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Message from the Director Colleen Rogers



The end of a very stressful year and the beginning of a new year!! In many respects we have been very fortunate and in others not but we remain optimistic and know that 2015 will be a great year despite the issues that face us.

We will not judge the new year from happenings in the past and will remain optimistic about our future in the Vaal Triangle! I am very sure that the new year will bring us good opportunities which will enable LifeLine to grow and find new volunteers, funding that we can pay them with and training requests which can secure sustainable income! There are some "opportunities" that come our way but unfortunately due to the discerning nature of our Organisation we have to turn some of these "opportunities" down.

If discernment is something that you did not practice before doing the Personal Growth Course it is most certainly something that you learn from that course and will practice as part of your normal daily activities!

With all of this said it only remains for me to say—"have a wonderful New Year filled with many Blessings"!

Judgement vs Discernment

The theme is:

Discernment

Discernment is God's call to intercession, never to faultfinding."

— **Corrie ten Boom**

Judgment: "an opinion or estimate, criticism or censure, power of comparing or deciding". Judgment implies a power differential – I perceive myself to have power over you when I judge you. Judgment feeds the ego's deception of being better (or worse) than someone or something else. Judgment assumes that the person judging has the power and right to determine what is good or bad in general, not just from their point of view. It usually comes from a reactive place inside of us; it's unconscious. Judgment also has a sense of finality, like a sentence being passed.

Discernment is a more personal and conscious approach. It's the cognitive ability of a person to distinguish what is appropriate or inappropriate. With discernment we make good choices for ourselves, and for the good of others. Discernment is described as "keen perception; insight; acumen". It is about seeing things as they are. Insight is seeing into something, from our inner self, not from outer rigid standards, opinions, or social pressures. When we use discernment, we are tapping into something much deeper than our egos passing judgment. We are using the ability to perceive clearly!

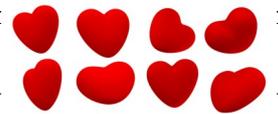


January 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3Lynn/Elsie
4	5	6	7	8	9	10
11	12	13Anmar	14	15	16	17Nadene
18	19	20	21	22Hellouise	23	24
25	26Gaby	27	28	29	30	31

February 2015

Valentine Month



1	2	3	4Chiwi	5	6	7
8	9	10	11	12	13	14Petro
15	16	17	18	19	20Christa	21
22	23	24	25Agnes	26	27	28

March 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1George	2	3	4	5	6	7Nthabiseng
8	9	10	11	12	13Letia	14
15	16	17	18	19Shirley	20	21
22Sybil	23	24	25	26	27	28
29Joalta	30	31				

News from here and there



During the last half of the year a call was sent out looking for people willing to be trained specifically as Lay Counsellors. Eleven people responded and training commenced, ending at the end of October. They enjoyed the course and a number of friendships have formed. We have also gained some skilled and wonderful volunteers! Welcome to you all and hope you have a long stay with us!!



CHRISTMAS CELEBRATION

On 2nd December staff and volunteers got together to celebrate the previous year of good work and achievement. Everyone contributed to the day. Meat was braai-ed, salads made, refreshments carried in and a wonderful day of togetherness was had by all. Each staff member and volunteer received a 2015 personalised, customised diary which is an annual event. It helps everyone to keep track of what they should be doing and where they should be throughout the year!



Here are some staff cutting the Christmas cake made and donated to LifeLine by Paul from Taxido Junction Bakery.

Volunteer News

Well, what an end to the year as far as volunteers is concerned!!! Because our volunteers are well trained, we are constantly losing them to other organizations who offer them employment for remuneration! This is acceptable and we are happy to oblige. This time, however, it was very sad be-

cause we lost all but one person at our Service Centres!!! LifeLine has always used volunteers to provide free counselling, ensuring that our Lay Counsellors are doing their work "from the heart" and not for financial gain! At this point we are left with our Supervisors at each centre—quite a problem at

this time of year!! Our Duncanville Centre is still providing counselling but also do not have too many volunteers. Most counselling is provided by staff. It is a sad situation—gone are the days of true volunteers and we will have to find other ways to solve this problem!



The supreme end of education is expert discernment in all things—the power to tell the good from the bad, the genuine from the counterfeit, and to prefer the good and the genuine to the bad and the counterfeit

A rich man may be wise in his own eyes but a poor man who has discernment sees through him

Both quotes by Unknown

Lifeline's gratitude journal

This is from Bella Maria!

Odette from **Bibi Hearts** and

Ninette from **Drab2Fab** for your continuous warmth and caring

Lenette from **HelpLift Network** always thinking of how Bella Maria can benefit from her donations received

Rotary Club of Vereeniging paying for repairs to our sewing machines

Rotary Club of Vanderbijlpark for donations of clothing and wool

Robbie from **Hotpot Paint** for the

Vaal Mall Car Guards for their unselfish donations to Bella Maria Our other enthusiastic **volunteers** who are busy knitting and crocheting squares for winter blankets

There are so many more members of the community who provide clothing, non perishable goods and various other donations in kind or in money who need to be thanked at this time. Thank you to you ALL and have a Blessed year ahead!

Lifeline gives a free service to all those in need. Should you wish to make a donation to Lifeline Vaal Triangle, our banking details are given below. Your donation will make a difference in someone's life. Visit our website at lifelinevaal.co.za to view our wish list.

Bankers: Nedbank
Vanderbijlpark, South Africa
Account no: 1748320750

Auditors: H Pochee
Kruger Ave, Vereeniging
Tel: +27 16 455 1436

Service Centre News

With all the rain which has recently fallen over the Vaal Triangle, besides the usual problems making the roads and paths inaccessible, we also had our Service Centre at Sharpeville, Khensani, under water. The office had to close and only re-open when the water had subsided! This picture shows what it looked like from inside the office at the doorway! Not only do we have collapsed ceilings (for more than three years now) but probably also some water damage to furniture and fittings. The building belongs to the Municipality but they have been unwilling to do any repairs to date. A sad situation because these premises are situated in a community centre and are for the benefit of the Tshepiso and Sharpeville community.



TRAINING NEWS

LifeLine will be presenting a number of Personal Growth Courses as usual in 2015.

Two courses will be presented in Three Rivers commencing on 19th January at 09.00 and 18.30.

Another course will start in Vanderbijlpark on 22nd January at 18.30.

Courses are presented weekly over 10 weeks and are 3 hours long.

Costs: R800 per person for the course with a registration fee of R100 payable on the first day.

A Basic Counselling Skills course will take place immediately after the Personal Growth Course, at the same time slots and costing R400 per person.

Contact 016 428 1740 to book

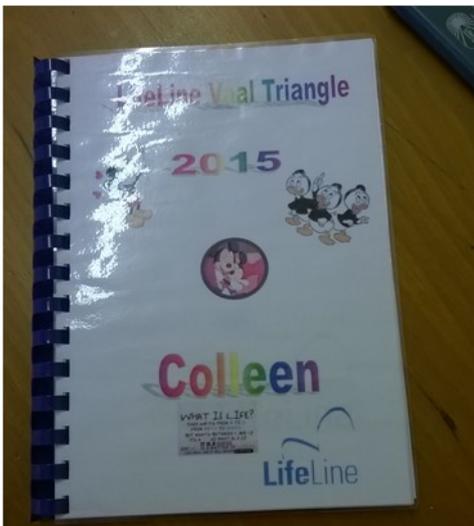


Snippets form all over



LifeLine Diaries

Below is a picture of the LifeLine diaries which are handed out to all staff and volunteers annually. They are custom made with a different theme every year and are personalised. Not the best photograph!!!



Gift Wrapping

Every year LifeLine volunteers and staff do "gift wrapping" duties at the Vaal Mall. Other NGOs also participate and the proceeds are presented to the NGOs who do these duties at the end of the Festive season. Wrapping is done for the public for donations.

Here are Joalta, Social Worker at Bella Maria, Madelaine and Linda—volunteer Lay Counsellors at LifeLine doing their "bit" for LifeLine this past December.



Family members and friends are also roped in to assist during this time and they work in shifts of four hours from 09.00 until 20.00 daily.

16 Days of Activism 2015

All the LifeLine Service centres took part in one of the annual 16 Days of Activism events in the Sedibeng area. The event took place in the form of a march through the streets into Boiketlong culminating in an event at the Boiketlong Primary School hall. Various stakeholders such as SAPS, CPF, Matlafala, Telkom Foundation volunteers, SODCC and numerous churches against crime took part in the march. The theme was “Women’s Indaba– breaking the silence against women and child abuse” and presentations by the stakeholders were made to those present. Those present were entertained by some of the learners from Grade R from Bonani Primary School.

Telkom Foundation very graciously funded the event providing T-shirts and food for the community at the event. Five hundred food packs and juice were handed out for lunch. More than 1000 bottles of water and 250 T shirts were handed out to the community at the start of the march.



Keke, Supervisor from LifeLine’s Mamello Wellness Centre in Sebokeng, felt that the day was a huge success and that a good time was had by all.

The picture on the left shows Telkom volunteers, LifeLine volunteers and some of the community.

PROJECT NEWS

Young Warriors 2015

The Department of Social Development provides funds for a Peer Educator project which they have funded for the past five years. Two Grade 10 learners, one girl and one boy, are sourced from 23 schools in the Sedibeng area. They participate in a week’s intensive training, learning about themselves, about respect and various other topics. They are then “sent” out to do work in their schools and communities during the year. They are “change agents” contributing to the wellness of their peers. Supervision is proved during the year in order to monitor and skill them. There have been some amazing results during the past years! Below are the new 2015 group!

This is an extract from our Facebook Page from a 2015 “Young Warrior”:

Thee Main’chick Lady’ee

Tah Lifeline....the Young Warriors Programme has been my most memorable experience this year...probably my life...I would jss like to say thank you n want yall tah know that ur makin a difference in our lives...Keep goin hard...Don't stop...The world needs ppl lyk yall :*

Bella Maria highlights

When I think about the past 6 months, I feel excitement, pride, sadness, thankfulness and have a lot of respect for the ladies who need the services of Bella Maria.

The sadness is mainly due to the fact that we are in need of the services of a shelter for abused women. However, being privileged to be part of these women’s journey makes me feel excited because I know that there is hope and a future for them (for all of us). I feel thankful for the lessons I learn and the strong women I meet in spite of their circumstances. I feel proud of these women and respect them because with support from the community, they can really change their lives for the better - we all need someone to believe in us. But mostly, I have seen that God works miracles on a daily basis. These emotions are because I am part of the LifeLine Team who really care about our clients and the community and who support us in doing what we do the best – caring.

Bella Maria and its residents have been busy with various projects, all due to networking!! We are taking hands with “Drab2Fab for a Purpose”, “Bibi Hearts”, “Jeugland Old Age Home”, “Child Welfare Vanderbijlpark”, “SAVF”, “HelpLift Network” and volunteers to make a difference to Bella Maria’s residents: Joalta—Social Worker BM

Skills Development for residents of Bella Maria

Bella Maria’s residents meet once a week with the ladies of “Drab2Fab Crafts for a Purpose” at the “Bibi Hearts” Workshop.

It is a job creation project, which provides an income for the ladies. Although the main aim of the project is to hand out Bibi’s to different organizations like Cansa, Cupcakes 4 Kids with cancer, Hospitals, Trauma Centres or where ever the need may be, we also create other lovely items for sale. Each week is different and the ladies really enjoy learning new skills, working hard and the support and hugs they receive from each other.

What is really touching is that the residents of Bella Maria value this workshop, that they will re-arrange clinic appointments or any other meeting so that they can attend. And we are very pleased to report that one of Bella Maria’s previous residents travels from Orange Farms to Vanderbijlpark to attend the weekly workshop. That’s commitment!



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Avondrus/ Eventide old age home

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Nat. no.0861322 322

Crisis line: 016 428 1640

Website: Lifelinevaal.co.za

Facebook:

<https://www.facebook.com/LifelineVaal>



Building Community Heart

Discernment and insight

Discernment refers to perception, intelligence, discretion, evidence, witness and insight and is defined as having an eye of the heart open, deep perception, an ability to see consequences just at the beginning of an act, or foresight.

It is considered the sole source of spiritual knowledge and is obtained through reflective thought and inspiration. It is the perception and workings of spirit, a different view on the reality of the people and things around us. Where our reason fail us to comprehend and understand, discernment from God will open another window through which we can see with new eyes.

It is also a power of perception so sharpened by the light of nearness to the Divine Being that, when other powers of perception become exhausted by imaginings, it acquires great familiarity with mysteries lying behind things and, without any guide or evidence, reaches the Truth of the Truths.

Discernment and insight acquire a new, deeper dimension when a person begins to discern and discover the spiritual dimension and meanings of things and events. Our spirit can experiences other dimensions in this three-dimensional realm, and our conscience becomes the eye of existence with which we see as well as our pulse and intellect.

Perception through discernment becomes a source of a different kind of knowledge. Things are more clear, more radiant, confusion disappear and you don't get lost in the particularities.



Elize Heuer: Life coach

For any suggestions or feedback please email: elize@vut.ac.za

We would love to hear from you!

The views expressed in this publication are not necessarily those of LifeLine Vaal Triangle or its service centers.

Note from the Editor

Our earliest lesson in life is about what **not** to do. We hear young mothers telling their toddlers: "don't touch, don't run in the house, don't this, don't that".

The same is true for me, learning about judgment. Parents, school, church taught us not to judge. And rightly so. But as human beings we have to be clear about what and whom is good for us and what are the things or people that we have to cut

out of our lives. And here is where discernment becomes important.

I learnt for the first time about discernment when a friend and I did a course called *Gear changers*. It became clear that part of what we need to learn is discernment. We had numerous discussions about this to make it clear for ourselves.

What a relief it was to learn that we sometimes can, and have to discriminate! As long as this discrimination does not

go hand in hand with hatred, societal pressures and prejudice.

To discern is to have godly insight in what is in support of our spiritual being and what is harmful to us. It is those truths that come to us in our most silent moments.

May 2015 be a year in which we freely, openly and with love discern what it is that we desire in our lives and what we have to surround ourselves with. Have a fun 2015!

