

The Herald

Union Chapel Missionary Baptist Church
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Women's History Month Theme

"Valiant Women of the Vote: Refusing to be Silenced"

When Congress ratified the 19th Amendment on August 18, 1920, giving American women the right to vote, it reflected the culmination of generations' worth of work by resolute suffragists of all races and backgrounds. Historically, attention has focused on the efforts of white movement leaders like Susan B. Anthony, Alice Paul and Elizabeth Cady Stanton. But they worked alongside many lesser-known suffragists, such as Marie Louise Bottineau Baldwin, Dr. Mabel Ping-Hua Lee and Nina Otero-Warren, who made crucial contributions to the cause - while also battling racism and discrimination.

For their part, "Black suffragists came to the suffrage movement from a different perspective," Their movement, she grew out of the broader struggle for basic human and civil rights during the oppressive Jim Crow era. Here are five Black suffragists whose resourcefulness and persistence became instrumental in passing the 19th Amendment.

~History.com



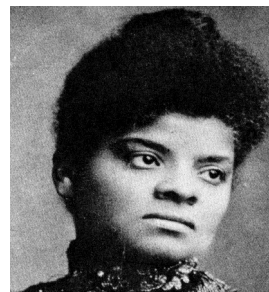
Frances Ellen
Watkins Harper
1825-1911



Mary Church Terrell
1863-1954



Nannie Helen
Burroughs
1879-1961



Ida B. Wells
1862-1931



Mary Ann Shadd Cary
1823-1893

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...

“The Contemporary World and How it Affects the Mission of the Church”



The world today is full of people who are broken by sin. Everywhere you look people are suffering because declining morals and racism. All of this is a result of people trying to live without a personal relationship with Christ.

The nature of God is unchanging, but the world in which we live is ever-changing. Therefore, Christians must change only in the sense that we become to all people what we must become in order to win them to Christ. But, it must be noted that this must not be done at the expense of the gospel message. The gospel must not be watered down!

David Wells was right when he wrote that many in the church....*have replaced character with a desire to be like others, to have what they see as pleasing, to be what they admire.* Paul put it another way, we should free ourselves from “*the course of this world*” (Ephesians 2:2). In Romans chapter 12, we are told that we should not be conformed to the world, but we should be transformed. But, as we look around us, we see people seeking to become like the world.

The church must stand up for the moral absolutes of the Bible. The minds of people are being polluted by the immorality of our day. The church must find a way to address this issue and counter Satan’s attack upon our people.

In regard to racism, Cone says, “*racism is deeply embedded in American religion and society. We cannot get rid of it by for-*

getting the past and simply urging blacks and whites to develop good will toward each other. Racism is a cancer.” The only way to get rid of this cancer is be transformed by the Holy Spirit.

God wants to rescue us from the madness and dominion of Satan. He sent His Son into the world and through Him we have redemption and forgiveness of sins. The task of the church is to evangelize and fulfill the mission of God. It is important that the church get busy addressing these issues because time is not as long as it has been.

The Church is not a product of humanity. It was produced by God through Jesus Christ, and is empowered by the Holy Spirit. God’s mission to redeem humankind was started by Christ and carried on by His disciples. In other words, God sent Christ, and Christ sent the disciples (John 20:21). We should lead lost persons to Christ so they can be sent to lead others to Christ as well.

The Church’s mission is the mission of Jesus Christ. It is God’s commission to His people through Jesus Christ, His incarnation, His life, His resurrection, and abiding presence in the life of His people. In the New Testament we can see that Paul’s life was dominated by the personal Lordship of Christ, and all his efforts were bent on building the Churches of the Lord according to the teachings of the Master. The Church is a fellowship of redeemed persons who as individuals have found fellowship in Christ. Van Rheen put it this way, “*The Church is the distinctive people of God called by Him through His mission and set aside for His mission.*”

~Pastor O. Wendell Davis

Lets Study Together

SUNDAY SCHOOL LESSONS

March 2021

“Faithful Prophets”

03.07.2021 Moses: Prophet of Deliverance
Deuteronomy 18:15-22

03.21.2021 Huldah: Prophet of Wisdom
II Kings 22:14-20

03.14.2021 Joshua: Prophet of Conquest
Joshua 5:13-15; 6:1-5, 15-16, 20

03.28.2021 Elijah: Prophet of Courage
I Kings 18:5-18

Wellness News...



ing for good health means sacrificing flavor, we have one word for you: blueberries. We know that these vibrant berries offer nutrients galore, with vitamins like C along with an array of beneficial phytochemicals, including anthocyanins. A new study adds to the evidence that blueberries may support heart health, not just as prevention but also to help lower existing risk factors. In the study, a group of people who were overweight and had metabolic syndrome (characterized by high blood pres-

Blueberries aren't just delicious - they're good for your heart, too. For anyone stuck in the misguided notion that eating for good health means sacrificing flavor, we have one word for you: blueberries. We know that these vibrant berries offer nutrients galore, with vitamins like C along with an array of beneficial phytochemicals, including anthocyanins. A new study adds to the evidence that blueberries may support heart health, not just as prevention but also to help lower existing risk factors. In the study, a group of people who were overweight and had metabolic syndrome (characterized by high blood pres-

sure and blood sugar, abdominal obesity, high triglycerides, and low “good” cholesterol) ate blueberries daily for six months. Compared with the control group, the blueberry eaters’ blood vessels and arteries were in better condition at the end of the study, to the tune of a 12 to 15 percent lower risk of heart disease. To get the therapeutic benefits of blueberries, aim for about a cup of blueberries daily. Add them to oatmeal, smoothies, and salads, or just enjoy a handful (or two!) as a snack. Build out the rest of your heart-healthy diet by limiting sugar and other refined carbohydrates and putting a rainbow of other fruits, vegetables, and herbs, fiber-rich beans and lentils, fatty fish like salmon, and nuts on your weekly menu.

~Cleveland Clinic Wellness

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.

We Celebrate You...



Logan Gordon



Michael Williams, Jr.

Congratulations to Logan Gordon and Michael Williams, Jr., who recently won the state championship in the 4x400 relay. They made history at Hazel Green High School for being the first students ever to win a state medal in the 4x400 relay.

Logan, a junior at Hazel Green High School, is the son of Deuntra and Antonio Gordon.

Michael, a junior at Hazel Green High School, is the son of Deborah and Michael Williams, Sr.

Congratulations to Halia Morris, who was recently recognized for exceeding 1,000 points scored for the Madison Academy Varsity Girls Basketball team. Halia is the daughter of Aretha and Nate Morris.

While she's not planning to play basketball at the collegiate level, Halia is looking forward to attending Hampton University to pursue her studies in Marine Biology.



Black History Month Display



In celebration of Black History Month the Stitching and Quilting Ministry had a display of quilts at the Madison County Courthouse.

The display case was located on the first floor, was a collection of 16 mini quilts that told a story of the secret codes in quilts used to assist escaping slaves to freedom during the Underground Railroad.



COVID-19 Vaccine







COVID-19 VACCINES HAVE BEEN APPROVED

So what's next?

The FDA recently granted emergency use authorization of the Pfizer and Moderna COVID-19 vaccines. This is a positive first step in fighting the COVID-19 pandemic!

Now that a COVID-19 vaccine is approved, the following information may help answer some questions you may have about what happens next.

-  **Each state will determine how the COVID-19 vaccine will be distributed** to the residents of that state and, due to a limited supply, most people will not be eligible to get the vaccine on the first day it's available.
-  **In most states, the COVID-19 vaccine will first be made available to frontline healthcare workers and residents and staff of long-term care facilities.** Next in line will likely be essential frontline workers and people age 75 and older. Then, in the final phase, the vaccine will be available to the general public.
-  **It's important to get the COVID-19 vaccine.** The vaccine has gone through rigorous testing, received emergency use authorization through the FDA, and is perhaps the best hope for ending the pandemic.
-  **Keep doing what you're doing to stay safe and healthy.** Even though a COVID-19 vaccine is available, following current safety guidelines is still essential. Remember to wear a face mask, continue social distancing, and wash your hands frequently.



For more information about COVID-19 topics and how the pandemic can affect you and your family, visit www.cdc.gov/COVID19.



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COVID-19 Vaccine Safety Facts

COVID-19 VACCINE SAFETY FACTS

The arrival of the first COVID-19 vaccines is a major development in the fight against the coronavirus pandemic. The current vaccines are approximately 95% effective in preventing COVID-19, and provide a high level of protection against contracting the virus. Getting vaccinated will help keep you, your family, your community, and your country healthy and safe.



According to information from the Centers for Disease Control and Prevention (CDC), safety has always been a top priority when developing and authorizing a COVID-19 vaccine. The below facts may help alleviate any safety concerns you may have about you and your family members receiving a COVID-19 vaccine.

Can I get COVID-19 from the vaccine? No. You have to be exposed to the novel coronavirus to get COVID-19. The COVID-19 vaccines being developed and distributed in the United States do not contain live virus particles, so you cannot get COVID-19 from the vaccine.

Are there any side effects after taking the COVID-19 vaccine? After vaccination, some people may develop a fever, muscle aches, headache, and/or fatigue—symptoms commonly associated with COVID-19. These side effects are a good sign the vaccine is working, as the symptoms are evidence that your body is developing an immune response.

Do I need to get a COVID-19 vaccine even if I've had a COVID-19 infection? Health experts recommend the COVID-19 vaccine even for people who have had a COVID-19 infection. Although infection likely provides some immunity to reinfection, no one knows how long that immunity lasts. Getting vaccinated may provide additional protection and help reduce the spread of the virus.

Even though a safe COVID-19 vaccine is available, following current preventive measures is still essential. **Remember to wear a face mask, continue social distancing, and wash your hands frequently.**

Did the speed of COVID-19 vaccine development compromise its safety? No. The unprecedented speed of the COVID-19 vaccines was due to multiple factors, including past research into these types of vaccines, and did not require skimping on safety. Prior to the current COVID-19 outbreak, scientists had been researching other coronavirus vaccines, for diseases such as SARS and MERS. When the current pandemic hit, scientists were able to build on their past research to develop the COVID-19 vaccines in use today.

Will the COVID-19 vaccine alter my DNA? No. The COVID-19 vaccine cannot alter your DNA. The currently approved vaccines are messenger RNA (mRNA) vaccines; they contain a bit of RNA (ribonucleic acid) that teaches the cells of the body how to make a protein that causes the immune system to make COVID-19 antibodies. The vaccine does not interact with your DNA.

For more information about the COVID-19 vaccine and its availability in your area, contact your local health department, physician's office, or local pharmacy. Additional details about the safety of COVID-19 vaccines can be found at www.cdc.gov/COVID19.



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By getting vaccinated, you can help prevent more illnesses and deaths in America, help end the damage to our economy, and reduce the effects of COVID-19 for everyone.

COVID-19 Vaccine Myths and Facts



The COVID-19 vaccines are a major development in the fight against the coronavirus pandemic. But some are questioning the safety of these vaccines. The below facts may help alleviate any concerns you might have about receiving a COVID-19 vaccine.

MYTH: I can get COVID-19 from the vaccine.

FACT: You have to be exposed to the novel coronavirus to get COVID-19. The COVID-19 vaccines being developed and distributed in the United States do not contain live virus particles, so you cannot get COVID-19 from the vaccine.

MYTH: I will test positive for COVID-19 after I get the vaccine.

FACT: COVID-19 vaccines currently in use will not cause you to test positive on viral tests, which are used to see if you have a current COVID-19 infection.

MYTH: The speed of COVID-19 vaccine development compromised its safety.

FACT: The unprecedented speed of the COVID-19 vaccines was due to multiple factors, including past research into these types of vaccines, and did not require skimping on safety. Prior to the current COVID-19 outbreak, scientists had been researching other coronavirus vaccines, for diseases such as SARS and MERS. When the current pandemic hit, scientists were able to build on their past research to develop the COVID-19 vaccines in use today.

MYTH: The COVID-19 vaccine will alter my DNA.

FACT: The COVID-19 vaccine cannot alter your DNA. The currently approved vaccines are messenger RNA (mRNA) vaccines; they contain a bit of RNA (ribonucleic acid) that teaches the cells of the body how to make a protein that causes the immune system to make COVID-19 antibodies. The vaccine does not interact with your DNA.

MYTH: I don't need to get a COVID-19 vaccine if I've already had a COVID-19 infection.

FACT: Health experts recommend the COVID-19 vaccine even for people who have had a COVID-19 infection. Although infection likely provides some immunity to reinfection, no one knows how long that immunity lasts. Getting vaccinated may provide additional protection and help reduce the spread of the virus.

MYTH: Once you receive the COVID-19 vaccine, you're immune for life.

FACT: At this time, it's still unknown how long immunity from the COVID-19 vaccine will last and whether it will need to be administered more than once, or even on a regular basis, like the flu shot.

COVID-19 Vaccine Myths and Facts, continued

MYTH: I will get sick because of COVID-19 vaccine side effects.

FACT: After vaccination, some people may develop a fever, muscle aches, headache, and/or fatigue—symptoms commonly associated with COVID-19. These side effects are a good sign the vaccine is working, as the symptoms are evidence that your body is developing an immune response.

MYTH: Older adults will have more COVID-19 vaccine side effects.

FACT: COVID-19 vaccine side effects are not dramatically different in people of different ages.

MYTH: I'm allergic to eggs so I shouldn't get the COVID-19 vaccine.

FACT: Neither current COVID-19 vaccine contains egg nor were eggs used in the development or production of either vaccine. However, those with severe allergic reactions to eggs or any other substance (i.e., anaphylaxis) are encouraged to remain after vaccination for 30 minutes for observation.

MYTH: The COVID-19 vaccine will cause infertility.

FACT: The COVID-19 vaccine, like other vaccines, works by training our bodies to develop antibodies to fight against the virus that causes COVID-19, to prevent future illness. There is currently no evidence that antibodies formed from COVID-19 vaccines cause any problems with pregnancy, including the development of the placenta. In addition, there is no evidence suggesting that fertility problems are a side effect of ANY vaccine. People who are trying to become pregnant now or who plan to try in the future may receive the COVID-19 vaccine when it becomes available to them.

MYTH: COVID-19 vaccines were developed using fetal tissue.

FACT: Neither current COVID-19 vaccine contains fetal cells nor were fetal cells used in the development or production of the vaccines.

MYTH: I don't have to wear a mask or social distance after getting the COVID-19 vaccine.

FACT: It is important to keep wearing masks, continue washing your hands, and continue to practice social distancing even after getting the COVID-19 vaccine.

For more information about COVID-19 topics and how the pandemic can affect you and your family, visit www.cdc.gov/COVID19. You can also contact your local health department or physician's office for additional COVID-19 vaccine information.



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