

Trinity Methodist Church

LINDEN, JOHANNESBURG



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

22 November 2015

I lift my eyes to the hills –
Where does my help come from?
*My help comes from the Lord,
The Maker of heaven and earth.*

He will not let your foot slip –
He who watches over you will not slumber;
Indeed, he who watches over Israel
Will neither slumber nor sleep.

The Lord watches over you –
The Lord is your shade at your right hand;
*The sun will not harm you by day,
Nor the moon at night.*

The Lord will keep you from all harm –
*He will watch over your life;
The Lord will watch over your coming and going
Both now and forevermore*

Psalm 121

WE PRAY FOR:

GWEN KIDSON (Rudi Hart's sister) is in Rosebank Clinic suffering with cancer throughout her body.

LEE-ANN (family of Val Pallister) as a result of a motor accident her spleen has been removed & she is under sedation due to possible brain injury, there is a slight improvement. We pray for Lee-Ann, husband Darren & 6 year old daughter.

JONATHAN CAULDER (Mandy's son) was involved in a motorbike accident, scans reveal no internal injuries but he is very bruised and shocked.

CRAIG HART admitted to hospital with chest pains – concern re heart problems. Craig is on medication. His work situation is very stressful.

ROB DENSHAM (friend of Dawn Hurdus) has been diagnosed with melanoma; he will not be receiving treatment.

FLORENCE OTIENO her job comes to an end on 30th Nov, please pray a that a new position will become available.

MIKE RYCROFT to have a skin graft following removal of growth, pray for him.

WE CONTINUE TO PRAY FOR:

FATHER IKE's nephew was brutally murdered. The funeral is on Saturday, we pray God's peace on Father Ike, Ruth, his nephew's wife and family.

RON EDMUNDS still in ICU and very ill. Please pray for Ron, his wife Mavis.

KATE WATERSTON is on medication and will have further follow up in January. We pray that the medication will start working.

BRENDA (Kathleen Catto's daughter) had a double mastectomy which seems to have gone well. Brenda is to spend her recovery period at her mom's home.

COLLEEN LE ROUX has problems with her eye. She wants to move closer to her family in JHB & her son, **Arthur**, is looking for a job as an architect in JHB.

CHANTELLE (husband – Warren) – having surgery to remove cancer from womb. Pray for speedy recovery and for family to cope while she is recovering.

AMBER ADAMS is now at home after treatment for infection in blood. Baby Alanna is doing well.

EILEEN LOCK (husband Neville) is now home but struggling with breathing due to fluid around lung, please pray for a good recovery.

✠ **CORRIE JURGENS** waiting for results of MRI scan and lumber puncture.

✠ **MATTHEW MARTINS (Parktown Boys) (18)** in advance stage of leukemia.

✠ **TREVOR BARTLETT** – His foot infection is better; he will restart chemo next week.

SARAH BROWN is facing major problems with her ex-husband; we pray strength and wisdom for Sarah, healing & peace for the children: Caleb, Josh and Abby.

MATRICES – We pray God's guidance and strength for them as they continue writing their exams. Pray peace and calm for the parents.

WAYNE has full blown Aids and a kidney infection. Pray for him, his wife Michelle and mother Deloris.

JOY VD KLIS (husband Willem) scans show cancer is limited to bones and lungs, her other organs are clear. Joy is feeling fine but tired & is back on her special diet.

CHRONIC LIST: *Gloria McPherson* (emphysema), *Denese Pieterse* (severe pain), *Thembile* (back problems), *Anna Wadsworth* (90 – very weak), *Woolf Schulze* (dementia), *Sean* (schizophrenia), *Reef* (USA - on-going problems), *Omar* (kidney problems), *Peter Clarke* (back problems), *Steven Basson* (Atrial fibrillation), *Lanie* (Marie Palmer's godchild - domestic problems), *Val Tyler* (heart fibrillation), *Louis Brugman* (heart problems), *Duncan Edwards* (stroke), *Pat Levins* (very ill), *Julian Squires* (skin grafts), *Audrey Newberry* (low blood pressure), *Sue* (hip replacement), *Sumi* (depression), *Harold Adams* (frail), *Miguel Moco* (13 - rugby injury), *Henrietta Small* (breathing problems), *Patti Price* (recovery from surgery), *Zelma's sons* (home on bail), *Willa Retief* (frail), *Ella Waterston* (7 - chronic anxiety disorder), *Sebastian Msimang* (prostate), *Kerry* (severe back pains), *David* (heart problems), *Jean Thompson* (heart problems), *Tobias Steyn* (lungs & heart problem), *Bishop Peter Witbooi* (back problems), *Bob Douglas* (VP shunt), *Frances Simpson* (broken hip), *Slade Hodge* (motorbike accident), *Elaine Vermaak* (in pain), *Jancsi* (missing), *Jean & Doug Cole*, *Baby Bella*, *Denise Hill* (fracture of pelvic bone), *Madeleine* (unemployed & depressed), *Greg & Rebecca* (difficult times), *Daphne Schrieder* (broken pelvis), *Kerry* (leg problem), *Fleurette Poultney* (low blood .pressure.), *Trevor*, *Jenna* (juvenile arthritis).

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*, *John Clarke*, *Bill Coulle*, *Rev Hans Visser*, *Colleen*, *Gordene*, *Maureen Booth*, *Marie Vosloo*, *Nick Breytenbach* (leukaemia), *Elaine Orpen*, *Mykel*, *Brenda Hulshoff* (leukemia), *Ingrid Ingram*, *Clive Glover*, *Eric*, *Ulrich Bracht*, *Brian* (leukemia), *Jaco Barnard*, *Deidre Standsfield*, *Nan Tippett*, *Trevor Bartlett*, *Terry*, *Michael De Roos*, *Heather* (John Simmonds sister), *Chris Matthews* (“B cell lymphoma”), *Everard*, *Marjorie Baird*, *Rhona*.

COME TO THE WELL if you are ill, stressed anxious, depressed, grieving or having to cope with various problems. ***‘The Well’*** is a weekly healing service, held every Thursday from 17h 45 to 18h30 at Trinity Methodist Church.



TODAY

Fill it with gladness, with courage, and love and trust.

Treat it not lightly,

For it is a part of life that, *when spent, can never return.*

WHAT TIME IS IT?

Now it is high time to awake out of sleep.

Romans 13:11a

There are many ways of keeping time:

1. **'World Time'**. For many years this was how the world set its clocks. World time was determined by the relationship of the earth to the sun, it enabled man to measure time by the movements of the heavens.
2. In 1972 the switch was made to **'Atomic Time'**. This method measures hours, minutes, and seconds not merely by the big picture of the heavens but by the highly accurate vibrations of the atom.
3. Then there is the method which is based on our relationship to God, and His timekeeping is perfect.

When we recognize our accountability to God, we see that *now is the time to surround ourselves with the values, thoughts, and attitudes of the Lord Jesus Christ* (Rom 13:14). As you look at the clock today, remember that you should also figure time by your relationship to the Lord.

*God set a goal, yet gave the choice to mortals how time may be spent;
Admonishing that worth, not length, will value time's accomplishment.*

You will discover, to your joy and deep satisfaction, a sense of release and development *when* you are meeting the demands of today, instead of trying to push them into the unborn tomorrows.



I will live this day as if it were my last. I will not waste a moment regretting yesterday. *Why throw good after bad?* Yesterday is buried forever. **And tomorrow?** Leave it be. *Why throw now after what could be?*

Why should I torment myself with problems that will never see the light of day? Yesterday is a stale cheque, *cancel it.* Tomorrow is a promissory note, *leave it.* **Today is ready-cash, spend it.**

Perhaps this is the day I have been waiting for, when my life will really unfold, leap forward, and I will discover the fullness that is my dream. I have another opportunity to be the person I know I can be.

The hours ahead are priceless, and had my hours been called for by death, I could not have brought them back with all the gold in all the vaults on earth.

Use the day to prove your love.... *embrace your children, treasure your partner, ring up a friend in need, gladden this earth with your warmth.*

The finest gift that could possibly come your way this day is already given you: **You're awake, you're alive, you are.** Millions have not received that gift... and one day you and I will not greet the dawn.

Tony D'Alton