



Staying Connected 9 February 2025

Office Details

Office Hours:

Mon - Thurs 08:30 to 14:00
Fri : 08:30 to 13:00

Address:

38 Jan Hofmeyr Road, Westville
PO Box 47, Westville, 3630

Phone:

031 266 5222

WhatsApp:

081 885 4928

Email:

office@westvillemethodist.co.za

Website:

westvillemethodist.co.za

Sunday Service Times:

07:30
09:00
18:30

From the Minister's Desk

Michael Easter's excellent book "The comfort crisis" makes the argument that our relentless quest for greater ease and comfort is not good for us; on the contrary, he suggests that if we want to thrive in this life we need to actively seek out discomfort. The book weaves together a range of scientific studies with the story he tells of his own epic (uncomfortable) journey through vast uninhabited areas in the Arctic. We have found it a fascinating read!

The most recent chapters I have read talk about the critical importance of boredom and of being outdoors. There is extensive research that connects boredom with creativity - time and again researchers are able to show that a wandering, bored mind is far more capable of producing creative ideas. Who'd have thought it? And yet we live in a world that would spare us from boredom - worrying, our devices ensure this.



Easter also produces lists of studies which demonstrate the measurable impact of being outdoors in nature on all sorts of physical and mental health issues. Even twenty minutes a day in a garden makes a noticeable difference, and the research suggests we should all aim for at least five hours a month in the wild.

Maybe in the week ahead you and I could try combining our prayer time with a walk in a garden? Or just sitting quietly with no agenda in a green space, "wasting time with God" (as Henri Nouwen describes it)?

Church Diary

Westville Methodist Church is blessed with having many halls and rooms of various sizes. These venues are hired out on a regular basis, with the afternoon slots presently occupied by many community based activities. We currently have a few slots available to hire for 2025, on weekday mornings. Please contact Lauren in the church office for further information.



Basic English classes (English as a Second Language) are being offered in the evening at the Westville Methodist Church.

Please contact **John Mac Donald** on **0843951197** for further details.

ENGLISH

Classes

Monday, Tuesday and Thursday
from 5:15pm to 6:30pm and
Wednesday from 3:45pm to 5:00pm

Bible Readings

9 February to 15 February 2025

Sunday Luke 5:1-11
Monday 1 Corinthians 14:26-40
Tuesday Psalm 115
Wednesday Luke 5:27-32
Thursday Psalm 1
Friday 1 Peter 1:17-2:1
Saturday Luke 11:24-28

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It's a Boy

Congratulations to
Leigh-Anne and Greg Cowden
on the birth of their grandson
Eziah on the **4th of February**
to parents
Angel and Richard Cowden

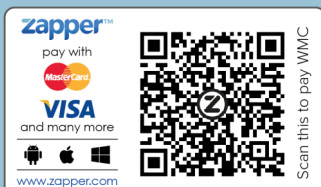
**Condolences to the
Dunford Family
and friends on the death of
James Dunford
on Friday 31 January.**



**Flowers this week in loving
memory of Monty Morris
adored father, grandfather and
great grandfather of James,
Alison, Katie, Lindsey, Ashley,
Rob, Elsie and George.**

Church Bank Details

Acc: Westville Methodist Church
Acc No: 58880668126
Bank: First National Bank
Branch: Westville
Br Code: 223526

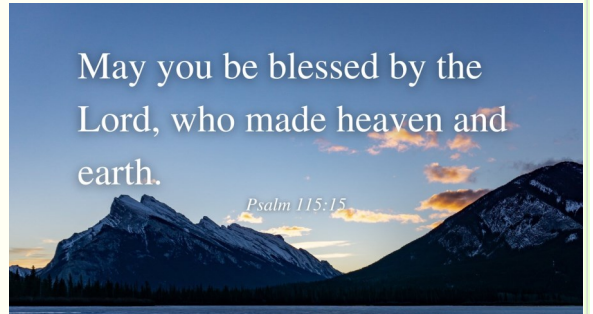


Errol Scott
Sherwyn Sullivan
Nick Naidoo
Edwin Trebble
Tienie Dearham
Helene Herbst
Hane van der Merwe
Haroshen Govender
Lynda Goosen
Sané Ndlovu
Letitia Norris
Horizon Farm
Brandon Walker
Shirleen Prydderch
John Cave
Zayden Govender
Shelley Reed

Facial Injuries
Ongoing health problems
Cancer Treatment
Further Cancer Surgery
Virus in her left ear, affecting balance and hearing
Pain Relief
At home in rehab therapy and further surgeries to come
Cancer Treatment
Cancer Treatment
Further treatment - Endometriosis
Strength and Peace
Financial Stability
Effects of Long Covid - Pain and Fatigue
Bipolar Treatment
Cancer
Kidney function Improvement
Motor Neuron Disease / ALS

May you be blessed by the
Lord, who made heaven and
earth.

Psalm 115:15



Ongoing Prayer

The Sullivan Family, Sue Carter, Lance Bainbridge, Lorraine Bekker, Janita Downing, Debbie Ivins, Evelyn Kolbe, Megan Moody, Doff Ponsie, Nicky Proctor, Siswana Family, Sherwyn Sullivan.

Birthdays this coming week

Jane Gibbs Monday 10 Feb
Otto Hauptfleisch Monday 10 Feb
Margaret Hanelt Wednesday 12 Feb
Karen Gallichan Saturday 15 Feb

If your name should be listed here, or if there are any errors, please contact the church office.



Thank You!

Your faithful giving to the work of your church is really appreciated.

Please WhatsApp your NAME to the WMC WhatsApp number
081 885 4928

And we will update your cellphone number on the database!

