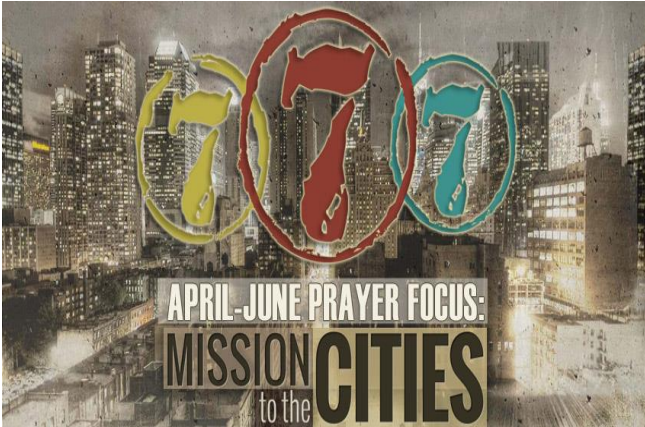


One of the key attributes in a Christian life is Prayer; we cannot grow in Christ in the absence of constant communication with Him. Prayer is also a focus area for the Revival & Reformation theme, and all throughout the world SDA churches are supporting the '777' Prayer initiative...

What is '777'?

God's people are praying **seven days a week at 7 a.m and 7 p.m** for the Holy Spirit's presence in our families, leaders, churches, and communities. Praying any hour, on the hour, a person will unite with thousands of others in another time zone around the world, bringing unity. "A chain of earnest praying believers should encircle the world . . . to pray for the Holy Spirit" (Review and Herald, January 3, 1907).



Prayer focus for April-June: Mission to the Cities

Mission to the Cities is an emphasis of the Seventh-day Adventist Church on sharing Jesus' love and the hope of His soon return with people in urban settings. It envisions initiatives in more than 650 of the world's largest cities, starting with New York City in 2013 and running through 2015. Outreach activities will be comprehensive (to address mental, physical, and spiritual needs) and will be ongoing, creating a lasting Seventh-day Adventist presence in the cities. Outreach methods include LifeHope Centers, community events, health seminars, small groups, women's ministries, youth ministries and reaping campaigns.



Our local mission

This year, as the Dube SDA Church, we also have a mission, and that is to reach out to the Dube community. The upcoming Effort will require that we dedicate ourselves in earnest prayer to the fulfillment of His mission. In the same way, let us pray for the resolution of the current challenges facing our conference.

Sivakhula eNkosini!

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Dube Village
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email address: dubesdachurch@gmail.com

Head Elder: Bro. Makhup Nyama
CellNumber: 0826119718

Church Clerk: Sis. Tumi Molwantwa
CellNumber: 0823892306

Departmental write-up

The month of June is Youth month, what is the Dube AY all about you ask...

The aim of the AY Dept is to help youth grow in their relationship with Jesus. Develop a deeper understanding of His will and intention for their lives. Experience a commitment to Jesus that will last a life time. To obtain the salvation of the youth, it is necessary to give them every possible opportunity to participate in all Adventist youth activities. By keeping youth actively preparing for more efficient service, they are protected from evil. It is necessary to place them in some activity as soon as they are ready. “Seeking the good of others is the way in which true happiness can be found” (Counsels on Stewardship, p. 24). The enemy will not prevail against youth who are actively engaged in the things of God. The triple purpose that God has outlined for His youth: That the youth may work for other youth, their church and their fellow men.

What have they been up to?

10 Feb – Prayer breakfast by Kesensteng Makhubela and the topic was “Brother’s keeper”

“We are responsible for sounding the trumpet and ensuring that as many people as possible are exposed to the Word. Thus, we are not responsible for the choices of our fellow men, but we have responsibilities to them”

16 Mar – AY Community Service Day

We visited the following pensioners and had Sabbath school with them in the comfort of their homes:

Mrs Leballo, Gogo Bacela (late), Ntate Fene (late), Gogo Msomi, Mrs Msibi, Mrs Ndlovu & Gogo Mosolodi

28 Apr – 4 May – Week of prayer by Pastor M Seoketsa and the theme was “Theme - Living Godly in a corrupt world”

“Godly or Worldly? That is the choice Peter says every Christian must make. There is no middle ground. If you are not making a diligent effort to grow as a Christian, you are being corrupted by the world and its evil desires. Knowing God is the key to Christian growth. Our knowledge of God benefits us in these ways:

- *It gives us grace and peace in abundance*
- *It provides us with everything we need for life and godliness*
- *It makes us productive and effective as Christians*



Ready for action, the Youth take a moment to pose for the camera before heading out to do community service.



Sharing a light moment with Mrs. Leballo

15 June – Youth Day theme was “The Path to Purpose”. The Devine service by Gilbert Gurira from Sandton

“The benefits from living a purpose-driven life:

1. *Knowing your purpose gives meaning and simplifies your life*
2. *Knowing your purpose motivates and focuses your life*
3. *Knowing your purpose prepares you for eternity”*

**Submitted by Sis. Sibongile Pinto
Dube Adventist Youth Department**

“A lifetime in Christ...”

Where and when you born?

I was born in Bergville in KZN, on the 30th of June in 1955 to the Mlangeni family.

Do you still remember your childhood/youth days?

I grew up in the rural area and that means we had cattle and land that needed plowing. We all had chores each according to age and capability - idling was not an option, when we got back from school we would go to the farm and work! Thereafter we would go back home, eat and all sleep on one mattress, this was an average day at home.

When did you get married, to whom and can you tell us about that part of your life?

I got married to Abion Mkhonza (now Nkosi) in 1977 on the 15th of August and we were blessed with 5 beautiful children. Marriage as God intended it - is a beautiful thing, but one has to decide whether they want to be happy or unhappy in it. I've learned that what's more important than love in a marriage is respect, without it you have no marriage.

Where did you work?

I worked as a domestic worker from a very early age. I was 13 when I came to Joburg to work then went back home when I was about 18 because I was really sick and tired of life in the city. Later my friends persuaded me to go back with them and I did, that's when I met my husband. I then worked at my brother in law's factory for years and which led to me being a seamstress/dressmaker as I am now.

Were you born in the Seventh Day Adventist church?

Growing up I really didn't care for church. My family was members of the Dutch Reform Church, I only went because I was told to, but I didn't like anything about it. Where I come from there was a lot of traditional dancing (indlamu) and that was my favorite thing to do! That's where I learned a lot of things like what young girls shouldn't eat and how one should behave. I was only introduced to the SDA church around 1979 through my brother in law who had already joined then. When he found the truth he didn't want to leave his family behind, so he would take us to bible studies and to church on Sabbath. I knew from the day I got there that that's where I wanted to be, I wanted to get baptized and be a member immediately. I liked everything they did, the program, the singing and the sermons; it was as if the pastor was talking directly to me!

How did being in the church impact your spiritual life?

It changed my life dramatically, my mind set and my perception about God and religion. Knowing that God had forgiven all, that He still loves me even after all I had done and that I also had the right to go to heaven warmed my heart and made me love Him with faithfulness and obedience.

Interview by Sis. Nomonde Bacela



What made you stay in the church until now?

I don't want to lie to you, but as I've told them at my house, that the day I leave this church it would only mean I've decided to stay home cause I don't see myself going to any other church. I've been to two other churches and none of them come close to what I have received in the SDA church. The only time I don't come to church is when I'm not in good health and I can't get out of bed, that's how much I love coming to church, it is my happy place! The fact that a few years ago I was so sick that I was sure I was going to die and that God woke me up and has kept me up, that alone is reason enough to praise Him for the rest of my life! Wangithatha la, wangibeka la, wangisusa la, wangibeka le...

What is your favorite hymnal?

Number 33 "uJesu uyangihola", 178 is one of the other ones that I like, but 33 is my life story! The last verse speaks to me deeply.

What is your favorite verse?

Luke 15, the story of the long lost son resonates with my life story, as well as Psalms 103 which talks about prayer and that is very important in a Christian's journey.

What do you think is different in today's times compared to the good old days?

A lot has changed since I was a child. The youth has more opportunities and resources. They have better schools, more information and how times have changed has worked to their advantage. With regards to respect, as much as they still have it, back then we had more respect for our elders. I've also noticed that some of you take good care of yourselves cause you find ladies your age who are childless and business minded and ambitious!

Is there anything you wish you could have done differently in your life?

Well the only thing I think I would change is the education I didn't get, where respect is concerned I think I carried myself as best as I could and I've continued even as I've grown!

What are you thankful for?

I'm thankful to the Lord for my family, my supportive children, for "abomakoti" who have since joined our family, as well as my wonderful grand children. I love them all very much!

It's Winter Season...

Time for Influenza, Common Colds, Respiratory Illnesses and Depression. Prevention is better than Cure, how do we Prevent, Treat and Recover from these ailments?

Remember the 8 Natural Laws—they are both Preventive and Curative

Nutrition, Exercise, Water, Sunshine, Temperance, Air, Rest and Trust in God - NEWSTART

1. Eat healthy and a lot of Oranges at least 4 a day, continue with Vegetables. Quality nutrition comes from whole plant foods, which are cholesterol-free and have the right balance of nutrients and natural fibre. Eating largely grains, breads, fruits and vegetables, and sparingly of nuts and other concentrated foods is a wise choice. Our bodies are better able to digest food in the morning than in the evening. Breakfast should be the largest meal.

2. Open windows so that there is cross-ventilation and dress warmly. Air is crucial to our health. Without air for only a few minutes we would not be able to survive. Pure air strengthens your immune system and increases cellular resistance to infections while aiding learning and giving relaxation. In the morning step outside and breathe deeply, then expel all the air in your lungs. Repeat this about 3 to 4 times. This will increase the oxygen levels of the cells and thereby detoxify, repair and rebuild the body functions. Have fresh air ventilating in your home day and night, even in the winter you should have a window open in your room to ensure a good night's rest. Exercise in the open air to promote good circulation.

3. Drink water to flush out impurities. Water is as essential to life as is food. Every function of the body is performed in a fluid state. Our blood is about 70% water and carries nutrients to the cells and waste products from them. Water should be used abundantly, internally and externally, every day. Water helps nature free the system of impurities.

4. Continue exercising; if possible take walks in the morning before 10 am to get adequate Sunlight, if not then between 3-4 pm. Exercise helps control the appetite, strengthens the heart and has a calming effect on the nerve. There can be no life without Sunlight. Most of the energy on the earth comes from Sunlight. Every person both young and old should have a moderate amount of sunshine on a daily basis. It will give a glow to your cheeks.

At all times we must remember that exposure to sunshine must be gradual and moderate. Over-exposure to sunshine is toxic and dangerous.

5. Sleep early daily so that the body can detoxify, repair and heal. Wake up early to have your early morning prayer.

6. Continue basic hygiene—cover mouth when coughing, wash hands with soap water, take warm baths regularly, change your clothes and underwear often and wash them. Change, wash and iron bedding as often. Make sure that the house is clean.

7. People often get depressed in winter; continue the **daily Vitamin doses of LOVE:**

Vitamin A - Give adequate **Attention** to those that you love (at least a minimum of 15 minutes).

Vitamin B - bear **Hugs** (touch is a remedy—it says you belong)

Vitamin C - share **Complements**

Vitamin D - be **Disciplined** in practising the vitamin doses of love

Vitamin E - **Encourage** one another

8. Honour to Sabbath, even if it's cold you need that rest and reconnection with your Savoir and Redeemer. Rest is one of the most basic healers known to man, a weekly rest is also vital for physical and spiritual betterment. We have six days to do all our work, the seventh day has been set aside for spiritual rest, so we can come closer to our Creator. "Remember the Sabbath day to keep it Holy. Six days shalt thou labour and do all thy work, but the seventh day is the Sabbath of the Lord thy God." Exodus 20:8-10. He has promised "Come unto me, all that labour and are heavy laden, and I will give your rest." Matthew 11:28. It is God's gift to us.

9. Avoid eating foods high in artificial sugars and fats, they depress the immune system. Temperance or self-control is having a totally healthy and balanced lifestyle in every way. It includes the proper ratio of work to play, personal time versus time with family and friends, right eating, right thinking and time spent with God. Temperance is moderation in every sphere in our lives. It includes more than just avoiding drugs, alcohol and over-eating. True self-control is avoiding those things that are harmful and using in moderation those things that are good.

10. A person whose mind is quite and satisfied in the Lord gains health to the body and strength to the soul. To Trust in God is particularly active in the areas of health and religion. In the health arena the Trust is particularly focused on those aspects of health that prevent illness and disease. Because Trust in God (peace of mind being one of the many benefits of trusting in God), the Trust also occupies itself with religion - specifically the Bible. Because the Bible concerns itself with all aspects of humanity, the Trust (following this lead from the Bible), also concerns itself with all aspects of humanity.

In conclusion:

"Beloved, I wish above all things that thou mayest prosper and be in health." 3 John 2

Submitted by Bro. Kgotso Maforah

SLOVO Disaster Relief

In the month of May 2013, the unfortunately event of fire befell the Mona family - our fellow members from the Slovo Church. The fire caught on to their shack as well as neighboring shacks.

Our church gave the much needed relief to the family and the neighbors. And the pictures herein tell it all.



The ruin, the fire destroying the shacks



The work, putting the pieces back together



The finished work, shelter from the cold



And blankets, to keep away the cold

***Blessed is
the hand
that giveth
than the one
that
receiveth!***

Easy Healthy Recipes

Cottage Pie

Ingredients

25ml conola oil

1 onion

1 cup frozen vegies

1kg vegetarian mince

Chicken Spice

2 tbsp Spaghetti bolognaise Sauce

2 tomatoes

75g Knorr Classic Brown sauce

4 potatoes : cooked and mashed

Instructions

Heat the oil and fry the onion. Add mince, add knorr spaghetti bolognaise sauce and mix well. Add the tomato and the mixed vegetables. Allow mince to cook for 10 minutes

When mince is cooked well pour into the casserole dish and then pour mash on top of the mince.

Bake for 10 minutes

Mint Caramel Tart

Ingredients

2 x 360g cans Caramel

65ml lemon Juice

2x 125 ml Orley Whip cream, stiffly beaten

3 x 50g peppermint crisp chocolate bars, coarsely grated or chopped

1x 200g packet Bakers Tennis Biscuits

Instructions

Whisk together the caramel and the lemon juice. Fold in the cream and set aside. Spray a square dish or a loaf pan with non stick spray and place a layer of Bakers Tennis biscuits in the bottom. Spoon one third of the caramel mixture over the biscuits and sprinkle with one third of the peppermint crisp, followed by a layer of biscuits. Repeat the layers until you have used all the ingredients, ending with a layer of caramel cream topped with a final layer of peppermint crisp.

Place in the fridge to set before serving

Recipes by Sis. Nomashiya Cakata

Publishing Department

*In this quarter the **Publishing Department** have managed to purchase books ranging from children's books to books suitable for the older pupils. The books have a wide variety of topics and categories such as parenting; marriage; religion and health. We advise the church to come and read or purchase these books, along with the rest of the books that have been long available in the library.*

The books purchased are as follows:

- *The carry along bible*
- *Young man*
- *Young woman*
- *Next superpower*
- *Daniel and the revelations*
- *To adolescents and to the parents*
- *Positive minds*

We encourage the church to take interest in these books in order to help the growth of the church in literature and personal growth.

*For more information on these books contact **Sis. Nonki Zulu** or **Bro. Ntando Ngcapu***

!!!Business Classifieds!!!

1. *Shamwari Mabatle-Makoala CC*

- *Construction & Civil*
- *Renovations*

Contact Bro. David Mabatle on 0834538333

2. *Ndaza Originalz*

- *Various designs*
- *Dress-making*

Visit www.ndazaoriginalz.wozaonline.co.za for more info

3. *Mabogo Landscapes CC*

- *Landscaping & Maintenance*
- *Irrigation*

Contact Bro. Denis Tebogo on 0837222361

EVENT CALENDER

2nd Quarter Upcoming Events!!!

- *3rd World Conference on Youth & Community Service – 1-13 July 2013*
- *Health & Temperance – 13 July 2013*
- *Music Day – 20 July 2013*
- *Dorcas Day – 27 July 2013*
- *Women’s Ministries – 10 August 2013*
- *Children’s Day – 17 August 2013*
- *Dube SDA Effort – “This same Jesus” – 18-31 August 2013*
- *Annual Choral Music Festival – 23-25 August 2013*
- *Day of Sacrifice – 07 September 2013*
- *Holy Communion – 14 September 2013*
- *Health & Temperance – 21 September 2013*
- *Westrand Camp Meeting – 22-29 September 2013*

Don’t miss out, inspiration is guaranteed!

!!!2nd Quarter Birthdays!!!

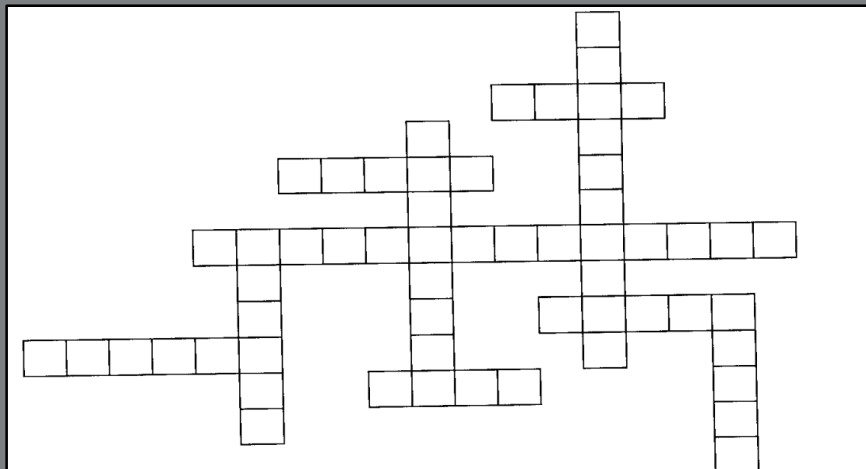
The following members celebrated their birthdays during the second quarter:

*“For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— 9 not by works, so that no one can boast” **Ephesians 2:8-9***

May you continually grow in faith through His grace!

<i>Daphne Hleza</i>	<i>9-Jun</i>
<i>Senele Khumalo</i>	<i>4-Apr</i>
<i>Xoliswa Maphuma</i>	<i>20-Apr</i>
<i>Ezrom Menze</i>	<i>6-Apr, 1943</i>
<i>Lebo Moepeng</i>	<i>15-May</i>
<i>Victor Molopi</i>	<i>2-May, 1962</i>
<i>Dimakatso Mookodi</i>	<i>27-Jun</i>
<i>Shirley Motea</i>	<i>16-Apr</i>
<i>Thabo Motea</i>	<i>1-Jun</i>
<i>Shimane Msibi</i>	<i>14-Apr</i>
<i>Faith Msimang</i>	<i>1-May, 1939</i>
<i>Ntando Ngcapu</i>	<i>30-Jun</i>
<i>Zola Ngcapu</i>	<i>3-May</i>
<i>Sizwe Nkosi</i>	<i>15-Apr</i>
<i>Emily Rantsho</i>	<i>12-Apr, 1935</i>
<i>Modi Rapesiwa</i>	<i>4-Jun</i>
<i>Tebogo Rapesiwa</i>	<i>3-Jun</i>
<i>Thulani Sibeko</i>	<i>10-Apr</i>
<i>Nomonde Bacela</i>	<i>30-Jun</i>

Study to show thyself approved unto God, a workman who needeth not to be ashamed, rightly dividing the word of truth. 2 Timothy 2:15. It's puzzle time! Be the first to figure out these puzzles and win a prize... Submit your answers to nonhlanhla.tebogo@yahoo.com or mcakatha@gmail.com



- David
- David
- Esther
- Joseph
- Methuselah
- Nebuchadnezzar
- Paul
- Peter
- Ruth
- Zecharia

“Your word is a lamp for my feet, a light on my path...” Psalm 119:105

U	E	F	R	I	G	H	T	E	O	U	S	N	E	S	S	D
X	O	V	X	C	J	J	G	P	O	P	U	T	Y	A	O	P
S	G	D	S	C	W	O	T	B	T	P	V	S	N	S	I	J
U	L	M	M	D	L	M	S	U	A	N	V	M	D	E	Y	U
Z	L	H	A	U	D	Q	X	H	N	C	G	N	D	R	V	D
T	J	S	A	L	J	J	R	L	U	Q	O	Q	S	P	G	G
B	Q	A	Z	T	A	G	Q	X	Y	A	E	E	R	E	E	E
K	N	B	B	O	E	C	P	Y	M	F	S	K	S	N	N	M
W	C	B	V	K	O	J	H	Q	L	O	U	T	G	T	E	E
H	J	A	A	D	J	O	N	I	M	K	E	B	D	I	S	N
M	X	T	O	U	D	Y	G	H	K	H	H	J	I	K	I	T
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A	Y	A	A	M	Y	A	R	N	A	P	V	U	P	D	K	Y
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J	E	S	U	S	R	U	W	C	Z	V	N	U	Q	K	F	K
F	A	I	T	H	E	Z	N	R	N	J	O	Q	H	A	Y	G

- Dube
- Noah
- faith
- Jesus
- Moses
- heaven
- Joshua
- Genesis
- Malachi
- Sabbath
- serpent
- Habakkuk
- Prophets
- judgement
- righteousness