

FILL IN THE **BLANKS**


Do you remember these verses? All verses are from the NKJV.

"So is he who lays up _____ for himself, and is not _____ toward God." Luke 12:21

"Whereas you do not know what will _____ . For what is your _____ ? It is even a _____ that appears for a little time and then _____ away." James 4:14

"Do not _____ about _____, for you do not know what a _____ may bring forth." Proverbs 27:1






And He said to them, "Take heed and _____ of _____, for one's _____ does not consist in the _____ of the things he _____ . Luke 12:15 ✧



"IN DEPENDENCE" DAY!

Always live "in dependence" on God.

Directions: Use the vowel code to complete Psalm 16:8, NIV.

A=  E=  I=  O=  U= 

_____ k _____ p my _____ y _____ s
 _____ lw _____ ys _____ n th _____ L _____ RD.
 W _____ th h _____ m _____ t my
 r _____ ght h _____ nd,
 _____ w _____ ll _____ n _____ t b _____ sh _____ k _____ n.
 Ps _____ lm 16:8, N _____ V

TEEN GETAWAY

Come Enjoy A Week Away

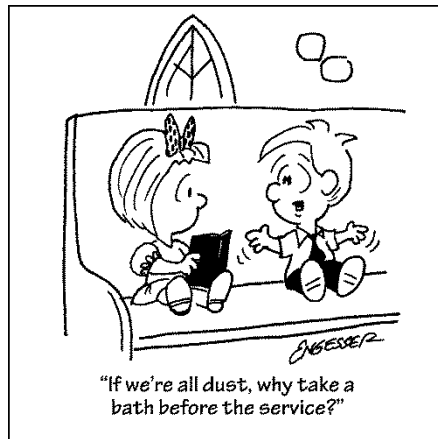
At

WORD OF LIFE

=Camp=

Sunday to Friday
 August 11-17, 2019

See Nick or Rita Grant for more information.



June 2019
Volume 7, Issue 2

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GCA Reflections

Quarterly Newsletter of Germantown Christian Assembly

URBANA

By Vithusha Selvavelautham
Student at Arcadia University

What is Urbana? "Urbana is a catalytic event bringing together a diverse mix of college and graduate students, faculty, recent graduates, pastors, church and ministry leaders, missions organizations and schools. God uses Urbana to reveal His glory and call generations to surrender to Christ's lordship. Urbana is a sacred space where students find calling and joining the Lord's global mission whether across campus, zip codes or the world.

During this five-day conference, participants engage in a kaleidoscope of experiences including 16,000-person worship sessions, Bible exposition, messages and seminars, manuscript Bible studies, testimonies from the global church and prayer ministry."

Vithusha, a student at Arcadia University, was privileged to attend in December 2018. GCA was instrumental in helping to support her way there. Here is what she shared with the congregation:

Continues on page 3.



Reaching Internationals In Our ESL Program



By Lorraine Stirneman

Jesus said to "Go into all the world and preach the Gospel to every creature." Mark 16:15

Well, God has brought the nations to us! There are over one million international students in the United States. About 70% of them never enter an American home or a church. Many are looking for a program to help them improve their limited knowledge of English. They need to know English in order to continue their education or to get a job. We are here to help them.

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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.

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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.

Reaching Internationals In Our ESL Program

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Every Tuesday night, we have an English as a Second Language (ESL) program from 6 - 8 pm with three levels of classes. Our students have come from Pakistan, Mexico, Brazil, Chile, Nigeria, Colombia, South Korea, Mali, Guinea, China, Haiti, Venezuela and Guatemala.

At the end of every ESL class, we have a short Bible lesson. The students learn how to use the Bible and are eager to read out loud as the lesson proceeds. Often they have questions, and several have spoken to us outside of class and have received Christ as Savior. Many of these students will stay in America, but some will return to their home countries.



By Nora Brown

This year's GCA Missions Conference was held from April 12-14. All events were well-attended by both GCA members and visitors.

In planning for the conference, the missions committee hoped that the yearly conference would not be merely a yearly ritual, but that it would motivate everyone to become involved in missions work. In an effort to accomplish this goal, the title "Get Involved" was carefully selected, as well as Friday night's presentation of the film "Beautifully Broken".

As a member of the committee, the one question I asked myself is, *was this goal accomplished?* While the answer was not an overwhelming "yes", improvement over previous years was reported by some of the missionaries who conducted workshops.

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What a privilege we have to share the Gospel with them while they are here!

Perhaps God is leading you to be a part of this ministry. We can use more teachers and helpers to teach English and/or lead conversation classes. Perhaps you'd like to invite several students to your home for a meal. You will see some of them at our Community Connections dinners. Please don't hesitate to introduce yourself and ask them where they are from, their name, etc. And one thing **everyone** can do is to pray for our students and teachers each week. If you would like the name of one of the students to pray for regularly, please see me. ✧



Sisters of Compassion Mission Trip Report

Continued from page 6.

There is much work to be done for those involved with follow-up and discipleship. We are praying that the Lord will continue to do a work in Flankers. Flankers is a poor community and known for the prevalence of violence at times. Faith Baptist Church's pastor, leaders and the small community of believers are very faithful in the Lord's work among that community and have a testimony among the people of Flankers.

This outreach has resulted in such a great impact, that the leaders in Jamaica are asking for us to come again next year in February 2020. The Sisters of Compassion ministry is praying and seeking the Lord's face in this matter as to what He would have us do in the future for His glory. ✧



L to R: Lourine Powell, Sharon Henry and Carol Pessoa



By Pastor Brian

Speaker at the National Easter Convention of Assemblies in JAMAICA

I was invited to be the guest speaker for the National Easter Convention for our 86 sister assemblies in Jamaica. The Easter weekend is a special Christian celebration for Jamaica, since all businesses are closed on Good Friday and Easter Monday.

The conference began the evening of Good Friday and culminated with 2 sessions on Easter Monday. I was privileged to be the speaker at all 3 sessions, as well as at a leadership breakfast on a Saturday morning.

Easter Monday is regarded as "the great day of the feast." Busloads of people came from many of our 86 sister assemblies scattered all over Jamaica. We could sense God's hand of blessing in each service, and it was a real joy to see scores of people publicly responding to rededicate their lives to the Lord.

We had planned to have my wife, Sherryl, fly out of Philadelphia the evening of Easter Sunday and spend overnight in Miami so she could fly out early enough to be in Jamaica for both sessions on Monday. Unfortunately, her early morning flight from Miami was to be aboard a

737 Max; that is one of the planes that were recently grounded by the FAA. Thankfully, she was able to make it for the second session. This made it a great opportunity for us to meet many friends from our childhood and teenage years and to form some new friendships.

In addition to the convention, I was also privileged to speak at two churches on Easter Sunday, one of them being Assembly Hall where I grew up. The Lord brought in another harvest of souls, and between the two services, about 35 people publicly stepped forward to receive Christ as Savior.

After preaching 6 times over the weekend, it was time for a break. We therefore took the opportunity to enjoy one of Jamaica's spectacular beach resorts in Montego Bay. After 4 days of "fun in the sun," we returned home to a surprisingly cool Philadelphia.

I am thankful to GCA for praying for this mission. God did some marvelous things and it was a thrill to be part of it. To God be the glory! ✧



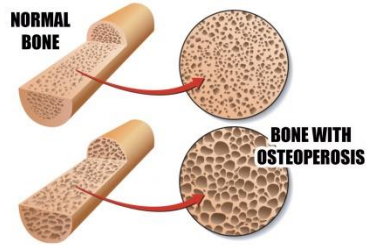
To your *health*

By Margaret Aitcheson



OSTEOPOROSIS

Osteoporosis is a condition in which bones become weak, porous and brittle. It is very common in the United States. Throughout our lives our bones undergo a process whereby old bones are broken down and new bones are formed to replace them. In young women hormones such as estrogen regulate this process maintaining bone density. During menopause, bone loss is accelerated due to the decrease of estrogen, with less new bone being built to replace it. Only about 20% of men develop osteoporosis. Exercise can protect bone density.



Bones affected by osteoporosis have a lower density or strength. They become fragile and more likely to break. There are many risk factors for osteoporosis. Women--especially those who are white, Asian, small, thin and older--are more susceptible. Risk factors are: diets low in calcium and vitamin D, lack of exercise, smoking and large alcohol intake. These factors are controllable.

Signs of osteoporosis include receding gums due to bone loss; decreased grip strength; brittle and weak fingernails; cramps; muscle aches; bone pain; and loss of height. Untreated osteoporosis can lead to serious bone fractures, especially in the hip and spine.

Your physician will order a bone density or DEXA scan to measure bone mineral density and diagnose osteoporosis. Prevention is very important. Dietary intake of calcium, vitamin D or exposure to sunlight (which causes the body to produce vitamin D), protein and phosphorus intake all support building bones and other tissues.

If you suspect you may have osteoporosis, discuss this with your physician and get tested and treated. ✧



Sisters of Compassion Mission Trip Report

By Sharon Henry

We praise the Lord for all that was accomplished during our mission trip to Jamaica February 2-8, 2019. We were a blessing to the Flankers community in St. James Parish in the Montego Bay area of Jamaica. The church leaders and the people in the community were grateful for our medical service and partnering with them in this tremendous outreach. The medical clinic was held each day Monday to Friday at Faith Baptist Church from 8 am to 1 pm. On some days, we stayed at the church till

4 pm because the people wanted the specific service of eye exams. In the evenings from 6:30 pm to 9 pm there were crusade meetings at the church with evangelist speaker Pastor Mason. We provided and ministered to the whole man through medical care as well as met the spiritual needs of the people through witnessing, spiritual counsel and prayer for specific personal issues.

The medical team of eight consisted of 2 doctors, a nurse practitioner, a pharmacist, 3 nurses and 2 laypersons. Sisters of Compassion Ministry members Lourine Powell, Carol Pessoa, Sharon Henry and Dr. Obi Iro were a part of the medical team that served. We saw an average of 45-75 people each day during the week of the medical clinic. Thirty-eight people came to know the Lord as Savior and many more expressed interest in meeting with someone to learn more about Jesus and to discuss spiritual things.

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URBANA

Continued from page 1.

"Urbana was extremely life-changing! It was amazing how God came through and had everything play out. It all started when I first booked my hotel for Urbana. I booked it at a hotel close by on a whim, mainly for its close proximity and price. However, when I was preparing for the journey, I realized that Urbana was hosting a few lounges at that hotel. One of them was a south Asian lounge!

From growing up in a predominately white town and often struggling with social anxiety, I was hesitant with engaging with people, especially with those from my culture." [Vithusha's family is from Sri Lanka.] "But when I found out about this lounge, I felt God encouraging me to seek it out. I went with hesitation. I sat near the very back fearing that I wouldn't be welcomed. Surprisingly, one of the InterVarsity staff members told me to sit with him and his friends. Ever since then, all of the members in the lounge made me feel like family.

I often felt the constant pressure of maintaining a 'perfect' image, and with that grew low self-esteem and

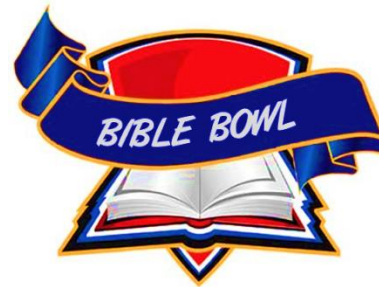
anxiety. Going to a predominantly white school, I thought my story was unique and that no would really understand me; however, after talking to some people at the lounge, I realize that this problem is real and very damaging to many young south Asians, especially women. A few days before this encounter, I made a verbal declaration to God. I gave all of my worries to God -- living a life that my parents will be okay with, having a lucrative career, and the path of how I will fulfill my calling to God. So after witnessing these two things, I realize that God might be calling me to ministry among young south Asian women, about women empowerment and loving themselves as the highest King's daughters.

Looking back on my life, it seems as if every step I walked with God would eventually come to this amazing calling. I would love to have you pray for me to trust God and the faith He's given me to guide me to His will for me. I would love to have a lot of support with like-minded people to encourage and help me tend to this hurting community. All in all, I've learned how victorious God is and I'm so thankful for the amazing gift that He's given me of being in fellowship with other south Asian Christians. I'm beyond grateful for your contribution to help make this happen. Thank you and God bless."

See more about Urbana at the InterVarsity Urbana Student Missions Conference website, including videos of the conference in Dec. 2018. ✧



By Gerardine Elie



In mid-April, several of the youth from GCA--Andrea Henry, Stephanie Quarshie and Jonathan Jackson, along with their coach Gerardine Elie--participated in the annual GOGF Ministries Bible Bowl and received second place for the second year in a row. The youth competed against Montco Bible Fellowship and New Life In Christ Fellowship.

Each year, a few months prior to the Bible Bowl competition, GOGF announces to the participating churches the selected chapter that the teams will be studying. Last year, the teams were challenged to study John 3; this year the chapter to study was Proverbs 4. Each team is required to learn the chapter with a specific version of the Bible--in this case, the New King James Version (NKJV)--ensuring that each team will all know the same information required. Each year with the chapter given, there are five verses that they are expected to memorize and recite word-for-word. During the competition, each team is seated at their respective tables with individual buzzers. The questions are from four categories: fill in the blank; multiple choice; general knowledge; and verse memorization, all ranging from 5 to 15 points. There are time limitations for certain questions. *Continues on page 4.*

MISSIONS CONFERENCE 2019

Continued from page 2.

Attendees of the workshops were able to learn first-hand about each missionary's work, this is true; but most of all, they heard about the tremendous needs of the people they serve on the mission field. Hearing this, one of the questions asked was, "What can we do to help?" Some answered the call to get involved by committing themselves to a one-time offering or monthly financial support. Others explored the possibility of going on a short-term mission trip in the coming year. While this was encouraging to hear, and we thank God for it, we cannot stop there; for we know that "the harvest is plenty, but the laborers are few". Our sincere prayer is that as we look forward to future conferences in the coming years, with the help of God, each person will be greatly motivated to get involved in missions work, for this is the true reason for the yearly conferences. Are you praying about **your** being one of those who goes on a short-term trip? ✧

BIBLE BOWL

Continued from page 3.

There are strict guidelines and procedures to follow as well. Each team is made up of four starters and as many substitutes as desired. If a team has less than four they are still eligible to compete. Memorized verses **must** be quoted from the NKJV--no exceptions allowed. The judge makes the final decision. No individual team member can answer more than two questions in a row: this ensures that the team is not dominated by one individual person. Teams are penalized the point value of the question for all incorrect answers.

As the coach of these young Christians, Gerardine could not be prouder of them. With only three team members, and only about a month and a half to fully study and memorize, Gerardine wholeheartedly believed that they put up a strong and courageous fight. She observed that some of them felt disappointed and discouraged by the fact that they were not able to win first place, but she always tried to encourage them by telling them that **winning** is not the primary goal; rather, it's learning more about God and meditating on His Word. Gerardine loves participating in the Bible Bowl because she thinks it's a good way to get the youth to really focus on the Word of God and connect with other young Christians. Gerardine is not sure how long she will continue being the coach; but she plans on continuing each year for the foreseeable future.

Hey, young person, why don't **you** plan on getting involved for the next Bible Bowl? ✧



Mother's Day Tribute
(A poem by Reheema Korich)

A MOTHER'S Prayer

I COULD FEEL HER HEART BREAK
SEE THE BLOOD SPILLING OVER INTO MY TEARS
THE NEWS HAD BROKEN US BOTH,
BRINGING TO LIFE OUR DARKEST FEARS

BUT HER PAIN WOULD GO UNSEEN
AS SHE HELD ME IN HER ARMS
SHE'S CREATED A SAFE SPACE FOR ME
TRYING TO SHIELD ME FROM THE HARM

AS A WOMAN OF GOD
SHE CLUNG TO THE POWER OF PRAYER
"TAKE AWAY MY BABY'S PAIN!" SHE CRIED
PROVIDE HER WITH SOME PEACE AND CARE

AND WHEN THE LORD SAW HER
HE HAD COMPASSION ON HER
AND SAID, DO NOT WEEP

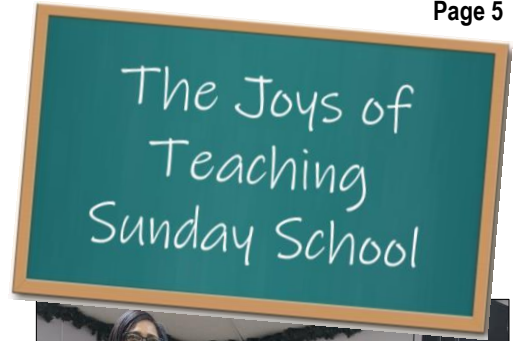
TURNING TO GOD,
I LIFTED UP MY GRATITUDE
FOR HE NEVER FAILS

HOW DID YOU WEATHER THE STORM THEY ASK?

I WAS BIRTH FROM SEEDS OF FAITH
WATERED BY MY MOTHER'S PRAYERS



By Pat Richards



When I think of the term SUNDAY SCHOOL, I can't help but relate it to secular school – a place of learning at the different levels, but taught on Sundays. The more I think of the Sunday school teacher's functions at the level we teach, I can't help but see the difference between secular school and the serious responsibility the Sunday school teacher has, of how we ought to impact the child's life and the child's soul for eternity. As we teach, it is also important to be sure that this is what the Lord has called us to do, then do it with all our might. This "might" is given by the Holy Spirit as we yield to His guidance. We teach Sunday school because the Lord has called us to do so. When we teach with all our might, it gives a sense of satisfaction that we are faithfully doing the work the Lord has entrusted to us. And we look forward to the day when we will hear the Lord say "Well done, good and faithful servant".

"See that you do not despise one of these little ones. For I tell you that their angels in heaven always see the face of my Father in heaven." Matthew 18:10 ✧



The kids put the plaques together to give to their moms for Mother's Day.

The articles, containing excerpts from Proverbs 31, were colored and placed in picture frames then presented to their moms.



Above: Mother's Day Guest Speaker
Pastor Sam Butler - Montco Bible Fellowship



Right: GCA Mother's Day Choir