



SA GEMEENTE
SA CONGREGATION

Lewe IN Geloof

'God is ons toevlug en ons krag..' Psalm 46:2

Tema vir die Maand In die hitte van die stryd

In die hitte van die stryd, wanneer die wêreld om ons woed,
Vind ons onself vasgeklou in die draaikolk van die lewensvloed.
Die pad voor ons is donker, en ons hart is vol van vrees,
Maar in hierdie oomblik van beproewing, kom ons nader aan die Gees.
Ons word herinner aan die waarheid wat ons glo,
Dat God ons nooit sal verlaat nie, Sy krag kom van binne en bo.
In sy Woord vind ons vertroosting, en in gebed kry ons die krag,
In die hitte van die stryd, kan ons leun op Hom elke dag.

In die hitte van die stryd, moet ons altyd onthou,
ons geveg is nie alleen nie, al voel ons ook hoe flou.
Deur geloof in Jesus Christus, is ons verbind in Sy Een Naam.
Ons dra mekaar se laste, versterk mekaar se hande,
en loop die kronkelpad met mekaar saam.
Ons bid vir mekaar, voor die troon van Genade
In die naam die Gees, die Seun en die Vader.

In die hitte van die stryd, is dit God wat leiding gee,
Hy is die een wat ons beskerm, en ons swartste merk afvee.
In die hitte van die stryd, is Hy ons toevlug en ons anker.
Laat ons dus, in die hitte van die stryd, op God vertrou,
Ons harte en ons siele aan Hom toevertrou.
Deur sy genade en sy krag, sal ons oorwin,
En in die vrede van sy teenwoordigheid, sal ons rus vind binne-in.



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Maandelikse Bybel Bespreking

IN die hitte van die stryd

'God is ons toevlug en krag.' (Psalm 46:2)

Geliefdes, luister na die woorde van Psalm 46:2: "God is vir ons 'n toevlug en 'n sterkte." Hierdie vers herinner ons aan die onwrikbare waarheid dat ons 'n God het wat ons nooit verlaat nie. Hy is altyd daar, ons rots in tye van nood, en Hy bied 'n toevlug en krag aan almal wat Hom soek.

In die Bybel hoor ons op verskeie plekke hoe God gelowiges se uitdagings gebruik om hulle geloof te versterk. In hulle stryd vir oorlewing het God die volk deur die see en woestyn gelei. In die hitte van die vuuroord het God se engel vir Sadrag, Mesag en Abednego beskerm. In die hitte van die stryd het Dawid Goliath verslaan in die Naam van die Here.

In die onstuimige wêreld waarin ons leef, mag ons dikwels voel asof ons omring word deur moeilikhede en bekommernisse. Dit is in hierdie oomblikke dat ons die waarheid van Psalm 46:2 moet onthou. God is nie net 'n toevlug nie, Hy is ons enigste werklike toevlug. Hy is ons hulp in benoudhede. Hy is die bron van vrede wat al ons vrese en angs oorwin.

In die hitte van die stryd, wanneer ons die storms van die lewe ervaar, mag ons vertrou dalk wankel, maar God bly onveranderlik. Hy is nie net 'n hulp in tye van benoudheid nie, Hy is die bron van ons krag en moed.

Seënwense,
Andrè





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IN HIERDIE UITGAWE

KLERE PAK GAIN

SPORT DAG

GAIN WATER APPEAL

JO BLACK- MANNE 'LUNCH'

JO BLACK - KONSERT

RESEP VAN DIE MAAND

VADERSDAG

ARMS AND LEGS FOR OTHERS

LEKKER LAG.....

DOELWITTE VIR JUNIE

KONTAK ONS

Ons het jou hulp nodig....

Klere pak geleentheid vir GAIN.

17 Junie

10:00 -13:00

Kom help asb klere sorteer en pak vir GAIN

Bring ook klere saam wat julle nie meer gaan dra nie-
donasies altyd welkom vir mense in nood.

Daar is drinkgoed en 'n smaaklike 'hotdog'- middag- ete
as beloning vir jou spierkrag en hulp.

Adres: GAIN Involvement Centre, Unit 2, Mott Street
Industrial Estate, Mott Street, Birmingham, B19 3HE
Daar is baie parkering beskikbaar





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'Sport dag' 20 Mei 2023



Lieflike sonskyn dag in die
pragtige 'Wyre forest'





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'Nothing
compares
to the
simple
pleasure of
riding a
bike'



**'It's not a race, it's a journey!
Enjoy the moment!'**



Niks lekkerder as 'n piekniek saam vriende in die son!



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**Water is essential to life.
It is a basic human necessity.
Yet almost 1 in 8 people on the
planet right now still don't have
access to safe water.**

490 million people are forced to use dirty, bacteria-infested water that makes them sick and robs them of their time, dignity, health, education, and the opportunity to live an abundant life.

More than 829,000 are estimated to die each year from diarrhoea as a result of unsafe drinking-water, sanitation and hygiene. For many children, it's a death sentence.

How you can partner:

- committing to a monthly gift of £10, £25, or £50 would contribute to ongoing well drilling projects
- a gift of £75 provides clean water for 10 people
- £7,500 will fund a well for a village, as well as hygiene and sanitation training, which you can sponsor as an individual, church, or business.

give.agape.org.uk/water



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We dream of a world where human flourishing
is restored and where water poverty is eradicated.

Since 2002, GAIN has been providing rural villages with wells, ensuring fresh, clean water for their people. We do this by drilling 50-80 metres down, tapping into the water supply and setting up a deep -capped well. Alongside the construction, GAIN provides training on hygiene and sanitation practices, gender sensitivity and community health.

Benedict, from Adjalagan in South Benin, talks about the difference a well has made since it's construction 10 years ago,

"In a GAIN training, we realised that we should go to the clinic for the birth of children. We learned that going to school is important and we began sending our children to school. Many things have changed in our lives. It is as if we were in darkness and GAIN brought us to the light."



This year, together with generous partners from all over the world, we are nearing the goal of seeing 3 million people access safe water. Could you help us reach this milestone?

Bring clean water to 3 million:
[give.agape.org.uk/water 1](https://give.agape.org.uk/water-1)



GAIN UK, c/o Agapé,
167 Newhall St, Birmingham,
B3 1SW | 0121 765 4404
www.globalaidnetwork.org.uk
info@globalaidnetwork.org.uk
f t i @GlobalAidNetUK

GAIN UK is the humanitarian
partner of Agapé UK

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REGULATOR

agapé uk†



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Jo Black-Manne 'Lunch'

Live....

8 Julie 2023

12:00-14:00

Manne kom luister na Jo se boodskap.

Die tema is '*Be that guy...*'.

Na die boodskap is daar heerlike boereworsrolle en
baie geleentheid vir kuier en gesels.

Koste vir die kuier is £10 per persoon.

[Bespreek jou plek vir die 'Lunch' hier.](#)

Roding Valley High School,
Loughton, IG10 3JA



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Jo Black

Live.....

Vir die hele gesin.

8 Julie 2023

18:00-21:30 (deure open 17:30)

Roding Valley High School,

Loughton

IG10 3JA

Kostes £36 per persoon

Moenie hierdie spesiale aand mis nie.

Koop jou kaartjie hier



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Resep van die Maand

Crouton- en -kaasslaai

Bestanddele:

8-10 snye witbrood in 0.5 cm blokkies gesny
Bietjie sonneblom olie
5 ml knoffel-en-kruiegeursel

Gekookte slaaisous:

2 eiers
150 ml suiker
15 ml mosterdpoer
100 ml witasyn
sout en peper na smaak

Bediening en garnering:

50 ml mayonnaise
50 ml room
125 ml klein blokkies geurrike kaas bv cheddar, Tusser's, Edam, Emmenthal
Gekapte Pietersielie of vars vinkel
Opsioneel: Agurkies in skyfies gesny



Metode:

Sprinkel bietjie olie oor die brood blokkies en rooster dit in die oond vir 10 min tot dit mooi goudbruin is. Plaas die sousbestanddele in 'n swaarboomkastrol, kook oor lae hitte en roer voortdurend met 'n ballondraadklitser totdat dit verdik. Geur en laat afkoel.

OF

Plaas die sousbestanddele in 'n bak en klits baie goed totdat dit skuimerig is. Mikrogolf 1 minuut lank op HOOG, klits goed met 'n ballondraadklitser en mikrogolf nog 1 minuut lank. Klits goed en verhit 1 minuut lank op MEDIUM of totdat die sous verdik en skuim bo-op verskyn. Klits goed, geur en laat afkoel.

Om die slaai 'n kort rukkie voor opdiening te voltooi, roer die mayonnaise en room by die afgekoelde sous.

Meng die afgekoelde croutons met die kaas, roer liggies en skep in 'n slaai bak.

Net voor dit opgedien word giet soveel sous as wat verkies word oor, en garneer met pietersielie.

Sit die oorblywende sous in 'n aparte bakkie of bêre dit in die yskas vir latere gebruik.

Baie dankie Sunel Hamman vir die deel van jou staatmaker resep!



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Vadersdag gebed

spesiaal vir elke Pappa

Ek dank U vir my vader se liefde so getrou
sy twee arms wat my altyd liefderik vashou

sy steun wanneer dit ookal goed gaan of sleg
met ferme woorde my hou op die regte weg

vir blyke van waardering as ek my bes probeer
ofskoon ek nie 'n wenner is, of goed presteer

dank ek U vir sy hande wat met ywer altyd werk
al is hulle grof, vol eelte, is hulle nog mooi sterk

ek dank U vir sy oë wat elke ding raaksien
al moet ek soms teregwysing, of straf verdien

ek dank U vir sy hart, wat vol liefde klop, so bly
die wonderlikste gawe, hierdie pappa van my

ek bid dat U hom spaar, hy is baie spesiaal
ek is só lief vir hom, Heer, dankie nog 'n maal.

deur Joan Lotz

I HAVE A
HERO
I CALL HIM
DAD



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Arms and legs for others.

Bob Butler lost his legs in a 1965 land mine explosion in Vietnam. He returned home a war hero. Twenty years later, he proved once again that heroism comes from the heart.

Butler was working in his garage in a small town in Arizona, USA on a hot summer day, when he heard a woman's screams coming from a nearby house. He began rolling his wheelchair toward the house but the dense shrubbery wouldn't allow him access to the back door. So he got out of his chair and started to crawl through the dirt and bushes.

"I had to get there", he says. "It didn't matter how much it hurt". When Butler arrived at the pool there was a three-year-old girl, named Stephanie Hanes lying at the bottom. She had been born without arms and had fallen in the water and couldn't swim. Her mother stood over the pool screaming frantically. Butler dove to the bottom of the pool and brought little Stephanie up to the deck. Her face was blue, she had no pulse and was not breathing.

Butler immediately went to work performing CPR to revive her while Stephanie's mother telephoned the fire department. She was told the paramedics were already out on a call. Helplessly, she sobbed and hugged Butler's shoulder.

As Butler continued with his CPR, he calmly reassured her. Don't worry, he said. "I was her arms to get out of the pool. It'll be okay. I am now her lungs. Together we can make it".

Seconds later the little girl coughed, regained consciousness, and began to cry. As they hugged and rejoiced together the mother asked Butler how he knew it would be okay. The truth is, "I didn't know", he told her. "But when my legs were blown off in the war, I was all alone in a field. No one was there to help except a little Vietnamese girl. As she struggled to drag me into her village, she whispered in broken English, 'It okay. You can live. I be your legs. Together we make it' ". Her kind words brought hope to my soul and I wanted to do the same for Stephanie.

There are simply those times when we cannot stand alone. There are those times when we need someone to be our legs, our arms, our friend.

Be someone's arms and legs during the month of June.

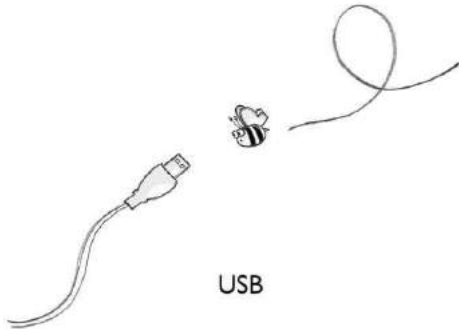
Author Unknown



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Lekker lag.....

What do you call a bee that comes from America?



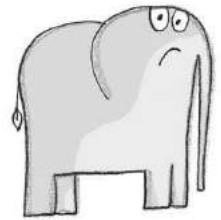
USB

What do you call a belt with a clock on it?



A waist of time.

What do you call an elephant that doesn't matter?



An irrelephant.

What did the buffalo say to his son at school dropoff?



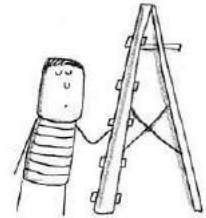
Bison.

What do you call a bear with no ears?



B.

This is my step ladder.



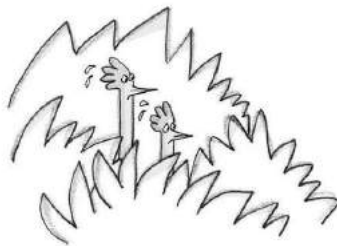
I never knew my real ladder.

What's the best thing about Switzerland?

I don't know, but their flag is a huge plus.



On what day of the week do chickens hide?



Fry-day.

Where should you leave your dog when you go shopping?



In the barking lot.



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KALENDER

4 JUNIE EREDIENS 10 UUR

11 JUNIE HUISKERK 9UUR

18 JUNIE EREDIENS 10 UUR

25 JUNIE HUISKERK 9 UUR

Doelwitte vir Junie

1. Neem aktief deel aan die eredienste
2. Dink positiewe gedagtes
3. Bid elke dag spesifiek vir iemand anders
4. Vertou God elke dag

This months to do list:

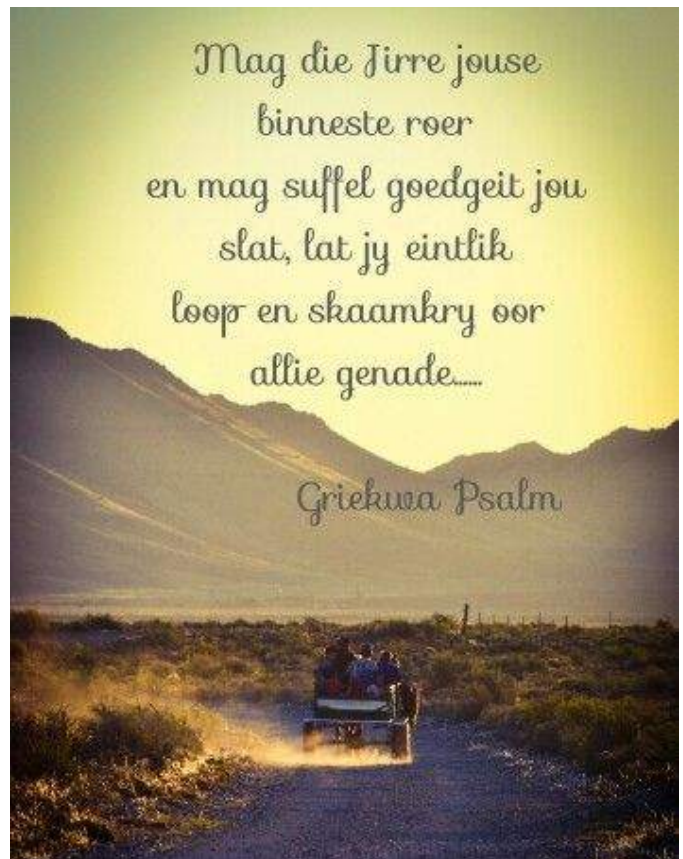
Wait patiently - Psalm 27:14
Have faith - 2 Corinthians 5:7
Pray - Philippians 4:6
Think of others - Philippians 2:4
Trust in the Lord - Proverbs 3:5
Give thanks - Psalm 136

Gebedslys vir Junie

Bid vir:

- Ons Pappas
- Ons Oupas

Seënswens vir Junie





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Kontak Andre Harmzen



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Kontak ons:

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Facebook Blad: SA Gemeente Middellande

Erediens Tye

Ons Eredienste is elke 1ste en 3de
Sondag van die maand om 10:00

Adres:

Alderbrookskool.
Blossomfield Road, Solihull, B91 1SN

Dankoffers.

Vir £10 Text RSAG003 na 70191

Vir direkte inbetaling:

SA Congregation
HSBC
40-22-05
91374265



Scan. Pay. Go.

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- Birmingham

Stuur asb ook 'n epos na Marlene by

bank@sagemeente.com

met jou naam en wyk. (Birmingham)

Kontak Helena



Helena Claassen

Epos: helena@sagemeente.com