

"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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GRADUATION TIME!

It's pomp and circumstance time again; the time we stand in hot stadiums and air-conditioned gymnasiums to celebrate with loved ones their transition from one grade to the next stage of life.

It's a wonderful time for parents, because they can see the fruit of all their hard work. The GPA of their student is eclipsed by the joy of him/her getting to the finish line. The memory of how close it was getting there has faded into the distance.

As you celebrate with a family or church member, maybe its time to stop and ask yourself "what have I graduated from lately?"

I know you may be thinking, "Girl, I finished school a long time ago." That may be true, but finishing school and quitting learning are two different things. There should always be something you're learning in your life and some things you're leaving behind.

Remember Apostle Paul's words of change, "I count myself not to have apprehended, but this one thing I do, forgetting those things which are behind and reaching forth for those things which are ahead, I press toward the mark for the prize of the high calling of God in Christ Jesus. (Phil 3: 13-14). He could have sat on his personal achievement and his religious knowledge, but once he met Jesus, he knew there were some things he had to learn and others he had to lose.

So what do you need to move on from? Are you grown up in your love for God and his people? Are you "left behind" when it comes to disciplined time with God and a prayer life?

Are you in elementary school when it comes to your finances? Are you making ends meet, but barely? Do you still not have a rainy day fund is? Are you still struggling to be consistent in tithing? It may be time to graduate to another level of trust in God and financial independence.

Are you taking care of your health as you ought? Do you keep talking about being more healthy, but do little to eat less and move more? Your body is God's temple to use as an instrument to share the gospel with others. It needs to be in the best shape.

Are you doing anything exciting for Kingdom building? Witnessing to someone, advocating for others, visiting the sick, ushering, singing, praying for others, etc. Have you graduated from just being concerned about you?

As you celebrate someone's else's moving on to a new stage of development, why not take the plunge and enroll in a new development season as well.

Daphne C. Wiggins-Obie



JUNE ACTIVITIES

Support in Person or Prayer

June 1, 5 am: Sunrise Prayer and Praise.

June 1 (all day): Family Prayer Day.

June 4, 11 am: New Disciples Fellowship

June 11, 3 pm: Celebration honoring Jo Jo Wallace of the Sensational Nightingales.

June 12, 11:15 am: Graduation Sunday. Recognition of all graduates

June 12, 3 pm: UBC at Gwynn's Chapel Baptist Church, Route 1, Pelham, NC, 27311.

June 13-17, 6 pm: Vacation Bible School

June 14, 9 am: Senior SCAM JAM

June 22, 8:30 pm: Church Meeting

June 24, 6:45 pm: Women of Spirit Movie Night, Southpoint Theater.

June 26 (all services): Men's Day Observance

June 26, 3:30 pm: UBC @ First Baptist Church, 202 S. Fourth Street, Smithfield, NC 27577

BIBLE MEMORY VERSE (s)

But what things were gain to me, those I counted loss for Christ. Yea doubtless, and I count all things but loss for the excellency of the knowledge of Christ Jesus my Lord: for whom I have suffered the loss of all things, and do count them but dung, that I may win Christ, And be found in him, not having mine own righteousness, which is of the law, but that which is through the faith of Christ, the righteousness which is of God by faith:

(Phil 3: 7-9, KJV)

Inside this issue:

Graduation time	1
June Activities	1
Min. of Congregational Care High-	2
Telling The Truth	3
Ministry Updates	4
Community Interest	4



Results from the Ministry of Congregational Care and Counseling Needs Assessment

By Tonya D. Armstrong, Ph.D. , M.T.S

During the months of December 2010 and January 2011, the Ministry of Congregational Care and Counseling (MCCC) conducted a needs assessment. The purpose of the needs assessment was to more accurately determine from our disciples what mental and emotional needs were most prevalent, how disciples were responding to their own needs, and what services our disciples would be most likely to utilize. Through this brief survey, the MCCC also sought feedback regarding our visibility, utilization, and perceptions of our services. Participants were recruited from a broad cross-section of the congregation; however, most respondents completed the brief survey during their Sunday School classes, Bible Study classes, or ministry meetings. In order to preserve confidentiality of our respondents, we encouraged anonymity, and thus have limited demographic data on gender, age, and so forth. Nonetheless, we infer from the make-up of these classes that respondents were generally both male and female, at least somewhat involved in the life of Union Baptist, and generally middle-aged.

From 151 respondents, we learned that the most prevalent challenges our disciples and their loved ones have faced include job stress (46% marked this as an issue they faced), depression (37%), grief (32%), anger management issues (32%), and anxiety (30%). The most common ways that these disciples reported managing these challenges included prayer (77%), turning to family (47%) or friends (44%), reading more information about their issue (27%), and seeking professional help (22%). The majority of respondents (53%) reported that they turned to one to three church members for support during their challenges, although a significant minority (42%) reported that they did not turn to anyone at church for support. Among those who did turn to their church family, forty-four percent turned to Pastor Hammond, Associate Pastor Wiggins-Obie, or another Associate in Ministry, whereas 21% turned to one or more members of their Sunday School class, 14% turned to one or more members of their Bible Study class, and 17% turned to other ministries, namely the Diaconate Ministry or Prayer Partners Ministry.

Regarding the services of the MCCC, 36% of respondents reported that they were not aware of the services offered by the MCCC at no cost to our disciples. Thirty-one persons reported having received MCCC services, with 42% of those persons stating that they were very pleased with the services and 32% stating they were somewhat pleased with the services. Those who had not utilized MCCC services noted reservations about confidentiality, lack of information about the Ministry and its staff, time constraints, and the sense of already leaning on the Lord and other helpful supports. Finally, respondents indicated that with sufficient information, they would be most likely to take advantage of individual, couples, or group counseling; educational workshops; and Stephen Ministry, a program providing emotional and spiritual support by trained laypersons in our congregation..

Given that there are a number of ongoing challenges that confront our disciples (well beyond the issues reported by this small sample of our congregation), and with feedback that our disciples generally desire more information about our services, the MCCC now endeavors to provide more opportunities to educate and serve our disciples. In the upcoming months, we intend to use this newsletter, our web pages, the bulletin board, and our interactions with other ministries of the church to provide you with more details about our ministry and services. Additionally, for the month of **June**, we will be piloting a live **call-in hour on Fridays from 1-2 pm**. During that time, disciples and community members may **call our office at (919) 688-1304, ext. 23**, and speak confidentially with a member of our staff regarding any questions or concerns around mental health and wellness. **(This one-time conversation is intended to provide consultation and will not constitute a therapeutic relationship; however, you may request an appointment for any ongoing concerns.)**

We hope you will take advantage of this program and the other services offered by the MCCC! We send a special thanks to all of the persons who participated in the needs assessment.

In the peace of Christ,

Telling The Truth

(A Message from the Parish Nurse Ministry)



What happens when you look in your wallet...and realize it's empty? Do you wonder where all the money went?...maybe you didn't spend it, but someone stole it! Or perhaps you are wondering why a close friend won't call you back. You didn't do anything to them. Or did you?...And then there is that dreaded weight check. You got your weight checked and it was up, but how did that happen?...Maybe it's the scale...

This past Sunday morning many people came through our Weigh Down...program. Some ...lost a few pounds; some...gained a few pounds...And then a certain man...stopped by...and he had lost 11 ½ pounds in less than two months! Wow! How did that happen?...I asked if I could interview him...

What got you motivated to lose weight? Well, I'm a diabetic and I love sweets so I have to do a lot of exercise. I like to do gardening and...I also keep active with Crunch Time Fitness, Bible study ...and walking. It all keeps me going... I keep a journal and I write things down. When I see I'm making improvements, it motivates me to do better.

...when your weight was up in January, you didn't make any changes then. So what was it...in March that finally got you motivated...? One thing that motivated me and got my attention was that my hemoglobin A1c was going up, close to 7...So I said I'm going to have to do something about it. If I speeded up my metabolism, it would burn more calories. And I didn't want to be on diabetes medicine. I haven't had to be on it since 16 years ago and I didn't want to go back on it now....

Did you know why your A1c was going up? I knew exactly what it was and...it was not exercising the way I should. In the summer, I'm often in the garden 7 to 8 hours a day. But I'm not as active in the winter...Also I was eating more comfort food and eating out more...

...you talked about some general things you do...such as gardening, but what exactly did you do to lose... 11 ½ pounds...? I started exercising more, watching carbs and counting carbs. Boxing was a big part of that too. Something I love to do is box... I have this George Foreman tape...so I do boxing any time I feel like it...I also have a fitness machine and a stationary bike on my porch...The big thing is preparation. I have everything right here. I make it convenient to exercise...

How did you feel when... you...[found out] you lost 11 ½ pounds? Woooo! I felt great. See, I knew how to do it because I'd done it before...I just had to make up my mind.

Do you have any advice...to share...? Don't quit. Just take your time and don't give up...keep on going because you lose inches and gain muscle when you exercise. Watch what you eat. Diet and exercise. You have to do both...If you let a problem go, it just gets worse and is even harder to fix... It's easier not to let it get there...

Earlier...[we talked]... about how things happen and we may wonder how they happened...[But] that nothing changes unless you admit what is really happening. So...what [do] you think about the idea of telling yourself the truth? The scripture says the truth will make you free (John 8:32). I couldn't live with myself if I was being untruthful.

Anything else...? Well, other things that have helped me are the diabetic support group... And the parish nurse gives good health tips and won't let us quit. You really helped me.

Well, Mr. Reaves, you really helped me too. You've given me a great story to share.... You told yourself the truth and that freed you to make these important changes for your health. Congratulations and thank you so much.

UBC MINISTRY UPDATES



Are you linked in? UBC is using electronic communications for the newsletter, Newslink, and to inform members of funerals, cancellations, youth activities etc. If you desire to receive this information via e-mail. Please sign up on our website, www.ubcdurham.org

- ◆ **Boy Scouts:** Need you to help them get enough water for their summer camping trip. Please donate cases of water to them by Sunday, June 12. Questions? Contact Troop Leader Stancil Clark at 452-5249.
- ◆ **Couples Ministry:** Is holding its annual picnic at Lake Crabtree on June 4, 11 am–4 pm. Cost is \$10/adult and \$5 per child. To pay, see a member of the Couples Ministry immediately.
- ◆ **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.
- ◆ **New Disciples Fellowship:** The next one will be June 4, 11 am–1 pm. Ministries can plan now to have a representative present.
- ◆ **Prayer Partners:** Asks you to save the dates, July 12-14, for the annual Prayer Conference (7 pm nightly) and July 16 for the Back to School Breakfast (8 am)
- ◆ **Senior Scam Jam:** June 14, 9am– 12 noon. An engaging forum which will inform you about the latest frauds and scams and how to steer clear of them. All ages welcome. To register call 1-877-926-8300.
- ◆ **Sisters of Promise:** are going to Wilmington, NC on June 23-25. The cost is \$100. For teen girls, 14-18. You can still register on Sunday.
- ◆ **Soul Patrol:** Is an emerging ministry with a focus on witnessing in the community. If you would like to be a part of this outreach ministry, please contact Min Cecil Fields, 294-4812 or ceben1015@yahoo.com. If you did not attend the Evangelism Institute in May, we will make sure you have the appropriate training.
- ◆ **Women of Spirit Ministry:** Is organizing a movie trip on June 24 to South Point Movie Theater (Durham.). We will meet in front of the theater at 6:45 pm. Each individual covers his/her cost and transportation. We will let you know the specific

movie the week of. If you intend to join us, please r.s.v.p. to [dwiggins@unionbaptist-durham.org](mailto:dwig-gins@unionbaptist-durham.org).

- ◆ **Weight Loss Support Group Organizing:** If you are interested in being a part of a local chapter of TOPS (Taking Off Pounds Sensibly) at UBC, contact Janet Morton at jmorton@unionbaptist-durham.org or 688-1304, ext 24.
- ◆ **Youth New Disciples Classes:** Are postponed at this time until we get enough youth disciples for a class.

Family Night Worship Wednesdays, 7 pm

June 1: Rev. Patricia Pettiford
June 8: Min. Ronnie Edwards
June 15: no service
June 22: Rev. Arlene Lovelace
June 29: Rev. Barbara Jackson

Seasons at Southpoint Assisted Living Center, Sundays, 2 pm

June 5: Rev. Arlene Lovelace
June 12: Rev. Larry Thomas
June 19: Min. Meyerstine Tookes
June 26: Min. Johnny Foster

HillHaven- Pettigrew Nursing Home 3rd Sundays, 1:30 pm

June 19: TBA

The UBC Associate Ministers render service at the above locations. Members or other ministries are welcome to meet them there and fellowship with the residents.



CONGRATULATIONS TO ALL 2011 GRADUATES

"I know the plans I have for you. . . they are plans to prosper you and not to

harm you, plans to give you hope and a future." (Jer. 29:11, NIV)

To disciples going to college, we pray that you continue to take your studies seriously, worship God and trust God to provide the resources you need to cover the costs.

To disciples joining the work force, our prayer is that you discover your "calling" as well as a good paying job. God blessed you to come this far; know that God will order your steps if you ask.

COMMUNITY INTEREST

- ◆ **GOLF TOURNAMENT, June 17:** The Oxford Business and Professional Chain is hosting a Golf Classic on Friday, June 17 at Bull Creek Golf Club, 499 Massenburg Baker Road, Louisburg, NC. Registration deadline is June 10. Proceeds benefit the Senior Shuttle Program. For More Information contact Back Home Girls, Inc. 919-693-5143
- ◆ **JUNETEENTH CELEBRATION & UNITY MARCH, June 18, 1-8 PM:** Annual festival celebrating the emancipation of slaves. Location is CCB Plaza in Downtown Durham. Vendors, entertainment, Food, etc. Contact spectacularmag.com with any questions.
- ◆ **TRIANGLE CAREGIVERS CONFERENCE, June 21, 8:00 am to 4:00 pm** at the McKimmon Conference Center, 1101 Gorman St., in Raleigh. The conference includes a keynote speaker, breakout sessions on self-care for caregivers, support groups, legal issues, and dementia, along with many useful exhibits. Lunch is included in the \$5 fee for caregivers or \$25 for professionals. CEU's are available. Register at trianglecaregiversconference.com. Call 719-6765 with questions. If you do not have a computer and need help with registration, call Janet Morton, Parish Nurse, at 688-1304 ext 24.
- ◆ **NATIONAL HIV TESTING DAY, June 27, 10 am–4 pm.** Free testing will be available at CAARE, 421 Broadway Street, Durham. You can get your results in 20 minutes. Some one will be there to consult with you. Pass the word.

All submissions are due by the 21st of each month. Email to DaphneWiggins-Obie@dwiggins@unionbaptist-durham.org

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