

Sister-to-Sister



Sister in the Spotlight



Soft-spoken, gifted, fun, great mother and wife, teacher... all of these words (and more) describe this month's Sister in the Spotlight, Tera Harmon! Tera is a preacher's kid and grew up in Los Alamos, NM with her parents, two brothers and a sister. Los Alamos is a scientific community and many of the adults hold jobs that are classified. Tera said it was an interesting place to grow up in where many of her friends didn't know exactly what their parents did for a living. But Tera has fond memories of her childhood there and very positive memories of being a preacher's family. The church played a large role in Tera's life and she attended school with many of the same kids that were in her youth group.

After high school, Tera went to Abilene Christian University and graduated in 2004 with a B.A. in Biblical Texts. As one of the few female Bible majors, Tera formed some close friendships with the other women who were majoring in Bible and they all stuck together throughout school. After her sophomore year, Tera worked a summer internship at a church in Atlanta where she met David Todd Harmon. David Todd was also a student at ACU, but was a year behind Tera and so they had not met until they both worked in this internship. They grew to know one another over the summer but their internships had a provision that

they both had agreed to – no dating over the summer. Tera says they waited “a good 12 hours” after they got home to start dating! And two years later, they got married.

Tera continued her education after marriage by earning her Masters of Divinity at ACU. David Todd finished his bachelor's degree and then did his Masters in Marriage and Family Therapy. In 2007, the Harmons moved to Washington, DC so that Tera could begin her Ph.D. in Church History at Catholic University. She hopes to finish this degree in the next year and a half.

Although Tera has not worked full-time, she has had some interesting jobs. Her most interesting job as an undergraduate student was collating Greek manuscripts of the book of Acts that were on microfilm. You gotta know how smart she is just by that fact alone!

Once Tera completed her classroom work in DC, an opportunity came up in David

Inside this issue:	
Rubies	2
Devotional	3
Pastoral Care	4
Page 1 Con't	4
Thrifty Mom	5
Conversation Starters	6
GEMS Calendar	6
Happy Birthday!	6, 7
Recipe Corner	7

Todd's job that took them back to Texas, this time to Dallas. They had lots of family in the Dallas area and decided to go for the move even though Tera was 36 weeks pregnant with their now two-year-old son, Owen. During their stay in DC, David Todd had gotten involved with starting MANA Nutrition with Mark Moore. He continued to work with MANA on a volunteer basis until a year after the move to Dallas when David Todd was hired full-time to work in MANA's office in Matthews, NC. So the family packed up again and came to Charlotte. Tera says they enjoy Charlotte and David Todd loves his job at MANA. They do plan to have some siblings for Owen but Tera would like to be closer to finishing her doctorate first!

Con't on page 7

SISTER-TO-SISTER STAFF

Editor:

Brandi Risley

brisley@carolina.rr.com

Staff Writers:

Holly Barrett

Sara Hyden

Jennifer Johnson

Laura Slater

Sandy Welfare

Office Liaison:

Kathy Bannister

Distribution:

Jennifer Johnson

Penny Ross

Kourtney Sells

Next Issue:

July 2011

YOUR WORTH IS FAR ABOVE RUBIES



Leave a Ruby for someone special! Just write a note and drop it in the box in the foyer.

Thank you, **Holly, Sarah, Charlotte, Debbie**, and everyone that made the "girls" day at church possible.

You did a great job!
Susan

To: Gretchen & Sally

Thanks for a wonderful Ladies' Bible Class this year! We appreciate all of your hard work and your encouragement to each of us.

To: Holly, Charlotte & Sarah

my dear sisters, I appreciate the opportunity to serve with you for the "You & Your Girl" event. I know God's Spirit will impact all that attended. God bless each of you in your service to our Lord.
Debbie Eberhart-Wilkinson

To: Breakout Leaders for You & Your Girl

Thank you for your willingness to serve our daughters and the moms.

May God bless you in the same way you have been a blessing to them. With Christ's love, Debbie Eberhart-Wilkinson

To: Kathleen Tatro

Congratulations on your marriage. May God bless you and Shane mightily! Thanks for all you do!

To: Courtney Walling

Welcome to Charlotte! We are so glad you are here and look forward to getting to know you better.

To: JoAnn Dees

Thank you for the magnificent way you handle Community Care. Your love and support to each family that we serve is beyond words.

Much love, Holly

To: Kathleen Tatro

Thank you so much for all you're doing for our kids! You are doing an incredible job!
Brandi



Check out www.gemsministry.blogspot.com!

What Do You Thirst For?

A few weeks ago I was in a spinning class and mid-way through the class I realized that I forgot my water bottle. So, for the rest of the class I could only focus on my thirst, not the benefit of the exercise. After the class was over and I had satisfied my thirst with water, I was reminded of Jesus' words in Matthew 5:6, "Blessed are those who hunger and thirst for righteousness, for they will be filled".

What would it look like to hunger and thirst for righteousness? When we hunger and thirst, there is rarely contentment with waiting. Desire to consume overtakes our every thought until all that surrounds us is dulled by the desire. Do we crave being like Christ like we do food and water? Ouch! Why don't we put that kind of effort into our spiritual lives? If I want to spread the Gospel of Christ, am I feeding my soul with God's Word on a daily basis? In Hebrews 5:12-14, Paul urges us to mature from the basic teachings of God to solid food (more complex, in-depth knowledge) which is being constantly used and, through that, trains us. That constant training (daily consumption of God's word) will result in other benefits, such as the healthy attitudes of the Fruits of the Spirit (Galatians 5:22), a defensive and proactive Armor of God (Ephesians 6:11-18) and Christ-like love (1 Corinthians 13:4-8).



I am a meat eater, no Garden burgers for me! When I am hungry I crave protein and nutrients. Same can be said for our spiritual diets. When we are feeding on thorough Bible time, our spiritual muscles are strengthened and we can be used for God's purposes. Yes, Swiss Rolls and raw chocolate chip cookie dough are fantastic, but will they power us through life? Nope! Same goes for randomly opening our Bibles to any verse once a week and thinking this will power us up for Satan's attacks. Not going to happen!

A strong knowledge base of God's word will protect you from Satan's attack, just like the metaphor that the sword is the Word of God. When Satan tried to tempt Jesus in the desert, Jesus used scripture to defend himself and put Satan back in his place. How many of us feel Satan's arrows piercing us throughout our day? Office gossip? Anger? Coarse Joking? Temptations to lie, cheat, steal? Laziness? With a portion of God's protein (His Word) filling your heart and strengthening your spiritual muscles, you will be reminded of whose power you need to charge ahead into your day. Satan's arrows will fall flat.

Just like physical starvation, the longer you go without feeding your Spirit the more your appetite decreases. The more you eat spiritually, your appetite will increase exponentially. Just like eating the Swiss Rolls and cookie dough, if we use anything other than righteousness to fill us up, we will always be unsatisfied. Only God's word will feed our soul and mature our Spirits so that we will be ready to make more disciples of Christ and fight off Satan when he attacks.

How do you begin this strength program? You may want to join a group Bible Study (or Life Group), or choose a Bible Study on a constant theme or book of the Bible. This will help you chew on the background, the lessons and life-applications. In John 4:13, Jesus promised that anyone who drinks will never thirst. The Living Word, Jesus Christ, and the written word, The Bible, can satisfy our hungry and thirsty souls. Drink Up!

-Jennifer Johnson

PASTORAL CARE

FIFTEEN RULES FOR FAIR FIGHTING

1. Know what you're fighting about.
2. Stick to one subject only.
3. Be direct – say how you feel, say what you require.
4. Choose the time of your battles carefully.
5. Keep quarrels private.
6. Don't read your partner's mind.
7. Don't expect your partner to read your mind.
8. Don't Blame.
9. Own your own feelings – this means starting sentences with 'I feel', not 'you make me feel'.
10. Don't talk each other down.
11. Don't hit below the belt.
12. Don't wear the belt too high.
13. Don't bring up past fights and use them as ammunition for the present one.
14. Be an active listener.
15. No verbal attacks or physical violence.

-Sandy Welfare, Pastoral Care Ministry

The Pastoral Care Ministry at Providence Road facilitates personal growth and change thru the lens of Scripture. We believe that true change takes place in the heart and, we approach counseling by pointing to hope in the midst of our life struggles. We counsel people in troubled marriages, abusive relationships, abusive histories, grief and family crisis, addictions and recovery. We have the capacity to see both men and women. Please contact Kathy Bannister at the Pastoral Care Office to schedule appointments at 704-364-0748 or swelfare@prcoc.org.

SISTER IN THE SPOTLIGHT, CONT'

Since Tera and David Todd were both raised in the Church of Christ placing membership at Providence Road was a pretty easy decision for them. They have gotten involved in a LifeGroup, adult education, and are looking for other ways to use their gifts to serve the family here. In her spare time, Tera enjoys reading, novels in particular, and she enjoys outdoor activities such as hiking and camping.

Tera feels that over the past several years as she has worked on her degree in church history, she has learned about "the vast expanse of Christian tradition. We tend to only see a little slice of how we see things and how we do things. And there are so many other Christians who have seen or done things just a little bit differently. It is

such a rich history." Tera says God has used this to help her feel freer about exploring other traditions. She has been able to learn about many things that may not necessarily become part of her own spiritual tradition, but she can appreciate them for their unique spiritual expression.

When I asked Tera about a parting word of encouragement to her sisters, she stated simply, "God loves you." We talked about how many women forget just how much God truly does love us and she wanted to encourage us all to remember that daily. And she said, if you forget, just call her...she will meet you for a cup of coffee or tea and remind you!

-Holly Barrett

How to Prepare For a Job Loss

Whether in good times or bad, it's inevitable that a pink slip could come your way. Now that bad times have hit and hit hard, many, many of our own at PR, as well as those we know, have found themselves out of work. Hopefully, none of us will need this but if so, here are some ways to arm yourself for the hard times.

- If you are in a good place with your job now (i.e. you have a job), make sure you are saving. A three-to-six-month cash emergency fund will be invaluable if you lose your job.
- As soon as you realize your job loss, especially if you are given a few months' notice, cut as many nonessential expenses as you can. Cable, crazy cell phone plans, extra activities for the kids, travel, etc. If you don't NEED it, it doesn't need to be on the table for your money to go there. Use that money to go towards your emergency fund. If hard times hit quickly, all unnecessary items need to go in order to pay for your food, shelter, and transportation.
- Start looking for extra ways to bring in additional money (besides your main job): a part-time job in a restaurant or retail store, selling items you no longer need, tutoring or babysitting. Think creatively. Do you play a musical instrument? Then offer lessons. Are you a good photographer or videographer? Start charging for your services.

I believe that a whole-life, God-view of our finances will help to prepare us so that anxiety and worry don't take over if/when we get bad news. If we've stored up in times of plenty then anxiety will be farther away should a pink slip come our way.

"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." Matthew 6:34

There's a big difference between worrying and preparing in my mind. My goal is to be prepared. What's your financial goal?

–Sara Hyden



- 05/01 Sara Travis
- 05/02 Kendra Ledet
- 05/02 Laura Young
- 05/02 Tina McGill
- 05/05 Doreene Tant
- 05/05 Ruthie Sommers
- 05/06 Crystal Lasater
- 05/08 Pam Gaither
- 05/08 Yany Martinez
- 05/10 Amy Sperry
- 05/11 Joanne Shaffer
- 05/11 Ann Schultz
- 05/11 Astrid Krisel
- 05/13 Sis Edwards
- 05/15 Alice Roberts
- 05/15 Helen Skewis
- 05/15 Marie Adeniyi
- 05/18 Gudrun Petho
- 05/18 Dorothy Latimer
- 05/18 Milissa Meador
- 05/19 Connie Haithcox
- 05/19 Carolyn Betit
- 05/20 Allison Koski
- 05/20 Marnie Moore
- 05/21 Betty Flatt
- 05/22 Scarlett Weaver
- 05/23 Abbey Jordan
- 05/24 Merrill McCreary
- 05/24 Kim Weimer
- 05/26 Ines Pruet
- 05/26 Julie Bishop
- 05/27 Jill Shaeffer

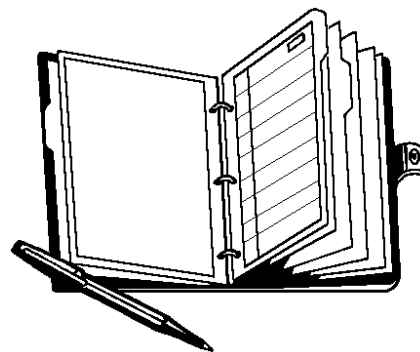
CONVERSATION STARTERS

Congratulations to all of our high school graduates and welcome to our newest GEMS!

- Allison Adkins
- Meredith Brooks
- Zoie Duckett
- Shelbi Fowler
- Tess Landon
- Brianna Loparco
- Jenna Neumann
- Melvina Pah
- Britney Sampson



GEMS CALENDAR



- 6/13 Girls Night Out (Chili's, Arboretum)
- 7/22-23 Living Proof Live



06/03	Tracy Hunter
06/03	Wendy Marafioti
06/03	Terresa Champion
06/03	Dana Burgess
06/05	Selina Brooks
06/06	Karen Elizabeth Smith
06/07	Mary Ann Suttle
06/08	Claudia Nunez
06/09	Debbie Buinicky
06/11	Audrey Randazzo
06/12	Kelly Halstead
06/13	Sara Hyden
06/15	Myrlene Vanderbeek
06/16	Barbara Lott
06/16	Antonieta Ruiz
06/16	Rhonda Bishop
06/17	Mary Weiland
06/19	Shannon Clemmer
06/20	Karen Bryan
06/20	Debbie Pearce
06/22	Kathy Skillman
06/24	Lesia Plotseneder
06/26	Susan McAlister
06/26	Jackie Vaughn
06/26	Mayra Pena
06/27	Enevelia Delgado
06/28	Estella Medina

RECIPE CORNER

Chicken Parmesan Burgers

Ingredients

- 10 1/2-inch-thick slices French bread (4 inches in diameter); 8 slices toasted, 2 slices (crust removed) diced
- 1/2 cup finely grated Parmesan cheese
- 4 tablespoons minced fresh basil, divided, plus 12 large basil leaves
- 3/4 cup purchased refrigerated marinara sauce
- 12 ounces ground chicken (white meat)
- 2 tablespoons extra-virgin olive oil, divided
- 1 tablespoon grated onion
- 1/4 teaspoon salt
- 4 ounces whole-milk mozzarella cheese, thinly sliced
- 4 large radicchio leaves

Preparation

- Blend diced bread and Parmesan in processor to fine crumbs. Transfer to pie dish; mix in 2 tablespoons minced basil.
- Mix marinara and 2 tablespoons basil in small saucepan. Transfer 1 1/2 tablespoons sauce to large bowl. Add chicken, 1/2 tablespoon oil, onion, and 1/4 teaspoon salt. Sprinkle with pepper; blend. Shape into four 1/2-inch-thick patties; coat with crumbs. Heat sauce over low heat.
- Heat 1 1/2 tablespoons oil in large nonstick skillet over medium heat. Cook patties until bottoms are crusty, 4 minutes. Turn patties over; top with cheese. Cook 3 minutes. Cover; cook until cooked through and cheese is melted, about 1 minute.
- Assemble burgers with bread, radicchio, basil leaves, and warm marinara.

- submitted by Laura Slater

Beth Moore is bringing Living Proof LIVE to Charlotte this summer!

July 22-23 is the date and the conference is at *Time Warner Arena*. Tickets are \$65 and can be purchased at lifeway.com.

There is no group rate so we are asking everyone to purchase their own tickets but we will gather as a group at the church building and go together.



4900 Providence Road
Charlotte, NC 28226

GEMS Vision: We will glorify God in Charlotte and beyond by bringing women to Christ, maturing them into a loving community of believers, and equipping them for service in the name of God.

GEMS Mission: The GEMS Ministry will empower women by offering unique opportunities to:

- **G**row spiritually through Bible study and prayer,
- **E**ncourage one another in love,
- **M**inister to the needs of today's women, and
- **S**hare our lives across all generations and backgrounds.

