

The Herald

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

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Happy
Father's
Day

“Family”

“And if it seem evil unto you to serve the LORD, choose you this day whom ye will serve; whether the gods which your fathers served that were on the other side of the flood, or the gods of the Amorites, in whose land ye dwell: but as for me and my house, we will serve the LORD.”

- Joshua 24:15 KJV -

From the Pastor's Pen...

"Grace"



The grace of God is truly amazing! Normally when we talk about the grace of God – it is in the context of salvation.

However, we should never forget that grace could be experienced at three levels.

The first level is "*Common Grace*." God's common grace is experienced both by the saved and unsaved. In other words, it rains upon the just and the unjust. This is why at times the unsaved seem to prosper at a level above that of the saved. But this material prosperity is only temporal. So, you see everyone can experience common grace. Because common grace is God loving and caring for His creation.

The second level of grace can be called "*Saving Grace*." This is God's salvation, and it is provided by God through the blood of Christ by the power of the Holy Spirit. The only persons who experience saving grace are the ones who trust Christ for it.

Finally, the third level of grace is called "*Living Grace*." This is grace provided by the Holy Spirit – so that the Christian can live by the power and grace of God day by day. This is the kind of grace Paul experienced in II Corinthians, chapter 12, when Jesus said, "My grace is sufficient."

Brothers and sisters the second and third levels should be our goals. When we have "*Saving Grace*" and "*Living Grace*," we have all we need.

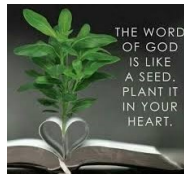
~Pastor O. Wendell Davis

Let's Study Together

BIBLE STUDY

Join us every Wednesday
12 Noon

Mid-Day Bible Study
Boone-Lacy Memorial Fellowship Hall



SUNDAY SCHOOL

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

"Wisdom in Proverbs"

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

Youth Bible Study
Basement

Collegiate Bible Study
Conference Room
(Former Library)

- 06.07 The Call of Wisdom
(Proverbs 1:1-4, 7-8, 10-11, 20-22, 32-33)
- 06.14 The Value of Wisdom
(Proverbs 2:1-11)
- 06.21 The Gifts of Wisdom
(Proverbs 8:8-14, 17-21)
- 06.28 Wisdom's Feast
(Proverbs 9:1-6, 8-10, 13-18)

Food Give-a-Way

Union Chapel M.B. Church Food Pantry & Caring and Sharing Ministry coordinated Union Chapel's first free drive-thru food giveaway on Saturday, May 23, 2020. The ministry prepared 200 boxes, filled with non-perishable and fresh foods, enough food to feed a family of four for at least two weeks.

The food drive preparation was a group effort. The custodians prepared the parking lot with directional signage and the deacons and trustees distributed the food to the public. Union Chapel Boy Scout Troop 156 packed oranges and potatoes and then moved all 200 boxes from the Fellowship Hall to the lobby.



Wellness News



Making working from home work. Even before the dramatic rise in working from home due to the novel coronavirus, the line between one's work and non-work life could be easily blurred. It's become routine to do work after dinner, answer emails at all hours, and take work with you on vacation. And yet our bodies, including our brains, need regular doses of relaxation and sleep for our well-being and engagement. Research shows that those who establish boundaries between their work and personal lives experience less family-work conflict, less fatigue, and a more positive mood. Here, four ways to make it work:

Set up a workspace: A dedicated workspace can help you separate your "at work" role from your "at home" role, and will help others recognize that boundary as

well. Likewise, make sure there are dedicated non-work areas in your home.

Structure your days: Prepare for work as you normally would (shower, dress, etc.), and create a daily schedule that includes work and personal time. Communicate your schedule to those who need to know - colleagues and family.

Take digital breaks: To prevent 24/7 availability, turn off unnecessary notifications during personal time, ask colleagues to call you instead of emailing for important questions outside of work hours, and set specific "not available" times when you don't check phone or email during personal time.

Stick to your role: Without a commute, which often allows people to transition from home to work roles and vice versa, you may need to establish a ritual to get into the right role at the right time. Experts recommend implementing a "future focus," where you allow yourself time to think of your workday before starting it and your home or personal responsibilities as you transition from work time to home time. For example, something as simple as taking a walk around the block before and after work may help with those transitions.

~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.