

## 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 Stad: 16 Mei 19h30**

**ACIM Kolping: 26 Mei 19h30**

**22 Mei ete na kerk by Kolping**

**Geskiedenis van die Bybel — 14 Mei (OT) en 21 Mei (NT)**

**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*

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## Neo-Spektrum

**15 Mei 2016**

**FROM GRIEF TO RELIEF**

**GELOOF, HOOP, LIEFDE**

## STILTE IN DIE KAPEL

PIANO CONCERTO NO5 (ADAGIO) — BEETHOVEN

### IN DIE TEENWOORDIGHEID VAN GOD

I had my own notion of grief.

I thought it was the sad time

That followed the death of someone you love.

And you had to push through it

To get to the other side.

But I'm learning there is no other side.

There is no pushing through.

But rather,

There is absorption.

Adjustment.

Acceptance.

And grief is not something you complete,

But rather, you endure.

Grief is not a task to finish

And move on,

But an element of yourself-

An alteration of your being.

A new way of seeing.

A new definition of self.

— Gwen Flowers —

**STILTE VAN BINNE**

## Jonathan Safran Foer — *Everything Is Illuminated*

"I awoke each morning with the desire to do right, to be a good and meaningful person, to be, as simple as it sounded and as impossible as it actually was, happy. And during the course of each day my heart would descend from my chest into my stomach. By early afternoon I was overcome by the feeling that nothing was right, or nothing was right for me, and by the desire to be alone. By evening I was fulfilled: alone in the magnitude of my grief, alone in my aimless guilt, alone even in my loneliness. I am not sad, I would repeat to myself over and over, I am not sad. As if I might one day convince myself. Or fool myself. Or convince others - the only thing worse than being sad is for others to know that you are sad. I am not sad. I am not sad. Because my life had unlimited potential for happiness, insofar as it was an empty white room. I would fall asleep with my heart at the foot of my bed, like some domesticated animal that was no part of me at all. And each morning I would wake with it again in the cupboard of my rib cage, having become a little heavier, a little weaker, but still pumping. And by the mid-afternoon I was again overcome with the desire to be somewhere else, someone else, someone else somewhere else. I am not sad."

### U VERSKILLENDIGE VORME VAN ROU, TREUR, EN VERDRIET

- ✓ **Abbreviated Grief** — episodes van rou gewoonlik a.g.v. separation
- ✓ **Anticipated Grief** — verwagte rou bv. met iemand wat lank siek is
- ✓ **Ambiguous Grief** — melancholie in 'n onverklaarbare hartseer
- ✓ **Delayed Grief** — gewoonlik a.g.v. ontkenning of skok reaksie
- ✓ **Exaggerated Grief** — een rouproses word opgevolg met 'n ander
- ✓ **Inhibited Grief** — psigosomatiese gevolge van onopgeloste rou
- ✓ **Unresolved Grief** — onverwerkte rou wat oor tydperk manifesteer

### U WAAR IS GOD AS DIT SEER IS ...?

"Hy genees die gebroekenes van hart en verbind hulle wonde" (Ps 147:3)  
"Kom na My toe, almal wat uitgeput en oorlaai is, en Ek sal julle rus gee."  
(Matt 11:28) "Moenie bang wees nie, Ek is by jou, moenie bekommerd wees nie, Ek is jou God. Ek versterk jou, Ek help jou, Ek hou jou vas, met my eie hand sal Ek jou red." (Jesaja 41:10) "Al gaan ek deur die dal van doodskaduwee, ek sal geen onheil vrees nie; want U stok en U staf vertroos my ... waarlik, net goedheid en guns sal my volg al die dae van my lewe; en ek sal in die huis van die Here bly tot in lengte van dae." (Ps 23:4, 6)



## GIVING TRANSFORMS HAVING INTO BEING



~ MAD WORLD - ADAM LAMBERT ~

## HERINNERING EN SEËNBEDE

*Ons glo in één God wat geopenbaar word  
sonder vorm, definisie of dimensie —  
wat nie net die Skepper van Lewe is nie  
maar die Lewe self is ...*

*Ons glo in Jesus wat die Christus genoem word  
wat ons herinnering is: ons is één met God,  
wat in sy lewe, sterwe en wedergeboorte na sy dood  
vir ons die Weg, Waarheid en Lewe geword het  
van 'n lewe in die Christus-Bewussyn  
sodat ons die Weg, Waarheid en Lewe  
sal word vir elkeen wat vir ons 'n 'naaste' is ...*

*Ons glo in die Heilige Gees  
wat die helende, allesinsluitende Asem van God is  
wat ons help om die hel van vrees en skuldgevoel  
te verruil vir die hemel van vergiffenis en versoening.*

— Geloofsbelydenis vir Vandag —

## BE THE AWARENESS OF THE PRESENCE OF GOD

~ YOU ARE LOVED (DON'T GIVE UP) ~

~ JOSH GROBAN ~