

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 24

October 6, 2026

Issue 10



Annandale CROP Hunger Walk & Fundraiser!

Let us keep Sally Norris' "Cream of the Crop" legacy of dedicated fundraising alive for this special need! The 2026 Annandale CROP Hunger Walk will be held Saturday, **October 10th at Lake Accotink!** Registration starts at **8 am** near the Lake Accotink Park Marina

with an Opening Ceremony 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 the ACCA Food Pantry. Please give any amount; let Rev. Moyer know if you would like to walk, pray, go with her, or donate funds. Please place a check payable to **CWS/CROP** or cash in the offering plate or mail checks 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 gift helps the food insecure, and victims of devastating weather/fire events. Call Pam for more info. Thank you.



COMMUNITY LEADERSHIP



The next **CLCEB** Meeting is scheduled for **Sunday, October 25th at 12:15 pm** in the Conference Room to prepare the budget for our **Annual Membership Meeting on Sunday, November 1st at 12:15 pm** also in the Conference Room. Please put this on your calendar!

FELLOWSHIP OPPORTUNITIES

The next Young at Hearts Gadabouts Lunch is **Tuesday, October 13th, at 12:00 pm, at Olive Garden**, 3548 Jefferson St, Falls Church, VA 22041. We will meet at the church at **11:30 am** if you need a ride or you can meet us at the restaurant. Sign-up sheet is on the board.

The next **UBC Friends & Family Breakfast** has moved to **Saturday, October 31st at 10:00 am, at Milano's Family**



Rest., 6230 Rolling Rd, Springfield, VA 22152. Dutch treat, a reading, & sharing of praises & prayer requests. Please join us! **We will meet there.** A sign-up form is on the Board.

Save the Date! The Annandale-Springfield **Shepherd's Center** October feast is **Saturday, October 10th at 11:00 am** at **Bethlehem Lutheran Church** 8922 Little River Tnpl, Fairfax, VA 22031. Come eat great German food and hear some German Music by the Kings Park German Band. Bring your own beer or wine. Cost of lunch and entertainment is \$20 per person. To Register: Call their office at 703-941-1419 by Wednesday, October 7th or send an email to shepherdscas@vacoxmail.com.



Looking ahead! Get ready on **November 1st** to roll the clock back 1 hour before going to bed to get back that extra hour of sleep!

Sunday Schedule

09:45-10:00 am: Assembly & short "Hymn sing" in the Conference Room.

10:00 - 10:30 am: Bible Study Conference Room.

10:30 am: Choir Rehearsal in the Choir Suite

11:00 am: Worship Service in the Sanctuary

Missions Center Information

Did you know? We have a **New "Missions Center Partner"!** We welcome George Mason Friends of the Regional Library, who moved into the old NorthStar/Zion space for 2 years during library renovations. Their volunteers will be here Mondays through Saturdays at different times to collect and sort used books during the year donated by local citizens for their successful twice-a-year fundraising book sales. The bin arrived and will be open for business Oct. 19th when Supervisor Andres Jimenez cuts the ribbon! Clear out some of your old books at home or work.



Kairos Moments ♥ ♥ ♥

(10/06/26) Reflections of Reverend Pamela Moyser

Happy Fall! And no, I am not really ready for it! I'm squeezing out every ounce of summer and sun I can. In the past, Fall was my favorite time of year; I grew up near Skyline Drive, so the leaves started turning orange and red now and school starting back up gave me joy to see my friends and study. At UVA, my alma mater, Charlottesville was always most beautiful in the fall with the colored leaves on Brown's Mountain (now called Montalto) rising above Monticello, Thomas Jefferson's home (which means "little mountain"). I spent many weekend afternoons reading and studying there on the lawns. This September before the temps changed, I went over to Sugarloaf Mountain and Thurmont. Our Young at Hearts Gadabouts group goes annually for a meal and



peaches and the Catoctin Orchard. I wanted to see Cunningham Falls and discovered the State Park's Aviary with rescued Red Shoulder Hawks and an Eagle! I bought some apples of course at

the orchard; it was a lovely short hike in nature to rest and refresh on my staycation. I hope you'll make some quiet time to spend in God's creation this fall, admiring the colors and breathing the fresh cool air.



We hosted Kohaku's Annual Recital last Saturday, and it was the best attended so far! The music was outstanding, inspiring, and you could see the members' joy in singing and performing. Their director performed exquisite solos as well.



Our newest MC Partner, George Mason Friends of the Library (GMF) moved in September 28th, and all is going well. You may see a lockbox on our front

entrance door for their use only.

Their volunteers will be coming and going M-Sat, 9-5 and some evenings. We are also vision-casting and preparing our 2027 budget, so if you have any ideas or questions before the November 1st meeting, please call me. Have a happy Fall!

Parish Nurse's Touch

by Debbie Caffrey

October Healthy Focus

Tips for the changing season!!!! Cooler weather makes outdoor activities much more enjoyable than the heat of summer. Walking through a local park, gardening, or simply spending time outside can provide excellent physical and mental health benefits. Regular exercise helps:

- Improve balance and reduce the risk of falls
- Strengthen muscles and joints
- Support heart health
- Maintain flexibility and mobility
- Boost mood and energy levels

Even light activity for 20 to 30 minutes each day can have a positive impact. If outdoor conditions become unfavorable, indoor walking, stretching, chair exercises, or gentle yoga are excellent alternatives.



Fall is an ideal time to schedule annual wellness appointments and preventive care.

Routine checkups help identify health concerns early and ensure medications remain appropriate.

Important seasonal health tasks include:

- Annual physical exams
- Vision and hearing screenings
- Flu vaccinations
- Medication reviews
- Dental cleanings

Keeping up with preventive healthcare helps you maintain your independence while reducing the risk of serious illness during the winter months.

Mental stimulation plays an important role in healthy aging. Staying mentally active can improve memory, sharpen thinking skills, and support emotional well-being.

Great activities include:

- Reading books
- Explore a book in the bible you are not familiar with
- Completing puzzles
- Learning a new hobby
- Playing card or board games
- Taking online classes
- Writing in a journal
- Call and/or send card to fellow church member

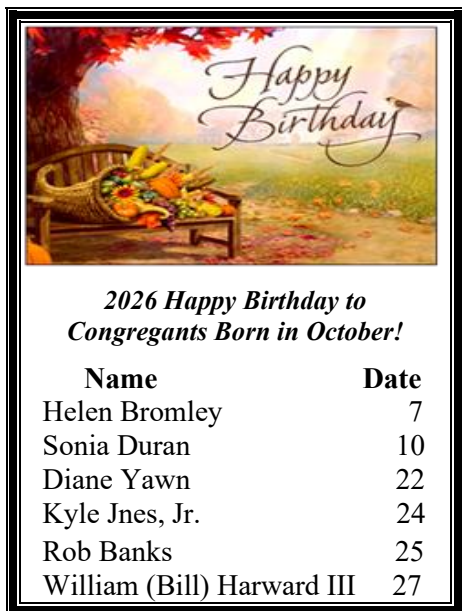
Changing weather conditions can introduce new household hazards. Taking time to prepare the home helps reduce fall risks and improves overall safety.

Simple safety updates include:

- Clearing leaves from walkways
- Checking outdoor lighting
- Replacing worn rugs
- Installing grab bars if needed
- Testing smoke and carbon monoxide detectors
- Organizing winter clothing for easy access

Healthy aging is built one habit at a time. By staying active, eating nutritious foods, maintaining social connections, and prioritizing safety, you can enjoy greater independence and a higher quality of life throughout the fall and beyond.

~ Be Well! Debbie



October & November (Partial)

Wednesday, October 7, 21

09:00 am – Sandwich Team, Fell. Hall

Saturday October 10, 24

11:00 am-2:00 pm – Food Giveaway, Rm 120, 123 & Ctyd

Sunday, October 4, 11, 18, 25

09:30 am – NBMBC Bible Study, Parlor

10:45 am – NBMBC Worship, Chapel

09:45 am – UBC Assembly, Bible Study, Choir, Conf. Rm, Chr Ste

11:00 am – UBC Worship Service, Sanctuary

12:30 pm – VGBC Worship, Sanctuary, Sanc., Choir Ste., Fell. Hall

06:00 pm – Sopranessence Rehearsals, Choir Ste.

Saturday, October 10

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

Sunday, October 11, 18, 25

06:00 pm – Sopranessence Rehearsal, Chr Rm

Monday, October 12 – Office Closed for Indig. People Day

Tuesday, October 13, 20, 27

12:30 pm – Food Mission Restock Inventory, Rm 123

Tuesday, October 13

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

Wednesday, October 14

10:00 am – GMF Board Mtg, 2nd Floor Conf. Rm.

Sunday, October 25

12:15 pm – UBC CLCEB Meeting, Conf Rm

Saturday, October 31

10:00 am – UBC F&F Breakfast, Milano's Springfield

01:00 pm – Kohaku Ens. Rehearsal, Chr Suite, F. Hall

03:00 pm – DMV Night Market pkg, Parking Lots

Sunday, November 1, 8, 15, 22, 29

09:30 am – NBMBC Bible Study, Parlor

10:45 am – NBMBC Worship, Chapel

09:45 am – UBC Assembly, Bible Study, Choir, Conf. Rm, Chr Ste

11:00 am – UBC Worship Service, Sanctuary

12:30 pm – VGBC Worship, Sanctuary, Sanc., Choir Ste., Fell. Hall

06:00 pm – Sopranessence Rehearsals, Choir Ste.

Wednesday, November 4, 18

09:00 am – Sandwich Team, Fell. Hall

Saturday, November 7, 21

01:00 pm – Kohaku Ens. Rehearsal, Chr Suite, F. Hall

Contributions

August 2026 (Final)	Required	Received
Tithes & Offerings	\$ 4,333.34	\$ 5,462.50
Building Usage	7,495.00	8,155.00
Other (B-Thrifty, Flwrs, Mem)	0.00	27.50
Monthly	\$ 11,828.34	\$ 13,645.00
Total YTD (Jan-Aug)	\$ 94,626.72	\$ 97,501.70
Above/(Below)		\$ 2,874.98*
Benevolence Funds Rec'd. (August)		\$ 120.00
September 2026 (Final)	Required	Received
Tithes & Offerings	\$ 4,333.34	\$ 3,580.00
Building Usage	7,495.00	7,540.00
Other (B-Thrifty, Flwrs, Mem)	0.00	62.50
Monthly	\$ 11,828.34	\$ 11,182.50
Total YTD (Jan-Sept)	\$106,455.06	\$ 108,684.20
Above/(Below)		\$ 2,229.14*
Benevolence Funds Rec'd. (Sept)		\$ 50.00

* 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 transfer was made Aug. 31.

Thank you for your stewardship and prayers! 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 are working at full capacity and thank you for your generosity. Benevolence offerings by check, clearly marked "Benevolence," may be mailed to the office or cash/checks brought on any Sunday. Thank you.

Looking Ahead to Community/Church Events

Saturday, October 17, 8 am-10:30 am: NorthStar Church Network Annual Celebration (formerly known as Business & Breakfast meeting) @Virginia Hills Church, 6507 Telegraph Rd., Alexandria, VA 22310 with food, worship, reports, videos, slides, & stories.

Saturday, October 17, 10 am-3 pm: Mason District Art Festival @Eileen Garnett Civic Space, 7200 Columbia Pike, Annandale with visual arts, artists, spoken word, music, & more. Park at UBC & in the neighborhood.

Saturday, October 31, 2 pm-10 pm: DMV Asian Night Market at 7200 Columbia Pike, Annandale with food, music, arts, activities. Pet and Family friendly. Parking at UBC (7100) & in the neighborhood.

November 9-11: BGAV Annual Meeting, Virginia Beach Convention Ctr. "Heart for the Not Yet, Acts 17:5b". Let Rev. Moyer know if you'd like to go as a Messenger from our church.

**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.**

CONDOLENCES

We extend our sincere condolences to the family of long-time member, **Clara Morris Reynolds** who passed away on 9/14/26 from multiple health issues after several strokes. Viewing and family visitation was held on Saturday, October 3rd at 10:00 am at National Funeral Home & Memorial Park, 7482 Lee Highway, Falls Church, VA 22042. Their mailing address for cards is Debbie & Ken Caudill, 13850 Langstone Dr., Woodbridge, VA 22193-4305.

COMMUNITY & GLOBAL PRAYER

- Healing for sexual assault victims & perpetrators at Cornell University
- Praise for plane terror plot foiled & rescue Dubai to Israel; reduction of the trauma for passengers
- Nor'easter bringing floods, winds from NC to New England
- Devastating floods in central Nepal & Tibet
- Earthquake deaths & damages in Indonesia, Columbia & Japan, people & property
- Weather events around the country, hurricane in Mexico and fires in Washington State, Spokane
- United Baptist Church Air Conditioning replacement decisions & 2027 budget process
- Middle East safety from Iran, Israel & US war; family & friends in harm's way; protection for our military forces; peace; new issues with Israel & Turkey
- Global news headlines: violence, economy, leadership; cost of living issues: gas, food, utilities, goods
- Safe return of Nancy Guthrie in Tucson, AZ & another kidnap victim, Las Vegas
- Getting illegal firearms off the streets
- Peace talks & protection of the soldiers & citizens of Ukraine & Middle East
- Leadership in Congress, Supreme Ct, & WH
- For more people to know & rely upon Jesus; for more visitors & growth of our churches here
- Poverty & hunger in several locations around the world
- •CROP Walk fundraising
- Our mental health systems, responders & social workers
- Safety for all firefighters, police officers, canine rescue teams, medical responders, and military personnel; keeping the peace during times of unrest nationally and globally.
- Mission Center Building Usage Partners & potential new Mission Projects & Partners
- UBC Staff & Congregants
- New United Gospel Food Mission—for donations, volunteers, recipients & moving to Rm 123
- Church development & Sunday School opportunities for adults, youth, singles, & families
- Benevolence fund recipients, requestors, and neighbors in need