



“CONSCIOUS AND INTENTIONAL MINISTRY: DOING WHO I AM”

My eyes focused and clear, so that I can see exactly
what it is he is calling me to do... Eph. 1:18 MSG

THE PASTOR'S PEN

HELLO PILGRIM REST FAMILY

PRAYER

- ✓ Mother Esther Loper
- ✓ Sister Lois Jones
- ✓ The Sullivan and Burt families on the passing of their brother-in-law, Nate Edwards
- ✓ Sister Darlene LaGrant on the passing of her cousin's oldest son
- ✓ Healthcare Workers / First Responders / Essential Workers / Those affected by the Coronavirus Worldwide
- ✓ Pilgrim Rest Missionary Baptist Church Family

DEMOCRATIC VICE PRESIDENTIAL CANDIDATE SENATOR KAMALA HARRIS

Although it was already anticipated that Democratic Presidential Candidate Joe Biden would choose a woman of color to be his Vice Presidential Candidate, many were pleasantly surprised when it was announced the choice of Senator Kamala Harris was announced. At a time when there is much conversation regarding the value of black and brown people in this country, it is refreshing that the descendant of a brown mother and a black father is positioned to be the vice president of this country, and in line to become president.

Kamala Harris – First Black woman; first woman of color; first South Asian American to serve on a presidential ticket of a major party in the United States of America.

Kamala Harris – Daughter of immigrants: Her father was an immigrant from Jamaica, and her mother was an immigrant from India.

Kamala Harris – Second Black woman and first Indian American to serve in the United States Senate.

Kamala Harris – Former Attorney General of California, and Former District Attorney of San Francisco.

The following information was shared by Rachael Maddow regarding the firsts on presidential tickets in this country:

The first time a Catholic was on a Presidential ticket in the United States of America, it was 1928 that was Al Smith - Democratic Party

The first time a woman was on a Presidential ticket in the United States of America, it was 1984, that was Geraldine Ferraro - Democratic Party

The first time a Jewish Candidate was on a Presidential ticket in the United States of America, it was 2000, that was Joe Lieberman - Democratic Party

The first time an African American Candidate was on a Presidential ticket in the United States of America, it was 2008, that was Barak Obama - Democratic Party

The first time a woman was at the top of a presidential ticket as the presidential nominee of a major party, it was 2016 - Hilary Clinton - Democratic Party

OVERCOMING QUARANTINE FATIGUE

Over the last several months, physical distancing and quarantine have been an experience most could never have imagined. And while parts of the country and segments of industries are slowly reopening, there is still uncertainty about how long it will take for things to go back normal, or what the “new normal” will even look like.

As more time passes without clear answers, it’s very easy to feel tired of it all. [Luana Marques, PhD](#), director of [Community Psychiatry PRIDE](#) and Mass General Research Scholar 2020-2025, offers insight into these feelings of quarantine fatigue and tips on working through them.

What is Quarantine Fatigue?

“Quarantine fatigue may look different from person to person, but overall, it’s defined as exhaustion associated with the new restrictive lifestyle that’s been adopted to slow the spread of COVID-19,” says Dr. Marques.

This exhaustion can be experienced differently by people, but symptoms may include:

- Feeling tense, irritable or anxious
- Changes in eating or sleeping habits
- Loss of motivation or reduced productivity
- Racing thoughts
- Interpersonal conflict
- Social withdrawal

As Dr. Marques notes, this is not an exhaustive list. “There is no ‘right’ way to feel right now and however you may be feeling is valid in its own right.”

Are Reopening Plans a Green Light?

With summer around the corner and states easing restrictions in an effort to reopen, [research from the University of Maryland](#) has shown that between April 23rd and May 1st, many states saw more than a 30% decrease in the percentage of people staying home. There has also been a 20% increase in interstate travel across partially reopened states.

Dr. Marques warns of the danger in moving too fast. “It is important to understand that although states are making progress towards reopening, we have not yet reached the stage of what we are calling ‘the new normal.’ Partial reopening plans may feel like a green light for us, but it is just one step in a long process. After feeling the effects of quarantine fatigue for so many weeks, it may be tempting to get back out into the world to try to alleviate those feelings we’re having. This will only compound the problem and cause another infection spike. The key here is to figure out what we can put into place at home so that our mental health feels manageable without putting others at risk of contracting the virus.”

Tips to Deal with Quarantine Fatigue

So what can we do to work through quarantine fatigue? Dr. Marques and members of the [Department of Psychiatry](#) at Mass General offer the following tips:

1. Practice Mindfulness: While mindfulness may not feel like a normal practice to some, it is an effective strategy that can help manage stress and [actually change your brain](#).

Mindfulness is being present, purposeful and nonjudgmental in the moment you’re existing within. Over time, practicing mindfulness can activate, and even strengthen, connections in our prefrontal cortex, which plays an important role in attention.

Four Mini Relaxation Exercises

Option One: Count Backward from 10

- Count very slowly to yourself from ten down to zero, one number for each out breath. (For instance, with the first breath, you say "ten" to yourself,; with the next breath, you say "nine", etc.)
- If you start feeling light-headed or dizzy, slow down the counting
- When you get to "zero", see how you are feeling
- If you are feeling better, great! If not, try doing it again

Option Two: Inhale, Count to Four; Exhale, Count Back to One

- As you inhale, count very slowly up to four; as you exhale, count slowly back down to one
- Do this several times (for instance, as you inhale, you say to yourself "one, two, three, four," as you exhale, you say to yourself "four, three, two, one.")

Option Three: Inhale, Count to Three; Exhale, Count to Three

- After each inhalation, pause and count 1,2,3 (breath is held in)
- After you exhale, pause and count 1,2,3
- Do this for several breaths

Option Four: Inhale "I Am;" Exhale "At Peace"

- On the IN breath, you think "I am"
- On the OUT breath, you think, "at peace"

2. Recharge Through Eating, Sleeping and Exercise: Proper nutrition, exercising for at least 30 minutes a day and getting seven to eight hours of sleep each night have major effects on our mood and mental health, immune system and helps to improve our memory and concentration.

Three Tips to Help Manage Stress and Anxiety During the Pandemic

1. Remember to Unplug

Marques suggests giving your brain a break from the news every once in a while to allow your thoughts and emotions to settle, though she is quick to note that it can be hard under circumstances like these. Setting aside time to center yourself can help to tamp down that "fight or flight" distress response. "I encourage you to anchor on something that closes your brain off: walking, meditation or calling a friend," says Marques.

2. Recharge Through Eating, Sleeping and Exercise

Giving yourself time to recharge and stay healthy is not optional, Marques explains. Even in normal conditions eating well, getting a good night's sleep and exercising are important, but they all are critical in times of stress. "Those are three things that we know help our mental health and our immune system." There is no one solution that works for everyone, so it is important to figure out what works best within your own routine and focus on things that excite you and get you going.

3. Be of Service If You Can

"We know that helping others not only makes them feel better but also helps ourselves," Marques says.

Providing service to others during a time of need helps to foster a sense of connection and purpose.

The skills and resources you have could help in a variety of ways, such as making masks if you know how to sew, donating food to those in need if you can afford it, or simply checking in on an elderly neighbor with a phone call.

3. Connect with Others: While we may need to be physically distant from our friends and loved ones, we don't need to be socially distant. [Robert Waldinger, MD](#), director of the Center for Psychodynamic Therapy and Research at Mass General, says that a [75-year-long study on happiness](#) has shown that one of the top predictors of how happy and healthy you are is the quality of your relationships. Use this extra time to reach out to a friend you haven't spoken to in a while, make family dinner a fun event and invest in the relationships around you.

BIBLE STUDY

- ✓ Facilitated by Pastor Childs
 - Tuesday at 6:30 p.m. and Thursday at 1:00 p.m.
 - **ZOOM** (Video) and (Call in), and the **CONFERENCE CALL LINE** (Call in)
- ✓ Facilitated by Sis. Davis (for women)
 - Monday at 6:00 p.m.
 - **CONFERENCE CALL LINE** (Call in)
- ✓ Facilitated by Deacon Cocroft
 - Tuesday at Noon
 - **CONFERENCE CALL LINE** (Call in)

CHURCH SCHOOL CLASS SCHEDULE

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|---|-------------------------------------|---|
| Nursery Class (3-5 years old) | Sis. Flenorl, Sis. Watts | Sunday Noon (Zoom)* |
| Primary Class (6-8 years old) | Sis. Jones, Sis. Antone | Friday 1:00 p.m. (Zoom)* |
| Junior Class (9-11 years old) | Sis. Matthews, Sis. Lewis | Wednesday 6:00 p.m. (Zoom)* |
| Savior Seekers (12-14 years old) | Sis. Harris | Thursday 11:00 a.m. (Zoom)* |
| High School (15-18 years old) | Sis. Dallas, Pastor LaGrant | Thursday 5:30 p.m. (Zoom)* |
| Disciples on a Mission | Sis. D. LaGrant, Sis. Webster | Wednesday 6:15 p.m. (Call)** |
| Overcomers | Sis. L. LaGrant | Wednesday 8:00 p.m. (Zoom)* |
| Men of Valor | Pastor Davis, Dea. Moody, Dea. Boyd | Thursday 6:00 p.m. (Call)** |
| Gethsemane | Sis. Gatson, Sis. Irvin | Thursday 5:00 p.m. (Call, Rm. 1)** |
| Transformers | Sis. Toney, Sis. Cannon | Monday 12:00 noon (Call)** |

* Please call the church office to get the link for the Zoom classes

** The Conference Call Number is 617-691-8269

UPDATES

If you are not receiving weekly updates and Announcements either via phone call, email or text, we do not have your current or correct contact information.

AUGUST MEMORY VERSE

⁸ He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God? **Micah 6:8**

AUGUST MEDITATION QUOTE

“When you see something that is not right, not just, not fair, you have a moral obligation to say something – to do something.” **Congressman John Lewis**

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.

We love you, Pastor and Sis. Thressa Childs