful deed as long as the present moment is not overlooked, as long as gratitude rises for what is already here, as long as I do not base my happiness on what is still wanting.

Thankfulness for what has already been given is the foundation for hoping for what is not yet.

Today I am going to put aside my ‘*when this happens*’ and my ‘*if only this could be*’ and my ‘*when things get better*’ and my ‘*soon as I have this*’

I am going to harvest what I now have, gather all the many gifts that are already mine.

I am going to observe what has been placed in the granary of my heart and marvel at the abundance.

I will stand before this heap of blessings and take a long, grateful look. I will say farewell to my ‘*when*’ and be thankful for what is.

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A ninety-five year old lady said the following:
I get up in the morning, I put my feet on the floor,
I know who I am, I know what day it is,
And I say, ‘***Praise the Lord!***’

Trinity Methodist Church

LINDEN, JOHANNESBURG



Prayer is the key of the morning and the bolt of the night.

17 AUGUST 2014

HALLELUJAH! Praise God from heaven, praise him from the mountaintops; ***Praise him***, all you his angels, ***praise him***, all you his warriors, ***Praise him***, sun and moon, ***praise him***, you morning stars;

Praise him, high heaven, ***praise him***, heavenly rain clouds; Praise, ***oh let them praise the name of God*** - he spoke the word, and there they were! He set them in place from all time to eternity; He gave his orders, and that's it!

Praise God from earth, you sea dragons, you fathomless ocean deeps; Fire and hail, snow and ice, hurricanes obeying his orders; Mountains and all hills, apple orchards and cedar forests; Wild beasts and herds of cattle, snakes, and birds in flight; Earth's kings and all races, leaders and important people, Robust men and women in their prime, and yes, graybeards and little children.

Let them praise the name of God - it's the only Name worth praising. His radiance exceeds anything in earth and sky;

He's built a monument - his very own people! ***Praise from all who love God!*** Israel's children, intimate friends of God. ***Hallelujah!*** Ps 148: 1-14 (the Message)



PRAISE with a blast on the trumpet, praise by strumming soft strings; ***Praise him*** with castanets and dance, ***praise him*** with banjo and flute; ***Praise him*** with cymbals and a big bass drum, praise him with fiddles and mandolin. ***Let every living, breathing creature praise God! Hallelujah!*** Ps 150:4-6 (message)

PLEASE PRAY FOR:

JEANNIE WATERSTON we pray for her as she has final constructive surgery, we pray God's guidance for doctors, successful op and His peace for Jeannie.

CAROL we pray for her full recovery after foot surgery.

MURIEL DURSTON (93) passed away on 2nd August at Elm Park Frail Care. Our thoughts & prayers are with her son, Clive and family at this sad time.

VAL GIBBS active member of Senior Citizens is ill with bronchitis, pray healing.

EUNICE (Carol Dyantyi's foster daughter) disappeared about a week ago; fears are that she has been abducted. We pray the Lord's protection over Eunice and her safe return. We pray, too, for peace & strength for Carol & family.

PAT RUTTER her instep collapsed. & she had to have a foot op, pray healing.

TANYA JACOBS had hysterectomy over a week ago, and now has pneumonia. We pray healing & peace & wish her God's blessings on her 40th birthday last Thurs.

MOIRA WESSELS was admitted to hospital this past week with pneumonia & heart failure. We thank God there has been some improvement and pray for her full recovery as well as peace and strength for John, Angela & family.

THOMAS (30'S-London) has to have a heart transplant, but needs to have tests & procedures before transplant which is planned for a years' time. Please pray for him.

KEITH HARRIS was involved in an armed robbery and, although he was not physically harmed, he has been badly traumatised.

WE CONTINUE TO PRAY FOR:

VERNA VELS very ill with cancer, she had a mastectomy and chemo a while ago. The cancer has spread and is in her brain. Docs have stopped treatment. We pray for Verna and her family, may they be conscious of the Lord's touch on them.

ROB BROWN'S SISTER passed away this week. Our thoughts & prayers are with Rob & his family (Barbara, Alan, Graham, Michelle & Kirsten) at this sad time.

FRED ALNER we continue to pray for Fred's perfect healing.

LOUIS BRUGMAN had a stent inserted 3 weeks ago & needs a valve replacement. Pray recovery from injury to his hip, wisdom for docs, & peace for him & his wife.

EVA & BRIAN HUMPHRIES continue to pray healing and peace for Eve & Brian.

JOSHUA & KAYLEIGH JONKER'S FATHER is out of hospital and walking around; we pray his full recovery from serious motor bike accident.

BETTY BOYD starting course of radiation next week, pray for her healing.

OCHSE FAMILY we pray God's comfort on the family as they mourn the loss of Peter's dad. Val had further blood tests taken; we pray guidance for docs, healing for Val and God's perfect peace for the whole family.

TULA LUTHER we pray for her speedy recovery from viral bronchial pneumonia.

BRIAN (Patsy Tromp's son) has cancer in both lungs & has chemo, we pray God's guidance on doc, His healing hand on Brian & His peace on Brian, Patsy & family.

BETH LENNOX fell and broke 3 ribs. We pray healing & a release of the pain.

NOREEN MCKENZIE has a problem with her left eye; she reports that there is some improvement and gives thanks for the prayers and TLC. We continue to pray.

DUDLEY MIDDLETON had staples out on Thursday but all lymph nodes could not be removed. We pray release from the severe pain and God's strength and comfort for Dudley and his wife, Angela, as she is really battling.

YOUTH PASTOR pray wisdom for the team in the appointment of a youth pastor.

CANCER LIST: *Gordon Bennett, David Edwards, Anton Marais* (Sydney), *Lee Barnes, Nola Dodds, Tracy Hoy* (UK), *Hilda Louter, Val Warren, Dudley Middleton, Marguerite, Peter, Myrren* (18), *Diane Turner, Maureen Lupton, Martin vd Merwe* (Karin Blackburn's dad), *Joy vd Klis, Jean Clarence, Rebecca Owens* (bone marrow transplant), *Daniela Andrade* (7), *Estelle, Russell Jones, Ursula Ryder, Lesley Steyn, Verna, David Edwards* (UK), *Doh Carneson, Louise Shaw* (Texas), *Brian K, John Sandison, Cindy Saunders, Marina van de Ruit, Ron Senyar, Estelle Loggerenberg.*

CHRONIC LIST: *Denese Pieterse* (back problems), *Dave* (Guillain Barre Syndrome), *Emmanuel Thavhiwa* (difficult times), *Elaine Vermaak* (osteoporosis), *Craig Hart* (sleep apnea), *Moira Smith* (hiatus hernia), *Brian & Eva Humphreys* (Eva's recovery), *Maureen Dewberry* (heart problems), *Alison* (spinal problems), *Illia & Graham* (UK), *Diana Viljoen's Mom* (stroke), *Mike & Helen Urban* (ill health), *Colleen Hunter* (brain op), *Christiaan Vermeulen* (heart surgery), *Deon* (facial surgery), *Nora Swart* (colon surgery), *Susanne* (stroke), *Duncan Edwards* (rare disease), *Moira* (heart), *Noelle Marshall* (leukemia & eye problems), *Louise Combrink* (nervous breakdown), *Jenny Dembovsky* (needs employment), *Heather Seymour* (emphysema), *Nic Swart* (stroke), *Nic Breytenbach* (MDS Leukemia), *Eithne Gray* (heart problems), *Pat Mostert* (heart problems), *Elwyn Dyer* (hip op), *Norma Miller* (heart failure), *Bradley Manson* (Kidney disease, dialysis), *Maureen Rees* (bad fall), *Ella* (wounds on her leg), *Reef's grandparents.*



Thank you God for little things that often come our way-
The things we take for granted but don't mention when we pray.

*The unexpected courtesy, the thoughtful, kindly deed -
A hand reached out to help us in the time of sudden need.*

Oh make us more aware, dear God, of little daily graces

That come to us with sweet surprises

From never dreamed-of places.