



October 8, 2024 Vol. 76, No. 41



In this series of Word articles, [Elizabeth Dowdy](#) explains what *Worship+Wonder* is and how it is teaching our children to engage the parts of our worship services.

The first step in our worship each and every Sunday is to **gather**. I have come to think of this as having two interdependent parts. It is essential that **we gather with each other** as the family of God. This was what we missed when we were in the lockdown time of the pandemic. We are social beings, made to be together! When we are isolated and cut off from other human beings, we wither. When we are connected, we thrive!

A second, equally important part of gathering for worship, it seems to me, happens when we **gather ourselves**, or more appropriately, our selves. Now, I don't know about you, but I am made up of lots of different parts - my mom-parts worry about dinner and laundry while my work-parts worry about emails and tasks. I also have family and relationship parts, creative parts and regretful parts. It takes some work to put all these parts together into one body and one soul, and show up, with all of them, in the presence of God. When I can do this act of gathering my *self*, I feel grounded and clear. When I can't, I feel scattered and cloudy.

SERVICE OF HOLY WORSHIP

Sunday, October 13, 2024
11:00 AM

Sermon:

Land for Who Comes Next
Dr. Matthew Tennant

Scripture:

Deuteronomy 4:5-9

Anthem:

This is My Word
Pepper Choplin

SUNDAY SERVICE

Deacon: Peter Ohlms

Ushers: Jackie Lockwood, Johnny Ellen

Jubilate Dinner: Click [here](#) to sign up to provide a dinner for our Jubilate singers.



New Member of the Family!

Caspian Wells was born on Sunday, October 6, weighing in at 5lb. 13 oz. Proud parents are Lorenzo and Kelly Wells and proud grandparents are

Larry and Debby Johnson.

CALENDAR

WEDNESDAY, October 9

9:00 Work Team
10:00 PBJ Bible Study
5:30 Wednesday Night Dinner
6:00 "Vote Jesus Christ"
6:00 Music+Missions
7:00 Sanctuary Choir Rehearsal

THURSDAY, October 10

1:30 Personnel Committee Meeting
7:00 Deacons' Meeting

SUNDAY, October 13

8:30 JARC Meeting
9:30 ESOL/Seekers Class
9:45 Sunday Morning Bible Study
11:00 Morning Worship

TUESDAY, October 15

7:00 Voces Laetae Rehearsal

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

Fortunately, there are two things we do when we worship that help us to gather. The first is simple: **we show up**. At least 90% of life is showing up! The second thing we do to help us gather is a little tougher, but it can be learned: **we settle**. We settle our bodies onto pew cushions. We settle our phones (most of the time) in our bags or our pockets. We settle our worries and our distractions. We settle our breath. We settle our hearts. We settle our minds. We show up and we settle. That is how we gather for worship.



Kids don't have much control over when they come to church. **For the showing-up step, they depend on you.** They need you to show them how to show up, when to show up, and why you show up. To help you, their grown-ups, keep them showing up, we make a **Worship Bag** the first time they come to Wor-

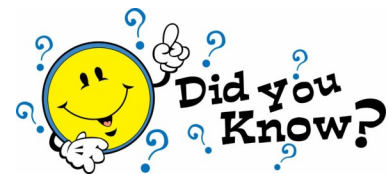
ship+Wonder. It has their name on it. It is unique to them. They get to color on it. At first, it lives in our Worship+Wonder space, while it is being filled with tools. Eventually, it will go home with them and come to church with them every time they come for worship. Someday in the distant future, they will outgrow it and forget it in a closet, because they will no longer need its contents to do their worship, but for now, it waits for them to show up, each Sunday to discover what will be added next.



For the settling step, kids make something we call a **Mindfulness Jar**, though it goes by many different names. When the jar is shaken up, it mimics the anxious brain, full of distraction and worry. When kids watch the glitter inside slowly drift to the bottom, they are practicing the age-old practice of centering

prayer (also known as meditation or mindfulness). As we talk through settling our bodies, our words, and our breath, we are causing our brains to mimic the falling and settling glitter, allowing our limbic system to self-regulate. And, just like the jar, clear space begins to open up at the top for seeing clearly, thinking clearly, and hearing clearly.

And now, we are ready to worship...



Did you know that with our church management system, Realm, you can have access to your profile, your giving, the church directory with pictures, and many church documents like the church by-laws, constitution, and leadership manual. And that's just a short list of what is available to you when you set up your login for Realm.

If you don't have a login yet and would like to set one up, contact [Linda](#), [Alan](#), or [Amanda](#) in the church office.



Fence Painters Needed

Three volunteers from Emerson (formerly GE) joined us to help prime our playground railings as part of the United Way Day of Caring. We appreciate their labor and the fellowship while we worked.

Now that a section of the railings has been primed, it needs to be painted. If you would like to assist in painting a section, please contact [Alan Hendricks](#).



Opportunity to Feed the Homeless

On Wednesday nights we frequently have leftovers from our dinners. We contacted The Haven, a day shelter for the homeless in Charlottesville, and asked if they could use this leftover food. They immediately responded with a yes.

This is a wonderful opportunity to feed the hungry right here in our own community. If you could help with transporting this food to The Haven twice a month on Wednesday or Thursday mornings, please contact [Linda](#) in the church office.

It's Here!!

The new UBC website is up and running as of today! You can access the new website the same way you always have. The new site has a cleaner and updated look as well as updated information. We do ask you to allow us a grace period as we make necessary tweaks and additions.



UBCKids Fall Farm Day

UBCKids and Families, let's go play on the farm! Pick out the perfect pumpkin at the Pumpkin Patch. Collect a bouquet of fall flowers. Play on the tractor at the playground. We will take a family hayride together (all ages) and end our afternoon by solving the Story Maze together (older kids) and roasting marshmallows at our campfire. Bring your own picnic or buy dinner from the food truck. S'mores makings will be provided. Discounted tickets must be purchased in advance by [signing up](#) and making payment to UBC. (Your ticket will grant you entry from 10:00am to 5:00pm.) See you there!!!!



UBCYouth Flashlight Corn Maze

Hey there, UBCYouth! Come join us for an evening of fun on the farm as we tackle one of the best corn mazes in Virginia! Bring your flashlight or headlamp, because we are going to work as a group to find our way through the maze IN THE DARK! We'll celebrate our success with s'mores at our campfire. To get your discounted ticket, reserve your spot by [signing up here](#) and make payment to UBC. You can eat dinner before you come, pack your own, or buy it from a food truck there. Transportation to Liberty Mills Farm is up to you, but we will be happy to give you a ride home at the end of the night! See you there!!!!



Join us tomorrow, Wednesday, October 9 for dinner at 5:30 and then beginning at 6:00, we'll look at the book, *Vote Jesus Christ*, while the children attend *All Creation Sings*. Childcare is always available.

Click [here](#) to RSVP.

Our menu will be:
Chicken Stroganoff
Steamed broccoli
Dinner rolls
Mixed green salad
Dessert

Following the program you are invited to sing with the Sanctuary Choir as they rehearse in the Music Suite.



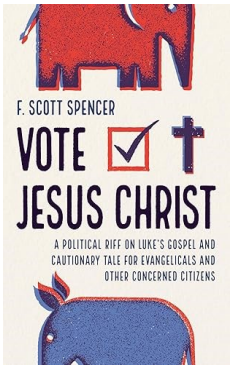
Our Missions Council at Work!

Our Missions Council recently submitted a grant application to the Bama Works Fund and received \$5000 for Trailblazer (formerly Venable) food bags that we distribute to the school. These funds will be used to purchase food for the children's bags.



Marking the Hour with a Handbell!

Maybe you've noticed that we have begun marking the hour for Sunday worship with a handbell. The reason for this is that the organ is undergoing repairs, and the chimes have been removed. They will not be replaced for several months, so we will be enjoying the handbell for a while longer.



"Vote Jesus Christ"

On Wednesday, we will continue looking at the book, *Vote Jesus Christ* by F. Scott Spencer. Our discussion will be led by the author, Scott Spencer. This is a fun and fascinating book describing the Jesus of the Gospel of Luke as if he were

running for public office. Strange as it sounds, it is in fact a genius way to show how Jesus was campaigning for God, God's kingdom, and God's people to live a new kind of story—not according to the cut-throat politics of the world but based on the theme of love for God and love for neighbor.



We're Getting There!

Our Wednesday work team is busy preparing an office for our new Associate Minister for Music and College Students, Megan Sharp. The whole room has received a coat of primer. Now a lot of sanding is going on. Next is some color on the walls!



Mark Your Calendars!

UBC Youth Retreat
 November 15-17, 2024
 CrossRoads Camp
 for all 6th - 12th graders
 To reserve your spot, or if you have questions, contact Elizabeth.



HAPPY BIRTHDAY!!

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

- Oct 16: Stella Gregg
- Oct 17: Vicki Miller, Ben Chenault
- Oct 20: Rob Cumbia
- Oct 21: Brian Miller, Laura Cromwell
- Oct 22: Angela Li

Prayer Requests*

Jack & Jo-Ann Averill

Tony & Patti Barretta

Alba & Pam Beasley

Clara Brown

Leon & Nancy Castle

Johnny & Gail Ellen

David & Linda Hendon

Larry & Lynn Martin

Fin Mulcahy

Kaylee Risell

Melvin & Mildred Spicer

Bob & Joyce Tennant

Barbara Weber

Jack & Anne Wilkerson

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

Staff Contact Information:

Senior Minister: Dr. Matthew Tennant - matt@universitybaptist.org

Interim Associate Minister: Rev. Elizabeth Rickert Dowdy - elizabeth@universitybaptist.org

Intentional Interim Minister of Music: Rev. Susan Deal - susan@universitybaptist.org

Jubilate & Voces Laetae Director: Will Cooke - wcooke@universitybaptist.org

Office Coordinator: Linda Weirich - linda@universitybaptist.org

Financial Coordinator: Amanda Ohlms - aohlms@universitybaptist.org

Social Media Coordinator: Alaysia Toney - socialmedia@universitybaptist.org

Church Administrator: Alan Hendricks - ahendricks@universitybaptist.org

Education Coordinator: Rev. Tommy Deal—call the church office at 434-293-5106

Organist: Barbara Moore - call the church office at 434-293-5106

Custodian: Thomas Hill - call the church office at 434-293-5106

Sunday Mornings

Worship

Our Sunday morning worship service begins 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

