

# The Union Baptist Church Newsletter

Dr. Orlando B. Yates, Senior Pastor



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Spring 2021

## A Meditation for You from Our Pastor

### WHEN YOU DON'T FEEL LIKE IT

We all struggle with spiritual discouragement and lethargy. Some days our circumstances threaten to overwhelm us, and we struggle just to pray. Many times, we just don't feel like doing the things we know we should. For one reason or another, God sometimes seems far off and unreachable.

David faced times like these in his life. The Psalms are filled with verses that express his despair and feelings of abandonment.

Yet the Psalms also give us the key to living victoriously during the dark periods of life. Let's take a quick look at Psalm 119:89-95.

*"Forever, O LORD, Your word is settled in heaven. Your faithfulness continues throughout all generations; You established the earth, and it stands. They stand this day according to Your ordinances..."*

My circumstances or feelings have not changed God. He is the same God today as He was when He hung the stars in the sky, led the Israelites through the Red Sea, and fed the five thousand.

*"For all things are Your servants..."*

All things, even the things affecting me right now, are God's servants. The circumstances, people, and events around me are all under God's control. They are His servants, designed to mature me and bless me spiritually.

*"If Your law had not been my delight, Then I would have perished in my affliction. I will never forget Your precepts, For by them You have revived me. I am Yours, save me; For I have sought Your precepts. The wicked wait for me to destroy me; I shall diligently consider Your testimonies."*

Recalling God's faithfulness and control over everything that touches us gives us strength to walk with God even when we feel like throwing in the towel and giving up in despair. After all, our feelings and circumstances have not changed God. He is perfectly capable of sustaining us if we will only let Him. We simply need to *delight* in and *diligently consider* God's precepts (His principles and character) despite how we feel. Choosing to delight in God might not be easy. It might even involve hard work. But only God can revive and save our soul from spiritual lethargy.

Next time you feel spiritually drained or inadequate, remember that you have a choice. You can wrap yourself up in excuses and self-pity, or you can choose to draw your strength from an unchanging God. **Amen.**

*Short Inspirational Devotionals: Encouragement to Help You On Your Way – Christian Perspective*

## 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 9:45 a.m.** - Sunday School on Zoom Conferencing at [www.zoom.com](http://www.zoom.com), meeting # 73490206480.

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

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

**Wednesday at 7:30 p.m.** - Facebook Live Bible Study: "Word Wednesday" 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 to enroll your child / children.

**Union Baptist Youth Facebook** has the latest lessons and information for teens. Please contact Rev. Alvin Wyatt to enroll your teen.

UNION BAPTIST CHURCH OF CINCINNATI

JOIN OUR ONLINE

PRAYER MEETING

EVERY TUESDAY MORNING @ 6:30AM

MEETING ID:  
94564751779

PASSCODE:  
036239

WWW.UNION-BAPTIST.NET

FOR AN INTERCESSOR, CONTACT US AT (513) 381-3858, OPT. 5.

PRAYER REQUEST CAN BE EMAILED TO: PRAYER@UNION-BAPTIST.NET



## HAPPY BIRTHDAY BLESSINGS TO EVERYONE BORN IN THE MONTHS OF APRIL AND MAY

**REPORTING ILLNESSES, SURGERIES AND BEREAVEMENT INFORMATION:** Please contact the church office at (513) 381-3858 if you or a loved one is sick or entering the hospital so that your Family Ward Deacon and Pastor 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. Thank you.

**UBC EMAIL ADDRESSES:** If you have an email address and have not had a chance to provide your email address to the church office, please do so by contacting **Sis. A.J. Baldwin**, Union's Administrative Assistant at (513) 381-3858, ext. 3 or you can email your address to her at [uboffice1@union-baptist.net](mailto:uboffice1@union-baptist.net). God Bless!

**CHURCH OFFICE CLOSED:** Memorial Day Observance on Monday, May 31, 2021.

**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.

**RESURRECTION SUNDAY, APRIL 4, 2021:** Livestream of the Resurrection Worship Celebration and Holy Communion will occur on YouTube at **10:45 a.m.** You can find the YouTube link for Union's worship service on the Union Baptist Church website at [www.union-baptist.net](http://www.union-baptist.net) by clicking on the Home tab, scrolling down to the left-hand side of the page to "Connect With Us" and clicking Follow UBC on YouTube.



You can also find the link to Union's worship service on YouTube on the business page of Union Baptist Church Facebook.

**EASTER ARTICLE:** "Life in U.S. Religious Congregations Slowly Edges Back Toward Normal: But COVID-19 pandemic still a major presence in houses of worship as many Christians plan to stay home on Easter"  
[www.pewforum.org/2021/03/22/life-in-u-s-religious-congregations-slowly-edges-back-toward-normal/](http://www.pewforum.org/2021/03/22/life-in-u-s-religious-congregations-slowly-edges-back-toward-normal/)

**SUNDAY SCHOOL MINISTRY MESSAGE:** Blessings Union: On behalf of the Sunday School Ministry, we encourage you join our Sunday School class if you are able via our Zoom feed between 9:45 a.m. - 10:30 a.m. Rev. Marshall is teaching the class. The class is now being recorded, and you can view the class on Facebook when the class ends.

There is also an adult class being taught by Sis. Faye Shirley. We can give you more information on her class if you would like to participate in this class.

The Sunday School teachers for our children are given materials so they can provide lessons for your children. They will contact parents and provide you with these lessons.

We pray that we can return to the church soon, but until then we must continue to study God's word. May God bless you and your families. **Deacon Ernest Norman/Sunday School Superintendent**

## **INFORMATION & ANNOUNCEMENTS (CONTINUED)**

**DEACONS MINISTRY UPDATE:** On behalf of the Deacon Ministry, I want to let you know the active members of the Deacon Ministry will be keeping in touch with our membership during this pandemic. Although making in person visits are still on hold, your ward deacon can and should be in touch with you via mail or phone calls. With our loss of Deacon Edward Phillips, I have reassigned the members of his ward to a number of our active deacons. There will be a number of other changes, which are currently being worked on.

We do not know when we will be able to return to the church. Our Pastor reviews all the latest information from the governor and city leaders weekly. We must stay in prayer, knowing God can and will turn this current situation around. Please stay safe, and if you need to speak with your assigned ward deacon, please contact the church office and they will let me know. God bless. **Deacon Ernest Norman** (Deacons Ministry Chairman)

**PRAYER BAND MINISTRY UPDATE:** During this Pandemic, the Prayer Band Ministry delivered Valentine gifts to the homes of some of our senior church members spreading love. It is our prayer that we will continue this effort of being a blessing in future months. We also offer our thoughts and prayers to all our bereaved families. **Sis. Gwen Hall**, Prayer Band Ministry Leader.

**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.

Thank you for the lives  
of all those loved ones  
who, while no longer  
walking beside us  
or holding our hand  
along life's journey  
as once they did, live on  
in the collective memory  
of those they have left behind.  
Enjoy their company, Loving God  
until we shall meet again.  
Amen



### **WOMEN'S DAY 2021**

**Chairpersons:** Sis. Melanie Montgomery and **Co-Chairperson:** Sis. Darlene Parker

**Date:** September 26, 2021

**Theme:** Finding Strength during Hard Times: Psalm 46:1-3

**Colors:** Orange and White

**Guest Speaker:** TBA

**Activities: Dates TBA**

Stay at home tea

Back to school drive for homeless children at Bethany Village

Volunteer Opportunity at Mathew 25 ministries

Recognition: Women of Union past and present who exemplifies strength

Women's Day 2021 Assessment: \$100



## **INFORMATION & ANNOUNCEMENTS (CONTINUED)**



### **CDC's COVID-19 Vaccine Rollout Recommendations**

Updated Mar. 25, 2021

Because the U.S. supply of COVID-19 vaccine is limited, CDC has provided recommendations to federal, state, and local governments about who should be vaccinated first. CDC's recommendations are based on those from the [Advisory Committee on Immunization Practices \(ACIP\)](#), an independent panel of medical and public health experts.

The recommendations were made with these goals in mind:

- Decrease death and serious disease as much as possible.
- Preserve functioning of society.
- Reduce the extra burden COVID-19 is having on people already facing disparities.

While CDC makes recommendations for who should be offered COVID-19 vaccine first, each state has its own plan for deciding who will be vaccinated first and how they can receive vaccines. Please [contact your local health department](#) for more information on COVID-19 vaccination in your area.

Healthcare personnel and residents of long-term care facilities should be offered the first doses of COVID-19 vaccines (1a)

CDC recommends that initial supplies of COVID-19 vaccine be allocated to healthcare personnel and long-term care facility residents. This is referred to as Phase 1a. Phases may overlap. CDC [made this recommendation](#) on December 3, 2020.

Groups who should be offered vaccination next (1b and 1c)

CDC recommends that in Phase 1b and Phase 1c, which may overlap, vaccination should be offered to people in the following groups. CDC made [this recommendation](#) on December 22, 2020.

#### Phase 1b

- **Frontline essential workers** such as fire fighters, police officers, corrections officers, food and agricultural workers, United States Postal Service workers, manufacturing workers, grocery store workers, public transit workers, and those who work in the educational sector (teachers, support staff, and daycare workers.)
- **People aged 75 years and older** because they are at high risk of hospitalization, illness, and death from COVID-19. People aged 75 years and older who are also residents of long-term care facilities should be offered vaccination in Phase 1a.

#### Phase 1c

- **People aged 65—74 years** because they are at high risk of hospitalization, illness, and death from COVID-19. People aged 65—74 years who are also residents of long-term care facilities should be offered vaccination in Phase 1a.
- **People aged 16—64 years with underlying medical conditions** which increase the risk of serious, life-threatening complications from COVID-19.



## **INFORMATION & ANNOUNCEMENTS (CONTINUED)**

### **CDC's COVID-19 Vaccine Rollout Recommendations (Continued)**

- **Other essential workers**, such as people who work in transportation and logistics, food service, housing construction and finance, information technology, communications, energy, law, media, public safety, and public health.

As vaccine availability increases, vaccination recommendations will expand to include more groups.

The goal is for everyone to be able to easily get a COVID-19 vaccination as soon as large enough quantities of vaccine are available. As vaccine supply increases but remains limited, ACIP will expand the groups recommended for vaccination.

(You can also find additional information about the COVID-19 vaccinations and vaccination sites on the Union Baptist Church website at [www.union-baptist.net](http://www.union-baptist.net) and by clicking on the Community tab.)

### **Upcoming Health and Wellness Workshops**



#### **Do Right!® Healthy Lifestyles Virtual Workshops**

April 2021



##### **Do Right!® Understanding Telehealth**

Thursday, April 1st, 2021  
6:00-7:00 pm  
Virtual Workshop

In this workshop learn what telehealth is, how to access it, and how to navigate access to virtual health services to get the care you need.

Facilitator: Dr. Estrelita Dixon

Register At:  
[virtualhealth.eventbrite.com](http://virtualhealth.eventbrite.com)



##### **Do Right!® Diabetes & Cardiovascular Health**

Thursday, April 8th & 29th, 2021  
6:00-7:30 pm  
Virtual Workshop

This workshop will help you understand what Diabetes and Cardiovascular diseases are and how they can be managed through nutrition and physical activity.

Facilitator: Daphne Baines

Register At:  
[dch.eventbrite.com](http://dch.eventbrite.com)

*This event is Funded by Ohio Commission on Minority Health*

For more information or questions email:  
[ClosingtheGap@thehealthgap.org](mailto:ClosingtheGap@thehealthgap.org) or call 513-585-9879.

[www.ClosingtheHealthGap.org](http://www.ClosingtheHealthGap.org)



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#### **Do Right!® Healthy Lifestyles Virtual Workshops**

April 2021



##### **Do Right! Relax & Restore Transforming Stress into Success**

Thursday, April 15th, 2021  
6:00-7:00 pm  
Virtual Workshop

In this workshop we will look at acute stress, chronic stress, and how to support yourself through stressful times – turning stress into success. This session is interactive and you will learn tools such as guided meditation to help you overcome stress.

Facilitator: Dr. Katie Peeden

Register At:  
[rr0421.eventbrite.com](http://rr0421.eventbrite.com)



##### **Do Right! Nutrition Train the Trainer**

Tuesdays, April 20 - May 18, 2021  
6:00-7:00 pm  
Virtual Workshop

Join us for Do Right! ® Nutrition Train the Trainer, a 5-week virtual workshop, learn the basics of nutrition and how to teach it. Get live training and build healthier eating habits.

Facilitator: Annette Bell, LD, RD

Register At:  
[ntt0421.eventbrite.com](http://ntt0421.eventbrite.com)

For more information or questions email:  
[ClosingtheGap@thehealthgap.org](mailto:ClosingtheGap@thehealthgap.org) or call 513-585-9879.

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