

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.

Volume 22

April 3, 2024

Issue 4

ANNOUNCING! NEW FOOD MISSION!

We are excited about a new collaboration with New Beginning Missionary Baptist Church and the Vietnamese Gospel Baptist Church! Our 3 pastors independently prayed about different ways to serve the unhoused, those who are under- or unemployed, and some who must choose between food, shelter, or medicine. The new food mission will NOT conflict with ACCA's recipients or our contributions there. Thank you for your prayers, money, and non-perishable food donations to serve both ACCA and our new pantry for those who do not or cannot qualify to receive ACCA food. Any questions, please contact Rev. Moyer in the office. **Next date: Sat., April 13th, 11 am-2 pm, Room 121.** See photos on page 3.

FELLOWSHIP OPPORTUNITIES

The UBC Young at Heart Gadabouts Lunch with Senior Adults is **Tuesday, April 9th leaving the church @11:30 am** or **meeting @ LongHorn Steakhouse, 14056 Thunderbolt Pl., Chantilly, VA 20151, VA 22152 @12:00 noon.** A sign-up sheet is on the bulletin board or call the office to RSVP. We need numbers! Dutch treat.

The next UBC Friends & Family Breakfast will be on **Saturday, April 27th @9:30 am at Anthony's, 3000 Annandale Rd., Falls Church, VA 22042,** so join us for this Dutch treat meal, prayer, and a short reading together. Call the office or sign up on the pink and black bulletin board form.

The next Shepherd's Center Lunch N Life will be **Thursday, April 25th, 2024 at 11:15 am** at St. Barnabas Episcopal Church, 4801 Ravensworth Rd. #5551, Annandale, VA 22003. Mary Libsey will speak about "19th Century homes in Annandale/Springfield". Lunch is \$15 per person. To register please call 703-941-1419 by **Monday, April 22nd,** or send email to shepherdscas@vacoxmail.com. This should be helpful!

COMMUNITY LEADERSHIP

The next CLCEB Meeting is scheduled for **Sunday, April 21st at 12:15 pm** in the Conference Room. to conduct church business.



HAPPY 21st ANNIVERSARY! To The United Baptist Church!

We will celebrate as a church on **Sunday, April 28th at the 11:00 am** worship service. We will read our Covenant together and give thanks for the present, our history, and pray for our future Kingdom work here. Thank you for your consolidation vision on April 27, 2003 to help sustain the Christian Church in our community for 21 years! We are still excited about where God is leading us to re-mission our church. These photos are from last year's milestone celebration.



Another Concert by Sopranessence!

On **Saturday, May 18th at 3:00 pm,** please consider attending the **Sopranessence Spring Benefit Concert, "Soaring Beyond"** here at the church! Part of your donation will go to a worthy non-profit, *The Arc of Northern Virginia*. The ladies were here in December for a very entertaining holiday concert! This group is "rebooting classical music" through innovative arrangements and programming of the classical repertoire. Rev. Moyer has known these ladies since 2007, when they first began as the 7 Sopranos®. Pam will secure your tickets, so let her know if you can go! A wonderful Mother's Day gift to someone or yourself! Website: www.sopranessence.org (non-profit educational org.)



Please calendar **Sunday, May 26th at 11 am** to be with us for **Memorial Sunday**, especially if you've lost a loved one from May 28, 2023 – May 25, 2024. We will have moments of recognition, prayers, and a small token of remembrance. Hope you can join us.

Kairos Moments ♥ ♥ ♥

(04/03/24) Reflections of Reverend Pamela Moyer

Happy Easter! He is Risen!

Hallelujah! I hope you had a lovely Easter celebration after a reflective Lent, jubilant Palm Sunday, a communal Maundy



Thursday, and solemn Good Friday. As you



can see in the photos, ours was filled with the beauty of sunrise, banners, flowers, music, Scripture, symbolism, food, and fellowship of one another. We thank Jeff & Melissa Snavelly, David & Beth Evans, Charles



Potter, Debbie Caffrey & Sonia Duran for adding to our expression of musical beauty this year through clarinet, horn, trumpet, piano, organ, and voice. It was my honor to preach on John 20:1-18 and hear Mary Magdalene say the words, each with a different emphasis: "I Have Seen the Lord!" It was a fitting tribute to the BWIM (Baptist Women In Ministry) month of advocacy, declaring her authority as apostle after seeing the angels and hearing Jesus call her name. He was and is still alive!



We saw Christ's mandate to love our neighbor on Saturday at the New United Gospel Food Mission giveaway. It is a work in progress, and does not interfere with our generosity to ACCA. All three of us pastors were there Saturday to learn and work, but we need you too. Due to a community conflict, we've decided to open our doors the **2nd & 4th Saturdays, from 11 am-2 pm in Rm 121**. We need the muscles of many workers, and recipients cannot come weekdays. Please let the office know if you can assist with inventory tracking (Tuesdays after 12) or donating funds (pg 3). We thank Pastor Ed Young and his wife Belynda (NBMC) for their tireless shopping and initiative, for his congregants and Pastor Francis (VGBC), and his trustee, who came the first day, and to Carol and Candace, friends of Martha Lowe and now United Baptist, who lent their expertise to help us kick off the mission! This is beauty in action! Amen!

Parish Nurse's Touch

Debbie Caffrey

April Health Focus



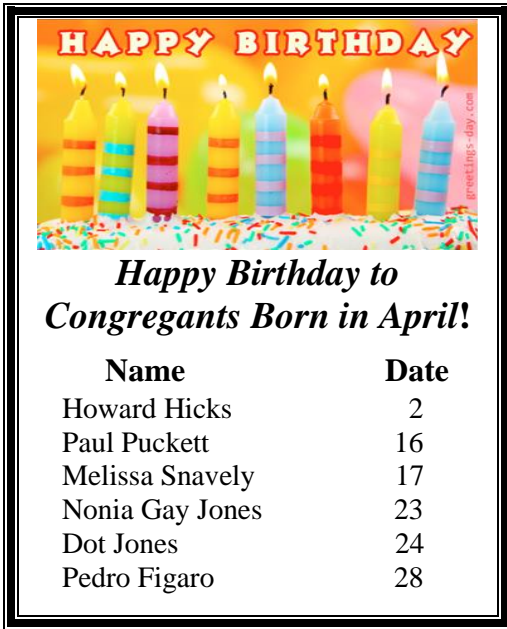
Goodbye, long winter! Birds are chirping. Flowers are blooming. When spring hits, it's hard to feel down in the dumps. Add longer days and the return of short sleeves to the mix, and you just might find yourself wishing that spring would last forever. The good news is that all the things we love about spring are surprisingly 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.

1. **Extra daylight.** We sprang forward in March, but most of us are still adjusting. In addition to giving us more time to spend outdoors and serving as a natural mood booster, that extra hour of light may help reduce traffic accidents and fatalities. Multiple studies, including one published in the *Journal of Economic Analysis and Policy*, have found that daylight saving time prevents automobile accidents because daylight provides better visibility for motorists.
2. **A healthier home.** During warmer weather, open your windows and do some spring cleaning! Not only will a clean, de-cluttered, and streamlined space help you feel more in control of your day-to-day life, it could also make you fitter. Researchers at Indiana University found that the owners of tidy homes are more likely to be physically fit than those who live in messy environments. Let the sunshine in while you spring clean, declutter, and re-organize your home. However, do not attempt to move heavy furniture by yourself!!!
3. **A spring-cleaned diet.** There's more produce in season. Sweep the cobwebs out 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!!!

~ *Be Well!* Debbie

Did you know that prescription drugs thrown in the trash can be retrieved to be abused or illegally sold, or that drugs flushed down toilets contaminate the water supply? We can help prevent and reduce medication misuse and opioid addiction by properly disposing of any unneeded medications. The Drug Enforcement Administration hosts [National Prescription Take Back Day](#) during the last Saturday of the months of April and October. This year it is April 27th between 10 am-2 pm @ your local pharmacy secure box.



April & May

Thursday, April 4

12:00 am – Goodwin Hospice Remembrance Service, Sanc/F. Hall



Thursday, April 4, 11, 18, 25

7:30 – UBC Choir Rehearsal, Chr Suite

Sunday, April 7, 14, 21, 28

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
 06:00 pm – Sopranessence Rehearsal, Chr Ste

Tuesday, April 9

11:30 pm – YAH Gadabouts Lunch, See Page 1

Saturday, April 13 (Rev. Moyer out of town)

11:00 am-2:00 pm – Food Pantry, Rm 121, 120 & Crtyd

Tuesday, April 16 (Special date)

9:15 am – Sandwich Team, Fell. Hall

Wednesday, April 17

12:00 pm – VBWIM Zoom Call (Rev. Moyer)

Sunday, April 21

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

Saturday, April 27 (Nat'l Drug Take Back Day)

9:00 pm – International Dance, Fellowship Hall
 9:30 am – UBC Friends & Family Breakfast, See Page 1
 11:00 am - 2:00 pm – Food Pantry, Rm 121, 120 & Crtyd

Wednesday, May 1, 15

9:15 am – Sandwich Team, Fell. Hall

Saturday, May 3

10:00 am -- VBWIM Feast, Richmond (Rev. Moyer)

Sunday, May 5

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
 12:15 pm – Quarterly Membership Meeting, Conf. Room
 06:00 pm – Sopranessence Rehearsal, Chr Ste

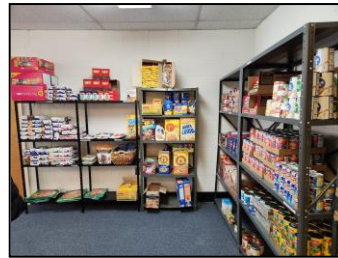
Contributions

March 2024 (Partial 3/3)	Required	Received
Tithes & Offerings	\$5,000.00	\$ 1,860.00
Building Usage	7,279.17	6,850.00
Other (B-Thrifty, Flwrs, Mem)	0.00	29.40
Monthly (new # w/o mtg)	\$12,279.17	\$ 8,739.40
Total YTD (Jan-Mar)	\$36,837.51	\$ 32,511.60
Above/(Below)		\$ (4,325.91)*
Benevolence Funds Rec'd. (Jan)		\$ 10.00

* 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 (Bee Thrifty, Envelopes, Flowers, etc.) One \$50,000 transfer was made.

Thank you for your stewardship and prayers! Offerings may be mailed to the office at 7100 Columbia Pike, Annandale, VA 22003 if you cannot attend. 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 neighbors in need.

March 30, 2024 Rehearsal & Opening with the New United Gospel Food Mission



Thank you, Lord, for our volunteers, donors, and the 26 families and 107 individuals who let us serve them this day.



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

All personal prayer requests have been removed for privacy reasons. If you need updates or have requests, please contact our offices at 703.256.5900. Thank you.

COMMUNITY & GLOBAL PRAYER

- Bridge collapse in Dundalk, MD, near Baltimore loss of life, property; first responders & impact on everyone
- Taiwan earthquake victims, survivors & responders
- Concert massacre in Moscow—for victims, survivors, & responders
- Recent mass shootings in PA, NJ & DC; prayers for peace & protection; comfort for victims' families of those killed & injured in multiple mass shootings
- Tornado damages recovery & rebuilding in Ohio, Indiana & Kentucky
- Nigeria kidnapping victims for release & peace there
- Haiti's unrest & transitional government; prayers for peace & provision
- Texas new & previous wildfire rescues, recovery & resolution, losses
- New United Gospel Food Mission—praise & prayer for donations & future recipients
- Peace & protection in all of Israel, Gaza, Lebanon, Syria, and the middle east; for peace, safety, recovery, & comfort for the families' grief—those killed, kidnapped, or injured in war. Praise for the release of more captives & prayers for those still in captivity
- Peace & protection of the soldiers & citizens of Ukraine
- Our mental health systems, responders & social workers; pray for those suffering to seek professional help before crisis
- Safety for all firefighters, canine rescue, medical responders, police officers, and military personnel; peace during times of unrest nationally and globally
- Mission Center Building Usage Partners & potential new Mission Projects: NBMBC, Zion Medical, VGBC, Amerikids, GUTS Toastmasters, Gideons, Shepherd's Center especially transportation program, ACCA, Washington Concert Society, Sopranessence, Music Teachers, Goodwin House Hospice, Annandale Women's Club, and more