



## Senior Citizens' Newsletter – March 2021

### *Greetings*

Keep On – Keeping On! by Charles Elbert Farr

One day life came rolling in with all its problems. First the dishwasher refused to work, then some important papers turned up missing. Both the door- bell and the phone rang at the same time. Ever have a day like that? We can all answer, yes, many times.

Well, Jesus' life was filled with activity and so repeatedly He turned away to the quiet, lonely spot, the early morning hour and the unexpected place. What was His purpose? Was it to get away from it all? No! What was it, then? It was a time for listening to His Heavenly Father speaking to Him and communing with Him privately so that He could keep on keeping on.

Jesus slowed His outward activity that He might quicken His inward responses. Whenever we are beset with one thing after another breaking down and the constant activity of continued distraction, go to the 'Quiet Place'. A retired couple from Massachusetts in their small apartment have set aside one room to share with others. They call their special room 'The Quiet House'. They keep on keeping on, regardless of outward pressures or the inward conditions.

Your life is falling apart? Then let Jesus have the pieces! He can take our brokenness and change it into wholeness. He can take our emptiness and make it into fullness. Only an empty vessel can be filled. Keep on keeping on, as Jesus is with you through every conflict, every struggle and every burden. He keeps us keeping on.



The fruit of prayer is faith. The fruit of faith is love. The fruit of love is service. The fruit of service is peace. – Mother Theresa

## **Do you want to fast this lent?**

- in the words of Pope Francis

Fast from hurting words and say kind words.

Fast from sadness and be filled with gratitude.

Fast from anger and be filled with patience.

Fast from pessimism and be filled with hope.

Fast from worries and have trust in God.

Fast from complaints, contemplate simplicity.

Fast from pressure and be prayerful.

Fast from bitterness, fill your hearts with joy.

Fast from selfishness and be compassionate.

Fast from grudges and be reconciled.

Fast from words; be silent and listen.



Never give up on the people you love. Never give up from being happy. Because life is an incredible show. – Pope Francis

## **1. A Note from the Office**

Psalm 106:1 – *Praise the Lord. Give thanks to the Lord, for he is good; His love endures forever.*

Greetings friends

It's month end and Trinity Methodist has recently re-started physical services. We're back to having services at Trinity, our home.

While we realize that lockdown level 3 means minimal gatherings, we also believe that the Church is that place where life happens, and friendships have been developed. Because of that, and the fact that we miss you, we write this to keep the fellowship spirit alive. We also write to keep you in touch with where the Church is at, and to express our love for you.

We have just started the season of Lent which is a 6 week journey. This year we have a Lent season sermon series called, 'Eyes on the Road'. It runs from

the 21<sup>st</sup> of February to the 21<sup>st</sup> of March. The 28<sup>th</sup>, which is the 6th Sunday, would be a Cantata Day. Although situation isn't allowing us do things like before, we feel that you still need a taste of what we use to offer to you. The Eyes on the Road sermon series will help us in this lent journey, and prepare us for both Good Friday and Resurrection. In the sermon series, there are passages:

- Where Jesus defeats Satan
- Where we learn to worship God in silence – Prayer
- Where we lean to listen to the small voice of God.
- Where we're called to have faith in God's love
- Where the Holy Spirit leads us to the same relationship Jesus had with God.

We know that at times it can be challenging to keep our hearts in tune, more especially if we're unable to attend worship services, listen to the word being preached, and meet our fellow church members. We want you to know that God is with you at all times. We want you to know that we are thinking about you during this difficult time. Please, don't stop praying, keep your eyes on the road. We too are praying for you.

Blessings,

LONDEKA

### **Quit supposin'!**

If you desire to be HAPPY,  
Don't think of the things that you dread-  
Just give up 'SUPPOSIN' THE WORST THINGS'  
And look for 'THE BEST THINGS' instead! – Helen Steiner Rice



I am an elderly person and you know what? I feel very proud. I have travelled roads that you have yet to travel. Every wrinkle in my body is an experience I lived through. And the only thing I'm asking of you is respect. Did you know. I was young once too and was also your age and you will also end up being this age. That is why I ask you to respect us and have patience with us. This is exactly what you will ask for when you reach this age.

– lovethispic.com

## 2. A Note from Estelle

Greetings to all the Seniors,

The year is marching on and we are at the start of March and a year since our last meeting of our monthly social morning.

All is still unclear as to when we will be able to meet again.

We will definitely not give up hoping & praying for the Covid Virus to be brought under control.



Having written this, the following song comes to mind:

Turn your eyes upon Jesus,  
Look full in His wonderful face  
And the things of earth will grow strangely dim,  
In the light of His glory and grace.

The Lord says, rest in My presence, allowing Me to take charge of each day.

A grateful heart protects one from negative thinking and enables one to see all the beauty that still surrounds us in spite of on-going problems.

We live in a society where we can still take all our worries and fears to the Lord in prayer. Sharing our tribulations in this way most certainly helps us to unburden ourselves.

As we continue in this period of Lent let us remember that our Lord came to earth to give His life as a ransom for all of us. He died on the cross for us, to set us free from our sins. 1 Peter: Ch 3 vs 18

May you all have a blessed Easter as we celebrate the death and resurrection of our dear Lord and Saviour Jesus Christ.

May you all know you are loved and cared for and please feel free to phone the church office should there be any need arising however small.

Thank you to the loyal seniors' committee members for all the work you are doing to keep the seniors of Trinity informed.

*Estelle*

### 3. Poem – Helen Bird

Time!

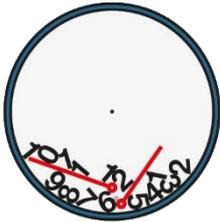
How often we kill it!  
How rarely we fill it  
With wonder in viewing creation!

The now;  
How seldom we choose it,  
How often we lose it,  
longing for time yet to come.

Each moment  
Should give us such pleasure –  
A fragment to treasurer,  
but we waste it in futile regretting!

Tomorrow  
we plan for, we live for,  
the future we strive for;  
losing all joy in the present.

Oh God!  
Help us to use,  
And never abuse  
Your wonderful gift of  
each moment.

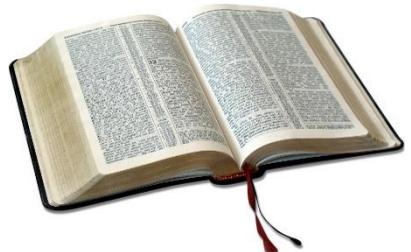


If you remain calm in the midst of great chaos, it is the surest guarantee it will eventually subside. – Julie Andrews

### 4. Bible Verse

*Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise. Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord*

– James 5:13-14



## 5. Prayer

God, Help me love the life I live right now. Show me the good things I often overlook and help me be content with what I have. Forgive me when I compare myself to others, forgive me for longing for things outside of you and Your Kingdom. Thank you for loving me right where I am, right as I am. Help me keep my eyes on you, In Jesus' name, Amen.



## 6. Birthdays

*Every good gift, every perfect gift, comes from above. These gifts come down from the Father, the creator of the heavenly lights, in whose character there is no change at all. – James 1:17*

In all the hugs you get today, may you also feel the embrace of the love of the Lord.

### March

- |                                 |                              |
|---------------------------------|------------------------------|
| 2 Brenda de Bruyn               | 13 Keith Maxwell             |
| 3 Jennifer Barends              | 14 Helen Van Iddekinge       |
| 4 Coral Fisher 🌸 turning 70     | 17 Nic Muller                |
| 4 Derek Loader                  | 19 Heather Clarke            |
| 4 Maureen Walters 🌸 turning 80  | 20 Lettie Marais             |
| 5 Marianne Conradie             | 20 Vernon Lockhart           |
| 5 Marge Harty                   | 23 Elizabeth Erasmus         |
| 5 Marianna Maxwell              | 23 Bill Mars                 |
| 5 Barbara Sutter                | 24 Francis Raal              |
| 6 Shirley de Villiers           | 25 Alan Robinson             |
| 6 Bernie van Niekerk            | 27 Joan Du Plessis           |
| 8 Tony Holme                    | 28 Ruth Moloabi 🌸 turning 70 |
| 9 Ann de Waal                   | 28 Carlene Zietsman          |
| 9 Helen Greathead               | 29 Julie Wienand             |
| 10 Yvonne Buys 🌸 turning 90     | 29 T J Schoonbee             |
| 11 Sheilagh Kaplan              | 30 Bill Hunter               |
| 12 Margaret Bowyer 🌸 turning 80 | 30 Colin Lenox               |



Family does not necessarily mean blood relatives but often a description of a community, organisation or nation.

– Queen Elizabeth II

## 7. News from the Seniors Committee and Pastoral Care

It was with absolute sadness that we heard of the passing of our dear **Mavis Strachan** on February 3. Mavis was a school teacher who had taught many children over her career. She was an active member in Trinity belonging to Seniors, the Women's Auxiliary and an excellent Sunday School teacher over the years. Her memorial service took place on Monday 8 February 2021. Mavis is now resting in the arms of Jesus.

**Tony Marshall** passed away on the 17<sup>th</sup> February 2021. He had been living at Garden Village.

**Joyce Parker** is suffering from severe back-pain which is being medically investigated.

**Devan Fleetwood** (our Youth Pastor) lost his grandmother this past week after a long period of hospitalisation for COVID. His grandfather also died recently from COVID. A memorial service was held for both of them this past Friday. Please hold him and his family in prayer over this time.

**Judith Kannemeyer** has been in hospital for a fractured ankle. Currently waiting for the swelling to go down so that she can have surgery.

**Daphne Schrieder** is recovering from a fall.

**Marianne** has been home and is well on the road to recovery.

Please keep all those mentioned in your prayers.



You can do what you have to do, and sometimes you can do it even better than you think you can. – Jimmy Carter



Autumn is a second spring when every leaf is a flower.

– Albert Camus

## 8. Date of Next Meeting

Unfortunately, due to the COVID Regulations, we are unable to hold monthly meetings. We will keep you posted should anything change.



The secret of Christian living is love. Only love fills the empty spaces caused by evil. Let the church always be a place of mercy and hope, where everyone is welcomed, loved, and forgiven. If our hearts and actions are inspired by charity, by divine love, then our communication will be touched by God's own power. – Pope Francis