

GT The Gathering

Connecting Through Faith

Rest knowing...

GOD WORKS OUT ALL THINGS FOR YOUR GOOD

your life is a miracle

You have good style

You Are The Princess of God!

你是神的公主!

- You are loved

and chosen by Him

who is the Lord of lords and the King of kings

GOD CARES

You are chosen

for His Glory

THERE'S NOWHERE TOO FAR FOR GOD.

I am a child God of a ROYAL Household
in the last days, His house will be established...

you are fearfully and wonderfully made!

He Loves YOU!

ALL THINGS

FOR YOUR GOOD

your life is a miracle

you're beautiful

you are fearfully and wonderfully made

His Grace Is Enough

you are uniquely beautiful with a heart

THERE'S NOWHERE TOO FAR FOR GOD.

of a ROYAL Household

in the last days, His house will be established...



Sorrow may last BUT in the morning you can be again tomorrow

JOY COMES WITH THE MORNING



From the Desk of Pastor Jodiann

Yikes! This isn't what I thought it would be! When that door you have been praying and believing for finally opens—spoiler alert—it won't be completely perfect. The very thing you wanted can be more difficult than you imagined. However, you can still be grateful.

God's plans are always above and beyond all those preconceived expectations. Don't allow yourself to be discouraged. If it is more difficult than you imagined, look to God. He wouldn't open that door and then not equip you to flourish in that task. God wants to do life WITH you. Push into God in every way you know how; through prayer, praise, and digging deep into the Word of God. Determine to keep your heart and attitude right. List the things you can be



grateful for. These challenges you are facing can drag you down emotionally if you focus on how difficult it is. Don't let it get the best of you or cause you to stop believing, giving, or loving. If you are determined to find reasons to be grateful (even if it is just that God trusts you enough to open this door), those negative thoughts have to go away.

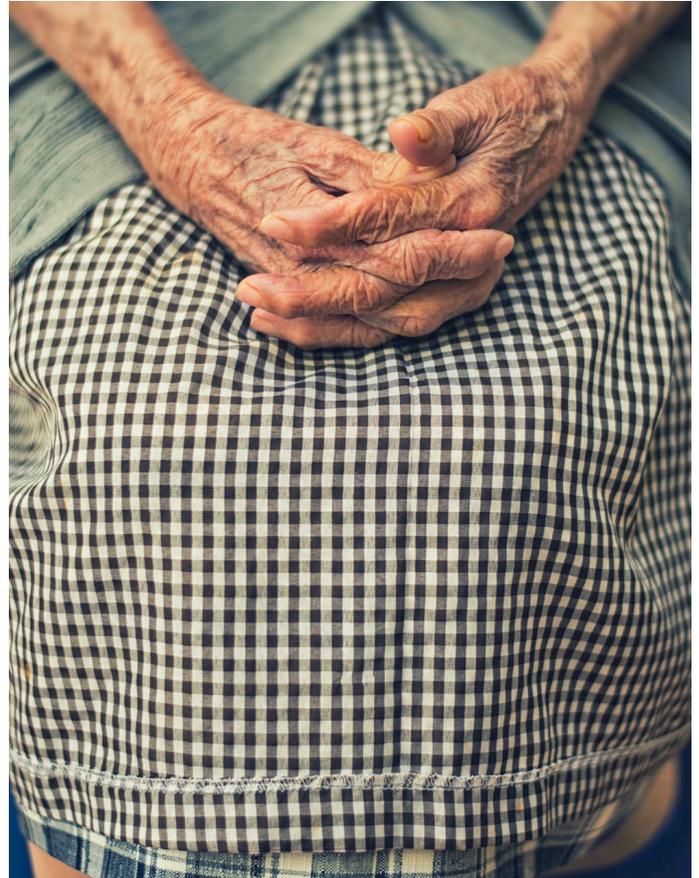
Let the peace of Christ rule in your hearts...
And be thankful (grateful) —
Colossians 3:15

#non-mother mothers

Titus 2:4-5 – So that they may encourage the young women to love their husbands, to love their children, to be self-controlled, chaste, good managers of the household, kind, being submissive to their husbands, so that the word of God may not be discredited.

SPIRITUAL MOTHERS ARE A WONDERFUL GIFT TO THE BODY OF CHRIST. These special women have the same heart and concern for younger Christians as natural mothers have with their own children. The difference is, spiritual mothers see their struggles and soothe them with the Word of God, encouragement, and gentle suggestions. Their focus is to create an open door of safety and a non-judgmental atmosphere in which frailty can grow and feel safe, caring in both practical and less tangible ways. Sometimes, because of geographic or emotional distances, these spiritual moms can step in where natural mothers are unable; most likely coming as an answered prayer.

As with natural mothers who gently push their children to step out and try new things, spiritual mothers encourage the younger generation to pursue Jesus even with busy schedules society requires of them. Speaking kind words and pointing them to



Scripture with the goal of helping them develop their walk with God. Spiritual mothers lovingly encourage others to have faith in God even in the hard times, to continually seek direction for their lives through prayer and Bible reading, believing that one day these spiritual children will in turn reach out to the next generation and continue the circle of God's love.

How to Make an Apron in 10 Minutes

Materials

- one yard of thick fabric
- scissors
- thread to match fabric
- pencil or tailor's chalk
- cloth tape measure
- sewing machine

Step 1: Cut Fabric

Precisely cut a piece of fabric down to size – 27” long by 20” wide. Wrong side up, fold length-wise.

Make three long strips of fabric. Two strips 36” long. One strip 18” long. Each strip is a half inch wide.

Step 2: Fold & Measure

With the top of the fold to your left, measure over from the fold 4” and make a small mark (this will give you a total of 8” when unfolded for the top of the apron).

Step 3: Curved Line

Measure from the opposite side (see top of next page) 18” high from the bottom and make a small mark. Freehand a curved line from the mark you made in step 2 to the mark you made in step 3.





Step 4: Cut Fabric

Cut through both layers of fabric on curved line.

Step 5: Hem

With a sewing machine, hem to create a finished edge all around the apron. Be sure to cut little notches on the curved parts (arm area) of the apron to help it lay fold better for hemming.



Step 6: Add Straps

For back ties, find the very end of the arm area, where the bottom of the curved line meets that vertical fabric line. Attach one of the long 36 inch straps to the back of the fabric. For added strength, make a square box with your sewing machine, over the strap. And then an X through it.

Repeat this step with the other 36 inch strap on the other side of the apron.



Step 7: Add Shorter Strap

At the top of the neckline, add the shorter strap the same way you added the back ties in step 6. Snip any stray string to clean everything up and you're ready to craft or cook!

Count Your Blessings, Name Them One by One or, a great big hug from God

It's easy to remember all the negative things that happen in a day, but let's remember all the little things that God does daily, to shine His love on us. During the month, check off these boxes and see how many times God blesses you in the little things.

- Found close parking
- Woke up happy
- Phone call from an old friend
- Experienced a great sale/saved money
- Someone paid for my lunch/dinner
- Found something I lost
- Someone called to apologize
- I made it to the gas station
- Blessed by this magazine

MAY 2022

Helping You Lose the Weight in 7 Steps

1. *Encorporate Cardio*

Aerobic exercise burns calories! It strengthens your heart and lungs, two vital organs. Go on regular walks, get a membership to the local pool, or gather friends and hike a mountain.

2. *Lessen Refined Carbs*

Refined carbs have low nutrients! Instead, choose whole grains, fresh ingredients, and check nutrition labels.

3. *Choice of Beverage*

Water is a simple alternative to soda at the dinner table, or sports drinks while exercising. Try it out!



4. *Take it Slow*

We can consume so much when we eat fast. Eating at a slower pace can increase feelings of fullness, thus lessening overall intake.

5. *Fiber*

Fruits, veggies, legumes, and whole grains help with weight loss! They stabilize blood sugar, slow stomach emptying and keep you fuller for longer... it's science.

6. *Get Enough Sleep*

Being sleep deprived can increase hunger. Prioritize deep, undisturbed sleep each night to maximize your weight loss capacity.

7. *Intermittent Fasting*

The practice of cycling through periods of eating and fasting (16–24 hours fasting). Check the link in the credits for more information.





On Wisdom | Proverbs 30:24-28

Four things which are little upon the earth, but they are exceedingly wise.

Verse 25 “Ants are creatures of little strength, yet they store up their food in the summer;”

ANTS ARE...

Workers

Gathers Food (Word of God)

Never Without
Self-motivating

Verse 26 “Rock-badgers, a species without power, yet they make their home in the rocks;”

BADGERS ARE...

Weak and Defenseless

Recognize their Weakness

Live in the Rocks (Jesus=Rock)

Watch Out For Each Other
(Jesus asks us to watch and pray)

Matthew 26:41 “Keep watching and praying that you may not enter into temptation; the spirit is willing, but the flesh is weak.”

Verse 27 “The locusts, a species without a king, yet they all march forth in formation;”

LOCUSTS ARE...

Instinctual by the Thousands

(John 10:27)

Move in Power (Psalms 133)

Verse 28 “The lizards, a species you can catch in your hands, yet they are found in the palaces of kings.”

LIZARDS ARE...

Persistent

Stealthy to Get Into Palaces

Wisdom never gives up and God will be faithful to help you never give up and continue in faith.

(Colossians 1:23)

Wisdom is the God-given ability to consistently make the right decisions.

Test Yourself on Your Knowledge on Proverbs!

1. The fear of the Lord is the beginning of knowledge, but fools despise... what?

- a) Knowledge and wisdom
- b) Wisdom and instruction
- c) Discipline and judgement
- d) Instruction and judgement

2. Go to the _____, thou slug-gard; consider her ways, and be wise. What animal should we take lessons from?

- a) Ant
- b) Sheep
- c) Spider
- d) Horse

3. Which wise man wrote the majority of Proverbs?

- a) Moses
- b) David
- c) Abraham
- d) Solomon

4. A soft answer turneth away... what?

- a) Wrath
- b) The devil
- c) The foolish
- d) The righteous

5. Everyone that is proud in heart is what to the Lord?

- a) A delight
- b) A servant
- c) A son
- d) An abomination

6. An excellent wife is a what to her husband?

- a) A jewel
- b) A crown
- c) A delight
- d) An honour

7. It is better to obtain wisdom than what?

- a) Money
- b) Diamonds
- c) Gold
- d) Silver

8. Bread gained by deceit is sweet to a man, but what shall his mouth be filled with afterwards?

- a) Gravel
- b) Sand
- c) Locusts
- d) Bitter herbs

9. Hate stirs up strife, but what does love cover?

- a) A guilty heart
- b) A lying tongue
- c) All sins
- d) Hateful imaginations

10. What metal is the tongue of the just likened to?

- a) Gold
- b) Silver
- c) Bronze
- d) Iron

Answers on back page.

recipes

Best Low Calorie Snacks

prevention.com/weight-loss

Greek Yogurt and Berries



Tuna Salad and Veggies



Lentil Soup



Egg Whites and Veggies



Guacamole and Broccoli



Goat Cheese and Pear



Banana Whip



Fruit and Cottage Cheese



Grab n' Go

Popcorn



Almonds & Dark Chocolate



Kale Chips



Roasted Chickpeas



Happiness vs. Joy by Terry Deck

It has been my experience, even from my daughter, when I ask for an opinion on something, and the common response is, "Whatever makes you happy, mom!" I began to ponder and ask myself this question, what is happiness and where does it come from? This question came to me early in the morning while I thought I was asleep, yet the answer was very clear. Happiness comes from an EXTERNAL source. In other words, you may experience happiness when you acquire a material object like a new car, a new phone, or new shoes! Something from the world!

Unfortunately, the happiness from receiving these objects is short lived. When we buy a new pair of shoes, we may excitedly wear them for the first few days, then, this pair of shoes just becomes another pair of shoes living in our closet; after a while, we might even forget that we own this pair. What then, should we look for? And what then, is long-lasting?

The answer is: joy.

Joy is what flows from within. Joy comes from knowing God and from being in the presence of God. As Psalm 16:11 says, "You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore." When we are in the presence of God, our joy is complete. Joy is also a fruit of having God's Spirit dwell inside of us. Galatians 5:22, "The fruit of the Spirit is love, joy, peace" Therefore, the joy within us is the work of the Holy Spirit. Joy is long-lasting because it doesn't require a new experience or a new object to feed it; we can rejoice in our Lord at all times (Philippians 4:4), no matter the situation we find ourselves in, no matter the difficulty we are facing, no matter how high the mountains seem, God is our joy and our salvation. Because God is with us, and He is for us. Knowing God, knowing His presence, and having His Spirit dwell within us is the reason for our joy. In Him, we can have fullness of joy.



What is your decoration style?

Mid-Century Modern

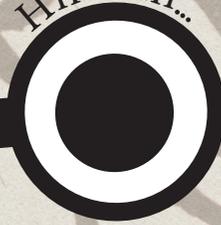


Transitional

Contemporary



Hmmm...



Traditional



Eclectic



Mission



Modern



Get the look you want in your home!

- Create a mood board or scrapbook.
- Use the 70-20-10 rule for balance. Keep 70% of the elements (walls and floors) one colour, add 20% in a second colour (fabrics) and 10% in accents/accessories.
- Consider pattern.
- The painted box rule.
- Don't forget about the fifth wall.
- Be mindful about placement.
- Browse design blogs and magazines for inspiration.



Traditional style of furniture reproduces the classic decor with European flair. This design emphasizes elegance and simplicity. Main characteristics are deep colors and wood tones, decorative details and a variety of ornamental elements.

Forms | classic silhouettes, curved lines, wing and Queen Anne backs, claw and bun feet.

Colors | deep wood finishes, rich shades of brown,

cherry, espresso, merlot, black and white.

Fabrics and textiles | Upholstery in rich and solid colors. Leather, velvet, and silk. More affordable fabrics include chenille, linen or cotton. Floral, foliar or damasks patterns are widely used.

Accents | decorative moldings, paneling, intricate embellishments, and throw pillows.



Modern | With a sense of simplicity, modern furniture style is defined by clean and crisp lines, a simple design, neutral color palette, and “cold” materials. The style grew out of the decorative arts and was started in the 20th century.

FORMS clean silhouettes, crisp lines, geometric shapes.

COLORS neutral colors and glossy finishes, black and white palette, grays.

MATERIALS wood, plastic, metal, steel, and glass. Natural wood with wood grain pattern can be found.

FABRICS & TEXTILES leather, vinyl and faux leather, PU, microfiber.

ACCENTS few ornamental details.

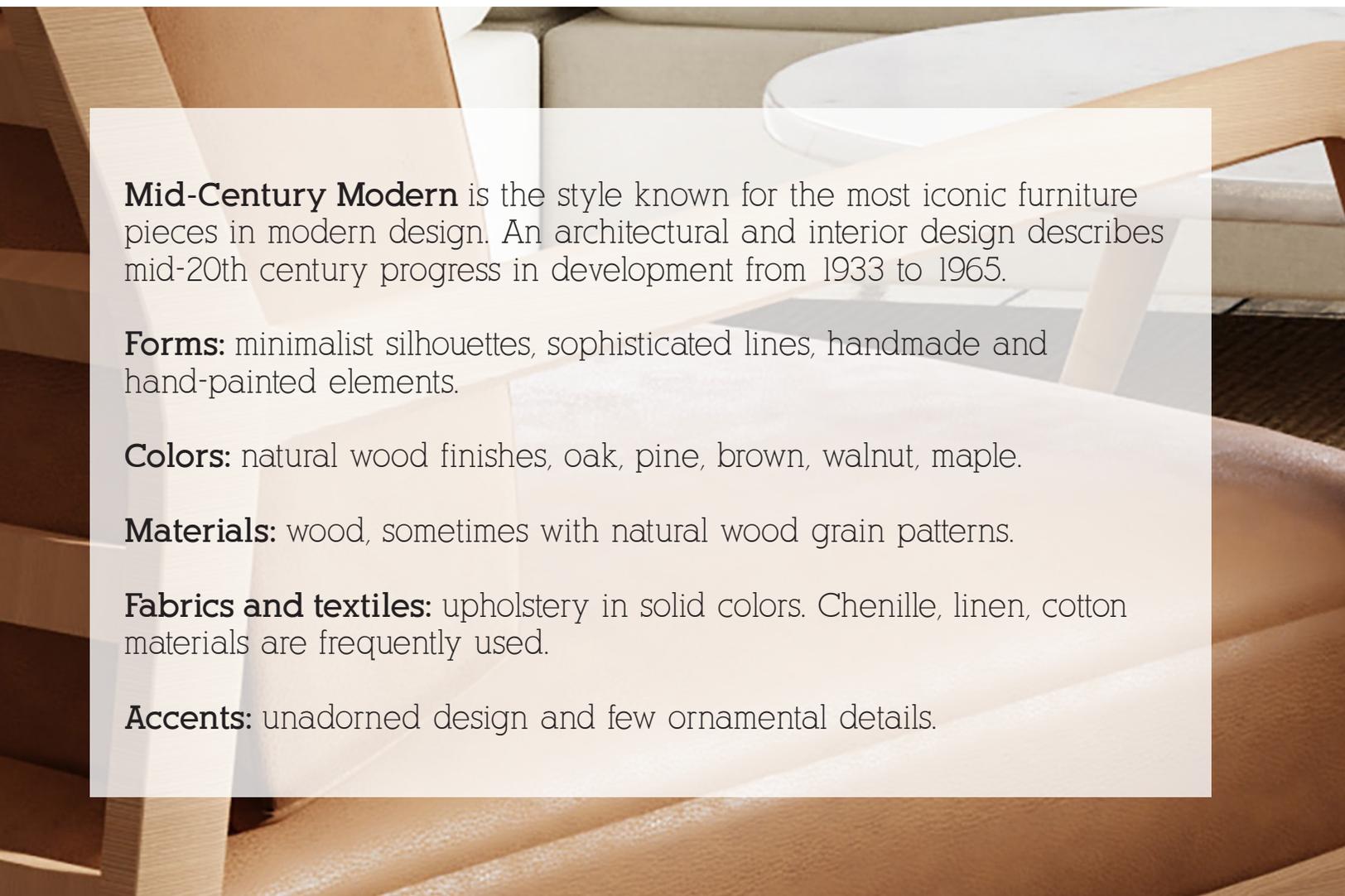


Transitional | Borrowing the best from modern and traditional designs, the transitional is another popular furniture style in current home interiors. The design offers a balance of both classic elegance and modern materials. This style may blend plush and noble furnishings with steel materials and glass elements.

Forms: straight or curved lines, classic or modern silhouettes.

Colors: mix of wood and glossy finishes. Various colors can be used.

Fabrics and textiles: warm and inviting upholsteries like leather, linen, chenille, velvet.



Mid-Century Modern is the style known for the most iconic furniture pieces in modern design. An architectural and interior design describes mid-20th century progress in development from 1933 to 1965.

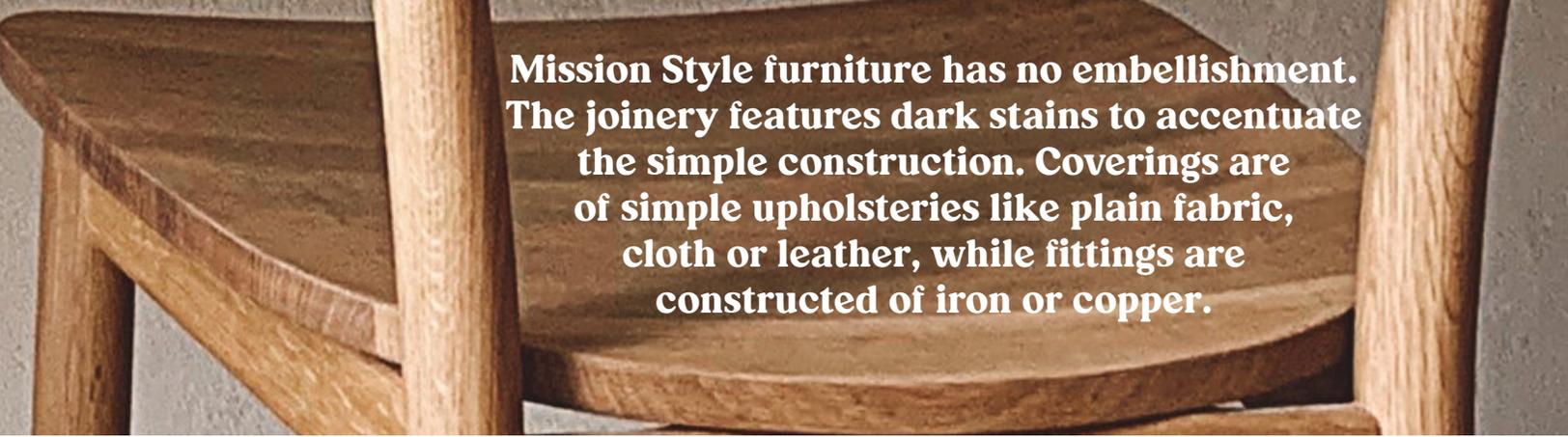
Forms: minimalist silhouettes, sophisticated lines, handmade and hand-painted elements.

Colors: natural wood finishes, oak, pine, brown, walnut, maple.

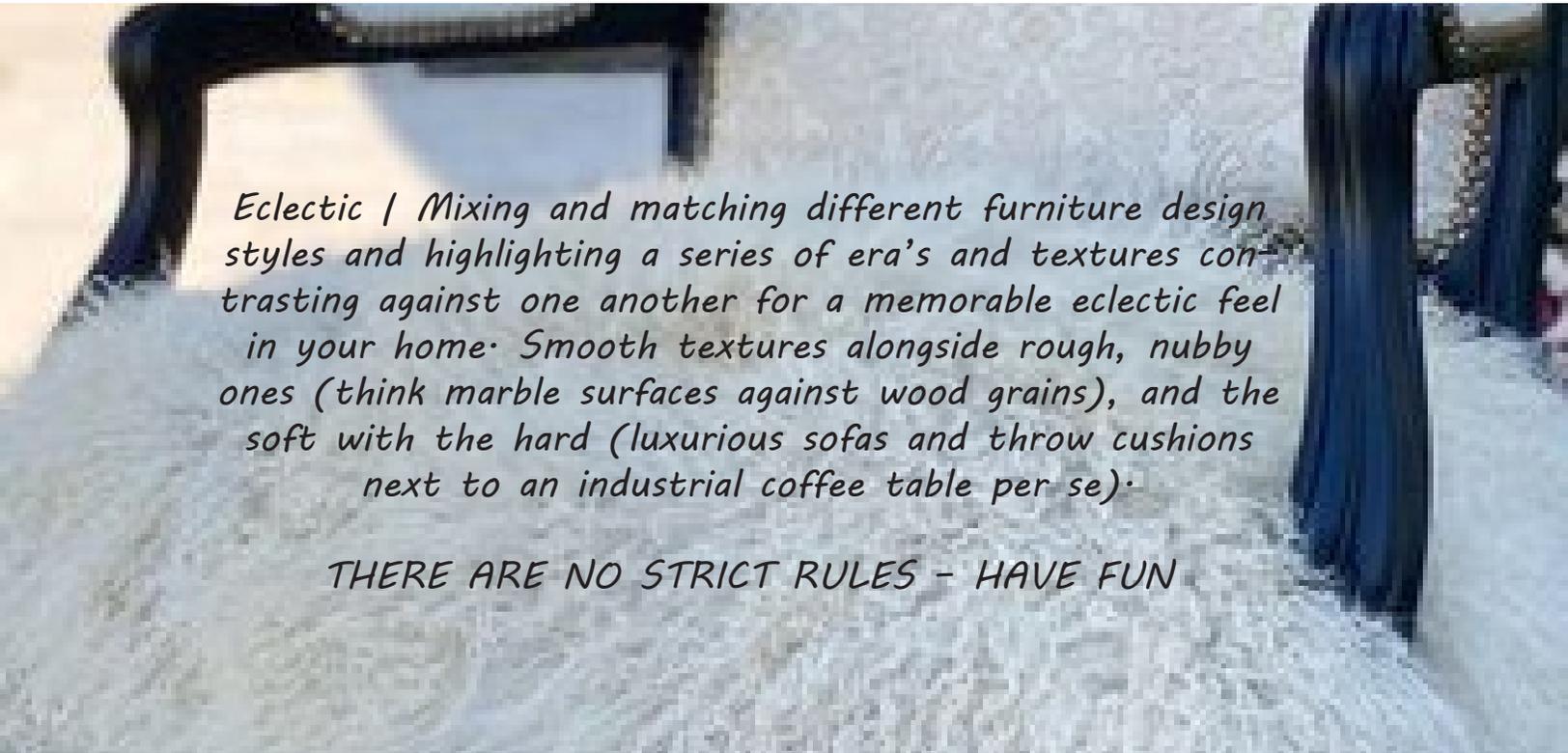
Materials: wood, sometimes with natural wood grain patterns.

Fabrics and textiles: upholstery in solid colors. Chenille, linen, cotton materials are frequently used.

Accents: unadorned design and few ornamental details.

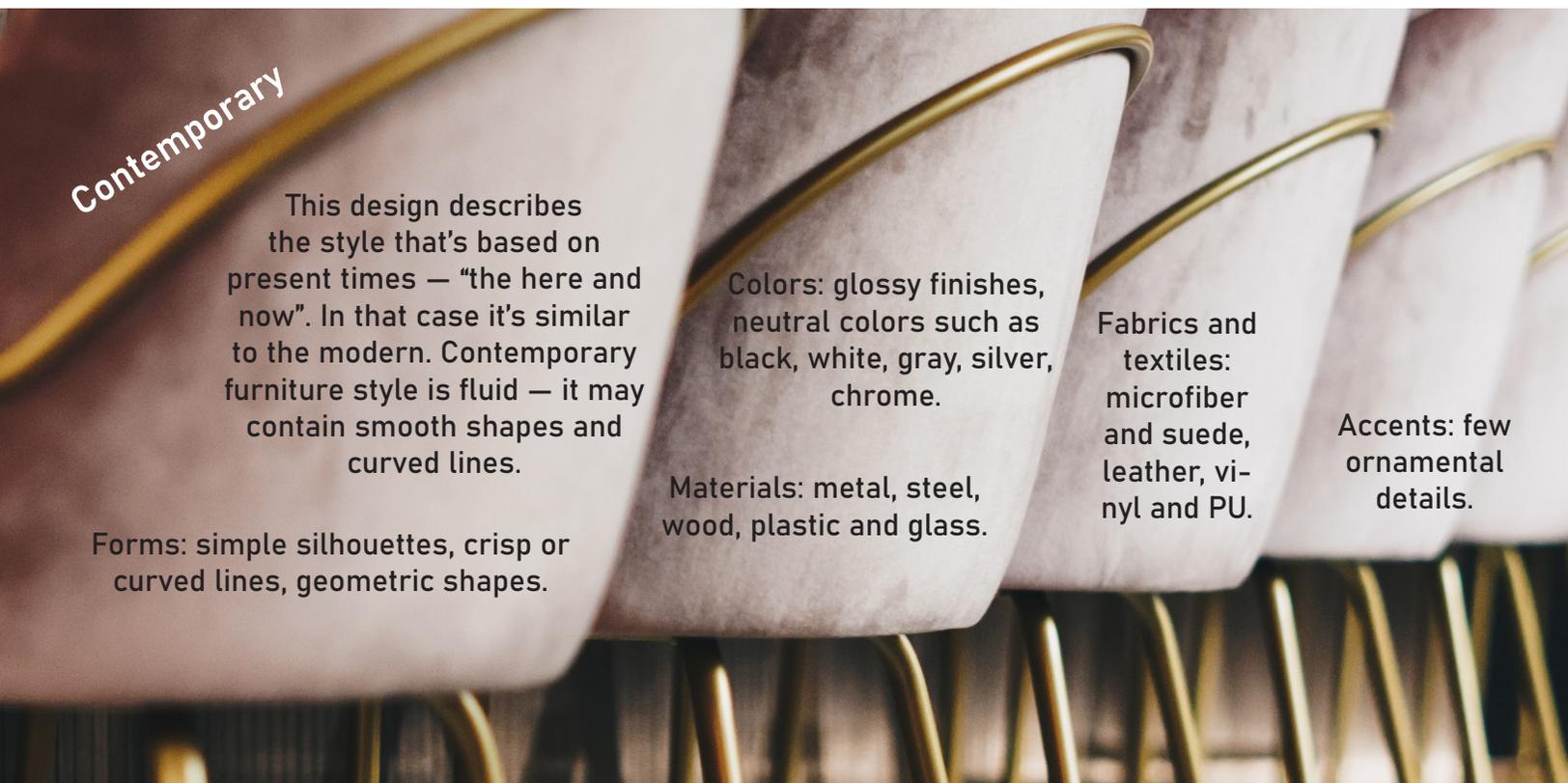


Mission Style furniture has no embellishment. The joinery features dark stains to accentuate the simple construction. Coverings are of simple upholsteries like plain fabric, cloth or leather, while fittings are constructed of iron or copper.



Eclectic | Mixing and matching different furniture design styles and highlighting a series of era's and textures contrasting against one another for a memorable eclectic feel in your home. Smooth textures alongside rough, nubby ones (think marble surfaces against wood grains), and the soft with the hard (luxurious sofas and throw cushions next to an industrial coffee table per se).

THERE ARE NO STRICT RULES - HAVE FUN



Contemporary

This design describes the style that's based on present times — “the here and now”. In that case it's similar to the modern. Contemporary furniture style is fluid — it may contain smooth shapes and curved lines.

Forms: simple silhouettes, crisp or curved lines, geometric shapes.

Colors: glossy finishes, neutral colors such as black, white, gray, silver, chrome.

Materials: metal, steel, wood, plastic and glass.

Fabrics and textiles: microfiber and suede, leather, vinyl and PU.

Accents: few ornamental details.

Sew Ready for Summer

Beach Poncho

Take 2 yards of fabric and fold in half twice so each side is 1 yard long. Cut out a large circle to make the shape of the poncho. Cut out another half circle at the top to make the neck hole. Start small and measure by trying to put it over your head as you go.



-----Fabric folded in half -----

Cut small circle
for head

Cut out large circle



This project is ideal for beginner sewers because no pattern is necessary! Basically, you just fold your fabric in half and cut out 2 circles. The pom pom trim covers up the raw hem on the bottom, and I made a simple binding for the neck.



Forever

house of the LORD
and I will dwell in the
all the days of my life;
mercy shall follow me
my cup runs over. Surely goodness and
of my enemies. You anoint my head with oil;
You prepare a table before me in the presence
Your rod and Your staff, they comfort me.
I will fear no evil; for You are with me;
Though I walk the valley of the shadow of death,
of righteousness for His name's sake.
He restores my soul. He leads me in the paths
He leads me beside the still waters.
He makes me lie down in green pastures;
I shall not want.

The LORD is my shepherd;



**OUR WALK WITH GOD IS PROGRESSIVE
PSALM 23**



MOTHER'S DAY
WORD SEARCH PUZZLE

L I A G I B A C C E B E R P L N
 E U V H Z A D H U V W H E L E N
 A D C L O R N A C E E L V I E A
 H T U K O Q P T L O V U P K R I
 X E M J Y Z Z O J K I L M O V D
 S R B E O G S O K S Q W N X M O
 I K R N E L I Z A B E T H Y O J
 S L Q N O Q D R E B E K A H M D
 T C M I H Q A A L H L M N Z E R
 E W R E O H Y C X M Z L N R N A
 R S S L L G G H Z A E M A H O E
 R D D Y L H K E X R Q E H P H B
 O Q Q N Y K K L I Y K L T O P N
 S X Y E N A O M I X L U T S A A
 E P A S T O R S H I R L E Y W M

BIBLE MOMS:

EVE SARAH REBEKAH HANNAH ELIZABETH
 MARY RACHEL LEAH ABIGAIL NAOMI

GLAD TIDINGS MOMS:

JODIANN PASTOR SHIRLEY NORA ELVIE HOLLY REBECCA
 HELEN SISTER ROSE LORNA CHATO JENNIE LYN

BONUS SCRAMBLE: !YDA HE'MOTSR PAPHY



Color

Birthstone



Emerald

BIRTH
FLOWERS:

May

Lily of the Valley

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We will see you in September...

Keep on praising!

Proverbs Quiz Answers

1. b; 2. a; 3. d; 4. a; 5. d; 6. a; 7. c; 8. a; 9. c; 10. b