



November 1, 2022 Vol. 73, No. 44

## Monastic Rule of Life

I first learned about monasticism and monastic rules in seminary. Thomas Merton's book *The Wisdom of the Desert* transformed my understanding of faith. Reading about men and women retreating to the deserts of Egypt, Palestine, Arabia, and Persia in the fourth century inspired me. The book contains short, pithy sayings from the desert fathers and mothers. Over the years, I read more about monasticism and the rules by which monks live.

The "rule of life" is essential to monastic life. The rule says, "This is who we are. This is our story and what is important to us." For monks, the rule serves as a reminder of what God put in their hearts. One of the most famous rules is from St. Benedict. In 516, St. Benedict of Nursia wrote a collection of precepts for monks living in community. There are 73 teachings. For example, number 33 forbids monks from having private possessions, and number 67 instructs monks how to behave while on a journey.

Most contemporary Christian communities have a shorter rule of life. The Cumbria Community in Northumberland, UK has a simple rule: "The Rule we embrace and keep will be that of AVAILABILITY and VULNERABILITY." Then, they expand the meaning of 'availability' and 'vulnerability'. The rule for Iona Community has four parts: worship and prayer, peace and justice, meeting together, and sharing the community life. Again, they expand each section, but it's not long.

I wrote a rule of life for myself in 2006 and revised it in 2009 and 2015. My rule is due for an update. These rules can be personal. We don't have to share or publicize our rule of life. Or they can be something we use to define ourselves. We can share them and through the rule say, "This is who I am. This is my story and what is important to me."

## WATCH

## SERVICE OF HOLY WORSHIP

Nov. 6, 2022

11:00 AM

### Sermon:

"Not Materialistic Enough"  
Dr. Matthew Tennant

### Scripture:

2 Thessalonians 3:6-13  
Matthew 6:19-21

### Anthem:

"Sing to the Lord of Harvest"  
(arr. Willan)

---

## SUNDAY SERVICE

**Deacon:** Laura Martindale

**Ushers:** Bob Gough, Shirley Clark

---

## CALENDAR

### WEDNESDAY, November 2

9:00 Work Team

10:00 PBJ Bible Study (Zoom)

5:30 Wednesday Night Dinner

6:00 Wednesday Night Series

7:00 Sanctuary Choir Rehearsal

### SATURDAY, November 5

Remember to set your clocks back one hour!

On Wednesday evening, we will pick up our conversation from last week. Instead of hearing about my experiences on Iona and in other monasteries, we will talk more about a rule of life. I hope you can join us and participate in the conversation. Each of you has a lot to contribute, and we value your contribution. So, I look forward to seeing you Wednesday.

Peace,  
Matt

---

### Updating Addresses for Students Away from Home

Do you have a college student in your family who is attending school away from Charlottesville? Please help us stay in touch with them by providing updated contact information! As we work to continue staying in touch with and ministering to our college students who are out of town, accurate phone numbers, current email addresses, and updated mailing addresses are an important part of our outreach. Send updated information to [vfisk@universitybaptist.org](mailto:vfisk@universitybaptist.org) by November 11.

---

### SUNDAY, November 6

8:30 Church Council Meeting (Hybrid)  
9:45 Sunday Morning Bible Study  
11:00 Morning Worship  
12:15 Youth Lunch  
5:00 Jubilate Practice

### MONDAY, November 7

10:30 Bible Reading Group (Zoom)  
1:00 Schleiermacher Reading Group

### TUESDAY, November 8

11:00 Development & Growth Meeting  
11:45 Annie Armstrong Circle  
6:30 Prayer Shawl Group  
7:00 Voces Laetae Rehearsal

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

---

Carve out a  
new tradition.  
**Give Blood!**



### Blood Drive November 1

It's that time again! UBC will be hosting another Red Cross blood drive on Tuesday, November 1, 10:00-4:00. There are still lots of slots available for you to donate blood! Walk-ins are welcome.

**UNIVERSITY BAPTIST CHURCH**  
Community Blood Drive

---



### HAPPY BIRTHDAY!!

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

**Nov. 9:** Mary Sheler

**Nov. 12:** Melvin Spicer

**Nov. 13:** Wellford Tiller,  
Lu Overbeck, Vittorio Pallini,  
Matteo Pallini



### CVBA Clothing Center

As the weather is getting colder, the CVBA Clothing Center is getting many requests for coats, long-johns, gloves, hats, etc. - anything you can layer. So far in 2022, the Clothing Center has served close to 600 people, and we depend on the generosity of the community. Our request is when you're going through your closets and purging, please keep us in mind for your donations of gently-used winter items. Donations can be dropped off during our hours of operation which are Mondays from 10:00-2:00. If you have any questions or are interested in volunteering, please contact Carrie Kerwick at [kerwick40@comcast.net](mailto:kerwick40@comcast.net).



## Meals for our Youth Group and for Jubilate

Our youth gather for lunch in the Fellowship Hall every Sunday after worship and Jubilate shares dinner after their rehearsal every Sunday evening. If you would like to help our youth and Jubilate by providing a meal, either a lunch or a dinner on Sundays, [click here](#) to view the sign-up sheet.

## Prayer Requests

- Barbara Newlon recovering from hip surgery
- Sarah Buchanan recovering from back surgery
- Ed Lowry
- Jack Averill
- Alba & Pam Beasley

## A WORD FROM VAL



## Youth Retreat at Eagle Eyrie, November 11-13

CBF Virginia is hosting the Fall Youth Retreat for grades 6-12 at Eagle Eyrie this November! During this retreat students engage in three different breakout sessions (of their choosing) that cover a variety of subjects including art, recreation, discussion groups, discipleship learning, leadership skills, and fun and games.

Each night there is also a worship service that challenges students to grow in their understanding of God. And this year, yours truly has been asked to preach in the worship services! I will be teaching each day around the theme of laying down burdens, pulling from Matthew 11:28 as the worship theme for the retreat.

Cost per student is \$95, and scholarships are available for UBC families to send their youth to this event. Students must sign up by October 30. Our church will be sharing chaperones with FBC Waynesboro, taking UBC and FBCW students together. Stay tuned for details about an upcoming event to introduce our groups to one another prior to the retreat!



## Wednesday Night Series – "Why should we care about \_\_\_?"

This week, we will continue our discussion about monasticism but will talk more about the "rule of life". (See the On Watch article at the beginning of this newsletter.)

Dinner at 5:30 will be provided by *Sticks* followed at 6:00 by our discussion.

If you have a topic you would like to suggest for a future Wednesday, email Matt ([matt@universitybaptist.org](mailto:matt@universitybaptist.org)) and let him know.



## Young Adult Summit

January 13-16, 2023

Ridgecrest Conference Center, Asheville, NC

Cost per person: \$200-\$275

Scholarships available for full-time students!

[Click her to register](#) (transportation from UBC provided at no additional cost)

Adults ages 19-29 are invited to experience a weekend retreat filled with rest, worship, discipleship, and opportunities for the kind of fun break the YOU want! Featuring [Dr. Heather Thompson Day](#) as the weekend speaker and musical artist [Mark Wagner](#) as worship leader, this weekend will give young adults an opportunity to explore your faith at this stage of life and ask questions about how to be Christian when you're not in youth group anymore. More details and full weekend schedule available at [alabamacbf.org/yas2023](http://alabamacbf.org/yas2023).

## Christmas Hygiene Kit and Greeting Card Ministry for FCCW

The annual collection of hygiene kits and greeting cards is starting this week. This ministry to the Fluvanna Correctional Center for Women (FCCW) is sponsored through GraceInside, Virginia's Prison Chaplain Service, and administered through Effort Baptist Church. This ministry was started in 1998, the year the prison opened, and has continued every year since, with the exception of 2020 due to the restrictions of the pandemic. This program is supported by your item donations and monetary gifts.

UBC's collection effort will go through Sunday, November 6. Each inmate at the Fluvanna Correctional Center for Women receives the gifts listed below. You can give a complete bag or single items. **Please note that the correctional center does not permit ANY substitute or additional items.**

### Hygiene Items (place in a gallon zip lock bag)

1. One individually wrapped toothbrush (must be in original container)
2. One tube of toothpaste, 6 oz. (must be in original container)
3. One deodorant stick, 2.6 oz. (no spray or roll-on, as close to 2.6 oz. as possible but no larger)
4. One bottle of shampoo, 15 oz. (as close to 15 oz. as possible but no larger)
5. One bottle of lotion, 15 oz. (as close to 15 oz. as possible but no larger)

No additions or substitutions.



### Greeting Cards and Stationery Items

1. Christmas and Hanukkah cards and greeting cards for all occasions. All cards are sorted at Effort Baptist Church by a team of volunteers after they're received. Please try to avoid purchasing cards that contain foil on the card or envelope flap.

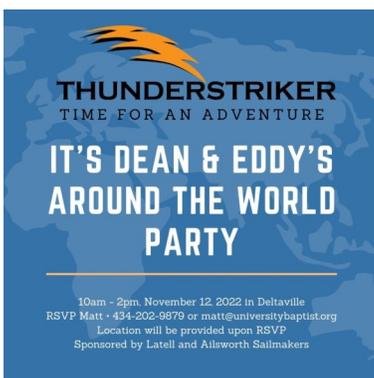


2. Stationery items – writing paper of any size and envelopes either 3 5/8 x 6

1/2" or 4 1/8 x 9 1/2"

3. Forever postage stamps -- used to send donation acknowledgment letters. Please place them in a separate zip lock bag.
4. Wooden pencils (unsharpened)

**UBC's Collection Due Date is Sunday, November 6.** Make checks and online donations payable to UBC and earmark "Hygiene kits." Item collection boxes will be located on the stage in the fellowship hall and in the first floor lobby.



As many of you already know, Dean and Eddy Tennant are planning to sail around the world on their sailboat 'Thunderstriker'. They plan to set sail on November 12. For those who want to wish them well and see their boat, you are invited to a farewell party on November 12 in Deltaville, VA.

If you want to send a card or message of encouragement for Dean and Eddy to open along the way, please bring it to the church office by 3pm on Thursday, November 10, and we will make sure it is on board before they set sail.

Dean and Eddy wish to thank everyone for their prayers and well-wishes, and they hope you will share their adventure with them here: [instagram.com/svthunderstriker/](https://www.instagram.com/svthunderstriker/)

## 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.

*University Baptist Church*  
1223 West Main Street  
Charlottesville, VA 22903  
434-293-5106

Connect with us

