

"A Church Determined to Become a House of Prayer Striving for Excellence without Exception, Quality Without Question, Committed to the Cause of Christ"

The UBC WORD

Union Baptist Church, 904 N. Roxboro Street, Durham, NC 27701

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www.ubcdurham.org

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THE GIFT THAT KEEPS ON GIVING

BIBLE MEMORY VERSE (s)

There are different kinds of gifts, but the same spirit.

There are different kinds of service, but the same Lord.

There are different kinds of working, but the same God works all of them in all men.

Now to each one the manifestation of the Spirit is given for the common good.

I Cor 12: 4-7

Ever considered how the work of God's house would continue in the years to come? Every thought about the cost of sustaining both an ever expanding ministry and a school? Perhaps not, but there are ways to support the church now as well as prepare to support it when your physical presence is no longer here every week.

Legacy gifting is a unique way to make a special gift to a UBC, a special Church. "Legacy gifting" is the term used for designating a portion of your assets or estate to the church for its use upon your death. Such a gift allows us to make our heartfelt commitment to giving to UBC reach a deeper and more personally rewarding level. It allows us to say tangibly how much the church means to us.

Since its inception, UBC has been a place where spiritual, emotional, educational, and social interests, values and expectations connect. Our ministries promote the exchange of ideas and allow exploration of new ways to help the Church grow. We learn to be compassionate in our endeavors and remain steadfast in our beliefs, keeping God first, always.

The sermons we receive on Sundays leave us in awe; move us to tears or laughter and inspire us to bathe in the beauty of the Holy Spirit. We find beauty in the songs we hear and the dances we see. We experience God's love and forgiveness from our Lord and Savior, Jesus Christ in Union Baptist Church.

UBC needs our long term support to provide and expand the varied ministries required to meet the ever changing needs of our congregation and our Church. Legacy gifting is a way to assist the church in creating scholarships for UBC and UIS students; continue programs and finance ministries vital to the church and the school; meet future building needs; support special projects of the church, and assist more families in need.

As we reflect on the accomplishments of the Church (and prepare to celebrate our 114th anniversary in May), we are reminded we are here for a purpose and not by accident. Part of our responsibility to future disciples and the community is to continue the legacy of the founders of UBC and prepare for future generations. Legacy Gifting at UBC offers numerous gifting options: You may...

- Bequeath a portion of your estate to UBC in your will
 - Assign a portion of your existing life insurance or annuity policy to the Church
 - Purchase a new life insurance or annuity policy naming the church owner and beneficiary (premium payments may be tax deductible).
 - Pledge a special annual gift to UBC for the rest of your life, in addition to regular tithes and offerings.
- Give the gift that keeps on giving and help continue the legacy of our great Church. Contact Rev. Kenneth Hammond or the Economic Ministry, ubceconomicministry@gmail.com to learn how to make your special gift.

By Sharon Coleman, Chair of UBC Economic Ministry

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MAYBE TOMORROW: THE CONSEQUENCES OF NOT SEEKING HELP

A message from the Congregational Care and Counseling Ministry

"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened." (Matthew 7: 7-8, NIV)

"Until now you have not asked for anything in my name. ask and you will receive, and your joy will be complete." (John 16:24, NIV)

I was speaking with my banker recently about some of the challenges of the counseling profession. I shared my observation that clients sometimes wait until they are in the throes of a major crisis before even beginning to think that they might need help. She quickly remarked that she has experienced similar situations in the banking industry. For example, folks are often several months behind in their mortgage payments or other debts before they begin communicating with their lenders. It made me wonder why we put off what is almost always the inevitable. In the name of faith, do we operate outside of the realm of "common sense," only to create much worse conditions? Our testimony becomes one not of joy, but of constant drama.

Contrary to popular belief, as indicated by the mainstream cultural messages of the world around us, humans are needy creatures. We need God's love, mercy, grace, forgiveness, and direction. We need friendship, encouragement, healthy touch, even challenge from each other. According to psychologist Abraham Maslow, we need food, shelter, safety, a sense of love and belonging, esteem, and self-actualization, or a sense that we are optimizing God's resources and gifts in our lives. Although we often try to assert our independence, we are truly interdependent creatures who thrive in community.

So what happens when we have not come to terms with our needs? What happens when we have not been honest with God, ourselves, and others about the realities of life? Well, I'm glad you asked! Our decision not to seek help often carries a hefty price tag (and by the way, not making a decision is a decision itself). When we put off seeking help, we put off healing and transformation. We prolong pain and suffering in our lives AND in the lives of those surrounding us. On a very concrete level, delaying assistance can mean:

- missing work, even losing employment
- detaching from needed relationships, often mistreating those we say we love
- teaching our children that avoiding problems is the best way to handle them
- thrusting displaced emotions onto innocent victims
- increasing isolation where discouraging thoughts and behaviors can triumph
- creating silence around a traumatic incident that then holds us and family hostage
- talking ourselves out of blessings and resources God has already given and continues to give us
- giving over our own power to others who do not have our best interests at heart

One strategy for learning more about how Christians ask for help is attending Faith Connections on Mental Illness's 3rd Annual Conference, "Mental Illness as a Spiritual Journey: Creating Caring Communities." This conference, held at St. Thomas More on Friday, April 1st, features Rev. Susan Gregg-Schroeder, founder of California-based Mental Health Ministries, break-out sessions (including a presentation on our own MCCC), and professional continuing education credits from AHEC. With over 300 registered participants, few spaces remain.

For more information on the conference or the organization, visit the Faith Connections website at www.faithconnectionsonmentalillness.org or by calling 919-967-5403. For a confidential appointment with a member of our MCCC staff, call our office at 688-1304, ext. 55.-TDA

THOUGHTS ON SPIRITUAL HEALTH

(From the Parish Nurse Ministry)

I hope many of you were able to participate in this year's CROP Walk, Durham's oldest walkathon! If not, we will look for you next year. The CROP Hunger walk helps provide food for children and families worldwide and in our own community.

I love events that incorporate our health and God. What could be better than participating in an event that will benefit our brothers and sisters? Those physically able are given the chance to change other people's lives for the better. These moments strengthen our spiritual health.

Our spiritual health is such an important thing that is jeopardized every day. How do you normally spend your day? I know most of us aren't doing walkathons for the hungry every weekend. What are the activities that make you feel good and connected with God? Do you perform these things on a daily basis? The fact is, most of us probably go through our busy lives and barely stop for prayer. We watch too much TV and do things that leave us feeling empty. Stop and think about activities that make you feel spiritually full. Do you like to be out in nature, have a nice meal with your family, or sing at church?

Scripture speaks much about spiritual health,

"Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy reward." (Isaiah 58:8)

Most of the time, I find myself working hard for my employer and working hard for my family. The rest of the time I may be tired and may just rest. Many activities I do may not be spiritually fulfilling, so I need to be mindful of the things that make me feel good about myself and my life with God. Staying connected to God throughout the day is difficult. We need to incorporate reminders and people who will help us remember why we love life and God -- connecting with a friend who likes to walk and talk about God, or really simple tasks like turning off our TV and reading the Bible.

Try to plan your next week with a few activities that will keep you both physically well and spiritually connected to God. Then at the end of the week you can look back and feel good about the way you are living your life. God created us and gives us strength. Let's find and use that strength to make our busy days more meaningful.

Submitted by Joel Weant, RN, NCCU (intern with Parish Nurse Ministry). For more information, contact Janet Morton, Parish Nurse, at 688-1304 ext 24.



EVENTS TO SUPPORT (in person or with prayer)

April 3, 10:30 am—1:30 pm. Sunday Brunch at Union Independent School. Cost is \$13. (all you can eat buffet)

April 3, 4 pm: Deacons and Ministers Ordination. Our first female deacons will be ordained as well.

April 6, 5 am: Sunrise Prayer and Praise.

April 6, 6 am: Lenten Service by Durham County Youth Missionaries. Min. Tonetta Killens-Worth preaching.

April 16: 11 am—3 pm: Boy Scouts Spaghetti Dinner and Movie. Cost \$10.

April 16, 11 am— 4 pm: Samaritan Men's Fish Fry at Heritage Square (behind St. Mark's AME Zion church).

April 17, 4 pm: Hearts of Praise Mime Ministry 5th Anniversary Program .

April 21, 7 pm: Maundy Thursday Service, Communion and Foot Washing . Rev. Angela Taylor preaching.

April 22 -23: CHURCH CLOSED DURING THE DAY.

April 22, 7 pm: Good Friday Service, Preacher: TBA

April 29, 6 pm: WOS movie Night.

April 30, 8:30 am—12 noon. Christian Education Continuing Education.

Zumba: Every Monday at 7 pm in the school gym.

Crunch Fitness: Every Friday at 5:30 pm in the Fellowship Hall. (on April 1st. Class will be held at the school).

Service @ Hillhaven- Pettigrew Nursing Home, 3rd Sundays @ 3 pm

April 17: Rev. Patricia Pettiford

Services @t Seasons of Southpoint Center, Sundays @2 pm

April 3: Rev. Barbara Edwards
April 10: Rev. Sandra Hooper
April 17: Rev. Larry Thomas
April 24: Min. Ronnie Edwards

Family Night Worship Schedule Wednesdays, 7 pm

April 6: Rev. Kevin Thomas
April 13: Rev. Grover Hall
April 20: Min. Harry Lawson
April 27: Rev. Alice Evans

COUPLES RETREAT PICTORIAL

“The Art of Marriage” on March 25-26





UBC MINISTRY UPDATES

COMMUNITY INTEREST

◆ **Boy Scouts Spaghetti and a Movie:** will be yours for the price of \$10. The Boy Scouts are repeating this fundraiser on April 16th, 11 am—3 pm. Tickets are available in advance from any Boy Scout or leader. The meal will be served in the Fellowship Hall.

◆ **Continuing Education:** Our Spring Continuing Education session for all current Sunday School and Bible study teachers will be held on April 30, 2011, 8:30 am—12 pm. Look for your invite soon and don't forget to RSVP. Back by popular demand will be Min. Melvin and Denise Lindsey, Christian Education Trainers.

◆ **Crunch Fitness:** There are still some spaces for the next 8 week session. Begins April 1st, 5:30 pm. Come 30 minutes early to get measured. Open to men and women.

◆ **Etiquette 101 Sessions:** Open to ages 6-18 yrs, males and females. \$5 a person. April 16, 11 am—1 pm. Participants will be selected to try out their new skills at a local restaurant. Sign up in Youth Church or contact Ivy Wilcox at sistas2010@att.net.

◆ **Evangelism Institute: May 2-6** nightly. All persons are invited to a Lay Evangelism Institute sponsored by Board of Christian Education and taught by Rev. Hammond. Sessions will begin at 7 pm.

◆ **Ministry Leaders Manuals Updated:** Will be available by mid April. Please pick up several for the chair and officers of your ministry. It will help everyone have a more highly effective ministry the better we understand the spirit of servant leadership and church procedures.

◆ **Parish Nurse Ministry:** Weigh down weights will be taken on the 4th Sunday of the month after all services.

◆ **Prayer Initiative:** Beginning in May, 1st Wednesdays are designated as **UBC Family Prayer Day**. We ask that you pray as family units (and singles) some time during that day. Then

please call the church (**Prayer Line Number, 688-1304, ext 36**) and leave the name of your family stating that you did have a prayer time or when you'll have it that day. Note: You do not have to talk to someone in the office to leave this message.

◆ **Samaritan Men's Fish Fry:** Don't miss some of the best fish in town. April 16th and 30th, 11-4 pm. (Heritage Shopping Plaza, behind St. Mark's AMEZ Church). Fish plates (with 2 sides) and Fish sandwiches. Price \$7 and \$4. Proceeds go to support Samaritan Men's work with our young males.

◆ **Teacher Changes:** We have new teachers for our GANG class on Sunday mornings. Joining Mrs. Hammond will be Minster Cecil Fields and Sis. Valerie Ashby. Thanks are extended to Kennetta Perry and Audrey Wilson Kee for their years of service.

◆ **Women's Ministry:** Will host another movie night on April 29th at 6 p.m. Title of movie to be announced shortly.

◆ **Youth Ministry:** is now taking registrations for the upcoming retreat after services on April 4 and 11. Cost is \$65. All the specifics are on flyers at the front and rear of the church. \$40 is due with sign up. Min. Derrick Wilcox is the contact, 688-7900.

◆ **Youth New Disciples Classes:** We are in the midst of our second term of these classes. We graduated 12 youth on February 27th and the kids were very excited about the class and their teachers. We will continue with one more term if we have youth to populate the classes. Then classes will be offered on a as needed basis. Classes are at 9:30 am on Sundays.

◆ **April 1, 8:30 am—4:00 pm:** "Mental Illness as a Spiritual Journey" Conference sponsored by Faith Connection on Mental Illness. \$15 before 3/12/11; \$25 afterwards. UBC is one of the sponsors and Dr. Tonya Armstrong is a presenter. You can register online at wakeahec.org. This conference is for ministers, caregivers, family members, etc. Space is going fast; lunch is included in the registration fee.

◆ **April 6, 6:00 am—**Durham County Youth Missionaries Lenten Service. Location: Union Baptist Church.

◆ **April 6, 5:30 pm.** Prayer Vigil honoring Tony Montrel Burns, 1500 N. Hyde Park Ave. Mr. Burns, age 23, was fatally stabbed on July 6, 2010. Persons of all faiths are welcome.

◆ **April 7-10, nightly.** Wizard of Oz Dinner Theater, sponsored by Cresset Christian Academy, 3707 Garrett Rd. See flyer in information center for more details or call 489-2655 for tickets.

◆ **April 12, 10:30 am—12 noon.** Community Forum on Eldercare: What are the Options?" held at Durham County Library, Southwest Branch, 3603 Shannon Rd. Durham.

◆ **April 16, 11:30 am—5pm,.** World Voice Day, Renaissance Raleigh Hotel at North Hills. Sponsored by Duke Voice Care Center. It is a day for everyone to become more aware of voice health (singers & non-singers). Free, but you must register.

◆ **April 22, 12 noon:** The Seven Last Sayings of Christ, Good Friday Service will be at St. Joseph AME Church, 2521 Fayetteville St. One of our ministers, Rev. Alice Evans will be among those preaching. Sponsor: The Interdenominational Ministers Alliance.

NEWSLETTER SUBMISIONS DUE BYTHE 21ST OF THE MONTH. SUBMIT TO Dr. Daphne Wiggins-Obie @

dwiggins@unionbaptist-duham.org

The newsletter is available on-line at www.ubcdurham.org.

MINISTRY SPOTLIGHT: MINISTRY OF CONGREGATIONAL CARE

The MCCC is pleased to announce the addition of two interns to our staff. Psiyina Davis (Nehemiah Christian Center) will be graduating in May from the Master of Arts in Christian Counseling program at the Apex School of Theology in Durham. In just a few months, she will be taking her exam to be licensed as a Marriage and Family Therapist. Ms. Davis' clinical interests include marital repair, parental skill adjustment, behavior management, depression, behavior modification, and peer pressure management.

Lael Mills (Crosspointe Church) is a graduating student in the Master of Arts of Professional Counseling program at Liberty University in Lynchburg, VA. She is pursuing licensure as a Professional Counselor and will be taking her exam in April. Her clinical interests include individual and group therapy, child and adolescent issues, ADHD, depression, anxiety, spiritual issues, family and relationship issues, and crisis management.

Speaking of licensing exams, we are proud to report that Ava Hinton, MCCC intern for the past three years, has passed her exam and with just a few more supervised clinical hours to go will be a Licensed Professional Counselor (LPC). Congratulations, Ava! Additionally, Ava has been responsible for forging a relationship with Urban Ministries of Durham over the last several months whereby we now offer limited on-site counseling services at that location. This work is vital to the outreach goals our ministry mission and overall church mission.



Left to right: Earlette Conte, Verita Hinton, Donna Harris, Tonya Armstrong, Janice Parker, Dina Nelson

Finally, several of our Stephen Ministry associates attended our Triangle Area Stephen Ministry Network Educational Event on Saturday, February 19th, at Sunrise United Methodist Church in Holly Springs. Over 100 Stephen Ministers and Stephen Leaders were in attendance. Our first speaker, Ms. Pamela Montgomery, shared her own experiences as a veteran Stephen Ministry trainer and led us through an inspirational voyage to self-examination of our particular gifts for Stephen Ministry. Rev. Brandon Dunman of St. Louis, MO, shared with us a new Stephen Ministry-inspired program called *H.E.R.O.E.S. Care* designed to provide emotional and spiritual support especially for military personnel and their families. A supplemental training to participate in *H.E.R.O.E.S. Care* will be offered locally in the fall to those interested who have previously trained as Stephen Ministers or Leaders.