



PCC Scroll

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

Guest Columnist—How to handle shifts

Prophetess Pavi Givens

A very blessed 2022! I just love saying that; it is connected to our tradition of believing a new year is a fresh start. I find it particularly meaningful in light of COVID-19. COVID-19 was an unexpected *pivot point* or *shift* for our world. We are not only in a new year, but we are living in a new world that operates in new ways. We are not in Kansas anymore.

COVID-19 shifted our entire world into an involuntary adaptation of new ways to get things done. What may have taken place in person, we did online. The way we bought groceries, filled prescriptions, worked in our places of employment, received our education, shopped, ministered, and socially engaged became digital.

I believe God wants us to use the space of time between what is and what will be in a way that greatly benefits us and those we love. Even though this is a season of waiting and not knowing and trusting and listening, it is also the place to join God in the new thing. Transition is **not** the same as change.

Changes are those situations and occurrences that impact each of us, creating the need to move from *the way things were to the way they are now*.

Transition is the internal psychological *process of moving successfully from old to an unknown new*. But how do we transition with

Remember, with God, nothing is impossible, and, in God, we have already won.

biblical success from what was to what is and to what will be?

1. We begin by remembering our position in Jesus Christ.

“And raised us up together, and made us sit together in the heavenly places in Christ Jesus, that in the ages to come He might show the exceeding riches of His grace in His kindness toward us in Christ Jesus,” Ephesians 2:6-7 NKJV.

2. We remember we are safe in the hands of our God.

Do not allow fear to enter your environment because God has not given you the spirit of fear, and we are safe in His mighty hands. God will never let you go. He will never leave you nor forsake you, and He is a very present help in the time of trouble.

“Your arm is endowed with power; your hand is strong, your right hand exalted. Righteousness and justice are the foundation of your throne; love and faithfulness go before you. Blessed are those who have learned to acclaim you, who walk in the light of your presence, Lord,” Psalm 89:13-15 NIV.

3. Next, we evaluate our present situation.

Has there been any loss, damage, injury, defeat, etc. Have things seemed to go from bad to worse? Remember, with God, nothing is impossible,



and, in God, we have already won. Let’s look at David and his men in Ziklag when what looked like an absolute defeat turned into victory by seeking God.

“Then David said to Abiathar the priest, Ahimelech’s son, “Please bring the ephod here to me.” And Abiathar brought the ephod to David. So David inquired of the Lord, saying, “Shall I pursue this troop? Shall I overtake them?” And He answered him, “Pursue, for you shall surely overtake them and without fail recover all,” 1 Samuel 30:7-8 NKJV.

What the enemy has meant for evil, God has meant for our good!

4. If our answer is yes, we evaluate the need to ask for help.

“Where no counsel is, the people fall: but in the multitude of counselors, there is safety,” Proverbs 11:14.

Continued on page four.

Editor's Corner—What am I looking for?

Sister LaTonja Brown

I often joke that one of my theme songs is U2's "I Still Haven't Found What I'm Looking For." There are times when I feel like I am on the verge of something, but then it slips away. I also joke that I suffer from "chronic dissatisfaction." However, a book I am reading and discussing weekly with a friend—*Resisting Happiness* by Matthew Kelly—is giving me some insight as to "what" is missing.

There are times when I am keenly aware that I know what I **should** be doing. However, translating that into action doesn't always follow. For example, when I get up an hour or two before work, I can spend that time writing, editing, stretching, reading, and/or going for a walk before work starts. This is absolutely the best way to start my workday. When I do this, I feel so rewarded, and the rest of the day falls into place. However, sometimes at bedtime, I find myself distracted by trivial things. When the morning rolls around, I am too tired to get up. The book calls this resistance. Resistance isn't just about me hitting the snooze button because it bleeds over into other areas of my life, including my relationship with God.

Chapter eight is about four words from the Lord's Prayer: "*Thy will be done.*" As I contemplated the words and my success in truly living them out, I thought about a scene in *The Lord of the Rings: Return of the King* movie. Aragorn is told to, "*Put aside the ranger. Become who you were born to be,*" by Elrond, Lord of Rivendell. For those of you who are not well versed in *The Lord of the Rings*, Aragorn is the heir of the kings of Gondor and Arnor, and it was his destiny (and birthright) to restore the line of kings. If you have not seen the movies, I recommend you watch them. Over the course of the films, you see the members of the fellowship grow and mature into their purposes as they actively seek to fulfill their part in the quest. Better yet why

not read the book. If you are interested in forming a book club for this, give me a shout.



I began to wonder what identities, habits, and desires I need to put aside for those four words to be truly activated in my life. Let's face it. We are capable of and probably guilty of convincing ourselves that whatever we desire is God's will. I think about Henry VIII, who is one of the most fascinating figures in history. He was a man who was so convinced that whatever he wanted was God's will to the point that he broke from Rome to get it. So, what if my identities, habits, and desires don't match God's will for my life—at least not in the moment. I have heard people refer to God's divine will vs. His permissive will, so which am I living?

Our days are filled with resistance and distractions. The minute you decide to get up early, exercise, write, pray, or (insert your goal), you can expect resistance and distractions, so be firm in your resolve. As we seek and proactively move to fulfill our purposes, we should also truly seek the will of God and be willing to put aside any identities, habits, and desires that are hindering us in order to pick up what we truly need.

One day, I hope to be able to lay aside my theme song, but perhaps it is less a testimony of "chronic dissatisfaction" and more a testimony that I will always be seeking and growing. What is important is setting aside what is no longer serving me and seeking God in my decision making so His will can truly be done.

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Our days are filled with resistance and distractions.

Word of the Quarter—Seeking: How are you proactively seeking?

Editing Team

In the last issue of the *PCC Scroll*, we begin a new overarching theme: “Asking, Seeking, and Knocking” with the topic of “Asking: What are the wonderings that rest on your heart?” In this issue, we come from the subject “Seeking: How are you proactively searching/moving?”

We are using Matthew 7:7-10 as the base scripture for the overarching theme. In the NIV, it says, “*Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened. Which of you, if your son asks for bread, will give him a stone? Or if he asks for a fish, will give him a snake?*”

For this issue, we will focus on the word *seek*. *Seek* means to attempt to find (something), attempt or desire to obtain or achieve (something), or to ask for (something) from someone. As people of faith, we seek to worship and adore our Savior, and we seek to fulfill God’s will for our lives. Seeking God and His will requires prayer and God’s word. It also requires seeking wise counsel. One of the

editors shared that, for the last five years, she’s received a very particular word from the Lord about being called out of the shadows. As a theater person who has a very vivid imagination, she interpreted the word as being ready for the light to be shone on her. She imagined herself in the dark wings of a stage behind a curtain. When the spotlight moved from its position to expose her, then she’d know it’s her time to emerge.

However, recently she was challenged by a friend with the idea that maybe the word was more about being proactive than open. Being called out of the shadows requires obedience and movement on her part into the light...it does not suggest the light will move to her place of comfort. Then she began to reflect on the miracles that Jesus did and all the calling He did, which often required proactive

movement. Whether it was a call to “follow me” and I will make you fishers of men, or a call to the lame and ill to rise and walk, or a call to dip in the river to be healed...

there’s something to notice about Jesus calling bodies into a proactive posture that matches their faith.

Seeking requires proactivity and action on our part as we continue moving down the path that God

directs. From the “Women of the Bible” (The Canaanite Woman) and “Men of the Bible” (The Wise Men) sections of this issue, we see examples of individuals who sought out the presence of Jesus. The Canaanite Woman sought out of dire need, while the Wise Men sought because of a sign. In both examples, we see active worship as part of the seeking process.

In the last issue, we talked about asking. From the text in Matthew, we know that when we seek, we will find. Did you take the opportunity to ask Him what He wants next from you? If so, what was God’s answer? We are hopeful that you have your answer, and you are proactively seeking to fulfill this call, which may require you to move out of your comfort zone. Move out of the shadows and into your destiny.

On behalf of the *PCC Scroll* writing and editing team, we wish you a Happy New Year. We are excited to see gifts and ministries continue to unfold as we seek to fulfill the call God has placed on our lives.

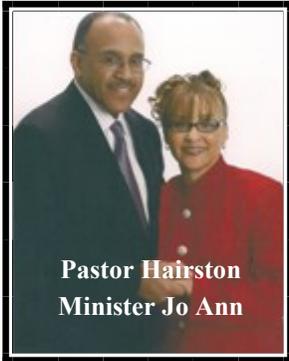
Recommended Reading:

- Matthew 2:1-12
- Matthew 7:7-10
- Matthew 15:21-28

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Guest Columnist Continued—How to handle shifts

Prophetess Pavi Givens

5. Remember; God's ways are not our ways.

"This is what the LORD says—he who made a way through the sea, a path through the mighty waters, who drew out the chariots and horses, the army and reinforcements together, and they lay there, never to rise again, extinguished, snuffed out like a wick: "Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland," Isaiah 43:16-19 NIV.

"Not that I have already attained, or am already perfected; but I press on, that I may lay hold of that for which Christ Jesus has also laid hold of me. Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, I press toward the goal for the prize of the upward call of God in Christ Jesus," Philippians 3:12-14 NKJV.

6. Next, take stock of the past year and ask God for His strategy in every area of your life.

Self-examination overthrows spiritual deception. Break your life into categories (walk with the Lord, finances, relationships, health and fitness, etc.) and review where you had success and where you need to shore up. Let's partner with God to enter 2022 with a renewed mind that leads to the transformation needed for whatever is next.

Self-examination overthrows spiritual deception.

7. And above all, we stay connected.

"Not forsaking the assembling of ourselves together, as is the manner of some, but exhorting one another, and so much the more as you see the Day approaching," Hebrews 10:25 NKJV.

In closing, this is not the time to operate



in a spirit of fear but with great faith and the power of the Holy Spirit. This is not just the time to recover but to innovate and create what has never been before. This is not the time to stay home connected to church digitally unless physically necessary. This is the time for every believer to find themselves in the house of God where strength will come from God's presence corporately. We must continue to gather and strengthen, encourage, affirm, and love one another. The sanctuary is the place of answers, help, and rescue.

My prayer for each of us:

May the Lord answer you in the day of trouble. May the name of the God of Jacob defend you. May He send you help from the sanctuary and strengthen you out of Zion. May He remember all your offerings and accept your burnt sacrifice. *Selah.* May He grant you according to your heart's desire and fulfill all your purpose. We will rejoice in your salvation, and, in the name of

our God, we will set up our banners! May the Lord fulfill all your petitions. Now I know that the Lord saves His anointed. He will answer

him from His holy heaven with the saving strength of His right hand. Some trust in chariots, and some in horses, but we will remember the name of the Lord, our God. They have bowed down and fallen, but we have risen and stand upright.

Women's Corner—I'll wait one more day

Minister Demetrius Robinson

Most of us are the chief operating officer (COO) or the chief executive officer (CEO) of our lives. We run our households with precision and care. We are organized and driven to complete the necessary tasks for any given day. I am the COO of my home and family. When it comes to getting things done, I'm on it! Dishes, done. Laundry, done. Dinner, done. Family time, done. Self-care, done. The list goes on and on. In order for me to incorporate something new, there's a few things I must consider. Can this fit into our life? Can it benefit our home? What challenges will this new endeavor create? For moving forward or planning for the future, I have to proactively search my heart and mind for meaningful activities or new ways of doing old things. Doing this takes time, patience, and deliberate thought.

To be proactive is to take action to cause change—rather than just reacting to the change when it happens. Being deliberate in thought is being proactive. In the book *The 7 Habits of Highly Effective People*, one of the first principles is “Be Proactive.” Often if we are reactive, we are not pausing to envision a solution. Steve Backley, author of *The Champion in All of Us: 12 Rules for Success*, wrote “There are three types of people in this world. Firstly, there are people who make

Yes; you may be the COO or the CEO of your home/life, but are you a good one?

things happen. Then there are people who watch things happen. Lastly, there are people who ask what happened? Which do you want to be?”

Being proactive is an attractive quality, and it's a wonderful characteristic trait to have. Oh, you're not proactive? Change it! You can switch your mindset. Make it happen! The opposite of a proactive person is a passive person. This is the person who takes whatever life throws at them. Trust me; you don't have time to be hit with everyone else's stuff. Take charge; change your mindset.

“How can I change it,” you ask? A well-known psychologist, Sharon K. Parker, shared the following “Keys of Proactivity”:

- It is anticipatory – it involves acting in advance of a future situation, rather than just reacting
- It is change-oriented – it means taking control and causing something to happen, rather than just adapting to a situation or waiting for something to happen
- It is self-initiated – the individual does not need to be asked to act, nor do they require detailed instructions

Here are more ways to become more proactive:

- Take back control
- Grow your self-confidence, self-belief, and self-worth
- Accept that mistakes are inevitable
- Be solution-oriented and opportunity-oriented
- Don't sit on the sidelines
- Seek out proactive people
- Understand your motivations
- Foster your own independence
- Desire to be better
- Do things for you not because someone else told you to
- Don't sweat about things you can't control
- Don't give into the negative gremlins
- Celebrate your successes

Yes; you may be the COO or the CEO of your home/life, but are you a good one? Are you doing everything you can to ensure positive, proactive outcomes? This is the time to reflect and reach for something new or revamp something old. Whether it's starting a business, reading a book, or praying every day, now is the time to reset. Don't put it off. Do not say, “I'll wait one more day.” It is up to you; you get to choose. This is **your** life!

Prayer Requests:

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



Women of the Bible—The Canaanite Woman...a nobody

Sister La'Shandra Perkins

Name: *The Canaanite Woman*

Her Character: *She was a woman with tenacity, who was driven to save her daughter.*

Her Sorrow: *Her daughter was possessed by a demon.*

Her Triumph: *Due to her faith, persistence, and humility, her daughter was healed.*

Key Scripture: *Matthew 15:21-28*

We don't know her name, but we know that she was from the land of Canaan. She was a mother who was at her wits end because her daughter was demon possessed. I'm sure she had tried everything. She prayed to her gods and took her daughter to the priests of the gods she worshiped—but nothing worked. She was proactively searching for ways to heal her daughter. She was weary, but she kept going and pushing. She heard about the miracles of Jesus—He had healed the sick, the blind, and those with evil spirits.

Persistent is word we can use to describe the Canaanite Woman. She knew that Jesus had the power to heal, and she knew she wanted that for her daughter. She wasn't an Israelite, so she knew that the odds were against her. But she was searching, and she wasn't going to be stopped. When she first approached Jesus, I'm sure she wanted to cry and fall at His feet, but she was strong. She walked toward Jesus with all the courage and strength she could muster. In Matthew 15:22 NKJV, she called out to Jesus with an

earnest prayer, "*Have mercy on me, O Lord, Son of David!*"

Jesus ignored her and didn't say a word to her. I'm sure she felt disregarded. She heard the disciples tell Jesus to send her away because she cried after them (Matthew 15:23). She felt the disbelief, but she persisted. Jesus acknowledged her (Matthew 15:24) and let her know He wasn't sent to save her but to save the lost sheep of Israel. Even with the rebuke, she worshiped Jesus and asked Him to help her (Matthew 15:25).

Nowhere else in the Bible can we find Jesus turning away from the needs of people, but He was turning this Canaanite Woman away because she wasn't from Israel. This is the only passage in the Bible that I've come across that Jesus was cold and standoffish. Did He do it intentionally to see how His disciples would respond to the healing of other nations besides Israel? The rebuke Jesus gave her was a metaphor and a test of her faith. He told her, "*It is not good to take the children's bread and throw it to the little dogs,*" Matthew 15:26 NKJV. She was not offended, but her answer turned the event in her favor and

But she was searching, and she wasn't going to be stopped.

response was, "*Yes, Lord, yet even the little dogs eat the crumbs which fall from their masters' table.*" She knew the blessings that Jesus was giving

out to the Israelites were not for her, but she just wanted a crumb of the blessing so her daughter could be healed. Her reward was Jesus' answer in Matthew 15:28 NKJV, "*O woman, great is your faith! Let it be to you as you desire.*"

She never backed down; she searched and sought Jesus. She built up her faith to know that Jesus was the only way to salvation. Jesus saw this and honored her wishes. She didn't have to wait days for her daughter to be healed, and Jesus didn't have to go to her home. His power and His presence, even from a distance, healed her daughter.

As we proactively search, we must remember—that no matter who says no and what door is closed—to continue to seek God until we get the yes that is for us. We can learn a lot from the Canaanite Woman. Her persistence paid off. She sought Jesus until she got the yes. I believe she went off and told whoever would listen about the love of Jesus and His healing power. The encounter showed that Jesus wasn't just sent for the Israelites. He was sent for everyone who had faith to believe in the promises of God.

showed that her faith was strong in the Lord. In Matthew 15:27 NKJV her

Men of the Bible—The Wise Men

Sister Cassandra Broomfield

Name: Known as Wise Men or Magi

Meaning: Astrologer, healer, or sorcerer

Character: They were wise, informed, knowledgeable, wealthy, influential, philosophers, and counselors.

Sorrow: Informing King Herod that there was a new King of the Jews.

Triumph: Seeing the prophecy of the birth of Jesus fulfilled and giving Him the gifts they had brought for Him.

Key scripture: Matthew 2:1-12

After Jesus was born in Bethlehem, wise men (or magi) traveled from the east to Jerusalem in search of Him. Scholars believe that Jesus' actual birth would have been around April 17. It is through fables passed down over centuries that we celebrate the birth of Jesus on December 25. Matthew 2:1 says, "Now when Jesus was born in Bethlehem of Judea in the days of Herod the King, behold there came wise men from the east to Jerusalem." The gospel does not mention the number of magi who visited Jesus, but most western Christian denominations have assumed there were three. This belief seems to have come from the number of gifts that were given.

The "wise men" from the east were deeply devoted to their craft as astrologers. Through research, it is believed that they came from Persia. When they saw the "star"—the "star" was

actually the planet Jupiter—appear, they knew that it was what they had been waiting for. There is no mention of their mode of transportation. It doesn't even give their names. The names that we have associated with the wise men—Gaspar, Melchior, and Balthasar—do not appear in any Christian literature until over five hundred years after the birth of Jesus. There is no mention of them being kings, which is an identification that is linked to Old Testament prophecies.

Upon arriving in Jerusalem, they asked (NIV), "Where is the one who has been born king of the Jews? We saw his star when it rose and have come to worship him." King Herod heard and was disturbed. He called together chief priests and teachers of the law to learn where the Messiah was born. The answer—based on what had been written by the prophets—was Bethlehem. King Herod called the wise men to him in secret to find out the exact time the star had appeared. He sent them to Bethlehem in search of the Child. Under the guise of wanting to worship the Child, he instructed the wise men to report back to him. On a side note, King Herod was a paranoid man. He believed everyone was trying to kill him to take over his throne. Therefore, he trusted no one—not even his own sons. He had them killed as well.

Upon seeing Jesus, the wise men were overjoyed, and they bowed down and worshipped Him.

The wise men left and followed the star when it rose. It stopped over the place where baby

Jesus was. Matthew 2:11 states, "And when they were come into the house, they saw the young child with Mary his mother, and fell down and worshipped him: and when they had opened their treasures, they presented unto him gifts; gold, and frankincense and myrrh." The Septuagint does not say that there was no room in the inn. That is a mistranslation. The actual verbiage would read that there was no room in the houses. Animals stayed in a cave that was attached to the houses, and this was offered to Joseph and Mary. So, they were allowed to stay in a cave of a house where the animals were kept. The manger is another assumption made by western Christians. This seems to have been crossed with the book of Luke where he mentions shepherds visiting the Child.

Upon seeing Jesus, the wise men were overjoyed, and they bowed down and worshipped Him. Then they presented Him with gifts of gold, frankincense, and myrrh. The gifts chosen have spiritual meanings: gold is a symbol of kingship, the incense frankincense is a symbol of deity, and the embalming oil myrrh is a symbol of death. Gold can also symbolize virtue, frankincense can also symbolize prayer, and myrrh can also symbolize suffering. They had been warned not to go back to King Herod in a dream, so they returned home using a different route.

Your Money Matters—New Year, New Loot

Sister Mei-Li Thomas

As we wind down from a whirlwind of “Zoomsgiving,” and virtual “ChristmaKwanzaas,”—waking up to texts sent at 1 a.m. from friends and relatives we haven’t spoken to since December 31, 2020, wishing us a **Happy New Year**—some of us may be dreading opening our banking apps knowing good and well we have no desire to see what truth lies in them. It is then that we ask ourselves, “Is it time to consider some new streams of income?”

There are various reasons people find and start new income streams. If you are considering it, know—whatever your reason may be—it’s valid. As early as one month after the start of the global pandemic, the United States Department of Labor began to monitor the number of people who were leaving the workforce. Recently coined *The Great Resignation*, more and more people are switching industries, going part-time, or leaving the workforce altogether. The largest population of those experiencing career change are college-educated mothers who are either leaving the workforce altogether or starting their own businesses; Black women are the largest group of the latter. So, if you find yourself in the “New Year, New Loot” crew, here are some things to consider as you start your journey.

Types of income

When considering adding a new stream of income, financial professionals recommend first determining if it is passive or active income you desire. The Internal Revenue Service defines passive income as “net rental income”

or “income from a business in which the taxpayer does not materially participate.” Whereas active income falls more under the category of what many would call a “side hustle” or your “5 to 9.” Whichever you choose, both require upfront effort to get going. While passive income may have less overhead on the back end, the front end may require just as much energy to get started as active income.

Types of costs

As stated above, passive income may require the least amount of overhead costs over time, but upfront may require just as much as active income options. For example, stock dividends require an initial investment and a rental property will require all the necessary real estate costs (down payment, escrow, etc.) as well as any structural and cosmetic costs associated with preparing the property for rental. Active income may have more recurring overhead costs such as work supplies, software licensing, or office space rental fees. No matter the type of income, the goal is to have a return on investment that exceeds the initial investment.

No matter the method, there is a lot to take into consideration before starting a new venture.

help narrow down *how* you accept

Types of currency

Now to make the dollars make sense. The nature of your choice of new income may

your payment (Square, Cash App, Zelle, or traditional point of sale). *What* you accept as payment can be a bit trickier. Cryptocurrency has been gaining popularity amongst the general public and is beginning to be accepted at many more retailers and banking institutions. While this particular article is not Crypto 101, there is one form of tender you should be familiar with: non-fungible tokens (NFTs). NFTs are defined on Investopedia as, “*Cryptographic assets on blockchain with unique identification codes and metadata that distinguish them from each other. Unlike cryptocurrencies, they cannot be traded or exchanged at equivalency. This differs from fungible tokens like cryptocurrencies, which are identical to each other and, therefore, can be used as a medium for commercial transactions.*” Gaining popularity amongst artists of color, NFTs are gaining traction in the conversation of building wealth within communities that traditionally have not been afforded the same level of access.

No matter the method, there is a lot to take into consideration before starting a new venture. So, as you enter the new year, be gentle with yourself as you learn about all the different ways to make new loot that best suits the new you.

Fit for the Kingdom—Making sure you're up to date on your preventative care

Minister Titus Robinson

Here we are starting a new year. Throughout 2021, we had many changes and challenges that were added to our plates.

I'd like for you to remember your health and create a plan to be healthy in 2022. This brings to mind a question, "What is your preventative plan to stay healthy?" I'd like to suggest a few things to start off with.

Water

Are you drinking enough water? Water supplies fluids to our bodies, which are needed for organ functions. As an added benefit, it flushes out unwanted toxins.

Sleep

Are you getting enough rest? Getting enough rest is difficult for those of us who are early risers due to the end of Daylight-Saving Time. It is important to go to bed at a decent time to allow at least six to eight hours of sleep. It benefits your awareness and your ability to think clearly.

Exercise

Maintaining a good exercise program—walking, biking, stretching, etc.—keeps our bodies in condition to perform daily activities such as walking up or down stairs. Exercise keeps our joints in a healthy condition to prevent falling down and unwanted injuries.

Diet

Are you eating a healthy diet? I can think of all the tasty, homemade desserts I had during the holiday season. It's important to watch what you eat...and I don't mean watch it go into your mouth.

Seeing your primary doctor regularly helps with early detection of unwanted and unhealthy conditions...

Make sure everything is done in moderation.

Even when keeping up with water, sleep, exercise, and diet, we should not leave out seeing our primary doctor regularly to see if this is all "working for our good." Seeing your primary doctor regularly helps with early detection of unwanted and unhealthy conditions like high blood pressure, diabetes, high cholesterol, or anything else that can have a negative impact on our health.

Recommended Screenings

- **Annual check-up:** During this yearly checkup, your primary care doctor will do a full screen of your physical and emotional health. The purpose is to detect health issues and address concerns early, so they don't become major issues in the future.
- **Flu shot:** Though not mandatory, a flu shot is normally recommended, especially among vulnerable populations.
- **Mammogram:** X-ray of breast tissue to check for cancer or abnormalities.
- **Colonoscopy:** Screening for colon cancer.
- **Others:** Don't forget your biannual teeth cleanings and yearly eye exam.

I would like to share a section of an article that was published in the January 2021 issue. The section recapped what Dr. Lillian Robertson said to the Women's Auxiliary about routine exams.

Don't skip routine screenings

You need to know your health! There are routine screenings we need to keep up with. Doctors



recommend mammograms once you turn 50. If you have an immediate family member who has had breast cancer, begin at their age 10 years prior to the diagnosis. Don't forget your monthly breast exam (all ages). Look for any changes, lumps, tenderness, or discharge. Also check your armpits. Don't forget your colonoscopy. Early detection is key. Have your pap smear done (starting at age 21, every three years) on time until age 65. Even when you get older, you still need to get regular pelvic exams.

Don't skip your screenings and be sure to learn your test results. If you have not seen your results come in, follow up with your doctor! Participate with your doctor and don't make assumptions. Dr. Robertson admonished us to not let our doctors be more concerned about our health than we are, so be a partner with your doctor. You should be your biggest advocate and willing to make sacrifices for good health. It's important to know your vitals like blood pressure, weight, Body Mass Index (BMI), blood sugar, and cholesterol.

I hope this will give you enough to create a plan for your journey to getting and staying healthy!

Creative Expression

Mother Ursula Lovely

We are not alone

In this life, we make mistakes; we all do.
But what we must understand is that God is there for you.
We must realize—with God's help—we can stand.
Remember; He is the creator of man.
He is the reason that we are here; we must realize that we are not alone.
Because He leads us, we are not on our own.
Look to the Lord; follow Him without fear.
If we honor and follow Jesus and do as He asks, salvation will be near.



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!

Sisters Save the Date: Our monthly check in will take place on Jan. 21 at 7:30 p.m. More details to follow.

Save the Date: PNDC Fellowship meeting will take place on Jan. 29 at 1:00 p.m. More details to follow.

Save the Date: PCC Team and Coordinators meeting will take place on Feb. 5. More details to follow.

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.