



SA GEMEENTE
SA CONGREGATION

Lewe IN Geloof

'Minder is meer- tensy dit Liefde is.' Ben Mittleman

Tema vir die Maand In Balans

Die wêreld waarin ons lewe, dwing ons in sekere rigtings. Om balans in 'n Christelike lewe te handhaaf is 'n uitdaging. Elke saak verg tyd en aandag – 'n loopbaan, huis werk, 'n gesin, kinders, familie, verantwoordelikhede van 'n besigheid en dan om ook nog van die huis af te werk. Daar is ook die sake van rou en verlane wat ons lewens in beslag neem... miskien die afsterwe van 'n ouer, eggenoot of kind, 'n egskeiding of versuurde verhouding, of 'n "leë nes-oorgang" (van jou kinders wat uittrek) tot 'n nuwe seisoen van die lewe.

In ons pogings om tred te hou met die baie dinge wat van ons tyd vra, slaag ons dikwels nie daarin om 'n bevredigende Christelike lewensbalans te vind nie. Ons is geneig om onself te versprei deur te veel te probeer doen, en gevolglik mis ons uit om te doen wat vir ons die belangrikste is, in ruil vir die dinge wat so swaar op ons gedagtes weeg.

Soms gee ons selfs heeltemal op om te probeer. Ons laat buite-invloede of innerlike toutrekkery dikteer hoe ons, ons dae deurbring. Dit lei soms tot sukses op sommige gebiede, maar menigmaal tot onvervuldheid op vele ander velde. Ons wonder dikwels hoe om 'n Bybels gebalanseerde lewe te lei wat vir God welgevallig is en ook vir ons vervullend is.

As mens kan hierdie kringloop swaar en moeilik op ons wees. As Christene weet ons dat die wending en oorwinning na 'n vervullende lewensbalans, nie in ons as mens lê nie, maar in God. Ons besluit om ons waardevolste en beperkte hulpbron van tyd te allokeer en spandeer, is een van die belangrikste besluite wat ons elke dag neem. Elke tree wat jy gee, beweeg jou óf na óf weg van God se doel en visie vir jou lewe. En daarin lê elke Christen se balans.

(met gedeeltelik erkenning aan Live Inspired by Purpose)

Andrè Harmzen



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Maandelikse Bybel Bespreking

IN Balans

Die profeet Amos het geleef in 'n tydperk waarin die volk van Israel se bestaan gekenmerk was aan korruptheid en 'n tekort aan ware spiritualiteit. Hulle kon nie wag om terug te kom van die tempel af, om sodoende te gaan leef en meer geld te maak nie.

'n Individu of gemeenskap kom nie op so 'n punt oornag nie. 'n Eensydige ekonomiese fokus en dryf is die gevolg van verskeie (verkeerde) besluite en wêreldse prioriteite wat gekies en gemaak is. Die som van 'n profyt gefokusde wêreld is 'n agteruitgang van 'n gemeenskap as geheel.

Dit is nie veel anders in die wêreld waarin ons leef nie. Ons word ook versoek en verlei om besluite te neem met net die ekonomiese gevolge as fokus. Die waarskuwing en instruksie van Amos is net so geldig vir ons lewensbalans. Ons balans is te vinde by God. Soek My en Leef sê die Here (Amos 5:4).

Mag jy in hierdie maand jou lewensbalans vind. Dit help as ons op die regte plek begin soek.

Seënwense,
Andrè





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IN HIERDIE UITGAWE

DOOP SONDAG

SONDAGSKOOLAFSLUITING

JO BLACK

VROUEMAAND

RESEP VAN DIE MAAND

'LET YOUR LIGHT SHINE'

'PASSWORDS'

'TEMPER CONTROL'

AUGUSTUS INSPIRASIE

KONTAK ONS

Doop Sondag

9 Julie 2023

Baie geluk aan

Chris en Marike de Beer met

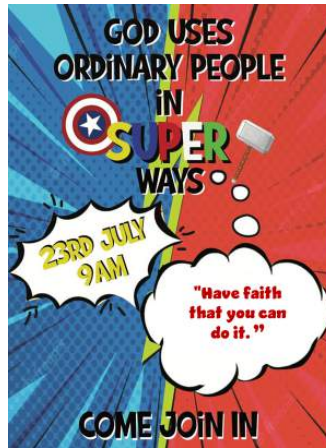
Raynard se doop.





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Sondagskoolafsluiting 23 Julie 2023



*Have faith that
you can do it.*



**Make good choices,
even when its hard.**



*Kindness
MATTERS*



SA GEMEENTE
SA CONGREGATION

Sondagskoolafsluiting 23 Julie 2023

Look for
opportunities
to do good
works at
all times.





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Sondagskoolafsluiting

Always remember your divine nature
Everyone has individual worth...



• SPREAD •
Kindness



Always act with integrity.

Keep your virtue and save the day.



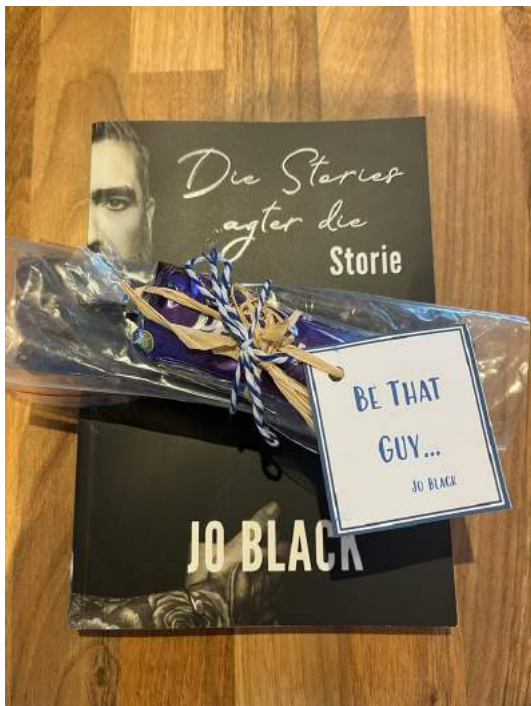


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Jo Black- Kuier en Konsert



Be that Guy..
Jo Black



Jaco Enslin bedank vir Jo en Ruan vir 'n verrykende Manne sessie.



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♪ Voel jy die Genade.. ♪

'Jy's net 'n mens

Hy is God

Maar jy sal nooit uit sy hand uit val

Sê my, voel jy die genade?

Jy's vrygekoop

Die prys is reeds betaal

Jy's skoongewas, 'n Koningskind

Sê my, voel jy die genade?'

Biltong en sjokolade vir die manne!



Die jong manne maak seker die klank
is reg....





♪ ♪
♪ ♪
Skepe

'Ons hoop is meer as net
leë woorde.
Jy's in beheer van jou
bestemming.
Hoe jy daar uitkom is jou
eie besluit.'



Vegter ♪ ♪

'Tel jou kop op ♪ ♪
Dis die beste besluit
Wat jy vir jouself kan neem'



Rig jou oë op na die berge

'Elke oggend wat ons opstaan is 'n tweede kans
Jou storie is 'n lied leer op die ritmes dans
En as die lewe druk en jy wil moed opgee
Sit jou hande bymekaar gaan veg op jou knieë

Laat my hoop jou dra
Druk net deur
Jy's amper daar

Rig jou oë op na die berge
Ek weet die lewe los sy merke
En as jy val weet ek sal jou dra'



**Bring die Hoop
weer terug.**





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Om 'n vrou te wees.

Jy verdien iemand wat vir jou kyk en dink jy is die toonbeeld van
perfeksie.

Maak dit jou prioriteit om van binne mooier te wees as buite.

Vrouwees is om elke dag te leef, lag en lief te hê.

Vrouwees Is baie meer werd as die duurste juwele.

'n Mooi vrou is soos gras, groei altyd weer uit as mense dit vertrap het.

'n Sterk vrou gebruik die twyfel van ander as 'n dryfveer om suksesvol
te wees. Ware skoonheid word in 'n vrou se siel weerspieël.

Wees meer as die gewone, koester die geskenk van vrouwees en moet
dit nie goedkoop maak nie.

Jou waarde as vrou word nie gemeet aan die mates van jou heupe
nie, maar aan die diepte van jou hart.

Mag jy vir geen rede jou kop laat sak behalwe om jou oulike skoene
te bewonder nie.

-Simone Trollip.



Resep van die Maand

Skons

500ml (2 k) koekmeelblom
20ml (2 t) bakpoeier
2.5ml (1/2 t) sout
30ml (2e) suiker
30-60ml (2-4e) yskoue botter of margarien
(60ml sal 'n brosser tekstuur gee)
190-200ml (3/4 tot 4/5k) melk of 'n mengsel
van melk en 1 eier.
ekstra melk of 'n megsel van melk en
eiergeel om oor te verf.



1. Voorverhit die oond tot 250 C(475 tot 500F). Smeer 'n bakplaat en bestuif liggies met koekmeelblom.
2. Sif die droë bestandele saam.
3. Rasper die botter grof en vryf met die vingerpunte in die meelmengsel tot dit krummelrig is, of gebruik 'n deegmenger of voedselverwerker.
4. Voeg die vloeistof by en sny dit met 'n slaplemmes in die meel tot net gemeng. Moenie die deeg onnodig hanteer of knie nie, aangesien dit die vlokkigheid van die gebak sal beïnvloed.
5. Plaas deeg op 'n meelbestrooide oppervlak en druk dit liggies plat met die hande of rol baie lig uit tot 'n dikte van 2 cm,
6. Maak sirkels van 5cm in deursnee met 'n koekiedrukker of sny met 'n mes in vierkante of driehoeke en plaas op voorbereide bakplaat.
7. Verf melk bo-oor elke sirkel en bak 10-12 minute tot ligbruin bo-op.
8. Die resep lewer 12 skons.

Baie dankie Kotie Viljoen vir die deel van jou staatmaker resep!



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Let Your light shine

"Tonight, I walked in from the store with my arms full and a brand new candle in my bag. As I struggled to get it all on the counter, one bag dropped and I heard the glass break. My brand new candle was ruined as the glass shattered. Frustrated, I was ready to throw the whole thing away. My husband refused to let me do so. "It will still light; it will still serve its' purpose," he stated. Immediately, I began to argue back.... "But it's broken and ugly and glass is everywhere. It's just not the same."

I walked away and when I came back, he had placed the candle on the counter and lit the wick.

My heart immediately was drawn to the light. How often do we do this in our own lives or with others? Things don't turn out the way we want them to. Plans fail. Dreams shatter. Goals hit the floor. People break our hearts. And we are ready to throw the whole dang thing in the trash. Even though it can still light.... still shine.... still bring the fragrance of goodness. It just may not be pretty or in the package that we wanted or imagined.

Tonight, may we all be reminded that even in the brokenness and cutting edge of life, there is still goodness and purpose and light. We simply must be willing to not throw it all away and allow the redemption to take place.

There are times that our story will simply speak a little louder and impact even more people when we are willing to allow the broken places of our life and story to shine for others to see and understand."

Author Liz Liles Wagoner





Passwords

I was having a great morning until I sat down in front of my office computer. “**your password has expired**”, a server message flashed on my screen, with instructions for changing it. Coming up with a new code doesn't seem like a big deal, unless you work at my company, where we have to change it monthly, using at least one uppercase character, one lower case character, one symbol and one number. Oh and the password can't be fewer than eight characters. And I can't use any of the same passwords I've used in the past three months.

Suddenly I was furious. What didn't make it any better was that I was deeply depressed after my recent divorce. Disbelief over what she had done to me was what I thought all day.

That didn't mean anything to the empty field with the pulsating cursor, waiting for me to type a password that I have to re-enter many times – for the next 30 days. I remembered a tip I'd heard from my former boss. He'd said, “I'm going to use a password that is going to change my life”. I couldn't focus on getting things done in my current mood. There was clear indication that I needed to regain control over my life, but I couldn't heed them. My password became the indicator. My password reminded me that I shouldn't let myself be a victim of my recent breakup and that I was strong enough to do something about it.

I made my password – 4give@her. I had to type this password several times every day, each time my computer would lock. Each time I came back from lunch I wrote forgive her. The simple action changed the way I looked at my ex-wife. That constant reminder of reconciliation led me to accept the way things happened and helped me deal with my depression. As one month wore on, I felt a slow healing began to take place. By the time the server prompted me to change my password following month, I felt free.

The next time I had to change my password I thought about the next thing that I had to get done. My password became Quit@smoking4ever. It motivated me to follow my goal and I was able to quit smoking.

One month later, my password became Save4trip@europe, and in three months I was able to visit Europe.



Seeing how reminders helped me materialize my goals kept me motivated and excited. While its sometimes difficult to come up with your next goal, keeping at it brings great results.

After a few months my password was lifeis#beauTiful !!!



Temper control

Once upon a time there was a little boy who was talented, creative, handsome, and extremely bright. A natural leader. The kind of person everyone would normally have wanted on their team or project. But he was also self-centered and had a very bad temper. When he got angry, he usually said, and often did, some very hurtful things. In fact, he seemed to have little regard for those around him. Even friends. So, naturally, he had few. "But," he told himself, "that just shows how stupid most people are!"

As he grew, his parents became concerned about this personality flaw, and pondered long and hard about what they should do. Finally, the father had an idea. And he struck a bargain with his son. He gave him a bag of nails, and a BIG hammer. "Whenever you lose your temper," he told the boy, "I want you to really let it out. Just take a nail and drive it into the oak boards of that old fence out back. Hit that nail as hard as you can!"

Of course, those weathered oak boards in that old fence were almost as tough as iron, and the hammer was mighty heavy, so it wasn't nearly as easy as it first sounded. Nevertheless, by the end of the first day, the boy had driven 37 nails into the fence (That was one angry young man!). Gradually, over a period of weeks, the number dwindled down. Holding his temper proved to be easier than driving nails into the fence! Finally the day came when the boy didn't lose his temper at all. He felt mighty proud as he told his parents about that accomplishment.

"As a sign of your success," his father responded, "you get to PULL OUT one nail. In fact, you can do that each day that you don't lose your temper even once."

Well, many weeks passed. Finally one day the young boy was able to report proudly that all the nails were gone.

At that point, the father asked his son to walk out back with him and take one more good look at the fence. "You have done well, my son," he said. "But I want you to notice the holes that are left. No matter what happens from now on, this fence will never be the same. Saying or doing hurtful things in anger produces the same kind of result. There will always be a scar. It won't matter how many times you say you're sorry, or how many years pass, the scar will still be there. And a verbal wound is as bad as a physical one. People are much more valuable than an old fence. They make us smile. They help us succeed. Some will even become friends who share our joys, and support us through bad times. And, if they trust us, they will also open their hearts to us. That means we need to treat everyone with love and respect. We need to prevent as many of those scars as we can."

A reminder most of us need from time to time. Everyone gets angry occasionally.

The real test is what we DO with it.

If we are wise, we will spend our time building bridges rather than barriers in our relationships.



KALENDER

6 AUGUSTUS HUISKERK 9 UUR

13 AUGUSTUS EREDIENS 9 UUR

20 AUGUSTUS HUISKERK 9 UUR

27 AUGUSTUS EREDIENS 9 UUR

Doelwitte vir Augustus

- Bid elke oggend
- Lees 2 boeke van die Bybel
- Stel God eerste die hele maand
- Dra die liefde van Christus uit deur 'n glimlag.

Gebedsllys vir Augustus

Bid vir:

- Sendelinge
- Almal wat met vakansie gaan vir veilig reis en lekker rus.

Augustus gaan 'n goeie maand wees, want.....

Die HERE is voor jou om jou pad gelyk te maak

Die HERE is langs jou om jou hand vas te hou

Die HERE is rondom jou om jou te beskerm, en

Die HERE is bokant jou om jou te seën.



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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

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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)**

Kontak Ena



Ena Wassermann

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