

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.

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Issue 9

Back to School!

As you know, many local public & private schools opened recently, so, please, when driving, notice neighborhood school speed limit signs, waiting children, and buses loading and unloading children. May God bless all students (college too!), teachers, staff, & bus drivers as they go "Back to School!"



FELLOWSHIP OPPORTUNITIES!

The UBC Young at Heart Gadabouts Senior Adults outing is on **Tuesday, September 12th, at 11:30 am.** We'll be lunching at the **Olive Garden Restaurant** in Baileys Crossroads at 3548 S Jefferson St #52, Falls Church, VA 22041. A sign-up sheet will be on the bulletin board soon near Fellowship Hall. You can meet us at the church at 11:30 am to share a ride over, OR **at the restaurant at 12 noon.**

Annandale CROP Hunger Walk!



It is almost that time of the year for the 2023 Annandale CROP Hunger Walk on October 14th at **Lake Accotink.** Registration begins at 8 a.m. in the picnic

area near the marina. Proceeds from the walk benefit Church World Service with a large contribution to ACCA. Please plan to give any amount now; let Rev. Moyer know if you would like to walk, pray, or donate time or funds. Please place a check or cash in the labeled basket in the Sanctuary or mail 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 helps the food insecure, and victims of devastating weather/fire events. Call Pam for more info. Thank you.

Outreach Opportunity!

Don't you love to get mail other than bills? **Thursday, September 28, from 11 am-1 pm** will be our first Pop-up activity! Become a **Mailbox Angel** by coming to the Fellowship Hall for a revived "caring cards" ministry. We will provide all cards, supplies, pens, markers, stickers, stamps, & addresses. Lemonade & cookies will be available, but lunch is on your own during or after. Reconnect! Thank you!



The next UBC Friends & Family Breakfast will be held **Saturday, September 30th at 9:30 am,** at **IHOP**, 13810 Braddock Rd, Unit D, Centreville, VA 20121. Dutch treat, devotional reading, and sharing of praises and prayer requests. Please join us, and if you need a ride, see Rev. Moyer. We will **meet there.** Sign-up sheet is on the Fellowship Hall Bulletin Board.

Save the Date! We will be hosting the **Shepherd's Center Lunch N Life** on **Thursday, September 14th at 11:30 am** in our Fellowship Hall! Join us to hear Jan deHoll, guitar professor. Jan plays Guitar, Banjo, Ukulele, and Mandolin. He will give us a taste of his talents. The cost of lunch and entertainment is \$10 per person. Open to the public. All are welcome. United Baptist Church 7100 Columbia Pike, Annandale, VA 22003 To Register: Call the office at 703-941-1419 by Monday, September 11th or send an email to shepherdscas@vacoxmail.com. Send Check To: SCAS, 7610 Newcastle Drive, Annandale, VA 22003. The event is catered for them, so pre-payment is required. Please bring non-perishable food for the ACCA Food Pantry.

Local Missions: Please continue to collect Pop Tabs for Ronald McDonald Charities & turn into the office. Remember too that the local Lions Club collects eyeglasses & sunglasses for repair and repurposing for those in need. Their collection box is on the wall in the Fellowship Hallway. Gene Boucher or designee will pick up soon. ☺

Kairos Moments ♥ ♥ ♥

(9/5/23) Reflections of Reverend Pamela Moyer

Prayers and blessings to all students, teachers, school staff, bus drivers, and parents as you head back to school this year! We so appreciate all you do and how hard you work to provide quality education, music and arts appreciation, creativity, efficiency, the investment you've made in the students, and the risks you take to help grow up a new generation of thinking human beings.

I always feel the "perpetual student" pull of a new academic year. The more appropriate term is "lifelong learner," and this year is no exception. The type of learning is not theological this time, but more biological as I learn new habits and life rhythms to take better care of my body, heart, and voice. I've been a workaholic forever, buying into the career success cultural norm, and I am not proud to confess that. My recovery has given me time to think, new routines of exercise, measurements (I got a Fitbit device), nutrition, more sleep, and better health in general.

These new rhythms are building my stamina, clarifying my focus with determination, reducing stress, and yielding good results. It is out of gratitude that I share this information, and preached an August sermon series on healing stories in the Bible. There were too many for just five weeks, but we discussed some good ones: Blind Bartimaeus, Elisha and the Shunamimite woman's dead son restored, Jairus' daughter Talitha brought back to life, the man with leprosy, the speech impaired deaf man, and Peter's mother-in-law. If you'd like to learn more, please note that these sermons are posted on our website at this link:

<https://www.theunitedbaptchurch.org/services>

From these stories and several accompanying Psalms of petition and praise, we learned lessons about our own healing needs, God's power and grace, and Christ's mercy and unlimited compassion. Some of the folks were faithful believers and some were not. Some were vulnerable victims and some were not. Our faith is bigger than just problem solving; please do not assume being healed means you are weak. And remember, we cannot "earn" God's grace or healing through religiosity, institutions, bargaining, or moral living. We all need Christ's authority to heal us in some way, whether it's physical, mental, emotional, psychological, or spiritual.

Many come to church for fellowship, some for serving those in need, some to be healed or served, and still others attend church as a lifelong learner—to dig deeper into the Word of God, seeking direction and life application. The United Baptist Church and Mission Center is a good place to learn through relationships and unified spiritual strength. Hope to see you soon!

Parish Nurse's Touch

Debbie Caffrey

September Health Focus



Food safety is important for everyone—but it is extremely important for people with weakened immune systems such as older adults, or have cancer, diabetes, or autoimmune diseases. These people are at a higher risk for hospitalization and death from foodborne illness. Older adults are at risk because:

- The digestive system holds food longer, allowing bacteria to grow while the stomach may not produce enough acid to limit the number of intestinal bacteria.
- The liver and kidneys may not properly rid the body of foreign bacteria and toxins.
- Between 50 and 60, the immune system in most people begins to decline. After age 75, many adults have an immune system so weakened that their risk for contracting a foodborne illness increases while the ability of their bodies to fight the infection is lowered.

People with cancer are at risk because the cancer and the treatment may weaken the immune system. People with diabetes are also at risk because their immune system may not recognize food poisoning bacteria/viruses and the kidneys may hold on to harmful bacteria and toxins.


Some foods are riskier than others. The foods most likely to contain harmful bacteria or viruses fall into two categories:

- Uncooked fresh fruits and vegetables.
- Some animal products, such as unpasteurized (raw) milk; soft cheeses made with raw milk; raw or undercooked eggs; raw meat, raw poultry, raw fish, raw shellfish and their juices; luncheon meats; and deli salads (without added preservatives) prepared on site in a deli-type store or restaurant.
- Flour, raw cookie dough, cake mix, batter or any other raw dough or batter

Steps to lower the risk of foodborne include:

- Wash hands and surfaces often.
- Never place cooked food on a plate or cutting board that previously held raw meat, poultry, seafood, or eggs without first washing the plate/cutting board with hot soapy water.
- Cook foods to the recommended safe minimum internal temperature.
- Refrigerate or freeze meat, poultry, eggs, seafood, and other perishables within 2 hours of cooking or purchasing. Refrigerate within 1 hour if the temperature is above 90°F.
- Never thaw food at room temperature, such as on the countertop. It is safe to thaw food in the refrigerator, in cold water, or in the microwave. If you thaw food in cold water or in the microwave, you should cook it immediately.
- Buy only pasteurized milk, cheese, and other dairy products from the refrigerated section.
- Never buy food that is displayed in unsafe or unclean conditions.
- When purchasing canned goods, make sure that they are free of dents, cracks, or bulging lids. (Once you are home, remember to clean each lid before opening the can.) Buy produce that is not bruised or damaged

~ *Be Well! Debbie*



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

Name	Date
Wayne Shoemaker	1
Linda Clarke	4
Wayne Yawn	4
David Evans	14
Randy Clarke	19
Patsy Small	26
Bonnie Hester	27

September & October

Wednesday, September 6, 20

9:15 am – Sandwich Team, Fell. Hall

Sunday, September 10

4:00 pm – Sopranessence Auditions/Rehearsal, Choir Suite

Tuesday, September 12

11:30 am – YAH Gadabouts Lunch, See page 1.

Wednesday, September 13

2:00 pm – AXIS Zoom Meeting, Rev. Moyer.

Thursday, September 14

11:30 am --Shephd's Ctr Lunch-N-Life, Fell. H., See page 1.

Sunday, September 17

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

2:00 pm – MACBF Training Event, Mclean Bapt

4:00 pm – Sopranessence Auditions/Rehearsal, Choir Suite

Thursday, September 21 (Rev Moyer attending)

VBWIM Board Retreat, Richmond.

Thursday, September 28

11:00 am – Mailbox Angels Pop-up Activity, F.Hall

Saturday, September 30

9:30 am – UBC Friends & Family Breakfast, see page 1

Sunday, October 1

12:15 pm – UBC Bldg & Grounds, Conf. Rm

Wednesday, October 4, 18

9:15 am – Sandwich Team, Fell. Hall

Monday, October 9 – Office Closed for Indig. People Day

Tuesday, October 10

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

Saturday, October 14

8:00 am – Annandale Women's Club Yard Sale, F. Hall

8:30 am – Annandale ACCA CROP Walk, Lake Accotink

Thursday Oct. 19

BGAV Committee Meeting – Pam Moyer tent., Richmond, VA

Saturday, October 21

Annandale Civic Space Opening, Visitors can use our Parking Lot



Contributions

August 2023 (Final)	Required	Received
Tithes & Offerings	\$5,000.00	\$ 3,310.00
Building Usage	7,762.33	8,350.00
Other (B-Thrifty, Flwrs, *Van)	0.00	64.40
Monthly	\$13,474.66	11,724.40
Total YTD (Jan-Aug)	\$107,797.28	\$ 102,301.00
Above/(Below)		\$ (5,496.28)*
Benevolence Funds Rec'd. (Aug.)		\$ 35.00

* For detailed monthly reports, please contact the office. Budgeted Investment Transfers & Sale of Van are **not** included in the "Required" or "Received". A \$50,000.00 transfer was made in July. "Other" donations are not budgeted, but are gratefully received (Van Sale, BThrifty, Envelopes Init. Offrg, Flowers). Questions, call Rev. Moyer. Financials were presented & accepted at the Quarterly Membership Meeting August 27, 2023.

Thank you for your stewardship and prayers! 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.

Pastor is seeking a few **Scripture readers** for Sundays to take 1 month at a time or a specific Sunday. She will train & prepare you. The only requirement is a willingness to practice it once and to speak up (microphone will be used and you may, but do not have to, come up front.) It can be an enriching contribution to your own worship and helps us to hear God's Word and voice in different ways. Please speak to Pam.

Community Needs Your Help!

Please bring non-perishable food donations for the ACCA Food Pantry when you come to the office or to Worship on the first Sunday of each month. Could you help us deliver monthly if we assist you with loading or unloading? Thank you!



New Annandale Civic Space Under Construction Set to Open Saturday, October 21!

You may have noticed work near 7200 Columbia Pike, behind the Fire Station and the ACCA Child Development Center. We first heard about it in 2018, and its plan includes a civic plaza with seating, an educational garden, a playground, a lawn, and an open space that can be used as a flexible "pop-up" space for performances, community activities, and special events with ADA-accessible paths.



The total capital cost of the project is estimated at \$700,000 and is financed through various funding sources, such as an Environmental Improvement Program grant, Economic Opportunity Reserve funds, Mason District Revitalization funds and discretionary funds by Mason District Supervisor Penny Gross's office. We look forward!

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

Return Service Requested

Prayer Requests have been removed for personal privacy. You may request information from the office at 703.256.5900.

COMMUNITY & GLOBAL PRAYER

- **Shootings at UNC and Jacksonville, FL**
- All teachers, students, staff, & bus drivers; for peace, focus, safety & joy
- The citizens of & first responders for the island of **Maui, Hawaii** trying to recover from wildfire devastation
- New Hope Housing & local churches as they prepare for the **hypothermia overflow** shelter program for those experiencing homelessness; & pray for their new director
- Violence in Haiti: too frequent kidnappings and pray for peace
- Our mental health systems, responders & social workers; pray for those suffering to seek professional help before crisis
- All women pastors & leaders impacted by recent letters & articles dismissing their competency & calling. UBC Sr. Minister thanks you for your affirmation & support of God's calling & direction
- All affected by extreme weather, war, disaster & violence: **hurricane damages in FL**, CA, hurricane season, extreme heat in Western & Southern US, the Sudanese civil war, refugees & Americans there; tornados, rebuilding teams, earthquake recoveries, and the continuing war in Ukraine
- Safety for all police officers and military personnel; keeping the peace during times of unrest nationally and globally
- COVID-19 cases are rising in certain areas. Please wash hands, keep distance, & get vaccines if you choose
- Upcoming Annandale **ACCA CROP Hunger Walk**, October 14 participation
- **Mission Center Building Usage Partners:** NBMBC, Zion Medical, VGBC, Amerikids, GUTS Toastmasters, Gideons, Shepherd's Center especially transportation program, Washington Concert Society, Sopranessence, Music Teachers, Goodwin House Hospice, and more . . .