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Vanderbijlpark, Vereeniging, Meyerton, Sasolburg and Vaalpark

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2016 Sport Ster
Mia Stockhoff

bl. 4



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Redakteurs Nota

2017, Top Vibe se eerste uitgawe vir die jaar.
Ek wil die jaar afskop om elkeen net die beste toe te wens vir 2017 mag jy 'n wonderlike geseënde jaar geniet.

Indien jy weg was met vakansie, vertrou ek dat jy nou lekker uitgerus is en reg is vir die nuwe jaar. Vir die wat nie weg was nie, moet nie stres nie julle beurt kom!!!!
Aan al die matrieks geluk met julle uitslae!!
En as jy dit nou nie gemaak het nie, dit is ook nie die einde van die wêreld nie, doen die jaar oor 'n aanhouer wen.

As jy dalk iemand aan die dood moes afstaan oor die Kerstyd, staan sterk, jy is nie alleen nie, God is met jou. Dit was hartseer om te sien dat die doodesyfer op ons land se paaie toegeneem het.

Kom ons fokus positief op 'n nuwe jaar met nuwe uitdagings. Het jy toe kans gekry om jou "bucket list" te maak? Ek het, soos belowe het ek myne kort en kragtig gehou. Ek is opgewonder oor 2017, hoewel mens nooit weet wat morê vir jou om die draai wag nie. Ek is net dankbaar vir die wonderlike mense in my lewe, en met God aan jou kant wie kan dan nou teen jou wees?
Solank mens net eendag op 'n slag vat en die beste daarvan maak. Geduld is nou nie een van my sterk punte nie so vanjaar gaan ek probeer om dit te verander.

Met die eerste maand van die jaar reeds agter ons, is ons nou in Februarie maand die maand van LIEFDE. *Top Vibe* het so lekker bederf geskenkpak bymekaar gesit met behulp van ons borge en jy kan nou 'n vroëe Valentines Dag geniet, die prys is vir die 12de Februarie 2017.
Gaan loer op bladsy 11, daar sal jy al die inligting kry, oor hoe om deel te neem aan die kompetisie en 'n kans te staan om te wen. Jy wen altyd by *Top Vibe!*

Ek weet nie van julle nie maar ek is opgewonder oor die jaar wat voorlê, ek glo ons moet saam staan en so kan ons 'n verskil maak. Ons is besig om 'n nuwe projek op die been te bring en sal dit bekend maak sodra al die reëlings in plek is. Dit gaan 'n baie lekker projek wees, ons sal dit ook op Facebook aankondig en dalk nog 'n blad stig, net sodat ons seker maak dat niemand die projek misloop nie. Ons is baie opgewonde daaroor, en weet somer julle gaan ook wees.
Dit is altyd lekker om iets nuuts te doen, met liefde vir jou medemens. Soms moet mens net bietjie meer gee en minder wil ontvang.

Daar is elf maande oo van die jaarr waarin ek en jy 'n verskil kan probeer maak in iemand anders se lewe. Kom ons ryk die hand uit. Miskien is dit net 'n glimlag of 'n vriendelike groet, wat iemand nodig het.
Dit gaan nie altyd oor geld nie.

Tot volgende maand
Charms

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Top Vibe Magazine

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HOENDER MET ROOI SKOENE

'N KOOS ROETS FILM IN FLIEKTEATERS
27 JANUARIE 2017



Dis nie 'n kinderstorie of 'n feëverhaal nie. Ook nie 'n drama nie. Nee, die nuwe fliek, ***Hoener Met Die Rooi Skoene***, is 'n riller-komedie deur die bekende filmmaker, Koos Roets. En hy gaan kykers laat reg opsit, ril en skater van die lag.

"Dis 'n aweregse, slimsnaakse moordsrorie met soveel fyn kinkels dat jy jou asem gaan ophou terwyl jy heerlik lag", sê Lizz Meiring wat die rol van Bonnie van der Byl, vertolk. *"Die karakters is uniek en **Hoener Met Die Rooi Skoene,** is oorspronklik en magies. Net so fassinerend en eksentriek soos die onontdekte, juweel dorpie waar ons verfilm het- Klaarstroom, weg-gesteek in die hart van die Klein Karoo."*

Bonnie is 'n ontvangsdame van die internasionaal bekende De Waal Teateragentskap. Terwyl sy een aand weer lustig voorklets op die foon, vermoor iemand haar baas, die suksesvolle, maar minder gewilde sakeman en impresario Du Toit de Waal (*Deon Lotz*).

Sy tref hom aan met 'n dolk in sy rug op die kantoortafel agter haar en skakel dan die polisie. Maar by nadere aanskoue van die bloeiende baas, word sy oudergewoonte flou. As sy met die flitslig van Konstabel Mickey Mentz (*André Weideman*) in haar oë bykom, is die lyk skielik skoonveld ...

Hiermee is die tafel gedek vir 'n spannende skreeusnaakse riller-komen die vol verrassende kinkels waarin die ontvangsdame met haar bekkige papegaai Napoleon en die hoogs beneukte, geïrriteerde en grieperige speurder Kaptein Hendrik Greyling (*Louw Venter*), sentraal staan.

En die vreemde naam?

"Die fliek is gebasseer op 'n ou Franse teaterstuk en die misterie rondom die naam word in die eerste paar minute, tot groot vermaak van Konstabel Mentz, opgeklaar," sê Koos.

Tydens die ondervragingsessie na die moord, word al die interessante karakters op kantoor in 'n klousterfobiese ruimte saamgegooi. En dis dan wanneer allerhande interessante geheimpies ontbloot word...

Soos dat Cecilia de Waal (*Dorette Potgieter*) die aantreklike veel jonger vrou van die baas, meer as een skelmpie het en die ouer privaat-sekretaresse, Miss Enith Conradie (*Lida Botha*) is al jarelank verlief op die baas. Daar is ook die ligsinnige Roxie Roos (*Laré Birk*), die baas se minder gewillige pretpoppie. Die sjarmante Percy Celliers (*Geon Nel*) doen nie sy werk nie en die ouer klerk Harold Berrington-Smith (*Flip Theron*) is 'n 'tail gunner'.

En midde in dié storm van verdagmakery en beledigings verskyn die baas se 'lyk' dan weer skielik perdfris en gesond op die toneel .

"Dis nie 'n fliek wat vir mense lewenslesse moet leer nie. Ek het hierdie fliek gemaak met een doel voor oë – om mense te vermaak. Daar is genoeg nonsens in ons land waaroor almal hulle kwel. Mense moet ook net 'n bietjie kan terugsit, ontspan en lekker lag. Dis nou wanneer jy nie te veel skrik vir die moordenaar nie," skerts Koos.

Maar hy waarsku: *"Dis nie 'n tipiese slapstick komedie nie. Niemand gooi iemand anders met 'n pastei nie. Die humor en snaakse insidente is toevallig. En die karakters eg – mense wat werklik kan bestaan."*

Sy laaste fliek was die gewilde, ''n Pawpaw Vir My Darling".

Hoener Met Die Rooi Skoene sluit ook die verskyning van gasspelers soos Anton Goosen, Leon Ecroignard, Soli Philander en Goitsemang Lehbyeword in en word op 27 Januarie 2017 landswyd vrygestel en versprei deur Ster Kinekor Entertainment.

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Alishia van Deventer

083 635 4717

DIE REBELLIE VAN LAFRAS VERWEY



Die bekende radiodrama en verhoogstuk, **DIE REBELLIE VAN LAFRAS VERWEY**, uit die pen van bekroonde skrywer, Chris Barnard, wat op 7 April in fliekteaters landwyd begin draai, se amptelike lokprent is pas bekendgestel. Die gesoute akteur, Tobie Cronjé, vertolk die hoofrol.

Kyk die lokprent hier: https://youtu.be/mlU OxZS-MY

Hierdie tragi-komedie is gebaseer op die 1971-drama wat deur die oorlede skrywer en sy seun, Simon Barnard, verwerk is in 'n eietydse draaiboek. Dit vertel die verhaal van Lafras Verwey, 'n aardsverlore siel wat nooit die werklikheid rondom hom kon aanvaar nie. Hy werk in die Staatsdiens, maar hoor ander musiek in sy ore en droom drome oor 'n wonderlike toekoms. Hy sien homself as 'n sleutelfiguur in die voorbereiding van 'n groot rebellie wat die gesig van die wêreld sal verander. Wanneer hy Petra *(Chantelle Phillipus)*, 'n jong swanger vrou, onderdak neem, kry die rebellie vir hom nog groter betekenis. Ironies genoeg, begin sy gedroomde revolusie juis die nag wat die baba gebore word. Komedie, drama en elemente van fantasie, word verweef in 'n aangrypende storie, van 'n man wat kans sien om die onmoontlike aan te durf om sy droom, van 'n beter wêreld vir almal, te verwesenlik.

DIE REBELLIE VAN LAFRAS VERWEY word vervaardig deur geliefde aktrise en regisseur, Katinka Heyns en Genevieve Hofmeyr, onder leiding van opkomende filmmaker, Simon Barnard. Laasgenoemde maak ook sy debuut as regisseur van 'n vollengte speelfilm met dié boeiende verhaal.

Simon, seun van Katinka Heyns en Chris Barnard, het in die vermaakbedryf grootgeword. Sy eerste rol in 'n fliek, was as die jong *Benjamin Komoetie* in die treffer, *Fiela se Kind*. Buiten vir die regie en vervaardiging van 'n dokumentêr oor sy pa vir kykNET en musiekvideos vir Die Heuwels Fantasties, is hy ook die skepper van 60 programme, in samewerking met kykNET en Medihelp, oor geestesgesondheid (*'n Lewe met... / Living with...*) saam met psigiater, Dr. Franco Colin. Sy eerste professionele kennismaking met 'n drama was op die stel van *Die Wonderwerker*, met sy pa as skrywer en ma as regisseur, waar hy fotografie, redigering en regie van materiaal agter die skerms behartig het. Simon is tans mededirekteur van Sonneblom Ateljees, wat in 1975 deur Katinka gestig is.

Katinka Heyns is bekend in radio-, televisie-, film- en teaterkringe, as aktrise en regisseur en is al met verskeie toekennings bekroon, waaronder die internasionale Crystal-toekenning vir *Vroue in Rolprente*, tien MNet Vita-toekennings, die Rapport City Press *Vrou van die Jaar*-toekenning, die Ere-Kanseliersmedalje van die Tswane Universiteit van Tegnologie, 'n FAK-erepenning en 'n SAFTA-prys vir lewenslange bydrae tot die bedryf. Sy is ook die eerste vrou wat in die Nasionale Rolprent- en Televisiestigting se *Hall of Fame* opgeneem is en deur die Departement van Kuns en Kultuur as raadslid van die Nasionale Rolprent- en Videostigting aangestel is. As verhoog- en rolprentaktrise, het sy al saam met die room van Afrikaanse kunstenaars opgetree, met hoofrolle in verskeie flieks soos *Pappalap*, *Jannie Totsiens*, *Eendag op 'n Reëndag* en *Babbelkous en Bruidegom* saam met Tobie Cronjé. In 1987 maak sy haar debuut as rolprentregisseur en –vervaardiger, waarna 'n rits suksesvolle films soos *Fiela se Kind*, *Die Storie van Klara Viljee* en *Paljas*, volg. Laasgenoemde was ook die eerste Suid-Afrikaanse rolprent wat aanvaar is vir 'n Oscar-benoeming. Haar mees onlangse film, *Die Wonderwerker*, is ook met lof ontvang. Haar D Phil (ere-doktorsgraad – TUKS) en onlangse erepenning van die Akademie van Wetenskap- en Kuns, gee erkenning aan haar oorkoepelende bydrae tot die bedryf.

DIE REBELLIE VAN LAFRAS VERWEY se amptelike premiere sal op 9 Maart 2017 by die Woordfees in die Kaap plaasvind. Bekendes soos, Neels van Jaarsveld, Chantell Phillipus, Cobus Visser, Lionel Newton en Albert Pretorius het ook rolle in dié fliek wat op 7 April 2017, landswyd, deur Ster-Kinekor Entertainment uitgereik word.

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Alishia van Deventer

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2016 Sport ster Mia Stockhoff.



Mia Stockhoff, is ‘n leerling van Laerskool D.F Malherbe ‘n dogter met baie talente, en sy woekker met haar talent.
Sy is ‘n briljante hokkie en netbal speelster en is ‘n baie belowende opkomende atleet.

Mia het met ‘n rits toekennings weggestap by die skool se jaarlikse prysuitdeling van 2016. Sy is aangewys as mees-veelsydigste dogter, bestesport dogter asook 2016 se top atleet en is beloon vir haar leierskap eienskappe.

Mia was ‘n deel van D.F Malherbe se eerste hokkiespan wat aan gewys was as D8 -liga naaswenners. Sy was ook deel van die eerste netbalspan, en was gekies om die Sedibengspan te verteenwoordig by die Gauteng proewe.

Dit is duidelik dat sport in haar are is, maar dit is op die atletiekbaan waar sy skitter. Haar gunsteling item is hekkies waar sy verskeie eerste plekke behaal het en rekkords verpletter het.
Al haar harde werk het vrugte afgewerp toe sy ‘n silwer-medalje verwerf het en daar deur haar Gauteng kleure



Fotos verskaf:

verdien het. Sy is ook later die jaar (2016) verkies om Vaaldriehoek te verteenwoordig by die ASA Kampioen-skappe in Durban.
Hier het sy ‘n vierde (4de) plek behaal in die 75 meter hekkies en ‘n silwermedalje verwerf in die 200 meter hekkies.

Mia, is ook op akademiese en kultuur gebiede ‘n uitblinker. Sy het ereklere verwerf met top 10 balkie, vir haar gemiddel van 87.67%. Sy het ook die prys gekry vir die beste prestasie vir Afrikaans in graad 7.
Kultuur gewys het sy toekennings ontvang vir Poësie (A++), English Poetry (A++) an Klavier Solo (A++).

Sjoe, en dit was nou ‘n mond vol, dit is nou Mia in ‘n neute dop. ‘n Pragtige meisiekind met so baie talent en glad nie skaam om dit te gebruik nie.

Baie geluk Mia, *Top Vibe* wens jou alles wat mooi is toe vir 2017 en moet niks terug hou nie, laat daai rekords spat!! Baie sterke voorentoe.

Red.

New year, New home

We think it is time to take a different approach to NEW YEARS RESOLUTIONS... IT ALL STARTS WITH MAKING A FEW SMALL CHANGES AROUND THE HOUSE.

New year's resolutions how we love them. And hate them. And love to hate them. Inevitably, by February, all that sparkly resolve has been tarnished by habitual behavior, daily stress and also the occasional batch of chocolate cupcake. Sticking to your New Year's resolutions is pretty hard work. Our neurological wiring is partly to blame - retraining your brain isn't easy - but so are our environments.

By changing your home environment, you'll increase your odds of success. So this year, let's not make lists we may never read again; let's prepare the home for 2017's improved version of yourself.

RESOLUTION #1- EAT HEALTHY



Go on, admit it , you've made this resolutions at least once before, but it's hard to stick to a diet when there is ice cream in your freezer and sugary cereal in your pantry. We suggest you do a big, determent kitchen clean-out; get rid of any unhealthy items and stock up on healthy delicious snacks (such as nuts, seeds and dried fruit) and that will make it easier for you to make better food choices.

Buy a large glass jug for the fridge. At the start of each day, fill it with water and flavour with mint, lemon or berries. Alternatively, make a big jug of herbal tea and pop it in the fridge. Sip on it instead of sugary or caffeinated drinks - throughout the day.

RESOLUTION #2 - BE WISE SAFE WATER

Do not let the water run while brushing teeth.
Let small children bath together to save water.
Consider installing a grey- water tank system or rain tank. You can also take the old -fashioned approach by putting a bucket in your shower or sink.
Other tricks to help you be a little more water wise : switch over to a water-efficient showerhead, screw aerators on to your taps and check your plumbing system for leaks.

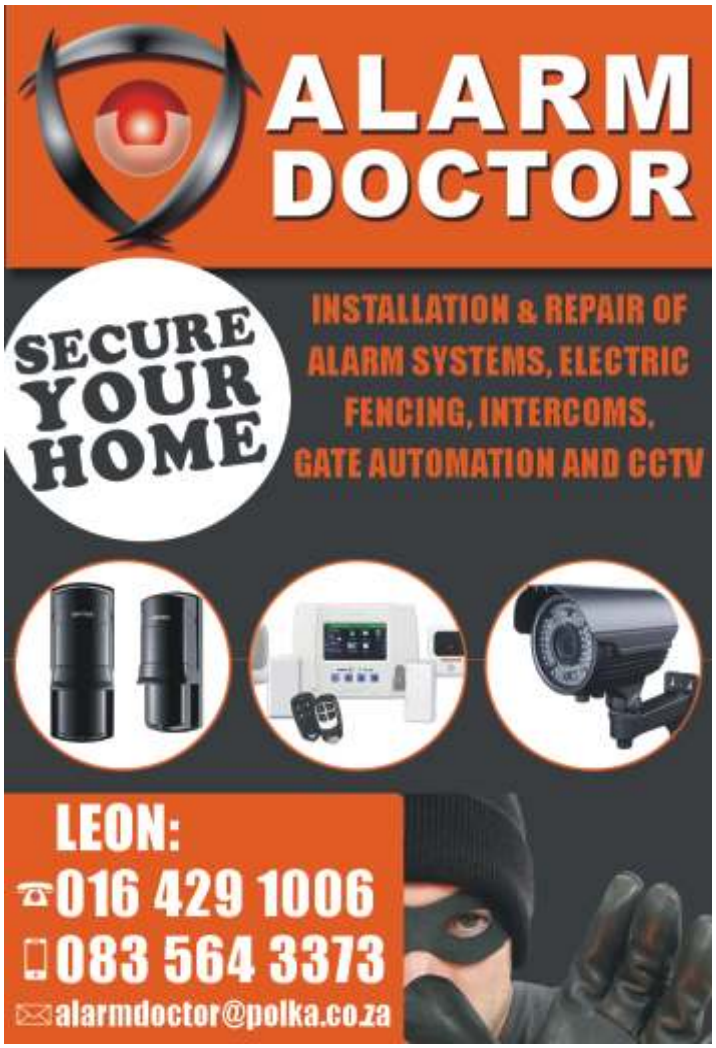
RESOLUTION # 3 - MAKE TIME FOR THE FAMILY

Numerous studies have shown that eating together as a family benefits everyone, especially children. Make an effort to sit down together for a meal once a day. These meals should be screen -free time, when phones are put away and you can engage in some real quality time with the people you love.
Get family input on dream DIY projects or bedroom make overs, and work on them together. Great an entertainment hub that contains more than just PlayStation games and DVDs- think board games, crafts and puzzles.

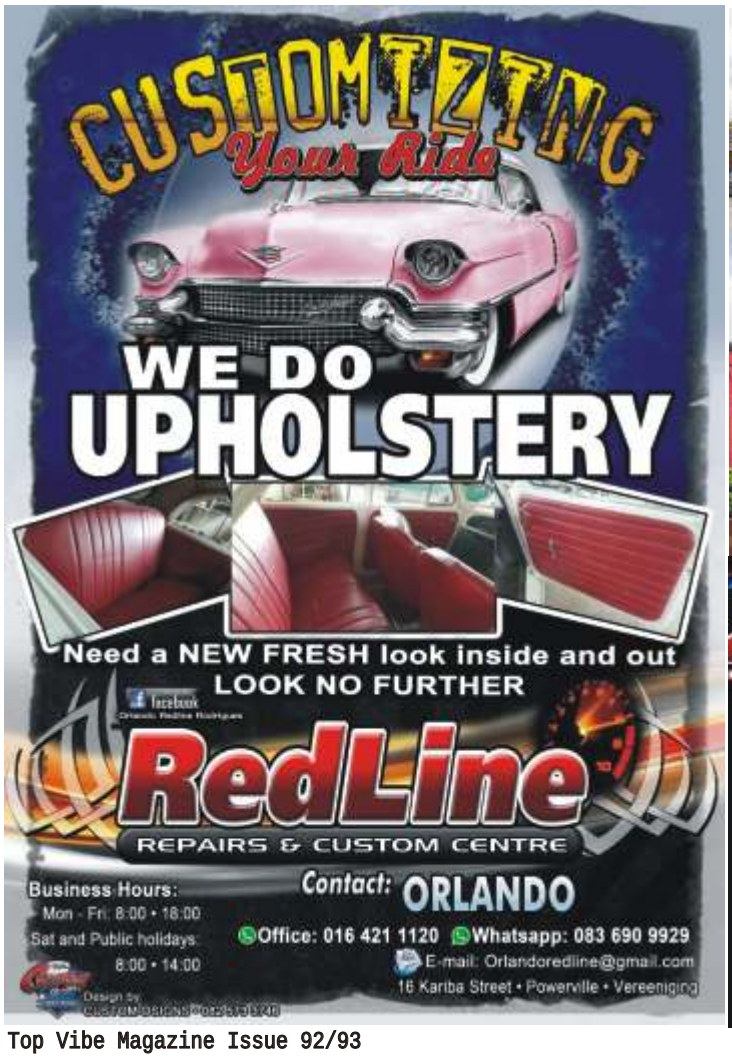
RESOLUTION # 4 - CREATE LESS WASTE

In an increasingly digitised and detached world, we suggest that 2017 be the year you and your family make an effort to treat the planet with as much kindness as possible.
Why not set up a composting system? There are plenty of cute compost bins out there including ones fitted with carbon filters to neutralise the odours- but all you need is a big plastic container with a lid that seals tightly. Keep this in your kitchen and fill it with leftover bits of fruit and veg, egg shells and tea bags.

When it's full, empty it on to a compost heap in your garden. You can also add grass trimmings and garden refuse to the heap, to produce some topnotch fertiliser for the veggie patch.
Next, set up a recycling system, its easier than you think. Most plastic, glass, tin and paper can be recycled. Recycling depots will sort your recycling for you, as long as it is clean, so you don't even need multiple bins. Just get one large bin or plastic crate, and keep it somewhere near the kitchen.


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UR Cycling

Monthly Snippet Edition 1/3

Cycling overall, development, growth, advantages.

Arguably the fastest-growing sports in South Africa, cycling has taken the nation by storm and many believe it will usurp the prized position long-held by golf as the corporate sport of choice.

International suppliers revealed that South Africa, has the highest per capita spend on cycling equipment of any country in the world. "This reflects that cyclists at all levels are spending a significant amount of money on sport.

Check out the main physical benefits:

1. It's easy on the joints. When you sit on a bike, you put your weight on a pair of bones in the pelvis called the ischialtuberosities, unlike walking, when you put your weight on your legs. "That makes it good for anyone with joint pain or age-related stiffness," says Dr. Safran - Norton.

2. Pushing pedals provides an aerobic workout.
That's great for your heart, brain, and blood vessels. Aerobic exercise also triggers the release of endorphins, the body's feel-good chemicals - which may make you feel young at heart.

3. Cycling building muscle. In the power phase of pedaling (the down-stroke), you use the gluteus muscles in the buttocks, the quadriceps in the thighs, and the gastroconemius and soleus muscles in the calves.
In the recovery phase (backstroke, up-stroke, and over stroke), you use the hamstrings in the back of the thighs and the flexor muscles in the front of the hips.

Cycling works other muscles, too. You use abdominal muscles to balance and stay upright, and you use your arm and shoulder muscles to hold the handlebars and steer.

5. Pedaling builds bone. "Resistance activities, such as pushing pedals, pull on the muscles, and then the muscles pull on the bone, which increases density," say Dr. Safran -Norton.
For all your cycling requirements get in contact with the experienced Urcycling team.

We moved in to a bigger and better shop for improved service delivery.
We specialize in bicycle service/ maintenance, bicycle setups, fork services, accessory sales, new bicycle sales and an indoor training facility.

Our new address is UR cycling, Shop 2, 70 Chopin Street, SW 5, Vanderbijlpark.

Contact us per email at:
Ian@urcycling.co.za or pierrie@urcycling.co.za

Per phone:
Ian- 082 895 3866 or Pierre - 072 939 4138

Watch the space for the next edition
Urcycling team



Top Vibe Food Reviews

Panarottis, Vaal Mall -(016) 931 2009	★★★★
Ocean Basket, Riverside Blvd -(016) 932 3149	★★★★
Nando's, Vanderbijlpark -(016) 933 3060	★★★★
Horse & River, Vanderbijlpark -(016) 932 3095	★★★★
Cappello, Riverside -(016)932 0120	★
Steers, Vaalpark -(016) 971 2866	★
Wimpy,President Hyper -(016) 985 1240	★★
Panarottis, The Zone Rosebank Mall -(011) 325 8085	★
Faraday Pub&Grill, Vanderbijlpark -(016)931 3961	★★
Girumondo, Vanderbijlpark -(016) 932 1242	★★★★
Pavillion, Sasolburg (Watergat) 072 914 7536	★★★
Stone Haven On Vaal - (016) 982 2951	★★★★
River Palace, Vanderbijlpark 082 442 7259	★★★
Be My Guest, Vaalpark (016) 971 3650	★★★★

NOT YET RATED

J&B Pub & Grill- Vanderbijlpark	not yet rated
Dros - Vanderbijlpark	not yet rated

SMS your review to 081 468 6594 - Restaurant Name + Rating out of 5. ONLY SMS'S FOR RATING.

For more information on Vaal Triangle Food Review's call 081 468 6594 or go to our Facebook page.

The public's review's have been tallied and some of the Restaurant stars has been shattered.

Above is the up-dated results of the review's.

Keep on sending your review's.



Distribution:

Should you have missed a hard copy, of the magazine go to our website's www.topvibe.co.za or www.topvibemag.mobi we distribute 25000 copies with an average of 125000 readers every month.

Vanderbijlpark:
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Sê jou Sê:

Het jy gedagtes, menings, stories of voorstelle om met ons te deel?
Stuur 'n e-pos: charmaine@topvibe.co.za of pos 'n brief na Posbus 60130 Vaalpark 1946.
GEEN naamlose briewe sal gelees word nie:- skryf asb jou naam en van agter op die koevert.

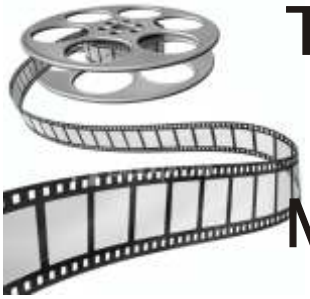
Die Kuns van vrouwees

Jy het my gedagtes en wese soos jy klei vervorm in woorde en musiek en stories nuut gevorm
met jou hande het jy my gedagtes geneem
my menswees aan beter dinge geleen
my van gister stil net weggeneem...

Ek het iets nuut in sagte hande geword
klei wat homself in homself weer nuut word 'n outydse Pelgrim
wat stil hande se fyn spore nalaat
wat net nooit ooit 'n woord praat..

Pierre van Niekerk ©





Top Vibe & STERKINEKOR VAALMALL Movie Review

JOU ROMEO



Cast: Ruan Wessels, Elani Dekker, Christopher Van Der Westhuizen, Row-Lean, Ruan Blum
Director: AndreVelts
Genre:RomanceRelease
Date:December 23, 2016
Our Rating:

In this teen romantic comedy two drama students, Yvette and Tyler enlist the popular guy in school, Marko Marais to play the role of Romeo in the school play. But the cool kids frown when Marko trades his cricket bat for some tights. Marko finds himself in a duel when he realises that Yvette is more than just a drama nerd, whilst she also realises Marko is more than a so-called jock, muscles and a nice smile. As rumours of their apparent romance start to surface, Marko has to step up, realise his dream and maintain his reputation.

Besides the charming and talented leads, the film had a strong supporting cast and fresh script that might have used some clichéd American plot points, but the writers gave it enough of a spin that it didn't feel rehashed and had more local flavour. The grownups were as entertaining as the kids and especially the Principal who could describe things in the most verbose Afrikaans ever. Cricket seemed a bit of a random sport to make idols out of (at my old school barely anyone ever showed up for its matches) but logistically it was probably easier. I also felt that Dekker's character's motivations and 'big secret' as to why she hates jocks fell completely flat. It was thrown out there and quickly reeled back in without it having any impact on the rest of the story, almost like a limp fish.

What was also well done was the new trend in movies to incorporate social media and text messaging in their narratives (because who calls anymore?) and these graphics flowed seamlessly throughout. They even went further and incorporated a social media diva in the story, which felt more like a grownup's interpretation of what kids think is cool these days.

Hopefully by now you did watch the movie if not go and make it a night out and have fun.
Sure you will enjoy it...

Take care and don't forget to grab a popcorn on your way in.

Good bye till next time xx

Pragtige gebed...

Here, help my om vandag al my selfsugtigheid en eie wil weg te was, Sodat ek U die res van my lewe met nederigheid kan dien.

Here, stryk vandag al die plooie, wat deur die jare versamel het, Uit my gees sodat ek net die mooi in ander sal sien.

O God, help my dat ek sal regmaak waar ek ander te na gekom het.

Here Jesus, help my om met die stoflap van U genade, die klein sondetjies wat in my hart skuil, weg te veë en skoon te maak.

O God, gee my asseblief die wysheid om die dinge te koop wat nodig is en nie wat ek begeer nie, omdat ek weet Here, geen aardse skatte weeg op teen dit wat in die Hemel wag nie.

Help my, Vader om die vrugte van die gees: Liefde, Vriendelikheid, vreugde, vrede, geduld, nederigheid, Sagmoedigheid, Getrouheid en Selfbeheersing aan my naaste voor te sit.

O God, ek het my huis vir U voorberei. Kom woon asseblief in my hart sodat ek die res van my lewe In U teenwoordigheid kan deurbring.



Dankie Here, vir al my wonderlike vriende wat hierdie Gebed gaan lees en weer gaan deel met iemand.

Here seën asseblief elke kliënt wat in hierdie tydskrif adverteer.

Amen

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Closing date 09 /02/2017 Winner will be announced 10/02/2017

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Happy Valentines Day
14 February 2017





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