

"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

919-688-1304

Rev. Kenneth R. Hammond, Senior Pastor

www.ubedurham.org

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How do I love thee?

"How do I love thee? Let me count the ways." We've all heard this poetic line at some time in our lives. It suggests that we can articulate a host of things that endear us to the person. Looking at it from another angle, it implies a person can identify ways they can show another the depth of their love.

Maybe you do alright in showing your spouse/partner love? But how do we do really measure up when we consider what the Bible has told us about showing love? It doesn't ask us to say how we love someone else, but to show that we love someone beyond yourself. We encounter the idea of "love in action" in passages about visiting the sick and those in prison. (Mt. 25:31-40). We see this idea in feeding the hungry, and taking care of widows and orphans. (James 1:27) We encounter this idea when we hear cries to stop injustice, and to correct someone who is going down the wrong path.

We can learn "how to love" from Romans 13: 8-10. which admonishes us to be sincere, not conceited, to be able to love people of lower social class than ourselves,

practice hospitality towards each other.

We can learn about love from I Corinthians 13. This chapter speaks of love as not being puffed up, not doing harm to others and wanting good for someone else. It tells us love protects, trusts, doesn't keep a record of wrongs and is not easily angered. Love is unfailing in other words. Spiritual gifts will cease but love outlasts them all (I Cor. 13: 4-13).

So as you ponder about what you're going to do to show that special person you love him/her, can you take a few minutes to evaluate how you're showing love? Do you show it by respecting those in authority over you? Do you show it by considering what will make someone else happy, even when they're not expecting a thing? Do you show it by doing what was asked last week before you have to be reminded of it this week? Do you show it by telling a church member, "I'm sorry for the breach between us? Do you show it by assisting someone who needs financial help requiring they jump through hoops?

Often times it's the little things that create strong feelings of love between peo-

ple. When we haven't been loving all year long, but then use Valentine's Day as if it's a "peace offering" day, I don't think God is pleased. Certainly you know that giving presents on February 14th doesn't correct a year of not showing love. The Bible says if you're coming to give God an offering and have an ought against your someone go and clear that up first then bring the offering. Don't wait until someone forces you into reconciliation.

No one is perfect in this "love" area, but we can always look to the word to help us improve how we love. Scripture will remind us that God loved us when we didn't know we needed him; God loved us when we pledged faithfulness but weren't and faithful and still God shows us love by giving us a new day even when we don't stop to thank him for it.

I don't know what you're going to do in this "love month" but why not add Go to your Valentine's list. Show God you love him by giving someone a hand up. Remember Jesus said "whatever you did for the least of these brothers of mine, you did for me. (Mt. 25:40).

BIBLE MEMORY VERSE (s)

"This is my command: Love each other as I have loved you. The greatest love a person can show is to die for his friends. You are my friends if you do what I command you. . . You did not choose me; I chose you. And I gave you this work: to go and produce fruit, fruit that will last. Then the Father will give you anything you ask for in my name. (New Century Version, John 15:12-14, 16)

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A message from the Congregational Care and Counseling Ministry

Spotlight on Rebounding from Sin

Have you ever seen a child in trouble? Maybe Taylor broke one of the family's favorite lamps, or received a subpar progress report, or got caught texting after bedtime. Perhaps Jordan got caught in a lie or missed recess for disrespecting the teacher. Whatever happened, it's quite likely that the child's immediate reaction was to cover the face out of **shame**, or to hide. Those gestures reflect primitive, innate responses of children and adults alike throughout the ages. We can even see similar behavior in the Garden of Eden as Adam and Eve committed what is known as the Fall or Original Sin: After eating the apple and seeing their nakedness, Adam and Eve sought to cover themselves with fig leaves and hide as they heard God approaching. Their sin was displayed both in the act of disobediently eating from the tree of the knowledge of good and evil, and in revealing the sinful nature, that is, moral and spiritual brokenness that would be inherited by every human.

We all still hide at times. Sometimes we are misaligned for a few moments until the Holy Spirit pricks our consciences. Sometimes we step further and further away from God and experience brokenness that lasts for years or even decades. Negative patterns of thinking and behaving become deeply entrenched habits that leave us hiding or covering our faces in more and more shame. As Pastor Hammond has led us through a truly compelling sermon series on sin, one point has become increasingly clear: **Sin separates us from God**. When we remain in sin, we disconnect ourselves from the very Source of grace, peace, and every good and perfect gift. Life becomes meaningless and hopeless when we are estranged from our Creator, the One without whom nothing is possible. But when we confess our sins, God is faithful and just to forgive us our sins and to cleanse us of all unrighteousness (1 John 1:9, KJV). Thus, forgiveness restores us to right relationship with God and enables us to rebound from sin.

For many, rebounding from sin sounds great, but begs the question, "How do we do it?" From psychological and spiritual vantage points, I would suggest that there are three major steps to rebounding from sin. If we look more closely at the Biblical witness, we can recognize that the concept of repentance is key to re-establishing a right relationship with God. The term "repent" appears 78 times in the New International Version of the Bible, and 24 times in the Old Testament alone. (In other words, God has extended to us throughout history the power to repent of our sins.) In the New Testament, the term "repentance" reflects the Greek word *metanoia*, which means "to change one's mind." So the first step in rebounding from sin means changing our minds to agree with rather than rebel against God, who in turn empowers us to turn away from our sin. "**Repent**, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord..." (Acts 3:19, NIV) Second, as John admonished the church at Ephesus, we must return to our first love (Revelation 2:5, KJV); that is, we must cherish God in tangible ways. Corporate worship, prayer, and fasting are but a few of the **spiritual disciplines** that draw us closer to God.

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COMMUNITY INTEREST ITEMS

- ◆ February 12, 10 am–12 pm . Breast Cancer survivors are invited to the Triangle Sisters Network Triangle Forum "For Women After Breast Cancer, to be held at Radisson Hotel RTP, 150 Park Drive, RTP< 27709. Cost is \$25 and includes lunch. Features presenter is Dr. Carey Anders, Asst. Professor of UNC Lineberger Cancer Center. To reserve a seat or more information contact sisterstriangle@aol.com or (919-490-1571.
- ◆ February 7-13th, Women Without Tears Conference, at Greater Joy International Ministries. Services 7 pm nightly 7-9th Other activities Sat and Sunday. Invited guests: Lucinda Moore, Bishop Millicent Hunter and others.
- ◆ March 2, 9 am– 3 pm. FREE Mammograms for African American women, age 40 and over who are underserved, uninsured, or underinsured, or have a history of breast cancer in their family. Location is the Phoenix Square Parking Area, 800 block on Fayetteville Street, Durham. Call 919-470-8680 for an appointment. Don't wait. Sponsored by the Community Health Coalition, Inc. and Rex Hospitable Mobile Mammography Unit.

BODY & SOUL CONNECTION: A Tale of Two People

Last Month, I wrote about “A Tale of Two Cities.” This month it is “A Tale of Two People.”

BEBE is an active and engaged senior. She lives alone and cares for her own daily needs, such as personal care, cooking, cleaning, etc. She does need help with transportation, though, as she doesn’t drive. She is active in church, attending Sunday services and Wednesday Bible study. She is also active in several church ministries, most recently visiting shut-ins and reaching out to other people with similar life experiences. She is passionate about preventive health care and does not hesitate to exhort others to get their recommended screening tests such as mammograms. She has been helping to settle the affairs of a dear friend who died recently, but does not dwell on the past. She is always talking about future plans and ideas. She has many friends and relatives who she cares about and keeps up with, particularly people who need a word of encouragement.

LINA is a senior in declining health. She has several chronic illnesses, which affect multiple organ systems from head to toe. She has limited vision, deals with chronic pain, and has some difficulty walking. Keeping up with doctors’ appointments is an ongoing task. She has been given bad news recently, as her doctor told her there are no more treatments available for her condition. She hasn’t told very many people, but has quietly worked to get her affairs in order, including discussing funeral plans with her pastor.

Actually, this isn’t “A Tale of Two People.” It is a tale of one person: Bebe, the outward life, and Lina, the hidden life. A dear saint in our congregation died this past week, having lived her life fully to the end. Few people knew her health was failing, because she didn’t talk about it or dwell on it. She visited shut-ins though she could have been a shut-in herself. She cared for the affairs of her friend who died, though she was dying herself. She was always looking forward to and planning for the future even when her own future was coming to an end. Some of us have trouble staying active and engaged when we are in relatively good health. Here was someone dealing with serious health limitations who kept on reaching out and ministering to others until the last few days of her life.

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EVENTS TO SUPPORT (in person or by prayer)

Feb. 2 , 5 am: Sunrise Prayer and Praise.

Feb. 6, 5 pm: Super bowl Sunday Party

Feb. 11, 6 pm. Couples Valentine’s Café. Tickets \$10/ advance purchase required

Feb. 13, 3 pm: Durham County Ushers Union hosted by our Youth Missionaries.

Feb. 17, 7 pm: Church Council Meeting. All ministries should have a representative present.

Feb. 24, 6:30 pm: Black History Month Program. Recitations, poetry and exciting Black History “Jeopardy” Bowl

Feb. 25, 6 pm: Women’s Movie Night Out. Movie to be announced on posters. Open to the public.

Feb. 27, 4 pm: MLK program sponsored by the UBC John W. Edwards Social Justice Ministry. (see ministry updates)

Service @ Hillhaven- Pettigrew Nursing Home. 3rd Sundays at 3 pm

Feb. 20: Rev. Grover Hall

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

Feb. 6: Min. Vincent Griffin

Feb. 13: Rev. Sheila Sholes-Ross

Feb. 20: Min. Phyllis McGee

Feb. 27: Min. Robin Kee-Banks

Family Night Worship Schedule Wednesdays, 7 pm

Feb. 2: Min. Tonetta Killens-Worth

Feb. 9: Rev. Sheila Sholes-Ross

Feb. 16: Min. Vincent Griffin

Feb. 23: Rev. Patricia King

Spotlight on Rebounding from Sin

(continued from p. 2)

Third, we need to be in regular relationship with trusted godly persons who can hold us **accountable**. Sunday School classes, Bible study groups, and other small gatherings can help us learn how to live out daily a life that both pleases God and grants us sweet fellowship with God.

To be sure, change can be slow, but transformation is promised as we renew our minds (Romans 12:2, NIV). For example, the substance abuse literature teaches us that many people attempt to break free from drugs multiple times before they reach a stable path to recovery. In following these three steps consistently, however, we can learn to "produce fruit in keeping with repentance (Matthew 3:8, NIV)." Do you need assistance with living out your repentance? Contact a member of the Congregational Care and Counseling staff today at 919-688-1304, ext. 55. **No more shame!**

Written by Tonya D. Armstrong, Ph.D., M.T.S.
Minister of Congregational Care and Counseling

A Tale of Two Persons

(continued from p. 3)

What did I learn from the living and dying of this dear saint?
1) How to live with chronic illness. Be chronically active and other-focused. 2) How to die well. Live well first. 3) What to do when life is severe. *Persevere. But he who looks into the perfect law, the law of liberty, and perseveres, being no hearer that forgets but a doer that acts, he shall be blessed in his doing. (James 1:25)*

We tend to put much emphasis on all the self-care activities we should do to stay healthy, but sometimes illnesses and accidents happen that we have no control over. Then what do we do? We do the best we can with the Lord's help to keep going and keep reaching out as did Bebe-Lina.

May God bring such wholeness to each of us as we persevere through the daily challenges of our lives.

Janet Morton, Parish Nurse

WHAT IS "NEW" IN THE BIBLE?

(answers to January quiz)

__1__	Exodus 1:8	
__24__	Lev. 23:16	1. King
__8__	Deut. 24:5	2. Moon
__9__	Judges 15:13	3. Heaven and Earth
__2__	I Sam 20:8	4. Mercies
__25__	2 Sam 21:16, Lk 5:36	5. Spirit
__7__	Neh 13:5, Joel 3:18, Luke 5:37	6. Cloth
__11__	Psalms 33:3, 40:3	7. Wine
__10__	Eccl 1:9-10, Revelation 21:5	8. Wife
__3__	Isaiah 65:17, Rev 21:1	9. Cords
__4__	Lamentations 3:23	10. Thing
_____	Ezekiel 11:13	11. Song
__6__	Matt 9:16	12. Testament
__12__	Matt 26:26, Mk 14:24	13. Covenant
__19__	Matt 27:60	14. Commandment
__20__	Mark 1:27, Acts 17:19	15. Jerusalem
__18__	Mark 16:17	16. Creation
__23__	I Cor. 5:7	17. Name
__16__	2 Cor. 5:17, Gal 6:15	18. Tongues
__22__	Eph. 4:24, Col. 3:10	19. Tomb
__13__	Hebrews 12:24	20. Doctrines
__21__	I Peter 2:2	21. Newborn babes
__14__	I John 2:8, 2 John 1:5	22. Man
__17__	Rev. 2:17, 3:12	23. Lump
__15__	Revelation 3:12	24. Meat Offering
		25. Garment

UBC MINISTRY UPDATES

- ◆ **Angel Food Ministry:** Don't forget to look for the new menus every month. Orders are taken on Sundays and Wednesdays and packages must be picked up from Southside Church of Christ, 800 Elmira Avenue, Durham 27707. Payment must be made with order. Distribution day in February is February 19th, 10- 11 am. Last day to place an order is February 13th. If you have additional questions contact Marian Holmes at 623-3937.
- ◆ **Black History Month Program:** The Board of Christian Education will be spearheading a celebration of Black History on February 24th at 6:30 p.m. There will be poetry, a quiz bowl, etc. If you'd like to be on team "jeopardy style" for the quiz bowl, please let Rosa Williams or O.J. Edwards know by February 9th. They need to get you the list of questions and answers and put you on a team. Youth through adults can participate. Don't think you'd do well on the questions? Well come and learn more about African American history as you cheer a team on.
- ◆ **Board of Christian Education.** Will have a make up meeting on February 7th, in lieu of the January meeting that was cancelled due to inclement weather.
- ◆ **Crunch time Fitness:** Has moved to a new time. They now meet on Fridays at 5:30 pm in the Fellowship Hall. New persons are still welcome. Con-

tact Janet Morton, 688-1304, ext. 24 or the class leader, Jamal Thompson about getting your measurements taken.

- ◆ **Crop Walk Time:** For the past several years UBC Disciples have participated in the Durham CROP Walk that raises money to combat hunger locally and worldwide. Andrea Reavis is spearheading this effort for us once again this year, but we need a few more persons to help her. Contact Andrea at dreanj2000@yahoo.com, if you can be part of the organizing effort . If you can't be on the organizing team, please consider picking up a pledge sheet, soliciting donations and joining the walk on March 6th. The walk leaves from in front of Duke Chapel @1:30 pm.
- ◆ **Parish Nurse Ministry:** Weigh down weights will be taken on the 4th Sunday of the month after all services.
- ◆ **Social Justice Ministry:** has rescheduled their MLK forum to February 27th at 4 pm. The keynote speaker Ms. Carolyn Q. Coleman, First Vice President of the NC State NAACP. Open to the church and community members.
- ◆ **Super Bowl Party:** will be held on February 6, at 5 pm in the Fellow-

ship Hall. Come root for your team and enjoy some good fun and wolf tickets.

- ◆ **Women's Ministry:** Will host a movie night on February 25th. Look for our posters for the name of the movie. Show time is 6 p.m. Bring some popcorn or snacks and relax with some sisters a the end of a work week.
- ◆ **Youth Ministry:** The Valentine's Gala at the Millennium Hotel, Friday, Feb. 11, 7-11 p.m. Must be 12-18 years old. Ticket has to be bought by January 30th. Tickets are \$25/person.
- ◆ **Youth New Disciples Classes:** are underway. This is a 6 week series for youth who accept Christ in their lives. The next series will begin March 6th. If your child has never been to the youth new members class please sign him/her up. Classes are at 9:30 am on Sundays. If your child is presently attending a SS class he/she can re-join that class upon completion of their New Disciples class.



COUPLE'S Valentine's Cafe

February 11, 2011
Union Baptist Fellowship Hall
6:00 pm - 9:00 pm Cost: \$10 per couple
Host: UBC Couple's Ministry
Don't forget to get your ticket on Sunday February 6th!

DON'T FORGET TO SUBMIT YOUR MINISTRY UPDATES AND CHANGES

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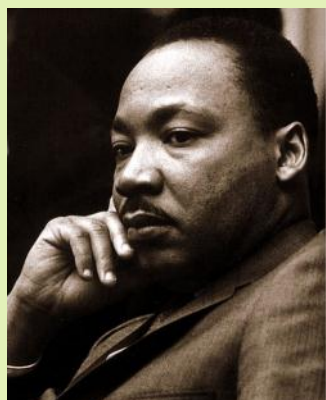
The newsletter is available on-line at www.ubcdurham.org. Click on the newsletter tab. Submissions for the March 2011 issue are due by February 21st.

**BLACK HISTORY MONTH PROGRAM
AND QUIZ BOWL**



Date: Thursday, Feb. 24th
Time: 6:30 pm
For: Youth and adults
Come and compete!
Come cheer for a team!
Get your study questions from Rosa Williams, 732-1682 (SS Superintendent) or D.J. Edwards, 225-2952 (Asst. SS Superintendent) by February 9th to compete .

**THE UBC JWE SOCIAL JUSTICE MINISTRY
INVITES YOU TO ITS MARTIN LUTHER KING FORUM**



DATE: FEBRUARY 27, 2011
TIME: 4:00 PM
SPEAKER: CAROLYN Q. COLEMAN
FIRST VICE PRESIDENT, NC STATE NAACP
PLACE: UNION BAPTIST CHURCH
REV. KENNETH R. HAMMOND, SENIOR PASTOR
904 N. ROXBORO ST., DURHAM NC 27701
(919) 688-1304

OPEN TO THE DURHAM COMMUNITY AND VICINITY

**Join the mailing list and stay informed of
news about UBC. Pass the Word.**

We now have the capability to distribute UBC news and announcements with increased efficiency via the web. This includes funerals, the UBC Word (newsletter), the UBC Newslink (weekly update), emergency closings, etc. If you did not receive this newsletter electronically that probably means we don't have a working email for you. Joining our mailing list will enable us to reach you in a timely manner with news you need to know. It also helps us keep you abreast of items that we no longer include in the our current bulletin format.

Please log onto the UBC website and register via the "join our mailing list" button on our homepage. When you put in the email where you want UBC communications sent, you will get a confirmation email and be able to select which types of information you want to receive. . The options are:

- ◆ UBC Mailing list (default list, don't uncheck)
- ◆ Newsletter (automatic)
- ◆ The UBC Newslink
- ◆ Youth News
- ◆ Funerals
- ◆ Cancellations
- ◆ Health Information
- ◆ All of the Above

The newsletter and notice of church closings will be sent automatically unless you unsubscribe (always a choice) when you receive them.

Communications will come from the church office/ staff and will not be excessive. Unsubscribing is always an option to our disciples. If you are in one or more ministries that has a list serve, you will still receive news from them.