

*Devotions and prayer needs  
compiled by the  
Pastoral Care  
Portfolio*



**17 January 2016**

**2nd SUNDAY OF EPIPHANY**

*A New Year Prayer*

*Lord, You make all things new  
You bring hope alive in our hearts  
And cause our Spirits to be born again.*

*Thank you for this New Year  
For all the potential it holds.  
Come and kindle in us a mighty flame  
So that in our time, many will see the wonders of God  
And live forever to praise Your glorious name.*

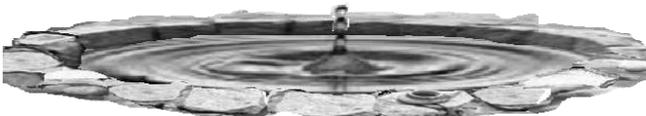
*Amen.*

***Go with Christ this year and journey in joy and peace.***

***Pastoral Care wishes all of the Trinity Congregation, and the readers  
of Link, a Blessed & Bountiful 2016 filled with God's peace and love.***

*The Well...*

Trinity has a weekly time of healing every Thursday from 17:45 to 18:30. If you would like prayer for any physical or spiritual healing...



...come to the Well.

As you pray for those in need on the Link each week  
may God, in turn, bless you richly.

### **We give thanks...**

**Jenny Williams** (Relative of Shirley Williams) is recovering at home and should be able to go back to work by the end of January. Both are very grateful for the prayers and support given.

**Jenny Wentworth** is recovering well.

**Bridgit** (Daughter of Joy and Willem) is back in her own home and starting to drive short distances. Thank you for prayers and support.

**Joy van der Klis** (Wife of Willem) Current blood results show that healing of the cancer is taking place. Joy gives thanks to God and to all the saints who pray for her. Joy is undertaking intensive treatment with a naturopath. Please pray for continued healing, ability to cope with the treatment and strength for Willem too as he supports her.

**Renee Champion** is recovering well. Thank you for prayers.

### **We ask for healing...**

**Norma Hart** will be having a knee replacement op on Monday 18<sup>th</sup> January. She has had previous complications with anaesthetic, so please pray particularly for the operation and for post-operative recovery.

**Candice de Beer**, who is 30 weeks pregnant, is finding her job environment very stressful. Please pray that she may cope and that high stress levels may not adversely affect her pregnancy.

**Margaret Keown** is recovering at home following hospitalisation for acute septicaemia. Pray for a good recovery.

**Laurence and Joy Davies** need prayer for general healing and strengthening for both of them.

**John, Debi, Garron and Jared Botha** – John's dad, **Eric**, is very ill in Cape Town – pray for strength for the family to cope with the situation.

**Maurice and Hilary Adams** – Maurice is currently in the UK for his father's funeral on the 19<sup>th</sup> January. Please keep him and Hilary in thought and prayers.

**Val Wallis** (wife of Cliff) had a shoulder replacement this week – please pray for good healing and recovery.

**Youth camp leaders** – Kate, Neil, Alan, Kirsten, Bryanne, Sam, Dimitri. Their cars were all badly damaged in a huge hail storm while on camp. Pray for strength in sorting out the situation.

## **We continue to pray for...**

**Bronwyn** (great granddaughter of Corrie Jurgens) is recovering well from Rottweiler bites. Please pray for the family as they deal with the trauma of the incident.

**Priscilla** (Mother of Bev Jacobs) is making steady progress. Pray for continued healing and stability for her health.

**Brenda** (Daughter of Kathleen Catto) is back at home and will not be given chemo. She has started hormone block medication. Pray that she will be able to tolerate the meds. Thank you for prayerful support.

**Kate Waterston** (wife of Neil) has had some improvement. She will see a new doctor on Monday. Pray for a good outcome of the appointment.

**Keith Fallick** (Husband of Amanda & father of Shannon Atherfold) is recovering slowly in hospital in Margate after a golf cart accident. Pray for continued healing and for strength for family after a very traumatic time, especially Shannon whose baby is due at the end of January.

**Florence Otieno** may our Lord open the door to a new position for her.

## **We pray for those grieving...**

**Margaret Jenkins** passed away on 15<sup>th</sup> January. Her funeral will be held on Tuesday 19<sup>th</sup> January at 2pm in the Chapel – our thoughts and prayers are with her family.

## **Do you have a prayer need?**

At the start of this New Year we will start new lists for those with cancer and other chronic illnesses. If you would like to be added to the lists, or you know of someone who has a need of prayer, please contact our Pastoral Care co-ordinator, Angela (011 782 0367) or Trinity's receptionist, Melanie (011 888 1740).

Remember: **If we do not know we are unable to care!**

## **Some scriptures to reflect on as we go into 2016:**

Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!  
**2 Corinthians 5:17 NIV**

*"For I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope."*  
**Jeremiah 29:11 NIV**

Many are the plans in a person's heart, *but it is the Lord's purpose that prevails.*  
**Proverbs 19:21**

He has made everything beautiful in its time. He has also set eternity in the hearts of men; yet they cannot fathom what God has done from beginning to end.  
**Ecclesiastes 3:11 NIV**

## ***Achieving balance in our lives***

*The notes I handle no better than many pianists. But the pauses between the notes – ah, that is where the art resides.* **Artur Schnabel**

A Chopin piano nocturne played by a novice musician and by a virtuoso will not sound the same. That's because one of the two pianists has had a lifetime to practise the music as well as learn when to pause in order to colour the notes with passion.

So it is with the concerto of our lives. Individual notes must be learned and played and practiced before we achieve harmony. And above all we must learn how to pause.

Harmony is the inner cadence of contentment we feel when the melody of life is in tune; when somehow we are able to strike the right chord – to balance the expectations of our families and our responsibilities in the world on the one hand, with our inner need for spiritual growth and personal expression on the other.

This is one of the most difficult challenges anyone faces because it requires that we make choices every day. And yet most of us feel too tired to choose anything more than what to have for dinner! Perhaps this explains why we hear only a cacophony of dissonant demands that drown out the symphonies our souls long to compose. Usually, when the distractions of daily life deplete our energy, the first thing we eliminate is the thing we need most: quiet, reflective time. Time to dream, time to think, time to contemplate what's working and what's not, so that we can make changes for the better.

On our path to a more balanced life, we learn to balance demands with pleasures, moments of solitude with a need for companionship, work with play, activity with rest, the inner man (or woman!) with the outer packaging.

Today, just try slowing down. Approach the day as if it were an adagio – a melody played in an easy, graceful manner. Listen to music that soothes and uplifts your spirit. And while you listen, pause to consider how all the individual notes come together harmoniously to give expression to the entire score.

So it shall be with your world. With God as your guide, trust that your everyday moments will soon begin to resonate in a rhapsody of fulfillment.

***(With thanks and apologies to Sarah Ban Breathnach, author of Simple Abundance.)***