



JOHN 10:10

ABUNDANT LIFE

NEWSLETTER

May - October 2025

Puppets, Go-Karts, and God's Joy: A May to Remember

This month has been such a joyful and unforgettable journey. We had the privilege of going on a two-week tour in Parys. During this time, we visited various schools and pre-schools, sharing messages of hope and faith through puppet shows and skits. I had never done anything like this before, especially not in a school setting. It felt so foreign at first—stepping into big halls and standing in front of hundreds of little faces, but somehow, it was also amazing.

I genuinely enjoyed doing the puppet shows, especially for the bigger crowds. Something about connecting with so many children at once, using storytelling and creativity, made me feel alive in a new way. What touched me the most was hearing the children tell us what they had learned afterward. Their responses reminded me that what we were doing wasn't just a random performance; it was ministry. We were bringing Abundant Life to them in a way that was meaningful, fun, and unforgettable.

In addition to the schools, we also visited two centres that care for disadvantaged people. Spending time there reminded me of how much our presence and simple acts of kindness can uplift others. It was humbling and motivating to see the impact of being present and showing God's love to those who need it most.

Another highlight from the month was getting to go go-karting. I had never done it before, and I honestly had the best time. It was pure fun, fast, exciting, and filled with laughter. After two intense weeks of giving and pouring out, it felt amazing to just enjoy something new and adventurous.

After the tour, we went to the bush for a spiritual revival getaway. This time away in nature gave us a chance to recharge, reflect, and deepen our relationship with God. It was the perfect way to end an intense season of ministry and fun.

Looking back on everything, I've come to realize that joy really is found in the journey, in serving others, stepping out of our comfort zones, and trying new things with God by our side. Even when it feels strange or uncomfortable at first, He meets us there. This month, I've learned that ministry doesn't always look traditional. Sometimes, it looks like a puppet on your hand or a kid's smile lighting up a room. And that's exactly where joy lives

Nehemiah 8:10 "For the joy of the Lord is your strength"

Chrifelda



Hi everyone. It's time again to update you on the busy month of May / *Danica*

After we came back from our 2 weeks of vacation, we went right into preparing for the Parys outreach. It was a busy week of planning and practising, getting everything ready for the outreach.

In the 2 weeks we travelled between Parys, Sasolburg and Vanderbijlpark. We visited schools, old age homes and 2 centres for disabled people. We did puppet shows, skits and gave short messages... Every school we went to the kids enjoyed the puppet shows, they laughed, talked and sang along. I won't forget how their faces lit up when the puppets appeared, and their smiles.

At the old-aged homes we also did puppet shows and all the oupas and oumas enjoyed it. They giggled and smiled when the puppets jumped around and sang songs. After the puppet shows, we spent a little time talking and praying with them and just lending a listening ear.

The 2 centres for disabled were not such an easy task... But we prayed and shared a puppet show and sang a few songs with them. They really enjoyed it and sang along. They laughed at the puppets and chatted along. Afterwards, we took pictures with them, and I could see that they appreciated our visit.

It was a nerve recking 2 weeks, but every moment was worth it. It was an amazing experience to see the impact we could have in someone's life.

After the 2 weeks of touring, we went back to the bush to refresh and refocus on God and our mission for this year. We spent the few days as a team praying and studying the Bible together. It was an amazing time. What stood out to me was the 24h worship we had from Friday evening to Saturday evening, we each got our spot in the field to stay for the 24 hours, just ourself, God and nature.

It was truly an awesome experience.



Our recent trip to Parys in the Free State was nothing short of extraordinary.

Our recent trip to Parys in the Free State was nothing short of extraordinary. Over the course of our mission, we reached out to over 6,000 children, sharing love, hope, and the powerful message of God's grace. It was a week filled with vibrant energy, heartfelt worship, and unforgettable encounters.

From early morning assemblies to afternoon programs, every moment was an opportunity to plant seeds of faith in young hearts. Many children heard the Gospel for the first time, and their eyes lit up with curiosity and wonder. We witnessed laughter, tears, and transformation as the Spirit of God moved through each interaction. Our team was humbled and inspired by the hunger and openness of these young lives. Though we may not see the full fruit right away, we trust that God will water the seeds planted and bring forth a mighty harvest in His perfect time.

This trip reminded us that no effort is ever wasted in the Kingdom of God. Parys became a place of divine appointment, where thousands of children encountered hope, love, and truth. We left with full hearts, knowing that God had begun something beautiful that will continue to grow long after we've gone.

Hennes Steyn

Warren Goldstone Eastern & Western Cape Tour

Our journey through the Eastern and Western Cape was filled with adventure, reflection, and beautiful memories. We began in Willowmore, on a serene farm that reminded me how much I've grown in adaptability, learning to embrace every environment with ease and openness.

Next, we travelled to Mossel Bay and George, areas so lovely that I couldn't help but imagine coming back to visit one day. The beauty of the landscape, the fresh coastal air, and the peaceful atmosphere made these stops truly special.

Cape Town was a highlight of the tour. From exploring the iconic waterfront and beachfront to tasting fish and chips and indulging in ice cream, every moment felt cinematic. We even visited Seal Island, taking in the sights and sounds that make this city so unique. Cycling around, feeling the breeze, and sharing these experiences with a spiritually minded, like-hearted team made it even more memorable.

During the tour, small joys brought great happiness. I finally got my Chelsea chuckle boots, which felt like a personal victory, and I also got a W.W.J.D ("What Would Jesus Do") band—a little keepsake that now reminds me of Cape Town every time I see it. Street food adventures included tasting a traditional Cape Town Gatsby, which was just as delicious as everyone says it is.

Our journey continued to Vredenburg, where the fresh air and the warmth of the families we met left a lasting impression. There was something so rich and grounding about breathing in the clean air and being surrounded by such welcoming, genuine people.

Ending the tour in Reitbron, we reflected on the journey, the connections made, and the beauty we experienced across these regions. Every stop reminded us of the richness of South Africa's landscapes and the joy of traveling with a team who shares faith, purpose, and adventure.



Durban

Returning to Durban after several years was both exciting and a little nerve-wrecking for me. Growing up in this city, I carry memories of past struggles and insecurities, so walking the same streets I once knew brought a mix of nostalgia and reflection. But this time, I returned renewed, filled with purpose and spirit.

Our stay near the beachfront was incredible, and reconnecting with the flavours of Durban food was a true highlight, with rich spices, textures, and warmth that reminded me of home. We spent time at the ocean as well, soaking in the waves, feeling cleansed, refreshed, and grateful for the beauty around us.

One of the most powerful parts of the trip was ministry. Walking the same paths where I once struggled, I now had the joy of offering hope and encouragement, being a living example of the change I once longed for. We also visited schools, including a school in Berea and CIS in Pinetown, making meaningful connections with the students and with the staff members—a subtle reminder of how beautiful relationships can grow along the way.

Of course, it wouldn't be Durban without some fun moments. We enjoyed ice skating together as a team, laughing and bonding, and one unforgettable highlight was indulging in my all-time favourite, a bunny chow, a taste that truly grounded me back to my roots in O31.



Bethlehem & Bloemfontein

Our tour to Bethlehem and Bloemfontein was such a heartwarming experience. We started at Rusplass Farm, where the hospitality and cozy guest rooms made us feel instantly at home. One of the highlights was a beautiful musical session that filled the space with joy and connection. Visiting local schools was another special part of the trip. One school touched our hearts by gifting us a Prayer Bear, now this is a symbol of love and appreciation that we will always treasure.

A personal milestone for me was my first lesson study one Sabbath at the Bethlehem church. Sharing God's word, answering questions, and engaging with the congregation felt natural and affirming, marking the beginning of my pulpit journey. Beyond the programs, it was wonderful spending time with families, visiting homes, and simply sharing stories and laughter. This tour reminded us of the power of connection, community, and the small moments that make every journey so meaningful.

Nelspruit

Our time in Nelspruit felt like more than just another stop, it truly felt like a home away from home. We were welcomed by the most generous and loving family who made us feel like part of their own. The food was comforting, the atmosphere was warm, and every moment reminded me of what it means to be surrounded by care and kindness.

One of the most moving parts of this tour was going house to house, simply praying with people. There was such a strong spiritual presence – like heaven had come near. I felt grounded, uplifted, and deeply connected to God in a way I hadn't before. And most importantly, Nelspruit marked a special milestone: it's where I preached my very first sermon. Though it was mostly shared among our group, standing on that pulpit and speaking the Word felt so natural, like something inside me clicked into place. The Spirit flowed, and I knew God was speaking through me.

We ended the day with a beautiful afternoon song service, which only deepened the peace and presence of the moment. It was rich, real, and completely Spirit-led.

God truly met me in Nelspruit – and I'll carry that experience with me always.

Warren Goldstone

Bloemfontein & Durban

Just before our Bloem tour we had a spiritual getaway where we got some peace and quiet. We spent 24hrs in the open air with just our Bibles and sleeping bags. Spiritually revived we made our way into the Free State, we started in Bethlehem where we visited a few schools and old age homes and even the local church, we were hosted by the Muckle family on their beautiful farm. It was such an amazing experience seeing the beautiful scenery. After the Bethlehem outreach we made our way down into Bloemfontein where we visited one of my old primary schools. I was quite sick at that time so I couldn't really be part of the show we did there, however I did just go inside to have a look around and I was surprised to see some familiar faces. We also had a church lunch at the church of pastor L. Tyson where we had a beautiful program of singing and other renditions. This Free State tour was truly a blessing because I was offered the opportunity to visit family and friends, which I haven't seen in a very long time.

Durban

We then had our Durban tour, which was a great experience because not only was I at home, but I ministered in the churches where I had often attended, which are also my dad's churches. I was more excited to be home because my sister had just had baby boy, and I was really happy and wanted to spend time with her. I was able to show my friends and family what I actually did for the year that I devoted to Christ. A highlight of this tour for me was the amount of fun we had together as a group. We went to Ushaka, the beach, even ice skating which truly was really so much fun. I really enjoyed this tour I think the group members also enjoyed the Indian cuisine that we were served. We were hosted by a previous Abundant liver's parents, the Govenders. Spending time in an unfamiliar part of Durban with my group was something I was really grateful for. We all had that "first time" experience on this tour.



Teen and Junior week & YFX

This was my first time attending such a camp and I must say although I was not part of the camp as a camper, but facilitator was truly an experience. Along with a few other members I was put in charge as an activity facilitator that meant that I was in charge of all things outdoors. I really enjoyed this part of the camp because I don't really like sitting down all day, being outside I was truly at peace and active having so much fun with all the kids. I was put with the Juniors, which was really an awesome experience, the kids and I bonded so well together which made life so much easier. I really had a blessed experience at this camp which I thought only the kids would experience. I was also part of the team of guys that made sure the boys showered and went to bed on time. It was quite funny seeing all these boys running up and down the passage and playing around in their dorms. Something that stood out for me was the bedtime stories I told some of the boys before they went to sleep each night, sharing personal spiritual experiences with them was an honour and to see how they listened with earnest interest was really a great experience.

YFX in Pretoria

When we spent the sabbath in Pretoria for YFX I was truly blessed. We had the usual Sabbath program layout except for the lesson study where we were divided into different groups where we discussed a few topics and questions that were displayed on the screen. We then listened to the sermon, which was an eye-opening experience, followed by a picnic where different groups sat together and had a bring and share. That afternoon we had a special skit that we prepared for the people, and it felt exhilarating to bring them this powerful message.



Jared

From the beautiful voices and the warm hospitality of Uncle Chris and his family on our Bethlehem tour, to the joy and laughter of the orphans in Durban when we handed them a soccer ball, our journey was nothing short of a blessing.

Everywhere we've gone, we've seen smiles light up faces, whether through puppet shows, clown acts with backflips, or powerful skits like the ones at CIS. Each moment has been a reminder of why we do this to serve God, spread His love, and help people who are still struggling to understand the message of Jesus. What makes it even more special is the team I get to do this with. The Abundant Life 2025 family has become my brothers and sisters, people who share the same passion for reaching the world for Christ. Together, we laugh, we work, we grow, and most of all, we worship.

This tour has truly been a blast, and I can honestly say: I can't get enough of working for God. We are deeply grateful for your prayers and support along this journey. Please continue to keep the Abundant Life 2025 team in your thoughts and prayers as we carry the message of Jesus to more hearts across South Africa. Our month-long Cape Tour has been yet another blessing. From Mossel Bay to George to Vredenburg, each stop was filled with unforgettable encounters and moments that reminded us of God's faithfulness.

We met incredible people along the way like the awesome character of Brandon in Vredenburg and heard the delightful cheers of school kids and the heartfelt gratitude of old age home residents as we shared music, songs, and Sabbath programs to brighten their days. One of the most touching experiences was giving back to the community when our leader, a few teammates, and I helped build a house for an elderly lady who had been struggling to survive in an open wooden pallet shack. To see her joy and relief was a powerful reminder of how God uses us to be His hands and feet.

Our journey then took us to Nelspruit, where we had an absolute blast with a beautiful family that hosted us. The kids who came running up for high fives and hugs made our hearts full. Such pure joy in those little moments. And in between the ministry, I'll never forget the blast of learning to ice skate and laughing together with my team, a reminder that God also blesses us with fun and fellowship along the way.

I cannot say thank You to God enough for opening the door to Abundant Life for me. I'm also deeply grateful to my family for pushing me to take this journey, especially my mother and grandmother, who have been such strong supporters, and my Uncle André. A special thank you as well to Tannie Zara, who walked this same path with ABL back in 2009. Your encouragement and support mean the world to me.



This journey has truly brought me closer to God, and for that, I am beyond thankful.



YFX Church Event – Johannesburg

We had the joy of hosting a beautiful one-day church event in Johannesburg, bringing together members from different churches. The atmosphere was vibrant, warm, and full of love—it truly felt like a scene from a movie, with laughter, smiles, and a sense of togetherness filling the room.

The team performed our faith skit, which we had been practicing for weeks, and it went wonderfully. I had initially invited just a few of my family members to come through, but to my surprise, the whole family came to support me. Their presence, love, and encouragement made the experience even more meaningful. After not seeing them for so long, coming back home and still receiving that love made the moment even more special.

Being back in Johannesburg also brought a wave of nostalgia. Seeing familiar faces, reconnecting with loved ones, and feeling the warm embrace of community was priceless. To end the Sabbath on a joyful note, we celebrated my cousin's birthday with family. The moment was filled with laughter, love, and gratitude for the people God has placed in our lives.

NO GUTS NO GLORY

While the rest of the team spent their week with the juniors and teens, I had the incredible opportunity to join the No Guts, No Glory camp for three weeks. It was an intense, yet deeply rewarding experience filled with spiritual challenges, hikes, sports, and so much fun.

Being a mentee in my ABL experience, I now had to step into the role of a mentor, guiding the younger participants alongside our facilitator. One of the most memorable moments was celebrating my birthday on the hike, as we spent 24 hours experience out in the bush, completely unplugged, surrounded by God's creation. Looking up at the stars, I felt His presence in everything around me and was reminded of His infinite love and glory.

Having my cousin with me during the second and third weeks made the experience even more special. We shared laughter, memories, and supported each other through the challenges. The beach trip was a beautiful moment of freedom, laughter, and connecting with God through His creation. A personal highlight was being asked to squad up the team, leading them with my own style, giving commands, and watching them execute with precision. It was a dream come true, combining leadership, discipline, and my love for structure.

No Guts, No Glory truly lived up to its name. It was a time of growth, laughter, and spiritual grounding. NG5 all the way!

Warren Goldstone



BETHLEHEM / BLOEMFONTEIN TOUR & JUNIOR AND TEEN WEEK

Hi everyone... It's Danica again with a very much overdue update on what happened more to the middle of this year.

So, we came back from our spiritual team-building getaway and we started preparing for the Bethlehem/Bloemfontein tour. We spent our first few days in Excelsior, joining the church for their dedication service on Sabbath and walking through the town with the pathfinder group. On the Sunday we helped with the health expo at the church, and I got to do one of my favourite things, massaging! I helped at the second last station where we gave people chair massages.

From there we were traveling between Bloemfontein and Bethlehem area. We visited different schools and a few old age homes; we also did our first hospital visitations. At the hospital we didn't have a lot of kids to visit, which is a good thing, meaning there isn't a lot of sick kids. There wasn't a lot of other patients either, but the ones that were there were glad to have a visit and to receive a little something to snack on and something to read.

This was a very challenging tour... having some ups and downs along the way. The devil really tried to shake us, but God pulled us through.

After the tour we had Junior and Teen Week. It was an amazing learning experience, this being our first camp and our first time facilitating. It was awesome seeing how the teens were growing throughout the week. Spending time with them and joining them with all the activities, seeing how they opened up and engaged, were just amazing.

I can't wait for the next Junior and Teen Week!

YFX & Durban Tour

Here is the next part of the long-overdue update of what we were up to for the second part of the year.

We had two weeks of vacation and when we came back, a jam-packed schedule was waiting for us.

First, we had YFX in Pretoria... It was awesome to have so many young people gathered together in one place. We had a full program for the day, and I mostly enjoyed the music. Saturday evening, we had a games night at the church and everybody was chilling and enjoying the evening.

From there we went to Durban... We visited a few schools and at some of them we spent a bit of extra time with them after the program, just lending a listening ear and talking to them. We also visited a lot of orphanages, at one of them we played soccer with the kids after the program. Afterwards we decided that we wanted to buy them a new soccer ball, so as a team we put some money together and bought them a nice ball. When we gave them the ball they were overjoyed, we also gave them some snacks with it...

Trough the tour we had some free time, and we could explore the area a bit. We went to the beach, and the guys took a little swim ... We visited Ushaka Marine World, it was interesting looking at all the different fish and to spend some time together as a group. We met some amazing people along the way, and I will always be grateful for their hospitality and kindness.



CAPE TOUR & NELSPRUIT TOUR

After the Durban tour we only had a few days to prepare for the Cape tour... On the Monday we left for Bloemfontein, and we spent the night there with a lovely family. The next morning, we took off for Willowmore. Our first week we spent in Willowmore and Uniondale. We visited the schools there and an old age home... I enjoyed the old age home the most, the one "tannie" said that when they struggle to get along with each other, they bring out the fists. The kids and the "oupas" and "oumas" really enjoyed the programs... they all had big smiles and the kids loved sing along with us.

For our second week we were in Mossel Bay. We travelled around in Mossel Bay and the surrounding towns/cities. We visited schools, an old age home and a night shelter. We did some sightseeing on our way to Mossel Bay, we went to Meiringspoort where we saw the evidence of the flood, we went to an ostrich farm and we also went to the Congo Caves. At the caves we got the chance to perform a skit in the one cave room which they call the theatre. Through the week we went ice-skating and that was pretty awesome.

Our third week we spent in Vredenburg. My ultimate highlight was that we stayed on a horse farm... Through the week we visited schools and helped at Mumtaz in the afternoons. We made a few new friends along the way and had some amazing times there.

The last week we were in Rietbron... If you blink you miss the town... We visited the same school every day, but had different programs for them. Unfortunately, I only attended the first half of the first days program, I got the sad news that my grandfather had passed away... The Thursday I left the team in Rietbron and went home for the funeral, they finished the week with the Rietbron camp meeting.

After the Cape tour the team went to Nelspruit, where I met them halfway through the week... We visited some schools and met a few lovely people along the way.

We ended the tour with a music service and a puppet show for the kids the Sabbath afternoon... It was a very nice atmosphere and everyone enjoyed the program.

Then we took the long road back home... And so, the next preparations started. (Only two and a half days and then back on the road for our next adventure.)