

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. Roudaina M. Iskander, Administrative Assistant
Rev. Dr. J. Wayne Yawn, Senior Minister Emeritus

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

Publication/Distribution Staff:

Rev. Ms. Pamela L. Moyer, Publication Editor
Mrs. Roudaina M. Iskander, Production & Distribution; Carol Carrico, Volunteer

www.theunitedbaptchurch.org

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 24

August 4, 2026

Issue 8

Back to School!

Fairfax Co., Alexandria City, and Falls Church City Public Schools (& some private schools) will open **August 24th**.

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!) going "Back to School!"



COMMUNITY LEADERSHIP

Thank you to those who attended our **Quarterly Membership Meeting on August 2nd**. Two motions were passed: the New United Gospel Food Mission will move to the larger Room 123 in September; and we will welcome a new Mission Center partner, George Mason Friends of the Library, for a 2-year period while the George Mason Regional Library undergoes major renovation. Their book sorting and storage will be located in the old NorthStar space. More information will be in the September Vision. The **next CLCEB Meeting** is scheduled for **Sunday, August 30th at 12:15 pm** in the Conference Room to conduct church business.





For the rest of the **Summer Sunday Worship** (August-Labor Day), you are asked to dress casually for comfort. A/C is out in most of the buildings; we are seeking solutions. Also, we are worshipping temporarily in the Choir Suite. If you go on vacation, please let us know so we may pray for your safety, fun, and return. Do be cautious in the extreme heat and hydrate! Also, bring back unused toiletries.



Do you drink more sodas in the summer months? Please save the **pop tabs for Ronald McDonald House Charities** and place them in the office. These recycled tabs provide funds to

offer scholarships for housing to parents who need to be closer to their children during serious procedures and care at Inova Fairfax Hospital. Thank you for your generosity.

FELLOWSHIP OPPORTUNITIES

Young at Hearts Gadabouts Trip for Senior Adults is **Tuesday, August 11th, at 12:00 pm, at Mountain Gate Family Restaurant**, 133 Frederick Rd., Thurmont, MD 21788. and **Catoctin Orchard**, close by. A great time to do early Christmas Shopping and buy the **Best Peaches!** Please meet at the church to carpool at **10:30 am**. See Phyllis Thompson or Rev. Moyer for more info or a ride. Sign-up sheet is on the board.



The next **UBC Friends & Family Breakfast** will be on the **3rd Saturday, August 15th at 9:30 am**, at Bob Evans Restaurant, 10830 Promenade Ln, Manassas, VA 20109. Dutch treat, a reading, and sharing of praises and prayer requests. Please join us; let Pam know if you need a ride. **We will meet there.** A sign-up form is on the Board.

Save the Date! The next **Shepherd's Center Lunch N Life** will be **Thursday, August 27th at 11:00 am** at **American Legion Post 1976**, 4206 Daniels Ave, Annandale, VA 22003. Join in to have fun playing board and card games. Cost of lunch and entertainment is \$20 per person. To Register: Call their office at 703-941-1419 by **Tuesday, August 25th** or send an email to shepherdscas@vacoxmail.com.



New Sunday Schedule

09:45-10:00 am: Assembly with short "Hymn sing" in the **Conference Room** (air conditioned) to sing, fellowship, and pray for one another.

10:00 am: Bible Study resumes with instructor Kyle Jones this week in the same space (Conf Rm.) Literature is provided.

10:30 am: Choir Rehearsal will resume in September

11:00 am: Worship Service will be in the Choir Suite

Kairos Moments ♥ ♥ ♥

(8/04/26) Reflections of Reverend Pamela Moyer

Thank you! for all the beautiful birthday cards, messages, meals, and gifts this August! I am truly grateful you are thinking of me and praying for me. We have had a crazy couple of weeks, so your support is appreciated.

I promised last month to share my response to the trapeze article, and it is perfect timing in my birthday month. So let me ask you if you've had a trapeze moment? The trapeze moment for me is May 2023 when I faced mitral valve heart repair surgery with no time to prepare my church or myself for an invasive surgery with 8 to 10-weeks to recover. I was treated for asthma by mistake when what I had was a failing childhood heart murmur with fluid filling my lungs and heart. The ER treatment and care I received was outstanding at Inova Fairfax Heart and Vascular Institute. My pastor friends, staff, and church all came to support me, yet the unexpected meditation was about life and death: was I ready to meet Jesus? Would I meet Jesus? "But Lord, I have so much more work to do here!" I felt not ready but not fearful either. He had also *called* the medical team into service, gifting them with skills I required. I felt a renewed calling to survive and to share my faith with anyone close by. And I did; nurses and techs found out I was a "Preacher" and they came in for pastoral counseling! I saw more "potential congregants" in those 2 weeks than in my own church over 2 Sundays. Going into the surgery itself was a trapeze moment of trusting the Caller, and then taking whatever action was required next. For me, that was trusting God's plan, helping the church to carry on (short-term interim), and following instructions to heal and get my strength back.

Lisa Rodriguez-Watson's trapeze article rang true for a medical emergency, especially for a solo pastor of a small church: "First, the strength of the swing depends on the commitment of the leap. A hesitant jump doesn't generate enough momentum for what comes next. Second, and this one stopped me, the caller is the catcher. The one who calls you to jump, to release, to stretch out for the catch is the very one waiting to receive you. Listening to that voice calling for the jump and release brings a new level of awareness that the call and the catch are not two distinct things; they are **one act of trust**."

I had to commit to my future and trust my creator, the one who gifted me with leadership. I also had to do the physical and mental exercise to get back to God's work, whatever that may look like. I never thought of being a pastor like this before. For the trapeze artist, or any Christian or Artist, it takes courage as well as trust to make that leap of faith into the hands of the catcher (God, viewer, reader, listener, or patron); what a beautiful metaphor! Facing my surgery did not feel amazing at the time, but when I read her words about her missional work, I realized that my courage was strengthened because of that "Trapeze Moment". My trust is stronger than ever before. So, am I willing to release the safety bar and let go? Are we? Do we trust our Caller? †♥

Parish Nurse's Touch

by Debbie Caffrey

August: Healthy Habits for a Better Brain



Your brain is your command center — shaping how you think, feel, remember, and make decisions. The good news is that you can strengthen it every single day with simple, science-backed habits. Think of these as daily "brain vitamins" you don't need a bottle for.

1. Nourish Your Brain With Smart Foods

What you eat directly affects how your brain performs. Foods rich in antioxidants, healthy fats, and vitamins help protect brain cells and support memory. **Top picks:** berries, leafy greens, nuts, seeds, olive oil, salmon, eggs. Even small swaps — like fruit instead of pastries or nuts instead of chips — can improve clarity and focus.

2. Move Your Body, Sharpen Your Mind

Physical activity increases blood flow to the brain, delivering oxygen and nutrients that help it thrive. You don't need intense workouts. Try: brisk walking, dancing in your kitchen, stretching, yoga. Just 20 minutes a day can boost mood, creativity, and problem-solving skills.

3. Protect Your Sleep Like It's Gold

Sleep is when your brain does its housekeeping — clearing toxins, repairing cells, and organizing memories. Aim for 7–9 hours and keep a consistent sleep schedule. Quality sleep improves learning, emotional balance, and decision making.

4. Keep Your Mind Curious

Learning new things builds fresh neural pathways, keeping your brain flexible and resilient. Ideas: read a not so familiar chapter of the bible, learn a new word, try a new puzzle or word game, pick up a hobby, watch an educational video. Curiosity is one of the most powerful tools for long-term brain health.

5. Manage Stress Before It Manages You

Chronic stress shrinks memory centers in the brain. Simple mindfulness habits can reverse that. Try: deep breathing, meditation, journaling, quiet moments without screens. Even one minute of slow breathing can calm your nervous system.

6. Stay Social and Connected

Humans are wired for connection. Conversations, laughter, and shared experiences activate multiple brain regions at once. Call a friend, join a group, or chat with someone during your day. Social interaction is one of the strongest protectors against cognitive decline.

7. Hydrate, Hydrate, Hydrate

Your brain is about 75% water. Even mild dehydration can cause fatigue, fogginess, and headaches. Keep a water bottle nearby and sip throughout the day.

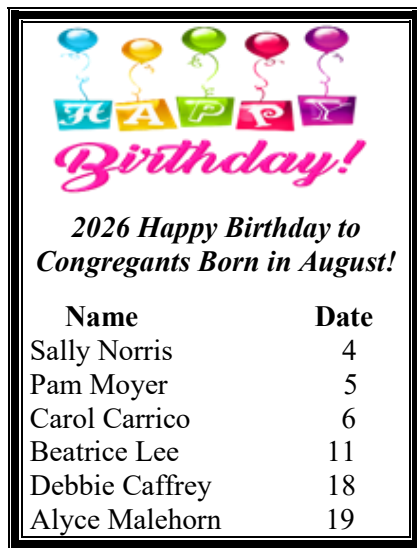
8. Give Your Brain Breaks

Your mind isn't meant to run nonstop. Short breaks improve focus, creativity, and productivity. Stand up, stretch, look out a window or step outside for fresh air.

The Bottom Line

Better brain health isn't about big changes — it's about small, consistent habits. Nourish your body, stay curious, move often, rest deeply, and connect with others. Your brain will reward you with sharper thinking, better mood, and more energy for the life you want to live.

Be Well! Debbie



August & September (Partial)

Wednesday, August 5, 19

09:00 am – Sandwich Team, Fell. Hall

Saturday August 8, 22

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

Sunday, August 9, 16, 23, 30

09:30 am – NBMBC Bible Study, Parlor

10:45 am – NBMBC Worship, Chapel

09:45 am – UBC Assembly & Bible Study, Conference Rm

11:00 am – UBC Worship Service, Chr Suite

12:30 pm – VGBC Worship, Sanctuary, Sanc., Choir Ste., Fell. Hall

Tuesday, August 11

12:00 pm – YAH Gadabouts Lunch, See Page 1

Tuesday, August 11, 18, 25

12:30 pm – Food Mission Restock Inventory, Rm 121

Saturday, August 15, 29

01:00 pm – Kohaku Ens. Rehearsal, Chr Suite, F. Hall

Saturday, August 15

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

Monday, August 17 Rev. Pam Moyer on leave

Saturday August 29

03:00 pm – DMV Night Market pkg, Parking Lots

Sunday, August 30

12:15 pm – UBC CLCEB Meeting, Conf Rm

01:00 pm – Lam Wedding-Part of VGBC, Sanc, Parlor & F. Hall

Tuesday, September 1, 8, 15, 22, 29

12:30 pm – Food Mission Restock Inventory, Rm 121

Wednesday, September 2, 16

09:00 am – Sandwich Team, Fell. Hall

Saturday, September 5, 12, 19, 26

01:00 pm – Kohaku Ens. Rehearsal, Chr Suite, F. Hall

Sunday, September 6, 13, 20, 27

09:30 am – NBMBC Bible Study, Parlor

10:45 am – NBMBC Worship, Chapel

09:45 am – UBC Assembly & Bible Study, Conference Rm

11:00 am – UBC Worship Service, Chr Suite, Sanctuary

12:30 pm – VGBC Worship, Sanctuary, Sanc., Choir Ste., Fell. Hall

Saturday September 12, 26

11:00 am-2:00 pm – Food Giveaway, Rm 121, 120, 123 & Ctyd



Contributions

June 2026 (Final)	Required	Received
Tithes & Offerings	\$ 4,333.34	\$ 3,980.00
Building Usage	7,495.00	7,665.00
Other (B-Thrifty, Flwrs, Mem)	0.00	30.40
Monthly	\$ 11,828.34	\$ 11,675.40
Total YTD (Jan-June)	\$ 70,970.04	\$ 73,952.50
Above/(Below)		\$ 2,982.46*
Benevolence Funds Rec'd. (June)		\$ 60.00

* 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.

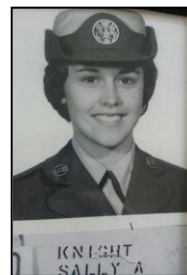
July 2026 (Final)	Required	Received
Tithes & Offerings	\$ 4,333.34	\$ 2,435.00
Building Usage	7,495.00	7,405.00
Other (B-Thrifty, Flwrs, Mem)	0.00	64.20
Monthly	\$ 11,828.34	\$ 9,904.20
Total YTD (Jan-July)	\$ 82,798.38	\$ 83,856.70
Above/(Below)		\$ 1,058.32*
Benevolence Funds Rec'd. (July)		\$ 75.00

* 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 transfer was made early July.

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.

Celebrating Life – Sally A. Norris

The service came up quickly, so since many could not attend or are not on the church's Facebook page, here are some photos for your reflection. Call office if you'd like a bulletin.



The United Baptist Church
7100 Columbia Pike
Annandale, VA 22003

- Church development & Sunday School opportunities for adults, youth, singles, & families
- Benevolence fund recipients, requestors, and neighbors in need

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.

CONDOLENCES

We extend our sincere condolences to the family of long-time member, **Sally Norris**, who died Friday, July 24, 2026 at Leewood in Annandale. Please pray for **Scott Jones, his dad Evan, her brothers Ronnie & Paul, Roseanne (SIL)**, and the numerous lives she touched within and beyond our church. Sally raised huge amounts of money for the Annandale CROP Hunger Walk and served her country in the Air Force as a medic. Burial was held Thursday, July 30th at 1 pm at Mitchell-Davis Family Cemetery, Stanardsville, VA. The church was well represented. In lieu of flowers, please donate to the American Red Cross. Obituary here. <https://www.battenfuneral.com/obituaries/sally-norris>

COMMUNITY & GLOBAL PRAYER

- Shooting in Iowa, Earthquake in Japan, Venezuela
- Fires in Washington State
- United Baptist Church Air Conditioning situation (repairs & replacement decisions)
- Mission Center partners navigating the heat without adequate AC
- Serious other weather events: Mississippi, Texas, Flooding, Cat. 5 Super Typhoon in US Pacific territories of Guam & Northern Mariana Islands. Deadly tornado in China.
- Kuwait safety from Iran, Israel & US war; family & friends in harm's way; protection for our military forces; peace
- Global news headlines: violence, economy, leadership; cost of living issues: gas, food, utilities
- Return of Nancy Guthrie in Tucson, AZ
- Getting illegal firearms off the streets
- Peace talks & protection of the soldiers & citizens of Ukraine & Middle East
- Leadership in Congress (death of Lyndsay Graham & illness of Mitch McConnell), Supreme Ct, & White House
- For more people to know & rely upon Jesus; for more visitors & growth of our churches here
- Local & global poverty & hunger
- Mental health systems, responders & social workers
- Safety for all firefighters, police officers, canine rescue teams, medical responders, and military personnel
- Mission Center Building Usage Partners & potential new Mission Projects & Partners
- UBC Staff & Congregants; part-time organist/pianist
- New United Gospel Food Mission—for donations, volunteers, & recipients.