

## PRAYER

- ✓ Rebecca Martin's father, James Bernard Martin, passed. The Service is at Golden Gate Funeral Home. The Visitation is October 30<sup>th</sup> at 2:30 p.m., and the Service is October 31<sup>st</sup> at 11 a.m.
- ✓ Sis. Nina Hooker's brother, Henry Griffin passed. The Service is at Pitts Mortuary on November 2<sup>nd</sup>. The Visitation is from 10:00, and the Service is at 11:00 a.m.
- ✓ Sis. Virginia Moody's brother, Alvin Beamon Jr., passed. The Service is at Wisconsin Memorial Park on October 27<sup>th</sup>. The Visitation is from 9:00 – 11:00 a.m. and the Service is at Noon.
- ✓ Sis. Maridells Shaw's sister, Rosie Lee Lindsey, passed.
- ✓ Sis. Virginia Shaw's father, Ernest Shaw, passed.
- ✓ Bro. John Lewis' nephew, Marvin Kerr, passed.
- ✓ Sis. Freddie Delaney's grandson, Rashad, Passed
- ✓ Sis. Marquala Ellison's cousin, Dorinda Boston, passed
- ✓ Bro. Edward Berry's nephew, Marshall Augestine, passed
- ✓ Sis. Patina Lawson's cousin passed
- ✓ Family of Sis. Eva Ellis who passed
- ✓ Sis. Regina Rozier
- ✓ Eloise (From Sis. Regina Lewis)
- ✓ Prima Triplette
- ✓ Sis. Arrila Eversley
- ✓ Sis. Judy Thomas, and Sis. Paula Baker
- ✓ Sister Nather Roby
- ✓ Bishop Lawrence Kirby
- ✓ Jones / Wright Families
- ✓ The Bible Study Prayer List
- ✓ Pilgrim Rest Missionary Baptist Church Family
- ✓ Families affected by the Hurricanes, storms, flood, and the fires out west
- ✓ Healthcare Workers / First Responders / Essential Workers / Those infected and affected by the Coronavirus
- ✓ Sis. Marilyn Byrd's cousin, Arriona Davis
- ✓ Sis. Pauline Cross
- ✓ Bro. Casey Perine, Chris Perine and their mother, Shirley
- ✓ Sis. Hale and Mother Loper
- ✓ Our children and their educational needs
- ✓ Brother John Reid's sister
- ✓ 6 year old Alonzo
- ✓ McCoy family
- ✓ Peace in our streets
- ✓ Sis. Ebone Jackson

## CHURCH MEETING

Church meeting will be held on Saturday, November 7, at 1pm. In order to participate in the meeting you must register with your name, email address or phone number. Please call the church office. Only those who are registered will receive the Zoom link information. If you have questions, please call the office, to get the correct information.

## OCTOBER MEMORY VERSE

<sup>19</sup> They will fight against you, But they shall not prevail against you. For I am with you," says the Lord, "to deliver you."  
**Jeremiah 1:19**

## OCTOBER MEDITATION QUOTE

"Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world."

"If you hear the dogs, keep going. If you see the torches in the woods, keep going. If there's shouting after you, keep going. Don't ever stop. Keep going. If you want a taste of freedom, keep going."  
**Harriet Tubman**

# BLACK ENTERPRISE

TEENPRENEURS CREATE APP FOR KIDS IN DISTRESS

February 2, 2018



Georgia-based teenage entrepreneurs Charlie and Hannah Lucas launched their mobile app notOK on Wednesday and are close to sealing their first round of venture capital.

## AFTER A SUICIDE ATTEMPT, THIS TEEN CREATED AN APP TO HELP OTHERS STRUGGLING WITH MENTAL HEALTH ISSUES

### HANNAH LUCAS CREATED 'notOK' APP WHICH ALLOWS USERS TO QUICKLY ASK FOR HELP

Updated: 3:21 PM CDT Oct 16, 2020

Gabby Rudnick

It's OK to be not OK.

That is the message, Hannah Lucas, inventor of the notOK app, is trying to spread. With her efforts, she has helped over 100,000 users remain safe and cope with mental health issues.

"In today's society, we crave perfection. We crave the flawless image. Frankly we just need to get ok with being not ok. We need to accept our flaws and love ourselves no matter what. That's what this app is here for," Lucas said.

Lucas developed notOK because of her own personal experience. She was diagnosed with postural orthostatic tachycardia syndrome, or POTS, a chronic illness that causes fainting.

"Basically it just caused me to pass out or faint," Lucas said. "When it got to the point that I couldn't walk most days ... God it was the worst feeling in the entire world."

One evening, her mom, Robin Lucas, found Hannah attempting suicide. It was this moment, that Hannah realized her chronic illness had affected her more than she knew.

Her mom recalls, "That's when I'm like, 'Why can't you talk to me what's going on. and she's just like, 'I just wish there was a button I could press!'"

"I realized that I had to make a change. I never wanted to see that look of horror on my mom's face," Lucas said.

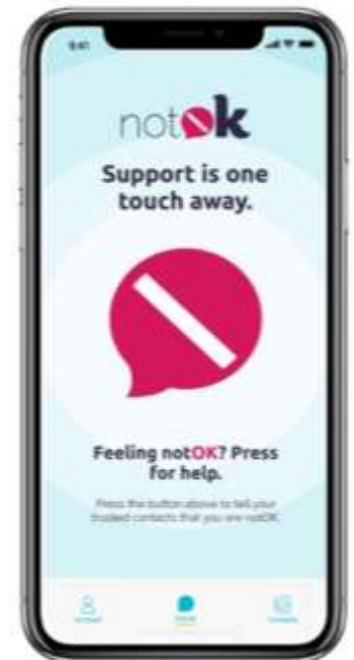
That is when she decided to build the app as a way to help herself and others struggling with mental illness. One in 4 people worldwide struggle mentally or emotionally. Suicide is the 10th leading cause of death overall and the 2nd leading cause of death in people 13-24.

With the push of a button, the notOK app can let pre-selected contacts know they are Not OK and in need of help.

In this short documentary, Hannah discusses her journey and how the notOK app was born. [After a suicide attempt, this teen created an app to help others struggling with mental health issues](#)

If you are struggling with a chronic or mental illness, please reach out to your loved ones and doctor for support and remember, it is OK to ask for help.

The 24/7 [National Suicide Prevention Lifeline](#) - 800-273-8255 /// For more information on the 'not OK' app, [click here](#).



## **ELECTION WORKERS!**

The City of Milwaukee Election Commission is looking for hardworking citizens that have a dedication to democracy and protecting voter rights to work at the polls.

### **Election Inspector**

Election Inspectors play a vital role at voting sites. They work directly with voters and assist them in any of the following capacities:

- Check-in registered voters and provide the voters with a ballot and voter number.
- Register qualified individuals to vote who are new voters or have an address or name change.
- Handle the voting machine to verify ballots are accepted and give out "I Voted" stickers.

Election Inspectors are paid \$230 (hazard pay increase for 2020 Fall Elections) for a full-day shift and are required to attend one paid training class (\$21.75) or retraining (\$15.00). To receive training class payment, you are required to work on Election Day. Lunch and dinner breaks are allowed for full-day shift workers. A full-day shift is 6:00 a.m. to close of the voting site.

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### **Chief Inspector**

Chief Inspectors manage the voting site and ensure all operating procedures are followed. Chiefs are also responsible for completing Election Day documentation, reconciling voter numbers and ballots, and resolving voter concerns.

Chief Inspectors are paid \$325 (hazard pay increase for 2020 Fall Elections) and must work a full-day shift. An additional \$25 is included for attending the mandatory training class. To receive training class payment, Chiefs are required to work on Election Day for the full-day shift. A full-day shift is 6:00 a.m. to close of the voting site. Lunch and dinner breaks are allowed.

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### **Bilingual Election Inspector**

The Election Commission is in need of additional bilingual (fluent in English/Spanish or English/Hmong speaking) poll workers.

The experiences at the polls are highly rewarding, challenging, interesting and personally satisfying. Many of the City's Election Inspectors have worked in these positions for 15 to 40 years. We hope that you will consider contributing your time to strong elections in Milwaukee.

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## **ABSENTEE VOTING**

- ✓ **ABSENTEE VOTING:** <https://myvote.wi.gov/en-US/VoteAbsentee>
- ✓ **WHERE TO APPLY FOR ABSENTEE:** Online
- ✓ **DEADLINE TO REQUEST APPLICATION:** Oct. 29, 5 p.m.
- ✓ **EARLY INPERSON VOTING DATE:** Oct. 20 Received
- ✓ **MAIL BALLOT DEADLINE:** Nov. 3, 8 p.m

## **Test Up MKE**

Test Up MKE is a new website launched to provide the latest COVID-19 information and testing access. This site provides easy access to information on the effects of the pandemic on groups disproportionately impacted by COVID-19 such as essential workers, immigrants and BIPOC communities. The website is available in English, Spanish, Hmong, Arabic and Burmese. It also has an accessibility feature for those with hearing, visual and other special needs.



## **BIBLE STUDY**

- ✓ Facilitated by Pastor Childs --- Tuesday at 6:30 p.m. and Thursday at 1:00 p.m.
- ✓ Facilitated by Sis. Davis (for women) --- Monday at 6:00 p.m.
- ✓ Facilitated by Deacon Cocroft --- Tuesday at Noon

## **CALL-IN PRAYER**

- ✓ Mondays at 5:45-6:00 p.m. /// Wednesdays at 5:45-6:00 p.m. and /// Saturdays at 10:15-10:30 a.m.

## **CHURCH SCHOOL**

- ✓ Please check the website for the Church School Class Schedule

## **CENSUS**

- ✓ If you have not done so already, please make sure that you complete your 2020 Census

## **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](mailto:pilgrimrestpastorchilds@gmail.com) so we can talk out and talk through anything and everything that you may be going through or need assistance

We love you, Pastor Martin and Sister Thresessa Childs