

THE WORD

UNIVERSITY BAPTIST CHURCH

MARCH 12, 2019 Vol. 71, No.10

JUBILATE 2019 TOUR ITINERARY

- Saturday, March 9:**
Travel to Lumberton, NC
Lodging at Baptist on Mission Recovery Center, Lumberton NC
- Sunday, March 10**
Lunch and Concert at Red Springs Assisted Living, Red Springs, NC
- Monday, March 11:**
During the day: Hurricane Relief Work
PM Concert at Wesley Pines, Lumberton, NC
- Tuesday March 12:**
During the day: Hurricane Relief Work
PM Concert
- Wednesday, March 13:**
During the day: Hurricane Relief Work
PM Concert at Glenflora, Lumberton, NC
- Thursday, March 14:**
Travel to Wytheville, VA
PM Concert at Wytheville Baptist Church
- Friday, March 15:** Return to UBC

Jubilate!

SERVICE OF HOLY WORSHIP March 17, 2019

Sermon:
"Were You There... As a Spectator?"
Dr. Matthew Tennant

Scripture:
Matthew 27:32

Anthem:
"The Old Rugged Cross"

Deacons:
Jimmy Li, Diane Mundell, Johnny Ellen, Lynne Gardner, Michelle Proffitt, Ray Gaines

Nursery Workers: Karen Minor, Colleen Baber, Carter Groff

Children's Church: Scott Miller and Vittorio Pallini

Ushers for March: Shirley Clark, Sally Chewning, Martha Wood, Joyce Martin and Jack Wilkerson

Greeters: BJ Blincoe and John Buchanan

Medical On-Call: Sally Chewning



The group ready to tear into some sheet rock and insulation.

There will be so much to tell when the Jubilate Choir return from their tour. Reports are that all are happy, the singing has been excellent, and that they have worked like Trojans pulling down sheet rock and putting new insulation in the home they are helping to restore due to hurricane damage. The group returns home this Friday. Prayers for safe travels and joyous songs!



Skills!



Don't forget the fun! The group taking in some bowling.



Construction and singing can be exhausting!

CALENDAR

TUESDAY, March 12
12 pm Annie Armstrong Circle

WEDNESDAY, March 13
10 am PB&J Bible Study
5:15 Supper (Fish fillets, fries, mixed veggies, cake)
6:00 Church Conference
6:30 NO Sanctuary Choir Rehearsal

THURSDAY, March 14
8 pm Undergraduate Bible Study

SUNDAY, MARCH 17
8:30 Finance Committee
9:30 Seekers Bible Study
9:45 ESOL Classes
9:45 Sunday Bible Study
11:00 Worship Service
6:00 pm Youth "Real Life"

MONDAY, MARCH 18
10:30 am Rosewood Bible Study
12:00 pm Missions Council
6:30 pm Deacons Meeting



HOLY WEEK SERVICES

Palm Sunday - April 14, 2019 - 11:00am worship

Spy Wednesday - April 17, 2019 - noon service
(no Wednesday dinner)

Maundy Thursday - April 18, 2019

5:30 dinner
6:30 worship service

Good Friday - April 19, 2019 - noon service

Easter Sunday - April 21, 2019 - 11:00am worship

University Baptist Church
 1223 West Main Street
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 Phone (434) 293-5106
 Prayer Line (434) 923-0120
 Web Site www.universitybaptist.org



CHANGE SERVICE REQUESTED

THINGS YOU NEED TO KNOW

SING OUT!

Everyone can sing, whether it's for a community choir or just a round of "Happy Birthday." But is singing good for you? The answer is a resounding yes! Here are just a few of the physical and mental benefits of belting it out on your own or with a group.

Happiness and Well-Being

We sing to communicate with others as well as to enhance our own lives. Music can help with stress, mindfulness, and appreciation for the world around you. By singing in a group, you can get the physical and mental benefits of song while making new friends.

O2 - Re - Mi

One of benefits of singing is similar to a benefit of yoga: steady, big, slow breaths that can have a calming effect. When you engage in deep breathing, you also bring more oxygen into your body. Singing, and the deep breathing involved, can result in improved circulation as this oxygen rushes into your bloodstream. Singing is good for you because of the oxygenation, but even further, this oxygen influx may alleviate stress. More oxygen in the blood means increased alertness and energy.

Boosting Immunity

Obviously singing can't reverse all physical problems, but research suggests that singing for an hour with a choir can stimulate immune activity. This increased immunity comes with the reduction of stress hormones—a scientific way to measure how good letting your voice be heard can feel.

Why It's Good

Singing is a fun, free activity that can improve your physical and mental health. Your voice is a musical instrument that is free, portable, and can be used to promote your health and well-being. Plus, you may make a few more friends when you let it out. So, start singing! You have a place in our Sanctuary Choir! Come join us this Sunday in the choir loft at 10:15 as we sing healthily and heartily to the Lord! (Adapted from a blog from "Toms of Maine," originally written by Mali Anderson in Healthy Living.)



be singing familiar hymns and a very sing-able anthem that will be fun to put together and to use to help lead in worship. The rehearsal will begin at 10:15 in the choir loft. Come join us!

OPEN CHOIR THIS SUNDAY

Do you sing along with the radio? Have you ever sung in the shower? Do whistle or hum your favorite songs and hymns? Do you like music? Well, then you eligible to participate in our Open Choir!

This Sunday, March 17, we will "open" the choir to anyone who would like to experience church from behind the choir rail. We will



"Singing in a choir is an absolutely unique experience. It is one of the most important things in the world. Where else do you have everyone doing the same thing, at the same time, without the use of special equipment, for a greater purpose, and no one is sitting on the bench?"
 (Ian Loeppky, Director of Choral Activities, UNA)



CONCERNS

Sympathy is extended to Gary Wood and his family at the death of his grandfather.

NEW WAY TO SIGN UP FOR SUPPER!

We have a new online sign up for our Sunday Night Supper! You can sign up through Sign Up Genius (email sent).

If you would prefer please feel free to email me pbrown@universitybaptist.org or call the church at 434.293.5106.

We are particularly looking for volunteers for March 24, April 14, May 5 & May 19.



**WEDNESDAY
 MARCH 13 @6:00 PM
 Called Church Conference
 to Vote on the
 2019 Budget**

New Directory -- Last Chance!

A new pictorial directory will be printed soon. If you'd like to submit a new picture or change your contact information, contact us as soon as possible.

Church members: your mailing address, home & cell phone numbers, and email address will be included in the directory unless you tell us otherwise!

Please call the office or email Will (wbrown@universitybaptist.org) this week if you prefer we not include certain information. Thank you!