



United
Women
in Faith

NORTHERN VIRGINIA DISTRICT

UNITED WOMEN IN FAITH

NOVA NOTES

FEBRUARY 2023



UWF Mission Statement

United Women in Faith seeks to connect and nurture women through Christian spiritual formation, leadership development, creative fellowship, and education so that they can inspire, influence and impact local and global communities.

Joy is a familiar word. We sing it in hymns. We read it in scripture. We see it hanging on banners in our sanctuaries. But what does it mean? Theme: JOY

Acts 2:28 - You have made known to me the ways of life; you have made me full of JOY with your spirit!

JOY

As a teenager, I read one beautiful and memorable interpretation that has influenced my life and focused my mission work.

J = Jesus O = Others Y = Yourself

Life should be lived with JOY and can be, if we follow this simple order for our priorities:

Put Jesus first! Do for others second! And then trust yourself to God's care.

In my summer camp days, we sang the familiar song: I've got Joy! Joy! Joy! Down in my Heart, Down in my Heart to Stay. After knowing this meaning of the word JOY, I sing those words with reverence and commitment!!

Prayer: Oh, Holy Lord, fill my spirit with JOY that comes from ordering my life as You would have me.

Allow JOY to overflow from me into a world that needs this JOY! Amen.

~From Martha Anne Lee – St. Matthew's UWF

Thank you, United Women in Faith! At Woodlawn UWF

August, 2022 Woodlawn helped students/administration at Woodlawn Elementary School with a monetary donation to use as needed by the school.

Woodlawn UMC, UWF,
7010 Harrison Ln, Alexandria, VA 22306

<https://woodlawnes.fcps.edu/features/thank-you-united-women-faith>



Food Banks UWF Areas List and Information

Western Fairfax Christian Ministry (WFCM)

4511 Daly Drive, Suite J, Chantilly, VA 20151, (703) 988-9656, info@wfcmv.org

Western Fairfax Christian Ministries (WFCM), the anchor community-based organization in Region 4 of Fairfax County (Region 4 At a Glance:

<https://www.fairfaxcounty.gov/housing/sites/housing/files/assets/documents/ccfac/january%2014,%202020/fairfax%20county%20at-a-glance%20region%204.pdf>”), provides food and financial support to families at risk of hunger and homelessness in 9 zip codes in western Fairfax County (Centreville, Chantilly, Clifton, Fairfax, Fairfax Station, Herndon, and Oak Hill).

In 1987, volunteers from 12 churches (**Pender** United Methodist Church was a founding church and continue to actively support WFCM) saw the need for coordinated aid and formed WFCM. Thirty-five years later, our primary programs are our **Client Choice Food Pantry and Emergency Financial Services Program** (assisting with rent, mortgage, and utility bills) serving an average of 500 families/month, 4,000 individuals/year.

Western Fairfax Christian Ministries offers a “choice model” pantry which empowers our clients. Our clients can come into our food pantry and select food as they would at a grocery store by picking their own food items from the shelves. We do everything we can to continually stock all the items that would make a fully nutritious meal. Products include non-perishable items such as canned goods, as well as bread, produce, meat, and dairy products. In addition to food items we also carry baby-specific items such as diapers and baby food for those who have infants. We know that food can be one of the most expensive items on a household budget list. Our hope is that when clients select food in our pantry every 30 days (providing food for about two weeks) they will save enough money to pay for other expenses such as utility bills while remaining food secure with free nutritious food options for their families.

WFCM is blessed to have partnered with some of our area's most philanthropic businesses and impactful non-profits. If you name one of our services, chances are that we will be able to reply, “We have a partner who assists us in that endeavor.”

From food and diaper donations, utility assistance, free financial classes, food drives, and more, our partners support us in every way they can. Among them are:

- Britepaths - We partner with Britepaths, a complementary nonprofit, to provide free financial classes/budgeting classes for WFCM clients who receive financial assistance.
- Cake4Kids
- Capital Area Food Bank (CAFB) - The CAFB’s nonprofit Food Assistance Partners receive access to free food through the retail store Partner Direct program, training, and free government commodities through the USDA/TEFAP program for qualified clients. WFCM is an approved CAFB food assistance nonprofit member and location for “Produce Hub” pick-up for other nonprofits.
- DC Diaper Bank - Our newest partnership is with DC Diaper Bank to serve as an Emergency Hub. Each month we receive and distribute 35,000 diapers for qualified babies in need in our community (not limited to WFCM clients). Each baby can receive 100 diapers every 30 days based on supply.
- NOVEC – NOV's Operation Round Up provides funds to pay NOVEC bills for clients in need.
- NV Rides
- Shepherd's Center for Western Fairfax
- Wegmans Chantilly - Since they opened, we have been a recipient of Wegmans Chantilly Check Out Hunger funds where customers round up purchases and/or make an added donation with funds allocated to the selected local food pantry.
- Women Giving Back - Women Giving Back provides private free clothing selection appointments for qualified WFCM clients.

The Rising Hope Food Pantry provides groceries to food insecure individuals and families in the community. Throughout the year, Aldersgate UMC collects food donations and delivers those goods to Rising Hope Mission Church. Rising Hope Mission Church then distributes the food **donations** to individuals and families in need on Wednesday from 1:30-3:30pm, and on Thursday from 10am-12pm and 1:30-5:30pm.

Rising Hope Mission Church info@risinghopeumc.org, (703) 360-1976, 8220 Russell Rd., Alexandria, VA

For volunteer-related questions, please contact Julie Pfister (julie.pfister@gmail.com). If you'd like to contact a representative of Rising Hope Mission Church to gain more information about the Food Pantry mission, please contact Heather Marshall. (hmarshall@risinghopeumc.org)



The Food Corner at Sydenstricker UMC

for our neighbors who face food insecurity. The Food Corner is open Tuesdays from 3:30-6:30 p.m. www.sydenstrickerUMC.org , www.sydenstrickerumc.org/Food-Corner

Link, Inc.

PO Box 443, Sterling VA 20167-0443, (703) 437-1776

e-mail: linkagainsthunger.org

serves Herndon, Sterling, and Ashburn.

Located on Herndon UMC property at 701 Bennett Street, Herndon VA 20170.

Herndon and Sterling HUMCs are among several faith groups that support this 501(c)(3) nonprofit organization.

Stock the Shelves, Fairfax UMC, 10300 Stratford Ave., Fairfax, VA 22030, www.fairfaxumc.org

February 18 @ 11:00 am - 3:00 pm

[Recurring Event

Fill the Van is now Stock the Shelves! As our ministry has grown, the church has put together a fully equipped, ongoing food pantry to serve the growing number of families being served each month with food. The urgent need is to provide goods to adequately stock the shelves in Room 101 for a food ministry that serves our local community. Fairfax UMC still holds a drive-by collection once a month on Saturdays from 11:00am-3:00pm. Everyone is invited to bring food and other donations to the church. As you enter the church parking lot, volunteers receive donations from your vehicle; you don't even have to get out of your car! Thank you for assisting our neighbors in need! Please contact [Kyle Johnson](mailto:Kyle.Johnson@fairfaxumc.org) with any questions. Sign Up Genius to volunteer: <https://www.signupgenius.com/go/70a0b48a4a72fa0f85-stock#/>

Those eligible to apply for assistance are:

Residents of Centreville (20120, 20121), Clifton (20124), Chantilly (20151), Fairfax Station (22039), Fairfax (22030), Oak Hill (20171), Herndon (20170) and Fair Oaks (22033).

**For all of the neighborhood assistance and missions
Volunteers and Donations are needed and
Also, **YOUR PRAYERS** are needed.**

Mission Center-

Martha Lee and I were members of Immanuel UMC on Heritage Drive in Annandale. There is a significant number of apartments and town houses surrounding the Immanuel building. In the early 2000's the county declared that more than 1,000 of them are designated "Low Income" housing. People with incomes over a designated amount needed to move out. Many of them were Immanuel members. The housing became a haven for recent immigrants who had little or no income. We, the IUMC members started providing some food programs and worked with the three schools on Heritage Dr and Poe Middle. With Immanuel's membership dropping, we merged with Annandale UMC on Columbia Pike. With the approval of the Va. Conference, we kept the **Mission Center** (the former Immanuel building) open for food needs of the area and some other programs. Some of our Food Programs are more than 12 years old. Prior to the Pandemic we fed the students at Poe MS who were taking part in Poe's after school program once a week, usually with either sandwiches or casseroles. We also sent "back Pack" meal ingredients home on Fridays with Braddock and Annandale Terrace ES each Friday. Those programs were not requested by those schools following the re-opening of the schools. But our small food distributions have maintained and expanded significantly. They are as follows:

Food Programs - bags of both non-perishable and perishable foods are distributed

Monday 5-6 Burritos, milk, breads, produce, and some donated desserts to about 50-60 families

Thursday 5-6:30 A bag of non-perishable foods, cereal, cans, 1 lb. bags rice, dried beans, mac'n'cheese, tuna, peanut butter, jelly

An additional bag of milk, eggs (every other week), breads, desserts, produce is also distributed.

Other items are distributed once a month during the food programs at another door of the building

Thursday 5-6

1st Thursday Infant diapers and wipes

2nd Thursday feminine hygiene products

3rd Thursday children's clothing - special items such as jackets, hats, gloves are made available during our Thursday time slots as the seasons change

4th Thursday adult diapers

When the Pandemic forced us to close our doors and go to a "Grab and Go" distribution, our numbers were that we were serving about 75 families each week, but the numbers started to climb quickly and currently we are serving 250 - 275 families weekly (but last week, Jan. 5 we served 330 families!)

The second Tuesday and 4th Tuesday we join with FACETS to distribute diapers to Moms from our zip code who register with FACETS. They bring us the diapers and we distribute them, 50 each time per child.

Annandale United Methodist Church

Betsy Clevenger - contact person

703-425-6424 home

703-425-8330 Church

We welcome teen and adult volunteers on Thursdays starting about 3 PM. We have very few "sit-down jobs", but there is very little heavy lifting. The AUMC web site has a "Sign-up Genius" which we prefer that volunteers use so we know how many folks are coming. If you need any further info, please call.

~Betsy (Elizabeth Clevenger) <etclevenger@verizon.net>



Mark your calendars!

Strategic Personal Safety Program, Saturday, February 11th

9:30am -11:00 am, Hottle Hall, Sydenstricker UMC, 8508 Hooes Rd, Springfield

Sydenstricker UMC United Women of Faith hosts: **Officer Tony Capizzi**, West Springfield Police Department, will present a 1.5-hour program on what we should be aware of and do as we manage our daily lives. ***All women (13-99 yrs. of age) are invited to attend.**

If you desire, you may bring finger food to share with group; beverages will be provided.

Sign up Genius is available., Sydenstricker UMC is located at 8508 Hooes Road, Springfield, VA

Contact: Myrna Meling at 571.488.3366

Heart Pillow Event

Sew & finish pillows for heart patients recovering from surgery
Visit <https://www.aldersgate.net/uwf> for more event information.

At Aldersgate UMC | Guback Center, 1301 Collingwood Road.

The Feb 14th pizza lunch does not have a set \$ amount due,
Contribution is for pizza and is voluntary to cover cost, for those
who would like to stay after sewing part of this event.

Feb 14th | 10am-1pm
(Pizza Lunch Included on Feb 14th)
Feb 15th | 7pm-8:30pm



Photo by [Lisa Woakes](#) on [Unsplash](#)



Wednesday, February 22 -- UWF Ash Wednesday Quiet Day service

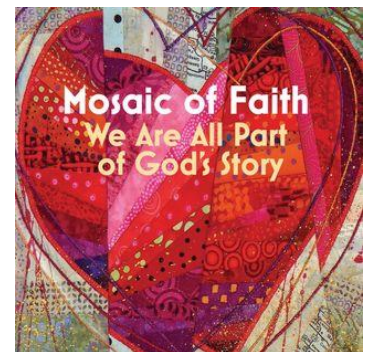
10:00 a.m.

*The location for this year's event is being finalized, but mark your calendars so you can begin the **Lenten season** with this meaningful service alongside your UWF sisters.

2022-23 Program Resource Community Gathering Join United Women in Faith members as we prepare for the upcoming month's **Program Resource**.

This event is available to everyone who has purchased the digital Program Resource. Visit <http://www.uwfaith.org/digital> for more information and to purchase this digital resource.

Purchase a physical or digital version of the Resource and join our digital community. We hope you will join us as we explore this "Mosaic of Faith" and discover the ways that we are all part of God's story. <https://uwfaith.org/latest-news/2022/2022-23-program-resource-mosaic-of-faith/>



Date: **Feb 23 2023**
Time: **8:00 pm - 9:00 pm**
Zoom

From the UWF Facebook Page:

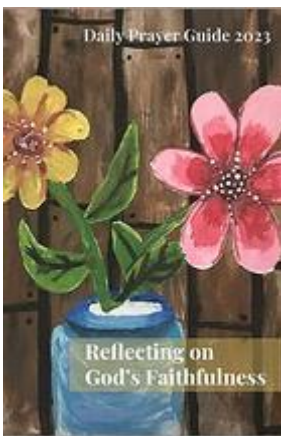
United Women in Faith Podcasts

Zimbabwe, Philippines, Liberia, Brazil, Myanmar, South Korea, Sierra Leone and more! UWfaith works with women, children, and youth around the world. Hear their stories. Log on to Voices from the Field, a quarterly virtual gathering focused on national and international mission. Come and be inspired



Image from the UWF Web page/Podcasts

Visit <https://uwfaith.org/resources/podcasts/> to watch past gatherings and find out more about the next one



2023 Daily Prayer Guide: Reflecting on God's Faithfulness

Visit https://www.umwmissionresources.org/shopping_product... to purchase your copy today!

UMWMISSIONRESOURCES.ORG

Daily Prayer Guide 2023

Daily Prayer Guide (calendar) M3374 \$ 19.99 Welcome to the first official United Women in Faith Daily Prayer Guide—a resource for reflection and guidance for the year ahead! As our world is everchanging, God remains faithful. In these pages, we hope you encounter joy in the steadfastness of...

Additionally, Women in Faith Daily Prayer Guide on Facebook <https://www.facebook.com/dailyprayerguide/>

UWF Updated Purpose

We are 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.

Donations of Bras

How many of us have bought a new bra only to discover that it doesn't fit well, or itches? What should we do with these bras?

There are actually two organizations that collect new or gently used bras **to distribute to women in need**. Here is more information about each organization.



Unsplash.com Photo by Pablo Heimplatz

I Support the Girls

I Support the Girls (ISTG) is a registered nonprofit which collects donations of **new/used bras** and new sealed packages of **tampons** and **maxi pads** and distributes them to girls and women experiencing [homelessness](#). [Started by one woman](#) in the basement of her home in Maryland, ISTG is now a global movement, with [affiliates across the United States and globe](#). Items donated are distributed to women and girls experiencing homelessness through homeless shelters, domestic violence shelters, refugee resettlement homes, foster care agencies, LGBTQ agencies, homes for pregnant teens and more.

For more information check out their new website at <https://isupportthegirls.org/>. If you want to drop off donations, you can drop them at Sterling United Methodist Church, 304 E Church Rd, Sterling, VA. In addition, many SOMA stores accept ISTG donations. Just go in and tell the salesperson that you have a donation for I Support the Girls. If you have more questions, contact Beth Meserve at beth.meserve@gmail.com

Free The Girls

For several years, St. John's United Women in Faith (formerly United Methodist Women) has been collecting new and gently used bras for "Free The Girls," a 501(c)(3) non-profit organization that was launched in 2011 – and later featured on CNN's Project Freedom – to provide job opportunities to women rescued from sex trafficking. Free The Girls ships the bras to places like Mozambique, El Salvador, and Costa Rica. There, the survivors of human trafficking, who are re-entering the workforce, are given the bras to sell in the second-hand clothing market. This arrangement gives the former victims minimal contact with the men who have exploited them, and more importantly helps the women support their children.

If you would like to participate in this worthy mission, you may drop off your bra donations at St. John's, 5312 Backlick Road, Springfield, between 10:00 a.m. and 2:00 p.m., Monday – Thursday. Needless to say, there are shipping costs to be considered, so any monetary donation you can make from time-to-time to help cover these costs would be gratefully accepted. Questions? Contact Marty at martybickford121@outlook.com.

So, to all you ladies out there, don't be bashful! Raid your dresser drawers and donate the bras that you no longer wear to Free The Girls or I Support The Girls.

~Marty Bickford and Beth Meserve

Lenten 2023 Resource

The Creation Justice Ministries 2023 Lenten Resource is here!



We are excited to announce the release of the Creation Justice Ministries 2023 Lenten Resource!

In Lent, we reflect on Christ's ministry, death, and resurrection. **We slow down, and examine** our internal spiritual lives as well as the way we **live out our Christian faith** in the world.

>>> [Get the Lenten 2023 Resource here!](#) -click here

This guide is designed to help you and your community take time during the Lenten season to **learn, reflect, repent, ask God for forgiveness,** and take concrete steps to change course in order to **better care for creation.**

We encourage you to use this resource as a way to deepen your spiritual practice during the Lenten season and to commit to taking meaningful actions to care for God's creation.



More than 375 Tips are on the Creation Justice Movement [website](https://umcreationjustice.org/tips/).
<https://umcreationjustice.org/tips/> Use any or all!

<https://umcreationjustice.org/tips/>

Tips for February 2023

“The earth is the LORD’s and all that is in it,/the world, and those who live in it” (Psalm 24:1). The familiar first line is incomplete without the second, less well-known declaration, which calls us to love not just God’s earth but also everyone in the world. Work for justice, especially for those who suffer because of climate change.

Tip sample: Go from rags to riches—**ditch paper towels** and switch to reusable, washable cloth rags or napkins. Decreasing demand means decreasing deforestation. Reusing cloth for napkins and clean-up saves money, as well as trees. (*my 26 yr. old daughter is a big promoter of this! She’s trying to teach this old parent new environmental tricks.*)



Just Energy for All Webinars

Just Energy for All webinars will now be on the 3rd Wednesday of every other month from 3 – 4:30 p.m. ET. All are welcome to join. The virtual conversation takes place on Zoom.

Please keep in mind we are planning to move to a new format of webinars every other month starting in February. We look forward to being able to bring other exciting ways to make an impact and engage. So, please be on the lookout! Here are the webinar dates.

Next Session: Wednesday, February 15, 2023 at 3:00 p.m. - 4:30 p.m. ET

JE4A Webinar 2023 Sessions: February 15 | April 19 | June 21 | August 16 | October 18

The purpose of these webinars is to hear from experts, community leaders, and United Women in Faith members advocating for just energy solutions as we work toward our core principle of “Protecting God’s creation and those who are disproportionately affected by global climate change.” As we do this, we want to make sure we include work to “improve the lives of women, children and youth” when it comes to climate justice advocacy and the various issues that are impacting us all.



Faith Talks

Join us for monthly conversations with United Women in Faith, hosted by Jennifer R Farmer. Each month, we’ll explore timely themes and resources, from expert insights on ways to live your faith to inspiring interviews with spiritual leaders. Visit our [Events Calendar](https://uwfaith.org/events/calendar/) to join the live podcasts. <https://uwfaith.org/events/calendar/>

Local Date: Feb 02 2023 | Local Time: 2:00 pm

Local Date: Feb 16 2023 | Local Time: 2:00 pm



Voices from the Field Webinar

Come learn about the national and international initiatives that benefit from Mission Giving, directly through the voices “from the field.” In this interactive format, you’ll hear firsthand from program leaders about their work, daily challenges, hopes and dreams. Visit our [Events Calendar](https://uwfaith.org/events/calendar/) to join the live podcasts.

<https://uwfaith.org/events/calendar/>

| Northern Virginia | Alexandria + | Arlington | |
|--------------------------------|-------------------|---|---------------------|
| Position | Name | Contact Information | Church |
| President | Beth Meserve | Beth.meserve@gmail.com (703)404-0542 | Sterling |
| Vice-President | | | |
| Secretary | Carol Malzahn | cmalzahn@verizon.net (703)971-7957 | Cameron |
| Treasurer | Marty Bickford | Martybickford121@outlook.com (703)731-7992 | St. Johns |
| Committee on Nominations Chair | Brenda Romenius | brendaromenius@yahoo.com (703)336-2831 | St. Johns |
| Secretary, Program Resources | Barbara Barrick | Barbarabarrick0302@gmail.com (571)428-7432 | Grace |
| Communications Coordinator | Carol Pratt | clhpratt@gmail.com (703)851-7830 | St. Johns |
| Mission Coordinators | | | |
| Education and Interpretation | Lois Hidalgo | ldhida@verizon.net (571)239-6639 | Oakton |
| Membership, Nurture & Outreach | Vikki Beaty | Bvikki123@aol.com (703)577-9061 | Franconia |
| Social Action | Suzanne Dorick | Sdorick6519@gmail.com (703)321-8535 | St. Johns |
| Spiritual Growth | Dana Connor | dana@siblingtunes.com (571)926-2800 | Aldie |
| Comm. On Nominations | | | |
| | Kirsten King | nyvagal@gmail.com (540)428-6269 | Bethel/ Fauquier |
| | Loretta Henderson | Lhenderson3505@aol.com (571)225-8134 | Woodlawn-Faith |



Reminder for NoVA Notes, our new Bi-District newsletter for the Alexandria and Arlington Districts! We will distribute this UWF NoVA notes 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 (Who, What, How & When of event is helpful for all) the information your unit has planned for the 2023 newsletters by the 20th of the month. We NEED your NoVA events information! Share and invite other UWF members & you can send your stories, photos (jpg. helpful) and news to our new e-mail address: UMWNoVaNotes@gmail.com.
Thank you! Carol Pratt, NoVA Notes

COMING TO UWF IN MARCH!

March 4, 2023 St. John’s UWF Women’s Prayer Breakfast-Mosaic of Faith- We are all part God’s story
Racial Justice speaker information, discussion and presentation.



United Women in Faith

-Every year, “A Call to Prayer and Self Denial” encourages women to step out in faith and bring the love of Christ into a hurting world through their prayers and selfless giving.

**March 23, 2015 UWF Day of Giving –
The Future is Now**

From the Virginia UWF/UMW website: <https://www.vaumw.com/conference/legacy-fund/>

Join United Methodist Women members around the country today or any day and/or March 23 for the Annual Day of Giving to The Legacy Fund. The Legacy Fund is a permanent endowment to support the work of future generations of United Methodist Women.

It’s easy to give! Write “**The Legacy Fund**” in the memo section.

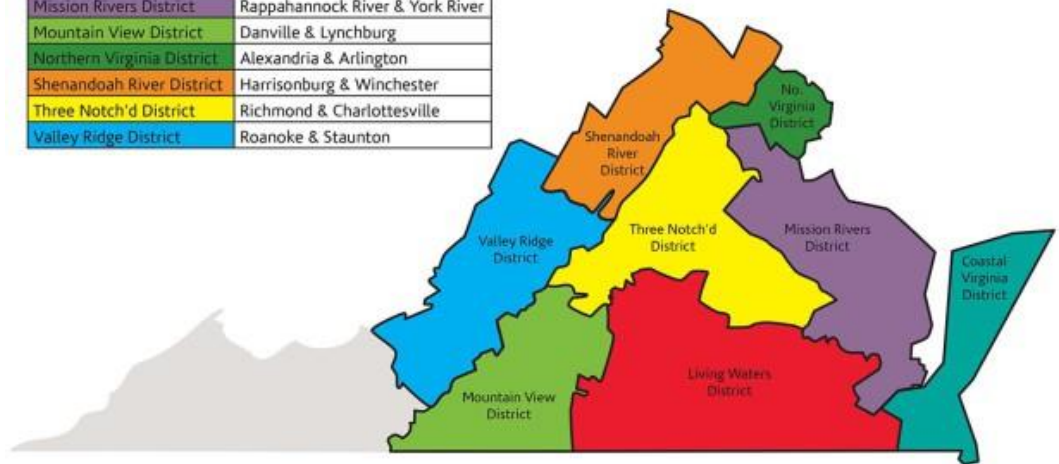
- Online at www.uwfaith.org/give/legacy-fund.
- By phone: 800-278-7771 (8 am-6pm EST, Monday-Friday).
- Text Legacy150 to 41444.
- By check to:

Office of the Treasurer
United Methodist Women
475 Riverside Drive
New York, NY 10115

8 VIRGINIA DISTRICTS

The Virginia Conference United Women in Faith consists of 8 District United Women in Faith and individual units in churches throughout the Virginia Conference. To view links to districts:

| NEW DISTRICT | FORMER DISTRICTS |
|----------------------------|---------------------------------|
| Coastal Virginia District | Eastern Shore & Elizabeth River |
| Living Waters District | Farmville & James River |
| Mission Rivers District | Rappahannock River & York River |
| Mountain View District | Danville & Lynchburg |
| Northern Virginia District | Alexandria & Arlington |
| Shenandoah River District | Harrisonburg & Winchester |
| Three Notch'd District | Richmond & Charlottesville |
| Valley Ridge District | Roanoke & Staunton |



<https://www.vaumw.com/districts/>