

## Ladies .....



Join us for dinner  
Tuesday, March 19th

At Hunan's  
6:00 pm

Join us for a meal and  
conversation. Get to  
know the ladies of UBC.

# KEYS

Brown Bag Lunch & Spinners

Thursday, March 14th @ 11:30 a.m.

Bring a lunch and join us for  
games and conversation!



Rev. John Annable ~ Pastor

Karen Zelten ~ Church Coordinator

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## Church Wide Dinner

Sunday, March 17th  
Corned Beef & Cabbage  
Dinner following worship

Sign up sheet on the  
bulletin board



### Easter Lilies

If you would like to purchase an Easter Lily in memory of a loved one, forms need to be turned in by March 24th. Cost is \$15.00 per flower. Forms on the table in the foyer.



**Maundy  
Thursday Service  
Thursday, March  
28th 6:00 p.m.**

**Maundy Thursday is a solemn day observed by Christians worldwide, which holds great significance in the Christian calendar, particularly during Holy Week. It is a day that commemorates Jesus Christ's Last Supper with his disciples and reminds us of the importance of humility,**

# The Builder



NEWSLETTER OF THE UNIVERSITY BAPTIST CHURCH - MARCH 1, 2024 VOL. 61, NO. 3



*In this season of Lent, I have noticed that what has normally been for me a time of quiet reflection I am finding I have a difficult time getting away from the noise—all the shouting, the accusing, the bickering, and anger. My trip to the doctor reminded me that this might be a cause of my higher blood pressure. The last few days in my attempt to combat all this I have been returning to spending a few minutes out in the air under a star filled sky and the beauty of a full moon at nighttime before I get ready to go to bed. Then, I find some soothing music to fill the last hour of the day.*

*I also find the Psalms a good place to go for peaceful reflection. We all remember the 23<sup>rd</sup> Psalm: The Lord is my shepherd; I shall not want. He makes me lie down in green pastures; he leads me beside still waters; he restores my soul. He leads me in right paths for his name's sake. Even though I walk through the darkest valley, I fear no evil; for you are with me; your rod and your staff—they comfort me.*

Let's be honest: life can be full of so much noise—so many distractions, so much busyness—and the temptation can be to just get swept away by all of it. Though we live in a society that seems to continually clamor in both speed and noise, the psalm reminds us of a bygone era when the pace was a bit slower and the noise was a bit less. The psalmist's words invoke an image of peace, rest, and tranquility taken next to a stream of quiet beauty—an image that has resonated with souls over millennia.

I count myself blessed to have lived in pastoral sittings and my soul being rejuvenated next to peaceful pastures and streams of quiet waters. It is important for me to find these places but if I can't physically get to those places I can pause and close my eyes and find the places the Psalmist sends us to and there I center my spirit and quiet my soul.

I encourage you, in this season of Lent, to take a moment today and ask our Good Shepherd to lead your spirit next to a place of green pastures and quiet waters—so that he may restore your soul and make it easier to hear his Spirit speak over the clamor of everyday life.

Pastor John

**"Our purpose at University Baptist Church is to show Christ's love to the local and global community through worship, fellowship & ministry."**

**Sunday Morning Worship @ 10:45 a.m.**

**Lively but traditional! Join us in person or on facebook**

**www.facebook.com/UBC.Carbondale**

**Sunday Morning Worship  
10:45 a.m. service**

**March 3, 2024**

Dick Cannon –Greeter  
Suzanne Corzine -Invocation & Scripture  
Harry Treece - Sound  
Harry Treece - Building Lock-up

**March 10, 2024**

Dick Cannon –Greeter  
Dick Cannon -Invocation & Scripture  
Mike Morgan - Sound  
Mike Morgan - Building Lock-up

**March 17, 2024**

Dick Cannon –Greeter  
Jan & Harry Treece -Invocation & Scripture  
Mike Morgan - Sound  
Harry Treece - Building Lock-up

**March 24, 2024**

**Palm Sunday**  
Dick Cannon –Greeter  
Vallerie King -Invocation & Scripture  
Harry Treece - Sound  
Dick Cannon - Building Lock-up

**March 31, 2024**

**Easter Sunday**  
Dick Cannon –Greeter  
Suzanne Corzine -Invocation & Scripture  
Mike Morgan - Sound  
Dick Cannon - Building Lock-up

Wednesday night Bible study led by  
Rev. Vallerie King

*The Third Day* by Tom Berlin  
Wednesday nights at 6:00 p.m.

**March Missions**

*Annie Armstrong Easter*

*Offering*

*North American  
Missions*

*"Make Jesus Known"*



Week of Prayer: March  
3rd thru 9th



**ONE FOR THE CROSS**

**ONE DOLLAR FOR EVERY PERSON**

**IN EVERY CHURCH ON PALM SUNDAY**

**Sunday, March 24th**

**This Month at  
University Baptist**

**Friday, March 1st**

Food Pantry/ Clothes Closet  
9:00 a.m. to 11:30 a.m.

**Monday, March 4th**

Food Pantry/ Clothes Closet  
9:00 a.m. to 11:30 a.m.

**Wednesday, March 6th**

Bible Study @ 6:00 p.m

**Friday, March 8th**

Food Pantry/ Clothes Closet  
9:00 a.m. to 11:30 a.m.

**Monday, March 11th**

Food Pantry/ Clothes Closet  
9:00 a.m. to 11:30 a.m.

**Wednesday, March 13th**

Bible Study @ 6:00 p.m

**Thursday, March 14th**

KEYS Brown Bag Lunch and Spinners  
@ 11:30 a.m.

**Friday, March, 15th**

Food Pantry/ Clothes Closet  
9:00 a.m. to 11:30 a.m.

**Sunday, March 17th**

Corned Beef & Cabbage Dinner  
following worship

**Monday, March, 18th**

Food Pantry/ Clothes Closet  
9:00 a.m. to 11:30 a.m.

**Tuesday, March, 19th**

Soup 'r' Supper  
Dinner at Hunan's @ 6:00 p.m.

**Wednesday, March, 20th**

Bible Study @ 6:00 p.m

**Friday, March, 22nd**

Food Pantry/ Clothes Closet  
9:00 a.m. to 11:30 a.m.

**Monday, March, 25th**

Food Pantry/ Clothes Closet  
9:00 a.m. to 11:30 a.m.

**Wednesday, March 27th**

Bible Study @ 6:00 p.m

**Thursday, March 28th**

Maundy Thursday Service @ 6:00 p.m.

**Friday, March, 29th**

Closed for Good Friday

**News of our people.....**



We finally managed to have a birthday celebration for Rita Cannon and Sandy Karraker!

We had cake and ice cream and played Spinners. A good time was had by all!

**Karen Zelten** is on the road to recovery from her surgery and is grateful for all the prayers, cards, flowers and support that she has received from the UBC family.

**Sandy Karraker** is going to have a valve replacement sometime during the month of March and would appreciate your prayers. Congratulations to **Harry Treece** on his promotion at Lowe's. You will find him in the paint department.

**Our Prayer List...**

Pastor Annable, Stephanie Camarato, Sandy Karraker, Bobby Edmond, Patricia Tucker, Kay Purcell, Our shut ins, those with continuing health problems and our world.

**Interfaith Council:**

Week of March 3rd: Gaia House Interfaith Center  
Week of March 10th: Good Samaritan Ministries  
Week of March 17th: Grace United Methodist Church  
Week of March 24th: Islamic Center of Carbondale

**"Give all your worries to Him because He cares about you." 1 Peter 5:7**

**Deacon on Call the month of March is Harry Treece**



# March



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Deacon on Call for the Month is Harry Treece					1 Food Pantry & Clothes Closet 9:00 a.m. to 11:30	2
3 Worship at 10:45 a.m. Week of Prayer for North American Missions	4 Food Pantry & Clothes Closet 9:00 a.m. to 11:30	5	6 Bible Study 6:00 p.m.	7	8 Food Pantry & Clothes Closet 9:00 a.m. to 11:30 Valley Tournament	9 Valley Tournament
10 Worship at 10:45 a.m.	11 Food Pantry & Clothes Closet 9:00 a.m. to 11:30	12 Mike Morgan Birthday	13 Bible Study 6:00 p.m.	14 KEYS Brown Bag Lunch & Spinners 11:30 a.m.	15 Food Pantry & Clothes Closet 9:00 a.m. to 11:30	16
17 Worship at 10:45 a.m. Corned Beef & Cabbage dinner following worship St. Patrick's Day	18 Food Pantry & Clothes Closet 9:00 a.m. to 11:30	19 Soup 'r' Supper Hunan's @ 6:00 p.m.	20 Bible Study 6:00 p.m.	21	22 Food Pantry & Clothes Closet 9:00 a.m. to 11:30	23
24 Palm Sunday Worship at 10:45 a.m. Easter Sunday 31	25 Food Pantry & Clothes Closet 9:00 a.m. to 11:30	26	27	28 Maundy Thursday Service 6:00 p.m. Jessica Edmond Birthday	29 Closed/Good Friday Mike & Karen Zelten Anniversary	30