

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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CONSOLIDATED MISSION OFFERING BEING TAKEN

The Mission Support Team has decided to try a consolidated Mission Offering this year. Beginning this month and continuing through the end of the year, we will periodically be emphasizing one of four mission partners:

- **Alma Hunt Offering for Virginia Missions**
- **World Hunger through Baptist World Aid**
- **NorthStar Church Network Missions**
- **CBF Global Missions Offering**

All money given to this Consolidated Missions Offering will be divided equally between these four mission causes. You will still be able to designate your offering to be divided some other way, but you will need to clearly mark that on the envelope. Envelopes for this offering will be available in the near future.

The Alma Hunt Offering for Virginia Missions makes possible special ministries, outreach projects, and initiatives that are not funded through regular streams of giving but are uniquely connected to Virginia Baptists: New Church Investment Grants, Bland Ministry Center & Appalachian Regional Ministry, Innovative Discipleship Grants, Disaster Response Ministries, Development Disabilities Mentoring, Ministers and Families in Crisis, Chaplain Service, and many others.

DATE SET FOR UBC FLU SHOT CLINIC

The date for our annual **Flu Shot Clinic** is **Sunday, October 18**, following worship and the Quarterly Membership Meeting, from 1pm - 2pm in the church Conference Room. We will need to have 30 people sign up, so please add your name(s) to the register posted in the News 'n Dos Hallway downstairs. This is the annual regular flu serum and is furnished by INOVA. The cost will be \$25, but is covered for those who have Medicare Part B (**bring your card**). If your Medicare is through an HMO (i.e., Kaiser) you will need to get your shot there or pay the \$25 fee here.

Next AARP Safe Driving Class *October 26-27, 10am - 3pm*

for adults 50 and over

Taught by Tom Gehr

Sign Up Sheet in News n Do's Hallway
or Call the Church Office to Sign Up
Cost: \$14.00 (\$12.00 for AARP Members)
Payment due first day of class

Last week, they booed a victory. All week long they talked about how the “Skins had to beat the Lions,” owners of a 19-game losing streak. And now the fans (short for *fanatics*, don’t you know) are angry. I don’t mean disappointed, although they are clearly that. I don’t mean upset, although that also applies. They are mad. They want blood, preferably flowing from someone whose head has just been detached from his body. There is no shortage of candidates for that honor. The quarterback. The Vice-President. The offensive line. Or the entire defense. The owner’s name has been mentioned. But the name that I hear most is that of the head coach, which comes as no surprise. The Redskins have just played two teams who – apart from one victory each over the Redskins – have won only one other game between them since the beginning of the 2008 season. So someone’s head must roll.

Churches sometimes act the same way. It’s even referred to as the coaches syndrome. Can’t fire the whole team, so we fire the coach. Can’t get rid of the whole church, so we get rid of the pastor. Have to make changes. Going in a different direction. Not saying you’re to blame, but we are just not Okay, so now what? For a football team, that’s an easy question to answer. Just not winning. It’s all about winning, especially at the pro level. Some of the current Redskins don’t seem to understand that. They say they are a better team than the Lions. They’re not. At least no on September 27, 2009. The scoreboard determines who is the better team. In football (and baseball, basketball, hockey, etc.) the better is clear and indisputable. Look at the scoreboard at the end of the game. That’s how “better” is determined. I’ve played in hundreds of games through the years and watched hundreds more. The better team has NEVER lost! Not once. The scoreboard always tells the truth, because the score is all that matters.

We have tried to do the same kind of thing with the church. Success can be defined in terms as such things as baptisms, budgets, and buildings. The more of each, the more successful the congregation. There is nothing wrong with more of all those things, but are they truly determinative of success in the Kingdom? Is that what Jesus was about? If so, you could hardly call him a success. Something is missing in defining success in such terms. The Apostle Paul wrote that *we must grow up in every way into him who is the head, into Christ (Eph 4:15)*, and that is the standard of success for the church. Christlikeness and nothing else. Not as easy to quantify as nickels and noses, but the only legitimate standard nevertheless. The scoreboard tells the truth in football. You and I tell the truth about our success – as individuals and as a congregation. How are you doing?

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

September

- 30 9:00 a.m. Sandwich Ministry
- 10:30 a.m. Instrumentalists’s Rehearsal (Sanctuary)
- 5:45 p.m. Begin Serving Dinner
- 6:15 p.m. Youth Missions
- 6:30 p.m. Discipleship Study
- 7:35 p.m. Choir Rehearsal

October

- 1 1:00 p.m. Women’s Bible Study (Conference Room)
- 2:30 p.m. Mended Hearts Ministry
- 4 8:30 p.m. Prayer Group (Conference Room)
- 10:55 p.m. Communion in Worship Service
- 12:15 p.m. October Birthday Fellowship
- 5 11:00 a.m. Staff Meeting
- 6 11:00 a.m. Prime Timers
- 7 9:00 a.m. Sandwich Ministry
- 10:30 a.m. Instrumentalists’s Rehearsal (Sanctuary)
- 5:45 p.m. Begin Serving Dinner
- 6:15 p.m. Youth Missions
- 6:30 p.m. Discipleship Study
- 7:35 p.m. Choir Rehearsal

FALL PROGRAMS RESUMING

Women’s Bible Study

Thursdays, 1:00-2:30 pm – Beginning October 1

Teacher: Rev. Twyla Turner

Open to all women

Mended Hearts Ministry

Thursdays, 2:30 p.m. – Beginning October 1

ALL are welcome – No special skills needed

Knit & Crochet Club

2nd and 4th Wednesdays of the month

Beginning October 14

3:30 p.m.

**2009 White House Ornaments
Available through October 25**

Cost: \$15.00

Payment Must Accompany Order
Checks payable to Sandy Godwin

(not UBC!)

WHO envelopes MUST be used and are available during the week through church office or on Sundays in Fellowship Hall or Sanctuary Hallway. Be sure to put your name on envelope!

Youth News...Twyla Turner

Youth Missions will meet on Wednesday night, September 30. We will meet at the Youth office at 6:15 p.m. We will spend some time working in the church library. Call or email Twyla by Wednesday, at noon, if you need a ride. Hope to see you there.

This week in **Youth Sunday School** we will begin the second leg of **The Amazing Bible Race**. You will have until Nov. 1 to complete any missed quizzes from Leg 1. You will also receive the first quizzes of Leg 2 on Sunday morning. Try to be present as we start on a new journey of our Bible study.

A good time was had by all as we traveled to Meadows Farm for our **camping retreat**. Although it was wet for much of the weekend, our spirits were not dampened. We were able to enjoy fishing and canoeing on the lake. The students took turns leading discussions and completing tasks that helped us to finish some special assignments that we had from the first part of our Amazing Bible Race study. Look for more information about our retreat and our camping fun on the bulletin board outside of Twyla's office. We will also create a small labyrinth on the church grounds to offer a location for quiet spiritual reflection, that was one of our projects from the weekend. Special thanks go to **Dave and Janice Meadows** for opening their home to us and for being such generous hosts to us. Maybe next time we will get to eat some of those fish!

There will be **NO Youth Paintball on Sat., Oct. 3.**

Major Fall Student Ministry Events:

Mark these events on your calendar now so that you can participate.

October 9-11--Junior High Weekend:

Eagle Eyrie Retreat Center

Theme—Up2U! Theme Verse: Hebrews 12:1-2

October 18-- Cropwalk

October 25—Cox Farms—Children and Youth

October 31—Youth Paintball

November 14—Youth Paintball

November 15—Children's Faith & Fun Day (Kid's Club)

November 24—Thanksgiving Mission Project

November 27-28--Youth Lock-in/Deck the Worship Hall

December 12—Youth Paintball

Dec. 13—Kid's Club Christmas Event

Dec. Christmas Mission Project

Dec. 20—Youth Christmas Event

Health Corner ... Gerry Sue Young, RN

In the last column we talked about the effects of stress. Today we are going to talk about some stress relievers. The first is to have a healthy lifestyle. A healthy lifestyle includes good nutrition, eating fruits and vegetables, limiting refined sugars. It also means developing good sleep habits – getting at least 7 hours of sleep a night. Physical exercise is also important. You may not be able to do jumping jacks anymore, but exercise comes in many forms: parking just a little bit further from the store, swimming, biking, dancing. Laughter and/or fun contribute to lowering stress levels. That old adage, laughter is the best medicine is true. Find something that makes you happy – those old TV shows (*Andy Griffith, I Love Lucy*, whatever tickles your funny bone), watching children at play.

The next principle is about stimulating your creativity. Pick up some crayons, do some arts & crafts, experiment with new recipes, quilting, sewing, gardening, or playing an instrument. All of these stir up your creative side. Your spiritual connection is also a good stress reliever, turning your stressors over. Being able to adapt and be flexible will also help your stress level. Supportive and trusted friendships in which you can 'vent' are helpful. Learn to limit saying yes, learn to say no, balance your commitments. And finally, learn some stress reducing practices – yoga, getting a massage, taking a bubble bath. I can personally recommend the massage and bubble bath. Remember don't let stress get the upper hand. You can control the stressors in your life.

Opportunities to Represent UBC

It is that season of the year when Baptists hold annual meetings. Would you be interested in representing UBC as a messenger to one of both of the following:

NorthStar Church Network Annual Meeting
Saturday, October 24 – 9 a.m. to 12:30 p.m.
New Hope Church in Lorton

Baptist General Assembly of Virginia Annual Mtg.
November 17-18
Fredericksburg Expo & Conference Center

If you would be interested in attending as a messenger, please let one of the pastors know so you can be elected at the business meeting on October 18.

SHEPHERD'S CENTER

Next Lunch 'n Life October 22

**PROGRAM: Three Jerusalem Women Speak
From the Three Abrahamic Faiths**