

HELLO PILGRIM REST FAMILY,

I shared on last week that an herb garden will give you something constructive and productive to look forward to doing every day, it will give you something that contributes to life and you watch your herbs growing, it will remind you daily of God's presence because only God can cause plants to grow and as you cook, you can clip fresh herbs to add to your recipes. Following are five steps to follow:

Step 1: Choose your location (It can be a small area in your yard, a flower pot to be placed on your porch or a small flower pot in your kitchen)

Step 2: Choose your herbs (The following herbs are easy to grow and grow well in pots: **Basil, Oregano, Thyme and Rosemary** grow well indoors)

Step 3: Water regularly (If you are using flower pots, use regular indoor potting soil which drains water better than garden soil. Do not let your herbs dry out, however do not over water them)

Step 4: Find a sunny spot (Your herbs should get at least 6 hours of sunlight each day)

Step 5: Harvest and enjoy (When mature, cut small pieces off at a time with scissors. Regular cutbacks encourage new growth. Avoid removing more than a quarter of the plant at a time, which will cause distress and could even kill the plant.

If you have questions or need assistance, please let us know and we are happy to assist.

PRAYERS

- † Sister Ladora Rabon – Her husband, Melvin Rabon went home to be with God
- † The Burt and Sullivan families – Their nephew, Dwight Clark, went home to be with God

ARE YOU A MINORITY?

In responding to that question, some will often say, “Well, those are just words.” It is true that those are just words, however, we also understand that words have meaning and words have power. Additionally, we understand that words, when used to identify and/or define someone or something, set the perspective for how those people or things will be perceived and subsequently treated.

Consider when the Europeans came to the continent of Africa, their words regarding Africa and the Africans who lived there were, “Africa is a dark continent, Africa is a jungle, the Africans are uncivilized savages” These words justified the brutal treatment of the African people, their forcible removal from their land to become chattel for others and the ensuing colonization of the continent which led to the arbitrary redrawing of centuries’ old boundaries, and contributed to wars and infighting.

Consider when the Europeans came to what is now called America, the words regarding the inhabitants of the land were “uncivilized savages.” These words justified forced removal from their land, their treatment and the massacring of hundreds of thousands who were native to this country.

Consider when the Europeans, specifically the British, came to India, the words regarding the inhabitants of the land were “racially and culturally inferior, and useful only in as much as they could enrich the British Empire.” These words justified the murder, rape and mob lynchings of thousands of Indian people.

Consider in Germany, the words that the Nazis consistently used to describe the Jewish people were “filthy Jews.” These words justified the brutal treatment and extermination of millions of Jewish people.

Finally, consider when Donald Trump announced his candidacy for president, the **words** that he used regarding people coming into the country from Mexico and South America were, “They're bringing drugs. They're bringing crime. They're rapists...” These **words** justified removing children from their parents, caging them like animals and the continued attempts to end DACA.

Do you see the pattern? **Words** were used to diminish, devalue, discredit, dehumanize and even demonize a group of people. Once that process had been effectively accomplished, it made it easier to justify the inhumane treatment of that group of people. After all, they were savages, uncivilized, inferior, filthy, rapist, etc. Again, words have meaning and words have power.

The power inherent in words is that the words are consequently transformed into actions. This transformation underlies the disastrous effect of self-fulfilling prophecy. For example, if my **words** say that my son is stupid and will never accomplish anything, my actions towards my son will be as one who is stupid and will never accomplish anything. Accordingly, my son will grow up to be stupid and never accomplish anything. Alternatively, if my **words** say that my son is awesome and will accomplish phenomenal things, my actions towards my son will be as one who is awesome and will accomplish phenomenal things. Accordingly, my son will grow up to be awesome and accomplish phenomenal things. **Words** are transformed into actions that influence outcomes.

If the **words** say I am a minority, the actions of others and myself towards me will be as one who is a minority. Accordingly, I will be a minority... I will be a minority...

NOTE FROM CAPTAIN WILLOW MURPHY

Good morning faith based leaders!

As of 7:49am, Wed., June 24th,

District 7 year-to-date has had

- ◆ 13 homicides (there were 6 year-to-date in 2019)
- ◆ 54 non-fatal shootings (there were 31 year-to-date in 2019)

Citywide, we are at

- ◆ 79 homicides (there were 37 year-to-date in 2019)
- ◆ 249 non-fatal shootings (there were 159 year-to-date in 2019)

These shootings and homicides span the gamut for motives ranging from fights, robberies, drug dealings, road rage, domestic violence and some we still don't know the motives... One was even during the civil unrest.

Hotspot Areas:

- ◆ North 37th Street to North Sherman Boulevard; West Locust Street to West Nash Street
- ◆ North Sherman Blvd to North 51th Street; West Locust Street to West Nash Street

I know you all and your congregations/assemblies are praying because it could always be worst! Thank you all for continuing to do so – I still believe that the power of prayer is a crime fighting strategy that holds back restraints and keeps us from completely barreling over the abyss!

Captain Willie O. Murphy

BE SAFE, BE SMART, BE SERIOUS

I remain prayerful for your safety and security and remain available to you to listen and share regarding your needs and concerns. Please call me, text me (414-852-4010) and/or email me pilgrimrestpastorchilds@gmail.com so we can talk out and talk through anything and everything that you may be going through or need assistance with.

Love you, Pastor Martin and Sister Thressa Childs