

G.T.A.H. Great Things Are Happening

U N I O N G R O V E M I S S I O N A R Y B A P T I S T C H U R C H



O Woman, Great Is Your Faith!

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This month we celebrate Mother's Day! I pray God's richest blessings upon all of our Growve Zone moms. May your day be filled with sweet fellowship with your families. To all of us who will spend our day with mom, I trust your time with mom will be the best ever.

In this article, I hope to encourage you with an incident told in Matthew 15:21-28. There was a Syrophoenician (Si-row-fuh-nee-shun) woman who begs Jesus to cast a demon out of her daughter. The KJV quotes girlfriend as saying her daughter was "severely demon-possessed." Can you imagine what this demonic influence had her daughter doing? I think her daughter was going far beyond what some of our daughters have done

on their worst days. Imagine evil things worse than lying about their whereabouts, or wearing one outfit out the door and putting on inappropriate attire once they're out of sight, or posting sexually explicit photos or videos on the Internet.

Well, mama did the right thing by coming to Jesus about her daughter. She was a Gentile. She, therefore, had no covenant relationship with God. Jesus ignored her (v.23). He initially gave no response. Isn't that something?

Do you have a covenant relationship with the Lord? If you have not committed your life to Him, I encourage you to do so. Covenant relationships go beyond church membership. A covenant relationship means you give yourself away to Him

so He can use you. It means you're saved by His grace and living a life of holiness in every respect. Jesus responds to her in verse 24 by telling her He was ministering to Jews and to Jews only. In other words, He wasn't *studdin'* her! She persisted anyway and cried out in verse 25, "Lord, help me!" She didn't back down. She's desperate. Like any mother, she loves her daughter and comes to the Master to get her little girl delivered. She knows she's out of covenant relationship with Him, but she knows what He's able to do as well.

In verse 28, He marveled at her faith and demonstrated His compassion and power to deliver. He moved on her behalf. He said to her, "O woman, *Cont'd on Page 2*

MISSION STATEMENT:

To draw people to Christ, maximize our potential, and creatively meet the physical and emotional needs of the church and community.

O Woman, Great Is Your Faith! *(cont'd from Page 1)*

great is your faith! Let it be to you as you desire.”

Mama, I hope you have a covenant relationship with the Lord. I encourage you to commit your life to Him and love Him with all your mind, heart, soul, and strength. If any of your children is out of control, trust Jesus. Pray with a faith that won't back down. Your faith can be the catalyst for change in their lives. Call on His mighty Name. In the Name of Jesus, devils flee! In the Name of Jesus, deliverance happens! If He did it for her, He can do it for you, too. Jesus is able and willing to deliver. Great faith can produce great results! Be encouraged & Happy Mother's Day!



Dear God, This is my girl, my friend, my sister, whom I love. And this is my prayer for her. Help her live her life to the fullest. Please promote her and cause her to excel above her expectations. Help her to shine in the darkest places where it is impossible to love. Protect her at all times, lift her up when she needs you the most and let her know when she walks with you, she will always be safe. Amen.

AS A MOTHER...

A Joyful toon by Mike Waters



As a mother comforts her child, so will I comfort you; and you will be comforted over Jerusalem. —ISAIAH 66:13 NIV

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finding your PLACE in life and ministry

PLACE Ministry invites YOU!

Attend the next PLACE Workshop to discover how your personality, spiritual gifts, abilities, passions, and life experiences work together to define your PLACE of service within the body of Christ!



When: Saturday, May 14th
Where: Housing Authority Building
(right behind the church)
Time: 8:00am to 4:00pm



Lunch, snacks, and materials will be provided!

Space is LIMITED! You **MUST** register to attend this workshop!

How to register: email placeatthegrove@gmail.com, sign up in the annex, or contact Min. Leo Finkley at 478-787-1685

CAMP DATES:
May 31, 2011 - July 29, 2011
*7:30 am-5:00 pm Daily
*Ages 5 - 12
*Cost is \$55 per week
(2 or more children get discount)
*\$25 non-refundable deposit per child
Camp Registration begins Sunday, April 3, 2011

Daily Camp Activities Include:

- Weekly Themes
- Arts & Crafts
- Academics
- Games
- Team Building
- Field Trips

Union Grove Missionary Baptist Church Office
809 S. Davis Drive
Warner Robins, GA 31088
478-922-5514
478-923-6551 (fax)

Union Grove Missionary Baptist Vision Center
Summer Camp Location
1231 S. Davis Drive
Warner Robins, GA 31088
478-922-2613

SUMMER CAMP 2011

For more information, contact:
Mrs. Michelle Clarke, Camp Director
ugfirstlady@hotmail.com

May Happenings

5-8	Mother's Day Service	10:15 a.m.
5-10	Equally Yoked Meeting, ClassRm #1	7:00 p.m.
5-11	Spade Tournament, CC	6:15 p.m.
5-12	Vision Leaders, CC	6:30 p.m.
5-14	PLACE Workshop, HA	8:00 a.m.
5-14	Golden Achievers, CC	12 noon
5-14	Pearl Stephens Reunion, ClassRm#1	12 noon
5-15	Graduation Sunday	10:15 a.m.
5-17	Community Garden Meeting, CC	7:00 p.m.
5-18	Spade Tournament, CC	6:15 p.m.
5-19	Spiritual Enrichment Meeting, CC	7:00 p.m.
5-22	Ministry Workers Meeting, S	6:00 p.m.
5-24-26	Prophecy Conference, Rev. Perkins	7:00 p.m.
5-27	Equally Yoked Movie Night, VC	7:00 p.m.
5-29	Memorial Day Service	10:15 a.m.

CHURCH SERVICE HOURS

SUNDAY MORNING PRAYER
8:00 a.m.

SUNDAY SCHOOL
9:00 a.m.

SUNDAY WORSHIP
10:15 a.m.

WEDNESDAY
Mid-day Manna Noon
Bible Study 7:00 p.m.

Learn ~ Serve ~ Give ~ Connect ~

U.G.M.B.C. OFFICE HOURS

Tuesday—Friday
8:00 a.m.— 4:30

Monday
Office Closed

Additional Church Hours
Tuesday — Friday
6:00 p.m.—9:00 p.m.

Janice Scott
Administrative Assistant



“Honor her for all that her hands have done, and let her works bring her praise at the city gate.” (Prov 31:31)



A good mother will always make her children feel welcome in her home. And that is something I have always done and still do. Being a woman and a mother in your home is

a very important role. Children pick up patterns after their mother. As a wife, you must carry yourself in a way that is respectable to your husband and children. As a mother, it is my job to nurture my children and to set goals and reach them. One thing that is very important is teaching your children to be self efficient and stand on their own. It is also important for a mother to show her son how to treat a woman. If the son watches the father treat his mother right, he will do the same. In Proverbs 31, it describes the characteristics of a righteous woman. A woman has a hand on the relationship more than a father because a mother is always there with her children. As a mother, it is our job to be an example to get the children to the church so they can understand who God is and to learn the importance of fellowship, and how to walk with God. I brought my children up in church just as my mom did. My mother has

been gone for 20 years now, but I will always remember how she always sang and praised God while she was cooking in the kitchen. She always made holidays special and made everyone feel a part of her life. She always praised the Lord and made everyone go to church. She was very firm but loving. She was a beautiful woman. I believe that I am as lovable like my mother. I love to have family gatherings, laugh and have a good time with my children and my husband. Being a mother and a wife are two extremely important roles. I feel that to be submissive means that you are to be submissive to your husband. Make your husband feel like the man of the house and make him feel important. But always remember that if what he says is not God led or is something that will take you out of the rim of God, then listening will take you away from God. Many years ago people thought being submissive meant if your husband says, “Go to bed,” then you automatically went to bed. But as time went by, and women became more educated, they learned that there is difference in submitting and your husband having complete power. I can’t express how important it is to always love on your children and make your time here on earth meaningful. As a Christian body, we need each other. When God blesses us with our children and gives us the role of a mother, He places the lives and upbringing of our children in our hands. We should realize this is a precious gift and we shouldn’t take it lightly.

Titus 2:3-5

Likewise, teach the older women to be reverent in the way they live, not to be slanderers or addicted to much wine, but to teach what is good. Then they can train the younger women to love their husbands and children, to be self-controlled and pure, to be busy at home, to be kind, and to be subject to their husbands, so that no one will malign the word of God.

Announcements



**CENTRAL GEORGIA CANCER COALITION'S
COLORECTAL CANCER SCREENING
INTERVENTION**

*An educational series on Colorectal Cancer
Screening and Prevention*

Health Care Ministry of
Union Grove Missionary
Baptist Church & the **Central
Georgia Cancer Coalition**
have partnered to provide
classes about colorectal cancer
prevention for our community
and region.



Location:

**Union Grove Missionary
Baptist Church
809 South Davis
Warner Robins, GA 31088**

Dates: June 1, 8, 15 @ 5:30
*light refreshments & prizes will be
available*

Call 478 922 5514 to
reserve your seat!
www.centralgacancer.org

**Senior Pastor
David A. Clarke, Sr.**

Do you want a more impactful Youth Ministry?
Do you want your Voice to be Heard?
Are you tired of being left out?
Do you want to add some freshness and
swagger to the UG Youth Ministry?



Serve the Lord with Gladness

Well we invite you to join the UG Youth Stu-
dent Council. Applications are available, please
see Min. Rashee Ragin.

Attention all trash talkers!!

The youth will be sponsoring a spades
tournament every Wednesday for the month of
May. Get your partner & bring your "A" game.
Everyone is welcome to play but only 1 team
will be crowned Cham-
pion at the end. Who will
it Be? Joker Joker Deuce
Deuce baby!



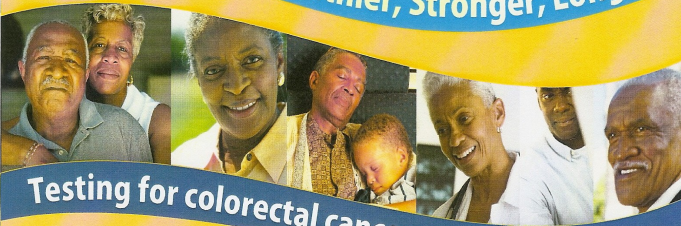
Tournament begins Wed
May 4th @ 615pm in the
CC area.

Min. Rashee Ragin

COLORECTAL CANCER

Ask yourself, can you stop this cancer
before it starts?

Learn to Live...**Healthier, Stronger, Longer**



Testing for colorectal cancer can save your life!

Screening can
find colorectal
cancer early,
when
treatment is
most
effective.

Colorectal Cancer is the second
leading cancer killer in the United
States, but it doesn't have to be. If
everybody aged 50 or older had
regular screening tests, as many as
60% of deaths from colorectal
cancer could be prevented.

Join one of our classes to learn
more about prevention. For more
information call:



The next Spiritual Enrichment Ministry (SEM)
Meeting will be held on May 19, 2011 @ 7:00
pm in the Children's Church. Please be present
and on time. I'm looking forward to
discussing how God is leading your
ministry forward into 2011. Please
have your written report ready to
share at our meeting.



FLEAUing into 2011
Deacon D. Woodard, SEM Vision Leader

Ministry Highlight: G.L.O.R.Y. Ministry



Minister Connie Dinkins
Ministry Leader

The G.L.O.R.Y. (God's Ladies Overcoming Reaping Yielding) Ministry is lead by Minister Connie Dinkins. It's mission is to help all women walk in their God-given purpose and to make sure they have a strong foundation so that the storms of life will not over power them.

"It is my vision that all women can lay aside guilt and shame of our past, to truly be free, to praise and worship God in Spirit and in truth, and to walk hand-in-hand in unity and love," explains Minister Dinkins. G.L.O.R.Y. is more of a get-to-know-you type of ministry and designed for women in the church to come together to fellowship. "We do not go out and reach out to the community. Instead, our goal is to reach out among the women in the church. It allows us, as Christian women, learn and know each other, as well as help them get closer to God." Fellowship is every 4th Sunday at 5:00pm at Union Grove. Bible study is held every 1st and 3rd Sunday.

New Member Profile

Patrick & Beverly Talton and Nia Glover



Patrick, Beverly, and Nia recently joined Union Grove Missionary Baptist Church and were baptized by Pastor David Clarke on February 20, 2011. Beverly is a full-time student, pursuing an Associates

degree in Nursing and Patrick is a Registered Nurse at the Coliseum Medical Center. They both enjoy spending time with their families, watching movies, and participating in family-oriented activities.

Patrick and Beverly Talton: "After relocating to Warner Robins in June 2010, we searched for a church home with a 'family-oriented' congregation. We visited Union Grove for the first time in September 2010 and upon each visit afterwards, my family and I were

always greeted with hugs, smiles, and WELCOMES. I've finally found a church that takes me back to that down-home feel of a church family. And being baptized was an awesome experience for me! Pastor Clarke is an awesome pastor that teaches and educates with each and every sermon. To say that I attend Union Grove for the service, would be an understatement...I actually attend for the 'soul food and family reunion' (the teachings of Pastor David Clarke during each sermon and meeting/greeting my church family)."

Nia Glover: "I like Union Grove Baptist Church because its fun and educational. I'm glad that we joined the church and I like Minister Rashee because he teaches me about God."

Easter Program



The Cast

Directed by Sister Africa Porter

Jesus (on the cross): Omari Green

Jesus (resurrected): Chris Johnson

Soldiers: Minister Cornelius Thorpe
Minister Rashee Ragin

Joseph: Rodney Solomon

Simon: Torian Nardin

Props: Teaching Ministry
(Sis Wanda Verrett)

Dance Ministry:

Africa Porter Shirley Lane

Pamela Myrick Alicia Montford

Keisha Ragin UrLeaka Woodard

Music: Minister Everand Woodard

What does the Union Grove Youth Have to Say About their Mothers?

I love my mother because she pushes me to do what I want to do.
– TiEboni Bradshaw

I love my mom because she always support me in everything I do, and she tries her best to come to every event that I participate in..
– LaDareon Copeland

I am thankful for my mom because she is the reason why I am who I am today.
–Amber Terry

I love my mom because she teaches me “long life lessons: and the meaning of each one as they come.
–Soraya Brown

I’m thankful for my mother because if it wasn’t for her I wouldn’t be here or won’t know things of life, especially cooking (lol).
–Hannah Little

I love my mom because she is the best cook I know.
–David Clarke II

I love my mom because she gives me more than one chance to get

something right and she is the best mom ever.
–Leo Finkley

I’m thankful for my mother because she takes care of me and feeds me.
–Arius Porter

My mom spoils me.
–Myshawntae Edwards

My mom loves me because I am her son, and I love her.
–Jacob Cannon

When my mom do stupid stuff it makes me laugh and I love her for that.
–Joshua Cannon

My mom makes me happy when she helps me with my homework.
–Jaheem Tillman

I love my mom because she gives me money and takes care of me.
–Davontae Perry

My mom makes me laugh when she acts silly, Love you mom.
–Ta’Rodreon Tharpe

She takes care of me and helps me a lot

when I’m having trouble...that’s my mom.
–Ty-teanna Tillman

My mom makes me smile by letting me stay with her.
–Shorna Love

She celebrates my birthday and she buys me whatever I want, I love my mom.
–Keynan Anderson

My mom makes me happy when she lets me watch movies and she lets me play with my toys.
–Destiny Barzey

My mom, also known as the most important person in my life, is the world to me. She’s my protector, best friend, and she’s always there when I need her the most.

–Jasmine Reese

I love my mom because she takes care of me and buy me new shoes and clothes.
– Carell Rembert

My mom is the most important person in my life, and I’m proud to call her my mother. I

thank her for being there for me for everything.
–Vhirlinda Edwards

I love my mommy because she lets me play the XBox 360.
–Wesley Lockhart

A special woman who reads this from heaven is my Grandma Mary Lou Whitehead. She was the best mother/grandmother I could ever have. She gave great support, leadership, and most importantly, she gave unconditional love. I love you Ma, Happy Mother’s Day.
–Ashley Whitehead

I love my mom because she is nice, she helps me with my homework, she takes me to my dance class, gymnastics class, and my piano lessons, because she reads to me, and lets me sleep in her bed, and because she makes me laugh when she tickles me.
–Jaida Williams

Bible Verses for Women



Jeremiah 29:11

“For I know the plans I have for you,” says the Lord. “They are plans for good and not for disaster, to give you a future and a hope.” (NLT)

Psalm 139:13

“You made all the delicate, inner parts of my body and knit me together in my mother’s womb.” (NLT)



1 Peter 3:3-4

“Don’t be concerned about the outward beauty that depends on fancy hairstyles, expensive jewelry, or beautiful clothes. You should be known for the beauty that comes from within, the unfading beauty of a gentle and quiet spirit, which is so precious to God.” (NLT)

Proverbs 14:1

“The wise woman builds her house, but with her own hands the foolish one tears hers down.” (NIV)



Proverbs 11:16

“A kindhearted woman gains respect, but ruthless men gain only wealth.” (NIV)

1 Corinthians 11:11-12

“Nevertheless, in the Lord woman is not independent of man, nor is man independent of woman. ¹² For as woman came from man, so also man is born of woman. But everything comes from God .” (NIV)



1 Timothy 3:11

“In the same way, the women are to be worthy of respect, not malicious talkers but temperate and trustworthy in everything .” (NIV)

1 Timothy 2:9-10

“Since prayer is at the bottom of all this, what I want mostly is for men to pray—not shaking angry fists at enemies but raising holy hands to God. And I want women to get in there with the men in humility before God, not primping before a mirror or chasing the latest fashions but doing something beautiful for God and becoming beautiful doing it.” (The Message)

Proverbs 18:22

“He who finds a wife finds a good thing and obtains favor from the LORD.” (NASB)



Proverbs 31:30

“Charm is deceptive, and beauty does not last; but a woman who fears the Lord will be greatly praised.” (NLT)

A Mother's Struggle

Written by: Minister Everand Woodard

Fatima was a young struggling mother. While she was growing up, people would always tell her how bright and talented she was. For years, she was a straight A student and heavily involved with band and the science club. With all her achievements, she gained a scholarship in her junior year of high school. Almost everything went well for her except she was naïve when it came to boys. Her sophomore year in school she started dating a Senior. She was infatuated with him and thought it was true love, but she was sadly mistaken. She was drawn to him because he was a ball player, but what she didn't know was that he was a player on and off the court. He had been pressuring her to get physical with her but she held out for years. It wasn't until the beginning of her senior year that she finally gave in. Not long after, she came up pregnant. She was devastated. All of the plans and accomplishments she made now would have to be put on hold because she had to take care of this new baby. Abortion wasn't an option. She graduated just barely before the baby came. With a new child to take care of, her college plans were delayed indefinitely. Even through this experience, Fatima still hadn't learned her lesson. She was still madly in love with her baby's daddy. Five years and two more children later, Fatima was still in the same position. It was as if her life was going in circles, never able to get ahead of the game.

Working two jobs to provide for her family, the stress of trying to juggle everything was starting to get to her. The children's father was not providing any kind of real help, but he still had her wrapped around his finger. Fatima did not finally get the picture until one day she received a phone call from him. It was his phone calling, but it wasn't him on the other line. His phone was actually in his pocket where it pressed against the keys. Fatima sat with her jaw dropped as she heard the sordid details of his. Rather than give him time to explain, all his things were out on the curb when he returned. Months later, she found out that He had several other babies around town by different women. Fatima was distraught. Her original plans of becoming a doctor had long since been given up, but she had been able to become a certified nurse's assistant through much struggles. Her performance at work was affected by the trouble she was having in her personal life. One of her coworkers recognized how God was trying to get her attention through all of this and invited her to church. Fatima had grown up in church but since the first time she got pregnant, she has not been back in years. While she was at the service, she felt as if God was speaking directly to her. Right there, she decided to repent and come back to the LORD. At first things were great. She was full of joy and passion for the

LORD. However after a few weeks, reality set in. All of her problems did not go away. The baby's father was calling asking to see the kids. At first she was suspicious, but he seemed genuine so she gave him a chance. It wasn't long before he charmed the pants off her. This went on for months. The guilt and shame from falling back into his seduction caused her to shy away from church. Her friend from work took notice and asked her what was going on. At first Fatima was coy, saying everything was all right. But as time went on, she could no longer bear it. She felt incredibly foolish, dirty, and hopeless. Her friend at work noticed all of this. One day after work, she pulled Fatima aside to talk to her. Fatima confessed her current failings. She told her friend of the frustration and anger she felt for herself. In tears, she spoke about how bad she felt for falling into the same trap especially after all this time and knowing what kind of man he is. Fatima told of how broken she felt over the conviction that came from repeatedly falling into fornication but at the same time not able to be free from it. She felt that she was on a never ending cycle of temptation, struggle, defeat and repentance. Would there ever be any victory over this hopeless situation? Fatima continued sobbing while telling her friend that she had

(Cont'd on Page 11)

This month's recipe is for for the Seafood Lovers: Conch Salad

Submitted by Caribbean Queens Catering

Prep time: 15 mins. Serves 4

Ingredients:

1 lb of fresh conch meat	1 sm. onion
1 sm. red bell pepper	1 sm. green bell pepper
1 bottle of lime juice	1 head of lettuce
1 lg. tomato	salt and pepper to taste
1 cup of olive oil	1 tsp. of red pepper



Wash conch thoroughly with lime juice. Cut into bite size pieces. Season with salt and pepper, lime juice, and red pepper. Set aside in bowl with above ingredients. Shred the lettuce nice and thin (or your desired length). Cut tomatoes in thin round slices. Cut the peppers in small chunk- like pieces. Slice onions in thin long lengths. Take the tomatoes (three to a plate) and place flat down in a circular position. Place a tsp. of olive oil in pan with all the peppers, red pepper and a little lime juice. Add salt and pepper for taste as you go. Let veggies simmer on a low heat until tender. Add conch meat for 2 minutes to simmering veggies. Finally add lettuce and onions to plate and top with conch meat and veggies...Can be served with garlic toast bread or French bread...Enjoy your Island salad!

A Mother's Struggle (cont'd from page 10)

tried all that she could think of but nothing seemed to help. She was even more depressed because she realized she was setting a bad example for her children. Her friend remained quiet while Fatima got it all out. Finally she spoke. "In the gospels there is an account of a woman who had an issue she could not clear up. She had been trying for twelve years, but everything she did ended in failure. It wasn't until she took the issue to Jesus that He made her whole. Fatima, the problem you're having is you; 'you' are trying. As long as you try to defeat

this issue in your power you'll never be able to find victory. You have to submit to Christ and allow Him to work in and through you to give you the victory." When Fatima heard this, she was taken aback a bit. She had always thought that she should try her best and be as Christ like as possible. With nothing else to lose, Fatima surrendered. One night in solemn prayer, she cried out to God for him to manifest the risen Christ in her body; that she would no longer live out her destiny, but that Christ Jesus would truly reign in her. At first she didn't think God heard

her. It did not start thundering and lightning and she didn't feel any goose bumps. The next time the temptation arose, Fatima simply prayed "Have your way LORD." Immediately the Spirit of God came over her and directed her thoughts and actions to where the temptation no longer had any power over her. After the situation was over, Fatima cried out to God to give his name Glory over the victory He had given her. This experience became a landmark memorial to her. Now she knew the power in overcoming. Every time the Devil came to destroy

didn't lean to her own understanding but trusted in God to give her the victory.

2 Corinthians 12:9

And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me. 10 Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong.

Praying For Our Pastor

30 Days of Prayer

During this time we will pray for our pastor for 30 days. This is a time to come together as one body to pray intentionally on behalf of our pastor. Each member is encouraged to pray daily and specifically for pastor under the leading of the Holy Spirit.

Week 1 – Pray for the Man

Walk with God, Character, Dreams, Personal Holiness, Relationships, Strengths and Weaknesses

Week 3 – Pray for His Mission

Faithfulness, Clear Vision, and Obedience

Week 2 – Pray for His Marriage

Wife, Children, Protection, and Provision

Week 4 – Pray for His Ministry

Fresh Anointing, Wisdom, Revelation, and Rest

Union Grove Men's Ministry Fellowship and Fish Fry

- ▣ **Who:** All brothers of Union Grove
- ▣ **What:** Fellowship and Fish Fry
- ▣ **When:** 5:00 PM Saturday, 4 June 2011
- ▣ **Where:** The Newly Renovated Vision Center
- ▣ **Why:** Survey Results, Up Coming Events, Games, and Fish Tales
- ▣ **How to Participate:** The Fish will be provided. Bring A dish, supplies and/or services - Sign-up in the Annex

Women's Health

Submitted by the Health Care Ministry

Childbirth, menstrual cramps, migraines; if you were born with XX chromosomes, you are probably well acquainted with all kinds of discomfort. Women are more likely to suffer chronic pain than men. Thanks in part to certain female centric conditions; i.e. endometriosis, fibro-myalgia. New research shows that pain can be a mental game and that you can up your tolerance by retraining your brain.

When you stub your toe or sprain your wrist, the million of nerves in your skin and tissues send the sensation to your brain. Your mind gets the message and shoots back a danger signal in the form of a sharp ache. All this happens in a matter of milliseconds and sends your body into a fright or flight mode; which can cause rapid heart beat, hyper breathing, searing and lightning speed reflexes. This is the reason you can pull your hand away so quickly from a hot stove.

How much you wince or wail when stumping your toe, comes down to how your parents were able to tolerate pain since one aspect of pain tolerance is genetic. Estrogen fluctuations may also play a role in magnifying aches. Boys and girls have similar pain detection until puberty. After that, the perception of pain seems to be more intense for women when their estrogen levels drop right before their menstrual cycle. Your pain tolerance can be altered by your emotions and over time, the brain can recover itself to be more or less responsive to certain kinds of pain.



Here are a few tips:

1. Next time, when you're up against big time pain (such as getting a migraine, sitting through a meeting, getting a tetanus shot or getting a tooth pulled), try some breathing exercises and self talk. Inhale slowly through your nose for 10 seconds while silently repeating a phrase such as, "It will get better soon. When you exhale, imagine you're shooting all the aches out through your nose.
2. Try practicing setting measurable goals. "I'll get through the next hour," and so on. Once you start doing this, they will become a habit and you will be able to tolerate pain much better.
3. Look at it this way, a high tolerance for pain is a quality to be thankful for, but when your body attempts to tell you something again and again the smartest thing to do is to listen up!

College Corner



Eboni James Grant is the daughter of James and Frances Grant. Eboni is a senior at Georgia Southern University. Her expected graduation date is December 2011 with a Bachelor's of Science

in Pre-Exercise Science. Her goal is to have a future career in Physical Therapy. She loves being around family. She also enjoys meeting and helping people. Eboni has been attending Union Grove

since she was born. Eboni believes "you should always keep God first and never allow anyone to be a priority when you are only an option."

Teenage Bible Study Class Attends *Soul Surfer*

Submitted by: LaShondria Smith

On Wednesday, April 20, 2011, the teenage bible study class of 31 teenagers went on a movie outing to the Galleria Cinema to watch *Soul Surfer*, an inspirational story of Bethany Hamilton, a surfer who was brutally attacked by a shark and her return to surfing through the help of a strong support system and her faith. Before leaving the theater, three take-a-ways from the movie were discussed with the bible study class.

1. God provided Bethany a vision and the vision was manifested. We encouraged our teens that oftentimes God will give a vision and a Word. With Him being God, He cannot lie, so it will come to. God keeps His promises.
2. Another surfer, Malina (dressed in black), constantly challenged Bethany, making it hard for her. She represents the adversary, the enemy, those who do not want our teens to succeed. The teenagers were reminded that there will always be someone or even the devil himself that wants them to fail but they have to be willing to not give up and use that as motivation to continue on. At the end of the movie, Bethany had won Malina over. Although Malina won the competition, she stated that Bethany was the real winner and shared the 1st place prize and accolades with her. This demonstrated to the teens that their actions can win others over when they act in a way that is pleasing to God because it touches others and can change them.
3. The importance of family and friends supporting you—Bethany had a very close, nurturing, loving, encouraging, and supportive family. We explained that none of us can make it in this life alone. We need people to be there for us to help us along the way. Family and Christian friends are important.

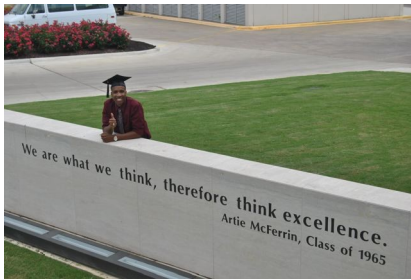
There were many other great take-a-ways through-



out the movie. The girls snuck out one night to go surfing and thought the mother didn't know but the next morning she told them what they did that night. The mother and father displayed love even in the presence of their children, so the children saw the mom and dad loving on one another and working together to make the family work. An event that took place in the movie was when the teens went on a mission trip. Our teens were able to see other teens giving to others and making a difference. The youth leader showed pictures of close up images and had the youth guess what it was a picture of. This demonstrated perception and used Jer 29:11 in her teaching. The movie outing was a great opportunity to creatively meet the teen's spiritual need in a different yet Christ-centered setting. We commend our teens for their superb behavior and attentiveness.

We look forward to what God has in store for our teenagers as we continue to grow, learn, study, and work together in the future. A special thank you to the Teaching Ministry for supporting the movie outing and a very special thank you to our chaperones and drivers: Minister Rashee Ragin, Sis Cassandra Brown, Sis Joan Stewart, Sis Pamela Hardin, and Sis Nicole Steedley.

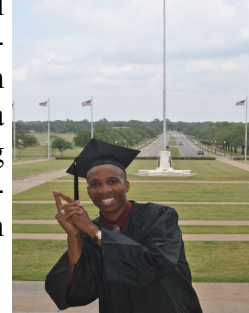
Look Who's Graduating...



Thomas Harwell, a former member of Union Grove along with his family, is doing great things, all Glory to God, to include graduating with a degree in Biology on May 14, 2011. His parents, Barry and

Netra Harwell, are extremely proud of his accomplishments and are excited about his next steps in life. Thomas was awarded a full graduate scholarship at Texas A&M which means he and his sister, Rebekah, who is a high school junior, will go to school together next year. To send your well wishes to Thomas, you can email him at thomas.harwell@gmail.com. Bro. and Sis. Harwell thanks the Union Grove family for all

their prayers—they truly change not things but people. They are currently living in Iwakuni, Japan where Barry retired from the Air Force in 2007 and is now working in the Civil Service Organization and Netra is working for the DoDEA as an educator.



4-Him 2 Ministers in Dance

What does God want? Deuteronomy 10:12 tells us: “And now, Israel, what does the Lord your God require of you, but to fear the Lord your God, to walk in all His ways and to love Him, to serve the Lord your God with all your heart and with all your soul.” As 4 Him 2 ministers in dance, to the song, “He Wants It All,” by Forever Jones, we were reminded that Deuteronomy 6:5 tells us “You shall love the Lord your God with all your heart, with all your soul, and with all your strength.”



*Love me; Love me
with your whole heart
He wants it all today.*

*Serve me; Serve me
with your life now
He wants it all today*



*Bow down; Let go
of your idols
He wants it all today!*

Youth Appreciation



Jasmine Reese is the daughter of Gloria Tillman. She is a senior at Warner Robins High School. When Jasmine graduates, she will attend Middle Georgia Technical College. She plans on majoring in Cosmetology and Nail Tech. She loves to draw, dance, sing, and cook. She sings in the choir and loves it. She has been going to Union

Grove since 2008 and recently joined this year after attending the Youth Lock-In. She feels that her talent is helping others because she loves lending a helping hand

It's Coming Fast

**We are planning another dynamic
Vacation Bible School!**

Positions available: VBS Director, Classroom Teachers, Games Coordinator, Crafts Teacher, Food Service Personnel, Music Director, Administrator, Helper to any of the above.

A sign up sheet has been placed on the bulletin board in the annex or you may contact Sis. Wanda Verrett at 328-1483

Attention Jr. Choir Parents!

A new CD is available. See Sis. Verrett or Sis. McCants. One CD per family please! CDs will be provided to adults only!

Open Scholarships

B. Davis Scholarship due May 27th

www.studentawardsearch.com/scholarships

- o Write an essay
- o High school juniors, seniors, and college students
- o \$1000 awarded

Ebony Drivers of Middle Georgia due June 30th (See Sis. LaShondria Smith for copies)

- o 2.5 GPA
- o Write an essay and complete application package
- o \$1000 awarded

AES Engineers Scholarship due October 7th

www.aesengineers.com/scholarships

- o Write an essay
- o \$1000 awarded

Each scholarship may not be applicable to your child however, still review the applications to determine if it does. Sis. LaShondria has volunteered to read the essays and edit them once they are written, a week prior to deadline.



Congratulations to Jaylen as he will be inducted into the National Junior Beta Club! The induction ceremony is scheduled for Thursday, May 19, 2011 at 6:00pm at Miller Elementary.



Phi Beta Sigma, Inc. Worships with the Grove Zone-April 10th



Phi Beta Sigma Fraternity, Incorporated was founded at Howard University in Washington, D.C. on January 9, 1914, by three young African-American male students who wanted to organize a Greek Letter Fraternity that would truly exemplify the ideals of brotherhood, scholarship and service. Being both a social and service organization, Phi Beta Sigma's three National Programs are: Social Action, Education and Bigger and Better Business. The fraternity works with organizations such as The National Pan-Hellenic Council, The NAACP, The National Urban League, March of Dimes and The National Boys and Girls Clubs of America. It is an organization that is concerned with and involved in meeting the needs of the community. Zeta Phi Beta Sorority, Inc., founded in 1920 with the assistance of Phi Beta Sigma, is the sister organization. No other fraternity and sorority are constitutionally bound as they are.

The local chapter, Kappa Zeta Sigma was chartered on April 19, 1988 by several brothers who wished to continue the noble ideas of the fraternity. It is a chapter that is very concerned about the community and strives to maintain a strong working relationship with community leaders. It is their belief that they were placed here to serve "Humanity". Hence their motto: *"Culture for Service, Service for Humanity"*. Some recent events and community projects include: Warner Robins Adopted Street Cleanup - Parkwood Drive, Park Cleanup - Fountain Park, Sigma/Zeta Halloween Scholarship Ball, Sigma Beta "3 on 3" Tournament and made a monetary contribution to the Union Grove Community Enhancement Group "Life Changers Center" during the April 10 worship service.

Grove Zone members who are Sigma's include Brothers Antwoin Curtis, Charles Gilbert, David Salone and Deacon Donald Woodard. Members who are Zeta's include Deaconess Maxine Woodard and Sisters Erlene Gilbert and Urleaka Woodard.

Lieutenant Colonel Charles Lenoir, Jr.

United States Army



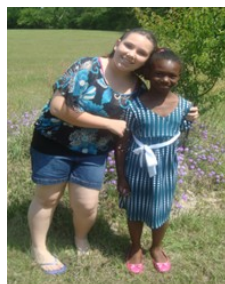
Major Charles Lenoir, Jr. was recently promoted to the rank of Lieutenant Colonel in the United States Army at the Promotion Ceremony held on April 1, 2011. He currently serves as the Executive Officer to the Chief of Staff, U.S. Southern Command in Miami, Florida. He enlisted in the Army in June 1989, graduated a Distinguished Military Graduate from Savannah State College (University) and was commissioned a Regular Army Second Lieutenant in the Military Police Corps. Since then he has had numerous other military assignments and has an impressive military as well as civilian education including a Master of Arts Degree with honors in Human Resource Management (Webster University) and a Bachelor of Science Degree with honors in Criminal Justice (Savannah State University). Additionally, he has been the recipient of numerous awards and decorations including the Bronze Medal (1 Bronze Star), Defense Meritorious Service Medal, Army Meritorious Service Medal (2 Oak Leaf Cluster), Joint Service Commendation Medal and Joint Service Achievement Medal just to name a few.



Charles, a native of Warner Robins and a product of the Grove Zone, is married to the former Tanya Harris of Columbus, GA and they have two children (twins): Tayler and Tyler. He is the son of Brother and Sister Charles and Mary Lenoir.

Life Changers Clothes Closet Distribution

The Life Changers Clothes Closet kicked off at 8:00 a.m. on Saturday, April 23rd. Those on hand to set up and distribute shoes, clothing, and accessories were: Sis. Latanya Phillips, Sis. Kim Cannon, and Sis. Queen. Sis. Amber Terry was on board taking pictures of the happy shoppers. Sis. Hannah Little also assisted with bagging and helping the transportation of customers' cars. Little Miss Destiny Perry,



one of UG's new members was excited about her shopping experience. She also modeled some clothes for the camera. It was a fun-filled and blessed day for Life

Changers and the community. Over \$50.00 was raised with lots of smiles and new fellowship with perspective members. We at Life Changers look forward to the next clothing sale which will be the first Saturday. in June. Thank you for your support union grove. We love you.

-The staff and volunteers of Life Changers

The Ministry of Motherhood

Written by: **Sis. Bridgette Oglesby**



Of all the titles and positions I have held and names I have ever been called, mother is the one I consider the most rewarding. I love being a mother!! To think that God

trusted me enough to send me three beautiful daughters is beyond any words I could imagine! He looked beyond my faults, trusted me despite myself, and saw what He could do in me, through me, and for me.

I have learned that being a mother is not what I am or do; it is part of who I am. God has used, is using, the circumstances of motherhood to transform me into the image of His Son. With my first child, Jimya, I learned to seek God in even the small things. I wasn't sure if I could successfully juggle motherhood with the responsibilities I already had as wife, active duty military member, community volunteer, and ministry worker. To ease my concerns, God gave me the "perfect baby." Jimya rarely cried, was on a good eat-sleep schedule by four weeks old, and loved to cuddle. I gave up all outside activities to spend as much time with her as I could. Her preferred sleeping position was lying on me with her hand on my face. Priceless! Jimya reminds me that God "is able to do far more abundantly beyond all that (I

ask or think." (Ephesians 3:20, ASV).

When Jimya was four, she told me that she wanted a baby sister. I told her that she had to ask God for one. She did. Sydney was born three weeks before Jimya's sixth birthday. Sydney was my "challenging baby." From the beginning, she did things her way. Sydney didn't like to be held much, rarely smiled or cried and had a look that was unnerving at times. Oh, so like me! Sydney knew what she wanted and would not be swayed. Sydney reminds me not to change for people's sake, for "I am fearfully and wonderfully made." (Psalm 139:14, ASV).

Lindsey is "our little souvenir." Yeah, Disney World holds a special place in my heart! Lindsey is my "big baby." She loves to snuggle and plant kisses on my face. She is the peace-keeper; she loves her sisters and will do whatever they want just to make them happy. When I look at Lindsey, I can't help but smile. God has used her to show me how freeing vulnerability can be. Lindsey reminds me that I am to use my liberty in Christ to "serve in love." (Galatians 5:13, ASV).

While the world has set aside one day to celebrate mothers, I take this opportunity to celebrate the work that God is doing in me through my children.

Jimya, Sydney, and Lindsey are constant reminders of the love that God has bestowed upon me. And every day that He allows me with them is cause for celebration. For that, I am grateful.

Evangelism Corner

Minister Thorpe says the Community Garden is going as planned. The next meeting will be held May 17, 2011, at 7:00 PM at the church. He stated that the soil has already been tested and is waiting for it to arrive from UGA. The Garden will be called "The Field of Dreams." The main purpose for the garden is to provide for the community and to let everyone have their own plot.

Men's Ministry Retreat: Cedine Ministries

Cedine Ministries Retreat Center is not one that can be captured in words. I was astounded to find it is one of the only one of its kind built and designed primarily for the African-American community. Birthed from the idea of a missionary back in 1946 to start a camp for little black kids because they were not being allowed in other camps, it has grown to become an oasis of over 100 acres of what seems to be one of God's greatest creations. My weekend experience there will certainly be one to remember. I've attended numerous retreats over the years, but none like this one. From the drive up with the brothers, until we departed ways upon our return, for me it was certainly a weekend experience like none other. Aside from the scriptural based lectures and the break out sessions, just the all day and late night fellowship with brothers of Christ made it quite enjoyable. I was able to experience quiet conversations with my "room-dogg," Eugene Swinney, allowing me to see and experience the man within. The late night games of "Spades" and "Bones" (dominoes) in our assigned house allowed the different brothers from throughout Tennessee, South Carolina, and Georgia some time to talk and get to know each others' stories. We were able to share how Christ is dealing with us in our struggles, setbacks, and challenges, as well as the victories we've won. The lectures of our speaker were eye-opening and relevant in the lives of today's men. They allowed us to see each other through God's eyes, and to really challenge ourselves when dealing with brothers' setbacks. I certainly look forward to the second annual session for Men to be held in October. From what we were told, that session historically has twice the number of brothers attending than the March sessions.

Brother Jimmy Oglesby
Men's Ministry Leader



I want to share my thoughts from the Cedine Men's Retreat. Have you given any thought to what goes on at retreats? No one can share the true meaning of a men's retreat unless you are there. The fellowship that is encountered can only be experienced by being there. What did I gain from the Cedine men's retreat? The classes and teachings were fantastic. For me, the fellowship was more than I expected. I had the opportunity to meet a young man from Nashville, Tennessee who happens to be married to a Lenoir. It is hard to judge a retreat from the outside. There is a truth on the inside you cannot experience without signing up for our next fellowship and see for yourself.

Deacon Charles Lenoir



Married Couples Profile

Pastor David & First Lady Michelle Clarke

1) When and where did you get married?

We were married on May 27, 1988 at the Marine Corps Air Station Chapel in Beaufort, SC. The ceremony was performed by Rev. Dr. Kenneth C. Doe who was our pastor at the time.



drama and I'm a lot more disciplined now than in the past. So, we hardly ever have any drama.

Michelle: I agree with Pastor. We rarely have conflicts. When they come, we now know how to deal with them and move on.

2) What can you say is the best thing about being married?

Pastor: being married to Michelle gives a lot of good things about being married. She's my friend and we enjoy having fun together. We dream together and always talk about our future. That's the best thing for me.

Michelle: Knowing that I have a lifelong partner who encourages me in all that I do and having someone who likes to have fun and makes me laugh on a daily basis is the best thing about being married.

3) What are some tricky spots that one might not see from the outside?

Pastor: when you get married, there's so much about your spouse that you may not know. Marriage can bring a number of surprises over time. When you say for better or for worse, you have to mean it.

Michelle: A tricky spot is learning more things about your spouse that you may not have known during the dating process and learning to love and respect your spouse even with the differences. You may also have different views on certain things because of how you were raised.

4) How has your marriage changed over the years?

Pastor: less conflicts. I don't have Michelle figured out by any means, but I know how to prevent

5) How do you handle conflicts?

Pastor: I work hard at preventing them by trying to communicate. When the conflicts do come, though, I'm a very cut-and-dry-let's-solve-the-problem or leave it alone kind of guy. That doesn't work all the time. I'm not much for discussing things just to have a discussion.

Michelle: We have grown to a place where there is rarely conflict, but when it does happen, I like to talk things out. If we are not solving the problem through talking, then I just leave it alone.

6) What is the best advice you received before you got married, that helped you through rough times or helped you prevent rough times?

Pastor: we had pre-marital counseling, but I honestly cannot recall any advice I got before we were married. Shortly after we were married, though, my aunt told us marriage was hard work. I remember that vividly. She was right!

Michelle: My grandmother told me that no matter what happens, it can be worked out through hard work, prayer and communication. It takes all 3 and some more to make your marriage thrive the way God intended.

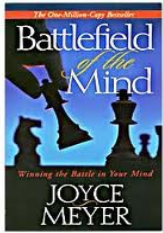
7) What advice can you give to a Christian who desires to be married?

Both: Improve your marriage by working on yourself. Focus more on your own spiritual growth than trying to fix your spouse.

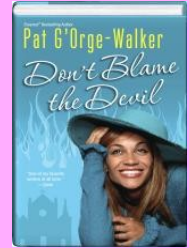
*Pastor & 1st Lady Clarke
Present the
UGMBC Book of the Month*

We pray that you are continually reading to gain knowledge, to grow in a certain area, or just reading for enjoyment and to just get a good laugh from the characters that you read about. Pastor Clarke selects books on Leadership, while 1st Lady enjoys Christian Fiction selections.

May 2011



Pastor's
Pick



1st Lady's
Pick

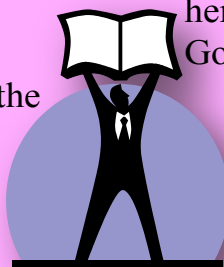
**“Battlefield of the Mind”
Joyce Meyer**

Worry, doubt, confusion, depression, anger and feelings of condemnation: all these are attacks on the mind. If readers suffer from negative thoughts, they can take heart! Joyce Meyer has helped millions win these all-important battles. In her most popular bestseller ever, the beloved author and minister shows readers how to change their lives by changing their minds.

She teaches how to deal with thousands of thoughts that people think every day and how to focus the mind the way God thinks. And she shares the trials, tragedies, and ultimate victories from her own marriage, family, and ministry that led her to wondrous, life-transforming truth--and reveals her thoughts and feelings every step of the way.

**“Don't Blame the Devil”
Pat G'Orge-Walker**

For Deliah Dupree Jewel, appearances are everything. So when she hears of the sudden death of her daughter-in-law, the wife of her estranged son, Jesse, she decides it would make her look good to head to the rescue. But there's a reason Jesse doesn't talk to the woman who couldn't find her maternal instincts if they hit her over the head... As Deliah faces the fact that Jesse wants nothing to do with her, and that her granddaughter, Tamara, who wants to pursue a career in music, isn't interested in her mentoring and meddling, she encounters an old flame, Deacon Pillar, an ex-gangster who's traded the streets for the Bible. But when he starts stirring up secrets of her shocking past, she's going to need God now more than ever.



Happy Birthday

Stephanie Allen

Latosha Bass

Cleveland Beard

Darion Bentton

David Clarke II

Gertude Colbert

Tray Coleman

Carisma Collier

Joe Ann Denning

Geraldine Dodson

Shirley Frazier

Wanda Gordon

Justin Greene

Mamie Harris

Andrea Hodges

William Jackson

Bennie Johnson

Ella Johnson

Jada Johnson

Damon Lane

Kelian Love

Derek Mack

Harriet Marlow

Willie McIntyre

Christopher McNair

Quinton Oliver

Jermaine Smith

Keiara Springle

Chanel Strong

Alice Thornton

Jairee Williams

Mykala Wimbush

Maxine Woodard

Happy Anniversary



Mr. & Mrs. Rufus Burns

19 years

Pastor & 1st Lady Clarke

23 years

Mr. & Mrs. Curtis Solomon

27 years

Information

~ Ministerial Staff ~

- Senior Pastor David A. Clarke, Sr.
- Associate Pastor Lee McCants
- Minister Milo Bradley, Jr.
- Minister Connie Dinkins
- Minister John Dukes
- Minister Leo Finkley
- Minister James Ford
- Minister Arie Freeman
- Minister Charles Frye
- Minister James Gaines
- Minister Tommy Gray
- Minister Rushia Jackson
- Minister Keith Perkins
- Minister Rashee Ragin
- Minister Antonia Simmons
- Minister Mary Ann Swinney
- Minister Cornelius Thorpe
- Minister Everand Woodard

~ In Training ~

- Sister Dannie Dukes
- Sister Mary Lenoir
- Sister LaTonya Phillips

~ Deacons ~

- | | | |
|-------------|----------------------------|----------|
| A-C | Deacon Jerome Stephens | 929-1476 |
| D-F | Deacon Slater Thorpe | 218-8736 |
| G-I | Deacon Donald Woodard | 987-9865 |
| | Deacon Louis Laney | 329-0957 |
| J-K | Deacon Robert Simmons, Sr. | |
| | Deacon Robert Simmons, Jr. | 953-4290 |
| L-N | Deacon T.C. Caldwell | 293-8428 |
| O-Sm | Deacon Monroe Clark | 953-2044 |
| Sn-V | Deacon Edward Jarvis | 923-5139 |
| W-Z | Deacon Nathaniel Davis | 923-7713 |
| | Deacon Alvin Myrick | 788-5696 |

~ Where to Serve ~

Business Stewardship Ministry – Trustees, Finance Committee, Personnel Committee, Security, Wedding Coordinator— Contact Bro. Anthony Steedley/335-7838

Outreach Ministry – Evangelism, Missions, Prison Ministry, Recreation Ministry

Worship Ministry – Ministerial Staff, Music Ministry, Ushers/Greeters Ministry, Surrendered Dance Ministry, In Door Reporter, Genuine Praise Step Team, 4-Him, 4-Him2—Contact Sis. Africa Porter/923-6770

Teaching Ministry – Sunday School, Bible Study, New Members Orientation, Training Ministry—Contact Sis. Wanda Verrett/328-1483

Spiritual Enrichment Ministry – Deacons Ministry, Deaconess Ministry, Men’s Ministry, Women’s Ministry, Single’s Ministry, Married Couples Ministry, Golden Achievers Ministry, Glory Girls Book Club, Nurse’s Guild Ministry, Grief Support, Serenity/Addiction—Contact Dea. Donald Woodard/987-9865

Operational Support Ministry – Media Ministry, Computer Support Ministry, Floral Ministry, Public Relations, Bus Ministry, Food Service, Funeral Coordinator, Newsletter Ministry— Contact Bro. Abraham Scott/213-2263

Youth Ministry – Children’s Church, Nursery Ministry, Puppet Ministry, Scholarship Ministry—Contact Min. Rashee Ragin/322-1208

All announcements can be submitted by fax to U.G.M.B.C. at 478-923-6551. Direct all emails to union-grov1@aol.com or complete a bulletin request form, and place it in the Administrative Assistant box no later than Wednesday at 5pm.

To schedule funerals at the church, please contact Sis. Wanda Verrett at 478-328-1483

G.T.A.H. STAFF



G.T.A.H. Staff (left to right): Carolyn Jackson, Ashley Whitehead, Shirley Jackson, and Jairee Williams

The Newsletter Ministry would like to thank everyone who contributed to this month's issue. Your support and assistance have truly been a blessing to the ministry.

Thank You!

G.T.A.H. Newsletter—Great Things are Happening is on Facebook! Go to our page and click LIKE. We pray that you will be blessed through our printed words as we spread the knowledge of Christ and encourage spiritual living.

Join the Newsletter Ministry!
G.T.A.H. Newsletter is looking for dedicated brothers & sisters of the Union Grove family to spread the news of the Great Things that are Happening at the *Growve* Zone. We are currently looking for writers. No prior experience is needed, just a heart for sharing the knowledge of Christ.

Contact Sis. Jairee Williams or email us at gtahnewsletter@gmail.com

The G.T.A.H. will be published on the 2nd Sunday of each month. If you would like to see your ministry or event featured in the G.T.A.H., contact any member from the Newsletter Ministry or email us at GTAHNewsletter@gmail.com by the 4th Friday of every month or place them in the Newsletter/G.T.A.H. box in the copy room.

Note:

Please limit all articles solely for the great things that are happening at Union Grove when emailing your submissions. Articles should be no more than 500 words in length with Times New Roman Font, Size 12 single-spaced. While all submissions are welcome, the G.T.A.H. Staff has the right to make any necessary revisions and make the decision to exclude the article if it does not meet the above criteria or fit the theme of the newsletter.

G.T.A.H. Mission Statement

To aid others in spreading the knowledge of Christ and encouraging spiritual living through printed words