

Words of WISDOM

From A Previous Generation

In the last issue of our newsletter, Sister Dilys submitted what her mother quoted from her father in Scotland:

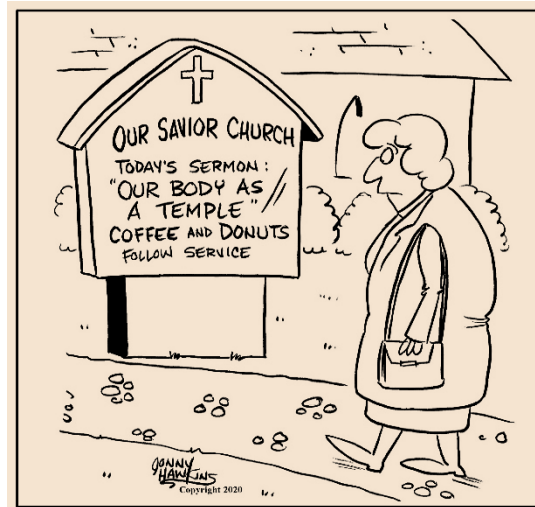
**“There is so much good in the worst of us,
And so much bad in the best of us,
That it hardly behooves any of us
to find any fault with the rest of us.”**

Would you believe a reader came to me and gave me the author of that quote? It’s James Truslow Adams, 1878-1949.

This month, Sis. Amy Dowling shares what her mom used to say:

**“Hide the Word of God in your heart.
One day you may not have your Bible.”**

If you have “Words of Wisdom” from way back that you would like to share, please contact Pat Clark. ✧



A father was reading Bible stories to his young son. He read, "The man named Lot was warned to take his wife and flee out of the city, but his wife looked back and was turned into a pillar of salt." His son asked, "What happened to the flea?"

Community Connections



**Tuesday Evenings
March 25 to June 10, 2025**

Join us in any of the following events:

- FREE Family Dinner6:00 p.m.
- Kids Club (ages 6 to12)6:30 p.m.
- ESL Class by ZOOM6:30 p.m.
- Teen Bible Study at the Mission House.....6:30 p.m.
- Adult Bible Institute Courses..... 6:45 p.m.
- Ladies Bible Course (Wednesdays)..... 8:00 p.m.

Germantown Christian Assembly, Inc. DBA

Grace Christian Assembly

610 E. Mt. Pleasant Ave in Philadelphia, PA 19119
Phone: (215) 242-5550

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GCA Reflections

Quarterly Newsletter of Grace Christian Assembly

YAM's Annual Retreat



By Dana Prince

YAM (Young Adult Ministry) held its 5th Annual Retreat from October 4 to 6, 2024, at Middle Creek Manor in Fairfield, Pennsylvania.

The theme of the weekend was, "Moving from Fear to Freedom." The Bible verse of the weekend was Galatians 5:1: "Stand fast therefore in the liberty by which Christ has made us free, and do not be entangled again with a yoke of bondage."



L to R: David Gaines and Nick Grant

Throughout the weekend, we were blessed with wonderful messages from Bros. David Gaines (teacher from International Christian High School) and Nick Grant. Among other things, they reminded us that in a culture that puts everything else before Jesus, our call is to be counter-cultural - living with our whole heart and freedom towards Jesus. We can't worry about earthly things; this life we live on earth is all about giving glory to our Father in heaven.

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GCA DISCIPLESHIP CONFERENCE

By Dr. Raphael Thomas

GCA hosted a two-part discipleship conference on Friday, December 6 and Saturday, December 7th. Over 50 believers attended the conference. The presenters were Pastor, Dr. Steve McCoy and Dr. Raphael Thomas.

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The Purpose of this Newsletter

This ministry newsletter is intended to support the vision of the church—to be Christ-centered, empowered by the Holy Spirit, to build lives that glorify and worship God by emphasizing the Word, Evangelism, Discipleship and Caring for the whole man. We hope this newsletter will play an important role in encouraging the members of our assembly to fearlessly stand closer together, for the cause of the gospel of Christ.



GCA Reflections is published quarterly for the members and friends of GCA.

Germantown Christian Assembly, Inc. DBA
Grace Christian Assembly
 610 East Mt. Pleasant Avenue
 Philadelphia, Pennsylvania 19119

(215) 242-5550
 FAX: (215) 247-5389

Email: gcafamly@verizon.net
 Web Site: gcafamlychurch.org

Elders:

Brian H. Grant, Pastor
 George Peters, Pastor
 Jim McConnell, Elder Emeritus
 Dr. Elijah Korich
 Dr. Raphael Thomas
 Nicolas Grant

GCA Reflections News Staff

Editor: Pat Clark and Steve Washington
 Production Artist: Sandy Wheeler

Disclaimer: The opinions expressed in each of the articles herein are those of each individual author or contributor and not necessarily those held by the GCA Reflections Staff or GCA leadership.

Each issue will be available on the GCA website under "News & Events".

A special thank you to all who contributed to this issue of GCA Reflections.

GCA DISCIPLESHIP CONFERENCE

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The conference was very powerful and impactful resulting in 25 people committing themselves to become personally involved in discipleship. Since then, the Elders at GCA have decided to adopt and implement the discipleship material advanced at the conference (Small Circle – Developed by Dr. Steve McCoy).

Those who wish to be discipled or serve as a disciple can make their desire known to the leadership through the church office. Let us pray that the Lord will use this means to mature and multiply disciples of our Lord Jesus Christ. ✧

Overcoming Anxiety

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Anxiety is a fairly common experience and must be dealt with right away to prevent interference with your health and peace of mind. The following strategies will definitely help to overcome it:

1. Seek God's guidance, wisdom and peace. Pray and meditate on these scriptures:

1 Peter 5:7: Casting all your anxieties on Him because He cares for you.

Philippians 4:6-7: Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Isaiah 41:10: Fear not for I am with you, do not be dismayed for I am your God. I will strengthen you, I will help you, I will uphold you with my righteous right hand.

2. Trust in God's sovereignty and provision. He is in

control of everything. He understands your struggles and your situation and will help you.


3. Cultivating a heart of gratitude can shift your focus from anxiety to God's blessings. He will give peace and clarity.

4. Share your struggles and seek support from trusted family members and friends.

5. Ensure you get sufficient sleep, rest, exercise and proper nutrition.

6. Guard your mind. Put away negative thoughts, replacing them with God's truth. Philippians 4:8 states that whatever is true, honorable, just, pure, lovely, commendable, if there is any excellence and anything worthy of praise, you should think about those things.

Anxiety can be a natural response to life's challenges, but it doesn't have to control you. By trusting in God's promises and following these strategies you can overcome anxiety. ✧



FREE EVENT **2025 UBS IS COMING SOON**

ARE YOU READY?!

Monday to Friday * July 22-26th
(Pre-K to 7th Grade)



By Margaret Aitcheson

Overcoming Anxiety



Health is defined by the World Health Organization as a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Good health is maintained through the balance of good lifestyle choices, healthy eating habits, sleep, exercise, mental and emotional care and avoiding harmful behaviors.

One of the things that can derail someone's health is anxiety. Anxiety is a feeling of unease, nervousness, excessive worry and persistent concern about future situations. It can manifest as a feeling of dread or fear that something bad will happen even if there is no clear reason for it. Increased heart rate, shortness of breath, fatigue or difficulty sleeping may result.

There are several causes of anxiety such as stressful life events, trauma, abuse, major life changes, health issues and substance abuse.

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SALVATION Testimony of **Dina Lawson**

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I had the honor of living with her for four months before she passed. We spent hours talking and laughing each evening. I adored her and was excited that she was going to be my mother-in-law. Sadly, a week after my engagement to Mark, she passed away suddenly and went home to the Lord. We were all devastated. The day before she passed, we had the most profound conversation. She gave me so much good advice, as if she knew she wouldn't see me again. Her words of wisdom have stayed with me throughout my life in

many ways.

God has been, and continues to be, so good to me. Through all the ups and downs, He has shown me that all His works and plans are intentional and that His guidance and peace can help me overcome anything. My purpose in life is to love the Lord with all my heart and to make a positive impact on the lives of those I interact with daily. I thank God for guiding my path and allowing me to live out His purpose—it truly is a joy! ✧

YAM's Annual Retreat

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Twenty-three people attended the retreat this year, eight were first time attendees; and five of the first-time attendees were recent high school graduates. Everyone had a great time at the retreat. The general consensus among the first-time attendees is that they really enjoyed themselves and were glad they didn't reject the opportunity to attend the YAM Retreat. Some even expressed that they wished the retreat was held more than once a year!

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YAM's Annual Retreat

Continued from page 3.



The location of the retreat allowed for such rich fellowship. Because we all stayed in the manor, we got to spend more time together and get to know each other better. Laughter and conversations could be heard echoing in the halls all throughout the night.

The weekend was packed with fantastic fellowship, events, messages and friendly competition.

The YAM Executive Committee is already brainstorming ideas for the 2025 Retreat. The YAM Retreat is always held in October, so put a reminder on your calendar NOW to join us. Lord willing, we hope to see you there! You won't regret it.

Lastly, you don't have to wait until October 2025 to fellowship with YAM. YAM holds Bible Study, a Prayer and Praise night, and other fun events every month.

Follow YAM on Instagram (@gcayam) and/or on WhatsApp for information and updates. ✨



Dear Reader,

It is a privilege to share my testimony with you. If you are in Christ, I pray that my testimony will be a blessing to you. If you are not in Christ, I pray that my testimony will encourage you to learn more about Jesus, the gift of salvation, and His everlasting love.

I was born and raised in the UK in a Hindu family. Although my family wasn't very religious, they raised me with high morals, and I am grateful for the love, support, and joy I continue to feel around them. At the age of 11, I enrolled in a Catholic school, where I first felt drawn to Jesus and His teachings. However, it wasn't until I was 26 that I truly understood what it meant to be born again.

At that point in my life, my heart's desire was to marry and start a family. I had finished my education and was working as an engineer in Central London. To the outside world, I seemed to have it all, but in reality, I had a massive hole in my heart. The new year of 2001 marked a turning point in my life. Deanna, my best friend, invited me to join her and her sister on a trip to Philadelphia to visit her cousin Mark. I was excited to join her, as it was my first time in the United States. Additionally, I had spent time with her Uncle Ned and Aunt Sonia in Jamaica four years earlier and was thrilled to see them again.

Mark was the perfect host and quickly let me know how fond he was of me. Initially, I wasn't sure if a long-distance relationship would work, but the Lord had a plan. Our friendship quickly turned to love, and we spent hours on the phone daily, seeing each other every couple of months. The pivotal point in our relationship came during my second visit to Philadelphia, a couple of months after the first. I stayed with Mark's parents and thoroughly enjoyed spending time with them, especially his mom.

The day before I was to return to London, Mark's mom asked me if I thought I would go to heaven. I replied, "I hope so." She softly said, "Do you know how you can go to heaven? All you have to do is ask Jesus." I wasn't entirely sure what that meant at the time, but she handed me a Billy Graham cassette tape as I was getting ready to head to the airport. A few days after returning home, I listened to the tape, where Billy Graham explained salvation and the sacrifice Jesus made on the cross so that I might have everlasting life. I finally understood what it meant to be saved and born again. That day, I said the sinner's prayer out loud and never looked back. The feelings I experienced and how it transformed my life were truly miraculous!

Not only did the Lord give me the gift of everlasting life, but He also blessed me with my husband and soulmate, Mark. Seventeen months after our wedding, I became a mom to my beautiful boy, Ashton, and a few years later, my beautiful girl, Alyssa, arrived. I am forever grateful to my late mother-in-law for sharing the gospel with me and for loving and guiding me during the short time I knew her.

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