Fellowship Stretch – Be consistence with your workouts and drinking water. Kathy Lyons led us through 5 different movements for a count of 10 reps each.

Health and Wellness Director, Marion Harris shared a powerful presentation on breast cancer and what we should be looking for as signs. The key take-aways are to get your screening early, know your family history, your own body, and advocate for yourself!

“Father I Stretch My Hands To Thee”, written Charles Westley, was the song for the month. Missionary Gail Webb didn’t just choose a song, she gives us history and facts, (he wrote over 6,000 hymns) before she sings in the beautiful voice God has blessed her with.

The $64K question for next month is “What are your plans for Black Friday?” October ladies should be sending your photos.

Missionary Macklin appreciates all those who help with the month fellowships. We all know Deaconess Chelee Williams and Deaconess Michelle Logan know how to get things started! Our First Lady also, reminded the ladies, to think on whatsoever things are true, honest, just, pure, and of a good report! Bind together for “We’re always sisters!!”

STAY CONNECTED – REACH OUT – PRAY FOR OTHERS
Inspirational Testimony

I’ve been a member of the Glad Tidings International COGIC since 2008. I was appointed as the Virtuous Praise Women's chorus coordinator.

In March 2011, during the Women’s weekend, I felt a sickness come upon me that Saturday. I'm a diabetic so I checked my blood sugar. It registered over 600.

On Sunday morning, a friend dropped me off at the Crown Plaza for the annual breakfast. I rode to the church with one of the sisters. I had a headache but nothing extreme. In preparation for the Women’s Weekend, the choir had 5 rehearsals. It was 82 women in the choir that year. The choir staff was on point with what needed to be done. Thank God for them! After we finished singing, I sat down but I felt that sickness upon me again. When church dismissed, my friend drove me home.

I said, don't leave yet because I think I need to go to emergency. He took me to emergency and I was admitted. Monday morning before I was released, I was told I needed a pacemaker. At 3am Tuesday morning, I thought it was an earthquake. A kick hit my bed to wake me up. When I sat up I couldn't breathe. I tried to relax and take deep breaths with my hands cupped over my nose and mouth. I put my robe on, got my phone, open my front door, and called 911. I had my pacemaker put in that day. When I came out of recovery, Lady Macklin was standing on the other side of the curtain.

July 21, 2022, I had my pacemaker replaced. I was nervous because more details before and after had to be followed. When they rolled me in the operating room, over the loud speaker they began to play, “It Is Well” by Kevin Moore our saxophonist! I told my doctor who Kevin was. It is well with my soul!! Thank God!!

This is a place to share your testimony. If you would like to inspire someone, please send your personal words of encouragement to awiley1999@aol.com

Healthy Living

Anxiety in Children

Children act in a variety of ways in the same circumstances. When discovering an insect outside, some kids might be curious and watch intently, others might pick it up and bring it to others to see, and some might hide behind an adult in fear. In psychology, anxiety is thought of as beyond a normal fear response. People with an anxiety disorder have a level of nervousness and avoidance that gets in the way of everyday activities.

There are many different types of anxiety. The most common anxiety disorders in children are generalized anxiety, separation anxiety, specific phobias, and social anxiety. Kids with generalized anxiety are worriers, who may spend a lot of energy thinking about things that could happen, and experience physical symptoms such as restlessness, fatigue, difficulty concentrating, irritability, muscle soreness, and difficulty sleeping as a result. They may also experience stomach aches or headaches.

Kids with separation anxiety fear being away from parents or caregivers and worry excessively about what might happen when they are apart. They also might have tantrums or become very upset in anticipation of being separated. Children with specific phobias may fear the dark, certain animals, or something else.

Children with social anxiety may be excessively afraid of talking to others and have difficulty making or keeping friends. Often, anxious children might have several anxiety disorders, with separation anxiety more common in younger children and social anxiety more common in older children and teens. When assessing for anxiety and other mental health concerns, it is important to identify what problem is creating the most difficulty. For example, children with fears related to traumatic experiences benefit most from treatment specific to trauma and making sense of what occurred, which is considered somewhat different from anxiety.

The most effective treatments for anxiety for both children and adults include a component called exposure. The basic idea behind exposure is that the anxious person learns to face their fears even though it feels uncomfortable. Children should not be forced to participate but should learn more about bravery as a skill that can be coached and practiced despite fear. Often, children can be coaxed to participate using rewards or praise. If you know someone with these symptoms, please consult your health care provider.

Dr. Rebecca Woo, Kaiser Permanente - Antioch

Inspirational Scripture

Psalms 18:2-3

The Lord is my rock, and my fortress, and my deliverer: My God, my strength, in whom I will trust; My buckler, and the horn of my salvation, and my high tower. I will call upon the Lord, who is worthy to be praised: So shall I be saved from mine enemies.
Happy Birthday Greetings
We honor and celebrate October Birthdays

Angela Johnson

Chelece Williams

Shirley Owens

Chinue Thompson

Greetings Cover Girls

“How can I say thanks for all the things you’ve done for me? Things so underserved yet you gave to prove your love to me. The voices of a million angels could not express my gratitude. All that I am and ever hope to be, I owe it all to thee. To God be the glory, to God be the glory, to God be the glory for all the things he has done.”

“How can I say thanks for all the things you’ve done for me? Things so underserved yet you gave to prove your love to me. The voices of a million angels could not express my gratitude. All that I am and ever hope to be, I owe it all to thee. To God be the glory, to God be the glory, to God be the glory for all the things he has done.”

“Thank you” just doesn’t seem enough to say when I look back on how God has kept me over all of these years. He’s kept me from dangers seen and unseen. I can only imagine all of the near misses where the devil tried to take me out but God blocked his every move. Everyday, there is a hit out on your life and everyday, those fiery darts of the wicked are blocked by the shield of faith we wear as part of our armor. As we enter into the Thanksgiving season, let us be thankful and grateful each day in the month of November. Think of one thing everyday and as Mother Oglesby would say, “Tell the Lord thank you”.

I would like to say “thank you” to the Shepherd’s Care ministry for a wonderful birthday celebration. It was a beautiful event and the blue jean theme was unique. Also, to all the ladies that sent me cards, gifts, and birthday greetings for my birthday, I appreciate your thoughtfulness as well. You all really know how to make me feel extra special. What a glorious time of celebration for the anniversary. There was an anointing in the building. We had some old fashion Holy Ghost church. The Anniversary Committee planned the celebration but the Holy Ghost was the main attraction. Bishop and I are grateful to everyone for your acts of kindness towards us.

This year, we are once again hosting Thanksgiving dinner in the fellowship hall. Because of the pandemic, we have not been able to have our annual GTI Family and Friends Thanksgiving with the Macklins. We are so excited to be able to come together again. So, if you would like to have dinner with the Macklins, you are so welcome. From our family to yours, all are invited. We are going to have good food, great fun, and a fabulous fellowship. Please sign up in the lobby, so I can make sure I make enough corn pudding for everyone.

Stay safe, get vaccinated, and continue to wear your mask. I want everyone to live their best life and I decree and declare sickness and death will not come to our dwelling.

Blessings,
Lady Vanessa Macklin
Every month, the Cover Girls Newsletter honors a member who works in ministry not to be seen but because they love the work they do. They are our Unsung Hero. This month, we celebrate Aleya and Ariana Tolefree.

To say Aleya and Ariana have been members of the Glad Tidings Church all of their lives is an understatement. They were actually born in this ministry and have been members all of their lives. Growing up in this church, they have been a part of every facet of ministry from Children Church, youth and young adults ministry, the choir, Vacation Bible School, and the praise and worship team just to name a few. They also have gone on outings with the youth ministry.

Both Aleya and Ariana graduated from high school this year and both received their CNA licensed and passed the State Board. Both were excited about this achievement. Aleya wants to be the best nurse she can be and to help others. She is also interested in becoming an anesthesiologist. Ariana would like to be a travel nurse or a nurse practitioner.

Aleya stated there are many things she loves about GTI but if she had to choose just one thing, she stated it would be the fellowship and love. Ariana stated she loves the music ministry and she feels a deep connection with the music department and the praise and worship team. She really misses being a part of the youth choir and enjoyed singing with them.

Aleya stated if there was one thing she would like to share with other young people, it would be to hold on to God. Don’t worry about tomorrow because change will come.

Ariana stated to put your faith in God. Don’t believe in the negativity of what others say about you. She stated she was told that she wouldn’t graduate from high school but she did. She was told she wasn’t going to get her CNA license but she did. She stated, “if people are not uplifting, don’t let them deposit those thoughts in your spirit.”

Both agreed that prayer is the key. They both said, “you should always pray”. They are grateful to their parents for a strong foundation and for unconditional love. They are also grateful to their leaders and members of GTI for always supporting them and loving them.

We are not able to take group pictures like we normally do at the birthday fellowships, so I’m asking you to send me your picture for the birthday shout outs. So all of the November birthday ladies, send me your picture for the December Cover Girls Newsletter.

You can send it to: awiley1999@aol.com
THE WIDOW OF ZAREPHATH

Written By: Sharon Burns

1 Kings 17, tells the story of a desperately poor widow of Zarephath who provided food to sustain Elijah the prophet. The widow’s name is not mentioned but her story speaks volumes. When the widow met Elijah, it was in the middle of a famine. Elijah spoke a word of faith that caused her to become a believer and follow after Elijah’s God. Read the story it will bless you.

As she is gathering sticks, Elijah said to her, “Bring me a little water in a vessel, that I may drink, and bring me a morsel of bread in your hand”. She answers, “as the Lord your God lives, I do not have bread but only a handful of flour and a little oil in a cruse to make the last meal for me and my son then we will die”. Then he said, “FEAR NOT, go and do that, but bring me a cake first and after, make it for you and your son. For the Lord of Israel says, the barrel of meal shall not waste neither shall the cruse of oil fail, until the day that the Lord sends rain upon the earth”. The widow of Zarephath hears the word of God and moves out of fear into faith believing his instructions. She acts in sacrificial obedience and decisive faith and received the promise that produced exceeding abundant provision.

Later on, the widow’s son becomes sick and dies. In her anger and grief, she blamed Elijah for his death. She assumed God was judging her for her sins but the prophet asked her to give him her son and again she follows his word. Elijah cried out to God, “Lord my God, let this boy’s life return to him!” and the child’s life was restored. When the woman saw this, she said, “Now I know that you are a man of God and that the word of the Lord from your mouth is the truth”.

Women of God, in spite of how weak or scared we may feel about what we don’t have, when we act on faith, God uses what we have to accomplish His purposes. And, even in the mist of our problems, God gives us supernatural abundance and resources when we obey His word.

Glory To His Name

By: Elisha Hoffman
Hymn Written: 1878

Based on Matthew 26:28:
For this is my blood of the new testament, which is shed for many for the remission of sins.

Lyrics:
Down at the cross where my Savior died, Down where for cleansing from sin I cried; There to my heart was the blood applied, Glory to His Name.

Refrain:
Glory to His name, glory to His name; There to my heart was the blood applied, Glory to His name.

Lyrics:
I am so wondrously saved from sin, Jesus so sweetly abides within; There at the cross where He took me in, Glory to His name.

(Refrain)

Lyrics:
Oh, precious fountain that saves from sin, I am so glad I have entered in; There Jesus saves me and keeps me clean, Glory to His name.

(Refrain)

Lyrics:
Come to this fountain so rich and sweet, Cast your poor soul at the Savior's feet; Plunge in today, and be made complete; Glory to His name!

(Refrain)

Chosen and sung by:
Gail Webb-Goodwin
We Are Praying For You

**Bereavement List**
Alphonso Tolbert’s daughter - Danielle Tolbert
Michael Jones’ father - William Jones Service
November 12th
Patricia Thomas’ brother - Melvin James passed 10/28 Service pending

Continue to pray for bereaved families everywhere

**Sick and Shut in List**
Sister Norma Brown
Brother Richard Davis
Sister Hazel Fair
Brother Milton Garland
Elder Albert Green
Sister Beverly Hale and family
Sister Mira James
Mother Frances Johnson
Sister Deadra Jones
Missionary Sharon Jones
Sister Deitra King
Sis. Donecia Lilalien (Gloria Wright’s Daughter)
Mom and Dad Maldon
Mother Aubrey Mapp
Sister Marilyn McMurian
Brother Christopher Morris
Mother Elena Oglesby
Sister Rochelle Olive
Mother Ersie Owens
Sister Michelle Pierce
Brother George Scott
Sister Gabriel Simien
Mother Mamie Simon
Brother Jonathan Smith
Elder John Smoot
Sister Judy Stanley
Sister Eugenia Taylor
Brother John Taylor
Sister Patricia Thomas
Elder James Tucker
Sister Maxine Turner
Sister Bridget White and family
Brother Stan Wilkes
Brother Eddie Williams
Deacon Claudell Woods

Pray for saints everywhere

Whispering Words Of Poetry

**READ**
When in sorrow, read John 14
When men fail you, Psalms 27
When you have sinned, Psalm 51
When you worry, Matthew 6:19-34
Before church service, Psalms 84
When you are in danger, Psalms 91
When you have the blues, Psalms 34
When God seems far away, Psalms 139
When you are discouraged, Isaiah 40
If you desire to be fruitful, John 15
When doubts come upon you, John 7:17
When you are lonely or fearful, Psalms 33
When you forget your blessings, Psalms 103
For Jesus’ idea of a Christian, Matthew 5
For James’ idea of religion James 1:19-27
For stirring of faith, Hebrews 11
When you feel down and out, Romans 8:31-39
When you lack courage for your task, Joshua 1
When the world seems bigger than God, Psalms 90
When you want Christian assurance, Romans 8:1-30
When you leave home for labor or travel, Psalms 121
When you grow bitter or critical, I Cor. 13
For Paul’s idea of Christianity, II Cor 5:15-19
For Paul’s rules on how to get along with men, Romans 12

Author Unknown

**THE STUDY**

The Study of God’s word, for the purpose of discovering God’s will, is the secret discipline which has formed the greatest characters.

*J.W. Alexander*

**TEN COMMANDMENTS**

Thou shalt not have another God but me.
Thou shalt not to an image bow the knee.
Thou shalt not take the Name of God in vain:
See that the Sabbath thou do not profane.
Honor thy father and thy mother too:
In act, or thought, see thou no murder do.
From fornication keep thy body clean:
Thou shalt not steal, though thou be very mean.
Bear no false witness; keep thee without spot,
What is thy neighbor’s, see thou covet not.

*John Bunyan*
Words of Wisdom

God...to know me is to love me

Webster’s definition of the word “know” means to be aware of through observation, inquiry, or information, to have developed a relationship with someone through meeting and spending time with them; to be familiar or friendly with. We come to “know” God through observation of creation. Genesis 1:1 tells us that in the beginning, God created the heavens and the earth. So, when we see a beautiful sunrise or sunset its undeniable that it’s God’s handiwork.

We come to truly “know” God when He transforms our lives and the lives of others from the kingdom of darkness into His marvelous light through salvation. Therefore, if anyone is in Christ, he is a new creation; old things are passed away; behold all things have become new (II Corinthians 5:17). And this is life eternal that they might “know” thee the only true God and Jesus Christ whom thou hast sent (John 17:3).

Through inquiry or information, we learn to “know” God by reading and studying the holy scriptures and applying them to our lives. Study to show thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth (II Timothy 2:15). But be ye doers of the word and not hearers only (James 1:22).

Think back to your first love and how you may have spent intimate and countless hours talking on the phone (before cell phones), going on walks in the park, sharing a meal at a restaurant, or attending church related events. Whatever your case may have been all attempts were made to get to “know” that person. The same concept applies when it comes to knowing God. We come to “know” God when we spend time communicating with Him in prayer (Matthew 6:9-13). Then God says in Jeremiah 1:5, “Before I formed you in the womb, I knew you; Before you were born, I sanctified you; I ordained you a prophet to the nations”. I’m like, “God you knew I would move to California with my 4-year-old son in 1986, (who in his early 20s would be diagnosed with a severe mental illness). You knew that I would get saved, get married to Richard Bulnes, have two more children, we’d buy a home then lose it to foreclosure, and that he would have a massive stroke. You knew I’d go to college to get my BA degree in child development open and operate a thriving family childcare business for 20+ years then lose it. You knew our middle son would be the victim of a drive by shooter at the age of 17 resulting in a gunshot wound to the head and survive. You knew we’d have to get a restraining order against a crazy man who was stalking our daughter. And you knew the whole world would come to a complete stand still because of a pandemic and Psalm 91 bought us out”. WOW!!! How awesome You are.

We’ve come to “know” God because He reveals himself to us through his creation, his word, in prayer, and through his delivering power from life’s many challenges. I sought the Lord, and He answered me; and delivered me from all my fears (Psalm 34:4). Some of the words to my new favorite praise and worship song by CeCe Winans’ Goodness of God declares “I’ve known you as a father, I’ve known you as a friend, and I have lived in the goodness of God, cause all my life You have been faithful, and all my life you have been so good with every breath that I am able I will sing of the goodness of God”. We love him because he first loved us (I John 4:19).

Written By: Missionary Vanessa Bulnes

The 64,000 Dollar Question

With Thanksgiving just around the corner, what are your plans for Black Friday?

Patricia Wheeler - I will spend a little time in Wal-Mart and then spend the day watching Christmas movies.
Angel Marshall - I will be on a cruise to St. Thomas.
Tina Chaney - I will load up the RV and go glamping.
Marcia Gaulden - Absolutely nothing!
Kathy Lyons - Going to Home Depot to buy $1 poinsettias.
Connie McLain - I hope to be in Arizona with family.
Chelece Williams - I will be at home in my bed shopping on line.
Shirley Owens - I plan to do some online Christmas shopping and have a date with my tv remote.
Jacque Fennoy - I will finish up my Christmas shopping on line while snacking on leftovers.

Delanda Burgess - I want to take my grandsons on a train ride to Circus Circus in Reno.
Evette Newton - Absolutely nothing. I will just see it come and to see it go.
Lady Vanessa Macklin - I may shop just to officially join the traditional Christmas shopping.
Gloria Wright - I will be traveling from Waimanalo, HI to Mililani, HI.
Meredith Walker - I plan to go shopping and visit with my grandson.

December’s $64,000 Dollar Question:

It’s the Christmas Season, what is your favorite Christmas song?
GTI is so blessed to have Bishop Jerry and Missionary Vanessa Macklin as the leaders of this church for the last 44 years. They are the greatest leaders this side of heaven. We pray God’s continual blessings upon their lives and the members of GTI stand behind you and your vision 1000%. We love you!!!
44 Years - A Family Church
GTI - The Holy Ghost Has Free Reign
44 Years - Just Having Church
The Friendliest Church In The World
A Tribute To GTI
I LOVE GTI
We Stand Up For Our Church
This month in Spotlight Corner, the Cover Girls Newsletter celebrates “Bishop Jerry Wayne Macklin and Missionary Vanessa Jean Macklin”.

This year, The Glad Tidings International Church of God in Christ celebrates the 44th Pastor and Wife Anniversary. It’s been a long journey for our leaders. When they accepted the call of God to begin a ministry in South Hayward, they were a young married couple with 2 small children and little resources but a God with everything they would need. It would have been easy to become complacent in their current situation. Bishop Macklin could have continued to do ministry at his father’s church. It could have been easy for First Lady to just be the wife and mother to her family. When she said “I do” did she know she was also saying yes to taking on the role of First Lady? Was that ever in her plans? It didn’t matter because she said yes.

In 44 years, our leaders have reached many people through an array of outreach programs and revitalizing the South Hayward area ridding the area of the drugs and crime that plague this area. No matter the death threats, our leaders continued to push forward. Throughout these 44 years, the young Pastor Jerry Wayne Macklin became Bishop over the entire AIM Department and yearly convention. He also became Bishop over the NorCal Jurisdiction with over 60 churches under him. He also served as 2nd assistant to the churches of God in Christ under the leadership of Bishop Charles E, Blake and now 1st assistant to the current Presiding Bishop, Bishop Drew Sheard. Beside all of his other countless commitments, his first loyalty and priority has and will always be to GTI as our Pastor. Lady Macklin has stood by his side without wavering, doubting, or second guessing his moves because she has always understood the call and her charge has been first to God, her family, and her church. Her demands are just as great as Bishop’s as being Missionary Vanessa Macklin but GTI is her first priority as well. GTI and the Cover Girls come first for which we are forever grateful.

So, it was only befitting to celebrate in grand style our leaders on Sunday, October 23, 2022. The theme for the day was “Stepping Forward, Speaking Faith, Stretching for the Future”. Throughout the service, there were theme speakers as well as members who shared their testimonies, piano tributes by the children of Elder Lee, and sermonic solos. Through the testimonies, we learned there were several members who claimed to be the first member to join GTI. Then a power and anointing word preached by Bishop Milton Hawkins, pastor of the Temple of Deliverance Church in Memphis, TN.

Even though it was never determined who was the first member to join, it was apparent there were many more people to follow in their footsteps and make GTI their forever church as well. It’s because of the greatest leaders in the world, Bishop Jerry and Lady Vanessa Macklin. We love you and we understand just how much God loves us as well by given you to us!