

DIE ESSENSIE VAN NEO-SPEKTRUM:

Hier ontmoet ons 'n God wat LEWE en LIEFDE is
Hier erken ons dat die KRAG wat in ons is nie van ons is nie
Hier laat ons 'n GELOOFWAARDIGE stem hoor
Hier word alle mense MENSWAARDIG behandel
Hier is ruimte vir ANDERSDENKENDES
Hier gee 'n wysheidsirkel aan elkeen 'n STEM
Hier is geen VERWYDERING of VEROORDELING nie

KONTAKBESONDERHEDE

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ACIM: Begin weer in 2017

Geseënde Kersfees

— Verhoudinge: 18 Februarie —

BOEKGROEP

Maandag 6 Februarie 19h00
lydia@africagrowth.com
Marseille 15, Pinehurst

BESONDERHEDE VIR EPOS NUUSBRIEF EN SMS TEMA
Naam en Van

E-Mail _____ Sel _____

ADRES: 7 BICCARD STR. DURBANVILLE

Vanaf N1 — Durbanweg/Willie van Schoor afrit, reguit ± 8km tot by sirkel,
uit in Koebergweg, tweede straat regs is:

MAAK VIR ONS 'N MAANDELIKSE BYDRAE ASSEBLIEF

Bankrekening vir bydraes

ABSA: Neo-Spektrum

Takkode: **632005**

Rekening: **4083481065**

*Vorms is ook beskikbaar indien jy
'n debietorder wil teken*

SnapScan

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vir jou foon.
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gebruik met
veiligheid.



Neo-Spektrum

8 Januarie 2017

CHOOSE LIFE

PSALMS: LIRIEK POËSIE

STILTE IN DIE KAPEL

FIRST TIME I SAW YOUR FACE — GEORGE MICHAEL

IN DIE TEENWOORDIGHEID VAN GOD

Here, U deursoek my, U ken my.
U weet as ek sit en as ek opstaan;
U verstaan my gedagtes van ver .
U onderskei my gaan en my lê,
en U is met al my weë goed bekend.
Want daar is nog geen woord op my tong of U,
Here, U ken dit geheel en al.
U sluit my in van agter en van voor, en U lê u hand op my.
Om dit te begryp, is te wonderbaar vir my, te hoog:
ek kan daar nie by uitkom nie.
Waar sou ek heengaan van u Gees
en waarheen vlug van u aangesig?
Klim ek op na die hemel, U is daar;
en maak ek die doderyk my bed, kyk, U is daar!
Neem ek die vleuels van die dagbreek, gaan woon ek by die
uiteinde van die see, ook daar so U hand my lei
en U regterhand my vashou.

— Psalm 139:1-10 —

STILTE VAN BINNE

*En as ek sê: Verseker sal die duisternis my oorval en die lig om my nag word,
dan is selfs die duisternis vir U nie donker nie, en die nag so helder soos lig,
die duisternis en die lig is dieselfde vir U.*

Want Ú het my niere gevorm, my in my moeder se skoot geweef.

Ek loof U, omdat ek vereer en so wonderbaarlik geskep is;

wonderbaar is U werke! En my siel weet dit alte goed.

*My gebeente was vir U nie verborge toe ek in die geheim gemaak is nie,
kunstig is ek geweef in die dieptes van die aarde.*

*U oë het my ongevormde substansie gesien en in u boek is als opgeskrywe:
my dae wat vir my bepaal is, toe nog nie een van hulle daar was nie.*

*Hoe kosbaar is U gedagtes vir my, o God! Hoe geweldig is die som daarvan!
Wil ek hul tel, is hul meer as die sand; word ek wakker, dan is ek nog by U.*

— Psalm 139:11-18 —

'The Four Agreements' — Miguel Ruiz

✿ **Be impeccable with your word** — *Speak with integrity. Say only what you mean. Avoid using words to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love.*

🌻 **Don't take anything personally** — *Nothing others do is because of you. What others say and do is a projection of their own reality. When you are immune to the opinions and actions of other, you won't be the victim of needless suffering.*

🌻 **Don't make assumptions** — *Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness, and drama. With just this one agreement, you can completely transform your life.*

🌻 **Always do your best** — *Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best, and you will avoid self-judgement, self-abuse, and regret.*

My soul waits in silence for God only;

From Him is my salvation.

He only is my rock and my salvation,

My fortress; I will never be shaken.

~ Psalm 62:1-2



GIVING TRANSFORMS HAVING INTO BEING



~ YOU WANT IT DARKER — LEONARD COHEN ~

**Promise Yourself — to be so strong that nothing
can disturb your peace of mind.**

**To talk health, happiness, and prosperity
to every person you meet.**

To make all your friends feel

that there is something in them

**To look at the sunny side of everything
and make your optimism come true.**

**To think only the best, to work only for the best,
and to expect only the best.**

**To be just as enthusiastic about the success of others
as you are about your own.**

**To forget the mistakes of the past
and press on to the greater achievements of the future.**

**To wear a cheerful countenance at all times
and give every living creature you meet a smile.**

**To give so much time to the improvement of yourself
that you have no time to criticize others.**

**To be too large for worry, too noble for anger, too strong for fear,
and too happy to permit the presence of trouble.**

**To think well of yourself and to proclaim this fact to the world,
not in loud words but great deeds.**

**To live in faith that the whole world is on your side
so long as you are true to the best that is in you.**

— Christian D. Larson, 'Your Forces and How to Use Them' —

BE THE AWARENESS OF THE PRESENCE OF GOD

PSALM 23 — MASORETIC TEXT: MITZMOR LI-DAWIET