

## DIE FONDASIE 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 YEROORDELING nie

### KONTAKBESONDERHEDE

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ACIM Groepe vir 2020

Stad — 23 Maart @ 19h30

Kolping — 19 Maart @ 19h30

**Geskiedenis van die Bybel: 9 & 16 Mei 2020**

➤ **[bookings@neospektrum.co.za](mailto:bookings@neospektrum.co.za)**

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: Kolping Sentrum

**Bankrekening vir bydraes**

**ABSA: Neo-Spektrum**

Takkode: **632005**

Rekening: **4083481065**

*Vir elke bydrae sê ons  
**DANKIE!***

**SnapScan**

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gebruik met  
veiligheid.



WC3C333E



# NEO-SPEKTRUM

## 15 MAART 2020

### SIELSGENOTE

— TRUST & CONFIDENCE —

## STILTE IN DIE KAPEL

~ YERAZ (RÉVERIE) — LÉVON MINASSIAN ~

## IN DIE TEENWOORDIGHEID VAN GOD

“My dear friends, let us love one another,  
since love is from God  
and everyone who loves is a child of God and knows God.  
Whoever fails to love does not know God,  
because God is love.

“No one has ever seen God,  
but as long as we love one another  
God remains in us  
and his love comes to its perfection in us.”

— 1 John 4:7-8, 12 —

“The beginning of love is the will to let those we love be perfectly  
themselves, the resolution not to twist them to fit our own image.  
If in loving them we do not love what they are, but only their  
potential likeness to ourselves, then we do not love them:  
we only love the reflection of ourselves we find in them”

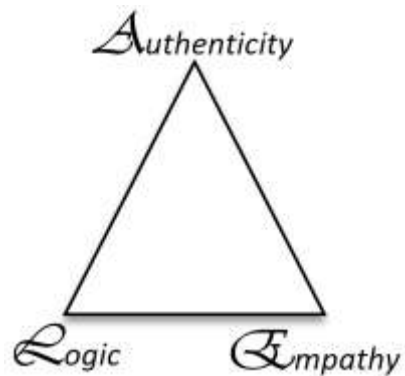
— Thomas Merton, ‘No Man Is an Island’

## STILTE EN AANBIDDING

The quality of your life ultimately depends  
on the quality of your relationships.

∞ Seven Steps to Trust — Brené Brown:

1. **Boundaries:** You respect my boundaries, and when you're not clear about what's okay and not okay, you ask. You're willing to say no.
2. **Reliability:** You do what you say you'll do. At work, this means staying aware of your competencies and limitations, don't over promise and not deliver on commitments and/or balance competing priorities.
3. **Accountability:** You own your mistakes, apologize, and make amends.
4. **Vault:** You don't share information or experiences that are not yours to share. I need to know that my confidences are kept, and that you honour the truth of others that they have shared with you.
5. **Integrity:** You choose courage over comfort. You choose what is right over what is fun, fast, or easy. And you choose to practice your values rather than simply professing them.
6. **Nonjudgment:** I can ask for what I need, and you can ask for what you need. We can talk about how we feel without judgment.
7. **Generosity:** You extend the most generous interpretation possible to the intentions, words, and actions of others.



**Authenticity:** beteken om getrou te wees aan jou waarheid en dit te leef en daarom vertrou te kan word met eerbaarheid en getrouheid

**Logika:** gebruik jou gesonde verstand sonder veralgemening (altyd, alles, almal) — wees waaksaam op narsistiese reaksies en gedrag

**Empatie:** dit kom uit 'n plek van voel iemand hoor, sien, voel, verstaan — die veilige ruimte sonder verkleinerings, vernedering, verwerping

Hoe kan ons praat oor VERTRoue in God as ons mekaar nie vertrou nie, en hoe kan ons mekaar vertrou sonder self-vertroue ...? A conversation about Trust is a spiritual conversation about confidence, certainty, reliance, belief, and consistency.



## **GIVING TRANSFORMS HAVING INTO BEING**



~ RIO AMAZONAS — ØYSTEIN SEVÅG ~

When someone you love dies,  
you are given the gift of “second chances”.  
Their eulogy is a reminder that the living  
can turn their lives around at any point.  
You're not bound by the past; that is who you used to be.  
You're reminded that your feelings are not who you are,  
but how you felt at that moment.  
Your bad choices defined you yesterday,  
but they are not who you are today.  
Your future doesn't have to travel the same path with the same people.  
You can start over.  
You don't have to apologize to people that won't listen.  
You don't have to justify your feelings or actions,  
during a difficult time in your life.  
You don't have to put up with people that are insecure  
and want you to fail.  
All you have to do is walk forward with a positive outlook,  
and trust that God has a plan that is greater  
than the sorrow you left behind.  
The people of quality that were meant to be in your life  
won't need you to explain the beauty of your heart.  
They already understand what being human is—a roller coaster ride  
of emotions during rainstorms and sunshine,  
sprinkled with moments when you can almost reach the stars.  
— Shannon L. Alder —

**Be the Awareness of the Presence of God**

~ CONCRETE ANGEL — CHRISTINA NOVELLI ~