



From the Desk of Pastor John

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My grandmother loved to celebrate Valentine's Day. When February rolled around, she would hit up the discount store located just down the road from her house. She would buy all kinds of Valentine's Day decorations: tissue paper hearts to go on top of her boxed television set in the den, shiny heart-shaped placemats for the kitchen table, and tiny figurines for the end tables in her formal living room. If there was a Valentine's Day decoration to be had, she was going to have it!

Though her fondness for chocolate likely played a role in her excitement, when asked why she loved Valentine's Day she would always respond, "Because it's all about love."

Love is at the heart of Jesus' teachings. An expert of Jewish law asked Jesus, "Teacher, which commandment in the law is the greatest?" and he didn't hesitate to respond: " 'You shall love the Lord your God with all your heart and with all your soul and with all your mind.' This is the greatest and first commandment. And a second is

like it: 'You shall love your neighbor as yourself.' On these two commandments hang all the law and the prophets." (Matthew 22:34-39, NRSV)

Love God. Love neighbor.

It's important to note, however, that the type of love Jesus is talking about isn't the type of romantic love found in a Valentine. This love is a bit more complicated and a bit more demanding.

The United Church of Christ, has a motto: "No matter who you are, or where you are on life's journey, you are welcome here." This statement is a good place to start when trying to define what it means to love one's neighbor. To welcome or to receive a person, no matter who they are, is to show love for that person. To make sure every individual has a seat at the table, where they are celebrated and their needs are addressed, is to live out loud the type of love Jesus is talking about.

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

From the Desk of Pastor John continued...

To love in this way is not easy. It requires grit, humility, patience, and a whole lot of grace. It can be uncomfortable and challenging to ensure that differing opinions, world views, cultures, and life experiences are expressed and treated with equity. This type of love also requires us to remain present and to see things through when disagreements arise, which may require innovation and compromise.

To love like Jesus wants us to love is hard work. But it's worth it. It builds important relationships and sacred community, which we all need for support, encouragement, and growth. It is also in community that we are provided the opportunity to love and to be loved, which every soul needs.

So, love God and love your neighborhood. After all, it's all about love. Amen.

Blessings,
Pastor John

Ideas to Love Your Neighbors

- ♥ Love your neighbor: pray for them
- ♥ Love your neighbor: send a card
- ♥ Love your neighbor: call the Pilgrim you haven't seen in a few Sundays
- ♥ Love your neighbor: remember birthdays
- ♥ Love your neighbor: leave a treat for the postal worker
- ♥ Love your neighbor: offer a bottle of water to someone working outside
- ♥ Love your neighbor: wave and say hello

Pilgrim Prayer List

Recovery after Hurricane Ian
Lorraine O'Keefe - cancer
Savina Krueger - cancer
Louise Wright - cancer
Joe Beaudreau - health
Genny Sweetland - cancer
Ken Hill - health
Mike & Debbie Baronski - cancer
Sidoney Johnston - homebound
Judy Michaels - health
Zander Jones - health

Rick McLemore - cancer
Bill Wolf - homebound
John Krueger - Parkinson's
Kathy Wagner - cancer
Sarah Pasierb - health
Elaine Pregowski - health
Cherry Gillner - health
Pat Wheatcroft - cancer
Jim Smith - PC Rehab
Yale Family
John Hames - PC Rehab

Pilgrim United Church of Christ

24515 Rampart Boulevard
Port Charlotte, FL 33980
941-629-2633
www.pilgrimonline.org
office@pilgrimonline.org

Office Hours:
Mon - Thurs, 9:30 am - 2:30 pm

Senior Pastor:
Rev. John Barnette
johndbarnette1@gmail.com

Associate Pastor:
Rev. Ken Ewing
ewing-ken@comcast.net

Moderator:
Jessica Warne
jaward77@gmail.com

Maintenance Technician:
Gene Burnell

Office Administrator:
Cat Foster
office@pilgrimonline.org

Organist:
Cheryl Huber

Pianist:
Maverick Li

Children's Ministry Director:
Jessica Warne

Bell Choir Director:
Russ Whittaker

Music Director:
Katy Yoder
music@pilgrimonline.org

Joyful Noise
Learning Center
941-629-4821,
www.joyfulnoisec.org

Director of Joyful Noise:
Cynthia Poudrette
jndirector@pilgrimonline.org



Pilgrim Health

♥ Heart

Be Aware of these Warning Signs of Heart Attack or Stroke

Heart Attack Symptoms

- **CHEST DISCOMFORT:** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **DISCOMFORT IN OTHER AREAS OF THE UPPER BODY:** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **SHORTNESS OF BREATH:** with or without chest discomfort.
- **OTHER SIGNS:** may include breaking out in a cold sweat, nausea or lightheadedness.

Stroke Symptoms

Spot a stroke F.A.S.T.

- **FACE DROOPING:** Does one side of the face droop or is it numb? Ask the person to smile.
- **ARM WEAKNESS:** Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- **SPEECH DIFFICULTY:** Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?
- **TIME TO CALL 911:** If the person shows any of these symptoms, even if the symptoms go away, call 911 and get them to the hospital immediately.

♥ Mental Health

Each illness has its own symptoms, but common signs of mental illness in adults and adolescents can include the following:

- Excessive worrying or fear
- Feeling excessively sad or low
- Confused thinking or problems concentrating and learning
- Extreme mood changes, including uncontrollable "highs" or feelings of euphoria
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Difficulties understanding or relating to other people
- Changes in sleeping habits or feeling tired and low energy
- Changes in eating habits such as increased hunger or lack of appetite
- Difficulty perceiving reality (delusions or hallucinations, in which a person experiences and senses things that don't exist in objective reality)
- Inability to perceive changes in one's own feelings, behavior or personality
- Overuse of substances like alcohol or drugs
- Multiple physical ailments without obvious causes (such as headaches, stomach aches, vague and ongoing "aches and pains")
- Thinking about suicide
- Inability to carry out daily activities or handle daily problems and stress
- An intense fear of weight gain or concern with appearance

♥ Exercising

Adults aged 65 and older need:

- At least 150 minutes a week (for example, 30 minutes a day, 5 days a week) of moderate intensity activity such as brisk walking. Or they need 75 minutes a week of vigorous-intensity activity such as hiking, jogging, or running.
- At least 2 days a week of activities that strengthen muscles.
- Activities to improve balance such as standing on one foot about 3 days a week.

♥ Nutrition

As we age, healthy eating can make a difference in our health, help to improve how we feel, and encourage a sense of well-being.

- Enjoy a variety of foods from each food group to help reduce the risk of developing chronic diseases. Be sure to choose foods with little to no added sugar, saturated fats, and sodium.
- Get enough protein throughout your day to maintain muscle mass.
- Focus on the nutrients you need, including potassium, calcium, vitamin D, dietary fiber, and vitamin B12.
- With age, you may lose some of your sense of thirst. Drink water often. Low- or fat-free milk, and 100% juice can also help you stay hydrated. Limit beverages that have lots of added sugars or salt. Learn which beverages are healthier choices.



Ministry & Outreach

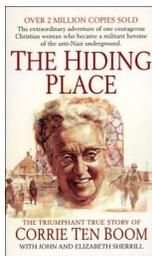
Women's Fellowship

Fellowship and Study

Pilgrim Women will meet on Thursday, February 16, at 10:00 a.m. and continue in our study of *Grace*, written by Max Lucado. Topic for the day is "Coming Clean with Grace that Abounds".

Women's Fellowship Book Club

Pilgrim Book Club will meet on Thursday evening, February 16, at 6:00 p.m. at the home of Susan Wright. We will share a potluck supper. Bring a dish to feed 10. We will review *The Hiding Place* by Corrie Ten Boom. This is a classic you won't want to miss.



Adult Bible Study

Verse by verse Bible study on Ezekiel continues. Learn about the prophecies regarding the destruction of Jerusalem, and the restoration to the land of Israel.

Adult Bible study resumes on February 12, at 10:15 a.m. following Sunday Worship.

Music Notes

I see God's hand in my own life at home, work and with friendships including the growth of our church choir with times of great praise and thanksgiving year-round.

I'd love to share with you a song that I recently came across that brings great joy in my spirit, and one that I know brings joy to my Holy Father as well. Be blessed in this new year and month to come!

"Whenever You Smile" by Robin Mark includes these lyrics:

Whenever you smile, I know You do I found it written in the pages of your book. Whenever you cause Your face to shine I know that you smile.

Lift up the light of your countenance, and Shine down on me, There will be joy in the morning When the sun rises, The sun rises With healing in his wings I know that you smile.

To listen to this song go online to YouTube; <https://m.youtube.com/watch?v=ZodXQ9BeDt0>

"The light of thy countenance O Lord, is signed upon us: thou hast given gladness in my heart." - Psalm 4:6

In Christ, Katy

Playground Work Day

If you are available, please come Saturday, February 18, at 9:00 a.m. to return the playground to it's purpose! Let's get the playground safe and ready for the children to enjoy these "Florida Winter" days!

We will be installing the sun sails and assembling the playground equipment!

Bring your sunscreen, work gloves, screwdrivers and electric drills...we'll have water and snacks!



Scouting

January was another very busy for the Boy Scouts:

January 13-15: Order of the Arrow welcomed three new members of Troop 351 at the Ordeal held at Camp Flying Eagle in Bradenton.

January 20-22: we had two Boy Scouts attend NYLT which is a Youth Leadership Training.

January 27-29: Eight Boy Scouts headed to Winter Camporee at Camp Flying Eagle to compete against other scouts from Manatee and Two River Districts. The theme was Gladiator. We will share photos next month.

February News:

The Scout Fundraiser for Fish N Chips Lunch:

1/2 pound of Fish, Chips, Coleslaw and Choice of Drink

Saturday, February 11

11:30 a.m. to 1:30 p.m.

All meals will be "to go" since the community center is under construction.

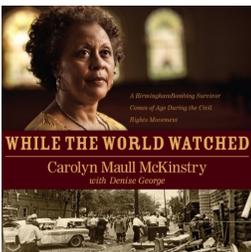
Tickets are \$15 and available in the Church Office



Book Recommendations

February is Black History Month and Pastor John has a book recommendation: *While the World Watched: A Birmingham Bombing Survivor Comes of Age during the Civil Rights Movement.*

"On September 15, 1963, a Klan-planted bomb went off in the 16th Street Baptist Church in Birmingham, Alabama. Fourteen-year-old Carolyn Maull was just a few feet away when the bomb exploded, killing four of her friends in the girl's restroom she had just exited. It was one of the seminal moments in the Civil Rights movement, a sad day in American history ... and the turning point in a young girl's life.



A uniquely moving exploration of how racial relations have evolved over the past five decades, *While the World Watched* is a testament to how far we've come and how far we have yet to go."

Find this book on Audible, your local library or bookstore or Pastor John has a copy you may borrow!

Joyful Noise Learning Center

February will be extra exciting for Joyful Noise. On February 4, we plan on having our second workday to complete the playground restoration. We are hoping to have the playgrounds reopened on the following Monday! We appreciate your help and prayers that all needed materials arrive on time.

Classes will be celebrating Valentine's Day with classroom parties on the 14th. We will emphasize that God's love is the greatest love we have and that when we love others we share His love.

Cynthia Poudrette
Director

Lent 2023

Ash Wednesday, February 22 at 6:00 p.m. Worship.

Lent Calendar

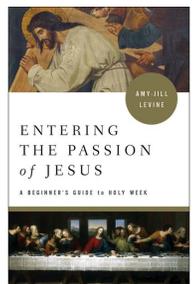
The 2023 Lenten Calendar, available late February, will provide a different daily scripture, prayer topic or fast for the Lenten season.

Lenten Bible Study with Pastor John
Wednesdays, beginning March 1, noon and 6:30 p.m.

Entering the Passion of Jesus: A Beginner's Guide to Holy Week by Amy-Jill Levine

Books to follow along and study are available, but not required, in the Church Office, \$14.

"Jesus' final days were full of risk. Every move He made was filled with anticipation, danger, and the potential for great loss or great reward. Jesus risked His reputation when He entered Jerusalem in a victory parade. He risked His life when He dared to teach in the Temple. His followers risked everything when they left behind their homes, or anointed Him with costly perfume. We take risks as we read and re-read these stories, finding new meanings and new challenges. In this study, author, professor, and biblical scholar Amy-Jill Levine explores the biblical texts surrounding the Passion story. She shows us how the text raises ethical and spiritual questions for the reader, and how we all face risk in our Christian experience."





Business News

Giving Envelopes

Envelopes have been mailed to current addresses on file. These envelopes will begin with the February dates! If you would like to be added to the list for next quarter, call the Church Office.

Property Committee

Pilgrim's Property Committee will meet on Thursday, February 9, at 6:30 p.m. in the Conference Room. All interested in the property and maintenance of the Pilgrim campus are invited.

Hurricane Ian Recovery

The roofs have all been replaced! Here are before and in progress photos of the Community Center and Joyful Noise School. You can see the damage from the high flying drone photos. We are grateful our roofs are now restored!

We also held a work day for the playgrounds. It's imperative that we have the shade sails restored for the children to play in the Florida Sun. The old tilted poles have been removed and new poles have been set. Damaged equipment has been removed. Next work day, February 4, will be to install the sails and assemble the new equipment!



Council Highlights from the Moderator

- As reconstruction continues on the Community Center and Church, we will continue worship at Kings Gate. Thank you to all volunteers that continue to help organize setting up this space Sunday morning and swiftly cleaning up afterwards.
- It has been wonderful to see many of you utilizing the lobby at Kings Gate after Sunday service. It really is a great space for continuing fellowship and greeting others. Our Sunday School children have really enjoyed this space as well, for this reason too.
- An inspection of the ice machine in the Community Center Kitchen was done when Joyful Noise re-opened. It has been concluded that a new one was needed. After doing research, Ken Rhoe, found a brand new ice machine (with warranties) to replace the unserviceable one. Joyful Noise is able to purchase the new one with grant money that was secured last year.
- Woo-hoo! We are making progress. We have new roofs. Things are rolling along smoothly and reconstruction will continue.
- All key carriers – please follow our safety protocol during our reconstruction. At this time, only the authorized work personnel are allowed in the construction areas due to safety concerns. There are numerous projects happening in different areas within both buildings . If you do not have recent authorization from the Church Office – do NOT go into those buildings. (Thank you.)
- If you have ever wondered what goes on at a Council meeting, come February 28, at 7:00 p.m. These meetings are always open for members to attend. Your voice matters to Council. I encourage any of you, if there is an issue or if you have an idea to share, please reach out to a member of Council. We are always happy to answer any questions, or get an answer to you. If it needs more research, we will add it to our agenda of the next meeting for further discussion. Attendance at these meetings is a significant way to be part of the ministry that is happening at your Pilgrim Church.



Love Your Neighbor

February Birthdays

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

February Anniversaries

- 2 Dan & Shirley Donohue
- 14 Jim & Patricia Smith
- 21 John & Savinia Krueger
- 22 David & Sandy Wheatcroft
- 23 Joe & Jane Beaudreau

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 6:30pm Choir Rehearsal	2	3	4
5 9:00am Worship	6 4:30pm Handbells 7:00pm AA - Women	7 Health Month: Have you refreshed your memory of the warning signs of heart attack or stroke?	8 6:30pm Choir Rehearsal	9 6:30pm Property Committee: Buildings & Grounds Meeting	10	11 9:00am BSA Fish & Chips Fundraiser
12 9:00am Worship 10:15am Adult Bible Study	13 4:30pm Handbells 7:00pm AA - Women 7:00pm Missions Meeting	14 Valentine's Day	15 Newsletter Article Deadline 6:30pm Choir Rehearsal	16 9:15am PBJ Sandwich Makers 10:00am Pilgrim Women's Fellowship 6:00pm Pilgrim Women's Book Club	17 Health Month: You can love Jesus and have a therapist, too. You can love Jesus and take medication, too. Please get whatever help you need. You matter. You matter to God. You matter to us. You matter.	18 9:00am Playground Workday
19 9:00am Worship 10:15am Adult Bible Study	20 4:30pm Handbells 6:30pm Finance Committee Meeting 7:00pm AA - Women	21 Health Month: Have you taken a serious look at how much exercise you are actually doing each week? 150 minutes of moderate activity is recommended.	22 Ash Wednesday 6:00pm Ash Wednesday Service at Pilgrim Church	23	24	25 BSA Pinewood Derby / Crossover
26 First Sunday in Lent 9:00am Worship 10:15am Adult Bible Study	27 4:30pm Handbells 7:00pm AA - Women	28 7:00pm Council Meeting	Health Month: Water is essential to almost all bodily functions, from lubricating our joints to pumping blood to our heart. Older adults are more prone to becoming dehydrated as they develop a diminished sense of thirst. Drink 6-8 glasses of water a day!	<p>24515 Rampart Boulevard Port Charlotte, FL 33980 941-629-2633 www.pilgrimonline.org office@pilgrimonline.org</p> <p>Office Hours: Mon - Thurs, 9:30 am - 2:30 pm</p> <p>Joyful Noise Learning Center 941-629-4821, www.joyfulnoisec.org</p>		