



PILGRIM REST  
MISSIONARY BAPTIST CHURCH

Preaching, Teaching and Reaching for  
Transformation and Liberation

## “CONSCIOUS AND INTENTIONAL MINISTRY: DOING WHO I AM WITH UNDERSTANDING”

Of Issachar, those who had understanding of the times, to  
know what Israel ought to do... 1 Chronicles 12:32

THE PASTOR'S PEN May 14, 2023

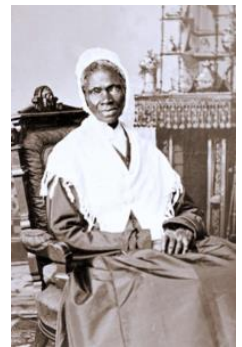
## HAPPY MOTHER'S DAY

(To All of Our Mothers, Grandmothers, Aunts, Cousins, Sisters, Nieces, Neighbors, Teachers,  
other Women [and sometimes men] who assisted in helping us develop into who we are)

### AIN'T I A WOMAN?

Sojourner Truth (1797-1883) was an African American women's rights activist and abolitionist who fought to end slavery. Truth was born into slavery but escaped to freedom in 1826. "Ain't I a Woman?" is her most famous speech, which she delivered without preparation at the Ohio Women's Rights Convention in 1851.

"Sojourner truth c1870"



May I say a few words? I want to say a few words about this matter.

I am a woman's rights.

I have as much muscle as any man, and can do as much work as any man.

I have plowed and reaped and husked and chopped and mowed, and can any man do more than that?

I have heard much about the sexes being equal; I can carry as much as any man, and can eat as much too, if I can get it.

I am as strong as any man that is now.

As for intellect, all I can say is, if women have a pint and man a quart — why can't she have her little pint full?

You need not be afraid to give us our rights for fear we will take too much, for we can't take more than our pint'll hold.

The poor men seem to be all in confusion, and don't know what to do.

Why children, if you have woman's rights, give it to her and you will feel better.

You will have your own rights, and they won't be so much trouble.

I can't read, but I can hear.

I have heard the bible and have learned that Eve caused man to sin.

Well if woman upset the world, do give her a chance to set it right side up again.

The Lady has spoken about Jesus, how he never spurned woman from him, and she was right.

When Lazarus died, Mary and Martha came to him with faith and love and besought him to raise their brother.

And Jesus wept — and Lazarus came forth.

And how came Jesus into the world?

Through God who created him and woman who bore him.

Man, where is your part?

But the women are coming up, blessed be God, and a few of the men are coming up with them.

But man is in a tight place, the poor slave is on him, woman is coming on him, and he is surely between a hawk and a buzzard.

# The Pilgrim Rest Oasis

*Sharing the Faith · Securing the Future*

Through faith God has given us the space to be an **oasis** in the middle of the city.

An **oasis** is a fertile spot in the desert where refuge, relief, and refreshment is found.

Be part of God's plan for Pilgrim Rest and this community.

Start contributing to the **Oasis** today!  
Let's continue to make progress!



Thank you for your continued support of God's plan for us.

Beginning



Current

*Your contribution can be dedicated to a specific activity or the Oasis, in general.*

	<b>Educational Enrichment</b>	<b>Technology Literacy</b>	<b>Athletics &amp; Recreation</b>	<b>Performing Arts</b>	<b>Facility Innovation</b>
\$500	<ul style="list-style-type: none"> <li>15 Subject books for elementary (math, literature, history, etc.)</li> </ul>	<ul style="list-style-type: none"> <li>1 iPad</li> </ul>	<ul style="list-style-type: none"> <li>10 basketballs</li> </ul>	<ul style="list-style-type: none"> <li>10 art sets for aspiring artists</li> </ul>	<ul style="list-style-type: none"> <li>External security lighting to keep the street well-lit and safe</li> </ul>
\$1,000	<ul style="list-style-type: none"> <li>100 Summer Bridge books to help students retain learning during breaks</li> </ul>	<ul style="list-style-type: none"> <li>100 "learn how to code" kits for elementary students</li> </ul>	<ul style="list-style-type: none"> <li>10 tennis rackets</li> </ul>	<ul style="list-style-type: none"> <li>4 beginner saxophones or 8 beginner violins</li> </ul>	<ul style="list-style-type: none"> <li>Camera security system to keep everyone safe</li> </ul>
\$2,500	<ul style="list-style-type: none"> <li>9 students can be challenged to excel using interactive problem-solving programs</li> </ul>	<ul style="list-style-type: none"> <li>1 computer for graphic design and website creation</li> </ul>	<ul style="list-style-type: none"> <li>12 sets of golf clubs for children</li> </ul>	<ul style="list-style-type: none"> <li>10 Play Scripts with performance/licensing fee and cast instructions</li> </ul>	<ul style="list-style-type: none"> <li>Wireless PA system to easily communicate at the school</li> </ul>
\$5,000	<ul style="list-style-type: none"> <li>1 smartboard to help teachers engage students in learning</li> </ul>	<ul style="list-style-type: none"> <li>1 STEM lab cart of materials for a classroom with multiple activities</li> </ul>	<ul style="list-style-type: none"> <li>3-day Speed and Agility workshop for 15 young aspiring track stars</li> </ul>	<ul style="list-style-type: none"> <li>100 pairs of tap shoes for aspiring dancers</li> </ul>	<ul style="list-style-type: none"> <li>Battery operated floor scrubber to keep the building looking its best</li> </ul>
\$10,000	<ul style="list-style-type: none"> <li>1 trip for 15 students to visit 1 HBCU</li> </ul>	<ul style="list-style-type: none"> <li>100 Robotic kits to reinforce studies in STEAM subjects</li> </ul>	<ul style="list-style-type: none"> <li>Open gym for 20 young people 1 X a week throughout the winter in a safe place</li> </ul>	<ul style="list-style-type: none"> <li>200 tickets to see Alvin Ailey Dance Company</li> </ul>	<ul style="list-style-type: none"> <li>LED light fixtures throughout the school to promote learning and natural light</li> </ul>

# WORK FOR THE WEEK

## MAY MEMORY VERSE

<sup>5</sup> I am reminded of your sincere faith, a faith that lived first in your grandmother Lois and your mother Eunice and now, I am sure, lives in you

**2 Timothy 1:5**

## MAY MEDITATION QUOTE

"Education commences at the mother's knee, and every word spoken within the hearing of little children tends towards the formation of character."

**African Proverb**

## TODAY'S STUDY QUESTIONS AND MEDITATION:

In what ways am I exercising faith and courage as a Woman of Virtue? \_\_\_\_\_

\_\_\_\_\_

Men: How am I helping to support the Women of Virtue in my life? \_\_\_\_\_

\_\_\_\_\_

## FOR THE YOUTH

Ask your mother, grandmother, aunt and/or significant woman in your life what you can do now to begin growing into a Woman of Virtue \_\_\_\_\_

Young men: Ask your father, grandfather, uncle and/or significant men in your life what you can do now to begin growing into a supporter of young ladies in your life \_\_\_\_\_

\_\_\_\_\_