

"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.ubedurham.org

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Power Outage

BIBLE MEMORY VERSE (s)

A **new** commandment I give unto you, That ye love one another; as I have loved you, that ye also love one another. (John 13:34)

"Therefore if any [man] be in Christ, he is a **new** creature; old things have passed away; behold, all things have become new." (2 Cor 5:17)
King James Version

Inside this issue:

Power Outage	1
Congregational Care	2
Community Interest	2
UBC Ministry Updates	3
What's "new in the Bible"	4
Resolutions	5
Body and Soul Connection	6
Events to Support	6

A strange thing happened during Communion service last month that made me reflect on our Christian lives. It was communion time during the 11:15 am service in December. The table cloth had been pulled back by Rev. Hammond. I stood to his right with glove covered hands assisting in uncovering the trays which hold the bread and wine. Suddenly from my right, an usher appeared and whispered to Rev. Hammond, "Ozzie says, the system is down." I thought, "He's talking about the sound system." I wondered for a quick moment, whether he meant just the portable one or the entire system. I mind jumped to whether to ask for the hand held microphone that is usually on the pulpit. But I stayed in place.

Rev. Hammond never flinched or missed a beat. He started saying the words of institution as he normally would. Speaking just a notch above his normal voice, I doubt anyone in the back could hear him without leaning forward. He kept talking and within seconds his voice was magnified as normal. In an instant I thought about

the thin line between being powerless and powerful. That simple event of less than 60 seconds left me with fodder for this month's article. I want to highlight three insights I culled from that service: 1) The impact of doing something consistently; 2) The reliability of power, and 3) the invisible dimension of power. Perhaps they inspire you as you start a New Year.

Rev. Hammond has a pattern to how he leads our communion service (also known as ritual). The deacons march down the center aisle. The elements are uncovered. The act of uncovering the elements is followed by words of invitation. The words are stopped to offer a prayer. The prayer is followed by distribution of the elements, etc. There are systematic steps and they are the same steps each month. Because the power went out Rev. Hammond did not implement the Lord's Supper differently. His actions remained the same.

Perhaps you committed to doing something in 2010 and didn't see the results you wanted. Now that it's 2011, you're considering changing your whole ap-

proach. You think something is blocking you. Rev. Hammond's decision to maintain his consistent pattern reminded me that when we haven't gotten the desired results, we don't always have to change the plan. *Sometimes we just need to keep doing the same thing consistently.*

If you began being a worshipper in 2010 but feel a bit awkward, keep doing it. If you started being systematic about studying the Bible but don't feel like a light bulb always goes off, keep doing it. If you recommitted to showing love to your family, but they're still acting suspicious of your efforts, keep showing love. Many times in life we want to make a change or impact a situation. We know what steps to take but get discouraged or stop when we don't see their immediate effect. Whether deepening your relationship with God, others or trying to break a habitual sin, you have to stay the course even when you don't know when you're going to turn the corner, feel the power again or get the results you desire.

(continued on p.5)

A message from the Congregational Care and Counseling Ministry

WHO IS IN CONTROL OF YOU?

I was on my way to the Ministry House when I witnessed an encounter that has become all too familiar. I was driving and the third vehicle at a stoplight. As soon as the light changed, the person driving the SUV in front of me blew his horn. I thought, ‘goodness, the light just changed.’ I could not tell if the driver of the first vehicle was having trouble, because his pickup truck jerked a couple of times, but he never proceeded through the light. At this point, I started looking around to see how I could escape to avoid a potential altercation. The light turned yellow, then red. We were all still sitting in the same spot. When the light turned green again, the driver of the pickup truck moved through the intersection with ease, and the rest of the entourage followed suit. The light at the next intersection was red. When it turned green, the driver of the SUV opted not to blow his horn again. I thought, ‘good for you; maybe you learned a lesson from the last stoplight fiasco.’

We hear stories of anger and rage in the media at least once per week. One family member shot another over a card game. A woman attacked another for ‘messing with her man’. An altercation at a high school caused several students to be suspended because one student ‘disrespected’ another. Then there’s the silliness some of you witness watching those ‘reality’ TV shows. In case you don’t know, those actors are paid to behave poorly and increase ratings.

One definition of anger is ‘a strong feeling of displeasure or hostility.’ A more comprehensive definition provided by Dr. Charles Spielberger of the American Psychological Association is ‘**an emotional state that varies in intensity from mild irritation to intense fury and rage.**”

Anger is a completely normal and **generally** healthy human emotion. In Judges 2: 12, it is written that the Israelites ‘provoked the Lord to anger.’ In Mark 3:5, it is written that *Jesus looked at the Pharisees in anger* because they believed it was unlawful to do good (heal a man with a withered hand) on the Sabbath. The problem is not that we get angry; it becomes a problem when we get angry about every little thing and/or express our anger in unhealthy ways.

Intermittent Explosive Disorder (IED) is characterized by discrete episodes of failure to resist aggressive impulses resulting in serious assaults or destruction of property. The disorder can start in childhood or as late as the early 20s. An important point to note is that these types of explosive episodes are not caused by another mental disorder, side effects of a substance (drugs, alcohol, medication), or a medical condition (head trauma or Alzheimer’s disease). IED is considered a disorder of impulse control – a failure to resist an impulse, drive, or temptation to perform an act that is harmful to self and/or others. The degree of anger and aggression are

(continued on p. 4)

COMMUNITY INTEREST ITEMS

- ◆ **EMANCIPATION DAY SERVICE:** Jan. 1, 11 am at Peace Missionary Baptist Church (2608 Hwy 55.), sponsored by the Interdenominational Ministerial Alliance of Durham and Vicinity (IMA). Dr. A. Lincoln James of Trinity BC, Richmond, VA is the preacher.
- ◆ **CITY WIDE REVIVAL:** January 3-7, 7 pm nightly, sponsored by the IMA. Dr. A. Lincoln James (Monday night) and Dr. Jerry Black of Decatur, GA (Tuesday–Friday) are the preachers. Location: Peace Missionary Baptist Church. 2608 Hwy 55.
- ◆ **UNIVERSITY COLLEGE MENTORSHIP PROGRAM:** NCCU is seeking interested adults in mentoring members of the Freshman Class. For more information contact Earlanda Elder-Albritton, eelderlbr@nccu.edu. Phone-530-7478.
- ◆ **BOOK DONATIONS** are being solicited for the Durham Correctional Center, 3900 Guess Road, Durham 27705 (477-2314). If you have hardbacks or paper backs that you would like to donate to this facility's library, please drop them off **at their front desk**. They are seeking inspirational books, books by black authors and westerns. Also the following authors: James Patterson, Robert Parker, Tess Gerritsen, Stuart Woods, Dean Knootz, John Grisham, Sidney Sheldon, David Baldacci, Patricia Cornwell, Sandra Brown, Catherine Coulter, Janet Evanovich, Harlon Coben and Michael Connelly. Magazines may also be donated, but please remember to remove address labels.

UBC MINISTRY UPDATES



- ◆ **Angel Food Ministry:** Orders are now being taken for food packages on Jan 2, 9, 12, and 15th in the Information Center. Distribution day is 1/15/11 (10-11 am) at Southside Church of Christ, 800 Elmira Avenue, Durham 27707. Payment must be made with order.
- ◆ **Basketball Games:** The Registration is now complete for our UBC teams. Games are played on Saturdays beginning January 8th. The locations and time at Durham middle schools vary. Email Min. Wilcox for up to date time and location each week. Members are welcome to come and cheer on our youth.
- ◆ **Bible Study Classes:** Will begin on January 10th and 12th. Brochures describing the new classes are at the front and rear of the church.
- ◆ **Christian Education Teachers:** For all teachers who were unable to attend our training on November 13th, please stop by Dr. Wiggins-Obie office and get the new Christian Education manual and a "surprise" we have for you.
- ◆ **Girl Scouts** are starting their annual cookie drive on January 8, 2011. They want your support as they raise money for the 2011 year of activities. Additionally, there is still time to join Girl Scouts. We have troops for all girls in grades kindergarten to high school. If interested in joining a troop, please contact Michelle Terry at MichelleT007@yahoo.com.
- ◆ **Ministry of Congregational Care:** asks that you to participate in a brief survey (5-10 min max) that will help them assess the needs of the church. The questionnaire is available through your ministries and from the MCCC kiosks at the back entrance and outside their office on the 2nd floor of the Educational Building. Responses will remain anonymous and will greatly assist in planning for 2011. You may contact Dr. Tonya Armstrong at 688-1304, ext. 55 with any comments or questions.
- ◆ **Parish Nurse Ministry:** Weigh down weights will be taken on the 1st Sunday of the month and then on the 4th Sunday.
- ◆ **Social Justice Ministry:** will be sponsoring a MLK forum on January 10th, 6:30 pm at UBC. The keynote speaker Ms. Carolyn Q. Coleman, First VP of the NC State NAACP. Open to the church and community members.
- ◆ **Women's Chorale:** will be singing for the City Wide Revival services on January 3rd, at 7:00 p.m. at Peace Missionary Baptist Church. Rev. Jerry Black is the revivalist for the week. Pass the word and invite members of the Durham community as well.
- ◆ **Women's Ministry:** Will host a discussion of Tyler Perry's movie "Colored Girls" as their monthly forum, January 24th at 7 p.m. If you haven't seen the movie, you still have time. It is open to men and women.
- ◆ **Youth Ministry:** Will be sponsoring a Youth Valentine's Gala at the Millennium Hotel, Friday, Feb. 11, 7-11 p.m. Must be 12-18 years old. Tickets on sale Jan 9-30th. Early bird price is \$20/person if purchased by Jan. 22nd. After the 22nd, tickets are \$25/person.
- ◆ **Youth New Disciples Classes:** Will begin again on January 16, 9:30 – 10:30 am. If your child (ages 6-17) joined the church in 2010 please bring them to this 6 week class. If your child is presently attending a SS class he/she can rejoin that class upon completion of their New Disciples class.

* SHOUT HALLELEUJAH*

- ◆ Rev. Alice Evans for earning her Doctor of Ministry degree from United Theological Seminary.
- ◆ For the work of our Economic Ministry in 2010. They had a banner year with a Spring Bazaar that raised over \$3000 for the Union Independent School, established a coupon "give away" corner; helped launch the UBC/CAN Faithful Connections Initiative; Donated over \$1000 of goods to connect to community resources for bankruptcy, foreclosure and other economic issues; lead the AARP Scam Jam and a Life Insurance Seminar for the Senior Ministry.
- ◆ To Instruments of Praise and Hearts of Praise Ministry for an inspiring Christmas program.
- ◆ To all our Associates in Ministry who rendered services at Pettigrew Nursing Home, Seasons at Southpoint and Family Night Worship

DON'T FORGET TO SUBMIT YOUR
MINISTRY UPDATES AND CHANGES

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WHO IS IN CONTROL OF YOU? (FROM P.2)

completely out of proportion to the incident. Once the person calms down, he/she may (or may not) feel regretful, guilty, and embarrassed.

How do you express your anger? Do you yell and curse, throw or break objects, push, shove, or hit people? Or, do you withdraw, shutdown and avoid the situation or the person, never saying how you really feel until you cannot take any more, and then you explode? What appears to work for 'reality' TV actors probably won't serve you well.

We deal with anger in a variety of ways both consciously and unconsciously. The three primary approaches are expressing, suppressing, and calming. The healthiest way is to express angry feelings in an assertive not aggressive way. Being assertive does not mean being demanding or confrontational; it requires you to respect yourself and the other person.

Anger management is another way to reduce the emotions and physiological arousal (increase in heart rate, blood pressure, depression) caused by anger. If your inability to control your anger is negatively affecting your relationships and other important parts of your life, counseling may help you learn some new coping strategies.

The Congregational Care and Counseling Ministry staff is available to assist you. To schedule an appointment, call the Ministry of Congregational Care and Counseling office at 688-1304, extension 55 and leave a message for Dr. Tonya Armstrong, Ph.D., M.T.S. or Anita Daniels, MSW, LCSW. You can also complete a confidential counseling request form located in the display outside the counselor office on the 2nd floor of the Education Wing. Have a blessed month!



WHAT IS "NEW" IN THE BIBLE?

Thinking about doing something new in 2011? See what's "new" in the Bible. Read the scripture on the left and find the match on the right. Put the number on the line. [Uses KJV]

___ Exodus 1:8	1. King
___ Leviticus 23:16	2. Moon
___ Deuteronomy 24:5	3. Heaven and Earth
___ Judges 15:13	4. Mercies
___ I Samuel 20:8	5. Spirit
___ 2 Samuel 21:16, Luke 5:36	6. Cloth
___ Nehemiah 13:5, Joel 3:18, Luke 5:37	7. Wine
___ Psalm 33:3, 40:3	8. Wife
___ Ecclesiastes 1:9-10, Revelation 21:5	9. Cords
___ Isaiah 65:17, Rev 21:1	10. Thing
___ Lamentations 3:23	11. Song
___ Ezekiel 11:13	12. Testament
___ Matthew 9:16	13. Covenant
___ Matthew 26:26, Mark 14:24	14. Commandment
___ Matthew 27:60	15. Jerusalem
___ Mark 1:27, Acts 17:19	16. Creation
___ Mark 16:17	17. Name
___ I Corinthians 5:7	18. Song
___ 2 Corinthians 5:17, Galatians 6:15	19. Tomb
___ Ephesians 4:24, Colossians 3:10	20. Doctrines
___ Hebrews 12:24	21. Newborn babes
___ I Peter 2:2	22. Man
___ I John 2:8, 2 John 1:5	23. Lump
___ Revelation 2:17, 3:12	24. Meat Offering
___ Revelation 3:12	25. Garment

Power Outage (continued from p.1)

Secondly, I was reminded the power did come back on and that outages are not unusual aspects of a power cycle. A battery loses power, a light blows, the city grid can go off and your furnace can lose its pilot. Yet it somehow returns or is restored. You have to believe that the darkness or lack of clarity you seek is only temporary. Just like we all adopted a "wait and see" posture and were rewarded with hearing the Lord's Supper service in full volume, it is likely that you can experience renewed power too. If you wait with patience in your own life, your dry spells will be followed by God's strength flowing through you again. Many persons think a lack of power means they'll never get their power back. Rather than think, "I've blown it" again, I encourage you to look backwards and recall the times you felt weak in your spiritual power and faith – power in your ability, faith in yourself, power to take charge of your job situation, power to forgive someone, power to create the ministry you always longed for – and then you found it again. It can happen again.

Third, there's an invisible dimension to power. The switch was on, Rev. Hammond was talking, and the plugs were in their socket but the power wasn't flowing. Yet a few seconds later, the power actually was getting to all the right circuits and we had the result we desired. I don't know whether Ozzie or Orlando hit a special button or plugged in something differently. The lights in the building didn't flicker and there was no storm outside, but in a short amount of time we had lost and regained power in that sound system.

God is the invisible power source and transformer in our lives. God is the one who can make the "system" that is out of wack in your life, work again. God is the invisible power which can suddenly run through the cords of your life and make the proper connections. When we don't experience ourselves as powerful enough to change or begin a new season of our Christian life, just remember to factor God in. Believers through the years can attest that their life which seemed to have short circuited during one season, was transformed in a subsequent period into a powerful life that God now reaps the glory from. My word to you in 2011 is *stay connected to the Power Source* even when you don't feel the power surging through you.

Many people try to make new resolutions at the beginning of the year. Resolutions make us think of radical overhauls. If you choose to engage in the American ritual of resolution making, by all means do so. I hope you keep them. Perhaps you just need to do what the pastor did – keep doing the next right thing and let God take care of the intangible and invisible aspects. Look at what you were doing well in 2010. If you feel like it was at least partially effective, keep doing it a while longer and see if you get your power back. The scripture reminds us that Jesus Christ is the same "yesterday, today and forever (Heb 13:8)." With God, a power outage does not have to be a permanent disconnection.

Finally, don't forget to share a testimony when your power is flowing again.

Daphne Wiggins-Obie

Do you need a resolution for 2011?

Here are some to consider

1. I won't make any resolutions I won't keep.
2. I'll live today like I don't know whether I'll have a chance to repent tomorrow.
3. I'll do something to care for my body each day rather than treat it like I can buy replacement parts.
4. I'll call the person who crosses my mind on the day they cross my mind and say "I'm sorry" when I first realize the harm I've done to someone, not when I hope he/she has forgotten it.
5. I'll dedicate some of my best daily moments towards meditating on the things of God, reminding myself that I know how it feels to have a conversation with someone who's distracted or about to fall asleep.
6. I won't make other people responsible for my happiness.
7. I'll give my employer an honest day's work even if I don't like the company I work for.
8. I'll leave certain "unhealthy" relationships in 2010.
9. I'll risk believing God is for me and not against me; that having to wait for the answer to my prayer means God's time is better than mine.
10. I'll work on the resolutions I made in 2010, 2009, 2008, etc.

BODY & SOUL CONNECTION: A Year in Review from another Perspective

The end of the year is often a good time to reflect upon the events of the past year, and for many of us, to hope and pray for a better one to come. Thinking back to January of 2010, do the events of the year still strike you the same way they did when they happened? Perhaps you lost a dear friend, but then after their passing, you got to know one of their friends better, and now you have a new friend with a common history. Perhaps you got a great new job, only to find it was more demanding than you expected and that in turn made you lean more on the Lord for guidance. Perhaps you moved to a new neighborhood and experienced both the excitement of making a long awaited change and the challenges of finding new friends and learning where things are. Perhaps you experienced a spiritual renewal after a long dry spell of wondering where God was in your life. Perhaps you thought that bad things just kept happening to you no matter what you did, but when something good finally happened, you heartily rejoiced and the hard times just faded away. Perhaps you had some health challenges, a new diagnosis, a bad prognosis or a successful treatment, and experienced many people gathering around you in support. Perhaps all the challenges of life kept you running to the Lord for refuge and help and He did not disappoint you.

Do we really know which are the bad times and which are the good times? All the events of our lives are in God's hands, no matter what we think of them. Charles Dickens wrote in *A Tale of Two Cities*: "It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of Light, it was the season of Darkness, it was the spring of hope, it was the winter of despair, we had everything before us, we had nothing before us, we were all going direct to heaven, we were all going direct the other way - in short, the period was so far like the present period...."

A Tale of Two Cities was published in 1859, describing the French Revolution, which lasted from 1789 to 1799. And here we are in 2010 certainly able to identify with Dickens' description of the "times." In the midst of all the different kinds of times we experience, it's good to know that we can identify with the psalmist who said "My times are in thy hand" (Psalm 31:15). Try reading the entire psalm so you can "Be of good courage" because "he shall strengthen your heart, all ye that hope in the LORD" (Psalm 31:24). May God's richest blessings overtake you in the New Year and may you find something to rejoice about in all the "times."

Janet Morton, Parish Nurse

EVENTS TO SUPPORT (in person or by prayer)

January 5, 5 am: Sunrise Prayer and Praise.

January 10, 6:30 pm: MLK Celebration sponsored by the UBC John W. Edwards Social Justice Ministry. (see ministry updates)

January 10, 6:45 pm: Man to Man BS class restarts.

January 12, 7:00 pm. Family Night Worship and Bible studies restart.

January 15, 11 am: New Disciples Fellowship. All ministries should have a representative present.

January 17: CHURCH CLOSED for Martin Luther Holiday.

January 24, 7 pm: Women of Spirit Forum: Discussion of film "Colored Girls"



Service @ Hillhaven- Pettigrew Nursing Home

3rd Sundays at 3 pm

January 16th: Min. Barbara Edwards

Services @ Seasons of Southpoint Living Assisted Center

Every Sunday at 2 p.m.

January 2: Min. Cecil Fields

January 9: Min. Rana Davis

January 16: Min. Harry Lawson

January 23: Rev. Patricia Castle

Jan 30: Min. Tonetta Killens-Worth

Family Night Worship Schedule Wednesdays 7 pm

January 12: Min. Harry Lawson

January 19: Rev. Patricia Castle

January 26: Min. Barbara Edwards