

Trinity Methodist Church

LINDEN, JOHANNESBURG



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

16 August 2015

LORD, our Lord, your majestic name fills the earth!

Your glory is higher than the heavens.

You have taught children and infants
to tell of your strength, silencing your enemies
and all who oppose you.

When I look at the night sky and see the work of your fingers—
the moon and the stars you set in place—

what are mere mortals that you should think about them,

human beings that you should care for them?

Yet you made them only a little lower than God

And crowned them with glory and honour.

You gave them charge of everything you made,

Putting all things under their authority—

the flocks and the herds

and all the wild animals,

the birds in the sky, the fish in the sea,

and everything that swims the ocean currents.

O LORD, our Lord, your majestic name fills the earth! - Psalm 8 NLT



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.

WE PRAY FOR:

THE CONGREGATION we pray for each Trinity member as we start *'My journey with Jesus'* next Sunday 23rd August 2015.

ANNETJIE STRAUSS (Linda Strauss's mother-in-law) sadly passed away last Sunday, our thoughts and prayers are with Linda and all her family at this sad time.

STACEY BRYSON (Nic & Nora Swart's daughter) has a heart problem & visited the cardiologist who has said she might have to have surgery.

MIGUEL MOCO (Mum Frances) suffered a rugby injury many months ago, has been in rehab for a month & will need a lot of therapy. His family is excited as he is coming home just for the day on Sunday & they thank everyone for their prayers.

SCHOOLS IN GAUTENG & WESTERN CAPE on 28th November 6 schools in the Gauteng and Western Cape will appear in the Supreme Court, in Johannesburg, on charges of practicing Christian faith in schools. Please pray that attorneys and judge will be guided through Godly intervention and wisdom.

BRONWYN (Leigh Beukes daughter) hospitalised at 37 weeks pregnant as she was experiencing severe pains. Bronwyn gave birth to Bailey Jayne on Thursday evening & we pray for her & her baby.

MATLAKALA MADILOLA (ETHEL) has problems with her eyes which we pray will be healed by treatment at the hospital.

ELSIE & LOUIS TRICHARDT – sadly Louis passed away last Sunday. Our prayers are with Elsie, as she recovers from facial injuries & with Wayne, Michelle & family.

WE CONTINUE TO PRAY FOR:

PAT MOSTERT (husband John) is having an electrophysiological study 24th August; the results of this will decide if it is necessary for her to have a heart ablation op.

BISHOP PETER WITBOOI his back pain continues to trouble him; the op will now be after Conference, possibly early October this year.

MME BUTAKE, MME KHATHATSE, MME KHALA & MME MOEKETSI our thoughts are with these families.

NAN TIPPETT is to have a scan next week to determine how big her cancerous growth is. Pray for wisdom for doctors as they decide on treatment for Nan.

JEAN & DOUG COLE- *Jean* asks for prayers for herself and **Doug**. Doug will be permanently in Frail Care which he is not too happy about.

BOB DOUGLAS (74 - Angela Wessel's dad) was discharged from the step down facility & is going to need a wheelchair & a carer to look after him. We pray for the family for guidance for decisions that have to be made.

TREVOR BARTLETT (wife Hanna-Marie) is home recovering from his op & is able to eat soft foods, he will see the doctor on Wednesday for the results of tests.

✠**FRANCES SIMPSON** is not well & is in Frail Care at St Michaels Village.

✠**MARIE LE GRANGE**(husband Alfred) out of hospital & is on additional meds.

CHRONIC LIST: *Gloria McPherson* (emphysema), *Denese Pieterse* (severe pain), *Thembile* (back problems), *Anna Wadsworth* (90 - frail), *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), *Doug Cole* (frail), *Frances Simpson* (frail), *Zelma's sons* (home on bail), *Willa Retief* (frail), *Pat Mostert* (chronic heart problems), *Ella Waterston* (7 - chronic anxiety disorder), *Kate Waterston* (severe migraines), *Sebastian Msimang* (prostate), *Kerry* (severe back pains), *Grace Wilson* (fractured femur), *David* (heart problems), *Jean Thompson* (heart problems), *Tobias Steyn* (lungs & heart problem).

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 Clevee-Edwards*, *Joanna*, *Joy*, *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*, *Eric*, *Ulrich Bracht*, *Brian* (leukaemia), *Jaco Barnard*, *Deidre Standsfield*.



Beginning today, treat everyone you meet as if they were going to be dead by midnight. *Extend to them all the care, kindness and understanding you can muster, and do it with no thought of any reward. Your life will never be the same again.*

We need to treat ourselves that way, too. *Live as if we were going to be dead by midnight.* Stroll without anxiety, instead of running madly through our days. Relish what is easily taken for granted. Cease being pushed around by the ego's need to maintain a high performance goal. **Og Mandino**

Joyce Rupp writes 'There are many ways we can slow down and savour life. We don't have to live in the country to pause, to loiter, to ease our inner and outer pace. *All we need is to do what we are doing with mindfulness. Stop being so driven to multi-task. Live in the Now and notice what we would miss if we were to die by midnight.* It's just that simple, and just that challenging.

Oh, to be amazed at life! The artist Frederick Franck taught people to see the inherent beauty of something as simple as a lettuce leaf. He based his work on the principle that there is a great difference between 'looking' and 'seeing'.

Franck wrote: "Everyone thinks he knows what a lettuce looks like. But start to draw one and you realize the anomaly of having lived with lettuces all your life but never having seen one, never having seen the semi-translucent leaves curling in their own lettuce way, never having noticed what makes a lettuce a lettuce rather than a curly kale." The same is true of spring flowers and anything that exists.

I discovered Franck's work long ago. He awakened my sense of wonder and taught me how to *see*. Yet, even now I look at a zillion things every day and often *see* very little. That's because I forget to pause and pay attention to what is before me. I continually have to be reminded to do so by something like a child enjoying a spring garden.

What happens when I really *see* the inherent beauty of the world before me is that I am reenergized. When I truly *see*, I regain perspective on life. I do much less mumbling and grumbling and a lot more laughing and thanking.

It's not too late for any of us to see with our physical eyes what often escapes us in the external world. It's simply a matter of being fully awake. Of course, this requires some deliberate slowing down and considerable amounts of gazing attentively. That is the challenge. The reward is that we grow in amazement and gratitude.

Joyce Rupp



William A. Quayle, who strolled instead of racing through life, writes in his reflections on nature from 'In God's Out-Of-Doors' dated 1902.

I shall walk to my farm. Those who always ride miss a good share of delight if their way leads through the country. Flowers and leaves and pastorals must be seen close at hand. Nature says "Come nearer." ... *Be leisurely and walk.*

Dally, loiter, poke along, putter, or if you like not these words, get a word you do like, only let the word express delayed and loving motion, the sort of leisureliness a brook knows, *running when it feels like running,* drowsing when it has a drowsy mood, in silver basins where sun and shadows meet, shadows to woo to slumber, sun to stoop and kiss the waters awake... *Choose your word to fit that motion and fit your goings to the word.*