HOW HEAVY IS A GLASS OF WATER.

A lecturer, when explaining stress management to an audience, raised a glass of water and asked, "*How heavy is this glass of water?"* Answers called out ranged from 20g to 500g. The lecturer replied, "*The absolute weight doesn't matter. It depends on how long you try to hold it*."

”If I hold it for a minute, *that's not a problem.* If I hold it for an hour, *I'll have an ache in my right arm.* If I hold it for a day, *you'll have to call an ambulance.* ***In each case, it's the same weight, but the longer I hold it, the heavier it becomes****."*

He continued, "And that's the way it is with the stresses and worries that we carry*”. . If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy****, we won't be able to carry on."*** "As with the glass of water, you have to put it down for a while and rest."

"*And so, when you return home why not put those heavy burdens into the loving, arms of the great Burden Bearer and rest in the knowledge that He will never leave you nor forsake you*.

God, our Sustainer and Preserver;
We commit our broken world to you –
Our own burdens we lay at your feet, the trials of daily life
We cast all our worries on you, knowing that you care for us –
And for each sparrow that falls to the ground. Jenny Child

“When I walk by the wayside, *He is along with me.* When I enter into company amid all my forgetfulness of Him, *He never forgets me*.

In the silent watches of the night, when my eyelids are closed and my spirit has sunk into unconsciousness, *the observant eye of Him who never slumbers is upon me.* ***I cannot flee His presence***.
*Go where I will****, He leads me, and watches me, and cares for me.***

Loving God You go before us to encourage us,
And come behind us picking up the pieces of our broken lives.
May we know your all-pervading presence surrounding us.

Trinity Methodist Church

LINDEN, JOHANNESBURG

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

31 AUGUST 2014

Do not be anxious about anything,
But in everything, by prayer and petition,
With thanksgiving,
Present your requests to God.
And the peace of God,
Which transcends all understanding,
Will guard your hearts and your minds
In Christ Jesus.

Finally, brothers, *whatever is true,*
Whatever is noble, whatever is right,
Whatever is pure, whatever is lovely,
Whatever is admirable
If anything is excellent or praiseworthy-
Think about such things.

Philippians 4: 6-8

Come to me, all you who are weary and burdened, ***and I will give you rest.*** *Take my yoke upon you, and learn from me, for I am gentle and humble in heart,* ***and you will find rest for your souls***.

Matthew 11: 28 - 29

CONGRATULATIONS to ***Lize & Jaques Naude*** on the birth of their baby boy.

PLEASE PRAY FOR:

***ELWYN DYER* praise** God he is now home, he gives thanks for all the prayers.

CORRIE JURGENS now out of hospital, we pray full recovery from chest infection.

JUNE (Rose Village) collapsed during the service at St Thomas's and is now in hospital with suspected heart problems. Pray healing for June and peace for her family.

NOREEN MCKENZIE tests show trauma to 6th cranial nerve. Prism fitted to specs to give her single vision. Pray that these measures will restore her eyesight to normal.

WE CONTINUE TO PRAY FOR:

VAL PALLISTER came through the surgery well. Val thanks the Trinity folk for their love & prayers. We pray God's perfect healing for Val & peace for her and Geoff.

BELLA (prem baby 1.5kgs) was doing well after the emergency surgery but suffered a setback. We pray a full recovery for little Bella & God's touch on her parents.

***RUSSELL* (Irene McKelvey's grandson)** Praise God op to remove a mass from adrenal gland was successful, pray mass was not malignant, peace for Adele & family.

***LESLEY* (a concert pianist)** broke both wrists as a result of a fall but they have not healed properly, we pray a release of pain & for God's comfort & strength for her.

LAURENCE & JOY DAVIES Laurence is still in hospital, & Joy is suffering from laryngitis, we pray healing and the peace of the Lord for them both.

BETTY MIDDLETON had a pacemaker fitted & is recovering at her daughter's house. Betty is feeling a bit 'down' but is thrilled that her heart is doing so well.

***BRONWYN* (Lee's daughter)** has been in and out of hospital and spent 4 days in ICU after contracting a hospital super bug with bronchial bleeding. Pray healing and peace.

MOIRA WESSELS doing well & will hopefully soon be out of hospital, we give thanks for all the prayers and ask you to continue holding Moira, John & family up.

THOMAS (30'S-London) has to have a heart transplant, but needs to have tests & procedures before transplant which is planned for a years' time. Please pray for him.

LOUIS BRUGMAN apart from his hip & heart problems, Louis suffered a mild stroke on Tuesday. We pray God's touch of healing on Louis & peace for him & Jackie.

DUDLEY MIDDLETON was admitted to hospital last Saturday with high fever, was discharged Tuesday; now home on a long course of antibiotics. Continue to pray for Dudley, Angela and all the family.

- ✞ ***JULES*** is out of hospital but not well we pray God's healing, strength & peace.
- ✞ ***IRENE MCKELVEY*** is now out of hospital and we pray for her full recovery.
- ✞ ***LINDA HANN* (Sheila Marley's friend)** we pray she will get work soon.
- ✞ ***JEANNIE WATERSTON*** is doing so well, she thanks all for love & prayers.
- ✞ ***CORAL FISHER*** she is on crutches, her foot is still painful. Pray for healing.

<u>CANCER LIST:</u> ***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, Verna, David Edwards*** (UK)***, Doh Carneson, Louise Shaw*** (Texas), ***Brian K, John Sandison, Cindy Saunders, Marina van de Ruit, Ron Senyar, Estelle Loggerenberg, Brian Tromp.***

<u>CHRONIC LIST:</u> ***Denese Pieterse*** (back problems), ***Dave*** (Guillain Barre Syndrome), ***Emmanuel Thavhiwa*** (difficult times), ***Elaine Vermaak*** (osteoporosis), ***Craig Hart*** (sleep apnea), ***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), ***Nora Swart*** (colon 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 Leukemia)***, Ethne Gray*** (heart problems), ***Pat Mostert*** (heart problems), ***Elwyn Dyer*** (hip op), ***Bradley Manson*** **(**Kidney disease, dialysis**)***, Maureen Rees*** (bad fall), ***Ella*** (wounds on her leg), ***Reef's grandparents, Eve & Brian Humphries, Val Ochse*** (bone density), ***Noreen Mckenzie*** (eye problem), Coral Fisher (foot problems), Louis Brugman.

IT'S ME AGAIN, GOD
Remember me, God*?*
I come every day, just to talk with You, Lord.
And to learn how to pray.

You make me feel welcome; You reach out Your hand.
I need never explain for you understand.
I come to You frightened and burdened with care,
so lonely and lost and filled with despair,
And suddenly, Lord, I'm no longer afraid,
My burden is lighter and dark shadows fade.
Oh, God, what a comfort to know that You care
and to know when I seek You
YOU WILL ALWAYS BE THERE.