



SA GEMEENTE
SA CONGREGATION



“.....luister, nie te gou praat nie en nie te gou kwaad word nie.”

Jakobus 1:19b

Maandelikse Bybel Bespreking

Woorde van lewe

“Die Here het opgestaan! Die Here het waarlik opgestaan!” Dit is die woorde waarmee die vroeë Christene mekaar gegroet het na Paasfees. Die afgelope week het ons agter Jesus aan geloop tot in Jerusalem, deur Heilige week tot by die kruis, en verby die graf na waar ons vandag weet – ons Here het opgestaan en leef! Die kennis van die Paas-gebeure se uiteinde, skyn lig op Jesus se onderrig en woorde. In die skadu van die kruis en die leë graf vind ons duidelikheid en insig oor die woorde van ons Here en die betekenis daarvan aan Sy volgelinge.

Regdeur die Bybel word die waarde van Woorde onderstreep. God het geskep deur te spreek. Die slang het verlei deur misleidende woorde te laat. Abraham se verbond met God was gefundeer op sy reaksie op God se roepstem, belofte en woorde. God lei die Israeliete deur die woestyn deur Moses wat Woorde op klip-tablette neerskryf. Die profete bring God se Woord na die mense. Dié Woord het mens geword (Johannes 1) en dit is Sy Woorde wat ons lei na God se beloftes en ewigheid.

Woorde kom tog so maklik, maar is so moeilik om te vergeet. Ons reaksie en woorde kan ‘n tydelike, langdurige en selfs ewige impak maak. Prediker 10:12 beklemtoon die waarde van ons woorde: “’n Wyse se woorde is aangenaam om na te luister. ’n Dwaas vernietig homself deur sy woorde”. Ons moet gevolglik ons woorde baie mooi kies. Wat sê jou woorde?

Kom luister gerus hierdie maand saam na die Woord van God.

André



Tema vir die Maand

Woorde in nood

Terwyl Jesus aan die kruis hang en ondenkbare lyding verduur het, het Hy woorde gespreek wat deur die ewigheid weerklink en diepgaande waarhede oor Sy bediening en die hart van God geopenbaar het. In daardie pynlike oomblikke, te midde van die gewig van die wêreld se sonde op Sy skouers, het Jesus onpeilbare liefde, vergifnis en deernis getoon.

In Sy eerste woorde het Jesus gebid: *"Vader, vergeef hulle, want hulle weet nie wat hulle doen nie"* (Lukas 23:34). Hier is ons getuies van die onbepaalde genade van ons Verlosser, wat vergifnis verleen selfs aan diegene wat Hom gekruisig het. Hierdie onbaatsugtige daad illustreer die diepte van God se liefde en Sy begeerte om versoening met die mensdom te bewerk.

Aan die misdadiger langs Hom, wat sy onskuld erken het, het Jesus belowe: *"Vandag sal jy saam met My in die paradys wees"* (Lukas 23:43).

Hierdie verklaring verseker ons van die toeganklikheid van God se genade vir my en jou. Dit bied hoop en verlossing aan almal wat hulle in geloof na Hom wend, ongeag hulle foute en verlede.

In Sy laaste oomblikke het Jesus uitgeroep: *"My God, my God, waarom het U My verlaat?"* (Matteus 27:46).

In hierdie angskreet het Jesus die volle gewig van die skeiding van God ervaar toe Hy die sondes van die wêreld gedra het. Tog, selfs in Sy donkerste uur, het Hy gehoorsaam gebly aan die Vader se wil, wat die weg gebaan het vir ons vergifnis en verlossing.

Terwyl ons nadink oor die Paas-gebeure en woorde wat Jesus aan die kruis gespreek het, word ons herinner aan die diepte van Sy liefde, die krag van Sy opoffering en die oorwinning wat in Sy opstanding gevind is. Mag ons reageer met harte gevul met dankbaarheid, geloof en 'n hernieude verbintenis om Hom te volg, wetende dat ons deur Sy dood en opstanding vir ewig met God versoen is. Amen.

Andrè



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IN HIERDIE UITGAWE

BYBELVASVRA EN -ETE

MANNE NAWEEK

DAMESOGGEND

STEPHAN JOUBERT

RESEP VAN DIE MAAND

WHAT IS YOUR COFFEE

TIME WITH PEOPLE

TOM

APRIL INSPIRASIE

KONTAK ONS

Bybelvasvra en -ete



Bybel-ete en vasvra 28 April 09:00
Lees asb die boek Titus vir die Bybel vasvra.

Almal bring hul eie kos.

Gaan loer in die Bybel watter kosse genoem word.

Dit kan wees kaas, olywe, vrugte, brood, groente, sop, melk, yoghurt, vis, vleis,
koring, neute, rosyne of droëvrugte

Vir nagereg kan jul dadelhappies, heuningkoek, piesangbrood of appeltart bring.

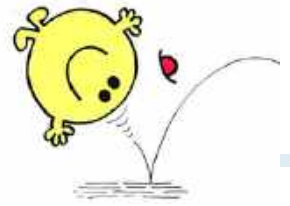
Vir enige navrae

kontak Ena ena@sagemeente.com



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Manne Naweek



Manne Naweek

8-10 Maart 2024



Veerkrachtigheid
2024





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Do You BEND or
BREAK?

A decorative graphic of a tree branch with leaves, positioned to the right of the text.



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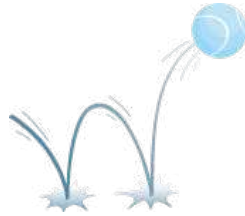
We also *glory*
in our sufferings,
because we know that
suffering produces
perseverance;
perseverance,
character;
and character, hope.
Romans 5:3-4

I don't measure a man's success by how high he climbs, but how he bounces when he hits bottom.
George S. Patton Jr.





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Resilience

[ri-zil-ee-uhns] *noun*.

the capacity of a person to maintain their core purpose and integrity in the face of dramatically changed circumstances, the ability to not only overcome setbacks but to also move forward.



My Resilience 'Mantra'

I will not give in to sadness.

I will not let my thoughts control the way I feel.

I will never, ever give up.

I will stay positive and work on a solution.

My life is great with all the positive and negative things in it.

I will allow myself to be happy no matter what.

I am enough and I am complete.



'Wil jy wees soos ñ eier wat val en breek
as dinge moeilik is, of is jy soos ñ
hopballetjie wat terugbons met
veerkragtigheid,
al bot die vyeboom nie vir jou nie?
God is altyd Goed,
Hy gee krag as jy kragteloos is.'
Melani Rademeyer



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Damesoggend 23 Maart 2024



Loughton Dames
kuier
lekker saam.



Dankie Dames
die eetgoed was
heerlik!!





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Ons dames
is baie
kunstig!!

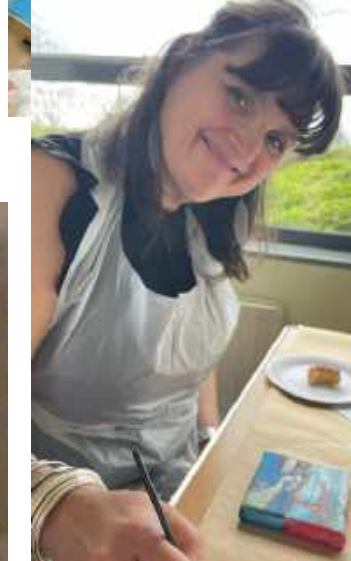


Leer ken
die mense
rondom jou...





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Ons
uitstallers.
Baie
dankie!





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Loughton
Dames
Gallery





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'n Aand saam Stephan Joubert



9 April 2024

19:00

Tema: Stem van God

St. Mary's Church, Piercing Hill, Theydon Bois, CM16 7JN

Moet nie die geleentheid mis nie!!!

Toegang is gratis, daar gaan ligte verversings, tee en koffie wees.

Laat weet asb indien jy die spesiale geleentheid
gaan bywoon. (ena@sagemeente.com)

Vir meer inligting kontak
Ena by ena@sagemeente.com



Resep van die Maand



Wortel-en-Pekannethoek

Bestanddele

Koek:

5 eiers
300 ml (240 g) bruinsuiker
200 ml sonneblomolie
15 ml suurlemonsap
500 ml (250 g) gerasperde wortel
500 ml (260 g) koekmeel
5 ml koeksoda
10 ml bakpoeier
5 ml fyn kaneel plus ekstra om oor te sif
Knippie sout

1 pakkie (100 g) pekanneute, gekap

Roomkaasversiersel:

150 g botter (kamertemperatuur)
200 g roomkaas
400 g versiersuiker (gesif)
20 ml suurlemonsap
Fyngerasperde skil van 1 suurlemoen

Metode:

Koek:

- Voorverhit die oond tot 180 °C. Smeer en voer twee koekpanne of 'n ringkoekpan.
- Klits die eiers, bruinsuiker en olie saam in 'n groot mengbak.
- Voeg die gerasperde wortel en suurlemonsap by.
- Gebruik 'n skoon bak en sif die meel, koeksoda, bakpoeier, kaneel en sout daarin saam. Voeg die neute by.
- Meng die droë bestanddele liggies by die eiermengsel in.
- Skep beslag in die bereide koekpanne.
- Bak vir sowat 30 minute.

Roomkaasversiersel:

- Klits die botter en roomkaas saam tot lig en donsig. Voeg die res van die bestanddele by en klits saam tot glad en romerig

*Baie dankie
Christine
Kritzinger dat jy
jou staatmaker
resep met ons
gedeel het!*



What is Your coffee?

credit: Pam Kearney

I visited Matthew, the owner of Lucy's Flour Shop, a little while back. As I nibbled on an enormous chocolate chip cookie, I began to tell him a story.

A few years back, on a bitterly cold December evening, there was a visitation at the funeral home across the street from this bakery. The people, bundled up in coats, scarves and blankets, were lined up around the building waiting to hug the family of the deceased. Seemingly out of nowhere, a man showed up and began giving away hot coffee to the people outside. People who entered the funeral home with coffee in their hands whispered of a mysterious man handing out free coffee, and how much they appreciated it.

I looked at Matthew and said, 'I have a suspicion that you were that man. Is that right?'

Matthew very humbly replied, 'Yes, I felt so bad for them and wanted to do something, but all I could do was make coffee, so I made coffee.'

I responded that he blessed so many people that night by helping them warm up and by showing there's good in the world. He added a positive note to a devastating situation.

I paused, then added, 'That visitation was for my sixteen-year-old son. Thank you for being so kind.'

That conversation stuck in my head since then. 'All I could do was make coffee.' Somedays, I'm burdened with the reality that I can't do everything to help everybody. I truly do want to make a difference in people's lives and change the world.

I dream big, but I can't do it all. Matthew's words came back to me recently. 'All I could do was make coffee, so I made coffee.'

I repeatedly asked myself, 'what is my 'coffee' in this situation?' I can't do everything but I can do something, so I figured out how to do it and I did it.

None of us can do it all, but we can make a difference in the world. I challenge you to ask yourself often, 'What is my coffee?', and then go make your coffee.



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Relationships

(Credit: Unknown)

I had spent an hour in the bank with my dad, as he had to transfer some money. I couldn't resist myself & asked...

"Dad, why don't we activate your internet banking?"

"Why would I do that?" He asked...

"Well, then you won't have to spend an hour here for things like transfer. You can even do your shopping online. Everything will be so easy!"

I was so excited about initiating him into the world of Net banking.

He asked "If I do that, I won't have to step out of the house?"

"Yes, yes"! I said. I told him how even groceries can be delivered at your door now, and how Amazon delivers everything!

His answer left me tongue-tied.

He said "Since I entered this bank today, I have met four of my friends, I have chatted a while with the staff who know me very well by now. You know I am alone...this is the company that I need. I like to get ready and come to the bank. I have enough time, it is the physical touch that I crave.

Two years back I got sick, The store owner from whom I buy fruits, came to see me and sat by my bedside and cried. When your Mom fell down a few days back while on her morning walk, our local grocer saw her and immediately got his car to rush her home as he knows where I live.

Would I have that 'human' touch if everything became online? Why would I want everything delivered to me and force me to interact with just my computer?

I like to know the person that I'm dealing with and not just the 'seller'. It creates bonds of Relationships.

Does Amazon deliver all this as well?"

Technology isn't life..

Spend time with people .. Not with devices.



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Tom

His name is Tom. He has wild hair, wears a T-shirt with holes in it, jeans and flip flops. This was literally his wardrobe for his four years of high school. He is brilliant. Kinda odd in his worldview and perspective, but he is very, very bright.

He embraced Christianity in his junior year of high school after a classmate shared her faith with him.

Across the street from the high school campus is a modern, conservative and active church. They work hard to develop ministries to the students, but that process is constantly changing and a challenge. One Sunday Tom decides to go visit the church. He walks in with no shoes, jeans, his T-shirt and wild hair. The service has just started so Tom starts looking down an aisle for a seat. The church is pretty full, and Tom doesn't want to invade anyone's territory. As he makes his way up the aisle, people are looking a bit uncomfortable, but no one says anything. Tom gets closer and closer to the front, and rather than bother anyone he just squats down on the carpet in front of the first row of chairs and makes himself comfortable.

Because this is so out of the norm, people who see Tom sitting up front on the floor become uncomfortable. About the time Tom gets settled in, the Pastor realizes that one of the Deacons who is sitting toward the back of the auditorium has gotten up from his seat and is making his way toward the front, and specifically toward Tom. He's a godly man, very dignified and respected, wearing a suit and tie as he walks with his cane, his silver hair neatly combed and his Bible under his arm. You can't blame him for what he is about to do. How can you expect a man of his age and of his background to understand some barefoot teenage kid with long hair, blue jeans and a T-shirt who has walked in and thinks it is somehow acceptable to just sit on the floor in front of everyone?

It takes what seems like a long time for the Deacon to reach the front where Tom is seated. The church is completely silent except for the whispers in the congregation. All eyes are focused on the front.

Everyone is glad this one senior adult Deacon has taken matters into his own hands. Even the Pastor is frozen in the moment with mixed emotions and thoughts running through his mind and heart.

Then suddenly God showed up. When this elderly Deacon gets to where Tom is seated, he every slowly and carefully kneels down beside Tom, then lays his cane and his Bible on the floor and sits down - to worship beside Tom so he won't be sitting alone. Everyone chokes up with emotion. The Deacon doesn't say a word, he just gently reaches out his hand to shake Tom's. In that moment, although nothing is said, much is communicated.

When the Pastor is able to speak, he simply says, "What I am about to preach, you will never remember. What you have just seen, you will never forget."

Be careful how you live. You may be the only 'Bible' some people will ever read.

~Jude Seddon~



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KALENDER

7 APRIL HUISKERK 9 UUR

14 APRIL EREDIENS 9 UUR

21 APRIL HUISKERK 9 UUR

28 APRIL EREDIENS 9 UUR

April Inspirasie

Never say mean words out of anger.

Your anger will pass.

But your mean words can scar a person for life.

So use kind words or be silent.

'Think twice before you speak,

because your words and

influence will plant the seed of either

'success or failure' in the mind of another.'

Napoleon Hill

Bid saam:

Dear God,

If I'm wrong, correct me.

If I'm lost, guide me.

If I start to give up,

keep me going.

Amen

FEAR NOT
I AM
WITH YOU.
-GOD-



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Kontak Andre Harmzen



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Kontak ons:

Webblad: noordwyk.sagemeente.com
Facebook Blad: SA Gemeente Loughton

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)



Kontak Ena



Ena Wassermann

Epos: ena@sagemeente.com

noordwyk@sagemeente.com