

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

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Issue 10

Annandale CROP Hunger Walk!



It's time for the 2024 Annandale CROP Hunger Walk on **October 12th** at **Lake Accotink!** Registration starts at 8 am near Lake Accotink Park Marina and an Opening Ceremony starts at 8:15 am. Walkers start on the trails at 8:30 am. Proceeds from the walk benefit Church World Service with a large contribution to ACCA.

Please plan to give any amount now; let Rev. Moyer know if you would like to walk, pray, or donate time or funds. Please place a check payable to **CWS/CROP** or cash in the offering plate or mail to The United Baptist Church, 7100 Columbia Pike, Annandale, VA 22003, Attn: CROP WALK. **Checks MUST be made payable to CWS/CROP (not UBC or a person).** Your donation helps the food insecure, and victims of devastating weather/fire events. Call Pam for more info. Thank you.

FELLOWSHIP OPPORTUNITIES!

The UBC Young at Heart Gadabouts Senior Adults outing is **Tuesday, October 8th at 12:00 pm** to **Outback Steakhouse**, 6804 Richmond Hwy, Alexandria, VA 22306. Dutch treat. Meet at the church **at 11:15 am** or **at the restaurant at 12:00 noon**. See Pam Moyer for more info or a ride. Dutch treat. A sign-up sheet is on the Special Events Board or call the office to RSVP.

The next UBC Friends & Family Breakfast will be on **Saturday, October 26th at 9:30 am** at Denny's, 10473 Lee Hwy, Fairfax, VA 22030. Dutch treat, devotional reading, and sharing of praises and prayer requests. Please join us, and if you need a ride, see Rev. Moyer. **We will meet there.** A Sign-up sheet is on the events Bulletin Board or call the office (703) 256-5900.

COMMUNITY LEADERSHIP

The Budget CLCEB Meeting is scheduled for **Sunday, October 27th at 12:15 pm** in the Conference Room. The **UBC Annual Membership Meeting** is scheduled for **Sunday, November 3rd at 12:15 pm** in the Conference Room. This is an important meeting to ask questions about our 2025 Budget, approve it, and vote on nominations for church leadership and messengers to BGAV Annual Meeting.



MISSION CENTER UPDATES

On **Saturday, October 19th, at 2:00 pm**, one of our newest Mission Center building partners, **Kohaku**, a 20-person female choral ensemble, is hosting an **Annual Recital** in our Sanctuary with a reception after in the Fellowship Hall. They will have an English Emcee and Japanese Choral Music with some English. We are invited because Music is a universal language, so we hope you'll plan to attend. No charge, donation only.

PAUSE Worship Vision Team update: To broaden our discussions, Rev. Moyer shared a sermon series recently about Worship--past, present, and future. We focused on the why, where, how and various elements of worship (Scripture, Ordinances, Sermons, Prayer, and Music.) If you have specific ideas, please see Rev. Moyer or David Evans.

Mason Jar Arts Studios & Gallery Update: On August 23rd, we submitted a "Use Determination" request to Fairfax County Zoning Department for review; there are some snags we are working through. The project is pending, but we are hopeful. A full presentation to the church will occur if we get approved, so please pray. The Taste of Annandale 2024 was a big hit, with International Dancers performing (Mission Ctr. "partner"), Pepe Gaka the muralist for the Eileen Garnett Civic Space (take a look when you drive by) speaking, and Supervisor Jimenez opening the ceremonies. There were a few individual enthusiastic conversations about our potential Arts Project, but we need your prayers and questions.

HYMNALS AVAILABLE!

In our efforts to tidy up the church building for repurposing spaces, we discovered boxes of out-of-date Southern Baptist Hymnals from Boulevard B.C. and First Baptist Annandale B.C. (pre-2003 consolidation). Some have dedication labels inside the covers and may have personal meaning to you. A few traditional hymns in these books are no longer in the Baptist Hymnal of 1991. It is our intention to recycle and dispose of said hymnals (we will keep a small inventory of each year/edition in the Music Department and Library.) So, if you would like to have one before disposal, please come to the office during business hours (9 am-1 pm, M-Th, or by appointment after 1 pm). If you have questions, call Rev. Moyer. Thank you for your devoted stewardship and responsibility to help us meet Fire Safety standards as well as make our space more attractive and usable.

Kairos Moments ♥ ♥ ♥

(10/01/24) Reflections of Reverend Pamela Moyer

Thank you again to our Congregants, Leadership, Staff, and Pastor Francis Phan of the VGBC, for their support in Worship while I was on vacation mid-month. I heard only good reports despite several absences. It has been a tough re-entry couple of weeks with international and national wars and disasters, as well as several pastoral needs: grief, hospitalizations, and illnesses. I call you to prayer if you haven't already been intensely praying! Please read the Agape Prayer list and send updates.

Our hearts go out to those states from Florida to Kentucky who experienced the remnants of and Category 4 Hurricane Helene. As of today, over 137 deaths are reported, and many are still missing. No one can be fully prepared for the historic storm surge, heavy rains, and unprecedented flooding and mudslides experienced and witnessed. I hope none of your families are impacted; former church members are safe, as far as we know. Groups we support or know, such as BGAV, CBF, Red Cross, Virginia Task Force 1 and others have all deployed responders, and need your financial and prayer support. Please be careful who you give money to; the office can assist you to prevent scam donations. The Annandale CROP Hunger Walk through Church World Service is a safe donation in person (church or to the office) or online:

<https://events.crophungerwalk.org/cropwalks/team/united-baptist-2>

Let me ask you also to pray for the family of our Administrative Assistant, Roudaina Iskander. Her sister, aunt, brother and some of their adult children are in the Middle East (one in Israel, one in Lebanon, and others in Kuwait). There is great anxiety over their wellbeing, so we pray for their protection, and for peace.

So, what do we do when there is so much challenging bad news, illness, or death? As we always have, we pray, give aid and comfort where possible, and trust God in all things. Our Church and Mission Center have become skilled in these areas. We carry on, keeping all in mind, hearts, and prayers. We come to church! We worship together in community with song, reassuring Scriptures, receiving instruction and comforting words, and share fellowship. Sermons can be found on any page of our website, under "Services":

<https://www.theunitedbaptchurch.org/services>

We also raise funds for the CROP Hunger Walk and Food Giveaway, where we are building neighborly relationships, and giving away Bibles and children's books to our guests. Caring for those experiencing food insecurity, homelessness, or disaster recovery takes us **out** of our own worries, so please give, join our Sandwich team, volunteer somehow, and continue to pray for all of our mission projects and for each other!

Parish Nurse's Touch

Debbie Caffrey

October Health Focus

As summer gives way to fall, it's time to get ready for shorter days, cooler temperatures and colorful leaves. Think of the new season as a fresh start to healthier habits. The transition to fall is also the start of cold and flu season. Keeping up your exercise routine, eating healthy, and resting is enough can keep your health on track this fall season. It also will sustain your immune system if you continue your healthy habits through the end of the year



Consume immunity-boosting foods — As the weather gets colder and flu season starts, it's important for your immune system to be in tip-top shape. Eating healthy foods with vitamin C (like limes, oranges, and clementines) are key to fighting off infections. Garlic, ginger, spinach, and almonds are also big winners when it comes to boosting your health and immunity.

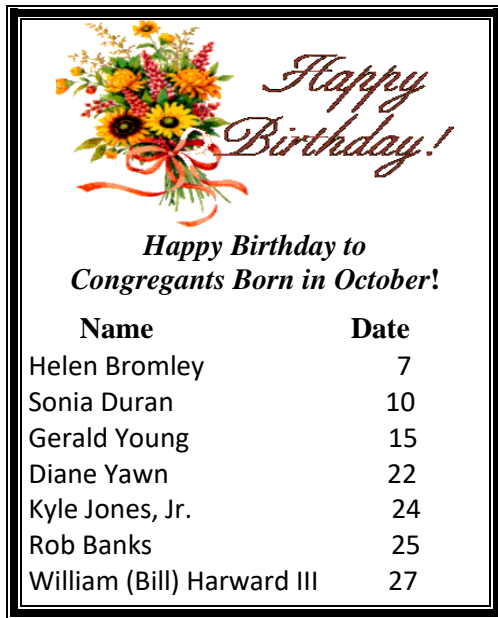
Keep up to date with COVID-19 boosters and guidance – remember that you can take what actions you need beyond the guidance, such as wearing a mask, etc. to protect yourself. And . . . get your flu shot — Want to know how to stay healthy during flu season? Get the once-a-year flu vaccine. The vaccine can reduce flu illnesses, missed work, and doctor's office visits. The Centers for Disease Control and Prevention recommends getting the vaccine before October's end.

Munch on in-season foods — This time of year beautiful vegetables and fruits make their appearance in grocery stores across the nation. Some of the nutrient dense options to consider adding to your plate: Brussels sprouts, butternut squash, crab apples, cranberries, and turnips. Get adventurous and try a new produce item!

Keep hand sanitizer nearby — The very best way to avoid the spread of germs is to scrub your hands with warm soapy water. But if you can't do that, hand sanitizer is the second-best option. Just make sure it contains alcohol as those formulas are 60–95% more effective at killing germs than non-alcohol sanitizers.

Get ready for fall time change — The abrupt time change (it literally happens overnight) changes the natural patterns of light and dark that your brain has gotten used to. In the days leading up to the fall time change, adjust your sleep schedule. Start going to bed and waking up 10 to 15 minutes earlier each day. eat meals at the new time according to the clock, and don't forget to drink your daily dose of water.

~ *Be Well! Debbie*



October & November

Wednesday, October 16

09:15 am – Sandwich Team, Fell. Hall

Sunday, October 6, 13, 20, 27

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

Sunday, October 6, 13, 20, 27

06:00 pm – Sopranessence Rehearsal, Chr Rm

Tuesday, October 8

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

Tuesday, October 8, 15, 22, 29

12:30 pm – Food Mission Inventory, Rm 121

Thursday, October 10, 17, 24, 31

07:30 pm – UBC Choir Rehearsal, Chr Suite

Saturday, October 12

08:00 am -ACCA CROP Hunger Walk – Lk Acctk, see pg. 1

Saturday, October 12, 26

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

Monday, October 14 – Office Closed for Indig. People Day

Saturday, October 19

2:00 pm – Nohaku Recital, see pg. 1

Sunday, October 20

03:00 pm – NBMBC Ann Choir Day, Chapel, Gym, Sanc

Saturday, October 26

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

Sunday, October 27

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

Sunday, November 3

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

Tuesday, November 5, 12, 19, 26

12:30 pm – Food Mission Inventory, Rm 121



Contributions

September 2024 (Partial)	Required	Received
Tithes & Offerings	\$ 5,000.00	\$ 1,685.00
Building Usage	7,279.17	7,000.00
Other (B-Thrifty, Flwrs, Mem)	0.00	11.60
Monthly (new # w/o mtg)	\$ 12,279.17	\$ 8,696.60
Total YTD (Jan-Sept)	\$110,512.53	\$100,601.00
Above/(Below)		\$ (9,911.53)*
Benevolence Funds Rec'd. (July)		\$ 81.00

* 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 \$50K transfer was made in September.

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 many neighbors in need.

Update: New United Gospel Food Mission

We still need volunteers for inventory, distribution, greeting, and keeping the children busy! The next dates we need your help for are **Saturday, October 12th and October 26th @11 am-2 pm.**



Funds are also needed for another refrigerator, so if you can give, please make checks payable to "**NBMBC-Food Mission**," mail to Food Mission @UBC, 7100 Columbia Pike, Annandale, VA 22003 or bring

on Sundays. If you prefer donating cash, then place it in an envelope in the offering plate with notation – "**NBMBC-Food Mission**" -- or bring to the UBC office 9:00 am-1 pm M-F, so noted. Relationships are forming and hearts are hopeful due to your prayers and support!

Association News

The **NorthStar Church Network** has its Annual Business & Breakfast gathering on **Saturday, October 19th at 8:00 am-11:30 am.** It will be held at Grace Baptist Church, 14242 Spriggs Rd, Woodbridge, VA 22193. This is a great networking event and a chance to learn how our donation monies are spent with reports from Staff and Board Members. We are allowed 4+ messengers, so if you'd like to be nominated, speak with Rev. Moyer.

The Baptist General Association of Virginia (BGAV) meeting this year is local! It is **Monday, November 11th, @ 12 noon through Wednesday, November 13th** ending at noon. There will be Worship, Workshops, Reports, and business, all at **First Baptist Alexandria**. We are permitted 15 messengers, and Rev. Moyer always attends. Let her know if you are interested in any part or the whole event. She will help you register. You cannot drop in without registration. Please let her know your plans.

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

Personal prayer requests have been removed for privacy. If you'd like an update, please call the pastor in the office, 703.256.5900. Thank you.

COMMUNITY & GLOBAL PRAYER

- Lebanon & North Israel residents experiencing recent bombing
- Flood & mud damages from hurricane Helene, for responders & residents
- Nigeria, BWA request for peace among protests, economic difficulties
- For the families of those recently killed & injured from the Apalachee High School shooting in Winder, Georgia
- Approaching Hurricanes – Protection & rebuilding
- Political Race for U.S. President/VPres-honesty, civility, safety of candidates
- Safety of all our leaders in Congress, Supreme Court, & White House; condolences for bystanders killed & injured in Trump attack
- For more people to know & rely upon Jesus
- Police Officer involved shootings for officers, victims, families, & neighborhoods
- Peace in the Middle East: safety, recovery, & comfort for those killed, kidnapped, or injured in war. Prayers for those still in captivity; praise for the newly released hostage!
- Haiti's unrest & transitional government; prayers for peace & provision
- New United Gospel Food Mission—for donations & for past & 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
- 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