

# 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 8

## Back to School!

Fairfax Co., Alexandria City, and Falls Church City Public Schools (& some private schools) open **August 18<sup>th</sup>**. So, please, when driving, notice neighborhood school speed limit signs, bicycles, and buses loading and unloading children. Let us do our part to protect school children and ourselves from harm. May God bless all students (college too!) as they go "Back to School!"



Our next **UBC Friends & Family Breakfast** is on **Saturday, August 23<sup>rd</sup> at 9:00 am** at **City Diner**, 5616 Leesburg Pike, Falls Church, VA 22041. This is a Dutch treat meal, prayer time, with a short reading together. Call the office or sign up on the pink and black bulletin board form.

The **Shepherd's Center Lunch N Life** will be **Thursday, August 28<sup>th</sup> at 11:15 am** in our Fellowship Hall @**The United Baptist Church**, 7100 Columbia Pike, Annandale. Join us to hear myofascial therapist, Nancy Shaw. Do you have any aches or pains? If so, see if myofascial therapy could help you. The cost of Lunch and the talk is **\$15** per person, pre-paid. All are welcome. To Register: call SCAS office at 703-941-1419 by Monday, August 25<sup>th</sup> or send an email to [shepherdscas@vacoxmail.com](mailto:shepherdscas@vacoxmail.com). Send a check to: SCAS, 7610 Newcastle Drive, Annandale, VA 22003.



## Thank you & Sorry You Missed It!

The UBC Congregants, Leadership, Staff, and Reverend Moyer would like to thank **Reverend Sean Roberds**, Executive Coordinator of the **Mid-Atlantic Cooperative Baptist Fellowship (MACBF)**, for his support in preaching last Sunday. We appreciate how you shared your association and pastoral experience, wisdom, and Biblical knowledge. We are truly grateful for how you represent and advocate for churches, congregations, and their pastors.

## Annandale CROP Hunger Walk

**Announcing!** It is almost that time of year for the **2025 Annandale CROP Hunger Walk & Fundraiser, on October 11<sup>th</sup>** at Lake Accotink. Details will follow soon.



For the rest of the **Summer** (August-Labor Day), guests and congregants are invited to dress casually and comfortably on Sundays for worship. Summer vacations can mean attendance fluctuations. Let us know when you travel so we may pray for your safety, fun, and return. Please be cautious in the heat, take it easy, and hydrate!

## COMMUNITY LEADERSHIP

The July CLCEB meeting was cancelled due to conflicts and summer vacations. The next CLCEB Meeting is scheduled for **Sunday, August 24<sup>th</sup> at 12:15 pm** in the Conference Room to conduct church business and prep for the QMM.



**Save the date!** The **UBC Quarterly Membership Meeting** is now scheduled for **Sunday, August 31<sup>st</sup>, at 12:15 pm** in the Conference Room to review the usual business of the church and financials. Please calendar this date. We need your voice.

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## FELLOWSHIP OPPORTUNITIES

The **Young at Hearts Gadabouts "Peaches" Trip** for Senior Adults is **Tuesday, August 12<sup>th</sup> leaving at 10:30 am** from the church to **Thurmont, MD**. We will have lunch at the Mountain Gate Family Restaurant, 133 Frederick Rd, Thurmont, MD 21788 and go the Catoctin Mountain Orchard close by for peaches, apples, veggies, and gifts. Sign up in the building or call the office to reserve a space. Dutch treat; we will carpool together. Bring insulated bags for your goodies.



## Kairos Moments ♥ ♥ ♥

(08/05/25) Reflections of Reverend Pamela Moyer

**Happy August & end of Summer!** As I said from the pulpit, it is hard to believe Summer is nearly over. As I write this article, I am preparing for a week of vacation in Lynchburg for a day to visit my friend, Rev. Amy Hall, and then on to Asheville, NC, to spend some “cool” time [on several levels-temps, arts, music, food, gardens, mountains] unplugging to recharge my social and physical batteries. Although I may not be as available as usual, Debbie Caffrey has agreed to be the church emergency contact in my absence; you may also call the office for David (Sunday-Monday) or Roudaina (T-Fri) to respond. All know how to reach me if necessary. Thank you for the policies that provide respite and Sabbath time for reflection and fun! Please pray for me as I travel and renew. Thanks!

As I preached this past Sunday about having “Enough Bread for Others,” (written sermon is available on our website, [www.theunitedbaptchurch.org/services](http://www.theunitedbaptchurch.org/services)), I said that if we trust God’s provision and direction, we have more than enough **food** to share with others, thanks also to the Sandwich Team, ACCA food pantry, and our own New United Gospel Food Mission, donors, and volunteers. However, I might not always have enough **time** to share myself with others or with God as much as I’d like to, especially when emergencies arise like the A/C situation.

We are all given a finite number of hours in a day, and we have different responsibilities to self, family, friends, pets, work, church, school, or hobbies. What I’ve been wrestling with is the word “**priorities**” because everything seems like one. How do you determine **your** priorities each day? There are multiple methods with varying success, depending on which authors you read. For the retired, sometimes you are busier now than when you worked 9-5! Mary Kay Ash chose “Six Most Important Things” each evening before bed to do the next day. Another coach suggested only Three Big Things for each day, 2 for work, 1 for self care, and written down. Of course, the reality is more like 20 on my list! Now, I’m not grumbling like the Israelites did when they wanted meat with their daily manna! I love my life and my work! I’m just reminding myself and you that **each day is a gift**. Ruby who just turned 103 years young reminded me that she never expected to reach that number but lives each day in joy and expectation. Her faith sustains her with purpose, friends, and devotion to Jesus as her priorities, sharing her wisdom with others.

I hope that physical, mental, and spiritual health are high priorities for you. We are part of God’s creation, and as such are stewards of our bodies, minds, and souls. Strength, functionality, and human ambition are not . . .

~~~~ Continued on Page 3 ~~~~

## Parish Nurse’s Touch

by Debbie Caffrey

### August Health Focus



Food safety is important for everyone-but it is extremely important for people with a weakened immune system such as older adults, 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

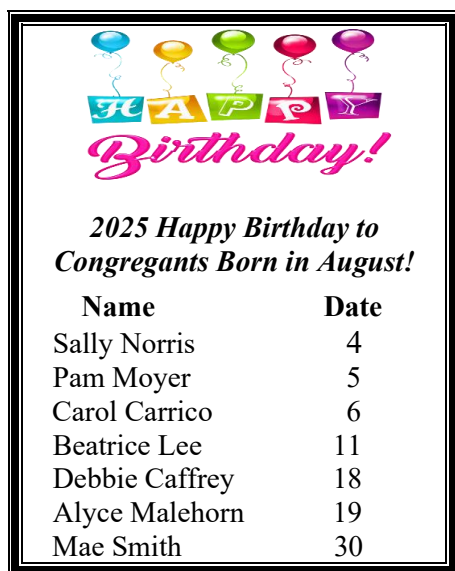
Steps to lower the risk of foodborne disease include:

- 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. **And most importantly:**

- **Never taste a food to see if it is safe to eat.**

Bon Appetit!!!

~ Be Well! Debbie



## August



**Choir Rehearsals** are cancelled until 9/4

**Monday, August 3-9** Rev. Pam Moyer at her Vacation Praying she has an Amazing one!

### **Tuesday, August 5, 12, 19, 26**

12:30 pm – Food Mission Inventory, Rm 121

### **Wednesday, August 6 -No Sandwich Team**

### **Saturday, August 9, 23**

11:00 am-2:00 pm – Food Giveaway, Rm 121, 120 & Ctyd

### **Sunday, August 10, 17, 24, 31**

09:30 am – NBMBC & UBC Bible Studies

10:45 am – NBMBC Worship, Chapel

11:00 am – UBC Worship, Sanctuary

01:30 pm – VGBC Worship, Sanctuary, Fell. Hall

### **Saturday, August 10, 17, 24**

06:00 pm – Sopranessence Rehearsal, Chr. Ste

### **Tuesday, August 12**

10:30 am – YAH Gadabouts Trip, Thurmont, MD. See Pg 1

### **Wednesday, August 13 - A/C Compressors Project**

11:00 am – VBWIM call (Rev. Moyer)

### **Saturday, August 16, 30,**

01:00 pm – Kohaku Rehearsal, Chr. Ste

### **Tuesday, August 19**

04:00 pm – MACBF Zoom Mtg (Rev. Moyer attending)

### **Wednesday, August 20**

09:15 am – Sandwich Team, Fell. Hall

### **Saturday, August 23**

09:30 am – UBC Friends & Family Breakfast, see page 1

### **Sunday, August 24**

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

### **Thursday, August 28**

11:15 am – Shephd's Ctr Lunch-N-Life, Fell. Hall, See page 1

### **Sunday, August 31**

12:15 pm – UBC Quarterly Membership Mtg., Conf. Rm

## Contributions

| June 2025 (Final)               | Required     | Received            |
|---------------------------------|--------------|---------------------|
| Tithes & Offerings              | \$ 5,000.00  | \$ 3,832.50         |
| Building Usage                  | 6,333.34     | 8,000.00            |
| Other (B-Thrifty, Flwrs, Mem)   | 0.00         | 24.20               |
| Monthly                         | \$ 11,333.34 | \$ 11,856.70        |
| Total YTD (Jan-June)            | \$ 68,000.04 | \$ 70,964.80        |
| <b>Above/(Below)</b>            |              | <b>\$ 2,964.76*</b> |
| Benevolence Funds Rec'd. (June) |              | \$ 170.00           |

| July 2025 (Final)              | Required     | Received            |
|--------------------------------|--------------|---------------------|
| Tithes & Offerings             | \$ 5,000.00  | \$ 4,141.40         |
| Building Usage                 | 6,333.34     | 6,950.00            |
| Other (B-Thrifty, Flwrs, Mem)  | 0.00         | 138.60              |
| Monthly                        | \$ 11,333.34 | \$ 11,230.00        |
| Total YTD (Jan-July)           | \$ 79,333.38 | \$ 82,194.80        |
| <b>Above/(Below)</b>           |              | <b>\$ 2,861.42*</b> |
| Benevolence Funds Rec'd. (May) |              | \$ 150.00           |

\* For detailed monthly reports, please contact the office. Budgeted Investment Transfers are **not** included in the "Required" or "Received." "Other" non-budgeted donations are gratefully received. One \$50K transfer was made in July as budgeted.

If you cannot attend church, 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 thank you for your generosity. Benevolence offerings by check, clearly marked "**Benevolence,**" may be mailed to the office or cash/checks brought on Sundays. Thank you on behalf of many neighbors in need.

## **UBC Air Conditioning System Update!**

You may have heard that on July 1<sup>st</sup>, we had a lightning strike to our A/C Chiller. The next morning white "smoke" (turned out to be escaping freon mist) was seen and action taken. The local fire department evacuated and secured the building for safety and determined the cause. Our mechanical contractor came right away and found the problem. Church leaders and facility team members worked together to create safe temporary cooling solutions for daycare and other building usage. Praise God, there was no fire! For your information, we are up to date on all inspections (boiler, fire, electrical, HVAC, etc.). This type of incident cannot be anticipated, and repairs are scheduled for **Wednesday, August 13<sup>th</sup>**. I am grateful to all who were present and helpful during this emergency. We are grateful to God for his safety, protection, and provision. Thank you all for your flexibility, wisdom, and patience. *Stay cool and hydrate! Pam*

## ***~~ Continued from Page 2 Kairos Moments ~~***

... the only metrics for living. As believers, we seek to fulfill the great commandments to love God and neighbor, and teach others about Jesus, salvation, and our faith. That is over simplified, of course (see Matthew 28:16-20). As this week of rest approaches, it is my hope that my priorities are put through a sieve or filter much like bread flour is sifted before mixing or baking, and gold panning separates gold nuggets from gravel or sediment in a river. Only the best and most important ingredients are left and can be used to make something nutritious or beautiful. Both have tremendous value! I hope August is a good time for your own sifting, decluttering, re-aligning, or renewal. *In gratitude . . . Pam*

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

Please note that personal prayer requests were removed for privacy. If you require updated information, please call the office at (703) 256- 5900.  
Thank you.

**COMMUNITY & GLOBAL PRAYER**

- General global news headlines: weather, violence, economy, leadership
- Various locations, especially NY & MI: shooting & stabbing victims, friends, families & perpetrators
- Grand Canyon wildfire losses, environmental, & property damage
- New Mexico's flooding recovery
- The Texas flooding, loss of life, responders, Camp Mystic "family"
- UBC's HVAC Chiller repair & funds
- Idaho Firefighter shooting, victims & responders
- Peace for the entire Middle East: especially between Israel & Iran; for cool heads, safety, recovery, & comfort
- Minnesota leaders' violent deaths, injuries, the families, towns, & future protection
- NJ, PA & other flooding losses of life & property
- Louisiana Prison escape; capture, of 1 inmate still at large, safety, justice
- Various recent disasters, weather, collapses, home fires, violence, etc.
- Areas of World Conflict & travel bans; for Peace to reign
- Airline Safety – so many recent accidents & collisions
- To relieve the fear environment for Federal workers & immigrants
- Lebanon, Israel, Gaza, Syria residents – rebuilding
- Leadership in Congress, Supreme Court, & White House
- For more people to know & rely upon Jesus
- For more visitors & growth of our churches here
- Peace talks & protection of the soldiers & citizens of Ukraine
- Poverty & hunger in several locations around the world
- Our mental health systems, responders & social workers
- Safety for all firefighters, canine rescue teams, medical responders, police officers and military personnel; keeping the peace during times of unrest nationally and globally
- Mission Center Building Usage Partners & potential new Mission Projects & Partners
- New United Gospel Food Mission—for donations, volunteers, & recipients. Pray that donations continue to expand to serve growing needs as we introduce guests to the agape love of Christ. Gratitude for the conversations & example Jesus set for us, so we can give more of ourselves sharing our faith