

The Vision

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

Pastoral Staff:

Rev. Ms. Pamela L. Moyer, Senior Minister
Mr. David R. Evans, Minister with Music
Mrs. Margarita Menjivar, Administrative Assistant
Rev. Dr. J. Wayne Yawn, Senior Minister Emeritus
Rev. Dr. Gerald L. Young, Pastor Emeritus

7100 Columbia Pike
Annandale, VA 22003-3106
703-256-5900
UBCoffice@aol.com
www.theunitedbaptchurch.org

Publication/Distribution Staff:

Rev. Ms. Pamela L. Moyer, Publication Editor
Volunteer: Mae Smith

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 18

March 3, 2020

Issue 3

March Opportunities ~ Save These Dates!

Wednesdays ~ 12:00 noon ~ “Call to Prayer, Fellowship and Bible Study” begins in the Sanctuary and concludes in the Conference Room. We begin with community prayer, then eat and study together until 1:30 pm. We will meet weekly until May 20th and take a short summer break. For questions, call or email Pam (571) 278-7115 or pmoyer@unitedbaptchurch.org. Bring a lunch, please.



Sunday, March 8th ~ 2:00 am ~ Set your Clocks 1 Hour Forward! To be on time for church.

Sunday, March 8th ~ 12:30 pm ~ The UBC Church Leadership Council Executive Board (CLCEB) meets in the Conference Room to conduct church business.

Saturday, March 21st ~ 9:30 am ~ The Congregants & Friends Family Breakfast meet at Pan Am Family Restaurant, 3501 Nutley St., Fairfax, VA 22031. A time for fellowship, prayer, a devotional sharing and good food; Dutch treat. Let Rev. Moyer know if you'll attend; we reserve for 10 but welcome many more!

Saturday, March 28th ~ 1:00 pm ~ “Clean Out Saturdays” continue on the last Saturday of each month. Please calendar your time from 1:00-4:00 pm to come by and help clear out irrelevant or broken items. We will recycle/repurpose/donate/dispose. If you wish to take home “memory items,” please call the office to claim, or if questions, call the Church Office or Carole Martindale (703.473.3946).

Sunday, April 5th ~ 11:00 am ~ Palm Sunday Worship, join us to hear our Sanctuary Choir & friends present an **Easter Cantata** which will bring spiritual meaning to your Easter holiday.



Sunday, April 12th ~ 7:00 and 11 am ~ Sunrise & Easter Worship, plan to bring family and friends to join UBC and NBMBC in a combined Easter Sunrise service at 7 am, followed by a Continental Light Breakfast, then Bible Study and our regular UBC service after that.

Sunday, April 19th ~ 12:30 pm ~ The UBC Church Leadership Council Executive Board (CLCEB) meets in the Conference Room to prepare for the **Quarterly Membership Meeting** on Sunday, April 26th at 12:30 pm in the Fellowship Hall. Please bring a finger food item to share.

Kairos Moments . . .

(3/3/20) Reflections of Reverend Pamela Moyer

February has been Heart Month as well as the month of love. I hope you had a loving Valentine's Day. February sermons introduced God's day of rest and the "Blessed Alliance" of Adam and Eve. On February 16th, we welcomed Jody Faig to the pulpit. Jody is our Field Representative of the Baptist General Association of Virginia and attends, as a pastor's wife, the renamed Old Town Community Church (formerly Downtown Baptist); her message was "Cultivating Gratitude," and she sends her gratitude for welcoming her so warmly.

The following Sunday, February 23rd, we held our first Combined Worship Service with New Beginning Missionary Baptist Church (NBMBC), recognizing Black History Month. Not only was the Spirit present in the lively and energizing music of our combined choirs and instrumentalists, but we learned more about the history of freedom in our country, slave hunters, the hymn code words for the Underground Railroad and heard parts of Martin Luther King Jr.'s last sermon. Plus, we had a chance to see the many improvements in The Chapel and Lounge, making it an enjoyable "Holy Collaboration!" Thank you all who came and took part.

We have also been preparing ourselves in Lent, which began Ash Wednesday, February 26th. Wednesdays' Call to Prayer, brown bag lunch and Adult Topical Bible Study have been a calming yet revitalizing rhythm to our already busy weeks. Hope you'll join us! No reservation needed; drop in as you are able. The UBC monthly breakfast topic was Praying with your Heart. Henri Nouwen writes, "Prayer is standing in the presence of God with the mind in the heart . . . There heart speaks to heart, because there we stand before the face of the Lord, all-seeing, within us (from The Way of the Heart)." A somewhat scary thought if our hearts or minds are out of order! This ties in to our 2020 theme, "Be Sustained," reminding us that prayer, love, worship and service sustain us always even during difficulties or temptation.

Parish Nurse, Debbie Caffrey, has been working extra hours in her job and church to blend the service areas she is passionate about: recently it is helping flood victims and teamwork on Corona Virus prevention. Through her help, we have implemented new practices: extra surface cleaning with bleach, more hand sanitizers (even before communion!), encouraging better nutrition to boost immune systems, posters and giving CDC correct information to our members and visitors. Please do NOT to panic, but practice good hygiene, rest, stay home if you're sick and improve nutrition. This self care is for the good of our community! As we journey to the cross together, let us be reflective and repentant. Paul told the church at Colossae to "Devote yourselves to prayer, being watchful and thankful (Colossians 4:2 NIV)."

Parish Nurse's "Touch"

..... Debbie Caffrey

March is National Nutrition Month, an annual campaign created by the Academy of Nutrition and Dietetics to focus on the importance of making informed food choices, developing sound eating and physical activity habits.



Good **nutrition** is an **important** part of leading a healthy lifestyle. Combined with physical activity, your diet can help you to reach and maintain a healthy weight, reduce your risk of chronic diseases (like heart disease and cancer), and promote your overall health.

Make sure to include all the food groups throughout the day. Make fruits, vegetables, grains, dairy, and protein foods part of your daily meals and snacks. Also, limit added sugars, saturated fat, and sodium. Use the tips below to meet your needs throughout the day:

- Eat breakfast
- Make half your plate fruits and vegetables
- Watch portion sizes
- Be active
- Fix healthy snacks
- Explore new foods and flavors

Remember, the food and beverage choices we make day to day and over our lifetime, matters.



YOUNG AT HEART GADABOUTS

Sr. Adult Ministry meets Tuesday, **March 10th** for

Lunch at **Amphora**

Restaurant in Vienna, VA. You must sign up ahead of time or call Dot Jones for a ride. Vanpool leaves at 11:15 am promptly. You can also meet the group at Amphora; Dutch treat. See Phyllis Thompson with questions.

Announcing a Special Edition of the Vision!



It is our good fortune that March has 5 weeks. Our Palm Sunday Easter Cantata falls on a Sunday before the April Vision is published, so this year we will publish a **Special Edition of The Vision Newsletter** early, on **March 31st** rather than in the first week of April. This will help to disseminate information you can share with friends and family preparing to visit for Holy Week (Spring Break, for some!)

UBC & Mission Center Calendar of Events

Note Format: If you would like to see several months at a glance, calendars are available electronically if requested or by coming to the Church Office, M-F, 9 am-1 pm.

Weekly Events:

Mon		NO Activities except those below
Tues	3:00 pm 7:30 pm	La Voce (Room 120) Wakefield Chorale (Choir Room)
Wed	9:00 am 12:00 pm 12:30 pm 3:00 pm 7:00 pm 7:30 pm	Sandwich Ministry (Fellowship Hall) Call to Prayer (Sanctuary) Adult Bible St. & Brown Bag Lch (C Rm) La Voce (Room 120) OA Meeting (Room 126) NBMC Bible Study (Parlor)
Thur	3:00 pm 7:30 pm	La Voce (Room 120) UBC Choir Rehearsal (Choir Room)
Fri	7:30 pm	NBMC Choir (Chapel)
Sat	7:00 am 8:00 am 9:00 am 10:00 am	Gideons Meeting (Conference Room) GUTS Toastmasters Mtg. (Fell. Hall/#126) Tai Chi Class (Gym) (On Standby) La Voce (Room 120)
Sun	9:30 am 9:30 am 10:45 am 10:55 am 12:15 pm 3:00 pm	UBC Gather for Sunday School (Fell. Hall) NBMC Sunday School (Parlor/Gym Lng) NBMC Worship (Chapel) UBC Worship (Sanctuary) Agape Fellowship (Fellowship Hall) La Voce (Room 120)

March New or Special Activities:

1 st	12:15 pm 12:30 pm	Agape Birth day Fellowship (Fell Hall) Building & Grounds Meeting (Conf Rm)
3 rd	6:30 pm	Bland Music Regional Competition (Sanct/F.H.)
8 th	12:30 pm 12:45 pm	CLCEB Meeting (Conference Room) Special Event (UBC Invited) (F.H.)
12 th	7:00 pm	Gideons Meeting (Conference Room)
13 th	12:00 pm	Setup for ALPCA (Fellowship Hall)
14 th	8:00 am	ALPCA Meeting (Fellowship Hall)
19 th	7:15 pm	NBMC Revival Service (Chapel)
21 st	9:30 am 12:00 pm	UBC Family Breakfast (PanAm Restaurant) Shepherd Center Lunch N Learn (F. Hall)
28 th	1:00pm	Clean Out Saturday's (Meet in Fell. Hall)

Opportunity to Pray and Learn

Call to Prayer, Fellowship & Mixed Adult Bible

Study: On Wednesdays, you are invited to the **Sanctuary at 12 noon for prayer**, and then stay (bring your lunch) for Adult Topical Bible Study on **Prayer Practices**, led by Rev. Pam Moyer. Participants decided we will meet weekly until May 20th in the Conference Room. Materials are provided; just bring your Bible and your lunch! If questions, please call Pam at the office, 703.256.5900.



SUNDAY WORSHIP LEADERS

We need you! If you feel a calling to greet, pray or read, please see Rev. Moyer to be trained for the team.

Mar 1: Lent 1 Invocation: Pam Moyer Scripture: Melisa Banks Offertory: Debbie Caffrey	Mar 8: Lent 2 Invocation: Agnes Lewis Scripture: Sandra Potter Offertory: Paul Puckett
Mar 15: Lent 3 Invocation: Kyle Jones Scripture: David Sturges Offertory: David Evans	Mar 22: Lent 4 Invocation: Sue Korcel Scripture: Aubrey Jones Offertory: Debbie Caffrey
Mar 29: Lent 5 Invocation: Pam Moyer Scripture: Pam Moyer Offertory: David Evans	

Please Note These Important Dates:



March 21st – Shepherd's Center Lunch N Learn is at United Baptist Church, so call our office to get details, or see Bulletin notifications for tickets.

March 31st -- Special Edition of The Vision Newsletter is published.

February Contributions

This report was not available at the time of publication. However, it will be presented in the March 31st Special Edition Vision.

2019 Income/Expense summary was provided at the Jan. 19th Quarterly Membership Meeting, so you may call the office for a copy of the packet if you did not attend. Thank you.

[cut here and mail to church with check to UBC, memo line: Lilies]

Order Easter Lilies Now To help Adorn Our Sanctuary On Easter Sunday, April 12th \$10.00 / Pot

Most nurseries and growers raised their prices again for these beautiful flowers. Our reliable Meadows Farms provider passed this along to us, but we budgeted for delivery this year to absorb some of the increase for your convenience. Please let us know if you would like to honor or remember a loved one with a lily 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 _____

Must Receive by **April 9th** for Inclusion in Bulletin

COMMUNITY & GLOBAL PRAYER

Consider prayer as an important spiritual practice which helps us grow and stay connected. This can be a daily duty or a Holy Opportunity for you to express gratitude, perceive a need for healing, strength, humility, hope, peace, joy and love. Serving others in prayer and action is also a Holy Collaboration!

This week:

- Sheriff Departments, Police Officers and Firefighters for their safety, physical and emotional health, protecting communities from violence and danger
- Prayers for new Mission Center Community Partner prospects to share our facility and vision of service
- Giant Food Stores contract negotiations
- County and State Social Services agencies
- Iran/Iraq situation – peace
- Mississippi & Southwest VA Flooding
- Those suffering with depression in winter season
- **Global health and prevention of Coronavirus transmission**
- **Workplace shooting incident, Milwaukee, WI**