

The Vision

The Primary Weekly Communication Instrument of
The United Baptist Church of Northern Virginia

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The United Baptist Church Vision is "to develop an intentional relationship with God, as in Jesus, so that our lives demonstrate the transforming effect and supreme importance of such a relationship for us, our society, and our world."

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UBC Celebrates Seventh Anniversary This Sunday

On Sunday, April 27, 2003, The United Baptist Church met for the inaugural worship service of the newly consolidated congregation. Every year since, on the fourth Sunday in April, we have recognized that anniversary with a Covenant Renewal as part of the worship service. We will do that again this Sunday. As we do, we are doing much more than simply reciting some words. The *UBC Covenant* is a document that sets out the kind of people we are trying to become as well as how we will conduct ourselves on the journey to that goal.

The anniversary is also an opportunity for us to remember those who have been a part of that journey with us. Some from the beginning. Others who have joined us along the way. Still others who joined us and then have gone on to other places. The memorial plaque in the Gallery Hallway also reminds us of those who have continued their journeys in the next life.

Join us this Sunday morning as we renew our Covenant vows and celebrate the journey to which we are committed.

Mark Your Calendar

Sunday, May 23 – 3:00 p.m.

UBC Concert Series:

Jeff Carrick, Tenor

Saturday, May 22 – 7:00 p.m.

Northern Virginia Chorale

Encore & Hors d'Oeuvres

St. Mark's Lutheran Church

(See Phil Carpenter for advanced tickets at a discount)

**More details about these two events will
be forthcoming as the time gets closer.**

For now, just mark your calendar.

Reminder:

**CHURCH LEADERSHIP
COUNCIL**

Meets This

Sunday, April 25

12:30 p.m.

Unravelings J. Wayne Yawn

Honestly, do you ever need to deal with someone you would rather obliterate, at least ignore? I have noticed my tendency to think in extreme opposites: right/wrong, good/evil, life/death, God/Satan, Christian/Jew or Islamic, etc. I have noticed that in thinking in these terms I can feel justified in thinking “me-against-them.” I can feel justified proving them wrong and me correct; in extremes, me obliterating them. I have noticed I easily feel justified labeling those different or whom I perceived has injured me, as enemies. And I have noticed in the extreme it justifies me imagining, if not using, any means possible to destroy them; if not kill, to destroy their reputation or their life style. Frankly, preachers are in the position of being tempted to use this in sermons because we are supposed to be against some things and for others. Naming an “enemy” is a powerful “tool” to do this. I think Jesus experienced this tendency.

Remember, right after Jesus’ baptism, God sent Jesus into the desert where he was tempted. I always had a problem with God doing this until I realized I was thinking of God as the world thinks of God as a retaliator rather than as an “abundant fullest” life creator. When I considered God in Jesus’ image of Creator of fullest existence for humans—taking what is and making it more complete—I realized that Jesus’ temptations were God’s perpetual creative energy to mold Jesus into the divine human he was to be. Frankly, I was helped when I remembered Satan is a “fallen” angel in the Bible! That is, an angel who chose not to be a complete angel. So, Satan is not the complete opposite of God, justifying God to obliterate Satan. God never does that! In fact, I am coming to think that Jesus’ God and Father was not just sending Jesus to the desert to be made complete himself. God, as in Jesus’ understanding, might have been sending Jesus to redeem Satan. God, as in Jesus, never gives up! God never gives up trying to reconcile people to complete life rather than settle for less than complete life. God as in Jesus was not willing to conceive of Satan as totally depraved and lost. Satan still had the angelic “spark” of God. Remember, when Satan tempted Jesus to be less than God had intended Jesus to be, Jesus rejected the temptations by reminding Satan that the ideas Satan present were tempting but he should, “Worship only the Lord your God!” Wasn’t Jesus inviting Satan to be a truer angel of God? No wonder Jesus could urge us to love not only your neighbor, but our enemy, not as a naïve, idealistic, non-practical ideal, but something he had done! I suggest Jesus and God could do this because they did not think in extreme dualisms about people, but in degrees. Humans are not all good or all bad. Just recall when you have been surprised by someone you despise doing a gracious thing!

Practicing non-dualistic thinking about people takes PATIENCE—refusing to rush to judgment—to let fuller awareness of people and of your self to develop. No wonder patience is one of the Fruits of the Spirit (Gal 5:20) and a sign we are near to the presence of God. Now, try practicing looking for the good, even in Satan, while thinking of Islamic, Christian or Jewish fundamentalist, anti-gay Biblical literalist, the policeman who stops you while driving, those you disagree with on the health care and economic government bills, Wall Street corporate officials, etc. And if try this, welcome to Jesus’ desert with me! Deciding to become more whole and not settle for being less than fully human is darn hard stuff! It is like carrying a cross! But this is also a path during post Easter, on the road to Emmaus to break bread with Jesus. Frankly, it is easier to want to obliterate my enemy than to try to find things I have in common on which to establish a relationship! Is Jesus’ way of life worth it! Well?

CALENDAR OF EVENTS

Sunday Bible Study – 9:30 a.m. - 10:45 a.m.
Worship Service – 10:55 a.m.

April

- 21 9:00 a.m. Sandwich Ministry
10:00 a.m. AARP Safe Driving Seminar
10:30 a.m. Instrumentalists’ Rehearsal (Sanctuary)
5:45 p.m. Begin Serving Dinner
6:15 p.m. Youth Missions (Twyla’s Office)
6:30 p.m. Discipleship Study
7:35 p.m. Choir Rehearsal
- 22 1:00 p.m. Women’s Bible Study (Conference Room)
2:30 p.m. Mended Hearts Ministry
- 24 10:00 a.m. Renovation Committee
- 25 8:30 a.m. Prayer Group (Conference Room)
10:55 a.m. UBC 7th Anniversary Covenant Renewal
12:30 p.m. Church Leadership Council
- 26 11:00 a.m. Staff Meeting
- 27 11:00 a.m. NorthStar Church Network Ministers and Secretaries Luncheon, Plymouth Haven
- 28 9:00 a.m. Sandwich Ministry
10:30 a.m. Instrumentalists’ Rehearsal (Sanctuary)
3:30 p.m. Knit & Crochet Club (Parlor)
5:45 p.m. Begin Serving Dinner
6:15 p.m. Youth Missions (Twyla’s Office)
6:30 p.m. Discipleship Study
7:35 p.m. Choir Rehearsal

Health Corner Gerry Sue Young, RN

Nutrition is one of the foundations to healthy living. Small choices can make a big difference. It can increase your life span, reduce your risk of cancer and high blood pressure, lower your cholesterol, blood pressure, and glucose levels, and reduce your risk for heart disease and diabetes. Just taking small steps can lead to a healthier life style.

First cut down your sodium/salt intake to less than 2,000 mgs a day.

Next eliminate trans fats. Use healthy fats such as olive oil or canola oil.

Reduce red meat in your diet. Substitute fish, chicken or turkey.

Learn to read the nutrition labels on the foods you buy. Even though a product may have reduced fat the calories from fat may be higher. Know the key words to look for on labels such as hydrogenated oils, monounsaturated fats, polyunsaturated fats. Know which are trans fats (bad fats) and which are trans fat free (good fats).

Try new healthier recipes, revise your old recipe by substituting healthier ingredients.

Stop frying foods. Bake, boil, saute, steam, grill, roast, broil, microwave, or poach your entree.

Plan your meals, your grocery list, and snacks.

Youth News... Twyla Turner

Youth Missions

There will be **Youth Missions** on Apr. 21 at our regular time. We will meet in Twyla's office. Please be on time as we will be looking at a special mission opportunity and how we can help as well as scheduling times that we will be helping. **YOU are** needed to assist with this special project, so please be present for our planning session.

1 by Youth

1 by Youth is a one day mission activity that will also allow you to earn most of your community service hours in one day. We will meet at the church at 6:30 a.m. on Saturday morning (April 24) and head to Manassas for our instructions. Over 1,000 people will be helping in this event at Georgetown South (a low-income townhouse community in Manassas that has been in need for over 15 years). Please make sure to bring work gloves and a water bottle with you. You will also need sunscreen. You need to wear closed toe shoes and long pants as well. We will be gone all day and return to the church approximately 8 p.m. It promises to be a long and hard day of work, but one that will be very rewarding for those who participate because the needs of this community are so great.

Summer Camp

Please check your email for an important message about summer camp.

VACATION BIBLE SCHOOL...

is coming in July. This summer we will be visiting the SonQuest Rainforest to learn about God. We will be announcing the dates and times of VBS shortly so keep an eye on this spot. This looks to be a fantastic Bible School and your help is needed in many ways. The most important way that you can help this year is by helping to identify children that we can invite to attend our Bible School. I would like to challenge our congregation to identify and register 35 children to participate this year. We will be focusing on students ages 5-11. Of course, your help will also be needed to present our Bible School, but at this point please be focusing on identifying children we can invite this year.

Coming Soon...

Watch this spot for news about summer plans and activities for our Youth Group. Email, call or text Twyla if you have an idea to include in the summer plans.

SHEPHERD'S CENTER OF ANNANDALE/SPRINGFIELD

Lunch N' Life on April 30

Sleepy Hollow United Methodist Church
April 30, 11:30 a.m. - 1:30 p.m.

Rescheduled from February, Barbara Ferguson will speak on *What a Billion Muslims Are Thinking*. She is the Washington Bureau Chief for the Arab News. Only a few seats remain. Call the SCAS office as soon as possible to make your reservation.

The **Next SCAS Fundraiser** will be on July 27. Once again it will be held at the Little Theater of Alexandria, and the program will be the musical, *Company*. Mark your calendar to save this date.

Your **Mission Support Team** wants you to know about an Art Show sponsored by *Art for Humanity* on Sunday, May 2 at Lincolnia United Methodist Church from 12:30-4:00 p.m. Art for Humanity is helping to slow the flow of illegal immigrants into the United States by assisting Honduran families start a business in Honduras rather than attempting an illegal entry. The paintings at the Art Show are all by Honduran artists, and 100% of sale proceeds are used to help those in need. The church is located at 6335 Little River Turnpike in Alexandria, VA.

UBC Spring Yard Sale Saturday, June 12 9:00 a.m. - 1:00 p.m.

Proceeds will go to the Virginia Baptist Children's Home for the construction in Northern Virginia of a new facility for special needs adults.

BEGIN TO BRING YOUR ITEMS NOW