



November 8, 2022 Vol. 73, No. 45

## What is Your Rule?

## WATCH

Last week, I wrote about the monastic rule of life. The “rule” is a way to say, “This is who we are. This is our story and what is important to us.” We all live by certain rules, whether we acknowledge them or not. When monastic communities adopt a rule, they are attempting to be intentional about how they live. We can follow this pattern as individuals and in groups.

Last Wednesday night, we talked about a rule of life. We explored the implications from various rules of life and thought about how the groups developed them. We imagined what it might look like to live with a rule. Then, each table developed one rule for the week. One table wanted to “find 5 times to pray for another member of their table each day.” Another made their rule very clear, “If anyone asks for help, we will say ‘yes.’” Several other groups shied away from a concrete, actionable rule. One table focused on “gratitude” and another on being “welcoming.” One emphasized being “gracious” and “honest.”

This week, on Wednesday, we will explore what it meant to live with these rules. For example, if the rule was, “Be honest,” what happened when someone wearing an ugly sweater said, “How do you like my sweater?”

Setting silly examples aside, crafting a rule to glorify God and edify the body of Christ is hard. “Be honest” might sound good when we think about being honest with our faith or honest with ourselves. All rules of life begin with self-reflection. A person or community must answer the question, “Who am I?” If we don’t know who we are, then we don’t have a basis for understanding a rule like, “Be honest.” Did it stem from a desire to be true to oneself, or was it a response to others who withheld their thoughts or feelings?

## SERVICE OF HOLY WORSHIP

Nov. 13, 2022

11:00 AM

### Sermon:

"Gratitude is Wine for the Soul"  
Dr. Matthew Tennant

### Scripture:

John 2:1-11  
1 Thessalonians 5:12-21

### Anthem:

"Come Thou Fount"  
arr. Courtney

## SUNDAY SERVICE

**Deacon:** Laura Martindale  
**Ushers:** Tom & Sylvie Moore

## CALENDAR

### WEDNESDAY, November 9

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

### THURSDAY, November 10

7:00 Deacons Meeting

My rule of life includes the following sentence, "Be open to anything God may call me to do, no matter how insane or outlandish it may sound." At the time, I was attempting to discern God's calling. I first wrote that sentence while I was in seminary. Having come to ministry from corporate America, my natural tendency was to push back against building an upward career trajectory in ministry.

One of the books I read when I began serving Hickory Baptist Church in North Carolina was a practical guide to platform protocols for ministers during a worship service. The author said, "Never cross your legs... Don't shove too many pieces of paper in your Bible..." Everything seemed to go back to looking professional and building one's career. The author focused on finding a bigger church. When I wrote my first rule of life, the first part was a response to the idea of focusing on bigger churches instead of following Christ. Now, whenever I return to the rule and see that line, "Be open to anything God may call me to do, no matter how insane or outlandish it may sound," it still speaks to me.

What's your rule? I hope to see you on Wednesday as we continue discussing the rule of life.

Peace,  
Matt

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## A WORD FROM VAL



### Friendsgiving Dinner for Students

On Thursday, November 17, at 6:30 pm, our church will co-host a Thanksgiving meal for college students from UBC, The Wesley Foundation, and UKirk, the student group from Westminster Presbyterian Church. Past events with our groups gathering together have been a hit, and everyone enjoys the chance to socialize with more friends! UBC is providing the turkey and cranberry sauce for this dinner, with side dishes and desserts provided by members of our co-hosting churches. All students are welcome to come enjoy this FREE dinner - just [RSVP at this link](#) to let us know you are coming!

Want to contribute to the dinner? Consider dropping off a bottled beverage for the event next week! Sodas, lemonades, or teas can be dropped off to Val or in the church kitchen with a "college dinner" label.

### SUNDAY, November 13

9:45 Sunday Morning Bible Study  
11:00 Morning Worship  
12:15 Personnel Committee Meeting  
5:00 Jubilate Rehearsal

### MONDAY, November 14

10:30 Bible Reading Group (Zoom)

### TUESDAY, November 15

11:00 Development & Growth Meeting  
7:00 Voces Laetae Rehearsal

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

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### HAPPY BIRTHDAY!!

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

**Nov. 16:** Ji Song, Seth Brown

**Nov. 19:** Jackie Lockwood

**Nov. 20:** Jane Thomas

**Nov. 21:** Wyatt Minor, Judy Shah

**Nov. 22:** Sue Sears

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### Prayer Requests

Barbara Newlon recovering from hip surgery

Sarah Buchanan recovering from back surgery

Ed Lowry

Jack Averill

Alba & Pam Beasley



## 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 stu-

dents 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.

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

This Wednesday, we will continue our discussion of the 'Rule of Life'. The tables adopted 5 different rules last week:

- Find 5 times each day to pray for each other person at the table
- Be more welcoming
- Be grateful
- Be gracious and honest
- If anyone asks for help, we will say, "Yes."

This week, we are going to talk more about what it was like to live with these (& other) rules. We will eat, pray, and share in table conversations.

Dinner at 5:30 will be beef casserole, corn, carrot raisin salad, rolls, and cookies 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.

Barbara Newlon recovering from hip surgery

Sarah Buchanan recovering from back surgery

Ed Lowry

Jack Averill

Alba & Pam Beasley

Richard Vaughan recovering from surgery

Jack Wilkerson recovering from surgery

Former member Nancy Lynch on the death of her husband, Lane.

Lila Marshall passed away peacefully on Tuesday, November 1. There will be a memorial service on Saturday, November 19, 11:00 in the Sanctuary followed by a reception in the Fellowship Hall. Click [here](#) if you would like to provide food for the reception and [here](#) for Lila's obituary.

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## Advent Bible Study *The Gift of the Nutcracker* by Matt Rawle

*The Nutcracker* was first performed in 1892, and quickly became a holiday tradition, one that continues for many families to this day. In *The Gift of The Nutcracker*, Matt Rawle takes a look at this Christmas classic in a new way—through the lens of faith. In this four-week Advent study, Rawle uses the iconic tale to help us understand God's greatest gift of the Christ child and of the kingdom Christ came to build.

If you are interested in doing the study as a group, contact [Tommy Deal](mailto:Tommy Deal) ([12tdeal55@gmail.com](mailto:12tdeal55@gmail.com)) or [Susan Hellings](mailto:Susan Hellings) ([susan.eg.hellings@gmail.com](mailto:susan.eg.hellings@gmail.com)).



## Join us This Advent Season

- Sunday, November 27, 11:00 - Advent Worship
- Sunday, December 4, 11:00 - Jubilate Lessons & Carols
- Sunday, December 11, 11:00 - Children's Christmas Pageant
- Sunday, December 18, 11:00 - Sanctuary Choir Lessons & Carols
- Saturday, December 24, 5:00 - Christmas Eve Worship
- Sunday, December 25, 11:00 - Christmas Morning Worship



## Young Adult Summit

January 13-16, 2023

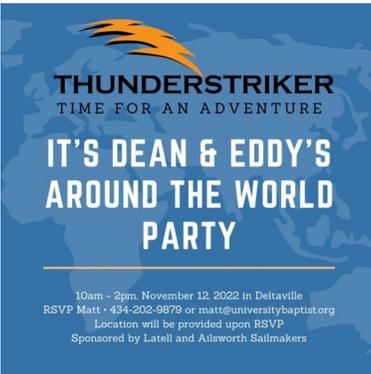
Ridgecrest Conference Center, Asheville, NC

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).



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.

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Connect with us

