



November 21, 2023 Vol. 75, No. 47

ON WATCH

The Importance of Gratitude

Thanksgiving is just a few days away. Soon, many people will pause and acknowledge the blessings that surround us. True gratitude means appreciating what you have. This goes beyond a simple “thank you” and reflects a deeper sense of seeing the good. Thanksgiving is a good exercise, because God calls us to be in a continual state of giving thanks to God. The psalmist writes, “O give thanks to the Lord, for he is good; for his steadfast love endures forever” (Psalm 107:1).

Gratitude is good for us, too. Social scientists have linked gratitude to [improved mental health](#). Expressing thankfulness often can contribute to a positive outlook on life. It reduces feelings of stress and anxiety, and it can help our emotional well-being. Gratitude is also [good for our physical health](#) and [reduces stress](#). Having a thankful heart [helps relationships](#) of [all types](#). Grateful people are [happier people](#). Gratitude is “[wanting what we have](#)” and encourages self-reflection and [personal growth](#).

The evidence supporting my thesis (gratitude is important) is overwhelming. However, you probably already know that and you are good at it. I appreciate how often many of you find creative ways to show your appreciation. This Thanksgiving, I have so many things for which I am grateful.

This past Sunday is a perfect example. We began the morning with a dedicated group called the Finance Committee. These are volunteers who showed up at 8:30 to

SERVICE OF HOLY WORSHIP

November 26, 2023

11:00 AM

Sermon:

"A King Searching for Sheep"

Dr. Matthew Tennant

Scripture:

Matthew 25:31-46

Anthem:

"The Lord is My Shepherd"

Rutter

SUNDAY SERVICE

Deacon: Shirley Clark

Ushers: Ron Tweel, Sue Sears

College Dinner: Sign up [here](#) to help

CALENDAR

THURSDAY, November 23

Office is closed

FRIDAY, November 24

Office is closed

SUNDAY, November 26

9:30 ESOL Class

9:45 Sunday Morning Bible Study

11:00 Morning Worship

5:00 Jubilate Rehearsal

6:30 College Dinner

discuss the financial situation in our church. They are smart, committed Christ-followers who want to do what is best for God's family. Then, at 9:45, I joined the Seekers Bible Study class and we talked about 2 Peter 2:1-11. Every week, they stretch me and challenge me to grow. These devoted Christians make me want to be a better minister, teacher, and follower of Jesus. At 10:40, I had the privilege to sing with the choir. We are beyond blessed with a fantastic music program. Then, we worshiped together at 11. The volunteers and staff raised our voices with the congregation to pray, sing, and listen to God's word. I love our worship services. Later, at 7pm, we had our third Jazz Vespers service, and once again, I thought about how lucky I am to be part of UBC.

This snapshot is a glimpse into some of the many things for which I am grateful. My father's illness reminds me of something I've said during hundreds of funeral services. Every day is a gift. Appreciate the people in your life. I appreciate all of the people in mine. If you are reading this, please know that I appreciate you.

This Thanksgiving, exercise your gratitude muscle, but don't stop on Friday. Keep it going. Make it part of your routine and tell people on a regular basis how much you appreciate them.

Happy Thanksgiving!

Peace,
Matt



We will not be having our Wednesday night dinner and program this week. Have a blessed and happy Thanksgiving holiday.

MONDAY, November 27

10:30 Bible Reading Group

12:00 Missions Council Meeting

TUESDAY, November 28

6:30 Prayer Shawl Group

7:00 Voces Laetae Concert

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

Prayer Requests*

Jack & Jo-Ann Averill

Alba & Pam Beasley

Clara Brown

Leon & Nancy Castle

Tommy & Susan Deal

Linda Hendon

Ed & Carolyn Lowry

Larry & Lynn Martin

Barbara Newlon

Chris Owens

Melvin & Mildred Spicer

Vicki Tackett on the passing of her mother

Bob & Joyce Tennant

Jack & Anne Wilkerson

*In order to respect privacy, limited information is included here.

Centennial Keepsakes

Centennial Plates and UBC Ornaments can be yours while supplies last for a donation to Global Missions. (Suggested minimum donation is \$5.00 each). See the table in the 1st floor lobby.



Photo of CBF personnel Lita & Rick Samples, San Francisco

Because Presence Matters -- CBF Offering for Global Missions

When you give to the Cooperative Baptist Fellowship's Offering for Global Missions, your gifts support the work of more than 50 field personnel in 18 countries as they equip and are equipped to bear witness to Jesus Christ, cultivate beloved community, and seek transformational development.

Long-term presence allows CBF field personnel to equip others even as they themselves are equipped. They offer language acquisition opportunities. They cultivate safe spaces for community building, stability, and friendships. They address prejudices and racism. They provide scholarships for higher education. They provide tools and resources to equip pastors and church leaders. They provide space for believers to come together for music and worship. They share the good news of Jesus Christ in culturally relevant ways. And they do so much more, because of your support for the Offering for Global Missions.

Lita and Rick Samples are Cooperative Baptist Fellowship field personnel serving with the international and refugee community in the San Francisco Bay Area of California, being the presence of Christ through relationship building, church starting, evangelism, and outreach. Interested in learning more about the work of CBF's field personnel? Click [here](#) to discover more about CBF work around the world.

From November 26 to December 31, we are collecting donations for the Offering for Global Missions. 100% of your gifts will support the long-term presence of CBF field personnel serving in the United States and around the world. The CBF offering goal this year is \$4 million, which covers the costs for current field personnel and their families to live full and



HAPPY BIRTHDAY!!

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

Nov. 29: Harper Burgess

Nov. 30: Brian Guyton

Dec. 3: Esther Tian, Micah Ohlms, Gwynivere Wells, Caleb Brown

Dec. 4: Paul Blincoe



Global Missions Christmas Post Office

Starting Sunday, November 26, the Christmas Post Office for

Global Missions will again be open for "business", sponsored by the Kittie Colvin Trail Circle. This is a way for you to exchange Christmas greetings with other church members and regular attenders without even knowing their mailing address and to support Global Missions at the same time. The "Post Office" box is located on a table in the first-floor lobby outside the Church Office. Instructions:

- Write the names of the recipients on your cards and place them in the appropriate alphabet slots. [Please include first names as we have multiple families with the same last name (e.g. Martin, Moore)].
- Deposit \$.66 per card (or round up for any additional contribution) into the container on the table or give it to any Kittie Colvin Trail Circle member.

healthy lives in their place of service, including salary, benefits, housing, and children's educational needs. Our goal here at UBC is to contribute \$3,000 toward the larger CBF goal.

"May the God of peace . . . equip you with every good thing to do his will, by developing in us what pleases God, through Jesus Christ. To God be the glory forever and always. Amen." -- Hebrews 13:20-21

A WORD FROM VAL

Recent Youth & College Events a Big Hit!



Our UBC youth spent a recent weekend at Eagle Eyrie for the CBF Virginia Youth Retreat. It was the first time that our four students had been to the camp and the first time that two of the students had attended an

overnight youth event! The weekend on the mountain was filled with fun and meaningful first-time experiences as our students joined 19 other churches and over 230 total participants in worship, games, and breakout sessions. Our students particularly enjoyed playing disc golf with new friends and walking the prayer labyrinth. On Sunday morning, UBC & First Baptist Waynesboro worked together to perform a skit set to a song by Ben Rector, "Extraordinary Magic," encouraging everyone to consider that God's spark of presence within each of us spreads like extraordinary magic that we may not see in ourselves. Huge thank you to Amanda Ohlms for chaperoning this trip!



Thank you to everyone who donated food and helped with set up and clean up for the second annual Friendsgiving College Dinner! Students from UBC, UKirk, and the Wesley Foundation gathered

- Please do not include cards for people who do not attend regularly or have moved away.
- Pick up any cards addressed to you or your family. Please do not remove any cards except your own.
- Do not place cards in the box after Sunday, December 24.

ALL proceeds go to the CBF Global Missions Fund.



Children's Christmas Shoppe & Fun Night Wednesday, December 13

We will have our usual Wednesday night dinner in the Fellowship Hall followed by Christmas Activities. Beginning at 6:00 in the Fellowship Hall, we will have a hymn sing.

Children will have the opportunity, in the Children's Suite, to "shop" for gifts for their family members, which can be purchased for \$.50 each. All proceeds go to the CBF Global Missions Fund. There will also be fun Christmas-themed activities for the children and a chance to wrap their gifts.

Donations needed: If you have small "treasures" that you would like to contribute, please drop them off in the church office or in the preschool department.

here last Thursday for this special event. By the end of the evening, we had fed almost fifty students! We look forward to more events with our UKirk and Wesley friends in the spring semester. Special shout out to Larry Johnson for cooking our main courses and to Jackie Lockwood and Alaysia Toney for staying to make sure all of the dishes were clean and dry!

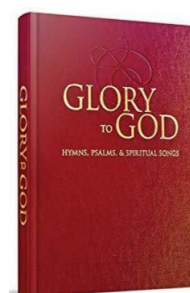


On Wednesday, December 6, 6:00, we will have our Service of Remembrance in the Fellowship Hall. During the service, you will have a chance to light a candle in memory of a loved one.



Christmas Poinsettias

This Christmas we will be decorating our Sanctuary with an abundance of poinsettias. If you would like to purchase a poinsettia in honor of or in memory of a loved one, please complete an order form. You can find a form in the narthex, the church office, or by clicking [here](#).



New Hymnals Are Coming!

At our recent Called Church Conference, it was approved to move forward with purchasing "Glory to God" hymnals for the Sanctuary. If you would like to donate a hymnal in honor or in memory of a loved one, please fill out the order form, which is available [here](#) and in the Narthex and return it to the church office.



Jazz Vespers

Our next Jazz Vespers will be Sunday, December 17, 7:00 pm, in the Sanctuary, featuring Calvin Brown on piano and John D'earth on trumpet. If you have somewhere, like your place of work, to put a poster or a card letting people know about this event, please stop by the church office, and we can provide one for you.

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.

University Baptist Church
1223 West Main Street
Charlottesville, VA 22903
434-293-5106

Connect with us

