

### In This Issue - September 2020

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#### Worship Times:

- 9:00am Traditional  
(Online – Website)
- 10:00am Blended Service  
(Family Life Center)

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NC 28216  
704-392-2387  
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### *Inspiration Point*

Many years ago when my youngest daughter was five years old, she was having bladder infections one after another. Following many tests, it was determined that her tubes from the kidneys to the bladder were not growing fast enough to keep up with her normal growth. An operation was in order to rebuild those tubes. I was about three months short of a deployment to the South China Sea, and we had three other children. The youngest was one year old.

I was the Maintenance Control Officer of a Navy Squadron of 5 airplanes. We were one plane short of our quota, and we were assigned an airplane just returned from Viet Nam with several cracks in the airframe from high 'g' jinking from surface to air missiles. It came to us stripped down to the bare metal along with a full crew of depot level maintenance personnel. My job was to keep the other 4 planes in the air and oversee the repairs on the pile of junk they rolled to our hangar, mostly on trucks. They all had to be sea worthy in order to fly to the West Coast on Dec.31, 1972.

Meantime, my family is a wreck. Our daughter, my little girl, was undergoing massive surgery to rebuild her urinary tubes. I was under pressure to meet the plane deadline to the point that I had to have the maintenance crew (125 men) split into two groups working 12 hour shifts. Christmas was coming and every body wanted to spend as much time at home with the families as possible since the cruise was a long one, 10.5 months in a war zone. All the families were angry with me for taking the men away to work, but it had to be done!

Well, the surgery took place as scheduled and I was there to comfort her. I remember looking down at my sweet little daughter with all those wires and tubes running into and out of her body, looking so small and frail and I was crying because I could not do anything for her! Things were not so good at our house those days. My older children were rebelling and my first wife was all stressed out! I was stressed out as well, being pulled in two directions at the same time.

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My little girl came through the surgery and the recovery just fine, and has had no problems of that nature since that time. We did get the plane back together, primed and painted and flew it off with the other 4 just in time to board the USS Constellation as it pulled out of the San Diego harbor. For the next three weeks, we totally rebuilt all the wiring harnesses from salt water corrosion damage. When we got to the Philippines, we had it repainted in a professional paint shop to the point that it looked and performed like a brand new plane!

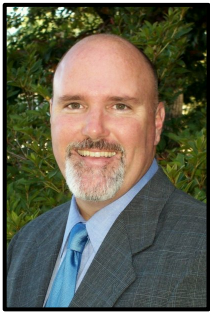
Because of this experience, I can relate to a family with a young child lying in a hospital bed on a ventilator with CO-VID 19. There is nothing that makes a parent feel so bad as having one of our small young ones suffering and we cannot do anything about it! Never lose heart nor your faith in God! God says, "I am the God that healeth thee." The Bible teaches us that Jesus bore all our sicknesses and healed our diseases! It is by His (Jesus's) stripes that we are healed! Jesus loves the little ones! He has his angels watching over them day and night! So rest in peace dear one! Pray and trust in His promises and in His love! He cares for you!

*Brother Phil*

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The Pleasant News Staff ...  
Wishes Our Church Family ...  
A Safe and Happy Labor Day





## *A TEMPORARY SITUATION*

### **JEREMIAH 1:19**



These days in which we are living seem like light years away from the way things were before February 2020. Not only are we dealing with a viral pandemic, but we are seeing riots and anarchy throughout many of our cities. People seem less civil, and patience and trust are rarely lived out. Many long for an old normal.

During this COVID pandemic, major league baseball has started up again. I think there are a lot of folks glad to see baseball being played again even if there are no fans in the stands.

Most people are familiar with the convoluted sayings of baseball hall-of-famer Yogi Berra. Berra was the catcher, and later the manager, of the legendary New York Yankees. Some of the misstatements attributed to Yogi include...

A nickel ain't worth a dime anymore.  
It gets late early this time of year.  
If you come to a fork in the road, take it.  
I usually take a two hour nap, from one o'clock to four.  
If you can't imitate him, don't copy him.  
If I didn't wake up, I'd still be sleeping.  
It ain't over till it's over.

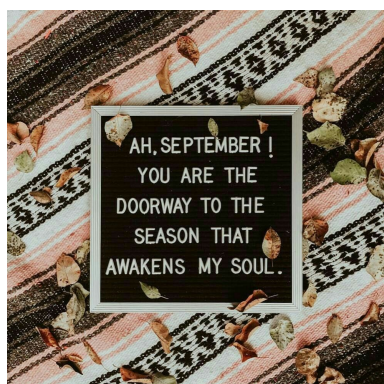
My favorite Yogi-ism occurred when a reporter asked him what he was going to do about the fact that he was in the middle of a batting slump. Yogi looked at the reporter with surprise and said, "*Slump? I ain't in no slump. I just ain't hitting.*"

There is undeniable wisdom in his perspective. It's the difference between seeing your problems as a temporary situation or a permanent condition. "Not hitting" is a game-to-game struggle; a "slump" lasts indefinitely.

The Bible teaches that believers can strike the word "slump" and its equivalents from their vocabulary. We may face challenges, setbacks — even outright persecution — but we have God's guarantee that it will not last. If you know Jesus as your personal Lord and Savior, then you can be at peace that one day you will be with Him in paradise. God's words to Jeremiah apply to us today:

*They will fight against you but will not overcome you, for I am with you and will rescue you. (Jeremiah 1:19)*

*“Transitioning from Summer to Fall”*



SUMMER AND FALL

Today it still is summer,  
Tomorrow will be fall.  
I see the purple asters,  
I hear the autumn's call.

I feel the warm sun shining  
As a balmy south wind blows;  
I see more flowers blooming,  
And I see the grass still grows;

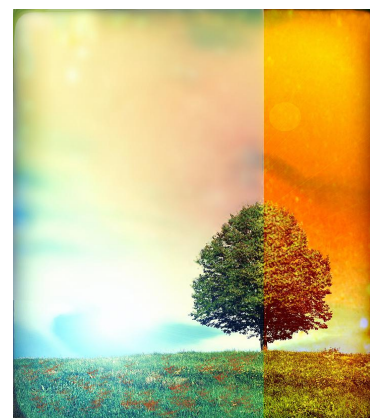
The goldenrod is waving,  
The bees are in the clover.  
I hear a distant honking—  
The geese are flying over.

The maple leaves are golden;  
The pumpkins, round and yellow.  
The apple cheeks are rosy,  
The pears are getting mellow.

The nuts are growing rounder,  
The cornstalks, brown and sear.  
By twenty lovely tokens  
I know that fall is near.

Today it still is summer,  
Tomorrow will be fall.  
Today I still am barefoot—  
Oh, how I love it all!

Nona Keen Duffy



## ***Did You Know???***...



...that a potato can be a lifeline? Well, it sure can!!!

Amidst the COVID-19 crisis that has brought on additional hardships for our most vulnerable neighbors, the United Methodist Church is still in the business of feeding the hungry; in both body and spirit. Rev. Angela Hollar, an elder in the Western North Carolina Conference of the United Methodist Church, felt compelled to help the community in some way during these difficult times. She contacted the Society of St. Andrew for the Carolinas and as a result of these thoughts and actions, a tractor-trailer pulled up to the Backpack Weekend Food Program warehouse on July 8<sup>th</sup>, with about 40,000 pounds of potatoes! These potatoes would then feed hundreds of families across Gaston, Lincoln, and Cleveland counties. The Society of St. Andrew is a non-profit organization that works to stop hunger through gleaning and working with farmers and volunteers. Their efforts focus on stopping food wastage. Since 1992, the Society of St. Andrew has operated a statewide Gleaning Network which has salvaged over five million pounds of fresh produce for the hungry each year. The Gleaning Network coordinates with local farmers, a league of volunteers, and various food-providing agencies. Through this network of partnerships, the 40,000-pound potato drop became a reality!

A project of this magnitude doesn't just happen! The volunteers began working on different aspects of the effort several weeks before the potatoes arrived. Approximately 4000 mesh bags were cut and tied to hold the potatoes. After the potatoes arrived at the warehouse the volunteers unloaded the pallets of potatoes and began packing them into ten pound bags for distribution. Then, the following morning, twenty-one pickup trucks and trailers arrived every fifteen to twenty minutes to receive approximately 1000 pounds of potatoes each. The drivers then returned to their respective organization from which volunteers then distributed around 120,000 servings of potatoes.

Being such a large-scale effort required the volunteer contributions of many churches and organizations. The communities of Belmont, Bessemer City, Gastonia, Cherryville, Dallas, Mt. Holly, and Stanley were all represented in the Potato Drop as well as the Catawba Valley District of the United Methodist Church Missional Network 13. Following the governor's mandates and CDC guidelines for COVID-19, the volunteers, some 220 in number, blessed hundreds of people...not only those who received the much-needed food, but also those who took part in such a rich and satisfying volunteer opportunity!

*(The content of this article first appeared on the website for the Western North Carolina Conference of the United Methodist Church on August 5<sup>th</sup>, 2020.)*



**THE FOLLOWING GIFTS WERE MADE  
TO THE CHURCH IN MEMORY OF:**

**Nancy Brown**

Nadine and Willie Williams – Family Life Center

**Jimmy McCall**

Nadine and Willie Williams – Family Life Center

**Judy Maples**

Anonymous – Family Life Center

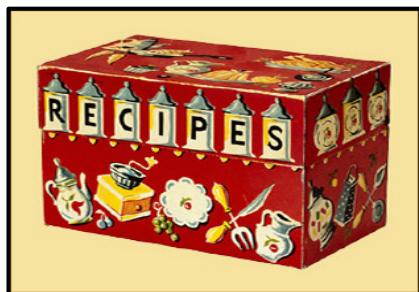
Nadine and Willie Williams – Family Life Center

**Vivian Kiser**

Anonymous – Family Life Center

Nadine and Willie Williams – Family Life Center

Smiling is infectious  
You catch it like the flu  
When someone smiled at me today  
I started smiling too  
I walked around the corner  
And someone saw me grin  
When he smiled I realised  
I had passed it on to him  
I thought about the smile  
And then realised its worth  
A single smile like mine  
Could travel round the earth  
So if you feel a smile begin  
Don't leave it undetected  
Start an epidemic  
And get the world infected.

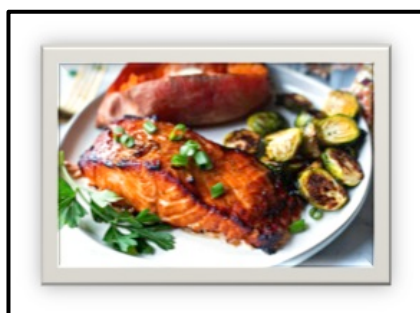


### *The Recipe Box*

Maybe the summer of 2020 is about to wrap up! Soon we will be using our crock-pots more often...bringing comforting, warm, and satisfying dishes to our dinner tables. Before too much longer we will be cooking up chili beans, chicken potpie, soups, and stews. We will all be happy for the change in our menus and for the cooler weather that gets us to thinking about serving these particular meals. But, before we launch into this change of pace, we thought we would offer you one more grilling option. This recipe comes to us from Scott Brown. Scott's favorite food on the face of the earth (with the exception of ice cream!) is probably grilled salmon. Salmon is touted by nutritionists to be rich in Omega-3 fatty acids. These nutrients have been credited with several health benefits, such as decreasing inflammation, lowering blood pressure, reducing the risk of cancer and improving the function of the cells that line your arteries. It is also a great source of protein and is considered to be a brain food. Besides all of this, when prepared correctly, it is absolutely delicious!

#### **Scott's Grilled Salmon**

Fresh portion of salmon (one per person)  
Olive oil cooking spray  
Olive oil  
Salt and Pepper  
Blackened Seasoning (or seasoning of your choosing)



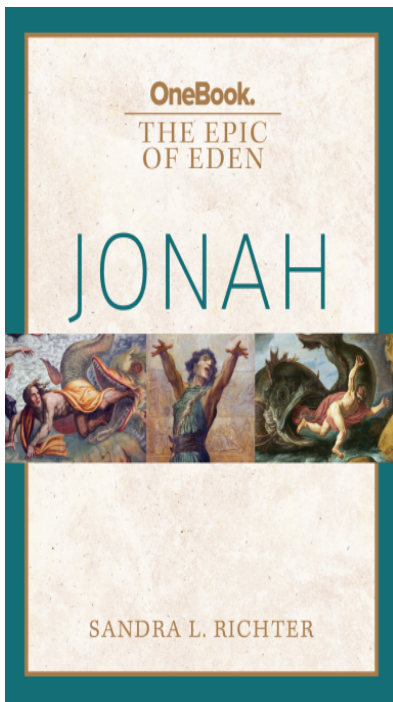
Preheat your grill to about 350 degrees. Make the bottom of a foil pouch from heavy-duty aluminum foil. Spray the foil with olive oil cooking spray. Put about two tablespoons of olive oil on the foil. Sprinkle the oil with salt, pepper and seasoning to your taste. Place the salmon piece in the oil, drizzle with more olive oil, and sprinkle with more salt, pepper, and seasoning. Rub the seasoned oil into the salmon. Make a top for the foil pouch and spray it with cooking spray. Crimp the top foil down onto the bottom foil, sealing the salmon in very well. Place the foil pouch, containing the prepared salmon, directly onto your grill rack. Leave to cook approximately 7-8 minutes. Flip the entire pouch over and cook for an additional 7-8 minutes. To finish, flip the pouch back over and cook for a final couple of minutes. Carefully open the foil pouch, being aware of the heat and steam within the pouch, and test the salmon for flakiness with a fork. Serve with fresh vegetables, a mango salsa, jasmine rice, or the sides of your choice. Enjoy!

## *What Do You Say When Asked...*

### **Why does Christ, go over the same strong promises, in regard to the certainty of prayer being answered?**

He knew that there would be delay in many an answer and that if our faith did not have the strongest assurance of God's willingness to answer, delay would break it down. He knew we would cease praying and lose our case.

Verily, verily, I say unto you, He that believeth on me, the works that I do shall he do also; and greater works than these shall he do; because I go unto my Father. And whatsoever ye shall ask in my name, that will I do, that the Father may be glorified in the Son. If ye shall ask any thing in my name, I will do it. (John 14: 12-14)



## **Bible Study Started July 20th!**

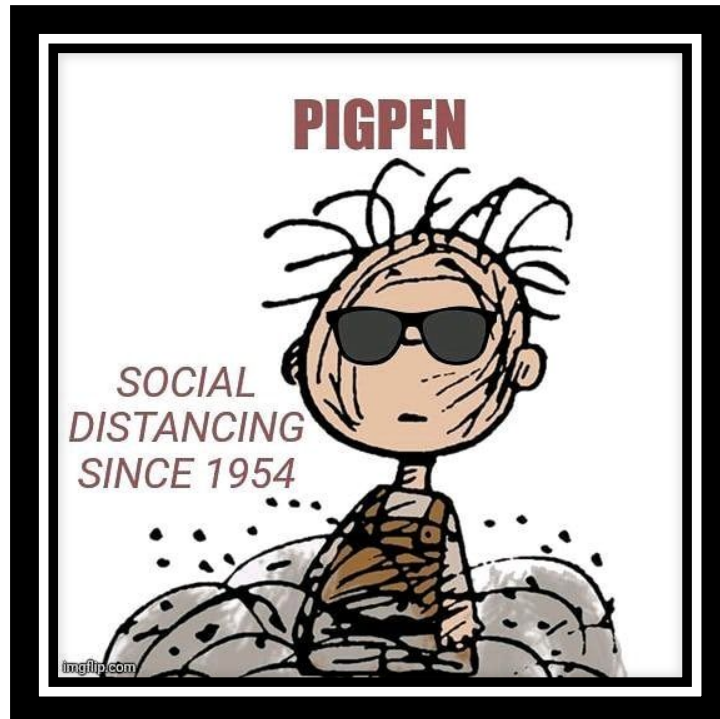
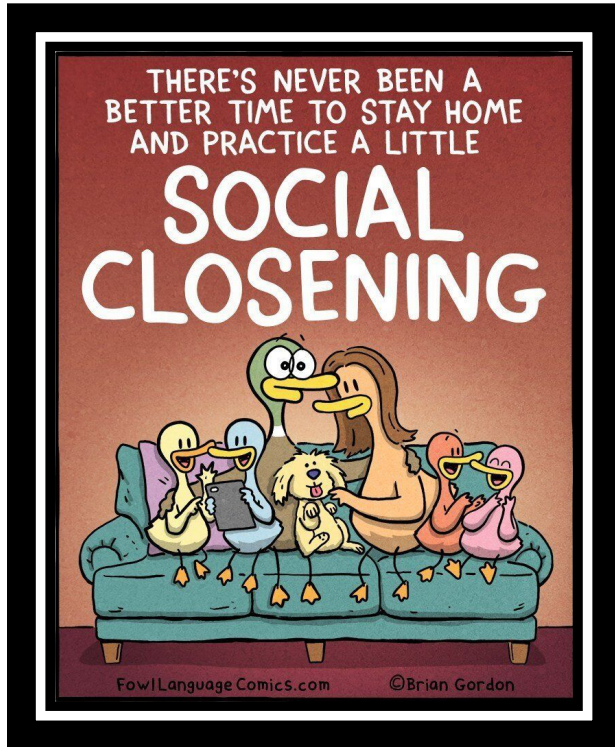
Join Jana Alexander in the next Epic of Eden study, "Jonah", on Monday nights at 6:30 via Zoom. This is an 8-week study beginning July 27<sup>th</sup> thru September 14<sup>th</sup>.

Please join us!

Email Jana ([janaalexander09@gmail.com](mailto:janaalexander09@gmail.com)) or contact the church if you are planning to join in, and let us know if you want us to order your book for you. The cost is \$16.95 plus shipping and can be ordered through [www.seedbed.com](http://www.seedbed.com).

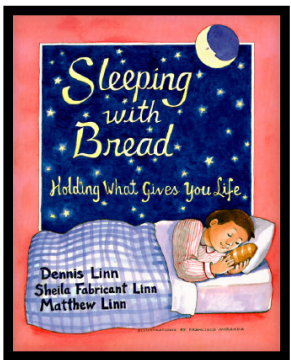


*"Just For Giggles"*



## Recommended Reading ...

---An invitation to read from Jana Alexander



For the past year, I've been taking part in a class on Spiritual Growth, called the *Sacred Invitation*. It has been a wonderful time of reflection and stretching for me, learning about various ancient spiritual practices and how to incorporate some of

them in my daily walk with God. There was a large reading component to the class, and so I haven't been able to find time to read my preferred easy-going fiction novels; instead, I've been reading nonfiction books that require a lot of thinking on my part!

One book from our assigned reading was a little different from the rest. While the content was still meaty and valuable, it was in the format of a children's picture book. Just that format made it less daunting and more enjoyable for me. The book, "Sleeping with Bread – Holding What Gives You Life", was written by Dennis Linn, his wife, Sheila Fabricant Linn, and his brother, Matthew Linn. This little book is designed to teach, in an approachable way, about the ancient practice of the *Examen*.

The *Examen* is the practice of looking back over your day and reflecting on the things that brought you gratitude or pain, and how God might be moving through those things to direct your life. The Linns use personal stories to show how using the *Examen* taught them to find patterns in what brought them joy, and in what brought them sadness, and how those patterns helped them discern what God's plan for their lives was.

They also encourage using the *Examen* in a group setting, whether a couple or a family or an accountability group of friends, to enrich your relationships.

I found this book to be a great introduction to a formal spiritual practice that has been around for centuries, but that I knew very little about. I haven't fully incorporated everything they teach into my prayer life, but I have begun using some elements in my quiet time, and it has brought more joy to those times alone with God. I recommend this book to you if you're looking for ways to draw closer to God.

I also heartily recommend the spiritual retreats offered by The Lydia Group, ([www.thelydiagroup.com](http://www.thelydiagroup.com)), at Starrette Farm in Statesville, NC. They offer several types of retreats, from one-day retreats to one-year classes like the one I took. This fall, for example, you can spend a day at the Farm. Here is information from their website:

*Are you longing for a day away from the usual? Or some time to renew your soul, just breathe, enjoy a long exhale and connect with the Creator of all? If so, welcome, welcome to Sanctuary Days!*

**ENCOUNTER GOD THROUGH NATURE'S WELCOMING SANCTUARY:**

*WHEN: On the second Monday each month, we offer a day at Starrette Farm. Come walk the quiet wooded trails, enjoy the Labyrinth, journal, pray the Stations of the Cross, reflect on the beauty of God's grace alone or in soft conversation....make the day your own!*

If you're curious about the Lydia Group or about the retreats they offer at the Farm, give me a call or send me an email – I'd love to tell you more about them!



## *Preschool Post and After School Additions*



Another Summer Camp season has come and gone...and a very different summer it was!!! We had NO field trips, which in the past were part and parcel to who we were and how we navigated our summer together! However, we stayed busy with many activities including crafts, games, and Bounce Boot Camp. All things considered, it was a great summer! A special thanks goes out to Mr. and Mrs. Baker at Bounce Boot Camp!

School has now started and in our area alone we have some very different opening schedules. Charlotte Mecklenburg Schools will be using the remote option. We will not have CMS students due to the fact that they require a tutor during remote learning if the student is in a childcare situation. We will have Mountain Island Charter School for before and after school care. As of this newsletter we have a very small group but are praying that the program will experience some growth as parents sort out this new way of doing school and managing life with children.

On a sad note, Preschool will not open as usual in the fall for the first time in more than 50 years. We have a wonderful program and it would be a shame if it were to go away, especially after so many years. We will constantly assess the situation and hopefully open later in the calendar year as our community moves to Phase 3 and more things are allowed to open. But, as always, the safety of our children and staff must come first.

We pray that everyone will stay safe and well and that this time of uncertainty will be over soon!

Sincerely,  
Sherrie Cannon  
Director of Preschool, Summer Camp, Before and After School Care



# Fall Harvest

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

LEAVES  
FALL  
ACORNS  
WIND  
TREES  
APPLES  
PUMPKINS  
MAPLESYRUP  
SCARECROW  
CORN  
RAKE  
SQUIRREL  
HAY  
TURKEY

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