



NEWSFLASH / 7 SEPTEMBER 2018

Dear Colleague,

1. SOUTH AFRICAN POLICE COMMEMORATION DAY

On Sunday, the 2nd of September 2018, the South African Police Service (SAPS) hosted its annual Commemoration Day ceremony in honor of 29 members who lost their lives in the line of duty between 01 April 2017 to 31 March 2018. The names of the 29 officers who died in the line of duty were added to the wall of remembrance.

During the ceremony, families, friends and colleagues of the deceased members and the leadership of the Department of Police laid wreaths as they paid their respects to the fallen heroes and heroines. I am requesting that we remember the bereaved families in our prayers, especially this coming Sunday. Where possible let us accompany them in this journey of bereavement with healing messages of hope. I call upon our pastors and members to work with the police in fighting the scourge of crime including police killings. Police members are a national asset and they need to be protected by all of us. One police killing is one too many.

Blessings!
MG Mahlobo

2. DEALING WITH STRESSFULL TIMES, REALIZING THE SANCTITY OF YOUR LIFE

Stress is part of our everyday life. We need to acknowledge that to ourselves and to our children. Denial is not helpful. As Spiritual leaders in our churches and communities, we need to create an openness for our members, young and old, as well as our children to talk about the stressful times in their lives and receive guidance on how to handle it.

I am saying this in the light of the fact that we are entering one of those stressful times again, as we do every year - when students at tertiary institutions and learners at school prepare for exams. During this time many of our young people feel stressed, they are worried that they are not adequately prepared and will not pass the exams. Some do not know how to handle these feelings and thoughts. They might feel that they are not "allowed" to express their concerns and worries, because it will show that they do not have enough faith.

The fact is: Most of us will at certain seasons in our lives, face times that are extra stressful and can shake us to our core. You can experience stress when you worry about things like your job, money, relationships, or a friend or family member who is ill or going through a difficult time. At those times, having strong coping strategies can make a big difference. During stressful times

(always actually) it is important to **look after your physical health, to get support, tackle your challenges and strengthen your Spiritual life.**

I would like to encourage you by sharing a few key guidelines contained in the document below. It can be downloaded from the AFM website from the following link:

<http://afm-ags.org/category/publications/newsflashes/>

I trust that this might be helpful to us as Pastors and those that we are leading and ministering to.
Henri Weideman

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