



“A House of Prayer”

THE UBC WORD

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

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www.ubedurham.org

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A RESTING PLACE

BIBLE MEMORY VERSE (s)

Matthew 11:28-30

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

When we think of rest we find ourselves in a complete state of relaxation. After a long day of work, school, or any activity that leaves you mentally or physically exhausted you look forward to an evening of rest. Propping up your feet, sitting on the porch in silence, having a cup of tea or a glass of lemonade, or just lying in bed and dosing off into a deep sleep is what most of us consider rest. Webster defines rest as freedom from work or activity. It states that it is a place of shelter or lodging. The Bible also gives us a definition of rest. It tells us that rest is relief from a burden. When comparing the definition from Webster and the biblical one, I wonder if these two are the same.

Rest can mean different things to each of us depending on our circumstances. For me rest is “just being”. I look at rest as refraining from anything that will stir up the use of any energy. It is a dimension that allows for a greater trust in God. “Trust in the LORD with all thine heart; and lean not unto thine own understanding” (Proverbs 3:5.)

The scriptures tell us that true rest is found in “JESUS”. Psalm 37:7 tells us to “rest in the Lord, and wait patiently for Him”. But how many of us are satisfied with this truth? Do we truly relax in his presence? Why do we wear ourselves out with worry and other obstacles before we yearn for true rest. With Jesus we don’t have to experience this unnecessary

strife or stress.

Several weeks ago, on an extremely hot day in Durham, North Carolina, I was driving toward home and I saw something that caught my attention and I stopped and just stared. There were three young boys outside in the front yard taking turns drinking from the water hose. I felt a calming, resting, and relaxing spirit come over me just watching them. It took me back to my childhood days in Huntsville, Alabama when my friends and I did the same thing. The simple things from former days are still instructive today if we would just take time to observe them and let go of the misery of the day.

This is what’s so compelling about Jesus. He tells us to come to him for rest. Jesus tells us in Mathew 11:28-30, “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.”

We can have rest from our burdens, rest from life’s troubling experiences and rest from our own messes. If we would just accept his gracious offer and learn of Him, we’d know God’s yoke is easy and God’s burdens are light. In this life you will have trials and tribulations; but Jesus is there to bear them so that we can have rest. Jesus’ invitation is “COME UNTO ME”.

Too often, we feel that we have to be like the athlete and

run a daily marathon. When we finish we are so tired that we MUST rest. Why wait? We can rest now in Jesus while we run this Christian race.

So what can help you rest in Christ more? Resting in Jesus requires a relationship and true fellowship with him through a consistent prayer life and diligent studying of the Bible. This will help increase your faith and God will do great things in your life. Jesus’ end for us is filled with complete rest in him. Rest in and trust the promises described in God’s word. Allow Him to manifest His goodness in your life and provide you with a resting place.

By Gwendolyn Valentine

SEPTEMBER ACTIVITIES

- 9/7, 5 am:** Sunrise Prayer and Praise and Family Prayer Day
- 9/7, 7 pm:** Marcus Wiley Show, Doors open at 5:30 pm FREE.
- 9/12, 6:45 pm:** Men’s Bible Study Fellowship
- 9/14, 7 pm:** Family Worship and Bible Study Classes
- 9/16, 7pm:** The Amen Corner Production, Tickets \$15 in advance.
- 9/17, 11 am:** New Disciples Fellowship
- 9/17, 4 pm:** The Amen Corner Production (see above)
- 9/18, 3 pm:** UBC at Ilong Baptist Church for Rev. James Lawson 10th anniversary.
- 9/21, 9:30 am:** Sunday School Promotion Day.
- 9/25, all services:** Youth Sunday
- 9/26, 7 pm** Women of Spirit Forum

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“I am sorry”
 “I am sorry”

A message from the Ministry of Congregational Care and Counseling

One of the things I like about Pastor Hammond’s preaching and teaching style is he challenges us to look within instead of without. Jesus’ teaching and preaching style is the same. One of the first things He taught is repentance. In Matthew 4:17, He said, “*Repent, for the kingdom of heaven is near.*”

We are often encouraged to forgive one another but before Jesus instructed us to forgive, He instructed us to repent - - ***to take responsibility for and correct a wrong we committed against another person.*** Simply stated, apologize. And change!

Jesus instructed His disciples in Matthew 5: 23-24 to “*leave your gifts at the altar and first go to be reconciled with your brother; then come and offer your gift.*” Consider your own life. For what have you failed to apologize (repent)? Did you borrow money from anyone (including family) and fail to pay it back? Did you renege on a loan someone co-signed with you, leaving the person to pay the bill to avoid destroying his/her good credit? Have you betrayed a trust, had an affair, or become emotionally or physically involved with another while you were in a marriage or other committed relationship? Have you discovered you spread a disease for which there is currently no known cure? Do you have children for whom you provide no financial or emotional support? Are you physically or verbally abusive by making hurtful, derogatory statements, pushing, shoving, choking, or punching someone? Don’t you think you should apologize (repent)? And for Christ’s sake, do not try to justify your behavior by blaming the other person (or satan), for that would not be an apology; that would be an explanation!

Dr. Gary Chapman co-authored a book, *The Five Languages of Apology*. It is a title worthy of everyone’s book collection. He contends a sincere apology has these five components:

Expressing Regret – “*I am sorry.*”

Accepting Responsibility – “*I was wrong.*”

Making Restitution – “*What can I do to make it right?*”

Genuinely Repenting – “*I’ll try not to do that again*” (and mean it).

Requesting Forgiveness – “*Will you please forgive me?*”

As Christians, we usually focus more on forgiveness than repentance. And we consider the shortcomings of others before we consider our own. In Matthew 7:3-4 Jesus asked, “*How can you see the splinter in your brother’s eye when you have a log in your own eye?*” He also said, “*If your brother sins, rebuke him. And IF he repents, forgive him.*” (Luke 17:3b). Is it possible God won’t forgive us because we haven’t repented (apologized) for our deeds?

Are you having a difficult time reconciling with your brother or sister in (or out of) Christ? Are you ready to right a wrong? What makes your chest feel tight today can become a rewarding, healing experience for both parties.

The Ministry of Congregational Care and Counseling is available to assist you. Contact Tonya Armstrong, Ph.D., M.T.S., or Ava Hinton, MPA, MA, Counselor Intern or me, Anita Daniels, MSW, LCSW, at (919) 688-1083, extension 55. We would love to help you get started. Have a blessed month!

SIMPLE ABUNDANCE

Last Saturday I had the enjoyable and uplifting experience of attending the Joyce Meyer conference at the RBC Center with a number of UBC disciples. Joyce talked about how complicated our lives have become, but then questioned if that was really the case. She shared an incident from several years ago when she had been lamenting how busy and overwhelmed she felt from her hectic schedule. But who had made the schedule? She had! So she suggested that maybe it is our *approach* to life that is complicated, rather than life itself. She then made eight recommendations for simplifying our lives so that we can enjoy the abundant life promised in John 10:10. Here they are:

1. Make a decision to change your approach to life. Simplify the things that are frustrating you so that you can enjoy life more. Learn to say “no.” Forgive people and forgive yourself. (*Romans 12:2, Matthew 11:28*).
2. Stay focused on the main thing. Seek God first. Work your schedule around God rather than fitting Him into the schedule you already made. Be a Mary not a Martha. (*Psalm 27:4, Matthew 6:33, Luke 10:38-42*).
3. Do one thing at a time and enjoy it. Give full attention to the people you are with. Appreciate the grace you receive for each day. (*Ecclesiastes 2:24-25, Philippians 4:6*).
4. Learn to enjoy where you’re at on the way to where you’re going. Find your satisfaction in the Lord rather than in your circumstances. Enjoy each day for what it has to offer instead of walking around saying “I’ll be happy when....” (*Philippians 4:11, 12, Hebrews 13:5*).
5. Trust. Don’t frustrate yourself trying to figure out the things that God hasn’t given you the answers to. You can be content in not knowing because you know the One who does know. (*Proverbs 3:5-8, John 11:40*).
6. Let go of what lies behind. God will give you beauty for ashes. Be that new creation in Christ for whom old things have passed away. Your future has no place for your past, so stop rehashing it and move forward. (*Isaiah 61:3, 2 Corinthians 5:17, Lamentations 3:22-23, Philippians 3:13*).
7. Don’t make mountains out of molehills. Pick your battles wisely and know what really matters. Don’t give attention to things that are not worth your attention and sap your energy, especially being angry and aggravated. (*Nehemiah 8:10*).
8. Clean out the clutter. Get rid of complicated surroundings. Put, throw or give away things you do not need or enjoy. Your mess can be somebody else’s miracle.

How could these recommendations apply to your health? Here are a few ideas:

1. Develop a healthy breakfast that you like and eat the same thing every day.
2. Pray about your schedule and ask the Lord to help you to make physical activity an integral part of it.
3. Savor the taste, smell and texture of your food and enjoy every bite.
4. Rejoice in small victories along the way to your final goal
5. Trust that the Lord will help you achieve your goals because they are in line with scripture, such as caring for your body as the temple of the Holy Spirit.
6. Don’t dwell on past failures at changing your diet or starting an exercise program. Take each new day as a new opportunity to succeed.
7. If your family or close friends do not want to make changes, just concentrate on the changes that will be good for you. They may be interested later on when they see your success.
8. Clear all the junk food from the house and bring in some healthy snacks.

As I drove home, I was still thinking about how to simplify my life. When I got to my driveway, I stopped at the mailbox where I received not a divine email but a divine *snail* mail! I opened the mailbox, pulled out the mail, and there was a “**command**” printed right on the front of my AT&T phone bill: ***Simplify your life.*** Wow! I guess I really better do it! How about you? For more information or to share a health testimony, contact Janet Morton, Parish Nurse, at 688-1304 ext 24.

EXERCISE & HEALTH OPPORTUNITIES

<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 Thursdays, 6 pm</p>	<p>Crunch Fitness Class Fridays 5:30 - 6:30 pm UBC Fellowship Hall</p>	<p>Weigh Down Weights 4th Sundays after services Weight support Group Wednesday 6-7 pm Fitness Room</p>
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UBC MINISTRY UPDATES

- ◆ **AMEN CORNER:** Tickets are still available for this play. Don't wait till the last minute.
- ◆ **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.familylife.com/groups/ubccouplesministry.
- ◆ **CPR Training:** The nursery ministry will be holding a training for its volunteers. If another ministry wants to have people trained as well, please contact Michael Grissom at nykko@nc.rr.com. This will be a Saturday training (6 hrs) and costs \$35/person.
- ◆ **Crunch Fitness:** Starts a new series of classes on September 10, 5:30 pm. New members welcome. Contact Janet Morton if you have questions 688-1304, ext 29.
- ◆ **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 our website, 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.
- ◆ **Ministry of Congregational Care** (MCCC) is gearing up to provide a grief support group. Beginning this month, they will sponsor a six-week facilitators' training course. If you are interested in learning more about becoming a facilitator for or a participant in a UBC grief support group, please contact Dr. Armstrong at tarmstrong@unionbaptist-durham.org or 688-1304, ext. 55.
- ◆ **New Disciples Fellowship:** is coming on September 17, 11 am. All ministries should have a representative present and all new members are encouraged to attend.

- ◆ **Seniors Ball 2011:** will be held at the Family Life and Recreation Center at Lyon Park, October 22 at 4 pm. Tickets are \$15 and can be purchased on Sundays after services or from a member of the Samaritan Men's Ministry.
- ◆ **Sunday School Promotion Month:** For the month of September there is a healthy "competition", between SS classes to see who can recruit the most first time visitors to their class. There's a nice surprise for the winning class in October. So get an invite card from your teacher and help us spread the good word about our great Sunday School.
- ◆ **Women's Breakfast:** Tickets are now on sale for the October 15th breakfast at the rear of the church or from a member of Women of Spirit Ministry. Rev. Patricia Pettiford is the guest preacher. Cost: \$20.
- ◆ **WOS Forum:** September 26, 7:00 pm. Look for posters announcing the topic and facilitators.
- ◆ **Young Adult Missionaries** are conducting a drive to sponsor 3 classrooms at Global Scholars Academy. Boxes with the list of items needed will be at the Dowd street entrance or Information Center, Sept. 18-October 2. Everyone may participate.

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

- 9/04/11: Min. Phyllis McGhee
- 9/11/11: Min Harry Lawson
- 9/18/11: Rev. Patricia Castle
- 9/25/11: Min. Angela Hopkins

Hill Haven- Pettigrew Nursing Home

3rd Sundays, 1:30 pm

- September 18: Min. Charles Scales

Family Night Worship

- 9/07/11 – no service
- 9/14/11 – Min. Bernadette Cooper
- 9/21/11 – Rev. Roy Fleming
- 9/28/11 – Min. Olivia Hughes

COMMUNITY INTEREST

CASH CROP, an installation of sculptures about the Middle Passage by Stephen Hayes is on display through Oct. 11th at NCCU Art Museum (580 E. Lawson Street, Durham, NC). Stephen created 15 life size models of slaves as symbolic representations of the 15 million Africans imported to the New World from 1540 to 1850. Stephen Hayes graduated from NCCU in 2006 and earned a Master of Fine Arts from the Savannah College of Art & Design in Atlanta, in 2010. Stephen is the son of one of our members, Sis. Lender Green.

FAITH INSTITUTE ON HOMELESSNESS will be held September 8-9. To learn more about advocacy and resources for the homeless you are invited to attend. UBC is the host site for sessions on Friday, September 9th. Cost is \$15. There are brochures at the front and rear of the church.

CROWNS PRODUCTION, a musical (in association with EuToms Productions, LLC) featuring a Broadway star-studded cast, tells the stories of six African-American women through the hats they wear to church. The musical is based on the book, *Crowns: A Portrait of Black Women in Hats*, by Michael Cunningham and Craig Marberry, Saturday, October 1, Hillside High School, Show times: 3 & 7 p.m. Tickets: \$25 in advance - \$30 at the door. Contact: Enid Smith at enidsuton@earthlink.net or 381-9405. Sponsored by the Durham (NC) Chapter, The Links, Incorporated.

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

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