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Grace, when allowed to move into our lives, brings motivation, courage, insight, guidance - whatever our spiritual transformation requires - including those indispensable fruits of the Spirit enumerated in Gal 5: 22: "*love, joy, peace, patience, kindness, goodness, faithfulness.*"

At times grace startles us, shakes loose our false moorings. I remember the phone call fifteen years ago from a man who related a frightening dream. That dream served to uproot him from years of daily drunkenness and drugs to a life free from both addictive behaviours.

Grace also arrives with less of a jolt, more like the steady movement of a little creek humming its way along until we finally pause to listen to the flowing stream's music and allow the peaceful harmony to move through us.

Being receptive to grace is as simple as turning the heart to see with freshness why we love someone and are willing to set aside our own desires for the sake of another. **Grace** can be as precise as a moment of utter clarity, finally recognizing a long-sought decision or direction to be taken.

While grace is forever respectful of the time we take to respond and receive this gift, at times, this cherished Presence can't wait to be received and chooses to tumble into our life right when we most need it.

A retreatant told of being in a bookstore where she meandered around, looking for nothing in particular. A book fell off the shelf. She picked it up, put it back. It fell down again. She put it back. The third time the book fell down it hit her on the head. (*Grace leapt off the shelf!*) This book changed her life.

Many scripture passages reveal how grace thrives, such as: the touch of Jesus' healing hands and voice in the Gospels, the blindness and conversion of Paul, the exquisite moment of Mary's "yes" to the angel's request, Zaccheus' quick climb down the tree so he could welcome Jesus, the courage of those standing beneath the cross at Calvary, Peter's sorrow after his denial, and the intuition of the two disciples who stopped to talk with the disguised Risen One on the road to Emmaus.

Every turn away from our false self toward our true Self, each beckoning toward what is right, worthy and good, this is where grace keeps on stirring, inspiring, urging, clarifying and encouraging - doing so even when the mind and heart remain closed or unaware of this transforming Presence.

Right now grace waits on the shelf of our life, desiring to enter another part of it. When will this abiding Gift be opened, welcomed and activated? Much depends on our receptivity.

Abundant peace, Joyce Rupp

Trinity Methodist Church

LINDEN, JOHANNESBURG



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

7 June 2015

As for you, you were dead in your transgressions and sins, in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient. All of us lived among them at one time, gratifying the cravings of our sinful nature and following its desires and thoughts. Like the rest, we were by nature objects of wrath.

But because of His great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions - it is by grace you have been saved.

And God raised us up with Christ and seated us with Him in the heavenly realms in Christ Jesus, in order that in the coming ages he might show the incomparable riches of his grace, expressed in His kindness to us in Christ Jesus.

For it is by grace you have been saved, through faith - and this not from yourselves, it is the gift of God - not by works so that no one can boast.

For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.

Ephesians 2:1-10



One day in one of the villages there was a man covered with leprosy. When he saw Jesus he fell down before him in prayer and said, *If you want to you can cleanse me*'. Jesus put out his hand, touched him, and said, *'I want to. BE CLEAN'* Then and there his skin was smooth the leprosy gone. Luke 5 -message

THE WELL – a weekly healing service is held in the Church every **Thursday** from **17:45 until 18:30**. All are invited to ‘*come to the well*’ whatever the problem is.

CONGRATULATIONS to Peter & Colleen Clarke on their 50th wedding anniversary, last Thursday. Pray continued happiness in their marriage.

WE PRAY FOR:

GORDON BENNETT passed away last Wed to be welcomed into the presence of His Lord. Our love & prayers go out to his wife, Charlotte & daughters Helen & Glynis.

DOUG COLE (wife Jean, son Rob) is in ICU with pneumonia & breathing problems, his condition is critical. The family with doctors need to decide on further treatment.

PATTI PRICE broke her ankle last weekend & had to have an op. she is now home.

WILLA RETIEF (Sonja & Deona’s mum) is in High Care suffering with pneumonia, docs have also found she is suffering with heart & lung problems.

HELEN & MIKE URBAN & SONS CHRISTOPHER & MATTHEW are going through a very difficult period health wise. Pray God’s healing hand on them all.

HERB ANSTADT (wife Barbara, daughter Nolene) was hospitalised after suffering severe nose bleeds over last weekend.

ULIE her skin has turned yellow which could indicate a tumour between her liver & pancreas.

✠ **AVRIL THOMPSON** is blind and her son has been diagnosed with leukaemia.

✠ **FRANCES SIMPSON** is now in Frail Care, at St Michaels Village.

WE CONTINUE TO PRAY FOR:

ZELMA is heartbroken, distraught & worried for her 2 sons who have been caught up in violence. Pray protection of her sons who have been granted bail & are at home.

CECIL & SUE EDWARDS we continue to pray as they navigate these particularly busy and stressful times of their lives.

✠ **ELLY WINKLEMAN** no improvement in her condition, please continue to pray.

✠ **ARLENE & PARTNER** pray problems in their relationship will be resolved.

✠ **INNOCENTIA LIPHOKO** recovering at home after surgery, pray for full healing.

✠ **VENETIA** suffering with bronchitis after the worry of her garden being cleared.

MESSAGES FROM TRINITY WEB SITE

MARISA MOORLEY & her sons, Aaron (11) Uzziah (3), Jaaziah (2) will be evicted from their home in 2 weeks’ time. They need a new home. Marisa is very stressed.

SYLVIA GANSA (Lindiwe Gansa’s sister) in hospital & has been on oxygen for the past week. She can’t speak, move or do anything. Docs don’t know what the problem is. Sylvia is a member of Methodist Church in Jabavu Circuit, Soweto.

CRYSTAL VINES needs employment & a change in her financial situation.

OUR TRINITY FAMILY - everyone in Trinity needs prayer, in one form or other bearing in mind we all have our own situations that we deal with on a daily basis. **Philippians 4 v 6** exhorts us *“Be anxious for nothing, but in everything by prayer & supplication, with thanksgiving, let your requests be made known to God”*

CHRONIC LIST: *Gloria McPherson* (emphysema), *Denese Pieterse* (severe pain), *Thembile* (back problems), *Anna Wadsworth* (90 - frail), *Sonette Mac Gregor* (thymus gland removed), *Woolf Schulze* (dementia), *Sean* (schizophrenia), Reef (USA - on-going problems), *Omar* (kidney problems), *Kate Waterston* (cortisol levels), *Peter Clarke* (back problems), *Steven Basson* (Atrial fibrillation), *Lanie* (Marie Palmer’s godchild - domestic problems), *Val Tyler* (heart fibrillation), *Elly Winkelman* (frail), *Louis Brugman* (heart problems), *Duncan Edwards* (stroke), *JENNA* (enthesitis), *Pat Levins* (very ill), *Julian Squires* (skin grafts), *Audrey Newberry* (low blood pressure), *Sue* (hip replacement), *Sumi* (depression), *Harold Adams* (frail), *Norma Morgan* (fall), *Miguel Moco* (13 - rugby injury), *Edward Pollard* (fatigue), *Patti Price* (back problems & shingles), *Henrietta Small* (breathing problems).

CANCER LIST: , *David Edwards*, *Anton Marais*, *Nola Dodds*, *Hilda Louter*, *Val Warren*, *Dudley Middleton*, *Marguerite*, *Peter*, *Myrren* (18), *Diane Turner*, *Maureen Lupton*, *Martin vd Merwe*, *Russell Jones*, *Ursula Ryder*, *Lesley Steyn*, *Don Carneson*, *Louise Shaw*, *Brian K*, *John Sandison*, *Cindy Saunders*, *Marina van de Ruit*, *Brian Tromp*, *Elizabeth Innes*, *Greg Cleeve-Edwards*, *Joanna*, *Joy*, *Gilbert Hughes*, *John Clarke*, *Bill Coulle*, *Rev Hans Visser*, *Colleen*, *Gordene*, *Lizelle Slabber*, *Stuart Dixon*, *Maureen Booth*, *Marie Vosloo*, *Nick Breytenbach* (leukaemia), *Elaine Orpen*, *Geoffrey Waters*, *Mykel*, *Brenda Hulshoff* (leukemia), *Ingrid Ingram*, *Clive Glover*.



You have found grace in My sight, and I know you by name.

Exodus 33.17

You have a heavenly Father who delights Himself in mankind. In modern society it may seem as if names are less important than numbers, **but to God you are one-of-a-kind**, and He calls you His child.



GRACE

Grief has a long shelf life. It will wait for as long as it takes to be tended." This statement by a speaker long ago came to mind at the recent feast of Pentecost. I thought, *"Grace, too, has a long shelf life and will wait to be tended. Grace has no expiration date."*

I've come to know grace, not as a thing, but as the loving movement of the Holy One. *Grace consists of an active, divine energy ready to mobilize us into action, like the dynamism of Pentecost's swooshing wind or the tiny whispering sound"* Elijah experienced in 1Kgs19: 12.

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