

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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Leierspan: Almal se insette welkom



ACIM: Stad 3 Maart 19h30

ACIM: Kolping 27 Februarie 19h00



ETE ELKE EERSTE SONDAG VAN DIE MAAND

BESONDERHEDE VIR EPOS NUUSBRIEF EN SMS TEMA

Naam en Van

E-Mail _____ Sel _____

ADRES

Vanaf N1 ± 8km tot by sirkel en uit in Koebergweg — tweede straat regs is:

Biccard Straat (Kolping Centre aan jou regterkant) Durbanville

Bankrekening vir bydraes

FNB: Wysheidsirkel

Takkode: 201-409

Rekening: 551 601 09804

BAIE DANKIE

Ons vra 'n maandelikse bydrae
hetsy per koevert of per EFT

Groot ASSEMBLIEF en DANKIE



Neo-Spektrum

23 Februarie 2014

GOED GENOEG VIR GOD

Oorloop — oorfloed — oorgenoeg!

STILTE IN DIE KAPEL

~ AVE VERUM CORPUS — MOZART ~

IN DIE TEENWOORDIGHEID VAN GOD

Ons STAAN in U teenwoordigheid
deurweek en deurleef
dat U die Lewe en Liefde is
wat in en deur ons asem
en dat niks ons ooit van U kan skei nie.
Ons kom in STILTE
met gedagtes wat tot bedaring gekom het.
Ons kom in VREDE
met harte wat berustend klop.
Ons kom in ONTVANKLIKHEID
om met één gedagte en dieselfde intensie
vernuwe en verander te word.
Laat ons onthou dat ons 'n refleksie is
van U Lig wat Lewe en Liefde is.
Daaroor vra ons 'ASSEMBLIEF'
en sê ons 'DANKIE'

- STILTETYD -

"A person's worth is measured by the worth of what he values."
— Marcus Aurelius, Meditations —

— Lees: Efesiërs 4:2-4 —

"Wees altyd beskeie, vriendelik en geduldig, en verdra mekaar in liefde. Lê julle daarop toe om die eenheid wat die Gees tussen julle gesmee het, te handhaaf deur in vrede met mekaar te lewe. Daar is net één liggaam en net één Gees, soos daar net één hoop is waartoe God julle geroep het."

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"Jesus said, 'I will not leave you orphaned' (John 14:18). Faith is to trust that an intrinsic union exists between us and God. Contemplation is to experience this union. There is a necessary movement between the two ends of the divine/human axis, between one's core and the core of God. The only real sin is to doubt, deny, or fail to experience this basic axial connection. If you don't have some small mirrors (partners, friends, lovers) that are telling you you're good, it's very hard to believe in the Big Goodness.  
The word "innocent" from its Latin root means "not wounded." That's how we all start life. We're all innocent. It doesn't have anything to do with moral right or wrong. It has to do with not being wounded yet. We start unwounded. We start innocent, but the killing of our holy innocence by power and abuse (as in the killing of the Holy Innocents by Herod [Matt 2:1-23]) is an archetypal image of what eventually happens to all of us. Probably it has to happen for us to grow up. We can't stay unwounded. We have to leave the garden, so to speak. It is this movement out and back between the loneliness and desperation of the false self and the fullness of the True Self that is the process of transformation. That's how we move to consciousness and inner freedom." [Fr Richard Rohr]

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**As jou lewe 'n boek is en jy is die outeur,
hoe sal jy wil hê moet die storie vertel word?**

1. Die verband tussen "worry" (lack) en "worthy" (abundance)
2. Pasop vir afleidings, persepsies, vergelyking — (barriers)
3. 'GOED GENOEG' begin met self liefde, aanvaarding, respek, menswaardigheid, en seëninge — (boundaries)
4. Fokus op wat positief, helend, lig, en bereidwilligheid — (willingness)

— *No one can love you more than you love yourself* —

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"You are worthy! Let those words sink deep into your heart. You are worthy. Life can get overwhelming for us, as our busy schedules keep us on our toes. Sometimes we forget that we need to intentionally slow down, take a deep breath, and remind ourselves of our purpose, the very foundation of why we do what we do. When we neglect to quiet our souls and rest in God's amazing grace, we miss out on the intimate opportunities where God assures us of our worthiness, clarifies our purpose, and strengthens us to endure each day." — Jennifer Smith



# GIVING TRANSFORMS HAVING INTO BEING



~ LA MAZA (WITH MERCEDES SOSA) — LILA DOWNS ~

## HERINNERING EN SEËNBEDE

*Die Here sal jou altyd deur lei;  
selfs in dor streke  
sal Hy in jou behoeftes voorsien.  
Hy sal jou sterk maak.  
Jy sal wees soos 'n tuin met volop water,  
soos 'n fontein waarvan die water  
nie opdroog nie.*

- JESAJA 58:11 -

*"May you be blessed by the passion of the wind,  
the fluency of water, the warmth of fire,  
the quiver touch of the sun  
and shadowed sureness of the moon"*

~ 'BENEDICTUS' VAN DIE IERSE SKRYWER DONAHUE ~

## IN LOVE, ALL IS POSSIBLE

~ CHEVALIERS DE SANGREAL — HANS ZIMMER ~

We could say "*But; why; what if ...*" or we could say "*I am worthy ...*"  
We could say "*Where am I going?*" or we could say "*My journey has begun*"  
We could say "*This is painful*" or we could say "*This is my greatest teacher*"  
We could say "*I'm not sure*" or we could say "*I am aware*"