"WHY ARE YOU TRAUMATISING THE OLD LADY? 😊"

My dear friends,

It's a bit of a shock to the system when you hear someone calling you an old person 😊

Uber accidentally sent two cars to get me – so the second car's driver called me when I was well on my way to Robert's house, complaining terribly about how he came from far to get me, I should have cancelled him, what is he supposed to do now? ….. on and on and on he went, and then asked to speak to the present driver, who said to him,

"*why are you doing this my brother? This lady did not order the uber, her son ordered the uber, she does not have and app, why are you talking like this to her,* ***you are traumatising the old lady***! 😊"

A most beautiful, cool, big, round glass, that looked almost like a small fishbowl, greeted me from the kitchen counter on my arrival at my son's house.



It was filled with an inviting pink drink, all accessorized with ice blocks and lemon – so I took the liberty of having a delightful sip of its contents - it was FABULOUS and just what a hot, thirsty, traumatized old lady, who thought she might be being kidnapped, needed.

"*Do you like it*?" I was asked. "*Oh yes! It's lovely*" I responded. "*Well, you can have it all, I'll make myself another one*." YAYNESS! I downed the contents, only to discover that I'd just had a **double** gin and tonic.😊

I didn't give myself a chance to see if I might be drunk – I went straight to my room to have my afternoon nap so that nobody would need to be embarrassed by a, possibly intoxicated old lady 😊



It's **the big family joke now** that I, of all people, drank this full glass of strong alcoholic drink 😊

Before Christmas I preached my last message for 2025,

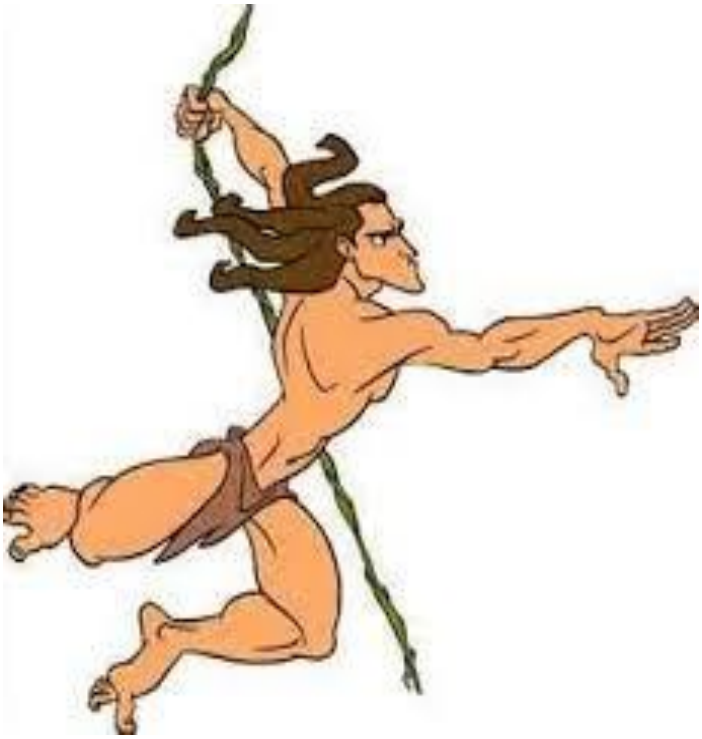
"**To celebrate Christmas, or to not celebrate Christmas, that is the question**."



It was all about cultures, traditions and misinformation - and what unnecessary conflict arises between friends or family members around this issue.

LETTING GO

Then, after having a blessed time in Johannesburg and Pretoria over Christmas and New Year – I preached my first message for 2026 about **letting go – so that we can move forward.**



Years ago I found an illustration of Tarzan, who is not in the bible of course 😊, how he swings from vine to vine, grabbing the new vine, letting go of the old vine.

Sometimes the next vine is far away, and he has to take a leap of faith, by letting go of the present vine before he can grab the next one.

If he holds onto the old vine, he will never move forward.

Paul talks about counting all his achievements and possessions etc. as **loss,** or **rubbish,** so that he may gain Christ. Philippians 3:7-11

Sometimes in **our** lives things have to "die", or we have to "let go" of certain things – it could be relationships, sin, bad habits, things that control us, or hinder us from moving forward practically or spiritually John 12:24 -26.

ONE WORD

Every year, instead of making a New Year's Resolution, that I know I will break within the first week of the New Year, I choose a word that I

want to be "me" for that year. It's like speaking a word prophetically over your life for the year.

Paul's "one word" was **forget** and press toward the mark **for the prize** of the high calling of God in Christ Jesus"**.** Philipp 3:13,14

* Moses says "I look to the reward" Hebrews 11:26

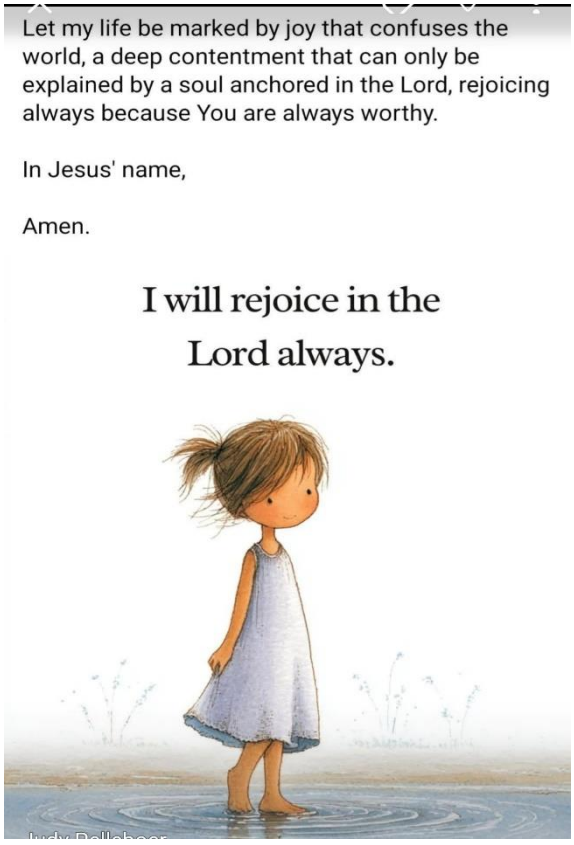
* Others said - we're looking to the city that **God** has prepared for us" Heb11:16

◆◆◆◆◆

My heart broke in 2025 because Gj left us for heaven and I miss him still, but when I look at the goodness of God towards me over the last 5 years of his illness – through all the sorrow and the pain – GOD WAS MY HELP

My one word for 2026 can be none other than

"REJOICE"



And it came to me from Psalm 63 …

God carried me on His eagles wings from 2025 until I could start coming into wholeness in 2026.

"BECAUSE You have been my HELP Lord, therefore, in the SHADOW OF YOUR WINGS I will sing and REJOICE!

You have turned my mourning into dancing; You put off my sackcloth and clothed me with GLADNESS

To the end that my soul can SING and NOT BE SILENT."

🕯🕯🕯

This little prayer says it all:-

"let my life be marked by joy that confuses the world. A deep contentment that can only be explained by a soul anchored in the Lord, rejoicing always **because You are always worthy**."

What would **your one word** for your year be this year? Do share it with me – I'd love to hear it.

Friends, it might sound odd that I can rejoice – and yet I still shed some tears at a memory, or a song. I have found that joy and sorrow can exist at the same time. This poem kinda explains what I am trying to express:



"Sadness and gratitude
are not mutually exclusive,
neither are grief and joy.

My heart is wide enough
to hold them, and when the holding
is hard, I remember
that I am never on this
journey alone.

For that, I give thanks."

Thank you for being in my life.

I have this incredible sense of, "I'm back!"

And I know that my "recovery" is due to God hearing your prayers that so many of you are sending to Him on my behalf.

I am humbled by the "quality" of people who He has blessed my life with.



THANK YOU

Thank you for making time to read my letter to you, and thank you for your love and support.

You are all such a blessing in my life. And I thank God for my children who have taken care of me that I sometimes feel I am the child 😊

Much love,
Judy x