

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 4 Augustus 2014 (19h30) — Stad

ACIM 31 Julie 2014 (19h00) — Kolping

ETE ELKE EERSTE SONDAG VAN DIE MAAND

BESONDERHEDE VIR EPOS NUUSBRIEF EN SMS TEMA

Naam en Van

E-Mail _____ Sel _____

ADRES

Vanaf N1 — Durbanweg/Willie van Schoor afrit, reguit ± 8km tot by sirkel,
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 ASSEBLIEF en DANKIE



Neo-Spektrum

27 Julie 2014

LIVING LIFE BEAUTIFULLY

THE ART OF GRACEFULNESS

STILTE IN DIE KAPEL

~ MOONLIGHT SONATA — BEETHOVEN ~

IN DIE TEENWOORDIGHEID VAN GOD

I am the wind which rustles your hair. I am the sun which warms your body. I am the rain which dances on your face. I am the smell of flowers in the air, and I am the flowers which send their fragrance upward. I am the air which carries the fragrance. I am the beginning of your first thought. I am the end of you last. I am the idea which sparked you most brilliant moment. I am the glory of your fulfillment. I am the feeling which fueled the most loving thing you ever did. I am the part of you which yearns for that feeling again and again. Whatever works for you, whatever makes it happen for you – whatever ritual, ceremony, demonstration, meditation, thought, song, word or action it takes to **reconnect** with me – do this ...
... do this, in remembrance of Me!

- Neale Donald Walsch -

- STILTETID -

— Lees: Kolossense 3:12-16 —

"Daarom moet julle meelewend, goedgesind, nederig, sagmoedig en verdraagsaam wees. Wees geduldig met mekaar en vergewe mekaar as die een iets teen die ander het. Soos die Here julle vergewe het, moet julle mekaar ook vergewe. Bo dit alles moet julle mekaar liefhê. Dit is die band wat julle tot volmaakte eenheid saambind. En die vrede wat Christus gee, moet in julle lewens die deurslag gee. God het julle immers geroep om as lede van een liggaam in vrede met mekaar te lewe. Wees altyd dankbaar.

Die boodskap van Christus moet in sy volle rykdom in julle bly.

Leer en onderrig mekaar met alle wysheid."

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Living in the second half of life, I no longer have to prove that I or my group is the best, that my ethnicity is superior, that my religion is the only one that God loves, or that my role and place in society deserve superior treatment. I am not preoccupied with collecting more goods and services; quite simply, my desire and effort—every day—is to pay back, to give back to the world a bit of what I have received. I now realize that I have been gratuitously given to – from the universe, from society, and from God. I try now, as Elizabeth Seton said, "to live simply so that others can simply live."

(Fr Richard Rohr)

Gracefulness is **simplicity**.

Gracefulness is **humility**.

Gracefulness is **dignity**.

Gracefulness is **balance** (movement & equilibrium)

Gracefulness is **thankfulness**

"Grace is an ability to give as well as to receive and be thankful. Gracefulness is a glowing inner peace. Gracefulness only radiates if there is a sublime courage and bravery within: gracefulness is like the moon; it only shines because the sun is there"

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*ons reis maar gaan nêrens heen,
ons is op pad maar kom nêrens aan nie –
wie verstaan die fluistering
van ons gedagtes
wat ons self nie ken nie
en wie maak die vensters
van ons hartkamers oop
sodat die lig kan val
op die padkaart van die siel?*



GIVING TRANSFORMS HAVING INTO BEING



~ GRACE — SECRET GARDEN ~

HERINNERING EN SEËNBEDE

For this reason I bow my knees before the Father,
from whom every family in heaven and on earth derives its name,
that He would grant you, according to the riches of His glory,
to be strengthened with power through His Spirit in the inner man,
so that Christ may dwell in your hearts through faith;
and that you, being rooted and grounded in love,
may be able to comprehend with all the saints
what is the breadth and length and height and depth,
and to know the love of Christ which surpasses knowledge,
that you may be filled up to all the fullness of God.
Now to Him who is able to do far more abundantly
beyond all that we ask or think,
according to the power that works within us,
to Him be the glory in the church and in Christ Jesus
to all generations forever and ever. Amen.

~ EPHESIANS 3:14-21 ~

IN LOVE, ALL IS POSSIBLE

~ STATE OF GRACE — ARIA ~

You make beautiful that which you adorn with love, for love is the greatest
beautifier known to mankind. #twitter