

# 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 2



The annual Souper Bowl (& it's not mis-spelled) began Sunday, February 4<sup>th</sup>. We collect non-perishable food throughout the month of February, giving UBC the chance to continue to meet the needs of the hungry, unhoused, and those in poverty in our own community. The ACCA Food Pantry needs our help this time of year, so bring non-perishables listed on the ACCA Food Pantry webpage to the ACCA Nook (Fellowship Hall), and we will deliver to the pantry. If you'd like to volunteer to help, let Rev. Moyer know.

## 2023-2024 INCLEMENT WEATHER POLICY

In the event of inclement weather or dangerous conditions, UBC leadership will make decisions about office closure, activities, and Sunday Services (including Sunday School, Worship, and Meetings) by 7 am on the affected morning but probably the night before. Someone will call our Regular Attenders if there are cancellations. Our Missions Center partners are responsible for their own group cancellations. Any decisions will also be listed on our Website Home Page, [www.theunitedbaptchurch.org](http://www.theunitedbaptchurch.org), on Facebook, or by calling Rev. Moyer's church cell phone at (571) 278-7115. Thank you and please use common sense precautions for your own well-being and safety.

## HAPPY VALENTINE'S DAY!

"For God so loved the world, that he gave his only son, that whoever believes in him should not perish but have eternal life (John 3:16<sup>ESV</sup>)."

Know that you are loved and appreciated by this church family! Our church is invited to join NBMC Sunday, Feb. 11<sup>th</sup> after services for lunch in the gym. RSVP to Rev. Moyer.



## SEEING 20:20



Please place your old eyeglasses and sunglasses in the hanging box off the Fellowship Hall. Lions Club picks them up and will repair them for others to use and see better.



We are also still collecting **heavy coats, scarves, gloves, and outerwear (all sizes)**. Adults and Children) for those in need throughout February and will distribute them for you. Please place them in the **Red Collection box in the ACCA Nook**.

You may also donate gently used regular clothing, shoes, and books to the **White Bee Thrifty box** in our parking lot (on Chatelain Rd.). We benefit as do many others!

## JOIN US FOR EASTER ON MARCH 31<sup>ST</sup>

Lent, the 40-day season of prayer, fasting, and giving begins **Ash Wednesday**, February 14<sup>th</sup> and goes through March 31<sup>st</sup> this year. Just as our bodies need physical fitness to be strengthened, our souls need the spiritual disciplines of sacrifice, silence, contemplation, and discernment. How will you observe Lent this year?

## COMMUNITY LEADERSHIP

Our **CLCEB meeting (Feb. 11<sup>th</sup>) and QMM (Quarterly Membership Meeting-Feb. 18<sup>th</sup>)** have been rescheduled for 12:15 pm in the Conference Room. The **United Baptist Foundation Annual Membership Meeting** is now Sunday, February 25<sup>th</sup>, at 12:15 pm after worship in the Conference Room.



## FELLOWSHIP OPPORTUNITIES

The **UBC Young at Heart Gadabouts Lunch** with Senior Adults is Tuesday, February 13<sup>th</sup> leaving the church at 11:00 am or meeting at the Cheesecake Factory restaurant, 11778 U, Fair Oaks Mall, Fairfax, VA 22033 at 11:30 am. 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, February 24<sup>th</sup> at 9:30 am at City Diner, 15616 Leesburg Pike, Falls Church, VA 22041, so join us for this Dutch treat meal, prayer, and a short reading together. Call the office or sign up on the pink & black bulletin board form.

## *Kairos Moments* ♥ ♥ ♥

(02/06/24) Reflections of Reverend Pamela Moyler

**Happy Valentines Day!** And Happy Leap Year! And Ash Wednesday (Lent begins), Heart Health month, National Caregivers Day (3<sup>rd</sup> Friday every year), National Ice Cream for Breakfast day, National Chili Day (4<sup>th</sup> Thursday every year), and more than I have room to list here! February for a short month has a lot of recognition days. The one I now have on my radar is National Wear Red Day (the 1<sup>st</sup> Friday every year for Women's Heart Health). So I wore Red this first Sunday with a heart pin my friend and NorthStar Church Network's Associate Director, Katie Harding, gave me before my surgery. I am truly grateful to have celebrated 8 months of recovery, strength, and vitality. I am also truly grateful for the 5 years I have served this congregation as Senior Minister, and reflected upon my time at the MACBF leadership meeting and clergy retreat near Sugarloaf Mountain, MD. We participated in several group and individual Labyrinth prayer walks, both indoors and out. It was beautiful!

On January 28<sup>th</sup>, our church was blessed to have Jeff Snavelly join us with clarinet/piano duets with his wife, Melissa, on the same day I introduced our 2024 theme of "Finding Beauty". It was a holy coincidence to expand our thoughts from visual beauty to multi-sensory beauty. It inspires us, centers us, and connects us as human beings; beauty is restorative and has the divine power to heal. Think about it: beauty nourishes and feeds our souls. Have you ever been exhausted, burned out, or sad when you happened to see one of those spectacular sunsets, so pink, blue, orange, and purple that the sky took your breath away? Your mood immediately lifted seeing the glory of God our creator still at work in our world. Our world needs beauty now, with two wars, sickness, devastating weather events, violence, and the political climate. Beauty is a gift of love and loveliness from God; it reflects his character and is needed for human flourishing, not just survival.

The Biblical Greek word for beauty and beautiful is kalos (καλός), seeking the root of moral beauty. Platonic Greek philosopher Plotinus saw that beauty revealed the glory, power, and goodness of the spiritual world, not just material culture. That revelation connects and bonds us as sentient humans. Transcendent beauty like that sunset I described or standing at the edge of the Grand Canyon or at the foot of a glorious snow-capped mountain expresses and connects the world above to earth. Beauty is found in the Hebrew Scriptures creation stories and in the Greek Scriptures through Jesus' works of healing, generosity, and love. The Apostle Paul uses "kalos" to describe "the new possibility of the Christian life" and writes our 2024 key verse, Philippians 4:8. Some of the places we'll find beauty, or at least seek it as we study, will be in the natural, physical, and spiritual realms, and in love, justice, stillness, prayer, fellowship, serving others, suffering, the cross, Christ's resurrection and ascension, music, the arts, sports, education, travel, faith, healing, and other areas you may imagine. Please join us at 11 am Sundays to hear more! ♥✚

## Parish Nurse's Touch

Debbie Caffrey



### February Health Focus

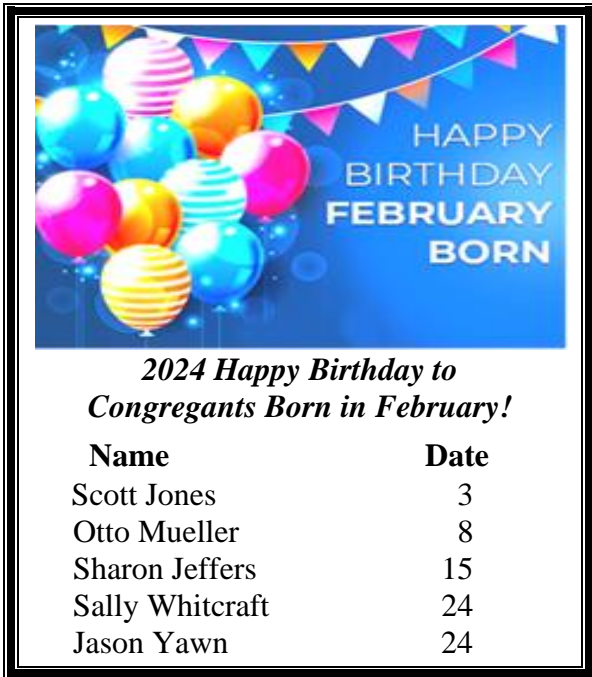
Heart disease is the leading cause of death for both men and women. You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease.

From the American Heart Association: It's never too late to make better health choices. All you need is a goal, a plan and the desire to live better. Here are some simple steps to take:

- Don't smoke cigarettes or use other tobacco products.
- Have your blood pressure checked regularly. Keep your blood pressure below 120/80 mm Hg
- Eat a healthy diet consistent with recommendations from the American Heart Association.
- Get at least 150 minutes of moderate-intensity physical activity or 75 minutes of vigorous-intensity activity (or a combination) each week.
- Reach and maintain a healthy weight (body mass index less than 25 kg/m<sup>2</sup>).
- Have your cholesterol checked. Talk to your doctor about your numbers and how they impact your overall risk.
- Keep your fasting blood glucose at less than 100 mg/dL.
- If your doctor has put you on medication, take it exactly as prescribed.
- If you are overweight, work to reach and maintain a healthy weight.
- Be more physically active.
- Reduce your salt (sodium) intake.
- Eat a heart-healthy diet. How do I change my eating habits?
- Eat a diet rich in vegetables and fruits.
- Choose whole-grain foods and low-fat dairy products.
- Eat fish, preferably those containing omega-3 fatty acids (for example, salmon, trout and herring), at least twice a week.
- Select skinless poultry and choose lean cuts of meat. But limit your intake of red meats.
- Include legumes, nuts and seeds.
- Use healthy fats and oils, such as olive, canola, corn or safflower.
- Limit how much saturated fat, trans fat and added sugars you eat.
- Choose and prepare foods with little or no sodium (salt). Aim to consume no more than 1,500 mg of sodium per day.
- If you drink alcohol, drink in moderation.
- Ask the server to make substitutions like having steamed vegetables instead of French fries.
- Make sure your entrée is broiled, baked, grilled, steamed or poached instead of fried.
- Order vegetable side dishes and ask that any sauces or butter be left off.
- Ask for low-calorie and salt-free or very low-sodium salad dressing or a lemon to squeeze on your salad instead of dressing.
- Ask for baked, boiled or roasted potatoes instead of fried. And ask for them without the butter and sour cream.
- Order fresh fruit or fruit sorbet in place of cake, pie or ice cream desserts.
- Ask about low-sodium and other healthier menu choices. Many restaurants now have healthy menus or icons to show healthy options.
- When it seems that everything on the menu is "off limits," ask if the chef will make you a fruit or vegetable platter. Most chefs are happy to do it

For more information, visit [www.heart.org](http://www.heart.org)!!!

~ Be Well! Debbie



**February & March**

**Wednesday, February 7, 21**

9:15 am – Sandwich Team, Fell. Hall

**Sunday, February 11**

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

**Tuesday, February 13**

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

**Wednesday, February 14**

Ash Wednesday - Lent devotional begins

**Friday, February 16**

4:00 pm – International Dance, Fellowship Hall

**Sunday, February 18**

12:15 pm – Quarterly Membership Meeting, Conf. Rm

**Monday, February 19**

Offices are Closed for Presidents’ Day per Personnel Policy

**Friday, February 20**

2:00 pm – International Dance, Fellowship Hall

**Saturday, February 24**

9:30 am – UBC Friends & Family Breakfast, See Page 1

**Sunday, February 25**

12:15 pm – UB Foundation Member Mtg, Conf. Rm

06:00 pm – Sopranessence Rehearsal, Chr Rm

**Sunday, March 3**

06:00 pm – Sopranessence Rehearsal, Chr Rm

**Wednesday, March 6, 20**

9:15 am – Sandwich Team, Fell. Hall

**Friday, March 8**

7:00 am – Set up for ALPCA

**Saturday, March 9**

7:00 am – ALPCA (License Plate Event), Fell. Hall

**Sunday, March 10**

06:00 pm – Sopranessence Rehearsal, Chr Rm



**Contributions**

January 2024 (Partial)	Required	Received
Tithes & Offerings	\$5,000.00	\$ 1,605.00
Building Usage	7,279.17	7,637.50
Other (B-Thrifty, Flwrs, Mem)	0.00	24.90
Monthly (new # w/o mtg)	\$12,279.17	9,267.40
Total YTD (Jan part)	\$12,279.17	\$ 9,267.40
<b>Above/(Below)</b>		<b>\$ (3,011.77)*</b>
Benevolence Funds Rec’d. (Jan)		\$ 10.00

\* For detailed monthly reports, please contact the office. Budgeted Investment Transfers & Sale of Van 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.

**2023 Contribution Statements have been mailed** out by our Financial Manager. If you gave to the church and did not receive one, please call the office at 703.256.5900. If you moved since January 2023, please call with your new address. **Thank you** for your Kingdom generosity as you plan your 2024 giving that supports United Baptist’s Mission & Vision budget.

**Shepherd’s Center of Annandale Springfield  
Lunch N’ Life**

It was UBC’s honor to host January’s event in our Fellowship Hall. We had a large turnout of 40 guests to meet and hear from Fairfax Co. Fire & Rescue Staff and International Urban Search and Rescue team, known as [Virginia Task Force 1](#). “The team has extensive deployment experience with the Federal Emergency Management Agency (FEMA) and the US Agency for International Development (USAID) Bureau for Humanitarian Assistance (BHA). [It] is recognized throughout the United States and the world, as a premier leader in disaster response and the provision of training in catastrophic event mitigation, readiness, and recovery.”



In addition to the two speakers, we met Ivan (canine live rescue dog) and Christine (handler), 3 of the 210 trained and equipped personnel. They had returned from the earthquake in Turkey. They must deploy within 6 hours of the US President’s directive. The team has over 14,000 hours of training, including tent set up, rigging, climbing, fire, and water rescue. Deployments are 10-14 days depending on access to water and fuel. MRE’s and outdoor showers are provided. Ivan and other canine team members conduct their searches without vests, collars, or booties to prevent injuries on rebar or jagged materials. Their canine careers are usually about 10-11 years, and they live with their handlers. Please keep them in prayer!

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

**Individual Prayer requests have been removed for privacy reasons. If you would like updates, please call the office at 703.256.5900. Thank you for your prayers for our congregation, Mission Center, and extended family and friends.**

**COMMUNITY & GLOBAL PRAYER**

- New flood dangers in California-Atmospheric River
- Comfort for victims' families of those killed & injured in Idaho school, Prague, Univ. of Las Vegas, Vermont and Maine shootings
- 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. Prayers for those still in captivity
- Peace & protection of the soldiers & citizens of Ukraine
- The citizens, 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> responders on the island of Maui, Hawaii trying to recover from wildfires
- New Hope Housing & local churches as they house & feed the hypothermia overflow shelter program
- Our mental health systems, responders & social workers; pray for those suffering to seek professional help before crisis
- All affected by extreme weather, violence, war, and natural disaster
- Safety for all firefighters, canine rescue, medical responders, police officers, and military personnel; keeping the peace during times of unrest nationally and globally
- Higher hospitalizations from COVID-19, Flu, and RSV country-wide. Please wash hands, keep distances, wear masks in crowds & get vaccines if you choose
- Mission Center Building Usage Partners: 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, International Dance, and more . . .