

# The Spirited Gazette

Editor  
Channing Watkins

## From the desk of the pastor

Dear UBCC Family,

Welcome to 2024 in the name of our Lord and Savior, Jesus Christ! As we bid farewell to one year and embrace another, we are presented with an opportunity to leave behind what no longer serves us and welcome the promise of new beginnings. This year holds the potential for a continued revival within our congregation.

Recent data from Pew Research reveals a concerning trend: traditional African American church attendance has declined by 15% since 2019, marking a significant decrease unmatched by any other religious group. Considering this, we must ask ourselves: why has God chosen to bless us with growth and resilience during these challenging times?

The only conceivable answer is His favor, and with this favor comes great responsibility. During our Annual Daniel Fast, I asked the Lord for guidance and clarity regarding His will for our church. This year, it is evident that we are called to expand our revival, enhance our service ministries, and empower God's children to persevere in their faith journey.

Our church leadership has meticulously crafted action plans for this endeavor, but we cannot succeed without the active participation of each member. It is imperative that when called upon, we wholeheartedly commit to this noble cause. Our community relies on this church to provide spiritual nourishment for children, stability for marriages, encouragement for young adults, support for seniors, and boundless love in reaching the unsaved. Let us boldly claim victory in the name of Jesus and rebuke any schemes devised by the adversary to distract us from our divine mission.

Share the optimism of King David as he rallied his army, declaring, "Is there not a cause?" However, I am also mindful of the inevitable giants that will emerge to challenge God's plans. These giants may manifest as health crises, relational strife, loneliness, anxiety, stress, depression, fatigue, or doubt. Yet, let us remember that God offers words of comfort and strength amidst the storms of life.

"Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your labor is not in vain in the Lord." - I Corinthians 15:58

With the love of Christ compelling us, let us march forward with determination and zeal. Together, we proclaim, "Let's Go!"

In His service,  
Pastor A.



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# WINGS

## Empowering Women Through Service, Support, Socializing, and Study

Are you a woman seeking an opportunity where you can grow spiritually, support others, socialize, and delve deeper into your faith? Look no further than WINGS (Women IN God's Service), the dynamic women's ministry auxiliary at UBCC! Service is definitely a part of what we do. We are committed to making a positive impact in our church, our community, and beyond. From volunteering at local shelters to gathering supplies for a crisis nursery; we seek opportunities to extend a helping hand to those in need. Through service, we not only impact the lives of others but also experience the joy and fulfillment that comes from giving back. Support is another one of our pillars!

As women, our journey can be filled with ups and downs thus, having a supportive community can make all the difference. Whether you're celebrating a triumph or facing a challenge, you can count on your sisters at WINGS to be there for you, offering encouragement, prayers, and a listening ear. Socializing is an essential aspect of our ministry. We believe that fellowship strengthens bonds and fosters a sense of belonging. From potluck dinners and game nights to outings in the community, we provide opportunities for women to come together, forge friendships, and create lasting memories. As a member of WINGS, you'll find a welcoming atmosphere where you can relax, have fun, and connect with like-minded women of all ages. Study is a key component of spiritual growth; in WINGS, we are committed to helping women deepen their understanding of God's word. Through engaging Bible studies, thought-provoking discussions, and meaningful reflections, we provide opportunities for women to explore their faith, ask questions, and grow closer to God.

Whether you're a seasoned Bible scholar or just beginning your spiritual journey, there's a place for YOU! So, if you're ready to experience the transformative power of sisterhood, service, support, socializing, and study, we invite you to join us at WINGS. Together, we can soar to new heights in our faith journey and make a positive impact at UBCC and on the world around us. Stay tuned to the church calendar for the 2024 WINGS events and gatherings!



# Salvation, and other biblical principals

Last year in Children's Church, we walked through the different Biblical Covenants, led two mission projects, and prepared Easter and Christmas presentations. Old school paper and pencil methods were the go-to for the teaching-learning techniques. And we were successful in our endeavors as we got to know one another.

I, Danielle Davis, began to learn the children's personalities and learning styles while fostering relationships with parents and guardians. Through the power of the Holy Spirit, I created a safe space in the Fellowship Hall while the children developed an awareness of the safety there and an understanding of my expectations.

This year we will walk through Salvation and other biblical principles and we're using technology as a tool to aid us. So far, we've learned about The Power of the Tongue, Forgiveness, Favor, and of course Salvation. In the weeks to come we'll walk through Sacrifice, Service, and Humility.

I am excited to see how the Holy Spirit moves this year. One major change is my involvement in the Easter and Christmas programs. As much as I loved leading that charge, doing so many things came at a great price. God wants me to focus on teaching (which includes teaching Mission), and I will-to do just that.

As always, thank you for allowing me to serve your children in the most important aspect of their lives.

Written by~ Danielle Davis

# BLACK HISTORY MONTH

**This year Maria Frazier Chaired our Black History Month Celebration. We learned that each year Black History Month has a theme, and this year's theme was African Americans and the Arts. We did not use the theme. But it is good to know that there is a theme each year.**

**The first presentation this month was talking about the Chesterfield Area and the families that sprung up here where our church is located. We learned that 1st Baptist Chesterfield is the oldest Black Church in Chesterfield and many of the slaves of this area started that church and is buried in the Church's Cemetery.**

**The Next Sunday we talked about connecting dots and that all of us have BENEFITED from the struggles of those before us and Maria Focused on persons that are in our midst that have endured, and by them enduring have been able to help others, such as Doris Frazier, Danielle Douglass, Pastor Emeritus Harvey R Fields, Jr. and even reginald hudlin wrote House Party in which Clifford Frazier, Jr. had a role.**

**Doria Jackson made a presentation on the Black Church and the important role it has played in the progress of our people and how it still can be a great place of progress and lifting up of people. Doria did a great job. Kudos Doria. Doria again presented the last Sunday giving us some history on the African clothing and Food. I also want to give a shout out to the Choir for representing. The Choir did a number of negro spirituals all month. We ended the celebration with a Taste of Soul Food Pot Luck. Man, I tell you, there is nothing like soul food and spiritual food with fellowship. Thanks Maria, Danita, Doria, Patty, Charlie Mae and all that participated and helped us have a great Celebration of Black History.**

**written by ~ Maria Frazier**

# Women's History Month

## Sister Rosetta Tharpe

**Born March 20th, 1915 Sister Rosetta Tharpe was known as an American Singer-songwriter and guitarist who paved the way for gospel and inventor of rock and roll. She began singing and playing the guitar when she was four. At age six she and her mother sang gospel songs with an evangelist troupe that traveled throughout the South. In 1938 Sister Rosetta had her break single – “Rock Me” – the first-ever gospel session recorded at Decca. Rosetta soon gained popularity in the 1930's and 40's. People loved her music because she innovated the Gospel genre by incorporating spiritual lyrics into rhythm and blues accompaniment, creating a blueprint for rock and roll. Sister Rosetta pushed Gospel music into the mainstream and helped pave the way for pop gospel. Sister Rosetta's 1944 release “Down by the Riverside” was inducted into the National Recording Registry of the US Library of Congress. In 1973 she passed away due to a stroke. She was referred to as a musical influence by many musicians of different genres such as Aretha Franklin, Issac Hayes, Jerry Lewis, Kirk Franklin, and more. Sister Tharpe will always be remembered as the First Nationally known Gospel singer/Godmother of Rock and Roll.**



Written By ~ Lamontay Rucker

# Health Wise

## Know Your Numbers



### Cholesterol

- Total Cholesterol: Less than 200 mg/dL
- HDL Cholesterol for Men: Higher than 40 mg/dL
- HDL Cholesterol for Women: Higher than 50 mg/dL
- LDL Cholesterol: Less than 100mg/dL



### Blood pressure

- Normal: Systolic less than 120 and diastolic less than 80
- Elevated: Systolic between 120 and 129 and diastolic less than 80
- Stage 1 Hypertension: Systolic between 130 and 139 or diastolic between 80 and 89
- Stage 2 Hypertension: Systolic 140 or higher or diastolic 90 or higher
- Hypertensive Crisis: Systolic higher than 180 and/or diastolic higher than 120



### Glucose

- Optimal Fasting Level: less than 100mg/DL

## Consider eating a heart-healthy diet

Eating heart-healthy means your diet should include plenty of these food choices:

- Vegetables from all subgroups – dark green, red and orange, legumes (beans and peas), starches.
- Fruits, especially whole fruits to get all the nutrients (such as fiber).
- Grains, at least half of which are high fiber whole grains. Aim for 25-30 grams of fiber a day. Look for whole-grain cereal, breads, crackers, oatmeal, noodles and brown rice.
- Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages.
- A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), nuts and seeds.

# Prayer List

Chance, Danielle Douglass' grandson  
Cynthia Sloan  
Mother Doris Frazier  
Aunt Helen Johnson  
Aunt Virginia "Jenny" Hawkins  
Marion, Danita Carter's granddaughter  
Gail and Keith Flores  
Sister Osley, her son, Nathan and his son, Marcus  
Dave and Donna Parks  
Lisa Griffin  
Marquita Nickerson  
Maria Davenport family  
Joy and Sampson  
Pastor Smotherson  
Danielle Douglass's sister, Lisa  
Cassandra Mathis's niece  
The Jackson family Doria and Ari  
Kamaya Johnson  
Chris Johnson  
Blair Speas  
Christi and Brandon sister  
Alice Potts' daughter  
John Frazier  
Gloria and James Gordon  
Pam Rhodes  
Jamesette Rhodes  
Tiniah Abernathy  
Tirae Abernathy  
Quentin Ramey  
Heather Helton  
Florence Booth  
Patty Booth  
Michelle Jones  
Kanisha McDonald  
Maxcine "Renee" Clair Thompson  
Jada Wiley

## Sick and Shut In

**Gloria Gordon**

**15631 Hedgeford Ct,  
Chesterfield 63017**

**John Frazier**

**550 White Road, Chesterfield  
63017**

**Helen Johnson**

**868 Kingsland Ave #206 ,  
University City MO 63130**

## How to Fix Your Credit

**Your credit report contains information about how you've used credit in the past 10 years. You have one credit report at each of the three bureaus: Equifax Experian, and TransUnion. Most creditors report to all three, but not all, so it's worth checking the information on all three of these reports. Free weekly credit reports have been made available during times of economic uncertainty, but a free report is available at minimum once every 12 months at [Annualcreditreport.com](http://Annualcreditreport.com)**

**Written by~ Sean Thomas**

## Christian Jokes for all

**What did Adam say when he was asked his favorite holiday?**

**"It's Christmas, Eve."**

**What types of boats do believers want to go on?**

**Discipleship and worship.**

**What did David have in common with Hamilton?**

**He wasn't going to throw away his (sling)shot.**



# Black History Word Search



## Black History Word Find

Find and circle the words.

P E A C E H O H B C J A P Z L N Q R U G V G V E  
F Q P U O A A P G N F M Q J L Z Q N L E H S F M  
X N B P T P B R P N N Y E Y R A M H I O B C R A  
U J L V G D K R R O C R C N E E J I N R I T O N  
Y N J M V E V M A I R D E O Z O I S T G J Q S C  
I V D P R F C A U H E T G G I H V T A E B X A I  
V N V E K Q R D M U A T U E K W T O B W I I P P  
F C T H R W U E H E G M T N P O C R O A H H A A  
R S T E A G F Q E B N U L U I U R Y L S C Y R T  
E C Z E G D R X N D G D U I B T B D I H I T K I  
D D Q Q W R W O N F O J M D N M Y A T I V U S O  
E T V C Q L A D U R L M E E B C A H I N I S R N  
R F O H M U G T E N E A J S N Z O N O G L K C E  
I A E L K J H I I Q D M K O X T J L N T R E I U  
C R K B E A D D F O U R I J V N S I N O I G V E  
K X P Z R R Q R W B N A A D Y Z N J U N G E I F  
D Z V V A U A W Z D A V L I Z N R B I C H E L D  
O K N M V B A N G W W V V I L R S I J A T A W Z  
U H I J W K M R C N A U X M T R U K T R S I A R  
G I K O M X T P Y E N G W V P Y O C G V J R R K  
L P M I I D I V E R S I T Y G U Z A K E C M Z J  
A M A Y A A N G E L O U V Q W J G T D R E E O G  
S M A R T I N L U T H E R K I N G J R F I N I L  
S N P M T D G M B O Q M C U H X C A R Z O I A U

ABOLITION  
ABRAHAM LINCOLN  
AMENDMENTS  
CIVIL RIGHTS  
CIVIL WAR  
DIVERSITY  
EMANCIPATION  
EQUALITY

FEBRUARY  
FREDERICK DOUGLASS  
FREEDOM  
GEORGE WASHINGTON CARVER  
HARRIET TUBMAN  
HISTORY  
INTEGRATION  
MARTIN LUTHER KING JR

MAYA ANGELOU  
OPPORTUNITY  
PEACE  
ROSA PARKS  
TOLERANCE  
TUSKEGEE AIRMEN  
UNDERGROUND RAILROAD

# Bible Word Search

## BIBLE WORDSEARCH

H M V K V O X L W Z N E D E Z  
B X G H Q V Z F T C L P U J Z  
I T E H P O R P L K E J E A S  
P L N R L Y R M A I G Y L O H  
I O E Y F L J L S O N L S S A  
H R V I H C F E L C A R I M R  
S D A A A Z A I A T K R A Q V  
R S E H O C I T Q E W D M M M  
O M H S N J T X Z J X F A G E  
W R L U N S H H E U K E D G V  
T U O Z Z G A B H D D C A W E  
M O S E S A B P R E Y A R P J  
X E V L G K S U S E J R X O O  
N K I C Q E Y K M O D G N I K  
M S I T P A B L M F I D O G A

### WORD LIST

ADAM  
ANGEL  
ARK  
BAPTISM  
EDEN

EVE  
FAITH  
GOD  
GRACE  
HEAVEN

HOLY  
JESUS  
KINGDOM  
LORD  
MIRACLE

MOSES  
NOAH  
PRAYER  
PROPHET  
WORSHIP