

# THE WORD

UNIVERSITY BAPTIST CHURCH

August 13, 2019 Vol. 71, No. 32

## Love God & Love Your Neighbor as Yourself

Someone asked me recently about the conversation in Luke 10.25-28. A person asked Jesus, "What must I do to inherit eternal life?"

Jesus replied, "What does our tradition say?"

The person said, "You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbor as yourself."

Jesus affirmed the answer. When the person asked him to explain, Jesus told the Parable of the Good Samaritan. But, it was the last part that someone asked me about. He said, "To love God and my neighbor, I must first learn to love myself."

This made me wonder: How can I have a healthy self-esteem? Is there a biblical basis for such a healthy self-awareness?

The answer is an unequivocal, "Yes!" Genesis 1.27 says that God created us in God's image. How we see the world and how God sees the world differ quite a bit. God does not observe us from the outside. God looks at our hearts (1 Samuel 16.7; 1 Kings 8.39). Countless verses talk about self-worth and how much God cares about us. Yet, we still struggle with learning to love ourselves.

In this digital age, social media can be a reminder that others have a more adventurous or exciting life than we do. A journal article suggests that social media promotes a type of self-presentation that fosters narcissism,[1] and highly active users tend to have lower self-esteem.[2] Many factors can contribute to the way we view ourselves.[3] In fact, the Happy Planet Index yields surprising results for the "happiest country," which is a debatable designation. [4]

In this world obsessed with self-presentation and non-biblical definitions of happiness, how are we supposed to love ourselves? If we cannot love ourselves, do we even stand a chance of loving our neighbors?

A good starting point is recognizing that God did make us. Each of us can say, "I praise God, for I am fearfully and wonderfully made. God's works are wonderful!" (Psalm 139.14). We can live in a spirit of gratitude, giving thanks at the start of each day for every blessing we encounter. We can begin by

## ON WATCH

## SERVICE OF HOLY WORSHIP

August 18, 2019

### Sermon:

"Telling Our Whole Story"  
Rev. William Brown

### Scripture:

Isaiah 5:1-7,  
Hebrews 11:29-12:2

### Anthem:

"How Can I Keep From Singing?"  
*arr. Ellingboe*

**Deacons:** Lynne Gardner, Carolyn Lowry, Debra Bryant, Ed Lowry, Jimmy Li, Sarah Buchanan, John Buchanan

**Nursery Workers:** Aimee Marshall, Suzanne Smith, Connor Marshall

**Children's Church:** Donna Marshall, Hunter Cooper

**Ushers for August:** Shirley Clark, Sally Chewing, Martha Wood, Joyce Martin, Jack Wilkerson

**Greeters:** Charlotte Bailey, Peter Ohlms

thanking God for the gift of a new day. Then, we can move on to counting our blessings.

Loving oneself does not mean being happy all of the time, and being thankful is just the start. No one can be happy all of the time, and there will be times when we struggle. But, if we are having trouble loving the other, loving our neighbor, or loving God, then we might begin by looking inward. We have to love ourselves before we can love anyone else.

Peace,  
Matt

[1] Soraya Mehdizadeh, "Self-presentation 2.0: Narcissism and self-esteem on Facebook," *Cyberpsychology, behavior, and social networking* 13, no. 4 (2010).

[2] Erin A Vogel et al., "Social comparison, social media, and self-esteem," *Psychology of Popular Media Culture* 3, no. 4 (2014).

[3] Wiebke Bleidorn et al., "The healthy personality from a basic trait perspective," *Journal of personality and social psychology* (2019).

[4] <http://happyplanetindex.org/>

### Nominating Committee

Please pray for our Nominating Committee, which is hard at work assembling our lay leadership for the coming year. If you are interested in serving in some way, please contact the church office or Sarah Buchanan, Nominating Committee Chair.

### CALENDAR

#### TUESDAY, AUGUST 13

9:00 UBC Work Team

6:30 Prayer Shawl Ministry

#### WEDNESDAY, AUGUST 14

No Sanctuary Choir

#### SUNDAY, AUGUST 18

9:45 Sunday Bible Study

11:00 Worship Service

#### MONDAY, AUGUST 19

6:30 Deacon's Meeting

#### TUESDAY, AUGUST 20

9:00 UBC Work Team

#### WEDNESDAY, AUGUST 21

6:30 Sanctuary Choir

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

### Prayer Concern Updates

Pam Hallissy - home after knee replacement surgery

### Alba Returns from his Sabbatical!

We are thrilled this weekend to welcome back Alba and Pam Beasley, after their six weeks of rest and renewal this summer. Be sure to give a warm welcome to Pam and Alba when you see them this Sunday.

If you would like to contribute to the cost of Alba's sabbatical, please send a check payable to "University Baptist Church" with "Alba's Sabbatical" in the subject line.

We say a special thank you to Caroline Schetlick for leading our Sanctuary Choir so capably this summer while Alba was away!

### Welcoming UVA Students

As we prepare to greet UVA students returning to Charlottesville in the next two weeks, keep an eye out for ways to welcome them into our congregation. One opportunity is to invite them to a student breakfast on August 25 at 10am, and then to a student lunch after worship on Sunday, September 1.

Perhaps the most powerful welcome, however, is for members of our congregation to greet students on Sunday mornings with a smile and a "we're glad you're here!" As students adjust to so many changes in their lives at the start of a new school year, the warm welcome of a loving church family can be a meaningful reminder of God's steadfast love, experienced in a family faith.

### Church Conference - August 28, 2019

Following dinner at 5:15, we will have a Church Conference at 5:45. Topics will include:

- Approval of the lay leadership recommendations from the Nominating Committee for the 2019-2020 year
- Approval of the panel of judges for the "UniBap Park" design competition
- Creation of the Collegiate Ministry Task Force (with members recommended by Church Council)
- Approval of updated covenants for Rev. Alba Beasley and Rev. Will Brown, with Will's covenant reflecting the shift to three-quarter-time employment

## Potluck Dinner - August 28, 2019

Join us for a potluck dinner on Wednesday night, August 28. We'll have a true potluck, so bring whatever you like--entrees, sides, and/or desserts! The church will provide drinks.

### Wednesday Nights this Fall

Our fall Wednesday night programming resumes on August 28 with the potluck dinner and Church Conference (see above).

Each Wednesday night, dinner will be served beginning at 5:15. We will pray and begin the evening's program at 5:45. Dinner reservations are not required.

Please note that we will not meet for dinner every week, including a break for the month of October. Our hope is to keep the dinners fresh and exciting, without the burden of an unending commitment. Here is our Wednesday night schedule:

- 8/28 – Church Conference
- 9/4 – Haiti Conversation and Report
- 9/11 – Mission Reports: Roy & Jane Thomas and Kathy Wilson
- 9/18 – No Community Dinner. Lecture Series upstairs (reception to follow)
- 9/25 – Collegiate Ministry Town Hall
- October – Break - No Wednesday dinners
- 11/6 – Charlene Greene: History of Race in Charlottesville
- 11/13 – Mark Snipes, CBFVA & MLK Weekend
- 11/20 – Church Conference
- 11/27 – No Program (Thanksgiving)
- December programming TBA

**RICHARD E. MYERS LECTURE SERIES**  
PRESENTED BY UNIVERSITY BAPTIST CHURCH

**SEPTEMBER 17 - 19 5PM**  
1223 WEST MAIN STREET  
CHARLOTTESVILLE VA

**Prof. David Tracy**  
University of Chicago

**THE PROPHETIC & MYSTICAL UNDERSTANDING OF GOD**

September 17: Religion as Sense and Taste of the Infinite  
September 18: Basic Forms of Religion: Manifestation & Proclamation  
September 19: Basic Forms of Christianity: The Prophetic & the Mystical

All lectures are FREE and open to the public.

WWW.UNIVERSITYBAPTIST.ORG

### Lecture Series

Save the date!

September 17-19, 5pm

Professor David Tracy will present a series of lectures entitled, "The Prophetic and Mystical Understanding of God"

More information available

at [universitybaptist.org/lecture-series/](http://universitybaptist.org/lecture-series/)

### Ice Cream Social

Our annual Ice Cream Social will be held on Sunday, August 25, at the home of Robby and Judy Gough. (Contact the office if you need directions!)

3:00pm -- Swimming and fellowship

5:00pm -- Hot dog cookout

HOMEMADE ICE CREAM!!

- Bring drinks, chips, cookies, or brownies
- Bring chairs and blankets to sit on
- Let Judy know if you can bring a freezer of homemade ice cream

Hope to see you there!



### Sunday Bible Study

This Sunday is the last week of our summer schedule and our combined adult class. Regular Sunday Bible Study classes resume next week, on Sunday, August 25, which is also the Promotion Sunday for children moving up to new classes.

## Our New Deacons

After this summer's deacon election, we are pleased to announce our seven new deacons, who will begin a three-year term on September 1:

- Shirley Clark
- Herman Eaker
- Ray Gaines
- Laura Martindale
- Diane Mundell
- Esther Tian
- Gary Wood

Additionally, Judy Gough will serve the remainder of Laura Faye Groff's term, as she steps down from this role in the church.

## Woodbrook School Supplies - LAST CALL

Mid-July to Mid-August UBC is accepting financial donations to facilitate the purchase of school supplies for students at Woodbrook Elementary School in Albemarle County. UBC has assisted Woodbrook students at the beginning of the school term for more than 10 years. More than 65% of the students qualify for free/reduced lunches. Many families have little extra to purchase school supplies. Please prayerfully earmark your donation "Woodbrook School supplies", place in an offering envelope available in our church pews, or drop your check by the office to make this new school year a brighter one for the students and teachers in our neighboring community. Blessings abound.

## Soles4Souls

Our **Soles4Souls** box is here! Please bring any clothing and shoes you wish to donate. Donations assist in disrupting poverty worldwide. Help us serve those in need, create opportunities and protect the environment! The box will be emptied about once per month.



## Competition underway!

The design competition to re-imagine the green space between our parking lot and West Main Street is now underway, with the first expressions of interest coming in. At the August 28 Church Conference, Church Council will recommend to the church a panel of judges, who will select the winning design. With congregational approval, we will build it, and the winner will receive a donation to the charity she or he chooses. If you have any questions or

comments, contact the senior minister.

So far we have had architects and landscape architects express interest in our project from New York, North Carolina, South Africa, India and Pakistan. We are excited to see what designs our contestants come up with! If you know anyone who might wish to compete please share our link: [universitybaptist.org/unibap-pocket-park](http://universitybaptist.org/unibap-pocket-park)

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Connect with us

