

EVERY GIVEN DAY

BOOK CLUB KIT





ABOUT THE AUTHOR

CATHY GOHLKE

Bestselling Christy Hall of Fame, Carol and INSPY Award-winning author Cathy Gohlke writes novels steeped with inspirational lessons from history. Her stories reveal how people break the chains that bind them, triumphing over adversity through faith. When not climbing through historic sites in search of her next story or adventure, Cathy loves to spend time with her husband, grown children and grandchildren. She finds her happy and peaceful place in her garden. Learn more about Cathy and her books at www.cathygohlke.com Contact her at <https://authorcathygohlke.com/contact/>

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Dear Readers,

Every Given Day was inspired by my granddaughter's heroic journey, and the miraculous, lifesaving discovery of insulin used to treat diabetes. Once Covid ravaged its way through much of my family, I believed the worst was behind us. Little did I know that after an additional viral infection, my eight-year-old granddaughter would develop Type 1 diabetes. We'd no experience with this disease and didn't recognize the symptoms until it was almost too late.

Less was understood about diabetes in the early 1900s when my story takes place. It was fascinating to me to learn that after the Spanish flu, as after Covid, there was a rise in diabetes among the population.

Until the discovery and purification of insulin, diabetes, known as the wasting disease, was a death sentence. Dr. Frederick Banting, a Canadian surgeon working long and diligently with medical student Charles Best at the University of Toronto under Dr. Macleod, first isolated the hormone insulin in 1921. But there were problems: the insulin wasn't pure, it wasn't stable, they had no idea of the correct dosage or how that differed from person to person, and they had no way to make it in quantity or commercially available. Children continued to die. James Collip joined the team and helped to purify the pancreatic extract.

In 1922, Dr. Banting and others at the Toronto General Hospital rushed the purified extract to a ward of mostly comatose children—children dying from diabetic keto-acidosis. Daring to hope, they rapidly injected the children with the new and purified extract of insulin. By the time they injected the last child the first child to be injected opened their eyes. One by one the children woke from their comas.

Each time I read of and visualize that scene I think, *It must have been like watching a resurrection!* Death hovered menacingly at the door, but insulin threw it wide open, and life walked in.

Dr. Frederick Banting, Dr. James Collip, and Charles Best sold the patent for insulin to the University of Toronto for \$1.00. Dr. Banting declared, “Insulin does not belong to me, it belongs to the world.”

The selfless act of these men for the good of others inspired me. I wanted to tell the story of one child’s journey through this dark valley and that of the loved ones travelling with him. I needed to show the devastating loss of “normal,” how a tragedy or the diagnosis of a serious or fatal disease can stop on a dime everything we know and plan in life.

Ultimately, I needed to show that there is one all-knowing, all-trustworthy, never-quit relationship that cannot die, that will see us through, even when we walk through the valley of the shadow of death—our own, or with those we love. I needed to show how hard it is to surrender ourselves or our loved one to the care of almighty God, but how that is truly our lifeline, and the path to peace.

I loved the research for this story—the need for and discovery of insulin as well as the desire to cast off dark shadows of the Great War and the Spanish flu. The 1920s marked an era of optimism, increased medical research, exciting discoveries and inventions, dramatic changes in fashion and the role of women, as well as a fascination with Egyptology and the thrilling discovery of King Tut’s tomb. All of that contrasted with the violence of gangs, racial and ethnic struggles, and political corruptions amid Prohibition.

I hope you’ve enjoyed *Every Given Day* and found nuggets of truth and inspiration in this story. I hope Gwen and Alistair’s journey gives you a better understanding of Type 1 diabetes and those who live with this disease. I hope most of all that the story draws you even closer to our Heavenly Father, and that you know how very much He loves you.

Know that I appreciate you, and am praying God’s great blessings for you,

A handwritten signature in black ink that reads "Cathy". The script is fluid and cursive, with the "C" being particularly large and stylized.

P.S. Staying connected with readers is a special joy for me. If your book club has enjoyed this or any of my books, know that I’m happy to meet with your group virtually. You can reach me through the [Connect Page](#) on my website at www.cathygohlke.com to schedule a virtual visit.

Q&A With the Author



1. Can you tell us more about the true story that inspired this book? What did the writing process look like?

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The selfless act of these men for the good of others inspired me.

Much research was required before and during the writing of this book—the aftermath of the Great War; the all too prevalent and deadly tuberculosis; the Spanish flu; the surge in diabetes, its radical treatments and the desperate race for a cure; the absolute fascination with Egyptology and the discovery of King Tut's tomb; criminal elements of the underworld associated with Prohibition. Writing of life and death issues amid this turbulent and conflicted time in our country felt like a race against time for me—both fascinating and urgent.

Q&A With the Author



2. What first drew you to write about the discovery of insulin?

My eight-year-old granddaughter developed Type 1 diabetes after a bout with Covid and a viral infection. There is no known family member who had Type 1 diabetes. I was fascinated to learn that environmental factors, such as viral infections, can trigger the disease and that after the Spanish flu, as well as after Covid, there was a rise in diabetes in the population.

It is my granddaughter's heroic journey along with that of her parents and the miraculous, lifesaving discovery of insulin that inspired this story.

3. What themes do you focus on in this book?

Every Given Day embraces love of family, self-sacrifice, forgiveness, endurance, steadfastness, faith, trust, and ultimately the surrender of our will and of those we love to our Heavenly Father

4. What will fans of historical fiction love about this story?

Fans of historical fiction will love the period detail in this story. As the book begins, people were ready to cast the dark years of the war and the Spanish flu behind them. The early 1920s marked an era of optimism, great changes in fashion and the role of women, as well as fascination with Egyptology and the thrilling discovery of King Tut's tomb.

It was the era of Prohibition in the U.S., including bootlegging and rum running that led to violence, a worrisome amount of police and political corruption and the spreading of gangs.

Medical research escalated—including the race for cures for diabetes and tuberculosis.

The 1920s were an age of discovery, a fascinating time when our country and the world at large changed swiftly and dramatically.

Q&A With the Author



5.1. How does faith influence the characters?

Gwen, the main character, is in desperate need of faith to face her own losses and to help her nephew, Alistair, through his. Alistair is open to receiving faith shared by those closest to him but Gwen resists, struggling in the belief that the sheer force of her own will can overcome all odds. It is in the ultimate surrender of their will to God and in trusting Him with their own lives and the lives of those they love most that they each find peace.

6. What do you hope your audience learns from *Every Given Day*?

I hope readers find nuggets of truth and inspiration in this story. I hope Gwen and Alistair's journey provides a better understanding of Type 1 Diabetes and those who live with this disease. I hope the story inspires love of family and friends through the best and worst of times. Most of all, I pray that the story draws readers closer to our Heavenly Father, and that each reader realizes how very much He loves them.



Mrs. Barrie's Scottish Leek and Potato Soup

*"I'm in my element. I've got my turkey in the oven
and my leek and potato soup simmering."*

Ingredients:

- 2 pounds potatoes, peeled and chopped into good sized chunks
- 1 medium onion, finely chopped
- 1 large leek, using only the white part, halved and thinly sliced
- 2 celery sticks, finely chopped
- 2 carrots, chopped small
- 2 Tablespoons butter or oil
- 6 cups chicken stock or vegetable stock
- Salt and white pepper to taste

Directions:

- Melt butter or oil in a large pot.
- Add onion, leek and celery to pot, cooking until they soften but don't brown.
- Add carrots and potato to the pot. Stir.
- Add stock to cover all in pot. Stir.
- Bring to a boil, then lower heat to simmer for one hour, skimming off vegetable foam as it appears.
- Remove from heat and use a fork, wooden spoon or potato masher to mash a few of the potatoes to thicken the soup but leave most in chunks.
- Season with salt and white pepper to taste.

*Especially nice served with a hearty bread and butter.



Ingredients:

- 2 cups all-purpose flour
- 2-1/2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 2 tablespoons sugar
- 1/2 teaspoon salt
- 1 teaspoon grated orange zest
- 2 teaspoons fresh lavender flowers, or 1 level teaspoon culinary-grade dried lavender *
- 1/4 cup (1/2 stick) butter
- 1 egg, slightly beaten
- 2/3 cup buttermilk

Directions:

- Preheat oven to 400 degrees F.
- In a large bowl combine flour, baking powder, baking soda, sugar, salt, orange zest, and lavender.
- Cut in butter using a pastry blender or fork until mixture is crumbly.
- Stir in egg and buttermilk with a fork and gently form into a ball.
- Turn dough onto a floured board and knead (don't over knead).
- Divide dough ball in half and pat each piece into a 3/4-inch-thick round.
- Cut each round into six wedges and place them 1 inch apart on parchment paper or an ungreased baking sheet.
- Bake for 20 minutes, or until golden.
- Serve hot or at room temperature.



Mrs. Barrie's Lavender Scones

"But Gwen could not focus on the tea party, no matter how delicious Mrs. Barrie's lavender scones or how infectious Marion's or the children's laughter. The afternoon stretched beautifully before them but question after question filled Gwen's mind."

Recipe notes:

***Delicious served with clotted cream, jam, or butter.**

Ingredients:

- Lamb roast (bone in or not) to fit in your crock pot
- Salt and Pepper
- 1 and ½ teaspoon dried thyme
- 1 and ½ teaspoon dried rosemary
- 1 rosemary sprig (optional)
- ½ teaspoon granulated garlic or 2 minced garlic cloves
- 1 Tablespoon olive oil
- 2 cups beef stock

Directions:

- Wash and pat lamb dry.
- Rub with salt, pepper, thyme, rosemary and garlic.
- Sear lamb on all sides in hot oil.
- Transfer to crockpot, fat side on top.
- Sprinkle lightly with a little more salt, pepper, thyme and rosemary. Add garlic cloves to crockpot if using or sprinkle lightly with a little more granulated garlic.
- Top lamb with sprig of rosemary if using.
- Pour beef stock into crock pot.
- Cook on low for 10 hours if serving that day. If serving the next day, I cook it on low for eight hours one day, then cool and refrigerate. The next day I skim off the fat and cook in crockpot on low for two more hours to finish tenderizing and heat through.
- When finished time in crockpot, if you want to brown the roast a little more, remove from crockpot, drizzle with oil, and bake at 390-400 degrees (depending on your oven) for twenty minutes or until brown.
- Make gravy if you wish.



Mrs. McGinley's Lamb Roast (easy slow-cooker version)

"I'll worship and thank God for the life and time He's given me. I'll sing at the top of my lungs, sing my heart out. . . . The house must be filled with flowers and the fragrance of Mrs. McGinley's roasting lamb and Mrs. Barrie's simnel cake."

Recipe notes:

****This lamb will be very tender and fall apart easily, making it great to serve with vegetables and rice or potatoes, or to use it in sandwiches. I always serve it with mint jelly.**

Mrs. LaMott's Prize Winning Chocolate Cake

"Alistair wolfed his meal, asked for seconds, plus two pieces of Mrs. LaMott's prizewinning chocolate cake."

Ingredients:

- 2 cups all-purpose flour (may use gluten free flour)
- 2 cups sugar
- $\frac{3}{4}$ cup unsweetened cocoa powder
- 2 teaspoons baking powder
- 1 and $\frac{1}{2}$ teaspoons baking soda
- 1 teaspoon salt
- 1 teaspoon espresso powder
- 1 cup buttermilk
- $\frac{1}{2}$ cup vegetable oil
- 2 large eggs
- 2 teaspoons vanilla extract
- 1 cup boiling water

Directions:

- Preheat oven to 350 degrees
- Prepare 2 eight-inch or nine-inch round cake pans by buttering or spraying with nonstick spray, then add a round of parchment paper to bottom of pan. Lightly spray and lightly flour the parchment paper.
- Whisk to combine flour, cocoa, baking powder, baking soda, salt and espresso powder in a large bowl.
- In a separate bowl combine buttermilk, vegetable oil, eggs and vanilla.
- Combine wet and dry ingredients until thoroughly mixed. Reduce speed of mixer and add boiling water gradually, stirring until well combined. The batter will be thin.
- Divide cake batter between two prepared cake pans.
- Bake 30-35 minutes until a toothpick or cake tester inserted into cake center comes out clean.
- Cool on wire rack for 10 minutes, remove from cake pans and allow to cool completely on rack.



See next page for Chocolate Buttercream Frosting recipe

Mrs. LaMott's Prize Winning Chocolate Buttercream Frosting

Ingredients:

- 1 and ½ cups butter, softened
- 1 cup unsweetened cocoa powder, whisked to remove lumps
- 5 cups confectioner's sugar, whisked or sifted to remove lumps
- ½ cup whole milk or heavy cream
- 2 teaspoons pure vanilla extract
- ½ teaspoon espresso powder

Directions:

- Cream cocoa powder and butter until smooth.
 - Alternate confectioner's sugar and milk while adding to cocoa mixture, gradually increasing speed of mixer until thoroughly combined.
 - Add vanilla extract and espresso powder and mix until smooth.
- **If frosting is too wet, add more confectioner's sugar. If frosting is too dry, add more milk.
- **This is recipe is inspired by Robyn Stone's recipe.



Frost with your favorite Buttercream Frosting Recipe, Chocolate or Vanilla. I often use a Vanilla Buttercream frosting and add food coloring to reflect the event, as seen in this soft lavender frosting made for a child's birthday cake.

Discussion Questions

To start your group's conversation about *Every Given Day*, read through these questions with your book club and share your responses together.

1. Gwen received her sister's invitation to come to New York City at a pivotal moment, one when she was eager for change. But when she arrived at Bennett Place, the scenario she'd expected no longer existed, and she had to adapt quickly. Have you ever experienced a sudden major change in life plans? How did you respond?
2. Given her history with Russell Bennett, Gwen knew she was running a risk by living in his home. Do you think she was wise or unwise to accept the position Marion outlined? Should she have stayed once she learned Marion was in a sanatorium?
3. Why do you think Russell treated Alistair so poorly? Why did he favor Clara?
4. Mrs. Barrie and all those at Bennett Place took great care during months the Spanish flu raged, both for themselves and to protect Marion, who was made even more susceptible by tuberculosis. Did you feel they were overly cautious, or should they have done more? What similarities did you see between the Spanish flu and the Covid pandemic?
5. Malcolm McNeill lost his young daughter to diabetes when he was away from home, serving in Egypt during the Great War. How did that fuel his passion to help Alistair? Besides advocating for Dr. Allen's diet, what did Malcolm offer Alistair? What did he offer Gwen and Mrs. Barrie?
6. Gwen frequently closed her eyes to Russell's business dealings, even when she believed he was operating in something dangerous and illegal. Do you agree with her motivations? Given the time and place, could she have done something different? What did you imagine Russell was involved in?
7. Following Dr. Allen's protocol helped prolong Alistair's life in the hope that a cure for diabetes would be discovered, but the diet was grueling and many considered it cruel. What do you imagine you would've done in Gwen and Mrs. Barrie's position?

8. Dr. Callahan prohibited Malcolm from sharing information about Dr. Allen's program with Gwen, believing it would give the family false hope. Why did Malcolm go against the senior doctor's wishes? Do you agree with Dr. Callahan's reasoning, or do you think Gwen was right when she wondered, How can hope of any kind be false?

9. Gwen feared God as a great puppet master who might punish her— or worse, punish Alistair— for her doubt and unbelief. What did Gwen learn about the power and practice of lament in the Psalms? What did she ultimately learn about surrender to God?

Your book group questions:

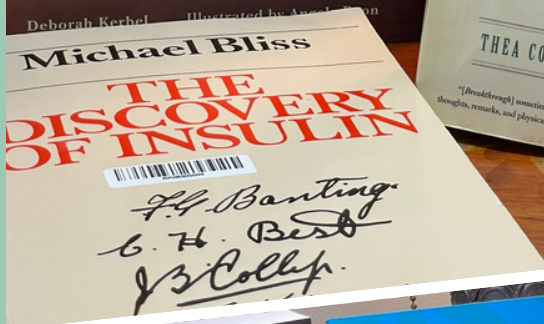
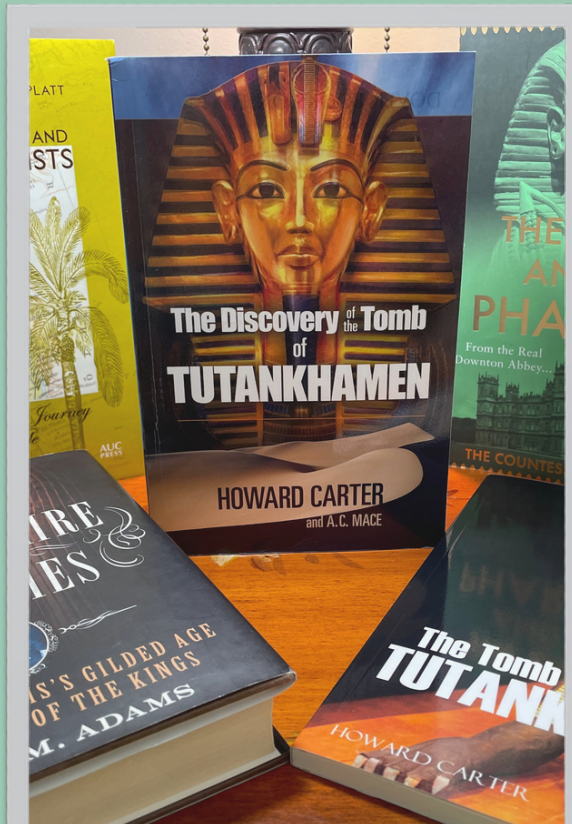
Jot down some questions you want to ask in your book club.





“Peace comes when we surrender everything to Him— even our turmoil— ask His forgiveness for going our own stubborn way, and believe that Jesus is our Savior, our Redeemer from all that wars within us. That’s the peace Alistair has found. It works every time.”

~Dr. Malcolm McNeil, *Every Given Day*



Some of the books
and a field trip for
my research

Deep Secret rose →



MY BOOK CLUB NOTES

DATE

Handwriting practice lines consisting of 20 horizontal dashed lines.

A solid teal-colored rectangular box at the bottom of the page.

Thanks for choosing



for your book club!

Also by Cathy Gohlke

William Henry Is a Fine Name
I Have Seen Him in the Watchfires
Promise Me This
Band of Sisters
Saving Amelie
Secrets She Kept
Until We Find Home
The Medallion
Night Bird Calling
A Hundred Crickets Singing
Ladies of the Lake
This Promised Land



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