

The Herald

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

Volume 20, Issue 1

January 2023

In This Issue...

From the Pastor's Pen	2	Scholarship Opportunity	3
New Members	3	Wellness News	4

2023

H A P P Y N E W Y E A R

“I Can Do All Things”



Paul declared in Philippians 4:13: *“I can do all things through Christ which strengthens me.”* Paul reached this level of faith by learning to put everything behind him; to be content in whatever state

he was in. We can find help for our Christian journey as we consider some specific things Paul learned.

First, Paul, with the aid of the Holy Spirit, learned to put everything behind him, (Philippians 3:13). We must forget about the past, both the good and bad experiences. Baggage from the past can hinder our spiritual growth. As we step away from the past, the Holy Spirit will lead us into new experiences with the Lord.

Secondly, Paul learned to focus on Christ. We too, must learn to “press toward the mark for the prize of the high calling of God in Christ

Jesus” (Philippians 3:14). Our focus should be on Christ every day!

We must practice Christian virtues such as honesty, truth, and justice, (Philippians 4:8). If we hold on to these Christian virtues, our lives will be enriched day by day. God’s peace will saturate our hearts as we grow in His grace. And finally, we will experience contentment, no matter what our state or condition may be. We’ll be able to say, along with Paul, “I can do all things through Christ which strengthens me.”

~Dr. O. Wendell Davis



Let's Study Together

January 2023: “God’s Promises”

01.01.2023	God Promises to Hear and Forgive II Chronicles 7:12-22	01.15.2023	God Promises to Guide Our Way Isaiah 48:3-8a, 17
01.08.2023	God Promises Restoration and Protection Isaiah 43:1-4, 10-12	01.22.2023	God Promises Light in the Darkness Isaiah 58:6-10
01.29.2023 God Promises to be Present Joel 2:21-27			

New Members

We welcome you, with the joy of the Lord, to the Union Chapel Missionary Baptist Church family! It is our prayer that your faith will be strengthened as we learn and grow together. We invite you to explore the ministries of the church and ask God to show you where He wants you to get connected. We are truly excited you are here.



Kyler Rose



Henry Rountree



Church History Facts



Church History Facts – Are you aware of the historical facts on the plaques at the entrance of all buildings of Union Chapel Missionary Baptist Church? In earlier times, this information was written on the “corner stone” of an edifice. This corner stone was the first stone laid and was the foundation for all other stones. A plaque at the entrance of Orange Drive and duplicated at Winchester Road reads: Union Chapel M.B. Church; Founded Oct. 4, 1933 by the Rev. O.D. Boone; The Auditorium erected by Rev. L. F. Lacy; Sept. 27, 1959. Deacon Board: Tom Strong; Jake Pope; Ezell Swan; Robert Martin; W.E. Fletcher; Earnest Peckins; Willie Williams; E. D. Johnson. Carrie Moore, Clerk. There are many descendants of these early church leaders that are members of Union Chapel Church today. We Praise God for the service and leadership of these founders. “Jesus Christ himself being the chief corner stone.”- Ephesians 2:19-21.

Scholarship Opportunity



REDSTONE
FEDERAL CREDIT UNION®

Will you or someone you know be attending college this fall? Redstone is proud to offer scholarships to members pursuing a college degree. At-large scholarships are available, as well as dedicated scholarships to eight partner schools, Redstone recognizes hard work by awarding \$5,000 in scholarship assistance to members.

Redstone awards a scholarship to one (1) student attending each of our eight (8) partner schools. Our partner schools include:

- Alabama A&M University
- J.F. Drake State Community and Technical College
- The University of Alabama in Huntsville
- Middle Tennessee State University
- Northeast Alabama Community College
- Oakwood University
- Calhoun Community College
- Athens State University

Scholarship applications accepted through February 28, 2023.

Wellness News

Get the Most Out of Green Tea and Iron-rich Foods - by Keeping them Apart!

Timing may not be everything, but it's something. And its influence goes beyond the poetic parts of life like romance and destiny. Timing also plays a role in how your body absorbs nutrients. Pairing vegetables with a source of nutritious fat like avocado, for instance, helps your body absorb the beneficial carotenoids and other phytonutrients in the veggies. But sometimes there's interference, even among foods you might think would be "friends." New research suggests that consuming green tea along with iron-rich foods like lentils may block some of the benefits of both. According to a prelimi-



credit: sergio_kumer

nary study, at the same time that the tea is blocking iron absorption, the iron is blocking absorption of polyphenols from the tea. Polyphenols help protect your body from damaging molecules known as free radicals. The double whammy is easily avoided, though. Enjoy nutritious, iron-rich foods like beans, lentils, and dark leafy-green vegetables at meals. And then, later, enjoy green tea, which can boost brain power and reduce disease-causing inflammatory mediators. Just enjoy them separately!

~Cleveland Wellness Clinic

Affinity Debit Card



The Union Chapel Christian Academy (UCCA) debit card, sponsored by Redstone Federal Credit Union, is now available. The Affinity Debit Card program from Redstone Federal Credit Union (RFCU) provides cash back to UCCA every time you make a purchase from your Redstone Federal Credit Union checking account. The UCCA Affinity Debit Card is just like any other RFCU debit card, except when it is used for purchases, the Academy will earn cash back. In other words, you can help earn free money for the Academy.

The Affinity Debit Card may be obtained by visiting any Redstone Federal Credit Union branch or by calling the Member Connect Center at 800.234.1234 or 256.837.6110.

Each purchase, including online purchases, allows UCCA to receive cash back to further education and support of UCCA. Additionally, you will show your support and loyalty every time you make a purchase.