

The Union Baptist Church Newsletter



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A DEVOTIONAL FOR MEN ON THE GO

Cards On The Wall

“Encourage each other and build each other up, just as you are already doing.” 1 Thessalonians 5:11 (NLT)

Jim Caldwell, who coached alongside me in Tampa Bay and Indianapolis and then succeeded me as head coach of the Colts when I retired, began writing cards to his daughter Natalie when she left home to attend college. She was several states away, and their schedules – his as a football coach and hers as a basketball player – made times together and even phone calls very sporadic. **So, every time Natalie needed money, Jim not only sent a check, he also enclosed a note of encouragement and affirmation.** “I wasn’t sure how much mail she received,” he said. He didn’t think he had much to say that was particularly profound, or even that she was hoping for notes from him. **He just wanted to encourage her.**

When Jim was finally able to visit her apartment, he saw all of his cards taped to the living room wall at eye level – every one of them. “All of a sudden, I realized I hadn’t written her nearly enough,” he said. **And he realized how much a father’s words can mean to his child.**

Encouragement is powerful. It has the potential to change people’s attitudes, which can change how they react to situations, which can change the course of their days, their weeks, or even their years. There are plenty of forces in the world that discourage us, but not many people go out of their way to be encouraging. **Be one of them.** The people around us – especially our family members – are in need of encouragement every day.

Don’t get so caught up in the day-to-day issues of life that you forget to pause and say encouraging words. Your effort to do that will not only benefit those you’re encouraging; it will also benefit you. **Your positive words, especially if they are repeated often, are an investment that will pay off in people’s lives for years to come.** Amen.

UNCOMMON KEY> Your encouraging words have more power than you think, and people need to hear them more often than you think. Take a moment now to think of someone whom you can reach out to today and then follow through and make that connection. Amen.

*Uncommon Life-Daily Challenge
~~ Tony Dungy and Nathan Whitaker*

A MEDITATION FOR EVERY MARRIED COUPLE

Kingdom Couples Commit To Sacrifice

“I have been crucified with Christ: and it is no longer I who live, but Christ lives in me.” Galatians 2:30 (NASB)

When Holt Hastings chose Pauline Woody to be his bride, he knew their love story would not be an easy one. They were building their home during the Great Depression and **Pauline was a type 1 diabetic.** Holt spent his life working hard and caring for his sickly wife. **It was 1994 when family and friends gathered while Holt grieved the passing of his bride** – at the age of eighty-eight – and there was no doubt that theirs had truly been a love story defined by sacrifice.

God will often use the things and people closest to us to do the greatest work in our hearts, minds, and souls. What we need to remember in these situations of conflict is that **God always has a purpose for the pain (Romans 8:28) when we commit that pain to Him and His will.** Your spouse is not your enemy but rather a tool sometimes allowed by God to **soften your edges, strengthen your weak spots, and deepen the authenticity of both your faith and your love.**

We all require a death to ourselves (our flesh and sinful natures) in order for the fullness of God’s Holy Spirit to dwell within us and manifest His fruit. And in most marriages, **this union can provide some of the greatest opportunities for this death to self to occur,** oftentimes through experiencing the life-on-life struggles and adaptations that come with the relationship. Amen.

APPLICATION

1. Before you got married, in what ways did you anticipate that marriage would require sacrifice?
2. Discuss a time when you knew that God used your spouse to do a great work in your heart.
3. How can you show the fruit of the Spirit in your marriage today?

PRAYER

Holy Spirit, please dwell within us so our marriage will manifest Your fruit to the world. Amen.

*Kingdom Marriage Devotional
~~ Dr. Tony Evans*

DEVOTIONAL FOR SINGLES



UNBELIEVABLE UNITY

“He Himself is our peace, who made both groups into one and broke down the barrier of the dividing wall.”

(Ephesians 2:14) NASB

Before the book of Ephesians became a beloved portion of the New Testament, it was a piece of smudged parchment circulating through the wealthy, commercial city of Ephesus in ancient Greece. The believers there would read it or would hear it read, then they would pass it along to others, perhaps even to other churches in neighboring cities.

And at each reading, these first-century Christians realized they were being asked to **do something, to believe something, to support something** that everyone knew was impossible – utterly, totally impossible. The writer of this letter, Paul the Apostle, said that Jews and Gentiles – long-time enemies in every conceivable aspect of the word – were no longer to consider themselves as **existing on opposite cultural planets.** By virtue of the gospel, the two of them had now become a **“mystery”** race (Eph. 3:3-4) known as the body of Christ, **a unity of believers designed to show the world that if God could do this,** if He could bridge this cultural breach, **He most certainly could do anything.**

The idea of **Jews and Gentiles getting along,** respecting each other, cooperating together – no one had ever talked this way before. No one could see this happening. The issues ran too deep. The haughtiness and hostility were too ingrained. **They hated the ground the other walked on.** Their aims and desires were mutually exclusive by a country mile.

Yet as impossible as it sounded for this long-standing feud to finally end in a truce, Paul declared this their **new reality.** God had already done it. **Beyond merely wishing** these sworn rivals could sit down and figure out a way to play nice together, **God just went ahead and “tore down the dividing wall of hostility” between them (Eph. 2:14 CSB)** – the one that had stood there for dozens and dozens of long, gray-haired generations. **He wasn’t appealing for peace; He was proclaiming peace** – “peace to you who were far away and peace to those who were near” (Eph. 2:17). Through the life and death of His son Jesus, it was done.

Jesus changed everything.

He still changes everything.

Wherever people are estranged and distant, unity in Jesus can bring them back into fellowship. **Wherever families are broken and splintered apart, humble surrender to Jesus can begin putting things back together.** Wherever the rift seems too wide and too complicated to repair, Jesus has already done what needs doing to fix it.

Now it’s time for us to believe it. And go live like it.

The only thing left for the early church to do, once they’d heard this news, was to begin **accepting by faith** that what God had already accomplished, they could actually apply – **not because of their power but because of His.** And if God was able to do that – **the ultimate impossibility in most of their minds** – would anything else remain that He couldn’t do? For them?

Or for you?

No. Not then. Not now. Not ever. Amen.

“Things that are impossible with people are possible with God.”

Luke 18:27(NASB)

Awaken
~~ Priscilla Shirer

TEEN'S CORNER

PAY ATTENTION TO THOSE SIGNS

“Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. But small is the gate and narrow the road that leads to life, and only a few find it.”

Matthew 7:13-14 (NIV)



Some time ago I was returning to Louisville from a quick trip to Cincinnati. The highway between Cincinnati and Louisville is called I-71. It's a straight shot, and the trip takes about an hour. I was heading home in plenty of time to have dinner with my family. I had the radio turned up, it was a beautiful day, and I was enjoying the journey. After about an hour I knew I was getting close to Louisville, but then I saw a sign that said, “Welcome to Lexington.”

I had made the frequent mistake that others had told me about. **Right outside Cincinnati is a place where, if you're not really careful, you can easily miss where I-71 toward Louisville splits off from I-75 toward Lexington.** For close to an hour I was completely convinced I was on I-71; but all along I was on I-75. **It never occurred to me that I might be going the wrong way.** With the radio blaring, I was singing along to the music, completely oblivious. I never allowed for the possibility that I was on the wrong road.

Jesus noted a similar problem regarding two roads in life. One is easily traveled by many people. The other is easily missed – **only a few will find it.** But many of those on the **crowded highway still think** they're moving in the right direction. **“Many will say to me on that day, ‘Lord, Lord, did we not prophesy in your name and in your name drive out demons and, in your name, perform many miracles?’ Then I will tell them plainly, ‘I never knew you. Away from me, you evildoers!’”** (Matthew 7:22-23).

Those are sobering words. They were busy *doing* the right things, but their accomplishments didn't make them true followers. **They never knew Jesus,** and he didn't know them. Fortunately for you and me, **there's still time to regain our bearings.** Amen.

Following Today

Some questions for your journey: Does your life reflect what you say you believe? Do you think you're on the right road because of what you've done? Do you know Jesus, and does he know you? I don't expect you to have quick, ready answers to these questions. But it would do you some good to “pull over” and meditate on them today. Amen.

*Not a Fan Daily Devotional
~~Kyle Iddleman*

DEVOTIONAL FOR SENIORS



Downsizing

“One’s life does not consist in the abundance of his possessions.”

Luke 12:15 (NIV)

The “abundance of one’s possessions” becomes very real in these latter days of life. We talk casually about “downsizing,” and yet when the time comes to let go, the process of giving up can be very difficult. Old photographs, documents, pieces of furniture, even items of clothing come laden with precious memories, and before we know it, we are encompassed by clutter, the “abundance of one’s possessions.”

Jesus would have us evaluate the meaning of our abundance. “Downsizing” gives us an opportunity to thank God as we let go. As we set aside each item so long held, we pray a prayer of thanksgiving—for what it has meant to us and for those who are connected with it. The “abundance of one’s possessions” can then become an opportunity for grateful praise.

God of all that is good, as we downsize, let us lift up your blessings to us in all of our days. Amen.

*Hope-Full Living Devotions for Seniors
~~ Don Hinckley Englewood*

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“I had a little house, and I sold that and moved into a condo, then sold the condo... I kept downsizing and downsizing.” ~~**Sheryl Lee**

“Much of what we acquire in life isn’t worth dragging to the next leg of our journey. Travel light. You will be better equipped to travel far.” ~~ **Gina Greenlee**

“It’s possible to have too much in life. Too many clothes jade our appreciation for new ones; too much money can put us out of touch with life; too much free time can dull the edge of the soul. We need sometimes to come very near the bone so that we can taste the marrow of life rather than its trappings.” ~~**Joan Chittiste**

“If one’s life is simple, contentment has to come. Simplicity is extremely important for happiness. Having few desires, feeling satisfied with what you have, is very vital: satisfaction with just enough food, clothing, and shelter to protect yourself from the elements.” ~~**the Dalai Lama**

“Let go of chaos yesterday; cheerfully live for today, and look forward to tomorrow with greater possibilities.” ~~**Oprah Winfrey**

Humor for the Soul . . .

A Funny Spring Story

by Kate



GREENWICH, N.Y. — I think, and I hate to whisper this too loudly...but spring is almost here. When I see robins, I think of a funny spring story that I know many of you will be able to relate to in your own funny way, uniquely to you and your children. The setting was our farmhouse about 6 $\frac{1}{2}$ years ago.

Spring had arrived, green grass, robins, and *eggs*. Most of them, the eggs that is, stayed in their nest, but one fell out. It was a picture-perfect robin's blue egg, and it was waiting for my middle son, Jacob, aged 6, to find it under one of our apple trees in the yard.

This *egg* that we are talking about traveled with Jacob for days. He had brought it to nursery school (came home unbroken, can you believe), shown it to every member of our family, every employee on the farm; even the mail lady had seen it. As the mom, I knew that it was going to break, I just didn't know when and I didn't know how. I knew that the novelty would wear off and was hoping that I could quietly make my move to confiscate it somewhere and that would be the end of it.

This robin's egg though, no such luck; I was doomed from the beginning, I could feel it. On the last day of the life of the robin's egg, Jacob and Tyler were setting out to help wash their great grandfather's car in our yard. Of course, the egg, which had come out earlier for its showing, had been handed off to me, to put somewhere "safe." So, like any good mom, I did. At least I thought that I did.

I ended up sticking it on an eye level shelf that was on our enclosed back porch. I wanted it up out of the way, out of reach from 14-month old Sam. And, like most moms, I was in a rush. I needed to get back around to the front of the house where I could keep my eye on the car washing activities. So that was that, egg forgotten, until...**Just before supper time.**

I ran into the house, via the back porch, with a disgruntled, 1-year old Sam in my arms. He didn't want to be torn away from the sandbox for a moment while I checked the macaroni and

Humor . . . continued

cheese that was baking in the oven. And honestly, heaven forbid, I just needed to go to the bathroom. So, I set the baby down on the floor in what I thought was a baby proofed back porch, which was, until "the egg" came into our life.

My eyes were away from Sam for no more than 3 minutes—and looking back, it had gotten awfully quiet. When I came out onto the back porch, I saw my one year old crouched over something that was in the middle of the floor. When I leaned in to look and see what he was looking at, he turned his head up towards me with a big yellow grin. Oh no! The egg!!

As Sam held out his yolk and broken egg shelled hands to me, I heard some crunching in his mouth as he rolled the foreign texture of broken eggshells around in it looking at me for explanation.

Of course, he was un-alarmed. I was grossed out! In all my haste, I was the one who ended up breaking the little blue robin's egg. It must have rolled off the shelf.

I ran for the washcloth, wiped inside and outside of his mouth. Grabbed a fresh sippy cup of water and made him drink down as much as he would, thinking a good mouth flushing would be appropriate in this situation. This coming after I fished out more bits and pieces of shell that he hadn't swallowed. How terrible! The only thing worse would have been if the egg had been fertilized. I couldn't even go there...

So, after moments of disgust, a call to my mother, slight panic, and annoyance with myself, I decided to take a lesson from my son, Sam. He was completely un-phased by eating the egg. I couldn't take the situation back and I reminded myself that it was just a raw egg. People all over the world ate them all the time. Yes, we are more accustomed to having them cooked and originating from the chicken species, but it was still **just an egg**.

And because it was one of *my* finer moments of motherhood, I found a few more lessons to take with me:

- 1) When you are a mother, always rethink the decision to go to the bathroom.
- 2) The egg will always break at the worst possible time. Better to confiscate early.
- 3) There are lots of eggs out there, and you never know what you are going to find inside, be it unfertilized or fertilized, scrambled or Easter.

My suggestion, despite the horribly comical situation of 6 $\frac{1}{2}$ years ago, would be to keep searching for eggs. You never know when you might find "your golden one."

Happy Easter, here's to eggs!

<https://www.morningagclips.com/a-funny-spring-story/>

Through the eyes of a child: Children's Bible in a Nutshell

Author Unknown



A child was asked to write a book report on the entire Bible. This is amazing and brought tears of laughter to my eyes. I wonder how often we take for granted that children understand what we are teaching?

In the beginning, which occurred near the start, there was nothing but God, darkness, and some gas.

The Bible says, 'The Lord thy God is one, but I think He must be a lot older than that.

Anyway, God said, 'Give me a light!' and someone did.

Then God made the world.

He split the Adam and made Eve. Adam and Eve were naked, but they weren't embarrassed because mirrors hadn't been invented yet.

Adam and Eve disobeyed God by eating one bad apple, so they were driven from the Garden of Eden. Not sure what they were driven in though, because they didn't have cars.

Adam and Eve had a son, Cain, who hated his brother as long as he was Abel.

Pretty soon all of the early people died off, except for Methuselah, who lived to be like a million or something.

One of the next important people was Noah, who was a good guy, but one of his kids was kind of a Ham. Noah built a large boat and put his family and some animals on it. He asked some other people to join him, but they said they would have to take a rain check.

After Noah came Abraham, Isaac, and Jacob. Jacob was more famous than his brother, Esau, because Esau sold Jacob his birthmark in exchange for some pot roast. Jacob had a son named Joseph who wore a really loud sports coat.

Another important Bible guy is Moses, whose real name was Charlton Heston.

Humor . . . continued

Moses led the Israel Lights out of Egypt and away from the evil Pharaoh after God sent ten plagues on Pharaoh's people. These plagues included frogs, mice, lice, bowels, and no cable.

God fed the Israel Lights every day with manicotti. Then he gave them His Top Ten Commandments. These include don't lie, cheat, smoke, dance, or covet your neighbor's stuff. Oh, yeah, I just thought of one more: Humor thy father and thy mother.

One of Moses' best helpers was Joshua who was the first Bible guy to use spies. Joshua fought the battle of Geritol and the fence fell over on the town.

After Joshua came David. He got to be king by killing a giant with a slingshot. He had a son named Solomon who had about 300 wives and 500 porcupines. My teacher says he was wise, but that doesn't sound very wise to me.

After Solomon there were a bunch of major league prophets. One of these was Jonah, who was swallowed by a big whale and then barfed up on the shore.

There were also some minor league prophets, but I guess we don't have to worry about them.

After the Old Testament came the New Testament. Jesus is the star of The New. He was born in Bethlehem in a barn. (I wish I had been born in a barn too, because my mom is always saying to me, 'Close the door! Were you born in a barn?' It would be nice to say, 'As a matter of fact, I was.')

During His life, Jesus had many arguments with sinners like the Pharisees and the Democrats.

Jesus also had twelve opossums. The worst one was Judas Asparagus. Judas was so evil that they named a terrible vegetable after him.

Jesus was a great man. He healed many leopards and even preached to some Germans on the Mount. But the Democrats and all those guys put Jesus on trial before Pontius the Pilot. Pilot didn't stick up for Jesus. He just washed his hands instead.

Anyways, Jesus died for our sins, then came back to life again. He went up to Heaven but will be back at the end of the Aluminum. His return is foretold in the book of Revolution.



<http://www.gospelweb.net/ChurchHumor5/JudasAsparagus.htm>



THE IMPORTANCE OF TAKING CARE OF THE ENVIRONMENT

Nature provides us all with so many wonderful and useful things. From beautiful sights, to food and shelter, to maintaining the delicate balance necessary to sustain life on this planet. Mother Nature works very hard to ensure that life can exist (and coexist) in the driest deserts, and the lushest rainforests. As industry advances and the human footprint spreads, the delicacy of this balance increases more and more. As a result, it is ever important that we do our due diligence in helping nature to thrive, however we can. That starts with taking care of the environment. *Remember God gave man “dominion over the earth” in Genesis 1:28.*

Our impact on the environment

Humans, though often unintentionally, have the most detrimental impact on the environment. However, there are a multitude of ways in which we help the environment as well. Our impact on the environment can be positive or negative, necessary and cleaner, or unnecessary and discarded. Our way of life currently dictates that some pollution is going to occur regardless of what we do in our everyday lives. Life is chemistry, and chemical reactions are happening everywhere that help us to accomplish amazing feats that are essential to the more hassle-free times we live in today. Currently, efforts are underway all over the world to develop newer and cleaner energy sources to power our homes, run our cars, and light up the night. The combined efforts have been showing progress in many ways. You can help by getting involved with conservation, volunteering, and staying in contact your local environmental government agencies.

Why should we care about the environment?

First and foremost, a clean environment is vital to not only to our own healthy living, but survival of all living things. The air we breathe is the most essential resource that the environment provides us with, and our efforts to reduce air pollution are currently inadequate considering the pollution being pumped into the air daily (especially in major cities). According to the EPA, air pollution may increase risk of heart attacks, asthma, bronchitis, and premature mortality. There is also evidence to suggest that most indoor air can be up to five times more toxic than it is outdoors. But air pollution is not the only type of pollution we should be concerned with. The CDC also warns that water pollution may increase risks of gastrointestinal illness, reproductive problems, and neurological disorders. When you think of the

Practical Advice for Living . . . continued

environment as something that may be hurting us if we don't take care of it, the need for a resolution becomes much clearer.

How to take care of the environment

The importance of caring for the environment is absolutely paramount for many reasons. Perhaps most importantly, we need to make sure that we leave this place better than when we came for the next generations whose job(s) it will be to also look after the planet. It wouldn't be fair to hand them something we fouled up that they are responsible for cleaning up. With that in mind, here are a *few* ways to take care of our environment:

- **Turn out the lights when they are not in use** – This one is too easy but is one of the more commonly overlooked ways to reduce energy consumption.
- **Reusable water bottles** – Fossil fuels are required to make plastic bottles, so using fewer plastic bottles will help greatly in preserving this precious resource.
- **Recycling** – Recycling is one of the most popular and most impactful ways that you can help the environment.
- **Repurposing** – So many things around your home can be repurposed and reused. Plastic bags, for instance, can be reused at the grocery store or used as small wastebasket bags.
- **Detergents** – There are several things we use detergents for. Most of them are bad for the environment. Everything that goes down a drain will eventually find its way back to a source of water again. Choose natural soaps, shampoos, body washes and laundry detergents to help keep our natural water supply clean.
- **Keep your body clean** – People who do not bathe or wash their hands regularly, can carry germs, viruses and pollute the environment. They put you at risk. Everyone should bathe regularly and wash their hands. If you need resources, call 513-421-7803. Keep your “temple” clean.
- **Planting Trees** – Trees help the environment. Trees absorb carbon dioxide as they grow and the carbon that they store in their wood helps slow the rate of global warming. They reduce wind speeds and cool the air as they lose moisture and reflect heat upwards from their leaves.

<https://www.naturesacademy.org/educator-resources/the-importance-of-taking-care-of-the-environment/>

Prayer for the World Environment

Creator God,
Thank you for the waters of the earth,
for the life-sustaining rains,
lakes, and deep oceans.
Keep us mindful of how precious these are,
and how vulnerable they are.
Help us to work together for clean water,
and for the sharing of it with those who have need of it today.
Amen.

~~ Rt. Rev. Christine Hardman, Bishop of Newcastle

Stories to Warm Your Heart . . .

A Tribute to My Beloved Mother-In-Law:

Mother Maggie Bumpers Yates

Recently while going through some memorabilia at mother's home after her homegoing service, I found a book entitled, *Chicken Soup for the Soul At Work* in a bedroom that I believe was left there as a parting gift *just for me* to share with you. Mother loved reading our newsletters.

The stories to follow are about work ethics and second chances, which along with mother's love and faith in God, helped shape her very essence. John Morgan has written, "*Work is about people. This book is about people. Stories of heart, insight and compassion—the true values of the workplace.*" Mother's testimony lives on in the words of her favorite song: "*Have I given anything today, Have I helped some weary one along the way? Just to know I've done my best as I go to take my rest. May my name be with the blest, Oh today.*"

Lovingly Submitted by Margie Yates



The Break I Got from Prison

"We know what we are but know not what we may be." ~ William Shakespeare

A murderer tends my garden. An executive in my company has a prison record for robbery. One of the best foremen in my factory was once wanted by the police in eight states. Hundreds of my employees—and my friends—could tell you anything you want to know about life in a penitentiary. I could tell you myself. I am an ex-convict.

Prison marks a man. He goes there to pay the debt to the crime he committed against society, but when his term ends, society rarely gives him a paid-in-full receipt. Nobody wants him. The only route open for him leads back to crime. I know; it almost happened to me.

At 17, I decided I wanted to see the world. I had already seen quite a lot of it. My family owned a saloon and, because it kept them so busy, I had my time to myself. I earned spending money shining shoes, selling newspapers, delivering groceries and doing odd jobs around the tavern.

I quit Denny Hill High School and ran away from my Seattle home. The years rushed by. I became a sailor; I drove an Arctic dog team; I panned for gold in Alaska. When Pancho Villa formed his army in Mexico, I joined him. They were hectic years—rough years, and inescapably, they often took me to the fringe of the underworld. But just the fringe. I soon learned, however, that even that can be too close.

In 1919, I was arrested in Denver for possession of narcotics, I'd never had anything to do with narcotics. But nobody believed me; my vagabond life was too flavored with fringe adventures to defend my innocence. Convicted of the charge, I was sent to Leavenworth. And there, I got the one thing prisoners rarely get—a break.

My break came from my cellmate, Herbert Huse Bigelow, who was serving a term for income tax evasion. Both of us worked in the electric shop, and I eventually became the chief electrician. I decided that I wouldn't let the fact that I was unjustly imprisoned embitter me, and to keep myself occupied, I volunteered for extra work.

Herbert Bigelow worked with me on several of the projects. We became good friends. He was released ahead of me, and when he left, he offered me a job at the St. Paul Company of which he was president. I considered this offer a good break. I made up my mind then that someday I'd give another convict a break.

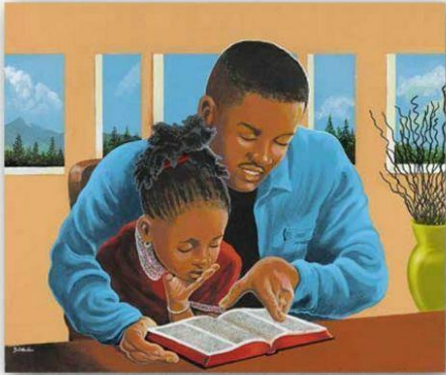
In 1924, I went to work for Herbert Bigelow. Working hard, I received regular promotions. Nine years later I was general manager of the firm. When Herbert Bigelow died in 1933, I was chosen president of the company. But I didn't wait until then to fulfill the promise I had made to myself. As soon as I was in a position to have a voice in employment matters, I got in touch with men I knew in prison and offered them jobs. In time, that promise to myself became company policy, as we grew from 728 employees in 1933 to more than 6,500 today (1954). Through the years, more than 300 men and a score of women, all ex-convicts, have gone to work here at Brown & Bigelow upon their release from prison. Many of them were paroled to me. A few of these men and women have earned executive jobs with the company. Others have remained loyal and hard-working factory workers for as long as 20 years.

We haven't coddled them. Outside of giving them a chance to hold a decent job, the only other extra benefit they get is that we forget their past. All kind of criminals have come to us. Believing in them, we help them to look forward, regardless of the past. Thus, I have no worries about the murderer who works on my farm, tending the garden where my three children play. Everyone

Stories to Warm the Heart . . . continued

knows what he has done, but everyone believes in what he is doing. Trust must be a full-hearted thing, for you cannot help a man toward whom you have reservations.

The help I've been able to give ex-convicts is no crusade. But a crusade I do have is this: I'd like to see many more employers realize it is not beneath their dignity to help those who have transgressed. **Rehabilitation of a man is accomplished on the outside not on the inside of a prison wall.**
by Charles A. Ward.



Pass It On

"We are prone to judge success by the index of our salaries or the size of our automobiles rather than by the quality of our service and relationship to mankind."

~Martin Luther King, Jr.

There I was with my wife and our two-year-old daughter, in an isolated, snow-packed campground in Oregon's Rogue River Valley, with a comatose vehicle. We were on a journey to celebrate the completion of my second year of residency training, but my recently acquired medical savvy was of no use to the recreational vehicle we had rented for the trip. This happened 20 years ago, but I remember it as clearly as I do the cloudless Oregon sky. I had just awakened, fumbled around with the light switch, and been greeted with darkness. I tried the ignition. No response. As I climbed out of the camper, fortunately my profanities were drowned out in the roar of the white-water rapids.

My wife and I concluded that we were victims of a dead battery and that my legs were of more value than my automotive knowledge. I decided to hike back to the main highway, several miles away, while she stayed with our daughter.

Two hours and a twisted ankle later, I arrived at the highway and flagged down a logging truck, which let me off at the first gas station we came to and drove off. As I approached the station, I had the sinking realization that it was Sunday morning. The place was closed. But there was a pay phone and a tattered phone book. I called the only automotive service company located in the next town, some 20 miles away.

Bob answered and listened as I explained my predicament. "No problem," he said as I gave my location. "I'm usually closed on Sundays, but I can be there in about half an hour." I was relieved that he was coming, but I was also mindful of the economic implication of his offer to help.

Bob arrived in his glistening red wrecker, and we drove to the campground. As I got out of the tow truck, I turned around and watched in utter amazement as Bob leveraged himself out of the truck on braces and crutches. He was a paraplegic!

He made his way over to the camper, and I again began the mental gymnastics of calculating the cost of his beneficence. "Yep, it's just a dead battery. A little jump start and you'll be on your way." Bob restored the battery, and while it was recharging, he entertained my daughter with magic tricks. He even pulled a quarter out of his ear and gave it to her.

As he was putting his jumper cables back into the truck, I asked him how much I owed him. "Oh, nothing," he replied, to my astonishment. **"I need to pay you something," I insisted.** "No," he reiterated. **"Back in Vietnam, someone helped me out of a worse situation than this when I lost my legs, and that guy told me to just pass it on. So, you don't owe me anything. Just remember, whenever you get the chance, you pass it on."**

Fast-forward about 20 years to my busy medical office, where I frequently train medical students. Cindy, a second-year student from an out-of-state school, has come to spend a month with me so that she can stay with her mother, who lives in the area. We have just finished seeing a patient whose life has been ravaged by drug and alcohol abuse. Cindy and I are in the nurses' station discussing possible treatment options, and suddenly I notice tears welling up in her eyes. "Are you uncomfortable talking about this sort of thing?" I asked. "No," Cindy sobbed. "It's just that my mother could be that patient. She has the same problem."

We spent the lunch hour secluded in the conference room, discussing the tragic history of Cindy's alcoholic mom. Tearfully and painfully, Cindy bared her soul as she recounted the years of anger embarrassment and hostility that had characterized her family's existence. I offered Cindy the hope of getting her mother into treatment, and we arranged for her mom to meet with a trained counselor. After strong encouragement from the other family members, Cindy's mom readily consented to treatment. She went into the hospital for several weeks and emerged a new and changed person. Cindy's family had been on the verge of disintegration; for the first time, they experienced a glimmer of hope. "How can I ever repay you?" Cindy asked.

As I thought back to that comatose camper in the snowbound campground and the paraplegic good Samaritan, I knew there was only one answer I could give her. "Just pass it on."

by Kenneth G. Davis, M.D.

Chicken Soup for the Soul at Work
~~ Jack Canfield, et. al.

Tameron Hall: Speaking Out on Behalf of DOMESTIC VIOLENCE VICTIMS

After her sister was murdered, the broadcast journalist was inspired to shine a light on the widespread issue of domestic abuse.

You'd think as the host of a daytime talk show, encouraging people to tell their stories, that I would have no hesitation about telling my own. True, there's a lot I'm willing to talk about. But one of the biggest, saddest, toughest and most important stories I didn't share for years. I opened up only when I saw that others needed to understand, that they needed to know what I wish I had known back then, that lives could be saved. That my heart need not have been broken.



Renate was technically my stepsister, but that's not how I would have ever described her. She was my sister, plain and simple. I was eight when my mom remarried. Dad—as I learned to call him—and his daughter came into my life. She was 14 years older than me and the coolest person I'd ever seen. Exuberant and generous and so glamorous. I loved going with her to Eckerd Drugs in our hometown of Luling, Texas, and seeing her work her magic with the drugstore beauty products she bought. She'd come out of the bathroom ready to go out, looking amazing.

When it came time for my senior prom, Renate was my stylist, of course. I cringe now at pictures of me in my big hair and my fuchsia dress with long white gloves—this was the late '80s, mind you—but I was voted best dressed, thanks to Renate. Later, after I graduated from Temple University with a degree in broadcast journalism and was making my way in the business, Renate would visit and give me pointers on what to wear. Once it was a pair of yellow suede pants. “No way,” I said, looking at myself in the mirror. “Trust me, you look great,” Renate said. As usual she was right. Although her taste was impeccable in so many ways, in one area it was flawed, and I couldn't understand why. Not for years. Even as a kid, I remember overhearing Mom and Dad whispering, “That guy is no good for Renate,” or telling her directly, “Why do you want to be with him?” Late one night when I was in my teens, she came home from a date, her face bruised. She told Dad that the guy she was with tried to attack her and she'd jumped out of a moving car.

How was it possible that someone so beautiful and confident on the outside could also be so insecure, seeking validation? Didn't she know that God loved her and she deserved to be loved by others? Church and prayer were a natural part of our lives. Dad and Renate went to the AME church, while Mom and I worshiped at Beth Eden Baptist. Then we'd all gather at home for Sunday dinner. We prayed without fail before every meal. At Thanksgiving, when Renate and I would fight over who got the turkey wings, we thanked God for every good thing in our lives—and for me that always included my big sister. Why would she look for love in the wrong places?

Tamaron Hall's Story . . . continued

One time Renate came to visit me in Chicago, where I was anchoring a morning news show. She brought along the person in her life, someone our family knew, and they stayed with me at my townhouse. That first night we hung out, went dancing and had a great time. The second night, they came to the TV station and she helped choose my outfit for the next morning. They seemed comfortable with each other, relaxed. But later that night, I was upstairs and heard a commotion downstairs. A crashing sound, a thud. I rushed down to see what was wrong. My glass-topped table was knocked over.

Renate stood there, looking disoriented, the area above her right eye starting to swell. I glared at the man. "I didn't do anything," he said. "I didn't do anything."

"Get out," I said to him.

"She hit me," he said, insisting it wasn't his fault.

"Get out," I said again and grabbed the phone to call Dad.

Dad said, "Get him out of your house. Right away."

I picked up a broom and waved it threateningly until he finally left. Then I grabbed an ice pack from the freezer to give Renate. "You're too good for him," I said, sounding just like our parents did. "You're beautiful and smart and wonderful. You can do so much better. You don't need a guy like him." I put Renate to bed and told her to get some rest.

Not until years later did I learn how hard it can be to talk someone out of an abusive relationship. You can't just snap them out of it with words of affirmation. Mom and Dad and I had tried that many times. Victims of domestic abuse get caught in a cyclical bond of trauma, desperately thinking they can change things or that they're not strong enough to leave. I wish I'd said something much more direct, something Renate could have responded to, something like "You're in danger with this man. How can I help?"

I was so upset and afraid for both of us—and frustrated—that the next morning I told her that she had to leave too. I couldn't have her and that man in my house again, no matter what he said. She could come back by herself but never with him. Renate packed up and left, and we didn't speak for months. Finally, at Dad's urging, we reconciled. I'm grateful for that. Without it, the burden of guilt over what happened next would have been unbearable. Still, I ask myself: Could I have handled things differently? Could I have made it possible for her to reach out and talk? Could I have saved my sister?

The call came a couple of months later in 2004. Renate had been found floating face down in her backyard pool. She had been bludgeoned. The police said there had been signs of struggle, hair pulled out, her fingernails broken. Renate had called Mom the night before and told her that she was ending the relationship. Now my sister was dead. The police told us to sit tight and not make waves while we waited for them to collect more evidence and arrest the person of interest. Meanwhile that man came to the funeral and sat in front of me, the man I knew killed my sister. In the end, he was never charged due to a lack of evidence. Because of that, I can't even legally say his name.

Dad's health went into a precipitous decline. Mom said that he died of a broken heart. He believed that it was his job to protect his girls. With Renate, he felt he'd failed. As for me, I didn't speak publicly about my sister's death for years. It was too painful, too devastating to talk about. I turned to the Psalms for solace, and my mom and my aunt texted me Bible verses every day. It was only

Tamron Hall's Story . . . continued

as I learned more about domestic violence that I started to use my position in the media to help others, to reach out to people like Renate, help them free themselves of an abusive relationship. It can be done.

Mustering all my courage, I finally spoke out about our family tragedy at a press conference in 2014. I expected a slew of questions. Instead a reporter shot me down, moving on to some other topic. I was shocked. Didn't he understand how many people needed help? The numbers are staggering: One in four women and one in seven men have experienced some form of domestic violence, and nearly half of all female murder victims are killed by an intimate partner. Survivors of intimate partner violence lose nearly 8 million days of paid work each year. Didn't that reporter see how shrouding the issue in secrecy only made it worse?

After that, I decided I need to be braver, to be fiercely honest. **"God has not given us a spirit of fear but of power and of love," says the Bible.** I would tap into that power.

Today I use my voice whenever I can to help victims of domestic violence. If you know someone who's trapped in an abusive relationship, listen to them. Don't judge. Don't jump in right away with advice. Let them talk. Get them somewhere safe. (Many churches offer counseling and a place to stay.) Offer to do the legwork, making phone calls, scheduling appointments. To be connected to a resource in your area, you can call the **National Domestic Violence Hotline at 1-800-799-7233**. I established The Tamron ♥ Renate Fund to aid Safe Horizon, a national organization that offers a variety of programs to support survivors of abuse. I lost my sister, Renate. I don't want other families to suffer the same.

Every morning I pray before I even leave the house. I check on my infant son, Moses, who is usually still sleeping, kiss my husband and get ready to go to the studios, **asking God to give me the right words—words that have meaning and understanding**—as I interview people and hear their stories. I say that prayer when **I tell my own story, urging others to talk about what they're going through. Words matter, and the right words can save a life.**

by Tamron Hall, Guideposts

<https://www.guideposts.org/inspiration/inspiring-stories/stories-of-hope/tamron-hall-speaking-out-on-behalf-of-domestic-violence-victims>

TO HAVE SUCCEEDED

To laugh often and love much;
To win the respect of intelligent people
And the affection of children;
To earn the approbation of honest critics
And endure the betrayal of false friends;
To appreciate beauty; To find the best in others;
To give one's self; To leave the world a little better,
Whether by a healthy child, A garden patch,
Or a redeemed social condition;
To have played and laughed with enthusiasm
And sung with exultation;
To know even one life has breathed easier
Because you have lived . . .
This is to have succeeded.

by Ralph Waldo Emerson



UBC Scholarship Recipient Update and Prayer Request . . .



Ebony Jones is a member of Union Baptist Church and was one of our first UBC Scholarship Recipients when she graduated from high school in 1997. Ebony is the daughter of Bro. Russell and Sis. Sheila Tennyson of Batavia, Ohio.

Ebony has been blessed and highly favored by God in her career pursuits. *She is now producing, editing and writing in Los Angeles.* She works for FX Productions. **Her production/pen name is Elizabeth Pegues.** *Ebony (Elizabeth Pegues) was born in Memphis, TN. She's lived in many different locales including Guam, Australia, and cool parts of the US, including Ohio. She graduated from Cornell in 2001. After graduating, she realized that she wanted writing to be more than just a hobby. So, she moved to Los Angeles in 2006 to live the dream. And she's currently living in Los Angeles and working in television post-production. Her passions have always been movies and soap operas.*

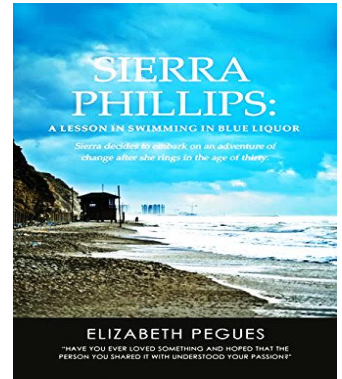
This is Ebony's Story:

I moved to LA in 2006 from Ohio with a suitcase and a dream. I was jobless for a couple months and pretty stressed about it. When I'm stressed, I write. **I wrote my first novel entitled, *Sierra Phillips: A Lesson in Swimming in Blue Liquor*, in about a month.** So, Sierra's stress in the book was definitely reflective of my own, but the book is only about 10% about me. I'd say that Sierra is probably my personality. My mother was a tad concerned that she's a terrible mother as a result of reading some of the passages about Sierra's mother. *I explained to her that a novel with a good mother wouldn't actually be appealing.* No need for therapy...yet. Some of Sierra's childhood reflections align with my own. I did attend an Ivy League so the feelings of inadequacy that Sierra feels were definitely me during the time I wrote it. When you come from that overachiever culture, you tend to measure every level of progress or lack thereof against your peers.

I'm a huge fan of soap operas. What I love most about them is even if you don't remember the soap, you remember the characters. You may not know from where Erica Kane came, but you know who she is. You know who Luke and Laura are and they hold a place in television history. I strive to develop characters like that who make an impression on you. I interview my characters and actually outline them more than I do the story. The character drives the story. I want my characters to be as realistic as possible so that they are relatable. A good story must be believable.

I plan to publish a romance novel called *Incarcerated Hearts*. I would also love to do a continuation of Sierra's story if people were into to it. I think there's plenty of dramatic story left to tell with Sierra. My script-writing partner, who is self-publishing as Damien Russell on Amazon, and I are working on some projects for both television and film. Our production company is called Mann Jones Productions (website www.mannjones.com in progress).

Ebony (Elizabeth Pegues) **is producing the new FX on Hulu Series entitled *Mrs. America*.** FX has rounded out the main cast of the upcoming drama series "Mrs. America" starring Cate Blanchett. Eleven actors and actresses have signed on to the nine-episode series, which tells the story of the movement to ratify the Equal Rights Amendment (ERA), and the unexpected backlash led by a conservative woman named Phyllis Schlafly, played by Blanchett. **The series is slated to launch in 2020 on HULU.** Check it out! We celebrate with Ebony and all that she has achieved by the grace of God!



<https://www.coverdesignstudio.com/portfolio/elizabeth-pegues/>
<https://variety.com/2019/tv/news/cate-blanchett-mrs-america-fx-cast-sarah-paulson-uzo-aduba-1203214417/>

Prayer Request: In the midst Ebony's busy schedule, she has been suffering from a very serious heart condition for some time. Her doctors at UCLA have concluded that eight hours of open-heart surgery is the *only* viable option for treatment. Ebony and her family have requested prayer for peace amid their storms and healing according to God's divine will. Please also prayer for Ebony's father, Bro. Russell Tennyson who also has some very serious health issues.

~Pastor and First Lady Yates on behalf of the Tennyson/Jones Family

"Now unto him that is able to do exceedingly abundantly above all that we ask or think, according to the power that worketh in us."

Ephesians 3:20 (KJV)

JUBILEE SUNDAY



We shall shout for joy for the mercies the Lord,
Our God has extended to his people!

Please come join us on **Sunday, March 22, 2020 at 10:00 a.m.** during the mid-morning Worship Celebration as we thank the Lord for blessing the congregation with the purchase of a van so that we can continue building the Kingdom of God.

The goal is to raise \$12,000.00 for the purchase of the van. The UBC leadership is prayerfully asking all members to make a sacrificial offering towards this goal. Please place your offering in the all-purpose envelope and note on the envelope "Transportation."

The UBC Official Board thanks you in advance for your willingness to comply with this request.

To God be the Glory!

INFORMATION & ANNOUNCEMENTS FOR
SUNDAY, MARCH 1, 2020

UNION BAPTIST CHURCH

Dr. Orlando B. Yates, Pastor

JUBILEE COMMUNITY-WIDE REVIVAL



**“Wilt thou not revive us again: that thy people may rejoice in thee?”
Psalm 85:6**

Dates:

Sunday Morning	March 22, 2020	10:00 A.M.
Sunday Night	March 22, 2020	7:00 P.M.
Monday Night	March 23, 2020	7:00 P.M.
Tuesday Night	March 24, 2020	7:00 P.M.

More Information Forthcoming

405 W. Seventh Street, Cincinnati, Ohio 45203
Phone: 513-381-3858
www.union-baptist.net

**INFORMATION & ANNOUNCEMENTS FOR
SUNDAY, MARCH 1, 2020**

**HAPPY BIRTHDAY WISHES TO
EVERYONE BORN IN THE MONTHS OF
MARCH AND APRIL**



UBC COMMUNICATION CARDS: For those “making a decision for Christ” by using one of the UBC Communication Cards found in the pocket of the pews, **REVEREND ALVIN L. WYATT, Minister of Christian Life and Witness**, will contact you. Please clearly print your name and phone number on the card and the hours you may be reached. **You will receive further information from Rev. Wyatt. GOD BLESS YOU.**

PRAYER BAND MINISTRY: A Prayer Request receptacle is in the vestibule leading into the sanctuary. Please feel free to place your prayer request(s) there at any time. Our prayer partners stand ready to pray with you and for you. **You are invited to join us for prayer and meditation on Tuesdays at 6:30 a.m. Set your alarms and start your day off the right way! The Prayer Line is (515) 604-9520 – Code 356781.** ~~Prayer Band Ministry

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 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 phone number is (513) 381-3858. ~~ Church Office Staff

NEED A RIDE TO SUNDAY SCHOOL OR 10:00 A.M. WORSHIP SERVICE? If you need a ride to Church, please call (513) 381-3858 and leave your name and your telephone number. GOD BLESS YOU.

MEN'S BIBLE STUDY AND FELLOWSHIP HELD ON TUESDAYS AT 7:00 P.M. Our current Men's Bible study is based on the series, “**Understanding the Purpose and Power of Prayer**” by Dr. Myles Munroe. The class will be led by Pastor Yates and will be held in the church sanctuary. Come grow and fellowship with us for the lift of your life!

WEDNESDAY NOON DAY BIBLE STUDY HELD AT 12 P.M. Our current Wednesday noon Bible study is based on the bible series, “**Praying at the Crossroads,**” by Ken Coley. You are invited to attend this dynamic group study on prayer which is led by Pastor Yates in the church sanctuary. **Lunch is served after each class.** Remember all are welcome and we will be blessed by your presence. ~~Pastor Yates

WEDNESDAY EVENING CHURCH-WIDE PRAYER AND BIBLE STUDY HELD AT 7:00 P.M. Our Deacon of the Month will begin with prayer service in the sanctuary, followed by our current bible series, “**Praying at the Crossroads**” by Ken Coley led by Pastor Yates. All are invited to study and grow with us. ~~Pastor Yates

MEN'S BIBLE STUDY CONFERENCE HELD ON THURSDAYS AT 7:30-8:30 P.M. Rev. Shawn Pate [Pastor-Elect of Mt. Ararat Baptist Church of Rutherford, New Jersey and UBC member] will lead a new series, “**Understanding the Purpose and Power of Prayer,**” by Dr. Myles Munro. The e-book version can be purchased at Christianbook.com and paperback on Amazon, etc. If interested, email Rev. Pate at unioncinnati@gmail.com for the phone number and access code. Deacon Jeff Blanchard of Georgia is the coordinator.

INFORMATION & ANNOUNCEMENTS FOR SUNDAY, MARCH 1, 2020

DAILY BREADS FOR MARCH-MAY: The quarterly Daily Breads are now available for the months of March, April and May 2020. Please see an usher to pick up a Daily Bread for yourself, family members and friends.

DEACONS MINISTRY: The Deacons Ministry will have a meeting on **Monday, March 2, 2020** and **April 13, 2020 at 7:00 p.m.** in the sanctuary (lower balcony). **Please have your monthly Family Ward Reports.**
~~Pastor Yates

REHEARSALS ARE UNDERWAY FOR ALL CHILDREN FOR THE SUNDAY SCHOOL

RESURRECTION PROGRAM: The annual Easter Sunday School / Resurrection Program will occur on **April 12, 2020 at 9:00 a.m.** For more information, please see page 31.

MESSAGE FROM HORTICULTURE MINISTRY: It's that time of year again. What time? **Easter Lily time.** Anyone wishing to make a purchase can do so now. The prices for Easter lilies are: 6" Easter lily, one stem clay pot - \$9.00; 8" Easter lily, three stems per pot - \$26.00. All monies are due at time of order. Please see **Sis. Doris Walker** as soon as possible for additional information.

UBC FUNDRAISING OPPORTUNITY-CLASSICAL ROOTS CONCERT ON MARCH 6, 2020: Please support fundraising for Union Baptist Church (a Classical Roots Church Partner) by purchasing a ticket for the annual Classical Roots Community Mass Choir Concert. Union Baptist will receive a portion of the proceeds for every ticket sold to someone using Union Baptist's promotion code **(11075)**. Union can earn from \$2 to \$11 per ticket, depending on the sale price of the ticket. (Premium - \$60.03 to Student - \$10.35).

This year's concert features legendary gospel artist CeCe Winans. CeCe is the best-selling and most-awarded female gospel artist of all-time. Combined with the over 150 voices of the Classical Roots Community Mass Choir, Music Hall will be filled with glorious, powerful sound. Union's own **Sis. Carol Cargile, Sis. Tristan Cargile and Sis. Renee Payne** are in the choir.

Call **513-381-3300** to purchase a ticket for the concert and use **code 11075** to get funds for Union Baptist Church from your tickets sales.



CLASSICAL ROOTS
Tickets on Sale Now!
MUSIC HALL
FRI MAR 6, 2020
513.381.3300
cincinnati-symphony.org
CSO CINCINNATI SYMPHONY ORCHESTRA
Group ticket fundraising opportunities available!
Buy tickets with this promo code to help raise funds for your church:

THE PRESIDENTIAL PRIMARY ELECTION IS ON MARCH 17, 2020: Voting is expected to take place throughout the state of Ohio from 6:30 a.m. until 7:30 p.m. In-Person Absentee Voting is from Feb 19, 2020 to March 16, 2020.

The voting age is 18 and older. Make sure your voice is heard.

"There's no such thing as a vote that doesn't matter. It all matters."
President Barack Obama

"You've got to vote, vote, vote, vote. That's it; that's the way we move forward."
Michelle Obama



**INFORMATION & ANNOUNCEMENTS FOR
SUNDAY, MARCH 1, 2020**

VOLUNTEERS ARE NEEDED FOR SPRING CEMETERY CLEAN-UP AT UNITED AMERICAN CEMETERY ON MARCH 14, 2020 AND UNION BAPTIST CEMETERY ON APRIL 18, 2020 FROM 9:00 AM TO 2:00 PM: Please see the flyer on page 26 for additional information.

~~ Cemetery Committee

UNION BAPTIST IS INVITED TO REV. SHAWN PATE'S INSTALLATION SERVICE ON MARCH 29, 2020: For additional information, please see flyer on page 27.

GOOD FRIDAY SERVICES, APRIL 10, 2020 AT 12:00 P.M.: All are invited to attend the **Seven Last Words from the Cross Worship Celebration** as we observe Holy Week (April 6th - 10th). Parking will be available on West Seventh Street.



Vacation Bible School (June 1-5, 2020)

Vacation Bible School is for all ages and will be held June 1-5, 2020. The VBS 2020 theme is "I'VE GOT THIS! With Jesus." Scripture Focus: "For I can do everything through Christ, who gives me strength" (Philippians 4:13, NLT). More information will be forthcoming.

Dea. Donald Darby, VBS Principal

Men's Day Celebration (June 21, 2020)

More information will be forthcoming. **Bro. Dorsey Hubbard, Men's Day 2020 Chairperson**

Collective Empowerment Group Gala (June 26, 2020)

Union Baptist Church is a member of the Collective Empowerment Group. Please refer to the flyer on page 28 for event information. **The CEG Ambassadors for UBC are Rev. Barry Hixon Jr., Sis. Danielle Pierre, and Sis. Gwendolyn Hall.**

Annual Church Picnic (June 27, 2020)

More information will be forthcoming.

Grad Recognition Day (June 28, 2020)

The Union Baptist Church Scholarship Ministry will celebrate the Graduation Class of 2020. More information will be forthcoming.

INFORMATION & ANNOUNCEMENTS FOR SUNDAY, MARCH 1, 2020

IMPORTANT NOTICE: No one should be in the church building between the hours of 11 p.m. to 7 a.m. due to security reasons. Any necessary exceptions should be coordinated and approved by the Chairman of Property and Space, Sis. Portia Fuller, at least one week in advance. Also, this is a reminder: **Please do not park in the Pastor's parking space at any time.** God Bless you! **Sis. Angelita Jones, Trustee Board Ministry Leader**

UNION BAPTIST'S EMAIL ADDRESS: The church has an email address for all ministry announcements. Please send all forms of communications (church announcements, flyers, upcoming events, etc.) to unioncincinnati@gmail.com. Thank you!

DEADLINE FOR NEWSLETTER ANNOUNCEMENTS: The deadline for church announcements for the **May - June 2020** newsletter is **April 20, 2020**. All requests for newsletter announcements should be **e-mailed to Sis. Shirley Norman, Public Relations Ministry Leader**, at unioncincinnatiapr@gmail.com.

DISTRIBUTION OF THE UBC NEWSLETTER: If you were unable to obtain a copy of the bimonthly newsletter, please contact the church office. **UBC's Newsletter is also posted on the website in color. Share with others.**

UNION BAPTIST CHURCH OF CINCINNATI WEBSITE: Please visit our website (www.union-baptist.net) which is both informative and interactive for those who are seeking the Will of God in their lives. **On our website, you will see upcoming events; evangelistic mission information for men, women and children;** discipleship opportunities for building God's kingdom; exploratory devotional links for personal spiritual growth; and, community connections that demonstrate, the POWER OF GOD throughout the Greater Cincinnati area and beyond.

UNION BAPTIST CHURCH RADIO BROADCASTS: You can listen to the Union Baptist broadcast on WCVG 1320 every Saturday from 8:00 a.m. to 9:30 a.m. through live stream radio by connecting to the Union Baptist Church website at www.union-baptist.net.

UNION BAPTIST CHURCH IS ON FACEBOOK: The official Union Baptist Facebook is also linked to the Union Baptist Church of Cincinnati website at www.union-baptist.net.

UNION BAPTIST WI-FI SETTINGS: Please contact Sis. Brenda Neal, Executive Assistant to the Senior Pastor, to obtain the settings for the wireless router (Wi-Fi). Thank you.

CONNECTING TO CHURCH MINISTRY OPPORTUNITIES: Visit our website at www.union-baptist.net for a list of ministries for more information. Click on the tab "*Church Ministries.*"

UBC MEMBERSHIP DATA FORM: All members are encouraged to complete an updated UBC Membership Form, if you have not done so, and provide your updated information, such as your current home address; your home, cell and work telephone numbers; a number where you may be reached in case of an emergency; and, an emergency contact person, etc. Membership Data Forms are available in the wall receptacle near the church office. You may also use the UBC Communication Card (found in the pocket of the pew) to provide updated information. When you have completed your form, please give it to Sis. Brenda Neal in the church office, or after office hours, place it in the Pastor's drop box on his study door. Thank You.

INFORMATION & ANNOUNCEMENTS FOR SUNDAY, MARCH 1, 2020

UBC WEBSITE - GIVING: *There are two new 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.

THE CITY GOSPEL MISSION OUTREACH MINISTRY: The schedule of the longstanding participation of Union Baptist Church Ministers that began with Reverend Shawn D. Pate, is as follows:

March 28, 2020	Reverend Alvin Wyatt	Preaching at 7:30 p.m.
April 25, 2020	Reverend Barry Hixon, Jr.	Preaching at 7:30 p.m.
May 23, 2020	Reverend Emanuel Marshall	Preaching at 7:30 p.m.

Union is asked to pray for and support, in every way possible, **our Associate Ministers** as they serve at City Gospel Mission. The City Gospel Mission is located at 1805 Dalton St., 45215. Thank You. ~~~Pastor Yates

TRUTHSEEKERS SMALL CARE GROUP

The members of the Small Care Group TruthSeekers" **meet every Monday from 6:00 – 7:15 p.m. at the Avondale Branch Public Library** to study God's word and grow through the five purposes of the church, worship, fellowship, discipleship, ministry and evangelism. Please feel free to join us as we learn about God's Word and how to become more Christ like.



For more information, please contact Rev. Shawn Pate, Small Care Group Ministry Leader at Email: unioncincinnati@gmail.com.

THE SHOP AT UNION

VISA, MASTERCARD, AND AMERICAN EXPRESS!!



Yes, that's right! Your church store now accepts Visa, Mastercard and American Express. We also accept your bank cards with a pin. So, no excuses!

Stop by And Shop with Us Today!!

Bro. Christopher Price, Store Manager
Bro. Alonzo Montgomery, Assistant Store Manager
Bro. Jaden Richardson, Assistant Store Manager
Sis. Angelita Moreno-Jones, Ministry Leader

**INFORMATION & ANNOUNCEMENTS FOR
SUNDAY, MARCH 1, 2020 (Continued)**

MARCH IS "STEWARDSHIP EMPHASIS" MONTH

IMPORTANT DATES FOR THE MONTH OF MARCH

March 2, 2020: Deacons Ministry Meeting at 7:00 p.m.

March 14, 2020: Spring Cemetery Clean-up Day at United American Cemetery from 9:00 a.m. to 2:00 p.m.

March 16, 2020: Trustee Board Ministry Meeting at 6:00 p.m.

March 21, 2020: Alternate Spring Cemetery Clean-up Day at United American Cemetery from 9 a.m. to 2:00 p.m.

March 22, 2020: JUBLIEE SUNDAY Worship Celebration

March 22 - 24, 2020: Church Revival

March 23, 2020: Union Foundation meeting at 6:30 p.m.



WHAT IS STEWARDSHIP?

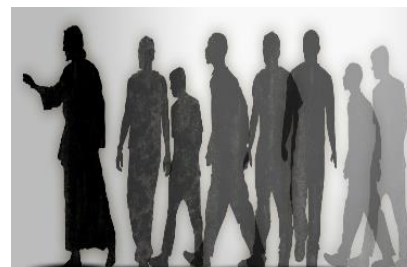
Stewardship is a theological belief that humans are responsible for taking care of the world. ... In Jewish, Christian and Muslim traditions, stewardship refers to the way time, talents, material possessions, or wealth are used or given for the service of God.

**"All Christians are but
God's stewards.
Everything we
have is on loan from
the Lord, *entrusted*
to us for a
while to use in
serving Him."
- John MacArthur**

**INFORMATION & ANNOUNCEMENTS FOR
SUNDAY, MARCH 1, 2020 (Continued)**

APRIL IS "DISCIPLESHIP EMPHASIS" MONTH

IMPORTANT DATES FOR THE MONTH OF APRIL



April 5, 2020: Palm Sunday observed during 8:00 a.m. and 10:00 a.m. Worship Celebrations

April 6-10, 2020: Holy Week

April 6, 2020: Second Quarter Church Leadership Council Meeting at 7:00 p.m.

April 10, 2020: Seven Last Words from the Cross Worship Celebration at 12:00 p.m.

April 12, 2020: Easter Early Morning Worship Celebration at 7:30 a.m.
Easter Program (Sunday School) at 9:00 a.m.
Mid-Morning Easter Worship Celebration at 10:00 a.m.

April 13, 2020: Trustee Board Ministry Meeting at 6:00 p.m.
Deacons Ministry Meeting at 7:00 p.m.

April 18, 2020: Spring Cemetery Clean-up Day at Union Baptist Cemetery from 9:00 a.m. to 1:00 p.m.

April 20, 2020: Second Quarter Official Board Meeting at 6:00 p.m.

April 24, 2020: Second Quarter Church Conference at 7:00 p.m.

April 25, 2020: Alternate Spring Cemetery Clean-up Day at Union Baptist Cemetery from 9:00 a.m. to 1:00 p.m.

April 27, 2020: Union Foundation meeting at 7:00 p.m.

dis·ci·ple·ship
n. to turn all people into
fully devoted, mature
followers of Christ

**INFORMATION & ANNOUNCEMENTS FOR
SUNDAY, MARCH 1, 2020 (Continued)**

THE UNION BAPTIST CHURCH CEMETERY COMMITTEE

Spring Cemetery Clean-Up Dates

We Are Seeking Volunteers To Help In Our Spring Cemetery Clean-Up

**IF YOU HAVE ANY YARD TOOLS AVAILABLE FOR USE, PLEASE LET US KNOW
AND BRING THEM WITH YOU!**

UNITED AMERICAN CEMETERY

Duck Creek Road and Strathmore Drive
Cincinnati, OH 45227

SATURDAY, MARCH 14, 2020 AND SATURDAY, MARCH 21, 2020 (BACK UP)

9:00 A.M. – 2:00 P.M.

UNION BAPTIST CEMETERY

4933 Cleves Warsaw Pike
Cincinnati, OH 45238

SATURDAY, APRIL 18, 2020 AND SATURDAY, APRIL 25, 2020 (BACK UP)

9:00 A.M. – 2:00 P.M.



REFRESHMENTS WILL BE PROVIDED!

CALL 513-981-0421

AND LEAVE A MESSAGE WITH YOUR NAME AND PHONE NUMBER

*Mt. Ararat Baptist Church
invites you to the*

March
29
2 0 2 0

*Installation Celebration of
Rev. Shann D. Pate*



11:00 am

**Mt. Ararat Baptist Church
29 Elm Street
Rutherford, NJ 07070**

4:00 pm

**Mt. Calvary Missionary
Baptist Church
231-251 Seymour Avenue
Newark, New Jersey 07108**



Rev. Dr. Orlando B. Yates



Rev. Dr. Ralph M. Branch, Jr

GUEST SPEAKERS

INFORMATION & ANNOUNCEMENTS FOR
SUNDAY, MARCH 1, 2020 (Continued)



Paul Booth, Jr. President

2020 CEG BUSINESS
EXCELLENCE AWARDS

GALA

SAVE THE DATE: 06.26.2020 ♦ 6PM - 10 PM

Keynote Speaker

DR. DEFOREST B. SOARIES, JR.

*Pastor of First Baptist Church of Lincoln Gardens,
Somerset, New Jersey, former Secretary of State for New Jersey,
founder of the dfree® Financial Freedom Movement,
Author and Community Advocate*



Presenting the

REV. DAMON LYNCH, JR.

Servant Leader Award

*Named In Recognition of One of Cincinnati's Most
Prolific Pastors and Community Advocates*



featuring

CEG TOP 5 BUSINESSES OF THE YEAR AWARDS

The CEG Gala Choir Under the Direction of Jerome Johnson
Music by Natural Progression

EVENT TICKETS: \$100 Individual (Reserved Seating)

\$150 Patron (Listing in Program Book and Reserved Seating)

For More Information Call: 513.996.3023

*Sponsorship Opportunities Available: Contact Erica Bell - Email: americarbell@yahoo.com

**INFORMATION & ANNOUNCEMENTS FOR
SUNDAY, MARCH 1, 2020 (Continued)**

Thank You and Acknowledgements

Message from Visiting Pastor to Pastor Yates (January 10, 2020)

Pastor Chris Peters, pastor of Cross Creek Church in Alabama recently visited Union during the holidays and wanted to let you know how much he and his family enjoyed the service. He says the members were warm and gracious, and the word was uplifting. Says he always appreciates when a visiting Pastor lets him know of their experience when they visit his church and thought he would do the same. Wanted to encourage you in your endeavors.

Sis. Brenda Neal, Executive Assistant

Thank you all for your prayers, calls, cards, visits, and support during my hospitalization. Continue to keep me in your prayers as God continues to work on me and the doctors during my sickness. I know that God is a healer and has a plan/purpose for me. Thank you.

Sis. Annette I. Bell

Dear Union Baptist Congregation,

I deeply appreciate the love you expressed to me and my family on the passing of my sister, LaVerne Clayton. Your support helped us, comforted and uplifted our spirits during a difficult time. May God continue to bless you.

Much Love,

Sis. Janet Parker and the Grizzard Family

Thank you so much for your comforting words, your prayers and other acts of kindnesses during the sudden passing of my nephew, Eric Scott (Scottie) Jackson. I especially appreciate those of you who traveled to the homegoing service in Huntington, West Virginia. Your presence meant so much to me and my family. God bless you always.

Sis. Greta Jackson

Dear Union,

There are no adequate words to express my gratitude for your overwhelming expressions of love, comfort, thoughts and prayers shown during the homegoing of our beloved Mother Maggie Bumpers Yates. Our hearts were overwhelmed by everything that you did to comfort us in our time of need. A special thank you to all of those who made the long trip to Mobile, Alabama to attend the celebration service. May God continue to keep you is our prayer.

In His Service, I Remain,

Pastor Yates and Family

**INFORMATION & ANNOUNCEMENTS FOR
SUNDAY, MARCH 1, 2020 (Continued)**

Thank You and Acknowledgements (Continued)

Many thanks to Deacon Edward Phillips who serves on the Property and Space Committee! Because of his efforts, the electrical and suppression system that governs **the stove will be repaired this month** and *we will be able to cook in the kitchen once again!*

Trustee Ministry



We Appreciate You and Thank You!

Your kindness will be remembered for sponsoring the Martin Luther King Legacy Breakfast on January 20, 2020.

Sponsors: Sis. Lillian Dean; Sis. Louise Stallworth; Sis. Lisa Adams; Sis. Rogena Stargel; Bro. Jeremy Yates; Sis. Denise Harris; Sis. Portia Fuller; Sis. Deborah Phillips; Sis. Tammy Jones; Dea. Ed Phillips; Sis. Lyda Phillips; Sis. Renée Payne; Sis. Cheryl Hill; Sis. Shirley Norman (in Memory of Sis. Bessie Norman); Sis. Ruth Phillips; Rev. Alvin Wyatt; Dea. Marvin Grizzard; and Dea. Ricardo Bell.

Participants: Bro. Jaden Richardson; Bro. Alonzo Montgomery Jr.; Bro. Aidyn Montgomery; Bro. Jarell Hall, Sis. Ta'myah Hoover; Sis. A'myah Hoover; Bro. Elijah Phillips; Sis. Ra'aira Phillips; Bro. Brylen Holden; Bro. Christopher Price; Bro. Umi Dae Phillips; Sis. Mikah Brown; and Bro. Jaiveon Ragland.

Pastor Yates; Sis. Margie Yates; Sis. Marjorie Sullivan; Sis. Greta Jackson; Sis. Danielle Pierre; Sis. Portia Fuller; Sis. Denise Harris; and Sis. Gwen Hall.

RECAP OF MLK DAY

The Martin Luther King Legacy Breakfast was held on held on January 20, 2020 at the Underground Freedom Center.

Union Baptist Church had two tables with eight adults and 13 young people.

Mother Betty Daniels Rosemond, a Freedom Rider, was the guest speaker. She gave a powerful testimony.

India Thomas, opera singer, sang "Precious Lord Take My Hand" which was so appropriate for the occasion.

Some marched to Fountain Square and then to music Hall. Others rode the Rosa Parks bus.

-- Submitted by Sis. Portia Fuller

UNION BAPTIST CHILDREN'S MINISTRY

Sunday School/Children's Ministry/PDYM

Resurrection (Easter) Program

The Sunday School, Children's Ministry and PDYM are once again coming together to present our annual Resurrection Program. Schedule for **Sunday April 12, 2020 at 9:00am.**

We are currently in rehearsal during Children's Ministry Worship every Sunday. We are asking that all parents and guardians that wish to have their child/teen to participate to have their child/teen available for Children's Ministry and PDYM every Sunday.

During this time, **WE WILL STILL HAVE WORSHIP SERVICES.** Unfortunately, how often your child or teen attends rehearsal will determine what role they will play in the Resurrection program. We have new songs, new speeches, and hopefully a new dance routine to learn and little time.

Children's Worship/Nursery Volunteers Needed

Once again, we are asking for volunteers on Sundays to assist with Children's Ministry and the Union Baptist Nursery. We ask that you pray and think about volunteering at least one Sunday a month or once every two months if there are enough volunteers.

2020 National Baptist Congress of Christian Education

Kansas City, Kansas - June 20-27, 2020

The plans for the 2020 National Baptist Congress of Education are currently set. We will be traveling with Saint Mark Missionary Baptist Church leaving Saturday, June 20, 2020 and returning the following Saturday, June 27, 2020.



The cost is tentatively set for \$700.00 for a room of four people, which also includes room and travel via motor coach.

A NON-REFUNDABLE \$100.00 deposit is required, and once registered, individuals will be responsible for their entire cost.

INFORMATION & ANNOUNCEMENTS FOR SUNDAY, MARCH 1, 2020 (Continued)

MESSAGE FROM THE SUNDAY SCHOOL SUPERINTENDENT

Greetings Union:

As we look forward to spring, please remember we are asking that you make Sunday School a part of your worship experience each Sunday. Also, the Sunday School and Children's Church are preparing for the Easter/Resurrection Sunday program on April 12, 2020. Rev. Marshall will be coordinating the program, along with the Sunday School, and the PDYM ministries.



Finally, please save the date: the annual Vacation Bible School /Church Picnic will be held on June 27th this year. More information will be forthcoming.

Thank you and God bless.

Deacon Ernest Norman, Superintendent

SUBSTANCE ABUSE RECOVERY AND PREVENTION MINISTRY

We would like to invite anyone who is interested in joining our ministry to please contact Sis Phyllis Matthews.



April is Alcoholism Month. The Prevention members of the Ministry, Sis. Cheryl Hill and Sis Annette Bell, will be working with the Purpose Driven Youth Ministry (PDYM) to provide them with information on Vaping and the danger of using drugs. Sis. Phyllis Matthews will also be providing them with information on the danger of drinking alcohol. **Sis. Phyllis Matthews**, Ministry Leader

FOOD PANTRY REPORT

The Food Pantry Ministry was blessed to serve **35 families** in January. The number of families served in February will be reported in the next newsletter. **Sis. Monica Ray**, Food Pantry Ministry Leader



**The Christian's Confidence in the
Serenity of God**



From what I have learned in my time of bible study, God's Serenity is in His son, our Lord Jesus Christ.

I researched "The Serenity of God", on the internet and received the same message in all the versions of the bible. The **Serenity Prayer is the common name for a prayer written by the American theologian Reinhold Niebuhr (1892–1971), who's best-known for his prayer request; "Lord grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference."**

Isaiah 55:8 God says, "for my thoughts are not your thoughts, neither are your ways my ways. But the wisdom from above is first pure, then peaceable, gentle, open to reason, full of mercy and good fruits, impartial and sincere."

You may have forgotten, but when trouble comes to my mind, I try to always say, "**I got Jesus**" and the trouble leaves as quickly as it came.

Colossians 2:8 (AMP) "See to it that no one takes you captive though philosophy and empty deception (pseudo intellectual babble), according to the tradition of mere men following the elementary principles of this world, rather than following [the truth—the teachings of] Christ."

John 3:16 (NKJV) "For God so loved the world that He gave His only begotten Son, that whosoever believeth in him should not perish, but have everlasting life."

I normally write out the scriptures that I've researched, but as my Young Adult Sunday School teacher taught us, we must read and research the word to experience true growth in God's Word.

So read **Colossians 2:1-36**. Hopefully you'll enjoy it so much you will read it again because of the new revelations it may bring to you. Also read, Matthew 3:16-17; because we are His sons and daughters. He is well pleased with those us who have accepted Jesus as our Lord and Savior. Galatians: 3:27-28; we have the ID of Christ and the DNA of God.

I pray that God will continue to bless you in all the future endeavors you achieve according to His word.

Deacon James E. Darby
UBC Men's Ministry Leader

ANNOUNCEMENTS FOR SUNDAY, MARCH 1, 2020 (Continued)

The Women's Ministry was blessed to minister at Matthew 25 Ministries on Saturday, January 18, 2020.



Pictured left to right: Sis. Gwen Hall; Sis. Margie Yates; Sis. Lisa Adams; Sis. Barbara Stargel; Sis. Louise Stallworth; and Sis. Louise Stevenson



Pictured left to right: Sis. Rogena Stargel, Sis. Lisa Adams; Sis. Ruth Phillips; and Sis. Portia Fuller

The Women's Ministry will minister again at Matthew 25 Ministries on Saturday, **March 14, 2020 at 11:00 a.m.** Please plan to arrive by 10:45 a.m. so we may enter together as a group.

Future Ministry Dates

- May 9, 2020
- July 11, 2020
- September 19, 2020
- November 14, 2020

UBC Women's Ministry Prayer

Lord, your word says that unless you've built a city the builders build in vain. Establish the works of our hands while we serve you, in our churches, our jobs, our communities and homes. May the things that we learn today help us to continue being women that bring glory to your holy name. May our words, thoughts and actions align with your word. Lord, we thank you for your love and protection. In Jesus name, we believe and pray, Amen.



UNION BAPTIST CHURCH
WOMEN'S MINISTRY
SALUTES



Sister Louise Stevenson

Top Ladies of Distinction Honoree for Outstanding Service to Youth
Congratulations on a job well done!

We are blessed to have you toiling in the fields at Union Baptist Church.



**INFORMATION & ANNOUNCEMENTS FOR
SUNDAY, MARCH 1, 2020 (Continued)**

**Union Baptist Church Women's Ministry
Recognizes the Ministry Leaders of the Vessels of Praise Dance Ministry**



Sis. Tristan Cargile, Ministry Leader

"I praise dance because I like praising the Lord and dancing at the same time. So, putting those two together is how I worship!"

Sis. Kimberly Wyatt, Co-Ministry Leader

"The reason why I praise dance is because I love the Lord. I love to dance. I use dance to praise Him. I love to glorify his name!"



Sis. Darlene Parker, Ministry Co-Leader

"I praise dance because I love to dance, and I love the Lord. So, I figure if I love dancing, I might as well dance for Jesus!"

INFORMATION & ANNOUNCEMENTS FOR SUNDAY, MARCH 1, 2020 (Continued)

Health and Wellness Ministry Highlights

Health and Wellness Ministry Meetings are scheduled for 2nd Tuesdays of the month at 6 p.m. Please feel free to join us on the conference calls. Call 515-604-9520, Access code 356781#.

Please mark your calendar now!

Gospel Aerobics: Tentative Dates for 2020:

3/15, 3/29, 4/19, 5/17, 5/31, 6/21, 7/19, 8/16, 8/30, 9/20, 10/18, 11/15, 11/29, and 12/20

1. **Length of the aerobics:** 15 – 30 minutes. All participants are to do what they can. Waiver forms will need to be signed.
2. **Other details:** The aerobics is done in the sanctuary immediately after church.
3. **Goal is to get people to move more.** Have fun moving with a group. Take better care of your temple.



Mini-Heart-Marathon: Recognition of Heart Disease

1. Scheduled for Sunday, 3/22/2020 at 12 noon.
2. Dr. Raven Spratley is the coordinator for this event.
3. Walkers will be in collaboration with U.C. Health Team.
4. Team Name: The Rehab Rockstar.
5. Goal is to raise \$1,000.
6. Other events leading up to the Marathon:
 - a. February 23 - 3-mile walk from Union Baptist Church and back to prepare for the mini heart marathon.
 - b. March 7th - registration fee goes up. Register on-line now before 3/7/20. Fee is \$35. See Raven if you need assistance.
 - c. March 11th - Team packets ready and will be delivered to UBC walkers on Sunday, 3/15/20 by Raven.
 - d. March 20th - Registration closes.
 - e. March 21 – Health Expo at Duke Energy Center. A family fun event. You can also purchase items at great prices.
 - f. March 22- **All UBC walkers are encouraged to attend the 8 a.m. worship service and 9 a.m. Sunday School to have a light refreshment after Sunday School.** The event starts at 5th and Sycamore at 12 noon. *Free Party afterwards.*



Health and Wellness Ministry Highlights (Continued)

Making Strides Walk: Recognition of Breast Cancer Awareness

Date: Saturday, October 24, 2020 at 8 a.m.

Yeatman's Cove, Downtown Cincinnati

Annette I. Bell needs a coordinator for this event.

Recipes:

Go Red Hummus

By Annette I. Bell, R.D., L.D.

Spicy Hummus

Ingredients:

- ¼ cup Olive Oil
- 4 cups Chickpeas
- 1 cup Roasted Red Peppers
- 3 tablespoons Tahini (or almond butter)
- 1 teaspoon Cumin
- 2 Garlic Cloves
- 3 tablespoons lemon juice
- Ice water to thin if necessary
- 1 ½ teaspoon sea salt



Directions

Combine the chickpeas, lemon juice, olive oil, lemon zest, garlic, salt, roasted pepper, tahini and cumin in a food processor or high-speed blender. Blend until a nice, well-chopped mixture forms. Drizzle in more olive oil or ice water and allow the mixture to process until the hummus is quite smooth without any big chunks. Drizzle in ice water to thin the mixture and process until the desired consistency is reached. Add more salt, pepper, lemon juice or olive oil, to taste.

Makes 2 cups.

INFORMATION & ANNOUNCEMENTS FOR SUNDAY, MARCH 1, 2020 (Continued)

BEET HUMMUS

Ingredients

(modified by Annette I. Bell, R.D., L.D.)

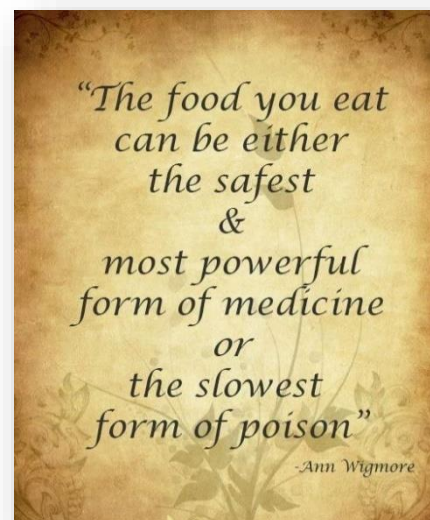
- 4 cups chickpeas (or white beans), drained and rinsed
- 4 tablespoons lemon, juiced and zested
- 3 garlic cloves (or 1 tablespoon chopped garlic)
- 1 baseball-sized raw beet, chopped roughly (about ¾ cups)
- ¼ cup tahini (or almond butter)
- ¾ teaspoon flaky sea salt, or more to taste (or 1 ¾ teaspoons Sea salt)
- 2 teaspoon freshly ground pepper, or more to taste
- 1 ½ tablespoons white miso paste
- ¼ cup Olive oil
- Ice water, to thin
- Hemp seeds or sesame seeds, for serving



Directions:

- Combine lemon juice, lemon zest, olive oil, garlic, salt, pepper, tahini, and miso paste, in a food processor or high-speed blender.
- Add the chickpeas to the liquid. Blend until a nice, well-chopped mixture forms. Turn the machine off, stirring occasionally to help the mixture to blend. Turn the machine back on to allow the mixture to process until the hummus is quite smooth without any big chunks.
- Add ice water to thin ¼ cup at a time, until the hummus reaches desired consistency. Stir the blended ingredients to get the consistency you want.
- Add the beets at the end. Stir in with the blended ingredients to get the consistency you want.
- Add more salt, pepper, lemon juice or olive oil, to taste.
- Sprinkle with hemp seeds and enjoy!

Makes 20 – 2-ounce servings



Union Baptist Church
Health and Wellness Ministry



In Existence Since June 23, 1996



Thank YOU!

All Men, Women, Youth and Children

Who Wore Red on 2/9/2020



Union Baptist Church, Health and Wellness Ministry

“Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? (1 Corinthians 6:19)

FREE Blood Pressure Check



WHEN: Every Second Sunday of the Month

WHERE: Union Baptist Church, Main Vestibule, 405 W. 7th Street,
Cincinnati, OH 45203

TIME: After 10 am Morning Worship Celebration

Do You Know Your Numbers? Do you Know Your Goal?



Pastor: Dr. Orlando B. Yates
Leader: Annette I. Bell, R.D., L.D.
Co-Leaders: Dr. Raven Spratley &
Renita Foster

Phone: 513-381-3858
Fax: 513-381-1605
website: www.union-baptist.net

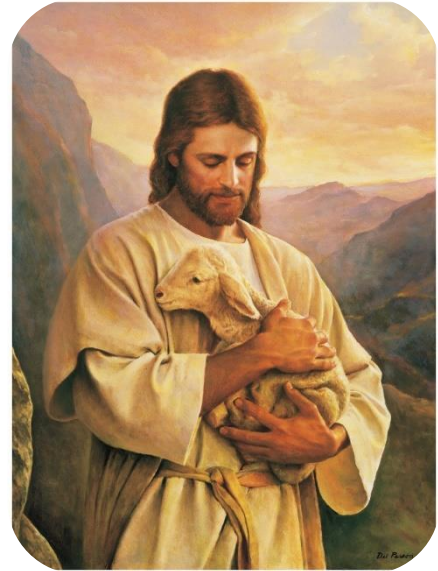
Bible Study Series . . .

Jesus: The Perfect Lamb of God

How much more shall the blood of Christ, who through the eternal Spirit offered himself without spot to God, purge your conscience from dead works to serve the living God?

Hebrews 9:14 (KJV)

When Jesus is called the Lamb of God in John 1:29 and John 1:36, it is referring to Him as the perfect and ultimate sacrifice for sin. In order to understand who Christ was and what He did, we must begin with the Old Testament, which contains prophecies concerning the coming of Christ as a “guilt offering” (Isaiah 53:10). In fact, the whole sacrificial system established by God in the Old Testament set the stage for the coming of Jesus Christ, who is the perfect sacrifice God would provide as atonement for the sins of His people (Romans 8:3; Hebrews 10).



The sacrifice of lambs played a very important role in the Jewish religious life and sacrificial system. When John the Baptist referred to Jesus as the “Lamb of God who takes away the sin of the world” (John 1:29), the Jews who heard him might have immediately thought of any one of several important sacrifices. With the time of the Passover feast being very near, the first thought might be the sacrifice of the Passover lamb. The Passover feast was one of the main Jewish holidays and a celebration in remembrance of God’s deliverance of the Israelites from bondage in Egypt. In fact, the slaying of the Passover lamb and the applying of the blood to doorposts of the houses (Exodus 12:11-13) is a beautiful picture of Christ’s atoning work on the cross. **Those for whom He died are covered by His blood, protecting us from the angel of (spiritual) death.**

Another important sacrifice involving lambs was the daily sacrifice at the temple in Jerusalem. Every morning and evening, a lamb was sacrificed in the temple for the sins of the people (Exodus 29:38-42). These daily sacrifices, like all others, were simply to point people towards the perfect sacrifice of Christ on the cross. In fact, the time of Jesus’ death on the cross corresponds to the time the evening sacrifice was being made in the temple. The Jews at that time would have also been familiar with the Old Testament prophets Jeremiah and Isaiah, who foretold the coming of One who would be brought “like a lamb led to the slaughter” (Jeremiah 11:19; Isaiah 53:7) and whose sufferings and sacrifice would provide redemption for Israel. Of course, that person was none other than Jesus Christ, “the Lamb of God.”

While the idea of a sacrificial system might seem strange to us today, the concept of payment or restitution is still one we can easily understand. We know that the wages of sin is death (Romans 6:23) and that our sin separates us from God. We also know the Bible teaches we are all sinners and none of us is righteous before God (Romans 3:23). Because of our sin, we are separated from God, and we stand guilty before Him. Therefore, the only hope we can have is if He provides a way for us to be reconciled to Himself, and that is what He did in sending His Son Jesus Christ to die on the cross. *Christ died to make atonement for sin and to pay the penalty of the sins of all who believe in Him.*

It is through His death on the cross as God’s perfect sacrifice for sin and His resurrection three days later that we can now have eternal life if we believe in Him. The fact that God Himself has provided the offering that atones for our sin is part of the glorious good news of the gospel that is so clearly declared in 1 Peter 1:18-21: “For you know that it was not with perishable things such as silver or gold that you were redeemed from the empty way of life handed down to you from your forefathers, but with the precious blood of Christ, a lamb without blemish or defect. He was chosen before the creation of the world but was revealed in these last times for your sake. **Through him you believe in God, who raised him from the dead and glorified him, and so your faith and hope are in God.**” Amen.

<https://www.gotquestions.org/Jesus-Lamb-of-God.html>

A Closing Prayer. . .

Dear God, This is Charles

“A man, as a general rule, owes very little to what he is born with;
a man is what he makes of himself.”

~Alexander Graham Bell



Dear God,

This is Charles. I turned twelve the other day. If you noticed, I'm typing this letter. Sometimes it's hard for me to write, you know. It's this thing called dysgraphia. I also have Attention Deficit Disorder—oftentimes learning disabilities accompany A.D.D. My IQ was tested at 140, but if you graded my cursive, you'd think I was dumb.

I never could hold a pencil the right way. I never could color in the lines. Every time I would try, my hand would cramp up and the letters would come out sloppy, the lines too dark, and the marker would get all over my hands. Nobody wanted to switch papers with me to grade them because they couldn't read them. Keith could, but he moved away.

My brain doesn't sense what my hand is doing. I can feel the pencil, but the message doesn't get through right. I have to grip the pencil tighter, so my brain knows that I have it in my hand.

It's much easier for me to explain things by talking than it is to write. I'm really good at dictating, but my teachers don't always let me. If I am asked to write an essay on my trip to Washington and Philadelphia, it's like a punishment. But if I can dictate it, or just get up and talk about it, I can tell everyone about the awesomeness of seeing the Declaration of Independence in the National Archives or the feeling of true patriotism that rushed through me when I stood in the room where our founding fathers debated the issues of freedom.

If I got graded on art, I'd fail for sure. There are so many things that I can picture in my mind, but my hands just don't draw it the way I see it. It's okay. I'm not complaining. I'm really doing fine. You see, you gave me a wonderful mind and a great sense of humor. I'm great at figuring things out, and I love to debate. We have some great Bible discussions in class, and that's where I really shine.

I want to be a lawyer when I grow up, a trial lawyer in fact. I know I'd be good at that. I would be responsible for researching the crime, examining the evidence and truthfully presenting the case.

You have told me that you made me special when you said that I am *fearfully and wonderfully made*. You have assured me that you will see me through, and that you have plans for me to give me a future and hope.

My parents want to help me, so they bought me a lap-top to take to school. My teacher is the best this year! I am allowed to do a lot of my work on the computer. We have a character trait book due every Friday, and guess what? She lets me use Print Shop Deluxe for the artwork. For the first time, I'll be able to show everyone some of the things I have in my mind.

Lord, this is a thank-you letter, just to let you know I'm doing fine. Life's hard sometimes, but you know what? I accept the challenge. I have the faith to see myself through anything. Thanks for making me. Thanks for loving me unconditionally. **Thanks for sending your son, Jesus, to die on the cross for my sins. Thanks for everything.**

In your service,
Charles

by Charles Inglehart, age 12 when written

Chicken Soup for the Kid's Soul
~~ Jack Canfield, et. al.