

The Herald

Union Chapel Missionary Baptist Church
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2021 Black History Month Theme: The Black Family: Representation, Identity, and Diversity



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...

“Concern ”



“...I asked them concerning the Jews that had escaped, which were left of the captivity, and concerning Jerusalem,”

- Nehemiah 1:2

“Wherefore the King said unto me, why is thou countenance sad, seeing thou are not sick? This is nothing else but sorrow of heart. Then I was very sore afraid. And said unto the King, let the king live forever; why should not my countenance be sad, when the city, the place of my fathers’ sepulchers, lieth waste, and the gates thereof are consumed with fire?”

- Nehemiah 2:2-3.

In the first chapter of this historical book, we can see Nehemiah’s concern for his people and the city of Jerusalem. This was not a passive concern. It was just the opposite, extremely active. Concern should always carry along with it the idea of involvement. Moreover, it is the kinds of involvement that follows through until the end. A person of concern will never quit in the middle of the task; he or she will always complete what they start. Today, we hear a lot of people saying that they are concerned about this or that, but they never move to involve themselves to any degree of activity. They may be anxious or uneasy about something. They have what I call “notions,” but notions are not active. The person who is truly concerned will act on those concerns.

Nehemiah was a concerned leader who acted on his concerns. His love for his people and the condition of his homeland moved him to act. In order for one to be a servant-leader, he or she must be concerned for God’s people and the things of God, as well.

Nehemiah was thinking about the people who were still

living in Judah. His concern led him to inquire about their condition. Notice in verse two, he “asked” certain people from his homeland about the conditions. Many times we wait for someone to tell us when he or she is in need, instead of being concerned enough to search out the needs of God’s people ourselves before they have to ask. We must keep in mind that most people have a sense of pride, even those who are in need. As children of God, we should allow the Holy Spirit to show us the needs of others so we can meet those needs. Every Christian leader should be willing to help in times of need.

In addition, we should share our concerns with other leaders. When this is done, many times help will come from our partners in ministry, and we will be able to do more because of their assistance. This is what Nehemiah did according to the third chapter, verses two and three. He shares his concern with the King, and the King made provisions for him to offer help to his people.

Brothers and Sisters, this still holds true today. When we have the courage to share concerns with each other in regard to the needs we discover within the body of Christ, God will make a way! Nehemiah’s target was the people of Judah. But our targets of concern should be people who are lost and hurting. It is my prayer that those who do not have the spirit of concern will come to know and accept it.



~Pastor O. Wendell Davis

Lets Study Together

SUNDAY SCHOOL LESSONS

February 2021

“The Call of Women”

02.07.2021 Called to Evangelize
John 4:25-42

02.21.2021 Priscilla: Called to Minister
Acts 18:1-3, 18-21, 24-26;
Romans 16:3-4

02.14.2021 May Magdalene: A Faithful Disciple
Luke 8:1-3; Mark 15:40; John 20:10-18

02.28.2021 Lydia: Called to Serve
Acts 16:11-15, 40
I Corinthians 1:26-30

Happy Birthday



Happy Birthday, First Lady

Mother Dora M. Davis

February 27

*“I will praise thee; for I am fearfully and
wonderfully made: marvellous are thy works;
and that my soul knoweth right well.”*

~Psalm 139:14 KJV~

Scholarship Opportunity

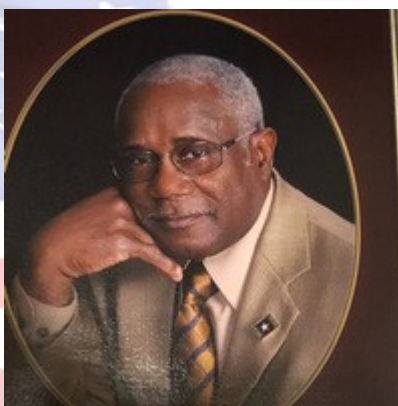
FAITH Initiative, Incorporated, a 501c3 nonprofit established by Fellowship Presbyterian Church USA, announces the annual scholarships to be awarded Spring 2021. The scholar-ships are open to deserving students from the Tennessee Valley who have been accepted to an accredited university or technical school and who demonstrate the potential to become a productive member of the community.

Recipients are not required to be enrolled or accepted in an institution of higher learning in Alabama to receive the scholarships. Applications and requirements have been mailed to area high school counselors and local churches. Students selected from the Tennessee Valley will be informed by letter, and the formal announcement will be made at the Annual Fundraising Event of the organization scheduled for Spring 2021. Due to the current COVID 19, this event may be virtual. Successful applicants are expected to participate.

Scholarship applications may be obtained from FAITH Initiative organization at faithinitiativenonprofit@gmail.com or call 256-714-9399. Applications must be received not later than March 19, 2021.

Veterans Ministry

In Remembrance



Minister Horace Allen, Jr. (Army)

June 2, 1943 - January 22, 2021

Wellness News...

Figuring out workout intensity just got easier! If you've heard the national exercise guidelines once, you've heard them a thousand times: 150 minutes of moderate-intensity exercise or 75 minutes of vigorous exercise, each and every week. But if you've ever been unsure where your brisk walk falls on the intensity spectrum, we've got good news. While using a heart rate monitor with a strap around your chest is the most accurate method of gauging intensity, simply counting steps may give you a ballpark idea, according to a new study. Researchers found



walking pace to be a reliable measure of exercise intensity in younger adults, with about 100 steps per minute constituting moderate intensity (50–70 percent of maximum heart rate) and 130 steps a minute and up constituting vigorous intensity [70 - 85 percent of your maximum heart rate (max heart rate is about 220 minus your calendar age)]. The researchers plan to continue the

study with other age groups. Keeping in mind that exercise intensity can vary not just with age but with fitness level, you can see if these guidelines make sense for you. (If you have a chronic condition or you've been sedentary for a long time, consult with your doctor before starting to exercise.) Another method for gauging intensity is the "talk test." If you're breathing harder than usual but you're still able to talk, that's moderate intensity. At vigorous intensity, you'll have difficulty carrying on a conversation. The talk test is simple if you have an exercise partner, and if you're exercising solo, recite some-

thing you have memorized, like the Pledge of Allegiance or a nursery rhyme. Another piece of good news: for most people in the study, their natural walking pace was at least moderate intensity. So when in doubt, just walk!

~Cleveland Clinic Wellness