

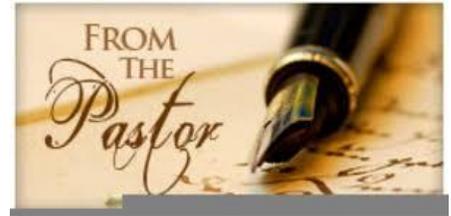


October 2020



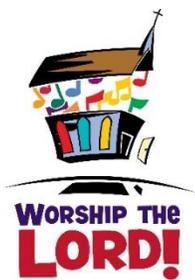
When Life Disrupts Your Comfort Zone. If this sounds familiar, perhaps you read Chapter 4 in my book entitled “Keep Your Balance”. In that chapter I speak about how from time to time, Christians find themselves *at ease* in their *comfort zone*, “*that place where it seems everything is going your way*”, and how God meets us there when the zone is disrupted (*Proverbs 3:5-6.*) Enter CoronaVirus.

Greetings beloved. It’s hard to believe we’ve been separated and Sheltering-in-Place for 6 months. The Coronavirus has changed the environment we live in and impacted how we go about our daily activities. CoronaVirus slammed our comfort zone with fierce winds, dry thunder, extreme heat, and a “sun”-less day, but it didn’t render the “Son” powerless. It has “rained on the just and the unjust. And more will change between the “closing song” we enjoyed in March and the sound of music the *next time we meet*. But not our God. None of us have or can escape this pandemic. But unlike some who suffer, we have that blessed assurance that nothing can separate us from the love of God. In all this, one thing has not changed; our God is still able, still more than able (*Romans 8:35-37*). Our hope is assured by the Almighty God and we praise Him all the way through this pandemic! Not all things are good, but all things work together for good (*Romans 8:28*). As Christians we can turn this pandemic on its head! Let’s use this “extra” time for more bible study; to make calls to friends; and to let our little lights shine as we share a kind word and an “eye-smile” when we come in contact with others (*Matthew 5:16*) On behalf of Kay and I and the entire PMBC Family, thank you for all your acts of kindness.



Pastor & Kay Stuckey (Psalms 37:25)

The Friendly Church on the Avenue



It is still unclear when we can resume meeting in person. Some claiming God’s provision and protection are ignoring authorities and medical advice and resuming services. Leadership believes this is ill-advised, and not biblical. Yes, God can do anything, but He has given man a mind and the ability to think and act responsibly. Much like we would not use bleach in our cereal, we will not rush ahead of science or the authorities to resume meeting in person. Thus, we will resume meeting in person when it is approved by the authorities to do so, and we have taken all appropriate steps to minimize any spread between our members. Until then we will use the various technology available to stay connected.

We also ask that you remain faithful in sharing your financial blessings with the church. The church has ongoing financial obligations that must be met. We are reducing and/or eliminating costs where possible and trusting God to guide our financial decisions. To those that have been submitting your **tithes and offerings** online or by mail, *thank you*. Your gift, no matter the size, is needed and appreciated.



More than ever before we are reminded that “the building” is not “the church”. This pandemic has prevented us from assembling at 3301 King St, but it has not taken us away from the cross. We are still offering Sunday school for adults, youth and children; Worship Service, weekly Bible Study, choir rehearsal, and 1st Sunday communion! These services are available via the Internet on Zoom or by calling in by phone. For more information contact the office. Our heartfelt thanks to our leaders and facilitators who have, and continue to lend their gifts to allow for corporate ministry:



Sunday Sermons

Pastor Stuckey, Michael Adkins, Ron Ellis, Mark Goodwin, Eric Hardy, Darryl Marius, Darryl Price, Michael Raines

Sunday School Facilitators

Sisters Stephanie Allen/Alysia Brewer/Brenda Davis/Jasmine Raines/
Louise Raines/Sandra Sims/Bea Todd

Brothers Mike Adkins/Tim Case/Bro Cusseaux/Ron Ellis/Mark Goodwin/
Omar Herrera-Asmat/Mark Johnson/Bob Jones/Fretias McGary/
Kola Onafowode and Terrence Sims

Children and Youth Services

Bryan Reed/Rene Clark/Ron Ellis/Michael & Jasmine Raines
Robert & Michelle Stephens/Sandra Styles

Communion Service (1st Sunday only)

Elder Cooper; Brother Tim Case



Music Ministry

Brother Torey Campbell and soloists who sing praises including Brenda Davis, Rivers Pugh, Terrence Sims, Michelle Stephens and Jay Taylor

Bible Study

Elders Edward Cooper & Marvin Reynolds

Grief Ministry

Elder Cooper, Tim & Teresa Case, Nelvia Davis

Very Special thanks to those who serve every week, out front and behind the scenes, to make all this happen: Torey Campbell, Rene Clark, Michelle Stephens, Robert Stephens, Sarah Stephens, and Terrence Sims.

Hurts and Hallelujah's

As a family, we have experienced hurts and hallelujah's within the body. While we know to be absent from the body is to be present with the Lord (*2 Corinthians 5:8*) we weep at the homegoing of our loved ones, and friends. When we assemble again, the faces of our beloved Belinda Stuckey, Cornell Slaton, and Christina Downer will be missed, but never forgotten. Our condolences to the following members who have experienced the passing of a loved one in their family: Pat Felts, James Hardy, Kola & Pam Onafowode, Terrence & Sandra Sims, Linda Thomas, Erick & Linda Walton, and Gerry Williams. Until we see them on the other side, let's cherish our individual special memories. Please inform the office at 510-655-3660 or admin@progressive4life.org of major illness or loss in your family so we can be in prayer with you. Remember ... weeping may endure for a night, but joy comes in the morning (*Psalms 30:5*)



We offer prayers of praise to our Lord and Savior for keeping us. In the midst of shortages from toilet paper to bottled water – he's been good. I've never seen the righteous forsaken nor his see begging bread. Thank you for what you've already done and be encouraged to continue helping us meet each other's needs.



YES She Does

Shout out to Roz Simpson, leader of our Women's Ministry and Sandra Sims, leader of our Deaconess Ministry. These women of God, and the women who work alongside them, provide timely and periodic emails and phone calls so our women are kept abreast of situations impacting women in the congregation. BUT it doesn't stop with communications; the women are busy meeting the needs of others with greeting calls? wellness checks; grocery shopping; cooked meals and more.



Blessed to be Seniors!

As a kid, you couldn't imagine life past old – 30! As a senior, decades beyond 30 – you praise God for the blessing of each new day. In October we celebrate our seniors. This year we are expressing our love with a “love sac” of goodies with those in the PBC family that are 70 or older.....*the days of our years are threescore years and ten; and if by reason of strength they be fourscore years (Psalms 90:10)*. Praise God for Centenarians (100+) Alma Hassen; Elga Kendall, and Bennie Washington; and near-centenarians (95-99), Francine Carson, Dorothy Chambers, Willie Mae McMullen, Faye Smalley, Emma D. Turner, and *It seem like just yesterday.....and then it was my winter* (excerpt “And Then It Was Winter”, Mike Dailey). If you want to share your love with the seniors, or if we missed a name on this exclusive list, contact Betty Hicks at (510) 849-2499.



Your Temple

Be Safe, Be Sure. It's important to stay on top of our health with regular check-ups, early diagnostic tests, and dental care. You can't fight, what you don't know. Overcome fear with facts!

- ✓ Follow the advice of your care provider
- ✓ Take all ordered tests
- ✓ Take **all** your prescribed medications and
- ✓ Seek medical help for any problem or symptom you experience

For Women Only! Join us in getting excited about the Women's Ministry offering - **"Personal Prayer Retreat, Off the Grid"**. October 9th and 10th
Watch the monthly bulletin or call Sis Roz @ 510-213-4425 for more information



It's Golden! With all humility and gentleness, with patience, bearing with one another in love, eager to maintain the unity of the Spirit in the bond of peace (*Ephesians 4:2-3*). PBC is blessed with many couples that live out their marriages God's way ...and have done so for many years. On October 17th our own *Willie & LaVonne Kilgore* celebrate 50 years. Congratulations!



October is Breast Cancer Awareness (BCA) month. Breast cancer continues to wage battle with millions of women (and men) and it is not taking a break during this pandemic. It is vitally important that you stay focused on your breast health! Make sure you're doing monthly breast exams, and your annual mammograms, and/or ultrasounds. BCA! Saves lives! At PMBC we acknowledge BCA! on the 4th Sunday in October. Please join us in wearing "pink" for Sunday school on October 24th. If you would like to share an experience/testimony that will encourage another sister or brother contact Sister Linda Thomas @ 925-628-5108. We are victorious in Him. Praise God!



VOTE! Tuesday, November 3rd. The right to vote hasn't always been available to all. In fact, for some this right only came after significant humiliation, insult, cost, and physical harm inflicted upon our fore parents and in the words of John Lewis, a lot of "*good trouble*". Much is said about the Presidential race.



PLEASE don't be distracted by the noise. A lot of important issues are on the ballot. The election will help shape health care, property values, taxes, personal income, schools, etc. for you, your children and your grandchildren. When casting a ballot, we have an obligation, a responsibility, to evaluate the candidates, propositions, and measures in light **of all** of God's principles. This year in particular, we urge you to consider voting by mail. Request a mail in ballot; study the various measures; make your decisions known by marking your ballot and returning it asap. If you choose to vote in person, wear a mask (air borne particles), wear gloves (frequently touched surfaces) and practice social distancing.