



SA GEMEENTE
SA CONGREGATION



" U woord is die lamp wat my die weg wys.. Die lig op my pad."

Psalm 119:105b

30
YEARS

Maandelikse Bybel Bespreking Oppad

"As jy vinnig wil gaan, gaan alleen; as jy ver wil gaan, gaan saam."

Ons almal ken die bekende gesegde. Die wonderlikste voorbeeld hiervan is sekerlik die sukses van die 1995 Springbok-rugbyspan. Die span se pad na die Wêreldbeker oorwinning was nie net 'n reis van individuele prestasies nie, maar 'n gedeelde stryd waarin elke speler en afrigter saamgewerk het. Dit is ook so van die huidige groep Springbok spelers wat mekaar se sterkpunte benut en ondersteun. Met 'n gemeenskaplike doel kon hulle bereik wat nie alleen moontlik sou wees nie. Hierdie saamwees oppad na 'n gemeenskaplike doel bring nie net oorwinnings nie, maar verenig en inspireer 'n land.

Om "oppad" saam met iemand te wees, dra groot waarde in verskeie aspekte van die lewe. In sport is die gedeelde reis na oorwinning dikwels belangriker as die eindresultaat, aangesien spanwerk en ondersteuning karakter bou. In die werksomgewing bied kollegas, op die pad na sukses, motivering en inspirasie, wat die las van uitdagings ligter maak. In verhoudings bring die gedeelde ervaring van struikelblokke en oorwinnings mense nader aan mekaar. Dit alles lei tot groei en verdieping as mens.

Op 'n geestelike vlak is dit van onskatbare waarde om saam met God oppad te wees. Hy lei ons deur die moeilike tye en gee ons die krag en wysheid om ons bestemming te bereik. Hy rus ons toe om mekaar op te bou en te verbeter. Om as gelowiges saam met mekaar oppad te wees, gee aan ons betekenis en moed om elke dag met doelgerigtheid aan te pak. Om in geloof oppad te wees gee rigting aan ons lewens, ongeag die uitdagings wat ons mag teëkom.

Andrè Harmzen



Tema vir die Maand

Oppad

God is saam met Sy kinders oppad. Om saam met iemand oppad te wees, verg dat jy intensioneel deel van die reis is. Om oppad met God te wees, is om 'n lewende verhouding met Hom te bou en in Sy wil te wandel. In Jesaja 30:21 lees ons:

"En as julle die pad verlaat, of dit na regs of na links is, sal julle agter julle 'n stem hoor sê: 'Dit is die pad, wandel daarop.'"

God lei en begelei ons op die pad wat ons moet loop. Op hierdie pad moet ons Sy stem ken, instruksies volg en opdragte uitvoer.

Vir ons gemeente beteken dit om in nederigheid voor God te leef, en om Hom in alle besluite te soek en mekaar te ondersteun op hierdie reis. Om saam met God oppad te wees, impliseer 'n geloofsgemeenskap wat in gehoorsaamheid en eenheid optree, waar lede mekaar inspireer en bemoedig om in Christus te bly.

Ons pad saam God verbind alle aspekte van ons bediening, aanbidding en gemeenskapslewe saam met Hom. Ons word uitgenooi om intensioneel diep te luister na Sy stem en sensitief te wees vir die werking van die Heilige Gees se teenwoordigheid en leiding.

Ons gemeente se 'Oppad Wees' saam met God is 'n rigtingwyser vir ons eie lewe, 'n lig in die wêreld, 'n instrument van Sy liefde en genade, en 'n getuigenis vir Sy koninkryk hier op aarde.

Ek sien uit om jou Sondag by die erediens te ontmoet, en op die Pad saam met God te stap.

Seënwense,
Andrè



SA GEMEENTE
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IN HIERDIE UITGAWE

SOKKIE EN BOEREWORS BRAAI

RESEP VAN DIE MAAND

'N HORLOSIE IN DIE KOLLEKTEBORD

'A FEW LESSONS FROM ROGER FEDERER'

ALL THE HOURS

LAWS THAT ISAAC NEWTON FORGOT TO TELL US ABOUT

SEPTEMBER INSPIRASIE

KONTAK ONS

28 September 2024

17:00-22:30

**Kom geniet 'n heerlike aand saam met ons
by Theydon Bois Primary School!**

Ons gaan heerlike boereworsrolle braai....

Kom dans en kuier lekker saam!

Bespreek jou kaartjies aanlyn -

Volwassenes betaal net £5,

en kinders kuier gratis!

Boerewors rolle £3.50

Bring jou 'skofboks' vir jou gesin propvol

"drinks & snacks",

nooi mense, en kom sokkie

saam DJ-Hennie!

Ons sien uit daarna om jou daar te sien!

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BOEREWORS
Braai**

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THEYDON BOIS PRIMARY SCHOOL

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Epping : CM16 7DH

17:00 pm - 22:30 pm

£5 PER ADULT, KIDS ARE FREE

Tickets Online Below or at Door :
<https://sagemeente.wufoo.com/forms/z1chmx7b073fgpu/>

Contact Tanya for more info
075 4610 9966



Resep van die Maand

Boere Tiramisu

Bestanddele

- 4 eiers geskei
- 50 ml strooisuiker
- 500g mascarpone kaas
- 3 pakke Romany Creams - 'Choc fudge'
- 250 ml sterk koffie
- 2 flakes

Metode

Klits eiergele en suiker saam tot dik en lig geel.

Voeg die mascarpone kaas by, en klits tot glad. Sit eenkant.

Klits eierwitte tot sagte punte.

Vou die twee mengsels saam.

In 'n groot bak:

Doop die koekies in die loutwarm koffie.

Pak 'n laag koekies, dan 'n laag vulsel, nog 'n laag koekies en dan weer vulsel.

Strooi die flake bo-oor.

Laat stol oornag in die yskas.

Genoeg vir 8 mense.

Lekker eet!



Baie dankie Elaine Du Preez dat jy jou staatmaker resep met ons gedeel het!



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‘n Horlosie in die kollektebord.

Lindie Stydom - Instagram

Lindie vertel.. ‘Ek het een keer hierdie storie gehoor van ‘n vrou wat haar goue horlosie in die kollektebordjie of- sakkie gegooi het. Die mense by die kerk was bekommerd toe hulle dit daar tussen die geld vind, want hulle het aanvaar die horlosie het seker per ongeluk van haar arm afgegely toe sy haar bydrae ingegooi het.

Groot was almal se verbasing toe die eienaar van die horlosie uiteindelik opgespoor word en verduidelik dat dit nie ‘n fout was nie. Dit was bedoel as ‘n stap van gehoorsaamheid en ‘n gebaar om eintlik haarself vir die Here te gee. “Ek wou my horlosie gee, want my tyd besit my, dit dryf, druk en jaag my. Om nog ‘n keer geld te gee, sou my nie geraak het nie. Om my tyd te gee was die beste offer of opoffering wat ek daardie dag kon maak, want as ek my tyd gee, gee ek myself!”

Sjoe! Ek wonder wat ek vandag in die kollektebordjie sou gooi as ek op ‘n manier wou sê ek gee iets wat regtig vir my belangrik is en saak maak. Nie dit wat veilig, maklik, netjies en sonder opoffering is nie. Iets wat wys waar my hart is!

Jesus beskryf ‘n baie logiese proses in Matteus 6 wanneer Hy praat oor skatte in die hemel. Daar waar jou skat is, daar is jou hart en waar jou hart is, is waar jou skat sal volg - waar jou geld sal volg, maar ook die bate van tyd en lewe wat sinonieme is.....

Ons dink altyd aan gee as ‘n opoffering en ja, dit is, maar dis ook deel van ons lofprijsing en die vreugde daarvan om die Here met alles wat HY aan ons toevertrou het, te dien en eer!

So, miskien is die vraag dan eerder:

Wat sou ek vandag in die kollektebordjie kon gooi om op ‘n manier vir die Here dankie te sê vir die geskenk van tyd en lewe?



A Few Lessons from Roger Federer's Dartmouth Commencement Speech

After asserting that he'd graduated (and not retired) from professional tennis, Federer shared what he learned from his years on the pro circuit.

Some excerpts from the script:

"Effortless"... is a myth. I mean it.

I say that as someone who has heard that word a lot. "Effortless."

People would say my play was effortless. Most of the time, they meant it as a compliment... But it used to frustrate me when they would say, "He barely broke a sweat!"

Or "Is he even trying?" The truth is, I had to work very hard... to make it look easy.

I spent years whining... swearing... throwing my racket... before I learned to keep my cool.

The wakeup call came early in my career, when an opponent at the Italian Open publicly questioned my mental discipline. He said, "Roger will be the favourite for the first two hours, and then I'll be the favourite after that."

I was puzzled at first. But eventually, I realized what he was trying to say. Everybody can play well the first two hours. You're fit, you're fast, you're clear... and after two hours, your legs get wobbly, your mind starts wandering, and your discipline starts to fade.

It made me understand... I have so much work ahead of me, and I'm ready to go on this journey now. I get it.

On talent:

Yes, talent matters. I'm not going to stand here and tell you it doesn't. But talent has a broad definition. Most of the time, it's not about having a gift. It's about having grit.

In tennis, a great forehand with sick racquet head speed can be called a talent. But in tennis... like in life... discipline is also a talent. And so is patience.

Trusting yourself is a talent. Embracing the process, loving the process, is a talent.

Managing your life, managing yourself... these can be talents, too. Some people are born with them. Everybody has to work at them.



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A Few Lessons from Roger Federer's Dartmouth Commencement Speech

On "it's only a point":

In tennis, perfection is impossible... In the 1,526 singles matches I played in my career, I won almost 80% of those matches... Now, I have a question for all of you... what percentage of the POINTS do you think I won in those matches?

Only 54%. In other words, even top-ranked tennis players win barely more than half of the points they play. When you lose every second point, on average, you learn not to dwell on every shot.

You teach yourself to think: OK, I double-faulted. It's only a point. OK, I came to the net and I got passed again. It's only a point.

Even a great shot, an overhead backhand smash that ends up on ESPN's Top Ten Plays: that, too, is just a point.

Here's why I am telling you this. When you're playing a point, it is the most important thing in the world.

But when it's behind you, it's behind you... This mindset is really crucial, because it frees you to fully commit to the next point... and the next one after that... with intensity, clarity and focus.

The truth is, whatever game you play in life... sometimes you're going to lose. A point, a match, a season, a job... it's a roller coaster, with many ups and downs.

And it's natural, when you're down, to doubt yourself. To feel sorry for yourself.

And by the way, your opponents have self-doubt, too. Don't ever forget that.

But negative energy is wasted energy.

And "life is bigger than the court":

I worked a lot, learned a lot, and ran a lot of miles in that small space... But the world is a whole lot bigger than that... Even when I was just starting out, I knew that tennis could show me the world... but tennis could never be the world.

I knew that if I was lucky, maybe I could play competitively until my late 30s. Maybe even... 41!

But even when I was in the top five... it was important to me to have a life... a rewarding life, full of travel, culture, friendships, and especially family...

I never abandoned my roots, and I never forgot where I came from... but I also never lost my appetite to see this very big world.

Thank you Roger, for the inspiring and wise lessons.



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All the Hours.....

Facebook- Finding Joy- Rachel

On the 7th of August, we watched the Olympics and heard Gabby Thomas's comments about winning the gold medal and she said,

“so many, many hours behind the scenes that no one sees...” (paraphrased by Rachel)

Isn't that the truth about life? We see the big deals, we see the amazing moments and we forget all of that work, and all of those decisions behind the scenes.

The hours no one sees.

The decisions no one sees.

The courage to step out of our comfort zone no one sees.

The faith in the future no one sees.

Success isn't just the giant moment.

It is, as Gabby so eloquently reminded us all, the hours no one sees.

Success might not be the Olympics, but success can be in healing a relationship, starting the job, finishing school, running the 5k, working on your mental health, buying your first home, fixing your credit, meeting new people, writing the book, taking care of your health, putting in the hours - the places no one sees that really matter... and make a life difference.

So keep going. Keep trying. Keep having faith. Keep believing. Keep putting in the hours. Keep fighting for your dreams.

Those hours add up.

Even if no one sees.

It adds up.

Thanks, Gabby, for reminding us of that truth. Thanks for inspiring and reminding us that success is often found in the micro decisions that so often no one sees.



Laws That Isaac Newton Forgot To Tell Us About

Maybe because these things don't always happen but very probable.

Geleen

1. LAW OF BREAD:

When the buttered slice of bread falls it always falls on the buttered side.

2. LAW OF QUEUE:

If you change queue, the one you just left starts to move faster than the one you are in now.

3. LAW OF MECHANICAL REPAIR

After your hands become coated with grease, your nose begins to itch.

4. LAW OF THE TOOLS:

Any tool, when dropped, rolls to the least accessible corner.

5. BATH THEORY:

When the body is immersed in water, the telephone rings.

6. LAW OF ENCOUNTERS

The probability of meeting someone you know increases when you are with someone you don't want to be seen with.

7. LAW OF THE RESULT

When you try to prove to someone that a machine won't work, it will!

8. LAW OF BIOMECHANICAL:

The severity of the itch is inversely proportional to the reach.

9. LAW OF COFFEE:

As soon as you sit down for a cup of hot coffee, your boss will ask you to do something which will last until the coffee is cold.

10. LAW OF EXAM:

A book will remain in a state of rest or covered in dust until exam time.

11. LAW OF SLEEP:

The nap becomes enjoyable when the alarm sounds.

12. LAW OF CHEAPER THINGS:

You always get the cheaper things once you have bought the expensive one.



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KALENDER

1 SEPTEMBER HUISKERK 9 UUR

8 SEPTEMBER EREDIENS 9 UUR

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29 SEPTEMBER HUISKERK 9 UUR

September Inspirasie Seënwens



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.

Die Here is bokant jou om jou te seën.

Die Here is in jou om jou hart te vul met liefde.

Die drie-enige God is by jou, van nou af tot in ewigheid.





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Erediens Tye

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

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

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