

PILGRIM'S PROGRESS



Volume 1, Issue 3

PILGRIM CHURCH A UNITED CHURCH OF CHRIST CONGREGATION

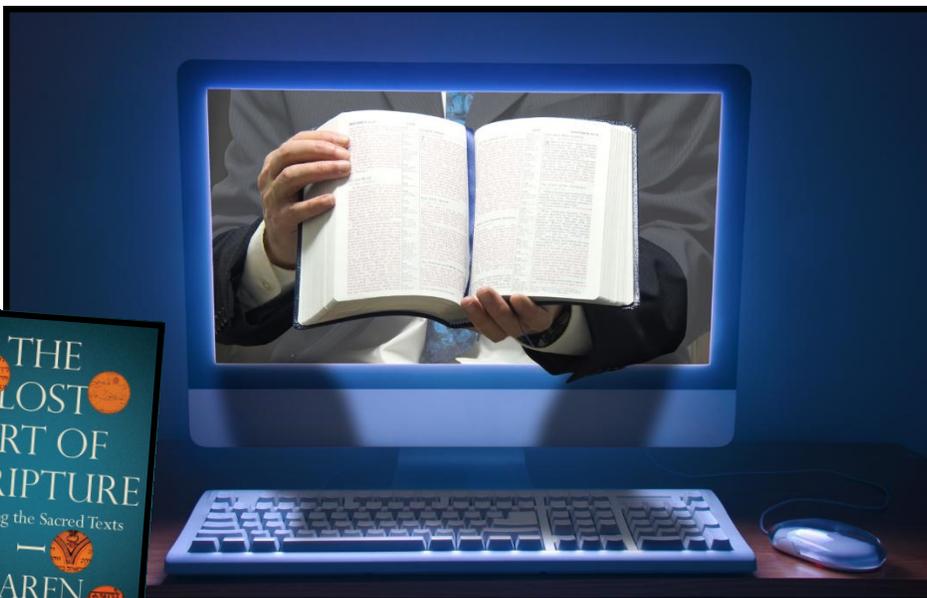
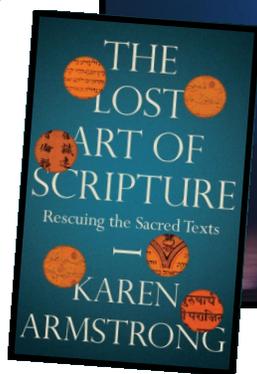
May 1st, 2020

And the Beat Goes On...

By Pastor Paul Eknes-Tucker

Now that we as a congregation have been living in Non-Ordinary Times for a while, we have learned some important things. The first is that we have more creativity than we might have imagined. We haven't missed worship on Sunday morning even as safety rules prevented our gathering in person. Thanks to the technological genius of John Williams and the dedicated staff and volunteer worship leaders, Pilgrim's on-line worship has been a tremendous success. The on-line worship is based on a typical Pilgrim worship experience while expanding our worship participants greatly. *In fact, since putting our worship service on-line each week, our average attendance has more than doubled, with some Sundays having reached more than 100 participants.* We have been joined by folks from Huntsville, Alabama and even Chicago, Illinois, as well as some of our local folks who are quarantined at home. Even though I have **GREATLY** missed seeing everyone in person, I am grateful that God has once again provided a way.

The second blessing is that we are now expanding our on-line presence with **Zoom** gatherings of the Pilgrim Book Club. We are currently reading, **The Lost Art of Scripture**, by Karen Armstrong. We had our first **Zoom** meeting in late April and we will continue with this format until we are able to meet in person again. If you would like to be part of the gathering or suggest books for the future, please call me at the church office or email me at peknestucker@gmail.com. I will add you to the list getting the meeting sign-in. Other groups in the congregation can use **Zoom** for meetings, prayer or just to be part of a group. I am still learning how to host these gatherings but by the time you



read this, I should have it running smoothly.

And finally, the third blessing I want to let you know about is that our work with **Firehouse Shelter** continues. Last month was our cooks' first time in preparing the meal at the church/home and dropping it off at the Firehouse. The current protocols for Firehouse don't allow for volunteer groups to cook and serve until the pandemic eases. We anticipate cooking at the church this month, so we will be gathering in the church kitchen and at various home kitchens on **May 8th** to prepare the meal. You may remember that in April the pandemic had just caused **panic buying** in grocery stores. As it turned out, Sam's was hit just as hard.

So, we had to be creative with our menu and may continue to find this to be the case in coming months. But, through it all,

Pilgrim folks came through: *Maria, Chaeli, Kholby, John and Richard all helped make it possible.*

TOGETHER WE CAN FACE ANY CHALLENGES AS DEEP AS THE OCEAN AND AS HIGH AS THE SKY.

Sonia Gandhi

thankful AND grateful

So, the pandemic has given us a fierce challenge and the people of Pilgrim have figured out ways to keep the beat going.

I am blessed to serve among you. I hope you feel the same way about each other.

It's All About Me!

By Jim Ball

I restarted my spiritual journey after being away from church for over thirty years. I had separated myself from church and from God, believing the condemning and judgmental teachings of that denomination. But, alas, God led me to Covenant Community Church and, Praise God, my spiritual journey was rekindled. I had started my spiritual journey as a youth but it was put on hold when I left the church. An important part of a Christian's spiritual journey is studying the Holy Bible, so I started reading it again. Gaining guidance from my studies I began to grow in the Lord. But I had a problem. As I read the passages that dealt with condemning and judging I would automatically think of the persons, the teachings, the dogma that condemned and judged me. My mind concentrated on these thoughts, not on God, and improving my life. How dare these condemn and judge me! I thought I was so right in this. But this was drastically slowing my spiritual journey as I was



condemning and judging these folks just as they had me. I was using the Bible against them as they had me. I was wasting precious time that I should be using to commune with God and improve my life.

judging others instead of focusing on my positive spiritual growth. I was applying these character developing passages to their lives, not to my own. I was blind. Those passages, as I read them, were meant for me. It's all about me! These passages were instructing me, not judging and condemning me. This became an important part of my prayers: That, as I study the Word of God, I apply the principles for a joyous life to me and not use them in condemning and judging others. I pray this prayer often because I am weak but God is



I'm so glad God has a switch to the light in my head! He flipped it, "ON". He made me realized just what I was doing. Through my own self-righteousness, I was concentrating on condemning and

strong. When these thoughts come into my mind, I pray for God to remove them. He does! And, thus, my life is improved! By freeing my mind of these condemning, judgmental thoughts, I am better able to offer hope, show faithfulness and share joy!

Hallelujah, Hallelujah, It's All About Me! Amen!

SPRING FRUIT PIZZA

Recipe courtesy of Spring Recipes

INGREDIENTS:

- 1 Pouch Betty Crocker® Sugar Cookie Mix (1 pound and 1.5 ounces)
- 1/2 Cup Butter or Margarine, Melted
- 1 Egg
- 1 Cup Whipping Cream
- 1/2 Cup Betty Crocker® Rich & Creamy cream cheese frosting (from 1-pound container)
- 3 1/2 Cups Assorted Fresh Fruit

DIRECTIONS:

Heat oven to 375 degrees F.

Lightly spray 14-inch pizza pan or 15x10-inch baking pan with cooking spray.

In medium bowl, stir cookie mix, melted butter and egg until soft dough forms. Press dough in bottom of pan. Bake 10 to 15 minutes or until light golden brown. Cool completely, about 45 minutes.

In chilled medium bowl, beat whipping cream with electric mixer on high speed until soft peaks form. Gently stir frosting into whipped cream. Spread over cookie pizza. Arrange fruit on top. Bake 12 to 17 minutes.



SERVINGS: 12
PREP TIME: 20 Minutes
TOTAL TIME:
 1 Hour 20 Minutes

SOMEBODY, EVERYBODY, ANYBODY & NOBODY

By Jennifer and Tammy

We would like to share a story about four people I know.

*Their names are **SOMEBODY**, **EVERYBODY**, **ANYBODY** and **NOBODY**. This is a true story!*

*The note was posted on the billboard at church, where **EVERYBODY** could see it. The note said "I" need **SOMEBODY** to teach Sunday School next week. **EVERYBODY** read the note. It was a simple request so **EVERYBODY** thought **ANYBODY** could do the job. So **EVERYBODY** went home thinking that **SOMEBODY** would get **ANYBODY** to do it. The next*



*of allowing **NOBODY** to do it.*

***GOD** is calling **EVERYBODY** to His ministry. And **NOBODY** thinks they are worthy of such a call. But **ANYBODY** can do it.*

*Sunday **EVERYBODY** realized that the class was taught by **NOBODY**.*

*The moral of the story is this. IF a job needs to be done and **EVERYBODY** knows about it, **SOMEBODY** should do what **ANYBODY** could do, instead*

LISTEN!
 God is calling someone now. Is that **SOMEBODY YOU?**

The Beach During Pandemic!

Seagulls dipping into dinner in shallow surf just South of the sandbar.

American flag flaps over multimillion dollar beachfront property.

Three adults closely watch a toddler playing in the sand at the edge of the water.

Sheriff cruises in a truck, has a discussion with the three adults who end the discourse with friendly waves - no handcuffs.

Toddler leaves the sand.

Humans with fishing poles defy Law and Reason and compete with the gulls.

Penguin flies by below the balcony.

A buzzard circles then speeds East.

Nothing to see here.



By Teresa Moran

More Shelter-In-Place Exercises!

**Keep the joints moving! Keep the energy flowing!
Even a little activity will lift the spirits when stuck at home!**

Mountain



Side Bend



Knee Hug



Cow/Cat



Helicopter



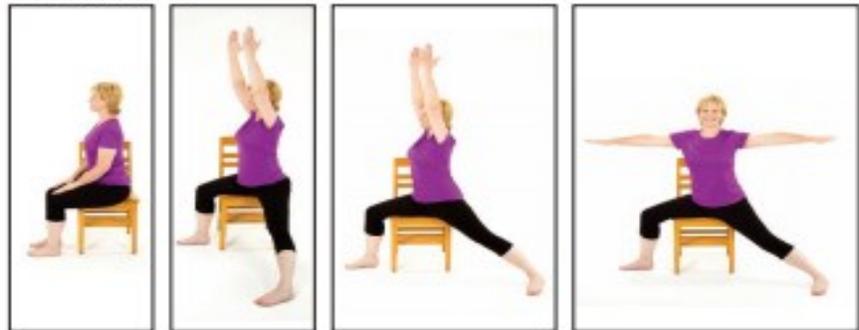
Half-Forward Fold



Reverse Chair



Warrior Series



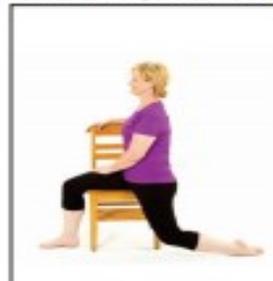
Hamstring Stretch



Gluteal Stretch



Quadriceps Stretch



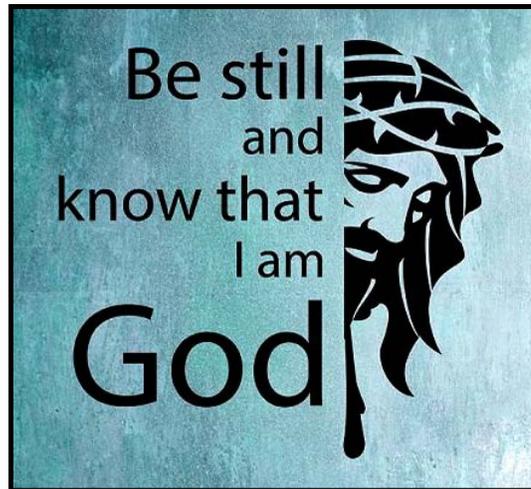
**TAKE YOUR TIME AND DON'T
OVER DO IT!**

Be still and know that I am God

By Jim Ball

Sometimes, life can be just down right frustrating! It can be easy for us to start focusing on these vexing situations. We can start worrying, thinking about stuff. In our mind we can play scenario after scenario about what might happen. We can fret. This fretting can get us down, spiritually and physically. That's when we just have to stop and focus on God! We have to be still and wait on the Lord for the answer. When we are still and await God, our minds become clearer. When God occupies our minds we are not worrying about the stuff going on in our lives. Oh, the situation is still there but we are not worrying about what may come. We are thinking more positively, which is what God wants. Positive thinking brings about positive outcomes. Fears vanish, for God is the stronghold of our lives. God will lead us back into the light. What happens tomorrow will happen, but by concentrating on God and His Son, Jesus Christ, we are better able to deal

with these situations. As a mortal man, Jesus had truly frustrating situations in His life. During those frustrating times, Jesus turned to God, His Father, for comfort. Let us take refuge in the Lord as Jesus did and see the good things God has stored up for us!



Think
Positive
**TALK
POSITIVE**
FEEL
POSITIVE

Readings: Psalm 27:1 & 14, 31:19, 37:7, 46:10, 63:1; 1 Chronicles 22:19; Matthew 6:34, 26:36-44; Hebrews 4:15-16, 5:7-9.

DID YOU KNOW?

By Tammy and Jennifer

God is the Most Amazing Painter. And this is why we think so.

As you are riding down the interstate just take a minute to notice all the variations of colors in the trees: All the greens, reds, yellows, oranges and so on. The flowers sprinkle brilliant colors that dance in the wind. While all the while the blues that fill the sky on a sunny day will melt your soul.

Then look up at the sky when it gets about dusk or when the sun begins to set. The colors will blow you away. Sometimes you have pinks, blues and purples then sometimes you will have whites with a touch of fuchsia, and then other times there are slices of orange mixed into the mix. Oh, what wonderful colors.

Then take a minute to look in your partner's or your child's eyes. Take notice to all the differences in them. Notice how they change with their mood, when they laugh, when they smile, when they cry or when they are sad. Notice how the hues change.



Every one's eyes are one of a kind, just like the stripes on each Zebra, the lines in your fingerprints,

the leaves on the trees and every snowflake. ONLY the most amazing painter could have thought to have done something so special, amazing and unique. And He gave it ALL to us to share each and every day.

Take time today, if only for a minute or two, to enjoy the Master Painter's beautiful MASTERPIECES!



CARRYOUTAL

Alabama Restaurant and Hospitality Association

For Carry Food Go To:
<https://carryoutal.com/>

Poetry, Recipes,
Life Experiences, Art, or
even how Pilgrim
has changed your life...
Please submit ALL entries to
Tammy Webb, Jennifer Lyles
or Pastor Paul at
pilgrimucbham@bellsouth.net

We would love to see you
in PRINT!

STAINED GLASS BY RON VANDER SCHAAF



These stained glass pieces are some that Ron has been working on since the pandemic.

The one with the two "walls" has 75 pieces in it. It's the kind of design that helps me use up scrap pieces. My work with glass has become my refuge and semi-sanctuary during these times.



COURAGE FOR PEACE AND JUSTICE TO EVERYONE!!!

Spring is Like a Perhaps Hand



By E. E. Cummings, 1894 - 1962

placing carefully there a strange thing and a known thing here and changing everything carefully.

Spring is like a "perhaps hand" in a window carefully to and fro moving New and

Spring is like a "perhaps hand" which comes carefully out of nowhere arranging a window, into which people look while people stare arranging and changing,

Old things, while people stare carefully moving a "perhaps fraction" of flower here placing an inch of air there and without breaking anything.

Today's *Trial* is tomorrow's *Cestimony*

WITHOUT GOD
our week would be:
Sinday
Mournday
Tearsday
Wasteday
Thirstday
Fightday
Shatterday

Seven days without God
...makes one weak!



Every day should be mother's day, but since it just doesn't work that way in the real world, it's nice to have a special day to honor women... and specifically those brave souls who take on the enormous task of motherhood. I can't imagine anything that's quite as intoxicating as watching your newborn baby sleep, the toothy grin of a toddler, or a warm hug from a teenager. The years, days and moments pass so quickly... let's celebrate mother's day with an outpouring of love for all those who have played a maternal role in our lives.

Love to ALL! Jennifer & Tammy

DID YOU KNOW:

Jerusalem and the Temple were destroyed by the Babylonians in 586 B.C.

Joseph was sold into slavery for 20 shekels of silver ~ less than \$50.00 today.

The burning bush, God spoke to Moses from, is thought to be either a Mimosa or a thorny acacia tree.

The middle book of the New Testament is 2 Thessalonians.

MONTHLY QUOTE:

SPRING
is when life is
ALIVE
in
EVERYTHING!

By Christina Rossetti

Bible Wordsearch

Mark 3:22-30

Parable of a House Divided

T	H	F	D	B	O	A	G	A	I	N	S	T	R	P
I	O	S	R	R	U	M	E	N	T	O	N	N	A	C
E	L	P	G	E	I	B	O	I	V	Y	R	R	A	C
S	Y	I	P	K	V	V	E	D	S	T	A	N	D	D
F	D	R	M	O	E	E	I	Z	G	B	M	Y	E	B
O	E	I	E	P	S	E	N	N	L	N	D	D	O	H
R	L	T	L	S	J	E	C	E	G	E	I	R	S	F
G	L	I	A	E	T	E	S	N	S	V	E	K	T	L
I	A	D	S	R	T	N	A	S	I	N	S	B	R	E
V	C	U	U	E	O	T	E	D	I	R	D	E	O	S
E	S	T	R	M	A	S	E	E	N	T	P	N	N	M
N	H	N	E	S	S	S	E	L	N	U	S	T	G	I
L	A	D	J	O	F	G	U	I	L	T	Y	E	A	H
L	A	U	P	S	R	E	H	C	A	E	T	R	L	L
T	S	W	H	O	E	V	E	R	E	S	U	O	H	F

AGAINST	LAW
BEEZEBUB	MEN
CALLED	NEVER
CANNOT	OPPOSES
CARRY	PARABLES
DEMONS	POSSESSED
DIVIDED	PRINCE
DRIVING	ROB
ENTER	SATAN
ETERNAL	SINS
FORGIVEN	SPIRIT
GUILTY	SPOKE
HIMSELF	STAND
HOLY	STRONG
HOUSE	TEACHERS
ITSELF	TELL
JERUSALEM	TIES
JESUS	TRUTH
KINGDOM	UNLESS
	WHOEVER

After you find all the hidden words the left over letters spell out a Bible verse reading from the top left to the bottom right

Wordsearch No.172

Psalm 19

MORE PUZZLES AT: <http://biblewordgames.com> COPYRIGHT 2009 ALL RIGHTS RESERVED

FOR EVERY MINUTE YOU ARE ANGRY, YOU LOSE 60 SECONDS OF HAPPINESS

N	A	L	W	O	A	K	Y	U	W	T
S										R
U										M
N										A
O										I
R										T
B										P
U										H
C										O
T										A
U										F
R										G
Y										O
E										E
T										L
W										N
E										I
S	I	N	D	A	S	E	R	L	E	T

Here's a super fun Bible word game!

We've hidden a verse from Proverbs in this shape.

To find it, you'll need to start at the correct letter and then read every second letter, going in a clockwise direction.

How long will it take you to uncover the wisdom of this proverb?



APRIL ANSWERS:

- How many rivers were formed from the river that went out of Eden and what were they?
The answer is Four. They are Pishon, Gihon, Hiddekel, and Euphrates. Gen. 2:10-14
- Who witnessed Elijah being taken up to Heaven?
The answer is Elisha. 2 Kings 2:11-12
- Moses died at age 120 and was buried in a valley of Moab. Who buried him?
The answer is The Lord. Deuteronomy 34:6
- How many troops did Sennacherib lose at the siege of Jerusalem?
The answer is 185,000. 2 Kings 19:35
(These are the answers from the Trivia from the April Issue. How many did you get right?)

PILGRIM BIRTHDAYS FOR THE MONTH OF MAY

- Bob Greene ~ May 4th
- Austin Eargle ~ May 7th
- Carol Schulz ~ May 10th
- Ron Vander Schaaf ~ May 14th
- Gary Abel ~ May 17th
- Cedric Rudolph ~ May 22nd

PILGRIM ANNIVERSARIES FOR THE MONTH OF MAY

David & Susanna Precise
May 22nd

IF WE HAVE MISSED YOUR BIRTHDAY, WE APOLOGIZE! PLEASE LET US KNOW & WE WILL GLADLY ADD IT!