



SA GEMEENTE  
SA CONGREGATION



“Loof die Here. Roep Hom aan! Maak aan die nasies bekend wat Hy  
gedoen het.” 1 Kronieke 16:8

30  
YEARS

## Maandelikse Bybel Bespreking

### Dankie

Die woord "dankie" het blykbaar sy oorsprong in die Latynse woord 'Dignus', wat beteken "waardig" of "gepas." Dit het mettertyd ontwikkel in verskeie Germaanse tale, insluitend die Oudhoogduitse *danken* wat "om te dink" of "om dankbaar te wees" beteken. In Afrikaans het die woord dieselfde klank en betekenis behou, en dra dit steeds die idee van erkenning en waardering oor, vir iets wat 'n ander persoon gedoen het.

Om "dankie" te sê is 'n eenvoudige daad, waarmee ons groot geword het. Kinders word steeds geleer en herinner dat dit groot waarde in ons daaglikse lewe het. Dit versterk die band tussen mense, bevorder positiewe interaksie en wys dat ons die hulp, tyd, of moeite van ander waardeer. Wanneer ons, ons waardering uitspreek, erken ons die goedheid in ander, wat weer 'n kultuur van respek en wedersydse ondersteuning bevorder. Dit is 'n manier om te wys dat ons nie as vanselfsprekend aanvaar wat ander vir ons doen nie.

Dankbaarheid teenoor ander het ook 'n diepgaande invloed op ons eie lewens. Dit help ons om ander mense se situasies en reaksies raak te sien en 'n positiewe perspektief te ontwikkel oor ons eie lewe. Dit skep 'n sin van vergenoegdheid, vervulling en durende vreugde.

Daarom skryf Cicero: “Dankbaarheid is nie net die grootste van alle deugde nie, maar die moeder van almal”.

Andrè Harmzen



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## Tema vir die Maand

### Dankie God.

Die woord "dankie" en die konsep van dankbaarheid kom baie keer in die Bybel voor, beide in die Ou en Nuwe Testament. In Hebreeus word die woord 'todah' dikwels gebruik, wat "danksegging" of "lofprijsing" beteken, en in die Nuwe Testament word die Griekse woord 'eucharisteo' gebruik, wat "om dankbaar te wees" of "om dank te gee" beteken. Die Bybel moedig gelowiges aan om dankbaar te wees in alle omstandighede, soos gesien in 1 Tessalonisense 5:18, wat sê:

*"Dank God in alles, want dit is die wil van God in Christus Jesus oor julle."*

Dankbaarheid teenoor God en ander kan ons fisiese en psigiese lewe aanraak en beïnvloed. Dit help ons om te fokus op die seëninge wat ons het, eerder as op wat ons kortkom, en sodoende 'n positiewe perspektief te ontwikkel. Wanneer ons dankbaar is, leer ons om die klein en groot seëninge in ons lewe raak te sien en ons vreugde te vind in die eenvoudigste dinge. Dit skep 'n sin van vervulling en vreugde, wat lei tot 'n meer bevredigende en betekenisvolle lewe.

Om vir God "dankie" te sê, dui op die belangrikheid van dankbaarheid as deel van 'n Christen se verhouding met God – dit dien as 'n manier om Sy goedheid en voorsiening te erken.

Psalm 100:4 nooi mense – my en jou – uit om

*"Sy poorte binne te gaan met lof, sy voorhewe met lofliedere;*

*loof Hom, prys sy Naam."*

Want dankbaarheid is ons natuurlike reaksie op God se grootheid en seëninge, en hoe dit jou hart nader aan jou Here bring.

Andrè



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## IN HIERDIE UITGAWE

KERSSANGDIENS

RESEP VAN DIE MAAND

BIBLE CROSS- REFERENCE

UNCONDITIONAL ACCEPTANCE

WEES DANKBAAR, LEEF DANKBAAR

WYSE WOORDE...

NOVEMBER INSPIRASIE

KONTAK ONS



### *LOUGHTON KERSSANGDIENS*

*8 DESEMBER 2024 - 9:30*

Theydon Bois Village Hall

Coppice row, Theydon bois, CM16 7ER

Ons gaan die Here saam loof en prys!

Daarna gaan ons lekker saam kuier.

Daar is Hoenderpastei met bygeregte en

heerlike poedings op die spyskaart.

Bring asb eie eetgerei, glase en drinkgoed.



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## Resep van die Maand

### Vleis pasteitjies.

500g gemaalde beesvleis  
1 ui, fyn gekap  
1 aartappel - sny in fyn/dun skywe  
sout en peper na smaak  
1 tl asyn(na smaak)  
1/4 tl naeltjies (cloves) of na smaak



Kook bogenoemde bestanddele saam tot gaar en droog.  
Laat afkoel.

2 Pakke gekoopte skilferkors-deeg.  
Skep so 3 rye gaar maalvleis op 'n vel deeg.  
Sny deur met skerp mes en vou toe.

Klits 2 eiergele en smeer oor elke gevulde pastei-rand, sny dan in kleiner porsies.

Bak vir ongeveer 40 minute in 'n waaier oond op 160 grade celcius.

Lekker eet.

*Baie dankie Ricka Best dat jy jou staatmaker vleis pasteitjie resep met ons gedeel het!*

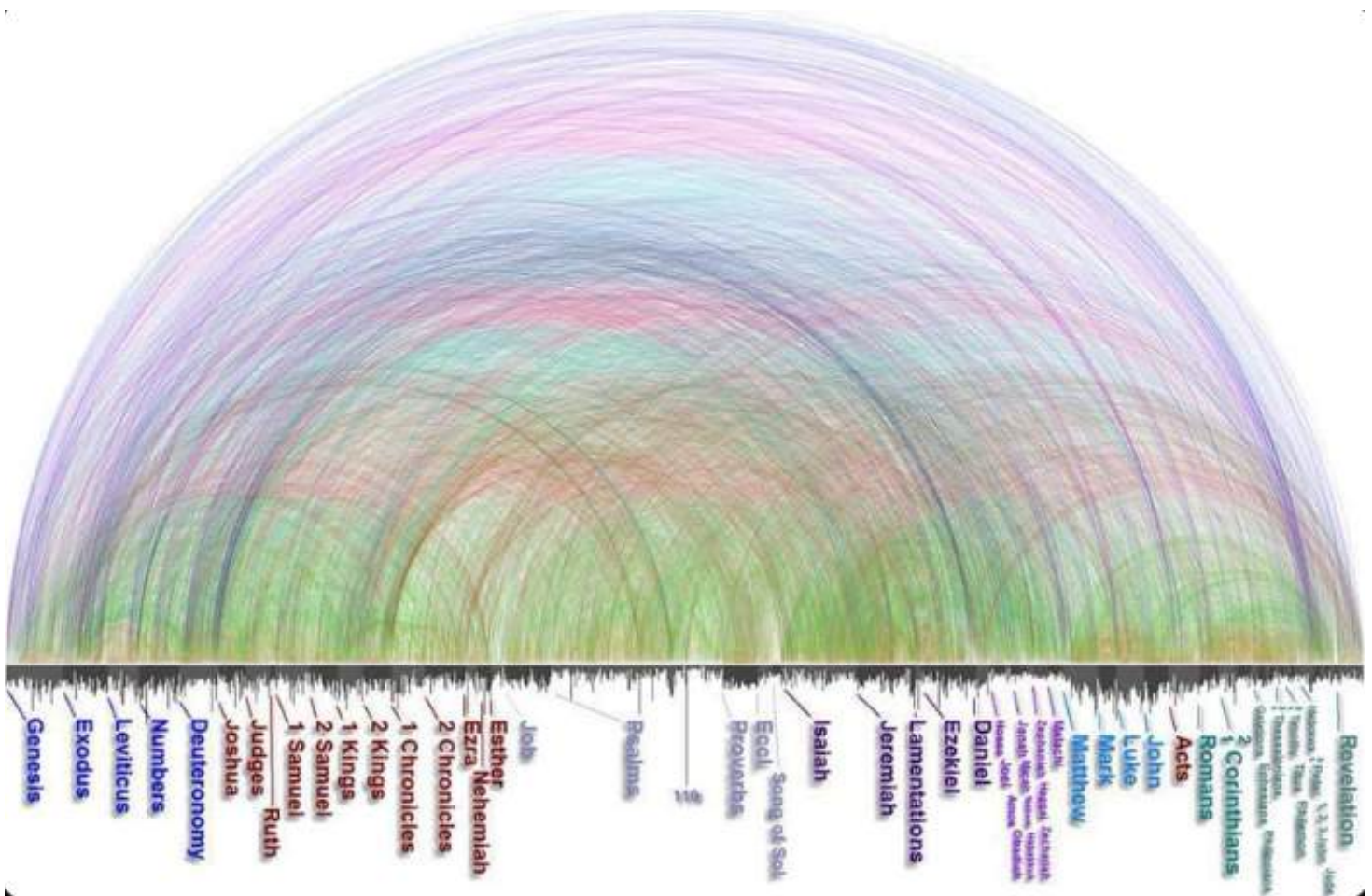


## Bible Cross-reference

This might be the most amazing data picture you've ever seen!

It shows the 63 779 cross-references of scriptures of the Bible. Had the Bible been written by one person or at one time this would still be amazing; however, the Bible was written by 40 authors over the span of 1500 years on 3 different continents.

The Bible is complex, diverse and intricate, and yet it has one unified message: God is love and will redeem all who believe!





# Unconditional Acceptance

I am a mother of three (ages 14, 12, 3) and have recently completed my college degree. The last class I had to take was Sociology. The teacher was absolutely inspiring with the qualities that I wish every human being had been graced with.

Her last project of the term was called "Smile." The class was asked to go out and smile at three people and document their reactions. I am a very friendly person and always smile at everyone and say hello anyway, so, I thought this would be a piece of cake.

Soon after we were assigned the project, my husband, youngest son, and I went out to McDonald's one crisp March morning. It was just our way of sharing special playtime with our son. We were standing in line, waiting to be served, when all of a sudden everyone around us began to back away, and then even my husband did.

I did not move an inch. An overwhelming feeling of panic welled up inside of me as I turned to see why they had moved. As I turned around, I smelled a horrible "dirty body" smell, and there standing behind me were two poor homeless men. As I looked down at the short gentleman close to me, he was "smiling". His beautiful sky blue eyes were full of God's Light as he searched for acceptance. He said, "Good day" as he counted the few coins he had been clutching.

The second man fumbled with his hands as he stood behind his friend. I realized the second man was mentally challenged and the blue-eyed gentleman was his salvation. I held my tears as I stood there with them. The young lady at the counter asked him what they wanted.

He said, "Coffee is all Miss" because that was all they could afford. If they wanted to sit in the restaurant and warm up, they had to buy something. He just wanted to be warm.



# Unconditional Acceptance

Then I really felt it - the compulsion was so great I almost reached out and embraced the little man with the blue eyes. That is when I noticed all eyes in the restaurant were set on me, judging my every action. I smiled and asked the young lady behind the counter to give me two more breakfast meals on a separate tray.

I then walked around the corner to the table that the men had chosen as a resting spot. I put the tray on the table and laid my hand on the blue-eyed gentleman's cold hand. He looked up at me, with tears in his eyes, and said, "Thank you." I leaned over, began to pat his hand and said, "I did not do this for you. God is here working through me to give you hope."

I started to cry as I walked away to join my husband and son. When I sat down my husband smiled at me and said, "That is why God gave you to me, Honey, to give me hope." We held hands for a moment and at that time, we knew that only because of the Grace that we had been given were we able to give. That day showed me the pure Light of God's sweet love.

I returned to college, on the last evening of class, with this story in hand. I turned in "my project" and the instructor read it. Then she looked up at me and said, "Can I share this?" I slowly nodded as she got the attention of the class. She began to read and that is when I knew that we as human beings and being part of God share this need to heal people and to be healed. In my own way, I had touched the people at McDonald's, my husband, son, instructor, and every soul that shared the classroom on the last night I spent as a college student. I graduated with one of the biggest lessons I would ever learn:  
UNCONDITIONAL ACCEPTANCE



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## Wees Dankbaar, Leef dankbaar

Erkenning: **Staan op vir Jesus (Facebook)**

*Wees altyd en in alles dankbaar.*

Efesiërs 5:6-20 'Dank God die Vader oor alles in die Naam van ons Here Jesus Christus.'  
- Ef 5:20

Dankbaarheid is 'n Christelike deug wat aan ons lewe 'n besondere kwaliteit verleen. Elke kind van God het 'n oorvloed van redes om dankbaar te wees. Die geheim van dankbaar wees, is om dankbaar te lewe.

In dankbaarheid teenoor God vir die gawe van die lewe, moet jy die lewe positief en oorwinnend benut.

In dankbaarheid vir jou geleenthede, moet jy hulle gebruik as uitdagings tot sukses in God se diens.

In dankbaarheid vir jou geluk, moet jy daarna streef om ander gelukkig te maak.

Vir die skoonheid van God se skepping, moet jy met dankbaarheid probeer om die wêreld rondom jou te verryk.

Vir gesondheid en krag, moet jy jou dankbaarheid toon deur jou liggaam op te pas en dit in diens van God en jou medemens te gebruik.

Voeg dan by jou gebede van dankbaarheid altyd 'n lewe van dankbaarheid.

*Skepper God, maak my lewe 'n toegewyde daad van dankbaarheid vir al U liefde en genade wat ek ontvang. Help my om altyd 'n lewe van dankbaarheid te lei. Amen.*





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## Wyse woorde.....

RISK IS ALWAYS BETTER THAN REGRET.”

- “Our greatest weakness lies in giving up. The surest way to success is always to try one more time.”  
Thomas A. Edison
- “With the new day come new strength and new thoughts.” Eleanor Roosevelt
- “Optimism is the faith that leads to achievement. Nothing can be accomplished without hope and confidence.” Helen Keller
- “Keep your eyes fixed on the stars and your feet on the ground.” Theodore Roosevelt
- “What you get by achieving your goals is not as important as what you become by achieving your goals.”  
Henry David Thoreau
- “If you don't like something, change it. If you can't change it, change your attitude...don't complain.”  
Maya Angelou
- “Setting goals is the first step to transforming the invisible into the visible.” Tony Robbins
- “Knowing is not enough; you must apply. Wanting is not enough; you must do.” Johann Wolfgang von Goethe
- “Well done is better than well said.” Benjamin Franklin
- “If you want to conquer fear, don't sit at home thinking about it. Go out and get busy.” Dale Carnegie
- “Move forward now. The future is not promised to anyone.” Wayne Dyer
- “Your talent determines what you can do. Your motivation determines how much you are willing to do... your attitude determines how well you do it.” Lou Holtz



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## KALENDER

3 NOVEMBER HUISKERK 9 UUR

10 NOVEMBER EREDIENS 9 UUR

17 NOVEMBER HUISKERK 9 UUR

24 NOVEMBER HUISKERK 9 UUR

# November Inspirasie Gebed

Here,

Met dankbaarheid  
dink ek aan gister,  
ervaar ek vrede vandag  
en droom ek van môre.

Amen

Dit is nie geluk wat ons dankbaar maak nie.

Dit is dankbaarheid wat ons gelukkig maak



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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)**



Scan. Pay. Go.

## Kontak Ena



Ena Wassermann

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