



“A House of Prayer”

THE UBC WORD

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

919-688-1304

Rev. Kenneth R. Hammond, Senior Pastor

www.ubedurham.org

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EVERYONE'S A MISSIONARY

BIBLE MEMORY VERSE (s)

“Then the king will say to those on his right, ‘Come, you who are blessed by my Father; take your inheritance ... For I was hungry and you gave me something to eat, I was thirsty, and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.’

Matt. 25:34-36

Have you ever wondered what it means to be a missionary? Do you think only the adult women in white that you see on 5th Sundays do the work of a missionary? When was the last time you talked to a male missionary or did the work of a missionary yourself?

Some people think you must have a special calling to engage in missionary work. This is false. God gave to all of us the mandate for missions in Matthew 28:19-20 “Go and make disciples of all nations, baptizing them in the name of the Father, Son and Holy Ghost and teaching them to obey everything I have commanded you.”

Others only define missions as benevolent acts. While we often are striving to meet the practical needs of community members or those affected by a disaster, we are doing it with a two-fold purpose. We are demonstrating God’s love, but also praying that God might open the door for us to share our love for Christ. Some people have to see love in action before they are receptive to learning about our God who loved them enough to die for their sins.

During one of our recent Ministers’ Retreat sessions we were taught in order to do missions you have to a) love people, b) be able to serve people, c) pray for people to be saved, d) share your resources and contacts if you can’t meet an immediate need, e) be led by the Spirit as to when to invite

someone to Christ and f) be creative and collaborative with other churches and agencies to do missions. We also acknowledged the need for local and international mission work.

In case you’re still reluctant to consider yourself a missionary, I hope you will make a special effort to come to the **FIRST ANNUAL MISSIONS WEEKEND, AUGUST 27– 28, Missionaries Working in God’s Vineyard.** It will be a unique opportunity for you to learn about missions, and to be involved in a mission project on Saturday afternoon. On Sunday, we will have an emphasis on missions during the morning worship services. The cost is only your time.

Our Missionary Department is taking the lead in planning this weekend along with the Soul Patrol. They are asking that you register in advance so we can have ample food and resources for everyone. You also need to sign up for a missions project. The day begins at 8:30 am with continental breakfast followed by a workshop by Dr. Brenda Harewood of the Lott Carey Missionary Baptist Convention. You will then go to the mission site you have chosen (lunch provided for these workers).

The mission projects you can participate in are HABITAT FOR HUMANITY, EVANGELISM/ STREET MINISTRY CAROLINA HOUSE, INTERFAITH FOOD SHUTTLE, RONALD MCDONALD HOUSE AND NURSING HOMES (around town). You can regis-

ter for Missions Weekend and a project through your ministry leader, through the website (ubcdurham.org) or by filling out a registration form located at the front and rear of the church. The detail about the various projects are in the brochure. Also persons will be at tables following Sunday morning services to take your registration. Please don’t miss this opportunity. You can learn about missions, put your hand to the plow and be a witness for God’s Kingdom.

Contacts: Adult Missionary Contact: Carolyn Leathers, cjleathers@yahoo.com, 451-6544 or Min. Cecil Fields, cecben1015@yahoo.com, 294-4812.

AUGUST ACTIVITIES

Support in Person or Prayer

August 3, 5 am: Sunrise Prayer and Praise.

August 3 (all day): Family Prayer Day.

August 9, 9 am– 1 pm: Senior Ministry Fun Day (see ministry updates).

August 11, 7 pm. Church Council Meeting

August 14: Pastor Hammond’s 20th pastoral anniversary. The celebration will be observed all morning services and at the 4:00 pm afternoon service.

August 21, 9:30 am: Sunday School Promotion Day.

August 27-28: Mission Weekend

Inside this issue:

Everyone’s A Missionary	1
Grief and Loss	2
Is100 Good?	3
Exercise Where	3
Ministry Updates	4
Community Interest	4



Spotlight ON GRIEF AND LOSS

“Carry each other’s burdens, and in this way you will fulfill the law of Christ (Galatians 6:2, NIV).” It’s the “elephant” in many sanctuaries across the country, the experience that nearly no one seems to want to discuss. “It” is the fact that almost everyone bears the scars of grief, of having lost someone or something that has changed our lives forever. For some, the memory of the death is still fresh, whether it occurred weeks or years ago. For others, we have simply become numb, perhaps out of a desire to stay busy, as if we could really avoid the pain. In fact, it is often true that the longer we avoid encountering our suffering, the more we prolong our ability to heal. We know from our physical bodies that one part left untreated inevitably affects the health of the rest of the body. This is no less true of our souls.

During the July Women of Spirit Forum, I shared a PowerPoint presentation entitled, “Grief: Living Beyond Loss.” We talked about many forms of loss, including death, loss of physical health, loss of relationships, and loss of employment. I suggested strategies, such as joining a grief support group, and resources, such as books and websites for specific types of loss, in order to live beyond loss and move toward healing. Healing does not mean, however, that we return to “normal” or “move on” with our lives as though someone precious or pivotal never departed from us. Healing may mean that we are progressively coming to terms with realities versus myths about grief:

Myth: It should take a person no more than 6-12 months to get over the death of a loved one.

Reality: Just because many of our jobs give two weeks of bereavement care does not mean that we are okay when we return. Each person grieves differently. It takes many people longer than a year to come to terms with their loss. As long as the bereaved person is acknowledging his loss, outsiders do a disservice in judging the grieving process.

Myth: Expressing grief is a sign of weakness.

Reality: On the contrary, facing grief is one of the most courageous choices we can ever make. Whether crying, gardening, writing, and/or creating a memorial, releasing painful emotions is good for body, soul, and spirit. Remember, even Jesus wept. **Myth:** Children do not under-

stand death and cannot grieve.

Reality: Research demonstrates that even babies are aware of the loss of an important figure in their lives. Young people do not always understand that death is final and irreversible, but they feel loss deeply and often perceive what we adults **think** we are hiding. As much as possible, it is important to include children and youth in age-appropriate conversations about their losses, including pets.

Myth: Talking with a bereaved person about her loss should be avoided, since it is a painful reminder of the deceased.

Reality: If we have ever been bereaved, we know that we often think of our deceased loved one, whether others acknowledge the loss of the person or not. In fact, many bereaved persons are glad for the opportunity to talk about their loved one, for such discussion is a way to keep that person’s memory alive.

Myth: Encountering grief can make you crazy!

Reality: While many people fear that acknowledging the sheer force of their pain will threaten their sanity, it is **much** more likely that **holding in deep pain** over long periods of time threatens the sound mind God has given us (2 Timothy 1:7). The experience of grief is itself not pathological, but there are instances in which unacknowledged losses or traumatic circumstances can result in complicated grief that merits professional attention.

In short, grief is a very normal reaction to the loss of someone or something with which we have often been deeply connected. If we are honest with ourselves, **grief is a burden that is too heavy to bear alone**. For more help, contact the MCCC office at 688-1304, ext. 55; or Kim Nichols, M.A., Stephen Ministry Referrals Coordinator, at 638-2260. —TDA

Special MCCC Announcement: Based on your responses to our Needs Assessment, the MCCC is gearing up to provide a grief support group. Beginning in September, we will be sponsoring a six-week **facilitators’** training course. If you are interested in learning more about becoming a facilitator for or a participant in a UBC grief support group, please contact Dr. Armstrong at tarmstrong@unionbaptist-durham.org or 688-1304, ext. 55.



Is 100 Good?

Results of numerous studies indicate that students often lose several months of grade equivalency during the summer months if they are not engaged in other educational activities. And whether we are young or a little older, we may just feel that summer is the time to go on holiday and rest our brains. Is your brain on holiday? Here is a little “test” to keep your brain on its toes. The topic is: **Is 100 Good?**

Read the 16 situations below and answer **yes**, **no** or **maybe** as to whether the number 100 is good for that situation.

Example: Situation X: My heart rate. Answer: Maybe. More than 100 would be high for a resting heart rate (tachycardia), but would be fine if you were exercising. Consult with others or research the answers. Enjoy the challenge!

Answers and explanations will be in the August 4 Weekly Update from UBC (*The UBC Newslink*). Answers will also be posted on the Parish Nurse bulletin board by the mailboxes on August 4. If you have questions or comments, please call or write Janet Morton, Parish Nurse, 688-1304 ext 24, jmorton@unionbaptist-durham.org.

Situation	Yes	No	Maybe	Situation	Yes	No	Maybe
1 My percent score on a test.				9 My triglyceride level.			
2 My BMI.				10 My blood sugar before eating.			
3 My LDL.				11 My HDL.			
4 The bottom number of my blood pressure.				12 The number of miles completed by a contestant in the bike portion of the Ironman Triathlon.			
5 My SAT score.				13 The decibel level around me while I am trying to think or study.			
6 The number of calories in one tablespoon of my favorite food.				14 How long it took me to finish the biological sciences portion of the MCAT.			
7 A reasonable price for my running shoes.				15 How many Facebook friends I have.			
8 The temperature.				16 A psalm for rejoicing.			

EXERCISE & HEALTH OPPORTUNITIES

Zumba Mondays 7— 8 pm Global Scholars Academy Gym	Walk w/Rev. Hammond @ Duke Forest (enter at Washington Duke Hotel) Tuesdays & Saturdays, 6 am Thursdays, 6 pm	Crunch Fitness Class Fridays 5:30 - 6:30 pm UBC Fellowship Hall	Weigh Down Weights 4th Sundays after worship services Weight support Group Wednesday 6-7 pm Fitness Room
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UBC MINISTRY UPDATES

♦ **Family Prayer Day:**

Every 1st Wednesday, families are asked to have a dedicated time

of prayer. Call the church (688-1304, ext 36) and leave the name of the family that prayed together.

- ♦ **Senior Fun Day:** A morning of board games, outdoor games and refreshments. Please register in the front and rear of the church. If you need transportation, call Mr. Black at 598-3229 by noon on August 8th.

- ♦ **Soul Patrol:** Is still recruiting disciples to commit to this evangelism and outreach ministry. Contact Min Cecil Fields at 294-4812 or email him at ceben1015@yahoo.com. You can also support this work by joining them in fasting from 6 am to 6 pm on Wednesdays.

- ♦ **Sunday School Promotion:** We have changed the date to the 3rd Sunday in August. All SS members and parents will meet at 9:30 am in the Fellowship Hall for this annual "step up."

- ♦ **Weight Loss Support Group:** This new support group just started and is open to everyone. It meets on Wednesday nights, 6-7 pm in the Fitness Room. Contact Janet Morton at jmorton@unionbaptist-durham.org or 688-1304, ext 24.

- ♦ **Women's Breakfast:** Doesn't occur until October 15, but tickets will be on sale beginning this month. Location: Duke Searle Center at 9:00 am. Rev. Patricia Pettiford is the guest preacher. Cost: \$20. See a member of WOS for tickets or purchase them at the sale tables after morning services.

- ♦ **WOS Movie:** Instead of having a movie at the church on August 26th, members of Women of Spirit will be going to see **The Help** at Briarcreek Theaters. If you're interested in joining them, contact Sharon Oliver at soliver@nccu.edu.

♦ **Family Night Worship**

No services in August

♦ **Seasons at South point Assisted Living Center, Sundays, 2 pm**

August 7: Min. Cecil Fields

August 14: Min. April Mack

August 21 Min. Sharon Edwards

August 28: Rev. Rana Davis

♦ **Hill Haven- Pettigrew**

Nursing Home

3rd Sundays, 1:30 pm

August 21: Min. Johnny Foster

The UBC Associate Ministers render services at the above locations. Members or other ministries are welcome to attend, share in the service and fellowship with the residents.

♦ **CONGRATULATIONS**

to the Pastor's Aide Ministry and all the volunteers who planned and implemented a wonderful birthday celebration for Pastor Hammond.

Also here's a shout out to all the ministries which safely went on trips in July. They exposed our youth to exciting venues, informational sessions, and good fellowship. UBC appreciates the time every volunteer gave and the trust parents put in our ministries to shepherd their youth.

COMMUNITY INTEREST

- ♦ **Durham Public Schools** needs your help in identifying children in displaced (not living in their normal home) housing or homeless situations. There are resources for summer camps, school expenses, transportation to/from school, etc. for the children. If you have a family living with you, or know of a displaced family, contact Jackie Love, DPS Homeless Education Office, 560-3927. She can follow up with the family directly. See poster in the Information Center for more details.

- ♦ **Chess Tournament**, "The Battlefield of the Mind" will be hosted by The Shaw Group, August 13, 9 am—2 pm. This is a day of activities, playing chess and, vendors for youth and adults. You may register at philipshawgroup.org or call Gwendolyn Lee, 220-0297 or Philip Shaw at 699-0407. Registration is \$20 and the deadline is August 8th.

- ♦ **Joyce Meyers Ministries**, will be at the RBC Center August 18-20th. Members of Women of Spirit Ministry will be attending the Saturday morning service on the 20th. There may still be some spaces available for you to ride with them. Contact Sharlene Lee for seats, scd4374@yahoo.com or 402-3373.

All submissions are due by the 21st of each month. Email to [Daphne Wiggins-Obie @ dwiggins@unionbaptist-durham.org](mailto:Daphne.Wiggins-Obie@dwiggins@unionbaptist-durham.org)

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