

## COVID-19-INENTING (Waarskynlik Pfizer)

**ONS LIDMATE**, 60 jaar en ouer,  
van **NGK Lourensrivier-Strand**, kan Donderdag 17 Junie  
by die kerk aanmeld vir hul *Covid-19-inenting*.

Slegs **200** inentings word op die dag by die kerk gedoen

**Plek:** NGK Lourensrivier Kerksaal

**Datum:** Donderdag 17 Junie

**Tyd:** Tyd word bevestig met afhaal van vorm by  
kerkkantoor

Die nodige vorm en inligtingstuk kan vanaf  
Vrydag 11 Junie om 09:00 – 13:00 by die kerkkantoor  
afgehaal word.

### SLEGS MENSE MET 'N GENOMMERDE VORM KAN GEËNT WORD.

(Mense wat sommer net opdaag kan nie geënt word nie)

Kontak die kerkkantoor vir meer inligting (021)853-5991  
of stuur 'n epos na [admin@lourensriver.co.za](mailto:admin@lourensriver.co.za)

# 60 jaar en ouer



## WEGNEEM-ETE BASAAR- Saterdag 26 Junie

Ons benodig skenkings vir die "poeding" - jellie, kondensmelk, Ideal Melk en vla.  
Kontant skenkings ook welkom.

### Hoe bestel ek?

Stuur jou naam/van en bestelling per WhatsApp of SMS na 0825605283 of per epos na [admin@lourensriver.co.za](mailto:admin@lourensriver.co.za) voor of op Vrydag 18 Junie.

Jy kry 'n verwysingsnommer wat jou bestelling bevestig.  
OF.....Besoek die webblad om jou bestelling aanlyn te plaas

### Betaling-opsies

Kontant (regte bedrag in koevert asb.)  
Kaart faciliteite / EFT

**Bestellings word Saterdag 26 Junie tussen  
11:00 en 14:00 in die kerksaal afgehaal**

Pannekoek <b>R6</b>
Hamburger & Chips <b>R40</b>
Hamburger <b>R30</b>
Chips <b>R15</b>
Vetkoek sonder vulsel <b>R10</b>
Vetkoek met maalvleis <b>R25</b>
Boereworsrol <b>R20</b>
Tradisionele "Basaarpoeding" <b>R20</b>
Bobotie en Geelrys <b>R55</b>
Lasagne <b>R30</b>

**BESTELVORM**  
**WEGNEEM-ETE BASAAR Saterdag 26 Junie**

*Bestel voor/op Vrydag 18 Junie en kom kry jou bestelling Saterdag 26 Junie tussen 11:00 en 14:00 in die kerksaal.*

*Jy sal 'n verwysingsnommer kry om jou bestelling te bevestig*

NAAM : \_\_\_\_\_

VAN : \_\_\_\_\_

KONTAKNR : \_\_\_\_\_

		Hoeveel wil jy bestel?
Pannekoek	R6	
Hamburger & Chips	R40	
Hamburger	R30	
Chips	R15	
Vetkoek sonder maalvleis	R10	
Vetkoek met maalvleis	R25	
Boereworsrol	R20	
Tradisionele Basaarpoeding	R20	
Bobotie en Geelrys	R55	
Lasagne	R30	
Totaal	R	

**BETALINGS OPSIE:**

x

Kontant met bestelling (Regte bedrag in koevert/sakkie asb)	
Kontant met afhaal van bestelling op die dag (Regte bedrag in koevert/sakkie asb)	
EFT	
Betaal met kaart op die dag van basaar	
Betaal met kaart met bestelling	

# Program vir die week

## SONDAG 13 Junie

- 09:00 Erediens – Ds. Petrie de Villiers. 100 mense toegelaat. Geen video-boodskap.  
09:00 Dinamiet Kiedz/Belofteland  
17:30 Lifeline Youth

## MAANDAG 14 Junie

19:00 Rapha Vroue

## DINSDAG 15 JUNIE

09:00 Veritas Bybelskool

## WOENSDAG 16 JUNIE

JEUGDAG

## DONDERDAG 17 JUNIE

09:00 Gebedskursus (gratis)

## VRYDAG 18 JUNIE

- 05:30 Sakemanne  
06:00 Mannebyeenkoms

## SONDAG 20 JUNIE

### VADERSDAG

- 09:00 Erediens: Ds. Petrie de Villiers  
09:00 Dinamiet Kiedz/Belofteland  
17:30 Lifeline Youth

## VOORBIDDING

- Ds. Petrie de Villiers vir sy boodskap.
- Christo Bester vir beterskap en gesondheid.

## COVID:

Spesiale voorbidding vir ons onderwysers, verpleegpersoneel, dokters & medici.

Ons bid vir elkeen wat siek is, positief getoets het, die wat wag vir toetsuitslae, diegene wat tans in die hospitaal is, of tuis aansterk. Voorbidding vir elkeen direk deur die siekte geraak word en die wat 'n geliefde aan die dood afgestaan het.

## Gemeentes, bid vir jul leraars

Dominees is ook baie moeg. Te midde van die pandemie werk predikante ekstra hard om vir hulle gemeentes te sorg, innoverende maniere van kerkbediening te vind en om te verseker dat lidmate steeds verbind bly in 'n tyd van skeiding.

Behalwe vir die ingewikkelde logistiek van 'n bediening met sosiale afstand, moet ons geestelike leiers ook besluite neem oor openbare gesondheid – iets waarvoor geen predikant opgeteken het nie – in 'n klimaat waar die dra van maskers en om tuis te bly die norm is.

As gevolg hiervan het liggaamlike, geestelike en emosionele moegheid by talle leraars ingetree, wat al die bogenoemde kwessies nog meer ontmoedigend maak

- LAURASTEPHENSREED.COM

As ons vir jou, jou familie of vriende kan bid, stuur asseblief 'n boodskap met jou gebedsversoek na 0825605283 of stuur 'n epos na [admin@lourensriver.co.za](mailto:admin@lourensriver.co.za). Jy kan jou naam bysit, of anoniem bly. Bv. Bid asb. vir ... vir die werksonderhoud Vrydag. Of Bid vir ... wat in die hospitaal is (ens)

## Nuus uit die Kerkkantoor

**Vadersdag:** Is vanjaar op Sondag 20 Junie en nie Sondag 13 Junie, soos in die gemeentegids aangedui

**Skoolkwartale:** Die onderwysdepartement het die skoolkwartale vir 2021 in Februarie vanjaar aangepas weens Covid, dít nadat die gemeentegids reeds gedruk en uitgegee is.

**Nuwe skoolkwartale** vir openbare skole

**15 Februarie – 23 April**

**03 Mei – 09 Julie**

**26 Julie – 01 Oktober**

**11 Oktober – 15 Desember**

Die 2022 skoolkwartale, soos deur die onderwysdepartement, is nou op die kerk se webblad beskikbaar.

### NUUS UIT DIE KERKKANTOOR

- ✚ Koskas – Dankbaar vir elke skenking! Ons kon verskeie mense/gesinne help die laaste paar weke. Kort dringend blikkies-kos – groente/vleis.
- ✚ 100 mense word nou tydens eredienste toegelaat, dus geen video-boodskappe vir nou.
- ✚ **FEESMARK** - Aansoeke vir uitstallers vir die Feesmark het gesluit.

## DANKOFFERS / BYDRAES

Jy kan ook jou dankoffer en bydraes vir die gemeente deur die **ZAPPER selffoon toepassing gee.**

Vir meer inligting of navrae:  
Charlene @ 021 853 5991

Lourensriver Gemeente

ABSA (Strand)

Takkode: 334-312

Reknr. 420 580 231

Betalingsbewys asb.

Aan: [fin@lourensriver.co.za](mailto:fin@lourensriver.co.za)



## Nuus uit die omgewing

**DRUIWE :** Die Ruimte Sentrum in Millsstraat 96, verkoop weer weekliks heerlike druwe, vars afgelewer vanaf De Doorns.  
Koste: R80 vir 3.5 kg Plaas asseblief u bestelling teen Maandae vir afhaal op Woensdae.  
Skakel Jean-Marie / Gerda 021 - 854 8234

### NGK Lourensrivier-Strand

#### **SNUFFELMARK 2021**

Laaste Woensdag van elke maand.

*Geen snuffelmark Oktober,  
November & Desember*

12:00-13:30

#### **WOENSDAG:**

30 Junie

28 Julie

25 Augustus

29 September

Jenningsstraat / 0218535991

# Vadersdag

# Sondag 20 Junie



**Floris Ter Haar**  
Professional Accountant (SA)

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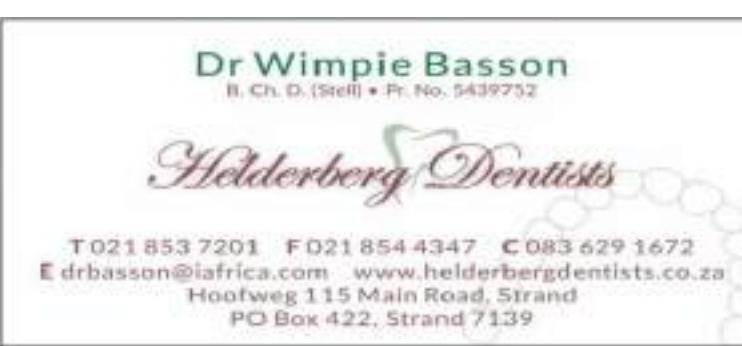


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Tienerselfdood is 'n werklikheid soos die media dit die afgelope tyd weer aan ons opgedis het. Dit breek jou hart. 'n Mens wil nie nóg slegte nuus hoor nie, maar ons kan dit nie langer ignoreer nie. Jy wil iets doen, maar die probleem is só groot dat niemand regtig weet wát om te doen nie. Begin by die begin, *back to basics*: Praat.

### Teen Suicides: Risk factors

Temperament, family, and community all play a role.

A threat of suicide should never be dismissed. It's important to respond to threats and other warning signs in a serious and thoughtful manner. They don't automatically mean that a child is going to attempt suicide. But it's a chance you can't take.

Key suicide risk factors

- A recent or serious loss e.g. the death of a family member, a friend, or a pet. The separation or a divorce of parents, or a breakup with a boyfriend or a girlfriend, can also be felt as a profound loss, along with a parent losing a job, or the family losing their home.
- A psychiatric disorder e.g. depression or trauma
- Prior suicide attempts increase risk for another suicide attempt.
- Alcohol and other substance use disorders, having disciplinary problems, engaging in a lot of high-risk behaviors
- Struggling with sexual orientation in an environment that is not respectful or accepting of that orientation. The issue is not whether a child is gay or lesbian, but whether he or she is struggling to come out in an unsupportive environment.
- A family history of suicide, a history of domestic violence, child abuse or neglect
- Lack of social support. A child who doesn't feel support from significant adults in her life, as well as her friends, can become so isolated that suicide seems to present the only way out of her problems.
- Bullying – victims and bullies
- Access to firearms and pills
- Stigma associated with asking for help. The more hopeless and helpless people feel, the more likely they are to choose to hurt themselves or end their life. If they feel worthless, a lot of guilt or shame, or have low self-esteem, the risk of suicide escalates.
- Cultural and religious beliefs that suicide is a noble way to resolve a personal dilemma.

### Key protective factors

- Kids who are able to see a problem and figure out effective ways to manage it, to resolve conflicts in non-violent ways, are at lower risk.
- Strong connections. The stronger the connections kids have to their families, friends, and people in the community, the less likely they are to harm themselves: They feel loved and supported, and they have people to turn to when they're struggling and feel really challenged.
- Restricted access to highly lethal means of suicide
- Relatively easy access to appropriate clinical intervention e.g. psychotherapy, individual, group, family therapy, or medication if indicated.

## **Warning signs of suicide to be alert to:**

Changes in personality or behaviour that might not be obviously related to suicide. Be concerned when a teenager becomes sad, more withdrawn, more irritable, anxious, tired, or apathetic. Changes in sleep patterns or eating habits can also be red flags. Acting erratically, or recklessly is also a warning sign. If a teen starts making really poor judgements, or he starts doing things that are harmful to himself or other people, like bullying or fighting, it can be a sign that he is spinning out of control.

If a child is talking about dying, it's important to take it seriously:

“I wish I was dead.”

“I just want to disappear.”

“Maybe I should jump off that building.”

“Maybe I should shoot myself.”

“You'd all be better off if I wasn't around.”

What to do? The first thing to do is talk.

SOURCE 1. <https://childmind.org/article/teen-suicides-risk-factors/>

