



## Senior Citizens' Newsletter – May 2021

*Greetings*



### **We are just like teapots!!** - WA Harvest Magazine 2009 No 29

1. A teapot has to have a **HANDLE**. In order to be Christians it is for us to invite the **HAND** of God into our lives. We are to ask God to put His hand on our lives every day and renew our minds on a daily basis.
2. A teapot has a **BODY**. We are to fill our bodies with the fruit of the Spirit which is love, joy and peace, long suffering, gentleness, goodness, faith. Never harbour bitterness in your heart. Mend it as soon as you can.
3. A teapot has a **SPOUT**. In James - "a tongue is like fire." It is wonderful for warmth and cooking but if it is let loose it can only bring devastation.
4. Teapots come in **DIFFERENT MATERIALS**. We are all made out of different materials. We all have different gifts and abilities, encourage others and become a blessing to all who cross our paths. Fill your teapot with the things of God. Many people just want a cup of tea and a chat.
5. Teapots must have **LIDS**. Our lid is the Holy Spirit - our Counsellor and Protector. We must stop worrying and be wise stewards. When we have done our best, hand over to the Holy Spirit for Him to work through us.

We as followers of Christ are to pray for our church from the youngest to the oldest, those who are not well and those about whom we are concerned. May all be found in and under the Lord's mighty hand.



Celebrations of mother's and motherhood can be traced back to the ancient Greeks and Romans, who held festivals in honour of the mother goddesses Rhea and Cybele, but the clearest modern precedent for Mother's Day is the early Christian festival known as "Mothering Sunday".

- <https://www.history.com/topics/holidays/Mother's Day>

## 1. A note from the office

#1000 Hearts was started in Australia in 2016 as a kindness project which aims to offer comfort, love and hope to anyone who needs it. The project is based around small pocket hearts which are handmade from felt and stitched with love and good intentions. These hearts are then given to others as a symbol of compassion, care and kindness. HEARTing has spread across the world and the making and sharing of pocket hearts helps people from all walks to connect to their fellow humans.

Bianca is a Trinity member who has brought the 1000 Hearts project to South Africa. This is what she has to say:

*'When I stumbled across 1000 Hearts it resonated deeply, especially in the wake of the ravages of COVID on our emotional and mental health. I decided to take up the 1000 Hearts challenge. After my first 10 hearts, I cajoled my 12 year old daughter into getting off her tech and trying her hand at one too. What followed was an afternoon where we really CONNECTED - in concentrating on our stitches, drawing up a list of people we wanted to give hearts to. We were hooked and contacted Sarah in Australia to ask if there was a South African group or whether we could start one. With her blessing, we have embarked on a mother-daughter drive to spread kindness instead of the virus'. Bianca is involved with various self-employment making opportunities for a number of people and she has encouraged them to come on board with this project.*

When hearing about this project, Trinity thought that it would be an excellent opportunity to remind you of our continued care for you at this time and to support Bianca and her team. We are thus attaching a heart with every newsletter this month which is hand-delivered. Our apologies to those who do not get a hand delivered newsletter. But the good news is



that there will be hearts kept at the church for you – we're really sorry that we cannot deliver to everyone! You are welcome to collect one from the church. We will advertise this further.

We requested for your hearts to be embroidered with the words FAITH, HOPE, and LOVE. Whichever heart you receive, please be reminded of the gift of your Faith at this time

and the encouragement to remain steadfast in your faith; be reminded of our Love and care for you as part of the Trinity community; and be reminded of the living Hope that we have in and through Christ Jesus. Please feel free to hold on to your heart or to pass it on as a gift to someone else who you wish to bless. The hearts are purposefully small so that they can fit into a pocket or a bag.

“And now these three remain: Faith, Hope and Love, but the greatest of these is Love”. (1 Corinthians 13:13)

Blessings, *Angela*



Remembering all our present and past mothers on Sunday 9 May 2021 - A mother is she who can take the place of all others but whose place no one else can take

- Cardinal Mermillod



All that I am, or ever hope to be, I owe to my angel mother.  
- Abraham Lincoln

## 2. Estelle's Report

Dear Seniors,

I trust you are all well and enjoying each day given to us by our Almighty Father.

Are you filled with the 'JOYS' of life?

Joy, joy, joy,  
With joy my heart is ringing,  
Joy, joy, joy  
His love to me is known  
My sins are all forgiven,  
I'm on my way to heaven,  
My heart is bubbling over with this  
Joy, joy, joy!

What an amazing ditty of hope and joy to sing after celebrating Easter and the Resurrection of our Blessed Saviour.

An attitude of JOY is catching. A person who is filled with joy does not get weighed down by the struggles of life. No matter how difficult life gets lets rather focus on the blessings of life than on the problems.

There is always hope, especially when we find our encouragement from a joyful and positive outlook. It's hard to be negative when joy flows so freely. Joy like this speaks loudly of a full hearted trust in God, who is ultimately in control...

Whatever happens you can trust that God has a plan which will always be for your good!

Read 1 Thessalonians 5:16 and follow a wonderful way to live.

May the blessing of our Lord be with each one as we continue in uncertain times in our beautiful country Stay filled with joy & gratitude.

Lots of love *Estelle*



If love is as sweet as a flower, then my mother is that sweet flower of love.  
- Stevie Wonder

### 3. POEM

#### Be Happy, Not Perfect

There is no such thing as perfect.  
Where did the word come from?  
The perfect husband, the perfect job  
the perfect house, the perfect marriage.

We are all human, living in a human world.  
Most are nice, sincere, loving, even kind.  
But perfect causes such unhappiness.

Perfect is unreal, untouchable.  
Accept good, well done and wonderful.  
Do your best, be your best.  
There is no such thing as perfect.  
Be happy, not perfect.



- Pinterest.co.uk



Good memories are a second chance of happiness. –  
Queen Elizabeth II

### 4. BIBLE VERSE

Lamentations 3:22-24

Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness. I say to myself, "The Lord is my portion; therefore I will wait for him."



The best thing of all is God is with us - John Wesley

## 5. PRAYER

Father God, thank You for Your unfailing love for me, Your blessings, and goodness. Thank You for your faithfulness to guide me and see me through times of uncertainty, for lifting me up, and setting me on high. Thank You for Scripture that comforts and reminds me of Your promises, plan, and provision. Thank You for taking away my fears and worries, the what-ifs, and reminding me that my help comes from You. Help me be a good steward and to sow wisely. In Christ's name, Amen - Renee Davis



The best classroom in the world is at the feet of an elderly person. - Andy Rooney

## 6. BIRTHDAYS

Psalm 29:11 "May the Lord give strength to his people! May the Lord bless his people with peace."

Happy Birthday! Wishing you a beautiful day and many blessings for the year ahead. - homemade-gifts-made-easy.com

### Birthdays in May

1 Ian Thompson

2 Joyce Smith

3 Jack Cunningham

3 Ed Parfitt

3 Binky Peo

7 Dolores Capper

7 Mavis Scholes

8 Ruth Labuschagne

9 Lesley Smithers

10 Pam Loader

11 Colleen King

12 Joy Hattingh

12 John Povey ★ 70

12 Jennifer Wentworth

13 Ian de Vaal ★ 70

15 Rennie Pillay ★ 70

17 Bob Douglas

20 Betty Boyd

21 Doreen Drennan

21 Molly Lautenbach

22 Jemima Cantrell

22 Heather Darlington

23 Russell Harrison

23 Lindsay Nicholson

24 Raul Bonegio

25 Reginald Capper

27 Pierre Naude

28 Leroy Dale

30 Joyce Ransome



Good memories are a second chance of happiness.

- Queen Elizabeth 11

## 7. NEWS FROM THE SENIORS' COMMITTEE AND PASTORAL CARE

**Lettie Marais** will be moving to Summerfield from 1<sup>st</sup> May. Please keep her in your prayers as she settles in her new home.

**Judith Kannemeyer** is still not mobile following her surgery. She then also had covid. She is awaiting placement in a step down facility to receive physio to help with her mobility. She faces a number of challenges as she does not have direct family members living in Johannesburg.

**Herb Anstadt** is back home following his time in hospital where he received treatment for aneurysms. He is weak. Please keep him and Barbara in prayer.

**Hylton Avis** sadly passed away on the 19<sup>th</sup> April. He was a long-standing member of Trinity and would have turned 90 on the 24<sup>th</sup> April. Our condolences to the family.

**Ann Meyer** is recovering from surgery. Please keep her and Brain in prayer.

**Ann Brooks** is recovering from major surgery to replace her previous hip and femur replacement. She is in the step-down. She will need to be extremely careful in her recovery journey and may well be confined to a wheelchair.

**Joy Davies** recently had a suspected stroke – we wish her a speedy recovery. Please pray for her and Laurence.



The Meaning of Kyrie Eleison - The word mercy in English is the translation of the Greek word eleos. This word has the same ultimate root as the old Greek word for oil, or more precisely, olive oil; a substance which was used extensively as a soothing agent for bruises and minor wounds. The oil was poured onto the wound and gently massaged in, thus soothing, comforting and making whole the injured parts. The Hebrew word which is also translated as eleos and mercy is hesed, and means steadfast love. The Greek words for 'Lord, have mercy,' are 'Kyrie eleison' that is to say, 'Lord, soothe me, comfort me, take away my pain, show me your steadfast love.' This mercy does not refer so much to justice or acquittal and very western interpretation but to the infinite loving-kindness of God, and his compassion for his suffering children! It is in this sense that we pray 'Lord, have mercy,' with great frequency throughout the Divine Liturgy.

- Fr Anthony M Coniaris (1926-2020)

## 8. BIBLE QUIZ

1. Who was the mother of Jesus?  
Miriam, Martha, Mary, Bathsheba
2. Who was the mother of Cain & Abel?  
Delilah, Eve, Hagar, Ruth
3. Who was the mother of John the Baptist?  
Mary Magdalene, Martha, Deborah, Elizabeth
4. Who was the mother of Isaac?  
Mary, Elizabeth, Sarah, Gomar
5. Who was the mother of Jacob & Esau?  
Hannah, Rebekah, Sarah, Rachel
6. Who was the mother of Joseph & Benjamin?  
Lydia, Keturah, Anna, Rachel
7. Who was the mother of King Solomon?  
Bathsheba, Dinah, Jezebel, Bilhah
8. Who was the mother of Samuel?  
Eve, Esther, Deborah, Hannah
9. Who was the mother of Ishmael?  
Rachel, Rebekah, Hagar, Leah
10. Who was the mother-in-law of Ruth?  
Lydia, Naomi, Julia, Huldah

## 9. DATE OF NEXT MEETING

Yippee! - our date for the next meeting for Seniors will take place on **Wednesday 9th June 2021**. This will take place in the form of a church service, in the Chapel or in the church depending on the number of people attending. The service will begin at **10h00** sharp. Please telephone the office 011 888-1740 and ask Melanie to book your seat. The Seniors Committee is looking forward to seeing everyone.



GriefShare is for people grieving the death of a family member or friend. GriefShare groups meet for 13 weeks to help you face these challenges and move toward rebuilding your life.

Each GriefShare session has three parts:

- Video seminar – giving input around topics such as
- Support group discussion.
- Further Personal study and reflection through a workbook.

Please contact Angela on 011 782 0367 or [pastoral@trinitylinden.org.za](mailto:pastoral@trinitylinden.org.za). for more details.

- Answers**
1. Mary
  2. Eve
  3. Elizabeth
  4. Sarah
  5. Rebekah
  6. Rachel
  7. Bathsheba
  8. Hannah
  9. Hagar
  10. Naomi!