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Women's History Month

Theme: "Celebrating Women Who Tell Our Stories"

This year's theme recognizes "women, past and present, who have been active in all forms of media and storytelling including print, radio, TV, stage, screen, blogs, podcasts, news, and social media." Women's History Month is a celebration of women's contributions to history, culture and society and has been observed annually in the month of March in the United States since 1987.



Rashida Jones

Maya Angelou

Carol Simpson

Amanda Gorman

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...

"Inspiration from the Scriptures"



For the preaching of the cross is to them that perish foolishness; but unto us which are saved it is the power of God (I Corinthians 1:18).

Today, many feel that the preaching of the cross is foolishness. Some even laugh at those who believe that Christ

died on the cross for our sins and rose for our salvation. This mentality has led to the moral and ethical decline of our communities. People are stealing, cheating, and killing one another. In other words, these people are perishing because they think that the preaching of the cross is foolishness.

On the other hand, many others know that the preaching of the cross is the power of God unto salvation of humankind.

Brothers and Sisters, let us continue to preach the cross of Christ so others will come to know that there is a reality in serving the Lord. Then the preaching of the cross will not be foolishness to them, it will become the power of God unto salvation. The cross of Christ is the answer to all of our problems!

~Dr. O. Wendell Davis

Let's Study Together

March 2023: "Called from the Margins of Society"

| 03.05.2023 | The Prodigal Son Luke 15:11-24 | 03.19.2023 | Jesus Talks With a Samaritan Woman John 4:7-15, 28-30, 39-41 |
|------------|--|------------|---|
| 03.12.2023 | A Child is Greatest in the Kingdom Matthew 18:1-9 | 03.26.2023 | Jesus Overpowers Legion Mark 5:1-13, 18-20 |

We Celebrate You...



Congratulations to Hannah Chrishalah-Monae Dickerson, who was presented at the 64th Annual Debutante Presentation and Ball on February 17, 2023, sponsored by Epsilon Gamma Omega Chapter, Alpha Kappa Alpha Sorority, Inc.

Hannah, the daughter of Dea-

con Henry (Sr.) and Minister Janet Dickerson and the granddaughter of Sister Rose Shropshire, is a senior at Huntsville High School. Upon graduation Hannah plans to attend Troy University and major in Nursing.



Congratulations to Miracle Burwell, who placed second in the North Alabama Center for Educational Excellence (NACEE) Black History Essay Contest. Miracle, participates in the Upward Bound Math & Science program at NACEE. Miracle, the daughter of Sister Melodie Morgan, is a junior at Ala-

bama School of Cyber Technology and Engineering.

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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.



Justin Harris



Terrica Nelson



Malia Pope

Church History Facts

Deacon (Emeritus) Franklin Brandon... 'I joined Union Chapel in 1945 as a young boy under Rev. O.D. Boone on Lowe Street. I lived across the street from the church. I remember when we later moved to Gardner Street."

Sister Lucille Malone ... 'Rev. O. D. Boone owned a store next door to his house. He would give me and my brother candy even though we didn't have any money... we paid him with buttons. I will always remember the choir marching in from outside each Sunday, the shouting would start before they got inside."

"I was baptized under Rev. Lacy and Mother Boone. I served as superintendent of the Sunday School..." Brother Roosevelt Dixon

"I prayed my first public prayer at age sixteen when Pastor Lacy asked the young men to lead devotional services. I was ordained as a Deacon on Gardner Street and I started teaching Sunday School. Billy Joe Jones, who is now the Pastor of St. James P.B. Church, was one of my students." Deacon Marvin Moore, Sr./Son of Pastor L.F. Lacy

Sister Gloria Martin Wynne... "I was baptized by Rev. Lacy and Deacon Marvin Moore on Gardner Street; when I see Deacon Moore now, I always remember those days."

"I was baptized on Gardner Street by Rev. L.F. Lacy. I was a member of the Jr. Choir and the uniforms were blue skirts and white blouses..." Sister Earnestine Brazille

"I started attending Union Chapel when I was fourteen years old. My mother, Everlene Binford, joined and I started singing in the Youth Choir. Deacon George Boone picked about eight kids up in his car for rehearsals each week; including his own, Calvin, Terry, and Diane..." Sister Pam Byers

Note: This information was copied from the 65th Anniversary & Homecoming Program. This does not include all of the memories documented in the Program

Wellness News



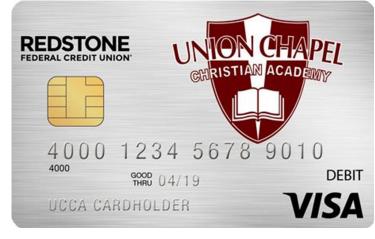
Rx for brain health: Staying active in two ways. It's no secret that exercise and staying engaged mentally can help protect your brain health as you age. But researchers learned just how powerful staying active can be, even in people whose genes make cognitive decline inevitable. Researchers studied a group of people who have a genetic mutation that eventually leads to frontotemporal dementia (FTD) the most common cause of dementia in people under 65. People with FTD tend to decline rapidly within 10 years of being diagnosed. The people in the study,

who hadn't yet developed symptoms or had only mild symptoms, were given brain scans and cognitive tests and asked about their daily habits at the start of the study and each year afterward. Family members weighed in on how well the participants were managing finances, bathing, taking medications, and other aspects of daily functioning. After just a couple years, there were dramatic differences in how much the participants' functioning had changed, with the most active participants experiencing a much slower decline than the least active. This better functioning held true even when brain scans showed equal amounts of brain atrophy, leading researchers to believe that there may be something about activity that protects cognitive functioning even when the brain is deteriorating. Physical and mental activity appeared to be similarly protective. Keep your body and mind engaged with regular exercise (aim for 30 minutes, at least five days a week), reading and writing, playing timed games (speed-of-processing games are ideal), learning something new (French? Piano?), and connecting with family and friends on a daily basis.

~Cleveland Wellness Clinic

UCCA 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



support and loyalty every time you make a purchase.

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

Stitching & Quilting Ministry

Global Ties of Alabama invited the Stitching and Quilting Ministry to display the secret quilt codes of the Underground Railroad again this year at the Madison County Courthouse. The display was during the month of February in Celebration of Black History Month.



Union Chapel Celebrates Heritage Sunday

Union Chapel M. B. Church celebrated Heritage Sunday on February 19, by wearing traditional African attire, special music was presented by the Union Chapel Christian Academy Ambassador Choir and praise dance by The Word in Motion (TWIM).



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Heritage Sunday, continued



Celebrating Mother Dora Davis

Mother Dora Davis was honored with a 70th birthday celebration on Saturday, February 25.



We Celebrate You, continued from Page 2



Congratulations to Jordyn Morris on being named to the Alabama High School Athletic Association (AHSAA) Girls Basketball 6A Area 16 All-Academic Team.

Jordyn is a freshman honors student and Varsity Girls basketball player at Buckhorn High School. She is the daughter of Bro. Nate & Sis. Aretha Morris.

This article written by Richard LeComte, University of Kentucky, College of Arts & Sciences, and appears on the myUK website spotlighting Nevaeh Eggleston A&S Math Major Nevaeh Eggleston Discovers that Sports is a STEM Field



Lexington, KY - Derrick Henry of the Tennessee Titans may look like the best running back in the NFL as he barrels down the field, but sports statistics may say otherwise, according to University of Kentucky student Nevaeh Eggleston. By analyzing statistics for NFL running backs, she can discern how Henry, while great, may not be the best in certain circumstances.

"For football in particular, people look at rushing yards, and for a while Derrick Henry was rated as the No. 1 rusher until his numbers fell," said Eggleston, a UK College of Arts & Sciences (A&S) senior math major from Huntsville, Alabama. "But if you look at someone like (Cleveland Browns running back) Nick Chubb and everyone else, their yards after hits are higher than Derrick Henry's as of right now."

Eggleston aims to bring her statistical skills to the world of sports. She's particularly wrapped up in evaluating football players, especially running backs. She shows that the majors in the College of Arts & Sciences can take students unexpected places - even onto the gridiron. She grew up in a family that took sports seriously: She and her father run a fantasy football team, and her sister plays collegiate softball.

"My parents had all of the books, so we knew a lot about each player," said Eggleston, who has minors in statistics and Africana studies. "But as I was growing up watching baseball, the NBA and the NFL, I saw the math scrolling underneath the picture: how many points they scored, average running yards, all that. When I got to UK, I thought somebody has to be doing that. The numbers can't just magically appear in their head, and so that drove me to figure out that there were data analysts in the background producing those numbers. And now you hear about them a lot more on ESPN. The analysts talk on camera a lot more."

She already performed a data analysis internship at Acadian Asset Management Co. in Boston. At UK, she's the president of the Aspiring Sports Professionals group, where students get to interact with professionals in their prospective fields to find out what could be in store for them.

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We Celebrate You, continued from Page 7

"We have a lot of members who are interested in media, which is nice," she said. "We have people come in from ESPN and other networks. It's nice to have other perspectives too, because a lot of people are media at ESPN, but they're not on camera."

After she graduates in December 2023, she plans to go on to study for a master's in the A&S Dr. Bing Zhang Department of Statistics graduate program, where she can deepen her knowledge of how numbers interact with the X's and O's on the football field and the basketball court.

"In the statistics program, they do a lot of football and basketball, so I'm going to try to start there and we're going to see how it goes," she said. "I might move around a little bit and try other things. But that's where we're start-ing."

Beyond math, Eggleston has a variety of interests, including the campus NAACP, for which she's treasurer, and Campus Kitchen. She's also received the William C. Parker Scholarship and the United Negro College Foundation Scholarship. She also serves as a College of Arts & Sciences' ambassador and works as an undergraduate teaching assistant for the Mathematics Department, where she's discovered that number theory can be just as interesting as statistics.

"I helped teach MA 261, which is a number theory class," she said. "It's a very interesting class. I like theory in math."

She chose UK over several schools near her home in part through the recruitment efforts of Albert Corso, the director of undergraduate studies for the Math Department.

"Since the first time I met Nevaeh she struck me as a mathematics major with a great deal of academic talent, an engaging personality, and a wide range of interests," said Alberto Corso, associate professor and Director of Undergraduate Studies for Mathematics. "That combination has been an asset to her in both her own success and helping other students succeed, and motivated me to recommend her as a department representative in the A&S Ambassador program and as an Eaves assistant in our upper division math courses.

"One thing that especially strikes me is the strong family support that she has. I've had the chance to meet her family members many times, as they are here each time she achieves a major recognition - most recently as the 2022 recipient of the Lyman T. Johnson Torch Bearer Award for A&S, where we had a hard time fitting her entire family at the table. I'm immensely proud of what Nevaeh has accomplished in her time at UK but I am sure that the best has to come yet."

One of the biggest driving forces behind her interest in sports arises from her Black heritage. She has an interest in showing how Black athletes contributed to sports culture in the United States and is blown away by the fact that they were not allowed to participate in Major League Baseball and other groups for many years. She's read "Blood, Sweat, and Tears: Jake Gaither, Florida A&M, and the History of Black College Football" by Derrick White, UK associate professor of history, and she also watched "42," the film depicting Jackie Robinson breaking the color barrier in major-league baseball. "I read Dr. White's book the other day, and I thought, this is crazy," she said. "All these players were told they couldn't play, and here they are making it in the pros. And then the movie '42' blew my mind. Every time I watch it, I take something different away from it. It's a great movie. You get the feeling things are getting better and better."

Nevaeh is the daughter of Sister LaToya and Brother Carl Dorsey and granddaughter of Brother John and Sister Brenda Beale.