

*"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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## WHAT YOU DON'T KNOW

I grew up hearing people say "what you don't know might hurt you." It never quite made sense to me when I was young; but as I matured, I realized there was some wisdom in that statement.

For instance if you don't know there's a bus that seniors can ride for free in Durham, you'll still be spending money you don't have to. If you don't know that Durham Public Schools has assistance for homeless and displaced kids, you may be struggling to transport your kids to school when help is available. If you don't know that UBC offers free counseling by trained professionals and lay persons to its members, you may be pulling your hair out needlessly or suffering in silence. So there are many times when being in the dark can keep us from living a fuller existence.

I think this adage also applies to the spiritual side of life as well. There are many truths in the Bible that are empowering, yet I see people living beneath what God has already provided for. The Bible doesn't specifically address every calamity that may befall us, but it does let us know what God thinks of our human condition and what God expects from us. It also helps us understand what God has already made provision for being a new creation through Christ. If we don't know the scriptures, we are running on a deficit. We may be striving for things that don't please God, relinquishing our power to forces that have been

defeated, or imagining God is against us rather than for us.

So what do you need to know?

- Do you know you've been made a new creation in Christ? (II Cor 5:17)
- Do you know God has equipped you to withstand the strategies of the enemy? (Eph 6:10)
- Do you know whether you're engaging in struggle against a tangible foe or spiritual wickedness? (Eph6:12)
- Do you know that God promises you rest? (Mt 11:28-30)
- Do you know you should be sharing your faith? (Mt 28:19-20)
- Do you know you can be used by God even with a condition that is limiting? (II Cor 12: 7-10).
- Do you know that your strength comes from waiting patiently on God (Isa 40:31)
- Do you know that what God has started in you he will complete (Phil 1:6)
- Do you know you have a purpose in the Kingdom?(Eph 4: 11-13).

These are just some fundamental teachings of our faith. If you don't know them, it may be time to get better acquainted with the Bible. Ignorance of scripture may not only hurt you, it will keep you ill-equipped.

Daphne C. Wiggins-Obie



## JULY ACTIVITIES

Support in Person or Prayer

**July 4, Closed all day :** Independence Day

**July 6, 5 am:** Sunrise Prayer and Praise.

**July 6 (all day):** Family Prayer Day.

**July 11, (all day)**

Samaritan Men's Youth Retreat for males (Prior registration required)

**July 15-16** Youth Retreat (prior registration required)

**July 16, 8 am:** Back to School Prayer Breakfast

**July 19-21, 7:00 pm :** Prayer Conference. Rev. Carison Adams, Pastor St. Paul's MBC, Marion IN is the adult facilitator. Rev. Pebbles Lindsay-Lucas is the youth facilitator.

**July 23, 6:00 pm:** Birthday Celebration for Rev. Hammond (ticket purchase required)

**July 25, 7 pm:** Women of Spirit Forum Topic: Grief—Living Beyond Loss. Dr. Tonya Armstrong, facilitator.

**July 30, 10:30 am—1 pm**

Ice Cream and Brownie Boot Camp. Cost \$5/person. For girls in grades 1-3. See posters around the church for more details.

### BIBLE MEMORY VERSE (s)

Thy word have I hidden in my heart that I might not sin against thee.  
(Psalm 119: 11)

For our struggles are not against flesh and blood, but against the rulers against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.  
(Ephesians 6:1)

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I attended a workshop, entitled: *How Can I Forgive You? A Radical Approach to Healing Intimate Wounds*, facilitated by Dr. Janis Abrahms Springs, a clinical psychologist from Connecticut. Attending workshops allows us the opportunity to obtain new information that we can share with you. After attending the workshop, I concur with Dr. Spring – her approach to forgiveness is indeed radical!

One of the most radical aspects of her presentation for me was her references to scripture. We know them well - - 'How many times should I forgive my brother (*Matthew 18: 21-22*)? If you have an 'ought' with your brother/sister, leave your gift at the altar, go be reconciled first. (*Matthew 5: 23-24*); and how can you see the splinter in your brother's eye if you have a tree trunk in your eye?' (*Matthew 7; 3-4*) The application of scripture to one's daily walk with Christ is a core concept of the Congregational Care and Counseling Ministry.

The second aspect that was far more provocative for everyone was the notion that the person who offended you is the ONLY one who can ask for and receive your forgiveness. And if that person is unavailable (emotionally, mentally, physically deceased, etc.) or unrepentant (he/she does not feel you deserve an apology) then acceptance (not forgiveness) becomes the mechanism by which you must choose to move forward.

Dr. Spring makes this judgment about acceptance: "It's a gutsy, life-affirming, response to a violation when the person who hurt you is unavailable or unrepentant." It all depends on you - - you are solely responsible for your recovery. Freedom comes from deciding how to survive and thrive in spite of the injury, not spending your time protesting the unfairness of what happened or why nor trying to get the offender to feel remorseful. If you are honest with yourself, you know there's really NOTHING the person can do to make you feel better about their actions. Thus, forgiveness offers you the power to "decide how you're going to live the rest of your life and make peace with the past."

She invited the 99 of us present to consider a personal experience in which we had been deeply hurt by another person and asked us to pair up with another attendee to share this experience. Immediately, I felt the tears sting my eyes as I considered whether I would be courageous enough to share one of the most painful experiences of my life with another person. It gave me a new appreciation for the challenge I am sure you face as you decide whether or not to contact the Ministry of Congregational Care and Counseling for support.

Mother's Day came and went. So did Father's Day. Many of us have issues with our own parents that we need to resolve. Or maybe it's a sibling, a spouse, a coworker. "Who do you need to forgive? Or accept? How willing are you to open what I am certain are very painful wounds to make peace with the past?" Forgiveness is a heart-wrenching process that requires courage and patience. But it's worth it!

The best part about taking the first step towards forgiveness is you don't have to do it alone. The Congregational Care and Counseling Ministry staff is available to help you facilitate the healing process. You can reach Dr. Tonya Armstrong, Ph.D., M.T.S. or Anita Daniels, MSW, LCSW, LCAS at (919) 688-1304, extension 55, to schedule an appointment. We encourage you to begin (or complete) the healing process. Until then, be blessed.

#### Bibliography

Abrahams, Janice (Spring) and Spring, Michael. (2004). *How Can I Forgive You? The Courage to Forgive, the Freedom Not To*. New York: Harper Collins.



“Jesus is the....”

Recently, I received a phone message from Wanda stating that she had appreciated one of my newsletter articles and that she had an idea for a future article -- so we met to discuss it. One of the things we talked about is how many different approaches people take to finding meaning and value in life. This is what she wrote:

*Friends have many ways to find things to do or places to go as ways of finding peace. Being a Christian, I am reminded that Jesus promised to keep me in a state of complete peace, if I keep Him on my mind (Isaiah 26:3).*

*Romans 15:13 reminds us that joy and peace are the benefits from the Holy Spirit. He gives us the inward assurance through God’s word of these results. So, I asked a friend, “Where does praying to God through Jesus come in with this latest class you are taking? Is what you are doing substituting or supplementing the All Sufficient one?” She honestly replied, “Oh it has nothing to do with prayer.”*

This conversation made me think about the scripture “According as his divine power hath given unto us all things that pertain unto life and godliness, through the knowledge of him that hath called us to glory and virtue...” (2 Peter 1:3). Many of us know people who grew up in the church, but somehow never appropriated the faith in a personal way. We have watched them try all kinds of solutions, both spiritual and worldly, in search of some elusive thing that they think will make them happy, contented or fulfilled. But what more could there be than to be partakers of a faith that offers us “all things that pertain unto life and godliness?”

However, if thinking about “things that pertain that unto life and godliness” doesn’t float your boat, consider Wanda’s final thoughts:

*There are computer applications for directions, for music, for restaurants or a whole host of other needs and desires. Jesus is my “App” for that. “That” is whatever the requirement or desire is, at any time of the day. -- W.K. Wilkins*

Every generation needs to find new ways to communicate the gospel, not by changing the words, meaning or content, but by using strategies and language that speak to the hearts of people in a wide variety of life situations. Wanda titled her piece “Jesus is the ‘App’ for That.” What a great reminder of the all sufficiency of God in the language of the day. It is also a great way of starting a conversation about the One who is the Way, the Truth and the Life (John 14:6). Who do you know that needs to know that *Jesus is the App?*

By the way, if you are looking for a health app, you can download the free version of Passport to Good Health from <http://www.healthywomen.org/passport-app> This app enables you to organize your personal health information and keep track of appointments, prescriptions and recommended screenings. There is also a full version available for tracking health and wellness records for your entire family.

For more information or to share your health testimony, contact Janet Morton, Parish Nurse, at 688-1304 ext 24, [jmorton@unionbaptist-durham.org](mailto:jmorton@unionbaptist-durham.org).

**EXERCISE & HEALTH OPPORTUNITIES**

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



**Are you linked in?** UBC is using electronic communications to keep you informed of activities in the

church. If you desire to receive this information via e-mail. Please sign up on our website, [www.ubcdurham.org](http://www.ubcdurham.org).

- ◆ **Anniversary Committee:** Asks that you plan now to attend our pastor's 20th year anniversary on August 14th.
- ◆ **Back to school Breakfast .** Registration is needed for the breakfast on July 16, 8 am. The deadline is JULY 3rd. Click the link for Breakfast on our website, [www.ubcdurham.org](http://www.ubcdurham.org).
- ◆ **Bible study Classes:** will end on July 27. There will be no midweek worship and BS classes in the month of August.
- ◆ **Family Prayer Day:** Every 1st Wednesday, families are asked to have a dedicated time of prayer. 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.
- ◆ **Pastors Aide Ministry:** Still has tickets for Rev. Hammond's 60th birthday bash at Global Scholars Academy, June 23, 6 p.m. Cost is \$40. You can purchase a ticket on Sunday mornings (after services) in the Information Center, by contacting a member of Pastor's Aide Ministry, or Algene Vareene, at 919-471-6896.
- ◆ **Soul Patrol:** Has gotten off to a good start. If you are interested in joining this evangelism outreach ministry, contact Min Cecil Fields at 294-4812, or [ceben1015@yahoo.com](mailto:ceben1015@yahoo.com).
- ◆ **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](mailto:jmorton@unionbaptist-durham.org) or 688-1304, ext 24.
- ◆ **WOS Ministry:** Will not hold their monthly meeting in July.

### Family Night Worship Wednesdays, 7 pm

July 6: Min. Meyerstine Tookes  
July 13: Min. Carl Cost on  
July 20: prayer conference week  
July 27: Min. Johnny Foster

### Seasons at South point Assisted Living Center, Sundays, 2 pm

July 3: Rev. Charles Scales  
July 10: Min. Bernadette Cooper  
July 17: Min. Cecil Fields  
July 24: Min. Olivia Hughes  
July 31: Rev. Anita Hammond

### Hill Haven- Pettigrew Nursing Home 3rd Sundays, 1:30 pm

July 17: Meyerstine Tookes  
**The UBC Associate Ministers render services at the above locations. Members or other ministries are welcome to meet them there and fellowship with the residents.**



**CONGRATULATIONS**  
to these ministries  
for their execution of  
and contribution to  
the following  
initiatives.

- **AARP SCAM JAM:** The Winnie Neal Senior Ministry. Economic Ministry
- **GRADUATION SUNDAY:** The Education Ministry
- **FATHER'S DAY:** Hearts of Praise Mime Ministry, Hospitality Ministry
- **BOY SCOUT TRIP:** Women of Spirit, UBC Disciples
- **VACATION BIBLE SCHOOL:** Board of Christian Education, Food Service Ministry, Samaritan Men, lots of volunteers
- **MEN'S DAY & COOKOUT:** The Samaritan Men's Ministry, Monday Night Bible Study Class
- **TRIP TO SEE CROWNS:** Women of Spirit, Transportation Ministry
- **HOME VISITS:** Diaconate Ministry, Senior Missionaries

## COMMUNITY INTEREST

- ◆ **Min. Harry Lawson** will be preaching July 3, 10, and 17 at Shepherd's Flock Baptist Church, 1004 Calvin Street, Durham, NC. Your support in prayer and presence is invited.
- ◆ **Deacon Larry Graham** and his daughter Renita Leak Webb will be featured in concert on July 10, 4 pm. At St./ Marl's AMEZ church. 531. S. Roxboro Street, Durham. The public is invited.
- ◆ **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. Also see poster in the Information Center.
- ◆ **Durham Citywide Youth Revival**, sponsored by Durham County Youth Missionary Department. July 11-12, 6:30-8:30 pm. Location: Mt. Level Missionary Baptist Church, 316 Hebron Road,, Durham. The Preachers are Ms. Chantell Lewis, (of Mt. Level), and Rev. Yvette Crawford (of Northeast Baptist Church). The Public is invited.

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

The newsletter is available on-line at [www.ubcdurham.org](http://www.ubcdurham.org).