



“Special Women’s Edition”

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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A Message From Our First Lady

BIBLE MEMORY VERSE (s)

Trust in the
LORD with all
your heart,

And lean not on
your own under-
standing;

In all your ways
acknowledge
Him,

And He shall di-
rect your paths.

Proverbs 3:5-6
NKJV

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Speaking to the Israelites upon their arrival in the promised land, Joshua cautioned them not to forget the commandments and laws that had been given to them under Moses. Those commandments were “to love the Lord your God, walk in all His ways, to obey His commands, to hold fast to Him and to serve Him with all your heart and all your soul” (Joshua 22:5).

Joshua’s words serve as a reminder of what God expected of the people whom He had freed from bondage and brought to the promised land. More importantly, they offer a roadmap, a guide and a formula for how the Israelites should govern themselves as they prepared to live and prosper in the land of promise.

At the heart of Joshua’s powerful message lies the simple, yet profound message conveyed in our 2011 UBC Women’s Day Theme, “Anchored, Committed and Loving God.” Joshua’s words call our attention to the ways in which living in the promises of God requires a set of actions. It

requires that we anchor ourselves in Him by aligning ourselves with His ways, obeying Him by serving Him and clinging to Him in times of trouble. It requires that we commit ourselves to Him by serving Him with all that we have to give. But most importantly, living in the promises of God requires that we develop an intimate and personal love affair with God.

So, as we dwell on this year’s Women’s Day theme and search for ways to apply its meaning to our own lives, we should be reminded that living in our land of promise comes with expectations. So whether it be a new job, a better relationship, health or simply peace in the middle of a storm, God’s promises are real and like Joshua reminded the Israelites, remember that in order to live out all that God has promised us, He is calling us to be *anchored, committed and in a loving relationship with Him.*

Mrs. Evelyn P. Hammond

OCTOBER AT A GLANCE

10/3, 6:30 pm: Women’s Bible study by Rev. Hammond (5 weeks)

10/5, 5 am: Sunrise Prayer and Praise and Family Prayer Day

10/5, 7 pm: UBC at Watts Chapel (Raleigh)

10/5, 7 pm: Family Worship and Bible Study Classes

10/6, 7 pm: Church Council Meeting

10/10, 7:30 pm: Focus on Fasting Forum by Min. Bernadette Cooper

10/14, 7 pm: UBC at Yanceyville Baptist Church

10/15, 9 am: Women’s Breakfast (off site), \$20 ticket

10/16, all services Women’s Day

10/16, 5 pm: 100 Men in Black Concern at UBC

10/19, 7 pm: UBC at Mt. Gilead Baptist Church. Family Night Worship and Bible Studies will still be held.

10/21, 7 pm: Family Prayer Night.

10/22, 9 am– 12 noon: Legal Clinic sponsored by Economic Ministry

10/22, 10 am–12 noon: Wills and Estate Planning sponsored by Economic Ministry

10/22, 4 pm: Senior Ball (off site), \$15 ticket.

10/28, 6 pm: Hallelujah Fest, .



Spotlight on Women

“What’s Your Worth?”

By Dr. Tonya D. Armstrong

“What’s your worth?” Although frequently unspoken, this pressing question is constantly being calculated and recalculated in the private recesses of our minds. Perhaps the most obvious version of this question appears in the financial world, where we are taught how to figure our financial “net worth” by subtracting our liabilities from our assets. However, there are more subtle ways by which we size ourselves and others up. Consider the various yardsticks by which we as women measure worth:

- Beauty
- Physical stature
- Material possessions, especially where we live and what we drive
- Educational attainments
- Workplace and job titles
- How much of a man we (seem to) have

In the course of a typical week, I counsel many women from all walks of life. As diverse as we appear to be on the surface, I notice that there is often an underlying similarity: We question our worth. Sometimes this nagging sense of worthlessness comes directly from people in our lives. Perhaps we’ve been told by so-called friends or even family members that we don’t measure up. Maybe the absence of a father, abandonment by a mother, or rejection by a lover has convinced us of our worthlessness. Or it may be the case that contrary to the insistence of our fondest supporters, we can only focus on the flaws that keep us in a place of stagnancy. In our anxious attempts to change our perceived condition, we often go to great lengths to display our “worth” externally. We spend precious time, money, and energy chasing after “fixes” that have little or nothing to do with who God truly created us to be. For example, if you saw the documentary “Good Hair” (produced in 2009 by Chris Rock), you may recall women who compromised rent and mortgage payments, let alone other necessities, to ensure that they could pay to have someone’s else hair weaved into their own God-given hair. What does this say to God? What does this say about our desperation for worth?

In an age of false glitter and fake personas, the truth still stands: God views us with infinite value! God tells us, “You are the apple of my eye (Zechariah 2:8).” Who better than our Creator knows about our own worth? When we were created, God looked at all of creation and rightly boasted, “It is very good (Genesis 1:31).” Even after the Fall, which threatened eternal separation from our Maker, God’s perfect plan of redemption through our acceptance of Jesus Christ as our Lord and Savior restores and justifies our worth.

Sometimes our biggest barrier is hanging on persistently to a distorted view of self. As we approach our 2011 Women’s Day, why not shift your persistence toward a positive direction? The staff members of the MCCC are available to assist you in recognizing your God-given self-worth. Additionally, our services are available at no cost to our disciples. (Visit us at www.ubcdurham.org/congcare for more details.) Why not call us today? Contact our office at (919) 688-1304, ext. 55.

SPECIAL WOMEN'S MONTH ACTIVITIES

- October 1-16, Women's "Count Down to Women's Day" Calendar (available at the front and rear of the church. Also sent via email.
- October 10, 7:30-8:30 pm: "Focus on Fasting" Forum, led by Min. Bernadette Cooper.
- October 4, 11 and 13, rehearsals for the Women's Day Choir will be held t 6:30 pm. All women of UBC are invited to participate.
- October 12-14, Fast and pray with other women of UBC from 8 am—6 p.m. Pray for spiritual breakthroughs, UBC ministries, Rev. Hammond and our First Family, and the stirring up of spiritual gifts in women's lives.
- October 15, 9 am. Women's Breakfast, at Duke Searle Center, \$20,
- October 16, Women' Day, all services. Wear black and taupe as a sign of sisterhood and unity.

***"Charm is deceitful, and beauty is fleeting, but a woman who fears the Lord she shall be raised."** (Proverbs 31:30, NIV)*

On our 2010 Women's Day we honored survivors of breast cancer. Two of the women who were honored on that day, have gone to be with the Lord. We remember them and their struggle against this disease.

**In Loving Memory of
Valerie Joseph, Johnnie Cameron
And other women who lost the battle against breast cancer.**

WALKING FOR A GOOD CAUSE

Dr. Wiggins-Obie is walking a marathon (26 miles) on October 22-23 in Charlotte, NC as part of the Avon Breast Cancer Walk. She can still use sponsors. If you would like to donate, contact her or go to www.avonwalk.org click on "donate now" and type "Daphne Wiggins" to make a contribution.

HELP STOP DOMESTIC VIOLENCE

Violence does not hurt only the person who has experienced it. It hurts the whole community. Here are some ways you can work to help end violence against women.

- **Call the police** if you see or hear evidence of domestic violence.
- **Support a friend or family member** who may be in an abusive relationship.
- **Volunteer** at a local domestic violence shelter or other organization that helps survivors or works to prevent violence.
- **Raise children to respect others.** Teach children to treat others as they would like to be treated.
- **Lead by example.** Work to create a culture that rejects violence as a way to deal with problems. Speak up against messages that say violence or mistreating women is okay.
- **Become an activist.** Participate in an anti-violence event like a local Take Back the Night march. Tell your congressional representatives that you want them to support domestic violence services and violence prevention programs.
- **Volunteer in youth programs.** Become a mentor. Get involved in programs that teach young people to solve problems without violence. Get involved with programs that teach teens about healthy relationships.
- **Ask about anti-violence policies and programs at work and school.** At work, ask about policies that deal with sexual harassment, for example. On campus, ask about services to escort students to dorms safely at night and other safety measures. Source: www.womenshealth.gov

<p>Zumba Mondays 7— 8 pm Global Scholars Academy Gym</p>	<p>Walk with Rev. Hammond @ Duke Forest (enter at Washington Duke Hotel) Tuesdays & Saturdays, 6 am</p>	<p>TOPS Weight Loss Group (Taking Off Pounds Sensibly) Wednesday 6-7 pm Fitness Room</p>	<p>Crunch Fitness Class Fridays 5:30 - 6:30 pm UBC Fellowship Hall</p> <p>Weigh Down Weights 4th Sundays after services</p>
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UBC MINISTRY UPDATES

- ◆ **Budgets are Due:** Ministry leaders please check your mail boxes for the forms to submit your requests for 2012. They are due by October 31 to Eloise Edwards.
- ◆ **Christian Education Ministry** will be doing the "Wax Museum" for our Christmas program on Dec. 14th. We need a lot of volunteers. Look in the bulletins for announcement of meetings and rehearsals. Persons of all ages are needed. Contact Superintendent Rosa Williams if you have concerns.
- ◆ **Church Council Meeting:** The last one of the year will be held October 6, 7 pm. All ministries should have a representative present. This is your final opportunity to present a fundraising request to the church for 2011.
- ◆ **Couples Ministry** is sponsoring a "Family Life Ministry Weekend", October 14-16 at the Durham Sheraton Imperial for \$159/couple. You can register at www.familylifef.com/groups/ubccouplesministry.
- ◆ **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/person. There are registration forms around the church or you can register through www.unionbaptist-durham.org. Advance registration is required.
- ◆ **Family Prayer Day:** Every 1st Wednesday, families are asked to have a dedicated time of prayer then call the church (688-1304, ext 36) and leave the name of the family that prayed together.
- ◆ **Hallelujah Party 2011:** For all our youth, toddlers to teens, we invite you to this fall festival of fun. Event will be held at GSA gymnasium, 6-9 pm.
- ◆ **JWE Social Justice Ministry** will be providing rides to the polls on October 11 and November 5th. You can contact Sis. Alice Mitchell at the Youth Ministry House, 688-7900, those days if you need transportation.
- ◆ **Seniors Ball 2011:** Still has tickets available for purchase (\$15) after Sunday services. It will be held at the Family Life and Recreation Center at Lyon Park, October 22 at 4 pm.
- ◆ **Soul Patrol** will now meet on Saturdays at 10 am. Also they will be evangelizing in Wellons Village on October 8th, 10 am.
- ◆ **Wills/Estate Planning Workshop:** Saturday, October 22, 2011, 10:00 am to 12:00 noon. Attorney Syrian Williams of the C W Law Group will facilitate the workshop. Pre-registration is requested. Contact ubceconomicministry@gmail.com or (919) 698-9205 to reserve your seat.
- ◆ **Women's Breakfast:** Last chance for tickets is October 2nd for this year's breakfast. You can purchase a ticket at the Dowd Street entrance. \$20.

Seasons at Southpoint Assisted Living Center, Sundays, 2 pm

10/2: Min. Tonetta Killens-Worth
 10/9: TBD
 10/16: Rev. Rana Davis
 10/23: Rev. Patricia King
 10/31: Min. Robin Key Banks

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

10/16: Min. Bernadette Cooper

Family Night Worship

10/5: Min. Cecil Fields
 10/12: Rev. Kem Gilmore
 10/19: Min. Phyllis McGee
 10/26: Min. Sharon Edwards

COMMUNITY INTEREST

DURHAM CAN ASSEMBLY: Nehemiah Christian Center, October 6, 7 pm. A night to meet the candidates running for office and hear their responses to the initiatives developed by the Community and Durham CAN affiliates.

DURHAM PUBLIC SCHOOLS is having an organizing meeting for parents, churches and communities to help organize support groups/patrols for our schools. October 20, 6:30 pm at Northeast Baptist Church, 3204 Hwy 55. Contact Margaret Watson or Lisa Squires at pcc_dps@yahoo.com for more information.

BULL CITY OPEN STREETS is **Sunday, October 9** from 1- 4 pm. You and your family are invited to the open streets of downtown Durham to BIKE, WALK, SKATE, DANCE, and PLAY! Check out the Kids-zone, Food-zone, Bike-zone & Fitness-zone! Go to http://bullcityopenstreets.com/?page_id=115 for flyer and map.

FREE BREAST HEALTH WORKSHOP AND SPA DAY is **Friday, October 14** from 9 am to 2 pm at Lincoln Community Health Center, 1301 Fayetteville St., Durham, NC 27707. For more information contact LaSonya Little, RN, MSN (former UBC intern) at 919-956-4029 or Brenda Henry, BS at 919-956-4180.

FREE KIDNEY SCREENING on **Saturday, October 15**, 10:30 am to 3 pm at the Holton Career and Resource Center, 401 North Driver Street, Durham. The Kidney Early Evaluation Program (KEEP) is offering this free screening program designed for individuals at highest risk for kidney disease. High risk individuals include those with diabetes, hypertension and/or who have immediate family members with hypertension, diabetes or kidney disease. For more information contact Henry Well at 803-799-3870 or Andrea Sharper, 800-633-2339