

## **HELLO PILGRIM REST FAMILY,**

Praise God for the sunshine upon us, and praise God for the Sonshine within us. Through the presence of the indwelling Holy Spirit, we can experience that Son, Jesus the Christ, shining within us and giving us the peace of God in the midst of all that is happening around us.

For those of you who are accustomed to going out and being busy all day, are now restricted to your homes and feeling the strain of being “locked in”, I want to encourage you to consider an herb garden. You can identify a small area in your yard, a flower pot to be placed on your porch or a small flower pot that you can keep in your kitchen.

An herb garden will give you something constructive and productive to look forward to doing every day, it will give you something that contributes to life and you watch your herbs growing, it will remind you daily of God’s presence because only God can cause plants to grow and as you cook, you can clip fresh herbs to add to your recipes.

We will share more information in the midweek email, and follow up on next Sunday.

## **PRAYERS**

- † The Gill, Varnado and Toliver Families’ nephew, Avery Nimox, went home to be with the Lord
  - † Sis. Virginia Moody’s brother, Haywood Beamon, went home to be with the Lord in Laurel, MS
  - † Bro. and Sis. Shankle’s granddaughter, Sasha, went home to be with the Lord in Las Vegas, NV
  - † The Badger, Childs, Thomas and Baker families’ cousin, Jamie, went home to be with the Lord in Memphis, TN
  - † Pastor John Patterson’s wife, Barbara, went home to be with the Lord
- 

## **CONGRATULATIONS TO OUR HIGH SCHOOL GRADUATES**

Tyler Baldwin	Quincy Moore
Noah Cotton	Rebecca Martin
Brendan LaGrant	Adrien Thomas
Zhane Mosley	Mia Washington
Zakiya Shaw	

## **CONGRATULATIONS, ALSO TO THOSE COMPLETING K-5, ELEMENTARY AND MIDDLE SCHOOL**

On June 14th we will recognize all graduating high school seniors and award scholarships, and we will recognize those completing K-5, elementary school and middle school from 1:00 – 2:00 p.m.

---

## **JUNE MEMORY VERSE**

<sup>10</sup> For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life.   **Ephesians 2:10**

## **JUNE MEDITATION QUOTE**

“When you do the common things in life in an uncommon way, you will command the attention of the world.”  
**George Washington Carver**

## **PRAYING FOR AND DEMANDING JUSTICE**

James Baldwin shared in 1961, “To be a Negro in this country and to be relatively conscious, is to be in a rage almost all the time. So that the first problem is how to control that rage so that it won’t destroy you.”

Although shared in 1961, many of us in 2020 can relate to Baldwin’s statement and sentiment. Many of us have had experiences that have caused us to feel and express rage, anger, frustration, fury and a variety of other emotions. The experiences that unleashed those emotions was because of the treatment that we received simply and only because we were Black. Many times, we had more money, more education, more status, more influence and more affluence than those who agitated us. Nevertheless, because we were Black, we were considered and treated like we were less than.

Significant in Baldwin’s statement is not just being Black [Negro] in this country, it is being Black [Negro] in this country and relatively conscious. I have found that if a person does not know what is going on, they do not care what is going on. It is for that reason many can see the injustices and inequalities that occur every day in our communities, shrug their shoulders, shake their heads and continue on with what they were doing as if nothing was strange or out of order.

To be conscious is to be aware of what is going on; to see, eyes wide open, the games that are being played; to take into consideration what is the truth versus the alternative facts that have propped up lying as an acceptable response; to be woke.

So, how do we control the rage so that it will not destroy us? First, in Ephesians 4:26, Paul writes, “*Be angry, and do not sin*”: *do not let the sun go down on your wrath*. Paul encourages us to not allow our anger and rage to cause us to sin. Think about it – when we allow our anger and rage to cause us to sin, we are no better than the ones who facilitated the anger and rage within us.

Second, we must be intentional about transitioning our anger and rage into action. Yes, you are angry. Yes, you are enraged. However, what are you going to do? How do we transition our anger and rage into something that will accomplish a positive and productive outcome?

Here is an opportunity. Many have viewed the video of the attorney, Stephanie Rapkin, who spit in the face of a Black teen who was protesting. Although she was arrested and charged with a hate crime, the community is requesting that everyone files a complaint with the Office of Lawyer Regulation (OLR), the agency of the Wisconsin Supreme Court that receives grievances relating to lawyer misconduct, conducts investigations, and prosecutes violations of lawyer ethics rules.

### **Instructions for filing a grievance**

To file by telephone: Call (608) 267-7274 or (877) 315-6941, and choose option 1

To submit a written grievance: You can write a letter and mail it to Office of Lawyer Regulation, 110 East Main Street, Suite 315, P.O. Box 1648, Madison, WI 53701-1648 or email it to [olr.intake@wicourts.gov](mailto:olr.intake@wicourts.gov).

---

## **“I AM NOT A MINORITY”**

There is a large segment of our society, including Black people, who characterize Black people as minorities. What do you think about that? Are you a minority? What does it mean for you to say that you are a minority? Let’s talk...

## **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 with.

Love you,

Pastor and Thresessa Childs