

Pilgrim Rest Freewill Baptist Church, Inc.
1047 North Ohio Avenue • Lakeland, FL 33805
863.688.3806
www.pilgrimrestlakeland.org

The Crown

1st Quarter 2024



21 Days
OF PRAYER + FASTING
January 8-28, 2024

Pastors' Page

A CALL TO PRAY AND FAST Pilgrim Rest Freewill Baptist Church, Inc. January 8 - 28, 2024

Greetings!

I am asking every member of the Pilgrim Rest Family to begin 2024 seeking God through participating in a season of prayer and fasting for 21 days. Prayer with fasting is a proven method to draw closer to God, experience deliverance from strongholds, and receive answered prayers and to experience God's supernatural intervention.

Seek the Lord to guide you how He wants you to fast and what to fast for in this season in your life. We will begin our season of prayer and fasting on Monday, January 8, 2024 and conclude our season of praying and fasting on Sunday, January 28, 2023.

You have the prepared guide for daily prayer and fasting devotional to direct our season of praying and fasting at Pilgrim Rest. I am offering the following suggestions as we begin 2024 praying and fasting unto God:

- **Humble ourselves**

Asking for forgiveness for our sins and the sins of our land.

- **Seek God**

Declaring our dependence on God in every area of our lives.

- **His Kingdom Come**

Praying for the completion of the Great Commission and for revival in our generation.

- **Hear from Heaven**

Inviting the Presence of God in our church and our lives (souls saved, signs, wonders, miracles, and transformed lives.)

- **Next Steps**

Praying for all people in their journey of faith to Love God, Love People and Make Disciples.

FASTING

The goal of fasting is to draw nearer to God. Biblical fasting always has to do with eliminating distractions for a spiritual purpose; it hits the reset button of our soul and renews us from the inside out. It also enables us to celebrate the goodness and mercy of God and prepares our hearts for all the good things God desires to bring into our lives.

Remember, your personal fast should present a level of challenge, but it is essential to know your body, options, and, most importantly, to seek God in prayer and follow what the Holy Spirit leads you to do.

Pilgrim Rest Free Will Baptist Church, Inc.

21 Days of Prayer and Fasting 2024

SUGGESTED SCHEDULE FOR YOU:*Believing God for answered prayer to our specific needs.*

Day 1 (1/8) – Centering on God over the 21 Day fast

Day 2 (1/9) – Our Leaders – Nation, State, and City

Day 3 (1/10) – Our Pastors, church staff, Group leaders, and elders (1 Thessalonians 5:12)

Day 4 (1/11) – Our Community – local outreach (Jeremiah 29:7)

Day 5 (1/12) – Our Nation –healing of division and revival in America (Acts 16:5)

Day 6 (1/13) – Our World- international missions/upcoming Mission

Day 7 (1/14) – Church Service

Day 8 (1/15) – Single Parents

Day 9 (1/16) – The Lost – services, lifesavers, family members

Day 10 (1/17) – Orphans, Foster kids, Widows

Day 11 (1/18) – Hearing the Voice of God and obeying

Day 12 (1/19) – Children and Students

Day 13 (1/20) – Growth Track – leadership development, covering over every leader, fresh vision

Day 14 (1/21) – Church Service

Day 15 (1/22) – Giving and generosity in the church

Day 16 (1/23) – Racial Reconciliation and Unity

Day 17- (1/24) – Our Church's Mission – Bringing Hope and Impacting Our Community by Leading People into a Growing Relationship with Jesus

Day 18 (1/25) – Marriages to be strong and honoring

Day 19 (1/26) – Personal freedom and deliverance – breakthrough in every area!

Day 20 (1/27) –Parents special needs and guidance

Day 21 (1/28) – Giving Thanks for God for breakthrough and victory

Pilgrim Rest Free Will Baptist Church, Inc.

GOAL of our Church

Our goal is to be more Christ-like in our ministry: We minister to each other and to people the way Jesus did. Jesus, ministry had a magnetic quality about it. He drew and attracted people. A Christ-like ministry will still attract and draw. The church ministries exist to edify, encourage, exalt, equip, and evangelize. This is our ***doctrine of love***.

Jesus did three things when he ministered, with crowds and to people:

1. He loved them, (*He loves*). Matt 9:36-37
2. He met their needs, (*He meet needs*). Matt. 15:30; Luke 6:17-19; John 6:2
3. He taught them in interesting and practical ways, (*He was a teacher*). Matt. 13:34; John 6:1-11

MINISTRY OBJECTIVE

- Preach the uncompromised word of God.
- Demonstrate a Spirit of Love and Trust through Fellowship.
- To encourage greater commitment to Bible study and prayer on all levels.
- Strengthen Family Relationships, which will build triumphant communities.
- Train Ministers of the Gospel to pursue their calling with integrity, excellence, and unquestionable ethics.
- To exhort and encourage the membership to present their lives, both publicly and privately, as a living sacrifice.
- To develop and implement a vehicle by which to evaluate progress in spiritual gifts and growth through teaching doctrinal principles to all members.

MISSION/STATEMENT VISION

Pilgrim Rest Free Will Baptist Church, Inc., is a Christ centered, Biblically based, Spiritually led church, that meets the needs of the total person by;
Exalting the Savior
Evangelizing the Sinner
Equipping the Saved
Edifying the Saints and
Encouraging every soul
through administrative excellence by the power of the Holy Spirit in Christ Jesus Our Lord.

VISION

The emphasis of our ministry is: to see consistent spiritual growth in our people by the effective preaching and teaching of God's Word; to promote Love and fellowship through personal example; and to offer area of service through multiple ministries.

- Inspire Believers to achieve excellence in every aspect of their lives.
- Evangelize to the lost and hurting with the message of Faith in Jesus Christ.
- Empower the Believer to fulfill purpose through Biblical principles of success by being Effective, Efficient, and possessing a Spirit of Excellence.
- Inspire Believers to achieve excellence and maximize in every aspect of their lives, ministry and careers to fulfill their potential.

We are: Bible Based, Christ - Centered, Holy Spirit led and Mission Bound.

Our Four Pillars are:

**DOCTRINE
STEWARDSHIP
FELLOWSHIP
EVANGELISM**

Join us as we WORSHIP GOD and GROW in FAITH!

**OUR MOTTO:
NO CROSS † NO CROWN**

**The Cross represents Salvation being Free to All;
The Crown represents The Royal Priesthood.**

What Is the Power of Prayer?

What is the power of prayer? How can prayer bring a person back to life? How can it heal the sick? How does prayer comfort those who are anxious or sinking into the depths of depression? Why do Christians pray for their future spouses or pray prayers of protection over their children as they send them off to school? How can prayer impact those who don't know Jesus or help in a time of crisis like the pandemic? The answer is found in one pivotal scripture. In Matthew 18:18-20, Jesus tells us about the power of prayer when he said, "Verily I say unto you, Whatsoever ye shall bind on earth shall be bound in heaven: and whatsoever ye shall loose on earth shall be loosed in heaven. Again I say unto you, That if two of you shall agree on earth as touching any thing that they shall ask, it shall be done for them of my Father which is in heaven. For where two or three are gathered together in my name, there am I in the midst of them."

Teach Me, Lord

Teach me, Lord,
What I don't know.
Show me which way
And where to go.
Alone I stumble,
Alone I fall,
But your gentle voice
Leads through it all.
Take my hand,
Light my way,
Be my beacon
Night and day.
I am weak
And sometimes so low,
But you give me strength
And make me whole.
Teach me, Lord and Father.
Your child has become like new.
Empty me of myself
So I can live for you.

Heather Flood. "Teach Me, Lord." Family Friend Poems,



"For this cause we also, since the day we heard it, do not cease to pray for you, and to desire that ye might be filled with the knowledge of his will in all wisdom and spiritual understanding;" — Colossians 1:9 (KJV)

*Your prayer request will be held in strict confidence by our prayer warriors.

Pilgrim Rest Free Will Baptist Church Members

If you have moved, changed telephone numbers or added an e-mail address, please provide ALL information to the church secretary to help us update church records and stay connected during the COVID-19 pandemic, inclement weather, or for other special announcements.

Thank You!

REPORTING ILLNESSES, SURGERIES AND BEREAVEMENT INFORMATION:

Please contact church office if you or a loved one is sick or entering the hospital so that your FAMILY WARD Deacon and Bishop Brown may be notified. Please, also contact the office if you or loved one is being released from the hospital or if there is bereavement in your family. The church office phone number is (863) 688-3806

Theme For The Year 2024

"ENVISIONING OUR FUTURE IN SHIFTING TIMES"

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God. Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted. In your struggle against sin you have not yet resisted to the point of shedding your blood. — Hebrews 12:1-4 (ESV)

Questions

1. The writer starts this chapter with a race metaphor. Do you think it's a relay race or a non-relay race?
2. Do you feel like you're surrounded by a cloud of witnesses (verse 1)? Do you find that encouraging?
3. What was the "joy that was set before [Jesus]" (verse 2)? Do you think that's the same joy set before us in our race?
4. We see in verse 4 that the readers were struggling with something, but not to the point of shedding blood. What sort of struggles have you experienced in your race?

**Our greatest motivation to persevere
and be spiritually focused is the
example of Jesus Christ!
(Hebrews 12:1-4)**





Black History Word Find

Find and circle the words.

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

ABOLITION
ABRAHAM LINCOLN
AMENDMENTS
CIVIL RIGHTS
CIVIL WAR
DIVERSITY
EMANCIPATION
EQUALITY

FEBRUARY
FREDERICK DOUGLASS
FREEDOM
GEORGE WASHINGTON CARVER
HARRIET TUBMAN
HISTORY
INTEGRATION
MARTIN LUTHER KING JR

MAYA ANGELOU
OPPORTUNITY
PEACE
ROSA PARKS
TOLERANCE
TUSKAGEE AIRMEN
UNDERGROUND RAILROAD

Ways to Give!

"Bring ye all the tithes into the storehouse, that there may be meat in mine house, and prove me now herewith, saith the LORD of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it." Malachi 3:10 KJV

In Person Tithes & Offerings:

During our Sunday School and Sunday morning worship, you may place your gifts in the offering basket as it is passed during each service, or by giving your contribution to the usher. Please mark specific designations on the envelope.

Cash APP: \$PilgrimRestFWBC

By mail:

Pilgrim Rest Freewill Baptist Church, Inc.
1047 North Ohio Avenue
Lakeland, FL 33805

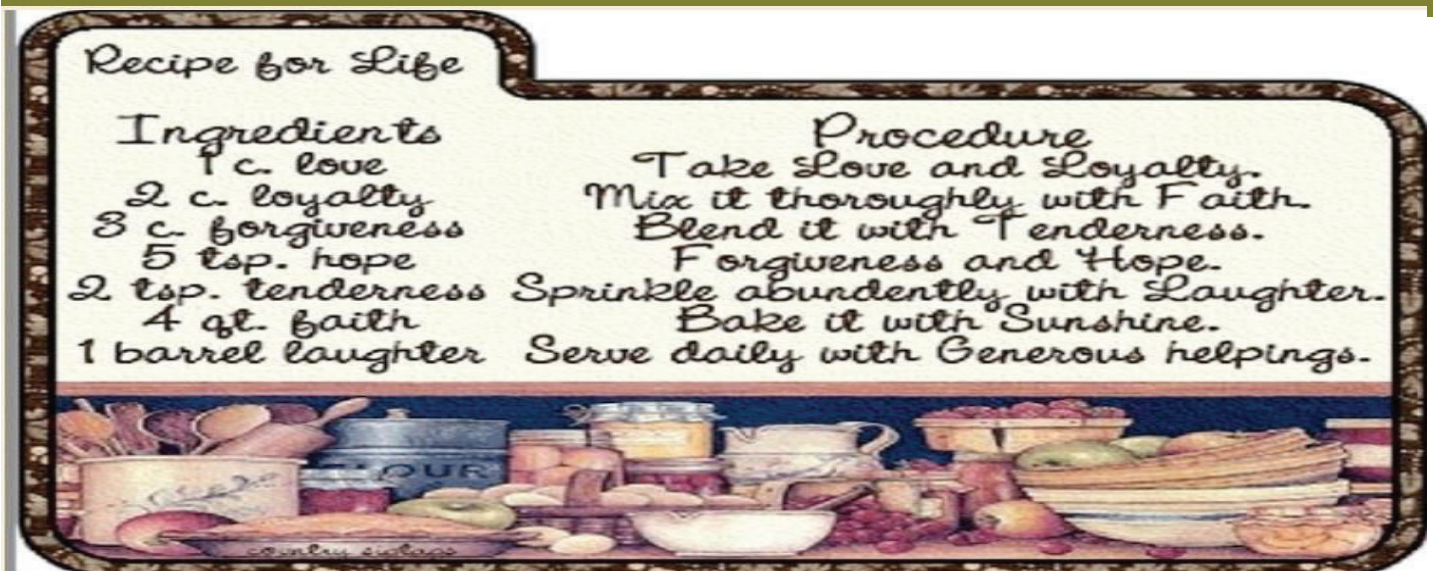
Drop Off:

You may drop-off your contribution in the mailbox outside the church door any time during office hours. (10 -2pm)

*Thank you for your Faithful and Steadfast Giving.



TO ALL THOSE
CELEBRATING THEIR
BIRTHDAY AND
ANNIVERSARIES IN THE
MONTH OF JANUARY,
FEBRUARY & MARCH
WE WISH YOU
ABUNDANT HAPPINESS
AND LOVE...



Pilgrim Rest Free Will Baptist Church
ZOOM Meeting Information

Pilgrim Rest Freewill Baptist Church is inviting you to a scheduled Zoom meeting.

Topic: **PR Mid-Week Bible Study**

Time: **Wednesdays (weekly) 07:00 PM Eastern Time (US and Canada)**

Join Zoom Meeting

<https://us02web.zoom.us/j/88957331986?pwd=MHFaWVNBYVVteHQwdlQvaUVEVStEZz09>

Meeting ID: 889 5733 1986

One tap mobile

+1 646 931 3860,,88957331986

+1 301 715 8592,,88957331986 US (Washington DC)

Dial by your location

+1 646 931 3860 US

+1 301 715 8592 US (Washington DC)

+1 309 205 3325 US

+1 312 626 6799 US (Chicago)

+1 646 558 8656 US (New York)

+1 386 347 5053 US

+1 564 217 2000 US

+1 669 444 9171 US

+1 669 900 9128 US (San Jose)

+1 719 359 4580 US

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

Meeting ID: 889 5733 1986

Find your local number: <https://us02web.zoom.us/j/krDO5P6Eh>



JOIN US FOR

BIBLE STUDY

BISHOP KENNETH R. BROWN, PASTOR

EVERY WEDNESDAY AT 7:00PM

Vitiligo Awareness Walk Saturday, September 30, 2023

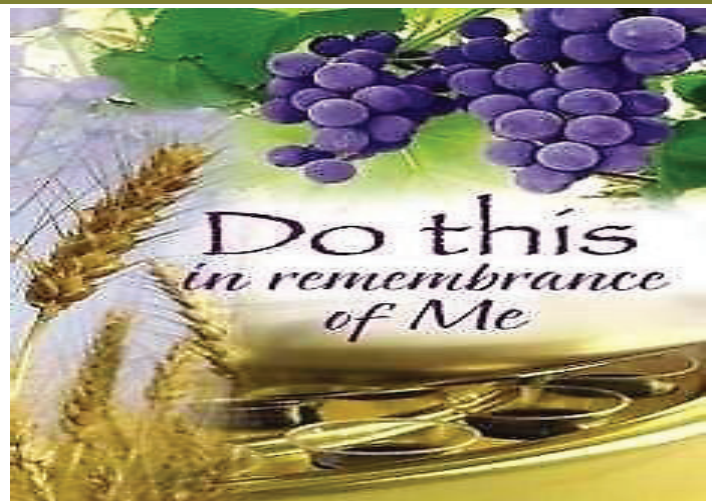


Sister Lena McKay, Sister Tytiana Sykes, & Sister Valerie Tharrington

Wednesday, February 14, 2024



Pilgrim Rest Annual "Love Fest".....
Sunday, February 11th
Share the love of Christ to your
PILGRM REST Church Family
(cards, candy, cookies, etc.)



Sunday, March 3rd, we invite you to join us in-person or
via-teleconference to share in the Lord's Supper. If joining
us via-teleconference pick up your Sacrament on Friday,
March 1st, between the hours 10:30—12noon

A portrait of Bishop K.R. Brown and Pastor Mary Palmer. Bishop K.R. Brown is on the left, wearing a white clerical shirt and a red stole. Pastor Mary Palmer is on the right, wearing a white blouse, a red stole, and a white floral hat. They are both smiling and looking towards the camera. The background is a soft, golden-yellow gradient with faint circular patterns.

Bishop K.R. Brown
GENERAL BISHOP

Pastor Mary Palmer
GENERAL SUPERVISOR OF WOMEN

1st Annual UNITED AMERICAN FREEWILL BAPTIST CONFERENCE

WOMEN'S CONFERENCE

April 3 - 5, 2024 | Lakeland, Florida

Greater New Jerusalem Baptist Church, 1125 N. New York Ave., Lakeland, FL
Dr. J.L. Downing, Sr., Senior Pastor

Supervisor Melody Blocker, Women Home Mission President
Pastor Ella McFadden, Evangelistic Department President
Lady Anner D. Brown, Ministers' Wives & Widows President
Elder Patricia Randall, Prayer Band President

LADIES!!! The time has come as we introduce a new paradigm shift in our conference and fellowship!
General Bishop K.R. Brown & General Supervisor of Women Pastor Mary B. Palmer
cordially invites you to the...

1ST ANNUAL UAFWBC WOMEN'S CONFERENCE APRIL 3-5, 2024

to be held at Greater New Jerusalem Baptist Church of Lakeland, FL Dr. J.L. Downing, Sr., Senior Pastor

Join us for 3 days of powerful word, worship and fellowship for and led by the anointed ladies of
the UAFWBC. ALL are encouraged to attend. Hotel and Registration details are forthcoming!



UNITED AMERICAN FREEWILL BAPTIST CONFERENCE, INC. *welcomes the*

National Convention of Free Will Baptists, USA

GENERAL BISHOP K.R. BROWN, HOST / BISHOP RAYMOND CAPTVILLE, NATIONAL PRESIDENT

JULY 2 - 4, 2024

GRAND HYATT TAMPA BAY
2900 BAYPORT DRIVE, TAMPA, FLORIDA 33607

BOOK YOUR ROOMS TODAY!

ALL UAFWBC LEADERSHIP, PASTORS & CHURCHES ARE TO BE PRESENT JULY 2, 2024!



Pilgrim Rest Church Family that are planning to attend the
National Convention of Free Will Baptists, USA

Please give the Church Secretary your date of
ARRIVAL and DEPARTURE the Avg/night \$189

More details to come...

NATIONAL CONVENTION OF FREWILL BAPTISTS, USA
UNITED AMERICAN FREWILL BAPTIST CONFERENCE YOUTH & YOUNG ADULTS, HOSTS

YOUTH EXPERIENCE JULY 3-4



BISHOP ME'SHACH WALKER
UAFWBC SENIOR
DIRECTOR OF YOUTH &
YOUNG ADULTS



BISHOP RAYMOND CAPTVILLE
NATIONAL
PRESIDENT



SHANYEA RAYFORD
UAFWBC YOUTH
PRESIDENT



SHAKEIRA NELMONS
UAFWBC YOUNG
ADULT PRESIDENT



BISHOP K.R. BROWN
UAFWBC GENERAL
BISHOP & HOST



July 3rd 11AM Youth & Young Adults
Outing - Busch Gardens
\$100/person (includes meal)

July 4th 9AM National YYA Service
Grand Hyatt Tampa Bay
All are welcome!

July 4th 2PM YYA Panel Discussion
"What have we Done?!"
Discussion of Politics, Education
& the Church

July 4th 9PM Young Adults Only
The Let-Out
Fireworks, Food & Fun

FOR MORE INFORMATION EMAIL MESHACHW@GMAIL.COM

BABY STEPS TO HEALTH



Effects of Abuse

Abuse is often overlooked, believed to be acceptable, or believed to be deserved in our communities. Often times physical and emotional abuse is only recognized when the effects begin to manifest in the victims. For example, you can identify children of **parents that are overly critical, inconsistent, and frequently punish** because their children often exhibit the following characteristics:

***Low self-esteem:** Negative parenting styles can lead to children feeling inadequate or inferior, leading to low self-esteem and a negative self-image.

***Anxiety and depression:** Children who experience negative parenting may be more likely to develop anxiety or depression, as they may feel helpless or powerless in their situation.

***Behavioral problems:** Children who experience negative parenting may be more likely to exhibit behavioral problems, such as aggression or acting out, as they may not have learned appropriate coping skills.



-WSJ.com

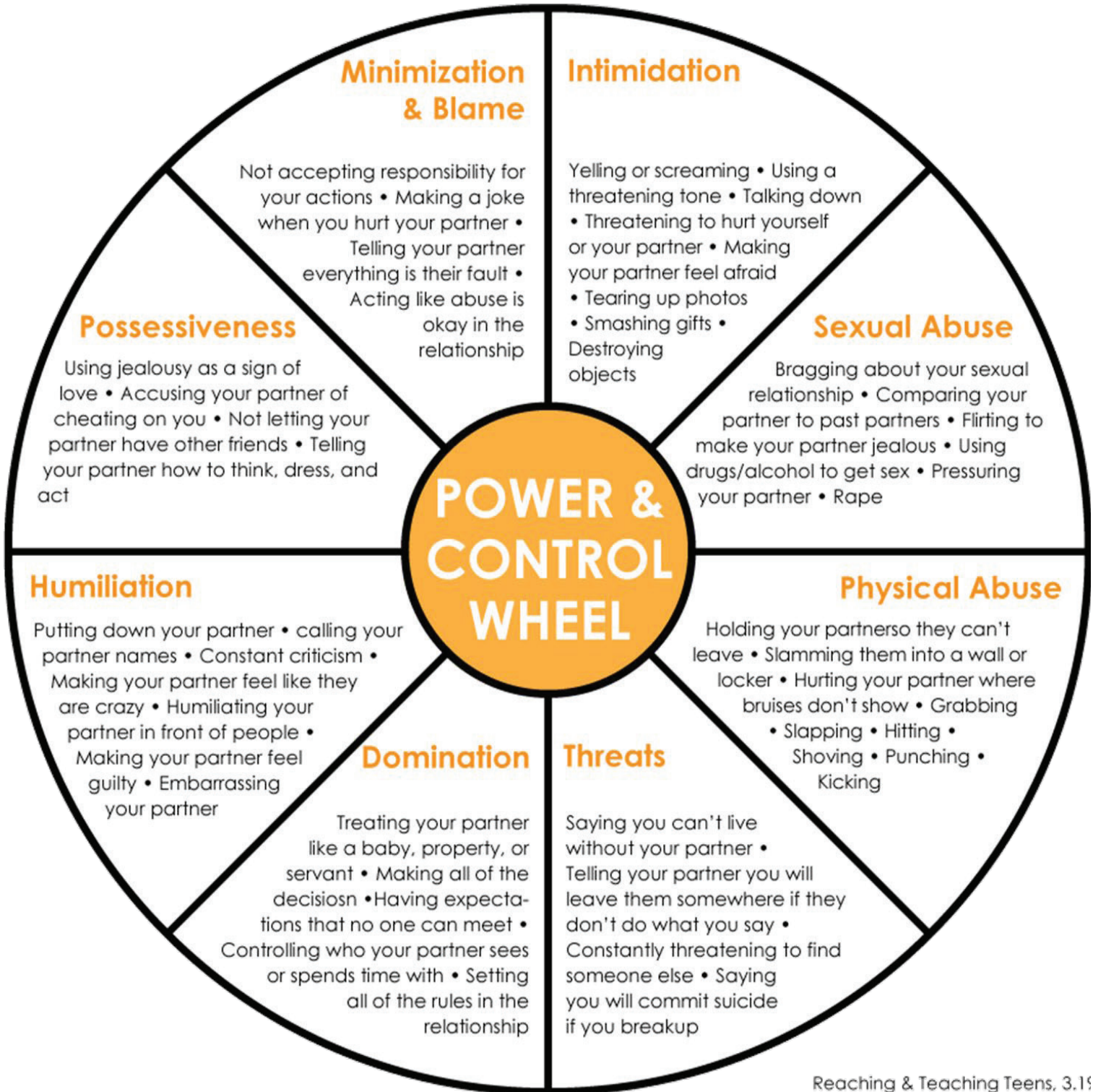
***Relationship problems:** Negative parenting can impact children's ability to form healthy relationships later in life, as they may struggle to trust others or have difficulty expressing their emotions.

***Substance abuse:** Children who experience negative parenting may be more likely to turn to substance abuse as a coping mechanism, as they may feel overwhelmed or helpless.

<https://draazeenkhan.com/the-negative-effects-of-parenting-styles-how-negative-parenting-can-impact-childrens-mental-health/>

Abusive Relationships

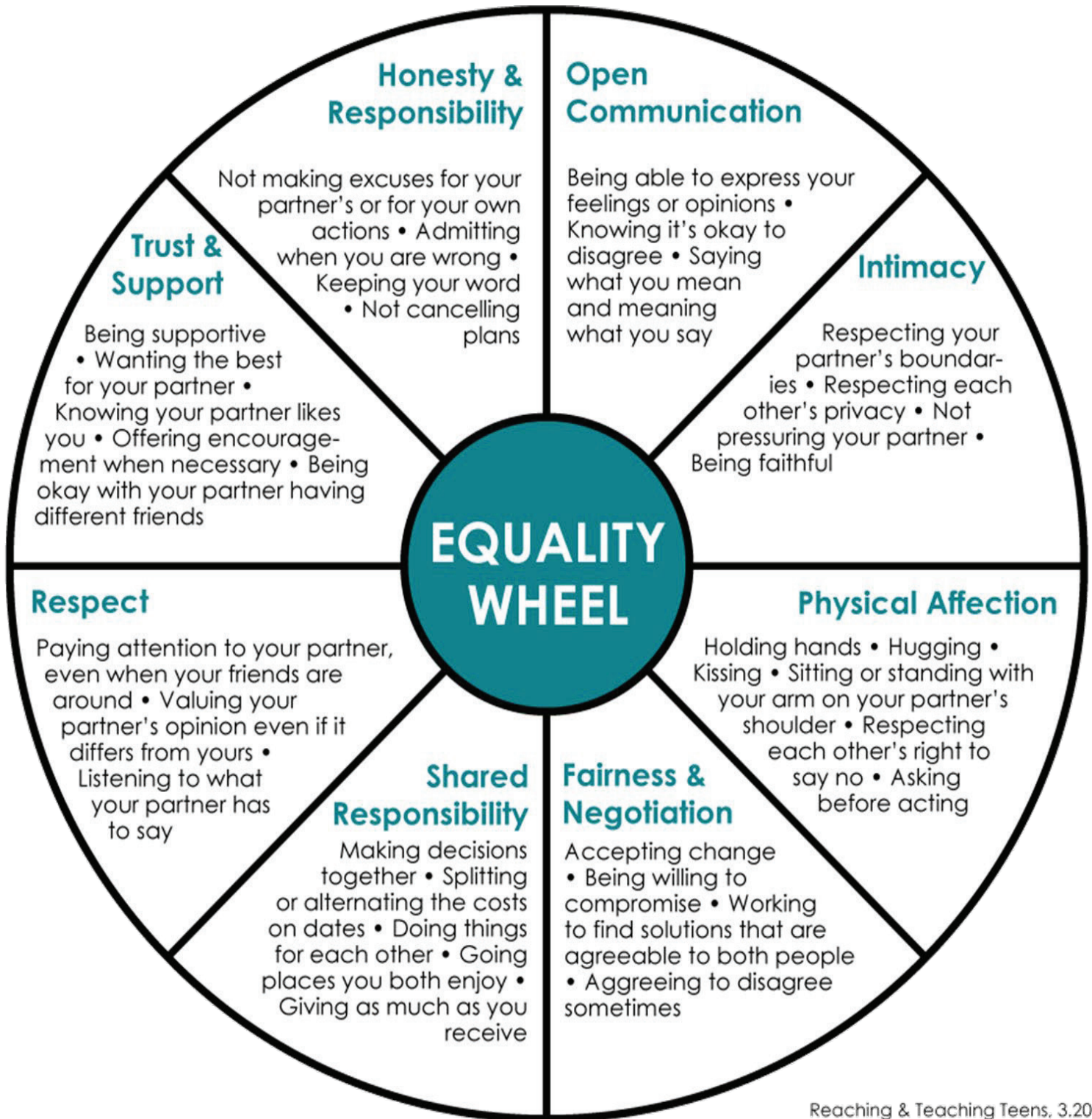
Relationships can take many forms and include friendships, couples, colleagues, parent-child, etc.
Below are examples of how relationships can be abusive:



Reaching & Teaching Teens, 3.15

Positive Relationships

Reviewing the aspects of a positive relationship can support the development of healthier relationships. View the image below to discover the components of a positive relationship:



Reaching & Teaching Teens, 3.20

Supportive Parenting

Below are some examples of negative parenting and positive parenting styles. While, some may argue that utilizing negative parenting is effective, positive parenting has shown to have more long-term positive effects. If you ascribe to utilizing negative parenting, is there any positive parenting strategies that could be incorporated instead? See below:

Negative Parenting



<https://www.growingplay.com/2019/01/12-positive-parenting-techniques/>

Resources

Healing from past abuse and changing current negative relationship patterns can be extremely difficult. Consider seeking support if you are trying to raise a difficult child, struggling to control anger, wanting to escape an abusive environment, or wanting to heal from past abuse. Please see below for multiple resources in Polk County:

LIVE UNITED™



QUICK GUIDE TO POLK COUNTY COMMUNITY RESOURCES

This guide is a list of most frequently requested community resources and services. If you would like information about these programs, or you need a referral to a program to meet your need, **Dial (888) 370-7188**. Via text (**text your zip code to 898-211**). Email: uw211help@gmail.com

ABUSE: CHILD & ADULT

Abuse Hotline..... 800-962-2873
Guardian Ad Litem Program..... 534-4605
Gulf Coast Community Care 904-3000
Peace River Center Domestic Violence Shelter
- Women, Men & Families..... 413-2700

ADOPTION

Catholic Charities-Lakeland 686-7153
Winter Haven 299-7983
Children's Home Society 413-3126
Florida Baptist Children's Home 688-4981
Florida Adoption Info Ctr..... 800-962-3678

AIDS AWARENESS

Patient Care Services 519-8233
Polk County Health Department..... 413-2620

ALCOHOL/DRUG ABUSE

ACTS..... 428-1520
Alcoholics Anonymous..... 687-9275
Al-Anon..... 687-3800
Toll Free 866-539-3030
Drug Helpline..... 800-662-4357
InnerAct Alliance..... 802-0777
Narcotics Anonymous Helpline..... 683-0630
Peace River Center..... 248-3311
Talbot House Ministries..... 687-8475
Lakeland Grace Academy..... 647-1944
Tri-County Human Services 533-4139

CONSUMER ASSISTANCE

Consumer Services (State)..... 800-435-7352

CRISIS INTERVENTION

Behavioral Health Division
- Access Line..... 800-723-3248
Peace River Mental Health Crisis..... 519-3744
Rape Crisis..... 413-2707
Tri-County Human Services 533-4139

CHILD CARE

Early Learning Coalition of Polk..... 577-2450
800-843-9780
Head Start..... 648-3051

COUNSELING & MENTAL HEALTH

Anchor House Ministries (Boys) 665-1916
Bethany Center (Good Shepherd) 968-1707
Behavioral Health Adult Counseling..... 297-1702
Fla. Division of Blind Services 499-2385

Catholic Charities-Lakeland 686-7153
Catholic Charities-Winter Haven 299-7983
Children's Home Society 413-3126
Florida Epilepsy Services..... 686-5880
Fl. Diagnostic and Learning Resource..... 647-4258
Florida Sheriff's Youth Villa 533-0371
Frostproof Care Center..... 863-635-5555
Help of Fort Meade..... 285-6600
Lake Wales Care Center..... 863-676-6678
National Alliance for the Mentally Ill 450-2943
Neighborhood Service Center..... 294-5860
Peace River Center
Lakeland..... 248-3300
Polk County Veterans Services 534-5220
Women's Resource Center
Winter Haven..... 294-5318
Tri-County Human Services 533-4139
Winter Haven Hospital Behavioral
Health Division..... 294-7062

DENTAL CLINICS

Polk County Health Department Dental Clinics
Auburndale..... 965-6333
Lakeland..... 413-2636

DISABILITY SERVICES

Achievement Academy, Inc. 683-6504
Agency for Persons with Disabilities 413-3360
Alliance for Independence..... 665-3846
Arthritis Foundation 800-283-7800
Center for Independent Living 413-2722
Central Florida Speech & Hearing 686-3189
Easter Seals Camp Challenge..... 352-383-4711
Florida Epilepsy Services..... 686-5880
Florida Diagnostic & Learning Resource..... 647-4258
Fla. Div. of Blind Services..... 499-2385
Florida Relay Service (Voice)..... 800-955-8770
TTY 800-955-8771
Fla. School for the Deaf & Blind 800-344-3732
Goodwill Industries..... 701-1351
Gulf Coast Community Care..... 904-3000
Polk County School Board
- Exceptional Student Ed 534-0930
Sunrise Community 680-2817
Tampa Lighthouse for the Blind/Polk..... 299-3633

DISASTER/EMERGENCY

American Red Cross 407-894-4141 x5633
FEMA 1-800-621-3362
Special Needs Shelter Registration/Info..... 298-7027

EDUCATION RESOURCES

Fl. Diagnostic and Learning Resource..... 647-4258
Learning Resource Center..... 688-9477

EMERGENCY SHELTER - YOUTH

George Harris Youth Shelter..... 595-0220

EMPLOYMENT & JOB TRAINING

Goodwill Industries/Suncoast Inc. 701-1351
Experience Works (Seniors) 967-9631
Career Source Polk..... 508-1100
Lighthouse for the Blind-Polk..... 299-3633
Veterans' Services 683-5627
Vocational Rehabilitation - Lkld..... 680-5534
- Wtr. Haven 291-5280

FAMILY & PARENTING RESOURCES

Family Fundamentals..... 686-1221
Head Start 648-3051
Peace River Center Home to Stay 519-0575

FINANCIAL SUBSIDY COUNSELING PROGRAMS

Dept. of Children & Families-Access Florida
Toll Free 866-762-2237
Social Security Administration..... 800-772-1213
Worker's Compensation..... 800-342-1741

FOOD, MEDICINE, FINANCIAL AID

Agricultural & Labor Program (ALPI) ... 956-3491
Toll Free 800-330-3491
Catholic Charities - Lakeland 686-7153
Winter Haven 299-7983
Church Service Center 533-5822
Dept of Children & Families - Access Florida
(WAGES, Food Stamps, Medicaid) .. 866-762-2237
Family Emer. Service Ctr. of WH 294-1939
Frostproof Care Center..... 863-635-5555
Help of Fort Meade..... 285-6600
H.O.P.E. Center..... 683-8182
Lake Wales Care Center..... 863-676-6678
Lighthouse Ministries 687-3705
Mulberry Community Service Center 425-1523
Neighbor to Family..... 537-7712
Polk Co. Social Services..... 534-5387
Salvation Army Shield Center - Lakeland..... 682-8179
Winter Haven..... 291-5107
Talbot House Ministries 687-8475
WIC (Women, Infants & Children) 519-7542
Women's Resource Center 294-5318



Robinson-Kyles Counseling and Testing Services
1604 E. Gary Rd. Lakeland (863-398-6748)

Resources cont.

HEALTH SERVICES & EDUCATION

Achievement Academy, Inc.	683-6504
American Cancer Society - Lakeland	688-2326
American Heart Association	800-242-8721
Amer. Red Cross, Polk Co. Chpt.	294-5941
Animal Services	499-2600
Central Florida Speech & Hearing	686-3189
Central FL Healthcare - Lakeland	413-8600
Children's Medical Services	413-3580
	866-300-6878
Citizen CPR	680-1277
Epilepsy Services of West Central FL	686-5880
Florida Kid Care (Health Insurance)	888-540-5437
Lakeland Volunteers in Medicine	688-5846
March of Dimes	687-8909
Mosquito Control	534-7377
National Kidney Foundation	800-927-9659
Peace River Wellness Clinic	519-0930
Polk County Health Department Clinics	
Auburndale	965-5400
Bartow	519-7916
Haines City	863-421-2004
Lakeland	413-2620
Lake Wales	863-678-4144
Polk County Health Plan	533-1111
Talbot House Ministries	687-8475
We Care	701-8070

HOMELESS SERVICES

Lighthouse Ministries	687-3705
Talbot House Ministries	687-8475
Salvation Army Family Living Center	940-9696
Winter Haven (Women & Children)	291-5107

HOME HEALTH & HOMEMAKER SERVICES

Good Shepherd Hospice	297-1880
Cornerstone Hospice	421-1482
Polk County Elderly Services	534-5320
VISTE (Volunteers in Service to the Elderly)	284-0828

HOUSING: LOW INCOME

LOANS/AFFORDABLE CONSTRUCTION

Habitat for Humanity Restore Lakeland	688-4660
Habitat for Humanity	682-3812
Habitat for Humanity - East Polk	292-2256
Keystone Challenge (Loans)	682-1025
USDA, Rural Development	420-4833

HOUSING - Emergency

Lighthouse Ministries	687-3705
Talbot House Ministries	687-8475

Salvation Army Family Living Center	940-9696
Winter Haven (Women & Children)	291-5109
Women's Care Ctr. (Women & Children)	534-5822

HOUSING ASSISTANCE

Housing Authority	
Bartow	533-6311
Haines City	294-7369
Lake Wales	863-676-7414
Lakeland	687-2911
Winter Haven	294-7369
Section 8 Housing	534-5240
HUD	813-228-2026

HOUSING REHABILITATION

City of Lakeland - Housing Division	834-3360
Housing & Neighborhood Developmt.	534-5240
Lake Wales Care Center	863-676-6678
USDA, Rural Development	420-4833
Wntn Haven Community Developmt.	291-5600x 238

HOUSING TRANSITIONAL

Lake Wales Care Center (Families)	863-676-6678
Salvation Army Family Living Center	940-9696
Talbot House Ministries	687-8475
Tri-County Human Services	299-7003
Women's Care Center (Women & Children)	534-5822

LEGAL SERVICES

Dept. of Revenue (Child Support)	800-622-5437
Florida Rural Legal Services (Civil)	688-7376
Heart of Florida Legal Aid Society (Divorce)	519-5663

MIGRANT SERVICES

Agricultural & Labor Program (ALPI)	956-3491
Toll Free	800-330-3491
Farmworkers Ministry	967-9583
Immigration Services	800-375-5283
Migrant Education	534-0655
Social Security Administration	800-772-1213

PARENT EDUCATION & SUPPORT

Family Fundamentals	686-1221
Health Dept. (Healthy Start)	534-9224
Healthy Families Polk	534-5257
Peace River Center Family Builders	248-3311

PERSONAL DEVELOPMENT

American Red Cross-Polk	294-5941
Big Brothers/Big Sisters	682-5191
Boys & Girls Clubs of Lakeland	686-1719
Camp Fire USA Sunshine Council	688-5491

Citrus Center Boys & Girls Club	967-1532
Girls Incorporated - Lakeland	682-3002
Winter Haven	967-2864
Gulf Ridge Council, Boy Scouts	888-533-2775
Heart of Florida Girl Scout Council	688-7648
Learning Resource Center	688-9477
Parks and Recreation Dept	534-0120
Women's Resource Center	
Winter Haven	294-5318
YMCA - Lakeland	644-3528
Lake Wales	863-676-9441

PRESCRIPTION PROGRAMS

Familywize.org	
Freemedicinerevolution.com	
Med-Net	519-2042
NeedyMeds.com	
Pparx.org	
TogetherRxaccess.com	

SENIOR CITIZENS SERVICES

Alzheimer's Information Line	292-9210
American Assoc. of Retired Persons	866-595-7678
Catholic Charities	
Lakeland	686-7153
Winter Haven	299-7983
Dept. of Children & Families	534-7100
Elder Helpline	800-963-5337
Elder Point	682-7249
Faith in Action	686-0009
Lake Morton Senior Center	294-5860
Neighborhood Service Center	534-5320
Polk County Elderly Services	577-1672
Seniors vs. Crime	284-0828
Volunteers in Service to the Elderly	800-336-2226
West Central FL Agency on Aging	644-3528
West Central Florida YMCA	

TRANSPORTATION

Citrus Connection	688-7433
Division of Motor Vehicles	499-2323
Tag Agency-Bartow	534-4700
Tag Agency-Lakeland	499-2351
PT Connect (Bus Service)	534-5500

VOLUNTEERING

Guardian-ad-Litem	534-4605
Retired Senior Volunteer Program (RSVP)	534-5249
Service Corps of Retired Executives	619-5783
Volunteer Polk	534-5580
VISTE (Volunteers in Service to the Elderly)	284-0828

One call to find help, whether you're looking for family counseling, camps for kids, or assistance for an aging parent in Polk, Hardee, and Highlands County. 2-1-1's trained referral specialists will connect you with a program that can help you.

Dial (888) 370-7188. Via text (text your zip code to 898-211). Email: uw211help@gmail.com

IR 11/1/2018

FIND HELP FAST

You can access 2-1-1 by:

- 1) Phone: (888) 370-7188
- 2) Email: uw211help@gmail.com
- 3) Via text (text your zip code to 898-211)
- 4) Website: www.uwcf.org

Click on **FIND HELP / SEARCH RESOURCES**



~This Baby Steps edition was compiled by Robinson Kyles Counseling and Testing Services. Please give us a call to serve your mental health needs.

We accept most insurances and offer sliding scale fees.

1604 E. Gary Rd. Lakeland, FL 33801 (863) 398-6748.

Robinson-Kyles Counseling and Testing Services

1604 E. Gary Rd. Lakeland (863-398-6748)

SAFETY PROTOCOLS FOR IN-PERSON SERVICE

If you are ill or feel you are at risk, please do not attend. Pilgrim Rest in-person service —we must keep in mind that COVID-19 is still present. We **MUST NOT** let our guard down. Please know that the church has continuously been sanitized each week. Temperature check will be administered before entering the sanctuary. If need hand sanitizer/gloves will be available.

Face masks are now **OPTIONAL**, regardless of your vaccination status. Please feel free to continue wearing them, as appropriate for your personal health.



Wednesday, March 13th

Please Note:
Worship Service will continue to be available on
Facebook and Conference call
Number: 718 - 362 - 6380
Access code: 1664456
This is dial in only, all you need is a phone.



Search for:
PR freewill lakeland



Monday 10:00—11:00 am



PRFWBC is pleased to announce a food distribution for the community....The 1st & 3rd Monday on every month at 9a.m. ** Available on the first come, first serve basis, while supplies last. This is a wonderful partnership with: Feeding Tampa Bay, United Way and Central Florida Health Care....

**Ministries of
Pilgrim Rest Freewill Baptist Church, Inc.
— Find a place to grow, learn and serve!**