

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 9



It is almost that time of the year for the **2022 Annandale CROP Hunger Walk on October 15th** at Lake Accotink, Registration begins at **8 a.m.** in the

picnic area near the marina. Proceeds from the walk benefit Church World Service with a large contribution to ACCA. Please plan your giving now, and let Rev. Moyer know if you would like to walk or donate. To give a donation for the CROP walk, please place a check or cash in a pew envelope in the labeled basket in the Sanctuary or **mail to** The United Baptist Church, 7100 Columbia Pike, Annandale, VA 22003, attn: CROP WALK. Checks MUST be made payable to **CWS/CROP** (not UBC or a person). If notated cash, we will issue a receipt for Tax Deductible purposes. Your donation will help the food insecure, poverty stricken refugees, and victims of devastating weather events.

Did You Know?

Fairfax County Offers a Virtual Center for Active Adults!

The Fairfax County Area Agency on Aging's IT On-Call Program will help you learn to talk with family and friends virtually. IT assistance is **free** and available to area residents 60 or older and those 18 and over with a disability. **Call 703-324-5406**. Their tech savvy vetted volunteers help in various ways, including:

- Help you navigate Zoom, Skype, and WhatsApp applications.
- Teach you how to conduct online shopping.
- Teach you how join/use social media networks, play music or games.
- Learn video call capabilities using an iPhone or Android smartphone, such as Facetime.
- Stream entertainment.
- Access Fairfax County Library's Digital Programs and Online Activities.

FELLOWSHIP OPPORTUNITIES!

The Young at Heart Gadabouts Trip for Senior Adults is **Tuesday, September 13th leaving at 11:15 am** from the church. We will



have lunch at **Madigan's Restaurant**, 201 Mill street, Occoquan, VA 22125. It's on the water, and nearby shops have art, pastries, and Christmas Gifts to purchase. Sign up in the building or call the office to reserve your space. Dutch treat; we will carpool together.

The next UBC Friends & Family Breakfast will be **September 24th at 9:30 am** at **Great American Buffet**, 8365 Sudley Rd, Manassas, VA 20109. Meet there-Dutch treat; prayer needs, praises, and devotional are shared. It is a fun way to start your Saturday; we usually have 8-10. Rides available, call the office. Sign-up sheet is on the Special Events bulletin board near Fellowship Hall. No reservations, but it's nice to know who is coming. 2019 photo.



COVID-19 CHURCH UPDATE

We are currently still "**Masks Optional.**" Our Parish Nurse monitors posted ratings every Thursday when the County updates the dashboard and will notify quickly if change is needed. We will also consult with Parish Nurse to review building requests. 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!

Kairos Moments ♥ ♥ ♥

(9/6/22) Reflections of Reverend Pamela Moyser

Happy September! School is back in session, so please be careful out there driving.



The highlight of my August was our **Adult Vacation Bible School!**

We had 3 days, 3 hours, Bible Study (old/new wineskins, sand/rocky soil for building, and sorting good/bad fish in the net), Lunch Fellowship, Music and Arts! Thank you to all 9 who attended uncertain of the format or activities! Martha Lowe gets a shout out for bringing her friend, Carol, whose presence we enjoyed immensely (she has another wonderful church home, but we all made a new friend in Annandale!) As you read in the promotion materials, this was a (now successful) experiment and template for cool summer fun that we will promote to the neighborhood and other churches' Senior Adults next year! We have more photos on the [church Facebook page](#). I welcome feedback.

We are commanded to share our faith, through actions and hospitality. Did you know that the word hospitality means “love of a stranger”? This is a UBC strength, but are we following Christ’s teachings? We must not jockey for the best seat, as the disciples did in Luke 14:7-14. Instead, take the lowest seat at the table. Our host, God, decides who sits where; the proud will be humbled, and the humble will be honored in His Kingdom. Jesus calls us to invite all to His table: the poor, crippled, lame, and blind. Do we, or do we only invite those of status or importance, or those who are already friends? We had some tough sermon lessons this past month, finishing up the parables and finding some in the Old Testament: Abraham’s Three Visitors (Gen 18:1-7), the Midnight Caller (Lk 11:5-13), the Good Samaritan (Lk 10:28-37), The Rich Fool (Lk 12:13-21), Cain’s jealousy (Gen 4:1-6), Solomon’s warning (2 Chronicles 7:11-22), and the Pharisee/Tax Collector praying (Lk 18:9-14). You can read my sermons on the webpage under “Services” or at [this link](#) or just look up the passages, and I’d love to hear from you to discuss.

We held a bittersweet goodbye to Agnes Lewis in a Celebration of Life service with lunch, so we met some of her family, who were of course a delight! Our music team and congregants honored her well. The Lord’s Prayer, her favorite, was spoken and played. I thank our new ABBE Men’s team for making the grounds more beautiful to visitors (ask me). We miss you all here! †

Parish Nurse’s Touch

Debbie Caffrey

September Health Focus



As summer gives way to fall, it's time to get ready for shorter days, cooler temperatures and colorful leaves. Think of the new season as a fresh start to healthier habits. The transition to fall is also the start of cold and flu season. Keeping up your exercise routine, eating healthy, and resting is enough can keep your health on track this fall season. It also will sustain your immune system if you continue your healthy habits through the end of the year

Consume immunity-boosting foods — As the weather gets colder and flu season starts, it’s important for your immune system to be in tip-top shape. Eating healthy foods with vitamin C (like limes, oranges, and clementines) are key to fighting off infections. Garlic, ginger, spinach, and almonds are also big winners when it comes to boosting your health and immunity.

- **Keep up to date with COVID-19 boosters and guidance** – remember that you can take what actions you need beyond the guidance, such as wearing a mask, etc. to protect yourself
- **Get your flu shot** — Want to know how to stay healthy during flu season? Get the once-a-year flu vaccine. The vaccine can reduce flu illnesses, missed work, and doctor’s office visits. The Centers for Disease Control and Prevention recommends getting the vaccine before October’s end.
- **Munch on in-season foods** — This time of year beautiful vegetables and fruits make their appearance in grocery stores across the nation. Some of the nutrient dense options to consider adding to your plate: Brussels sprouts, butternut squash, crab apples, cranberries, and turnips. Get adventurous and try a new produce item!
- **Keep hand sanitizer nearby** — The very best way to avoid the spread of germs is to scrub your hands with warm soapy water. But if you can’t do that, hand sanitizer is the second-best option. Just make sure it contains alcohol as those formulas are 60–95% more effective at killing germs than non-alcohol sanitizers.
- **Get ready for fall time change-** The abrupt time change (it literally happens overnight) changes the natural patterns of light and dark that your brain has gotten used to. In the days leading up to the fall time change, adjust your sleep schedule. Start going to bed and waking up 10 to 15 minutes earlier each day. eat meals at the new time according to the clock, and don’t forget to drink your daily dose of water.

~ *Be Well!* Debbie



Remember to practice a little **creativity** every week, too! Let your Bible Study be fun and creative, not drudgery! Imagine!

~ *Pastor Pam*



**Happy Birthday to
Our Friends Born in September!**

Name	Date
Wayne Shoemaker	1
Linda Clarke	4
Wayne Yawn	4
Ashley Lozano	9
David Evans	14
Randy Clarke	19
Michael Grimsley	23
Patsey Small	26
Bonnie Hester	27
Charlotte Garris-Jerdak	30

September & October

Wednesday, September 7, 21

9:15 am – Sandwich Team, Fell. Hall

Sunday, September 11

12:15 pm – UBC Foundation Board Mtg, Sanctuary

Tuesday, September 13

11:15 am – YAH Gadabouts Lunch, See Page 1

Sunday, September 18

12:15 pm – UBC CLCEB Meeting, Sanctuary

Saturday, September 24

9:30 am – UBC Friends & Family Breakfast. See Page 1

Sunday, October 2

3:00 pm – MACBF Special Event, See Page 3

Wednesday, October 5, 19

9:15 am – Sandwich Team, Fell. Hall

Saturday, October 8

8:00 am – Annan. Women's Club Yard Sale, Fell. Hall

Sunday, October 9

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

Monday, October 10 – Office Closed for Indig. People Day

Tuesday, October 11

11:30 am – YAH Gadabouts Lunch, Details to follow

Saturday, October 15

8:00 am – Annandale CROP Hunger Walk, Lake Accotink

Sunday, October 16

12:15 pm – UBC CLCEB Meeting, Sanctuary

Friday, October 21

06:00 pm – NBMBC Community Comedy Night, Gym



Contributions

July 2022 (Final)	Required	Received
Tithes & Offerings	\$5,000.00	\$ 4,735.25
Building Usage	8,633.33	8,450.00
Mortgage Loan (int)	712.33	712.37
Other (Env, B-Thrifty, Flwrs)	0.00	138.10
Monthly	\$14,345.66	\$ 14,035.72
Total YTD (Jan-July)	\$100,419.62	\$ 86,191.79
Above/(Below)		\$ (14,227.83)*
Benevolence Funds Rec'd.		\$ 50.00

August 2022 (Final)	Required	Received
Tithes & Offerings	\$5,000.00	\$ 6,992.00
Building Usage	8,633.33	6,800.00
Mortgage Loan (int)	712.33	712.37
Other (Env, B-Thrifty, Flwrs)	0.00	182.20
Monthly	\$14,345.66	\$ 14,686.57
Total YTD (Jan-Aug)	\$114,765.28	\$ 100,878.36
Above/(Below)		\$ (13,886.92)*
Benevolence Funds Rec'd.		\$ 125.00

* Budgeted Investment Transfers are **not** included in the "Required" or "Received;" tithes appear high due to Bus Shelter one-time donation. 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.

UBC Missions Partners



**A Gathering with The
Executive Coordinator of
CBF (Cooperative Baptist
Fellowship) Paul Baxley
Sunday, October 2, 3-5 pm**

After Worship and a local quick lunch, we'll carpool to The First Baptist Church of the City of Washington, DC for an inspiring message and lay leadership training. Hosted by MACBF.

**Need help getting up after
a fall?**



If you fall and can't get up but are **not** injured, you should call Public Safety **Non-Emergency number: 703-691-2131**. They will send firemen or policemen to help you at no charge. If you fall and can't get up and **are** injured in the fall, **call 911**.

Please be safe at home; it's ok to call 4 help!

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

Return Service Requested

Prayer Requests were removed for Privacy. If you have questions, contact the office for information.

COMMUNITY & GLOBAL PRAYER

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

- **Those experiencing grief over loss, homelessness, unemployment, or poverty**
- Local and Global health issues & vaccination where appropriate
- Mission Center Leaders and Groups we support & new relationships
- All affected by weather, wildfires, war, disaster & violence: refugees; families and victims of mass violence (DC, PG Co., IL, Cananda); California wildfires, flooding in Mississippi & Pakistan, Disaster Teams in Mississippi, current Hurricane season, China earthquake
- Safety of all police officers and personnel during violent times
- **All Teachers, Students, Staff, & Bus Drivers as they begin for the new school year**
- Children, teachers, responders & community of Buffalo, NY & Uvalde, TX as school begins
- Pray for protection of all women who are under threat for trafficking
- Pray for peace and comfort for Ukrainians who have left loved ones behind
- Pray that the global church will not forget the people of Ukraine
- Pray for the war to end and for just peace to prevail