

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

Terblanche Jordaan

Tel: 083.460.45.45

terblanche1@telkomsa.net

Webblad: www.neo-spektrum.com

Facebook: Neo-Spektrum

Leierspan: Almal se insette welkom



ACIM afsluiting vir die kwartaal
Kolping 27 Maart 19h00



ETE ELKE EERSTE SONDAG VAN DIE MAAND

Neo-Spektrum Gemeente Vergadering
13 April 2014 na die Diens

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

ABSA: Neo-Spektrum

Takkode: **632005**

Rekening: **4083481065**

BAIE DANKIE

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

Groot ASSEMBLIEF en DANKIE



Neo-Spektrum

23 Maart 2014

— HAPPINESS —

"Serenity of Mind and Heart"

STILTE IN DIE KAPEL

~ NEVER TOO FAR — MIKE OLDFIELD ~

IN DIE TEENWOORDIGHEID VAN GOD

Eendagmooi blom langs die pad met pers en purper tuite
Roep name uit oor die Karoo,
dring vlymskerp deur my ruite

Waar is Bieblebom se berge en waar die Kamdebo
Die ronde ronde kommetjie
Marico se mooi blommetjie

Fluister by Lusikisiki die riete teen mekaar
Hoe galsterig in hierdie son is Sout-en-Droogteputs vanjaar

Eendagmooi wil dadelik weet, sy dag is haas vervloë
Oor vlaktes tyd in die Karoo toets hy my raaivermoë
"Gaai jy nog eendag alles sien?", kom uit 'n moeë kelk
Dan word dit aand oor die Karoo — 'n blomtuit hang verwelk

Waar is Bieblebom se berge en waar die Kamdebo
Die ronde, ronde kommetjie, Marico se mooi blommetjie
Waar begin in watter berge, die Sonderendrivier
Moet tog end kry in 'n ander of reguit see toe stuur

Waar begin in watter berge, die Sonderendrivier
Moet tog end kry

(Rit deur die Lang Karoo: Woorde: Hennie Aucamp, deur Amanda Strydom)

- STILTETID -

— Lees: Matteus 11:28-30 —

"Kom na My toe, almal wat vermoeid en belas is, en Ek sal julle rus gee.
Neem my juk op julle en leer van My, want Ek is sagmoedig en nederig van
hart, en julle sal rus vind vir julle siele; want my juk is sag en my las is lig."

— THREE QUESTIONS THAT ANSWERS OUR UNCERTAINTY —

1. Who do I give my power to, and am I willing to claim it back?

— Sincerity, Surrender, Simplicity, and Serenity.

Serenity = helderheid van verstand en kalmte van gees (hart)

"Go in the direction of where your peace is coming from." (C. JoyBell C)

2. Do I judge my worth by the standards of other's opinions or can I transcend judgements, old stories and cultural conditioning?

— "Peace is present right here and now, in ourselves and in everything we do and see. Every breath we take, every step we take, can be filled with peace, joy, and serenity. The question is whether or not we are in touch with it. We need only to be awake, alive in the present moment."

Thích Nhất Hạnh

3. Am I willing to make the journey that could transform my life as I have known it?

— "The Holy Spirit never questions. Thus undo the questionable and leads to certainty. The certain are perfectly calm, because they are not in doubt" (ACIM)

"Life hands us lessons, universal truths teaching us the basics about love, fear, time, power, loss, happiness, relationships and authenticity. We are not unhappy today because of the complexities of life. We are unhappy because we miss its underlying simplicities. When we face the worst that can happen in any situation we grow. When circumstances are at their worst, we can find our best. When we find the true meaning of these lessons, we also find happy meaningful lives. Not perfect, but authentic. You undoubtedly have faults, but they are not you. You may have a disease, but you are not your diagnosis. You may be rich, but you are not your credit rating. You are not your resume, your neighbourhood, your grades, your mistakes, your body, your roles or titles. All these things are not you because they are changeable. There is a part of you that is indefinable and changeless, that does not get lost or change with age, disease, or circumstances. There is an authenticity that you were born with, have lived with, and will die with. You are simply, and wonderfully, you."

(Elizabeth Kübler-Ross — Life Lessons)



GIVING TRANSFORMS HAVING INTO BEING



~ HEROES (ORIGINAL: DAVID BOWIE) — ICEHOUSE ~

HERINNERING EN SEËNBEDE

*"Surrender is the ultimate sign of strength
and the foundation for a spiritual life.*

Surrendering affirms that we are no longer willing to live in pain.

*It expresses a deep desire to transcend our struggles
and transform our negative emotions.*

*It commands a life beyond our egos, beyond that part of ourselves
that is continually reminding us that we are separate, different and alone.*

*Surrendering allows us to return to our true nature
and move effortlessly through the cosmic dance called life.*

It's a powerful statement that proclaims the perfect order of the universe.

When you surrender your will, you are saying,

*"Even though things are not exactly how I'd like them to be,
I will face my reality. I will look it directly in the eye and allow it to be here."*

*Surrender and serenity are synonymous;
you can't experience one without the other.*

So if it's serenity you're searching for, it's close by.

All you have to do is resign as General Manager of the Universe.

*Choose to trust that there is a greater plan for you
and that if you surrender, it will be unfolded in time.*

*Surrender is a gift that you can give yourself. It's an act of faith.
It's saying that even though I can't see where this river is flowing,*

I trust it will take me in the right direction."

(Debbie Ford – Spiritual Divorce)

IN LOVE, ALL IS POSSIBLE

~ THEY LIVE IN YOU — FROM: LION KING ~

MAMELA = LISTEN!