



## 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 July 7, 2024

As we enter this presidential election season, there is a lot of hand ringing. Many are responding to the numerous “What if’s” that are being shared throughout the community. Many others are fed up as they feel, again, that their choice for president is a choice of the lessor of two evils.

Because some are dissatisfied with both candidates – exclaiming that one is too old and the other is unfit – they have suggested that they will “Sit this one out.”

No, we cannot sit this one out. We must get in the game and fight.

- ✓ We cannot sit this one out when we have an activist supreme court that has no respect nor regard for precedent and long standing court decisions. We must get in the game and fight.
- ✓ We cannot sit this one out when The Project 2025 Presidential Transition Project (funded by the Heritage Foundation and more than 100 organizations) has developed a plan to enable a future anti-democratic presidential administration to take swift, far-right action that would cut wages for working people, dismantle social safety net programs, reverse decades of progress for civil rights, redefine the way our society operates, and undermine our economy. We must get in the game and fight.
- ✓ We cannot sit this one out when there are continued efforts to suppress, negate and nullify the votes of black and brown citizens of this country. We must get in the game and fight.
- ✓ We cannot sit this one out when black and brown immigrants are treated like animals and used as scapegoats for the country’s problems. We must get in the game and fight.
- ✓ We cannot sit this one out when LGBTQ people are denied humane treatment and equal rights as every other human being is. We must get in the game and fight.
- ✓ We cannot sit this one out when some are willing to tear down all of the democratic norms and foundations of this country to gain and sustain power. We must get in the game and fight.

Those who have competed in team competitions know that there is a major distinction between what it feels like when your team has won the game and you were either in the game or on the bench. When your team won and you were on the bench, there was a feeling of happiness that you won, however, there is not the internal joy of know that your individual efforts contributed to the victory.

There is something about being in the game, touching the ball, getting sweaty and dirty. There is something about providing your individual efforts to contribute to the victory – knowing that you did something.

I am confident that the God of justice will ensure that justice is accomplished in this election. I am also aware that God is expecting us to do more than sit back and pray for God to move on our behalf. We must rise up, stand up, get in the game and fight.

“You can pray until you faint, but unless you get up and try to do something, God is not going to put it in your lap” **Fannie Lou Hamer**

“I prayed for freedom for twenty years, but received no answer until I prayed with my legs.” **Frederick Douglass**

# WORK FOR THE WEEK

## JULY MEMORY VERSE

<sup>2</sup> Carry each other's burdens, and in this way you will fulfill the law of Christ. <sup>3</sup> If anyone thinks they are something when they are not, they deceive themselves.

**Galatians 6:2, 3**

## JULY MEDITATION QUOTES

"It's challenging to talk about how you're doing mentally since it's an invisible injury — people can't see it, so it's harder to understand, but I think that's why it's so important we feel empowered to open up about it."

**Simone Biles**

"In the African American community, we've been taught to tough it out, hide our suffering, but this is something none of us have ever experienced, and no one should suffer in silence."

**Taraji P. Henson**

## TODAY'S STUDY QUESTIONS AND MEDITATION:

How am I really doing? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Do I have someone with whom I can openly and freely talk? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

## FOR THE YOUTH

It is OK to not be OK \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

# 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>