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Praise in a Pandemic Wellness News 4 Celebration of Life Walk We Celebrate You Breast Celebrate You

"And Moses stretched out his hand over the sea; and the LORD caused the sea to go back by a strong east wind all that night, and made the sea dry land, and the waters were divided. And the children of Israel went into the midst of the sea upon the dry ground: and the waters were a wall unto them on their right hand, and on their left. And the Egyptians pursued, and went in after them to the midst of the sea, even all Pharaoh's horses, his chariots, and his horsemen. And it came to pass, that in the morning watch the LORD looked unto the host of the Egyptians through the pillar of fire and of the cloud, and troubled the host of the Egyptians, And took off their chariot wheels, that they drave them heavily: so that the Egyptians said, Let us flee from the face of Israel; for the LORD fighteth for them against the Egyptians. And the LORD said unto Moses, Stretch out thine hand over the sea, that the waters may come again upon the Egyptians, upon their chariots, and upon their horsemen. And Moses stretched forth his hand over the sea, and the sea returned to his strength when the morning appeared; and the Egyptians fled against it; and the LORD overthrew the Egyptians in the midst of the sea. And the waters returned, and covered the chariots, and the horsemen, and all the host of Pharaoh that came into the sea after them; there remained not so much as one of them. But the children of Israel walked upon dry land in the midst of the sea; and the waters were a wall unto them on their right hand, and on their left. Thus the LORD saved Israel that day out of the hand of the Egyptians; and Israel saw the Egyptians dead upon the sea shore. And Israel saw that great work which the LORD did upon the Egyptians: and the people feared the LORD, and believed the LORD, and his servant Moses." Exodus 14:21-31

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"



#### The Lord is With You

*I will never leave thee, or forsake thee* (Hebrews 13:5). Where is the Lord? He is with you, and all others. He never leaves us, nor will He ever forsake us - He is always present. We are never alone, thank God!

#### Pray

*Men ought always to pray, and not to faint* (Luke **18:1).** We should develop the spiritual discipline of prayer. The way to do this is make prayer a habit by praying all the time. Pray!

#### The Lord Will Never Leave You

When my Father and my mother forsake me, then the Lord will take me up (Psalm 27:10). When you are forsaken by all, the Lord will take you up! He will give you power and peace to move on. You are His now and forever. God bless, and don't forget to go to church!

#### God Sees Everything

The eyes of the Lord are in every place, beholding the evil and the good (Proverbs 15:3). The Lord sees everything, the good and the bad. So, hold to His hand and let Him fight your battles. He sees and knows what you are going through; therefore, He makes a way for you. Hold on, He will always be on time.

#### Walk in a Godly Manner

*My son, if sinners entice thee, consent thou not* (Proverbs 1:10). Always walk after God and never after sinners. Do it God's way!

#### Acknowledge Him

In all thy ways acknowledge him, and he shall direct thy paths (Proverbs 3:6). Give Him the glory in all that you do and you will never take the wrong path.

#### **Overcome Evil With God**

*Be not overcome of evil, but overcome evil with good* (Romans 12:21). Evil can be overcome with good. Pray for strength to do good deeds instead of evil.

#### Fear the Lord

The angel of the Lord encampeth round about them that fear him, and delivereth them (Psalm 34:7). When we have the fear of God in our hearts our desire is to obey Him.

~Pastor O. Wendell Davis



# Clergy Appreciation Month

"And I will give you pastors according to mine heart, which shall feed you with knowledge and understanding."

-Jeremiah 3:15 KJV-

You are a blessing to our congregation and to this community.

Your insights from God's Word encourage and strengthen us.

Your heart of compassion brings comfort and hope.

You are making a difference.

# Praise in a Pandemic

#### My Testimony (20 Year Survivor), Part III



Each year during the month of October (Breast Cancer Awareness Month), I consider it another blessing to be able to give witness again to God's healing power! In June 2000, I was diagnosed with Breast Cancer. Bv the grace of God, I survived months of surgeries, chemo-

therapy, radiation, baldness, Intensive Care hospitalization and respiratory blood clots. (You can read my full testimony in the Union Chapel October 2000 and 2013 Herald issues)

Today, twenty (20) years later (2020), I find myself being led to submit a third article. Not so much for myself, but for those who might need a little encouragement during these difficult and trying times of the "Pandemic" we find ourselves in. I thank God that I am still cancer free and I regularly go to my health screening, tests, and doctor visits. I have come to realize over the past twenty years that no matter what we are going through, God is always with us. Sometimes He lets His presence be known and gives you peace through a written word in the scriptures or a spoken word from Pastor Davis, a family or church member, or even gives you a message through a song.

As I reflected over my life of 68 years and how He has brought me through all kinds of trials and tribulations, I can't help but to give *God Praise*. From my first entry into this world as a premature baby (2 lbs., 9 oz.) with no neonatal unit., born at home in the country...having a praying Mother and Grandmother nursing me to good health. During my Junior High School years in a segregated school with hand-me down books and equipment but still receiving a first rate education from teachers who looked like me and treated all the students like they were their moms. God kept me during those turbulent high school years of desegregation with confederate flags waving and the band playing the school song, "Dixie" at the football pep rallies. I attended an integrated high school right here in Huntsville where the white teachers and students made it perfectly clear that blacks were not welcome. Those times, fifty years ago mirror the events that are happening in our country today... protests, riots in the streets, police brutality, voting rights threaten, wars, etc.

Yet, even in a "Pandemic" I can "Give God Praise," and so can you. When you look back over your life and think of the things He has brought you through, I know you will. During these past two years, He has given me comfort and the strength to face the death of my husband Robert, two of his brothers and other family members from this dreaded disease called cancer. I can't tell you why after twenty years I survived cancer and they didn't. Some things we will understand by and by. I do know that it's only through God's grace and mercy that any of us are still here today. Therefore, when you start feeling like this world is being overtaken by the "Pandemic," just sit back and start reflecting on how God has brought you down through the years and I guarantee that you will start giving HIM the PRAISE THAT HE DESERVES!"

"Trust in the Lord with all thine heart; and lean not unto thine own understanding."

Proverbs 3:5 (KJV)

Submitted by Pam Byers

### Wellness News

Tea time: Green tea might help keep you sharp - and healthy! "Eat your greens!" is ageold, sound health advice. Well, new research highlights the benefits about drinking green, too. Though you can't go wrong tossing a handful of baby spinach or kale into your next smooth-



ie, the latest study focuses on one of the most widely consumed beverages in the world: green tea. Research suggests that drinking green tea regularly may reduce your risk of cancer and benefit your heart. And a new study indicates that it may also help to counteract obesity and cognitive impairment, two health conditions linked to Western diets high in processed foods, added sugar, and junky fats. Compared with animals that ate a diet high in fat and fructose (a type of sugar), animals that ate the same diet but also consumed a beneficial compound found in green tea known as EGCG gained less weight, had lower levels of brain insulin resistance, and performed better on memory tests. While green tea may indeed offer benefits, don't count on it alone for

managing weight, staying sharp, or overall good health. Eating a nourishing, plant-based, whole-foods diet, getting plenty of physical activity, and managing stress are crucial. But by all means, if you enjoy green tea, add a cup or two to your daily routine.

~Cleveland Wellness Clinic



## St. Jude Walk

The St. Jude Walk to end childhood cancer was held on Saturday, September 26, 2020.

This year's walk was a virtual event during Childhood Cancer Awareness Month. The purpose of this event is to raise money for childhood cancer research and the kids of St. Jude Children's Research Hospital.

"Team Halia" participated honoring Halia Morris, who is a cancer survivor.



# Celebration of Life Walk

A Celebration of Life Walk will be held Saturday, October 10, 2020 at 8:30 a.m. - 11:30 a.m. in the church parking lot. This event is sponsored by the Cancer Support, Kidney and Wellness Ministries.

# 6 feet apart, unless you are walking with family

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Masks are required!

# Union Chapel M.B. Church, Dr. O. Wendell Davis, Pastor "Celebration of Life" Walk October 10, 2020, 8:30 a.m. to 11:30 a.m.

Union Chapel Cancer Support Ministry Union Chapel Kidney Ministry Union Chapel Wellness Ministry A Voter Registration Table Will Be Available for the Upcoming Election A special table will be available for donations to the Kimberly Fails Jones Foundation, Inc. for Cancer Patients 315 WINCHESTER RD HUNTSVILLE, AL 35811 256-852-1150 parking lot Shorter distance walkers, walk around the immediate are of the church

 Non walkers, lawn chairs or in cars

# We Celebrate You...



Congratulations to Everett D. Berger, who was chosen to represent the Talladega Tornado Marching Band (Talladega College) as one of the 2020-2021 drum majors.

Everett, a senior majoring in chemistry, is the son of Melodie Morgan.



er Ernestine Sullivan.

Congratulations to Kaylah Humphrey, who was recently crowned the 73rd Miss Stillman College, 2020-2021.

Kaylah, a senior biology major, is the daughter of Cindy and Kelvin Humphrey and the granddaughter of Moth-



Congratulations to Jaelyn Reeves, who was accepted into the Tuskegee College of Veterinary Medicine Class of 2025, upon completion of the Pre-Veterinary Medical Scholars' Early Assurance Admissions Program. Jaelyn is entering her third year at Tuskegee University with a major in Animal Science. This early admissions will allow her to began enrollment to the College of Veterinary Medicine immediately following the completion of her junior year 2021.

Jaelyn is the daughter of Norma and Johnathan Reeves.



Congratulations to Dr. Angie McGraw, who joined the Lipscomb University College of Pharmacy faculty in 2020 as an Assistant Professor of Pharmacy Practice.

She earned a Bachelor of Science degree in Biology from the University of Alabama-Birmingham, a Master of Science degree in Biology from Alabama A&M University and Doctor of Pharmacy degree from Shenandoah University. She completed a PGY-1 residency in General Pharmacy Practice with Saint Thomas West Hospital. Her practice focuses mainly on oncology, though she also precepts in internal medicine and pain/palliative care. She has served as a board member and grant reviewer for The Ross Behavioral Group and Metro Arts Council After School Arts Programs respectively. Her practice interests include supportive care in oncology and increasing awareness of mental health challenges facing cancer patients and

their caregivers. The aspect of working at Lipscomb College of Pharmacy that she has enjoyed most is the kindness of faculty and staff, and the focus on helping everyone in the community.

Dr. McGraw is the daughter of JoAnn McGraw.

# Let's Study Together

SUNDAY SCHOOL LESSONS October 2020		10.11.2020	Love Your Enemies Luke 6:27-36
10.04.2020	<i>"Inclusive Love"</i> Love and Devotion to Others	10.18.2020	Loving Your Neighbor Luke 10:25-37
10.04.2020	I Samuel 19:1-7	10.25.2020	Love Divine I Corinthians 13;1-13

# Union Chapel Christian Academy Foundation Giving Opportunities



AmazonSmile is a simple way for you to support Union Chapel Christian Academy Foundation every time you shop, at no cost to you. AmazonSmile is available at **smile.amazon.com** on your web browser and can be activated in the **Amazon** Shopping app for iOS and Android phones. Through AmazonSmile, Amazon donates 0.5% of the pur-

chase price from your eligible AmazonSmile purchases to a charity of your choice. Almost one million 501(c)(3) public charitable organizations participate in AmazonSmile. Shoppers who start at smile.amazon.com will find the same Amazon they know and love, with the added bonus that Amazon will donate a portion of the price of eligible purchases to the charity of your choice. Signing up is easy!

Here's how to shop AmazonSmile:

- 1. Visit <u>smile.amazon.com</u>
- 2. Sign in with your Amazon.com credentials
- 3. Choose Union Chapel Christian Academy Foundation
- 4. Select your charity
- 4. Start shopping!



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.

Monthly Ministry Meetings Ministry Time Frequency				
	SUNDAY	· /		
Intercessory Prayer Line	7:00 AM - 8:00 AM	Every		
New Members Orientation	9:30 AM	Every		
Prayer Line Ministry	8:00 PM - 9:00 PM	Every		
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Intercessory Prayer	6:00 PM - UNTIL	Monday-Friday		
Stitching & Quilting Ministry	6:00 PM			
Cancer Support Group	6:30 PM	Every 1st		
Progressive Matrons	6:45 PM	lst		
Progressive Matrons Revised Version Choir	6:45 PM 6:00 PM	1st 1st/2nd/4th		
Trustee Ministry	6:30 PM	lst		
Missionary Ministry	6:00 PM	1st 2nd		
Ushers Ministry #1	7:00 PM	2nd 2nd		
Youth Ushers Ministry	6:00 PM	2nd 2nd		
Deacons Ministry	6:30 PM	3rd		
Deaconess Ministry	6:30 PM	3rd		
Mothers Ministry	10:00 AM - 12 NOON	3rd		
Grief Ministry	6:00 PM	4th		
Kidney Support Ministry	6:00 PM	4th		
Men's Ministry	6:00 PM	4th		
Sign Language Ministry	5:45 PM	Every other month (Monday after the first Sunday)		
	THEORAY			
Senior Adult Ministry	TUESDAY 1:00 PM	1st (after the first Sunday)		
Cub Scouts	6:30 PM			
Matrons	6:30 PM 6:30 PM	lst 1st & 3rd		
Church Choir	7:00 PM	1st & 3rd 1st & 4th		
Gospel Choir	7:00 PM	2nd		
Laymen/Brotherhood	7:00 PM	2nd 2nd		
Community Care Ministry	6:00 PM	2nd 2nd		
Recreation Ministry	6:30 PM	2nd		
Women's Choir	6:00 PM	3rd		
Ministers' Wives	5:30 PM	3rd 3rd (Quarterly)		
Male Chorus	7:00 PM	3rd		
	WEDNESDA	Y		
Intercessory Prayer	11:00 AM - 12 NOON	Every		
The Passage Ministry	5:45 PM	Every		
Sunday School Teachers	6:00 PM	Every		
Education Assistance Ministry	5:30 PM	3rd		
•	THURSDA	1		
Church Choir	7:00 PM	1st & 4th		
Gospel Choir	7:00 PM	2nd		
Usher Ministry #2	6:00 PM	2nd		
Women's Choir	6:00 PM	2nd & 3rd		
Male Chorus	7:00 PM	3rd		
Executive Ministry	6:00 PM	3rd		
Young Women's Ministry	5:45 PM	3rd		
Tour & Hospitality Ministry	6:00 PM			
	SATURDAY	,		
Boy Scouts	9:00 AM - 11:00 AM	1st & 3rd		
Wellness Ministry	9:00 AM 8	2nd		
Watch Care Ministry	9:00 AM	3rd (March, June, September, December)		
Street Ministry	10:00 AM - 12 NOON	3rd		
Community Care Ministry Outreach	11:00 AM	4th		
Progressive Matrons	10:00 AM	4th		
Girl Scouts	10:00 AM - 12 NOON	2nd & 4th		

# **CHURCH ADDRESS** 315 Winchester Road Huntsville, AL 35811 256.852.1150 256.851.6949 FAX **OFFICE HOURS:** 10 A.M. - 6:00 P.M. WEBSITE: www.unionchapel-hsv.org EMAIL: unionchapel@unionchapel-hsv.org O. Wendell Davis, D.Min. Pastor Sunday Worship Services 7:45 and 10:45 a.m. Sunday School 7:00 a.m. 9:30 - 10:30 a.m. **RADIO MINISTRY** WEUP AM 1700 Radio Sermon 1:30 p.m. (Sunday) **TELEVISION MINISTRY** Each Sunday WAWB TV 7:00 - 8:00 a.m. Comcast Cable 3 TV 8:00 - 9:00 p.m. Mediacom Cable Channel 11 (WAMY) 7:00 - 8:00 a.m. -Check your local cable services for broadcast times-