

The Vision

A Monthly Communication AND Christian Education Instrument of The United Baptist Church in Annandale, Virginia

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The United Baptist Church Vision is to develop the intentional Holy Spiritual attitudes of God, as in Jesus, that our lives demonstrate the transforming impact of such a Holy relationship on us, our society, and on our world.

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Issue 11



This Saturday, **November 5th** before going to bed, please turn your clocks **BACK 1 hour** and change smoke/carbon dioxide alarm batteries. We want you safe and on time for church!

Thank you church for your 2022 Annandale CROP Hunger Walk contributions of **\$650.00!** We thank Sally Norris for her inspiration and nearly \$2,000.00 individually raised. Proceeds from the walk benefit Church World Service with a contribution to ACCA Food Pantry. If you missed it and wish to give, please contact Pam Moyer ASAP for instructions to help the food insecure, refugees, and victims of weather events.



Have you started your Christmas Shopping? Please support **New Beginning Missionary Baptist Church Holiday Bazaar** with vendors, decorations, and gifts galore. **Saturday, November 12, 10 am-2 pm** in the **Gym and Parlor, UBC, 7100 Columbia Pike, Annandale.**

The Shepherd Center Annandale-Springfield is hosting its November **Lunch N Life** on Thursday, **November 17th** at 11:30 am at The United Baptist Church with Speaker James Walkinshaw, Braddock District Supervisor, Shaping the Future of Aging in Fairfax County. Lunch is \$10 per person. To register please call 703-941-1419 by Monday, November 14th, or send email to shepherdcas@vacoxmail.com. It's a good way to meet new friends and stay informed!

As you change over your **seasonal clothing**, please donate heavy coats and outerwear for those in need to the church. We will get it distributed for you. You may also donate clothing, shoes, and books to the Green Bee Thrifty box in our parking lot (Chatelain).

COVID-19 CHURCH UPDATE

We are currently **"Masks Optional."** Please use hand sanitizer, 20-second handwashing, and good health hygiene (elbow bumps and covering coughs or sneezes to prevent spread). Extra cleaning and disinfecting are done. We respect your choice to wear or not wear a mask. We will remain flexible, vigilant, and responsive to public health requirements. Thank you for your cooperation!

Happy Thanksgiving!

We wish you the best holiday time of gathering in person or virtually with friends and family. Share your gratitude for and with one another as you reflect on all of God's many blessings.



THANK YOU, VETERANS!

For your lives of service, your sacrifice, strength, and courage to defend and support this Country.



FELLOWSHIP OPPORTUNITIES!

The next **Young at Heart Gadabouts Trip** for Senior Adults is **Tuesday, November 8th leaving at 11:30 am** from the church. We will have lunch at **Famous Dave's Bar-b-que Restaurant**, 2910 Chain Bridge Rd, Oakton, VA 22124. A sign-up sheet is on the bulletin board near the Fellowship Hall, or you may call the office. We do need numbers! Dutch treat; we will carpool together.

UBC Friends & Family Breakfasts are **on hold** for the holiday months and January 2023 due to various scheduling conflicts. We will resume February or March as weather permits.

Monday through Wednesday, November 14-16 is the BGAV (Baptist General Association of Virginia) Annual Meeting in Hampton, Virginia. We will celebrate John Upton, Jr.'s retirement and elect and welcome his replacement, Rev. Dr. Wayne Faison, who has been connected with BGAV for many years. We have 14 voting slots, so there is still time to **register**, so please notify Rev. Moyer to register, share a ride, or arrangements to go as a Messenger.

Save these Dates! Dec. 3rd, 9 am-1 pm ~ Deck the Halls! Dec. 10th, 2 pm ~ Sopranessence Concert: "Merriment & Mirth" ~ Tickets (some free) are available, see Rev. Moyer

Kairos Moments ♥ ♥ ♥

(11/1/22) Reflections of Reverend Pamela Moyer

Welcome to November and 70 degree temperatures! If you're like me, I am thrilled for "St. Martin's summer", a period of warm weather in early November. It got cold way too fast this year, but our heat is working well now. October was filled with hurricanes, destruction, contrasted with the beauty of bright colored leaves, the Annandale CROP Walk for hunger, smells of fireplaces burning (at least in my neighborhood), a rainy halloween, Bible studies of Ruth and Nehemiah, and recovery from COVID for your pastor -- the irony of Pastor Appreciation Month, huh!?!

November is a month of gratitude, and I am ready for that! Being isolated for 10 days is what some of you went through the last couple years, and it was no fun; I feel like I'm part of a club now—a COVID survivor! I am so grateful for my current health, and the cards, texts, and calls to check in on me. I am also grateful for our competent staff and church leaders who stepped right into place October 23rd to lead a wonderful worship and council meeting. I am grateful for physical things we take for granted: the ADL's (activities of daily living), like mobility, hygiene, nutrition, being able to get healthy groceries delivered safely, being able to afford fresh fruits, vegetables, and healthy foods, sleep, medicine, time to rest, snuggly cats (my ace medical team!), a strong immune system, and life itself! This Thanksgiving has new purpose to appreciate caregivers, nurses, PT/OT folks, doctors, and staff members at Rehabs, Hospitals, other medical facilities. Thank you all for your training, your calling, and your work!

The relational bonds between Ruth and Naomi reveal the extraordinary lineage of grace and sacrificial love in the ordinariness of "gleaning," gathering grain with which to make bread. Their survival story is more than that; it reflects lives that will flourish through their kinsman-redeemer, Boaz. Nehemiah's goal of re-building the wall around Jerusalem is another extraordinary task brought to life in 52 days despite local bullies and detractors. The "people had a mind to work" and were willing to defend their efforts as well. The collaboration with God to achieve their goal came through prayer, effort, faith, and divine intervention. ⁴²⁰Wherever you hear the sound of the trumpet, join us there. Our God will fight for us! (Neh. 4:20)." We must be careful not to take these words out of context, as some zealots do for selfish motives. God created us with minds, intelligence, open hearts, and free will. Please make thoughtful, informed, and prayerful decisions as you vote November 8th in local elections. Honesty, character, excellence, and accurate information are ways to protect our rights to Religious Liberty, another extraordinary Baptist Freedom for which we must be grateful. Happy Thanksgiving! †

Parish Nurse's Touch

Debbie Caffrey

November 2022 Health Focus



Winter is just around the corner and as the temperatures drop and the risk of COVID-19 continues, it can become more challenging to stay healthy and active. Seniors can be especially prone to the "winter blues," so it's more important than ever to be mindful of your habits and mood during the colder months. Exercise is a proven mood-booster and eating healthy can help you feel strong enough to fight off those winter colds. **Below are 5 easy ways to stay healthy during the winter months.**

Keep Eating Healthy

During the winter months, it can be more challenging to maintain a healthy diet. Since many produce items are "out of season" during the winter, their prices can increase substantially. Take this opportunity to consider frozen veggies, which often contain less sodium than their canned counterparts. Be sure to stock up on winter fruits and vegetables, like pomegranates, cranberries, citrus fruits, grapes, and root vegetables. It's also important to eat to support your immune system; this includes taking your vitamins (especially Vitamin C) and eating foods rich in zinc, such as fish, oysters, poultry, and eggs.

Exercise smartly

If you're able-bodied and have your doctor's okay to exercise, don't let colder weather keep you from enjoying your favorite outdoor activities. Be sure to dress in layers so that you can remove articles of clothing as needed and be sure to wear a hat since the majority of your body heat escapes through your head. Don't forget your sunscreen and sunglasses with UV protection and protect yourself from windburn as well. Be smart about checking the weather forecast and wear the proper footwear for the season.

Let the light

Sunshine, and the Vitamin D it imparts to your body, is key in battling the winter blues. Try your best to get fresh air and some natural light every day, even if it's just to check the mail. If it's particularly cold, open your blinds and spend some time sitting by the window. Don't underestimate the value of light and sunshine in helping your energy level and your overall winter attitude.

Keep in touch

In this continued challenging time where many still remain at home, seniors and caregivers often face an increasing sense of isolation; proactively fight the winter blues by keeping in touch with friends and family members during the colder months. Set aside time for a longer phone call with friends on a regular basis. Take special care of others you know who are primarily homebound and may be feeling lonely. Helping others is an excellent way to feel connected.

Winter proof your home

As we age, it gets increasingly difficult to maintain body temperature, and with a more limited budget, we may be tempted to scrimp on the heating bill. Unfortunately, hypothermia is a very real concern for seniors, as more than 600 seniors die every year from it. An easy way to ensure you are staying warm enough is to set your thermostat to at least 68 degrees Fahrenheit (many utility companies offer assistance to seniors on fixed incomes during the winter months on their bills). It's always a great idea to have working carbon monoxide detectors in the home, especially if you use space heaters. With a little planning and determination, winter can be truly *enjoyed*, rather than simply endured. Prioritize your health and well-being, body and mind, and you can make the most of the cold season.

~ Be Well! Debbie

November Birthdays



<u>Name</u>	<u>Date</u>
Joy Petty	2
GerrySue Young	5
Madison Banks	6
Samantha Banks	6
John Upton	10
Bernice Wood	12
Phyllis Thompson	15
Adele "Dolly" Hazel	17
Michael Straub	21
James Jackson Whitcraft	21
Hazel Ball	22
Ben Hester	28
Marquita Morris	29
Tom Martindale	30

November & December

Wednesday, November 2, 16

9:15 am – Sandwich Team, Fell. Hall

Sunday, November 6

12:15 pm – UBC Building & Grounds Mtg, Sanctuary

Tuesday, November 8

11:30 am – YAH Gadabouts Lunch, Details on Page 1

Friday, November 11– Office Closed for Veteran's Day

Saturday, November 12

10:00 am – NBMBC Holiday Bazaar, Gym & Parlor

Monday Nov. 14 to Wednesday Nov. 16

BGAV Annual Meeting – Pam Moyer attending, Hampton, VA

Thursday, November 17

11:30 am --Shepherd's Center Lunch-n-life, Fell. Hall

Sunday, November 20

12:15 pm – UBC CLCEB Meeting, Conf. Rm

November 24 & 25 – Offices Are Closed for Thanksgiving, per Personnel Policy.

Saturday, December 3

9:00-1:00 pm – UBC Deck the Halls!

Sunday, December 4

12:15 pm – UBC Building & Grounds Mtg, Sanctuary

Wednesday, December 7, 21

9:15 am – Sandwich Team, Fell. Hall

Saturday, December 10

2:00 pm – Sopranessence Holiday Concert, Sanctuary
Evening – Zion Medical LLC Christmas Party, Fell. Hall



Contributions

October 2022 (Final)	<u>Required</u>	<u>Received</u>
Tithes & Offerings	\$5,000.00	\$ 4,467.00
Building Usage	8,633.33	7,670.00
Mortgage Loan (int)	712.33	712.37
Other (Env, B-Thrifty, Flwrs)	0.00	9.20
Monthly	\$14,345.66	12,858.57
Total YTD (Jan-Oct)	\$ 143,456.60	\$ 125,548.20
Above/(Below)		\$ (17,908.40)*
Benevolence Funds Rec'd.		\$ 60.00

* Budgeted Investment Transfers are **not** included in the "Required" or "Received;" tithes appear high due to Bus Shelter one-time donation. One transfer (\$48,240) was made in September as budgeted. Other donations are not budgeted, but are gratefully received (BThrifty, Gas, Envelopes Init. Offrg, Flowers). Questions, call Rev. Moyer.

Thank you for your stewardship and prayers! Offerings may be mailed to the office at 7100 Columbia Pike, Annandale, VA 22003. Mail is safely and securely processed daily. Our ministries, contractors and staff are working at full capacity and thank you for your generosity. Benevolence offerings by check, clearly marked "Benevolence," may be mailed to the office or cash/checks brought on any Sunday. Thank you.

2023 Contribution Envelopes will be available in December as you enter the Sanctuary. If you are unable to attend regularly and would like envelopes delivered to you, please call the office at 703.256.5900 for those arrangements. **Thank you** for your Kingdom generosity as you plan your 2023 giving that supports United Baptist's Mission & Vision budget.

Donate Poinsettias for Worship!

Please help make this wonderful addition to our worship experience possible, by clipping and using this form to honor and memorialize family and friends. These, as are all church gifts, deeply appreciated and are thus tax-deductible donations. You can be good stewards of them for other uses, after worship on **Dec. 20th** or **Christmas Eve** if you'll be here. This year, the rates increased substantially, so your donation for each plant will be **\$13.00 each**. A volunteer will pick them up to avoid delivery charges. You may turn in this form with your check or cash in the offering plate or mail in your check with this completed form. Please clearly mark your check memo line with "Poinsettias" to receive proper credit on your annual giving record. If cash, please use a pew envelope found on hall tables. Thank you!

Name of Person Ordering: _____

Number Poinsettias x **\$13.00** each = \$ _____

Total Enclosed = \$ _____

Given in Honor of: _____

Given in Memory of: _____

**The United Baptist Church
7100 Columbia Pike
Annandale, VA 22003**

Return Service Requested

PERSONAL PRAYER REQUESTS have been removed for privacy reasons. If you'd like this information, contact the office. 703.256.5900

COMMUNITY & GLOBAL PRAYER

Serving others in prayer is a needed social and safe action to show your love especially now!

- Praise Fairfax and surrounding counties are all LOW in Covid ratings
- The Shepherd Center of Annandale-Springfield for volunteers and Office Director
- Those experiencing homelessness, unemployment, poverty or grief over loss.
- Mission Center Leaders and Groups we support & new relationships
- All affected by weather, wildfires, war, disaster & violence: refugees; families and victims of mass violence; California wildfires, Florida, Carolinas, Puerto Rico, Disaster Teams, current Hurricane season, China & Taiwan earthquake recoveries, **5 dead in Raleigh NC shooting, 8 wounded in Harrisonburg, 4 shot Wdbrg, shooting in St. Louis, MO, 150 killed in stampede in Seoul, Korea** and others
- Pray for relief of Somalia, East Africa 1 million displaced residents, suffering from 2-year famine due to historic dry spell (UNHCR)
- Safety of all police officers and military, especially local force struggling with open positions
- For our Country's Leadership & decision making domestically & internationally
- Pray for protection of all women who are under threat for trafficking
- Pray for peace and comfort for Ukrainians and that the global church will not forget the people of Ukraine
- Pray for the Ukraine war to end and for just peace to prevail
- Prayer for the immigrants crossing into our borders for safety and provision & for our leaders' decisions about it, related drug smuggling, related human trafficking