

# THE WORD

UNIVERSITY BAPTIST CHURCH

March 8, 2022 Vol. 73, No. 10

## Finding Joy During Lent

## ONWATCH

After the uplifting worship service concluding the season of Epiphany, we entered Lent. During Lent, we prepare our hearts for Easter by looking inward and repenting. Easter is full of joy, hope, and new life. Lent has the bad reputation of being a downer.

Lent is supposed to be an honest time when we ask how we fall short of God's perfection. We pause and ask ourselves questions. Although giving up chocolate or something else is supposed to remind us of this journey, candid introspection can yield greater spiritual growth than going without something.

When we look inside and find our own rough edges, we can turn those over to God. Doing so isn't magic, and we do not use incantations to control God's response. Instead, we surrender the parts of ourselves that take us away from the divine. Doing so presents us with the opportunity to grow. Even though growth can be painful, getting to the other side is part of the spiritual journey. Surgery isn't fun but we are healthier after. Authentic introspection can be difficult but can lead to a healthier spiritual life.

Getting better, or knowing we are on a path to a healthier spiritual life, is a reason to be joyful. Little reminders of growth are helpful. Whether these reminders come from seeing a spring flower and thinking about resurrection, or feeling peace in a stressful situation, God's Spirit is moving all around us. When we look for it, we can find it (Matthew 7.7).

The challenge is to find joy during a season of repentance. Just like seeing God's movement and presence, when we seek joy, we can find it. Flowers are blooming. Covid rates are

## SERVICE OF HOLY WORSHIP

March 6, 2022

11:00 AM

### Sermon

"Pay Attention"

Dr. Matthew Tennant

### Scripture:

Genesis 15:1-12, 17-18

### Anthem:

"Wonderous Love,"

Arr. Parker, Shaw

**Deacons:** Jackie Lockwood and Herman Eaker

**Ushers:** Ian Pallini and Charlotte Bailey

## CALENDAR

### WEDNESDAY, March 9

9:00 Work Team

10:00 PBJ (Zoom)

12:00 Wednesday Treats

7:00 Sanctuary Choir Practice

### THURSDAY, March 10

7:00 Deacons Meeting

### SUNDAY, March 13

#### DAYLIGHT SAVINGS TIME

10:00 Sunday Bible Study

11:00 Morning Worship

5:00 Jubilate Rehearsal

### MONDAY, March 14

declining. People are finding safe ways to gather. With opportunities to socialize, isolation can fade. Hope is alive, or, as Alexander Pope wrote in his poem:

*Hope humbly then; with trembling pinions soar;  
Wait the great teacher Death; and God adore!  
What future bliss, he gives not thee to know,  
But gives that hope to be thy blessing now.  
Hope springs eternal in the human breast:  
Man never is, but always to be blest:  
The soul, uneasy and confin'd from home,  
Rests and expatiates in a life to come.*

“Hope springs eternal...” and Lent will give way to Easter. *Sursum corda!* (Or, *Lift up your hearts!*)

Peace,  
Matt

8:30 Morning Prayer ([UBC Facebook Page](#))

10:30 Bible Reading Group ([Zoom](#))

**TUESDAY, March 15**

9:30 Staff Meeting

7:00 Voces Laetae Rehearsal

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



**HAPPY BIRTHDAY!!**

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

**March 17:** Kathy Wilson

**March 18:** Thomas Hendricks

**March 19:** Anne Wilkerson and Karen Minor

**March 20:** Audrey Miller

**March 21:** Melanie Tennant

**March 22:** Peggy Lawrence and Lynn Martin

### Ukraine Relief

As the Russian invasion of Ukraine rages on, more refugees need our help. Here are some pictures of the Romanian nonprofit organization "Local Diaspora Association" gathering supplies for the Ukrainian refugees. They have a contact who can take medicine across the border into Ukraine. So far, our church has sent

\$1,490 to help this effort, and we plan to send more. If you feel led to support this mission, designate your gift "Ukraine."





## Food Preservation

If you have been in the UBC kitchen recently, you may have noticed a new machine taking up counter space, or you may have heard or read something about a new “project” at UBC. So, here’s what’s cooking. The new machine is a freeze-dryer, sometimes called a lyophilizer. It has been used in laboratories for years, but is becoming more common in restaurants and home kitchens. The freeze-drying process removes water through sublimation. The dried food retains 98% of its nutritional value, as well as its color and taste, and can be stored at room temperature for a very long time. You can find more information at [harvestright.com](http://harvestright.com).

The machine in our kitchen is designed to make freeze-drying food simple. There are five trays where washed or prepared food is placed in a single layer. The vacuum valve and door are closed, and the machine starts with the push of a button. Come back in 24 hours or so and the process should be complete. The vacuum is released and the trays removed. Dried food needs to be stored in airtight containers, such as heat-sealed Mylar bags, as quickly as possible to prevent water reabsorption. Most freeze-dried foods will return to their original consistency when placed in a little water.

The new freeze-dryer is on permanent loan to UBC while we explore how this technology might be beneficial. We will be in touch with local organizations both as sources for fresh fruits and vegetables to be freeze-dried, and to provide nutritious food where needed.

Thanks to all who have helped initiate this project and for all the helping hands that may be needed in the future.

God bless,  
Your UBC Deacons

## New Youth Group Schedule Begins this Sunday

Beginning this Sunday, March 13, 2022, youth group will take place from 12:15-2:00 PM each Sunday. Families will be able to come to worship together at 11 AM, and youth will remain here after worship for lunch, game time, and Bible study. (Masks will still be required for all attendees when not eating and drinking, until a time when Charlottesville is no longer in the CDC high transmission zone.) Anyone willing to volunteer as an adult chaperone for these youth meetings, or willing to provide lunch for the youth on a Sunday afternoon, should reach out to Rev. Val ([vfisk@universitybaptist.org](mailto:vfisk@universitybaptist.org)).

## Venable Food Bags



In worship on Sunday, we heard from many of our UBC kids about a project that has been part of their ministry at UBC for the past few years: the food bags for kids at Venable Elementary School. If you didn't get a chance to see the Mission Moment in worship, you can watch the video on our Facebook page: [https://fb.watch/bC4Lo\\_UAK8/](https://fb.watch/bC4Lo_UAK8/)

As you heard in the video, there are two main ways to help. One is to help replenish our supplies, either by bringing in food items or by making a contribution marked for Venable food bags. The other is to come in and help assemble bags. It's an easy volunteer project for a family or an individual. Contact me if you have any questions or would like to help: [wbrown@universitybaptist.org](mailto:wbrown@universitybaptist.org) Thank you!

## Lenten Worship Series

Two years ago this month, everything changed. March 2020 in Charlottesville began as a normal month and ended with the emergence of a global pandemic. Now, in March 2022, we look back on these two years of COVID-19 and all we have experienced alongside it: losses and grief, bitter national and state elections, nationwide conversations about race, and so much more. How have our lives changed during these two years? What have learned? What has God been teaching us?

As a project for one of my Doctor of Ministry courses at Duke Divinity School, I (Will B) crafted a lectionary-based Lenten worship series that reflects on various aspects of the pandemic experience: mortality and control, our place in the created order, gathering and presence, work and the economy, racism and repentance, politics and power, and finally, hopefulness in the face of it all. We will be using this series as a guide for our Lenten sermons and worship services at UBC.

### Lenten Bible Study

This Sunday, we will continue an in-person study for the season of Lent. Instead of a deep-dive Bible study, our focus will be more devotional. We will meet at 10:00 AM in the Fellowship Hall and conclude by 10:30. Dr. Matthew Tennant will lead these conversations. [Click HERE](#) to download the study guide for March 13.

To enhance conversations among the participants, we will not offer an online option. For those who are unable to attend but still want to join a group, the Open Minds class does offer a hybrid option. Contact Debra Bryant or Ed Lowry for details. If you have any questions, please contact Dr. Tennant.

### An Introduction to the Enneagram

On Saturday March 19 from 9 AM to 12 PM, University Baptist will hold a seminar to introduce the Enneagram personality system to our community. Both Rev. Fisk and Rev. Brown have found this system to be a dynamic growth tool in their own spiritual journeys, providing an opportunity to examine one's own experience of the world, and how our experiences mold and shape our relationships with God and with one another. This first encounter with the Enneagram in March will lay the groundwork for further discussion groups later in 2022.

This week's video preview features Will talking a little about what the Enneagram is and why some Christians find it a helpful tool for spiritual growth.

### Volunteer Opportunity

If you'd like to help hand out coffee and hot chocolate on Wednesdays, we'd love to have your help. It's easy and fun, brightening everyone's day. All you need to bring is a smile (and maybe a coat). You can [sign up to help here](#).

### CDC Mask Recommendation Update

The CDC has announced changes to their recommended masking policies, now including not just positive COVID-19 case numbers, but also strain on local hospitals in the equation. As of now, Albemarle County is still in the high community transmission range, and masks are recommended for all people. University Baptist Church will continue to require masks for all people in our building as recommended. You can [view the updated CDC guidance and system here](#).

### 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.

#### Masks & Social Distancing

University Baptist Church continues to follow the [recommendations of the CDC](#) as they are updated. At this time, that means that all individuals, both vaccinated and unvaccinated, should wear a mask for all in-person gatherings in the church building. As we monitor the COVID case levels in our area, we will release updates notifying the congregation of any changes.

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Connect with us

