

The Vision

A Monthly Communication AND Christian Education Instrument of The United Baptist Church in Annandale, Virginia

Pastoral Staff:

Rev. Ms. Pamela L. Moyer, Senior Minister
Mr. David R. Evans, Minister with Music
Mrs. Roudaina M. Iskander, Administrative Assistant
Rev. Dr. J. Wayne Yawn, Senior Minister Emeritus

7100 Columbia Pike
Annandale, VA 22003-3106
703-256-5900
UBCOffice@aol.com

Publication/Distribution Staff:

Rev. Ms. Pamela L. Moyer, Publication Editor
Mrs. Roudaina M. Iskander, Production & Distribution; Carol Carrico, Volunteer

www.theunitedbaptchurch.org

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 11th

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 11th
9:30 am ~ Bible Study, F. Hall
11:00 am ~ Worship, Sanctuary



Memorial Sunday May 25th 11:00 am Worship

*Featuring the Annual Bell Ringing
in Honor of Each Church Member or Former Member's
Death Since Last
Memorial Sunday, 2024
and
To Honor Deceased Baptist Missionaries and
Deceased United States Military Veterans
We will have moments of recognition and prayer*

**Thank you, Church, Mission Center,
& Food Mission Volunteers! ♥**

We could not fulfil God's Vision or Mission for UBC without you! Your commitment and consistency are important and recognized by others! Well done!

COMMUNITY LEADERSHIP



The next CLCEB Meeting is scheduled for **Sunday, May 25th at 12:15 pm** in the Conference Room to conduct church business.

A Benefit Concert by Sopranessence!

On **Saturday, May 17th at 3:00 pm**, please attend with Pastor Pam the **Sopranessence Spring Benefit Concert, "Home, Hope & Harmony, in support of Homestretch"** here at the church! Part of your donation will go to **Homestretch, Inc.**, empowering families in crisis to rebuild lives. This unique vocal ensemble was here in December for an entertaining holiday concert! They are "rebooting classical music" through innovative arrangements and programming of the classical repertoire and helping the community! Rev. Moyer will secure your online Senior presale \$20 tickets, so let her know if you can go! They are \$30 at the door. A sign-up sheet is on the bulletin board now. A wonderful Mother's Day gift to someone or yourself! Website: www.sopranessence.org.



Do you have a Graduate? Let's Celebrate!

In the June issue of The Vision we will recognize graduates with UBC ties. If you know 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 or (703) 256-5900



The **UBC Young at Heart Gadabouts Senior Adults** lunch is **Tuesday, May 13th at 12:00 pm** at IHOP, 13810 Braddock Rd. d, Centreville, VA 20121. Dutch treat. Meet **at the church for a ride by 11:15 am** or **at the restaurant at 12:00 pm**. Call Pam for more info. Sign-up is on the board or call the office.

The next **UBC Friends & Family Breakfast** will be on **Saturday, May 24th at 9:30 am** at Silver Diner, 8150 Porter Rd Falls Church, VA 22042, 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. Bring a friend!

***Kairos Moments* ♥ ♥ ♥**

(05/06/25) Reflections of Reverend Pamela Moyer

Praises! It is a month of celebrations! Thank you for your service and skills, nurses and teachers! This is **National Nurses Week 2025, May 6-May 12**, and **2025 Teacher Appreciation Week May 5-May 9**. Thank you (*too many to name here*) for your calling into these fields, your education, training, commitment and generosity to do more than the job requires, and your experience. I think it is fitting that both coincide with Mother's Day, since many women who are mothers, grandmothers, aunts, great grandmothers, step-moms, and most women have the same "non-professional" gifts of nurturer and trainer. We will recognize all on Sunday. Please join us.

Speaking of competent women, it was my pleasure to be invited and participate in Worship and a "Ministry Lab" at the annual Virginia Baptist Women in Ministry conference, called FEAST, in Richmond last Friday with 77 present. I also serve on their Board of Directors, but the Lab was a panel discussion with a moderator and 5 qualified, creative women in different pastoral and chaplaincy contexts. We shared what "Uncovering the Sacred," our theme, meant to us in our contexts, how we cultivate the sacred as we pastor diverse congregations, what leadership areas reveal the sacred in the mundane, and what personal spiritual practices we use. Hearing others wrestle with this topic, yet also creating a "show and tell" table with my Israel prayer shawl, helpful books, photos of our church activities, one of our Taizé music books, a candle we used on Good Friday, and seashells representing personal time helped me realize and share that we are having a lot of sacred or *Kairos* moments right here! I may not use those words "holy" or "sacred," yet through our UBC and extended relationships, missions, resources, studies, prayer, hospitality, fellowship, and so much more, we are beginning to uncover more sacred and *Kairos* moments among us, even during the mundane tasks of building repairs and maintenance. God's presence is felt in those quiet moments of service and thought! Sacred spaces are anywhere two or more are gathered in His name and focus is yielded toward Jesus Christ our Savior and Lord.

Thanks to our creative and talented Worship Team, we had lovely Palm Sunday and Easter services this year with special music and guest instrumentalists. Even though they rehearse and I preach, the Holy Spirit does the work through each person participating, I find the services so inspiring and refreshing, remembering Christ's forgiveness and love for us, that I look forward to it every year. Thank you to Roudaina, Charles, David and Beth for their Good Friday "Disciples' Lunch" and special service music; and to Roudaina, David, Charles, Sonia, Melissa, Jeff, Bob, Elmer, Bill, and Debbie for their musical, choral, and sound talents, as well as those who set things up and welcomed everyone on Easter Sunday. The Pastor's role is understood, but cannot be accomplished without church laity and many helpers! So thank you again. ✝

Parish Nurse's Touch by Debbie Caffrey



Arthritis is very common but is not well understood. Actually, "arthritis" is not a single disease; it is an informal way of referring to joint pain or joint disease. There are more than 100 different types of arthritis and related conditions. People of all ages, sexes and races can and do have arthritis, and it is the leading cause of disability in America. More than 50 million adults and 300,000 children have some type of arthritis. It is most common among women and occurs more frequently as people get older.

Common joint symptoms include swelling, pain, stiffness and decreased range of motion. Symptoms may come and go. They can be mild, moderate or severe. They may stay about the same for years but may progress or get worse over time. Severe arthritis can result in chronic pain, inability to do daily activities and make it difficult to walk or climb stairs. Arthritis can cause permanent joint changes. These changes may be visible, such as knobby finger joints, but often the damage can only be seen on X-ray. Some types of arthritis also affect the heart, eyes, lungs, kidneys and skin as well as the joints.

If you've been diagnosed with arthritis, you'll probably have several healthcare professionals involved in your care. But the most important part of your healthcare team is you. Simply put, self-management of arthritis is what you do to manage your disease-making positive and healthy lifestyle choices and acknowledging and addressing the physical and emotional effects of arthritis. Having arthritis affects everyone differently, so it's up to you to learn and practice what helps you to live well and thrive. Learning about the disease and treatment options, making time for physical activity and maintaining a healthy weight are essential. Through self-management, you can make a big difference in how much arthritis affects your quality of life so you can continue to say Yes to the things that are important to you.

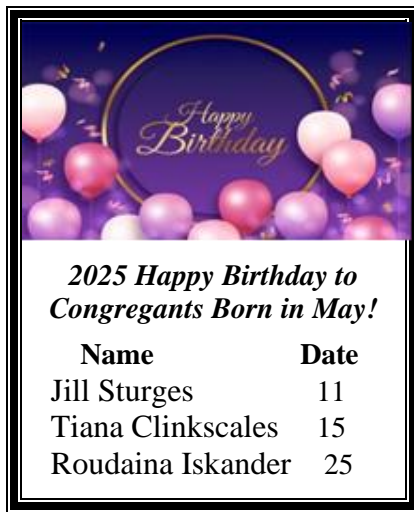
Can people with arthritis predict the weather?

People with arthritis often claim they can predict the weather, based on their joint pain level, and with good reason. Studies show a variety of weather factors can increase pain, especially changes. Watch for any changes in

- Barometric pressure (especially falling)
- Temperature (especially lowering)

A study from Tufts University in 2007 found that every 10-degree drop in temperature corresponded with an incremental increase in arthritis pain. In addition, relatively low barometric pressure, low temperatures and precipitation can increase pain. Researchers aren't sure why this happens. They suspect certain atmospheric conditions increase swelling in the joint capsule. For additional information, contact the Arthritis Foundation at www.arthritis.org for resources for learning about arthritis, practical tips for daily living and more. Consult your care provider prior to making any changes in your medications and/or health care plan.

~ Be Well! Debbie



May & June

Wednesday, May 7, 21

09:15 am – Sandwich Team, Fell. Hall

Thursday, May 8, 15, 22

07:30 pm UBC Choir Rehearsal, Chr Suite

Saturday, May 10, 24

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

Sunday, May 11, 18, 25

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, Fell. Hall

Saturday, May 11

05:00 pm – Sopranessence Dress Reh, Sanc, Chr Ste

Tuesday, May 13

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

Tuesday, May 13, 20, 27

12:30 pm – Food Mission Inventory, Rm 121

Saturday, May 17

03:00 pm – Sopranessence Concert, Sanc, Chr Ste

Saturday, May 24

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

Saturday, May 24, 31

01:00 pm – Kohaku Rehearsal, Chr. Ste

Sunday, May 25

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

Monday, May 26 – Office closed for Memorial Day

Sunday, June 1, 8, 15, 22, 29

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, Fell. Hall

Tuesday, June 3, 10, 17, 24

12:30 pm – Food Mission Inventory, Rm 121

Wednesday, June 4, 18

09:15 am – Sandwich Team, Fell. Hall

Tuesday, June 10

07:30 pm UBC Choir Rehearsal, Chr Suite

Choir Rehearsals are off July and August



Contributions

March 2025 (Final)	Required	Received
Tithes & Offerings	\$ 5,000.00	\$ 4,852.50
Building Usage	6,333.34	7,075.00
Other (B-Thrifty, Flwrs, Mem)	0.00	237.40
Monthly	\$ 11,333.34	\$ 12,164.90
Total YTD (Jan-Mar)	\$ 34,000.02	\$ 35,611.90
Above/(Below)		\$ 1,611.88*
Benevolence Funds Rec'd. (Dec partial)		\$ 195.00
April 2025 (Final)	Required	Received
Tithes & Offerings	\$ 5,000.00	\$ 4,646.00
Building Usage	6,333.34	7,220.00
Other (B-Thrifty, Flwrs, Mem)	0.00	182.00
Monthly	\$ 11,333.34	\$ 12,048.00
Total YTD (Jan-Apr)	\$ 45,333.36	\$ 47,659.90
Above/(Below)		\$ 2,326.54*
Benevolence Funds Rec'd. (Dec partial)		\$ 60.10

* 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.

More Fellowship Opportunities

The next **Shepherd's Center Lunch N Life and Volunteer Appreciation Luncheon** will be **Thursday, May 22, 2025 at 11:15 am** at St. Alban's Episcopal Church, 6800 Columbia Pike, Annandale, VA 22003. Join to celebrate volunteers with a special musical event by J Train jazz trio performing a Frank Sinatra Tribute. This will be a real treat! The cost is \$15 per person for lunch and music. And there will be cake! To register please **call 703-941-1419** by **Monday, May 19th**, or send email to shepherdscas@vacoxmail.com. This should be entertaining!

Congratulations to the New United Gospel Food Mission!

Not only did we celebrate one year of excellent service to the community on March 30, 2025, but we received a small financial grant from Wawa, Inc. Thank you to our church donors as well!

Warning!

Your Pastor's Facebook and Instagram Account got hacked and suspended beyond recovery due to a bad actor. This means the UBC account is not yet accessible due to a dishonest phishing scam. **Do Not** answer any friend requests, posts, or messages from Rev. Moyer that you don't expect or recognize, including Messenger. We are managing the associated security risks. At this point, I cannot start a new account, so we are going "dark" for META until I figure out options. Prayers are appreciated.

~ Pastor Pam

**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 REQUESTS

- Earthquake in NC/SC/TN borders; loss of animals, property
- Filipino Festival in Vancouver, Canada: 11 died, dozens injured, families, & responders
- Florida State University shooting victims, survivors
- Various disasters, weather, collapses, home fires, violence
- Tornado season deaths & property damages; grief, financial resources, & rebuilding
- Conflict in Goma (Democratic Republic of the Congo)
- Airline Safety
- To relieve fear environment for Federal workers & immigrants during recent changes
- Wildfires in Carolinas & previous ones in CA
- Aftermath of Hurricanes Helene & Milton.
- Lebanon, Israel, Gaza, Syria residents – rebuilding & survival
- Leadership in Congress, Supreme Court, & White House
- For more people to know & rely upon Jesus
- For more visitors & growth of our churches here
- 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 & grief
- Peace talks & protection of the soldiers & citizens of Ukraine
- 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
- 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