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## "Overcomers"

"These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world."

- John 16:33 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... "Hope"



Hope is an extremely high level of trust. When we trust the Lord for our salvation – He

becomes our hope. He is our hope for the present and the future.

Our hope is in His ability to keep us. He keeps us in His perfect peace when our minds are stayed on Him. He protects us from all hurt, harm and danger. Our hope should be in no one or nothing else but Him.

Our hope is in His ability to provide for us. He provides us with everything we need to sustain ourselves and do His will. We must keep in mind that at all times, God will provide. Our hope should be in His ability to meet all of our needs.

Our hope is in His ability to preserve us. The Lord will always finish what He starts. By the power of His Holy Spirit, He molds and makes us what He wants us to be. Our hope is in His ability to complete in us what He started.

Finally, our hope is in the promise of His return. He promised to come again and "receive us unto Himself." This is our hope – that when He comes, we shall be like Him and be with Him forever.

Yes, brothers and sisters, "our hope is built on nothing less than Jesus' blood and His righteousness."

~Pastor O. Wendell Davis

### 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.

"Wisdom in the Gospels"

- 07.05 Wisdom's Vindication (Matthew 11:7-19)
- 07.12 The Boy Jesus (Ecclesiastes 3:1, 7b; Luke 2:39-52)
- 07.19 The Wisdom of Jesus *(Mark 6:1-6)*
- 07.26 Wisdom: The Way, Truth, and Life (John 14:1-4)

## Prayer Vigil in the Park

Union Chapel M.B. Church along with other local churches participated in a prayer vigil in Big Spring Park on June 11, 2020. People of different cultures, ethnicities, and denominations were united in prayer and worship in the heart of the city.



If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land.

II Chronicles 7:14 KJV

### Wellness News



all. Here's the thing: It's not just formal exercise that take on a whole new meaning: vitality. counts for your health. All movement matters. After all, your body may not know if you're at the gym in workout gear or raking leaves in your flannel shirt and jeans. As long as your attitude is the same, your body may just

sense you moving joyously! According to a recent study, 30 minutes a day of light activity like household chores and walking for errands lowered the risk of dying early by 12 percent. Keep in mind that washing dishes, walking to the mailbox, and doing yard work may seem like drudgery, but these basic activities help keep you alive and kicking. And don't stop there. In the study, people who did 30 minutes of moderate-intensity exercise like walking in addition to their light activity reduced their risk of an early death by a whopping 39 percent. The upshot: You don't need to run 10ks or get up at 5 a.m. for boot camp class to stay healthy (though if you have a

Off your workout routine? All movement matters! How to exer- vigorous exercise routine and enjoy it, by all means keep cise, without exercising" sounds like the title of a ques- it up!). Do whatever you can to move more and get your tionable self-help book. But it's not an oxymoron after heart rate up when you can. That pile of laundry could

~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 cashback. 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.