The Union Baptist Church Newsletter

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<u>A DEVOTIONAL</u> FOR MEN ON THE GO

USING YOUR FEET

"There was a man named Jabez who was more honorable than any of his brothers. His mother named him Jabez because his birth had been so painful. He was the one who prayed to the God of Israel, "Oh, that you would bless me and expand my territory! Please be with me in all that I do, and keep me from all trouble and pain!" And God granted him his request. 1 Chronicles 4:9-10

I prayed a lot during our football games, along with many of the staff and players. Before the game, at halftime, after the game, and many times in between. Sometimes, at least silently, many of us prayed for a play to be successful, a field goal to be made or missed on a game to be won. And sometimes we were willing to help. It was important to pray, but we also had to do our part. I had to coach and our players had to play--hard!

Of course, the Lord can do anything He sees fit, whether we're helping or not. But that's not how He intended our relationship with Him to be or our time on earth to be lived out, merely our asking Him for favors.

When He created you and me, He had a purpose in mind for us. Our lives were not intended to be inactive. God knew what the world would be like when we were born, and we are designed specifically to carry out His purposes for this particular time in history.

God has done this throughout history--not just with us--by using both willing and unwillingly participants for His purposes. His preference is that we be willing, with the hope that we will use the gifts and abilities He gave us. The next time you think you might just sit back and rely on the Lord to find others to pick up the slack from your idleness, remember this African proverb: When you pray, use your feet.

Jabez prayed that God would enlarge his territory. He was ready to do whatever was needed. He was ready to use his feet. He was willing and ready to go where God sent him and to do what God set before him.

Pray often. Ask God for power, peace, directions, clarity, strength and courage--and that's just for starters. Then get ready to go, because He is going to throw you headfirst into the today. AMEN.

UNCOMMON KEY > Be like Jabez. Pray specifically and often. And when you pray, get ready to use your feet. He will get you involved. AMEN.

> Uncommon Life-Daily Challenge ~~ Tony Dungy and Nathan Whitaker

<u>A MEDITATION FOR EVERY</u> MARRIED COUPLE

KINGDOM COUPLES DATE

Connection comes not through the amount of money spent, but the amount of heart invested.

~~Ann Swindell, Today's Christian Woman

A girl asked her mother, "How can I keep my boyfriend from spending so much money on me?" The mother replied, "Marry him. That will all stop when you marry him." Remember those times the two of you would plan, and dress up, and go out and do all sorts of fun things together? Those were called dates.

Unfortunately, too many married couples become buried by the demands and routines of kids, jobs, bills, you name it. Dating fades away and those couples suffer in their love, connection and intimacy. They lose the fun of each other. As a kingdom couple, it's time once again to date regularly. Pick a place and something to do that is fun. That doesn't mean grabbing dinner at a restaurant because neither of you feel like cooking and you had to eat anyway. It doesn't mean hashing out the stresses and problems at the office or home. It means doing something-out of the house, away from the kids, just for the fun of it--together. At a minimum, go on a date every other week, if not more.

APPLICATION

- **1.** What is a most memorable moment or fun story from when you were dating?
- 2. What do you most enjoy doing together now?
- 3. List the top three obstacles that stand in the way of you dating--then brainstorm ways to overcome them.

PRAYER

God, so many things in life stand in the way of us taking the time to just have fun together. Please help us prioritize the most precious relationship You've given us. AMEN.



DEVOTIONAL FOR SINGLES

THE LATE SHIFT

"Every good thing given and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shifting shadow."

James 1:17 (NASB)

Every year that passes delivers a real, tangible reminder of the effects of time. Hard, sculpted bodies soften. Smooth youthful faces wrinkle. Slender, narrow feet swell or flatten. Taut, firm skin loosens and fails to cooperate. **Every week the mirror introduces us to a person we don't entirely recognize**. Whenever we find a picture of us, taken from two, three, four years ago or more--my goodness, we'd almost forgotten. Did we really wear our hair that way? Did we really fit into that top? Did we really have such smooth skin?

Time reveals the temporal. It highlights the slow but steady decline that everyone on Earth is subject to experiencing. Everything changes. Nothing stays the same--not the way we once knew it. Jobs become deleted. Prices go up. Children take on new interests and grow into different paths. Particular foods we once enjoyed without a second thought now keep us up at night with heartburn. The workout that always sufficed doesn't budge the scales like it once did. Maintaining our energy level is not the effortless task it used to be. Things we'd counted on to be there when we reached a certain age fail to come together as we'd planned, even as certain people we admired prove unfaithful and fractured.

Life just refuses to stay put. And yet God stays the same. His word, His truth, Himself. Unchanged!

The older I get, the more I notice and love--and am frankly astonished at the power of-- this quality in His nature. He shows up every single morning without any "variation or shifting shadow." Always the same. Ever constant. Unchanging. Unmoving. He is the first and the last. Eternity in our midst--His Spirit fresh and alive in us, same as on the day we first met Him--His mercies new with each approaching sunrise. "Your years," the psalmist said of Him, "will not come to an end" (Psalm 102:27). He will always *be* who He's always *been*, no matter how quickly time passes or how many changes we're forced to navigate.

Reminding yourself of this fact today should give you confidence--a confidence you will need in these ever-changing times. He will never cease being faithful and good, strong and true. He will always be light, with "absolutely no darkness in him" (1 John 1:5 CSB). He will always be "love" (1 John 4:16) even on days when you feel the most condemned and unforgivable. The Son will always live "to make intercession" for you (Heb. 7:25) never leaving you exposed and alone and without "an Advocate with the Father" (1 John 2:1). You may feel tempted to worry or to be concerned about a lot of new developments, but you never need to wonder whether or not you'll find God eternally trustworthy in the midst of them.

Each year may be new to us, but He is the same yesterday, today and forever. AMEN.

"The LORD is good; His lovingkindness is everlasting and His faithfulness to all generations." Psalm 100:5 (NSAB)

Awaken ~~Priscilla Shirer



TEEN'S CORNER

MULTIPLE CHOICE

"Now fear the Lord and serve him with all faithfulness. Throw away the gods your ancestors worshiped beyond the Euphrates River and in Egypt, and serve the Lord. But if serving the Lord seems undesirable to you, then choose, for yourselves this day whom you will serve. ... As for me and my household, we will serve the Lord." Joshua 24:14-15 (NLT)

Moses led the homeless nation of Israel out of Egypt, where the people had been enslaved for several generations. God demonstrated his power through the ten plagues, the splitting of the Red Sea, and the provision of food from heaven and water from a rock. He even provided them with a supernatural GPS system by leading them with a cloud during the day and pillar of fire at night.

But the people still didn't have much faith. They constantly whined and complained. What should have been about a month long hike turned into a camping trip that lasted four decades. Moses and an entire generation of those who left Egypt never even made it to the land God had promised Abraham hundreds of years earlier. Joshua replaced Moses as the leader of God's people and brought them into the Promised Land.

But before they could take possession of their new land, they had to get something squared away. Joshua, now an old man himself, gathers the people of Israel together for a farewell address. I find it interesting that he does not demand or coerce the people to follow God. In fact, he gives them three options *along with* the one true God. "Choose for yourselves," he says, "whom you will serve." Don't miss the underlying assumption: You *will* make a choice. All of us are worshipers--we are hardwired this way. The question is never, Am I a worshiper? It is always, Who or what am I worshiping?

And make no mistake: You will end up serving the god/God you have chosen. Often willfully, sometimes dutifully, perhaps even regretfully. The master always rules over the servant.

- You choose the *old* gods your parents and grandparents chose, and you find yourself bowing under pressure of family expectations that can never be met.
- You choose the gods you met *next*, in college or out on your own, and wake up enslaved to pursuits that can never really satisfy.
- You choose the *locals* gods (sexual pleasure, entertainment, success) and discover that you are just as defeated as the generations of people who served those gods before you.

Or you can make the choice Joshua did: "As for me and my household, we will serve the Lord." It's a choice that offers real life and maximum meaning and profound purpose. Serving the Lord truly has external consequence. What will you choose? AMEN.

Pursuing Today

Our choices are a strong indication of what gods we are worshiping. Evaluate the choices you are making; what you choose to do for a living, how you manage your money, what you watch on TV, whom you befriend, what websites you visit, what you wear, what you eat, even what you choose to think about. Consider the things you will do or decide this week. What do your choices reveal about whom or what you are serving? AMEN.

Not a Fan. Daily Devotional ~~Kyle Iddleman

DEVOTIONAL FOR SENIORS

Let's Talk Turkey

"Let your speech always be gracious ... so that you may know how you ought to answer each person." (Colossians 4:6)



"Talking turkey" is a term with roots in colonial times. At first it meant to speak agreeably, possibly describing conversation around the Thanksgiving meal. Today it usually refers to speaking frankly or getting down to serious business. How would you describe the dialogue around your table?

Thanksgiving Day or any day, both definitions have a place in our conversation. Our words are important at home, in the marketplace or wherever we have opportunity to talk with others. We have life-giving facts about Jesus to share. The salvation of family, friends and neighbors is serious business. Paul reminds us, "Let your speech be gracious." God's unmerited favor fills us, and transforms our speech and behavior. His love and kindness—coming through our words—will be the soul food every guest needs. That kind of talk fills everyone with thanksgiving!

May the words of my mouth be acceptable in your sight, O Lord. Amen.

Give thanks today for each conversation conveying God's love and care.

~~Sharolyn Sander Hope-full Living Daily Devotions

"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough." – **Oprah Winfrey**

"He who thanks but with the lips Thanks but in part; The full, the true Thanksgiving Comes from the heart." – *J.A. Shedd*

"Let us remember that, as much has been given us, much will be expected from us, and that true homage comes from the heart as well as from the lips, and shows itself in deeds."

- Theodore Roosevelt

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them. – John Fitzgerald Kennedy

"Each day is a gift from God. What you do with it is your gift to Him." - T.D. Jakes

"Careful for nothing, prayerful for everything, thankful for anything." – Dwight L. Moody

HUMOR - Holiday Dinner Disasters:

Oh sure, it's funny now

Originally published in *The Seattle Times* November 21, 2007 at 12:00 a.m. and updated November 21, 2007 at 11:05 a.m.

By Karen Gaudette



Virginia, owner of Cooking School & Culinary Center:

Thanksgiving afternoon had arrived by the time Virginia Duppenthaler, weary from a predawn grocery run, awoke from what she'd intended as a catnap.

Her stovetop? Empty. The food? Hours from being done. And who was at the door but more than a dozen (ravenous) Thanksgiving dinner guests.

Major holidays seem primed for cooking mishaps. Turkeys catch fire in fryers and scorch decks. Punchbowls of eggnog tumble onto spotless carpets. We run out of gravy, cracklings, butter, patience, time. But in the way that cooking disasters often do, what should have been The Worst Dinner Ever often becomes the stuff of lore and legend instead.

In Duppenthaler's case, it didn't hurt that most of her guests were fellow chefs from the Blue Ribbon Cooking School & Culinary Center, which she owns.

"We all jumped in and started cooking and made the best of it. It was literally the best Thanksgiving ever," said her daughter, Vanessa Johns-Webster. "We still don't stop making fun of her for it."

To everyone who's ever forgotten a bag of giblets in the turkey, watched the bird collapse like a tired soufflé or discovered too late that you switched your sugar with salt in the pumpkin pie, take heart: You are not alone. We collected the evidence via e-mail and telephone.

Jean, a TV News Anchor: "We almost always break the garbage disposal on Thanksgiving — could it be someone put potato peels down there instead of putting them into the compost pot? So I called the plumber, because with 18 at dinner, I really needed the sink! The plumber came and worked on the project and I tried to keep things running smoothly in

HUMOR ... continued

the dining room so no one would notice. But one of the littlest kids went out to the kitchen and saw two long legs sticking out from under the sink and went shrieking back to the dining room yelling, 'Daddy is having Thanksgiving under the sink!' Now every Thanksgiving we check the disposal, and make sure there are no extra legs under the sink."

Justin Branstad, Seattle cooking instructor: "Quite a ways back, a good friend of mine their family owned a deli — had a big walk-in refrigerator, so I was always enlisted to help people cook. They also had a portly dog named Nugget, and the day before Christmas Eve someone had left the door a little bit open on the walk-in and the dog sneaked in there and gorged itself on an eight-pound ham ... We took poor Nugget to the vet, and they had to take care of her ... She was (eventually) fine, but the centerpiece of the meal was destroyed, so we ended up ordering out Chinese food for the Christmas Eve dinner. It was quite a scene, and as bad as it is having your meal destroyed, everyone was first and foremost concerned about the dog. You look back on it and laugh now, but it was quite an event."

Jeannine wrote about a windy Thanksgiving in the late 1970s: Dowell was in the midst of cooking a hefty turkey and all the fixings for 30 when the power went out, a regular wintertime occurrence on the hill where she and husband Stephen live. She called her neighbor to see if she had room in the oven for their half-done turkey — nope. A friend up the hill said to bring the turkey on by. Stephen jumped in the car and drove up.

"He was carrying this 30-pound bird in a roasting pan in this windstorm," his wife said, laughing at the memory. But that oven was too small, he told his wife over the phone. Yet another friend had no extra space in her oven. He drove home, perplexed. His wife went into panic mode. "I said 'What are we going to do? We have all these people arriving at 4 o'clock. What are we going to do?!' " Jeannine said.

Then Stephen remembered he knew the owner of the nearby Golden Steer Restaurant. "God love him, he cooked it for us," Jeannine said. "When my husband finally came home and the bird was placed on the table, he said to all of our guests, 'Well, this turkey has more miles on it today, on Thanksgiving, than it ever had in the barnyard!'"

Dennis, owner of Gallagher's' Where-U-Brew in Edmonds, on a Christmastime blackout in the 1980s: "I was working at Big Sky Resort in Montana, and I was the sous chef and we were doing a Western barbecue and the power went out for about seven or eight hours. You had 800 people to feed, and we had the beans made up and this and that; we were semiprepared. But nothing at this point was hot, and it was about 10 below zero. We had to dust off the snow from the barbecue. We finished all the food and fed 800 people on the four

HUMOR ... continued

Barbecue grills we had. That was kind of a disaster. But in my younger days, I handled stress pretty well."

Jean a Seattle insurance broker, on the legendary 1983 Thanksgiving windstorm: "Everything's going fine. The turkey is in the oven, the potatoes are on the boil, we're working on things and our entire electric house goes dark, loses power.

It was about 2:30, so the turkey wasn't done. We generally just hung out in the dining room and drank wine and ate pie because there was nothing else edible. None of our food was done cooking yet. We sat there telling stories, forced to communicate with one another and chat, grousing about the dinner we'd lost and how bizarre that was.

It was very strange, because about 7:30 the power came back on. And it was the weirdest thing because we didn't realize until the power came on that some magic was happening. It was a disaster at the time. But now we look back on it as our favorite Thanksgiving.

https://www.seattletimes.com/life/food-drink/holiday-dinner-disasters-oh-sure-its-funny-now/

A Letter to Santa from Mom

Dear Santa,



I've been a good mom all year. I've fed, cleaned and cuddled my two children on demand, visited the doctor's office more than my doctor, sold sixty-two cases of candy bars to raise money to plant a shade tree on the school playground and figured out how to attach nine patches onto my daughter's girl scout sash with staples and a glue gun.

I was hoping you could spread my list out over several Christmases, since I had to write this letter with my son's red crayon, on the back of a receipt in the laundry room between cycles, and who knows when I'll find any more free time in the next 18 years.

Here are my Christmas wishes:

I'd like a pair of legs that don't ache after a day of chasing kids (in any color, except purple, which I already have) and arms that don't flap in the breeze but are strong enough to carry a screaming toddler out of the candy aisle in the grocery store. I'd also like a waist, since I

HUMOR ... continued

lost mine somewhere in the seventh month of my last pregnancy. If you're hauling big ticket items this year I'd like a car with fingerprint resistant windows and a radio that only plays

adult music; a television that doesn't broadcast any programs containing talking animals; and a refrigerator with a secret compartment behind the crisper where I can hide to talk on the phone.

On the practical side, I could use a talking daughter doll that says, "Yes, Mommy" to boost my parental confidence, along with one potty-trained toddler, two kids who don't fight and three pairs of jeans that will zip all the way up without the use of power tools. I could also use a recording of Tibetan monks chanting, "Don't eat in the living room" and 'Take your hands off your brother,' because my voice seems to be just out of my children's hearing range and can only be heard by the dog. And please don't forget the Playdoh Travel Pack, the hottest stocking stuffer this year for mothers of preschoolers. It comes in three fluorescent colors and is guaranteed to crumble on any carpet making the in-laws' house seem just like mine.

If it's too late to find any of these products, I'd settle for enough time to brush my teeth and comb my hair in the same morning, or the luxury of eating food warmer than room temperature without it being served in a Styrofoam container. If you don't mind I could also use a few Christmas miracles to brighten the holiday season. Would it be too much trouble to declare ketchup a vegetable? It will clear my conscience immensely. It would be helpful if you could coerce my children to help around the house without demanding payment as if they were the bosses of an organized crime family; or if my toddler didn't look so cute sneaking downstairs eat contraband ice his to cream in pajamas at midnight.

Well, Santa, the buzzer on the dryer is ringing and my son saw my feet under the laundry room door. I think he wants his crayon back. Have a safe trip and remember to leave your wet boots by the chimney and come in and dry off by the fire so you don't catch a cold. Help yourself to cookies on the table but don't eat too many or leave crumbs on the carpet.

Yours Always, Mom

P.S.

One more thing...you can cancel all my requests if you can keep my children young enough to believe in you.

https://www.et.byu.edu/~tom/jokes/Dear_Santa.html

ETIQUETTE - Ways to Deal with Rude Relatives

They say they're family, but sometimes you'd like to ask for a DNA test. Peggy Post explains how to keep your head — while keeping them in line.

By Peggy Post

Offender No. 1: Your Mother

Your mother finds fault with your cooking.

Mr. Rude

What to do: As hard as this may be, you should take the high road. Stay calm, thank her as graciously as possible for her advice, and change the subject. Confronting her won't alter her views — and it won't make you feel better either. Instead, encourage another relative to compliment your cooking in front of your mom. When she sees that neither of you seems bothered by her negative comments, she may lose interest and pipe down.

Offender No. 2: Your Uncle

Your uncle, the off-color-joke teller, is coming for holiday dinner.

What to do: Well before the holiday, call your uncle and say that you're glad he's joining you but that you have a request: To keep the day pleasant for everyone, could he please not make the kind of jokes that embarrass or offend some people? No need to lecture or tell him he has to change. Just say that holidays in your home are G-rated! You would also be wise to line up a relative who's close to your uncle to reinforce your stance.

Offender No. 3: Your 25-Year-Old Daughter

Your 25-year-old daughter has a live-in boyfriend — and has made it clear that on their upcoming visit, she expects you to put them in the same room.

What to do: The bottom line is, it's your house — and you feel uncomfortable having them share a room. Your daughter should follow your rules. Just be sure to explain your feelings in advance, not when she and her boyfriend are carrying their bags into your house. Make it clear you're not passing judgment on their relationship; you're just reminding her that you need to live as you like at home, just as she and her boyfriend do. If you and your daughter are on good terms, she'll most likely accept your code of conduct.

Offender No. 4: Your Eight-Year-Old Nephew

Your eight-year-old nephew wreaks havoc around the house.

What to do: Speak to his parents before the next visit. Without criticizing their child-rearing skills, talk about their son's exuberance and energy and about how you'd like him to simmer

ETIQUETTE...continued

down when visiting. Give specific examples: "We had to have our couch cushions deep cleaned after he jumped on them in dirty shoes last month. Could you please talk to him about taking care of other people's things? You know we love Owen, but we need to protect our home." At the beginning of his next visit, welcome him and state your parameters: "It's great to see you again! I have some house rules: No jumping on the furniture and crayons are for paper — not the walls." Plan activities to keep him busy and speak up, if necessary, to restate and reinforce your rules. And don't worry about being a spoilsport: You're showing him and his parents an important lesson about respect.

Offender No. 5: Your Son

Your son moved back home after college and is driving you crazy. He comes and goes as he pleases, eats all your food, and uses the car whenever he wants to.

What to do: While an adjustment period is normal in a situation like this, the time has come to sit your son down for a chat. Lay out ground rules for his new "dorm" and be very clear: Raiding the fridge is okay, but eating tomorrow's dinner as a midnight snack is not acceptable. Also, he needs to go shopping and replenish his favorite goodies now and then. Tell him about any meals that you expect him to eat with the family. Have him check in with you about his plans and give you a call if he needs to cancel them or is running late. Designate when the car may (and may not) be borrowed and how low the gas can get before he's expected to fill the tank. Will he do his own laundry, or will good ol' Mom do it? Agree on a reasonable cutoff time for loud music, TV and video games. Which chores will he be responsible for? If he has some income (even meager wages), it's only right for him to pay for certain expenses and not totally rely on you for cash. Help him by figuring out a budget and be clear about how much you can — and cannot — provide. Let him know you're not an endless funds faucet — and then stick to the rules you've made. (If you don't, he never will.)

Offender No. 6: Your Sister-in-Law

Your sister-in-law snoops in your medicine cabinet, searches through your closets, and even opens your mail.

What to do: To call her on it, you need to catch her in the act (otherwise, she's likely to deny that she's been doing anything wrong). So wait until the next time you see her rustling around in your stuff, then say: "I really want you to ask me first if there's something you're looking for." She may stop once she knows you're on to her. You could also protect your privacy in advance by keeping your mail out of sight of her prying eyes.

Offender No. 7: Your Little Brother

Your little brother announces that the next time he comes to stay with you, he's bringing his dog.

What to do: It's bad manners for a guest to bring an uninvited pet, even to a relative's home. This is true even if you have one of your own and your house is already animal friendly. And you can politely but directly tell him so: "I can't wait to see you, but please leave Finbarr at

ETIQUETTE...continued

home or in the kennel." If you wish, you can add a reason (you have a new rug, your daughter is allergic to pets), but you don't have to. Dog owners sometimes love their pooches so much; they don't consider that others may feel differently. Rather than declare that the dog is coming along, your brother should have delicately raised the issue by saying, "Is next weekend okay for my visit? I'll see if the kennel can take Finbarr." That would have been your cue to invite the dog, if you were so inclined. Explain to him the polite way to ask about his furry friend, and in the future, he'll know to wait for his host to bring it up.

Offender No. 8: Your In-Laws

Your in-laws never lift a finger and expect to be waited on.

What to do: It sounds like they think you're being paid for your domestic services! Have a heart-to-heart with your spouse so that he sees the problem. You need him on your side, and it would be ideal if he would speak to his parents on your behalf (without you present) at the start of their next visit. He could tell them that they're always welcome but that they need to help out with some of the chores, like making their bed and clearing the table after meals. Or your husband can make sure his parents see him helping you around the house, and then ask them for help with "his" chores. Thank them when they do help and they'll likely keep it up.

Whom Should You Go Easy On?

The grumpy grandpa who keeps repeating the same stories and complains about everything.

Being forgetful is normal for people in their golden years, so try to be patient. That may be easier if you remember that aging issues — from aches and pains to money worries to health fears — can be scary and that seniors can easily feel overwhelmed. And many elderly people are lonely as well; they are eager to talk when they're with others. So, yes, you may feel bored or annoyed when hearing the same old stories, but that's better than embarrassing your grandfather or stopping him from sharing his tales.

The frazzled young mother who never seems to have time for you.

If there's someone like this in your life— your daughter, your son's wife, a niece — I'm sure she doesn't mean to be disrespectful or unfriendly. It's just that, in certain stages of adulthood, there simply aren't enough minutes in the day even to return a phone call. So cut this frantic new mom some slack and don't take her scattered behavior personally. If you want to catch up with her, ask if there's a particular time of day when she has even a little time to talk. Keep the conversation short and pleasant, and hang up before she says she has to go. Another tactic: Offer some help, like coming over to clean with her or to watch the kids while you two catch up.

Your hardworking spouse, who stays late at the office many nights — and seems to think a heads-up phone call earlier in the day makes everything okay.

Be grateful for the important things! At least your spouse is considerate enough to give you advance warning so that you can plan your evening accordingly. You can also remind yourself that at least he is employed and that he doesn't have to stay late every night. Keep in mind that he would probably rather be home as well, experiencing a home-cooked dinner instead of

ETIQUETTE...continued

drudgery. It's time for you to be thoughtful and offer him your understanding. You would want the same from him if you were the one burning the midnight oil.

The clueless preteen who barely says hello when you stop by.

He's old enough to know how to greet others in a friendly way; he's probably just going through a temporary age-related manners lapse. Don't even think of correcting his behavior; that's up to his parents, who should sit him down later on and remind him of the right way to welcome guests. In the meantime, your role is to rise above it. Offer him a kind, upbeat greeting: "Hi, Chris! I'm so glad to see you again!" After you've hugged each of his parents, you could add: "Is it okay if I give you a hug?" You'll be setting a good example for him without giving him a lecture.

https://www.goodhousekeeping.com/life/advice/a15798/deal-rude-relatives-mar06/

Family Etiquette

The place to start with etiquette is at home with the family. When you get married, you instinctively know you are better off getting along with your new in-laws, so you show them that you are poised and gracious. You've also learned that your spouse responds better when you say, "Please," and, "Thank you," than when you issue an order and refuse to acknowledge cooperation. Children who are taught good manners and to respect their parents take their lessons out into the world.

Basic etiquette rules for family members:

- Respect each other's personal space and don't crowd them.
- Respect each other's belongings.
- Don't interrupt when someone else is talking.
- Be on time for dinner.
- Use polite language such as "Please" and "Thank you."
- Don't text or talk on your cell phone during a family meal.
- Chew with your mouth closed.
- Don't yell or call each other names.
- Pick up after yourself so someone else doesn't have to do it.
- Listen to Mom and Dad and do what they say.
- Be cautious with your children's images and comments on social media.

https://www.thespruce.com/what-is-etiquette-and-why-is-it-important-1216650

A Story to Warm Your Heart and Delight Your Soul.....

Christmas time is full of wonderful opportunities for us to demonstrate our love for one another and to become more aware of its very important role in our lives.

Love is such a familiar word that it is easy to use it without really thinking about the extent of its meaning. As Christmas is



traditionally a time of love, what could be more appropriate than taking time during the weeks leading up to Christmas to contemplate the true meaning of love. Through understanding

it more thoroughly, we increase our expression of love through kindness, compassion, sharing and giving, contributing as well to the great reservoir of love that is growing in our world.

Love is such an incredible, glorious force. It is ever-active in our lives, appearing in many guises, but always providing whatever is needed for our growth and well-being. Merry Christmas to all!

http://www.mindsoulspirit.com.au/christmas/mss_christmas06_love.htm

The Unexpected Gift

It is Christmas in the heart that puts Christmas in the air. ${\sim} \rm W.T.~Ellis$

First the snow came lightly. I watched it out the window, the flakes flying in the wind the bus made as it sped from Cincinnati, where we lived, to Canton, Ohio, where we were going to spend Christmas with my uncle and cousins. My brother and I were traveling alone because our parents were on the way from Pittsburgh, where they had gone to take care of things after my grandmother died. It was a family emergency, and though my mother did not like the idea of leaving us with her best friend, or having us travel alone, she did not have much choice.

Soon we would all be together in my uncle's house playing the rowdy games and eating too many sugar cookies, which my Aunt Alice made in the shape of snowmen. They always had little stubby hands and feet to. For some reason I liked to eat the feet first. My brother always ate the cherry nose.

I had the window seat for this leg of the trip. My mother always made us trade off to avoid fighting about it and we did that even when we were by ourselves. There was a very big woman sitting across from us who talked to us at the last stop. She thought we were too young to be traveling alone and she bought us each a doughnut even though she seemed poor. Her name, she said, was Mrs. Margaret Mills and her husband was dead. I don't know why she told us that.

Before long, the snow got heavier and heavier and the bus began to slow down. It slowed and slowed and before long it was just kind of crawling along and the world outside had turned completely white. I heard the driver talking on his radio about what we should do. So I woke up my brother in

The Unexpected Gift...continued

case we were about to hit a snowdrift and be boarded by bandits. He always hoped for some big adventure that just never seemed to come our way. Now might be his change, I thought.

The other passengers began to stir about and go stand in line for the bathroom and make each other nervous. I gave my brother my seat and he kept his face plastered to the glass. "Look, look," he would say every once in a while. "More snow. More snow." It was about an hour later that we eased into a gas station that had a little restaurant shaped like a railroad car attached to it. We all bundled up as best we could, pulled our hats down over our ears and ran for shelter. The wind was making a very weird sound... like a bird screeching. Finally we were all inside and the bus driver told us we were likely to have to spend the night here and might make it out in the morning if the storm stopped and the plows came through.

Now I was frightened and my brother was crying. I told him we would be all right and the weird woman took us to the counter and ordered hot chocolate. My mother had pinned a card inside my coat pocket—she pinned it there because I was always losing things I needed, like mittens – with my uncle's name, address and phone number.

While we were having hot chocolate, the bus driver asked us if we had a phone number for whoever was going to meet us and I gave him the card.

People were very upset. After all, we were about to spend Christmas with a handful of strangers and no one wanted to do that. All the joy and anticipation of being with family and friends was replaced by disappointment and sadness. We were a sorry lot. Some people drank coffee and some ate chicken salad sandwiches and some just sat staring at their folded hands.

I wanted to talk to my parents, and just as I had that thought, the bus driver called me and I went to the phone. He had my aunt on the line. My parents were out at church with my cousins and Aunt Alice was very calm about our situation. She said we would be all right and that we should do what the bus driver said. And that we should not leave the place where we were because my family would come get us in the morning when the roads were plowed.

That made me feel a lot better. But my brother was hard to console. He wanted to be home, to be singing carols while Aunt Alice played the piano, to be having the kind of Christmas Eve we loved. I didn't know what to do to help him and it was beginning to make me mad that he was crying all the time.

Then a strange thing happened. People began to talk to each other and to us. And then they began to laugh and tell stories about their families and where they'd been and where they were going. The man who owned the restaurant turned on the lights of the Christmas tree he had in the corner of the room. They were shaped like candles. And together with the colored lights that bordered the big front window, the room began to seem a little festive. I hoped it all would cheer my brother up, but it did not.

"What are we going to do? I want to see Mama, I want to have cookies, and I want to sing the manger song with Aunt Alice, I... I..." and then he would lean against me and cry some more. The weird woman watched us from time to time. I thought she disliked his sniveling as much as I did, but finally she came to the booth where we were sitting by ourselves and said, "I believe I'll just join you, if you don't mind."

The Unexpected Gift...continued

She sat down before I could say anything, and she took up quite a lot of space doing it, too. Then one of the strangest things I have ever seen happened. Her face, which I thought was a little scary – she had a very big nose and this huge neck – softened and gentled as she looked at my brother. And then she began to sing. Out of her strange body came one of the loveliest sounds I've ever heard. She put her arm around my brother and pulled him close to her. And softly, very softly, she sang as though singing just for us, "Away in a manger, no crib for a bed, the little Lord Jesus laid down his sweet head."

He looked up at her. I think he was startled at first to hear his favorite carol sung to him by a strange woman in a snowbound bus stop. But soon the sadness left his face. Soon he put his hand in hers. And then they sang together, louder now, "The stars in the bright sky looked down where he lay, the little Lord Jesus asleep on the hay."

After that a young man unpacked his guitar and the bus driver pulled out a harmonica and before long, everyone was singing just about every Christmas carol you ever heard in your life. We sang and drank hot cocoa with marshmallows and ate cupcakes until people finally settled down for the evening, huddled in the booths, sitting on the floor, leaning against each other for comfort and support. And so we spent Christmas Eve.

The roads were cleared by eleven the next morning and we said goodbye to everyone on the bus. Our parents had called the restaurant and were on their way to pick us up. The last person we saw was Mrs. Mills. She hugged us and I thanked her. Then she bent over and kissed us both on the forehead. "I'll never forget you two boys. You were my Christmas present. That's the way I'll always think of you." Then she got on the bus and I never saw her again.

Later that night, when we were all comfortable and warm before the fire at Aunt Alice's, I asked my dad what the strange woman could have meant. I'd told him the whole story, of course, except for the part about getting mad at my brother for crying so much.

He said, "That's the thing about a true gift. You can only give it. You never know how much it means to another person." "But what was our gift, dad? We didn't give her a present or anything." "I don't have any way of knowing that. It might have been your cute faces. It might have been that you liked her, or weren't afraid of her because of the way she looked. Or it might have been that you sang along with her in a strange place she never planned to be in. Just be grateful that you had something to give that woman, something she treasured and would remember. Make that a part of who you are and that will be your gift to me."

And then Aunt Alice went to the piano and we, all of us, began our annual caroling, the singing of songs together that I liked better than almost anything in the world. But what I was thinking about most that evening was Mrs. Margaret Mills and what a wonderful voice she had. And as I thought about her, I missed her. Truly missed her. And I hoped that wherever she was, she was singing for someone who liked her as much as I did.





The Substance Abuse Recovery and Prevention Ministry held a workshop on Saturday, October 27, 2018 from 9:00 a. m. – 1:00 p. m. in Hayes Hall at Union Baptist Church. A wonderful time of inspiration, learning, food and fellowship was enjoyed by all.

The theme for the event was: "Can Men See Your Light." The scheduled speaker, Sis. Marilyn Taylor was ill and unable to attend the event. We pray for her speedy recovery. But how many of you know that God *always* has a "ram" in the bush! Matthew 24:44 declares, "*Be ye also ready for ye know not the day nor the hour...*"

Sis. Portia Fuller graciously accepted the call to speak with *very* short notice and God used her in a mighty way! We were blessed with the Word of God that we needed for "such a time as this." The scripture text was taken from Matthew 5:13-16 with emphasis on verse 16: "...*Let your light so shine before men, that they may see your good works and glorify the Father which is in heaven.*" Sis. Fuller expounded the text, then God led her to share the power of her testimony, how God saved her at age 31 and completely changed her life. **Somebody 'ought to say AMEN!**

The following vendors participated in the workshop: Family Solutions; UMADAOP; ADAP; Addiction Services from the Alcoholism Counsel; as well as information from the St. Francis - St. Joseph House. Some of their services are highlighted in this article.

I encourage everyone to reach out and help others who may be struggling with additions as we climb together in His Name. Please contact me or any ministry member for additional information.

Dis. Phyllis Matthews, Substance Abuse Recovery and Prevention Ministry Leader

St. Francis – St. Joseph Catholic Worker House

St. Francis - St. Joseph House is a safe and dignified environment where homeless men can work on securing immediate needs of housing, employment, and drug/alcohol rehabilitation and case management. We've been an emergency shelter since 1985. Our primary goal is to assist guests in finding permanent housing as soon as possible. We are a Catholic Worker House providing an environment of communal living and spiritual values based on the philosophies of Dorothy Day and Peter Maurin.

UMADAOP of Cincinnati, Inc.

The Urban Minority Alcoholism and Drug Abuse Outreach Program of Cincinnati, Inc. manages programs that cover a broad range of community services. These services include but are not limited to Adolescent and Adult Intervention Services.

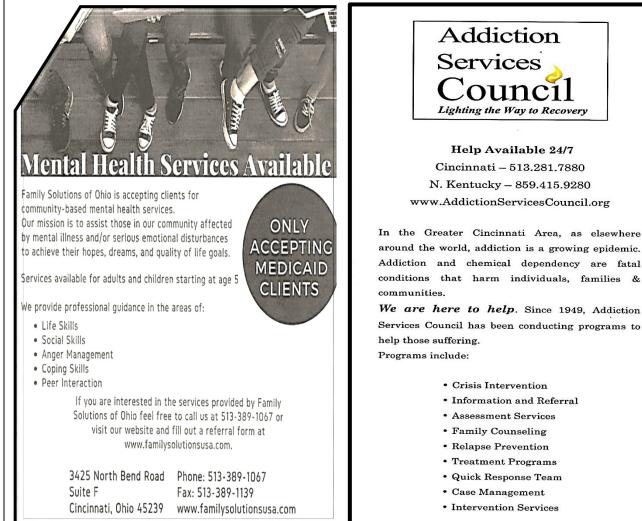
- Substance Abuse Prevention Education
- Community Awareness Outreach
- Outreach Services
- Professional Prevention Education Series
- Adolescent and Adult
- Substance Abuse Treatment
- Medication Assisted Treatment

Address:

3021 Vernon Place, Suite Twp. Cincinnati, Ohio 45219 Office (513) 541-7099 M-F, 8:00 a.m. - 5:00 p.m., and by appointment

Substance Abuse Recovery and Prevention Ministry...continued

Additional Information:



Recovery is an acceptance that your life is in shambles and you have to change it.

Union Baptist Church 17

A Practical Story for All of Us....



SPECIAL OCCASIONS

By Faith Andrews Bedford

Our friend Steve dropped by to borrow the truck last night just as we were finishing up dinner. My husband poured him a cup of coffee, and he joined us at the table. Steve looked surprised as he sat down. "Do you light candles every night?" he asked. I nodded and smiled. I remembered that evening so long ago when I called the family to dinner only to have them all stop in astonishment, at the dining room door.

"Did I forget an important date?" Bob asked, warily eyeing the flowers and candles on the table. "Is it somebody's birthday?" queried our son, Drew, as he sat down.

"Mommy, you look so pretty," Sarah said, noticing I'd exchanged my usual jeans for a dress. "Is somebody coming for dinner?"

"Well," I began, trying to voice my feelings, "it's autumn—the air is crisp, the asters are coating the meadow with purple, we're all healthy, and life is good." The children gave one another their Mom's-gone-round-the –bend-again look and promptly dug into their meat loaf.

How could I explain to them the way I felt after having spent a day with my friend, Linda, whose mother had died three weeks earlier. After the funeral, I had offered to help her box up everything in her mother's house. I had done the same sad work myself a few years back and knew how comforting it could be to have some company.

We started in the dining room. Linda sighed as she opened a drawer in the sideboard and pulled out a set of linen place mats and matching napkins still in their original box. "Mother bought these when she and Dad went to Ireland fifteen years ago," she said, running her fingers over the embroidery. "She never used them—said they were for a special occasion."

When we opened the corner cupboard, Linda took down a set of crystal champagne flutes. "She never used these, either," she said. "She bought them in Chicago and declared that we'd all get to toast Dad and her on their fiftieth wedding anniversary. But then Dad died shortly after their forty-eighth." With her finger she pinged the rim of one of the flutes, and we both listened to the clear tone. "They could have spent all those years celebrating with these lovely glasses instead of waiting for a day that would never be shared."

From her mother's closet upstairs, Linda pulled out a blue silk dress with rhinestone buttons. The price tag was still attached. "Let me guess," I said. "For another special occasion?" Linda nodded sadly.

When I returned home that day, I caught up on some paperwork. My sister's birthday was in a few days, so I reached into the desk drawer where I keep greeting cards that I buy whenever I see a particularly

SPECIAL OCCASIONS...continued

appropriate one. As I leafed through them, I came across one that said, "For the World's Most Wonderful Mother." I never had a chance to send it, but I still can't bring myself to throw it away.

That night, as I looked at my family around the table, I realized how much I had been taking the future for granted. "Someday we'll _____" is often heard at our house. But what if I knew just how many "somedays" were left for me? How would I live my life?

Well, for starters, I decided, I would clean house less and play with the children more. I'd read a book rather than finish some project that I thought was so important. I'd polish my French instead of the silver. I'd bear in mind that "perfect" is the enemy of "good enough." I'd watch more sunrises. I'd call old friends I had not spoken to in months and call my sisters more often. I'd use perfume every day. And I'd always light candles at the dinner table.

My thoughts were interrupted by Eleanor's asking, "Are you going to get dressed up every night now?" "I just might," I replied. "So can I wear my pink dress tomorrow night?" she asked eyes wide with excitement. I started to say that her pink dress was just for parties and church. I thought of all that extra ironing. Then I caught myself and answered, "Of course you can."

"I think we should make a toast," my husband declared, raising his water goblet. The children giggled and lifted their glasses of milk high. "To life. To being together. To special occasions," Bob said, meeting my eyes knowingly. I'll drink to that," I said, clinking my glass with everyone's in turn. "May they happen often." And they have.

> Stories for a Woman's Heart ~Compiled by Alice Gray

Verses to Ponder:

One Thing is Necessary

Luke 10:41–42

But the Lord answered her, "Martha, Martha, you are anxious and troubled about many things, but one thing is necessary. Mary has chosen the good portion, which will not be taken away from her."

One day Martha had an unexpected houseguest—the Son of God. While she toils over a meal for Jesus and twelve other men, Mary sits at Jesus' feet. Jesus responds to her complaint by saying, "You are anxious and troubled with much serving." Martha was so focused on doing a good thing that she missed out on the best thing.

One Thing I Ask

Psalm 27:4

One thing have I asked of the Lord, that will I seek after: that I may dwell in the house of the Lord all the days of my life, to gaze upon the beauty of the Lord and to inquire in his temple.

David was called "a man after God's own heart." Although David could have wanted many things (victory over his enemies, the crown on his head), we see him relentlessly return his focus to God. David sought God more than any earthly treasure.

One Thing I Do

Philippians 3:13–14

Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus.

The apostle Paul didn't let the baggage of his past dictate his goal. He was focused. He knew his goal, and he wasn't going to waver. This Pharisee of Pharisees, who had everything going for him, laid down his life to follow Jesus.

INFORMATION & ANNOUNCEMENTS FOR SUNDAY, NOVEMBER 4, 2018



HAPPY BIRTHDAY WISHES TO EVERYONE BORN IN THE MONTHS OF NOVEMBER AND DECEMBER

<u>UBC COMMUNICATION CARDS</u>: Anyone worshiping 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 in your decision(s) for Christ. GOD BLESS YOU.

PRAYER BAND MINISTRY: A Prayer Request Box with forms is available in the vestibule leading into the sanctuary. In the future, look for prayer request cards in the pew pockets. Please feel free to place your prayer request(s) in the box located in the vestibule at any time. Our prayer partners stand ready to pray with you, and for you. Thank you, Prayer Band Members

REPORTING ILLNESSES, **SURGERIES AND BEREAVEMENT INFORMATION**: Please contact the church office if you or a loved one is sick or entering the hospital, so that your Family Ward Deacon and Pastor may be notified. Please also let the office know if you or a loved one is being released from the hospital. If there is bereavement in your family, please notify the church office at (513) 381-3858. **~~ Church Office Staff**

NEED A RIDE TO SUNDAY SCHOOL OR 10:00 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. GOD BLESS YOU.

MEN'S BIBLE STUDY AND FELLOWSHIP ON TUESDAYS AT 7:00 P.M.: Our current Men's Bible study is based on the series, "Searching for Heaven on Earth" by David Jeremiah. All men are invited to attend this powerful group study led by Pastor Yates in the church sanctuary What a blessing that awaits all who participate! ~~ Pastor Yates

WEDNESDAY NOON DAY BIBLE STUDY AT 12:00 P.M.: Our current Wednesday noon Bible study is based on the bible series, "Kingdom Disciples" by Tony Evans. You are invited to attend this dynamic group study led by Pastor Yates in the church sanctuary. **Lunch is served after each class.** Remember all are welcome and we will be blessed by your presence. ~~Pastor Yates

WEDNESDAY EVENING PRAYER SERVICE AND BIBLE STUDY AT 7:00 P.M: Our current Wednesday evening Bible study is based on the Book of Jeremiah which is part of Dr. Warren W. Wiersbe's best-selling "BE" commentary series. Pastor Yates leads this class and all are invited to study and grow with us. ~~ Pastor Yates

ANNUAL FALL CHURCH REVIVAL, NOVEMBER 6-8, 2018 AT 7:00 P.M.: Elder Dr. Bernard C. Yates, Pastor of Zion Hope Primitive Baptist Church of Pensacola, Florida will be our guest evangelist. Parking will be available on both sides of 7th Street. Please see the flyer on page 32 for additional details.

DRAMA MINISTRY REHEARSALS HAVE STARTED: The Drama Ministry along with the Music Ministry is preparing for the annual Christmas production (**"Let There Be Peace on Earth"**) as part of the Annual Family Communion service on Sunday, December 2, 2018 at 4:30 p.m. **Rehearsals will be held every Saturday, beginning on November 3rd, at 1:00 p.m**. All choir members are asked to please attend your regular scheduled rehearsals so that Bro. Bailey can teach you the music (see Music Ministry Rehearsal Schedule below). Parents, grand-parents, aunts and uncles are asked to please have your children at Children's Church to learn their song and get their costume.

MUSIC MINISTRY REHEARSAL SCHEDULE FOR ANNUAL FAMILY COMMUNION SUNDAY WORSHIP CELEBRATION: ALL Rehearsals will be in the SANCTUARY. ~~Bro. Jason Bailey, Music Ministry

Thursday, November 1, 2018 - 7:00 PM Saturday, November 3, 2018 - 12:30 PM

Thursday, November 8, 2018 - 7:00 PM Saturday, November 10, 2018 - 12:30 PM

Thursday, November 15, 2018 - 7:00 PM Saturday, November 17, 2018 - 12:30 PM

Thursday, November 29, 2018 - 7:00 PM Saturday, December 1, 2018 - 12:30 PM

CONGRATULATIONS TO SENIOR CITIZENS HALL OF FAME NOMINEE, DEACON MARVIN

<u>GRIZZARD</u>: Dea. Grizzard is a nominee for the 2018 Senior Citizens Hall of Fame and will receive an award at the 51st Senior Citizens Hall of Fame Banquet and Awards Ceremony held on **Tuesday, November 13, 2018** at the Duke Energy Convention Center Ballroom. Doors will open at 9:30 a.m. and the event begins at 10:00 a.m. The Hall of Fame recognizes the contributions and achievements of our senior citizens. **Tickets are \$25.00 per person**. Please contact **Sis. Portia Fuller** for tickets and additional information.

DEACON ORDINATION SERVICE FOR BRO. EDWARD PHILLIPS, SR: The Congregation is invited to attend Bro. Phillips' Deacon Ordination ceremony on **Sunday, November 11, 2018 at 3:30 p.m.**

UBC WORSHIPS WITH SAVING GRACE COMMUNITY CHURCH FOR THE DEDICATION OF THEIR NEW FACILITY ON SUNDAY, NOVEMBER 18, 2018 AT 3:30 P.M.: The deacons, choir, ushers and Health & Wellness Ministry are to serve. Pastor Yates will preach and all members are invited to attend. Saving Grace is located at 401 W. Wyoming Ave., Lockland, Ohio 45215. God Bless You. ~~ Pastor Yates

HARVEST SUNDAY, NOVEMBER, 18, 2018: Please bring your donations for the Thanksgiving baskets on Sunday, November 19, 2017. Distribution of the Thanksgiving baskets will be on Tuesday, November 20, 2018, beginning at 12:00 noon in Hays Hall at Union Baptist Church. **Please see page 38 for additional information.** ~~Sis. Monica Ray, Food Pantry Ministry Leader

8:00 A.M. WORSHIP SERVICES WILL NOT BE HELD DURING THE MONTH OF DECEMBER; THEY WILL RESUME ON JANUARY 13, 2019.

DEACONS MINISTRY: The Deacons Ministry will have meetings on Monday, **December 3rd at 7:00 p.m.** in the Page Archives Library. **Please have your updated monthly Family Ward Reports.** ~~Pastor Yates

THE LORETTA C. MANGGRUM CHORALE will be in concert on Sunday, December 16, 2018 at 5:00 PM at the Greater Liberty Baptist Church located at 6209 Desmond Ave. Cincinnati, Ohio 45227. Parking is in the rear of the church. Members from Union are participating. You don't want to miss the concert. There will be another concert featuring the Loretta C. Manggrum Chorale on Sunday, December 30, 2018 at 5:00PM at the New Vision United Methodist Church located at 4400 Reading Road, Cincinnati, Ohio 45229.



To All of My Sisters in Christ at Union Baptist Church:

Thank you for the love, support and encouragement shown towards me for Women's Day 2018. You all did an outstanding job in worshipping and serving God!

Whatever capacity you served in during Women's Day, it was truly appreciated.

To God be the glory! ~~ Sis. Denise Harris, Women's Day 2018 Chairperson

To My Union Church Family:

Thank you for your thoughts, prayers, cards and acts of kindness during my recovery. God bless you all? ~~ **Sis. Bessie Norman**

Thank you:

The UBC Cemetery Sub-Committee would like to thank all people who came out to participate in the fall cleanup at the Union Baptist Cemetery.

A special shout out goes to our community volunteers from Greater New Hope Youth Ministry, Price Hill Resident, Susan Henry and members of ASLA (The Association for the Society of African American Life and History) who joined together with the UBC members to clear branches and shrubs from the property.

To God be the Glory! We look forward to seeing you in the spring at the spring cleanup.

~~Sis. Yvonne Sewell

MESSAGE FROM THE SUNDAY SCHOOL SUPERINTENDENT

Greetings Union:

On behalf of the Sunday school, we are encouraging parents of our recently baptized children, to please have your children be a part of our Sunday school program.

We also encourage everyone to start participating in the Sunday school hour. We are currently preparing for our annual Christmas program. We pray that all of our children will participate in the holiday program.

The Christmas program is scheduled for December 16, 2018 during the Sunday school hour at 9:00 a.m.

May God's blessings be with all of you as we come to a close of another year within a couple of months.

In His Service, Deacon Ernest Norman Superintendent



Do you like to shop? Do you also have a desire to support the mission of The Union Foundation? Do you know that you could combine these two desires to assist The Union Foundation?

The Union Foundation has partnered with the **Kroger Company** and **Amazon** to receive donations from these companies for purchases made by customers who have selected The Union Foundation as the supported charitable organization. There is no cost to the customers for registering for these programs.

To register your Kroger purchases for this program, you will need to provide a copy of the reverse side of your Kroger Card to Sis. Jaci Powell. She will register the card with the Kroger Company.

To register for the Amazon program, please go to smile.amazon.com. Please select The Union Foundation as your designated charity. Then go shop! The Union Foundation thanks you for your support.

Should you have any questions, please contact Sis. Jaci Powell, Director of The Union Foundation or Dea. Darrell Phillips, Chairperson of The Union Foundation.





Names of God

ADONAI EL EL ELOHE YISRAEL EL FLYON ELOHIM EL OLAM EL SHADDAI

IMMANUEL JEHOVAH

JEHOVAH-JIREH JEHOVAH-RAPHA JEHOVAH-ROHI JEHOVAH-SABAOTH JEHOVAH – SHALOM JEHVAH-SHAMMAH JEHOVAH-TSIDKENU JEHOVAH-MEJADDISHKEM

Deacon James E. Darby Men's Ministry Leader

The Lord, My Great Lord The Strong One The God of Israel The God most High The All-Powerful One Creator The Eternal Everlasting God The All Sufficient; One God Almighty

Meanings

God with us, I AM "I AM" The One Who is the Self-Existent One The Lord will Provide The Lord Who Heals The Lord of Mosts The Lord of Hosts The Lord of Peace The Lord of Righteousness The Lord Who Sanctifies

Bible References

Psalm 8; Isaiah 40:3-4; Ezekiel 16:18 Exodus18:2; Numbers 23:22; Mark 15:34 Genesis 33:20; Exodus 5:1; Psalm 106:48 Genesis 14:17-22; Acts 16:17 Genesis 1:1-3; Psalm 68; Mark 13:19 Genesis 21:33; Isaiah 40:20; Romans 1:20 Genesis 17:1-3; Psalm 90:2

Isaiah 7:14; 8:8-10; Matt 1:23 Exodus 6:3; Genesis 22:14

Genesis 22:18 Psalm 23 Psalm 147: 9; 3 Peter 2:24 Exodus 15:25-27; Psalm 147:3 1 Samuel 1:3 Hebrews 15:20 Mathew 28;20; Revelation 21; Psalm 46 Jeremiah 23:5; 2 Corinthians 5:21 Exodus 31:12; Hebrew 13:12; 1Peter 15-16

MESSAGE FROM THE MUSIC MINISTRY

Do you like to sing? Would you like to join any of the choirs at Union? If so, we would love to have **YOU**! See Brother Bailey, Minister of Music, for details on which choir you would like to join.



WOMEN'S MINISTRY ANNOUNCEMENTS



Women's Day 2018

The UBC Women's Ministry congratulates **Sis. Denise Harris** and **Sis. Felicia Mazion-Bryant** on the Women's Day Worship Service. It was a spirit led day. Wonderful remarks were lifted up by **Sis. Betty Rosemond**. Most importantly, we learned that we are our sister's keeper. It is the prayer of the Women's Ministry that each woman of UBC will commit to help and encourage our sisters on a daily basis.



Women's Day 2018 Speaker

Women's Day 2018 Choir

The Women's Ministry would also like to congratulate **Sis. Annette Bell** on the *Sowing the Seeds Worship Celebration*. We were all inspired by the words of the First Ladies of Union Baptist Church, **Sis. Margie Yates**; First Baptist Church of Hazelwood, **Sis. Erica Garrett**; and Saving Grace Community Church, **Sis. Karla Phillips**.

The Women's Ministry looks forward to Women's Day 2019 which will be chaired by **Sis. Felicia Mazion-Bryant** and co-chaired by **Sis. Melanie Montgomery**.

~~ Sis. Louise Stevenson and Sis. Rogena Stargel, Women's Ministry Leaders

Proverbs 31 Dance Ministry

The Vessels of Praise Dance Ministry has been hard at work these last two months. They were able to minister at Women's Day 2018 as well as Pastor's Appreciation Day. In addition, the Praise Dance Ministry was honored to minister at the First Baptist Church of Cumminsville.

The ministry is still accepting new members of all ages, girls to senior citizens. Please see **Sis. Tristan Cargile** or **Sis. Carol Cargile**.

Matthew 25

The Women's Ministry ministered at Matthew 25 on October 13, 2018. The members present helped with the sorting of linens which will be shipped to the victims of Hurricane Michael. We thank all of the members who came out to help with this initiative. This is the last Matthew 25 Ministry effort for 2018. We will begin our service again at Matthew 25 in February 2019.





<u>UPDATE ON JAMAICA MISSION TRIP DONATIONS</u>: The mission trip to Highgate Jamaica, St. Mary Parish, February 16 - 23 2019 is now accepting Bibles, school supplies and monetary donations only.

All donations are being accepted now through February 3, 2019. Thank everyone for your generosity. ~~ Sis. Doris Walker

FOOD PANTRY: The Food Pantry Ministry served **31 families** in September and served **42 families** in October. ~~ Sis. Monica Ray, Ministry Leader







UBC HAW Steppers Team OCTOBER 27, 2018

Thank you for showing your support this year!









Union Baptist Church Health and Wellness Ministry



In Existence Since June 23, 1996

PDYM Cancer Awareness and Prevention Presentation OCTOBER 28, 2018 Guest Presenter: Alisha Stevenson



ATTENTION UNION: DID YOU KNOW THAT YOU MAY CONTRIBUTE YOUR TITHES AND OFFERINGS VIA PAYPAL? You may submit your payments via PayPal, even if you do not have a PayPal account. If interested, you may access PayPal on the UBC website. Just go to www.union-baptist.net and select the PayPal link. 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:

November 24, 2018 December 22, 2018 January 24, 2019 Reverend Emanuel Marshall Reverend Alvin Wyatt Reverend Barry Hixon, Jr. 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 is located at 1805 Dalton St., 45215. Thank You. **~~Pastor Yates**

TRUTHSEEKERS SMALL CARE GROUP



The members of the Small Care Group TruthSeekers" meet every Monday from 6:00 – 7:15 p.m. at 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. For more information, please contact

~~ Rev. Shawn Pate, Small Care Group Ministry Leader Email: unioncincinnati@gmail.com

* * * * *

An Open Door

"See, I have placed before you an open door that no one can shut." Revelation 3:8

Constant grumbling and drudgery makes life seem meaningless. It doesn't take someone who lives like this long to wilt intellectually and to develop a negative, cynical attitude towards life. Lord Jesus, the open door of Your grace leads me into the abundance and joy of life in Your presence. Fill my life with new purpose and meaning today. Amen.

NOVEMBER IS THANKSGIVING AND COMMUNITY AWARENESS MONTH

IMPORTANT DATES FOR THE MONTH OF NOVEMBER

November 3, 2018: Alternate Fall Cemetery Clean-Up Day, 9:00 a.m. - 1:00 p.m.

November 6-8, 2018: Annual Church Fall Revival at 7:00 p.m.

November 18, **2018**: Annual Harvest Sunday; Union at Saving Grace Community Church at 3:30 p.m.

November 19, 2018: Trustee Board Ministry Meeting at 7:00 p.m.

November 20, 2018: Distribution Day for Harvest Baskets at 12 noon.

November 21-22, 2018: Thanksgiving Day Observance with Family (Church Office Closed)

November 26, 2018: Union Foundation Meeting at 7:00 p.m.

DECEMBER IS ADVENT SEASON

IMPORTANT DATES FOR THE MONTH OF DECEMBER

December 2, **2018**: 8:00 a.m. Worship Services are <u>cancelled</u> for December but will Resume January 13, 2019.

December 2, **2018**: Annual Observance of Family Communion/Drama Guild/Praise Dance/Music Ministry Production at 4:30 p.m.

December 3, 2018: Deacons Ministry Meeting at 7:00 p.m.

December 9, 2018: Worship Celebration and Wedding Vow Renewal Observance at 10:00 a.m.

December 16, 2018: Sunday School Christmas Program at 9:00 a.m. Worship Celebration and Special Baby and Children Dedication at 10:00 a.m.

December 16, **2018**: Annual Loretta C. Manggrum Chorale Community Concert at 5:00 p.m. at Greater New Liberty Baptist Church.

December 17, 2018: Trustee Board Meeting at 7:00 p.m.

December 23, **2018**: Pre-Christmas Day Worship Celebration at 10:00 a.m.

December 24-28, 2018: Church Office Closed

December 25, 2018: Merry Christmas (Church Office Closed)

December 30, **2018**: Annual Loretta C. Manggrum Chorale Community Concert at 5:00 p.m. at New Vision United Methodist Church.

December 31, **2018**: Watch Night Observance and Celebration at 10:00 p.m. – 12:00 midnight, Rev. Dr. Dia Mari-Jata, Messenger





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 the Chairman of Property and Space, Bro. Don Johnson, at least one week in advance. Also, this is a reminder: **Please do not park in the Pastor's parking space at any time.** God Bless you!

~~Dr. Carolyn Turner, Trustee Board Ministry Leader

<u>UNION BAPTIST'S EMAIL ADDRESS</u>: 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!

DEADLINE FOR NEWSLETTER ANNOUNCEMENTS: The deadline for church announcements for the January-February 2019 newsletter is **December 21, 2018**. 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. <u>Please note: any announcements received after the deadline date will be included in the March-April 2019 Newsletter</u>.

UNION BAPTIST CHURCH OF CINCINNATI WEBSITE: Please visit our website (www.unionbaptist.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. UBC's Newsletter is also posted on the website in color. Share with others.

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

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

<u>CHURCH VOLUNTEERS ALWAYS NEEDED</u>: 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.

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.

UNION BAPTIST CHURCH ANNUAL FALL REVIVAL

November 6-8, 2018 7:00 P. M. Nightly



Elder Dr. Bernard C. Yates, Guest Evangelist

Senior Pastor Zion Hope Primitive Baptist Church of Pensacola, Florida Past President of the National Primitive Baptist Convention, USA, Inc.

The following ministries are to serve:

<u>Dates</u> November 6, 2018 November 7, 2018 November 8, 2018

Devotional Leaders

Deacons, Deaconess and Minister's Wives Ministry Deacons, Sunday School Teachers Deacons, Trustees Music Ministry Vision and Joy Male Chorus Combined Choirs

Parking security will be provided nightly.

✤ To request transportation, please call the church office by Friday, November 2, 2018.

405 W. Seventh Street, Cincinnati, Ohio 45203 Phone: 513-381-3858 www.union-baptist.net

Bible Character Series . . .



ANNA

And the Homecoming

Background: Article VI of the Thirty-Nine Articles of the Church of England lists **The Book of Tobit as a book of the "Apocrypha."** It tells the story of Tobit, a righteous Israelite of the tribe of Naphtali, living in Nineveh after Sargon II had deported the northern tribes of Israel to Assyria in 721 BC. In the two Greek versions, the first two and a half chapters are written in the first person; in the Vulgate version, they are written in the third person. Tobit, raised by his paternal grandmother, Deborah, remains loyal to the worship of God at the temple in Jerusalem, refusing the cult of the golden calves that Jeroboam, king of Northern Israel, set up at Dan. He is particularly noted for his diligence in attempting to provide proper burials for fallen Israelites whom Sargon's successor, Sennacherib, has slain. For this behavior the king seizes his property and exiles him. After Sennacherib's death, Tobit is allowed to return to Nineveh, where he buries a man who has been murdered on the street. That night, he sleeps in the open and is blinded by bird droppings which fall into his eyes. The blindness caused by this injury strains his marriage and, ultimately, he prays for death.

Read about Anna, wife of Tobit at http://biblescripture.net/Tobias.html: Tobit 1: 9, 20; 2: 1, 11-14; 4: 3-4; 5: 17-22; 6: 1; 10: 4-7; 11: 4-6, 9; 14: 10,12

I'm watching the road, of course! What else would I be doing? That's the road by which my son Tobias will be coming home to me – God send it so! How I wish he'd never gone! It's all Tobit's fault, of course. That man, good husband though he may be --- and he is, though sometimes he's enough to make a donkey envious, he's that stubborn – he's obsessed. Money, all the time money! "We three have each other. Why do you want the ten talents of silver you left in trust with Gabael in Media? We don't need it!"

But would he listen? No! He had to send my baby, my Tobias, off with some stranger "looking for work" that he picked in town, I'll bet! But Tobit believed him when he said he was kin, and off they went. Simple as a baby, that one. He'd believe anything anyone wanted to tell him – unless, of course, it might make my life easier!

Did I tell you what happened when he first went blind? I must have. No? Well, then! He was doing what he always did – obeying the Lord God's Law. Now, you know I have nothing against the Lord God. But there are times when my dear husband's idea of keeping His law is just beyond everything.

He's obsessed, I tell you! This time it was burying the dead. I don't think the Lord God would have minded, not much anyway, if Tobit had skipped this corpse. After all, that's what got him exiled, all our goods confiscated and a price on his head in the first place! He had just been restored – you know, change of kings and everything's up for grabs – and here he goes again. And I had just put the meal on the table, and not any old dinner! This was his homecoming feast and the feast of Pentecost, and let me tell you, I had cooked up a storm for that dinner.

Does he sit and eat? No! My son has to go out and find him a poor man to share the meal. Well, there was plenty, of course. I don't skimp. But Tobias came back without a guest and with the news that one of our countrymen had been murdered and left in the market place. Nothing would do but my dear husband has to rush out, snatch the body and bring it to my spare room! Filthy thing it was, too. And then, after sunset, he buries it.

ANNA, WIFE OF TOBIT ... continued

You'd think the Lord God would have sent him a gift for his faithfulness – so why did that blamed sparrow land his stuff in Tobit's eyes? He was blind within the year, in spite of the doctors, and that's when it happened, the thing I haven't forgiven him for yet.

I had to go to work to support us. So I took in wool and spun it, and took in spun wool and wove it for anyone who wanted to pay. I must say I was very good at both. My mother had taught me well, and I have some gift for patterns – though I surely can't see the pattern here. It's just a snarl without an end.

Anyway, there I was, working day and night, but keeping us alive, putting bread on the table, and one day one of my customers gave me a kid for a meal as a special treat. She had paid the full price for the weaving, too. "I just love the design you've woven into the cloak," she said. It's beautiful!"

So I brought the kid home, and wouldn't you know? The poor little thing bleated, and that set off my dear husband. "Where did this creature come from?" he snaps at me. "Take it back, quick, or they'll think we stole it!"

"Relax," I said. "It was a present one of my customers gave me. And she paid me the full price for my work, too!" "You stole it!" he declared. "Now take it back!" Well! I was so angry I nearly spit! Mr. Pious Believer accusing me, his own wife, the one whose work was feeding him because his holiness had cost him his eyesight, of STEALING! You could have heard me scream in the market place! I don't remember all I shouted at him, but it was a lot. I guess I'd been saving it. I know I ended with something like, "and look at you now – for all your good works. Everyone knows what return *you've* had for them!"

And he doesn't fight fair. I'd have loved it if he'd given me a mouthful – I was ready to answer it with a barrel-full! But what does he do? Gets all sad and sings a song of sorrow to the Lord God. Does he apologize to me? Guess again!

I think that's when he started to brood about the money Gabael was holding for him in Rhages – in Media of all places! It wasn't long after that he hatched this scheme that sent my baby traveling. Oh, I fussed at him for that, I tell you! After all, Tobias is our only child! I told my Tobit that he was sending away his arms and legs as well as his eyes – and suppose Tobias never came back! Travel is dangerous, and frankly, I couldn't see that we needed the money that much. Even if we did, nothing, not even starving, was worth losing Tobias over.

Well, I might as well have been talking to the walls. Neither my Tobit nor my Tobias heard a word – and Tobias was as eager to go as Tobit was to send him. I tell you, I thought I'd lose my mind, at least until I met Azariah. He's a kinsman of ours, you know – just happened to be in the marketplace when Tobias went out to hire a guide – and he knew all the roads between here and Rhages. Said he'd be glad to go with Tobias, and he seemed so – I don't know – steady, maybe. And wise. Anyway, they were on the road before I caught my breath, with that dog Tobias is so mad about trailing along after them. I haven't seen him since.

I think it's my fault. If I hadn't been so furious about that kid, and flared out that I was earning our living now, not he, maybe he wouldn't have felt he had to get us money. I do know better, you know. I know women take reverses better than men! Somehow, we don't get as frightened. We know there's always *something* you can do. No, I should have taken his pride into account – having me be breadwinner can't

ANNA, WIFE OF TOBIT ... continued

have been easy; I didn't need to rub it in. Oh, if only I could see my baby walking down that road, I'd apologize to Tobit, and mean it, and never give him a cross word again!

Look! Look! Do you see that? It is a cloud of dust, isn't it? And – and that's Tobias' dog! He's home! Tobit! Tobias is home! My baby is home!

It was a wonderful homecoming! Tobias – well, it was amazing! I wouldn't have believed it, except I saw it with my own eyes! He cured my Tobit's blindness! Azariah was a godsend – and he's the one who told my baby the cure!

What happened was, they camped by a river the first night they were traveling, and Tobias went for a swim, and this huge fish jumped at him and all but took off his foot! He screamed, of course, and Azariah hollered to him not to love the fish but to drag it ashore. When he did, Azariah told him to take out the gall, liver and heart and pack them away, that they were medicines for body and spirit. It was the gall from that fish that Tobias used for an eye ointment for Tobit – smeared it on his eyes and peeled away this white film that it formed. Now Tobit can see as well as he ever could!

And guess what! My baby is married now! Yes, married – to a sweet little thing who simply adores him! Sarah is her name – only child of Raguel and Edna. Anyway, she thinks Tobias is ten feet tall and the Lord God's own gift to her. Tobias is her *eight* husband! She had been haunted by Asmodeus, you see, a demon who killed off each of her husbands on the night of the wedding. Honestly! That's the Lord God's own truth!

Anyway, Azariah told Tobias to burn the heart and liver of that blessed fish on the wedding night, and it would drive any demon far away – for good. So he did, after they prayed together, of course, and – well, now they're home safely and happy as can be! And so am I – and relived to!

As for the money, Azariah got that while Tobias was celebrating his wedding. And the feast we had – how I wish you could have been there! It was perfect! I've never been so happy. And guess what? Azariah is really the Lord God's angel Raphael, one of the seven who stands before His throne. Azariah told us himself when Tobias and Tobit offered him half of everything they brought back with them from Media, wedding gifts and all. He was so sweet – and so, shining. He refused the payment, of course, told us all about Sarah and Tobit praying at the same time and the Lord God sending him to answer both prayers. He made the Lord God present with us, it seemed – we could feel His love. Raphael told us to write down the whole story – Tobit will do that, I suppose – and we praised the Lord God as Raphael rose again to his place in Heaven!

And what about me? I'm fine. I apologized to Tobit – and would you believe it? He apologized for doubting me! Said I was the best wife a man could ever have. Said he'd find a way to tell the world the whole truth about himself and me, and how wonderful I am. Can you believe it! I'm the most blessed woman on this earth, I think!

~Ann Spangler & Jean E. Syswerda, Women of the Bible



A TRIBUTE TO OUR VETERANS

- You taught us the meaning of true patriotism. We appreciate all that you have done and continue to do for our country.
- The sacrifices that you have made will never go in vain. We honor you for your unselfish service and will pass this on from generation to generation.
- We not only thank you for your commitment to serve, but are inspired by the witness of your testimony. You have shown us how to be brave and honest.
- Without your bravery and commitment to duty, we would not exist as the land of the free and the home of the brave.
- Liberty comes at a price and the men and women who serve our country are willing to pay that price for our freedom and peace. Today, we thank you, we salute you, and we honor you!
- We salute all of the veterans who gave their lives protecting our freedom and liberty! We salute you.
- You fought fearlessly for our national pride. You served until your last breath. We salute and respect the spirit that binds our nation together. Thank you so much for your service!

While rejoicing and basking in the glory of our country, don't forget to say thank you to all those brave warriors who made it possible by the Grace of God! They fought for our country and many gave their lives. Take a moment to remember and thank them for their sacrifices. **Happy Veterans Day 2018!**

https://www.wishesmsg.com/veterans-day-messages-quotes/ (revised)

For Free Veterans Day Deals check out: https://militarybenefits.info/local-area-veterans-day-deals-for-veterans/.

Why Should I Vote?

Make your voice heard ... Every Vote Counts!

The Importance of Voting



It is one of the most important rights and responsibilities that U.S. citizens have. About 150 million American citizens are qualified to vote. Unfortunately, many don't. They give up on a chance to choose leaders and representatives who will do things that are important to them.

Why Vote?

Nobody can force a citizen to vote. But many citizens do vote, because voting lets them tell the government what they want it to do. If citizens think they're paying too many taxes, they can vote for a person who promises to lower taxes. If citizens want more services, they can vote for someone who will promise to spend funds to gain more services.

Every Vote Counts

It's also important for citizens to know how to work the voting machines or to mark the ballots they'll be using when they vote, so that their votes will be counted. Why is that so important? Because every vote counts! An election might be decided by a single vote and history would be changed because a person got...or lost...that one vote!

Here are some important events in U.S. history that were decided by just a few votes:

- Richard Nixon, not John F. Kennedy, would have become President of the U.S. in 1960 if one person from each voting place had voted differently. If just one U.S. Senator had voted differently.
- U.S. President Andrew Johnson would have been removed from office in 1867.
- Texas might not have become part of the United States in 1845 if one U.S. Senator had voted differently. The vote in the U.S. Senate was 27-25 to invite Texas to become a state. If it had been a tie, Texas would not have been asked to become part of the Union.

You Can Make a Difference! Here's how...

- Play a role in choosing our leaders and changing our laws by voting.
- If you're 18 or older, vote in every federal, state, and local election.
- Learn about the candidates and issues before you vote in any election.
- Know what's going on in your country and community.
- Write letters to public officials about issues that are important to you.
- Remind everyone 18 and older to vote.
- Respect your right to vote! It's a privilege that many people in the world don't have.

https://co.knox.il.us/county-clerk/elections-information/why-should-i-vote/



HARVEST SEASON 2018

Greetings,

We pray that all is well with you and your family as you receive this request for assistance this Harvest Season. Our goal is to serve 100 families and the following items are needed. Please bring the list of items in a brown bag so that our goal may be reach for each family receiving the blessing. God Bless you for your faithfulness!

Items requested to be purchased per person

Corn Green Beans Candied Yams Cranberry Sauce Mashed Potatoes Gravy Macaroni and Cheese Corn Bread Mix Cake Mix and Icing Stuffing

A donation of \$ 7.50 for Chicken Thank you for your Assistance!

The Food Pantry Ministry

A CLOSING THOUGHT...

ST. PATRICK'S BREASTPLATE

St. Patrick's Breastplate is a popular prayer attributed to one of Ireland's most beloved patron saints. According to tradition, St. Patrick wrote it in 433 A.D. for divine protection. We included it in this edition for your inspiration and encouragement in the Lord. Be Blessed!



I arise today

Through a mighty strength, the invocation of the Trinity, Through belief in the Threeness, Through confession of the Oneness of the Creator of creation.

I arise today

Through the strength of Christ's birth with His baptism, Through the strength of His crucifixion with His burial, Through the strength of His resurrection with His ascension, Through the strength of His descent for the judgment of doom.

I arise today

Through the strength of the love of cherubim, In the obedience of angels, In the service of archangels, In the hope of resurrection to meet with reward, In the prayers of patriarchs, In the predictions of prophets, In the preaching of apostles, In the faith of confessors, In the innocence of holy virgins, In the deeds of righteous men.

I arise today, through

The strength of heaven, The light of the sun, The radiance of the moon, The splendor of fire, The speed of lightning, The swiftness of wind, The depth of the sea, The stability of the earth, The firmness of rock.

I arise today, through

God's strength to pilot me, God's might to uphold me, God's wisdom to guide me, God's eye to look before me, God's ear to hear me, God's word to speak for me, God's hand to guard me, God's shield to protect me, God's host to save me From snares of devils, From temptation of vices, From everyone who shall wish me ill, afar and near.

I summon today

All these powers between me and those evils, Against every cruel and merciless power That may oppose my body and soul, Against incantations of false prophets, Against black laws of pagandom, Against black laws of heretics, Against false laws of heretics, Against craft of idolatry, Against spells of witches and smiths and wizards, Against every knowledge that corrupts man's body and soul; Christ to shield me today Against poison, against burning, Against drowning, against wounding, So that there may come to me an abundance of reward.

Christ with me,

Christ before me, Christ behind me, Christ in me, Christ beneath me, Christ beneath me, Christ above me, Christ above me, Christ on my right, Christ on my left, Christ when I lie down, Christ when I lie down, Christ when I sit down, Christ when I arise, Christ in the heart of every man who thinks of me, Christ in the mouth of everyone who speaks of me, Christ in every eye that sees me, Christ in every ear that hears me.

I arise today

Through a mighty strength, the invocation of the Trinity, Through belief in the Threeness, Through confession of the Oneness of the Creator of creation.

Submitted by Sister Ruth Phillips

Power Prayers to Start Your Day by Donna K. Maltese