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At each stop light I looked again to gain assurance of its presence. I could only view the web when the sunlight angled just right, *so I kept close observation. I studied that minuscule creature intently, being in awe that it's home could endure the wind created by the car's speed.*

During the following days, each time I drove someplace I checked to see if the spider managed to keep his life and home intact. Sure enough, he stayed safely in place.

The more I befriended this tiny companion, the more I thought about the profound metaphor his delicate, yet durable, web offered for my spiritual life. Most teachers of inner growth insist on surrender and letting go as essential for greater wholeness. That estimation contains much truth.

As the spider could not survive without the web's tough filaments, I cannot survive without a steadfast relationship with the Holy One. My soul, my core being, requires this reliable and enduring web-ness. Jessica Powers' in her poem: "The Garments of God" writes, *"God sits on a chair of darkness in my soul... here in the dark I clutch the garments of God."*

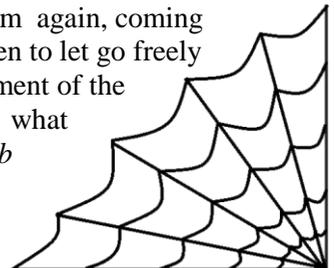
Clutching, clinging, holding tight like that tiny spider on the strong web - that's a vital dimension of my relationship with the Holy One. When I adhere to this divine presence through steady faith and daily prayer, I have the encouragement and inspiration to live my best.

I've known the benefits of attaching my deepest self to this Beloved One time and again:

While living in the bleakness of long-lasting grief; When yearning for a world of peace and seeing it violently torn apart; In making decisions to work through conflicts instead of running from them; In choosing to live simply in spite of the long arm of greed and consumerism trying to break my hold; By maintaining long-lasting and valuable relationships, even when these prove difficult.

One other lesson I observed from the spider's resilient web involves its flexibility. *I noticed the web endured because it gave itself to the wind's movement - rather than remaining rigid.* So, here I am again, coming full circle to "surrender." When to hang on tightly, when to let go freely in trust? That is the mystery and the continuous experiment of the soul. What I do know is that the spider withstood what threatened to overcome it. *And so will I, if my inner web is both sturdy and supple.*

Abundant peace, *Joyce Rupp*



Trinity Methodist Church

LINDEN, JOHANNESBURG



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

6 September 2014

*You, God, are my God,
earnestly I seek you;
I thirst for you,
my whole being longs for you,
in a dry and parched land
where there is no water.*

I have seen you in the sanctuary
and beheld your power and your glory.
*Because your love is better than life,
my lips will glorify you.
I will praise you as long as I live,
and in your name I will lift up my hands.*
I will be fully satisfied as with the richest of foods;
with singing lips my mouth will praise you.

On my bed I remember you;
I think of you through the watches of the night.
Because you are my help,
*I sing in the shadow of your wings.
I cling to you;
your right hand upholds me.*

Psalm 63

PLEASE PRAY FOR:

MARTIN VD MERWE (Karin's dad) suffering from cancer, we give all thanks & praise to our Lord that his recovery to date has far exceeded medical expectations.

BELLA (Mavis Scholes' sister in law) passed away. The funeral is in Rustenburg. We hold Mavis & family to our Lord praying for comfort & safe travelling mercies.

FRED ALNER passed peacefully away this week. Our prayers for strength & comfort are with his family. His Memorial Service will be held at Discovery Methodist Church on Thursday 11th September 2014 at 1pm.

REBECCA OWENS (BECKY) out of hospital, we pray that the medication will clear the fungal infection in her lungs. Concern as her immune system is low.

THELMA CURRIN passed away this week. Pray peace for Kevin, her son, and all the family. Service will be held at Trinity, Wednesday 10th at 12 noon.

CHANTELLE (Warren's wife) her back remains very painful after 3 days of fever, she has had a lumbar puncture plus injections. We pray for her full recovery.

EVA HUMPHRIES is in hospital undergoing tests. Docs looking at moving her to a step down facility. May Brian & Eva be aware of our love and prayers.

VAL DE SILVA has recovered from her heart problems but now battling with cataracts. We pray God's hand of healing to be on her.

HELEN URBAN we praise our Lord that Helen is nerve pain free after Sunday evening's healing service. Helen suffers from motor neuron disease and we pray that God will continue to heal Helen & bring peace into her and Michaels's lives.

GRAHAM is suffering from 'primary progressive aphasia'. We pray for his healing & peace for his family who are very concerned about him.

JOHN (Elaine Vermaak's nephew) had a heart attack & burnt his hands badly at the same time. John isn't doing well, we pray for John & his family at this time.

JACO WOODBURN had a motor accident, his car is a write off, Jaco has a broken collar bone & bruises. Pray healing & restoration for Jaco & strength for Gary & family.

DENNIS MEINTJES (Sheilagh Marley's brother) has had a big intestinal operation and is in ICU at present. Still not 100% over the big accident he was involved in, hand still very painful.

WE CONTINUE TO PRAY FOR:

CORRIE JURGENS recuperating at her daughter's home, please pray for full recovery.

VAL PALLISTER Val is recovering at home after surgery and gives thanks for all the love and prayers. We pray for her continued and perfect healing.

BELLA (prem baby) had a setback due to an infection while in ICU which was picked up by the paediatrician. We continue to pray for Bella, who needed another major op, peace for her parents and wisdom for the medical team.

RUSSELL (Irene McKelvey's grandson) has returned home to Knysna after successful surgery, we pray continued healing, peace & strength for Adele & family.

LAURENCE & JOY DAVIES Laurence is out of hospital & back at work and Joy has recovered from laryngitis. We give thanks to our Lord for His answer to prayer.

MOIRA WESSELS was to be discharged from hospital on Friday. She has been suffering with bed sores, we pray God's healing touch on Moira, peace & strength for John and family.

RHYS THOMAS (30's - London) had major surgery to fit a pump to his heart & remove bypass. By Friday night Rhys had not come round. He was responding to voices, but wouldn't allow anyone to touch him. He is on antibiotics to combat a chest infection from the respirator pipe, which cannot be removed until he has fully revived.

DUDLEY MIDDLETON returned to work last Mon even although he still has pain. We pray continued healing for Dudley, peace & strength for Angela & family.

IRENE MCKELVEY has no energy & is listless after illness, please pray for her.

LINDA HANN (Sheila Marley's friend) we pray she will get work soon.

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, David Edwards (UK), Doh Carneson, Louise Shaw (Texas), Brian K, John Sandison, Cindy Saunders, Marina van de Ruit, Ron Senyar, Estelle Loggerenberg, Brian Tromp.*

CHRONIC LIST: *Denese Pieterse (back problems), Dave (Guillain Barre Syndrome), Emmanuel Thavhiwa (difficult times), Elaine Vermaak (osteoporosis), 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), 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 Leukaemia), Pat Mostert (heart problems), Elwyn Dyer (hip op), Bradley Manson (Kidney disease, dialysis), Ella (wounds on her leg), Reef's grandparents, Eve & Brian Humphries, Val Ochse (bone density), Noreen Mckenzie (eye problem), Coral Fisher (foot problems), Jules (auto immune disease), Lesley (broken wrists), Louis Brugman (heart & hip problems).*



Joyce Rupp writes: As I drove to the post office a few weeks ago, I looked out the side window and couldn't believe what I saw - a glistening spider web was attached from the side mirror to the top of the car door's upper frame. At the middle of the web a teeny spider, no bigger than a fourth of a pencil eraser, clung to the center of those thin filaments with amazing tenacity.

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