



The Scroll

Spreading the Gospel of Jesus Christ and equipping the People of God through the written word.

PCC Cover Person

Minister Kimberly D. Garrett

If you have attended PCC for some time, you know of Minister Kimberly's warmth, smile, and welcoming demeanor. She is a prayer warrior, minister, and serves as the armor bearer for our first lady. She has a quick wit and ready humor. Minister Kimberly posts short encouragement videos on YouTube (<https://www.youtube.com/@kdggreatergreetings>). We are so privileged to have her in our midst.

Where are you from? I was born and raised in Sweet Home Chicago, Illinois.

Describe yourself in one word. Positive.

What's your best trait or one thing you like about yourself? My God-given gift to write.

Tell us about your family. My maternal great grandfather, John Mayo Whitlock, was the first Black fire chief in the state of Indiana. Special fire trucks with extended ladders were manufactured in his honor. These special trucks are painted green (opposed to the traditional red) and are still active today. Since Chief Whitlock's historic accomplishment, every generation of my family contains at least one firefighter. That being said, fire safety is a constant topic of conversation in my family.

I have always been drawn to people who possess great wisdom and zeal.

I remember one night I was at a friend's house when lightning struck the house,

consequently setting the bathroom on fire. While everyone in the house screamed and scrambled to exit, I yelled, "**Call the fire department**," then instinctively ran into the bathroom. I grabbed a towel, wet it, and repeatedly used it to slap the flames until all visible flames were extinguished. After that, I felt all along the walls to detect any remaining fire possibly hidden/trapped inside the walls. I then safely exited the house. The firefighters later said my quick thinking and actions saved the entire house from burning down. My actions surprised me just as much as everyone else; I guess firefighting is in my DNA.

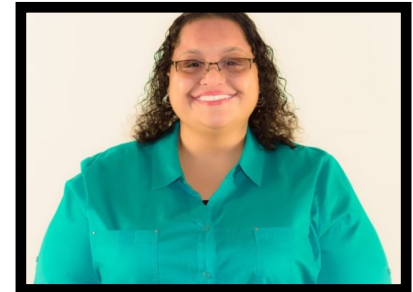
Do you have any pets? If so, what kind of pet(s) do you have? No pets, but I do like parrots and birds; the peacock is one of my top three favorite animals: lion, eagle, and peacock. If you haven't seen a white peacock, do check it out!

What is your favorite color? Red.

Do you have any hobbies? I enjoy writing; I find it highly therapeutic.

What do you do in your spare time? Write, read, pray, and watch TV.

Have you read any interesting books lately? I recently read a book on forgiveness, *Total Forgiveness* by R.T. Kendall, that I found to be very impactful.



Who are your role models?

Obviously, I'm trying to be like Jesus (pray my strength). I greatly admire and look up to Bishop Hairston, First Lady Jo Ann, and Pastor Fannie Cooper. I have always been drawn to people who possess great wisdom and zeal. I often intentionally identify what I feel to be the best traits in a lot of people and glean a little bit from each of them.

Career-wise, what are your long-term goals?

I would like to get back to serious writing. I love it when my writing and stage productions not only tickle the funny bones but also touch the hearts of God's people. That includes everyone! Over the years, I've learned it is definitely okay to make plans, but we have to remain flexible and humble because God can, and He will, make big changes in our lives that we never dreamed of or saw coming; thankfully we know all things work together for our good.

Continued on page 10.

Editor's Corner—Looking Beyond the Natural

Sister LaTonja Brown

Inside this issue:

Editor's Corner	2
Guest Columnist	3
Word of the Quarter	4
Finding Hope	5
Women of the Bible	6
Men of the Bible	7
Your Money Matters	8
Fit for the Kingdom	9
Happenings and Events	9
Cover Person Continued	10

When I began thinking about what I would write for this issue's theme "Looking Beyond the Natural," a few random memories popped into my mind. The first is the time my glasses fell into the water I was using to wash dishes. While I would not have thought my glasses were *that* dirty, I was amazed how much clearer my vision was after I fished them out and dried them.

The other memory is of a video compilation I saw on Instagram of young babies fighting parents or doctors who were trying to put glasses on them for the first time. After the struggle and the glasses were in place, there would be a moment when the baby in question became still as they realized something was different. The baby would break into a megawatt smile and beam up at the person they were seeing clearly for the first time.

One more memory. I normally park my car in the garage. One evening I got home, and I parked on the street because I had an activity the following morning. I parked under a tree and sap fell on my windshield — straight in the path of my vision. It made it difficult to navigate, and I had to readjust how I sat to see around it. I went to the nearest gas station to give my windshield a good cleaning.

I say all of that to say this. The lenses in which we see the world matter because it impacts our perception. If we are viewing the world out of dirty lenses, it clouds what we see. If we are seeing the world through an old prescription, we interact with the world out of an old — often unhealthy — script.

As we are dealing with our family and friends, we must be mindful of this for several reasons. One, we often project what we think and feel onto other people. As they say, "What you see in others is often a reflection of something happening within you or that you are struggling with." Also, once we create a script in our mind, we will look for evidence to support what we believe to be true because our preconceived thoughts cloud our vision. There is a saying that goes along the line of, "We see

the world and things not as they are but as we are." A therapist might refer to this as *confirmation bias* or *projection* because our attitudes, beliefs, and prejudices impact how we see things.



This is something I am currently acutely aware of. While I would have been tempted to react in the past, now I am stepping back. Particularly when dealing with people. I must take responsibility when my vision is blurred and also be able to recognize when situations have nothing to do with me. I can think of two recent events where my imagination got way ahead of reality, but I was able to challenge the thoughts before reacting.

It's time to look beyond our natural vision and put on spiritual glasses. Often time, we need to step back and see things (and people) how God sees them. We also need to look beyond how we *want* to see things or *how* we want things to be.

This involves looking at the bigger picture and praying that God gives discernment on situations. It's easier said than done because I know all too well the burning desire to create an escape when I don't see a way out. I have learned — the hard way — from the past that this is a mistake.

God is always at work. We need to walk boldly in this belief and fully trust it. Move from being reactive to being proactive — again easier said than done. We need to look beyond what we think we see and learn to see the bigger picture. Even when you can't *see* it, know that God's plans are always at work in your life

and on your behalf.

Recommended Reading:

- I Samuel
- I Kings

I must take responsibility when my vision is blurred and also be able to recognize when situations have nothing to do with me.

We would like to extend our warmest, most sincere welcome to the newest members of PCC. †

Guest Columnist—Dancing with the Spirit

Sister Pat Thompson, Executive Director/Co Founder YES! Foundation of White Center

I'm getting ready for summer day camp at my church, Lake Burien Presbyterian Church. We will welcome 65ish elementary school kids, 16 middle school teens, and 10 high school leaders on our campus. I'll be with the middle schoolers! It'll be eight weeks of constant activity, singing songs, playing games, and trying new things. There'll be all kinds of laughter: the spontaneous giggles, the LOLs, and the fall-down laughs. This eight-week camp will also provide an opportunity to gauge how much I have aged this past year and the games I can and cannot play anymore! If you happen to be in Burien and you see me chasing a teenager during a round of duck, duck, goose and I look like I am about to pass out, just say a prayer and go ahead and call 911! Thank you in advance.

I love middle school people. Middle school kids are the best at living in the moment! It's understandable. They haven't lived long enough to make any life-altering mistakes, and they're not quite in a space where they are actively making plans for post high school life. They are properly set up to be amazingly present — to laugh and cry and feel every single thing deeply and wholly! They truly are a gift to us — a witness to the goodness of God providing all that we need moment by moment! But knowing where they are developmentally — that they are given over to a propensity to see only what is in front of them and what is relevant to them — makes me hyper aware of all the things that they aren't able to see. I know that listening to and praying to God about their daily lives, relationships, community, and future is key. I believe that my role in their lives is to watch for how the Spirit is

moving and then diligently, creatively, and lovingly point these teenagers to God's vision, His work, and His love for them.

I've volunteered and worked in youth ministry for about 40 years. Discipling young people feels a lot like dancing to music that is unfamiliar to me so that my partner can learn the dance that was choreographed for them specifically by God. And even though I love dancing, I'm not always graceful, so helping these precious people to learn the dance that the Holy Spirit invites them into requires me to be humble, quiet, and allow His playlist to run.

I believe that my role in their lives is to watch for how the Spirit is moving and then diligently, creatively, and lovingly point these teenagers to God's vision, His work, and His love for them.

Honduras when he was 13 years old. His mom sent him here to live with his aunt because circumstances in his home country were violent and dangerous, and his mom feared for his life. When he arrived, he started attending the local school, but he was also looking for work because his aunt needed him to contribute to their family's living expenses. Joel worked hard at school and at finding jobs he could do around the community. One of those jobs was walking my dog every day. He loved coming to youth group! I think it was a chance to be with his friends and in a place where he could relax. He also knew people there would talk to him, pray for him, plan with him about his life, and help him see a vision for his

future.

Those were hard years for Joel, but he kept at it! He graduated from high school and then decided to go on to college. He cobbled together a few scholarships, and he worked his way through college. This was as difficult if not more so than the days after he first arrived here. We would talk, and he'd tell me that he didn't know how he was going to make it! Even in the month before he graduated, he wasn't sure graduation would happen. We would pray and ask God to move mountains on Joel's behalf. Then we would watch for ways to participate in the Holy Spirit's work. Joel received his BA in Chemical Engineering last December and graduated with a 3.8 grade point average. He started his dream job this year!

Walking with Joel and folks like him is an honor. Helping him pay attention to the Spirit's lead and watching him build his own relationship with God is worth all of the awkward dancing!



Word of the Quarter—Looking Beyond the Natural

The Editing Team

In the fall issue of *The Scroll*, we began the overarching theme, “Submitting to the Spirit of God.” In the last three issues, we have discussed “Hearing the Voice of God,” “Coming Out of the Shadows,” and “Moving in Courage.” In this issue, we conclude the overarching theme with the subject, “Looking Beyond the Natural.”

When the editing team met to discuss the topic, we talked about Ephesians 6:12, which tells us that we don’t wrestle against flesh and blood. This is an important concept to remember, understand, and apply. We currently see so much division in our country and the world. People see *others* as the enemy, but our fight and enemy are less natural and more spiritual than we realize.

Meanwhile, our *real* enemy wants us to be hyper focused on people and situations and lose focus. We realize this topic may cause some to roll their eyes and scoff. The concept of spiritual warfare sounds churchy and is not a language that everyone speaks. The editing team talked about how we translate this language in a way that is more relatable. When the world is chaotic around us, how do we look deeper beyond the layers we see? We could start by asking ourselves what God is doing outside of what we see with our natural eyes, and we could ask God to give us revelation, insight, and discernment.

In our humanity, we have limits. We need the Holy Spirit to help us see what we are missing, so we must position ourselves in a way that allows the Holy Spirit to work within us. When we need glasses in the natural world, it means that we can’t see clearly. We can get used to seeing the world with blurry vision. If we don’t put our glasses on when we drive, we become a danger to the community. Along the same lines, to not be a danger to the kingdom and protect those around us, we must have our spiritual glasses on. This allows us to see a truth beyond our own natural perspective. We can’t afford to have spiritual blindness, so we need to tap into the resources

We need to step back, talk less, and observe and listen more.

God has given us access to. Listen to the Holy Spirit and know when to speak, when to listen, and when to hold your peace and be still. We must pause and allow God to work so that we can see what He is doing. God knows the bigger picture. Seeing with spiritual eyes helps us be less reactive and more prayerful. We need to step back, talk less, and observe and listen more. Let God have a few words and give you direction.

There is so much coming at us daily. We get upset and frustrated over what we see with our natural eyes — personal lives and world events. The small things in life become big things. Ask for spiritual eyes to discern all that you will encounter in the world each day and pause when faced with stimuli. Stay in a place of wellness and be drawn to God on your weak days. Use the tools of praying, pausing, and meditating on scriptures to be pulled toward God. When meditating on scriptures, ask for insight to see more in the scriptures. Be in community with people who call you higher and hold you accountable.

Looking beyond the natural means sharpening our spiritual eyes, discerning beyond words and actions, and seeing below the surface to see what is really going on. Make time to lift your spiritual weights. Use your spiritual gifts to engage in spiritual warfare to get a deeper revelation in God. God will show you and let you know when to be still and wait. Always remember, we are not fighting each other, and we are not fighting alone. We invite you to see the rest of 2024 through spiritual eyes.

Prayer Requests:

- ♥ Pastor and Minister Jo Ann
- ♥ National and local leaders
- ♥ Military and their families and veterans
- ♥ Youth, families, singles, and marriages



Finding Hope—Holding the Light

Sister Amy Pemberton

For all of the private details I've shared with you — and for those I will share with you in the future — you might be surprised to learn I spent the first 35 years of my life being quite shy. I said as little as possible about what was happening behind the doors that kept me until my daughter was 15.

She had run away just before Father's Day after I discovered a cellphone her biological father had purchased hidden in her room. I descended the stairs to ask my daughter how it had come into her possession since he had given up his parental rights and — to my knowledge — they had no contact. She left through the sliding glass door before I had the chance to question her. I didn't see her again until September when her whereabouts were turned into the police, and she was addicted to meth.

Rehab bridged the gap between the months she had been missing and returning home. One day, when she was still in an Oregon treatment facility, her young brother announced to his third-grade classmates and a handful of their parents that his sister was in rehab for meth. I watched smiles drain from the faces of the adults as they stepped away from me. Shock hit the children and the room fell silent. Our telephone at home stopped ringing. Those who had regularly called to schedule playdates with my son no longer sought out his

company, and I was no longer invited to attend gatherings in our neighborhood. My reaction? I wondered if they realized how incredibly blessed they were not to identify with the road our family was forced to walk.

And then something wonderful happened. As word of our situation spread, a parent I hadn't met before approached me. Without looking me in the eyes, she inquired, "I understand your daughter is struggling with drugs. My son is too. How do you handle it?"

And I might not have learned that collateral beauty is real and that it can be found in the most bleak of circumstances because God is always present.

That was the moment my life changed forever. In the middle of the hell I had been doing my best to blindly navigate, I realized I could turn my excruciating pain into a victory for God! Only if I was willing to set down my pride could I effectively focus on supporting others. In this area of my life,

there was no place for shyness. For nearly two decades now, I've shared my experiences with those who approach me in need of support.

Throughout this journey, the person I once was has been stretched into someone new. Would I have chosen this road? Probably not, but I would have missed the opportunity to hold the light for those who are lost in a similar darkness. And I might not have learned that collateral beauty is real and that it can be found in the most bleak of circumstances because God is always present.

When we hold each other up in this fallen world, we get an early taste of Heaven and that's definitely something worth shouting about.



The Scroll Editorial Policies

- Members and friends of PCC are encouraged to submit original work, including but not limited to, Testimonies, Book Reviews, Creative Expressions, and Healthy Recipes.
- Please limit your submissions to original work.
- Please submit your material electronically. The preferred format is a Word document.
- Please limit your word count to 650 words or less.
- All submissions will be edited by *The Scroll* Editing Team.

If you would like to receive an electronic version of the newsletter, please send your request to latonjab@hotmail.com.

Women of the Bible—Widow of Zarephath

Sister La'Shandra Perkins

Name: Widow of Zarephath

Her Character: She embodied faith, resilience, and remarkable courage that shined through her darkest moments.

Her Sorrow: She was a widow during a famine without support, and then her son died.

Her Triumph: She had unwavering faith and obedience. Despite her desperate circumstances, she trusted God's promise. God performed two miracles in her life: her flour and oil did not run out, and her son was restored to her from death.

Key Scriptures: 1 Kings 17:7-16

This is a fascinating story I heard in church growing up. As I studied and researched, I discovered so much more meaning and understanding of what this woman and mother faced. Once again, we're dealing with a widow who can't support herself. But there's a difference because the Widow of Zarephath had a son, so she didn't need a relative redeemer like Naomi and Ruth did. The Bible didn't mention how old this son was, but we know her son wasn't old enough to support them, so there was no income in their home. There had been a famine in the land for approximately 3.5 years by the time the prophet Elijah came into her life.

What would you have done if a stranger approached you and asked you for the last of everything you had?

The widow had already made up her mind that she was going to cook the last of her supplies for her son and herself and then wait to die from starvation.

Elijah asked her for water and a piece

of bread. The bread would use the handful of flour and the little bit of olive oil she had left.

She wasn't an Israelite, but she believed. She was a gentile from the same country that Elijah's enemy, Jezebel, came from. This shows that God will use anybody to ensure that His word is carried out and fulfilled. The widow could have sent Elijah away and carried on with her plan. She didn't; she trusted Elijah. Maybe God was speaking to her as well, and she was using spiritual eyesight. She did what he asked of her, and she saw that what he said was true: her oil and flour lasted throughout the famine.

Elijah took board in her home. This shows the widow's generosity and that God always provides. As I studied the scripture, I noticed there's no timeline to show how long Elijah was with her. It could have been days, months, or years. Then the widow suffered another tragedy. Her son fell sick and died. 1 Kings 17:17 (NIV) says, "*Some time later the son of the woman who owned the house became ill. He grew worse and worse, and finally stopped breathing. She said to Elijah, 'What do you have against me, man of God? Did you come to remind me of my sin and kill my son?'*"

We don't know what sin she's referring to, but Elijah did what he knew best. He asked for the boy, took him to his room, laid over him three times, and asked God to restore his life. Let us pay attention to other resurrections in the



Bible. Outside of Christ, there are three occurrences: Lazarus, Eutychus, and the widow's son. The only resurrection that occurred based on the person's will alone was Jesus' resurrection (because He is God incarnate). Her faith was tested with the death of her son. She'd already lost her husband; then her son was also gone, and she was destitute. But God restored her son, and Elijah brought her son to her. She truly knew then — if she had any doubt — that he was indeed a man of God.

This story tells us to always be generous with our time and our resources. It reminds us to help those less fortunate because we never know who is in dire need or when we're entertaining angels. We used to wear WWJD bracelets and put WWJD stickers on our cars. This woman shows us precisely the roadmap of how God wants us to receive one another and to look out for one another. As much as we like to use our natural eyes, seeing things with our spiritual eyes aligns us better with our story and destiny. Let us be more like the Widow of Zarephath.

As much as we like to use our natural eyes, seeing things with our spiritual eyes aligns us better with our story and destiny.

Men of the Bible—Samuel

Sister Cassandra Broomfield

Name: Samuel

Meaning: Name of God

His Character: He was upright, just, righteous, and fair.

His Sorrow: He mourned for Saul.

His Triumph: He was a prophet of the Lord and brought God's word to Israel.

Key Scripture: 1 Samuel

Samuel the Prophet went to God on behalf of the people. They wanted to be like other nations. Samuel tried to reason with them. God spoke to Samuel and said for him to relay to the people what a king would demand from them. He told Samuel to tell the truth about what happens when a man is put in charge of other men. Samuel told them that a king would take their sons and work them hard; he would make them build, plant, march into battles, and fight. A king would take their lands, vineyards, olive yards, animals, young women, and young men. He would take what he wanted and make all his servants (1 Sam. 8:11-17). Samuel must have been horrified to discover, after all that he had described to them, that they still cried out for a king. Nevertheless, Samuel anointed Saul king (1 Samuel 10:1).

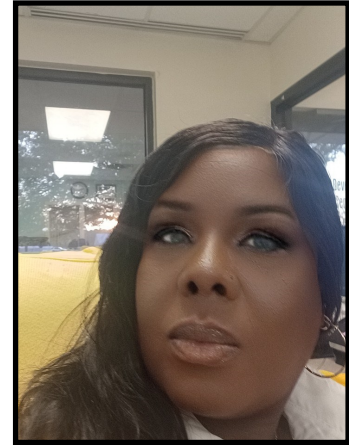
Samuel was well known as a priest of God. Everyone throughout the region knew that God spoke to him. They knew that God made him a prophet and judge over the people. They knew that God had chosen Saul as king. Although Samuel was hurt that his work, trust, and hope was lost on Saul, he hoped

that there were still things that could help Saul become the king that God had ordained. If only Saul would stop being prideful. If he could learn to follow orders as well as give them. If he could understand the assignment. These were the skills that the priest of God tried to instill in Saul to no avail, and Saul lost favor with God. Samuel was deeply sorrowful because God rejected Saul as king, and God regretted making Saul king over Israel (1 Sam. 15:35).

Samuel was mournful after God rejected Saul as king. God spoke to Samuel and told him to get up and fill his horn with oil and go (1 Sam. 16:1). I find this intriguing because the man of God — the priest, prophet, and avenger — began questioning God. He was concerned about Saul's impression of why he was traveling through the town and how Saul would react. God gave him a viable reason for traveling through, so Samuel went.

It seems to not matter that they are leading us away from our vision, destiny, and purpose. All that seems to matter is that we look good with them.

surely this was the anointed one. God's response was no and to stop looking at the outside of men. To look where God looks — at the heart. Jesse brought out seven sons and all of them were rejected. Samuel asked Jesse if he had more sons. Jesse's response was just the youngest, who watched over the



sheep. Samuel told them to bring David to him. When David got there, Samuel saw something that the others did not see. He looked good on the outside, and his heart was pure. God told Samuel to anoint David because he was the one (1 Sam. 16:1-13).

So many times, we surround ourselves with those we think are good people. They may have power, wealth, influence, or even knowledge. We overlook their flaws because they have something that may benefit us. It seems to not matter that they are leading us away from our vision, destiny, and purpose. All that seems to matter is that we look good with them.

We need to do as God directed Samuel to do. Stop looking at the outward appearance. Look closely at and listen spiritually to their heart. The truth of them will be revealed when you see their heart. Does their heartbeat resemble the heartbeat of God? If not, do as God did to Eliab. Reject them!

Your Money Matters—Taking Inventory

Sister Mei-Li Thomas

This is the time of year we take inventory of goals set at the top of the year. It is also the time that recreational spending ramps up for summer. What are we to do when we are trying to live our best lives for our current and future selves?

It has been said that Instagram and TikTok are the millennial's QVC. I can't even measure the dollars spent on products advertised on social media. This goes against my 2024 finance goals of 1) increasing my financial literacy, and 2) reducing my debt. Though I am chipping away at the iceberg that is my financial anxieties, these algorithm-induced purchases make it feel as if I'm using a thumbtack vs. a more effective axe. As a single mother of two, my social media spending habits are more about preserving my sanity than trying to show my wealth. Your reasons may be different. Either way, the easy click-and-pay structure of social media purchases can be tempting but detrimental. Which brings us back to our original question: What are we to do when we are trying to live our best lives for our current and future selves?

I started to see a nutritionist to get a handle on postpartum weight loss, and my nutritionist introduced me to the Hunger Scale. This scale goes from 1-10, 1) being famished and 10) being overly full. She encouraged me to take inventory of where I was on the scale before, after, and during each meal to prevent unintended starvation and over feeding. I decided to apply that to my spending habits. Since one of my 2024 financial goals is financial literacy, I have sought audio book resources that will help bring awareness to the psychology around spending. My current two favorites are *You're a Bad A* at Making Money* by Jen Sincero and *Worth It* by Amanda Steinberg. Both shift away from the traditional

budget tracking narrative and emphasize being aware of the stories we tell ourselves about money that influences our spending. In *Worth It*, Steinberg explicitly details the dangers of sleepwalking through financial management. The concept immediately took me to the conversation with my nutritionist about the use of the Hunger Scale. I have been sleepwalking through spending while trying to build generational wealth and eliminate debt, and just like my weight, I haven't seen much traction.

As I delve further into my education of fitness and finance, I am learning that there are similarities between the oversimplification of their general concepts. To lose weight, burn more calories than you ingest; to save money, save more than you spend. We know it's not that simple. There are factors that influence how one loses weight just as there are factors that influence spending and ability to save and invest in the future. Here are the steps that I am taking to tackle both.

First, tell your story. Get familiar with justifications. Decisions are influenced by stories we tell ourselves. Taking a step back to review our bank statements and debt repayment plans over the last 30-90 days will help unearth the places where we have sleepwalked through financial habits. It displays where we have prioritized finances and where changes need to be made to reach goals while also making room for fun stuff.

Secondly, address what I call the *Anxiety Iceberg*. Are you like me and picking away at an iceberg with a thumbtack? Many Americans are familiar with debt and trying to navigate life with anxiety about how to make it from one paycheck to the

next. The lack of financial stability and a bleak economic outlook is enough to make one disassociate just enough to avoid consequences such as eviction/foreclosure and repossession, but not enough to build wealth. Now that you have taken the steps to stop sleepwalking through your finances, it is a good idea to take inventory of what is giving you anxiety.

Lastly, building your Net. Net worth is defined as assets (home, investments, and items that appreciate) minus liabilities (debt, mortgage, and items that depreciate). There are many opinions of how to build your net worth. I am interested in Steinberg's order of priority for building net worth. First, build an **emergency** fund that will cover, at minimum, one month of expenses. Second, pay down **debt** as much as you can as fast as you can. Third, build your **retirement** fund after calculating how much you need to cover expenses up to 10 years past retirement. And, **Invest**. We have discussed investing in previous *Scroll* issues, and I recommend revisiting those articles to utilize the listed resources.

To lose weight, burn more calories than you ingest; to save money, save more than you spend. We know it's not that simple.

Fit for the Kingdom—What’s Happening with Your Body?

Minister Demetrius Robinson

Every morning when I get out of bed, I ask myself this question: What is happening with my body? There are days I feel a tingling in my feet, an ache in my neck, or soreness from somewhere I don’t remember having yesterday. As we age, our bodies start to tell different stories and paint different pictures than what we remember in our younger years. It gets more important to maintain a healthy, honest relationship with your primary care physician year after year.

An annual visit to the doctor can save your life. During the annual visits, the doctor takes notes, documents findings and issues, and gathers data to measure lab results. The lab results really help keep a needle on the level of health of your body, and what may need to be done to improve it.

I firmly believe in a holistic approach to life; you must take care of your spiritual health, mental health, relationship health, financial health, and physical health. The way you take care of your body helps (or hinders) all the other areas of your life. If you are aware of your body, you can recognize when something is not right. If you do self-body exams on a regular basis, you can recognize when that mole is a little too big, something wasn’t there before, or you’re just not feeling right.

I used to experience chronic neck pain. This neck pain was, on a scale of one to ten, a fifteen, and I lived with it for years. I was a miserable soul. I did not know that there was relief until I went to my doctor, and I was set up with a sports medicine doctor who walked me through physical therapy. Guess what? I no longer have that pain. I learned how to stretch my neck properly and to know, when I feel extra tension in my neck, how to relieve it. If I was not aware of my body, I would still have that neck pain. Is that pain you feel normal? Ask your doctor when you see

them at your next appointment or schedule a special visit.

Now there are some symptoms that require immediate medical attention. If you feel any of the following symptoms, seek immediate medical attention:

- Chest pain or pressure and pain that radiates to your jaw or upper back
- Shortness of breath or difficulty breathing
- Intense headaches
- Allergic reactions/anaphylaxis
- Unexplained weight loss
- Unusual bleeding
- Intense flashes of light or increase in floaters
- Swelling of the legs without injury
- Sudden, severe, or recurring abdominal pain
- Fever
- Sudden confusion or change in mental status
- Severe dizziness
- Chronic fatigue
- Changes in bowel movements or habits
- Weakness, numbness, tingling, or facial droop
- Suicidal thoughts or feelings of worthlessness

It is helpful to understand the signs and symptoms of the issues above. It is critical that you know your body. No one can know your body for you, but if you’re willing to share and be open and honest with your primary care physician, help is available. Talk to your doctor and explain what’s going on to get better. Advocate for yourself if you need to because you are the expert on your body and know when something is off. Don’t ignore the signs or changes no matter how small. And, if your doctor is not responsive, seek

another doctor. Don’t wait. Your body is trying to tell you something. Listen.

Also remember how mental, emotional, and spiritual health impact the health of your body. As mentioned above, as you are trying to figure out what is going on with your body, use a holistic approach because everything is connected.

I firmly believe in a holistic approach to life; you must take care of your spiritual health, mental health, relationship health, financial health, and physical health.

Happenings and Events

Bible Study—Wednesdays at 7:00 p.m. preceded by prayer at 6:30 p.m.

Family Prayer—Saturdays at 9:00 a.m.

PCC Cover Person Continued

Minister Kimberly D. Garrett

What steps do you take when you make decisions? I go into prayer, keeping my spiritual ears open for direction, and I seek trusted Godly counsel.

What is the most challenging/exciting experience you've had so far? No matter how many times I experience it; after months of rehearsals, finally making it to premiere day for my stage productions is always exhilarating and well worth all the ups and downs experienced along the way.

What does friendship mean to you? Mutual trust, loyalty, and reciprocity.

Tell us about your most important friendships and what you like to do with your friends. My most important friendships are with individuals where we experienced good times as well as bad times and both parties remained steadfast no matter what. As friendship evolves, we aren't always our best selves. But, as time progresses, we have spent enough good quality time together that we get to know the true character of each other, so we have no problem weathering the storms. Their storm is my storm, and my storm is their storm, and we love, support, and pray for each other every step of the way. I

One of the many things I've learned over the years is serving God requires a humble, teachable heart and much flexibility.



enjoy good quality time together; I love a good competitive game night just as much as I love sitting around talking and laughing.

What is your favorite scripture(s)? Isaiah 40:31 because I have **much up** before the Lord, and I trust **He will** do it for me. Jeremiah 29:11 has been spoken over me many times by various people. Psalm 18 in its entirety; this division has saved my mind many times during multiple difficult times in my life.

Spiritually, what are your long-term goals? I really just want to keep my heart, mind, and hands clean and have a spirit of obedience, so I remain in position to be used by Him at any time in any way He sees fit. One of the many things I've learned over the years is serving God requires a humble, teachable heart and much flexibility.

Pentecostal Covenant Church

10033—55th Avenue South
Seattle, WA 98178

(206) 725-7469

pccchurchoffice3@gmail.com

www.pentecostalcovenant.org



**Pastor Hairston
Minister Jo Ann**

PCC Board of Officers

Board Members

Suffragan Bishop W. T. Hairston, Pastor/Chairman

Minister Terry Hairston,

Associate Pastor

Sister Sandra Moore-Jones

Minister Jo Ann Hairston

Sister Marla Brown

Deacon Board

Deacon Marcus Polk

Deacon David Jones

Deacon-Elect Curtis Matthews

Trustee Board

Trustee Larry Boyd

PCC Scroll

Founded in 2002

Summer 2024, Volume XXIII Issue III

Publisher: PCC

Editors: LaTonja Brown, Crystal Hairston, Jo Ann Hairston

Contributing Writers: Cassandra Broomfield, LaTonja Brown, Kimberly D. Garrett, Crystal Hairston, Jo Ann Hairston, Amy Pemberton, La'Shandra Perkins, Demetrius Robinson, Mei-Li Thomas, Pat Thompson

Layout/Design: LaTonja Brown