

The Vision

A Weekly 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 17

March 5, 2019

Issue 9



SPRING FORWARD & CHANGE BATTERIES in Smoke Detectors!

Daylight Saving Time

Begins Sunday March 10

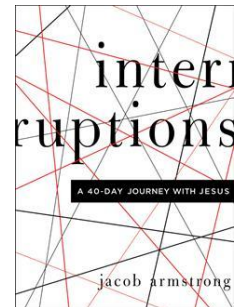
*Set your clocks ahead one hour at
2:00 am (or before going to bed)*

Church Leadership Council
Executive Board Meets this
Sunday, March 10th in the
Conference Room

The Season of LENT

Lent is the period of 40 days before Easter in the Christian calendar. Beginning Ash Wednesday, March 6th, we observe 40 days of Lent, recognizing Jesus Christ's sacrifice and withdrawal into the desert. For us, as Baptists, it can be a season of reflection, prayer and preparation before the celebration of Easter and Resurrection.

Won't you join us in a 112-page, 40-day devotional study of Scripture with prayer, called *Interruptions* by Jacob Armstrong? Life is full of interruptions, both negative and positive; Jesus experienced them too. Can we turn them into Holy interruptions? Books will be available this week, or through Amazon and Upper Room.



Young-at-Heart Gadabouts Sr. Adult Ministry

Tuesday, March 12, 2019

Bus leaves the church at 11:15 AM!

This energetic group of sociable Seniors will lunch at Amphora Restaurant, in Vienna, VA. Bakery and Ice Cream are both close by! Sign up on the News and Do's Hallway Bulletin Board.

It's been a long icy, snow-filled winter; isolation is hazardous to our emotional and physical health. Care for yourself by being with others. Come join the fun!



*UBC Congregant & Friends
Family Breakfast*

*Saturday, March 16th, 9:30 a.m.
Anthony's Restaurant*

3000 Annandale Road, Falls Church
Dutch treat; please contact Reverend Turner for Details

Kairos Moments . . .

Reflections of Reverend Pamela Moyer

Sunday we discussed the Transfiguration found in the Gospel of Luke, 9:28-36, where Jesus is bathed in dazzling white raiment (clothing). The companion Hebrew Scripture passage Exodus 34:29-35 finds Moses, with a shining face so bright a veil is needed for the people. He had just come down from Mt. Sinai, where he met God. In previous weeks we have seen Jesus and his new apostles going up to the mountain to pray, then coming down the mountain to face the crowds and life's demands. Reality hit them hard!

Sound familiar to your own reality? Life here recently at the United Baptist Church has been full of ups and downs: the excitement of Dr. Yawn's retirement, the uncertainty of his replacement, several memorial services, the delight of welcoming a new church to utilize part of our building, the challenge of several congregant surgeries and health matters, and then joy over new staffing decisions! These peaks and valleys are normal for most people -- even for Jesus.

Our Lenten study this year, as noted on our cover, will re-define these peaks and valleys as "Interruptions". What an appropriate yet perhaps new understanding! I discovered this book at McKay's Used Book Store, where I browsed after a UBC Family Breakfast in February. It's title jumped off the shelf, as I thought, whew, my life is full of interruptions, both good ones and difficult ones! What if I could turn these distractions into a more holy time to thank God for the pause, and share my faith with whomever or whatever has interrupted me? I might be **transformed** by a dinner interruption, rather than frustrated by one!

Even the Transfiguration experience was an interruption for Jesus and the Apostles. Jesus was praying when God interrupted Him with the presence of Himself, Moses and Elijah! The apostles were drowsy with sleep, so when they awoke, James and John were dumbfounded, and Peter wanted to build shrines. They nearly missed the point! A *Kairos* moment almost not observed.

Have you ever had such a divine experience where words could not adequately convey the emotion you experienced? Silence and solitude are often the only appropriate human response to such an event. We need the silence to process what occurred, and solitude to reflect on our next response. The word, Transfiguration, means an outward change that comes from within. This is one reason introspection is encouraged during the Lenten season. As we approach Easter, silence helps us pause to notice the world around us: creation, beauty, relationships, love, etc. We can observe God's glory in the ordinary! Even in *soon-to-be* "holy" interruptions!

Parish Nurse's "Touch"

... Debbie Caffrey

March Nutrition Month

National Nutrition Month, celebrated each March, encourages people to make informed food choices and develop sound eating and physical activity habits all year long. Choosing nutritious foods and getting enough physical activity can make a real difference in your health.



- Discover the benefits of a healthy eating style.
- Choose foods and drinks that are good for your health.
- Include a variety of healthful foods from all of the food groups on a regular basis.
- Select healthier options when eating away from home.
- Be mindful of portion sizes. Eat and drink the amount that's right for you.
- Keep it simple. Eating right doesn't have to be complicated.
- Make food safety part of your everyday routine.
- Help to reduce food waste by considering the foods you have on hand before buying more at the store.
- Find activities that you enjoy and be physically active most days of the week.

Eating right doesn't have to be complicated. Think about what you want your plate to look like and ask if it's incorporating all the major food groups. Select a mix of lean protein foods, vegetables, whole grains and fruits to enjoy a healthful meal.

Get courageous!!! Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable or whole grain that's new to you.

The goal is for you to have a healthy happy life and enjoy your food!!!!



Thank you!

Dear United Baptist Family,
We would like to thank you all for your gracious and loving response to us upon the death of our father, Verle. Your friendship and support during this difficult time has made it much more bearable. Special thanks to Dot Jones and her crew for the wonderful comfort meal which allowed us to spend time with so many who were present. Thank you again for celebrating Dad's life with us and for your prayers.

With love,
Twyla, Kathi, Karen and Bill Turner and families

Student Ministries & News...Twyla Turner

All Students

- Sundays:

Sunday School	9:45 a.m.
Worship	10:55 a.m.
- Fridays:

Friday Night @ the Movies	7 p.m.
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- Third Saturdays:

Craft Saturdays	1 p.m.
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Senior High Students

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|---|--------|
| Second & Fourth Saturday Missions | 1 p.m. |
| First & Third Sunday Girls Dinner and
& Discussion | 5 p.m. |

Special events will be announced in this space. Paintball is coming during Spring Break. Watch here for details.

This week--

Friday Night @ the Movies

Next FN@TM is Mar. 15, at 7 p.m. in the Youth Room. Movie and snacks!! See you then!!

Second Saturday Missions

There will be NO Second Saturday Missions on Mar. 9. Ms. Twyla will be away. Plan to participate o Craft Saturday on Mar. 16, at 1 p.m. and Fourth Saturday Missions on Mar. 23, at 1 p.m.

Sunday Morning, Mar. 10

Sunday, Mar. 10, there will be Sunday School beginning at 10 a.m. We will continue our study of Job. Worship begins at 10:55 a.m. Our new Senior Minister, Rev. Pam Moyer, will bring the message this Sunday. Please try to attend to support our new Pastor.

MISSIONS-

Souper Bowl of Caring

Thank You so much for all of your donations to the Souper Bowl of Caring during the month of February. We will complete a count and report back to the church on our results in about 2 weeks. Thank you for continuing to support this worthy cause of helping the food insecure in our local Annandale community through this annual mission.

Power Pac 3 Program

Final preparations are in the works. We have the opportunity to pack weekend meals for students at Fairfax County Public Schools. Without these meals, the children will not eat from Friday afternoon until they arrive back at school on Monday morning. Thank you to those who have expressed an interest in helping with this project. If you are interested in helping with this project, please see Twyla as soon as possible. Thank you for considering this opportunity to meet the needs of the food insecure children in our community.

Hygiene Kits for the Homeless

Please remember our students continue to collect travel size soaps, shampoo, conditioner, lotion, toothpaste and toothbrushes to make hygiene kits for distribution at the Bailey's Crossroads Shelter. Please collect these items at hotels when you are traveling and bring them back to donate for our project. Thank you for helping us help our less fortunate neighbors.

UBC & Mission Center Calendar of Events

Every Sunday Bible Study, 9:30 am
Every Sunday Liturgy of Worship, 10:55 am

March

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|----|----------|--|--|
| 6 | | Ash Wednesday (beginning of Lent) | |
| | 9:15 am | Sandwich Ministry (Fellowship Hall) | |
| | 1:00 pm | Women's Bible Study (Conference Room) | |
| | 7:00 pm | <u>O</u> vereaters <u>A</u> nonymous (Room 126) | |
| 7 | 7:30 pm | UBC Choir Rehearsal (Choir Room) | |
| 8 | 2:00 pm | Set up for ALPCA (Lic Plate Event – Fell. Hall) | |
| | 7:00 pm | Student Fri Nite @ Movies (Youth Lounge) | |
| 9 | 7:00 am | ALPCA (License Plate Event – Fellowship Hall) | |
| | 7:00 am | Gideons Weekly Meeting (Conference Rm) | |
| | 8:00 am | Toastmasters Public Speaking (Rm. 126) | |
| | 9:00 am | Tai Chi Exercise (Gym) | |
| | | NO Second Saturday Student Missions | |
| 10 | 9:30 am | UBC Assembly for Sunday School (Fell. Hall) | |
| | 9:30 am | NBMBBC Sunday School (Parlor) | |
| | 10:45 am | NBMBBC Worship (Chapel) | |
| | 10:55 am | UBC Worship (Sanctuary) | |
| | 12:15 pm | Agape Fellowship (Fellowship Hall) | |
| | 12:30 pm | Church Ldrshp Co Ex Bd Mtg. (Conf. Room) | |
| 11 | 11:30 am | Staff Meeting (Conference Room) | |
| 12 | 11:15 am | Young at Heart Gadabouts Trip (| |
| | 7:15 pm | Wakefield Chorale (Choir Room) | |
| 13 | 9:15 am | Sandwich Ministry (Fellowship Hall) | |
| | 1:00 pm | Women's Bible Study (Conference Room) | |
| | 7:00 pm | <u>O</u> vereaters <u>A</u> nonymous (Room 126) | |

March 3, 2019 Financial Contributions

Budget Receipts:

Tithes and Offerings donations	2,371.00
B.Thrifty LLC donation box	29.00
Souper Bowl collection	<u>70.00</u>
Total Budget Receipts	2,470.00

Non-Budget Receipts:

	0.00
Total Non-Budget Receipts	<u>0.00</u>
Total Receipts	2,470.00
Budget Receipts YTD	75,462.00
Annual 2019 Budget Goal YTD (TBD*)	TBD
Over (under) Budget Goal*	TBD

*Budget summary is not yet available, due to approved budget revisions made at the January 27th Quarterly Membership Meeting. Details will be added as soon as they are. Thank you for your patience and stewardship.

2018 Record of Contribution Statements Were Mailed in January, 2019

If you have not received your copy, **please call the office at 703.256.5900.** You may have to leave a message on **Ext. 101**. If so, please leave your name and call back number. We will return your call as soon as possible. Although we do not have access to your records, we will have our bookkeeper, Linda Hasselkuss, mail it again to you confidentially.

Watch here for Easter Lilies Order Form in Next Week's Vision and Bulletin!

