



WEDNESDAY, 09 SEPTEMBER 2026

TRINITY PRESBYTERIAN CHURCH

"We would see Jesus and be transformed into His Likeness"

Dear Friends,

I have been reading a book called "New Seeds of Contemplation" by the late Father Thomas Merton, a Trappist monk. It is not the kind of reading one does before going to bed and to enjoy 'switching off'. It is a deeply reflective book on contemplation and has been insightful for me as I desire to enter into greater contemplative practice yet find the distractions of city living and my own mind to be obstacles.

There are two reasons for me sharing this with you. The first relates to the idea of hope, which has been somewhat of a personal journey. The second relates to the sermon I preached this last Sunday.

Firstly, in a chapter called, simply, 'Sentences' Merton writes some one liners which don't have too much connection. The first sentence is this:

"To hope is to risk frustration. Therefore, make up your mind to risk frustration."

Our ultimate hope is in Jesus Christ, a living hope, a hope which is alive (1 Peter 1:3). But there are many other ways in which we hope, holding onto and working toward a good and better future or outcome. In these, perhaps 'lesser' hopes, there is risk of frustration and disappointment. To avoid frustration is to embrace pessimism. The people of God are a people who have hope and so, though we risk frustration in the lesser hopes, we have confidence in the great hope of Christ's dwelling and indwelling presence.

Secondly, Merton writes a chapter titled 'Integrity.' He does not define integrity, he writes about the expression of integrity. The main idea is that a person must be who they are and not try to be someone else. To be who we are means we must find out who we are. That is a journey which takes time and is not simply a matter of saying, 'This is who I am.' Paul encourages the church that they are 'citizens of heaven', they are people 'in Christ'. Their living, and behaviour, reflects who they know themselves to be. So, by encouraging them to live a life worthy of the gospel is an encouragement to get to know who you are, which can be discovered by knowing whose you are. Merton writes:

"Many poets are not poets for the same reason that many religious men are not saints: They never succeed in being themselves. They never get around to being the particular poet or particular monk they are intended to be by God. They never become the person or the artist who is called for by all the circumstances of their individual lives. They waste their years to be some other poet, some other saint."

He goes on to suggest that hurry is what ruins the chance of a person becoming who they are. The hurry to become something they think they ought to be – to be successful or accepted. He then goes on and links integrity with humility:

"Humility consists in being precisely the person you actually are before God, and since no two people are alike, if you have the humility to be yourself, you will not be like anyone else in the whole universe...it takes heroic humility to be yourself and to be nobody but the person, or the artist, that God intended you to be."

This, I think, is more difficult today than it has been in the past. We are bombarded with short reels of the glamor filled life and the highlights of an exciting, fun, happy life. With the ubiquity of the cell phone camera and the ability to share videos instantly, there is the hesitance, especially of young people, to risk being themselves, to do anything which might be captured and shared with the world who will make a judgement about who they are.

What I shared on Sunday was that Integrity is behaving in the way that is worthy of, represents, the gospel wherever we are – home, work, church, sports field etc. – and humility is thinking of one's self less, not thinking less of oneself. It is being who we are as new creations in Christ, discovering our identity as citizen's of heaven, having a living hope through the resurrection of Christ from the dead.

So, may you and I be who we are and not try to be someone else before God and with one another. We will be transformed into the likeness of Christ as we discover in His presence that we are loved.

With awe-filled appreciation,
Iain



(Iain Kemp)

Following on from last week's song of the week I have chosen another song by Tenth Avenue North. This is an encouragement song to "Take Heart" which comes from Jesus' words to the disciples, 'Take heart, I have overcome the world.' (John 16:33) Jesus tells his followers that despite the troubles they will face in the world, they can find peace in him because he has already overcome the world. It serves as a message of hope and encouragement during difficult times.

"Take heart" by Tenth Avenue North – <https://youtu.be/GkPJOOXw9dg?si=V6PDpjfYNPXnNVt>

Spotify: <https://open.spotify.com/track/3zHGbfxyMGkPMvwGXXongS?si=205a41d3eb9a4918>

Apple Music: <https://music.apple.com/us/song/take-heart-feat-rend-collective/1812754823>



“Our Purpose is to GROW DEEPER! Grow deeper with God, in Relationships with each other, by creating Opportunities for ministry and as Witnesses.”

Friday night Youth – Junior and Senior Youth on Fridays

Sunday School on Sundays at 09h00

Check out the WhatsApp group or contact Ross for more information

What's coming up....

Seniors Social Gathering

10 SEPTEMBER • 9:30 AM

Trinity Presbyterian Church

IT'S QUIZ TIME.

Join us for a fun filled morning with Ross
Light-hearted questions, plenty of laughs.

- Gentle seated Chair exercises with Viv to get warmed up
 - Easy listening tunes in the background by Ian
- End the morning with refreshments and a catch-up.

Everyone is welcome — bring a friend along



*6 Thinking Hats:
Brewed for Better Thinking*

Putting Thinking on The Table



Facts



Benefits



Feelings



Creativity



Caution



Process

Join us as we explore six ways of looking at Scripture.

Date:

19 September 2026

Time:

11:00 AM - 1:00 PM

Venue:

Trinity

Open to all teens and young adults



*The
Bethel
Series*

Blessed to be a Blessing!

Come and join us as we explore the Old Testament theme “**Creation and Covenant**”.

A 10 part series focusing on the books of Genesis to Leviticus.

Monday nights at 7pm

Beginning 21 September 2026

Cost: R450 printed booklet or R300 digital version (covers the whole of the Old Testament)

- ❖ Ever tried to read through the whole bible? Ever wonder how the books of the bible tie together?
- ❖ Bethel is a biblical course that explores the overview of the bible using pictures to help remember key concepts.

Register by 16 September 2026 using the google form link below or by contacting the church office

<https://forms.gle/TpM9ELzcdTwAkFck7>

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Discover your place and purpose in God’s plan through the Bethel Series Course—a transformative Bible study experience designed to deepen your faith and understanding. Grounded in Scripture’s power to “throw a beam of light in [your] dark path” (Ps 119:105, The Message), this course equips you with a comprehensive overview of the Bible, revealing God’s character, His purposes, and how to live rightly toward Him, others, and yourself. Unlike selective studies, Bethel reconnects you with the full context of Scripture, using vivid pictures, clear teaching, practical assignments, and guided reading to help you retain key truths, interpret God’s Word accurately, and grasp the Bible’s unified story from Genesis to Revelation. Whether you’re new to faith or seeking renewal, Bethel shapes you “for the

tasks God has for us" (2 Tim 3:17, The Message)—sign up today and let God's "sharp as a surgeon's scalpel" Word (Heb 4:12, The Message) transform your life.

TRINITY PRESBYTERIAN CHURCH
PRESENTS
SPRING FUN WALK


RUN
5KM


WALK
2.5 KM


TALK
CONNECT

DATE
 **10 OCTOBER**

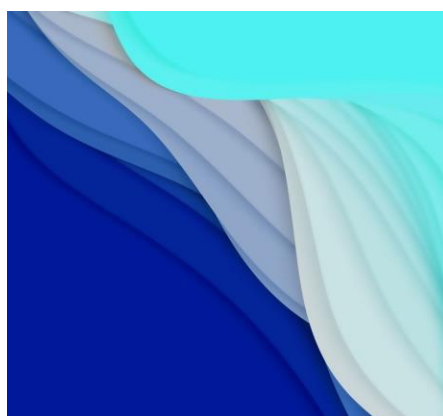
REGISTRATION TIME
 **08:30 AM**
RUN/WALK START
09:00 AM

COST
 **R30 ADULTS**
R20 U16

PRIZES TO BE WON
BEST DRESSED: BEES & BLOOMS

 **BACON & EGG ROLLS - R50**
TEA/ COFFEE & MUFFINS
FOR SALE

FOR CATERING PURPOSES RSVP:
BETH 082 659 0547
OFFICE 011 453 7729
ROSS 082 920 8406



OUT NOW!

The latest issue of
Faith for Daily Living
for
September/October
is available in the
foyer and from the
office

In line with the POPI Act, if you do not wish for your photo or information to be shared on church platforms, please contact Felicity at office@trinitychurch.co.za or 011 453 7729

Giving

Please take note:

EFT Payments

We would like to ensure that the payments made to Trinity towards tithing, retiring offerings, food bags etc are allocated correctly. In order to do this, please would you ensure that the reference shown on your payment has the correct beneficiary.

For Tithing, please use the following methods:

TRINITY PRESBYTERIAN CHURCH,
STANDARD BANK
CURRENT ACCOUNT
NUMBER: 42 448 2088,
BRANCH: 016 342

Zapper QR Code

