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 24 **November 3, 2026** **Issue 11**



Thank You, Veterans!

For your service, sacrifice, strength, and courage to defend and support this Country. Our offices will be **closed on Tuesday, November 11th** in observance of Veterans' Day, according to UBC Personnel policies.

Happy Thanksgiving!



We wish you a safe and blessed holiday time with family and friends this year! Please share your gratitude for and with one another as you reflect on God's many blessings.

Speaking of food blessings, thank you for your **2026 Annandale CROP Hunger Walk** contributions so far (we are collecting until November 5th, but if you have donations after that, please send them in. Proceeds from the walk benefit Church World Service and ACCA Food Pantry.



COMMUNITY LEADERSHIP

The next **CLCEB** Meeting is scheduled for **Sunday, November 22nd at 12:15** pm in the Conference Room to conduct Church business. Thank you to those who attended our Annual Membership Meeting Sunday! Your opinion matters.

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FELLOWSHIP OPPORTUNITIES

The next Young at Hearts Gadabouts Lunch is Tuesday, November 17th, at 12:00 pm, at **Great American Buffet** 8365 Sudley Rd, Manassas, VA 20109. We will meet at the church at **11:15 am** if you need a ride or you can meet us at the restaurant. Sign-up sheet is on the board.



The next **UBC Friends & Family Breakfast is Saturday, November 21st at 9:30 am,** at **Gainesville Diner** 14674 Lee Hwy, Gainesville, VA 20155. Dutch treat, a reading, & sharing of praises & prayer requests. Please join us! **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, November 12th at 11:00 am** at First Presbyterian Church of Annandale, 27610 Newcastle Dr., Annandale, VA 22003. Join in to hear about your money $$$ from basic saving to financial investments Hosted by United Bank Parwana Essar, Branch Manager/Vice President and Joe Carter, Financial Advisor. Cost of lunch is $20 per person. To Register, call their office at 703-941-1419 by Tuesday, November 10th or send an email to shepherdscas@vacoxmail.com.

Holiday Music



Saturday, December 12th at 3:00 pm, *Sopranessence* is celebrating their **Annual Holiday Concert** (*Tinsel & Lights*) at our Church! Hope you can join us for an afternoon of sparkling Holiday songs, featuring dancers from Helping Hearts Through the Arts. Discounted Senior Adult pre-sale tickets will be available soon. Pam can order for you online; she'll be doing "sound." A sign-up sheet will soon be on the bulletin board or please call the office.

2026 Annual Meeting

The **Annual BGAV (Baptist General Association of Virginia) meeting** is in **Virginia Beach** this year, **November 9-11**. If you are interested in being a Messenger, please call the office to speak to the pastor for registration. We are entitled to 15 messengers; "Heart for the Not Yet" Acts 17:6b is the theme. This is your denomination!

Please reserve **Saturday, November 28th from 10 am-1 pm** for **Deck the Halls** here at the church, to get us ready for Christmas. We need a lot of help; it's always fun and pretty quick with many hands. Dress comfortably. Supplies here.

Sunday Schedule

09:45-10:00 am: Assembly & "Hymn sing" in the **Conference Room**.
10:00 - 10:30 am: Bible Study **Conference Room**.
10:30 am: Choir Rehearsal in the **Choir Suite**
11:00 am: Worship Service in the **Sanctuary**

Kairos Moments ♥ ♥ ♥

(11/03/26) Reflections of Reverend Pamela Moyer

Happy Election Day! I hope you remembered to exercise your right to vote! Voting in our country's elections is another form of good Stewardship, our October theme.

Staff, finance, committees, and Council spent about two to three weeks reviewing this year's status, discussing and presenting 2027 budget requests based on ministries and yes, overhead. Our aging but strong, stable building has a number of requirements to maintain our Church growth and Missions Center goals with our community partners. The Annual Membership Meeting last Sunday was well attended, and September's status was reported upon with no major concerns from financial management. Linda presented the Council approved 2027 Budget Guidelines as is our practice, so more review and discussion was encouraged before the 2027 Budget Guidelines were approved unanimously. You may call the office for a Membership Meeting Packet with the budget if you are a member who was not able to be present. You may also go to our website, www.theunitedbaptchurch.org to read my September/October sermon series on Offerings, Tithing, Stewardship, Generosity, Physical and Spiritual Harvests, and God's Promises and Blessings.

One of our many blessings has been "partnering" with George Mason Friends of the Library. I shared move-in photos last month, but the highlight was October 19th with a grand opening and donation bin ribbon-cutting ceremony! This fills a mission dimension that is near and dear to my heart - supporting libraries! (My grandmother, Helen Moyer, was a young widow in the early 1960's, who found a job at the new Thomas Jefferson Library, only 1 block from her apartment! She learned, studied, and worked her way up to help expand the Herndon Fortnightly Library.) So, I've loved books and reading all my life because of her! We learned of the Friends' need for space from one of our Mission Center participants, Yoko Thakur, and were delighted to answer the call, working with both Boards and the Friends to make it happen! So far, it's been a great partnership and transition to the old NorthStar space. The volunteers and leaders are creative, smart, and solutions-oriented, and we look forward to supporting their efforts. In your personal circles, please help folks know where to find the donations bin; we look forward to hosting a successful spring book sale! Thank you to Mason District Supervisor Jimenez who donated the first books and encouraged Amerikids children to read! Stay tuned for more to come. Oh, and ***Happy Thanksgiving!***



Parish Nurse's Touch

by Debbie Caffrey

November Health Focus



The Practice of "Gratitude"

Here we are-it is November already!!! This is the time of year we stop, take a breath and reflect on all we have to be grateful for. However, it is important to know that research suggests that regularly recognizing and appreciating the good things in life can have meaningful benefits for both mental and physical health.

Scientists and healthcare experts have found that gratitude is associated with greater happiness, lower stress, better sleep, and even longer life expectancy. People who practice gratitude tend to experience more positive emotions and fewer symptoms of anxiety and depression. A 2023 systematic review found that gratitude interventions improved mental health and reduced anxiety and depression symptoms.

Gratitude can also help people cope with stress. According to the NIH News in Health, making a habit of reflecting on positive experiences may improve emotional well-being and resilience during challenging times.

Research indicates that gratitude may contribute to better physical health. Studies have linked gratitude to improved sleep quality, lower rates of depression, and favorable indicators of cardiovascular health.

Recent findings suggest that gratitude may even help people live longer. A 2024 study involving more than 49,000 older women found that those with the highest levels of gratitude had a 9% lower risk of death over the following years compared to those with the lowest levels of gratitude. Researchers observed benefits across multiple causes of death, particularly cardiovascular disease. While the study does not prove that gratitude directly causes longer life, it provides strong evidence that gratitude is associated with healthier aging and increased longevity.

What can you do? Here are some Simple Ways to Practice Gratitude:

- Keep a daily gratitude journal and write down three things you are thankful for.
- Express appreciation to friends, family members, or colleagues.
- Reflect on positive experiences before going to sleep.
- Share gratitude during family meals or gatherings.
- Write thank-you notes to people who have made a difference in your life.

Conclusion

Gratitude is a simple habit with powerful potential benefits. Studies show that it can improve mental health, help manage stress, support heart health, enhance sleep quality, and may even contribute to a longer life. By intentionally focusing on the positive aspects of life, you can promote greater overall well-being and resilience.

I am grateful for each and every one of you!!!

Happy Thanksgiving!!!!

~ Be Well! Debbie



2026 Happy Birthday to Congregants Born in November!

Name	Date
Bob Harward	10
John Upton	10
Phyllis Thompson	15
Adele "Dolly" Hazel	17
Ben Hester	28

November & December *(Partial)*



Sunday, November 1, 8, 15, 22, 29
09:30 am – NBMBC Bible Study, Parlor
10:45 am – NBMBC Worship, Chapel
09:45 am – UBC Assembly, Bible Study, Choir, Conf. Rm, Chr Ste
11:00 am – UBC Worship Service, Sanctuary
12:30 pm – VGBC Worship, Sanctuary, Choir Ste., Fell. Hall
06:00 pm – Sopranessence Rehearsals, Choir Ste.

Wednesday, November 4, 18
09:00 am – Sandwich Team, Fell. Hall

Saturday, November 7, 21
01:00 pm – Kohaku Ens. Rehearsal, F. Hall

Monday Nov 9-11 BGAV Annual Meeting. Virginia Beach

Tuesday, November 10 17, 24
12:30 pm – Food Mission Restock Inventory, Rm 123

Tuesday, November 10, 24
01:00 pm – Kohaku Sec. Rehearsal, Chr Suite

Wednesday, November 11 - Office Closed for Veterans Day

Saturday, November 14, 28
11:00 am-2:00 pm – Food Giveaway, Rm 123, 120 & Ctyd

Tuesday, November 17
12:00 pm – YAH Gadabouts Lunch, See Page 1

Saturday, November 21
09:30 am – UBC F&F Breakfast, Gainesville Diner, See Page 1
03:00 pm – DMV Night Market pkg, Parking Lots

Sunday, November 22
12:15 pm – UBC CLCEB Meeting, Conf Rm

Thursday & Friday, November 26 & 27 - Offices Closed for Thanksgiving

Saturday, November 28
10:00-1:00 pm – UBC Deck the Halls, Sanctuary, Fell. Hall

Tuesday, December 1, 8, 15, 22, 29
10:00 & 12:30 pm – Food Mission Restock Inventory, Rm 123

Wednesday, December 2, 16
09:00 am – Sandwich Team, Fell. Hall

Saturday, December 7, 19
01:00 pm – Kohaku Ens. Rehearsal, F. Hall

Saturday, December 5
03:30 pm – Sopranessence Dress Rehearsal, Sanc, Chr Ste

Contributions

October 2026 (Partial 10/4)	Required	Received
Tithes & Offerings	$ 4,333.34	$ 2,310.00
Building Usage	7,495.00	9,095.00
Other (B-Thrifty, Flwrs, Mem)	0.00	34.00
Monthly	$ 11,828.34	$ 11,439.00
Total YTD (Jan-Oct 4)	$118,283.40	$ 120,123.20
Above/(Below)		**$ 1,839.80***
Benevolence Funds Rec'd. (Oct 4)		**$ 15.00**

* 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.

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.

Luke 12:22-32 NIV [22] Then Jesus said to his disciples: "Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear. [23] For life is more than food, and the body more than clothes. [24] Consider the ravens: They do not sow or reap; they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! [25] Who of you by worrying can add a single hour to your life? [26] Since you cannot do this very little thing, why do you worry about the rest? [27] "Consider how the wildflowers grow. They do not labor or spin. Yet I tell you, not even Solomon in all his splendor was dressed like one of these. [28] If that is how God clothes the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will he clothe you—you of little faith! [29] And do not set your heart on what you will eat or drink; do not worry about it. [30] For the pagan world runs after all such things, and your Father knows that you need them. [31] But seek his kingdom, and these things will be given to you as well. [32] "Do not be afraid, little flock . . ." ***[from 10/11/26 Sermon]*** *See website.*

Donate Poinsettias for Worship!

Please help to enhance our worship space for the holidays by using this form to honor and memorialize family and friends. These are, as with all church gifts, deeply appreciated and are thus tax-deductible donations. At the **end of our Christmas Eve service, December 24th,** you can take them home or share them with others. This year, there was a small increase that we will absorb, so the donation for each plant remains **$14.00 each**. **Ordering deadline will be Monday, December 14th**. Please turn in this form with your check or cash in the offering plate or mail your check to the office with this completed form. Also, clearly mark your check memo line with "Poinsettias" to receive proper credit on your annual giving record. Thank you!

Name of Person Ordering:_____

Number Poinsettias x $**14.00** each $_____

Total Enclosed: $_____

Given in Honor of:

_____

_____

Given in Memory of:

_____

_____

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

- Upcoming Elections & Voting
- Tallahassee Shooting & violence around the world
- School Shooting in Bend, Oregon
- Paris protests
- Recent car/pedestrian accidents in Fairfax County; scooters, pedestrians, & electric bikes
- Devastating floods in central Nepal & Tibet
- Earthquake deaths & damages in Indonesia, Venezuela, Columbia & Japan, people & property
- Serious Weather events around the country, NM, AZ, CA, hurricane in Mexico and fires in Washington State, Spokane
- United Baptist Church Air Conditioning replacement decisions
- Middle East safety from Iran, Israel & US war; family, friends in harm's way; peace; mil forces protection
- Global news headlines: violence, economy, leadership; cost of living issues: gas, food, utilities, goods
- Safe return of Nancy Guthrie in Tucson, AZ & another kidnap victim, Las Vegas
- Getting illegal firearms off the streets
- Peace talks & protection of the soldiers & citizens of Ukraine & Middle East
- Mid-term elections & Leadership in Congress, Supreme Ct, & White House
- For more people to know & rely upon Jesus; for more visitors & growth of our churches here
- Poverty & hunger in several locations around the world
- CROP Walk fundraising
- Our mental health systems, responders & social workers
- Safety for all firefighters, police officers, canine rescue teams, medical responders, and military personnel; keeping the peace during times of unrest nationally and globally.
- Mission Center Building Usage Partners & new Mission Projects & Partners (GMF)
- UBC Staff & Congregants
- New United Gospel Food Mission—for donations, volunteers, recipients
- Church development & Sunday School opportunities for adults, youth, singles, families, & children
- Benevolence fund recipients, requestors, and neighbors in need
- Neighborhood Donors: praise for generosity & blessings/healing for them