

# 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 19

November 2, 2021

Issue 11

You are invited and encouraged to attend the **UBC Annual Membership Meeting on Sunday, November 14<sup>th</sup> at 12:00 pm** in the Sanctuary, immediately following the service. This is when we discuss and vote to approve our 2022 Operating Budget and Committees and Teams. We need your engagement! No food.



## Happy 100<sup>th</sup> Birthday to Hazel Ball!

On November 22<sup>nd</sup>. This is quite a milestone, and we will host (with her family) a small celebration at church on **Saturday November 27, drop in between 2 and 3:30 pm** here in the ventilated Fellowship Hall. RSVP to Sherry Garnett @757-373-6226 by November 20. No gifts, but cards

are appreciated before her birthday on 11/22.

The next **Young at Hearts Gadabouts outing for Senior Adults is Tuesday, November 9<sup>th</sup>, 11:15 am to LongHorn Steakhouse**, 14056 Thunderbolt Pl, Chantilly, VA 20151. Dutch treat. Thank you to Martha Lowe for driving the bus, and to Phyllis Thompson for organizing it all. Masks required. Please sign up on the 1<sup>st</sup> floor bulletin board near Fellowship Hall.



The next **UBC Friends & Family Breakfast is Saturday, November 20<sup>th</sup> at 9:30 am at Anthony's Restaurant**, 3000 Annandale Rd, Falls Church, VA 22042. A sign-up sheet is on the Fellowship Hall pink and black bulletin board. Reservations are helpful, but not required. Dutch treat, prayer needs, and devotional are given. Please join us! Rides available.



This Saturday, **November 6<sup>th</sup>** 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!

## 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 and all of God's many blessings.



Thank you for your generosity this year for the **2021 Annandale CROP Hunger Walk!** Proceeds from the walk benefit ACCA as well as Church World Service. We will collect until mid-November, so if you wish to give, let Rev. Moyer know. Donations may be mailed 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). Your donation will help the food insecure, poverty stricken refugees, and victims of devastating weather events.



## THANK YOU VETERANS!

On Veterans' Day, Thursday, **November 11<sup>th</sup> at 11:30 am**, we are hosting **The Shepherd's Center of Annandale Springfield** for their **Lunch N' Life Sing a Long** with Pat

Sawhney & Gail Parson, for old-time favorites and patriotic songs. Guests will be fully vaccinated, masked (not for meal), and distanced. RSVP to

703.941.1419 or [shepherdsacas@vacoxmail.com](mailto:shepherdsacas@vacoxmail.com). Prepayment is required: SCAS, 7610 Newcastle Dr., Annandale, VA 22003. Wear your Red, White, & Blue!



## *Kairos Moments* ♥ ♥ ♥

(11/2/21) Reflections of Reverend Pamela Moyler

Happy Fall! Yes, we are in November, and I can barely recall October! Are you feeling the same way? When the weather cooled off a little, I began to walk around my neighborhood as a new healthy life rhythm. I was disappointed how long it took for the leaves this year to turn! According to a *Washington Post* article (10/17/20) and a horticulturalist friend, we will experience subdued hues in our future. This year our trees are unusually stressed by cicada damage, weather drought/flood extremes, high temperatures, western wildfires, and insect pests. That being said, I am noticing this week more brilliant maple leaf development of reds and oranges. My walks give me a chance to observe wildlife in God's miraculous creation, to de-stress, and to boost energy and health. I hope you will make time to get out there and enjoy our world – no masks required outside!

We also began a new sermon series on Spiritual Gifts. We started with confession and cleansing to prepare us to perceive the Holy Spirit's gracious gifts. We journeyed with Ezekiel, realizing that we, like the exiles, are a broken, sinful people. In chapters 33-36, we learned how God was disappointed in his people, Israel, yet would redeem and restore them to health and abundance for His sake, "if they had love for one another." With New Testament eyes, Jesus knows we are imperfect, but demands our humility to come just as we are. Our guest musicians Pat Close and Rob Robertson along with David Evans sang "Jesus, Take All of Me." With these lyrics, "I come to You, I run to You. There is nothing that You don't see. You love me just as I am."

So the roles and gifts we have studied since June are not job titles or arrogant entitlements. In 1 Corinthians 12:4-11 <sup>The Message</sup> Paul's list of gifts is to be used to edify the church. A variety of gifts are given to a diverse group of people who believe, yet remember, these gifts come from the same Holy Spirit that was poured down on the apostles at Pentecost, from the same God through Christ. According to Paul, gifts are not revealed until the church needs them! Prayer, Bible Study, Worship, Fellowship, and project/event Volunteering are necessary to reveal the need for and to inspire the person who has that special gift. If you'd like a detailed study of this topic, let me know. The last one I found was from 1992 before the consolidation! We need your gifts today.

When God wants to influence the world through us, He can and will. We practice our gifts for the church, but also for the broader community. When the body of Christ, i.e., the Church, serves by giving food, money, building space, time, and talents, we are telling the world about God's own generosity and LOVE! We are one in Spirit as we are one body in Christ – United Baptist. ✝

## Parish Nurse's "Touch"

... Debbie Caffrey

### November Health Focus

Winter is just around the corner and as the temperatures drop, 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 easy ways to stay healthy during the winter months; the article will continue in next Vision.



**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 check out your store's selection of 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 shine:** 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 walk to the corner or check the mail. If it's particularly cold, open your blinds and spend some time sitting by the window. Do not underestimate the value of light and sunshine in helping your energy level and your overall winter attitude.

**Keep in touch:** 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. Make appointments to meet for coffee, take a bundled-up walk, or set aside time for a longer phone call with friends on a regular basis.

Thanksgiving marks the beginning of the holiday season with moments of sharing and gratitude. Research has shown that focusing on gratitude, even for a very brief time, can increase feelings of happiness. However, the holidays may be a difficult time for some. Take special care of others you know who are primarily homebound and may be feeling lonely or in need of help running errands. Do not hesitate to call your fellow United Baptist Church members!!! Helping others is an excellent way to feel connected. 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. Enjoy Fall!



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

Name	Date
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 Church  
Calendar**

**Wednesdays, November 3 & 17,**  
**9:30 am** -- Sandwich Team,  
Fellowship Hall (masks required).

**Thursday, November 11, Offices Closed for Veterans**  
**Day** per Personnel Policy. Shepherd Center lunch today.

**Tuesday, November 9, 11:15 am** – Young at Heart  
**Gadabouts Lunch Outing.** See front page.

**Sunday, November 7, 12:30 pm** – The next Church  
**Leadership Council Executive Board (CLCEB)**  
meeting will be on Zoom and in person.

**Sunday, November 14, 12:00 pm** – The UBC Annual  
**Membership Meeting** will be held in the Sanctuary.  
Please plan to attend to approve a Vision/Mission  
Operational Budget plan, teams and committees.

**Saturday, November 20, 9:30 am** – UBC Friends &  
**Family Breakfast.** See front page for details.

**November 25 & 26** – Offices Are Closed for  
Thanksgiving, per Personnel Policy.

**Saturday, November 27, 2:00 – 3:30 pm:** Hazel Ball's  
Drop In 100<sup>th</sup> Birthday celebration. See front!



**Contributions**

September 2021 (final)	Required	Received
Tithes & Offerings	\$6,250.00	\$ 3,640.00
Building Usage	7,400.00	5,650.00
Mortgage Loan (int)	712.37	712.37
Other (Env, B-Thrifty, Flwrs)	0.00	105.30
Monthly	\$14,362.37	\$ 10,107.37
Total YTD (Jan-Sep)	\$129,261.33	\$ 103,172.60
<b>Above/(Below)</b>		<b>\$ (26,088.73)*</b>
Benevolence Funds Rec'd.		\$ 65.00

October 2021 (thru 10/3)	Required	Received
Tithes & Offerings	\$6,250.00	\$ 3,175.00
Building Usage	7,400.00	5,250.00
Mortgage Loan (int)	712.37	0.00
Other (Env, B-Thrifty, Flwrs)	0.00	66.00
Monthly	\$14,362.37	\$ 8,491.00
Total YTD (Jan-Oct)	\$143,623.70	\$ 111,663.60
<b>Above/(Below)</b>		<b>\$ (31,960.10)*</b>
Benevolence Funds Rec'd.		\$ 30.00

\* Budgeted Investment Transfers are not included in the "Required"; was made Oct. 6, 2021. Three Bus Sale un-budgeted payments were made of \$1,500.00 from NBMBC on time as agreed, but not included above. VDOT transaction is included; grants are not.

**Thank you for your continued giving and prayers.** Sacrificial or catch-up 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 office or cash/checks brought on Sunday.

**Donate Poinsettias for In-person Worship**

Please help make this wonderful addition to our worship experience possible, by clipping and using this form to honor and memorialize persons. 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 use on Dec. 20<sup>th</sup>. The donation for each plant this year is **\$12.00**. We budgeted for another increase and will pick up to avoid delivery charge. You may mail in your check with this completed form or if attending worship use the Bulletin Insert provided for the same information, and clearly mark your check memo line with "**Poinsettias**" to receive proper credit on your annual giving record. If cash, please use an envelope. Thank you!

Name of Person Ordering: \_\_\_\_\_

Number Poinsettias x \$12.00 each = \$ \_\_\_\_\_

Total Enclosed = \$ \_\_\_\_\_

Given in Honor of: \_\_\_\_\_

\_\_\_\_\_

Given in Memory of: \_\_\_\_\_

\_\_\_\_\_

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

## **Return Service Requested**

Prayer list has been deleted due to privacy. Contact our office 571.278.7115 if you have any questions.

### **COMMUNITY & GLOBAL PRAYER**

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

- ACCA Food Pantry for Volunteers, Funding & Non-perishables
- Americans and Allies still in Afghanistan
- Those experiencing grief over loss, homelessness, unemployment, poverty and/or violence
- Global health, pandemic recovery, variant strains, vaccine distribution & compliance
- Mission Center, Leaders and Groups we support—for their financial & spiritual sustenance; and to discover new relationships needing space
- All Students, Teachers, Pastors & Sr. Adults – proper rest, patience with all the adjustments, emotional, & spiritual health
- All affected by weather, disaster & violence: India, Afghanistan, Western U.S. Wildfires, Haiti, Flooding on US West Coast, NY, NJ & seasonal storms and hurricanes, Iowa mall shooting
- Haiti kidnapped missionaries, Afghanistan and Central American refugees
- Praise for our new Administrative Assistant, Roudaina M. Iskander. Pray for her smooth transition