

August 2021
Vol. 2 No. 8

G*The* **G***athering*

Connecting Through Faith

PERMS ARE BACK IN! Page 8

Fiber Rich Recipes

Rooted in Fellowship

Free Framable Picture
Colossians 2:7

From the Editor

Weary from all the uncertainty, we yearn to “get back”, feel the necessity to connect, see faces and touch lives again. Basically, get back to our roots and establish more roots. In this month’s edition we recognize that hunger and salute your efforts in putting down deeper roots. These are roots of faith, of family and in love. Standing on the word, “As the Father has loved me, so have I loved you. Abide in my love” John 15:9. Sending my love,



Pastor Jodiam

BIBLE CROSSWORD XV - SOLUTION

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

Across: 1 Scripture, 6 Chasm, 9 Deborah, 10 Deliver, 11 Noose, 12 Zealously, 13 Thirty-Two, 15 Ridge, 16 Empty, 18 Strongest, 20 Whitewash, 23 Alpha, 25 Leisure, 26 Sukkoth, 27 Egypt, 28 Thaddaeus.

Down: 1 Sidon, 2 Rabboni, 3 Perfectly, 4 Uphaz, 5 Endeavour, 6 Calno, 7 Advised, 8 Mercy Seat, 13 The Twelve, 14 Testament, 15 Ransacked, 17 Privily, 19 Explore, 21 Exult, 22 Hosea, 24 Ashes.

Bible Crossword by BiblePuzzles.com



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Nicole and Linda Cortez

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unsplash.com
biblepuzzles.com
allrecipes.com/recipe/264590/the-ultimate-berry-crumble/
shiftingroots.com/start-gladiolus-indoors/

Check us out!

Glad Tidings
Children's Ministry

Children's Church

Nursery

0 - 36 months

Sundays 10:30AM All kids welcome!



Decide

by Pastor Jodiann Schott

Proverbs 31:17 AMP

“She girds herself with strength [spiritual, mental, and physical fitness for her God-given task] and makes her arms strong and firm.”

IT DOESN'T TAKE MUCH study in the Word or word searches to find inspiration to be strong in the Lord. In fact, the phrase “Be Strong” in the KJV appears 36 in the times. The word translated “be strong” is a form of dunamis (1411). Dunamis means “inherent power”. It's the same kind of power Jesus had on the earth to do His miracles.

We all know we need to be strong, and we know God's desire is to help us be strong.

Notice this verse says, “She **MAKES** herself strong.” The issue is about deciding to be strong. Fighting the self-pity and thoughts of, “I deserve to be weak and wounded.” Changing our mindset to: “I will be strong,” by keeping the word of God in the forefront of our

mind. Isaiah 41:10, “So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”

Our enemy knows our weakness and will seek to exploit them by whispering “it is too hard” or “you can't do this.” But ignore those lies and rely on God, pick up your sword (the word of God) and **FIGHT**. The same power that raised Jesus from the dead lives in us women today, it is the power of the Holy Spirit that empowers us to fight. Decide to fight and win, to never give up, no matter what happens. Swing that sword and keep on swinging!

Let's Go Deeper...

How does Proverbs 31:17 speak to you?

What person, situation, or issue steals your strength?

Ways to build strength in my spirit, mind, or body:

- _____
- _____
- _____
- _____
- _____
- _____

What scriptures can I rely on to stand strong in my battles?





The **gladiolus** is full of heroism. The name comes from the Latin word 'gladius', which means sword and symbolises strength, victory and pride.

harmony, good health, and peacefulness



August

Birthstone: Peridot
Birth Flower: Gladiolus

Q *how to start Gladiolus Bulbs indoors*



Root Vegetable Recipe

4 ingredients

PRODUCE

3 cloves Garlic

1 1/2 lb Root Vegetables

BAKING & SPICES

Salt and Pepper to your liking

OILS

1 1/2 Tbsp Oil of your choice

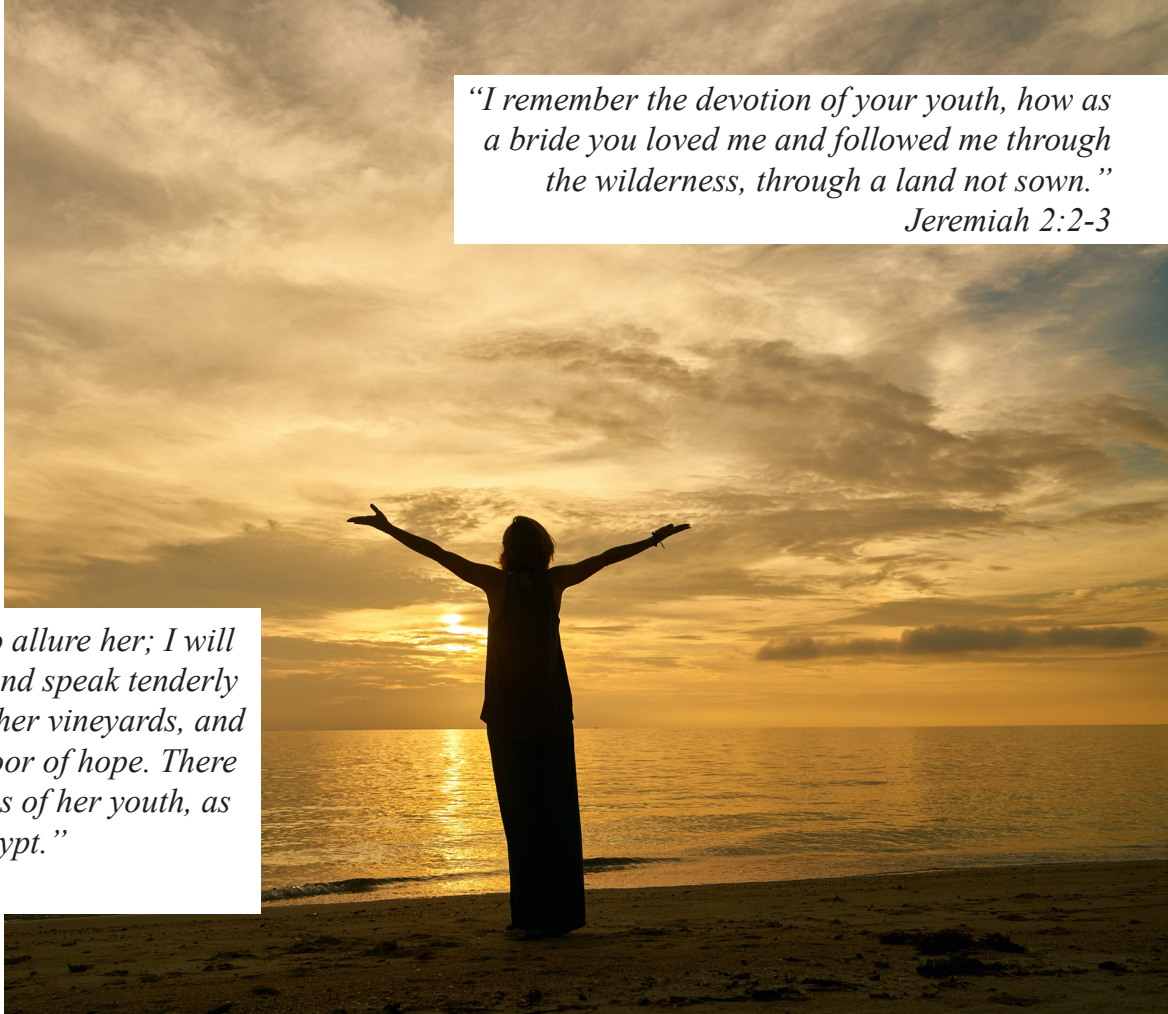


first LOVE

I wanted to encourage you to come and seek the Lord with all of your devotion, with all of your heart. Every time we come to the house of God, we can devote to God our whole being – which means giving to God everything that we have: our hearts, our thoughts (good and bad), our attention, our love.

Sometimes we may not feel like it. We may feel fatigued or uncertain about God; but I want to encourage you, that no matter where you are today, you can still come before God and say to Him, “God, I give you my whole heart today. I give you the praises of my lips and the songs of my heart.” Because the devotion of your heart will move Him. Wherever you find yourself, sister, let us come back to our first love and our First Love.

by Angela Zhou



“I remember the devotion of your youth, how as a bride you loved me and followed me through the wilderness, through a land not sown.”
Jeremiah 2:2-3

“Therefore I am now going to allure her; I will lead her into the wilderness and speak tenderly to her. There I will give back her vineyards, and make the Valley of Achor a door of hope. There she will respond as in the days of her youth, as in the day she came out of Egypt.”
Hosea 2:14-15

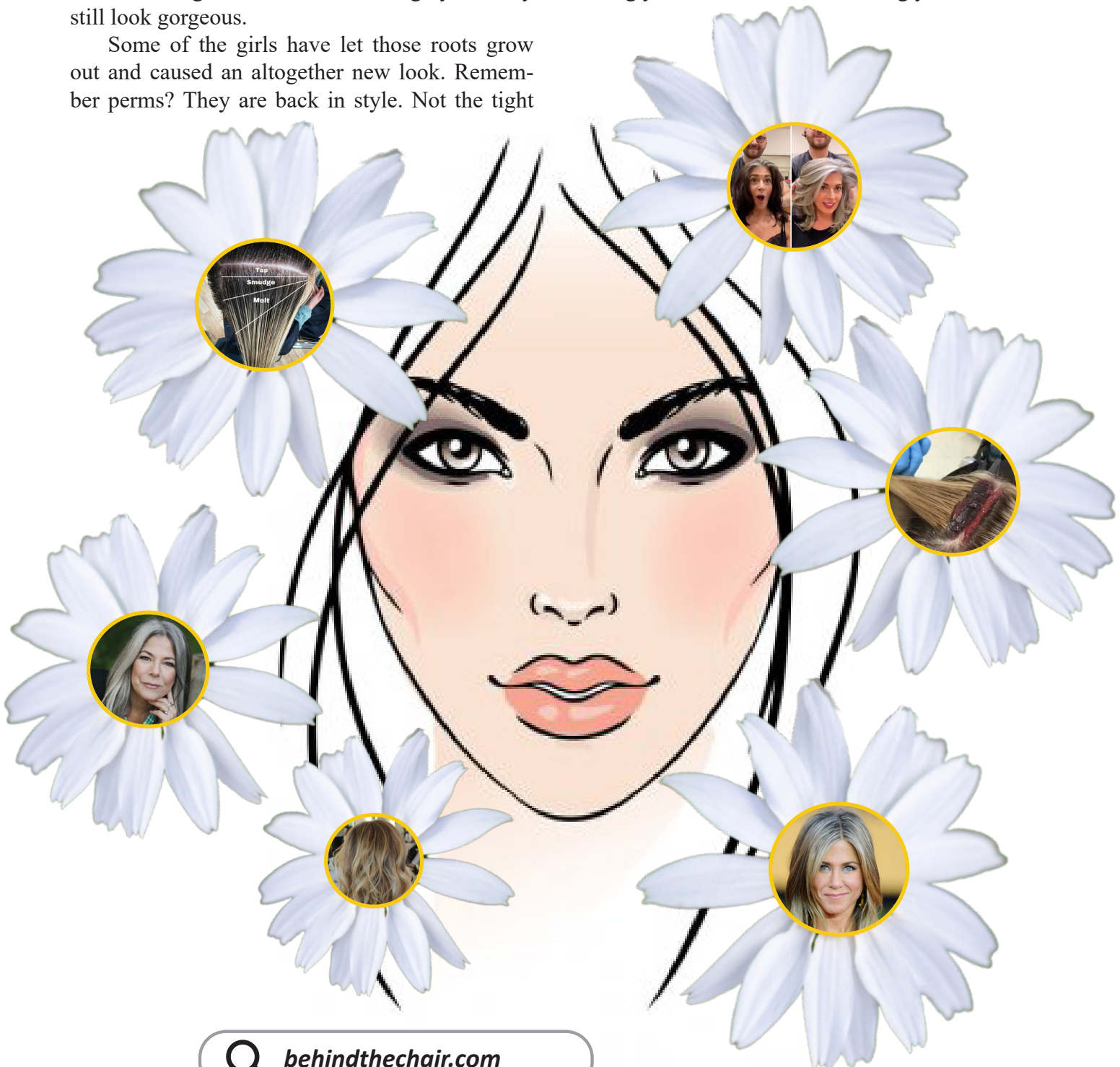
Getting Back to Your Roots

One of the new hair trends that have taken place in woman this last year is to go back to their natural look. Working from home and the shut down of salons has changed our outlook on hair. Many woman have decided to “go natural”. Mature ladies are letting their hair transition to gray and they still look gorgeous.

Some of the girls have let those roots grow out and caused an altogether new look. Remember perms? They are back in style. Not the tight

curls all over your head but easy loose curls. The beachy-type waves that looked natural and add volume.

We found some great pins that are convenient and fun to help you feel confident and beautiful in finding your new normal concerning your hair.



[behindthechair.com](https://www.behindthechair.com)



[southernliving.com](https://www.southernliving.com)



Let your roots *grow* down into him,
and let your *lives* be built on him.
Then your faith will *grow* strong in
the truth you were taught, and you
will *overflow* with thankfulness.

• COLOSSIANS 2:7 •

Speak Life

by Marion Wallis

We've all heard the jokes about women speaking more words than men on any given day. The question is, what are we doing with those words? Ladies, everyday we have opportunities to do something powerful with our words.

In the message phrases of Proverbs 18:21 we read, "Words kill, words give life; they're either poison or fruit- you choose.

Do we genuinely believe that our words have the power to discourage or give life to those around us? We have a responsibility for the words we choose to speak. Once we've given them a voice, our words cannot be taken back.

As a woman of a certain age, I do not like jokes about seniors. Negative humor about the inevitability of aches, pains and 'senior moments' is no way to speak over our bodies or minds.

The Apostle Paul gives insight into our choice of perspective: "Take on an entirely new way of life-a God-fashioned life, a life renewed from the inside and working itself into your conduct as God accurately reproduces His character in you" Ephesians 4:23

An effective way to 'renew' our speech is by creating margins each day for reading God's Word and reflecting on how His principles can be

applied to our lives. For me, this involves intentionality. As I renew my mind to God's way of thinking and speaking, I must consciously remind myself to put my brain in gear before my mouth!

Let's be women who intentionally encourage and bless others. Let's be women who intentionally speak life in our self-talk, within our friendships and over our family members. Let's take opportunities to create a live-giving environment within our homes for our spouses and children.

Words have power... let's be women who speak life!





Summer Berry Crumble

by Nicole and Linda Cortez



Ingredients

For the Crumble:

- 2 cups all-purpose flour
- ¼ teaspoon fine salt
- ¾ teaspoon baking powder
- ¾ cup white sugar
- ¾ cup frozen unsalted butter
- 1 ½ teaspoons vanilla extract
- 2 large egg yolks
- 1 teaspoon apple cider vinegar, or as needed

For the Fruit Mixture:

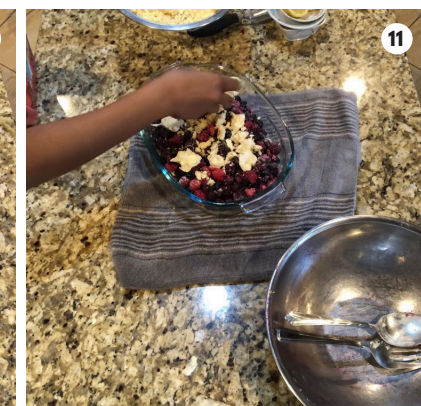
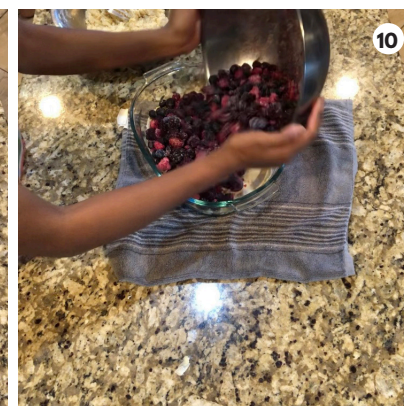
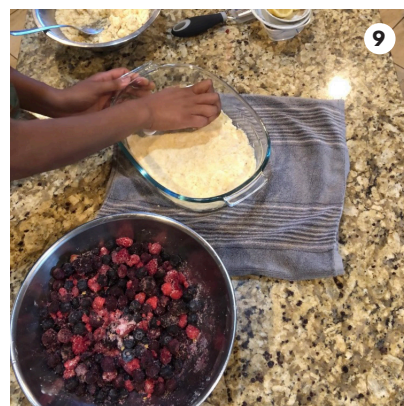
- 1 cup blueberries
- 1 cup raspberries
- 1 cup blackberries
- 1 teaspoon lemon zest
- 2 teaspoons fresh lemon juice
- ⅓ cup white sugar
- 2 teaspoons cornstarch
- 1 pinch cayenne pepper



For full recipe, go to:

 [allrecipes.com](https://www.allrecipes.com)

Also check out Nicole and Linda's video tutorial on the Women's Ministry Group Page on  facebook



What do Mycorrhizae of Roots Teach Us about the Importance of Fellowship?

By Elaine Lum

Here in the Pacific Northwest we are blessed with majestic evergreens, but have you ever wondered how these giants of the forest are able to grow to such heights? The answer lies below the ground - in their complex root systems.

The roots of conifers like Douglas Firs and Hemlocks have beneficial relationships with fungi called mycorrhizae. In the same way, Christians need to form relationships with other believers so that we can flourish and be productive. Ezekiel 31:7 says “It was majestic in beauty, with its spreading boughs, for its roots went down to abundant waters.” By increasing the tree’s ability to seek out water and nutrients, the tiny threads of fungal fil-

aments allow the tree roots to absorb up to 150 times more efficiently than roots without the fungal relationships. That is why evergreens can grow so tall. Similarly, we can be more effective if we form healthy relationships that will encourage us to grow in our walk in Christ and to advance His kingdom. In fellowship with other faithful disciples of Christ, we can increase our scope of influence beyond the limited range of a single person working alone. Colossians 2:7 says “rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.”

If the trees in our temperate rainforests flourish with mycorrhizal relationships, imag-



One generation telling another of His great works, ladies joined in faith...





ine how much more important these fungal relationships are for desert plants. In fact, cacti rely heavily on these mycorrhizal associations to enable them to survive in arid deserts where nutrients in the soil are scarce. In the same way, when we encounter times of drought in our lives, we need to depend on our relationships with other believers to help us withstand the dry seasons. Jeremiah 17:8 says, “They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes;

its leaves are always green. It has no worries in a year of drought and never fails to bear fruit.”

Let’s be like the plants that form complex relationships with fungi to flourish and thrive. Let’s seek out godly relationships that will edify and encourage us to fulfil God’s purpose for our lives. “ Those who are planted in the house of the Lord, shall flourish in the courts of our God.” Psalm 92:13



Re-establishing friendships, catching up on each other’s lives, and praising Jesus together.



Let's Go Deeper...

In the past, who has encouraged you in your walk with Christ?

Take a moment and thank God for them, and ask Him to bless them.

List names of women in your circle of influence and how you can strengthen them:

-	_____	_____
-	_____	_____
-	_____	_____
-	_____	_____
-	_____	_____
-	_____	_____

Healthy roots need to be maintained.

List ways this month you can strengthen your roots:

This month I will read _____

This month I will claim the promise of _____

This month I will attend _____

This month I will devote _____

This month I will pray about _____

This month I will _____

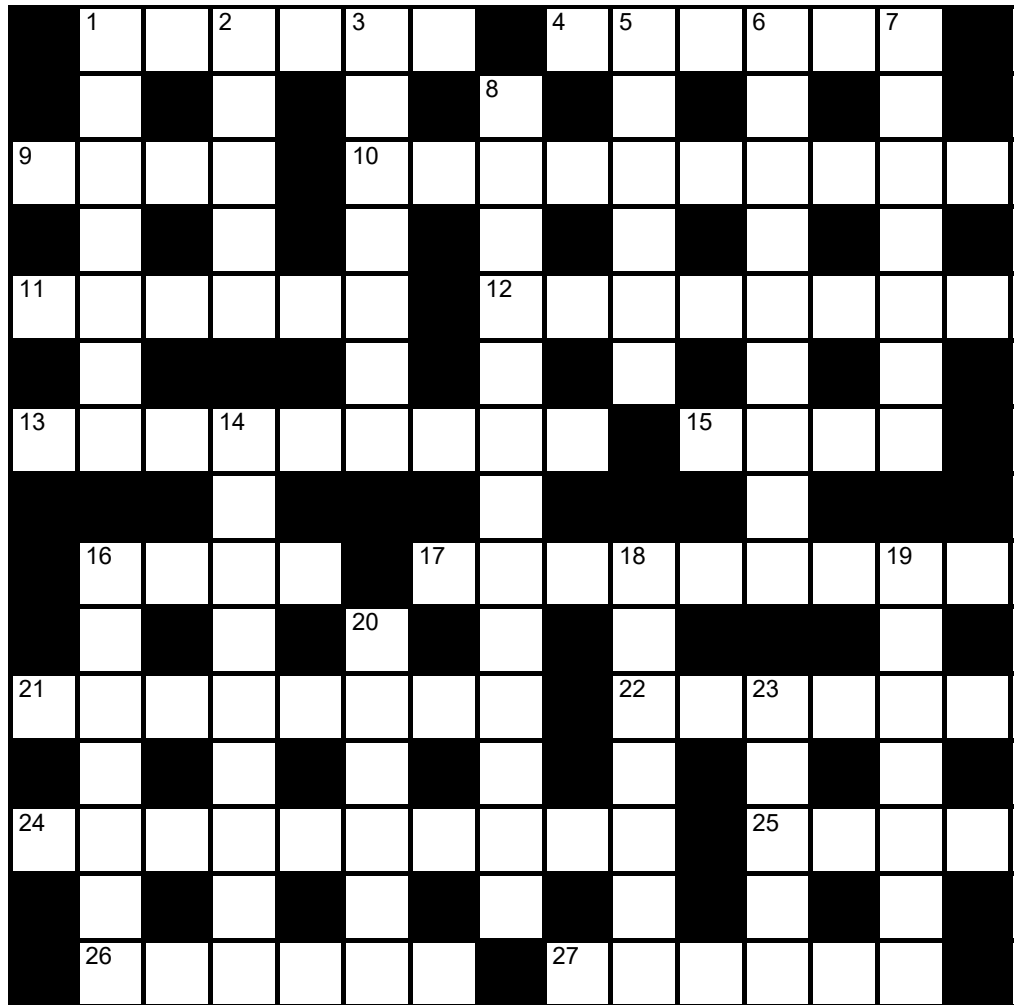
BIBLE CROSSWORD XVI

Across

- 1 These were not to be multiplied by kings (6)
 4 Immersed (6)
 9 Implore (4)
 10 Revelation (10)
 11 A son of Bebai (6)
 12 Courteous (8)
 13 Like the sower's seed (9)
 15 Number of virgins who were wise (4)
 16 Chores (4)
 17 Woodworker (9)
 21 A city of Macedonia (8)
 22 Grownups (6)
 24 Inhabitants of an important Syrian city (10)
 25 Perfect (4)
 26 Truthful (6)
 27 Loved deeply (6)

Down

- 1 Nonconformist (7)
 2 Relating to kings and queens (5)



by *Philologus*

© BiblePuzzles.com

- 3 Test (7)
 5 Prophet (6)
 6 Luke's profession (9)
 7 Conflict (7)
 8 Gatherings (13)
 14 A forger of brass and iron (5-4)
 16 Very young king (7)
 18 Worshipped (7)
 19 Went into (7)
 20 Aromatic substances (6)
 23 Like the room used for the last supper (5)



DID YOU KNOW?

Health Benefits of Root Veggies by Beulah Donison

Root vegetables are filled with fiber which keeps your digestive system healthy; potassium, which is a mineral as well as an electrolyte which conducts electrical impulses throughout the body; folate, a B vitamin which makes DNA; complex carbohydrates, which are made up of sugar molecules; manganese, a mineral that the body needs to function properly; and vitamins A, B, and C.

Root vegetables are packed with antioxidants which are a substance like vitamin C or E that removes damaging oxidizing agents. They're an excellent source of carotenoids which are the yellow, red and orange organic pigments, so eat your potatoes, beets and carrots! They're also low in calories, fat and cholesterol which is a bonus!

What are the 13 healthiest root veggies?

Onions - high in fiber, vitamin C and antioxidants and helps to prevent disease, reduces blood sugar levels in diabetics, has anticancer properties

Sweet potatoes - may improve immune function, protects against vision loss and supports skin health

Turnips - shortens severity of respiratory infections like colds, lowers risk of stomach, breast, colorectal and lung cancer

Ginger - reduces nausea and morning sickness, decreases pain and inflammation, relieves menstrual pain, reduces symptoms in people with osteoarthritis

Beets - lowers blood pressure, improves heart health and exercise performance, increases blood flow to the brain, slows growth and spread of cancer

Garlic - promotes heart health by lowering blood pressure and cholesterol levels

Radishes - low in carbs and calories and effective against several types of fungi

Fennel - reduces blood sugar levels and blocks bacteria growth

Carrots - the most nutritious root veggie, lowers cholesterol levels, may be tied to lowering vision problems and certain types of cancer

Celeriac - also known as celery root and necessary for blood clotting and bone health

Turmeric - same family as ginger and cardamom, prevents blood clot formation, lowers cholesterol levels, alleviates joint pains, stabilizes blood sugar levels, decreases symptoms of depression

Potatoes - there are 2,000 varieties and when cooked, helps feed your beneficial gut bacteria. Fries are a no no but who can resist!

Rutabaga - supports digestive health, lowers blood pressure and cholesterol levels

