

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

April 9, 2019

Issue 14

*Support Our Choir by Attending
and Inviting Family and Friends
to Worship this*



Palm Sunday
April 14th, 10:55 am

“Lift High the Cross”

A Lenten/Easter Cantata Arranged
By Lloyd Larson

Presented by

Sanctuary Choir
and

Friends

Directed by

Mr. David R. Evans

Kairos Moments . . .

Reflections of Reverend Pamela Moyer

During Sunday's Scripture reading from Isaiah 43:16-21, the Lord declares, "See, I am doing a new thing!" This means freedom for the captives of Babylon, and in our New Testament understanding, it means salvation through Jesus the Messiah! Isn't that appropriate on this last week before Jesus goes into Jerusalem (Palm Sunday is this week), to be welcomed then tried, flogged, humiliated and finally crucified? Isaiah proclaims on behalf of God, "The time is fulfilled, and the kingdom of God is drawing near."

The John 12:1-8 reading helps us prepare for Holy Week. Jesus had just raised Lazarus, his friend, from the dead. Although Martha was angry at his delay, both of Lazarus' sisters, Mary and Martha, were overjoyed by the miracle of new life! The Gospel writer John closes his record of Jesus' whole life and ministry with this **intimate** account of Mary's extravagant love. She pours expensive oil onto Jesus' feet and wipes them with her loose hair. This leads us intentionally along the Passion journey toward Resurrection Sunday, where we and the disciples experience and see God's extravagant love for **mankind**. Her actions anticipate Christ's death for us.

Please join us Sunday to hear more of the story as the choir takes us musically through Holy week; and be with us again Easter Sunday (8:30 am) for a light breakfast, Sunday School (9:30 am) and Worship (10:55 am).

A recent demonstration of inspiring love within our own congregation was the 100th Birthday celebration of Mildred Dodson, by her family, friends and church family. She was delighted, as were we all, with the balloons, music, food, cake, and Supervisor Penny Gross sharing a Mason District Salute! Her sons, Gene and Lee Dodson, with Libby and Steve Novak were assisted by many family helpers, caterer Rob Cannon and the Johnny Artis Band. A 1919 shiny wheat penny presented to Mildred, and the music ranged from Andrews Sisters

and WWII tunes to familiar jazz singers through many decades ~ lots of memories! Here are two of the many photos taken:



Parish Nurse's "Touch"

... Debbie Caffrey

April Health Focus [2 of 2 installments]



Goodbye, long winter! Birds are chirping. Flowers are blooming. When spring hits, it's hard to feel down in the dumps. . . . The good news is that all the things we love about spring are good for us, too, so as you pack up your winter coat for next year, check out some reasons to be excited about the new season.

- 3. A spring-cleaned diet.** There's more produce in season. Sweep the cobwebs about of your cold-weather diet with a dose of fresh spring produce. Peas, asparagus, kale, radicchio, and rhubarb are just a few of the fresh foods that reach their peak during spring. Chances are, you'll find yourself wanting to eat less during warmer weather than you did during the dark winter months, so use your body's natural cravings as a way to focus on filling up with whole, fresh foods.
- 4. Outdoor exercise.** Spring is just right for outdoor exercise, which according to a study published in the journal Environmental Science and Technology, can actually improve your mental and physical well-being better than an indoor sweat session. Whether it's an after-dinner walk, an adult rec league, or an early-morning walk, longer days and moderate temperatures are perfect reasons to get outside.
- 5. No more winter skin.** Gone are the freezing temps and harsh winds that wreak havoc on your skin and hair. It can be tempting to skip moisturizing once you no longer feel like you need it, but remember that sun protection with a daily SPF of at least 15 is essential year-round.

Have a happy and healthy spring!!!

Save the Date!

Easter Sunday, April 21st

8:30 am Light Continental Breakfast
in the Fellowship Hall
Before Sunday School and Worship



April 7, 2019 Financial Contributions

Budget Receipts:	
Tithes and Offerings donations	11,986.00
Building Usage:	
New Beginning Miss. B. Ch.	2,000.00
B-Thrifty Donation Box	17.00
Refund to Budget Accts:	
Flowers (Easter Lilies)	100.00
Total Budget Receipts	14,103.00
Non-Budget Receipts:	
Total Non-Budget Receipts	0.00
Total Receipts	14,103.00
Budget Receipts YTD	83,662.26
Annual 2019 Budget Goal YTD (TBD*)	TBD
Over (under) Budget Goal*	TBD
Communion Benevolent Offering	58.46

*Budget summary is not yet available. Details will be added as soon as they are. Thank you for your patience and giving.

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.

- Third Saturdays:

Craft Saturdays 1 p.m.

Senior High Students

Second & Fourth Saturday Missions 1 p.m.

First & Third Sunday Girls Dinner and 5 p.m.

& Discussion

Special events will be announced in this space. Paintball is coming during Spring Break.

This week—

Friday Night @ the Movies

Next FN@TM is Apr. 20, at 7 p.m. in the Youth Room.
Movie and snacks!! See you then!!

Sunday Morning, Apr. 14

Sunday, Apr. 14, there will be Sunday School. We will continue our study of Job @ 10 a.m. Worship begins at 10:55 a.m. on Apr. 14. Our choir will present their Easter cantata, "Lift High the Cross". Be here to participate in this important time in the life of our church family.

Coming soon--

Paintball... watch this space for details.

MISSIONS—

Box Tops for Education Mission Project

The Youth of UBC are still collecting "boxtops" for their on-going mission project. Please see Twyla if you would like to suggest a school for this year's collection.

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

April

10	9:15 am	Sandwich Ministry (Fellowship Hall)
	1:00 pm	NO Women's Bible Study (Rev. Turner-leave)
	7:00 pm	<u>O</u> vereaters <u>A</u> nonymous (Room 126)
	7:30 pm	NBMBC Adult Bible Study (Parlor)
11	7:00 pm	Gideons Monthly Meeting (Conference Room)
	7:30 pm	UBC Choir Rehearsal (Choir Room)
12	7:00 pm	NO Student Fri Nite @ Movies (Rev. Turner-leave)
	7:30 pm	NBMBC Choir Rehearsal (Chapel)
13	7:00 am	Gideons Weekly Meeting (Conference Rm)
	8:00 am	Toastmasters Public Speaking (FH)
	9:00 am	Tai Chi Exercise (Gym)
	10:00 am	UBC Last Cantata Choir Rehearsal (Sanct.)
14	9:30 am	UBC Assembly for Sunday School (Fell. Hall)
	9:30 am	NBMBC Sunday School (Parlor)
	10:45 am	NBMBC Worship (Chapel)
	10:55 am	UBC Worship with Cantata (Sanctuary)
	12:15 pm	Agape Fellowship (Fellowship Hall)
15	11:30 am	Staff Meeting (Conference Room)
16	7:15 pm	Wakefield Chorale (Choir Room)
17	9:00 am	Shepherd's Ctr. Bus Trip (Lincoln Cottage DC)
	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)
	7:30 pm	NBMBC Choir Rehearsal (Chapel)

[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 21st \$10.00 / Pot

Most nurseries and growers have raised their prices for these beautiful flowers, due to increases in associated costs and dramatic weather. Our reliable Meadows Farms provider had to pass this along to us. We absorbed 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 18th for Inclusion in Bulletin

