



The Scroll

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

Guest Columnist—Are You Still Playing Spiritual Peek-a-Boo?

Minister Rachel Jackson

Scriptural References:

Exodus 2 – 4 (Emphasis: Exodus 2:11–14, 3:11–14); I Corinthians 13:11–13

“When I was a child, I spake as a child, I understood as a child, I thought as a child: but when I became a man, I put away childish things. For now we see through a glass, darkly; but then face to face: now I know in part; but then shall I know even as also I am known. And now abideth faith, hope, charity, these three; but the greatest of these is charity,” 1 Corinthians 13:11-13.

“But you are a chosen people, a royal priesthood, a holy nation, God’s special possession, that you may declare the praises of him who took you out of darkness into his wonderful light,” I Peter 2:9 NIV.

In child psychology, the concept of object permanence is considered an important developmental step. Object permanence refers to the ability to understand that something exists even when it cannot be seen. Most children develop some level of understanding of object permanence between four and 24 months. As they are developing object permanence, it is common for children to enjoy games like peek-a-boo. As object permanence is more fully developed, they move on to playing hide and seek. Child development researchers have realized that object permanence is closely related to a child’s ability to identify an object as well as their ability to understand their own existence and identity.

What trauma has hidden your identity from you, or made it hard to accept who God says you are?

While object permanence is considered a concept for child development, adults sometimes—in both our spiritual walk and in practical ways—have trouble employing this concept. We can assume, if I don’t see them, they don’t see me; or if I hide, then I will be safe.

Question: Do your actions show that you know that your ability to see something does not impact its existence?

In Exodus chapters two through four, we learn about Moses. We get a picture of how poor understanding of object permanence and lack of identity can impact a person’s decisions. Exodus walks us through the traumatic events impacting Moses as an individual and as a member of an oppressed people. It shows us how an abandoned infant became a God-sent leader freeing his people from slavery and oppression.

Moses was born during a horrific ethnic genocide. The Egyptian pharaoh ignorant of (unable to see) the spiritual significance of a people and afraid of their power and resilience (unaware of their identity/relationship to Egypt) attempted to weaken the Israelites through the mass murder of all newborn males. To save his life, Moses’ parents were forced to abandon him. He was raised in a privileged environment because of being adopted by the very people who



sought to kill and destroy him as an individual and to subjugate and control his entire race. Moses’ complex heritage and parentage likely left him unclear on his identity.

Question: What trauma has hidden your identity from you, or made it hard to accept who God says you are?

Affirmation: *“But you are a chosen people, a royal priesthood, a holy nation, God’s special possession, that you may declare the praises of him who took you out of darkness into his wonderful light,”* I Peter 2:9 NIV.

In Exodus 2:11–14, Moses saw an Egyptian overseer torturing an Israelite. *“He looked this way and that way, and when he saw that there was no man, he slew the Egyptian, and hid him in the sand.”* Although Moses thought his actions were hidden, he quickly learned that, although he hadn’t seen anyone, someone had seen him. It was not a secret that he had committed murder, and his life was again in danger. Moses fled Egypt and created a new home in Midian.

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Whose freedom is waiting for you to believe God about your identity?

Guest Columnist—Continued

Minister Rachel Jackson

Question: How have your “secret” sins controlled your decisions and actions? Knowing that, as believers, we are redeemed from sin, I encourage you to hear what God has to say about your “secret” sin.

Affirmation: *“But you are a chosen people, a royal priesthood, a holy nation, God’s special possession, that you may declare the praises of him who took you out of darkness into his wonderful light,”* 1 Peter 2:9 NIV.

Moses married the daughter of a Midian priest and began working as a shepherd. Isn’t it interesting, that generations later, after being raised by Egyptian royalty, Moses returned to the work of Jacob/Israel. And, in doing that physically hard and humbling work, Moses met God.

As Moses was busy tending his sheep, he saw a burning bush. As he moved closer to examine the bush, God called him. Moses met the God of his fathers, and God gave him an assignment to go and demand Pharaoh free the children of Israel. After receiving a call from God and a great assignment, Moses said, *“Who am I, that I should go to Pharaoh, and that I should bring forth the children of Israel out of Egypt,”* Exodus 3:11.

Question: Do you believe that you are who God says you are? Do your words show it? Do your actions show it?

Affirmation: *“But you are a chosen people, a royal priesthood, a holy nation, God’s special possession, that you may declare the praises of him who took you out of darkness into his wonderful light,”* 1 Peter 2:9 NIV.

God and Moses went through a series of questions and tests. God began by reassuring Moses that he was not alone. God shared His own identity and His relationship to Moses and the Israelites. God shared His plan to enrich the Israelites. Moses continued to question his own ability. In response, God gave him some of the most distressing miracles I can think of. God had Moses’ rod turned into a serpent then made Moses grab the



serpent by its tail to turn it back into a rod. God afflicted Moses’ hand with leprosy, then allowed him to cure it. God gave Moses the ability to turn water into blood. Even after the miracles, Moses continued to question his own ability to do what God had commanded him to do. Moses wanted to stay hidden in the shadows, but God had built in him an ability to lead, and Moses had to step into his leadership to accomplish God’s plan.

Question: Whose freedom is waiting for you to believe God about your identity?

Affirmation: *“But you are a chosen people, a royal priesthood, a holy nation, God’s special possession, that you may declare the praises of him who took you out of darkness into his wonderful light,”* 1 Peter 2:9 NIV.

In the end, Moses found the courage to obey God and led the people of Israel out of Egypt. As a people, the Israelites had their own identity crisis that Moses spent the next 40 years leading them through. Moses’ battle with his identity provides some important lessons for each of us. In your prayer time this week, spend some time asking God to reveal yourself to you. Pray that He gives you courage to walk boldly in your assignment, and remember no trauma, no rejection, no disability, or physical affliction can disqualify you from your inheritance. You are who God says you are.

Affirmation: *“But you are a chosen people, a royal priesthood, a holy nation, God’s special possession, that you may declare the praises of him who took you out of darkness into his wonderful light,”* 1 Peter 2:9 NIV.

Word of the Quarter—Coming Out of the Shadows

Minister Jo Ann Hairston

In the last issue of *The Scroll*, we began a new overarching theme, “Submitting to the Spirit of God” with the topic “Hearing the Voice of God.” In this issue, we continue with the subject, “Coming Out of the Shadows.” Instead of a regular article, we thought it would be appropriate to share a recent exhortation from Minister Jo Ann Hairston.

Hear me my people. Know that I am God, and my care and concern for you is great. I have a plan already ordained for you. Stop worrying, stop fretting, and stop overthinking what happened in the past. I’ve covered you, and I’ve protected you to bring you into this season.

Your season of blessing and redemption is here. I am pulling you out of things that you don’t need or shouldn’t be involved with. New doors are being opened. It may feel unfamiliar, but I will be with you, guiding you every step of the way.

Leave it behind. Walk away from those old negative thoughts and behaviors. I’m giving you a new walk, an anointed prepared walk. You’ll talk differently—one of faith—believing I’m directing you. Speak when I say speak. I will give you the right words at the right time.

I’m with you, my child. You are being prepared for greatness beyond your thoughts. “Hear and heed my Words,” says the Lord.

It is time for you to come forth using all the talents and gifts I have given you. Seek me as never before. Lay aside some things to hear my voice for the gift of prophecy, healing, intercession, wisdom, knowledge, miracles, discernment, and interpretation of tongues.

No one—not one—needs to leave without deliverance if you are willing to repent and receive. You can’t do this by yourself. You need supernatural power to walk through this.

Hear my words. Let them sink into your spirit and meditate on them.

I have called you, anointed you, and prepared you. Now it is time to move. Do what I have placed in your hands.

You have been called to step forward and say, “Yes, Lord to your will.”

“Surrender to my will,” says the Lord, “and I will open doors; people will call you at my direction.”

Be ready to accept the challenge that I am laying before you.

Some won’t understand the new image that I am configuring in you, but, in time, they will see the manifestation of what I am doing in your life.

Take authority over the enemy of your soul. I have given you power in my Name through the Holy Spirit.

Use it. Build yourself up in my Spirit and see how powerful you can be in my Name.

Run to me, not to what you used to do. You don’t need any of the worldly things to console, comfort, or give you joy. I am the great comforter. Rest in me and relax in my Spirit. I want to show you great and marvelous things.

The things you sing about will come to pass as you surrender.

There will be such peace, calmness, and joy.



Your Lord God is with you, preparing you for what is to come. Wrap yourselves in me and cover your heart in me.

You are prepared for the smaller things I have for you. I’m preparing you for greater things.

Some have really been hurt in their heart. I am healing heart issues. Heart issues you thought you were over and done with it, but you have allowed—at times—the enemy to bring back to torment you and to get you back in your feelings.

I’m washing the pain away; it’s becoming a distant memory. It will no longer affect the journey that I have called you on.

Be still and know that I am God. Heed the call and doors will open. My hand is upon you.

The gift of prophecy...receive it. It’s not what it looks like; it’s going to be different. “Let me do it in my own way and time,” says the Lord.

**Your Lord God
is with you,
preparing you
for what is to
come.**

Editor's Corner—Filling the Void

Sister LaTonja Brown

I recently spent many, many, many, many hours listening to *The Hobbit* and *The Lord of the Rings* (*The Fellowship of the Rings*, *The Two Towers*, and *The Return of the King*) on Audible. There is so much detail in the extraordinary world Tolkien created, and I have only just brushed the surface.

I have now begun the huge task of digging deeper into Tolkien's world by listening to *The Silmarillion*. It is my first time tackling this epic tale. There is a lot to absorb, and it will take multiple readings to fully take it all in. I am early in the book, but one word I keep hearing is *void*. The word *void* can be defined as, "a completely empty space." In the Tolkien world, the Void is the uninhabited space outside of time and creation. In certain context, it refers to the state of not being.

Knowing Tolkien's religious background, it is not hard to notice certain spiritual themes. There is an ongoing battle between good and evil. There are characters who start off shaky or lose their course who find redemption in the end. There are characters whose pride and ambition lead them to destruction. In listening to *The Silmarillion*, one can't help but think about the book of Genesis and the creation of the world. There was a void, and God filled it.

Since Genesis, the created have become creators by molding material provided by the Creator. Fueled with strong imaginations, we have come a long

way from the rudimentary tools found in museums worldwide. Countless inventions have been envisioned and eventually perfected, prototype after prototype. We have created boats to sail on the sea. We have created planes to fly in the air. We have made life-saving discoveries in medicine. Our imagination, it would seem, has no limit.

It was this desire to create that got Melkor, a character from *The Silmarillion*, in trouble, and it can sometimes get us in trouble. While God gave us dominion over the earth, we have always struggled with dominion over ourselves. If there is a void, it is in our nature to try to fill it, sometimes with unintended consequences.

We have 24 hours in a day and most of that time outside of sleep is spent doing something. We work. We spend time with loved ones. We watch television or read. We exercise. We eat. We do; we do; and we do. But, in all of our doing, how many of us are focused on doing our passion or what we were created to do?

We not only fill time with activities. We also find ways to fill our emotional spaces. When we are sad, we shop, eat, or mope. When we are angry, we lash out at the world around us. We can also fill the void with empty sex, illicit drugs, excessive alcohol, and other



coping mechanisms that are unproductive and unhealthy.

In relationships, when we sense uncertainty, we can fill voids with (mostly unvalidated) internal narratives. For example, we create a story when we think someone is upset with us. The story becomes reality in our minds, yet we never take the time to challenge or validate it.

When we attempt to fill voids, we fill them with everything but the thing that will fill it: walking in our God-given purpose. We are made to create. We are born with purpose and the gifts and talents to bring it to life. It is when we are out of alignment with our purpose and call that we begin to fill the void with unproductive and unhealthy coping mechanisms.

In this new year, ask yourself what you are filling your void with. Make sure they are things that bring you closer to God and fulfilling your purpose and calling in this life. Don't give in to fear. When given the choice to be a creator or a critic, choose to create. You were created to create, so get to it!

In this new year, ask yourself what you are filling your void with.

Testimony—Christmas Spirit

Sister Amy Pemberton

Christmas arrived early for me five years ago. A table wasn't set for an elaborate dinner. There was no meticulously decorated tree, no holiday music playing, nor were there stockings hanging by a crackling fire. Those details, which easily become our focus during the season, were not missed the year I celebrated Christmas in a parking lot.

After many Christmases of wondering whether or not my homeless daughter, Nora, was alive, I received a message from her asking to meet. Eagerly anticipating the date we had scheduled, I put my energy into preparing presents for her, including a warm blanket and several pairs of heavy socks. Things I prayed would keep my firstborn child warm as she slept in a tent throughout the winter. I also tucked in a chocolate Santa, identical to those I put in her stocking when she was a little girl.

My daughter, wearing the best clothes she had, walked toward my truck with a hint of a smile on her face, but her head was bowed because shame weighed too heavily on her to hold it up. She opened the door on the passenger side and

climbed in. As we hugged each other, she whispered, "I love you, Mom." Embracing her even more firmly, I replied, "I love you too, Baby Girl."

I'm often asked why I don't bring my daughter home to live with me. It's a question almost always posed by someone who hasn't had an addict in their life. My father was an alcoholic, and, as much as we pleaded with him to seek help, he took that step when he was ready and not before.

Nora had been to rehab for meth addiction when she was 15. Just a few months prior to our Christmas date, I had taken her to countless required meetings so she could enter

rehab again, but, at the last moment, she chose not to go. Her drug addiction had wrapped its gnarled fingers around her for 13 years, and she was the only person capable of prying it loose.

We spent nearly two hours together that afternoon. Toward the end of our visit, Nora pulled the foil-wrapped chocolate Santa



from the bag of gifts. Cradling it in her hands, she gazed at the figure and memories began to run down her face in the form of tears. Meth had taken so much from both of us, but it hadn't taken everything.

Deep hurt and pain had been written on the pages of our life before, but we wrote new pages that day. We set down our pride so we could wholly embrace each other, which allowed us to experience profound peace, merciful forgiveness, and the joy of unconditional love.

Best of all, we could feel God smiling.

Meth had taken so much from both of us, but it hadn't taken everything.

Prayer Requests:

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



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

Women of the Bible—Esther

Sister La'Shandra Perkins

Name: Esther

Meaning: Star

Her Character: Esther was a woman of strong courage who placed the needs of others before her own.

Her Sorrow: Her people were threatened with execution.

Her Triumph: She was able to intercede on behalf of the Jewish people and save a nation.

Key Scriptures: The book of Esther

Hadassah (Esther) is the perfect woman from the Bible to write about for the theme “Coming Out of the Shadows.” Esther started in the shadows. She was an orphan who was raised by her cousin, Mordecai. Mordecai was from the tribe of Benjamin, and he raised Esther as his own daughter. Mordecai would eventually become an official in the Persian government.

The book of Esther is one of two books in the Bible named after a woman and the only book in the Bible that doesn't mention God. Although God is not mentioned, He was working in the background to protect His children.

When the book of Esther begins, Queen Vashti was disrespectful to her husband, King Ahasuerus (Xerxes), during a celebration. He wanted to show off his beautiful wife to all the dignitaries in the providences he ruled over, but she was tired of being brought out to be looked at whenever it pleased the king. The king became enraged and banished her.

The men of the realm didn't want that disrespect. If the queen did it, then the lowest of wives would disrespect their

How many of us have ever been in the shadows and wondered, “Why am I still here?”

husbands. So, the king needed a new queen. His council suggested the king do a search for virgins throughout the land, and 400 women were put forth. God had worked behind the scenes, and Esther was one of the 400. She was told by Mordecai to keep her Jewish heritage secret.

Esther was said to be stunningly beautiful, had a lovely figure, and smart. She listened, and she won the favor of everyone she was around. When the women were taken to the palace, they didn't go directly to the king. They had to undergo 12 months of bath and beauty treatments. Esther won the favor of the head eunuch, Hegai, who gave her special treatment, maids, and food.

When they met the king, each virgin could take one item with her to impress him. When it was Esther's turn to be presented, she had the upper hand. Esther took what was recommended by Hegai, and the king fell in love with her and made her queen. We could go back and discuss the details of every chapter of Esther, but let's look at how God moved her from the shadows.

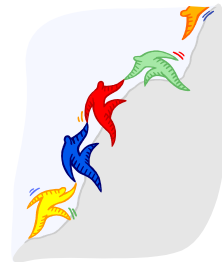
Esther was selected for a position that—in the eyes of Persians—she didn't deserve. They felt the Jews were beneath them. Her cousin overheard a plot to assassinate the king. He told Esther, and she relayed it to the king. After that, a self-righteous individual in the court, Haman, was elevated. When Mordecai refused to kneel to Haman, Haman became

angry and started to plot the Jews' annihilation.

Esther was approached by Mordecai to save her people and tell the king about the plan to kill all the Jews. She was scared. The king hadn't asked for her and to go to the king without being summoned was punishable. Esther had to trust in God. She had only heard and knew about the miracles of God through stories. She, her maids, Mordecai, and other Jews fasted for guidance, strength, and direction. When Esther approached the king, she emerged from the shadows. She emerged in God's splendor and in confidence. Esther was positioned so God could work through her to save the people.

How many of us have ever been in the shadows and wondered, “Why am I still here?” I know I have. I felt like I have had problem after problem, setback after setback the last four years. I'm a person who's embarrassed to ask for help, but I'm learning that those are shadow moments. It's okay to ask for help, to depend on others, and to trust in the process. I truly don't understand, but God's working it out in the shadows, just like He did for Esther.

**Empowered by God
to Empower Others**



Men of the Bible—Lazarus

Sister Cassandra Broomfield

Name: Lazarus

Meaning: God has helped

His Character: He was a friend of Jesus.

His Sorrow: He died.

His Triumph: He was resurrected.

Key Scriptures: John 11:1-45

Lazarus and his two sisters—Martha and Mary—were close friends with Jesus, and Jesus visited their home in Bethany for meals. Imagine being someone that the Son of God sought for rest and relaxation. Remember Jesus was wrapped in flesh, and humans need a place where we can find rest. A place where we can truly lay down our worries, laugh, and talk. A place where we can hear of others' triumphs and struggles. Jesus and His disciples were able to eat and find peace and comfort in their home. I can imagine that Jesus would begin to feel a little lighter when He approached their home. His soul would no longer be weighed down by the cruelties and doubts of the people.

Imagine getting news that your friend was sick. He was not just feeling bad. He was extremely ill. For Jesus, this was not news. His response was that the sickness was not unto death but for the Glory of God. He did not run to His friend whom he loved as you would imagine. Jesus stayed where He was for two days. When Jesus told the disciples that they were to go to Judea, they reminded Him that the Jews there sought to stone

Him. After some conversation, Jesus had to plainly tell them that Lazarus was dead.

By the time Jesus and the disciples arrived, Lazarus had been dead for four days. When news of Jesus' coming reached Lazarus' sisters, Martha ran out to meet Jesus where He was, which was outside of the town. She told Him that, if He had been there, her brother would not have died. Isn't this just like us today? It is easier to blame God for being absent rather than to acknowledge that God is where He is supposed to be and doing what He is supposed to do. It is we who are out of place. Martha also said that she knew that God would give Jesus whatever He asked. Jesus told Martha that her brother would live again. She misunderstood Him and acknowledged that Lazarus would rise on the last day. Jesus reminded her that He is the resurrection and the life. He

No matter protests that we are unfit, our sins are too great, or that we are irredeemable, Jesus still called to us, and we came.

reminded her that those who believe will never die. He asked her if she believed, and she answered, "Yes."

Martha went and got her sister and told her that Jesus called for her. Mary went to where He was. Upon seeing Him, Mary fell at His feet. She also insisted that, if Jesus would have come earlier, her brother would not have died. Jesus looked around. He saw not only the sisters crying, but others crying as well.

In John 11:35, we see that, "Jesus wept." To have loved someone so purely without need or want. To have hosted the Essence of God. To have known the Son of God as a healer, restorer, teacher, prophet, and the walking word; yet cry when He doesn't do as you want. We cry although we tell Him that we believe, and we cry because we are separated from what we think we need to survive. Jesus wept. Some said it was because of how much Jesus loved Lazarus. Others questioned, if Jesus had opened the eyes of the blind, could He have also prevented Lazarus' death.

Jesus went to the tomb where His friend was laid, and He requested that the stone be moved. There were protests that Lazarus would stink because he had been dead four days, but the stone was eventually removed. Jesus called for Lazarus to come out, and Lazarus did.

I find this revelatory. No matter protests that we are unfit, our sins are too great, or that we are irredeemable, Jesus still called to us, and we came.



Your Money Matters—Starting Points: Where do you start?

Sister LaTonja Brown

When I was in college, certain events would cause a friend to sadly shake his head and say, “When you fail to plan, you plan to fail.” It is a quote that is often attributed to Benjamin Franklin. It basically means that, if we do not plan, we are setting ourselves up to fail. On the flip side, if we plan, then we are setting ourselves up to succeed.

Our financial success is a great example where this motto plays out. Although we are at the beginning of the year, I will not lecture you about goals and resolutions around budgeting, saving, investing, and getting out of debt. I will advise you to take this opportunity to take the pulse of your financial situation and will sprinkle those words in this article.

A few years back, Sister Mei-Li wrote an amazing article about “Starting with the End in Mind.” She called it backward planning—starting with the end goal and working backward to develop a plan. Some common examples of backward planning are college funds, retirement accounts, and estate planning.

Habit 2 of Stephen Covey’s *The 7 Habits of Highly Effective People* is to “Begin with the end in mind.” He encourages people to envision what they want in the future, so they can plan and work toward it. Covey recommends thinking (long and hard) before acting. Ask yourself, “If I do this, will it lead to my goals or delay my goals?”

These are both great reminders. When I saw the topic “Starting Points,” my first thought was that creating a financial plan is the first step. From there, future financial decisions should be made based on the desired endgame. It is something I did this fall. I looked at my life (all areas) and wrote how my life looked right now and how I wanted it to look in the future. A big part of the process was thinking (long and hard) about what success looked like for me. From there, I created a vision board. In terms of finances, I had to determine what financial stability and security looked like for me.

Ask yourself, “If I do this, will it lead to my goals or delay my goals?”

Ask yourself where you want to see yourself financially in one year, five years, ten years, and so

on. Create a list of all your financial goals. As you are thinking, the goals will begin to fall into short-term goals (within a few months or years) and long-term goals.

Possible Short-Term Goals

- Create an emergency fund: For example, save \$1,200 in a year by saving \$100 each month.
- Pay off credit card: In the meantime, try not to use your credit card(s).
- Travel fund: Yes; there are some “fun” things beyond necessities.
- Down payment for a car: Save 10% to 20% of price.

Possible Long-Term Goals

- Retirement fund: Some recommend 15% of your gross salary every year. Start where you can and build up.
 - Home down payment: This could be anywhere from 5% to 20%.
 - Pay off mortgage early: Pay extra toward your principal each month.
- Education Fund: Investigate a tax-advantaged 529 Plan.

Building a financial plan is not a one-time event. It is a living plan that can change quickly with life events such as marriage, divorce, birth, death, new job, etc. It’s hard to balance with so many competing needs, but, if you have certain things in place like savings and emergency funds, it does make it easier.

Make sure your plan is something you can commit to and then make sure your financial moves support the life you are trying to create. Create a vision board of where you want to see yourself and consider the steps needed to bring them to light. Whether your goal is for one year from now or 20 years from now, it starts with planning today. Plan so you don’t fail.



Fit for the Kingdom—Starting Points: Where do I start?

Minister Demetrius Robinson

Starting any kind of journey can be intimidating—yet alone a fitness journey. There are workouts to learn, diets to follow, willpower to invoke, and self-consciousness to overcome. But making the decision to start a fitness regimen and making strides toward improving your health are the absolute best things you can do for yourself—mind, body, and spirit.

It is a new year! It is a time for reflecting on things learned from the last year and focusing on what to accomplish for the new year. This is not a call to make new year's resolutions in fitness. It is a call to consider what to focus on in the new year.

The word of God declares that we should trust Him with our directions in life. This includes how to improve our health. In Psalm 143:8 NIV, it says, *“Let the morning bring me word of your unfailing love, for I have put my trust in you. Show me the way I should go, for to you I entrust my*

life.” God here is my life; I trust You with it. Trust in the Lord with all your heart and lean not to your own understanding. Even in starting a new health journey, we must trust in God. Consistency was my goal for 2023. I did not make a certain number of pounds to lose my goal. I did not make a percentage of body fat to lose my goal. My desire for 2023 was to be consistent. Consistent in exercise, and consistent in making better food selections. I did achieve this goal and therefore I was able to lose weight.

Whatever your goal is for the new year, seek to be consistent. Start small and increase overtime. I will warn you not to jump in doing too much too fast. When we do, we risk injury to our body. Take your time. Find an exercise that you can do consistently for the next 30 days. Can you walk for 30 minutes? Can you swim for 30 minutes? Can you do light weightlifting for 30 days? Can

you eliminate unhealthy foods from your diet for 30 days? I challenge you to find activities and food selections that you can do for the next 30 days.

Remember the key is consistency. Staying consistent in all things. Is there something that you do every morning? If so, you may already have a morning pattern. If not, reading the word of God, praying, exercising, and drinking water are things to consider adding to your morning routine. Let me encourage you: Just start. Trust that God will help you walk out this journey. In Deuteronomy 31:6 ESV, the Bible declares, *“Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you or forsake you.”* God will be with you in this. Stay consistent, and trust God.

Remember the key is consistency.

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.

Recommended Reading:

- **Book of Esther**
- **John 11:1-45**

Recipe
Sister Amy Pemberton
Cranberry Orange Cake

Cake

- 1 package white cake mix
- 1-1/3 cups water
- 3 large room-temperature eggs
- 1/3 cup canola oil
- 1 tablespoon orange zest
- 1 cup fresh cranberries, coarsely chopped
- 1 cup finely chopped walnuts, optional

Frosting

- 8 ounces softened cream cheese
- 1/2 cup softened butter
- 1 teaspoon vanilla or orange extract
- 1/2 teaspoon orange zest
- 3-1/2 cups powdered sugar
- 1/4 cup chopped walnuts, optional

Preheat oven to 350 degrees.

Lightly mist a 9x13 inch pan with cooking spray.

Combine the first five cake ingredients. Beat on low for 30 seconds. Increase speed to medium and beat 2 minutes longer. Stir in cranberries and walnuts. Pour into prepared pan.

Bake 30-35 minutes. Use a toothpick to test for doneness. Remove from oven and cool completely on a wire rack before frosting.

Beat cream cheese, butter, and vanilla (or orange) extract until smooth. Slowly add sugar and zest.

Spread frosting over cake. Sprinkle with walnuts if desired.

As with most cakes, it is best when made the day before serving.

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!

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PCC Scroll

Founded in 2002

Winter 2024, Volume XXIII Issue I

Publisher: PCC

Editors: LaTonja Brown, Crystal Hairston, Jo Ann Hairston

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