

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.

Volume 21

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Issue 3



Thank you for your non-perishable food contributions for the annual **Souper Bowl of Caring** during **February**. UBC had an opportunity to meet some needs of our own community. The ACCA Food Pantry still needs our help since pandemic assistance ended. You may still bring non-perishables listed on the [ACCA Food Pantry](#) webpage (also on the bulletin board) to the ACCA Nook (Fellowship Hall) any time, and we will deliver to the pantry. If you'd like to volunteer to help, let Rev. Moyer know.

Another missional opportunity to serve: The **Baptist World Alliance** is managing contributions for the earthquake challenges in Türkiye and Syria. The **Turkish Baptist Alliance** says their pastors are safe but are living in cars and parks until the roads and airports reopen: "Thank you for your messages, prayers, and support. Please pray for our country and for the ones who lost their dear ones." You may give online at <https://baptistworld.org/syria-and-turkey/> or send a check to the Baptist World Alliance, 405 N. Washington St., Falls Church, VA 22046. Thank you for your personal generosity.



FELLOWSHIP OPPORTUNITIES

The UBC Young at Heart Gadabouts Senior Adults Outing is **Tuesday, March 14th meeting at 12:00 noon** for Lunch at **Bob Evans Restaurant**, 14050 Thunderbolt Pl, Chantilly, VA 20151. Please meet there at noon, or for a ride, **meet at the church by 11:30 am**. Dutch treat. A sign-up sheet is on the bulletin board, or you may call the office. We do need numbers to make a reservation!

The next **Shepherd's Center Lunch N Life** will be **Thursday, March 30th, 2023 at 11:30 am** at First Presbyterian Church of Annandale, 7610 Newcastle Dr. Annandale, VA. Hear Harvey Jacobson play American artists & jazz on the Grand Piano. Lunch is \$10 per person. To register please **call 703-941-1419 by Monday, March 27th**, or send email to shepherdscas@vacoxmail.com. This should be fun!

Starting up again! The **UBC Friends & Family Breakfast** will be held on **Saturday, March 25th at 9:30 am** at **Gainesville Diner**, 14674 Lee Hwy, Gainesville, VA 20155. Dutch treat, devotional reading, and sharing of praises and prayer requests. Please join us, and if you need a ride, see Rev. Moyer. We will meet there. Sign-up sheet is on the Bulletin Board and please invite a friend.



COMMUNITY LEADERSHIP

The next **CLCEB Meeting** is scheduled for **Sunday, March 19th at 12:15 pm** in the Sanctuary to conduct church business.

PLEASE JOIN US FOR EASTER ON APRIL 9TH

Lent, the 40-day season of prayer, fasting, and giving began **Ash Wednesday**, February 22 through April 6. Just as our bodies need physical fitness to be strengthened, our souls need spiritual disciplines of sacrifice, silence, contemplation, and discernment. Please let us know how you are observing Lent this year. United's **Palm Sunday worship is April 2 at 11 am** in the Sanctuary; **Good Friday lunch, communion, with service beginning at 12 noon, on Friday, April 7th** in the Fellowship Hall, and our **Resurrection Sunday (Easter) service begins at 11 am on Sunday, April 9th** in the Sanctuary. Please make plans to bring your families to celebrate Holy Week with us.



Did you Realize? April 27th, 2023 is the 20th Anniversary of The United Baptist Church!

We will celebrate as a church on **Sunday, April 30th at 11:00 am**, followed by a light lunch in the Fellowship Hall. **You are invited!** We thank you for your part in the consolidation and for sustaining the Christian Church in our community for 20 years! We are excited about where God is leading us to reconnect and remission our church. Send us any photos (will be returned) from the past 20 years to help us create a collage.

Kairos Moments ♥ ♥ ♥

(03/07/23) Reflections of Reverend Pamela Moyer

I've had a month to process my pilgrimage and it is just starting to sink in as I share more stories about the journey. In this season of Lent, many of us fast, eliminate things from life or diet, or add a new habit or routine to draw us closer to Jesus before he goes to the cross and rises at Easter. Even these 40 days can be a sort of pilgrimage if you are praying and reading Scripture with spiritual discipline and intentionality.

What is a pilgrimage? You will find many definitions; it "is a journey, often into an unknown or foreign place, where a person goes in search of new or expanded meaning about their self, others, nature, or a higher good through the experience. It can lead to a personal transformation, after which the pilgrim returns to their daily life [<https://en.wikipedia.org/wiki/Pilgrimage>]." According to Bruce Feiler, American writer and celebrity, there are specific elements to a pilgrimage of the call, the separation, the journey, the contemplation, the encounter, the completion, and the return. I would add sharing and processing.

For me, I was called to take this trip January 2019, but declined due to my candidacy for the Senior Minister role here at United. An invitation to preach in view of a call took a higher priority at that time, and I am glad I did not postpone my trial sermon! Then pandemic hit, and the next available NorthStar pastors' trip was postponed. God's will be done! I was not ready to embark until this year both personally and professionally. The separation part went smoothly because of the spiritual growth of our church leaders and the experience of our staff, especially our worship team who handled two Sundays, and our Administrative Assistant, Roudaina, who handled the office for my 2 weeks away. We prepared well together, and all completed their tasks with excellence and efficiency, even handling one or two unexpected issues. I am truly grateful to our speakers as well. The 11-hour+ flight wasn't too bad, the bus driver friendly and competent, the numerous stops I shared last month made the journey a healthy challenge. Some contemplation was scheduled so that I could encounter the sites, their significance, and God's presence. Completing the trip and returning proved the pilgrimage was necessary to my spirit and successful in the depths of my soul.

God's presence is everywhere if we pay attention, so the sites themselves were "gravy" to what we can read in the Scriptures. Sharing my stories is helping me process what transformation is taking place because of this intense pilgrimage. It's exciting to see the Scriptures come alive on the page and to share those insights in my preaching and teaching. Hope you're not bored yet! More to come.

Parish Nurse's Touch

Debbie Caffrey

March is National Nutrition Month



Healthy eating is recommended throughout life, but as we age certain factors can affect our nutrient needs. Choosing a variety of foods from all the food groups (vegetables, fruits, grains, dairy and protein foods) will help you build a healthy eating routine. Here are some tips!!!

1. Add 1 serving of fruits and vegetables to your daily diet this week. Add another one next week. After just one month, you could be meeting or exceeding the recommended 5-9 daily servings. Not only will you be getting a ton of nutrients that your body needs, but you'll be so full of good stuff that you won't be tempted by that pint of ice cream in the freezer!
2. Drink up! Dehydration can cause issues like fatigue, headaches, and muscle cramps, and it can even be mistaken for hunger! Keeping a refillable water bottle with you at all times will help you remember to drink it. Don't like the taste of water? Infuse it with fruit and/or herbs like mint or ginger to add flavor and you'll find yourself wanting more!
3. Go for a post-lunch stroll. Even just 15 minutes of walking after a meal will burn some of those calories, improve blood sugar and aid in digestion. If you cannot go outside, walk around the house or sit and do leg and arm stretches.
4. Try something new and healthy this month. That superfood you keep hearing about but have been afraid to try? Take a chance! You might be surprised by how good healthy can taste!
5. Eat a variety of foods from the protein food group each week. In addition to lean meat, poultry, and eggs, choose seafood, nuts, beans, peas, and lentils when planning your meals.!

Your body is a gift from God-treat it well!!!

~ *Be Well! Debbie*

Welcome Home Kits for Baileys' Shelter!

Can you help to fill a laundry basket to assist the Bailey's Crossroads Rotary Club meet the needs of New Hope Housing? **Welcome Home kits** help to fill **toiletty and cleaning needs** of new residents transitioning from the shelter to an apartment. The basket is in the ACCA nook area, and the list is available from the office or on the bulletin boards. Soap, deodorant, dental, cleaners.

COVID-19 CHURCH PROTOCOL UPDATE

Germes are still spreading (Flu, Norovirus, COVID variants), so although we are "**Masks Optional**" we respect your decision to wear one. Our Parish Nurse tells us that frequent hand washing is the best preventive. Please wash your hands often (and for 20 seconds!), use hand sanitizer, and practice good health hygiene (elbow bumps and covering coughs or sneezes to prevent spread). We remain flexible, vigilant, and responsive to public health requirements. Thank you for your cooperation!

May God fill your life with happiness and brilliance. Wishing you a very Happy Birthday!

2023 Happy Birthday to Congregants Born in March!

<u>Name</u>	<u>Date</u>
Clara Reynolds	9
Bobby Joe Small	16
Samir Iskander	21
Carole Martindale	26
Margarita Menjivar	27

March & April



Sunday, March 12

6:00 pm – Sopranessence Rehearsal, Choir Suite

Tuesday, March 14

12:00 am – YAH Gadabouts Lunch, See page 1

Wednesday, March 15

9:15 am -- Sandwich Team, Fellowship Hall

Sunday, March 18 (Rev. Moyer Attending)

8:30am - MACBF Annual Meeting, Village Bapt. Church

Sunday, March 19

12:15 pm – UBC CLCEB Meeting, Sanctuary
6:00 pm – Sopranessence Rehearsal, Choir Suite

Saturday, March 25

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

Sunday, March 26

06:00 pm – Sopranessence Rehearsal, Choir Suite

Sunday, April 2 - Palm Sunday, See front page

06:00 pm – Sopranessence Rehearsal, Choir Suite

Wednesday, April 5, 19

9:15 am -- Sandwich Team, Fellowship Hall

Friday, April 7 – Good Friday

12:00 noon – Lunch, Communion & Service, Fell. Hall

Sunday, April 9 Easter Sunday

See front page

Tuesday, April 11

12:00 am – YAH Gadabouts Lunch, Details to follow.

Contributions

January 2023 (Final)	Required	Received
Tithes & Offerings	\$5,000.00	\$ 4,347.50
Building Usage	7,762.33	7,970.00
Mortgage Loan (int)	712.33	712.37
Other (B-Thrifty, Flwrs)	0.00	39.40
Monthly	\$13,474.66	13,069.27
Total YTD (Jan)	\$13,474.66	\$ 13,069.27
Above/(Below)		\$ (405.39)*
Benevolence Funds Rec'd.		\$ 40.00

February 2023 (Final)	Required	Received
Tithes & Offerings	\$5,000.00	\$ 3,990.50
Building Usage	7,762.33	7,240.00
Memorial (Hazel Ball)	0	776.00
Other (B-Thrifty, Flwrs)	0.00	62.90
Monthly	\$13,474.66	12,069.40
Total YTD (Jan)	\$26,949.32	\$ 25,138.67
Above/(Below)		\$ (1,810.65)*
Benevolence Funds Rec'd.		\$ 45.00

* Budgeted Investment Transfers are **not** included in the “Required” or “Received;” no transfers were made. “Other” donations are not budgeted, but are gratefully received (BThrifty, 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, neighbors, and staff 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.

cut here, mail to church today with a check to UBC & memo line: Easter Flowers]

Order Easter Flowers Now

**To help Adorn Our Sanctuary
On Easter Sunday, April 9th**

Lilies \$13.00/Pot OR Tulips \$9.00/Pot

Most nurseries and growers raised their prices again this year. Our reliable Meadows Farms provider passed this along to us, but we will absorb some cost and have a volunteer pick them up. Please let us know if you would like to honor or remember a loved one with a 6” lily (4-blooms) or a 6” tulip (4-5 bulbs) that you can take home, plant, take to a friend or donate to a local nursing home. Thank you!

Your name _____

Honoree & # pots _____ # _____

_____ # _____

In Memory & # pots _____ # _____

_____ # _____

We Must Receive by March 19th for Ordering Deadline!

The United Baptist Church
7100 Columbia Pike
Annandale, VA 22003

Return Service Requested

Prayer requests have been removed for privacy. Please call the office if you have concerns or need an electronic version.

COMMUNITY & GLOBAL PRAYER

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

- All affected by extreme weather, war, disaster & violence: refugees; families of and victims of murders, **cyclone in New Zealand & earthquakes in Türkiye & Syria:**
- Pray for strength and endurance for those leading rescue efforts, including a team from Hungarian Baptist Aid, and for the safe rescue of persons who are still alive under the rubble.
- Pray for comfort for those who are grieving the tragic loss of loved ones and for those whose loved ones are currently missing.
- Pray for provision of shelter, clothing, food, and spiritual support for the many displaced persons.
- Pray for the millions of displaced persons in Syria and Lebanon experiencing trauma and pain yet again.
- Pray for the winter storms in the region to relent to ensure rescue efforts can continue unhindered.
- Pray for sustaining grace for the churches and pastors in the region as they seek to be a source of support and encouragement.
- Pray for wisdom for those mobilizing efforts and making decisions about the disaster response in both Syria and Turkey, including leaders from the Baptist Convention of Syria, Turkish Baptist Alliance, European Baptist Federation, BWAid, and Lebanese Society for Educational & Social Development.
- Safety for all police officers and military personnel; justice
- Pray for peace and comfort for all Ukrainians, and that the global church will not forget the people of Ukraine