



“A House of Prayer”

THE UBC WORD

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

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www.ubedurham.org

Volume 3, issue 11

November 2011

The Eleventh Hour

BIBLE MEMORY VERSE (s)

*In everything
give thanks for
this is the will
of God in Christ
Jesus concern-
ing you.*

I Thess 5: 18

*I will bless the
Lord at all
times, His
praise shall
continually be
in my mouth
Psalm 34: 1*

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Have you ever heard someone say “it’s the eleventh hour” in response to a request you made? If so, they may have meant to convey you’ve waited to the last minute to do something. They probably used it to indicate that what could have been done earlier may now be an extra challenge because a deadline is nearing or an opportunity is about to disappear.

We are in November, not the “eleventh hour”, but the eleventh month of 2011. It’s time to ask yourself “what did I pledge to do this year that I’ve put off until now?” Have you stayed on schedule for studying your bible? Did you start balancing your check book? Did you join a ministry like you said? Did you make amends to someone? Did you pay off debt? Did you lose those 10 lbs?

It’s the 11th month, 8 1/2 weeks before 2012 begins. There are 61 days left before you either put a check mark of completion on your “to do” list or have to feel regret that you didn’t accomplish your goals this year. So what are you going to do with the 1,464 hours you have left in 2011? Are you going to accept your goal won’t be met or are you going to subdivide that large goal into a smaller one and get busy on it?

Proverbs 23:7 says “for as he [a person] thinks in his heart, so is he.” I wonder what you’re thinking about your 11th hour. Is it a wash or will you redeem the time and make the days left work for you rather than against you? Satan would like you to focus on what you haven’t accomplished rather than what you can accomplish. He’s counting on you forgetting “the things that are impossible with men are possible with God,” (Luke 18:27) and “I can do all things through Christ who strengthens me.” (Phil 4:13). He wants you to think, bad habits, strongholds and idleness are just part of your nature rather than remember you have been made for freedom through Christ (Gal 5:1).

It’s November, but it’s still not too late to complete some of your spiritual or personal goals. You can still complete reading a book of the Bible, go to early morning prayer, join a Sunday school class or memorize some Bible verses. You can still lose 5-10 pounds, organize your bills, create a budget, stop surfing the internet on company time, go see the doctor, be more available to your child, drink 8 glasses of water each day or forgive someone who has harmed you.

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NOVEMBER AT A GLANCE

11/2, 5 am: Sunrise Prayer and Praise and Family Prayer Day

11/2, 7 pm: Family Worship and Bible Study Classes

11/12, 10 am: Smart Spending Workshop (advance registration required)

11/13, 3:30 pm: Veterans Appreciation Service

11/15, 7 pm: UBC at Mitchell’s Chapel in Louisburg, NC

11/17, 6 pm: Seniors Fashion Show. Ticket required.

11/19, 11 am: New Disciples Fellowship

11/23, Church closes at 6 pm. No BS Classes.

11/24–26: Church closed—Thanksgiving Day

11/30, 8:30 pm, Called Church Meeting



Carry Your Own Load

Bear one another's burdens, and so fulfill the law of Christ. For if any one thinks he is something, when he is nothing, he deceives himself. But let each one test his own work, and then his reason to boast will be in himself alone and not in his neighbor. For each man will have to bear his own load. Galatians 6:2-5. (RSV)

In addition to working at Union Baptist and my private practice, I am the director of outpatient services at Durham Center Access (DCA) - - the gateway to behavioral health, disability, and crisis services. I often call it the baby ER for mental illness, alcohol, and other drug addiction.

DCA is one of Durham's best-kept secrets. I know because usually when people need medication for mental illness or to deter from alcohol and/or drugs, their family members take them to the emergency room. For those family members who understand the purpose of DCA, I receive a different type of call. *"My husband, son, wife, daughter, brother, sister wants to, needs to, is ready to get some help."* My response is always the same - - *"If what you say is true, why am I talking to you instead of the person who wants, needs, or is ready to get help?"* I have surmised many children of God misinterpret this 'carry each other's burdens' scripture.

What does it mean to carry each other's burdens? To carry one's own load? Do you have a family member who drinks too much? Uses cocaine (yes, crack), heroin, or marijuana? Too many Percocet, Oxycontin, Klonopin, or Xanax prescriptions? Are you contributing to their habit by trying to rescue them, to 'carry their burdens'? Are you seeking help for them or are they seeking help for themselves? Are you paying their obligations? Allowing them to sleep on your couch? Live in your house? Drive your car? Eat your food?

Addiction is a burden for everyone in the family who must endure it including the addict. I have never met an addict who said, *"My goal in life was to be addicted to alcohol or drugs."* However, choosing to get clean and be sober is the addict's responsibility not yours. It takes much more than just stopping. If stopping was that easy, people's lives and families wouldn't be destroyed before the addict realized saying, *"I can stop on my own,"* is much easier than just 'doing it'.

So many family members believe they are honoring Paul's instructions to the Galatians by assisting their drug-

addicted family members. Lying for them. Bargaining with them. But if you are that family member, who carries your load by paying your obligations? Your mortgage or rent? Your car note? Who bought your couch? The food at your house? Paul suggests that each of us is responsible for carrying our own load. Having an alcohol and/or drug problem does not absolve the addict of personal responsibility. They must carry their own load.

You can help, though. You can seek help for yourself to better understand the addiction and recovery processes and how to best support the person in your family who seems unable to shake the crack pipe or stop drinking until they are falling down drunk or pass out.

The Ministry of Congregational Care and Counseling has licensed therapists who are available to help you cope (and to counsel your family member who seeks sobriety). Our services are confidential and free to the congregation. To schedule an appointment, call (919) 688-1304, extension 55. If you're carrying loads that belong to others, we hope to hear from you soon. Have a blessed month!

Anita Daniels

(continued from p. 1)

In case you need additional encouragement to increase your resolve to make use of the 87,840 minutes of 2011 you have left in 2011, consider these comments from various thinkers.

- Don't commit treason against your own life and purpose. (Tim Redmonds)
- What you picture in your mind, your mind will go to work to accomplish. When you change your picture, you automatically change your performance. (Zig Ziglar)
- Whatever your hand finds to do, do it with all your might. (Ecclesiastes 9:10)
- Having a powerful *why* will provide you with the necessary *how*. (John Mason)
- We don't need more strength or more ability or greater opportunity. What we need is to use what we have. (Basil Walsh)
- Failure's most successful strategy is procrastination . . . If you want to make an easy job seem difficult, just keep putting off doing it. (John Mason)
- Thus also faith by itself, if it does not have works, is dead. (James 2:17)

There's nothing magical about change. It just takes work and using your time wisely. You have 5,270,400 seconds from November 1 - December 31st to make a difference in your life. Are you going to wisely use or unwisely waste the time God has blessed you with? *Daphne C. Wiggins-Obie*

Until Jesus Comes

(from Parish Nurse Ministry)

It is November and once again it is National Family Caregivers month. Lately I have been thinking about the hidden caregivers among us – people who are taking care of family members and friends, some for short-term injuries and others for long-term chronic conditions. Are you one of these caregivers? Or do you know one of them?

I have also been thinking about hidden caregivers in the Bible. When Jesus came to pray for Peter's mother-in-law, she was healed and got up and served him. But how long was she ill and who took care of her while she was ill? What kind of help did she need? We know at least that she would have needed help with food preparation because she did not do that until she was healed. (Matthew 8:14-15).

What about Jairus' 12 year old daughter? Jesus came with Peter, John and James to pray for her. She must have been ill for a long time because scripture says she was dying. Did her parents have help taking care of her? What were her needs until she was healed and able to eat? (Luke 8:41, 42, 49-55. See also Mark 5:22ff, Matthew 9:18ff).

The Centurion came to Jesus requesting help for his servant who was paralyzed and in terrible distress. A paralyzed person would have had tremendous caregiving needs. Who was providing this help? Or was anyone helping? Maybe that's why he was in such distress. But Jesus promised that he would be healed and he was at that very moment. (Matthew 8:5-9, 13).

Scripture records many other heal-

ings by Jesus, but not every ill person of that day was healed. It is the same today. Some of the friends and family members we care for will recover. Some of them will attribute their recovery to natural means through modern medicine. Others will testify that it was Jesus who healed them. Still others will persevere through their illnesses, knowing that the Lord is with them no matter what happens.

It is this latter group of people who especially need faithful caregivers who will commit to caring for them for the long term. Can you imagine working full-time and then rushing home to care for a loved one every evening and every weekend with no relief? It is situations like this that cause some caregivers to burn out and become ill themselves because of the heavy responsibilities of caregiving. This is where other members of the church body can come in and help share the load.

With the holidays approaching, our hidden family caregivers have all their usual responsibilities plus whatever extra shopping, planning, cooking and entertaining is needed. I am sure some of them are already feeling it is more than they can handle just thinking about it.

Jesus may come into the situation where you are a caregiver and, as with Peter's mother-in-law, provide a healing that also ends your caregiving role. Or your caregiving may end when Jesus comes to take your loved one home. But until Jesus comes... how will you persevere in your caregiving? Will others of you find someone in need and provide that extra pair of helping hands? What will you do ...until Jesus comes?

P.S. Rosalyn Carter said, "There are only four kinds of people in the world – those who have been caregivers,

those who are currently caregivers, those who will be caregivers and those who will need caregivers". (Source: www.thefamilycaregiver.org/who_are_family_caregivers/)

If you are in one of these four categories and would like to either give or receive caregiving help, please contact Minister Rana Davis at 943-6604 to learn more about the UBC Support Team Ministry and how you can become involved. For additional information on caregiving, the National Family Caregivers Association is a great resource. Call 1-800-896-3650 or go to www.thefamilycaregiver.org. And, of course, I am happy to talk with any of you about caregiving matters as well. We have so many hidden caregivers at UBC and I would like to see all of you receive more support. Thank you for reading and thank you for caring.

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

EXERCISE/HEALTH OPTIONS

Zumba

Mondays , 7-8 pm
Global Schools Gym

Walk Duke Forest

Tuesday /Thursday /Saturday
6:30 am
Meet at Washington Duke Hotel
Parking Lot

TOPS Weight Loss Group

Wednesdays
Weigh in—5:30 pm
Group 6-7 pm
UBC Winnie Neal room

Crunch Fitness Class

Fridays, 6-7 pm
UBC Fellowship Hall

UBC MINISTRY UPDATES

- ◆ **Angel Tree Ministry** will start disbursing this years' "angels" on Sunday, November 20th after morning services. Gifts should cost no more than \$25 and be returned wrapped with the Angel on the outside.
- ◆ **Budgets are Due:** If you have not turned in your 2012 Ministry Budget request it was due October 31. Please submit to Eloise Edwards now. You can also email it to her at eedwards@unionbaptist-durham.org.
- ◆ **Christian Education Survey** will be available in November. Please take time to complete it and return to the church office by Thanksgiving We need your feedback on our Bible study offerings.
- ◆ **Christian Education Wax Museum:** still needs volunteers and assistants for our December 14th program. Contact Superintendent Rosa Williams if you have concerns.
- ◆ **Economic Ministry and Parish Nurse** are teaming up to sponsor the "Smart Spending Workshop" November 12, 10 am—1 pm at UBC. Cost is \$15 a person. Registration forms are in the Information Center. You can also register through www.unionbaptist-durham.org. Advance registration is required.
- ◆ **New Disciples Fellowship:** The last orientation session for all new members will be held November 19th at 11 am. All persons new to UBC are invited to attend. All ministries should have a representative present to greet our new disciples and talk about your ministry.
- ◆ **Senior Fashion Show:** Tickets are only \$5 to enjoy an evening of fashion, fellowship, fun and food. Come watch our 50+ models strut their stuff. Tickets available from members of the Senior Ministry or Sundays in the Information Center.

PREACHING SCHEDULE

**Seasons at Southpoint
Assisted Living Center
Sundays, 2 pm**

11/06: Rev. Grover Hall
11/13: Rev. Alice Evans
11/20: Rev. Kem Gilmore
11/27: Rev. Kevin Thomas

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

11/20: Min. Sharon Edwards

**UBC Family Night Worship
Wednesdays @ 7 pm**

11/02: Rev. Anita Hammond
11/09: Min. April Mack
11/16: Min. Carl Coston
11/23: no service
11/30: Min. Barbara Edwards

COMMUNITY INTEREST

October 30 & Nov 6: GLOBAL SCHOLARS ACADEMY PTSA Annual Fruit Sale: Several varieties of fruit boxes are available to choose from. Order will be taken before & after 9:30 & 11:15 am services on Oct. 30 & Nov. 6 IN FRONT OF THE SCHOOL. If these times do not work for your schedule, then please stop by the school to place your order at the front desk during school hours. Fruit will be delivered in time for Christmas. Payment required with order, make checks payable to Global Scholars Academy PTSA. Order Deadline will be Sun. Nov. 6th

COMMUNITY INTEREST

November 1, 3-4 pm: Public Information Session on Medicare Part D at Durham Senior Center, 406 Rigsbee Avenue. Sponsored by Senior Pharm Assist. Direct questions to 688-4772.

November 4 -6: Hillside High School presents the Musical "The Wiz", Friday Nov 4th - Sunday November 6th. Shows are at 7:15 pm on Friday and Saturday; 3:15 pm on Saturday and Sunday. Tickets are \$15 in advance. See Lindsey Parker or Judy Parker for tickets. 599-9088, 599-8943.

Nov. 5, 9 —11:30 am: Free Heart Healthy cooking Demonstration at Co-operative Extension, 721 Foster Street.. For adults and youth over 15. Registration deadline is November 2nd.

Nov. 8, 11:30 am—1 pm: Lunch & Learn Series. "How Congregations can Reduce Holiday Stress for Families with Young Children" The session will be held at Duke Memorial United Methodist Church(504 W Chapel Hill Street) in the Soul Cafe. Bring your lunch. Beverages provided. Registration is encouraged. Contact Winnie Morgan, 732-1524 or (winniewmorgan@juno.com), Early Childhood Faith Initiative Coordinator for Durham's Partnership for Children. This session is free, open to the public & sponsored by Durham's Partnership for Children and End Poverty Durham.

Nov 19, 12:30– 4 pm: The Orange Grove MBC Singles Ministry is holding a forum. The speakers are Pastor Robert Mason, Greater Love Worship Center, Ms. Nichole Johnson, OGMBC; Min. Lanita Wilks of Elevation Baptist Church; Min. of Music Korwind Stokes of OGMBC. The administrative office is 596-8088 if you have further questions. There is a flyer about the event on the church bulletin board in the information center.