



SA GEMEENTE
SA CONGREGATION

SAG
#1 network
VIR JOU LEWE

‘Moet niks uit selfsug of eersug doen nie, maar in nederigheid moet die een die ander hoër ag as homself.’ Filippense 2:3-4

Maandelikse Bybel Bespreking

Vernederende diens

Diensbaarheid

Ek wonder oor diensbaarheid
by 'n reëndruppel leer ek waarheid
by sy spat word alles nat
onbaatsugtig is dit nie?
of ons dit betyds leer weet ek nie?
— Francois Meyer

Diensbaarheid strek verder as net 'n daad. Dit roep mens op om jou trots en jou ego te laat vaar, en onbaatsugtig ander se behoeftes bo jou eie te stel. Baie meen dat dit “vernederend” is om in diens van ander te wees, tog is hierdie oënskynlike “swakheid” ‘n bewys van ware geestelike moed. Om waarlik diensbaar te wees, is om soos die reëndruppel wat onbaatsugtig alles natmaak, mens se trots na te laat en te kies om ander sonder voorwaardes te ondersteun.

In die wêreld sien mens dikwels hoe mense in nederigheid en eenvoud leef en ander dien. Suid-Afrika, met sy ryk erfenis van Ubuntu – “I am because we are” – is ‘n voorbeeld van die potensiaal van opregte diensbaarheid en hoe dit 'n gemeenskap kan verander. Moeder Theresa het immers gesê: “*Not all of us can do great things. But we can do small things with great love*” om te beklemtoon hoe opofferings en klein daade, uiteindelik ‘n groot verskil maak.

Waarlik diensbaar wees, vereis ‘n voortdurende opoffering en afstand doen van eie gewin. Dit het vooruitgang en groei tot gevolg vir die wat ontvang; en dit bewerk geestelik groei en verdieping vir (veral) die wat dien. In die woorde van Mahatma Ghandi: “*The best way to find yourself, is to lose yourself in service of others.*”

Andrè

Tema vir die Maand

Diensbaarheid: 'n Oproep tot Refleksie en Aksie

In Johannes 13 sien ons 'n merkwaardige toneel: Jesus, die Seun van God, buig af en was Sy dissipels se voete. Jesus, die Koning van konings, neem die plek van 'n dienaar in en wys vir ons wat dit beteken om werklik lief te hê. Hierdie nederige ingesteldheid, leer ons dat ware krag nie in mag of erkenning lê nie, maar in die bereidwilligheid om klein te wees en groot lief te hê.

Hierdie daad van nederige diensbaarheid is nie net 'n mooi simboliese gebaar nie; dit is 'n oproep tot aksie. Jesus sê in Johannes 13:14-15: *“As Ek dan, die Here en die Leermeester, julle voete gewas het, behoort julle ook mekaar se voete te was. Want Ek het vir julle 'n voorbeeld gestel, sodat julle kan doen net soos Ek vir julle gedoen het.”* Ware dissipelskap vra dat ons bereid is om ons eie gemak, trots en selfs belange op te offer ter wille van ander.

Terwyl ons Lydenstyd binnegaan, is dit 'n tyd van selfondersoek en toewyding. Hoe lyk my eie diensbaarheid? Dien ek net wanneer dit my pas, of is ek regtig bereid om soos Jesus te leef?

Ek wil jou uitnooi om saam met ons gemeente deur die Johannes Evangelie in Jesus se voetspore te loop. Mag hierdie tyd van inkeer ons help om Christus se voorbeeld na te volg, deur ons harte oop te maak en diensbaar te wees in 'n wêreld wat sy liefde nodig het.

Sien jou op die Lydenspad.

Andre



IN HIERDIE UITGAWE

MANNE NAWEEK

DAMES OGGEND

BRING YOUR CHILDREN TO CHURCH

RESEP VAN DIE MAAND

OUR UNDERSTANDING GOD

A WALK WITH THE LORD

HOW TO BE ALWAYS HAPPY IN LIFE

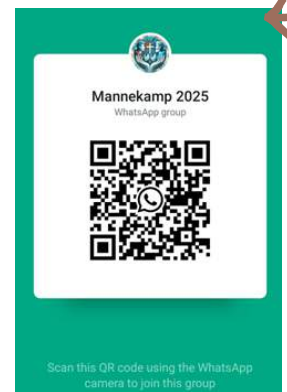
MOEDERSDAG

LYDENSTYD GEBED

KONTAK ONS



Manne Naweeke 'WhatsApp groep'
Skandeer om aan te sluit...



Manne Naweeke

28-30 Maart 2025

Kommunikasie..

Hoe hanteer ons moeilike gesprekke?

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

Koste: £140 per volwassene en £60 per seun(10-16 jaar) vir die naweeke.

Alle etes, beddegoed en drinkgoed is ingesluit- **behalwe handdoeke**. Bring asb eie snacks saam.

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

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

Vir enige navrae kontak vir Hennie 07934341879 of Frikkie 07506918027

[Koop jou kaartjies hier](#)



SA GEMEENTE
SA CONGREGATION

Dames Oggend

15 Maart 2025

9 tot 12:30

Die Natuur om jou...

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

**Kom kuier heerlijk saam en indien die weer dit
toelaat beplan ons om 'n kort entjie deur die
Epping woud te stap.**

Kan elke vrou asb 'n bordjie eetgoed saam bring?

**Koop jou kaartjies by Ena
ena@sagemeente.com of
noordwyk.sagemeente.com**



Bring your Children to church



*Parents.. bring your kids to Church..
Fill their lives with the word of God:*

- Even if they sleep on the Church floor;
- Even if must be persuaded by all means to keep them silent;
- Even if you have to carry them all the time;
- Even if you have to go out to calm them down;
- even if your line must be like a whirlwind;
- Even if they run, scream, busy themselves, and accompanied by the sharp gaze of the people around.



Take them to Church. The world will teach them that 'going to Church is not important'.

The world will teach them that 'just be nice', no need to go to Church'.

The world will not teach them about Jesus. That is your duty.

Let them know:

- ✓ How do you worship God
- ✓ How do you pray
- ✓ How you run to the Savior

A Church without the presence, sounds, shouts and cries of children, is a Church without a future.



Let the little children
come to me,
and do not hinder them,
**for the kingdom of God
belongs to such as these.**

Luke 18:16



Resep van die Maand

Seafood chowder

Ingredients

- 1 tbsp olive or sunflower oil
- 110g/4oz streaky bacon, rind removed, cut into 5mm/1/4 inch dice
- 175-225g/6-8oz onions, chopped
- 25g/1oz flour
- 850ml/1½ pints homemade fish stock or, if no fish stock, water
- 425ml/¾ pint milk
- bouquet garni made up of 6 parsley stalks, 2 sprigs of thyme and 1 bay leaf
- 6 medium-sized potatoes, e.g. Golden Wonder, cut into 5mm/1/4 inch dice
- salt and freshly ground pepper, pinch of mace, pinch of cayenne pepper
- 700g/1½ lb haddock, monkfish, cod or other firm white fish (or a mixture), free of bones and skin
- 150ml/¼ pint single cream
- 450g/1lb mixed cooked shellfish - mussels, clams, scallops, shrimps or prawns and the cooking liquor



Method

1. Heat the oil in a stainless-steel saucepan and brown the bacon well until it is crisp and golden.
2. Add the onion, cover and sweat for a few minutes over a low heat.
3. Stir in the flour and cook for 1-2 minutes.
4. Add the fish stock or water gradually.
5. Add the milk, bouquet garni and potatoes.
6. Season well with salt, pepper, mace and cayenne pepper.
7. Cover and simmer until the potatoes are almost cooked, approximately 5-6 minutes.
8. The chowder may be prepared ahead to this point.
9. Cut the fish into 2.5cm /1 inch cubes.
10. Add to the pot as soon as the tip of a knife will go through a potato.
11. Simmer gently for 3-4 minutes, stir in the cream and add the shellfish.
12. Add any liquor obtained from opening the mussels or clams.
13. When boiling, remove from the heat.
14. Taste, correct the seasoning and sprinkle with freshly chopped parsley and chives.
15. Serve in a deep dish with plenty of bread and butter.

To garnish: Freshly chopped parsley and chives **To serve:** Crusty bread and butter

Baie dankie Erika Beumer dat jy jou staatmaker resep met ons gedeel het! Dit lyk heerlik!!



OUR UNDERSTANDING GOD

Author unknown

Pancakes

Six-year-old Dan decided one Saturday morning to fix his parents pancakes. He found a big bowl and spoon, pulled a chair to the counter, opened the cupboard and pulled out the heavy flour canister, spilling it on the floor.

He scooped some of the flour into the bowl with his hands, mixed in most of a cup of milk and added some sugar, leaving a floury trail on the floor which by now had a few tracks left by his kitten.

Dan was covered with flour and getting frustrated. He wanted this to be something very good for Mom and Dad, but it was getting very bad.

He didn't know what to do next, whether to put it all into the oven or on the stove, and he didn't know how the stove worked! Suddenly, he saw his kitten licking from the bowl of mix and reached to push her away, knocking the egg carton to the floor. Frantically, he tried to clean up this monumental mess but slipped on the eggs, getting his pyjamas white and sticky.

Just then he saw Dad standing at the door. Big crocodile tears welled up in Dan's eyes. All he'd wanted to do was something good, but he'd made a terrible mess. He was sure a scolding was coming, maybe even a spanking. But his father just watched him.

Then, walking through the mess, he picked up his crying son, hugged him and loved him, getting his own pyjamas white and sticky in the process. That's how God deals with us. We try to do something good in life, but it turns into a mess. Our marriage gets all sticky, we insult a friend, we can't stand our job, or our health goes sour.

Sometimes, we just stand there in tears because we can't think of anything else to do. That's when God picks us up and loves us and forgives us, even though some of our mess gets all over Him.

But just because we might mess up, we can't stop trying for God or for others.

Sooner or later, we'll get it right, and then they'll be glad we tried.



A Walk with the Lord.

PAUL HARVEY'S LETTER TO HIS GRANDCHILDREN

We tried so hard to make things better for our kids that we made them worse.

For my grandchildren, I'd like better.

I'd really like for them to know about hand me down clothes and homemade ice cream and leftover meat loaf sandwiches.. I really would.

I hope you learn humility by being humiliated, and that you learn honesty by being cheated.

I hope you learn to make your own bed and mow the lawn and wash the car.

And I really hope nobody gives you a brand new car when you are sixteen.

It will be good if at least one time you can see puppies born and your old dog put to sleep.

I hope you get a black eye fighting for something you believe in.

I hope you have to share a bedroom with your younger brother/sister. And it's all right if you have to draw a line down the middle of the room, but when he wants to crawl under the covers with you because he's scared, I hope you let him.

When you want to see a movie and your little brother/sister wants to tag along, I hope you'll let him/her.

I hope you have to walk uphill to school with your friends and that you live in a town where you can do it safely.

On rainy days when you have to catch a ride, I hope you don't ask your driver to drop you two blocks away so you won't be seen riding with someone as uncool as your Mom.

If you want a slingshot, I hope your Dad teaches you how to make one instead of buying one.

I hope you learn to dig in the dirt and read books.

When you learn to use computers, I hope you also learn to add and subtract in your head.

I hope you get teased by your friends when you have your first crush on a boy/girl, and when you talk back to your mother that you learn what ivory soap tastes like.

May you skin your knee climbing a mountain, burn your hand on a stove and stick your tongue on a frozen flagpole.

I don't care if you try a beer once, but I hope you don't like it... And if a friend offers you dope or a joint, I hope you realize he/she is not your friend.

I sure hope you make time to sit on a porch with your Grandma/Grandpa and go fishing with your Uncle.

May you feel sorrow at a funeral and joy during the holidays.

I hope your mother punishes you when you throw a baseball through your neighbour's window and that she hugs you and kisses you at Christmas time when you give her a plaster mould of your hand.

These things I wish for you - tough times and disappointment, hard work and happiness. To me, it's the only way to appreciate life.



SA GEMEENTE
SA CONGREGATION

How to always be happy in life

Advice from Grandma:

1. Always remember that there is nobody on this earth that does not have problems. You are not the only one that has problems.
2. Challenges is part of life.
3. There is no problem that has no solution. There are solutions to the pains you are passing through.
4. The way you picture yourself in your mind can affect your happiness. Picture yourself as a valuable and beautiful person. Avoid low self esteem and inferiority complex.
5. Do not mind about what people say about you. Some people are sadists. They can just say something's just to make you feel sad.
6. Make friends with reasonable people who make you happy. Do not make friends with people who make jest of you or laugh at you over your challenges.
7. At your leisure time, keep yourself busy with your favourite hobbies like reading, learning, etc.
8. Do not allow anyone to intimidate you with money and material things. A poor man today can become rich tomorrow. Change is constant.
9. No matter what you are passing through today, do not give up. As long as there is life, there is hope. Never stop trying. Give it one more time.
10. Be very prayerful. Pray without ceasing. Prayer is a catalyst that can speed up your blessings to come to you on time.
11. Be courageous to go for what you want. Life is all about risk. If you don't take a risk, you will not get the desires of your heart.



SA GEMEENTE
SA CONGREGATION

Moedersdag

Hierdie maand vier ons Moedersdag
waar ons dankie sê aan al die ma's, aanneemma's,
oumas, tannies, juffrouens en ander
moedersfigure in ons lewens.

Ma's is soos sout

Die Bybel gebruik die simbool van sout
om te vertel hoe ons 'n rol kan speel in
iemand anders se lewe (Matt 5:13-16)
Hoe smaak iets soos vleis of pap wat nie sout in het nie?
Dit is smaakloos.

Sout bring die geur van kos na vore.

Sout kan wonde ontsmet en genees.

In die Bybelse tyd was dit baie kosbaar, omdat dit skaars was.

Vandag wil ons alle Moedersfigure vergelyk met sout.

Dankie aan alle vroue en ma's wat hulle eie en
ander kinders liefhet en so 'n verskil maak soos sout.

Dankie dat julle die beste in almal na vore bring-soos sout in kos.

Dankie dat julle woorde en dade almal genees
en laat blom soos sout wat wonde genees





SA GEMEENTE
SA CONGREGATION

KALENDER

2 MAART HUISKERK 9 UUR

9 MAART EREDIENS 9 UUR

16 MAART HUISKERK 9 UUR

23 MAART EREDIENS 9 UUR

Gebed vir Lydenstyd

onbekend

○ help ons Here in hierdie lydenstyd –

- om te vas van kritiek en om lofsegging te vier
- om te vas van bitterheid en om vergifnis te vier
- om te vas van kwaadwillige praatjies en om swye te vier
- om te vas van wanhoop en om hoop te vier
- om te vas van kla en waardering te vier
- om te vas van selfsug en om diens te vier
- om te vas van woede en om geduld te vier
- om te vas van selfbejammering en om deernis te vier
- om te vas van ontevredenheid en om dankbaarheid te vier
- om te vas van vrees en om geloof te vier



SA GEMEENTE
SA CONGREGATION

Kontak Andre Harmzen



Andrè Harmzen
16 Baldocks Road
Theydon Bois
CM16 7EB
Epos: andre@sagemeente.com

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