

The Herald

Union Chapel Missionary Baptist Church
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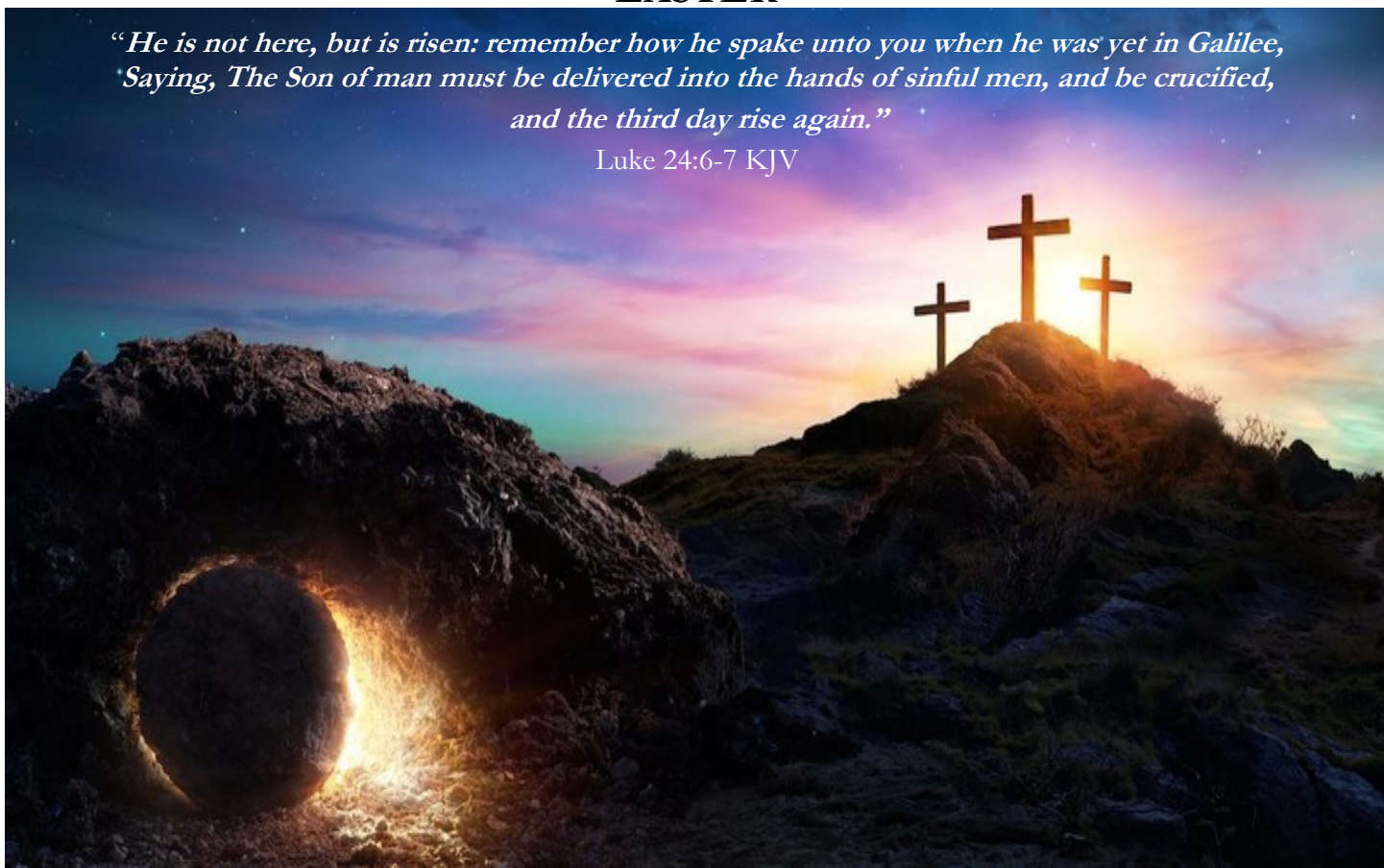
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EASTER

"He is not here, but is risen: remember how he spake unto you when he was yet in Galilee, saying, The Son of man must be delivered into the hands of sinful men, and be crucified, and the third day rise again."

Luke 24:6-7 KJV



The Herald is a monthly publication of Union Chapel Missionary Baptist Church. Members are encouraged to submit all newsworthy articles by the 20th of the month to newsletter@unionchapel-hsv.org. All articles are subject to editing for clarity and grammatical correctness.

From the Pastor's Pen...

“How to Make it Day by Day”



“press forward.” Sometimes we may not know why we struggle each day. But we must go forward no matter what. We must learn to say, along with Paul, “...this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus” (Philippians 3:13-14).

As we face each day, my prayer is for each of you to keep low, look up and press forward.

I want to share with you a few things that have blessed my life. So many people today are finding it hard to live “day by day.” Put another way, they can hardly make it through the day. What I’m about to share will be a blessing to you in this struggle.

First, make up your mind to ‘keep low’ each day. What I mean by this is that one must live a humble life. Never think more of yourself than you should. We should think good of ourselves, but this should only be done in the context of who we are in the Lord. To ‘keep low’ means that we should be humble.

Next, we should “look up.” Every day of our lives should be spent looking up to the Lord. When we look to Christ, we find the strength to make it through the day. When we look to Him we find power to live.

Finally, each day we should make up our minds to



~Pastor O. Wendell Davis

Lets Study Together

SUNDAY SCHOOL LESSONS

April 2021

“Prophets of Restoration”

04.04.2021 Finding Hope in the Midst of Oppression
Isaiah 53:4-11a

04.18.2021 Initiating Renewal
Nehemiah 2:11-20

04.11.2021 Confession and Correction
Ezra 10:1-12

04.25.2021 Overcoming Losses and
Brokenness
Lamentations 5:1-22

COVID-19 Assistance Resources

City of Huntsville Emergency Rental Assistance

The Emergency Rental Assistance Program ([ERAP](#)), funded by the U.S. Treasury, makes \$25 billion available to state and local governments to assist households suffering from financial hardships as a result of the COVID-19 pandemic.

Huntsville received more than \$6 million to distribute to those who qualify. Funds will be used to offer direct financial assistance on behalf of the tenant to landlords and utility companies to cover past-due payments of rent and utility/home energy costs. The goal is to prevent housing instability, potential eviction, and offer financial relief to qualifying tenants and landlords.

Applications can be submitted by a tenant or a landlord, but the same documentation proving COVID-19-related hardship suffered by the tenant will be required. Any unpaid rent or utility bills you apply for cannot precede March 13, 2020.

If you have questions, email covidhelp@HuntsvilleAL.gov or brandi.ellis@HuntsvilleAL.gov

COVID-19 Funeral Assistance

The COVID-19 pandemic has brought overwhelming grief to many families. At FEMA, our mission is to help people before, during and after disasters. We are dedicated to helping ease some of the financial stress and burden caused by the virus.

Under the Corona virus Response and Relief Supplemental Appropriations Act of 2021 and the American Rescue Plan Act of 2021, FEMA will provide financial assistance for COVID-19-related funeral expenses incurred after January 20, 2020.

Who is Eligible?

To be eligible for funeral assistance, you must meet these conditions:

- The death must have occurred in the United States, including the U.S. territories, and the District of Columbia.
- The death certificate must indicate the death was attributed to COVID-19.
- The applicant must be a U.S. citizen, non-citizen national, or qualified alien who incurred funeral expenses after January 20, 2020.

There is no requirement for the deceased person to have been a U.S. citizen, non-citizen national, or qualified alien.

How to Apply:

In April, FEMA will begin accepting applications. If you had COVID-19 funeral expenses, we encourage you to keep and gather documentation. Types of information should include:

- **An official death certificate** that attributes the death directly or indirectly to COVID-19 and shows that the death occurred in the United States, including the U.S. territories, and the District of Columbia.
 - **Funeral expenses documents** (receipts, funeral home contract, etc.) that includes the applicant's name, the deceased person's name, the amount of funeral expenses, and the dates the funeral expenses happened.
 - **Proof of funds received from other sources** specifically for use toward funeral costs. We are not able to duplicate benefits received from burial or funeral insurance, financial assistance received from voluntary agencies, government agencies, or other sources.
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We Celebrate You...



Happy Anniversary Minister & Mother Kelley

May your love and devotion inspire all who surround you, and may you be blessed with all the gifts that life has to offer.

Congratulations to Minister Walter Kelley, Sr. and Mother Marie Kelley, who will celebrate their 70th wedding anniversary on April 21, 2021.

~Love is patient, love is kind~

I Corinthians 13:4a

Wellness News...

To Stay Sharp, Pass (On) the Salt!

According to superstition, tossing salt over your shoulder wards off bad luck. Logic aside, you may be better off with salt over your shoulder than on your plate! While recent research shows no association between salt intake and risk of heart disease, heart failure, or death, the American Heart Association recommends an upper limit of 2,300 mg of sodium a day and advises most adults to shoot for no more than 1,500 mg, especially adults older than 51, African Americans, and those with high blood pressure, diabetes or chronic kidney disease. Here's yet another reason you may want to shake up your salt habit: New research suggests that excess salt consumption might put you at risk for dementia. In an animal study, when mice were fed a high-sodium diet for eight weeks, they had reduced blood flow to areas of the brain related to memory and learning. They also performed worse on tests related to recognizing objects, finding their way through mazes, and nest building - "activities of daily living" for mice. There was some good news, though: When researchers put some of the animals back on a normal diet, their



brain power was restored. If you eat a lot of packaged foods or eat out a lot, you're probably consuming far more than recommended levels, since processed foods and restaurant food are often loaded with salt. Switching to whole foods and home-cooked meals will slash your sodium intake. (Read labels carefully when you do eat packaged foods, especially the serving sizes.) Eat plenty of fruits and veggies and you'll also increase your intake of potassium, which helps to balance out the effects of sodium. And if you tend to do a "heavy pour" with the salt shaker, keep in mind that just ¼ teaspoon of salt contains about 575 mg of sodium! Ease up with the help of delicious herbs and spices. Basil, thyme, rosemary, garlic, and other herbs on the Mediterranean menu can bring vegetables, legumes, and meats to life, as can warming spices like turmeric, cumin, cardamom, cinnamon, and chili peppers. A squeeze of lemon on fish or sautéed veggies can add a bright tang. Besides giving you a burst of flavor and helping you reduce sodium, these powerful plant foods are full beneficial nutrients. That's a win-win-win!

~Cleveland Clinic Wellness