



United  
Women  
in Faith

# UNITED WOMEN IN FAITH

## NOVA NOTES



### ALEXANDRIA & ARLINGTON BI-DISTRICT UMW CELEBRATING WOMEN IN ARLINGTON, ALEXANDRIA, FAIRFAX, FALLS CHURCH, LOUDOUN, & PRINCE WILLIAM COUNTIES AUGUST 2022

#### PURPOSE

UNITED METHODIST WOMEN shall be a community of WOMEN whose PURPOSE is to know GOD and to experience FREEDOM as whole persons through JESUS CHRIST; to develop a creative, supportive FELLOWSHIP; and to expand CONCEPTS OF MISSION through participation in the global ministries of the church.

*For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”*  
—*Jeremiah 29:11 (NIV)*

We are women of God, united by our faith, called to manifest hope, and make a difference in our world. We believe and live in the promises of God, promises secured by Christ’s work and made real by Holy Spirit. And, though there are times of sorrow, we face each day with the assurance that “*weeping may linger for the night, but joy comes with the morning*” (Psalm 30:5).

We are called to remember the most important of God’s commandments: love. When we treat people with courtesy instead of anger, accept them as people who have feelings like ours, understand they may be struggling with difficulties in their lives, realize they may see life out of focus as we often do; when we treat others as people, that is the love God intended for us. Only then, due to this loving kin-ship can we make or be a part of change, make a difference, and have an impact in our world for women, youth, and children.

Along with truth and love, the Scripture has outlined for us: faith. Faith is the recognition that God has not left us, we have His *User’s Manual* to read and refer to in our daily living with love, truth, and faith. In Hebrews 11, we read of ordinary men and women like you and me, who found by faith, they could stop the mouths of lions, open the doors of prisons, and change the course of history.

May we, the women of the Northern Virginia United Women in Faith, rise to meet with love the many challenges in our day, live in kin-ship with others, and manifest courage of faith, hope, and integrity.

Devotion for September  
Vikki S Beaty  
Mission Coordinator for Membership, Nurture, and Outreach  
Alexandria Northern Virginia United Women in Faith

Need some quiet inspiration? Join us over Zoom on **Saturday morning, September 10**, for our annual **Spiritual Life Retreat** titled *Holy Habits for My Health* with leader **Lee Anne Orndorff from Aldersgate UMC**. Register by September 4 to receive a goodie bag to enhance your morning. A flyer with more information is attached to this message.

Our **District Annual Meeting** will be held on **Saturday morning, October 15**, over Zoom. At this meeting, we celebrate our accomplishments from the last year, approve the budget and calendar for 2023, elect our new District officers for 2023, remember our sisters who have passed in the last year, and have a great time together. We'll offer officer training in the afternoon. Can't wait to celebrate with you on Zoom!

The annual meeting of the **Virginia Conference United Women in Faith** will be held over Zoom on **Saturday, October 22**. Stay tuned for more details.

Send your **Living Into Our Purpose** report to Lois Hidalgo at [ldhida@verizon.net](mailto:ldhida@verizon.net). Her mailing address is 2919 Elmesmeade Ct., Oakton, VA 22124 There's a blank LIOP form attached to this message if you need one.

Did you read UWF books this year or complete other items from the **Reading Program**? Send your report to Jeanne Pounds at [jeannelbs42@gmail.com](mailto:jeannelbs42@gmail.com). Her mailing address is 6109 Gardenia Ct., Alexandria, VA 22310. There's a blank reporting form attached to this message if you need one. More information here: [2022 Reading Program | United Women in Faith \(findsomewinmore.com\)](https://www.findsomewinmore.com)

Unit officers should have received information from our **Membership, Nurture, and Outreach** coordinator Vikki Beaty about collecting information about your unit and your sisters, especially any who have died this year. Please send Vikki their names and short memories about their Christian walk so that we can remember them with grace on October 15. You can reach her at [bvikki123@aol.com](mailto:bvikki123@aol.com).

For your **yearly financial report**, you can use the same treasurer's remittance form that you have been using. For those of you in the former Arlington District, please send your reports to Debby Fairweather. Her e-mail address is [RDFairweather@verizon.net](mailto:RDFairweather@verizon.net) and her street address is 4931 N. 29th Street, Arlington, VA 22207.

For those of you in the former Alexandria District, please send your reports to Marty Bickford. Her e-mail address is [martybickford121@outlook.com](mailto:martybickford121@outlook.com) and her street address is 3561 Martha Custis Dr., Alexandria, VA 22302.



Here are two suggestions to respond to God's call to care for creation and do justice with our neighbors.

The best way to deal with plastic packaging waste is to avoid it. For example, rather than buying individual servings of yogurt for lunches, purchase the largest size you can and at home parcel out portions into reusable containers. Consider not only dollar savings but also look for savings that help the earth.

One way to conserve water: One quarter-pound beef burger requires enough water to fill 10 bathtubs. Simply swapping one a month for a veggie burger would add up to 5,400 gallons of water saved. Producing turkey burgers is also less costly to our water supply. **What you eat matters to the planet.**

--From United Methodist Creation Justice Tips/Suzanne Dorick

see Flyer attached:

**NORTHERN VIRGINIA DISTRICT UNITED WOMEN IN FAITH**  
***HOLY HABITS FOR MY HEALTH* WITH LEE ANNE ORNDORFF**

SATURDAY, SEPTEMBER 10, 2022

GATHER 9:00 – PROGRAM 9:30-11:30

ZOOM MEETING ID: 890 5956 1667

PASSCODE: 814953

PHONE IN: 301-715-8592

Register with your name and street address at [Alexandria.UMW.President@gmail.com](mailto:Alexandria.UMW.President@gmail.com) by September 4 to receive your personal wellness gifts.

This event is free of charge. We welcome your free-will offering to support UWF missions. You can make out your check to Alexandria District UMW and mail it to: Marty Bickford, treasurer, 3561 Martha Custis Dr., Alexandria, VA 22302-2003

FOR MORE INFORMATION CONTACT: [ALEXANDRIA.UMW.PRESIDENT@GMAIL.COM](mailto:ALEXANDRIA.UMW.PRESIDENT@GMAIL.COM)



Virginia's IPL (VA Interfaith Power and Light) will be kicking off our Climate in the Pulpits, on the Bimah, and in the Minbar statewide on **Tuesday, September 13 from 6-9PM**. We invite faith leaders and faith community members to join us, we will have guest speakers and a workshop in Hampton, Richmond, Roanoke, and Bristol.

Use the link below to learn more and register for an event near you!

<https://vaip.org/climate-in-the-pulpits-on-the-bimah-and-at-the-minbar/>

**Subject: Conference Legislative Committee**



As part of the Conference Legislative Committee (CLN) I am in charge of making appointments with Senators for **UM Day at General Assembly** which will be held on **Thursday January 26, 2023**. I am looking for volunteers who would be interested in assisting. Maximum number of Senators that you would be asked to contact would be 5. I did most by email with only having to call a few. Please pass this on to your units to see if anybody would be interested. I am hopeful that we have enough people that each Senator will be contacted by one of their constituents.

Thank you for your assistance!

Jeanette Yoh

757-871-1459 cell #



Reminder for **NoVA Notes**, our new Bi-District newsletter for the Alexandria and Arlington Districts! We will distribute this newsletter monthly to keep you informed of what's happening with the **United Women in Faith** in our area. In this newsletter, you can watch for news about upcoming events both in the districts and the Virginia Conference. We would love to hear from you! Let us know what your unit has planned for the 2022 September church-year-opening so we can share with our sisters in Christ. **Please send the information for the newsletter by the 20th of the month.** We NEED your NoVA events information! You can send your stories and news to our new e-mail address: [UMWNoVaNotes@gmail.com](mailto:UMWNoVaNotes@gmail.com).

Thank you!

Carol Pratt



United  
Women  
in Faith

**VIRGINIA CONFERENCE**

**CALL TO THE 50<sup>TH</sup> ANNUAL MEETING**

You are invited to the 50<sup>th</sup> Annual Meeting of the Virginia Conference United Women in Faith by Zoom October 22, 2022, 10:00 AM.

Please pre-register using the link provided on the registration form which will be available shortly.

A booklet will be available for you to download which will include the agenda, calendar, budget, nominations, reports, and other useful information.

You are welcome to celebrate this year, the 153<sup>rd</sup> year of United Women in Faith and her predecessor organizations.

*Nancy Walsh*

**President**

PS: Presidents, please forward to your Executive Committees and the units in your districts



**Needed by October 27**  
**Donations to Support the**  
**Christmas Gift Ministry at the**  
**Fluvanna Correctional Center for Women**

This wonderful Christmas gift ministry for the incarcerated women at the Fluvanna Correctional Center for Women in Troy, Virginia, is sponsored through GraceInside, Virginia's Prison Chaplain Service. Each inmate at the correctional center receives the gifts listed below.

If you are interested in supporting this ministry, please drop off your donations at St. John's UMC (5312 Backlick Road in Springfield) between 10:00 a.m. and 2:00 p.m. Monday – Thursday on or prior to October 27th. Thank you in advance for your kindness and generosity. Questions may be directed to Marty at [martybickford121@outlook.com](mailto:martybickford121@outlook.com).

GraceInside is a  
non-profit  
organization that  
provides Chaplains  
to Virginia  
correctional  
facilities

**Here's a complete list of the approved donations. Please note that the correctional center does not permit ANY substitute or additional items.**

- 1) Hygiene Items (place in a gallon zip lock bag)
  - One individually wrapped toothbrush (must be in original container)
  - One tube of toothpaste, 6 oz. (must be in original container)
  - One deodorant stick, 2.6 oz. - no spray or roll-on (as close to 2.6 oz. as possible but no larger)
  - One bottle of shampoo, 15 oz. (as close to 15 oz. as possible but no larger)
  - One bottle of lotion, 15 oz. (as close to 15 oz. as possible but no larger)
  
- 2) Greeting Cards and Stationery Items
  - Christmas and Hanukkah cards and greeting cards for all occasions. Please avoid purchasing cards that contain aluminum foil on the card or envelope flap.
  - Stationery items – writing paper of any size and envelopes either 3 5/8 x 6 1/2" or 4 1/8 x 9 1/2".
  - Forever postage stamps - used to send donation acknowledgement letters. Please place them in a separate zip lock bag.
  - Wooden pencils (unsharpened)
  
- 3) Money Contributions. For donors who wish to contribute money, please make your check payable to "GraceInside" and write "FCCW Resource Fund" in the Memo section. These funds are used to purchase any shortages of Christmas gift items and to support inmates in other ways, such as providing classroom materials; furnishing worship supplies; or paying travel expenses for funeral or deathbed visits. Please mail all checks to GraceInside, 2828 Emerywood Parkway, Richmond, VA 23294.



United Methodist  
Creation Justice

Tips

Stand Up, Speak Up, Step Up

## A lesson from our playmates— Take delight in nature!

Whether it's seeing a kitten discover something new, touching the soft fur of an adoring dog, smelling a fragrant blossom, hearing the night songs of the crickets and other critters, or tasting something fresh from the garden, in creation we find joy and healing.

We are blessed to be a blessing—  
caring for and acting on behalf of all of God's good gifts.

Share these Tips with your family, friends, and congregation. Choose any or all. Forward them to someone you care about. Cut-and-paste to put them in your emails, worship bulletins, newsletters, social media, or website.

Talk about what you are doing. You are a trusted source in your circle of influence.

Each month 10 Tips will arrive in time for you to choose and use.  
The service is free.

For more about the UM Creation Justice Movement, go to [umcreationjustice.org](http://umcreationjustice.org).

## Tips for September

Instead of buying new toys **for your dog or cat, go creative with Reuse**. Old tennis balls, a length of rope, or an old tie stained or no longer in style are good for games of fetch or tug with your dog—who really wants to play with *you*. A stick tied with saved ribbons, a leftover blow-out, roll-out party favor, or just a simple flower on a stem will easily entertain a cat or kitten.

Tree planting season is coming. **Investigate potential tree sales** and planting services. Check with local government, nonprofit foundations, and nursery businesses. Trees pull down carbon from the atmosphere, provide habitat and food for birds and other pollinators, and give shade for cooling in the summer and allow sunshine for warmth in winter, lowering the use of fossil fuel energy.

Water is life, yet many waterways are choking with pollution. In Hackettstown (NJ), United Methodist Men worked with a local watershed association to remove 40 bags of trash, plus discarded tires and bedsprings. They then planted 100 trees and bushes along the edge of the river. As a church, plan a day to **give some TLC to a waterway** nearby.

500,000 school days missed annually by U.S. children are due to pollution from burning fossil fuels. Sick children mean parents miss work. Missing work often means no wages or even job loss. People who live closest to toxin-spewing plants pay a heavier price than those who have resources to live elsewhere. **Justice requires action to stop air pollution.**

**Invest in a better future for all.** Donate to organizations doing work you believe in but cannot do yourself. Even a small financial gift is put to good use. And the collective return on investment is huge.

Urge local, state, and federal lawmakers to act on behalf of the Earth. You may not know the details of a particular bill, but you can speak as a person of faith. Describe your vision of what is needed and **ask those in power to support what you value.**

The cost of energy-saving LED lights has dropped significantly. It's time to **drop any resistance to changing out the old bulbs for LEDs**. One church, Christ UMC (Franklin, TN) saves the equivalent of 50 tons of carbon dioxide not polluting the air—and \$12,000 annually. Churches, businesses, and homes can save dollars and the planet.

Related to justice and sustainability, the 2016 UM *Book of Resolutions* states, “*God is calling each of us to respond ...and we cannot hope to transform the world until we change our way of being in it.*” Visit [52climateactions](https://www.52climateactions.org/) for a wide range of steps you can take to bring about a more just and sustainable world. Choose something and begin.

Could you be a Reducetarian? You may know the high costs meat, eggs, and dairy inflict on the planet, the animals, and water, but going vegetarian or vegan is not for you or your family. There is a middle way. **Reducing the amount of animal products in your diet** by just 10% makes a difference, and if just 25% of Americans did so, the impact would be enormously helpful. Find out more [here](https://www.treehugger.com/how-be-reducetarian-4854921). (<https://www.treehugger.com/how-be-reducetarian-4854921>)

Americans throw away 1.6 billion ink pens annually, where they live in landfills forever because they are plastic. [Environmentally conscious entrepreneurs](#) now offer alternatives made of natural grass, wheat straw, cork, or bamboo, plus refills. Now, when someone asks to **borrow your pen, you'll also have an opportunity to talk** about avoiding single-use plastics. **The United Methodist Creation Justice Movement is providing these Tips as a tool to equip church members, families, & individuals to respond to God's call to care for creation & do justice with our neighbors.**