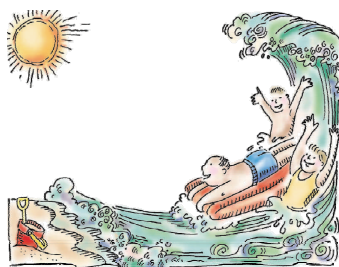


Announcing...



Summer Playground Program

The City of Tallahassee Summer Playground Program serves the

community during the summer months. This program offers a variety of activities such as sports, games, and cultural activities that help assure the emotional and physical well being of each participant. See "Beatin' the Heat in 2009" print out for details on bulletin board!



UBC WISHES ALL APRIL BABIES HAPPY B-DAY!



Temple Care

Proverbs 21:5

"Eat Right" is the theme for this year's National Nutrition Month held during the month of March.

Take small steps towards eating right for life by making informed food choices and developing sound eating and physical activity habits.

For more information, contact the American Dietetic Association at www.eatright.org or 1-800-877-1600 ext. 4771.

Temple Care provides information and tips for being a good steward of the body God has entrusted to you.

What is prayer?



If the Bible is our food, then prayer is our air. It's the way by which we draw in the atmosphere of God.

Prayer is rich and varied. Sometimes we confess our sins in a prayer of penitence. Sometimes we praise God in worship and thanksgiving. Sometimes we ask God for help and grace to meet whatever comes our way. Sometimes we pray for other people. Sometimes we're quiet, knowing that when we stop clamoring and pleading our case, there comes a sense of God's reply, some intimation of his will, some message from him to us.

Remember that nothing God can ever give is comparable to Himself. It is God we seek in prayer. Everything else is secondary.

Special dates:

- ✓ Passion/Palm Sunday, April 5, 2009
- ✓ Holy Week, April 5-11, 2009
- ✓ Maundy/Holy Thursday, April 9, 2009
- ✓ Good Friday, April 10, 2009
- ✓ Holy Saturday, April 11, 2009
- ✓ Easter Day, April 12, 2009
- ✓ Administrative Professionals Day, April 22, 2009



Church Activities

Sunday School Sundays—9:30-10:30 A.M.

Worship Service Sundays—10:45 A.M.-12:30 P.M.

Bible Study Wednesdays—7:00-8:15 P.M.

Council Meeting Second Wednesday of each month @ 6:00 P.M.



UNITY BAPTIST CHURCH

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UNITY BAPTIST CHURCH

UBC TODAY
VOLUME 3, ISSUE 3
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OUR DESIRE IS TO MAKE A DIFFERENCE, ONE FAMILY AT A TIME...

A New Way of Looking at Psalm 23

The Lord is my shepherd, That's Relationship! I shall not want, That's Supply!

He maketh me to lie down in green pastures, That's Rest!

He leadeth me beside the still waters, That's Refreshment!

He restoreth my soul, That's Healing!

He leadeth me in the paths of righteousness, That's Guidance!

For His name sake, That's Purpose!

Yea, though I walk through the valley of the shadow of death, That's Testing!

I will fear no evil, That's Protection

For Thou art with me, That's Faithfulness!

Thy rod and Thy staff they comfort me, That's Discipline!

Thou preparest a table before me in the presence of mine enemies, That's Hope!

Thou anointest my head with oil, That's Consecration!

My cup runneth over, That's Abundance!

Surely goodness and mercy shall follow me all the days of my life, That's Blessing!

And I will dwell in the house of the Lord, That's Security!

Forever, That's Eternity!

Daily challenge...

Read-Thru-the-Bible this New Year.

As they occurred --- chronologically, historically or from beginning to end. You can also Read the Old Testament and New Testament together. Your knowledge of the Old Testament will be enhanced by what you read simultaneously in the New Testament.



BIBLE Challenge

See UBC Today Editor for a copy of these daily readings.



It's springtime! When I think of the spring, I think of flowers blooming and fruit being produced. Let me ask you a question, what kind of fruit is being produced

in your life? God designed us to bear fruit and the only way we will be able to accomplish this is being staying connected to Him. It is through that relationship that we are able to reach our maximum potential. It is that relationship that impacts everything about our lives. Are you connected to the vine or are you trying to create your own vine? Time will reveal the truth. Feast or famine!!!



Worry is the Opposite of Faith!

You must

understand, we all endure challenges. We all face mountains in our lives. Knowing this, it is very important that we live our lives knowing God can and He will. Thought to Ponder: When was the last time your worrying helped you? Think about this: If you are going to pray, why worry? If you are going to worry, why pray?

YOU and YOUR CHURCH

What Your Church Can Do for You?

It can help you in your worship life. The ability to worship is limited only to mankind. Worship is very necessary in human growth and happiness.



Worship is soul nurturing. It is fellowship with God. It is the expression of one's adoration for the Almighty. Worship is the soul what food is to the body. It must not be neglected. The soul like the body can suffer malnutrition. To refuse to eat is to dwarf one's body. To refuse worship is to halt or arrest one's spiritual development.

Your church seeks to direct your worship in the right way in order that you might live close to God. Worship in the church is necessary to vital Christian living. A man can worship God in private, but he finds that group worship is essential also. "Not forsaking the assembling of ourselves together, as the manner of some is" (Hebrews 10:25), God's statement of desire concerning our church attendance. A man can pray in public. It is significant, however, that those who attend church and participate in group worship are the same ones who pray most at home. Public worship, family altars, and private devotions are guided by your church. You are encouraged to participate in them with sincerity and regularity.

Worship services are held for the benefit of the worshiper as well as the glory of God. The worshiper is encouraged to give something of himself, his talents, and energies, in the praise and service of God. True worship must be active. Participation is necessary. The one who engages in worship through singing, giving, and serving is the one who goes away with the greatest blessings.



Romans 12:1-2, is what I think of concerning the way I was taught to take care of myself and what is truly essential to maintaining your health and inner beauty as a living sacrifices, holy and pleasing to God our Heavenly Father. The world standard of taking care of people of color hair, skin, and body is that you need only topical products to maintain your temple, but as Christians the work begins on the inside. The value in that is that it is quite simple to work inside out but requires retraining our thinking and realizing that our yoke will be light. I would like to focus on two topics. The first topic is hydration concerning your skin

and scalp. The second will be the product to accomplish topical hydration When you apply these principles it will encourage natural moisture for skin and scalp. This will produce the visual results of beautiful skin and hair.

I. Hydration Good ole H₂O

Drinking water natural hydration in the body in turn will produce natural moisture in scalp and skin. The body naturally produces essential oils and moisture but could be hindered because of illness, dehydration, and lack thereof drinking water to hydrate the body. If experiences some major illnesses check with your doctor or dermatologist to make sure there is nothing you are unaware of and that you are essentially just in need of your 4 to 8 glasses a day.

Start Now! Always remember when analyzing your skin and scalps think of maybe seasons changing, you will tend to be more dry or flakey. I have experience that some cultures produce more oils and hyper active scalps when seasons change. Still the same principles will apply. SIMPLICITY... Inside out first.

II. Products

- A. Essential Oils
 - Olive oil
 - Jojaba oil
 - Almond oils

There are many other wonderful oils to apply to scalp and skin, but these are the basic that will ensure proper topical moisture when experiencing dryness. When you think of these products nine times out of ten they lay on your skin and scalp and never penetrate the areas applied. If you think of oils and water these elements penetrate. Ah ah! So I submit to you today do we want to have products lay on our skin and scalp? No! We want solutions and products that will encourage the natural well being of our temples both inside and out.

- B. Quality product
 - Salon products
 - Natural products

Quality is truly essential to getting what you pay for but getting what is truly in the bottle. This will take some effort on your part to find what works for you. Usually salon products are avenues to find what you need and want. I am advocate of natural products because usually you will get the true version of essential oils and ingredients of product which help you meet your goals.

Health and Beauty is much like our Christian journey inside out transformation, BUT our Christian journey is making a choice to choose a savior and we have a helper the Holy Spirit. Without application there will be no transformation.

Miranda