

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 23

March 4, 2025

Issue 3



CONGRATULATIONS & Thank you!

Happy 1 Year Anniversary to the New United Gospel Food Mission!

After much work by Pastor Ed and Belynda Young and many volunteers, our 3 churches collaborated to begin serving the community on March 30, 2024! Our goal of 30 families quickly became 70+! Thank you for your contributions so far. We still need your prayers and assistance volunteering (especially with the children or Spanish language) or giving funds so that we can shop for the best deals if corporate donations are low. **Please make your checks payable to "NBMC-Food Mission."** You may mail to the office or place in the offering plate: UBC, 7100 Columbia Pike, Annandale, VA 22003. We will get them to Pastor Ed for appropriate usage and documentation. If you prefer to give cash, then place cash in an envelope into the offering plate with notation – *NBMC Food Mission* or bring to the office M-F, 9-1. Thank you!



Happy Spring! Saturday, March 8th @ 2:00 am ~ Set your Clocks ahead 1 hour before bed to be on time for Sunday Bible Study & Church! Change batteries in your Smoke Detectors too.

Daffodils are already peeking through the soil!

COMMUNITY LEADERSHIP

This Sunday, March 9th, the **United Baptist Foundation Membership Meeting** will be held in the Conference Room after services. The next CLCEB Meeting is scheduled for Sunday, March 16th at 12:15 pm in the Conference Room to conduct church business.



FELLOWSHIP OPPORTUNITIES!

Rescheduled! The **UBC Young at Heart Gadabouts Senior Adults** lunch is Tuesday, March 11th at 1:15 pm at **Great American Buffet**, 8365 Sudley Rd., Manassas, VA 20109. Dutch treat. Meet at the church for a ride at 12:15 pm or at the restaurant at 1:15 pm. Call Pam for more info. Sign-up is on the board or call the office to RSVP.

The next **UBC Friends & Family Breakfast** will be on Saturday, March 22nd at 9:30 am at **Juke Box Diner**, 7039 Columbia Pike, Annandale, VA 22003, so join us for this Dutch treat meal, prayer, & a short reading together. Call the office or sign up on the pink & black bulletin board form.

The **Kohuka Ensemble**, rehearsing in our Choir Suite, has a Recital Saturday, March 29th at 2:00 pm in our Sanctuary. Although the words will be in Japanese, the music is glorious; please join us for an inspiring intercultural concert and reception. No charge.

The next **Shepherd's Center Lunch N Life** should be the end of March, but no information was available, so please check their website for details: <https://shepherdscenter-annandale.org/>.



BWIM | MONTH OF ADVOCACY

Did you know that March is Women's History Month? Baptist Women In Ministry will observe March to

promote and support women in pastoral roles and leadership positions. A month of Preaching made a difference in elevating women's voices and ministry for the past 15 years; it's time to do more. Supporting, equipping, changing policies, encouragement, testimonials, leadership, ordinations, and more are still needed. You have done much work here at UBC, so **please pray** for other churches in our state and region who do not yet recognize the gifts women bring to ministry. They were the first at the tomb, after all!

PLEASE JOIN US FOR EASTER ON APRIL 20TH!

Lent, the 40-day season of prayer, fasting, and giving starts tomorrow, Ash Wednesday, March 5th and through April 13th. This season is

particularly troubling, so we need to practice the inward, outward, and corporate spiritual disciplines of silence, prayer, study, simplicity, service, worship, and discernment. Pastor Pam will assemble a weekly reading to be done *Lectio Divina* style with instructions in each bulletin. If you'd like to receive, please call the office. Service Schedules to be announced.



Kairos Moments ♥♥♥

(03/04/25) Reflections of Reverend Pamela Moyer

Well, Spring is on its way! But we know that March is unpredictable, so don't put away those puffy coats yet! Although things in our lives, our country and world are still tumultuous ("Jesus calls us o'er the tumult/Of our life's wild, restless sea/Day by day his sweet voice sounding /Saying, 'Christian, follow me.'") and uncertainty still abides with us, I choose to write this month instead about our theme, *Vital Hospitality*. Not out of naivety, but out of hope, faith, and assurance that God is still sovereign and we are His. And we are called to share hospitality with others, no matter what is going on around us. Amen? Amen!

The fear of deportation is real for our neighbors and Food Mission guests here in Annandale. We have educated ourselves about the legal, spiritual, and physical issues surrounding this concern. The anxiety of federal job loss is a reality even for those recently promoted; continue to pray for our extended church families who are directly impacted by this. The sadness of war exists for so many that our hearts ache, and we want peace. The competition of politics and inflation is getting uglier day by day. And yet . . . we are loved by God who sent his only beloved Son for our benefit. And still . . . we are taught and disciplined by Jesus Christ, the Messiah, who is God with us, and who sacrificed his own life for our disobedience and sin. Nevertheless . . . we are comforted by the Holy Spirit who reveals the truth to us and empowers us to rise above our worldly concerns to give and to serve others.

What precedes the actions we typically associate with hospitality, like potlucks, guest bags, better signage, coffee shops, bookstores, hotels, and spas? Personal and spiritual preparation come first. In this calling to *Vital Hospitality*, there is preliminary work to be done. We must get ourselves in order. Our values like love, hope, faith, joy, kindness, mercy, building community, relationships, healing, creativity, mission, and evangelism must be examined before the physical actions have meaning. Prayer, praise, confession, and reflection all must come first so that our intentions are true. If we love and expect reciprocity, that fails us every time. If we are hospitable expecting a reciprocal invitation, that is sinful and arrogant. Yes, it might be the cultural expectation, but Jesus in Luke 14 teaches us otherwise: "13 But when you give a banquet, invite the poor, the crippled, the lame, the blind, 14 and you will be blessed. **Although they cannot repay you, you will be repaid at the resurrection of the righteous.**"

Won't you come Sundays to explore other areas of hospitality preparation? We are expecting a resurrection soon! We must be ready. Our Palm Sunday worship is April 13th at 11 am in the Sanctuary; Good Friday lunch, communion, with service beginning at 12 noon, on Friday, April 18th in the Fellowship Hall, and our Resurrection Sunday (Easter) service begins at 11 am on Sunday, April 20th in the Sanctuary. Please make plans to bring your families to celebrate Holy Week with us. We miss you!

Parish Nurse's Touch

Debbie Caffrey March Health Focus Brain Health!!



What is "Brain Health"? It is a multi-year national campaign to help raise awareness about brain health. It turns out the things you do to help keep your body and heart healthy may be good for your brain health, too. By taking the steps below today, you may be able to help reduce some risks to your brain. Additional information is available at <https://brainhealth.nia.nih.gov>.

- **Mental stimulation**
Any mentally stimulating activity should help to build up your brain. Read, take courses, try "mental gymnastics," such as word puzzles or math problems. Try things that require manual dexterity as well as mental effort, such as drawing, painting, and other crafts.
- **Physical exercise**
Exercise regularly increases the number of tiny blood vessels that bring oxygen-rich blood to the region of the brain that is responsible for thought. Exercise also spurs the development of new nerve cells and increases the connections between brain cells (*synapses*). Exercise also lowers blood pressure, improves cholesterol levels, helps blood sugar balance and reduces mental stress, all of which can help your brain as well as your heart.
- **Healthy diet**
Good nutrition can help your mind as well as your body. For example, people that eat a Mediterranean style diet that emphasizes fruits, vegetables, fish, nuts, unsaturated oils (olive oil) and plant sources of proteins are less likely to develop cognitive impairment and dementia.
- **Improve your blood pressure**
High blood pressure in midlife increases the risk of cognitive decline in old age. Stay lean, exercise regularly, limit your alcohol to two drinks a day, reduce stress, and eat right.
- **Improve your blood sugar**
Diabetes is an important risk factor for dementia. You can help prevent diabetes by eating right, exercising regularly, and staying lean. But if your blood sugar stays high, you may need medication to achieve good control.
- **Improve your cholesterol**
High levels of LDL ("bad") cholesterol are associated with an increased risk of dementia. Diet, exercise, weight control, and avoiding tobacco will go a long way toward improving your cholesterol levels.
- **Consider low-dose aspirin**
Some observational studies suggest that low-dose aspirin may reduce the risk of dementia, especially vascular dementia. Ask your doctor if you are a candidate.
- **Sleep 7-8 hours each night**
Good mental health and restful sleep are helpful in improving memory and thinking.
- **Build social networks**
Strong social ties have been associated with a lower risk of dementia, as well as lower blood pressure and longer life expectancy.

~ Be Well! Debbie

May God fill your life with happiness and brilliance. Wishing you a very Happy Birthday!

2025 Happy Birthday to Congregants Born in March!

Name	Date
Clara Reynolds	9
Bobby Joe Small	16
Samir Iskander	21
Carole Martindale	26
Margarita Menjivar	27

March & April



Wednesday, March 5, 19

09:15 am – Sandwich Team, Fell. Hall

Saturday, March 8

08:30 am – ALPCA (License Plate Meet), Fell. Hall

Sunday, March 9, 16, 23, 30

09:30 am – NBMBC & UBC Bible Studies

10:45 am – NBMBC Worship, Chapel

11:00 am – UBC Worship, Sanctuary

12:30 pm – UB Foundation Memb Mtg, Conf Rm

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

Sunday, March 9, 16, 23, 30

06:00 pm – Sopranessence Rehearsal, Chr Ste

Monday, March 10-14 *Rev. Moyer will be on vacation*

Tuesday, March 11

01:15 pm – YAH Gadabouts Lunch, See Page 1

Tuesday, March 11, 18, 25

12:30 pm – Food Mission Inventory, Rm 121

Thursday, March 13, 20, 27

07:30 pm UBC Choir Rehearsal, Chr Suite

Saturday, March 15

01:00 pm – Kohaku Rehearsal, Chr. Ste

04:00 pm – Special Event, Fell. Hall

Sunday, March 16

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

Saturday, March 22

09:30 am – UBC Friends & Family Breakfast, See Page 1

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

12:00 pm – Kohaku Dress Rehearsal, San, Chr. Ste

Saturday, March 29

02:00 pm – Kohaku Recital, Chr. Ste, Fell Hall

Wednesday, April 2, 15

09:15 am – Sandwich Team, Fell. Hall

Thursday, April 3, 10, 17, 24

07:30 pm UBC Choir Rehearsal, Chr Suite

Saturday, April 5, 19,

01:00 pm – Kohaku Rehearsal, Chr. Ste

Contributions

January 2025 (Final)	Required	Received
Tithes & Offerings	\$ 5,000.00	\$ 3,835.00
Building Usage	6,333.34	6,950.00
Other (B-Thrifty, Flwrs, Mem)	0.00	50.10
Monthly	\$ 11,333.34	\$ 10,835.10
Total YTD (Jan)	\$ 11,333.34	\$ 10,835.10
Above/(Below)		\$ (498.24)*
Benevolence Funds Rec'd.		\$ 35.00
February 2025 (Final)	Required	Received
Tithes & Offerings	\$ 5,000.00	\$ 3,925.00
Building Usage	6,333.34	8,625.00
Other (B-Thrifty, Flwrs, Mem)	0.00	61.90
Monthly	\$ 11,333.34	\$ 12,611.90
Total YTD (Jan-Feb)	\$ 22,666.68	\$ 23,447.00
Above/(Below)		\$ 780.32*
Benevolence Funds Rec'd. (Dec partial)		\$ 45.00

* 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.

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.

[cut here, mail to church today with a check to UBC & write on the memo line: Easter Flowers]

Order Easter Flowers Now
To Help Adorn Our Sanctuary
on Easter Sunday, April 20th
Lilies \$15.00/Pot OR
Tulips \$10.00/Pot

Most nurseries and growers raised their prices again this year. Please let us know if you would like to honor or remember a loved one with a 6" lily (4-blooms) or a 6" tulip (4-5 bulbs, random colors) that you can take home, plant, give to a friend or donate to a local nursing home. Cash is accepted in the offering plate with an insert or this form. Thank you.

Your name _____

Honoree, type, & #pots _____ # _____

_____ # _____

In Memory of, type & #pots _____ # _____

_____ # _____

We Must Receive by April 7th for Ordering Deadline

**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

- Pope Francis (respiratory illness, strength & healing)
- Conflict: Goma (Democratic Republic of Congo); 3000 dead
- Alaska Airlines, Delta & other crashes, victims & families
- To relieve the fear environment for Federal workers & immigrants during recent changes
- Ukraine: Peace & protection of the soldiers & citizens
- Family & Friends of the Philadelphia Medical flight crash
- Family & Friends of American Eagle Flight 5342 from Wichita, Kansas and Army helicopter collision victims
- Wildfires in CA: destruction, displacement, & rebuilding
- Trauma recovery for various shooting victims in different US cities over the months
- Aftermath of Hurricanes Helene & Milton. Funds needed for Rebuilding
- Lebanon, Israel, 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
- Continued Peace in the Middle East: safety, recovery, & comfort for those killed, kidnapped, or injured in war. Praise for those released and prayers for those still in captivity
- 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 for the many families nearby suffering from food insecurity, immigration legal expenses, finding a good attorney, school pressures, finding work, health, new babies, etc. 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