



Review



By Gerardine Elie

“So whether you eat or drink or whatever you do, do it all for the glory of God. (1 Cor. 10:31).”

On May 31, 2024, GCA’s YAM (Young Adult Ministry) hosted its first Talent Show. When the talent show was first announced, people talked about how exciting the idea was but seemed rather reluctant to sign up and participate. However, once the first brave couple of people signed up, others eagerly came forward wanting to bless the church with their talents.

The night was a wonderful display of talents: musical selections, praise dance, comedy routines and spoken word. YAM is thankful for all of the talent show participants and their amazing contributions. At the end of the night, the audience had the opportunity to vote for the top three winners.

Special shoutout to the top 3 winners of the night: Curtis and his favorite teachers (musical selections); Patrick Muir (musical selection); and Charity S. (praise dance).

Lord willing, YAM will host another talent show next year and is excited for more participants and new talents to showcase! ✨

Grace Christian Assembly
2024 Vacation Bible School
Monday to Friday
July 22-26th
 (Pre-K to 7th Grade)
FREE Event!
 Register online at www.gcafamilychurch.org

YOUTH MINISTRY

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We are thanking God for an amazing weekend and overall school year. Because we have seen God’s hand moving through this ministry, we are now looking forward to expanding this ministry internationally to reach youth in Jamaica this August.

This was just one weekend, but we would like to thank GCA for your support all year round. A special thank you to our teen leaders (Judy, Marlon, Dana, Lloyd, Dina and Sola). A shout out to our devoted weekly drivers, kitchen crew, security team, prayer warriors and anyone else who helped, including our transportation coordinator: Cindy Watson.

Praise the Lord for your service to the next generation! ✨

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GCA Reflections

Quarterly Newsletter of Grace Christian Assembly



By Larry Watson



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For the past two years we have seen God do awesome things each time we meet. The demographics of the men who attended varied each gathering, and there has been an increase in the number of those who came out as well. Through this ministry, God has been able to impact older and younger men from our church, as well as their families, friends, neighbors, and co-workers, particularly those who are unsaved. The Men’s Breakfast has been a beacon of light for the surrounding community and those from a distance.

While gathering for what is always a hot, hearty, home-cooked, restaurant quality, delicious breakfast consisting of both American and Jamaican food (prepared by Brother Dave Johnson and his son Floyd), the time spent together has always proven to be a great blessing for all of us.

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Ladies Breakfast

By Juditte Barrett

The panelists included Sisters Sherryl Grant, Sharon Henry, Ruth Peters, Velda Thomas and Lorita Grant. The discussion was moderated by Judi Barrett.

After a long hiatus caused by the COVID-19 pandemic, the GCA Ladies Breakfast restarted on May 4, 2024. The theme for the breakfast was “Sisterhood in Unity” and it was presented as a panel discussion which explored various aspects of sisterhood in the church.

The theme of unity was evident in every aspect of the ladies’ breakfast. The ladies in the kitchen, guided by Sister Lauren Grant, served up a scrumptious meal.

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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.

A Reflection of the GCA Men's Breakfast

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Men gathered quarterly for great fellowship and spiritual edification as well, one Saturday a month (excluding June, July and August). At our 8:30 a.m. starting time, with a brief time of devotion unto the Lord, more and more men eagerly entered the room in expectation of spiritual food along with the physical food. Pastor Brian Grant faithfully delivered a timely message from the Bible, of which included "10 Traits of a Godly Dad", as we endeavored to address spiritual and practical areas of men's lives as husbands, fathers, individuals, and citizens. Likewise, men were able to bond and experience the connection recorded in Proverbs 27:17 (KJV): "Iron sharpeneth iron; so a man sharpeneth the countenance of his friend." ✧

APRIL YOUTH MINISTRY - KENYA -



By Dr. Elijah Korich

Some of Keiyo Soy Ministries' (KSM) Post Pandemic events in 2024 included the Walk for Water on March 30th. I thank you very much for your support in prayers, and financial help.

Immediately after the Walk-A-Thon in Philadelphia, I was on the plane to Kenya for a mission. This proved to be a God-orchestrated April Youth Mission! We had designated April to hold an annual Youth Event several years before the pandemic. But this year, we organized Youth Rallies in 5 different locations with 4 different national speakers. Pastors and the national Board of directors on the ground did an amazing job, as were led by the Lord.

The Lord manifested His grace in every location. The response to accept Christ was amazing. An average of 50 youth came to know Christ in all five locations.

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YOUTH MINISTRY

By Rita Grant

In April 2024 we embarked on GCA's 3rd Teen Tournament weekend in partnership with Word of Life and 7 Admirals (an organization that reaches the younger generation for Christ through gaming). The focus of the weekend event was evangelism. We have found that creative methods are essential in reaching youth who wouldn't naturally be drawn to a youth group or Bible study but would love to participate in sports and gaming activities with other teens.

On Friday evening we hosted a dodgeball tournament at Philmont Christian Academy. Although the majority of teens in attendance were high schoolers, GCA's middle school boys brought home the first-place trophies! Shoutouts to Gabe, Marcus, Abraham, Ryan, Roman, Dylan and RJ!



There was a ton of energy and enthusiasm in the gym that night. It was a joy to see so many teens and other local youth groups coming together to have fun in a safe and positive atmosphere. Jordan from Word of Life shared a



gospel message and several youths responded for salvation and recommitment. We ended the night with an open gym time to play pickup basketball and volleyball games.

After we cleaned up, we literally had to KICK the teens out of the gym. They begged us to stay for an all-nighter! But we leaders were definitely not up for that as we knew another exciting night was coming the very next day.

On Saturday, 7 Admirals and the Word of Life team transformed GCA's fellowship hall into a gamers dream! There were several large screen TVs, gaming systems, special lighting, sound effects and fog machines to make this the ultimate gaming experience. Our gamers excitedly signed up and competed in head-to-head competitions until a winner was crowned.

In addition to a gaming tournament, there was also a youth rally throughout the night. The rally made it fun for the non-gamers. There were interactive competitions; the room was divided by red and blue teams. Sadly, GCA did not win the gaming tournament or the red vs blue competition, but it was still a blast, and the guest youth groups who claimed the title were quite happy!

As per usual, the main focus of these events is evangelism. Jordan shared another gospel message and many youths responded again for salvation and recommitment. Praise the Lord!

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Effectively Managing Stress, Part 2

By Margaret Aitcheson



Stress is a physical, mental or emotional response to internal or external pressures or demands that overwhelm you. It is a natural reaction triggered by life events or various challenges. When there is stress the body undergoes changes called the "fight or flight" response, leading to rapid heart rate, increased breathing, muscle tension and elevated blood pressure. There can also be anxiety, irritability, memory and concentration issues, feelings of sadness, anger, helplessness and depression. To effectively manage stress you must recognize the sources of the stress, understand how it is affecting you and implement strategies to help you cope with it. Here are some effective coping strategies:

1. Always depend heavily on God as Healer and Helper. Here are 3 great scriptures that you can count on:

- “He gives strength to the weary and increases the power of the weak [Isaiah 40:29 (NIV)]”.
- “...I will restore you to health and heal your wounds [Jeremiah 30:17 (NIV)]”.
- “Lord my God, I called to You for help, and You healed me [Psalm 30:2 (NIV)]”.

2. Maintain a healthy lifestyle.

Having a balanced diet, doing regular exercise and ensuring adequate sleep are important. Physical activity releases hormones called *endorphins* which can improve your mood and reduce stress.

3. Stay organized and decrease workload.

Keeping your environment organized can reduce stress. Find ways to reduce your busy schedule and break down big jobs into smaller more manageable ones.

4. Connect with others.

Build a supportive network of family, friends, colleagues and clergy whom you can trust and talk to.

Sharing your feelings and getting support from others can alleviate stress.

5. Engage in activities you enjoy.

Spend time with loved ones. Read, listen to music or do puzzles. Walk and enjoy nature. Do the hobbies you like.

6. Be positive.

Practice positive thinking and gratitude. Write down the things and people you are grateful for every day. Understanding and managing stress is vital. Do this constantly for your overall health and well-being. ✧



Front (L to R):
Dr. Raphael Thomas,
Velda Thomas,
Francis Jones,
Timothy Thomas,
Christine Wigden

Back (L to R):
Marlon Henry,
Anna Derewianka

By Dr. Raphael Thomas

On March 28, a team of seven believers from Grace Christian Assembly, Philadelphia, PA, ventured out on mission to the Co-operative Republic of Guyana, which is located on the northern coast of South America. Guyana is the only mainland South American nation in which English is the official language. The country's diverse population includes Indians, Africans, Indigenous, Chinese and Europeans. It is one of the least populated countries in the world (under one million), with 41 per cent of the population living below the poverty line. However, because of its discovery of crude oil, Guyana is now one of the fastest growing economies in the world. Fifty-two percent of the population is Christian and thirty per cent is Hindus.

The GCA Missions Team ministered at the Good Friday Convention of the Christian Brethren Assemblies in Georgetown Guyana on March 29. This service also marked the 150th Anniversary of the Bethel Gospel Hall in Georgetown, Guyana. Dr. Raphael Thomas was one of the keynote speakers. Bro. Marlon Henry ministered on his saxophone and Sis. Christine Wigen shared her testimony.

From March 31 to April 7 the team ministered at the Conference of the Christian Brethren Assemblies in Lethem, Guyana (in the Amazon rainforest) where

Pastor and Regional Leader Bro. Ronald Charles (GCA Missionary) oversees the work. Pastor Ron Charles is the leader of region #09 which has thirty-three assemblies (plus three which are planted across the border in Brazil). There are thirty-six other assemblies in the rest of the country (regions #01 - #08) The GCA team was involved in Bible Teaching, Gospel Preaching, Children's Ministries, Teacher Training and Health Presentations. The team also participated in the Dedication Service of the new building of the Lethem Christian Brethren Church where the week-long conference was held. The day's activities started at 5:00 am with prayer meeting and ended at around 10:00 pm each night. Although the schedule was hectic and the climactic conditions were challenging, the conference was a great blessing. About 230 believers camped out for the week of ministry, most of whom slept in hammocks in the church yard. Some believers from among the tribal groups travelled for five days on the river to get to the conference. The week of ministry was very challenging for the team both physically and spiritually, but we praise God that the powerful ministry to the church leaders, youth, women and children was highly appreciated by the local believers and God was glorified.

The Guyana ministry team wishes to thank all who prayed for this missionary outreach and/or contributed financially. To God be the glory! ✧

Ladies Breakfast

By Juditte Barrett

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Sister Sharon Henry and her team gave us a beautiful space to enjoy our fellowship. And let's not forget those who united to clean up and leave the venue even better than we found it!

The panel discussion was the highlight of our gathering and it allowed for a very lively and enlightening conversation by the audience and the panelists. The discussion began with a look at how the Bible makes a case for relationships, beginning with God and His relationship with Adam and Eve, and ending with God's plan of redemption to restore mankind to Himself. As women in the body of Christ, we are called to build relationships with one another. God's design for friendships, given in 1 Thess. 5:11, teaches us to serve, encourage, lift up, and love one another as we "do" life together.

We also looked at different types of friendships,

such as mentors, disciples, best friends, group, friends and many others. We talked about healthy versus unhealthy friendships and the mental health benefits of healthy friendships. We ended with a look at the mandate of Titus 2:3-5 in which older women are encouraged to forge friendships with younger women in order to teach them how to live godly lives. The final segment ended with the ladies sharing and praying for one another in small groups. Many of the ladies expressed their heartfelt thanks for the gathering and for the challenge to build relationships and to work together in unity.

The ladies' ministry is excited about the resumption of the Ladies' Breakfast and expresses heartfelt gratitude to all the women who came together to make this a successful and spiritually rewarding experience. ✧



APRIL YOUTH MINISTRY-KENYA

Continued from page 1.

In fact, one more location was added, 6 locations in total. Praise the Lord for His faithfulness and for His provision. News spread to the northern part of the region about the signs of revival in the Southern and Central part of the region! The pastors and leaders organized one more Rally in the Northern location. An estimated 2,000 youth were impacted with the Gospel this past April. The photo here is just one of the locations.

The result of the amazing response by the Youth became a matter of prayer. The Board of Directors, both national and International, are now praying and considering one or two youth program coordinators to assist the pastors in planning and coordinating Regional Youth activities throughout the year. This part will require funding. Pray with us for this part of the program and for the right persons to work with the youth.

Thank you for your continued support.

Dr. Elijah Korich, Founder & CEO, KSM



When I was 15 years old, my friends and I were in class talking about everything going on in the world. Deep into the conversation, one of my friends said something about the Bible. At the time I knew of the Bible, and I knew of Jesus, but I never knew what He did for us. So, when he brought up the Bible, he was telling us what things will happen as time goes by in this world. One of the things that fully caught my attention was how there will be wars, disease and earthquakes (Matthew 24:6-7). Now this scared me, but what he said next was when I told myself I need to look into who Jesus is and what He did for us. He opened the book of Revelation and told me about the mark of the beast, how we won't be able to do anything if we didn't have this mark, and we won't be able to eat and how money won't even matter. And then he told me whoever gets this mark of the beast will drink the wrath of God (Rev. 14:10).

I was so scared; I was quiet for the rest of the day thinking about everything he told me. He came up to me and asked what was wrong. I told him, "What you told me was scary." Then he said, "Everything will be ok as long as you accept Him as your Lord and Savior; you are saved!" **He was also telling how Jesus bled and died on the cross for my sins so we can have a relationship with God; and WHOEVER believes will be saved.** I took that information in and started asking questions about Jesus and what more He did for us.

As years went by, I forgot everything my friend told me and was just living life. I was living like nothing mattered, hurting people around me when my anger and selfishness took hold of me. At age 18, in the middle of my senior year of high school, I was at the highest level of stress. I thought I could do everything myself and I let my pride get the best of me until one day Ms. Lorraine, a lady who goes to GCA, came to my aunt's house and did Bible study every Wednesday. Every time she came over, I always hid from her because I didn't want to join the study. She would ask me why I never wanted to join, and I always said, "I don't know". But I **did** know why: it was because of my pride. One day I felt something pull on my heart. I didn't know what it was, but this feeling pulled me, and I ended up going to the next Bible study. I was nervous. I thought I wasn't good enough to be there and I was letting my pride get to me. But Ms. Lorraine helped me understand that we don't have to be clean to have Jesus in our life and I should humble myself and give everything to God. Because He is the one that cleanses me from my sins and is way wiser than I am!

As time went by, I loved hearing the Word of God and being able to worship Him and I always asked other believers questions about our Lord and Savior. I felt my heart getting closer to God and that was the most relieving feeling ever. **Putting your faith in God is the best thing you can ever do.** I'm able to control my anger now; I'm no longer selfish when it comes to people's feelings. I thank God for changing my heart to love others like He loves me. There is so much more peace in my life! And I just thank God for always waiting for me. I felt like every time He pulls me I fought against it. But because He is an all-merciful and loving God, He waited outside the door for me to give my life to Him and to put my faith in Him. ✧