



PCC Scroll

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

Word of the Quarter—Manifestation: Courageously walking through open doors

Editing Team

In this issue of the *PCC Scroll*, we are concluding the overarching theme “Asking, Seeking, and Knocking.” In the series, we covered the topics “Asking: What are the wonderings that rest on your heart?”, “Seeking: How are you proactively searching/moving?”, and “Knocking: Being persistent in your quest.” In this issue, we come from the subject “Manifestation: Courageously walking through open doors.”

Imagine—if you will—a person has prayed and prepared for a door to open that fulfills their wildest dream. Then, when the opportunity arrived, they were so paralyzed by fear, insecurity, and self-doubt that they were unable to walk through the door. The Children of Israel almost had this moment at the Red Sea. “What if we drown?” “What if the army overtakes us?” “Have we made it this far only to die?” They seemed to forget the past and looked back at what they had in Egypt with longing because what they knew was better than an unknown—and from their viewpoint uncertain—future.

They forgot the bondage, hard labor, and suffering. They forgot the many times they had cried out to God for rescue. They forgot the promises of God. They forgot the miracles that God had already done that got them

to that moment in time. There is an important lesson we can take away from this: It takes as much faith to walk through the door as it takes to get there. We can expect some resistance—whether external, internal, or both. When the editing team met, we talked about Red Sea moments, and each editor shared a time when a door opened, and they were faced with two choices. One: give into fear, insecurity, and self-doubt. Two: walk boldly through the door with the faith that the God who had brought them this far would not leave them.

One editor shared starting a children’s choir. She had been dreaming, asking, seeking, and knocking. She had made connections, and she had support. When everything fell into place and the door opened, she realized that getting to that point was not enough. It would take courage to put aside and navigate fear, insecurity, and self-sabotage and walk through the door with faith that God had equipped her.

Another shared when writing opportunities began to come. She thought of a million reasons why she should not pursue them. In the end, it was fear. Fear of opening her writing and

words to criticism. She decided that she would rather be someone who had the courage to create. She also felt like part of her responsibility as a writer was to give a voice to the voiceless by putting into words what someone felt but could not find the words to express.

Another shared when she was getting married for a second time. She was afraid of getting into another relationship, and she wondered if she could make it work this time. She felt like she was not ready and that it was too soon, but God spoke to her. He told her to go ahead because this marriage was ordained, and He would be with her. She felt she could rely on God’s voice and not her own feelings or past.

We will all have a Red Sea moment. A moment we are afraid of going after what we want. A moment we have angst about walking into the unknown. It will take faith to believe that God equipped you for the other side. Otherwise, fear, insecurity, and self-doubt will consume you to the point that you become paralyzed. If God opens a door, release the doubt, accept the blessing, and have the courage and faith to walk through it.

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The common thread or theme found among those mentioned above is that they understood that their purpose was greater than themselves.

From the Archives—Purposed for the body

Editing Team

We pulled this previously published “Word of the Quarter” from the archives. Your purpose is needed in the Body, so let your gifts and talents manifest!

Jeremiah 29:11 is one of our favorite scriptures. It reads, *“For I know the thoughts that I think toward you, saith the Lord, thoughts of peace, and not of evil, to give you an expected end.”* The words were spoken to the prophet Jeremiah. God was letting Jeremiah and the Children of Israel know that they were in His hands, there was still hope, and God would see His purpose fulfilled.

Look at the story of Joseph. Joseph knew that God was with him. He just had to follow through and be obedient to God. He had to be patient, have faith, and walk through his journey even when he was sold into slavery and even when he was falsely accused and imprisoned. Despite his challenges, God used his natural and spiritual gifts to create opportunities. In the end, the situations that were meant for his harm ended up being for his good and the good of his family.

Look at the story of Moses. When Moses discovered who he truly was and his purpose, he walked away from a life of comfort and leisure into the unknown. He realized his purpose was greater than himself. His purpose was to lead the Children of Israel out of Egypt, and he had to look fear, insecurity, and self-doubt in the face to accomplish his destiny.

Look at the life of Jesus. He knew His purpose, and He walked into His purpose even unto death. Every lesson He taught and every miracle He performed was a journey to the Cross. His willingness to die so that we may

live through His death, burial, and resurrection is such a remarkable display of His love for us.

The common thread or theme found among those mentioned above is that they understood that their purpose was greater than themselves. God’s words to Jeremiah were not just for him. They were for the people of God. Joseph’s success was not just for him. It saved his family. Moses’ purpose was not just for him. The people needed to be led out of bondage. Jesus did not come for himself. He came that we may have life, abundant life.

What is your purpose? What is your unique giftedness or your part in the Body of Christ? 1 Corinthians 12 talks in length about our spiritual gifts. We all have different gifts, and all of these gifts are working for the same God and purpose. Each part is as equally important and there are no little roles. It is very important that you see yourself as part of the body and know that your part is valuable and needed by the rest of the body. We need you!

If you are struggling to find your gift and purpose, it may be very useful to take a spiritual-gifts inventory. Then use your gifts for the Kingdom of God.

The words given to Jeremiah apply to us today. We need to be willing to step out of ourselves and be used by God. Amazing things happen when we find and walk in our purpose. It is important to know that things do not just happen overnight or quickly. But keep going. Regardless of our challenges, God is creating opportunities for us to walk in His purpose. Let your gifts manifest and courageously walk through the doors God opens for you.

Editor's Corner—Manifestation: Courageously walking through open doors

Sister LaTonja Brown

My last birthday brought me a few years shy of 50. As I edge toward this milestone, I become more aware of the passage of time. How quickly an hour becomes a day, which becomes a week, which becomes a month, which becomes a quarter, which becomes a year, which becomes a decade. My 30-year high school reunion is this summer, and it is a perfect example of the quick passage of time.

There are a few loose goals I have for 50. Things like paying off my mortgage and traveling to all of the continents. And also answering that ever present question of, “What do I want to be when I grow up?” One thing that is clear is that I do not want to hit the end of my life and have a list of regrets or things I “coulda,” “woulda,” or “shoulda” done.

As I do each year, I wrote out my “State of LTB.” It helps me hone in on what is happening in the current season of my life. It is my personal Habakkuk 2:2 moment of writing down the vision and making it plain, so that I can run toward it. For me, visualization is a huge piece of the puzzle. Major events in my life have tended to start with me seeing them in my mind first. So, when I begin visualizing something, I prepare for what I have seen manifest. As a verb, the word *manifest* means to *make evident or certain by showing or displaying*.

My goals fall into two categories: short-term and long-term. There are things I want in the next few years and there are things I desire to do at some point in my life. The long-term goals are items that I am not quite sure how they will manifest. I just trust that, if God placed something in my heart, there will be a point in time when I will begin to visualize it, and it will come to pass.

One area of my life where I am starting to see manifestation is writing opportunities. But opportunities also came with fear. Jeremiah 1:8 tells me to not be afraid of their faces. As a writer, I am always fearful that I will have a grammatical or punctuate error in an article. As an editor, I am always fearful that I will miss something major when editing an article. At the end of the day, I cannot hold back an article that is pressing on my heart or a whole newsletter because of fear that someone is going to find an error. If I did that, I would never create. In a world full of Statlers and Waldorfs, I would rather be someone who has the courage to create than someone who sits in the audience full of criticism.

I see the saying, “Be afraid, and do it anyway,” a lot, and it something I try to remind myself. Afraid I put “there” instead of “their,” but I hit publish anyway. Afraid I put “four” instead of “for,” but I hit publish anyway.

**Jeremiah 1:8
tells me to
not be afraid
of their faces.**

When faced with the choice to be a creator or a critic, choose to



be a creator and ignore the Peanut Gallery.

Ecclesiastes 3 reminds us that there is a season and a time for every purpose. Let this be your season of manifestation. A season where you harvest every seed you have planted and nourished. A season where God fulfills the desires and dreams of your heart. A season where you look fear, insecurity, and self-doubt in the eye and choose faith over fear. A season where you live out the promises of God in your life. A season where you courageously walk through any door God opens knowing that He has equipped and prepared you for such a time as this.

Recommended Reading:

- John 4
- Exodus 2, 4, 6

Women of the Bible—Woman at the Well

Sister La'Shandra Perkins

Name: Known as the Woman at the Well

Her Character: Despite her circumstances, she was tenacious in her determination to share her encounter with Jesus with her city.

Her Sorrow: She was a social outcast.

Her Triumph: Her encounter with Jesus changed her life.

Key Scriptures: John 4:7-42

The Woman at the Well was a Samaritan woman. She came from a race that Jews did not associate with at that time. Jesus set out to change that and took a route through Samaria to spread the word of God, change lives, and to show compassion, love, truth, understanding, and acceptance. He was intentional with speaking life into the Samaritan woman—quenching a thirst that she had. Jesus knew that she would be a vessel that He could use as a mouthpiece to spread the word of God.

Although she is never named, the Samaritan woman had the longest conversation with Jesus in the book of John. Because she had had five husbands and the man she lived with was not her husband, she was a social outcast. In the past, she may have gone to the well in the morning with the other women to draw water for the day. She would have joined in the socialization and the laughter but that was no longer the case. Now, she went at the hottest part of the day to draw water. It was her solace and a time away from the snickers and evil looks. She knew how she lived was not right, and I

believe she did not know any other way and was stuck. Then a man at the well opened her eyes and gave her insight.

At the well, Jesus asked her for a drink. She was astonished that a Jewish man would speak to her, let alone ask her to draw water for Him. She showed courage in John 4:9 and asked how He (a Jewish man) could ask her (a Samaritan woman) for a drink. Verse 10 reads, “Jesus answered her, “If you knew the gift of God and who it is that asks you for a drink, you would have asked him, and he would have given you living water.” Her exchange with Jesus changed her outlook

Through her life, Jesus demonstrated His care for all—no matter their social status or if they were Jew, Gentile, or Samaritan.

on life and gave her hope for more than what the natural world offered.

Jesus told her about herself and all that she had done. She recognized that the man she spoke to was a prophet and learned that He was the Messiah. He offered salvation—through living water—that could only come

from God. When the Samaritan woman believed what Jesus was saying, she did not keep it to herself. She ran and shared her testimony with her community—which took courage—because she no longer cared about what others thought of her. She had met the Messiah, and He had freed her mind and opened doors that she never thought possible. Many Samaritans believed because of her testimony, and many more believed after they met and heard Jesus.

Through the Woman at the Well, Jesus shows us that He came to save us no matter our circumstances. We do not have to be over our sins. We can be in the midst of them, and His power delivers, frees, and gives us salvation. The encounter changed her life and the life of her community. Even though she went against the normal societal standards, she did not hide away. She adjusted her life in a way that put her in the right place at the right time to be filled by living water and never thirst again. Through her life, Jesus demonstrated His care for all—no matter their social status or if they were Jew, Gentile, or Samaritan.

Prayer Requests:

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



Men of the Bible—Moses

Sister Cassandra Broomfield

Name: Moses (Hebrew: Moshe)
Meaning: To pull out, draw out
His Character: He wanted to please others, first Pharaoh and later the people. He was fearful, a doubter, a servant, and a law giver.
His Sorrow: He was unable to enter into the Promised Land.
His Triumph: He led the Israelites out of Egypt, spoke with God, and saw the hinder parts of God.
Key Scriptures: Exodus 2:2, 3:11-4:12

The Hebrew people grew large in number after having many children. To control the population, Pharaoh wanted to have all boys under the age of two killed. When Moses’ mother saw him, she knew that he was different and special. She took a chance and decided to keep him hidden. When he was three-months old, she placed him in a woven basket and put it in the Nile River. Pharaoh’s daughter found the basket while bathing and raised the baby as her own. She even recruited his mother to nurse him.

Moses grew up learning both worlds. He must have been a very complicated and confused young man. He lived in a palace but felt a connection to the pits. He never quite fit in with either world. The people who were enslaved did not trust him because he lived in the palace. The people in the palace did not trust him because he was Hebrew. Just like all of us, he just wanted to fit in.

One day, while walking and observing the Hebrews as they were working, he saw one of the Egyptian overseers beating a Hebrew. He tried to break it up, but he accidentally killed the Egyptian in the process. Moses hid the body and thought that, because he had defended them, he would be accepted. The very next day, he witnessed two Hebrew men fighting, and he pleaded with them to stop. Rather than ending their brawl and walking away, they asked him if he was going to kill them like he did the Egyptian.

Moses became frightened and—knowing the consequences—ran away. He ran until he came to rest in Midian. There, he married, had a son, and was enjoying his life. For forty years, he was comfortable and relaxed. One day, while attending to sheep, he saw a bush. The bush seemed to be on fire, yet it was not consumed. There was a voice, which identified itself as the voice of God, that commanded him to remove his shoes because he was standing on Holy Ground.

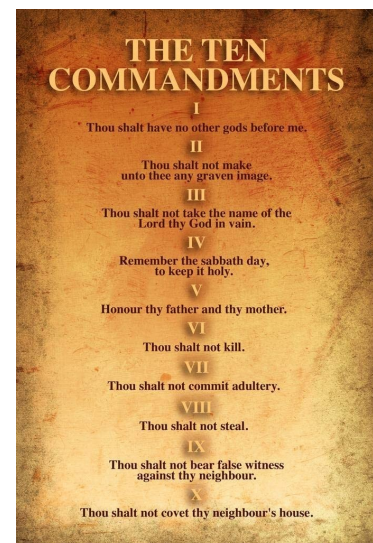
Just like all of us, he just wanted to fit in.

God told Moses to go back to Egypt and tell Pharaoh—the son of the previous Pharaoh—to release the Hebrew captives. Moses argued with God that he was slow in speech. He also had questions. Who shall I tell them sent me? Who will believe me? How can I convince them? God addressed his concerns and answered his questions. He was shown signs he could show to help

Pharaoh believe that God had chosen him.

Moses had remained hidden for forty years, and God sent him out into the open. The mission of convincing the people to be free was as daunting as convincing Pharaoh to release the people, and both sides were complaining and doubting. Moses performed the miracles that God had shown him, and God sent locusts, flies, frogs, hail, and eventually death to the first-born sons of the Egyptians.

Moses—a man who overcame weaknesses, fears, disabilities, and self-doubt—answered the call of God and led a nation to the promises of God! He dealt with murmuring, complaining, hungry, hot, cold, and lost people, but he managed to get them to the Promised Land. Although he would not go into it himself, he was able see the Promised Land.



Your Money Matters—Pause

Sister Mei-Li Thomas

When I originally wrote the article for this issue, the world did not feel as gray as this Seattle weather. But, after the past month, a rewrite felt appropriate. I do not know about you, but I have been feeling heavy, overwhelmed, and a bit foggy. While celebrating the birth of my son, I am simultaneously mourning the loss of our elders and children around the nation. I found myself numbing emotionally and spending any disposable income on self-indulgences like takeout and kids' clothes, then feeling guilty about it after the fact. Can you relate? It is no surprise that our spending habits are related to our mental health and that the former can give us insight into the latter. So, for this issue, I leave us with one word: *Pause*.

The second half of the year normally finds us reflecting, reevaluating, and tracking the progress of long-forgotten New Year's resolutions. Today, I encourage us all to take a break, be still, and know that God is. When you are ready to ease back into thinking about your finances, I encourage you to review the previous "Your Money Matters" articles from this year. Begin with the end in mind. What has changed for you in the past six months? What feels too heavy? What brings you closer to your chosen quality of life? Does your New Year, New Loot strategy still resonate with you? Keep it! No longer working? Scrap it! Now is the time to Pause and be gentle with yourself. Do not take on a new project until you have sat with yourself and God and really

tapped into how you are feeling. For some more researched insight into the connections between mental health and our money habits:

- [Purdue University Study: Mental wellbeing inherently connected to financial wellness](https://www.purdue.edu/newsroom/purdue/2021/01/mental-well-being-inherently-connected-to-financial-wellness.html) <https://www.purdue.edu/newsroom/purdue/2021/01/mental-well-being-inherently-connected-to-financial-wellness.html>
- [You Need a Budget: Money and Mental Health: Budgeting as Self-Care](https://www.youneedabudget.com/money-and-mental-health-budgeting-as-self-care/) <https://www.youneedabudget.com/money-and-mental-health-budgeting-as-self-care/>

These two articles discuss the less obvious—but very real—ways mental health issues show up when facing financial stressors and provide resources for all ages on how to deal with them. I have also provided a few journal prompts below to aid in attempts in clearing any mental fog and help you get back into your emotions.

- Three things I can smell are _____, _____, _____.
- Three things I can see are _____, _____, _____.
- Three things I can physically feel are _____, _____, _____.
- Three things I can hear are _____, _____, _____.
- Three things I can taste are _____, _____, _____.

- The first Bible verse that comes to mind is _____. This makes me feel _____.
- Lately I have been spending money on _____. That is okay because _____, and I am grateful for/because _____.
- Now that I am tuned in with myself I will _____, and I forgive myself for _____.

But, until you are ready, Pause.

I found myself numbing emotionally and spending any disposable income on self-indulgences like takeout and kids' clothes, then feeling guilty about it after the fact.



Fit for the Kingdom—Trying something new

Sister LaTonja Brown

I do not know about you, but I sometimes get into a food rut. So, I am trying to spruce it up. I have been trying to eat healthier overall, and I am learning that eating healthier does not mean only eating bland foods. I am also learning that eating healthier foods does not mean that I can ignore **total** caloric intake.

I like to sneak in fruits and vegetables. For example, I have begun making eggs scrambles for breakfast and dinner. I can add spinach, bell peppers, and tomatoes, and eat it with half an avocado (seasoned lightly with salt and pepper) and fresh fruit on the side. For breakfast, I have two other favorites. One is oatmeal topped with a sliced banana, chia seeds, and a tablespoon of peanut butter. The other is yogurt topped with granola and fresh fruit. During lunch or dinner, I like to have a salad. For protein, I normally add two boiled eggs or tuna. I also add fruit (fresh or dried), cheese, and nuts. For dinner, I often have some medley of Brussel sprouts, carrots, broccoli, and cauliflower. I toss the vegetables in olive oil and season lightly with salt and pepper. I have also began creating my own trail mix, and, when the mood strikes, I make homemade salad dressing.

Planning a barbecue? No problem. During the summer months, we have so much local produce available, so take advantage. Perhaps replace (or reduce) chips with a medley of your favorite summer fruit. For meat options, opt to grill salmon or chicken. Also, instead of using

ground beef for hamburgers, use ground turkey or chicken. This of course does not mean you cannot have ribs, hot links, hot dogs, ground beef hamburgers, or chips. I am all for moderation, so mix in healthier choices.

There are plenty of other substitutions we can make every day. For example, a salad instead of French fries and baked chicken instead of fried chicken. Other quick substitutes are turkey bacon instead of pork bacon, brown rice instead of white rice, and whole-grain noodles instead of regular noodles. Try to make water your beverage of choice because juice and soda are full of calories and sugar. Limit eating out as well. Love Chipotle bowls? Try making one at home. Love pizza? Try making one at home from scratch.

Summertime also means nicer weather and longer days, so go out and enjoy the sunshine. Whether biking, walking, or jogging, invite a friend to join you. Meeting a friend for brunch? Why not prolong your time together with a quick 30-minute walk before or after? Sister Deidre teaches weekly MixxedFit classes. Contact her for more information. If you have a garden, summer is the perfect time to get busy. You not only get exercise; you also get fresh produce. Exercise is also a great stress reliever, so it helps with your mental health.

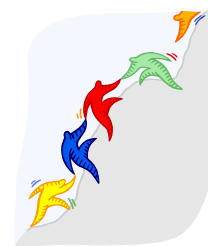
There is a difference between being stable and being stagnant.

Speaking of stress, handling stress is another area where trying something new could benefit your overall health. Stress is a silent killer. Exercise is a great way to relieve stress and tension. I also use journaling as a way to release and organize my thoughts. Other ways to relieve stress could be taking a bubble bath, meditating, getting a massage, or talking to a trusted friend or a therapist. Be sure to use your paid time off for travel, a staycation, or a mental-health day. *Self-care* is not just a buzz word. It is a crucial part of managing stress.

While dealing with your physical and mental health, do not forget about your spiritual health. Need to spruce up your prayer life? Try having a prayer partner. Trying to study the Bible more? Why not research a topic that has been on your mind?

There is a difference between being stable and being stagnant. If you need to spruce it up, do so!

**Empowered by God
to Empower Others**



Creative Expression

Sister Ursula Lovely
Time

Are we paying attention at all?
If things suddenly happened,
would we be ready to answer God's call?

Have we been doing everything that
God has placed in our hearts?
Do you think our actions have placed
us at the finish line
or at the start?

We have to wake up because time
is moving so fast. We cannot continue
to hesitate. You see our future is quickly
becoming our past.

I know that we feel that we have all the
time in the world, and we feel that change
can wait. But, before we realize it, time will
be gone because we choose to procrastinate.

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.

Remember our ongoing food drive!

PCC Scroll Editorial Policies

- Members of PCC are encouraged to submit 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 600 words or less.
- All submissions will be edited by the *PCC Scroll* Editing Team.

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

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PCC Scroll

Founded in 2002

Summer 2022, Volume XXI Issue III

Publisher: PCC

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