



November 24, 2020 Vol. 72, No. 43

## Giving Thanks

Giving thanks is such a great exercise. For me, challenging myself to count my blessings helps my day. When I go deeper and find 10, 15, or even 20 things for which to be grateful, my spirit centers on the love of Christ. Saying, "Thank you, Lord," daily is a spiritual workout. It gets easier the more I do it.

In the U.S., Thanksgiving is a celebration of gratitude. At this holiday, some families gather together. They go around the table and each one says, "I am thankful for \_\_\_." This tradition pushes our feeling of thankfulness from the privacy of our hearts. Our thankfulness becomes public. We have to say what we appreciate out loud.

The result of this tradition can be performative. Someone might say they appreciate their spouse when they know the spouse is listening. Performative expressions of gratitude cheapen the experience. I do not mean to criticize this tradition. It is a good step, especially when people say something for which they are truly thankful.

Making the act of thanksgiving a regular part of living enriches the experience. Saying several things for which you are grateful every day nudges you toward reflecting that appreciation in the way you live. If I say I appreciate my spouse each day in my prayers, my actions follow this prayer. My life reflects this gratitude.

The logic same applies to things many of us take for granted. If we thank God for food, clothing, and shelter each day, we notice more in the world. We become more attuned to those who wrestle with food instability or hunger. We see (or notice) more homeless people. Our prayers of gratitude form our spiritual lives.

## WATCH

### SERVICE OF HOLY WORSHIP

November 29, 2020  
11:00 AM

#### Sermon:

"Tear Open the Heavens and Then What?"  
Dr. Matthew Tennant

#### Scripture:

Isaiah 64:1-9

#### Anthem:

"Of the Father's Love Begotten"  
(Wohlgemuth)

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## CALENDAR

**WEDNESDAY, November 25**  
10:00 PBJ Bible Study (*Zoom*)

**THURSDAY, November 26**  
Church Office Closed  
1:00 Lectio Divina (*Cancelled*)

**FRIDAY, November 27**  
Church Office Closed

**SUNDAY, November 29**  
9:40 Online Bible Study  
11:00 Morning Worship  
(*radio and livestream*)

Like we all need to exercise our bodies, we each need to exercise our spirit. Giving thanks is like running or sit-ups. The more we do it, the easier it gets. Thanksgiving is a great time to begin the regular practice of giving thanks.

Peace,  
Matt

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### Lost and Found

2 cups were found left at Sam Mackey's house. If either of the items look familiar, please contact the Church office at (434)293-5106 or email Lexi at [lwoodson@universitybaptist.org](mailto:lwoodson@universitybaptist.org). Thank you!



### Congregational Art Project for Advent!

Over the last few weeks, our ministers and lay leaders have been talking about ways that our community can continue to feel close while remaining safely apart. One of the ways we are going to do this during Advent is by working together to create a beautiful art project! The image you see here has been divided into mosaic tiles that you can print and color at home, then return to the church to become part of a large poster that we will hang in the sanctuary. *Everyone* is invited to participate in this art project, no matter how young or old or in-between you may be! This is a great family project for parents and children to do together, but we hope empty-nesters and single folx will participate as well.

If you would like to participate, please email Val Fisk ([vfisk@universitybaptist.org](mailto:vfisk@universitybaptist.org)) the number of people in your household. She will email you back your tiles and instructions for completing them. If you do not have a printer at home, let Val know and she will print the tiles for you to pick up at the church. Your tiles must be colored and returned to the church by December 10.



### Church-wide Christmas Card!

Note: the link below has been fixed and is now working. Please submit your greeting by December 10.

Without our usual Christmas Post Office this year, we are trying something new. We will send out a giant Christmas Card to every family in the church. This card can contain a personalized greeting from you! For instance, "Wishing you a Christmas season filled with joy and laughter! Love, Will, Erin, Luke, Seth, and Caleb. :)"

Because our usual Post Office is a great fundraiser for missions, we don't want that to slip away. We ask everyone submitting a greeting to also make a donation to missions, as large or small as you are able--consider donating the postage you save. To list your greeting in this giant card,

### MONDAY, November 30

8:30 Morning Prayer (*Facebook Live*)

Other events and activities are being canceled or modified to be online-only when possible. Please contact your group leader or the Church Office with any questions.

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### Prayer Concerns

Donna Marshall - Home

Nettie Chewning - Martha Jefferson Hospital

Nat Howell - UVA Transitional Care Hospital

please do two things. 1) Fill out [this form](#) or contact the church office to give us the wording for your greeting. 2) Donate to our Offering for Global Missions, either by mailing a check to the church office or by [giving online](#).

Of course, you are still welcome to mail cards to your church family if you'd like, using the USPS. But if you'd rather save some postage, this Church-wide Christmas Card gives you an easy way to reach everyone. Merry Christmas!



### Happy 100th Birthday, Lila Marshall!

On Sunday afternoon, a couple dozen cars of UBC members paraded by the Rosewood location where Lila Marshall lives: honking horns, displaying balloons, waving, and helping her celebrate her 100th birthday. The smiles on her face and the faces of her family members reflected the joy of everyone riding by and shouting their congratulations. Many thanks to Larry Johnson for coordinating and to everyone who participated in the celebration!

### 2021 Pledge Cards have been mailed out.

The pledge cards for 2021 were mailed out last week. We're looking into 2021 at University Baptist Church, and your contributions are critical to support God's mission here and abroad. We are deeply grateful for the ways you participate in the life of the church!



### Ways to Help with PACEM This Year

#### Items Needed for PACEM

PACEM is a time our church comes together to support those in need in our community. Even though we can't physically come together this year, this effort still requires all of us. We are collecting items that can be given to our PACEM guests, and we need your help.

The following individually-wrapped toiletry items can be brought to the church during the week and left in one of the

boxes in the first floor lobby or on the Fellowship Hall stage:

- Mints
- Toothbrush
- Toothpaste
- Socks
- Deodorant
- Comb
- Hand lotion
- Cough drops
- Disposable razor & shaving cream
- Tissues
- Spiral notebooks/ composition
- Small hand sanitizer
- Lip balm
- \$5 McDonald's gift cards ("Welcome to UBC" gift)

We are also collecting individually wrapped snack items (granola bars, peanut butter crackers, goldfish, pretzels, trail mix, cookies, etc.), bottles of water, and gift items to put in a Christmas stocking for each of the men. For these items, please sign up for what you'll bring at this link: <https://www.signupgenius.com/go/8050D4AADAB2F4-pacem>

### Help needed to set up cots!

We need a few volunteers to help set up our Fellowship Hall for PACEM on December 5, setting up mats and making the beds. Then, we will need volunteers, especially those with pickup trucks, to pack everything up when PACEM leaves UBC on January 2. If you are available to help on either or both days, please contact Peter Ohlms at [pohlms@gmail.com](mailto:pohlms@gmail.com) (he will share further detail about the timing and covid precautions).

## CHRISTMAS MISSIONS AT UBC

### Christmas Dinner in a Bag – Reimagined

Rather than collecting food items this year, we will be providing gift cards for families in need to help with Christmas dinner. In the past we have contributed about \$12 worth of groceries and a \$15 gift card. We realize that everyone is asking for money at this time of year, so we're asking that you donate only what you would have normally spent on bags of groceries. Or if you would like to give an entire meal donate \$27. We want to deliver the gift cards to Love INC on Monday, December 14, so we need your gifts turned in no later than Sunday, December 13. Write checks to UBC earmarked Dinner in a Bag. Joy to the World!



### CBF Global Missions Offering

During the month of December we will be collecting donations for the CBF (Cooperative Baptist Fellowship) Global Missions Offering. You will be hearing much more about that in the weeks to come. UBC's goal is \$2000.

**CANCELED: UBC Missions Post Office** - See above for information about our Church-wide Christmas Card

### **CANCELED: Fluvanna Corrections Center for Women's Christmas Kits**

We ask that you send whatever amount that you might have spent on toiletries or stationery, to UBC earmarked GraceInside.



## Let's Go Deeper

During this pandemic season when we are unable to follow our usual routines, God remains present with us. In fact, this is a unique opportunity to reexamine the habits of our spiritual lives and to be intentional about the practices that ground our faith. Here are a few opportunities to join with us in deepening our spiritual lives:

### Monday Morning Prayer

- 8:30am each Monday on Facebook Live
- A quick prayer to start our week on the right foot

- To join us, visit our [UBC Facebook Page](#)

### Thursday Lectio Divina

- 1:00pm each Thursday on Zoom
- A practice of reading Scripture contemplatively, with times of silence and listening for God's spirit
- To join us, click this [Zoom link](#)

### Sunday Bible Study

- 9:40am - Fellowship and sharing prayer concerns
- 10:00am - Bible Study
- To join us, click this [Zoom link](#). Or, watch the Bible Study portion on [YouTube](#) beginning at 10am.

### Daily Devotions

- You can pick up a copy of the *Reflections* daily devotional booklets from our church office.

### FREE Drive-thru COVID-19 Testing in November

During the month of November, the Blue Ridge Health District (BRHD, formerly TJHD) will continue to host **free** drive-thru COVID-19 testing across the district. To learn more about our name change or to sign up for our biweekly BRHD newsletter, click [here](#).

Attached is a flyer in English and Spanish with all of BRHD's November testing sites across the district. Walk-ins are welcome. Call 434-972-6261 on the dates listed in the flyer to guarantee a spot and make an appointment.

You can also visit [BRHD's COVID-19 Testing Sites](#) webpage for the full schedule of upcoming free community testing events, including testing hosted by UVA Health.

### HAPPY BIRTHDAY!!

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

**November 30:** James Sivley

**December 3:** Esther Tian, Micah Ohlms, Gwynivere Wells, Caleb Brown

**December 4:** Paul Blincoe



May God bless you all with abundant joy on your birthday and always.

Having a birthday and do not see your name here? Please help us update our records. Contact Lexi to provide your updated information at (434)-293-5706



## Need a Mask??

Volunteers in our church have been hard at work sewing beautiful fabric masks. Do you need one? This expression of love from our talented church members is one way that we can take care of one another. If you do not have a mask yet or if you need another, please contact the church office or one of the ministers so that we can get a fabric mask to you. There are also baskets of masks in the church lobby if you'd like to stop by and pick one up!

## Sunday Mornings

We invite you to join us for our Sunday morning worship services either by joining us in person or by worshipping with us from home. The service begins each Sunday at 11:00 am. 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

