



June 9, 2026 Vol. 78, No. 23

ON WATCH

Centering Prayer

As Christ-followers, we pray. That's just part of who we are. We pray multiple times each Sunday in worship. In Sunday Bible Studies, we pray. In choir practice, we pray. During Celtic Evening Prayers, we pray. In our daily devotional lives, we pray. Some people begin each day with a prayer and end each day with a prayer. When we are in the hospital or worried about something, we pray. Sometimes, we pray for forgiveness or ask God for help. Prayer is a central part of who we are.

The question for some people is *how does one pray?* The answer: *there is no one, right way to pray.* Prayer is about communing with God. It is best when it is honest, open, and sincere. God already knows what we are thinking, so why would we try to deceive the one who made everything that is? The key to prayer is communicating with God and listening.

One approach is a breath prayer each week. It is a simple phrase that can be repeated, and it takes on new meaning as we say it over and over again. Another approach is *lectio divina*. This means *holy reading*. To practice *lectio divina*, take a scripture passage and read it as a prayer. Keep the passage short and repeat it. Read it slowly. Let the words sink in and then offer them as a prayer. Scripture can take powerful, new meaning when read this way.

SERVICE OF HOLY WORSHIP

Sunday, June 14, 2026

11:00 AM

Sermon:

"God's Counting on You"
Dr. Matthew Tennant

Scripture:

Exodus 19:2-8a

Anthem:

Consecrated, Lord to Thee
by Lloyd Larson
We Are Blessed
by Andrea Ramsey

SUNDAY SERVICE

Deacon: TBD

Ushers: Jackie Lockwood, Court Van Clief



Welcome Our Newest Members

On Sunday, June 7, Michael Steen and Whitney Stone joined our fellowship. Michael and Whitney have been in Charlottesville for several months while their daughter, Harper Grey, is in the NICU at UVA. Many of you already know Michael and Whitney, but if not, please take a moment and introduce yourselves.

Centering prayer is an approach to how we commune with God. Instead of saying anything, focus on God and listen. Try to empty your mind and hear the Lord speak. Basil Pennington writes about it in his book *Centering Prayer* (New York: Image Books, 1982). He writes, "Centering prayer enables us not only to pray as Christians but to pray as Christ" (p. 223), and he cites Galatians 2:2, "I live, not now I, but Christ in me." Prayer can help us let go of ourselves, our own thoughts and feelings, and join the very depth of our being with Christ.

Thomas Keating offers these suggested steps for trying centering prayer:

1. Choose a sacred word as the symbol of your intention to consent to God's presence and action within.
2. Sitting comfortably, introduce the sacred word as the symbol of your intention to consent to God's presence and action within.
3. When you become aware of anything, return to focus on God using your sacred word.
4. At the end of the prayer, remain in silence with your eyes closed for a couple of minutes.

Our prayers are a response to reality, a life that really exists, and they are offered to a God who is. Centering prayer is a tool that can allow us to focus our attention on God to more closely relate and hear the leading of our Lord.

Peace,
Matt

Sermon Manuscripts Available

People have asked if Matt's sermon manuscripts are available, and the answer is, yes. If you would like to receive them, contact [Linda](#) in the church office, and we will add you to the list.



Summer schedule May - July
2X a month

Our next dinner will be
Wednesday, June 17

Contact the church office,
to make your dinner reservations.



Our Pastor on WINA

Dr. Tennant was Jay James' guest on WINA's Morning News yesterday. He appears on WINA once per month to provide some commentary on the news from a faith perspective. They discussed being open to extending services to the unhoused year-round at their building, interpreting world events, looking for the good, and misconceptions about pastors. In case you missed it, you can [hear the interview here.](#)

CALENDAR

WEDNESDAY, June 10

9:00 Work Team

12:00 Ice Cream Ministry

THURSDAY, June 11

1:30 Personnel Committee Meeting

7:00 Deacons' Meeting

SUNDAY, June 14

9:45 Sunday Morning Bible Study

11:00 Morning Worship

MONDAY, June 15

4:00 Theology Reading Group

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

Prayer Requests*

Jack & Jo-Ann Averill

Tony & Patti Barretta

Ed & Betty Barker

Alba & Pam Beasley

Clara Brown

Leon & Nancy Castle

Johnny & Gail Ellen

Jim Guyton

David & Linda Hendon

Larry & Lynn Martin

Edith Parker

Barbara Weber

Jack & Anne Wilkerson

*In order to respect privacy, limited information is included here.



Summer Schedule for Sunday Bible Study

Adult classes meeting this summer:

Seekers will meet the 1st and 3rd Sundays in G14

New Life will meet each week in Room 120

All adults are invited to attend either of these classes.

College class will be meeting for breakfast at Bodo's.

Youth class and Children's class will be taking a break for the summer.



The Nominating Committee is at work trying to fill positions on Councils and Committees within the church for the new church year which begins September 1.

Please think of where you would like to serve as there are positions on Church Council, Missions Council, Building and Grounds, Finance, Personnel, and the Stewardship Committee. Where does God want you to use your talents to help UBC do its work within the church and in ministries outside our doors?

Thank you for prayerfully considering where you might serve!

The Nominating Committee Members

Seth Kodikara

Jackie Lockwood, Chair

Tom Moore

Bill Murray

Glenna Ohlms



Ice Cream Ministry

Our ice cream ministry has begun. Please click [here](#) to volunteer for this ministry. A lot of people in the community look forward to this, and we don't want to disappoint them by not having any volunteers to make it happen. We consistently have over 100 people stop by for some ice cream. Come and share some love with our neighbors.

Mango and raspberry this week.



June 22-26
Rainforest Falls
Register [here](#)



HAPPY BIRTHDAY!!

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

June 17: David Hendon, Matt Tennant,
Michael Harding, Alan Hendricks

June 18: Shirley Clark, Jack Averill

June 20: Sandy Taylor, Lily Gregg, Linda
Harding

June 22: Gary Dalton, Ronda Wiley



Star Words

If you didn't get a star word and would like one, they are available in the church office.



SEARCH COMMITTEE

Search Committee Update

The Search Committee has been busy and is making good progress. They received quite a few resumes from prospective candidates. They have narrowed them down to three and have now begun initial interviews.

Staff Contact Information:

Senior Minister: Dr. Matthew Tennant - matt@universitybaptist.org
Associate Minister for Music and College Students: Rev. Megan Sharp - megan@universitybaptist.org
Voces Laetae Director: Will Cooke - wcooke@universitybaptist.org
Office Coordinator: Linda Weirich - linda@universitybaptist.org
Financial Coordinator: Amanda Ohlms - aohlms@universitybaptist.org
Church Administrator: Alan Hendricks - ahendricks@universitybaptist.org
Organist: Barbara Moore - call the church office at 434-293-5106
Maintenance Assistant: Hunter Cooper - call the church office at 434-293-5106

Sunday Morning Worship

Our Sunday morning worship service begins 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.

**Do you have something to submit to our weekly newsletter?
Suggestions must be submitted to linda@universitybaptist.org
by Monday at noon.**

University Baptist Church
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434-293-5106

Connect with us

