

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

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Issue 7



Happy Independence Day!

Saturday, we celebrated our freedoms as a country, individuals, and as Christ followers. I hope you had a lovely day, recognizing the courage of our nation's founding fathers, the victory of the Revolutionary War, and the writing of the Declaration of Independence – **250 years!** We are grateful to live in this country with freedom to worship as we choose and where we choose. Hope you can join us on any Sunday at 11 am in the cool Sanctuary. Casual Sundays are in place for July and August, so come as you are. You will be “warmly” welcomed: pun intended!

10:00 am ~ Hymn or Scripture Study, Fellowship Hall
11:00 am ~ Worship, Sanctuary

COMMUNITY LEADERSHIP

The next CLCEB Meeting is scheduled for Sunday, July 26th at 12:15 pm in the Conference Room to conduct church business and prepare for the QMM.



Important notice! The UBC Quarterly Membership Meeting is scheduled for Sunday, August 2nd, at 12:15 pm in the Conference Room to review the usual business of the church, financials, & building usage proposals. Please calendar this date. We need your voice.



Do you drink more sodas in the summer months? Please save the **pop tabs for Ronald McDonald House Charities** and place them in the office. These recycled tabs provide funds to offer scholarships for housing to parents who need to be closer to their children during serious procedures and care at Inova Fairfax Hospital. Thank you for your generosity.

FELLOWSHIP OPPORTUNITIES

The UBC Young at Heart Gadabouts Senior Adults lunch is Tuesday, July 14th at 12:00 pm at LongHorn Steakhouse, 3562 S Jefferson St., Falls Church, VA 22041. Dutch treat. Meet at the church at 11:30 am for a ride or at the restaurant at 12:00 noon. A sign-up form is on the Special Events Board now.



The next UBC Friends & Family Breakfast will be on the 3rd Saturday, July 18th at 9:30 am, at IHOP, 13810 Braddock Rd. Centerville, VA 20121. Dutch treat, a reading, & sharing of praises & prayer requests. Please join us; let Pam know if you need a ride. **We will meet there.** A sign-up form is on the Board now.

Save the Date! The next Shepherd's Center Lunch N Life Luncheon will be Thursday, July 16th at 11:00 am at American Legion Post 1976, 4206 Daniels Ave, Annandale, VA 22003. Join to hear Mary Lipsey Presenting “Ladies of the American Revolution.” Cost of lunch and entertainment is \$20 per person. To Register: Call their office at 703-941-1419 by Tuesday, July 14th or send an email to shepherdscas@vacoxmail.com.

“School's Out for the Summer!” Please take extra care driving in neighborhoods since children are playing outside or bicycling in streets and on sidewalks. Also, since many travel in the summer, our weekly attendance may fluctuate. If you travel, please bring **unused hotel soaps, deodorant, tooth care, shampoos, and lotions** to fill Blessing Bags to distribute. Small water bottles help too.



For the rest of the **Summer (July and August)**, you are invited to dress casually and comfortably on Sundays for worship. Or wear layers for comfort. We are continuing a **temporary Sunday schedule** until further notice: 10 am Assembly & Hymn Study; 10:30 am Choir; and 11 am Worship. All activities are in the Fellowship Hall.

Kairos Moments ♥ ♥ ♥

(7/07/26) Reflections of Reverend Pamela Moyer

Happy 250th Birthday, America! As a college history major, my favorite classes were Colonial Virginia History and Revolutionary American History with Professor Stephen Innes from Massachusetts. I imagine he made it more interesting since he had grown up around our nation's early history. I hope you watched recent documentaries and movies about our 250 years (between the FIFA Soccer games, of course!) It's been a rousing week of patriotism, no matter your political views. I am sorry to say the U.S. Team lost last night to Belgium. But I hope you noticed how much prayer has been lifted up in all the teams. These players value their religious liberty of all types. Do we?

Changing subjects, let me share part of a newsletter from the National Director of [Missio Alliance](#), Lisa Rodrogiez-Watson, who is also Associate Pastor of Discipleship and Equipping at Christ City Church, in D.C. Her story about a trapeze experience moved me enough to reply back to share my own. Her remarks are in quotes: "It was a moment I'll never forget - my toes hung over the edge of the platform 25 feet above the ground, my hands gripped the trapeze bar, and my whole body went still. Then, I heard the call, and I jumped! Air rushed past as I swung out over the net below. I listened intently again for the second call - the signal that it was time to let go of the bar and be caught. When it came, I released my grip, stretched out my hands, and looked for my catcher. He was right there with perfect timing and strength to catch me in mid-air.

"I took flying trapeze classes last Fall during my study leave. It was the perfect, embodied complement to all the interior work and discernment I was doing at the time. Trapeze isn't something you learn by reading a book or watching someone else do it. Eventually you have to climb the ladder, step onto the platform, and trust your body to learn what your mind alone never could.



"Two lessons stay with me. First, the strength of the swing depends on the commitment of the leap. A hesitant jump doesn't generate enough momentum for what comes next. Second, and this one stopped me, the caller is the catcher. The one who calls you to jump, to release, to stretch out for the catch is the very one waiting to receive you. Listening to that voice calling for the jump and release brings a new level of awareness that the call and the catch are not two distinct things; they are one act of trust."

©Missio Alliance. Lisa goes on to explain that our Creator God is both "Caller" and "Catcher" in terms of our faith and spiritual selves. Are you listening? Are you ready?

Next month, I will share my reply to her email. Until then, please ask yourself: what has been your trapeze moment? Is there one moment where God called you to trust him with no room for doubt? Did you release your grip into his loving arms or were you fearful? And did he catch you? Have you given thanks for that? And for his love? ♥ †

Parish Nurse's Touch

by Debbie Caffrey

July: Your Summer Your Way!!



Summer brings longer days, beautiful weather and plenty of opportunities to enjoy the outdoors. But as we age, our bodies don't regulate temperature quite as efficiently as they once did, making it extra important to take some simple precautions during the warmer months. The good news? With just a few thoughtful adjustments to your routine, anyone can stay healthy, comfortable and active all summer long.

Whether you're planning to tend your garden, visit with grandchildren or simply enjoy a peaceful morning on the porch, these practical tips will help you make the most of the season while keeping your health and safety front and center.

1. Stay consistently hydrated with a personalized water bottle. Keeping a decorated, personalized water bottle on hand serves as a visual reminder to drink regularly. Dehydration risk increases with age and can happen before feeling thirsty. Older adults should aim for 6 – 8 glasses of water daily, and even more during hot weather. You can enhance the appeal of drinking water by adding fresh fruit slices or herbs.

2. Wear protective clothing and sun protection. Seniors should wear lightweight, loose-fitting clothing in light colors that reflect rather than absorb heat. Wide-brimmed hats protect the face and neck, while UV-blocking sunglasses shield eyes from harmful rays. Apply broad-spectrum sunscreen (SPF 30+) to all exposed skin 15 minutes before going outdoors and reapply every two hours, even on cloudy days. Don't forget often-missed spots like ears, feet and the back of your neck.

3. Adjust activity schedules to avoid peak heat. Plan outdoor activities for cooler morning or evening hours, before 10 am or after 4 pm. Important appointments and exercise routines should be scheduled during these cooler periods. During midday heat, stay indoors in air-conditioned spaces. Libraries, shopping malls and community centers make excellent cool retreats when home cooling is insufficient.

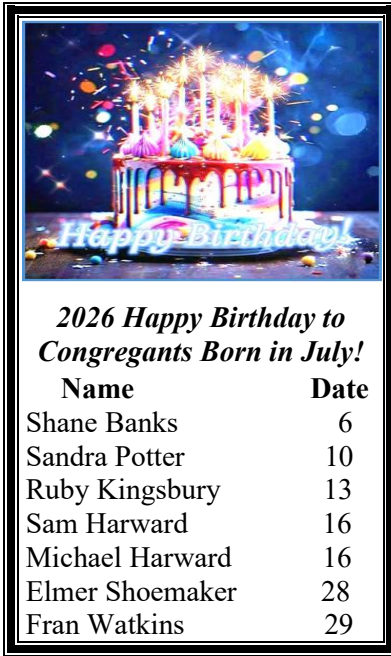
4. Create cooling strategies for your living space. Keep your home cool by closing curtains or blinds during peak sun hours and using fans to circulate air. Take cool showers or baths, use cold compresses on pulse points like wrists and neck, and keep a spray bottle filled with water for quick cooling relief. Frozen washcloths can provide instant comfort when placed on the back of your neck.

5. Choose summer-friendly foods and eating habits. Opt for lighter meals that are easier to digest in hot weather. Fresh fruits with high water content like watermelon, cantaloupe and berries provide both nutrition and hydration. Leafy greens, cucumbers and tomatoes are refreshing choices that won't weigh you down. Avoid heavy, hot meals during the warmest parts of the day, and consider preparing meals during cooler morning hours to avoid heating up your kitchen.

Remember, staying healthy during summer doesn't mean staying cooped up indoors. It's all about being smart and prepared so you can continue doing the things you love. Listen to your body, stay connected with others and don't hesitate to ask for help when you need it.

Have a safe and wonderful summer!!!!

Be Well! Debbie



July & August (Partial)



Saturday July 11, 25

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

Sunday, July 12, 19, 26

09:30 am – NBMBC Bible Study, Parlor
 10:45 am – NBMBC Worship, Chapel
 10:00 am – UBC Assembly, Fell. Hall
 10:30 am – UBC Choir, Choir Suite
 11:00 am – UBC Worship, Sanctuary
 12:30 pm – VGBC Worship, Sanctuary, Fell. Hall

Tuesday, July 14

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

Tuesday, July 14, 21, 28

12:30 pm – Food Mission Restock Inventory, Rm 121

Wednesday, July 15

09:00 am – Sandwich Team, Fell. Hall

Saturday, July 18

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

Tuesday, July 21

01:00 pm – Kohaku Section Rehearsal, Choir Suite

Saturday July 25

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

Sunday, July 26

12:15 pm – UBC CLCEB Meeting, Conf Rm

Saturday, August 1, 15

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

Sunday, August 2

12:15 pm – UBC Quarterly Membership Mtg, Conf. Rm

Sunday, August 2, 9, 16, 23, 30

09:30 am – NBMBC Bible Study, Parlor
 10:45 am – NBMBC Worship, Chapel
 10:00 am – UBC Assembly, Fell. Hall
 10:30 am – UBC Choir, Choir Suite
 11:00 am – UBC Worship, Sanctuary
 12:30 pm – VGBC Worship, Sanctuary, Fell. Hall

Tuesday, August 4, 11, 18, 25

12:30 pm – Food Mission Restock Inventory, Rm 121

Wednesday, August 5, 19

09:00 am – Sandwich Team, Fell. Hall

Contributions

May 2026 (Final)	Required	Received
Tithes & Offerings	\$ 4,333.34	\$ 4,102.50
Building Usage	7,495.00	8,530.00
Other (B-Thrifty, Flwrs, Mem)	0.00	25.20
Monthly	\$ 11,828.34	\$ 12,657.70
Total YTD (Jan-May)	\$ 59,141.70	\$ 62,277.10
Above/(Below)		\$ 3,135.40*
Benevolence Funds Rec'd. (May)		\$ 70.00

* 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.

June 2026 (Final)	Required	Received
Tithes & Offerings	\$ 4,333.34	\$ 3,980.00
Building Usage	7,495.00	7,665.00
Other (B-Thrifty, Flwrs, Mem)	0.00	30.40
Monthly	\$ 11,828.34	\$ 11,675.40
Total YTD (Jan-June)	\$ 70,970.04	\$ 73,952.50
Above/(Below)		\$ 2,982.46*
Benevolence Funds Rec'd. (June)		\$ 60.00

* 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.

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.

Mission Center & Community Highlights

Bailey's Shelter and Supportive Housing, Columbia Pike – Residential Program Center (RPC) staff and guests, and your pastor extend a *sincere thank you* to our faithful Sandwich Team and The United Baptist Church for purchasing and preparing ingredients, setting up, cleaning up, and showing up every 1st and 3rd Wednesday to the Fellowship Hall between 8:30-9:15 am! We make approximately 54-62 sandwiches of turkey breast and American cheese for Baileys, and about 85-100 sandwiches for RPC, depending on the packages' quantities. These are updated numbers from the past based upon their needs. **We could use more helpers** since personal schedules vary! Thank you to Carol Carrico for coordinating everything (pray-er & bagger), Elmer Shoemaker (longest tenured member of the team, floater, & sometimes deliverer), Deacon Tom & Nina Long (the earliest to arrive & cleanup crew from the VBGC), Bill Harward (music, technique & cleanup), Beatrice Lee (speedy maker, floater, & delivery), Roudaina Iskander (ingredients requisition, quality, & bagger), and myself (floater, bagger & delivery). **NOTE: We are changing the time officially to 9 am effective July 15th.**

During July, **Artisans United Gallery**, 4022 Hummer Rd, Annandale, presents ornaments, decor, and other items for the winter holidays! **Opening reception is July 11th, 1:00 to 3:00 pm** to see the featured items and enjoy craft demonstrations, an origami class, and more. (The origami class will run from 1:30 to 2:30, and you can drop in anytime during that period.)

**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

- Serious weather events: Cat. 5 Super Typhoon in US Pacific territories of Guam & Northern Mariana Islands
- Victims, families, responders to earthquake in Venezuela
- Local airport crash, MD for victims & families; national airline safety with drones
- Victims & families of Air Force B-52 bomber crash, CA
- Weather events around the country
- Bus wreck & fatality on I95, Stafford, victims, grieving
- Ebola & Hantavirus outbreaks control (Africa)
- Kuwait safety from Iran, Israel & US war; protection for our military forces; peace
- Global news headlines: violence, economy, leadership; cost of living issues: gas, food, utilities, goods
- Jewish friends, synagogues, & churches around US & the world—for protection, safety, security
- Safe return of Nancy Guthrie in Tucson, AZ
- Getting illegal firearms off the streets
- Peace talks & protection of the soldiers & citizens of Ukraine & Middle East
- Leadership in Congress, Supreme Ct, & White House
- For more people to know & rely upon Jesus; for more visitors & growth of our churches here
- Poverty & hunger in several locations around the world
- 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; part-time organist/pianist
- New United Gospel Food Mission—for donations, volunteers, & recipients.
- Church development & Sunday School opportunities for adults, youth, singles, & families
- Benevolence fund recipients, requestors, and neighbors in need