

# 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 1

## Happy New Year!

Thank you from our Staff and Leadership for a wonderful year in 2022 and a lovely Christmas! Thank you for your generous gifts and cards of appreciation! Thank you too to our Music Department for the inspiring musicians and vocalists who blessed our Christmas Eve and Christmas Day services! May your New Year carry on the Advent lessons, blessing you and yours with hope, peace, love, joy, and delight!



In gratitude for the generosity and coordination of NorthStar Church Network and Gil Travel, **your pastor, Rev. Moyer**, will be joining 42 other pastors, spouses, and NorthStar staff for a **pilgrimage to Israel!** Travel dates are **January 18-29, 2023**. The **Rev. Dr. Ed Young, of NBMBC**, will preach in a combined service on **January 22 at 10:45 am** in our Sanctuary. **Airport Chaplain Ann Smith** will be back to preach for us on **January 29 at 11:00 am** in our Sanctuary. Please begin to pray for the journey, our speakers, and peace in the Near and Middle East. Thank you!

## 2022-2023 Inclement Weather Policy

In the event of inclement weather, the UBC Senior Minister in consultation with Leadership will make the decision about office closures, activities, and Sunday Services (including Sunday School, Worship, Meetings) by 7 am on the affected morning, or the night before, depending on the weather event. Someone will call our Regular Attenders with news of any cancellations. Our Mission Center partners are responsible for their own group cancellations and liability. Any decisions will also be listed on this Website Home Page, [www.theunitedbaptchurch.org](http://www.theunitedbaptchurch.org), on [Facebook](https://www.facebook.com), or by calling (703) 256-5900. Thank you!

## COVID-19 CHURCH PROTOCOL UPDATE

Germs are still spreading (Flu, RSV, COVID variants), so although we are **“Masks Optional”** we respect your decision to wear one if you choose. How to prevent getting sick this winter? 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!

**Please Note:** Due to the holiday office closures, this Vision is being published and distributed Wednesday, January 4<sup>th</sup>. Thank you.

## FELLOWSHIP OPPORTUNITIES

The next **Young at Heart Gadabouts Outing** for Senior Adults is **Tuesday, January 10<sup>th</sup> leaving at 11:30 am** from the church or **meeting there at 12 noon**. We will have lunch at **Outback Steakhouse**, 9579 Braddock Rd., Fairfax. VA 22032. A sign-up sheet is on the bulletin board, or you may call the office. We do need numbers! Dutch treat.

The next **CLCEB meeting** is **Sunday, February 5, at 12:15 pm** in the Sanctuary. The next **UBC Quarterly Membership Meeting** will be held **Sunday, February 12 at 12 pm** in the Sanctuary. The **United Baptist Foundation Annual Members Meeting** is **Sunday, February 26, at 12:15 pm** after worship in Sanctuary.



The annual **Souper Bowl of Caring** (not mis-spelled) begins **Sunday, February 5<sup>th</sup>**. We will collect non-perishable food **throughout the month of February**, giving UBC the opportunity to continue to meet the needs of the hungry, homeless, and those in poverty in our own community. The ACCA Food Pantry needs our help this time of year, so bring non-perishables listed on the ACCA Food Pantry webpage to the ACCA Nook (Fellowship Hall), and we will deliver to the pantry. If you'd like to volunteer to help, let Rev. Moyer know.

## Seeing 20:20 with Glasses as a Gift

For the Lions Club outreach, we collect **eyeglasses** for people who would otherwise have a blurry picture of the world. Place your old eyeglasses and sunglasses in the hanging box off the Fellowship Hall. They refresh and repair them so that someone else can be thrilled to have a new look at a world in focus!



## *Kairos Moments* ♥ ♥ ♥

(01/04/23) Reflections of Reverend Pamela Moyser

Happy New Year! Our staff and I thank you for the year-long gifts of your loyal participation in church life and the recognition of our work to support the mission and vision of the United Baptist Church. We do our work out of love, faith, and a personal passion to nurture the disciples and apostles among us. Thank you also to New Beginning Missionary Baptist Church for hosting the “Love Potluck” in December. Thank you to all who brought appetizers, salads, side dishes, or desserts. The food and conversations were all so delicious and rich, re-connecting the two churches post-pandemic!

These wild temperature fluctuations between 8° and 68° have been challenging, but help to remind me that life, like weather is changeable and unpredictable. Just like our health and this year’s market, we may influence the outcome, but cannot control it. We are all praying for the Buffalo Bills safety, Damar Hamlin, only 24 years old, who is fighting for his life after suffering cardiac arrest on Monday night during the football game with the Cincinnati Bengals (did you see the 2 crosses on his cheeks before the game?) Having been through such an ICU vigil with my brother Joel in 2010, I understand the pain and anxiety his family is experiencing. We ask God for healing and comfort for him and many others on our prayer list. Prayer is a good way to begin the year!

One topic of Advent preparation was “emptying: an intentional decision to let go of distractions, busy-ness, self-centeredness, sin, hurt, anger, cynicism, or fear.” If we kept or keep on adding things to our lives and schedules, there is a good chance of burnout. Ask God to bear some of the burdens. When we make New Year’s Resolutions, they are often an additional habit or practice, like exercising, reading the Bible, or starting a new diet on top of everything else. Remember that Jesus modeled rest and prayer for us in several passages: Matthew 14:13; Mark 1:35; 4:36; 6:31, 46; Luke 5:16; 6:12; and John 4:6. That’s your homework to look these up and calendar periods of rest and prayer for yourselves. Leaving unhealthy behaviors at the altar will make new space in mind and heart for you to add in a spiritual or physical discipline this year. I did this “emptying” for myself so that I would have room to absorb and learn all I could experience from the upcoming Israel pilgrimage with NorthStar Church Network pastors, spouses, and staff. My brain and heart were so full of Christmas preparations! But I am ready now. You blessed our staff with days off so we could have time with God and family, resting and renewing. It was a fruitful time of visioning and preparation for me. This trip will be a study and reflection journey rather than a tourist trip, and I plan to bring back lots of stories and visuals for the year of Divine Experiments ahead! †

## Parish Nurse’s Touch

Debbie Caffrey

### January Health Focus

It is the start of a new year-welcome 2023!!! Getting to see another year is a gift for which we can be thankful. Aging is a privilege not afforded to all. As we enter 2023, after three years of living with COVID-19, the hope for a better year is strong!!! Here are some tips for a healthier year :




1. Keep up with your vaccines. Everyone remembers what life was like before the COVID-19 vaccine was available. We have come so far in this pandemic, but we’re not done yet. Make sure you are up to date on your COVID-19 boosters to protect your health and the health of those around you. Science is moving fast on other vaccines as well, so be sure to ask about any newly available vaccines when you get your regular preventive care checkup.
2. Get some exercise. Any bit of exercise counts. If you are not able to go outside, as you are able-every two hours stand up, walk through and your house several times.
3. Eat your veggies. Add an extra vegetable to your dinner plate for more vitamins and minerals
4. Drink more water. Drink another glass of water every day to help keep you hydrated.
5. Get some vitamin C. Let the light in-open the curtain, look outside, watch the sky and the birds and wave to people as they walk by.
6. Exercise your brain. Wordle, crosswords, board games and puzzles! Not only are these fun ways to pass the time, but they are also great “workouts” for our brains!

*Happy New Year!!!!*

*~ Be Well! Debbie*

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Thank you, UBC and NBMBC, for the collection of winter coats, sweaters, scarves, warm hats, and gloves for men, women, and children. Three bags and 1 box were taken by members of the Sandwich team to the a grateful coordinator and residents at Btaileys Crossroads Community Shelter. Well done. Please continue to bring purged gently used clothing and shoes to place in our new WHITE Bee Thrifty box in the rear parking lot. The church receives \$ .10 per item you donate for them to sell or ship to others in need.



**2023 Happy Birthday  
to Congregants  
Born in January!**

<u>Name</u>	<u>Date</u>
Shirley Maxwell	11
Dave Sturges	20
Jack Caffrey	22
Patty Richardson	25
Alice Merritt	27



## January & February

### Sunday, January 8

12:15 pm – UBC Bldg & Grounds, Sanctuary

### Tuesday, January 10

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

### Monday, January 16

Offices are Closed for Martin Luther King, Jr. Day

### Wednesday, January 18

9:15 am – Sandwich Team, Fell. Hall

### Wednesday, Jan. 18 through Sunday, Jan. 29

Rev. Moyer trip to Holy Land! with Northstar

### Sunday, January 22, 29

05:00 pm – Sopranessence Auditions, Choir Suite

### Thursday, January 26

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

### Wednesday, February 1 & 15

9:30 am -- Sandwich Team, Fellowship Hall

### Thursday, February 2-3

MACBF Retreat, Maryland - Rev. Moyer attending

### Saturday, February 4

Nicole Lamm Vocal Studio Recital, Sanc, Chr. Ste

### Sunday, February 5 – Souper Bowl Month (food)

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

### Sunday, February 12

12:00 pm - Quarterly Membership Meeting, Sanctuary

### Tuesday, February 14 – Happy Valentine's Day!

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

### Sunday, February 19

12:15 pm - UB Foundation Board Meeting, Sanctuary

### Monday, February 20

Offices are Closed for Presidents' Day, per Personnel

### Sunday, February 26

12:15 pm - UB Foundation Ann. Membership. Mtg., Sanc

## Contributions

December 2022 (Partial)	<u>Required</u>	<u>Received</u>
Tithes & Offerings	\$5,000.00	\$ 14,835.00
Building Usage	8,633.33	7,900.00
Mortgage Loan (int)	712.33	712.37
Other (Env, B-Thrifty, Flwrs)	<u>0.00</u>	<u>220.70</u>
Monthly	\$14,345.66	23,668.07
Total YTD (Jan-Dec)	\$ 172,147.92	\$ 160,822.24
<b>Above/(Below)</b>		<b>\$ (11,325.68)*</b>
Benevolence Funds Rec'd.		\$ 195.00

\* 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!** End of year 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** are now available as you enter the Sanctuary Hall or by mail. If you are unable to attend regularly and would like envelopes delivered or mailed 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.

### ACCA Challenge Campaign 2023

ACCA in 2022 has continued to operate in the new-post COVID environment. The need for our services among the neediest in our community continues despite the reduction in COVID cases. For over 55 years, the needy living in Annandale, Bailey's Crossroads and Lincolnia have been able to turn to ACCA for help; thanks to the generosity of people like you.

Over the past year, ACCA's Child Development Center served 260 children by providing high-quality early childhood programming. Our Family Emergency Assistance Program provided rent, utilities, and medical needs to 989 individuals. In addition, ACCA's Nutrition/Hygiene ministry assisted 2,802 individuals with a 7-10 day food supply and our Furniture Ministry provided household items to 195 individuals. Our volunteers provided 628 round-trip rides to seniors and our Housing Ministry helped repair and upgrade two senior homeowners on fixed incomes in Annandale. We also continued our great work with Just Neighbors and our Neighbor-to-Neighbor programs to support immigrants in our community.

Our continuing efforts depend on your generosity. During this year, we hope that you will consider making a contribution or volunteering your time. Our goal this year is to raise \$175,000 in contributions and to increase our number of volunteers. Because of the generosity of people like you, we feel this goal is attainable. To contribute, just mail a check to the address above, noting Challenge Campaign in the memo line. Contributing electronically is easy – visit our [website](#) for more information.

If you are looking for a place to utilize your time and talents, then please consider volunteering with ACCA! Please visit our [website](#) or email <mailto:volunteers@accacares.org> for more information.

Our organization remains committed to the challenge of Jesus, as described in Matthew 25:40: "Whatever you did for one of the least of these brothers and sisters of mine, you did for me." Your contribution WILL truly make a difference in someone's life.

I've had the pleasure of serving on the ACCA Board for 7 years and as President for this past year and have been astounded by the generosity, selflessness and support of the wonderful people like you. As we look into the future and the changing landscape, ACCA is poised to continue its great work helping our neighbors in need! *The Greater Washington Catalogue for Philanthropy has included ACCA in its group of "the best" local nonprofits for the past several years.*

Gratefully and with Peace and Blessings,  
Sue Mairena, President

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

**Return Service Requested**

Agape Love Opportunities personal prayer requests have been removed for privacy reasons.

**COMMUNITY & GLOBAL PRAYER**

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

- 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 extreme weather, wildfires, war, disaster & violence: refugees; families and victims of mass violence; severe snowstorms, Hawaii Volcano, rebuilding in Florida, Puerto Rico, for the Disaster Teams, violence in ID, CO, NY, DC, etc.
- 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 personnel
- For the University of Virginia football player shooting victims, students, faculty & responders
- For the Victims, families, responders, store staff, & community of Chesapeake, VA for the Walmart shooting
- 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
- Prayer for the immigrants crossing into our borders for safety and provision & for our leaders' decisions about it, related drug smuggling, related human trafficking