UNION BAPTIST CHURCH OF HARLEM

November Health Observances

NOVEMBER 2026 • FAITH, HEALTH & WELLNESS



National Diabetes Month

niddk.nih.gov



COPD & Lung Cancer Awareness

nhlbi.nih.gov • cancer.gov



Pancreatic Cancer Awareness Month

cancer.gov



Alzheimer's Disease Awareness Month

alz.org



National Family Caregivers Month

alz.org/help-support



U.S. Antibiotic Awareness Week

November 18–24

cdc.gov/antibiotic-use

Great American Smokeout • Thursday, November 19 • smokefree.gov

Please see our Faith, Health, and Wellness section for more information.

www.ubcofharlem.org

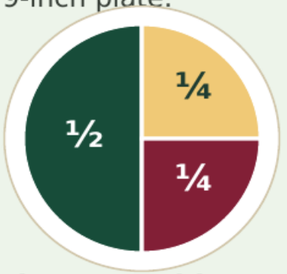
FAITH, HEALTH & WELLNESS

Healthy Holiday Eating

Celebrating holiday food traditions with practical tips for family dinners and church fellowship.

A balanced plate

Start with a 9-inch plate.



½ Nonstarchy vegetables
Collard greens, green beans, cabbage, or okra.

¼ Lean protein
Roast turkey, baked chicken, or baked salmon.

¼ Carbohydrate foods
Sweet potatoes, cornbread dressing, or baked mac and cheese.

Cook family favorites

Collard greens
Simmer with onion, garlic, smoked paprika, and low-sodium broth. Add a splash of vinegar.

Sweet potatoes
Roast with cinnamon, nutmeg, and orange zest. Taste before adding sugar.

Baked mac and cheese
Use sharp cheddar for more flavor and serve a small scoop alongside greens.

Black-eyed peas
Choose no-salt-added canned peas or drain and rinse regular canned peas.

Enjoy the gathering

Start with one plate
Pick your favorites and pause before going back for seconds. Bring vegetables or fruit to share.

Choose water or unsweetened tea
Try sparkling water or add orange slices to still water.

Savor dessert and move together
Share peach cobbler or enjoy a small slice of sweet potato pie. Invite someone on a short walk.

Keep your usual meal rhythm
If you manage diabetes, stick close to your usual meal times and follow your care team's plan.

UNION BAPTIST CHURCH OF HARLEM
240 West 145th Street, New York, NY 10039
Rev. Dr. Brian D. Scott, Pastor

MORE AT UBCOFHARLEM.ORG
Faith, Health, and Wellness
Resources from CDC and the American Heart Association

Union Baptist Church of Harlem

NOWA
No One Walks Alone
MINISTRY

UBC



The holiday season can be especially difficult when grieving the loss of a loved one.

Holiday Grief Support Workshop

A One-Day, Two-Hour Workshop offering encouragement and support during the holiday season.

GriefShare®

For those desiring continued support, a new GriefShare group is expected to begin in January.

To sign up for either or both opportunities, please contact
Minister Kenyetta Morris.

Remember, you do not have to walk through grief alone.

UNION
Baptist Church
OF THE VILLAGE OF HARLEM

FOR MORE INFORMATION:
Contact
WILLIAM ALLEN
(917) 386-8003
Ubcblackbizcommittee@gmail.com

Black Business Expo



UNION BAPTIST CHURCH OF HARLEM
240 W. 145TH ST.,
NEW YORK, NY 10039

1:00-
3:00PM

SUNDAY,
NOVEMBER
22
2026



Rev. Dr. Brian D. Scott,
Pastor

SHOP BLACK | SUPPORT BLACK | EMPOWER BLACK | GROW TOGETHER

STRONG BUSINESSES. STRONGER COMMUNITY. BRIGHTER FUTURE.

Union Baptist Church

of Harlem

Men's Fellowship Ministry

Annual Breakfast







Saturday, December 5 @ 10 AM



Minister in Training (MIT)

Donald Hayes

Guest Preacher

Donation: $20



Please see Deacon James Olver for further information.

UNION BAPTIST CHURCH

Christmas

Caroling & Celebration

Friday, December 18th

6 P.M.

- **CHRISTMAS CAROLING**
  In front of the church

7 P.M.

- **FAMILY & FRIENDS**
  POTLUCK CHRISTMAS CELEBRATION
  Fellowship Hall

An evening of Christmas joy and fellowship!

TOYS! TOYS! TOYS!

The Reverend Orlando Covington (ROC)

Men's Fellowship Ministry

of Union Baptist Church

240 West 145th Street • New York, NY 10039

Reverend Dr. Brian D. Scott, Pastor



ANNUAL TOY DRIVE 2026



Toys and/or cash donations may be left at the church office

Tuesday–Friday • 10 AM–5 PM

- **Check or money order payable to Union Baptist Church (Toy Drive)**
- **Church's online giving: Toy Drive**

Donations accepted until December 13, 2026

TOY DISTRIBUTION

December 19, 2026 • 11 AM

Please see Brother John Martinez, and Deacons Mack Miller and James Oliver.


THE LILLY OF THE VALLEY MINISTRY
PRESENTS
Laughter IS FOR THE good soul
FEATURING COMEDIAN
Toni C
A COMEDY SHOW FOR JOY, FAITH & FELLOWSHIP!
SPECIAL GUEST
Phyllis Gordon
SAVE THE DATE!
DECEMBER 19, 2026
2:30 PM
TICKETS
$30.00
PROVERBS 17:22 (NIV):
A cheerful heart is good medicine, but a crushed spirit dries up the bones.
Given by
THE LILLY OF THE VALLEY MINISTRY
UNION BAPTIST CHURCH
REV. DR. BRIAN D. SCOTT, PASTOR
240 WEST 145TH STREET
NY, NY 10039
COME READY TO LAUGH, BE ENCOURAGED, AND BE BLESSED!
Bring a friend and let's fill the room with joy!



UNION Baptist Church
IN THE VILLAGE OF HARLEM

UNION BAPTIST CHURCH

240 West 145th Street • New York, NY 10039

Rev. Dr. Brian D. Scott, Pastor

FREE HEALTH & WELLNESS SCREENING

Take a step toward a healthien you!

SUNDAY, DECEMBER 20, 2026

12:30 PM – 4:30 PM

Blueprint for Wellness®
by Quest Diagnostics

Learn more about your health through a simple blood draw and wellness checks.

- Diabetes risk
- Heart health
- Liver health
- Kidney health
- Bone health
- Thyroid health
- BMI & blood pressure
- Other health factors

Scan the QR code or go to:

myquestforhealth.com

Registration key: **choosehealthylife**

Or contact:

Yvonne D. Melton, Health Navigator

(212) 862-3002

FREE GIVEAWAYS!

Gift cards for the first 40 people who pre-register AND complete the screening.

CHOOSE HEALTHY LIFE | Quest Diagnostics®


UNION BAPTIST CHURCH
CHURCH OFFICE
WILL BE CLOSED
for the Christmas and New Year's Holiday
Monday, December 21, 2026
through
Monday, January 4, 2027
Wishing you a blessed Christmas and a Happy New Year!


UNION BAPTIST CHURCH OF HARLEM
WATCH NIGHT
WORSHIP SERVICE
2026 → 2027
Thursday, December 31
10 PM
New Year's Eve Fellowship
Following Service
Leonard E. Terrell Fellowship Hall


PASTOR
Rev. Dr. Brian D. Scott
UNION BAPTIST CHURCH – HARLEM
PRAYER Line
IS RETURNING!
MAKE YOUR PRAYER REQUEST KNOWN!
STARTING BACK
SEPT 14, 2026
Didn't He keep you all summer? So let's keep Him first!
MONDAY – FRIDAY
6:00 AM
9:00 AM
9:00 PM
MARK 11:24
Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours."
CALL IN & PRAY
701-801-6850
8
IF YOU ARE INTERESTED IN BECOMING A HOST, PLEASE SEE
DEACON KWANA SMITH
BE A PART OF SOMETHING POWERFUL.
BE A BLESSING.
BE THE ANSWER TO SOMEONE'S PRAYER.


Join us!
UNION BAPTIST CHURCH, HARLEM, NY
Join us!
CHURCH
SCHOOL
For worship, sharing, and learning God's Word
ADULT CHURCH SCHOOL
Lower Sanctuary
CHURCH SCHOOL AGES 8-18
In person only.
Cant make it to the church.
Adult Church School
zoom
Zoom ID - 875-5070-7320
Passcode: 644263
Join by phone: 929-205-6099
EVERY
SUNDAY
STARTS
9:00AM
Rev. Brian D. Scott, ThM., Pastor ~ Rev. Claretha P. Moore, Director of CEC ~ Deacon Charles Cook, Superintendent ~ Sister Joanne Hawkins, Asst. Supt.

UBC VAN MINISTRY



Need a ride to Worship Service?

Members residing in Harlem and the Bronx

Please call the Church Office no later than Wednesday 12 Noon to reserve a spot in the van.

Do you or someone you know need assistance with medical care, food, housing, social services and other essential resources?. Click the link below, and a Health Navigator from Union Baptist Church will reach out to guide you through the next steps.

UNITED WAY
New York City

CONNECT 2 CARE

CHOOSE HEALTHY LIFE