



Die woorde “ek is jammer” kriel die afgelope tyd so in my gedagtes rond en het kom nes skop in my kop as gevolg van beradingsgesprekke die afgelope week met egpare wat sukkel. Ek en die Grotman het net weer besef hoe belangrik hierdie drie woorde is..... MEER belangrik is die feit dat ons maats wesenlik wil ervaar ons is werklik jammer.....

So kom ek toe op hierdie prentjie af wat geen doekies omdraai nie....

Dit leer my dan mos dat opregte en ware berou, opregte en BLYWENDE verandering in gesindheid en optrede word.... Sjoer....

NUUSKRUMMELS: 16/03/2017

NUUS UIT DIE KERKKANTOOR

**SINGLE PARENTS
Helping Hands**

Kom kry vir jou 'n heerlike stukkie wegneem kos
Vrydagaand 24 Maart vanaf 18:00 tot 20:00
Fondse ten bate van **Enkel Ouers Helpende Hande**
Kaartjies moet asseblief vooraf voor Woensdag by die Lourensvier kerkkantoor gekoop word.

**Kerrie
& Rys
R30**

OORGEE OMGEE AANGEE!

Ons Mannegroep wat elke Vrydagoggend @ 05h30 by Smiling Oven bymekaarkom het alweer besluit dis tyd vir moue op rol en doen! Die liefdadigheidsprojek wat hul steeds ondersteun is **Enkel Ouers Helpende Hande.**

Dié organisasie is 'n onafhanklike, nie-winsgewende organisasie wat in Februarie 2010 gestig is. Die organisasie help behoeftige kinders op 'n maandelikse basis met toiletware, klere, skoolboeke & ander skooluitgawes soos kampe en matriek-afskeid onkostas. Die hele konsep rondom die organisasie is om hierdie kinders te “bless” sonder om hulle in 'n verleentheid te stel – in die meeste gevalle weet ons nie wie hierdie kinders is nie. Ons toegewyde vrywilligers lewer pakkies af by die plaaslike skole en maatskaplike organisasies in die Helderberg area wat hierdie pakkies aan die kinders versprei. Ons vertrou op die vrygewigheid van individue en besighede vir donasies en ondersteuning. Dis van onskatbare waarde! Items wat benodig word, word daagliks op ons Facebook bladsy geplaas.

Besoek gerus die FB bladsy:

<https://www.facebook.com/groups/161793793867801/?ref=ts&fref=ts>

Om daardie persone in nood in ons gemeenskap te help en om meer behoeftige kinders te help, kan

jy 'n kind maandeliks borg of jy kan 'n donasie maak aan die organisasie. Kontak: Trudy Coetzee @ 0788643664. Onthou dat elke donasie 'n verskil kan maak, ongeag die grootte daarvan. Ons werk ook saam met ander liefdadigheidsorganisasies asook die Regering, Welsyn en Skole.

Laasjaar het die manne 'n totaal van R6000 ingesamel!

KOM ONS ONDERSTEUN HULLE WEER OP DIE 24 MAART EN WORD DEEL VAN HUL OORGEE, OMGEE, AANGEE!

ONS VERHOUDING

DAGBOEK SONDAG, 26 MAART @ 09H00 AS BAIE BELANGRIK OP JOU KALENDER!

Dr. Francois Hanekom bring die boodskap met die tema "Verhoudings". Hy tree ook gedurende Pinkster in ons gemeente op wanneer die tema "My houding in my verhouding" sal wees.

'n Verhoudingskursus in Augustus, te Melkbosstrand word ook DV beplan. Meer inligting daaroor later.



KERKNUUS UIT DIE OMGEWING

"7 DAYS ON THE WALL"

The next week of prayer in the Helderberg Basin is coming up! Please consider to be part of this community changing initiative! PRAY FOR:

- ✦ Spiritual Awakening (Isaiah 62:6, 7)
- ✦ Salvation for the Unserved (Acts 15:16, 17)
- ✦ Social Justice (Luke 18:7, 8)

The Helderberg Basin is praying the week of: 28 May – 4 June

Involve your prayer group or create new prayer groups in your work place, church, school, business, hospitals, etc. and pray together with other believers and trust God for a mighty breakthrough!

"Behold, how good and how pleasant it is, for brethren to dwell together in unity! For there the Lord commanded the blessing—Life forevermore." (Ps 103:1,3)

News:

120 Leaders from various Prayer Networks and Suburbs in and around Cape Town, met on Thursday, Feb 9th, in Parow.

The following National Call to Prayer was shared as a way forward:

- ▼ 50 Days to Bless the Nation: 16 April - 4 June
- ▼ 10 Days 24/7 Prayer for Revival: 25 May - 4 June
- ▼ "7 Days on the Wall": 28 Aug - 15 Oct

"Let Your Kingdom come, on earth as it is in heaven!"

Basin Prayer Team

NUUS UIT DIE GEMEENSAP

STRAND
BUURTWAG – NEIGHBOURHOOD WATCH
Die oë en ore van die Buurt / The eyes and ears of the Neighbourhood
081 570 3540
24 hours a day / 7 days a week
<http://strandnw.co.za>

STRAND BUURTWAG: MAART NUUS

Onder aan ons Nuuskrummel is 'n uittreksel uit die nuusbrieff met belangrike veiligheidsadvies.

Indien jy graag die volledige een (met baie insiggewende en belangrike inligting) wil ontvang, kontak asb Carl Gersbach @ 083 635 2114 of chgenq@telkomsa.net

ACVV DIENSSENTRUM : HAARSALON (De Villiersstraat 30)

Vir afspraak, kontak ons nuwe haarkapster, Joan Oosthuizen by 021 8544 552 of 071 257 4237. Dienssentrum lede geniet spesiale tariewe. Nie-lede ook welkom.

CYCLING FOR CHRIST NEWS:

Greetings #C4C Supporters

As you know by now - the 40th Cape Town Cycle Tour was cancelled yesterday due to strong winds [about 100km/h] and a few other factors as well.

This meant that we couldn't ride the 109km race to raise funds for #missionDIFFERENCE - but it won't stop us from raising more funds for our Project. I just want to thank everyone who sponsored, even though we couldn't complete the race - Anchen and I truly appreciate your kind and loving hearts.

We are still raising funds until the end of March - so if you would like to make a once-off contribution towards our #missionDIFFERENCE Project, please do not hesitate to contact me.

We will keep you updated on our upcoming cycling events. Have a blessed week and be the difference you want to see!



Regards, Vinnie Favero (Founder/Leader) @ 0834420082 or info.cycling4christ@gmail.com



IN LIG SE PAASFEES-UITGAWE IS DAAR 'N HELE KLOMPIE ARTIKELS WAT GELOWIGES IN PAASTYD SAL VERRYK EN INSPIREER.

Daar is oulike idees vir saamdoendinge hierdie Paasfees, en selgroepe kan 'n gespreksgids kry om oor die betekenis van Paasfees te gesels.

Kliek hier om daarna te kyk: <http://lig.christians.co.za/wp-content/uploads/sites/3/2017/03/LiG-selgroeprae-Apr2017.pdf>

In LiG se Paasfees-uitgawe vertel geliefde sangeres, Juanita du Plessis hoe sy steeds Boontoe kyk. Ons gee idees vir saamdoendinge dié Paasfees en dink na oor die ware wingerdstok – Jesus Christus.

Ons kuier by akteur Ben Kruger, meesterkok en ouderling. En hoor die verhaal van God wat werklose vroue verander in kreatiewe koninginne.

Leer ook hoe om kos-etikette reg te lees, kry raad oor die moets en moenies langs jou kind se sportveld en die tien maniere waarop jy jou huwelik kan bou.

WERKSGELEENTHEID:



Ons is opsoek na persone wat vir ons by ons kosstalletjie kan help by die verskillende markte. Hulle moet 'n basiese idee hê van kosmaak, help met verkope en met kliënte kan kommunikeer. Jongmense baie welkom.
Betaling: R250 per dag

Kontak: Attie Esterhuysen @ 0822139764

25 March 2017



R30 kiddies R60 adults

FAMILY FUN DAY & MARKET

gates open @ 10am

Kiddies entertainment, Crafts, Live music, Magic & Reptile show, Potjiekos competition, Food stalls and much more

Somerset west

past Schonenberg estate, on the right.

SUZANNE 072 734 5675

SOETERUS MINI MARK!!!

Elke 1ste Woensdag van die maand by Olivierstraat
8, Strand. Tel: 021 853 7423)



5 APRIL 2017

9H30 – 11H00

❖ **KERRIEVIS @ R40 / 500ml**

❖ **2de Handse kere**

Kom beman u eie tafels:

❖ **Inwoners @ R10 per tafel**

❖ **Publiek @ R30 per tafel**

Vir enige navrae, kontak die hantoor by 021 853 7423.

KNIEWERK:

- ✦ Ons bid vir reën en volkome toewyding aan Jesus Christus, ons Here
- ✦ Kankerbehandeling: Paul Louw & Retha van der Westhuizen & Owen Wallis & Amanda Haasbroek
- ✦ Ons innige meegevoel aan Jean Schoonees met die heengaan van sy enigste broer.

FOKUSTEKS VAN WEEK ASOOK SONDAG, 19 MAART SE BOODSKAP: JOH 5:5-42

DERDE WEEK IN LYDENSTYD: In Jesus se tyd is die Samaritane eenkant toe geskuif. Vir diegene in beheer van die tempel in Jerusalem het hulle nie getel vir insluiting in die genade nie. Jesus verander dit, Hy steek die grens oor na die Samaritane, Hy bring deur die vrou die water wat lewe gee.

Ook in ons tyd is so baie mense uitgesluit van water, brood, werk, vervoer, lewensmiddele, die hoorbare en tasbare daad van diens deur gelowiges. Die droogte het wel die beste in ons na vore gebring. Terwyl so baie plekke sonder water was, het mense ruimskots water gegee en aangery. Terwyl baie boere nie voer gehad het nie, het ander voer gesny en nog ander die bale vervoer. Mens, dier en omgewing is versorg, omdat mense uit hulle pad gegaan het om te gee. Waarom het ons dit gedoen? Waarom was veld, dier en mens vir ons so belangrik dat ons gegee het? Die antwoord is eenvoudig: Omdat Jesus ons geleer het om dit te doen. Omdat Johannes 4 in die Bybel staan. In Jesus se tyd was die Romeinse Ryk nie besorg oor mense wat swaar kry nie. As jy swak was, het jy dit nie gemaak nie. Oor die algemeen is daar nie veel omgee vir die swakke en die een wat aan die kortste end trek nie. Nêrens in die wêreld nie.

Die direkte impak van Jesus se voorbeeld en die verspreiding van die Christelike geloof is dat mense begin omgee het. Ons het geleer God verwag van ons om te dien, om nederig op te offer ter wille van dié wat swaar kry. Ons teks sit vir ons 'n bril op: wie is daar wat God wil hê ons moet raaksien en ondersteun? Watter vrou of vroue? Watter armes? Watter brose kind of jongmens? Watter groep? Hierdie lewegewende optrede, ten opsigte van respek, gelykheid en deernis vir alle mense kan onmoontlik uit onself uit kom. Dit vra goddelike ingrype. Ongelukkig is ons eie verstaan van mag dikwels nog té selfsugtig, eie gerig en onbeholpe. Hierdie verhaal herinner ons aan wat moontlik is indien ons ernstig is daarvoor om Jesus se voorbeeld te volg; om sy lewende water te ontvang en daardeur deurdrenk te word – na binne, en borrelend ook na buite. Mag ons leer by Jesus en met wysheid reageer op die nood van ander. Mag ons lewe bring!

The Well - Casting Crowns: <https://www.youtube.com/watch?v=3updtDulmIE>

You can spend your whole life, Chasin what's missing, But that empty inside, It just ain't gonna listen. When nothing can satisfy, And the world leaves you high and dry, Just come to the well

CHORUS: And all who thirst will thirst no more, And all who search will find what their souls long for, The world will try, but it can never fill, So leave it all behind, and come to the well

Jackie@Lourensrivier
OORGEE, OMGEE, AANGEE

Community Safety Tips for Parents and Children

A neighbourhood watch group can do what they can to keep their neighbourhood safe, but it also up to the parents and their kids to do what they can to help.

The world we currently live in is a dangerous place, so no community is completely safe. We urge all people to join the **Strand Neighbourhood Watch**, this way everyone can keep track of the crime stats, incidents, reports, etc. in the neighbourhood – taking back control of crime!

Here are a few neighbourhood safety tips that parents need to know to keep their children safe.

> Know where they are at ALL TIMES.



This may seem like common sense, but a lot of parents think it is okay for their children to wander around in the street. If they are going to visit a friend down the street, always ask them to tell you whose house they are going to, or better yet, walk them over yourself.

> Write down your number and other emergency numbers.

Make sure your children know how to reach you, not just on your cell phone but at work as well. Stick a list of all the numbers on the fridge, including parents, guardians, older siblings, police department, fire department, etc.

> Make limits.



If there are busy roads and dangerous spots in your neighbourhood, communicate to your children that they should stay away, even if they are walking home from school. Also, rules like no swimming in the pool until you're home, etc. should also be discussed.



> Get to know your neighbours and their children.

Invite them over to your house to make sure they are decent people and get to know them better.

Once you are friends with people in your neighbourhood you will also be able to work together to fight crime and warn each other of suspicious activity.

Parents can keep their children out of trouble by following these simple rules.

How to Keep your Handbag Safe

Your handbag contains a lot of important items, so you need to know how to prevent becoming the next victim of handbag (or man-bag) theft. Use these easy tips to keep your belongings safe and sound...



- > Be alert and aware of the people around you. If you feel nervous or suspect something isn't right, make your way to the nearest business and ask for help.
- > If you have a flap on your bag, make sure it is against your body.
- > Always keep your bag closed and secure under your arm.
- > Keep one hand on your bag when it is in a shopping trolley or pram. Always be wary about hanging it at the back of your chair at a restaurant and leaving it by your feet in the movie theatre.
- > Push your wallet or purse down to the bottom of your bag so it is hard to reach.
- > Never, ever leave your handbag on the passenger seat in your car; keep it under the seat or in the boot. Someone could easily smash the window when you stop the car and steal your handbag.
- > If your bag is stolen, stay calm and do not try to fight back. Be smart and stay safe!