



January 16, 2024 Vol. 76, No. 3

ON WATCH

More Boring Stuff

Studying about our faith can be a bit like eating vegetables. I love learning more about God, and I really like eating vegetables. So, my tastes are not necessarily the norm. According to [a quick internet search](#), cookies are the most popular snack in the U.S., followed by chips and ice cream as close second and third place finishers. Why not baby carrots or dried fruit?

The reason has to do with our desire for salt. According to a study from [The Journal of Clinical Investigation](#), as we eat salty foods, we retain water. This leads to feeling hungry even after binging on a bag of potato chips. Another factor that contributes to favoring “comfort foods” over healthy treats is stress. I doubt anyone will argue that we do not live in stressful times (another election year, anyone?). According to a study from the [Journal of Health Psychology](#), chronic stress leads to a desire for saltier junk food.

Last week, I wrote about being Baptist, and someone, using diplomatic euphemisms, told me it was boring. To which, I replied, “I understand.” Studying about our faith, especially our tradition and how our tradition is distinct from some others, can feel like navel gazing or be boring. Yet, when we take the time to learn about what it means to claim the name University Baptist Church, we can better appreciate all that claim implies.

Keep the following in mind:

1) Being Baptist means that our congregation is autonomous. We do not answer to a bishop or presbyter. We

SERVICE OF HOLY WORSHIP

January 21, 2023

11:00 AM

Sermon:

"From 'It is Well'
to 'For Everyone Born'"
Dr. Matthew Tennant

Scripture:

Luke 14:15-24

Anthem:

"When in Our Music God is Glorified"
Schwoebel

SUNDAY SERVICE

Deacon: Shirley Clark

Ushers: Gail & Johnny Ellen

College Dinner: Resumes January 21.

Sign up [here](#) to provide dinner.

CALENDAR

WEDNESDAY, January 17

9:00 Work Team

5:30 Wednesday night dinner

6:00 Wednesday night program

6:00 Handbell Rehearsal

7:00 Sanctuary Choir Rehearsal

SATURDAY, January 20

PACEM begins

SUNDAY, January 21

8:30 Finance Committee Meeting

9:30 ESOL Class

answer directly to God.

2) Being Baptist means that we are congregational. The church governs itself. For example, our upcoming Church Conference on February 7 will be when you get to decide our budget. The congregation is the ultimate arbiter for all UBC decisions.

3) Being Baptist means that we believe in the priesthood of all believers. No one can tell you what you must think. Each congregant can read scripture, study the tradition and history, and listen to the Holy Spirit to discern God's will. We are not creedal (meaning we don't have an official creed). We are confessional.

4) Being Baptist means that we profess believer's baptism. This means that we acknowledge each person's freedom to choose when and where to accept God's gift of grace and seek baptism, which we generally practice by immersion.

We spend much of our time focused on *what* God wants us to do. This leads us to give our attention to matters of justice and inclusion. We study the Bible, learn new hymns, worship, and pray. We also spend time studying ecotheology, food insecurity, racial reconciliation, and LGBTQ+ inclusion. All of these things are important. The proportion of our time spent on *how* we practice our faith instead of studying what we believe is probably balanced. However, to be who we are, we need the occasional reminder of what it means to be University Baptist Church.

Peace,
Matt



Celebrate with Val Fisk
February 4, 2024
12:15pm

Valarie Fisk, our dear Associate Minister for Students, has been a valued member of our UBC family through the pandemic and beyond. She has established many strong relationships, not only in the youth and college age group, but across all ages of the congregation. Recently she tendered her resignation effective February 4.

9:45 Sunday Morning Bible Study
11:00 Morning Worship
12:00 Choir Mystery Event
5:00 Jubilate Rehearsal
6:30 College Dinner
7:00 Jazz Vespers

MONDAY, January 22

10:30 Bible Reading Group
12:30 Missions Council Meeting

TUESDAY, January 23

7:00 Voces Laetae Rehearsal

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

Prayer Requests*

Jack & Jo-Ann Averill

Alba & Pam Beasley

Clara Brown

Leon & Nancy Castle

David & Linda Hendon

Carolyn Lowry & Family

Renfro Manning

Larry & Lynn Martin

Barbara Newlon

Chris Owens & Friends & Family on his passing

Melvin & Mildred Spicer

Bob & Joyce Tennant

Wellford Tiller

Barbara Weber

Jack & Anne Wilkerson

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

Please mark your calendar and plan to attend a reception in the UBC Fellowship Hall on Sunday, February 4, 12:15pm for Val. As a part of the reception in her honor and to send her off in UBC style, the Personnel Committee is collecting a love offering for her. This represents a token of appreciation for her dedicated years of faithful service to God and His people at UBC.

If you would like to contribute, please make a check payable to UBC and on the memo line indicate "Val's Love Offering". You can

- place our offering in one of the secure donation boxes in the sanctuary,
- deliver/mail it to the church office, or
- bring to the February 4 celebration in the Fellowship Hall.

When donating online, use the FUND dropdown box "Love Offering-Val Fisk".

Also, individual notes of appreciation and love to Val can be placed in the designated basket in the Fellowship Hall on February 4. Let us share our heartfelt appreciation with our Associate Minister as we bid her adieu from UBC, but not from Charlottesville.

Val's Reception

Please consider assisting with the reception for Val on February 4 after the church service. Click [here](#) for the link to the sign-up genius. If possible, bring items to the kitchen Saturday or by 10:30 on Sunday morning.

Thank you!

Please contact the following for more information or questions:

Jeannette May-(434) 305-0061
Debby Johnson-(434) 409-2461
Linda Boston-(434) 282-6133

Thank
you

The Lowry family would like to thank the congregation for the many ways you showed love and support to us during Ed's illness and subsequent passing. You sustained us through very difficult times. All of your cards, calls, food, hugs, and visits were appreciated.

Also, gratitude is extended to the ministers and all staff who helped in any way. Thomas Hill did his usual amazing set up in the Fellowship Hall.

Additionally, I want to thank all the ladies who worked tirelessly in the kitchen preparing the lovely reception after the service on Saturday and thanks to everyone who brought food to fill the table to overflowing. It was wonderful and much appreciated.

Thanks and love to all.



HAPPY BIRTHDAY!!

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

Jan. 25: Brad Groff

Jan. 26: Debra Bryant

Jan. 30: Todd Minor

A WORD FROM VAL

Sign up to provide college dinners
this semester!

As we look to the return of UVA students this week, we also look to the return of our Sunday college dinners! Dinner is served at 6:30pm on Sunday evenings, and our group size runs between 20-30 students each week. You can [sign up at this link](#) for a week. This is a great opportunity for a Bible study group, or a group of friends, to work together to provide a meal.

Please note that **we need someone to provide THIS SUNDAY, January 21!**

I will be away at a wedding, so it is particularly important that we get someone signed up for this week ASAP. Dinners for January 21 and 28 will be served in the music suite, and you will not have access to the kitchen, as our PACEM guests will be in that space. Reach out to [me](#) if you have any questions!

PACEM at UBC begins this Saturday!

On Saturday, January 20, 8:00 AM, we will begin our two weeks of offering shelter and food to people in our area without homes. We will host approximately 35 people each night by providing them with a warm meal and a safe place to sleep.

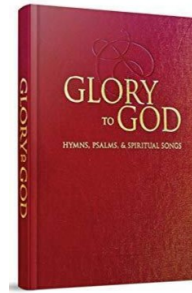
We need your help! Sign up [here](#) to donate (snacks, breakfast items, or gift cards).

Sign up [here](#) to volunteer to help with set up on Saturday, January 20, 8:00 - 10:00, towel laundry, linen drop off at the laundromat (this will require a van or truck), and help with take down on Saturday, February 3.

Additionally, we will be collecting donations of:

- Toothbrushes (individual, no multi-packs)
- Toothpaste (travel size)
- Tissues (travel packs)
- Chapstick
- Shaving cream (travel size)
- Razors

New Hymnals Are Here!



Our new hymnals are now in the pews in 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.



Come for dinner at 5:30, program at 6:00, and Sanctuary Choir rehearsal at 7:00!

Tomorrow's menu will be:
Classic Chili
Potatoes Au Gratin
Sweet Cornbread
Mixed Green Salad
Assorted Cookies

Click [here](#) to RSVP by Tuesday at noon.

This week's program is presented by Ocean Aiello, the Community Engagement Manager from the Haven.



Don't miss our next Jazz Vespers, this Sunday, January 21 at 7:00 pm with Calvin Brown and John d'Earth.

Hand lotion (travel size)
Combs
Deodorant
Foot powder
Mints
Cough drops
Journals/notebooks
Heavy, dark socks (adult men)
Hand warmers
Winter hats
Underwear (men's L, XL, or 2XL)
Plain white T-shirts (men's L, XL, or 2XL)
New or gently used adult sized backpacks or duffel bags
Washcloths

If you'd like to learn more about the work PACEM does in Charlottesville, click [here](#).

Thank you for your generosity as we care for and love our neighbors. Questions? Please reach out to [Laura Morris](#), [Katherine Hamel](#), or [Jennifer Wagoner](#).

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

