

The Union Baptist Church Newsletter



Volume 8, Issue 2

March 5, 2017

A DEVOTIONAL **FOR MEN ON THE GO**

KEY TO REALITY

A man came in the office the other day--a professional man--deeply discouraged. He wanted an answer for *spiritual depression*.

His Christian life had turned sour on him. He'd lost his taste for spiritual things. He was going through the motions--but there was no meaning to them. **Just form without content.** In a miserable rut He still believed--but there was no REALITY to his faith. Just duty!

Actually, faith had deteriorated into mere BELIEF IN CREED. And creed didn't seem important. Prayer wasn't real. He didn't get any "lift" from Sunday service.

As we talked, it became increasingly clear that this man missed the **first point of keeping faith alive.** He had neglected his DAILY TIME OF FELLOWSHIP WITH CHRIST in prayer and Bible reading.

Of course, it had become unreal! You go long enough without seeing your closest friend--without any fellowship or intercourse--and he will become unreal to you. Naturally!

The reason things got stale for this man was simply that he was **failing to spend time with the Lord Jesus Christ, and the reality of His Presence faded.** Inevitably faith became empty form--no substance.

There's *nothing magical* about the Christian life. Neglect the daily diet of spiritual food--you're bound to suffer. You can't neglect meals and still be strong. "Three squares" a day are essential for the average busy man.

And a *man's inward strength* comes **ONLY WITH NOURISHMENT!** Our faith feeds upon the Word of God. Neglect this daily diet and the soul suffers. The danger is that one can go much longer without being conscious of spiritual malnutrition.

This is the **crucial point of discipline** in the Christian life! A man needs to guard at all cost this **constant daily spiritual nourishment:** prayer and Bible reading and meditation.

The stories are legion of big men--**strong men**--productive men--who kept this vigil with God daily: thirty minutes or more alone with HIM every day. **THIS IS THE MOST IMPORTANT THING IN A CHRISTIAN MAN'S LIFE!**

It does not mean a man gets a thrill every time he opens the Bible. But it does mean that whether he's conscious of it or not--whether he enjoys it or not--whether he really understands all he reads or not ... **HIS SOUL WILL BE FED! Man is built that way!** Just like a baby grows on its mother's milk though in ignorance of its food value--so the Christian man grows when he feeds upon God's word regularly.

He's not conscious of growing--but when he obeys the laws of growth he does! **The necessity of spiritual food cannot be over-emphasized!**

"Faith cometh by hearing--and hearing by the Word of God." -- Romans 10:17. AMEN.

Perspective Devotional Thoughts for Men
— Dr. Richard Halverson

A MEDITATION FOR EVERY **MARRIED COUPLE**

To Love or Perish

"We should love one another"
1 John 3:11

There is one extra special day a year devoted to love--Valentine's Day. Hearts n' flowers. Sweetheart banquets. A needed reminder that there is still a heart-shaped vacuum in the human breast that only the three most wonderful words in the English language can fill--I love you.

Don't think for a moment that such stuff is mere sentimentality. As a fellow named Smiley Blanton wrote in his book many years ago, life really does boil down to love or perish:

Without love, hopes perish.
Without love, dreams and creativity perish.
Without love, families and churches perish.
Without love, friendships perish.
Without love, the intimacies of romance perish.
Without love, the desire to go on living can perish.
To love and to be loved is the bedrock of our existence.

But love must also flex and adapt. Rigid love is not true love. It is veiled manipulation, a conditional time bomb that explodes when frustrated. **Genuine love willingly waits.** It isn't pushy or demanding. While it has its limits, its boundaries are far-reaching. It neither clutches nor clings. **Real love is not shortsighted, selfish, or insensitive.** It detects needs and does what is best for the other person without being told.

Does your mate know how greatly you treasure her or him? Do you tell--and show--your love how you feel? Why not give your spouse a love note? How about a candlelight dinner? Remember when you said "I do"? Add two more words: **I do love you!**

Those simple little words--we so easily forget to say them. We assume others know how we feel, so we hold back. Strangely, as we grow older and realize more than ever the value of those three powerful words, we say them even less.

I love you. Simple, single-syllable words, yet they cannot be improved upon. Nothing even comes close. They are better than "You're great." Much better than "Happy Birthday" or "Congratulations!" or "You're special." And because we don't have any guarantee we'll have each other forever, it's a good idea to say them as often as possible. AMEN.

After You Say, "I Do" Devotional
— H. Norman Wright



DEVOTIONAL FOR SINGLES

Recovering from Lost Relationships

"Call to Me, and I will answer you, and I will tell you great and mighty things, which you do not know." —Jeremiah 33:3

Heartbreak, disappointment, loneliness, numbness--these words describe our feelings when we experience broken friendships or broken dating relationships. Additionally, every survivor of a broken relationship is haunted by a residue of fear about future relationships. They ask themselves, *If it*

happened once, couldn't it happen again? And if it does, am I the problem?

Some people face breakups head on, learn from them, override their fears, reestablish trust and love again. But others allow their emotional wounds to remain open and fester. They give in to their fears by withdrawing from intimate relationships. They're overly cautious, guarded and judgmental toward others, thus preventing themselves from getting hurt again.

The trauma of lost love relationships is one of life's most painful hurts; the apprehension about loving again is one of life's greatest fears.

When you have trusted another person with your feelings of love and affection, and that relationship ends, your life can feel as though it has come to a standstill. Usually the first love lost is the most painful.

Many who hurt the most are those who are still deeply attached to former dating partners or fiancés and want the relationship to be restored. They feel desperate, totally out of control and willing to do almost anything to keep their partners. But they have no control over the decisions of their loved ones.

Watching a special person slip away without any recourse leaves you feeling empty and impotent. And if the decision to end the relationship was forced upon you, rejection is a major part of the pain.

You may want to reach out again, but once you've been deeply hurt, it's natural to think: *Forget it; the pain is not worth it.*

So, what can you do to recover? Grieve. When you grieve, you have the opportunity to express your feelings of hurt, fear, anxiety, anger, sadness, depression and even guilt. These emotional responses to major loss come in waves that come crashing upon your heart, subside and come again.

Face them, admit them, accept them and express them. Tears will be a part of this expression and tears are God's gift to those who grieve. Never apologize for them. You never have to apologize for a gift from God. **If you can cry outwardly be thankful--some can only cry inwardly!**

Grief is the opportunity to express your protest at the loss. It is letting out the part of you that needs to say, "I did not want this to happen and I would change it if I could!" Grief allows you to demonstrate against the way this loss has disrupted your life.

Without grief, it is impossible to look forward again.

When a relational loss occurs, your heart can only ask one question: Why? But as the grieving process unfolds, you will be able to ask: *What can I learn through all of this pain?*

So, let's look at the steps to recovery:

1. **Change your relationship with the person you lost.** This means learn to exist and function without that person in your life. Readjust your activities and reconstruct your schedule to fill in the gap the loss has created. Expect to have some memories, but decide to live in the present.
 2. **Release the relationship.** Say goodbye to what you lost. This can be done with either a mailed or non-mailed letter.
 3. **Forgive the other person.** This means (eventually) forgiving the person for whatever pain you experienced from him or her. And this will take time. With the passage of time will come new opportunities to replace the emotional investment you once had in the person you are now losing.
 4. **Connect with people.** Don't try to do this alone. Let others help you. And above all, share everything with God.
- AMEN**

For additional help in this area, you may want to read the following: H. Norman Wright, *Recovering from the Losses of Life* (Revell) and Gerald L. Sittser, *A Grace Disguised* (Zondervan)

QUESTIONS FOR REFLECTION

How have the losses of your past affected your relationship with God? Have you allowed yourself to fully grieve all of the lost relationships in your past? Have you or will you allow others to fill the void? What were some of the lessons you learned from your losses? What steps are you willing to take to trust again? AMEN.

--Dr. H. Norman Wright, Single Purpose



DEVOTIONAL FOR SENIORS

How to Face Your Future

"For I know the plans I have for you," says the Lord. "They are plans ... to give you a future and a hope ... You will find me when you seek me, if you look for me in earnest." (*Jer. 29:11,13*)

No matter what the pollsters, pundits, and prognosticators claim, no one can accurately predict all that is going to happen in the next 365 days. Our best forecasts are just educated guesses.

Changes in our society have not only increased in speed and intensity, but also in their unpredictability. Doing business in this environment is what Michael Annison calls "Managing the Whirlwind."

How can anyone succeed when the future is so uncertain?

The Bible suggests three timeless principles for facing your future:

INCLUDE GOD IN YOUR GOAL-SETTING - Frankly, it's dumb to make plans without consulting God first. He's the only one who DOES know the future - and he's eager to guide you through it.

The Bible says "We may make our plans, but God has the last word." (*Prov. 16:1*) In other words, planning without praying is presumption. Start by praying, "God, what do YOU want me to do in 2017?"

LIVE ONE DAY AT A TIME - While you can plan for tomorrow, you can't live it until it arrives. Most people spend so much time regretting the past and worrying about the future, they have no time to enjoy today!

The songwriter John Lennon once wrote, "Life is what happens to you while you're busy making other plans." Decide to make the most of each moment this year. Jesus said, "Don't be anxious about tomorrow - God will take care of your tomorrows. Live one day at a time." (*Matt. 6:34*)

DON'T PROCRASTINATE - DO IT NOW! - "Don't boast about what you're going to do tomorrow, for you don't know what a day may bring forth." (*Prov. 27:1*)

Procrastinating is a subtle trap. It wastes today by postponing things until tomorrow. You promise yourself that you'll do it "one of these days". But "one of these days" is usually "none of these days."

What did you plan to get done last year that you didn't do? When do you intend to start working on it?

"Do not withhold good from those who deserve it, when it is in your power to act. Don't say to your neighbor, 'Come back later; I'll give it tomorrow' when you NOW have it with you." (*Prov. 3:27-28*)

~ Rick Warren, *Ministry ToolBox*

- TEEN'S CORNER -

GOT QUESTIONS? GOD'S GOT ANSWERS...



QUESTION:

Sometimes, my emotions get the better of me. What should I do?

THE QUICK ANSWER:

When others lose control of their emotions, try not to become caught up in the frenzy.

Controlling Your Emotions

"All bitterness, anger and wrath, insult and slander must be removed from you, along with all wickedness. And be kind and compassionate to one another, forgiving one another, just as God also forgave you in Christ."

Ephesians 4:31-32 HCSB

Who is in charge of your emotions? Is it you, or have you formed the unfortunate habit of letting other people--or troubling situations--determine the quality of your thoughts and the direction of your day? If you're wise--and if you'd like to build a better life for yourself and your loved ones--you'll learn to control your emotions before your emotions control you.

Human emotions can be highly variable, decidedly unpredictable, and often unreliable. Our emotions are like the weather, only far more fickle. So, we must learn to live by faith, not by the ups and downs of our emotional roller coasters.

Sometime during this day, you will probably be gripped by a strong negative feeling. Distrust it. Reign it in. Test it. And turn it over to God. Your emotions will inevitably change; God will not. So, trust Him completely as you watch those negative feelings slowly evaporate into thin air--which, of course, they will. **AMEN**

Emotions we have not poured out in the safe hands of God can turn into feelings of hopelessness and depression. God is safe.

~~ Beth Moore

The only serious mistake we can make is the mistake that Psalm 121 prevents: the mistake of supposing that God's interest in us waxes and wanes in response to our spiritual temperature.

~~ Eugene Peterson

Don't bother much about your feelings. When they are humble, loving, brave, give thanks for them; when they are conceited, selfish, cowardly, ask to have them altered. In neither case are they you, but only a thing that happens to you. What matters is your intentions and your behavior?

~~ C.S. Lewis

*100 Questions Teens Ask with Answers from God's Word
- By Freeman Smith*

There is nothing
more beautiful than
someone who goes out
of their way to make
life beautiful for
others.

— Mandy Hale



A STORY TO WARM YOUR HEART

Compassion

~~~~~

*"People will forget what you said, people  
will forget what you did, but people will never  
forget how you made them feel."*

*-Maya Angelou*

## MRS. AMATULI

Nanci Stroupe

*M*rs. Amatuli was my teacher in the fourth grade. One day at lunchtime, I was getting ready to eat my same old tuna fish sandwich when Mrs. Amatuli approached me and asked if she could buy my sandwich. She explained that I could use the money to buy a hot lunch from the cafeteria.

I was thrilled. I never bought my lunch from the cafeteria. It was too expensive for my family, and we always carried our lunch and brought the bag back home folded up neatly to use again the next day. My sandwiches were either bologna or tuna fish. It rarely varied beyond that.

You can understand my delight when I had the opportunity to buy a hot lunch. Kids always complained about cafeteria food, but I was very envious of them. It sure looked and smelled good to me.

When we finished lunch that day, Mrs. Amatuli took me aside and said she wanted to explain why she had bought my sandwich. I really didn't care why, but it gave me a few minutes of her precious attention, so I was very quiet as she explained. You see, she was Catholic and she told me that Catholics didn't eat red meat on Fridays—they ate fish on Fridays.

Oh, I couldn't wait to get home and tell my mama that from now on I wanted tuna fish on Fridays. After my mama understood why, she gladly fixed tuna fish for me on Friday. She even fixed it on brown bread because she knew Mrs. Amatuli liked brown bread.

From then on, every Friday I could get in the line with the rest of the kids for a hot lunch. I didn't care how many of the kids complained about cafeteria food. It tasted divine to me!

I realize now that Mrs. Amatuli could have fixed herself a tuna sandwich on Friday. But she bought my sandwich because she saw a little girl who was thrilled over the simple act of having a hot lunch. I will never forget her for her compassion and generosity.

***"What sunshine is to flowers, smiles are to humanity. They are but trifles, to be sure, but  
scattered along life's pathway, the good they do is inconceivable."***

*-Joseph Addison*



### **Watching Closely**

In Britan, an evangelist or singer would never stay in a hotel after an evening meeting. Hospitality would be extended from a member of the local church. I remember staying with an old lady in Bristol, England, who had forty-three cats. I liked cats, but forty-three were too many for me. I drank my cup of cocoa with cat fur in it, and then headed to bed.

Fluffy, Muffy, and the gang made themselves comfortable on the bed, in my suitcase, and in my toilet bag. As I went to sleep I prayed, "Lord, please keep these beasts off me while I'm sleeping."

I woke up to find I was suffocating, I was drowning...no, it was worse than that. "Help, Lord, there's cat on my face!"

Is it hard for you to close your eyes at night? Do you worry about what tomorrow will hold? Psalm 121 makes it clear God never closes his eyes. He is always watching over you...even if you have fur in your mouth.  
-Sheila Walsh

### **With Love and Rejoicing**

Uncle Hugh sat by the fire and refused to come to the table with the rest of us, so he was served where it was warm and cozy. When Uncle Hugh turned on the television, my aunt was mortified. Not only was it Sunday, when watching television was frowned upon, but also her dad had turned to horse racing!

My grandmother managed to negotiate a compromise. Uncle Hugh could watch the race if he turned off the sound. With this treaty signed, Uncle Pete launched into a lengthy grace. Halfway through his prayer, a voice from across the room bellowed, "Look at that one with the white legs!"

No one dared to breathe. Then my mother almost fell off her chair with laughter. We all laughed until the tears rolled off our cheeks. God's love can make you forget yourself at times, just like Uncle Hugh. You can run in out of the cold, sit by the fire, put up your feet, and just be yourself. You are loved, you are loved, you are loved—even with white legs!  
- Sheila Walsh

### **Laughter for the Days Ahead, You're Going to Need It**

A laugh lifestyle is predicated upon our attitude toward the daily stuff of life. When those tasks seem too dull to endure, figure out a way to make them fun; get creative and entertain yourself. If the stuff of life for you right now is not dull and boring but instead painful and overwhelming, find something in the midst of the pain that makes you smile or giggle anyway.

## Laughter for the Days Ahead - (continued)

There's always something somewhere...even if you have to just pretend to laugh until you really do!  
You need that joy break, so take at least one every day. Hey, how about twirling and flourishing in your kitchen, grocery store, or office?

*Dear Father, you provide our safety, our security, our eternal hope. Because of those loving assurances, enable us to see the joy, feel the joy, and even twirl with joy. Thank you that you are our reason for joy each day. Amen.*

-Barbara Johnson

*-Laughter for a Woman's Soul (2001) Grand Rapids: Inspirio*

### Easter Bunny Story



A man was blissfully driving along the highway, when he saw the Easter Bunny hopping across the middle of the road. He swerved to avoid hitting the Bunny, but unfortunately the rabbit jumped in front of his car and was hit. The basket of eggs went flying all over the place. Candy, too.

The driver, being a sensitive man as well as an animal lover, pulled over to the side of the road, and got out to see what had become of the Bunny carrying the basket. Much to his dismay, the colorful Bunny was dead. The driver felt guilty and began to cry.

A woman driving down the same highway saw the man crying on the side of the road and pulled over. She stepped out of her car and asked the man what was wrong. "I feel terrible," he explained, "I accidentally hit the Easter Bunny and killed it. There may not be an Easter because of me. What should I do?"

The woman told the man not to worry. She knew exactly what to do. She went to her car trunk, and pulled out a spray can. She walked over to the limp, dead Bunny, and sprayed the entire contents of the can onto the little furry animal.

Miraculously the Easter Bunny came to back life, jumped up, picked up the spilled eggs and candy, waved its paw at the two humans and hopped on down the road. 50 yards away the Easter Bunny stopped, turned around, waved and hopped on down the road another 50 yards, turned, waved, hopped another 50 yards and waved again!!!!

The man was astonished. He said to the woman, "What in heaven's name is in your spray can? What was it that you sprayed on the Easter Bunny?"

The woman turned the can around so that the man could read the label.

**It said: "Hair spray. Restores life to dead hair. Adds permanent wave."**

-Roberta Mitchell

[http://www.annien.com/Holidays/Easter/Forums/easter\\_funny\\_stories.html](http://www.annien.com/Holidays/Easter/Forums/easter_funny_stories.html)



## Guide to Visiting the Sick

- **Call first if possible.** That is just plain etiquette. The patient and family will appreciate your finding a convenient time to visit. Sometimes a patient has had too many visitors, has gone through painful treatments, or just needs to nap. If the person is sick at home and being cared for by a spouse, knowing when you are coming may give the caregiver a chance to run errands or plan for some personal time alone. At least it will give them a chance to tidy up the room.
- **Know the area of the city or the clinic/hospital and have good directions** along with any special information about parking. If the patient is in the hospital or other facility, you will need to know how to spell their formal name and if they are accepting visitors. Otherwise you may become frustrated and miss an opportunity to visit.
- **Know your role, your goal and the purpose for the visit.** Keep all private information that you may learn during the visit confidential. Do not gossip. This protects the trust you establish with the patient. However, when appropriate, God may lead you to share some details with the clergy or family, etc. to meet a need.
- **When you arrive at a clinic, senior facility or hospital, check-in at the receptionist desk.** Let them know who you are and your purpose for being there. When you reach the patient's room and there is doctor or nurse outside the door, ask if you may enter.
- **If a "No Visitor" or "Precaution" sign is posted on the door, speak to the patient's designated nurse for details.**
- **Wash your hands before and after each visit.** This protects you and others from the dangers of infection. Look for restrooms, waterless cleanser dispensers or sinks in the hallway, use one in the room (not in the bathroom) or use your own resources. Everyone will appreciate it when you are safety conscious.

**The basic hospital room or home entry:** If the door is closed, knock quietly or a little louder, if the door is heavy. Listen for a response. For a hospital room, you may need to open the door slightly and knock. If you don't receive a response, you may say, "Hello, Ms. Smith? May I come in?"





## Guide to Visiting the Sick - (continued)

If you still get a response you have several options depending on your relationship with the clinical area, the home and your comfort level with the situation. In a hospital or senior facility, you may retreat, introduce yourself and ask at the nursing station if the person is in the room. You may leave a card or note either at the home or with the nurse or receptionist. If you decide to go into a hospital room to leave a note, be prepared to surprise someone half-dressed coming out of the bathroom!

### **When you enter the home or the patient's room:**

Cheerful people can wear out their welcome, if not careful, just as fast as a negative or depressed person. Your goal is to meet people where they are emotionally and spiritually and show God's love in a practical way.

Prepare an introduction that is short and clear that includes who you are, why you are there and other pertinent information. An effective introduction should be neutral, confident, and flexible. Do not quiz the patient or family and expect them to remember you, especially if they are dealing with memory issues. Say for example, "Hello, Ms. Jones. I am Linda Smith, a visitor from the Women's Ministry of Union Baptist Church. I provide visitation to congregation members on Tuesdays. Is this a good time for us to talk?" Avoid asking, "Why are you here?" to the patient in the hospital; this information may be sensitive. Instead you may say, "Tell me about your day."

### **As you enter, slow down and take notice of what is going on around you....**

- Is the patient "indisposed" in some way such as on the bedpan or in physical discomfort? You may say "This seems to be a bad time for a visit. I may step out and come back later."
- Are the curtains drawn? Is the TV on? The person may be watching a favorite program. Be attentive to facial expressions and body language. Are there flowers, cards, etc. around? Does the house need attention, if homebound? You may need to share concerns with the pastor or another saint.
- If possible, sit or stand so the person may see and hear you without assuming an awkward position. Know your tendencies and work to adjust them: Do you: talk too much, talk too loudly or too softly, stay too long, leave quickly, cheer people up, make them depressed or ask too many questions?
- Illness of any kind creates unique needs, challenges and desires. Don't assume or say that you know what they are experiencing.
- Avoid clichés. Instead use clear open ended questions. "Is this a good time for a visit?" "Would you like for me to stay with you or come back at another time?" If there is a tangible need that the Holy Spirit directs you to fill, do it.



## Guide to Visiting the Sick – (continued)

- Please do not use the toilet or bathroom in the patient's room and avoid using the bathroom in the home. There may be items or smells that are embarrassing.
- If the visit is going well, you may ask to sit, but please **do not sit on the bed.**
- Minimize advice, judgments, comparisons or corrections: **THIS IS MORE DIFFICULT THAN IT SOUNDS!!!**
- Allow the Holy Spirit to direct all that you do and say.

### **Ending the Visit:**

**An average hospital visit is about 10-15 minutes.** A visit during a crisis situation may be shorter or much longer. In a routine visit, keep the trip short unless a person brings up significant content that they obviously need to discuss.

**There are many ways to end a visit.**

**Give thanks.** "Thank you for your time today. I look forward to seeing you again." If there is anything that you admire or acknowledge about the person, state it. Comment on something they have shared that you want to follow up on.

**Summarize any promises you make, but don't over-promise!** It is much better to avoid, than to make and break promises to a sick person.

**Offer to pray.** Of all the events in a person's life, illness is one where it is natural to pray. But don't force a person who is uncomfortable to pray with you. Ask, "Would you like me to pray? Is there something you would like me to pray about?"

**Ask about a return visit, if appropriate, and consult with the caretaker.**

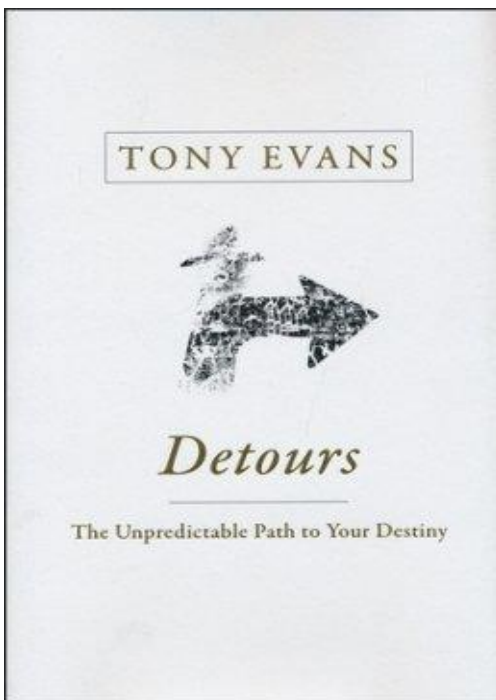
After the visit has ended, take time to reflect and renew yourself through worship and praise. Allow God to speak to you. Be called and accountable to Him!

--<http://cathyhasty.com/articledetail/1905>

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**DETOURS by TONY EVANS**  
**The Unpredictable Path to Your Destiny**



DETOURS ARE DESIGNED FOR OUR GOOD, REGARDLESS OF HOW WE VIEW OR FEEL ABOUT THEM. DETOURS ARE A GOOD THING THAT OFTEN FEELS BAD.

God will take us on a detour because He is constructing something in our lives. Granted, detours are anything that convenient. They take you out of the way. They are longer than you originally had planned to travel. But they are necessary. God is more interested in your development than your arrival. He cares more for your character than your comfort, more for your purity than your productivity.

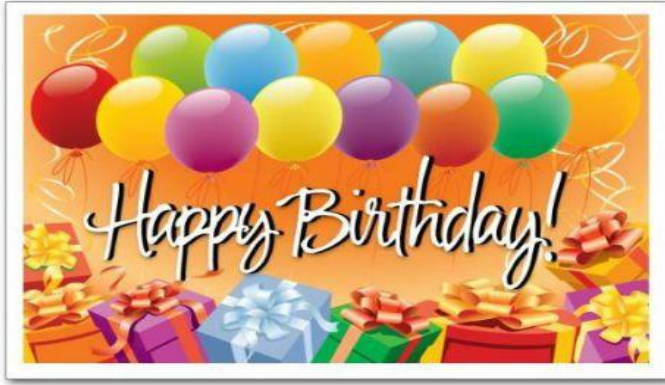
How we view our detours will often determine how useful they wind up being. In this series, we will examine the purpose, power, and perfection of the detours God both uses and allows in our lives.

We invite you to attend this powerful new six session group study that will be led by Pastor Yates in the church sanctuary. For your convenience, we are offering this series at all of our Bible study classes. The beginning dates are listed below.

**Bible Study Beginning Dates:**

|                             |                              |            |
|-----------------------------|------------------------------|------------|
| Men's Bible Study           | Tuesday, February 21, 2017   | 7:00 p.m.  |
| Noon Day Bible Study        | Wednesday, February 22, 2017 | 12:00 p.m. |
| Wednesday Night Bible Study | Wednesday, February 22, 2017 | 7:00 p.m.  |

**INFORMATION & ANNOUNCEMENTS FOR  
SUNDAY, MARCH 5, 2017**



**HAPPY BIRTHDAY WISHES  
TO EVERYONE BORN  
IN THE MONTHS OF MARCH  
AND APRIL!!!**

**UBC COMMUNICATION CARDS:** Anyone worshipping with us today and “making a decision for Christ” by using one of our UBC Communication Cards found in the pocket of the pews, is encouraged to follow-up your decision TODAY, by contacting REVEREND ALVIN L. WYATT, Minister of Christian Life and Witness at (513) 381-3858. When calling, please leave your name, the spelling of your name, the date and time of your call, and, most importantly, a telephone number where you may be reached. Reverend Wyatt will be in touch with you, as quickly as possible, after receiving your telephone call, as to the next steps regarding your decision(s) for Christ. GOD BLESS YOU.

**INTERCESSORY PRAYER MINISTRY:** For the convenience and support of the Union Baptist Church membership and our guests, a Prayer Request Box with Forms is available in the vestibule leading into the Sanctuary. Please feel free to place your Prayer Request(s) in the box at any time. Our Prayer Partners stand ready to pray with you, and for you. Thank you, Intercessory Prayer Ministry Leaders.

**NEED A RIDE TO SUNDAY SCHOOL OR 10:20 A.M. WORSHIP SERVICE?** If you are in need of a ride to Church, please call (513) 981-0423 and leave your name and your telephone number. If you are interested in becoming a driver on Sundays, (van/mini bus) please call Deacon Ted Craig at (513) 521-2393. YOU MUST POSSESS A CDL LICENSE TO DRIVE THE MINI BUS. GOD BLESS YOU.

**MEN'S BIBLE STUDY RESUMED ON TUESDAY, FEBRUARY 21, 2017, WITH A NEW SERIES:** The Tuesday evening Men's Fellowship and Bible study resumed on February 21st at 7:15 p.m. with a new six-week series, **“Detours: The Unpredictable Path to Your Destiny”** by **Tony Evans** and is led by Pastor Yates. “Detours are designed for our good, regardless of how we view or feel about them. Detours are often a good thing that often feels bad. God will take us on a detour because he is constructing something in our lives”. What a blessing that awaits all who participate!  
~~Pastor Yates

**WEDNESDAY NOON DAY BIBLE STUDY RESUMED ON FEBRUARY 22, 2017, WITH A NEW SERIES:** The Wednesday noon day Bible Study resumed on February 22<sup>nd</sup> with a new six-week series, **“Detours: The Unpredictable Path to Your Destiny”** by **Tony Evans** and is led by Pastor Yates. Our afternoon Bible study is held every Wednesday from 12:00 Noon to 1:00 p.m. (a light lunch is served immediately following the Bible study). Remember all are welcome and we will be blessed by presence.      ~~Pastor Yates

**WEDNESDAY EVENING PRAYER SERVICE & BIBLE STUDY SERIES ON FEBRUARY 22, 2017, WITH A NEW SERIES:** The Wednesday evening Prayer Service and Bible Study resumed on February 22<sup>nd</sup> at 7 p.m. with a new six-week series, **“Detours: The Unpredictable Path to Your Destiny”** by **Tony Evans** and is led by Pastor Yates. All are invited to attend.      ~~Pastor Yates

## INFORMATION & ANNOUNCEMENTS FOR SUNDAY, MARCH 5, 2017 (continued)

**DEACONS MINISTRY MEETINGS:** The Union Baptist Church Deacons Ministry will meet on **Monday, March 6th** and **April 17<sup>th</sup>** at 7:00 p.m. in the sanctuary. **Please have your monthly Ward Family Reports ready.** ~~~Pastor Yates

**DAILY BREADS FOR MARCH-MAY:** The quarterly Daily Breads are now available for the months of March, April and May 2017. Please see an usher to pick up a Daily Bread for yourself, family members and friends.

**A SPECIAL THANK YOU:** Many thanks to the Children's Church Ministry; Purpose Driven Youth Ministry (PDYM); Sis. Cheryl Hill for facilitating the presentation of the film "13<sup>th</sup>"; Women's Ministry for the Chili fest; and all others who participated in the Black History Month celebration. May God bless you always and in all ways. Also, please see a version of Dr. Maya Angelou's "Black Family Pledge" (page 14) that was also passed out during the Black History Month activities. Sis. Elsie Pierre, Black History Committee

### **INVITATION FROM GREATER NEW HOPE MISSIONARY BAPTIST CHURCH ON MARCH 12, 2017:**

Greater New Hope Missionary Baptist Church invites the congregation of Union Baptist Church, family members and friends to attend the Renowned Morehouse College Glee Club of Atlanta, Georgia Biennial Concert on **Sunday, March 12th, 6:30 p.m.** at Greater New Hope Missionary Baptist Church. Admission is free and contributions will be appreciated. Greater New Hope is located at 3655 Harvey Avenue, Cincinnati, OH 45229. ~~ Paul M. Booth, Sr.

A history of the Morehouse College Glee Club was sent by Mr. Booth and can be found on pages 15-16. The history also features a picture of the current Glee Club members. Union Baptist's own Bro. Eion Hindsman-Curry, grandson of Bro. James and Sis. Rosie Hindsman, is also included in the picture.

**DEADLINE TO SIGN UP FOR HEALTH SCREENINGS - MARCH 24, 2017:** Please call (513) 981-0421 to sign up for a mammogram or prostate screening by March 24<sup>th</sup> as space is limited. Also, please see pages 23-25 for all upcoming Health and Wellness initiatives (including **Minority Health Month activities**) scheduled during March and April.

**EASTER LILIES:** The prices and delivery of Easter lilies will be forthcoming as soon as we receive more information from our supplier. Thank you in advance for your patience. Sis. Doris Walker, Horticulture Ministry

**ANNUAL MALE CHORUS PROGRAM - April 30, 2017:** Union Baptist Male Chorus is having their annual Male Chorus Program on **April 30<sup>th</sup>** at 4:00 p.m. at Union Baptist Church featuring Male Choruses from the Greater Cincinnati area. ~~~ Bro. Dorsey Hubbard

**CLASSICAL ROOTS CONCERT- MAY 5, 2017:** Please come out and support Union Baptist Church members that will be participating in the annual Classical Roots Community Mass Choir. Please see page 29 regarding further details and the fundraising opportunity for Union Baptist when you purchase a ticket for this event. ~~~ Sis. Shirley Noman, Public Relations Ministry

**ANNUAL MEN'S DAY - MAY 28, 2017:** The Scripture for Men's Day 2017: "Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand" (Ephesians 6:13). Theme: "Put on the Whole Armour of Good". Additional information will be forthcoming. ~~~ Bro. Don Johnson, Chairperson and Bro. Charles Harris, Co-Chairperson

**UNION MEMBERS: DO YOU LIKE TO SHOP?** Did you know that purchases made through **Amazon Smile** can benefit The Union Foundation? A percentage of purchases made through **Amazon Smile** will be paid to The Union Foundation if you designate the Foundation as your designated charity on the site. Please visit [www.amazon.com](http://www.amazon.com) to register with **Amazon Smile**. Thank you. ~~~ The Union Foundation





## **BLACK FAMILY PLEDGE**

**By Dr. Maya Angelou**

---

**Because we have forgotten our ancestors our children no longer give us honor.**

**Because we have lost the path our ancestors cleared, kneeling in perilous undergrowth, our children cannot find their way.**

**Because we have banished the God of our ancestors, our children cannot pray.**

**Because the long wails of our ancestors have faded beyond our hearing, our children cannot hear us crying.**

**Because we have abandoned our wisdom of mothering and fathering, our befuddled children give birth to children they neither want nor understand.**

**Because we have forgotten how to love, the adversary is within our gates, and holds us up to the mirror of the world, shouting, Regard the loveless.**

**Therefore, we pledge to bind ourselves again to one another;  
To embrace our lowliest,  
To keep company with our loneliest,  
To educate our illiterate,  
To feed our starving,  
To clothe our ragged,  
To do all good things, knowing that we are more than keepers of our brothers and sisters.  
We are our brothers and sisters.**

**In honor of those who toiled and implored God with golden tongues, and in gratitude to the same God who brought us out of hopeless desolation,**

**We make this pledge.**

<http://www.melanet.com/watoto/watoto.html>

## **A Brief History of the Morehouse College Glee Club**

The Morehouse College Glee Club is the premier singing organization of Morehouse College, traveling all over the country and the world, demonstrating excellence not only in choral performance but also in discipline, dedication, and brotherhood. Through its tradition, the Glee Club has an impressive history and seeks to secure its future through even greater accomplishments, continuing in this tradition through the dedication and commitment of its members and the leadership that its directors have provided throughout the years. It is the mission of the Morehouse College Glee Club to maintain a high standard of musical excellence.

In 1911, Morehouse College, then under the name of Atlanta Baptist College, had a music professor named Georgia Starr. She served the College from 1903-1905 and again from 1908-1911. Mr. Kemper Harreld, who officially founded the Morehouse College Glee Club, assumed leadership when he joined the College's music faculty in the fall of 1911. Mr. Harreld became both, Chair of the Music Department and Director of the Glee Club. After faithfully serving for forty-two years, he retired in 1953. Mr. Harreld was responsible for beginning the Glee Club's strong legacy of excellence that has since been passed down to all members of the organization.

The Glee Club's history continues in 1953 with the second director, Wendell Phillips Whalum, Sr., '52. Dr. Whalum was a prized student of Kemper Harreld. He served as Student Director during his tenure in the Glee Club. Dr. Whalum, was more commonly known as "Doc", and served Morehouse College and the Glee Club with the continued tradition of excellence through expanded repertoire and national and international exposure throughout his tenure at the College. Dr. Whalum took a sabbatical in 1961-1963 to finish doctoral studies during which Albert T. Perkins served as Interim Director. Dr. Whalum continued this fine legacy his passing in June, 1987.

In the fall semester of 1987, David E. Morrow, '80, assumed directorship of the Glee Club. David Morrow was a prized student of "Doc", just as "Doc" was of Mr. Kemper Harreld. He earned his Master's degree in 1981 and then returned to his alma mater, joined the music faculty, and served as Assistant Director of the Glee Club. During the 1992-1993 school year, Harding Epps, '74, served as interim Director, while Dr. Morrow finished doctoral studies. Dr. David Morrow continues to serve as the Director of the Morehouse College Glee Club which has gained world recognition through national and international tours.

On January 18, 1993, the Glee Club, as part of the Morehouse-Spelman Chorus, sang at Atlanta's Symphony Hall, with soprano Jessye Norman, in a concert celebrating the Martin Luther King, Jr. Holiday. The Glee Club also performed the *National Anthem* with Natalie Cole for Super Bowl XXVIII in 1994. The organization participated with Stevie Wonder, Gloria Estefan, and Trisha Yearwood in the Opening and Closing Ceremonies of the 1996 Centennial Olympic Games held in Atlanta, Georgia. In February 2002, the Glee Club performed for the Witness Concert with the Plymouth Music Series (now Vocal Essence), where the work, *Of Dreams and Other Possibilities*, written by Patrice Rushen was premiered. In 2004, the Glee Club performed with Take 6 at the Rialto Theater in Atlanta, Georgia. In 2008, the Glee Club recorded the spiritual, *He's Got the Whole World in His Hands*, for Spike Lee's movie, *Miracle at St. Anna*. Earlier that year, the organization performed with mezzo-soprano, Denyce Graves, for the inaugural concert for the 10th president of Morehouse College, Dr. Robert M. Franklin. In 2011, its Centennial year, the Glee Club performed commemorative concerts in Atlanta and New York's Avery Fisher Hall, for events leading to the dedication of the King Monument on the National Mall in Washington, D.C. and recorded *Zachary and the Scaly Bark Tree* by Bill Lee for his son, Spike Lee's movie, *Red Hook Summer*. In 2013, the Glee club performed at the 129th Commencement Exercises at Morehouse College, where President Barack Obama was given an honorary degree. In

## **A Brief History of the Morehouse College Glee Club** (continued)

2015, the Glee Club performed with Demetria McKinney at the “Portraits of John Lewis: Celebrating the 75th Birthday” festivities at the Tabernacle in Atlanta, Georgia, for the 83<sup>rd</sup> birthday celebration of Ambassador Andrew Young. and the Glee Club performed original works from musical composer, James Olivero, in a collection entitled, “Songs from the World House.” The Glee Club has performed internationally on several different occasions: African Nations – Senegal, Ethiopia, Ghana, Uganda, and Nigeria (1972), Russia (1996), Poland (1998), Bermuda (2001), the Bahamas (2005), South Africa (2008) Canada and Puerto Rico (2011).

The Morehouse College Glee Club celebrated 105 years of its musical legacy throughout the 2015-2016 calendar year beginning with the release of our newest CD, *In Need of Music*, and many concerts culminating with an Alumni Reunion concert in February of 2016. Since the Glee Club’s origin, excellence through brotherhood, dedication and commitment and unselfish labors of love has continued in musical performance and in whatever the organization does.

The current members come from all over the United States and even from other countries around the world. The Glee Club members all have different interests, which adds to the diversity of the organization. While some are music majors, members are in all academic divisions at the college. Even though some members take Glee Club as a course for credit, all members still sing as a labor of love and enjoy being ambassadors for Morehouse College.





## INFORMATION & ANNOUNCEMENTS FOR SUNDAY, MARCH 5, 2017 (continued)

### MESSAGE FROM THE SUNDAY SCHOOL SUPERINTENDENT

#### **Greetings Union:**

I look forward to seeing more of you for our second Sunday combined adult class. We are scheduled to have some very good classes during the next couple of months. My teachers are looking forward to presenting what God would have them to share with you during our class time. We also encourage parents to bring their children to Sunday school; my teachers have class materials that will be of benefit to all ages.

I also encourage you to think about joining the Sunday school staff. We are in need of teachers to assist with all classes.

Finally, I want to extend our thoughts, and prayers to the family of the late Deacon Willie James Hall, Sr.; Deacon Hall will be truly missed by all of us on the Sunday school staff.

May God bless and keep you all in His care.

**Deacon Ernest Norman/Sunday School Superintendent**

### UNION BAPTIST CHURCH WOMEN'S MINISTRY

#### **Matthew 25 Ministries (Sis. Doris Walker -Team Leader)**

During the month of February, we continued our outreach program at Matthew 25 ministry. Again, it was a blessing to help others less fortunate than us all over the world. We worked in the paint shop for the first time. We filled paint barrels with donated paint. We were all excited about our paint uniforms, especially Rev. Marshall, who was volunteering in his daughter's place.

We look forward to going again this spring, April 8, 2017. We prayerfully encourage all members to get involved in the rewarding outreach projects.



## INFORMATION & ANNOUNCEMENTS FOR SUNDAY, MARCH 5, 2017 (continued)

### UNION BAPTIST CHURCH WOMEN'S MINISTRY (continued)

#### **Black History Celebration/Chili Fest**

The UBC Women's Ministry shouts out a special thanks to Dr. Raven Spratley and Sis. Cheryl Hill (a mom and daughter team) and their committee for leading the 2017 Black History Program and Chili Fest on February 19th. The membership had an opportunity to view an insightful movie "13<sup>th</sup>," while sampling an array of chili provided by UBC chefs. Bro. Edward Phillips, Sis. Melanie Montgomery and Bro. Richard Rose were awarded 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place prizes in the Chili Fest contest.

#### **Women's Ministry Book Study**

Beginning March 4, 2017 and continuing for each Saturday in March, the Women's Ministry will be conducting a book study from 9:00 a.m. until 11:00 p.m. We will study *A Mary's Heart in a Martha's World*. All women and teens are encouraged to join us for this book study. Please see Sis. Rogena Stargel, if you need to purchase a book. The cost is \$6.00. There is a limited number of books available.

#### **Upcoming Events for the UBC Women's Ministry:**

Making crochet sleeping mats out of plastic trash bags trash for people who have no beds and sleep on the bare ground, rain or shine. Are you curious? (Hmmm). See Sis. Louise Stevenson for more information. **Sis. Louise Stevenson** and **Sis. Rogena Stargel**, Women Ministry Leaders

### RECOGNITION DAY 2017

Congratulations to our 2017 Graduates. This year we will honor our graduates on Recognition **Sunday, June 25, 2017** as a part of our morning worship service. If you know of any additional members who will be graduating from high school or college, please contact Sis. Louise Stevenson at 513-309-5125.

This year we are asking each member for a donation of \$10.00 for the Union Baptist Scholarship Fund. Additionally, if you are interested in giving a scholarship it would count as added joy for our scholars. We again salute our previous donors and hope they will find it in their hearts to continue giving.

There will be a meeting of all graduates and their families on Sunday, May 21, 2017, following morning worship, under the balcony. ~~~ UBC Scholarship Ministry

**2017 High School Graduate:** Bro. Brandon Judie

**2017 College Graduates:** Sis. Tiffany Bey, Sis. Samantha Judie and Bro. Austin Railey





## INFORMATION & ANNOUNCEMENTS FOR SUNDAY, MARCH 5, 2017 (continued)

**Bethany House Services:** Bethany House Services addresses the needs of homeless and at-risk women and children through direct service and systematic change initiatives, e.g., Greater Cincinnati Coalition for the Homeless, COHHIO, Strategies to End Homelessness, Upspring, Continuum of Care, and Project Connect. Bethany House Services is an agency of United Way. UBC volunteers at Bethany House include **the late Dea. Willie Hall, Sr., Sis. Gwendolyn Hall, Sis. Portia Fuller, Bro. Winford Taylor, Sis. Kesha Hixon, Sis. Yvonne Fairbanks, Sis. Carolyn Davis, Sis. Kathy Spratley, Sis. Tasje' Hall, Bro. Emir Carter and Bro. Rashad Manuel.** We applaud all of our members for their labor of outreach and love. More families than ever need the services that are offered by Bethany House. **If you have extra time, please consider this worthy volunteer opportunity.**  
~~~Pastor Yates



Willie's last visit at Bethany House was in January 2017. He was not feeling well at all but wanted to serve. He said he would go and then drop our riders off then go to the hospital. He was admitted to the hospital and stayed there until Saturday of that week. God allowed him to be at his posts on Sunday. Praise the Lord! ~~~ **Sis. Gwen Hall**

Dea. Willie Hall (third from left in above picture) was committed to being at his posts as a volunteer, Deacon, Sunday School teacher and Usher, despite his ongoing health issues. He attended and completed Usher School as well as the ICUA graduation ceremony held in Canton, Ohio. He wore his Usher School and ICUA pins with pride along with his church usher badge for many years. He will indeed be missed by the Usher Ministry. ~~~ Sis. Shirley Norman, former Chief Usher

SUBSTANCE ABUSE RECOVERY & PREVENTION MINISTRY: The Substance Abuse and Outreach Ministry will worship at the City Gospel Mission, 1805 Dalton St., 45215 at 6:00 p.m. on March 25th and April 22, 2017. Everyone is asked to meet in the parking lot to go inside the facility together. Phyllis Matthews, SARP Ministry Leader

FOOD PANTRY: The Food Pantry Ministry served **18 families** in January and **31 families** in February 2017.

**INFORMATION & ANNOUNCEMENTS FOR
SUNDAY, MARCH 5, 2017 (continued)**

MARCH IS STEWARDSHIP EMPHASIS MONTH

IMPORTANT DATES FOR THE MONTH OF MARCH

MARCH 1, 2017: Lent begins

MARCH 6, 2017: Deacon's Ministry Meeting at 7:00 p.m.

MARCH 12, 2017: Morehouse College Men's Glee Club Concert at New Hope at 6:30 p.m.

MARCH 20, 2017: Trustee Board Ministry Meeting at 7:00 p.m.

MARCH 25, 2017: Go Red Book Scholarship Extravaganza Luncheon from 12 p.m. to 2 p.m.

LENTEN SEASON



Lent is a solemn religious observance that begins on Ash Wednesday and ends approximately six weeks later on Holy Saturday (the day before Easter). Lent is a season of forty days, not counting Sundays and comes from the Anglo-Saxon word *lencten*, which means "spring." The forty days represents the time Jesus spent in the wilderness, enduring the temptation of Satan and preparing to begin his ministry. Sundays in Lent are not counted because each Sunday represents a "mini-Easter" and the reverent spirit of Lent is tempered with joyful anticipation of the Resurrection.

Lent is a time of repentance, fasting and preparation for the coming of Easter. It is a time of self-examination and reflection. In the early church, Lent was a time to prepare new converts for baptism. Today, Christians focus on their relationship with God, often choosing to give up something or to volunteer and give of themselves for others.

~~ Wikipedia, the free encyclopedia

**CONTINUED INFORMATION & ANNOUNCEMENTS FOR
SUNDAY, MARCH 5, 2017**

APRIL IS DISCIPLESHIP EMPHASIS MONTH

IMPORTANT DATES FOR THE MONTH OF APRIL

APRIL 3, 2017: Second Quarterly Leadership Council Meeting at 7:00 p.m. (**change in date**)

APRIL 9, 2017: Palm Sunday observed at 7:45 a.m. and 10:20 a.m. Worship Celebrations

APRIL 15, 2017: Good Friday Worship Celebration at 12 noon

APRIL 16, 2017: Easter Sunrise Worship Celebration at 7:00 a.m.

Easter Sunday School Program at 9:00 a.m.

Resurrection Worship Celebration at 10:20 a.m.

APRIL 17, 2017: Second Quarterly Official Board Meeting at 6:00 p.m.

Trustee Board Ministry Meeting at 7:00 p.m.

APRIL 17, 2017: Deacon's Ministry Meeting at 7:00 p.m.

APRIL 22, 2017: Saving Grace Community Church "Keeping the Faith" Award Luncheon (more information forthcoming)

APRIL 28, 2016: Second Quarterly Church Conference Meeting at 7:00 p.m.

APRIL 30, 2017: Annual Male Chorus Program at 4:00 p.m.

PLEASE MARK YOUR CALENDARS: May 28, 2017 – Annual Men's Day

June 5, 2017 – Summer Food and Enrichment Day Camp begins

June 5 - 9, 2017 – Vacation Bible School

June 25, 2017 – High School and College Grad Recognition Sunday



CONTINUED INFORMATION & ANNOUNCEMENTS FOR SUNDAY, MARCH 5, 2017

IMPORTANT NOTICE: All members are asked to be mindful that no one should be in the **church building between the hours of 11 p.m. to 7 a.m.** due to security reasons. Any necessary exceptions should be coordinated and approved by Dea. Crawford Cobb, Chairman of Property and Space, at least one week in advance. God's blessings to each of you from the Trustee Board Ministry. ~~~Dr. Carolyn Turner, Ministry Leader

MEMORIAL RECOGNITION TREE: Anyone who is interested in adding a leaf to the Recognition Tree, please see Sis. Doris Blaine-Smith or Sis. Faye Shirley. Thank You!

UNION BAPTIST'S EMAIL ADDRESS: The church has an email address for all ministry announcements. Please send all forms of communications (church announcements, flyers, upcoming events, etc.) to unioncincinnati@gmail.com. Thank you!

REMINDER FOR DEADLINE FOR CHURCH ANNOUNCEMENTS: The deadline for Church Announcements for the **May-June 2017** Newsletter is **Monday, April 24th, by 5:00 P.M.** Requests for announcements should be **e-mailed in care of Sis. Shirley Norman, Public Relations Ministry Leader**, at Union's email address: unioncincinnati@gmail.com. Please note **"Sis. Norman – Announcement"** on the subject line. **Please note: any announcements received after the deadline date will be included in the July-August newsletter.**

UNION BAPTIST CHURCH OF CINCINNATI WEBSITE: Please visit our website (www.union-baptist.net) which is both informative and interactive for those who are seeking the Will of God in their lives. **On our website, you will see upcoming events; evangelistic missions inclusive for men, women and children;** discipleship opportunities for building God's kingdom; exploratory devotional links for personal spiritual growth; and, community connections that have demonstrated, in the past, and continue to demonstrate, the **POWER OF GOD** throughout the Greater Cincinnati area, and beyond.

UNION BAPTIST CHURCH RADIO BROADCASTS: You can now also listen to the Union Baptist broadcast on WCVG 1320 every Saturday from 8:00 am to 9:30 am through live stream radio by connecting to the Union Baptist Church website at www.union-baptist.net

UNION BAPTIST CHURCH IS NOW ON FACEBOOK: The official Union Baptist Facebook is also linked to the Union Baptist Church of Cincinnati website at www.union-baptist.net.

CHURCH VOLUNTEERS NEEDED: Opportunities for anyone interested in volunteering in the church office or other areas of the church are still available. Please contact Bro. Dale McAllister, Executive Church Administrator. Thank you.



CONTINUED INFORMATION & ANNOUNCEMENTS FOR SUNDAY, MARCH 5, 2017

UBC MEMBERSHIP DATA FORM: All members who have not completed their updated UBC Membership Form, are urged to complete and provide your updated information, including, any name change; your current home address; your home, cell and work telephone numbers; a number where you may be reached in case of an emergency; and, an emergency contact person, etc. Membership Data Forms are available in the wall receptacle near the church office. When you have completed your form, please give to **Sis. Gwendolyn Hall**, Church Office Receptionist. Thank You.

THE CITY GOSPEL MISSION OUTREACH MINISTRY: The schedule of the longstanding participation of Union Baptist Church Ministers began with Reverend Shawn D. Pate, is as follows:

March 25, 2017

April 22, 2017

May 27, 2017

Reverend Barry Hixon, Jr.

Reverend Alvin Wyatt

Reverend Emanuel Marshall

Preaching at 7:30 p.m.

Preaching at 7:30 p.m.

Preaching at 7:30 p.m.

Union is asked to pray for and support, in every way possible, **our Associate Ministers** as they serve at City Gospel Mission. The City Gospel Mission, 1805 Dalton St., 45215. Thank You. ~~Pastor Yates.

HEALTH AND WELLNESS MINISTRY



Union Baptist Church
Health and Wellness Ministry Initiative
Dr. Orlando B. Yates, Pastor



You Are Invited To Our Go Red Book Scholarship Extravaganza Luncheon

Getting Your Health In Order

To show your commitment to reducing risk,
improving health and saving lives.

Heart disease is America's leading killer of
women – and men

Pledge to Learn More about
Heart Disease and
Ways to Prevent Heart Disease and
Its Complications

**Proceeds will be used towards our Book
Scholarship Recipient Majoring in a
Health Profession**

Call 513-981-0423 or see a Health and Wellness Ministry Member for a ticket

Saturday, March 25, 2017

12 noon – 2 pm

Guest Speaker:

Gloriajean Wallace, Ph.D., M.Div.,

CCC-SLP, BC-ANCDS

Being Your Own Cheerleader..for Life!



**At
Springfield Township Senior Center
9150 Winton Road,
Cincinnati, OH 45231
513-522-1154**

Tickets - \$25

Minority Health Month April 2017

Saturday, April 8

Free Kick Off Event

HEALTH SCREENINGS AND MORE

10:00 a.m. – 2:00 p.m.

Community Matters: Sanctuary
2110 Saint Michael Street
Cincinnati, OH 45204

On-Site Registration Available

Monday Workshops

The Daniel Plan

- Workshops
- Exercise Class
- Food Demonstrations

Education Matters School Building
3rd Floor Classroom
2104 Saint Michael Street
Cincinnati, OH 45204

Monday, April 10 6:00 p.m. - 8:00 p.m.

Faith: Gaining Self-Confidence
Food: Abundance not Deprivation

Monday, April 17 6:00 p.m. - 8:00 p.m.

Fitness: Strengthening Your Body
Focus

Monday, April 24 6:00 p.m. - 8:00 p.m.

Friends, Renewal and Encouragement:
Obtaining the keys to long-term
sustainable change

"Funded by the Ohio Commission on Minority Health"

Call to Schedule
Mammogram or Prostate Screening.

513-981-0421

by

Friday, March 24, 2017

Space is Limited

The Union Foundation
"generating resources & services to impact our community"



405 West Seventh Street

Cincinnati, OH 45203

Phone: 513-981-0421

Fax: 513-381-1635

www.theunionfoundation.org

The Union Foundation
"generating resources & services to impact our community"

FREE

GETTING YOUR HEALTH IN ORDER

Screenings
Saturday, April 8

Workshops
Mondays
April 10, 17, & 24



Registration
513- 981-0421

Planned Activities

Saturday, April 8th
10 a.m.–2 p.m.
Jump Start Kick Off
Workshop Registration

FREE

OPEN TO THE PUBLIC

HEALTH SCREENINGS:

- Mammogram
- Cholesterol and Triglyceride
- Prostate
- Blood Glucose (non-fasting)
- Blood Pressure
- Height & Weight

Call to Schedule
Mammogram or Prostate Screening

513-981-0421

Friday, March 24, 2017

Space is Limited

**Mondays
6:00 p.m. - 8:00 p.m.**

The Daniel Plan Workshops
Participants will receive practical tools they can use during the month and beyond. Exercises and healthy food demonstrations will also be conducted.

513-981-0421

to sign up for the workshops.

Daniel Plan Workshops

Monday, April 10 6:00 p.m. - 8:00 p.m.

Session 1

Faith; Gaining Self-Confidence

Participants will be introduced to the Essentials of the Daniel Plan, focusing on Faith that they can have self-confidence to make positive lifestyle changes.

Food

Abundance not Deprivation

Participants will learn that eating well is not complicated, by learning to choose real foods and avoid processed products in order to experience the healing of good nutrition.

Monday, April 17 6:00 p.m. - 8:00 p.m.

Session 2

Fitness; Strengthening Your Body

Participants will talk not just about the benefits of exercise but about how to get motivated and find movement they enjoy.

Focus

Participants will be offered specific steps to improve their focus, the key to long-term sustainable change.

Daniel Plan Workshops

Monday, April 24 6:00 p.m. - 8:00 p.m.

Session 3

Friends; Renewal & Encouragement

All participants will be buddied up. Together with friends, participants will have the support and encouragement they need to succeed.



We thank Community Matters for the use of their facilities and all our vendors/volunteers for their community support.

The Union Foundation

405 West Seventh Street
Cincinnati, OH 45203

Phone: 513-981-0421

Fax: 513-381-1635

www.theunionfoundation.org

CONTINUED INFORMATION & ANNOUNCEMENTS FOR
SUNDAY, MARCH 5, 2017



TruthSeekers
Small Care Group

The members of the Small Care Group "TruthSeekers" meet every Monday from 6:00 – 7:15 pm in the Avondale Branch Public Library to study God's word and grow through the five purposes of the church, worship, fellowship, discipleship, ministry and evangelism. Please feel free to join us as we learn about God's Word and how to become more Christ like.

"I am praying not only for these disciples but also for all who will ever believe in me through their message. I pray that they will all be one, just as you and I are one—as you are in me, Father, and I am in you. And may they be in us so that the world will believe you sent me." (John 17:20, 21)

For more information, please contact our ministry leader, Rev. Shawn Pate

Union Baptist Church
405 W 7th Street
Cincinnati, OH 45203
(513) 381-3853
Rev. Dr. Orlando B. Yates, Pastor
Rev. Shawn Pate, Minister of Small Care Groups
unioncincinnati@gmail.com



The Union Foundation
"generating resources & services to impact our community"

Summer Food & Enrichment Day Camp

June 5, 2017 – August 11, 2017

Monday—Friday, 7:30 am—5 pm

For Children Ages 5—12 years

**In Partnership with Peoples Church, Whole Again International,
And Union Baptist Church**

Vouchers are accepted



This Site is an

ACA Accredited Camp

Ohio Jobs & Family Services

Approved

Day Camp



Seating is limited! CALL TODAY!

Registration ends Saturday, April 22, 2017

To receive more information
call Annette I. Bell, R.D., L.D.

at (513) 981-0421

Visit our websites: www.theunionfoundation.org and www.union-baptist.net

UBC FUNDRAISING OPPORTUNITY

The Cincinnati Symphony Orchestra is offering Union Baptist Church a unique fundraising opportunity for the **Classical Roots Concert** scheduled on **Friday, May 5, 2017 at 7:30 pm at Crossroads Church in Oakley**. This historic concert featuring the Classical Roots Community Mass Choir with special guests **Cynthia Erivo** and **Sons of Serendip** will be an amazing event for the entire community.

Union Baptist Church is signed up to be a Classical Roots Partner and is assigned the following promotion code: **11075**. Each partner church will receive a portion of the proceeds for every ticket sold to someone calling **(513) 744-3590** and mentioning **Union Baptist's promotion code (11075)**. Union Baptist earns \$2, \$4, \$7 or \$10 per ticket, depending on the type of ticket sold.

After the event on May 5th, the Cincinnati Symphony Orchestra will issue a check for the proceeds to each partner church, based on the number of tickets sold. Ticket prices/amount earned are as follows: Adult A (\$50/\$10); Adult B (\$35/\$7; Limited view (\$20/\$4); Student (\$10/\$2). **Please be sure to identify yourselves as members of Union Baptist Church so that Union will get the credit for the sale!**



Union Baptist Church promotion code (11075)



THE RESURRECTION

We hold so close to our hearts
The cross where Jesus died,
But so much more than the blood-stained cross
Is that Jesus came back to life

The stone's been rolled away;
The tomb lay open and bare —
They looked for Him, and then the angel said
That He is no longer here

Oh what joy they must have felt
To see Him just once more,
To eat with Him, to drink with Him,
To receive Him back as Lord

So much did He accomplish
Through His death upon the cross
And in His rising from the dead,
He reconciled us back to God

Nothing else could bridge the gap
That sin had wrenched apart —
Now we can freely go to God
And receive Christ in our hearts.

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