

24 July 2022

cnr. Edmond  
Rostand &  
Chantecler  
Roads,  
Eversdal  
P.O. Box 351,  
Durbanville 7551



## SERVICE TIMES

### Bible Study & Sunday School

Bible Study 9.00- 9:45 AM.  
Sunday School 9.00-9:45 AM  
Young Adults 9.00- 9:45 AM.  
Youth 9.00- 9:45 AM.

### Sunday Worship

10.00 - 11.15 AM.  
PM Suspended for time being

*Living a new life in Christ*

*From the desk of Dereck...*

## **Do not Play the Victim**

There may be a chance that you would be the victim of a series of unfortunate events. Things like that happen. However, having a victim mindset is not a healthy thing. Most of us have done it at some point. A classic is, **"It's not my fault, he made me get mad!"** It is not uncommon to hear people pass the blame of their own responsibilities. To someone with a victim mindset nothing is ever their fault. Everything happens to them, and life is out to get them. This can develop from not learning proper coping skills as a child, an unhealthy process of dealing with real trauma, or a deep need for attention.

**Those that play the victim do not consciously make that choice.** They seek the reward of their efforts. Some of this includes not having to take responsibility for anything, other people lavishing you with attention, and other people feeling sorry for you. There are others, but you get the point. The self-proclaimed victim needs to be the centre of attention. While they may see themselves getting what they want, they will never get to a place where life is good. If they did, they wouldn't get the attention that they have become dependent upon.

**What would your friend need to do to stop being a victim?** Here are some things to think about. They should change their blame language from "you" to "I" and take responsibility. They need to see themselves as a survivor of whatever the trauma was. They should be kind and compassionate towards themselves and seek help to articulate the pain and come to terms with their own healing. Explore your mistaken beliefs or misconceptions that may have gotten them to this point. Ask, "What thought is creating this suffering?" Practice being thankful and seeing the good in their lives. Affirm self-responsibility and perform an act of kindness for another. These things will help them move to a healthier place in their hearts.

**Here are some suggestions on how you should work with a self-victimiser.** Make it their problem, "How do you want to fix this?" Agree wholeheartedly that their life is horrible, maybe they will pump the brakes and the reverse psychology will work. Don't give advice. It is a waste of time. Until they fix the thing that got them here, they will always want to be the victim. Realise that everyone is entitled to their beliefs, right or wrong. It's okay if they are wrong. Surround yourself with friends to get a healthy perspective. Don't let them make you feel like the antagonist. Keep doing what is right, no matter what the victimiser says.

Unfortunately, this is a very popular coping mechanism right now. You will have to deal with it. Hopefully this has been helpful to prepare and be aware of this mentality.

I hope that this very brief discussion of an otherwise complex problem will help

Love in Christ, Dereck

### **CONTACT DETAILS**

**Landline:** 021-975 4405 **Website:** [www.churchofchrist.org.za](http://www.churchofchrist.org.za)

**Email - Secretary:** [office@bcoc.za.org](mailto:office@bcoc.za.org)

**Minister:** Dereck Beukes 082 909 3848

**MINISTRY FACILITATORS**

**Worship:** Don Griessel 082 495 5699

**Sunday School:** Charles & Tish 083 779 8556

**Finance:** Bradley Dearham 083 467 0943

**World Bible School:** Desiree Human 060 501 8540

**Prisons:** Stephen Leibbrandt 084 790 7721

**Benevolence:** Johan Gerber 083 233 4726

**Maintenance:** Stephen Leibbrandt 084 790 7721

**LADIES BIBLE CLASS**

Tuesdays at 10am

Contact: Sue 063 779 9914 or Ali 084 5584 508

**MID WEEK BIBLE STUDY CLASS**

Wednesday 7.00 - 8.00 pm

**SMALL GROUPS**

**Thursday evening group, Bible Study**

Thursday 7.00—8.00pm

Contact: Johan G 083 233 4726 or Darryn 072 385 9062

**YOUTH FRIDAYS** 18H30—20H00 (alternates)

**Kids for Christ Grade 2 to Grade 7**

Contact: Tish 084 398 8556 or Gaynor 072 111 5220

**YOUTH Grade 8 to Grade 12**

Contact: Johan & Gaynor Pienaar 083 456 0791

**PRAYER REQUESTS**

*Those who are ill/surgeries:* Eric Bresler, Stephen Leibbrandt, Dennis Stubbs, Kaiden Jacobs, Kyle Grunewald, Erroldene Davids,

*The bereaved:* Our prayers are with all those who have lost loved ones. May the God of comfort be with you.

*The elderly & those in need of prayer:* SA Bible College, our country & leaders & world leaders, the frontline workers, doctors & nurses and those affected by the war in Ukraine.

**HAPPY BIRTHDAY**



|                    |        |
|--------------------|--------|
| Anthony Diedericks | 27 Jul |
| Cheryl McGregor    | 28 Jul |
| Mario Idas         | 28 Jul |
| Ella Jäck          | 30 Jul |
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**HAPPY ANNIVERSARY**

HD & Denise Botes—30 July

**TUESDAY LADIES' CLASS**

Teaching: Caren

Book: She's got issues

Lesson: Know fear, No Fear?

Announcements & prayer: Sue

**THURSDAY GROUP**

Durbanville group meeting at the home of Geoff & Steph Jäck.

Males will be teaching.

Please contact Johan Gerber 083 233 4726 for details.

For Malmesbury/Paarl details please contact Darryn McLachlan 072 385 9062



**BELLVILLE FOOD BLESSING**

If you would like to contribute to the frozen food ministry for those



*Stay Safe, Stay positive  
Stay connected  
You are loved*



**SUNDAY SCHOOL 9am—9:45am**

| DATE               | 24 July           | 31 July           |
|--------------------|-------------------|-------------------|
| <b>Age 2 to 4</b>  | Age 4-7 classroom | Age 4-7 classroom |
| <b>Age 5 to 7</b>  | Age 4-7 classroom | Age 4-7 classroom |
| <b>Grade 2 - 4</b> | Gd 2-3 classroom  | Gd 2-3 classroom  |
| <b>Grade 5 - 7</b> | Gd 2-3 classroom  | Gd 2-3 classroom  |

**THIS WEEK 24 July 2022**

**NEXT WEEK 31 July 2022**

| THIS WEEK 24 July 2022           |    | DUTY ROSTER        | NEXT WEEK 31 July 2022 |    |
|----------------------------------|----|--------------------|------------------------|----|
| AM                               | PM |                    | AM                     | PM |
| Don Griessel                     |    | ANNOUNCEMENTS      | Dereck Beukes          |    |
| Don Griessel                     |    |                    | Criston Sloan          |    |
| Tendani Mabuda                   |    | LORD'S SUPPER      | HD Botes               |    |
| Harrison Markotter               |    | SCRIPTURE & PRAYER | Johan Gerber           |    |
| Robert, Harrison, Tendani, André |    | AM SERVERS         | Don, Allen, Josh B, HD |    |
| Johan Gerber                     |    | PREACHING          | Dereck Beukes          |    |
| André Botes                      |    | CLOSING PRAYER     | Johan Pienaar          |    |
|                                  |    | COMMUNION          |                        |    |
|                                  |    | FLOWERS            |                        |    |
| Harrison                         |    | Sound              | Charles                |    |

**FINANCES**

Year-to-date **budget**  
(May 2022) - R 540,000  
Year to date **actual**  
(May 2022) - R 508,348  
Year-to-date - **shortfall**  
(May 2022) - R 31,652  
*God bless you as you excel in your giving - 2 Cor. 8 : 7*



**BANKING DETAILS**

**NEDBANK**  
ACC Name: Bellville Church of Christ  
Cheque Acc. Nr: 1036015041  
Branch Code: 103610