

The Herald

Union Chapel Missionary Baptist Church
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“Faith”

“And a woman having an issue of blood twelve years, which had spent all her living upon physicians, neither could be healed of any, Came behind him, and touched the border of his garment: and immediately her issue of blood stanchèd. And Jesus said, Who touched me? When all denied, Peter and they that were with him said, Master, the multitude throng thee and press thee, and sayest thou, Who touched me? And Jesus said, Somebody hath touched me: for I perceive that virtue is gone out of me. And when the woman saw that she was not hid, she came trembling, and falling down before him, she declared unto him before all the people for what cause she had touched him, and how she was healed immediately. And he said unto her, Daughter, be of good comfort: thy faith hath made thee whole; go in peace.” -Luke 8:43-48 KJV-

From the Pastor's Pen...

“Genesis 22”



8 And Abraham said, My son, God will provide himself a lamb for a burnt offering: so they went both of them together. 9 And they came to the place which God had told him of; and Abraham built an altar

unto him: for now I know that thou fearest God, seeing thou hast not withheld thy son, thine only son from me. 13 And Abraham lifted up his eyes, and looked, and behold behind him a ram caught in a thicket by his horns: and Abraham went and took the ram, and offered him up for a burnt offering in the stead of his son.

Just as God provided for Abraham, He will provide for us. He makes a way for us when we can't see our way. He is the Great Provider!

The Lord will never lead us to a place and not make provisions for us, so be grateful.

~Pastor O. Wendell Davis

there, and laid the wood in order, and bound Isaac his son, and laid him on the altar upon the wood. 10 And Abraham stretched forth his hand, and took the knife to slay his son. 11 And the angel of the Lord called unto him out of heaven, and said, Abraham, Abraham: and he said, Here am I. 12 And he said, Lay not thine hand upon the lad, neither do thou any thing



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:



Chase Harris

Let's Study Together

SUNDAY SCHOOL LESSONS

September 2020

“Struggles With Love”

- 09.06.2020 When Love is Lost
(Genesis 37:2-11, 23-24a, 28)
- 09.13.2020 Love Versus Bitterness
Genesis 41:25-33, 37-40, 50-52
- 09.20.2020 Haunted by Shame?
Genesis 42:6-25
- 09.27.2020 Love Prevails Over All
Genesis 45:1-8. 10-15

An Intersection of Interests



This article, by Lindsey Nair, was published in The Columns (Washington and Lee University)

Katherine Ingram, daughter of Marceia Ingram and the late Neal Ingram

Hometown: Huntsville, AL

Majors: Environmental Studies and Economics, 2020 Washington and Lee University

Q: What factors led you to choose W&L? I went to a K-12 school that really emphasized small classes and personal relationships between students and faculty. My school's educational philosophy was similar to W&L's with its focus on a broad-based liberal arts education, and W&L had many of the academic qualities I was looking for. It wasn't really on my radar until my college counselor pointed out that it might be a good fit. When I visited campus during Johnson Weekend, what really set W&L apart for me was the quality and rigor of student discussion in the classes I shadowed. The biggest factor outside of this was my understanding of the unique opportunities for Johnson Scholars, from early Study Abroad options to funding for summer experiences, that would enable me to make the most of my time at W&L.

Q: Why did you choose to major in environmental studies and economics? As a freshman, I thought I wanted to go into the environmental policy profession after getting early exposure through my mom's work at NASA. I really appreciated how the major at W&L is environmental studies rather than environmental science, because the curriculum emphasizes an interdisciplinary education necessary to address complex environmental problems rather than a narrow specialization. As part of the major requirements, I had to take introductory Microeconomics and Macroeconomics, which I was fully dreading. Instead, I thoroughly enjoyed them. Studying development and environmental economics helped illuminate the rational basis and incentive structures driving everyday negative environmental behaviors. These two majors have been so complementary, and I think the pairing allows me to take a more balanced approach and give fair consideration to issues where the environmental and economic rationales may be in tension.

Q: What has been your favorite course at W&L? Why? It's so hard to choose just one! My favorite non-major class was probably Applied Piano, which I took with Professor Bill McCorkle one Spring Term. It was an extremely condensed course compared to the Fall and Winter Term courses. Completing the required number of practice hours in such a short time after having been pretty inconsistent with piano during college really renewed my passion for the instrument and helped me get past a plateau in my skill development. I appreciate that W&L's academic curriculum allows students to continue to feed the range of their passions without having to compromise.

In talking to my friends, I think the experiential and PE credits are so appreciated because they force us to carve out the space and time for things we care about but tend to push aside in the midst of a heavy course load. Getting credit is just an added bonus! My favorite non-major class was probably Environmental Valuation with Professor Jim Kahn. Collecting my own data and applying the econometric models firsthand to place a value on non-market goods (for example, the Amazon rainforest or an endangered species) revealed just how challenging this process was, taking it out of the realm of abstraction.

Q: Tell us about your experience in a year-long exchange program at Oxford University's Mansfield College. Spending my junior year at Oxford's Mansfield College was a life-changing experience for me. The tutorial system was an entirely different learning environment, and it taught me to be much more adaptable and independent. The foundation of the weekly tutorial essay drastically improved my critical thinking and argumentation skills, which I know I will be able to take with me wherever I go.

Culturally, it was the first significant amount of time I'd spent out of the country. Through this program, I lived and learned among students from so many different backgrounds and got the chance to really immerse myself in British culture at an institution with such a rich history. I feel so fortunate that Oxford students willingly embraced the visiting students. The greatest benefit of studying abroad in Mansfield's year-long program is that you really have the time to build meaningful relationships, develop cultural fluency, and participate in the Oxford traditions - like May Morning - that make you feel like part of the community.

Q: How did your time as a summer research scholar in accounting impact your career plans? Working with Professor Megan Hess and Professor Colin Reid as a data coder for a project focused on firms' sustainability performance and goal-setting, I made a lot of connections between my coursework in environmental studies, economics, and business, and began to uncover where my interest was in these linkages. The relationship between firm sustainability and investment decision-making became a topic I continuously explored as a member of Gen Dev and in my capstone project. After graduate school, I want to start in development finance with the long-term goal of working in private asset management that focuses on environmental, social, governance (ESG) investment. My early experience as a research scholar definitely spurred my academic interest in this area, even though at the time I had little idea of the growing career opportunities in the field.

We Celebrate You...



Congratulations to Dr. Patricia Sims, who was appointed on August 20, 2020, by Gov. Kay Ivey to the Alabama State Port Authority's board of directors. Dr. Sims was appointed to represent one of two northern regions seats. All appointees will have to be confirmed by the State Senate under the rules set forth by the Alabama Constitution.

Gov. Ivey expressed appreciation for their service and tasked her appointees to be good stewards of public money while instilling trust in state government noting members would be making important decisions affecting the citizens of Alabama. "I've appoint-

ed individuals that have consistently demonstrated the necessary knowledge and leadership skills critical to economic expansion in Alabama," said Ivey. "The success of our port is fundamental to Alabama businesses and jobs, and I'm confident these folks will contribute to the great work being done under John Driscoll and the board."

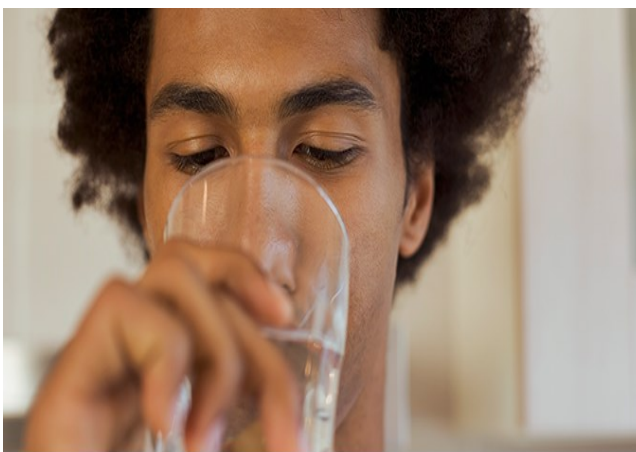
Established by legislative act in 2000, the nine-member board holds fiscal and policy oversight for the public seaport. The Port Authority's chair, Bestor Ward, welcomed the appointments noting, "their depth of experience is complementary to our board, and the synergy generated between our combined board and our new director will net opportunities for the port and the state." Port Authority director and chief executive officer, John Driscoll noted, "Both my management team and I look forward to working with our new members and leveraging their diverse skill set to advance Alabama's seaport for economic development and jobs growth."

Wellness News

Got water? The original health elixir may keep weight down and health "up!" You may be the kind of person

who always knows about the latest trendy "health" beverages like kombucha, or you may have no earthly idea what that means (a musical instrument? a marsupial?). Either way, don't let fads reduce your enjoyment of water, the original health elixir. There's no marketing team for good old H₂O - but if you had an ad budget, your campaign slogan would probably sound exactly like this:

"Water: You can't live without it!" Indeed, all your cells, tissues, and organs need water to function - and plenty of it. Plus, drinking more water may help stabilize weight and reduce salt consumption. In a recent study, people who increased their water intake by one to three cups a day took in 68 to 205 fewer calories and 75 to 235 fewer grams of sodium. Rather



credit: Jupiterimages

than using the generic eight 8-ounce glasses a day guideline, take your weight in pounds and divide by two. The resulting number tells you how many ounces to drink daily. Drink more before, during, and after exercise; if you're in a hot climate; or if you're ill. Of course, you should get your doctor's input if you have a serious health condition. Squeeze lemon or lime juice into your water for a little kick of flavor, but don't be seduced by water infused with vitamins, flavoring, or other additions. In other words, make sure your main

beverage is the Real Thing. Oh, wait, that slogan's taken!

~Cleveland Wellness Clinic