

THE LIFESAVING EPIPEN

If allergic to bee stings, your first defence against bee or wasp stings is an emergency epinephrine autoinjector (EpiPen, Auvi-Q, or another), as prescribed by a doctor.

This device is a combined syringe and concealed needle that injects a single dose of medication when pressed against your thigh.

Because you never know when you will face a potentially deadly encounter with these little insects, it is vital that you always have your prescribed autoinjector with you. Always be sure to replace epinephrine at its expiry date. It is vital that not only you, but the people who are close to you, know exactly how to use an autoinjector in cases of an emergency. Consider wearing an alert bracelet that identifies your allergy.

Instructions for using an EpiPen

The EpiPen auto-injector is a disposable, pre-filled automatic injection device that administers epinephrine in the event of a severe allergic reaction.

You don't have to waste time to remove your

Jobfinder

Building of swimming pools, tiling and painting. Contact 072 016 4898 for a free quotation.

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NEW WAY CHRISTIAN CHURCH

Services: Sunday Morning: 9:00. C/o Judith & V d Bijl Street (Old Standard Bank Building) | Billy Pring 082 455 5165 |NWCC Thabazimbi | newwaychristianchurch.yolasite.com

HERVORMDE KERK NORTHAM

Dienstye: Sondae oggende: 8:30
Op die Brits pad. Kontak: Ds. Kiewiet van Deventer 082 881 2595

NG KERK NORTHAM

Dienstye: Sondag Oggend: 9:00.
Venter straat 6, Northam. Kontak: Ds. Marius Hurter: 082 331 9216. Kantoor: 014 784 0915

PINKSTER BEWEGING THABAZIMBI

Dienstye: Sondae oggende 9:00 en Sondae aande 17:00. Jeug: Maandae aande 19:00. Selgroepe: Donderdae aande 19:00. Thabazimbi en Setaria.
kontak Colette op 076 990 8991
Ons Bid ook elke aand 18:00 vir gebedsversoeke kontak Ina op 083 639 9658
Deena str 11 Thabazimbi, Pastore Bakkies en Elna Eayrs 078 195 3851

GEREFORMEERDE KERK THABAZIMBI

Dienstye: Sondag Oggend: 10:00
H/v Frikkie Meyer straat en Knoppiesdoring laan. Epos: kantoor@gktbz.co.za |
Gereformeerde-Kerk-Thabazimbi
http://www.gktbz.co.za

LEWENDE WOORD SWARTKLIP

Dienstye: Engelse diens: 8:00 / Afrikaanse diens: 9:30. Aanddiens : 18:00. Hoek van Sering en Soetdoring straat Swartklip. Kontak: Pastoor Donnie van Tonder by 079 896 0260

OU APOSTOLIESE KERK SWARTKLIP

Dienstye: Sondag Oggend: 8:30 / Maandae - Vrydae Aande: 18:30. Kersboom 3, Swartklip. Kontak: Broer Louw Sevenster.
Sel: 064 909 4751

BROKEN VESSELS

Vroue Bediening/Women Ministry | Thabazimbi Thursdays | Setaria Wednesdays | Counselling for Women & Children | Michelle Pereira | 073 020 4542.

PPK THABAZIMBI

Dienstye: Erediens - Sondae 10:00, Bybelskool - Maandae 17:30, Vroue Byeenkoms - Woensdae 09:00 en Gemeente Biduur Woensdae 18:00. Kontak 083 459 1751

- trousers as it can be injected through clothing.
- Firstly, remove the EpiPen auto-injector from the carrier tube.
 - Grasp the pen and make sure that the orange tip is pointing downward.
 - Remove blue safety cap by pulling straight up, do not bend or twist. Remember: blue to the sky and orange to the thigh.
 - Place the orange tip against the middle of the outer thigh at a 90-degree angle.
 - Swing and push the auto-injector firmly into the thigh until it makes a 'click' sound.
 - Hold firmly in place for three slow seconds – count slowly: '1 Mississippi, 2 Mississippi, 3 Mississippi'.
 - Remove the pen and rub the area firmly afterwards, to help the absorption of the adrenaline.
 - Start CPR if the person becomes unresponsive.
 - Contact emergency services.



CHURCHES / KERKE

SHAMMAH FAMILY CHURCH MINISTRIES

'n Tweektalige Pinkster Kerk wat te Bonanza gronde geleë is, almal welkom. Dienstye Sondae oggende 08:30 en aanddienste om 18:00. Woensdae oggende om 10:00 Vroue biduur en Evangelisasie uitreik. Donderdae aande om 18:00 Biduur. Vrydae oggende 10:00 Vroue en Mans Lering byeenkoms. Kontak gerus kantoor vir enige navrae - Susan Kloppers 082 820 5603.

BOSVELD FAMILIE BEDIENINGE

Woensdae aande om 6:30 tot 8:00. Gebed en persoonlike bediening. Ons bid saam en deel vanuit die Woord van God. Ek kan ook gekontak word op WhatsApp by 079 165 9860 vir berading en gebedsgenesing of selfs net vir n oor om te luister. Pastoor Annatjie Breedt

NG KERK THABAZIMBI

Dienstye: Sondae oggende: 9:00
Op die hoek van 10de Laan en Berg straat. Kontak: 014 777 2183

PPK THABAZIMBI

Dienstye: Sondae oggende 10:00, Sondae aande 18:00. Bidure: Woensdae oggende 09:00, Woensdae aande 18:00
Jourdan straat 2 (Reg langs Kumba bioskoopsaal). Vir navrae skakel gerus: Pastoor Dion & Belinda Cilliers 083 459 1751.

TRUE LIFE MINISTRIES

Located in Thabazimbi between Ysterberg Primary School and Transnet Location. Invites you to attend its services: Sunday 10:00 - 13:00 normal service and 18:00-19:30 Praise & worship, Monday 18:00 -19:30 fasting & prayer, Friday 17:00 - 18:30 Youth service, Saturday 15:00 - 16:00 Ladies services. For more information contact pastor SA Mnisi at 082 936 5393

WORD OF LIFE MINISTRY

Located in Northam Mojuteng, Ramotlhodi street, Word of Life Ministry invites you to attend its services: Sunday 10:00 - 13:00 normal service, Tuesday 18:00-19:00 fasting and prayer, Friday 17:00-18:30 youth service and Saturday 15:00-17h00 praise and worship. For more information contact pastor PB Khumalo at 072 335 2580 or pastor P Khumalo at 072 527 2732.

National Boys' Day: RAISING MEN OF THE FUTURE

South Africa – Wednesday 27 May was National Boys' Day and the South African Male Mentorship Network (SAMnet) would like to see the boys of today become the men of the future. It is only possible if boys are taught from an early age that responsibility is part of love.

According to SAMnet spokesperson Erna Rheeder, the majority of social issues in communities are rooted in a lack of love and respect. "Loving people is men's primary responsibility. Men must be responsible for future men; the young boys looking for fathers."

We asked a few teens to describe their dads and got the following answers:

- Edward: My manhood comes from my father. My father is the reason why I am so kind, gentle, loving, caring and humble.
- Jenny: He is my father as well as my haven. When darkness and the hurt of the world are all I see, my father is always there for me to call on.
- Leah: You are the one who taught me how to forgive.
- Julie: My dad is the best Dad ever. I am extremely grateful that he has not given up on me.
- Alison: Oh Dad. Nothing could describe how much you mean to me.
- Gregory: He motivates me, directly and indirectly, to improve myself and become a great father.

The sad thing is that these testimonies are in the minority and the opposite is the order of the day. About 65% of our children grow up without their fathers. Our outcry is: Men, let us take up the responsibility and love our boys

into being great men and fathers one day.

We want to challenge boys to become great men. We do not become great men by hurting others. And we do not become a wonderful man with alcohol and drugs in our veins.

- Great men love and respect others...
- Great men love and respect family...
- Great men respect the small day-to-day rules that guide our lives...
- Great men respect the law...
- Great men do all this because they are **great men...**
- Allow other **great men** to mentor you and lead you to greatness...

SAMnet, South African Male Mentorship Network, aims to re-establish men as husbands, fathers and leaders to the benefit of the family and society. We do this by building and empowering organisations and people involved in mentorship to boys and men.

SAMnet devoted May 2020 to the healing, mentoring and greatness of the boy. Spokespersons across the country are available to share their experience of raising boys to be great men.

Contact Jaco van Schalkwyk on 084 7777 114, Russel Fagan on 076 641 0958 or Erna Rheeder on 084 383 9417 for more information.



SOULFOOD

ROMANS 8

¹Though I speak with the tongues of men and of angels, but have not love, I have become sounding brass or a clanging cymbal. ²And though I have the gift of prophecy, and understand all mysteries and all knowledge, and though I have all faith, so that I could remove mountains, but have not love, I am nothing. ³And though I bestow all my goods to feed the poor, and though I give my body to be burned, but have not love, it profits me nothing. ⁴Love suffers long and is kind; love does not envy; love does not parade itself, is not puffed up; ⁵does not behave rudely, does not seek its own, is not provoked, thinks no evil; ⁶does not rejoice in iniquity, but rejoices in the truth; ⁷bears all things, believes all things, hopes all things, endures all things. ⁸Love never fails. But whether there are prophecies, they will fail; whether there are tongues, they will cease; whether there is knowledge, it will vanish away. ⁹For we know in part and we prophesy in part. ¹⁰But when that which is perfect has come, then that which is in part will be done away. ¹¹When I was a child, I spoke as a child, I understood as a child, I thought as a child; but when I became a man, I put away childish things. ¹²For now we see in a mirror, dimly.

NEW KING JAMES VERSION (NKJV)