



PILGRIM REST
MISSIONARY BAPTIST CHURCH
Preaching, Teaching and Reaching
for Transformation and Liberation

CONSCIOUS AND INTENTIONAL MINISTRY: MINISTRY TO ME

Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ. 1 Thessalonians 5:23

THE PASTOR'S PEN June 16, 2024

WOMEN'S HEALTH

Breast Cancer Stats and Facts

When it comes to breast cancer, what you don't know can hurt you. These figures reveal the scary truth.

This year, **232,670** new cases of breast cancer will be diagnosed in women.

- 1 in 8** women who live to be age 70 will develop breast cancer in her lifetime.
- Breast cancer accounts for about **30%** of cancers in women.
- It's the most common cancer diagnosis for women in Utah.
- About **85%** of diagnoses occur in women with no family history of breast cancer.

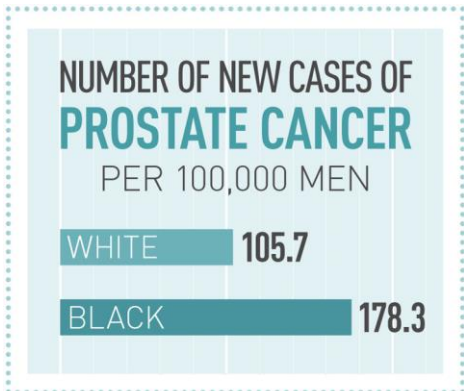
But there's good news.

- Breast cancer's mortality rate has been declining since **1989**, due to early detection and improved treatment.
- Physically active women are **25% less likely** to develop breast cancer than those who are inactive.
- More than **2.8 million** people living in the U.S. are breast cancer survivors.
- ACT NOW** Breast cancer education and screenings can save up to 37 lives every day in the U.S., according to the World Health Organization. Share this infographic and discuss a screening plan with your doctor.

BREAST CANCER

BLACK WOMEN ARE UP TO 70% MORE LIKELY TO BE DIAGNOSED WITH STAGE 4 BREAST CANCER

H8



PROSTATE CANCER BY THE NUMBERS FOR BLACK MEN

1 in 6 The number of Black men who will be diagnosed with prostate cancer in their lifetime

41,600 The number of Black men expected to be diagnosed with prostate cancer in 2022

45 The age Black men should get screened for prostate cancer

18 Every 18 minutes a Black man is diagnosed with prostate cancer

#2 Prostate cancer is the second-leading cause of cancer death in Black men

2.5x How much more likely Black men are to die from prostate cancer than non-Hispanic white men.

6,040 The estimated number of deaths among Black men from prostate cancer expected in 2022

50% How much more likely Black men are to develop prostate cancer than non-Black men

THE GOOD NEWS More than 99% of Black men who get diagnosed early with prostate cancer will survive. What to do:

STEP 1 Know your risk
Your risk of developing prostate cancer is higher if you have a family history of the disease, or if you are African American, overweight, over age 65, or a smoker.

STEP 2 Get screened
Talk to a doctor you trust starting at age 40. Based on your risk factors, they can help you figure out when to start screening for prostate cancer. It's done with a simple blood test and a physical exam.



aawellnessproject.org

WORK FOR THE WEEK

JUNE MEMORY VERSE

³¹ What then shall we say to these things? If God *is* for us, who *can be* against us?
Romans 8:31

JUNE MEDITATION QUOTES

“If you see a good fight, get in it.”

Dr. Vernon Johns

TODAY’S STUDY QUESTIONS AND MEDITATION:

Who taught me the Lord’s Prayer? _____

How will I live out, “Our Father in heaven” in my prayers? _____

FOR THE YOUTH

Ask your parents and/or grandparents to teach you the Lord’s Prayer _____

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.

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