

FILL IN THE **BLANKS**

“They _____ to know God, but in _____ they deny Him, being _____, _____, and _____ for every good work.” Titus “16

“And whatsoever _____ you ask in _____, _____ you will _____.” Matt. 21:22

“Your _____ were found, and I ate them, and Your _____ was to me the _____ and _____ of my _____; for I am called by Your _____, O Lord of hosts.” Jeremiah 15:16

“And He said to them, ‘You are those who _____ yourselves before _____, but God knows your _____’. For what is highly esteemed among _____ is an _____ in the sight of God.” Luke 16:15

(All verses are from the NKJV.)



What Is Ezekiel Bread?

(Excerpts taken from article by Shandley McMurray on the Internet.)

Have you heard of Ezekiel Bread? Is it healthy? High in good things like fiber and nutrients and free from bad stuff like sugar, Ezekiel bread should be your top toast choice.

Ezekiel bread is also known as “Bible bread” or “manna bread.” Legend has it that it was named after a bread mentioned in Ezekiel 4:9 in the Bible: “Take thou also unto thee wheat and barley and beans, and lentils and millet and fitches, and put them in one vessel, and make thee bread thereof.”

Ezekiel bread is made from a variety of organic sprouted whole grains (including wheat, millet, barley, and spelt) and legumes (including soybeans and lentils). Its rich nutrients and high fiber and protein content make it a much healthier option.

Important tip: Because it’s more quickly perishable than most bread, Ezekiel bread isn’t typically stocked in the bread aisle, but rather in refrigerated or frozen food sections. Check with your local grocer. (Sightings: Target, Trader Joe’s, Walmart, Giant.)

December 2018
Volume 6, Issue 4

In This Issue

- 1 GCA Has Re-Engaged with Chosen 300 Ministries
- 1, 2 Jr. High Sunday School Class in Action
- 2 Tongue Twisters: Say These Three Times Fast
- 2 Photo: Our Newest GCA Members
- 3 Testimonies from Recent New Members
- 3 Photos: Vow Renewal Ceremony
- 4 They Said, “I Love You, Miss Christine.”
- 5 Watoto Children’s Choir
- 5 Cartoon
- 6 To Your Health: Early Cancer Detection
- 6 Five-Week Financial Seminar at GCA
- 7 Brooklyn Tabernacle Music Conference 2018
- 7 Photos: 7th Annual Friends & Family Day Fellowship Brunch
- 8 Fill in the BLANKS
- 8 What is Ezekiel Bread?

GCA Reflections

Quarterly Newsletter of Germantown Christian Assembly



GCA HAS RE-ENGAGED WITH CHOSEN 300 MINISTRIES

The teens collected large supplies of paper products and helped feed the homeless on Saturday, December 8. GCA will also provide meals and serve next year on Wednesday, February 20 and August 21.

Those interested in being a part of this ministry are asked to sign up after the special kickoff on Sunday, January 13, 2019. During our Sunday worship service, Brian Jenkins (the head of Chosen 300 Ministries) will participate in the promotion. If you miss the kickoff, you may sign up at the Information desk in the church lobby. ✧



Jr. High Sunday School Class in Action

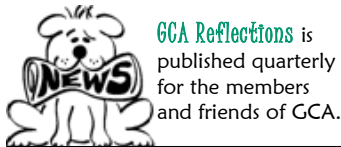
By Brenda Wilford

Praise the Lord for the Sunday school’s commitment to match \$86 raised by our junior high Sunday school class in support of Shannon Ridenhour in her upcoming Puerto Rico (first) mission trip with Bethlehem Baptist Church! Shannon has attended GCA faithfully with her grandmother, Anne Ridenhour, and was baptized here at GCA, but is a member of Bethlehem Baptist Church with her parents.

Continues on page 2.

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
610 East Mt. Pleasant Ave.
Philadelphia, PA 19119

(215) 242-5550
FAX: (215) 247-5389
Email: gcafamilly@verizon.net
Web Site: gcafamillychurch.org

Elders:
Brian H. Grant, Pastor
Dr. Charles I. Hart, Pastor Emeritus
LeRoy Jackson
George Peters
Jim McConnell, Elder Emeritus

GCA Reflections News Staff

Editor: Pat Clark
Production Artist: Sandy Wheeler
Photographer: Audrey Hallett

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.

Jr. High Sunday School Class in Action

Continued from page 1.

Each week for four weeks, Sis. Anne Ridenhour challenged our junior high school students, both individually and as a group of believers, to memorize and recite the weekly memory verse.

The junior high class mission challenge: While the students earned the blessing of hiding God's Word in their hearts by memorizing the weekly memory verse, each student that recited the week's verse added their initials to a paper star. The star was then placed in a 'Support Shannon's Mission' container. Teacher, Mrs. Brenda Wilford, challenged the class to earn \$1 (paid by her) for Shannon's mission trip for each verse they memorized. If the whole class memorized the weekly verse, Mrs. Wilford would add an additional \$5 to the weekly total. On top of that, Mrs. Wilford informed the class that she would match the total class weekly earnings. By the end of the four weeks, the class had earned \$43. Again, this amount was matched by Sis. Wilford resulting in the junior high Sunday school class presenting a check of \$86 to Shannon and her grand-mom (Ann Ridenhour) on December 9th.

Sis. Ridenhour was very touched to receive the check. Moreover, she looked forward to announcing to Bethlehem Baptist Church that our GCA Sunday school has future plans to match the \$86 in support of Shannon's mission trip.

In addition to this service outreach, our junior high youth and Sis. Wilford volunteered to serve senior church members their dinner at the "senior table" during the Sunday, December 16th GCA Christmas luncheon! ✧

Say These Three Times Fast

- A proper copper coffee cup.
- Which wristwatches are Swiss wristwatches?
- He threw three free throws.
- Five frantic frogs fled from fifty fierce fishes.

(Taken from Service for Life! "Insider Tips for Healthy, Wealthy and Happy Living..." Oct. 2018) ✧

Our Newest GCA Members



L to R: Beverley Hinds, Olivia Grant and Cressia Souza

Brooklyn Tabernacle Music Conference 2018

By Sherryl Grant

Voices Of Praise Choir Directory

It was earlier this year that I decided to go to the Brooklyn Tabernacle Music Conference accompanied by my daughter Lauren. We were quite excited and the conference did not let us down! We arrived on a Friday along with hundreds of other music ministry leaders, choir members, musicians and worship leaders from all over the world. In total, it was over 1,100 people from over 50 countries that had gathered for a weekend of learning, worship and networking. It culminated with each of us being able to actually sing with the Brooklyn Tabernacle Choir on a Sunday morning. We were divided into 3 groups and we still spilled out onto the floor of the stage of the sanctuary. It was a truly wonderful experience and a bucket list hit for us!



L to R: Sherryl and Lauren Grant

7th Annual Friends & Family Day Fellowship Brunch

Everything was yummy!



Happy Hatters of the Red Hat Society, invited by Evelyn Darku.

There were workshops, rehearsals, a mini concert, guest artists and, most of all, God-glorified music in each and every session. When we sang together all in our parts, the music filled the sanctuary and blessed our souls richly as we sang, and the words touched our hearts deeply. The hospitality of the church was also amazing. Everyone that we encountered was very warm and helpful. We were also challenged by the Word and encouraged as we went back to our churches, to not have our music be automatic, repetitive and empty, but pray as we prepare, be open to God's leading, and always leave room for the Holy Spirit to lead.

While at the conference, I was able to reconnect with a friend of many years who sings with the choir. We had a beautiful time of fellowship! We left with our hearts full of praise and our hands lifted up! It was a conference that I would highly recommend to anyone involved in the music ministry. Every voice counts and it's not so much the quality of the voice, but the intent of the heart that reaches out to God in true worship and ministry as we worship.

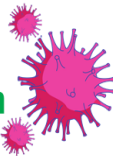
Have a great day, and make it count! ✧



To your *health*
By Margaret Aitcheson



Early **CANCER** Detection



There are some medical procedures that can detect breast, prostate and colorectal cancer in their early stages long before the cancer worsens, invades surrounding tissues and spreads to other organs. Once the cancer spreads, it can adversely affect people’s quality of life and their life expectancy.

BREAST CANCER

Thousands of people--mostly women--develop breast cancer every year. Mammography is the process of using low-energy x-rays to examine the breasts for diagnosis and screening for detection of breast cancer. It can detect lumps, masses or any areas that look abnormal. Women worry about the pain of a mammogram but the pain is temporary. If a lump is detected, a biopsy and/or an MRI is done for further diagnosis.

Breast self-examination should also be done on a monthly basis to look for lumps, swelling or distortion of the breast.

PROSTATE CANCER

Thousands of men middle-aged and older (and to a lesser extent, men under the age of forty) get prostate cancer every year. The prostate is a small gland found below the bladder and surrounding the urethra in men. Symptoms of prostate cancer include urinary and sexual problems. A blood test detects levels of Prostate Specific Antigen (PSA) which increases in prostate cancer. The doctor may order a rectal examination, biopsy, MRI and/or a CT scan if warranted.

COLORECTAL CANCER

Thousands of people develop cancer of the colon and rectum every year. The risk increases in people fifty and over. Symptoms include changes in bowel habits including diarrhea; constipation or change in consistency of bowel movements lasting over four weeks; blood in the stool; and persistent abdominal discomfort. A colonoscopy involves the use of a flexible lighted tube with a small camera on the end to look at the entire length of the colon and rectum. If polyps are found, they will be removed during the test. Bowel preparation prior to colonoscopy can be unpleasant but necessary.

Early cancer detection is possible and vital as these cancers are easily treated in their early stages. More advanced cancers are not only more difficult to treat but bear a worse prognosis, increased mortality and pose untold suffering for all affected including their families. Discuss these procedures openly with your doctor and ensure the required tests are ordered and done. Your life could depend on it. ✧

Five-Week Financial Seminar at GCA

A five-week Financial Planning workshop will begin Tuesday, January 15th at 6:45 p.m. Topics will include: *Setting Goals, Budgeting, Emergency Fund, Insurance, Using Credit, Investing, Tax Planning, Saving for College, Retirement Planning, and Estate Planning.* You will learn to discover and develop tools to create your own financial foundation that will allow you to be used by God now and in the future. The instructor will be Roger Walton.

TESTIMONIES From Recent New Members



Beverley Hinds

Beverley, who recently became a member of GCA, shares this:

On my first visit to GCA in early 2017, I was invited by Robert Linton to attend a Sunday service. At the time, I was searching for a church home and so I looked forward to attending. Needless to say, I enjoyed the service and Pastor Brian’s message and appreciated the warm welcome so much, I couldn’t stay away! I found myself looking forward to the next service and the next. That was over a year ago, and during this time, I felt the need for a closer relationship with Christ.

As a result, on Easter Sunday 2018, I responded to the altar call. I vaguely remember walking up, but I was there, praise God. I have since been baptized and received the *right hand of fellowship*. It’s the best decision I have ever made, and I am truly thankful to be a part of the GCA family. ✧



Cressia Souza

Cressia, who also became a member of GCA, shares this:

I was born in a Christian family in Brazil, the first born of seven children. My mother was a missionary in the countryside. I accepted Jesus Christ as my Savior when I was 10 years old. I was very interested in getting to know more about God and how to live a life for Him. When I was twelve years old, I received the call for missions. Since then, I decided to live a life with a purpose in order to become a missionary.

One of my missionary friends invited me to come to the United States to replace her for the summer of 2018 at the mission organization where she works. A couple of weeks after I got here, another friend invited me to visit GCA. When I came for the first time, I fell in love with the church; it was a very loving and family environment. I also felt that I found a church family that I was needing at the moment.

Joyfully for me, the Lord led me to become a member and be a part of the ministries of the church, which is helping me to develop God’s will for my life.

I am very thankful to God for bringing me into the GCA family. ✧

Vow Renewal Ceremony ♥ Saturday, October 13th



Curtis & Karlene Jones (18 yrs.)



Clive & Brenda White (26 yrs.)



Melvin & Helaine Heggs (12 yrs.)



Carlton & Sharon Henry (25 yrs.)



L to R: Steve & Juanita Washington (29 yrs.), Peter & Eartha Mack (32 yrs.) and Joseph & Brenda Carlidge (50 yrs.)



They said, "I Love You, Miss Christine."

By Christine Wigden
BCM Missionary in
Philadelphia

It was a deeply moving experience and the first of its kind when Miss Angie and I attended the funeral of a young lady, age 34, who was shot and killed right around the corner from where I used to live, on Jessup Street. Her brother was in my Bible Club on Jessup Street 30 years ago.

The funeral was held in a large church and over 600 people attended. *I have never seen so many people crying at a funeral.* At Christian funerals, people are under control and have come to grips with the fact that the person is happy in heaven and we will see them again. At this funeral there did not seem to be any such hope.

I said to Miss Angie, *"How did she possibly know this many people who would care so deeply and come to her funeral? Was she a good person?"* She hung out on the corner with drug addicts. She stole from the mall and came home with a car full of stolen stuff to sell. Her two children lived with a grandmother and an aunt. She wore colorful clothes and wigs, and seemed happy and jovial with everyone.

Her mother, Netta, was a teenager when I worked at the Salvation Army around the corner. She was a happy young lady and attended Sunday school when I taught there. She received a gold watch at her high school graduation because she finished without getting pregnant.

At the funeral, I saw many people I had known from the neighborhood when I lived there and taught Bible Club at Miss Angie's. I saw my former kids-- Lequan, Ibn, Eric and Erica, Munchie, Lanette, Mi-Mi, Zenda, Charlotte, Jamaine, Saleem, and Tyeshia-- who are now in their 30's! Some of them hugged me tight and said "I love you, Miss Christine." I was surprised and moved. Sure they might remember me, but **love** me?

I came to realize that the neighborhood had such violence and pain, broken relationships, gossip, meanness, and immorality that Bible Club must have been a whole new kind of environment for them. We taught them that God is real and never changes; that He can make their lives better; that He has a purpose for them; that He loves them unconditionally; that He will forgive them and make them clean on the inside. Perhaps for them, at that time, it did not seem possible and as they grew older, they longed for that to be their reality. Some tried to follow Jesus but gave up when those around them offered no encouragement. Others left the neighborhood and got good jobs and sought a good church to go to. One of "my kids" told me he will be retiring from the Philadelphia School District next year after 25 years! Another is a police woman.

Many thoughts and reflections came to me as I sat there and watched. I prayed that God would open the eyes of the blind as they passed by the casket and cried. I prayed they would ask the questions, "Where is she right now?" and "Where will I go when I die?" When the family came in, there was a great outcry of wailing and sobbing and screaming as they approached the casket. One of the children cried out "I want my mommy!"

Did they know where she was? What would bring them comfort at a time like this?

Praise God that the pastor of that church knew what to say. He lovingly led them to see that this funeral was not for Nyeshia – who had passed, but for us. God wants us to know Him, not just His name – but in a relationship. Many people responded to the Gospel and raised their hands for salvation. I thank the Lord that some prayed and received Christ as a result.

This event has put a new dimension on my ministry. I believe those kids who attended Bible Club understood all over again that God loves them, has a plan for their life and there is hope. Perhaps my presence there brought back to them a flood of memories of what they learned, how they felt, and how important it is to have God in their lives. At such a time as this they needed to be reminded. ✧



Watoto CHILDREN'S CHOIR

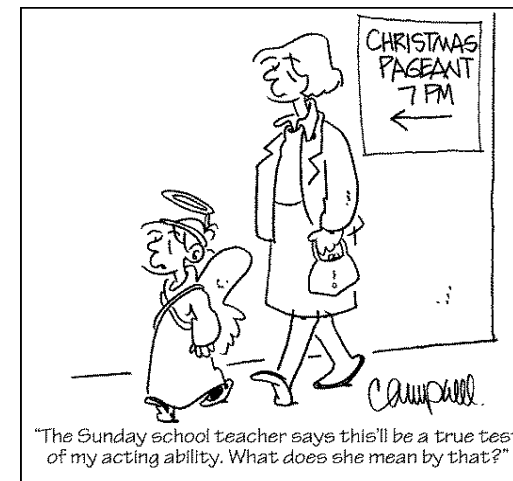
By Nora Brown

Sunday evening, November 11, 2018, the Watoto Children's Choir performed at the Germantown Christian Assembly. The choir is a group of orphan children who were raised by the Watoto church, based in Kampala, Uganda. This choir is composed of 18 children ranging from ages 8 through 14.

Upon their arrival, they were greeted with a welcome meal prepared by the kitchen staff at GCA. After enjoying the meal, they prepared for the concert.

The performance was outstanding! As the children worshipped God in songs, danced and gave testimonies, shouts of praises could be heard from all over the church. Little children from the congregation were dancing in the aisles and the entire congregation gave a standing ovation. Many hearts were touched by the testimony of a little girl who told how she had been abandoned by her mother. However, her testimony was not one of hurt, anger or resentment; instead she praised God that, through all of this, she has come to experience the love of God and have the assurance that her identity was now rooted in Jesus Christ.

The event was well attended by the GCA family. There were also visitors who had previously adopted a child and came to meet them.



The children were well trained in respect and mannerisms. This was clearly demonstrated during their stay here. Many of the GCA church members who accommodated them in their homes reported what a pleasure it was to have them. At the end of the service, an appeal was made for new sponsors to adopt a child for \$38 per month. Several people answered this call.

I believe the event was a success because of the many members who assisted in one way or another. Thanks to those who accommodated the children in their homes and for those who so generously prepared meals for the adults staying in the Mission House; and to the staff in the kitchen who willingly prepared a great meal. Most of all, many thanks to Brother LeRoy who was responsible for introducing them to us. Thank you very much. Your effort was greatly appreciated. ✧

