



October 25, 2022 Vol. 73, No. 43

Ancient Practices to Feed Our Souls **WATCH**

Our contemporary culture craves new things. Some of our consumerism is rooted in planned obsolescence. Some of it comes from Veblenism (or ‘keeping up with the Joneses’). It also can come from increasing awareness of new products and services that can make our lives easier. So, it’s not all bad. However, our faith is rooted in traditions dating back thousands of years. We can look back through the mists of time and learn from those who came before us. Those lessons can help us and feed our souls today.

When I went on my recent retreat to Iona Abbey, I entered into a monastic world. Life in the abbey is based on communal living. The people, both guests and staff, eat all meals together and live in community. Even the way we ate our meals was structured to accentuate community. At 8 a.m., we gathered in the refectory and sat at long tables. No one snagged a cup of coffee or tea first. We sat. As others joined us, we said, “Good morning” and began conversations. I’ve already spoken to several not-morning-people who said this would be a challenge. It was, but I grew accustomed to it. The practice forced me to pause and greet the new day with other people (before my first cup of coffee!). Someone would ring a bell to get everyone’s attention, say grace, give breakfast instructions, and then we began eating.

The abbey leaders organize each meal in the same way. At the end of breakfast, people went to their work assignments. At 9 a.m., we all went to the abbey for morning prayers. This was a short worship service with readings, scripture, a few hymns, and a benediction. Lasting around 20 minutes, the worship service served as a centering point for the day.

On my retreat, we had sessions or an activity after morning prayers. We came back together for lunch and had another

SERVICE OF HOLY WORSHIP

Oct. 30, 2022

11:00 AM

Sermon:

"Frightening Beasts & Troubling Spirits"

Dr. Matthew Tennant

Scripture:

Luke 6:20-31

Daniel 7:1-3, 15-18

SUNDAY SERVICE

Deacon: Debby Johnson

Ushers: Herman & Gaye Eaker

CALENDAR

WEDNESDAY, October 26

9:00 Work Team

10:00 PBJ Bible Study(Zoom)

5:30 Wednesday Night Dinner

6:00 Wednesday Night Series

7:00 Sanctuary Choir Rehearsal

SATURDAY, October 29

Remember to set your clocks back one hour!

SUNDAY, October 30

9:45 Sunday Morning Bible Study

11:00 Morning Worship

12:15 Youth Lunch

5:00 Jubilate Practice

session or free time in the afternoon. There was usually some activity in the evening after dinner, and the day ended with evening prayers at 9 p.m. The evening worship was a similar format to the morning.

Iona Abbey is based on the Benedictine Rule. When St. Columba landed on Iona in 563 CE, he brought Christianity to Scotland and England. Even though the Abbey has changed over the years and is no longer under the Benedictines, it maintains the monastic feel. The community members commit to a Rule of Life. In future weeks, I will write more about the monastic Rule of Life and how we can apply these ancient practices today.

Peace,
Matt

Updating Addresses for Students Away from Home

Do you have a college student in your family who is attending school away from Charlottesville? Please help us stay in touch with them by providing updated contact information! As we work to continue staying in touch with and ministering to our college students who are out of town, accurate phone numbers, current email addresses, and updated mailing addresses are an important part of our outreach. Send updated information to vfisk@universitybaptist.org by November 11.

MONDAY, October 31

10:30 Bible Reading Group (Zoom)

TUESDAY, November 1

Blood Drive

11:00 Development & Growth Meeting

7:00 Kittie Colvin Trail Circle Mtg.

7:00 Voces Laetae Rehearsal

For our most up-to-date calendar, [click here](#).



HAPPY BIRTHDAY!!

Join us in wishing some of our church family a Happy Birthday next week!

Nov. 2: Janeth Bibb

Nov. 3: Dan Ohlms

Nov. 7: Isabella Canseco, Peter Centofante, Charlotte Centofante

Nov. 8: Martha Wood

Carve out a
new tradition.

Give Blood!



Blood Drive November 1

It's that time again! UBC will be hosting another Red Cross blood on Tuesday, November 1, 10:00-4:00. There are still lots of slots available for you to donate blood! You can schedule

UNIVERSITY BAPTIST CHURCH
Community Blood Drive

your appointment by clicking [here](#) and scrolling down to the UBC drive on November 1, or by calling 1-800-redcross. Interested in volunteering during the day? Contact Jackie Lockwood to sign up!



CVBA Clothing Center

As the weather is getting colder, the CVBA Clothing Center is getting many requests for coats, long-johns, gloves, hats, etc. - anything you can layer. So far in 2022, the Clothing Center has served close to 600 people, and we depend on the generosity of the community. Our request is when you're going through your closets and purging, please keep us in mind for your donations of gently-used winter items. Donations can be dropped off during our hours of operation which are Mondays from 10:00-2:00. If you have any questions or are interested in volunteering, please contact Carrie Kerwick at kerwick40@comcast.net.



Meals for our Youth Group and for Jubilate

Our youth gather for lunch in the Fellowship Hall every Sunday after worship and Jubilate shares dinner after their rehearsal every Sunday evening. If you would like to help our youth and Jubilate by providing a meal, either a lunch or a dinner on Sundays, [click here](#) to view the sign-up sheet.

Prayer Requests

Barbara Newlon recovering from hip surgery

Sarah Buchanan recovering from back surgery

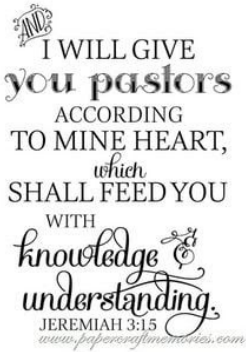
Tommy & Susan Deal on the death of his father

Ed Lowry

Jack Averill

Scott & Rachel Miller on the death of his father

Sam Mackey passed away peacefully on Saturday, October 22. There will be a graveside service on Tuesday, November 1, 11:00 a.m. at Holly Memorial Gardens.



Clergy Appreciation Month

October is Clergy Appreciation Month. The Apostle Paul is thought to have first suggested clergy appreciation in 1 Timothy 5:17, when he stated, "The elders who direct the affairs of the church well are worthy of double honor, especially those whose work is preaching and teaching." That teaching helped inspire the start of Clergy Appreciation Month in 1992 to recognize pastors.

Let us show our pastors how extremely fortunate we are to serve alongside such quality ministers at UBC! Pray for them, write them a note, send them an email, post thanks on your favorite social media, or thank Matt and Val in person for the many gifts (leadership, compassion, stewardship, and faith) they generously share with us all year round!

Personnel Committee



Development and Growth Team Update

Your Help is Needed

The UBC Development and Growth Team is seeking your help and input as they review the communications structure of the church. The survey will be open for the month of October, closing October 31. They look forward to hearing your responses! Click [here](#) to access the survey or find a copy in the church office.



Wednesday Night Series – "Why should we care about ___?"

This week, we will pause our "Why should we care about ___" series so Dr. Tennant can share about his experience at Iona Abbey, Scotland, a few weeks ago.

Dinner at 5:30 will be fried chicken, green beans, macaroni salad, biscuits, and dump cake followed at 6:00 by Dr. Tennant's presentation.

If you have a topic you would like to suggest for a future Wednesday, email Matt (matt@universitybaptist.org) and let him know.

Christmas Hygiene Kit and Greeting Card Ministry for FCCW

The annual collection of hygiene kits and greeting cards is starting this week. This ministry to the Fluvanna Correctional Center for Women (FCCW) is sponsored through GraceInside, Virginia's Prison Chaplain Service, and administered through Effort Baptist Church. This ministry was started in 1998, the year the prison opened, and has continued every year since, with the exception of 2020 due to the restrictions of the pandemic. This program is supported by your item donations and monetary gifts.

UBC's collection effort will go through Sunday, November 6. Each inmate at the Fluvanna Correctional Center for Women receives the gifts listed below. You can give a complete bag or single items. **Please note that the correctional center does not permit ANY substitute or additional items.**

Hygiene Items (place in a gallon zip lock bag)

1. One individually wrapped toothbrush (must be in original container)
2. One tube of toothpaste, 6 oz. (must be in original container)
3. One deodorant stick, 2.6 oz. (no spray or roll-on, as close to 2.6 oz. as possible but no larger)
4. One bottle of shampoo, 15 oz. (as close to 15 oz. as possible but no larger)
5. One bottle of lotion, 15 oz. (as close to 15 oz. as possible but no larger)

No additions or substitutions.



Greeting Cards and Stationery Items

1. Christmas and Hanukkah cards and greeting cards for all occasions. All cards are sorted at Effort Baptist Church by a team of volunteers after they're received. Please try to avoid purchasing cards that contain foil on the card or envelope flap.



2. Stationery items – writing paper of any size and envelopes either 3 5/8 x 6

1/2" or 4 1/8 x 9 1/2"

3. Forever postage stamps -- used to send donation acknowledgment letters. Please place them in a separate zip lock bag.
4. Wooden pencils (unsharpened)

UBC's Collection Due Date is Sunday, November 6. Make checks and online donations payable to UBC and earmark "Hygiene kits." Item collection boxes will be located on the stage in the fellowship hall and in the first floor lobby.



As many of you already know, Dean and Eddy Tennant are planning to sail around the world on their sailboat 'Thunderstriker'. They plan to set sail on November 12. For those who want to wish them well and see their boat, you are invited to a farewell party on November 12 in Deltaville, VA.

If you want to send a card or message of encouragement for Dean and Eddy to open along the way, please bring it to the church office by 3pm on Thursday, November 10, and we will make sure it is on board before they set sail.

Dean and Eddy wish to thank everyone for their prayers and well-wishes, and they hope you will share their adventure with them here: [instagram.com/svthunderstriker/](https://www.instagram.com/svthunderstriker/)

A WORD FROM VAL



Youth Retreat at Eagle Eyrie, November 11-13

CBF Virginia is hosting the Fall Youth Retreat for grades 6-12 at Eagle Eyrie this November! During this retreat students engage in three different breakout sessions (of their choosing) that cover a variety of subjects including art, recreation, discussion groups, discipleship learning, leadership skills, and fun and games.

Each night there is also a worship service that challenges students to grow in their understanding of God. And this year, yours truly has been asked to preach in the worship services! I will be teaching each day around the theme of laying down burdens, pulling from Matthew 11:28 as the worship theme for the retreat.

Cost per student is \$95, and scholarships are available for UBC families to send their youth to this event. Students must sign up by October 30. Our church will be sharing chaperones with FBC Waynesboro, taking UBC and FBCW students together. Stay tuned for details about an upcoming event to introduce our groups to one another prior to the retreat!



Young Adult Summit

January 13-16, 2023

Ridgecrest Conference Center, Asheville, NC

Cost per person: \$200-\$275

Scholarships available for full-time students!

[Click her to register](#) (transportation from UBC provided at no additional cost)

Adults ages 19-29 are invited to experience a weekend retreat filled with rest, worship, discipleship, and opportunities for the kind of fun break the YOU want! Featuring [Dr. Heather Thompson Day](#) as the weekend speaker and musical artist [Mark Wagner](#) as worship leader, this weekend will give young adults an opportunity to explore your faith at this stage of life and ask questions about how to be Christian when you're not in youth group anymore. More details and full weekend schedule available at alabamacbf.org/yas2023.

Sunday Mornings

Worship

Our Sunday morning worship service will begin at 11:00 am. We encourage everyone in the congregation to join us in whatever way you feel safe and comfortable at this time, whether in person or virtually. As always, you can listen by radio on WINA (1070 AM and 98.9 FM), or you can join us online for our live broadcast. To view the live video broadcast, visit our [Facebook page](#) or click [this link](#) to watch on YouTube.

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Connect with us

