

Whitefield Academy Students Visit



Several Whitefield Academy students visited Gilgal Inc., a place where women, young and old, can come when their life choices have left them homeless as a result of drug / alcohol addictions. Not only did we get to peer into their life journey and learn from them, but we got to ask them many questions about their walk with Christ and how Gilgal has helped them. As a group, we were truly inspired by each of their stories. Anyone who is looking for a place to volunteer should definitely look into helping Gilgal. It is so interesting to hear from women who have experienced so much and are so open and honest about their life stories. I thought I was coming to Gilgal to serve, but through this experience the women have served me and helped me in my walk with Christ.

Though people were sweating and very tired from the yard work, they were smiling while they worked. I asked Rebecca Carswell, a tenth grader at Whitefield Academy in Mableton, what she thought about the women and their work ethic. Her reply was, "They all seem so happy and are so grateful for our help." Despite all their circumstances, they work with joy and for the Lord.

Kate MacPhail, 9th Grade Student, Whitefield Academy



Nancy J. talks as Whitefield students Jack-son and Micah look on

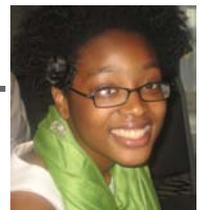
A thoughtful, motherly woman named Nancy was our first interviewee. Though our small 3-person team got off to a hesitant and quirky start, her confidence and willingness to talk openly about the difficult things quickly got rid of any residual awkwardness we might have had. Nancy told us of her messy past, including divorce, time in jail, and addiction. We found it strange at first that such a friendly and welcoming woman could have had such a hard past, with nothing to give it away but a faint regret in her eyes and a desire to keep us away from the same mistakes. Gradually though, as our conversation progressed, we realized that this was

exactly the kind of thing Gilgal has been fighting for years to instill in all of its residents. It isn't the organization, or facilities, or even the program that has done this for Nancy, it is the relationship that through these things, she has been able to develop with Christ. During our interview, she referred to her old relationship with God as time "just being her", but it was after she came to Gilgal that it has become something so much more. Nancy constantly told us how much she loved the time spent in meditation and the relationships she has formed with the other people around her. Over a period of time she has even been able to reestablish and even improve her relationship with family and is planning to leave soon for a weekend stay with them during her 15 year old son's birthday party. Altogether, Nancy taught us exactly what kind of faith and hope that Gilgal instills in its residents. In fact they are hardly even residents or room-mates, and a more like family.

Micah Owens, 10th Grade Student, Whitefield Academy

Meet our New Editor: Courtney Cater

Courtney Cater has come on board as a volunteer to edit our Gilgal Living Newsletter! If you have ideas or comments that you would like for our editor to know about, please email her at Living@womenofgilgal.org



I hope you enjoy reading about how volunteers make a huge difference in the lives of Gilgal residents. Join us for our next issue as we introduce you to volunteers Natalie Saxon, GSU Nursing Students, and a couple of Goizueta Board Fellows from Emory. Maybe you have skills that you would like to share with Gilgal. Call me at 404-305-8007. Val Cater, Executive Director

Volunteer Spotlight

The gift of literacy

Kudos to Ms. Betty Cox for her investment with the residents who need assistance with obtaining their G.E.D.!! Betty is a member of Big Bethel Methodist Church and an employee of the Coca-Cola Company. You can find her at Gilgal each Saturday, going over reading, math, and language arts with Gilgal residents who have never been this excited to be in a learning environment. Betty challenges and encourages each of them.



Breast Cancer Luncheon



Breast Cancer survivor, **Debbie Jackson** (l) and Nurse Practitioner **Beverly Roseberry** (r) were the speakers on October 12 as the women of Gilgal learned about the importance of breast health.

The women were challenged and inspired to hear about Ms. Jackson's journey. Dentist, **Christine Tomlinson** and Coca-Cola employee, **Sharon Cobey**, both breast cancer survivors, also shared their experience and hope as speakers on separate days. Thanks to these amazing women for sharing their lives with the women of Gilgal!

Gilgal residents will join the **Heart to Hart Team** on Saturday, October 29 at the Making Strides Against Breast Cancer 5K. Thanks to Lolly Buffington for including Gilgal on her team!

Resident Spotlight: Brittany N.

Going Through the Transformation

Let the wind steal my soul, as I wander through life
with an indifferent glow.

Separate myself from the negative energy flow.
The drugs satisfy my taste for an aggressive show.

Fighting this battle seems far from physical,
more like an unstable brawl gone mental.

The addiction is so strong, far from little.

I feel my brain smashing from everything sentimental

I miss my family, I miss my life.

Now I'm stuck in a cult of "nice"!

Everything in my old life just wasn't right.

But from a distance it looks like the right nightlife I would like.

I can see myself strung out and out of sight,

Such a devious life I want to fight

Looking at these women, we're here for either two reasons...

To get clean and sober or start the race back on in a different season.

I get on my knees and pray for a different situation.

That these ladies find sanity in an insane alteration.

I can't remember anything other than a 5 second memorization.

I feel like I'm stuck in a world of false appreciation.

Is that just me detoxing? Or is this life without drugs and actually fighting...

I feel like my mind is smiting what my heart is loving.

I guess its time to stand up, shut up, and live life the right way.

Maybe have a good day and actually say what I want to say.



Brittany N., ...after 7 days at Gilgal



Meet Tracy Willingham, Gilgal Residential Manager

Ms. Tracy joined the staff of Gilgal in April of this year. She manages a house that can sleep up to 13 women. Tracy provides the structure and spiritual nurturing women need to get their lives in order. Tracy is joining a group of 12 from **e3 Partners** for a 10-day missions trip to Tel Aviv, Israel. Please keep Tracy and her Team Members in your prayers.



Girl Scout Cadette Troop 797 (Hoosier Memorial UMC)

Meet Christen Davis (l) and Deja Bivens (r), 8th Graders at Jean Childs Young Middle School. They are working on their Girl Scout Silver Award, the highest national award that a Girl Scout in grades 6-8 can earn. Christen and Deja came up with a project they have named "**Warm Hands, Warm Feet, Warm Hearts**". Their goal is to collect donations of winter clothing accessories for the women of Gilgal. Between October 9 and November 6, they are collecting socks, gloves, hats, and scarves. Hats (and gloves) off to these innovative eighth graders on this project! Maybe you have ideas on how you would like to help at Gilgal. Call me at 404-305-8007. Val Cater, Executive Director



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