

# 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 5



## Happy Mother's Day! Sunday, May 14th

We invite you to gather with us on this special day to honor mothers, grandmothers, great-grandmothers, aunts, nieces, and all nurturing women during our worship time together.

**Sunday, May 14th**

9:30 am ~ Bible Study, F. Hall

11:00 am ~ Worship, Sanctuary



## Memorial Sunday

May 26th

11:00 am Worship

*Featuring the Annual Bell Ringing with  
Commemorative Gift in Honor of Each  
Church Member's Death Since Last  
Memorial Sunday, 2023*

*and*

*To Honor Deceased Baptist Missionaries,  
Deceased United States Military Veterans.*

*We will have moments of recognition, prayers, and a  
small token of remembrance.*



## COMMUNITY LEADERSHIP

The next CLCEB Meeting is scheduled for **Sunday, May 12th at 12:15 pm** in the Conf. Rm to conduct church business.

### 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

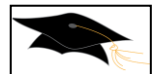
Sopranos®. Pam will secure your tickets, so let her know if you can go! A wonderful Mother's Day gift to someone or yourself! Website: [www.sopranessence.org](http://www.sopranessence.org) (non-profit educational org.)



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### Do you have a Graduate? Let's Celebrate!

In the June issue of The Vision we will recognize graduates with UBC ties. If you have one, please submit the following to the church office: name and relationship; school from which graduating; location of school; degree; and any honors. Please E-mail or call our office, Roudaina at [UBCOffice@unitedbaptchurch.org](mailto:UBCOffice@unitedbaptchurch.org) or (703) 256-5900.



The next **Young at Heart Gadabouts Trip** is to the **Brass Cannon Restaurant** at Stonewall Golf Club on **Tuesday, May 14th at 12:00 pm**. We'll meet at the church **at 11:10 am** to carpool to **15601 Turtle Point Dr, Gainesville, VA 20155**. Or you can meet us there. 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, May 25th @9:30 am at Silver Diner (Merrifield)**, 8150 Porter 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.

## ***Kairos Moments*** ♥ ♥ ♥

(05/07/24) Reflections of Reverend Pamela Moyer

**Happy Church Anniversary! Happy Mother's Day! And Memorial Day! Happy Nurses Week, and Teachers' Appreciation Day!** Wow, April and May have a lot of holidays to recognize. First I want to publicly thank Chaplain Anne Smith again for preaching for me on Sunday, April 14<sup>th</sup> about Zaccheus. Since I had been at a wedding out of town on Saturday, it allowed me to just lead the service, and be ministered to by her message. We learned of Christ's humanity to enjoy Zaccheus' hospitality and Christ's acceptance of him, even though tax collectors were considered greedy, dishonest, and shunned by most.

The next Sunday, we spent some time finding beauty in music and the arts, with 2 Samuel 6:1-5, Colossians 3:12-17, Exodus 35:31-33, and 2 Chronicles 2:13-14, asking ourselves why do we come to worship each week? Let me also ask why don't some of us come to worship anymore, since the pandemic or long before? For some, it becomes a habit, a social club, or entertainment. However, most of us attend from a desire for God's presence in a "sacred" space with like-minded people. We also seek beauty, fulfillment, awe, and inspiration as we participate in the worship experience. We were formed in the image of God (*Imago Dei*) and therefore have a creative need to express our love and faith through hymns, anthems, instrumental music, drama, poetry, liturgical dance, craft, art, flowers, beauty, and more. When I was in Israel, making several museum and archaeological stops along the way, it was truly a joy to see and photograph the historic creative arts (tiles, mosaics, architecture, cathedrals, sculpture, textiles, jewelry, icons, and to hear different music).

That next Sunday was our 21<sup>st</sup> Anniversary! You blended two sacred dwellings and a third congregation into a brand-new Body of Christ. In the months leading up to the first official worship of The United Baptist Church on April 27, 2003, you and many others prayed and pondered a consolidation. You were pilgrims and pioneers when you joined your resources, missions, ministries, and people. Last year was our milestone, but this year, we glanced back briefly and gazed forward to all that God has in store for us. We recalled why and how we are church in Acts 2:42-47, and pondered how we can make our light shine more in the world (Luke 8:16-17) so we do not hide what God is doing here. I also announced a new emphasis to reconnect with many of you in our directory. I do not have phone numbers for our many on our Vision mailing list, but if you'd like to hear from a congregant (or the pastor), please call the office (703) 256-5900 or reply to a Mail Chimp email. May 5<sup>th</sup> was appreciation day for our nurses and teachers for your work! This Sunday, we appreciate nurturers! ♥

## **Parish Nurse's Touch**

**Debbie Caffrey**

### **May Health Focus**



The warm weather is back, and we are all anxious to get back outside!!! Here are some tips for a fun, safe summer:

- The cicadas return to Fairfax county late April and will be with us through June
- Stay out of the direct sun. Seek shaded or air-conditioned areas such as libraries or malls.
- Drink plenty of fluids. (Avoid alcohol and caffeine.)
- Wear light-colored, light-weight clothing. Use hats with brims and sunscreen for more protection.
- Anyone showing signs of heat stroke (altered mental state, not sweating, nausea) should seek medical attention immediately.
- Apply sunscreen with SPF 30 or higher and both UVA and UVB protection before you go outside, even on cloudy days.
- Ticks are most active in late June and early July. Prevent Lyme Disease and other tick-borne illnesses by avoiding ticks and tick bites.
- Mosquitoes are most active in the summer months. Protect yourself against West Nile Virus and other mosquito-borne illnesses by using bug spray with DEET, avoiding mosquito breeding grounds, and taking other preventive measures.

Enjoy Your Time outside!!!

~ **Be Well! Debbie**

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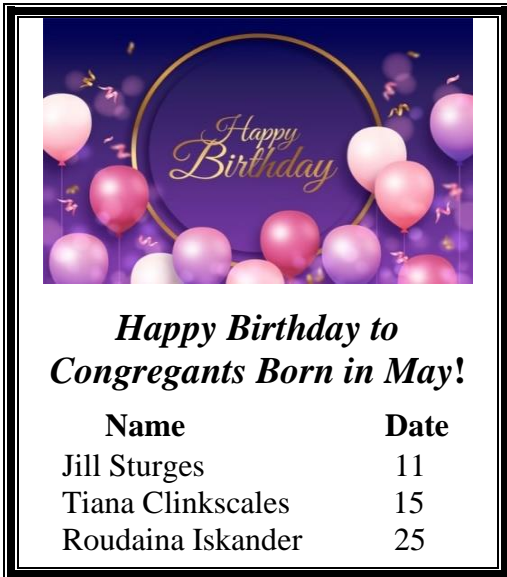
### ***Reprint from Golden Gazette*** ***May is Mental Health Awareness Month***

Nearly 1 in 5 people experience a mental health concern each year, according to the National Alliance on Mental Illness (NAMI). More than 1 in 20 adults experience serious mental illness that interferes with or limits major life activities. Mental illness, including depression, substance use disorders, anxiety, or psychosis can happen to anyone. By talking about mental health this May, you can help shine a light on the presence of mental health issues and eliminate stigma surrounding mental illness.

Practice healthy self-care strategies to improve your mental health:

- o Exercise. Even a small amount can make a big difference in your day.
- o Connect with someone. Make a phone call or visit with a friend or family member.
- o Start a cycle of encouragement; tell others what you appreciate about them.
- o Listen to music that inspires and motivates you.
- o Write a poem on something you care about, or an article on something you feel is interesting.

Get involved, learn more, help your community and reduce stigma. Support is available, treatment works and people do recover. Call the Fairfax-Falls Church Community Services Board for guidance and resources at 703-383-8500 (TTY 711).



**May & June**

**Thursday, May 9, 16, 23, 30**

7:30 – UBC Choir Rehearsal, Chr Suite

**Saturday, May 11, 25**

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

**Sunday, May 12**

06:00 pm – Sopranessence Rehearsal, Chr Ste

**Sunday, May 12, 19, 26,**

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

**Tuesday, May 14**

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

**Tuesday, May 7, 14, 21, 28**

12:30 pm – Food Mission Inventory, Rm 121

**Wednesday, May 1, 15**

9:15 am – Sandwich Team, Fell. Hall

**Monday, May 20-24** Rev. Moyer will be on vacation

Praying she has an Amazing one!

**Monday, May 27 – Office closed for Memorial Day**

**Saturday, June 1**

2:00 pm - Sara Reese Recital, Sanc., Chr Ste

**Sunday, June 2, 9, 16, 23**

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

**Tuesday, June 4, 11, 18, 25**

12:30 pm – Food Mission Inventory, Rm 121

**Wednesday, June 5, 19**

9:15 am – Sandwich Team, Fell. Hall

**Thursday, June 6, 13, 20, 27**

7:30 – UBC Choir Rehearsal, Chr Suite

**Saturday, June 15**

1:00 pm – Recital Nicole Lamm, Sanc., Chr Ste

**Sunday, June 16**

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



**Contributions**

April 2024 (Final)	Required	Received
Tithes & Offerings	\$5,000.00	\$ 3,220.00
Building Usage	7,279.17	6,850.00
Other (B-Thrifty, Flwrs, Mem)	0.00	7.70
Monthly (new # w/o mtg)	\$12,279.17	\$ 10,077.70
Total YTD (Jan-Apr)	\$49,116.68	\$ 45,009.30
<b>Above/(Below)</b>		<b>\$ (4,107.38)*</b>
Benevolence Funds Rec'd. (Jan)		\$ 40.00

\* 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.

**Report from the New United Gospel Food Mission**

*We say Thank you to the Holy Spirit's prompting and God's response to our answered prayers for this new and necessary mission. We also acknowledge the hard work of Pastor Ed Young and his wife Belynda, Pastor Francis Phan, and Pastor Pam Moyer and their church members, officers, friends, and many volunteers and donors for their time and consistency to serve 25+ families with over 100 individuals each of 3 Saturdays, so far in March and April. The next opening dates are Saturday, May 11<sup>th</sup> and Saturday, May 25<sup>th</sup>, 11 am-2 pm. Hope to see YOU!*

Non-perishable food donations will be accepted, but funds are



most appreciated so we can shop for the best deals if donations are low. Please make your checks payable to "NBMBC-Food Mission" and you may mail to the office, UBC, 7100 Columbia Pike, Annandale, VA 22003. We will get it to Pastor Ed for appropriate usage



(no overhead use, just food items). His people are tracking donations for tax purposes, so you'll get an accounting next year. If you prefer to give cash, then place cash in an envelope into the offering plate with notation – NBMBC Food Mission or bring to the office 9:00 am-1 pm M-F, so noted. Please also remember to pray for this mission. *Thank you!*



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

**Individual Prayer Requests have been removed for privacy reasons. If you desire updates, please call the office for an electronic list: 703.256.5900. Thank you.**

**COMMUNITY & GLOBAL PRAYER**

- Houston, TX flooding
- Police Officer shooting in NC: victims & their families
- Protection of all people impacted by Palestinian/Israel protests on college campuses
- Tornadoes in the mid-west & OK
- Peace in the Middle East: safety, recovery, & comfort for those killed, kidnapped, or injured in war. Prayers for those still in captivity; bring them home
- Taiwan earthquake victims, survivors & responders
- Bridge collapse in Dundalk, MD, near Baltimore-recovery & rebuilding
- Haiti's unrest & transitional government; prayers for peace & provision
- New United Gospel Food Mission—for donations & future recipients
- 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
- All affected by violence, war, and natural disaster
- Safety for all firefighters, canine rescue teams, medical responders, police officers and military personnel; keeping the peace during times of unrest nationally and globally
- Those suffering from allergies this time of year. Please continue all disease prevention practices: wash hands frequently for 20 seconds, cover coughs, improve nutrition, exercise, & sleep habits
- 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 Hospice, Annandale Women's Club, and more . . .