

# The Herald

Union Chapel Missionary Baptist Church  
315 Winchester Road  
Huntsville, AL 35811

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## *In This Issue...*

From the Pastor's Pen	2
Passage Ministry & Rep. John Lewis	3
Wellness News	4
Voter Information	4

## Celebrating 87 Years



### “The Church That Christ Built”

*“And I say also unto thee, That thou art Peter, and upon this rock I will build my church; and the gates of hell shall not prevail against it.”*

-Matthew 16:18 KJV-

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## From the Pastor's Pen...

### “Psalm 2”

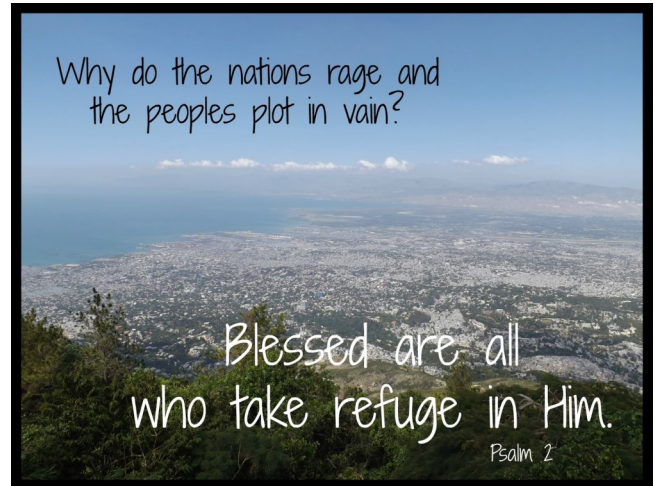


*1 Why do the heathen rage, and the people imagine a vain thing? 2 The kings of the earth set themselves, and the rulers take counsel together, against the Lord, and against his anointed, saying, 3 Let us*

*break their bands asunder, and cast away their cords from us. 4 He that sitteth in the heavens shall laugh: the Lord shall have them in derision. 5 Then shall he speak unto them in his wrath, and vex them in his sore displeasure. 6 Yet have I set my king upon my holy hill of Zion. 7 I will declare the decree: the Lord hath said unto me, Thou art my Son; this day have I begotten thee. 8 Ask of me, and I shall give thee the heathen for thine inheritance, and the uttermost parts of the earth for thy possession. 9 Thou shalt break them with a rod of iron; thou shalt dash them in pieces like a potter's vessel. 10 Be wise now therefore, O ye kings: be instructed, ye judges of the earth. 11 Serve the Lord with fear, and rejoice with trembling. 12 Kiss the Son, lest he be angry, and ye perish from the way, when his wrath is kindled but a little. Blessed are all they that put their trust in him.*

In His own time, God will judge all evil kings and nations. Godly nations will survive any efforts by the ungodly to overtake them. Why? God is on the side of those who love and obey Him. Trust God!

~Pastor O. Wendell Davis



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## Let's Study Together

### BIBLE STUDY

Join us every Wednesday  
12 Noon

Mid-Day Bible Study  
Boone-Lacy Memorial Fellowship Hall

7:00 p.m.  
Adult Bible Study  
Boone-Lacy Fellowship Hall

Youth Bible Study  
Basement

Collegiate Bible Study  
Conference Room  
(Former Library)

### SUNDAY SCHOOL

Join us every Sunday at 7:00 a.m. & 9:30 a.m.

### *“Faith and Wisdom in James”*

- 08.02 Faith and Wisdom (James 1:1-11)
- 08.09 Hearing and Doing the Word (James 1:19-27)
- 08.16 Faith Without Works is Dead (James 2:14-26)
- 08.23 Taming the Tongue (James 3:1-12)
- 08.30 Two Kinds of Wisdom (James 3:13-18; 5:7-12)



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## Passage Ministry and Representative John Lewis

The nation and Passage remember Rep. John Lewis. Back in 2017, Phase III candidates and parents had the rare opportunity of running into him in the tunnel of the US Capitol Building. We were standing in line waiting to tour the US Capitol from the tunnel entrance. This particular entrance is where one could easily see members of the House and Senate walking to their respective sessions. The area appeared to be under construction and we were required to stand along the wall behind a makeshift white line and under no circumstances interact with any representative or staff. We saw several congresspersons and staffers briskly walking to and from. Some we recognized and others we only learned their names after they had passed by us. Then we saw Congressman Lewis walking with a staffer while reading a document. His head was down and it appeared as though he would pass us without looking our way. Before walking past us, he looked up and caught our gaze. He walked over to us and asked where we were from and then welcomed us to the Capitol. Needless to say, we were beyond excited! He asked about our group and encouraged us to stay involved. It was a memorable moment. Praise the Lord for allowing our paths to cross!

In honor of Rep. Lewis's legacy, please vote in the November election. Rep. Lewis's life was dedicated to justice, equality, and the right for all American citizens to vote.

Submitted by: Sister Cassandra Pitts



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## Wellness News



*Gratitude can keep you happy and healthy.* Does your family go around the table, with each person saying something he or she is grateful for? Good for you - literally! Counting your blessings may enhance happiness and well-being, according to research. Perhaps unsurprisingly, noticing the good on a daily basis can make you feel more positive about your life. Expressing gratitude can also make you feel better physically. Research shows that grateful people tend to engage in regular physical activity and other healthy activities, and they're proactive in seeking help for aches, pains, and other medical issues. Gratitude can also benefit sleep, reduce risk of depres-

sion, lower levels of stress, and improve heart health. To enjoy the many benefits of a gratitude-filled life, try these techniques:

- Keep a daily or weekly gratitude journal. First thing in the morning or at the end of each day or week, write down 1-3 things you're grateful for.
- Tell a spouse, partner or friend something you appreciate about them every day.
- When expressing thanks, practice saying "thank you" in a sincere and meaningful way.
- Take "gratitude walks." Walk outside and notice as many positive things around you as you can - sights, sounds, colors, smells, or other sensations.
- Write a letter of gratitude to someone who did something for you for which you are grateful but to whom you never expressed your gratitude

gratitude  
CHANGES  
everything

~Cleveland Wellness Clinic

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## Voter Information

### **Voter Information – 2020 Municipal Election!**

The next City of Huntsville General Election is August 25, 2020, to elect the positions of Mayor, District 1 and 5 City Council Members and Huntsville City School Board Members.

Dates to remember:

August 10 - Last day to register in order to vote in the General Municipal Election

August 20 - Deadline to apply for absentee ballots for the General Municipal Election

August 24 - Last Day to return absentee ballots for the General Municipal Election

August 25 - Municipal Election Day - Polls Open 7:00 am. to 7:00 p.m.