

The Union Baptist Church Newsletter

Dr. Orlando B. Yates, Senior Pastor



Volume 12, Issue: 3

Fall 2021

A Meditation for You from Our Pastor

Letting Your Leaves Fall

Trust in the LORD with all your heart and lean not to your own understanding. Proverbs 3:5 (NIV)

Autumn is a wonderful time to observe nature. As I watch the swirling leaves stirred by the wind, I am reminded that they display an important lesson for all of us to follow suit in a way. Just as the trees don't stubbornly hold on to their dead leaves, so we shouldn't hold on to any unnecessary weight in our lives. When we long to enter a new season, the old can easily inhibit the new if we allow it. God's Word reminds us to:

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Ephesians 4:31,32 (NIV)

To get rid of negativity in our lives, we must first identify it. How can we do this?

- ❖ By reading God's Word.
- ❖ By allowing His Spirit to show us the necessary heart changes we need.
- ❖ By being willing to shun practices such as bitterness and anger.
- ❖ By asking God to help us let go of the guilt from the past.

Oh, how the Lord longs to empower and strengthen us for the new season ahead! If we're not sure of the issues detaining a kind and compassionate spirit, He will show us when we ask. And if guilt from the past is preventing this beautiful new season, we have His promises like this one to remember:

Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland. Isaiah 43:18,19 (NIV)

What are you holding on to that is preventing a freshness to the season ahead? Could it be that the decayed leaves are piling up and your heart needs to discard them for good? If so, why not reach out to the Lord in prayer? He longs to hear from you. Ask Him to shine light on any thoughts, circumstances, habits or other "decayed leaves" you might be clinging to. As you watch the leaves fall this season, **our prayer is that you are reminded to let go of anything that would hinder a fresh relationship with God.** *Let Go and Let God! Amen.*

Rachel Wojo - September 11, 2020

<https://www.dayspring.com/articles/letting-your-leaves-fall>

Worship Services and Christian Education

Sunday at 8:30 a.m. - Worship service on Spectrum Cable TV (Channels 8 and 979) and on Cincinnati Bell Fioptics TV (Channel 850).

Sunday at 9:00 - 9:45 a.m. - Sunday School on Zoom Conferencing at www.zoom.com, meeting # 73490206480.

Sunday at 10:45 a.m. - Livestream Worship Service on YouTube and Facebook.

Tuesday at 6:30 a.m. - You are invited to join us for prayer and meditation. The Prayer Line is 515-604-9520 (Code 356781). Prayer Band Ministry

Tuesday at 7:30 p.m. - Weekly "call-em-all" devotional message from Pastor Yates.

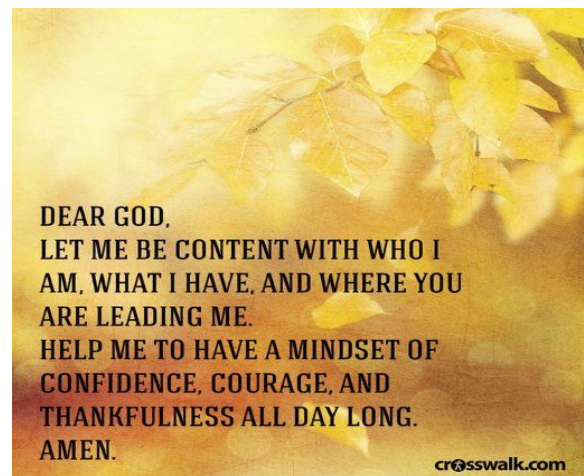
Wednesday at 7:30 p.m. - Word Wednesday Bible Study (Facebook Live) led by Pastor Yates on the business page of UBC Facebook.

Saturday at 8:00 a.m. - UBC Radio Broadcast (WCVG 1320).

Union Baptist Cincinnati Children's Ministry Facebook page has the latest lessons for children. Please contact Rev. Emanuel Marshall at 513-678-5493 to enroll your child / children.

Union Baptist Youth Facebook has the latest lessons and information for teens. Please contact Rev. Alvin Wyatt at 513-328-3981 to enroll your teen.

The Union Baptist Church Women's Ministry Prayer for Fall 2021



HAPPY BIRTHDAY BLESSINGS TO EVERYONE BORN IN THE MONTHS OF SEPTEMBER, OCTOBER & NOVEMBER



REPORTING ILLNESSES, SURGERIES AND BEREAVEMENT INFORMATION: Please contact the church office if you or a loved one is sick or entering the hospital so that your Family Ward Deacon and Pastor Yates may be notified. Please also contact the office if you or a loved one is being released from the hospital or if there is bereavement in your family. The church office phone number is **(513) 381-3858**.

INTERCESSORY PRAYER MINISTRY: Please continue to keep in prayer our UBC members in nursing homes, assisted living facilities, hospitals and at home. Please also continue to pray for all of the bereaved families at Union and bereaved families all over the world.

UBC WEBSITE - GIVING: There are two methods of giving on the website: *Tithely and Givelify*. Please visit the website and click on the **“Give”** tab for more information and check out the video. Thank you.

UPDATE FROM SUNDAY SCHOOL SUPERINTENDENT: Bible Study is offered on Saturdays by **Sis. Faye Shirley**, from 2:00-3pm. The class is held via phone call-in: 1-712-770-5505 (code 344097). Please join us for Sunday School and Bible Study when you can. God bless. **Dea. Ernest Norman**

THANK YOU: Guests visiting Union in August from Cedaredge, Colorado sent the following message to **Sis. Kathy Spratley**: “Dearest Kathy!!! We will most assuredly stay in touch! We just got home from our time in Michigan last night. I was planning to text you today and what a lovely surprise to have you beat me to it! I wanted to ask you to extend our greetings to all the saints at Union Baptist again, and also to let you know that we are most sincere in our desire to have you or any other members of your congregation visit! Have a wonderful day walking with Jesus! ♡

CONGRATULATIONS TO REV. BARRY HIXON AND BRO. JASON BAILEY! Rev. Hixon and Bro. Bailey will be joining the faculty staff and teaching at Temple Bible College this Fall.

UNION CONGRATULATES REV. DAMON LYNCH, JR. AND SIS. BARBARA LYNCH: The 50th Anniversary and Retirement Celebration for Rev. Lynch, Jr. and Sis. Barbara Lynch was held at the Cincinnati Convention Center on September 17, 2021. Pastor and Sis. Yates, along with six other members from Union attended the celebration. Union also placed an ad in the souvenir booklet.

WOMEN’S DAY WORSHIP CELEBRATION OBSERVED ON SEPTEMBER 26, 2021 AT 10:45 A.M: Guest speaker, **Sis. Erica Garrett**, First Lady, New Life Missionary Baptist Church. **“Finding Strength During Hard Times”** (Psalm 46:1-3). **Women’s Day 2021 Colors:** Orange and White; **Women’s Day Assessment:** \$100. **Sis. Melanie Montgomery**, Women’s Day 2021 Chairperson and **Sis. Darlene Parker**, Women’s Day 2021 Co-Chairperson.

FALL WORSHIP CELEBRATIONS / OBSERVANCES

Annual Women’s Day Worship Celebration on Sunday, **September 26, 2021** at 10:45 a.m.

Annual Choirs Day on Sunday, **October 10, 2021** at 10:45 a.m.

Annual Ushers Day on Sunday, **October 17, 2021** at 10:45 a.m.

Veteran’s Day on **November 11, 2021** (Holiday; Office Closed)

Annual Harvest Sunday, **November 21, 2021** at 10:45 a.m.

Thanksgiving Day Observance with Family on November 25-26, 2021 (Church Office Closed)





5 Ways COVID-19 Could Have Hurt Your Relationship With Food — And How to Deal



If your relationship with food has been, err, *strained* since COVID-19, you're not alone.

While it's OK and normal to **stress eat** or **track your intake** to **safely lose weight** from time to time, it's also important to pay attention to potentially worrisome changes in your eating habits like **overeating** or **cutting too many calories**.

Here are five ways your relationship to food may have changed for the worse and how to recover:

1 YOU COULD BE MINDLESSLY EATING AND SNACKING

Ever find yourself at the bottom of a chip bag with a full belly but little memory of actually eating? "**Mindless eating** is a double whammy," says Katie Rickel, PhD, a clinical psychologist and CEO of **Structure House**, a residential weight-management facility in Durham, North Carolina. Physically, it's easy to **overeate** and gain weight. And mentally, food's just not as satisfying when you're not fully present to enjoy it.

What to do: "Commit to writing down every single bite consumed ... even if only for a few days," advises Rickel. Use a food journal or app like **MyFitnessPal** and put easy-to-eat foods in hard-to-reach places such as the top shelf of the pantry. Reach for nutrient-dense, filling comfort foods like avocado toast or Greek yogurt with fresh fruit. RD.

2 YOU MIGHT BE EATING MORE ...

In general, many of us are simply eating more than before, thanks to pandemic-related stressors and being stuck at home. "A healthy relationship with food requires the ability to recognize hunger and satiety," says Dr. **Aderonke Omotade**, a board-certified internal medicine physician and psychiatrist specializing in weight management and stigma.

The fix: Logging your intake, mindful eating, listen to hunger pangs and fullness cues, write down your mood when you (e.g., hungry, bored, upset, etc.).

3 ... OR YOU COULD BE EATING LESS

While it's OK to eat a little less if you're moving less, stress can also lead to a loss of appetite and fewer calories in. To run well, your body needs nutrient-rich whole grains, fruits and vegetables, lean proteins like chicken and turkey, and healthy fats such as fish, olive oil, nuts and seeds.

4 YOU MAY BE USING FOOD TO COPE

It's normal and human to reach for comfort food when you're stressed out, says Rickel. But when eating is the *only* coping mechanism you have, the harm from excess calories and foods high in sugar, fat and salt can outweigh the benefits.

Generate a list of **alternative activities you can do** to provide a boost in mood, **distract yourself from stress**, or take a break from unpleasant situations or activities can be a game-changer," says Rickel.

5 YOU COULD BE DEVELOPING SYMPTOMS OF AN EATING DISORDER

With disrupted routines, fewer distractions, and a surge in **chatter around COVID-induced weight gain**, it's no wonder some people are veering into disordered eating territory. If you suspect this is happening, the first step is to reach out for help. the National Eating Disorders Association's free **screening tool**, call its helpline at 1-800-931-2237, or text 'NEDA' to 741741 for a confidential chat.

THE BOTTOM LINE

COVID-19 has had a huge impact on our lives. Small lifestyle changes can help you stop over- or under-eating, find healthy ways to manage stress, and get the nutrition you need. For help, don't hesitate to lean on loved ones or contact a healthcare professional such as a primary care physician or registered dietitian.

Article submitted by **Annette I. Bell, R.D., L.D.**, Ministry Leader, UBC, Health and Wellness Ministry

Source: **Lauren Krouse** is a freelance writer



Daylight Saving Time ends on Sunday, November 7, 2021 at 2:00 a.m. Please remember to set your clocks back one hour.





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AFFIX
POSTAGE
STAMP

SALVATION

*is nearer to
us now than
when we*

FIRST BELIEVED.

ROMANS 13:11, ESV