

# From the Desk of Pastor John

February  
2022



Did you know that the human heart is about the size of a human fist? Did you know, on average, the human heart beats roughly 115,000 a day? Lastly, did you know that laughing is good for your heart?

We know that the heart is an essential organ; it is one that we simply cannot live without. However, it is an organ that many of us don't necessarily think of until something goes wrong. We don't give much consideration to the fact that some of the normal, everyday activities that we partake in (like sitting down to watch several hours of television at night or eating fried, fatty or sugary foods) could lead to heart disease down the road. We don't like to think about those things because, if we are honest, we like our leisure time and we enjoy decadent foods. I'm not saying that relaxation and treats in moderation are not to be enjoyed. It's important to enjoy life on occasion.

However, it is important that we don't neglect to take care of our hearts, both spiritually and physically.

Spiritually speaking, we find it easy to take care of our "heart" or our being. Proverbs 4:23 tells us, "Keep your heart with all vigilance, for from it flow the springs of life." In response to scripture, we then make sure to pray, read and study God's Word, and worship. In doing so, we take care of our spiritual heart.

However, scripture also tells us, "So, whether you eat or drink,

or whatever you do, do all to the glory of God" (1 Corinth. 10:31) and "Do you not know that your body is a temple for the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body." (1 Corinth. 6:19-20) In other words, we are obliged to take care of our bodies. After all, they are a gift from God for us to not only live in and experience God's glory in the physical world, but also to be used to glorify God. Therefore, we must make sure we are aware of what we are eating, get annual physical checkups, and make sure to exercise as best we are able. When we choose to take care of our bodies, not only are we increasing our chances of enjoying a healthy, rich life, but we are also worshipping and giving thanks to God for the gift of the physical body that he has given us.

Taking care of our body means taking care of the heart as well. February is American Heart Month. During February the American Heart Association encourages each of us to take steps to care for and strengthen our hearts. So, I want to encourage you to take time to do something good for your heart every day. Find some way to move your body or instead of eating fried chicken try it baked. Moreover, at some point each day, laugh. Take time to find humor in life and enjoy it like your heart depends on it!

God Bless, Pastor John

 **Pilgrim Church**  
UNITED CHURCH  
OF CHRIST

24515 Rampart Boulevard  
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Joyful Noise  
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*Senior Pastor:*  
Rev. John Barnette  
*Associate Pastor:*  
Rev. Ken Ewing  
*Office Administrator:*  
Cat Foster  
*Sunday School Director:*  
Jessica Warne  
*Organist:*  
Cheryl Huber  
*Bell Choir Director:*  
Russ Whittaker  
*Director of Joyful Noise:*  
Cynthia Poudrette  
*Maintenance Technician:*  
Gene Burnell



*No matter who you are,  
or where you are  
on life's journey,  
you are welcome here!*

## Health Matters



We often associate the month of February with hearts because of Valentine's Day. However, there's another reason we should think about hearts in this month; it's American Heart Month. It is designated as American Heart Month to advocate cardiovascular health and raise awareness about heart disease.

National Wear Red Day® is celebrated each year on the first Friday in February, to bring greater attention to heart disease as a leading cause of death for Americans. We invite you to wear red again on Sunday, February 6 in recognition of this health awareness month.

Each week we will focus on various aspects of a healthy lifestyle, including: Heart, Nutrition, Exercise and Mental.



Why?

Because there is a link between health and faith, in fact it's written in red. Jesus said, "**Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind.**" Mark 12:30

## Prayer Partners



Prayer Partners invite you to join us on Wednesdays at 10:00 a.m. in the Coffee Room to confess we are sinners, praise God, lift up the lost, the church, our congregation, individuals, our children, situations and countries; anything that the Holy Spirit has placed on your heart!

God has showers of blessings He is waiting to bestow on us if only we will ask Him to release them. He wants to hear from us!

Prayer is mentioned 87 times in 80 verses in the Old Testament. In the New Testament it is mentioned 53 times in 53 verses. Jesus, himself, demonstrated prayer in the Gospels at least 38 times. In His word we are instructed who should pray 2 Chronicles 6:21, who to address our prayers to John 14:13-14, what pray for Philippians 4:7, who to pray for James 5:16, how and when to pray I Thessalonians 5:16-18 & Matthew 6:9-13, and why to pray Hebrews 4:15-16 .

## Wednesday Dinners and Devotion



The Wednesday Dinner planning is still underway but we are anticipating a kick off date to be shared soon! We hope to see a big crowd every Wednesday night at 6:00! At 6:30 p.m. Pastor John will offer a brief time of devotion.

Doors open at 6:00 p.m. Remember because of the Department of Children and Family regulations with our Joyful Noise program, no one without the ELC Background Check is allowed in the building until 6:00 p.m. Please do not come in any other door in an effort of early entry.

Meals will cost \$5 each.

Due to the supply of food from our vendors, menus cannot be posted. Chef Ken's goal is to create the same meals as we had in the past, but no guarantee. Our plan: at noon on Wednesdays we will note the menu on the church phone line, extension 1 and the Pilgrim Church Facebook page with the menu for the week.

Continuation of the dinner will be contingent on your attendance, the availability of supplies, and the COVID-19 virus status in our community.

Any questions regarding dinner or volunteering with dinner should be directed to Ken Rhoe, 717-404-6176 or the church office.



LET ALL  
THAT  
YOU DO  
BE DONE  
WITH  
**LOVE.**

1 CORINTHIANS 16:14 NKJV



# Pilgrim Women



Our Regular Bible Study will be held on Thursday, February 3, at 10:00 a.m. We will focus on the lives of Hannah (Read 1 Samuel to 2:21) and Miriam (Exodus 2: 1-10). The discussion is centered around their messages to us today as “Women of the Bible Speak.” The group meets in the Coffee Room just off the Sanctuary. All are welcome.

Join the party at our Valentine Luncheon scheduled for Thursday, February 10, at Mary Margaret’s Tea and Biscuit. Car pool will leave the church at 10:45 a.m., lunch at 11:30 a.m., followed by shopping in the Antique district of Arcadia. Reservations required. Call or text Judi Wilson at 941-380-0877.

The next Book Club dinner is scheduled for February 28. Place is TBA. Featured book is “The Curious Charms of Arthur Pepper” by Phaerda Patrick. Be sure to bring your own charm bracelet to add to the discussion! (that is, if you can find it!)

## PLEASE JOIN US FOR FISH AND CHIPS



Prepared. For Life.™



- WHEN:** Saturday February 26, 2022
- WHERE:** Pilgrim Church Community Center  
24515 Rampart Blvd  
Port Charlotte
- TIME:** 4p–6p
- Tickets are \$10**
- MENU:** 1/2 lb of fish  
French Fries  
Cole Slaw  
Drink (Lemonade or Sweet Tea)

Tickets are available in the Church Office.

Proceeds go to Boy Scout Troop 351 to help off set the travel costs of camping trips. **Donation tickets may be purchased to benefit The Salvation Army.**



Joyful Noise is gearing up for Valentine's Day. All the classrooms are preparing for parties and creating gifts for their parents. The VPK and K/1 classrooms are making Valentine's Day cards for the many residents at Sandhill Gardens Retirement Residence. After the success of Santas for Seniors we plan on doing small things throughout the year for the residents.



Parents and staff are now incredibly happy to be using Himama. This software program allows for secure communication, staff created lesson plans and child portfolios, as well as easy monitoring of all staff and children, at a glance. We are looking forward to embracing all Himama has to offer.

Cynthia Poudrette, Director

# Prayer List



- Bill Wolf (homebound), Adrian Roche (cancer), Savina Krueger (cancer), John Krueger (Parkinson's), Gloria Kurbanali (homebound), David Kaye (health), Louise Timchak (PC Rehab), Gene Rice (stroke), Richard McLemore (cancer), Melvin Keller (cancer), Sidoney Johnston (homebound), Jeff (health), Diane Cremonini (cancer), Lorraine O'Keefe (cancer), Pat Wheatcroft (cancer), Janice Lewis (health), Hoerl Family, Doug Terry (cancer), Michael Garofola, Joe Beaudreau (health), Zander Jones (health), Cheri & Rick Perry (Alzheimer's), Karen Becker (cancer), Jim Wright (PC Rehab), Jim Smith (Rehab in NY), John Hames (hospital)



## Food Pantry



### Food Pantry Collection List

canned soup	dry pasta (assorted)
saltine crackers	mac 'n cheese
beef stew	mashed potatoes
canned pasta	canned potatoes
canned tomatoes	rice & dry beans
canned green beans	dry cereal
canned pork n beans	instant grits
canned chili	oatmeal
canned carrots	pancake mix
canned corn	syrup
canned mixed veggies	peanut butter
assorted canned beans	jelly
canned peas	snacks
canned fruit	canned tuna
ramen noodles	toilet paper
spaghetti sauce	paper towels

## February Bible Reading



### Read though the Bible in a Year

2/1	Leviticus 5-7	2/13	Num 7:60-10:10
2/2	Leviticus 8:1-11:8	2/14	Num 10:11-13:16
2/3	Leviticus 11:9-13:39	2/15	Num 13:17-15:21
2/4	Leviticus 13:40-14:57	2/16	Num 15:22-16:50
2/5	Leviticus 15:1-18:18	2/17	Num 17-20
2/6	Leviticus 18:19-21:24	2/18	Num 21-23
2/7	Leviticus 22-23	2/19	Num 24-26:34
2/8	Leviticus 24:1-26:13	2/20	Num 26:35-28:31
2/9	Lev 26:14-end; Numbers 1:1-41	2/21	Num 29-31:47
2/10	Num 1:42-3:32	2/22	Num 31:48-33:56
2/11	Num 3:33-5:22	2/23	Num 34-36; Deut 1:1-15
2/12	Num 5:23-7:59	2/24	Deut 1:16-3:29
		2/25	Deut 4:1-6:15
		2/26	Deut 6:16-9:21



## February Birthdays



Did we miss a birthday? Please call or email the office, so we may update the records.

3	Dave Wheatcroft
9	Mark Gallant
10	John Krueger
10	Randy Blanchard
11	Bob McWhirter
12	Carol Smith
12	Jane Beaudreau
15	John Sweatt
17	Kevin Beaver
18	Carol Veigel
21	Joan Meader

## Bible Study



Make a commitment to delve into God's word! After worship, in the Library, on Sundays. The Adult Bible Study group is studying on the book of Mark. This study, led by Dave & Judi Wilson, goes chapter by chapter and verse by verse.

## Altar Flowers



If you would like to order in memory of, honor of or to the glory of God, fresh flowers on the altar, please make note of this wish on the registration slip or by calling the church office. Dates for 2022 are open! Save your special date now! A single arrangement costs \$35. For two arrangements the cost would be \$50.



Luke 6:31:

Do to others as you would have them do to you.

## Music Notes



This past year has been a year to remember. As I start my portion of the annual report, the first thought that comes to mind is the ability to write in pencil; with the emphasis that one is always growing, always 'editing' and keeping in check that which is neither fulfilling or gratifying, and can hinder us receiving God's divine plan and purpose for our lives. As I consider the old adage, 'out with the old, in with the new,' I can't help but think that it is both. As we understand, reflect and assimilate to our environment, family lives and society at large, we come to terms with the human condition and our own fallibility, while also seeing each other with new eyes' as the Lord provides revelation, insight and spirit of His glorious unfolding before us.

It has been such a gift to serve as the Director of Music at Pilgrim these last 6 months on every level: spiritual, social, psychological, professional and familial. You are all a treasure to me, and I will remember our time together with great joy. I see a lovely tapestry from start to finish as we have grown in number both from a congregation and as a choir. New friendships have been formed; deep and meaningful fellowship has taken place, and we have celebrated life together both in joy and in pain as loved ones and some of us individually have suffered from COVID and other sicknesses/struggles.

We have witnessed and observed God's healing power and mercy upon us while we also continue to wait on Him for complete growth and restoration in our body, spirit and souls. It is in these seasons that we reflect on and hopefully understand our calling. One that is so passion-filled and interconnected that it carries us through each day in serving others and glorifying God to the highest, even in the state of our own human condition. It is in His power, His spirit, and His strength that is our daily bread and source of all beauty.

May we see the mystery in each day and empower others to do the same in the fullness of His grace.

Katy Yoder, Music Director

## We're Hiring!



With Katy moving away, we have need of a new Music Director. This is a part-time, year-round position. This person will be responsible for selecting appropriate anthems and special music for worship as well as recruiting and directing musicians, choir members, and other volunteers as needed. Here is a brief job description for you to share.

To Apply:

Please send resume to [office@pilgrimonline.org](mailto:office@pilgrimonline.org).

Responsibilities:

- Maintain a Christ-honoring spirit within the church, creating an environment that encourages unity in our diversity as we gather to praise, worship and service our Lord and Savior, Jesus Christ.
- Assist the Pastor in planning worship services by providing prayerfully selected anthems, and special music pieces that support the liturgical season.
- Recruit, direct, and encourage choir members and other musicians.
- Schedule, plan, and lead choir rehearsals for worship services as well as special services and performances.
- Collaborate with the Organist/Pianist to plan, select, and prepare preludes, postludes, and such, according to the needs of the worship services.

Qualifications:

- Must be a disciple of Jesus Christ dedicated to personal and communal spiritual growth.
- Must possess a commitment to maintaining a healthy faith life consisting of the spiritual disciplines of prayer, scripture study, worship participation, and Christian service.
- Must be able to communicate well and in a friendly, respectful manner.
- Possess a basic theological understanding of Christian Worship theory and the liturgical calendar.
- Proficient on at least one instrument and able to sufficiently read music.
- Experience in recruiting, training, and encouraging volunteers to participate in traditional worship.
- At least 2 years of experience as a Music Director preferred, but not required.

This is a salary position. Salary will be consistent with candidate's education, experience, and skill level.



1 Corinthians 16:14: Do everything in love.

Sunday    Monday    Tuesday    Wednesday    Thursday    Friday    Saturday

		1 7:00pm BSA PLC Meeting 7:00pm BSA Den Meeting	2 10:00am Prayer Group	3 10:00am Pilgrim Women Fellowship 6:30pm Rhode Island Club	4	5
6 Wear Red 9:00am Worship 10:15am Wilson Small Group	7 10:00am Food Pantry 4:30pm Handbell Rehearsal 7:00pm BSA Troop Meeting	8 7:00pm BSA Den Meeting	9 10:00am Prayer Group	10 10:45am Pilgrim Women Valentine Party	11	12 11:30am BSA Pinewood Derby
13 9:00am Worship 10:15am Wilson Small Group	14 Valentine's Day 10:00am Food Pantry 4:30pm Handbell Rehearsal 7:00pm BSA Troop Meeting 7:00pm Missions Meeting 	15 7:00pm BSA Den Meeting	16 Newsletter Article Deadline 10:00am Prayer Group	17 10:00am PBJ Sandwich Makers 7:00pm BSA Pack Committee Meeting	18	19
20 9:00am Worship 10:15am Wilson Small Group	21 JN Camp Day President's Day 10:00am Food Pantry 4:30pm Handbell Rehearsal 6:30pm Finance Meeting	22 7:00pm Council Meeting 7:00pm BSA Den Meeting	23 10:00am Prayer Group	24 6:00pm BSA Committee Meeting	25	26 4:00pm BSA Fish Fry
27 Transfiguration Sunday 9:00am Worship 10:15am Wilson Small Group	28 10:00am Food Pantry 4:30pm Handbell Rehearsal 6:00pm Pilgrim Women Book Club 7:00pm BSA Troop Meeting	 <p>Wear red  Sunday, February 6 in recognition of health awareness month.</p>		 <p>Watch for Wednesday Dinners Kick Off 6:00 p.m.</p>		