



SA GEMEENTE
SA CONGREGATION

Lewe IN Geloof

*'n Suksesvolle verhouding is nie om die 'regte' persoon te vind nie,
maar om die regte persoon te wees!*

Tema vir die Maand IN Privaatheid

Om in verhouding te staan tot iemand spreek van jou betrokkenheid en intieme verbintenis tot daardie persoon. Dit is hoekom gesonde verhoudinge mens vul met 'n onblusbare vreugde en hoop; en hoekom gebroke verhoudinge so verwoestend kan wees. Daarom is die waarde van elkeen van ons van onskatbare belang. Die impak van verhoudinge het psigologiese, geestelike en fisiese implikasies wat ons lewens kwaliteit en rigting radikaal kan beïnvloed. Die gevolg is dat ons baie keer onself onttrek of verwyder uit die situasie om ons self te beskerm.

In 'n sekulêre wêreld doen ons as Christene dieselfde met ons geloof. Ons neig om dit privaat te hou, want ons wil nie die persoon langs, of oorkant my ontstel met die oortuiging van my geloof nie.

Usha Reifsnider skryf hoe ons geloof in ons verhoudinge moet lyk:

To be a follower of Jesus means our faith can never be completely private. Our beliefs inform our practices; not just our religious practices, but also our day-to-day behaviour. Sometimes blatantly, and at other times more subtly, the Jesus in us shows.

Ons geloofsoortuiging spreek tot ander rondom ons, of ons dit beplan of nie. Ons Christenskap raak ander aan en dit bring hul nader aan die Koninkryk, of dit kan hul op 'n afstand hou. Jou verhouding met God het 'n impak op jou lewe en jou verhouding met ander. Jou verhouding met ander het 'n impak op hulle siening, verstaan en verhouding met God, of hulle Hom ken of nie. So het ander ook 'n impak op jou lewe. Vra en vertrou God om jou verhoudinge te lei, te verdiep en Sy Lig aan ander te skyn.

Andrè



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Maandelikse Bybel Bespreking

IN my Verhoudinge

Met die sondeval van Adam en Eva, het hul ongehoorsaamheid 'n impak gehad op hul verhouding met God, met mekaar en hulself. Deur die geskiedenis van hul nasate in die verhale van die Bybel is dit duidelik dat daardie gebrokenheid in verhouding(s) voortduur.

Regdeur die Bybel gee God aan ons duidelike riglyne en voorbeelde oor die waarde van verhoudinge en die regte manier om na ander te kyk. Dit is die grondslag vir Jesus se verklaring van die grootste gebod in Matteus 22:34-40

“Jy moet die Here jou God liefhê met jou hele hart en met jou hele siel’ en met jou hele verstand. Dit is die grootste en die eerste gebod. En die tweede, wat hiermee gelyk staan, is: ‘Jy moet jou naaste liefhê soos jouself.’ In hierdie twee gebooie is die hele wet en die profete saamgevat.”

In ons lewens en verhoudinge worstel ons steeds voort met die nagevolge van ons menslikheid. Verhoudinge is kompleks. Ongehoorsaamheid en self-gesentreerdheid is steeds deel van die lewe en wêreld waarin ons leef. Dit is makliker as ooit om alleen en verwyderd te voel en te wees.

Die waarheid wat ons vind in God se Woord is steeds waar vandag. Dit openbaar alles wat ons benodig om 'n gesonde verhouding te hê met onself, met ander en met God.

Ek wil jou uitnoui om oor die volgende paar weke saam die Woord van God te kom ondersoek met die oog op die verhoudinge in jou lewe.

Geseënde maand
Andrè Harmzen





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IN HIERDIE UITGAWE

MANNE NAWEEK

DAMES OGGEND

POWER OF CHOICE - DUCK OR EAGLE

VALENTYN IDEES

RESEP VAN DIE MAAND

TEN WAYS TO LOVE

MIDDAG-ETE

INSPIRASIE VIR FEBRUARIE

KONTAK ONS



Manne NawEEK 2023 24-26 Maart "Veg die Goeie Stryd" 1 Korintiërs 9:26

Kom herlaai jou batterye saam met ander manne onder leiding van Kobus van Rensburg,
by Frontier Centre.

Koste: £100 per volwassene en £55 per seun, vir die naweek.

Daar is net vir 40 manne plek.

Alle etes, beddegoed en drinkgoed is ingesluit- **behalwe handdoeke.**

Jy is welkom om eie eetgoed / snacks saam te bring.

Arriveer van 17:00 Vrydagaand en vertrek weer op die laaste 12:00 Sondag.

Adres: The Rock UK, Frontier-Centre. Addington Road, Northampton, NN9 5UK.

Vir enige navrae kontak vir Wayne 074 9561 5151 (Middellande)

en Jaco 073 8542 2465 (Loughton)

Bespreek jou plek op die webblad



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Damesoggend



*DAMESOGGEND - 11 MAART 2023
9:30 TOT 12:30
THEYDON BOIS VILLAGE HALL*

*ALET GARDNER IS ONS GASSPREKER!
£10 PER PERSOON
ALMAL BRING EETGOED NET VIR 6 DAMES.
DRA IETS PIENKS.
UITSTALLERS WELKOM - BEVESTIG MET ENA*

*BRING 'N KLEDINGSTUK SAAM WAT JY NIE MEER DRA NIE, WAT
NOG IN 'N GOEBIE TOESTAND IS,
DAN RUIL JY DIT UIT VIR 'N ANDER ITEM.
BESPREEK JOU PLEK OP ONS WEBBLAD
NOORDWYK.SAGEMEENTE.COM
ENA BY ENA@SAGEMEENTE.COM*



Power of Choice - Duck or Eagle

I was waiting in line for a ride at the airport. When a cab pulled up, the first thing I noticed was that the taxi was polished to a bright shine. Smartly dressed in a white shirt, black tie, and freshly pressed black slacks, the cab driver jumped out and rounded the car to open the back passenger door for me.

He handed me a laminated card and said: 'I'm Vasu, your driver. While I'm loading your bags in the trunk I'd like you to read my mission statement.'

Taken aback, I read the card. It said: Vasu's Mission Statement:

To get my customers to their destination in the quickest, safest and cheapest way possible in a friendly environment.

This blew me away. Especially when I noticed that the inside of the cab matched the outside. Spotlessly clean! As he slid behind the wheel, Vasu said, 'Would you like a cup of coffee? I have a thermos of regular and one of decaf.'

I said jokingly, 'No, I'd prefer a soft drink.'

Vasu smiled and said, 'No problem. I have a cooler up front with regular and Diet Coke, milk, water and orange juice.'

Almost stuttering, I said, 'I'll take a milk.'

Handing me my drink, Vasu said, 'If you'd like something to read, I have The Times, Daily Mail, Financial Times and The Guardian.'

As they were pulling away, Vasu handed me another laminated card, 'These are the stations I get and the music they play, if you'd like to listen to the radio.'

And as if that weren't enough, Vasu told me that he had the air conditioning on and asked if the temperature was comfortable for me.

Then he advised me of the best route to my destination for that time of day. He also let me know that he'd be happy to chat and tell me about some of the sights or, if I preferred, to leave me with my own thoughts.



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Power of Choice - Duck or Eagle

'Tell me, Vasu,' I was amazed and asked him, 'have you always served customers like this?' Vasu smiled into the rear view mirror. 'No, not always. In fact, it's only been in the last two years. My first five years driving, I spent most of my time complaining like all the rest of the cabbies do. Then I heard about *power of choice* one day.'

'Power of choice is that you can be a duck or an eagle.'

'If you get up in the morning expecting to have a bad day, you'll rarely disappoint yourself. Stop complaining!'

'Don't be a duck. Be an eagle. Ducks quack and complain. Eagles soar above the crowd.'

'That hit me right,' said Vasu.

'It is about me. I was always quacking and complaining, so I decided to change my attitude and become an eagle. I looked around at the other cabs and their drivers. The cabs were dirty, the drivers were unfriendly, and the customers were unhappy. So I decided to make some changes.

I put in a few at a time. When my customers responded well, I did more.'

'I take it that has paid off for you,' I said.

'It sure has,' Vasu replied. 'My first year as an eagle, I doubled my income from the previous year. This year I'll probably quadruple it. My customers call me for appointments on my cell phone or leave a message on it.'

Vasu made a different choice. He decided to stop quacking like ducks and start soaring like eagles...

Soooo... Stop quacking like a duck.... and start soaring like an eagle.



Maniere om Valentynsdag as 'n familie te vier

(Idee vir familie tradisies wat kinders vir jare sal onthou.)

- **Maak 'n maaltyd om te onthou.** Kies 'n gereg wat jul elke jaar op Valentynsdag gaan eet. Spesiale dae is 'n gulde geleentheid om familie tradisies te begin wat jou kinders vir jare sal onthou.
- **Maak Valentyns versierings.** Bv hartvormige 'papier kettings' of gekleurde hartjies op die tafel tydens ete. Bêre dit en haal dit elke jaar uit.
- **'Snuggle' up vir 'n flietk.** - kry komberse, kussings warm sjokolade en kyk 'n flietk saam.
- **Hou 'n valentynsdag fotosessie-** Trek mooi aan, gebruik rekwisiete asook die versierings wat jul gemaak het en neem elke jaar 'n familie foto...
- **Bak 'n spesiale valentyns bederf.** Kry jul voorskote aan en bak 'n spesiale nagereg vir na valentynsete.
- **Hou 'n familie speletjies aand.** Speel 'n paar speletjies of doen 'n paar aktiwiteite saam as gesin.
- **Begin 'n 'herbruikbare' Valentynskaartjie.** Koop vir elke kind 'n kaartjie. Skryf elke jaar 'n nuwe sinnetjie by en sê waarom jy vir hom/haar lief is. Lees elke jaar al die sinnetjies saam met die nuwe een.
- **Geniet 'n Valentynsontbyt-** Enigiets rooi (aarbeie, rasberries, konfyt) of druk hartvormige plaatkoekies of roosterbroodjies met 'n koekie drukker uit.
- **Hartvormige pizza vir tee tyd.** Maak jou eie deeg en vorm dit in harte. Elkeen smeer sy eie sous, kaas en 'toppings' op.



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Resep van die Maand

Ingredients:

4 cups flour
4 potatoes (approx 250g)
2 eggs
Oil for frying
 $\frac{1}{8}$ cup sugar
1 cup milk (warm)
Coconut for rolling
 $\frac{1}{2}$ teaspoon salt
2 tablespoons butter
6 ml yeast
1 teaspoon nutmeg
 $\frac{1}{2}$ teaspoon cloves
 $1\frac{1}{2}$ teaspoons ground cinnamon
 $1\frac{1}{2}$ teaspoons ginger
1 tablespoon grated naartjie peel



Boil potatoes in jackets. Peel and mash while hot.

Mix yeast in 2 teaspoons water- and keep for a few minutes till bubbly. Blend smooth.

Sift flour with spices, grated peel and sugar.

Cream butter and add beaten eggs- mix well together.

Add to mash potatoes.

Add milk to yeast mixture and add to potato mix.

Make soft dough with flour and yeast mixture.

Leave in warm place until dough has doubled in size

Roll out thickly on greased board and cut with a doughnut cutter/ plait/ make oblong shapes as desired.

Keep on greased surface for 30 minutes allowing koeksisters to rise.

Heat oil 180 C and fry on both sides to an even gold colour.

Drain on wire rack and dip in syrup.

Syrup.

Make a thin syrup with $2\frac{1}{2}$ cups sugar and $1\frac{1}{2}$ cups water.

Keep syrup simmering over low heat while steeping koeksisters allowing to absorb syrup before removing. Roll in coconut.

Baie dankie Rochelle Kleinhans vir die deel van jou staatmaker resep!



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Ten ways to love

Daniah de Villiers (Actress/ Singer)

Listen without interrupting.

Speak without accusing.

Give without sparing.

Answer without arguing.

Share without pretending.

Enjoy without complaint.

Trust without wavering.

Forgive without punishing.

Promise without forgetting.





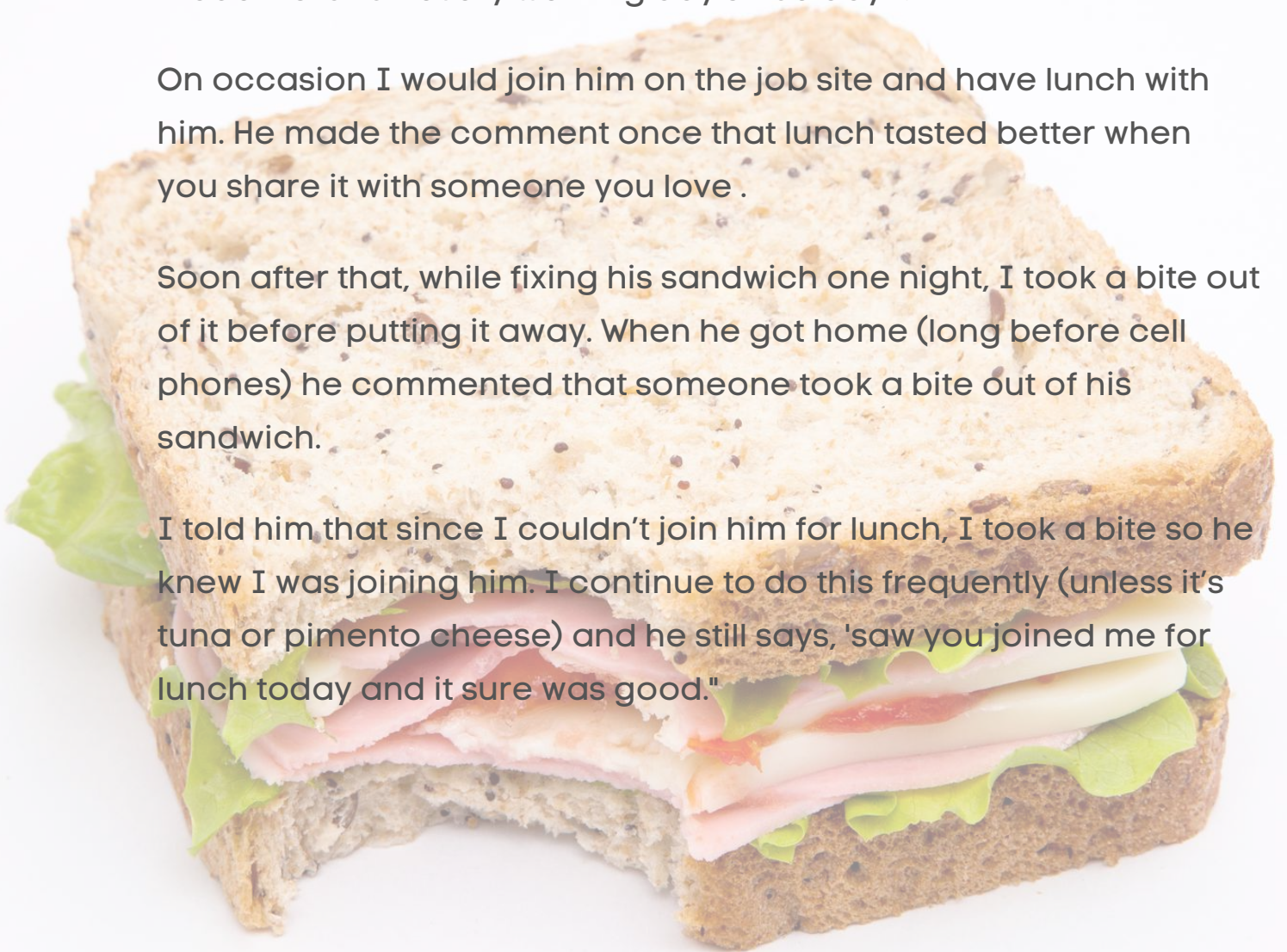
Middag-ete

"Clifford and I have been married almost 41 years and I have made his lunch every working day since day 1.

On occasion I would join him on the job site and have lunch with him. He made the comment once that lunch tasted better when you share it with someone you love .

Soon after that, while fixing his sandwich one night, I took a bite out of it before putting it away. When he got home (long before cell phones) he commented that someone took a bite out of his sandwich.

I told him that since I couldn't join him for lunch, I took a bite so he knew I was joining him. I continue to do this frequently (unless it's tuna or pimento cheese) and he still says, 'saw you joined me for lunch today and it sure was good.'





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KALENDER

5 FEBRUARIE EREDIENS 10 UUR

12 FEBRUARIE HUISKERK 9 UUR

19 FEBRUARIE GESINSDIENS 10 UUR

26 FEBRUARIE HUISKERK 9 UUR

Inspirasie vir Februarie

how do you spell love?

- piglet



you don't spell it.

you feel it.

- pooh

Gebedslus vir Februarie

Bid vir:

- Jou verhoudings: Jou verhouding met God is jou belangrikste verhouding. Huweliksmat, Ouers, Kinders, Vriende
- Almal wat siek is.
- Almal wat hartseer is.

Prayer:

Bless us with Love, O Merciful God; That we may Love as you Love! That we may show patience, tolerance, Kindness, caring and love to all!

Amen



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Kontak ons:

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Erediens Tye

Ons Eredienste is elke 2de en 4de Sondag van die maand om 09:00

Adres:

Theydon Bois Village Hall, Coppice Row
Theydon Bois, CM16 7ER

Dankoffers.

Vir £10 Text RSAG002 na 70191

Vir direkte inbetaling:

SA Congregation

HSBC

40-22-05

91374265

Jy kan ook deur Paypal betaal by:

Paypal.me/SAGemeente

Sit net 'n beskrywing in die nota sodat ons weet waarvoor dit is.

Sê ook vir watter wyk- Loughton

Stuur asb ook 'n epos na Marlene by

bank@sagemeente.com

met jou naam en wyk. (Loughton)



Scan. Pay. Go.

Kontak Ena



Ena Wassermann

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