

"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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ARE YOU A WATER WALKER?

BIBLE MEMORY VERSE (s)

But Jesus immediately said to them: "Take courage! It is I. Don't be afraid." "Lord, if it's you," Peter replied, "tell me to come to you on the water." "Come," he said. Then Peter got down out of the boat, walked on the water and came toward Jesus. But when he saw the wind, he was afraid and, beginning to sink, cried out, "Lord, save me!"³¹ Immediately Jesus reached out his hand and caught him. "You of little faith," he said, "why did you doubt?"

(Matt 14: 27-31)

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Have you ever come across a book title that is so catchy, it prompts you to open its pages? That's what I thought of the book, *If You Want to Walk on Water you Have to Get out of the Boat*, by John Ortberg. It's not a new book, but it's an excellent look at the story of Peter walking on the water towards Jesus (Matthew 27: 22-36) It's also a quick read.

After I read this book, I was inspired to share a few of the key concepts with the Women of Spirit Ministry. It stimulated an energetic conversation, so I thought perhaps others might also be blessed by some of these concepts.

The main premise of the book is that it took Peter a lot of faith and courage to decide to walk towards Christ when he saw him on the water. Like the others in the boat, he initially thought the person coming towards him on the water was a ghost. He asked a question of Jesus to determine who it was, "if its you, then tell me to come."

As the story unfolds, Peter step out of the boat and moves toward Jesus. However, he takes note of the waves and fear grips him. He cries out that he is going to drown, but Jesus rescues him and asks him why he

doubted. That's the story in a nutshell.

What I like about the story is the way Ortberg uses it as a metaphor for taking a risk and doing something that God is calling you to do, to walk away from the ordinary, to leave aside merely staying in safe "boats" rather than moving towards what is calling you in your heart or spirit.

How many people are disregarding the voice of God telling them to do something, walk away from something or walk towards something? Who has wanted to go back to school but can't see exactly how it will be paid for and so they don't get started?

We get paralyzed by what is before us, rather than trust God for what is possible. We say we are anchored by Hebrews 11:1 "Faith is the substance of things hoped for the evidence of things not seen." but we still do what we've always done. This story prompted me to ask "what safe boats am I still residing in?"

Another tenet in the book that blessed me was the stress he put on what we learn from taking risks. Peter had an experience with God/of God that the ones who stayed in the boat just looking after him in awe, never had. Yes, he

began to sink a bit when his rational mind and the winds reminded him he was doing the "out of the ordinary." But he also learned something about exercising his faith, God catching him when he faltered and the thrill of being a water walker. Imagine all of this being undertaken by the man who would later prove to not be able to hold onto his loyalty to Christ when it got tested in the crucible of the crucifixion days. He may not have been courageous on the night of betrayal, but he had it in him to be a person of strong faith.

So the question I have for you is simple. Is there something of significance that you've desired to do, change or embark upon but you've let uncertainty, fear, insecurities, lack of knowledge or the voices of others cause you to stay transfixed to the same place?

I encourage you to reflect on this passage and then ask God to help make you a "water walker." Peter could have stayed where he was, wondering if he'd fail and so can you. But think how much richer his faith became when he learned that the God who said "come" also has "catching hands."

Daphne C. Wiggins-Obie

SPOTLIGHT ON MARRIAGE

A message from the Congregational Care and Counseling Ministry

x Yes x No x Maybe So x I Don't Know

You must not break your oath but must fulfill your oaths to the Lord All you need say is 'Yes' if you mean yes; 'No' if you mean no. Anything more than this comes from the evil one. (Matthew 5:33-37)

Did you receive one of these notes in middle or high school? "Will you go with me?" You were expected to check one of the boxes and return the note to your admirer. Cute, right?

Regretfully, this is how too many married couples are approaching their relationship. *"I said yes, but now I don't know."* The check moves from box to box. We feel justified to change our minds like changing outfits.

I debated tackling this topic because I am divorced. Contrary to popular belief, it takes three to make a marriage work - - a man, a woman, and God. The Lord said, ***'For this reason, a man will leave his father and mother and be united to his wife. And the two shall become one flesh.'*** (Genesis 2:24).

Before I married him, my ex-husband was adamant - - "I know you are the woman for me. I will never leave you." Since getting married was not on my list of things to accomplish, I too was adamant - - "Yes, I will marry you if you are sure. I'm not trying to get married to get divorced!" We got married. Then, his "I'm sure" changed to "Maybe so." Then "maybe so" changed to "I don't know" and finally, "I don't know" changed to "No". I said, "OK, but what happened to you? You were so sure when you asked me to marry you?"

Getting divorced is not as easy as I stated above. Truthfully, it is very painful and in many cases, unnecessary. I will always believe my marriage did not have to end in divorce. Yet, so many marriages do because keeping our oaths carry little weight to us anymore. Nowadays, a person's word is just . . . a word. My late granddad taught us, "Your word is your bond." I'm sure he was referencing the Matthew scripture above. At his Home-going celebration, person after person spoke of how he did what he said he would and didn't do what he said he wouldn't. He and my grandmom were married for 62 years. One of the mistakes I made is I believed everyone worked diligently to honor God's and my granddad's example.

Maybe we fail to realize as Christians, that when we make an oath, we are also making it to God. Maybe it is only two and not three at the altar. We will keep a job we hate, even work two jobs to keep a house, a luxury car, purchase new cars and expensive gadgets for our kids. We will even pay for able-bodied adult children to live rent-free. However, when it comes to working on a marriage, too many of us throw our hands in the air, and wave 'em like we just don't care. I hear often, "Marriage shouldn't be so hard!" To which I reply, "Says who?" Even if it is hard, should you just stop working on it? God forbid.

Every time a marriage fails, I feel Satan gets to say, "Yes! I got another one." If you saw it the same way, would you be a willing vessel and give up so easily? Or, would you commit to your marriage like you commit to your job and/or your kids? Consider Job, Joseph, and Jesus. They said yes to God and honored their oath. I haven't read anywhere in the scriptures that their assignments were easy. I am telling you marriage is hard work and asking you not to give up without a fight to keep the oath you made.

The Ministry of Congregational Care and Counseling is available to assist you and your spouse. Services are free and confidential. I will not guarantee we can save your marriage because YOUR marriage is yours to save. I can assure you we can give you useful strategies, and I sincerely believe you will feel better about not handing your marriage over to Satan on a silver platter. Even if your spouse is ambivalent about getting help, you call us before Satan can say of your marriage, "Yes! I got another one." You can reach Dr. Tonya Armstrong, PhD, MTS, or me, Anita Daniels, MSW, LCSW, LCAS, at 919-688-1304, extension 55. Have a blessed month!

Rested or Arrested?

What a wonderful church Union Baptist is. There are so many great programs going on all the time. One evening I heard a UBC member exclaim, “I just love my church. It has everything.” Yes, Union Baptist does have everything, from multiple choirs to classes on money management, from tutoring to Bible study. But it also has a *lot* of everything. I also just heard someone else say “I had four things to do at the same time last night and I didn’t do any of them.” Some of us may feel there are so many activities and programs to be involved in between church and home, work and leisure, that there is no time for rest.

We could be reaping the benefits of a healthy lifestyle through good nutrition and sufficient physical activity, but if we’re not getting enough rest, we’re losing some of those benefits. Medical research tells us that lack of rest can lead to inattentiveness, inability to concentrate, impulsivity, moodiness, learning difficulties and certain health problems. Imagine how great it would be to lessen of some of these problems by just getting the rest we need on a regular basis.

While we’re busy with spreading the gospel to the ends of the earth and doing the good works which God prepared beforehand, we may forget that rest is part of the spiritual life as well. After all, God rested on the 7th day after creating the earth, so shouldn’t we get a little rest too? The problem is that for many of us, the day we usually think of as the “day of rest” is often not a day of rest. We spend the day rushing to church, rushing to eat and rushing to special afternoon trips or programs. Then the next day we rush off to work or school again and wonder when we will ever get to rest.

Perhaps we need to remember the Sabbath and find a way to keep it. People who routinely have to work on Sundays (pastors included!) may need to choose another day for rest. Whether Sunday or another day, we need time for rejuvenation through personal reflection and spiritual devotion. As we step back from the hustle and bustle of everyday life, we can also take time to set priorities and figure out what really needs to be done, what can wait, and what may never need to be done. We may be doing a lot of good things, but perhaps we need to let go of some of those good things so that we can do something of even greater importance that the Lord is leading us to do. (continued on p.5)



EVENTS TO SUPPORT (in person or with prayer)

May 2– 6, 7 pm nightly. Lay Evangelism Training

May 4, 5 am: Sunrise Prayer and Praise.

May 8, 8 & 11 am: Dr Wiggins-Obie will be preaching at United Metropolitan BC, 450 Metropolitan Drive, Winston-Salem., 27101.

May 9, 6:15 am: Family and Friends Day Volunteer Meeting

May 9-11, 7 pm nightly: Church Revival. Rev. Paul Dunn, Pastor of First Baptist Church, Charleston, WV will be our preacher.

May 12, 6:30 pm: VBS Volunteers Meeting.

May 14, 11 am–4 pm Family and Friends Day

May 15, all services: 114th Homecoming Services . The 4 pm service is a musical Celebration.

May 15, 8 am: Dr. Wiggins-Obie will be preaching at New Hope Missionary Baptist Church, 306 S. English Street, Greensboro, NC, 27601.

May 16, 6:30 pm: Board of Christian Education Meeting

May 18, 7 pm: Family Night Worship and Bible Studies resume.

May 19, 6 pm: Weight Loss Support Group Interest Meeting.

May 19, 7 pm: Church Council

May 23, 7 pm–Women of Spirit Forum

May 30: CHURCH CLOSED, MEMORIAL-DAY

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

May 15: Rev. Arlene Lovelace

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

May 1: Min. Philip Shaw

May 8: Rev. Barbara Jackson

May 15: Rev. Grover Hall

May 22: Rev. Charles Smith

May 29: Rev. Patricia Pettiford

Family Night Worship Schedule Wednesdays, 7 pm

May 4: Rev. Barbara Jackson

May 18: Min. Philip Shaw

May 25: Rev. Charles Smith

UBC MINISTRY UPDATES



- ◆ **Bible Study Classes:** A new term of classes will start on May 18th. This term will run through the end of July.
- ◆ **Church Council:** will be held on May 19 at 7 pm. All ministries should send a representative. This is your opportunity to share any new initiatives, report on activities, solicit help and submit fundraising requests.
- ◆ **Couples Ministry:** Hosting a picnic at Lake Crabtree on June 4, 11 am—4 pm. Cost is \$10/adult and \$5 per child. You can register May 15, 22 or 29th after worship services.
- ◆ **Evangelism Institute: May 2-6:** persons are invited to a Lay Evangelism Institute taught by Rev. Hammond. Sessions will begin at 7 pm.
- ◆ **Family and Friends Day** still needs volunteers. Please come to the meeting on May 9, 6:15 pm if you can help out on May 14th. If you are bringing food on the 14th, please drop your dish off between 9 and 10 am.
- ◆ **New Disciples Fellowship:** The next one will be June 4, 11 am—1 pm. Ministries can plan now to have a representative present.
- ◆ **Prayer Initiative:** On May 4th and every 1st Wednesday of each month, 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. You do not have to talk to someone in the of-

fice to leave this message.

- ◆ **Sisters of Promise:** are going to Wilmington, NC on June 23-25. The cost is \$100. You can register on May 15th. For teen girls, 14-18.
- ◆ **Women's Ministry:** Will host their bi-monthly forum on Monday, May 23, at 7 pm. Look for the posters with more details.
- ◆ **Women's Ministry Trip:** The WOS Ministry still has some seats for their trip to see CROWNS at the Barn Dinner Theater. Cost is \$43/person and includes, dinner, show and the transportation. Tickets can be paid for on Sundays after worship services, or by contacting Sharlene Lee at 596-1136 or scd4374@yahoo.com .
- ◆ **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 did not have any children register for the next term of New Disciples Classes. We will postpone starting a new class until the 1st Sunday in June. Please contact Dr. Wiggins-Obie if your child has recently joined the church and not gone through New Members Classes.

COMMUNITY INTEREST

- ◆ **May 2-4, 7 pm nightly:** Revival at First Calvary Baptist Church, 1311 Morehead Avenue, Durham, NC 27707. Rev. Marcus D. Davidson, New Mt. Olive, Ft. Lauderdale, FLA is the revivalist.
- ◆ **May 5:** National Day of Prayer.. Don't forget to pray for our nation and its leaders. Consider calling someone and having a joint prayer time on the phone.
- ◆ **May 13:** National Gospel Singer Gerald Hinton, headlining the Tuskegee Univ. Legacy Celebration. May 13, 6:30-9 pm at First Calvary. \$15/tickets. Call 698-2053
- **May 21:** Join the Mt. Gilead BC on a day trip Norfolk VA. Lunch with gospel entertainment on the Spirit of Norfolk and shop at the Macarthur Mall. You leave at 6 am and return at 7:30 pm. The cost is \$70/person. Men are welcome. Contact Evelyn Lewis at 824-3181 or Nan Hunter @ 599-4577 for more information or to secure your seat. Deadline for signing up is May 9, 2011.
- **June 17:** The Oxford Business and Professional Chain is hosting a Golf Classic on Friday, June 17 at Bull Creek Golf Club, 499 Massenburbg 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.

◆ **NEWSLETTER SUBMISIONS DUE BY THE 21ST OF THE MONTH.**

SUBMIT TO

Daphne Wiggins-Obie @
dwiggins@unionbaptist-duham.org

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

RESTED OR ARRESTED (continued from p. 3)

We need daily rest through sleep and periodic times of quiet. We also need weekly rest through the Sabbath. But even if we become more organized and disciplined, with regular daily and weekly rest, taking time for self-renewal and making better choices, we still may not have achieved the rest we are seeking.

Scripture says "So then, there remains a Sabbath rest for the people of God; for whoever enters God's rest also ceases from his labors as God did from his" (Hebrews 4:9-10). When we enter God's rest, we get to cease from our own labors. So rest is not just what we might choose to do as a habit or a discipline but it has something to do with one's relationship with God. The truth is that real rest is not a day, but a Person. Jesus said "Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy and my burden is light" (Matthew 11:28-30).

Our own efforts to rest are important, but the transfer of ownership of our lives to Christ is what leads to true rest. One pastor put it this way: "That is what the true Sabbath is, to cease from your own labors, your own efforts, your own activity; to cease from your own works" (Ray Stedman, Peninsula Bible Church). If we could live like this, our Sabbath would be more than one day a week. Always resting in Him, it would be a life of continual underlying rest and trust in God, despite all the non-restful challenges of life.

Arrest means to slow down, bring to a stop or make inactive. Someone who is arrested needs to suddenly stop doing whatever they are doing and pay attention to the one who has stopped them. Are you barreling down the highway of life at excessive speed with no time for rest and no time for God? If so, you have a choice. You can wait until you are arrested by some life crisis (possibly self-induced) or you can respond to God's offer of Sabbath rest. Rested or arrested. Which will it be?

Janet Morton, Parish Nurse, 688-1304 ext 24, jmorton@unionbaptist-durham.org

IN HONOR OF MOTHERS

In the end, it's not what you do for your children but what you've taught them to do for themselves.

Ann Landers

If you have a mom, there is nowhere you are likely to go where a prayer has not already been.

Robert Brault

Mothers hold their children's hands for a short while, but their hearts forever.

Author Unknown

God could not be everywhere and therefore he made mothers. Jewish Proverb
Mother is the name for God in the lips and hearts of little children.

William Makepeace Thackeray

What the child says, he has heard at home. African Proverb

There is but one way to eliminate juvenile delinquency - that is by providing each child in America with competent parents. J. Edgar Hoover



- * Fun Carnival Games * Snow Cones * Activities for Everyone *
- * DELICIOUS FOOD * Basketball Shoot-out * Plus....

*Ms. "Piddipat"; Gospel Comedian Sister Daisy Mae;
Hillside High School Drumline; Southern High School Steppers;
United Believers In Christ; Dr. Tonya Armstrong*

Please bring your **FAVORITE HOMEMADE DISHES** from one of the following food groups, based on the first letter of your **LAST** name.

- A ~ G** Baked Beans, Macaroni & Cheese, Sweet Potatoes
- H ~ M** Collard Greens, Cabbage, Green Beans, Corn and Lima Beans
- N ~ O** Breads, Cornbread, Dinner Rolls
- P ~ T** Coleslaw, Potato Salad, Fruit Salad
- U ~ Z** Desserts, Cakes, Pies

Please bring items in disposable containers between 9 - 10 am

To help make this event a success, we need **LOTS** of volunteers (this includes **you**).

Volunteer "Meet & Greet" on Monday, May 9th @6:15 pm in the UBC Fellowship Hall

For more information please contact:

Melissa Gentry - (919) 942-1368 or mccooy_86@yahoo.com

Natalie Pennington - (919) 361-3411 or pennington_60@hotmail.com