



United Women in Faith

# NORTHERN VIRGINIA DISTRICT UNITED WOMEN IN FAITH

## NOVA NOTES

AUGUST 2025



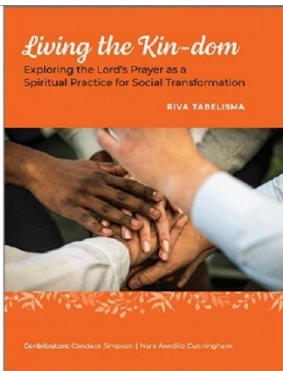
### Mission Statement

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.

### 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.

### UWF Event Re-cap:



## Living the Kin-Dom - Exploring the Lord's Prayer as a Spiritual Practice for Social Transformation

The **Mini-Mission U 2025** event was a big success. (July 12, 2025) There were 40 attendees, including a few of our Methodist Men who were very welcome. Sydenstricker UWF were our hosts and they put on an amazing spread for breakfast and lunch. Many thanks to all those women who gave of their time to set up, prepare for, and clean up after the event.

**Dr. Jason Stanley** was well received. He spoke about the difference between Kingdom (Authority) and Kin-Dom (Community). He didn't just lecture; he got all the participants involved in the discussion. We were able to learn new things



about an established tradition and gain new insights on things we can do to bring God's Kin-Dom on earth right now.



Thank you to everyone  
who attended and participated.  
We were all enriched by this experience.

**Mid-week prayers from the 2025 UWF Prayer Calendar**



**August 2025**

*You are saved by God's grace because of your faith. This salvation is God's gift. It's not something you possessed. ~ Ephesians 2:8*

**August 6** – *God of Naomi and Ruth, guide us as we follow the marvelous legacy of those that have paved the way, and inspire us to open new opportunities for generations to com. ~ Katelin Hansen, Order of Deaconess & Home Missioner, UM Church for All People & Community Development for All People, Columbus, Ohio*

**August 13** – *Thank you, Lord, for the blessing you have bestowed on each generation. Teach each generation to know we cannot be the same. ~ Finda Quiwa, United Women in Faith Regional Missionary, Africa.*

**August 20** – *Thank you, Lord! You have made your people on. From every nation and generation, we are blessed to join the big table you have set before us. Let us share your love with those who are in need. In Jesus' name. Amen. ~ Daniel Contreras Varas, Global Missionary from Chile serving in Honduras*

**August 27** – *Thank you, Lord, because you are for us this great captain who leads our various missions in the communities like a ship in the middle of the ocean that cannot sink. Amen. ~ Gnagne Josias Mischael Agnero, Global Mission Fellows – International from Cote d'Ivoire serving in Zambia*



### **August 6, 13, 20, 27 – SPANISH LANGUAGE FUN!!**

Join Margie Hernandez on **Wednesday mornings from 10 am – 11:15 a.m. via Zoom** and learn about the Latin culture, play games, and above all, learn some conversational Spanish.

Register here: [August Spanish practice](#)

### **August – Coffee & Chat times around the NoVa District**

**Please come by to say hello, ask questions about your year-end reporting, and learn what's coming this fall for NoVa United Women in Faith.**

**Saturday, August 2, 2:00** -- Burton's Grill, 21434 Epicerie Plaza, Sterling, VA 20164 -- in the Cascades Overlook Town Center

**Sunday, August 3, 2:00** -- Artie's, 3260 Blenheim Blvd, Fairfax, VA 22030

**Saturday, August 9, 2:00** -- O'Brien's, 380 Broadview Ave, Warrenton, VA 20186

**Sunday, August 10, 2:00** -- Hahu Cafe and Market, 3143 Golansky Blvd, Woodbridge, VA 22192

Questions? Contact Maria Ward [NoVa.UWF.MNO@gmail.com](mailto:NoVa.UWF.MNO@gmail.com)



## **Young Women's Retreat in September**

The Virginia Conference United Women in Faith is hosting the **Young Women's Retreat September 19-20** (Friday evening and Saturday) at Camp Overlook in Keezletown (Harrisonburg), VA. This is an event for women between the ages of 18 and 40. St. John's United Women in Faith is offering a scholarship to a young woman (she doesn't have to be a member of the church) who is interested in attending. For more information, please contact Marty at [martybickford121@outlook.com](mailto:martybickford121@outlook.com). \* *BROCHURE ATTACHED*\*

**FYI Conference Young Women's event registration is open!**

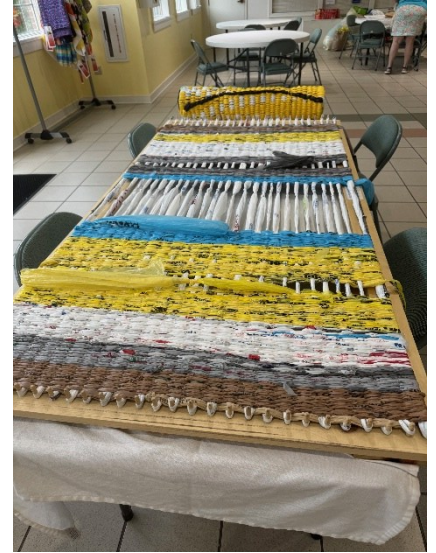


### VA CONFERENCE UWF - Mission u

**July 25-27** witnessed a wonderful gathering of 72 UWF members from all over the VA Conference. The theme of the weekend was “Practicing Hope,” the UWF 2025 Mission study.

Friday opened with registration at the beautiful Good Shepherd UMC in Glen Allen, VA. Sally Vonner, General Secretary and CEO of **United Women in Faith**, flew in to participate in the weekend! The afternoon featured a hands-on mission project that involved everyone in assembling sleeping mats made of plastic bags on a large loom. There was much busy work and excitement as the mat began to form. Another table was set up for writing missionaries and purchasing mission cards. A third table was available with free books, mugs, and rocks with “HOPE” inscribed on them.

Henry Fork Community Center of Henry Fork, NC was the recipient of many items for its children and the community it serves. Each District brought supplies for the center. Jessica Hunt, Director of Henry Fork, thanked the VA UWF for its generous donations that will be beneficial to its operations.



Both Friday and Saturday evenings were held at Good Shepherd UMC. A delicious meal was prepared by their United Methodist Men and volunteers. They were gracious hosts all weekend for assisting the Mission u program.

Saturday was organized at the Virginia UMC Conference Center. Several clergy and lay leaders were organized into in-person and on-line groups that explored scripture, prayers and discussions for how we can be vessels of sharing hope in our communities. We were delighted that Bishop Sue Hauptert-Johnson came and delivered a grace-filled message before lunch.

Many hands are involved in making a Mission u meaningful program. Much appreciation and gratitude to Maria Ward and Doris Douglass, **Dean and Assistant Dean respectively**, who made the weekend a success.  
~Brenda Romenius

*The Mission u program was also viewed virtually, joining in with the in-person group. That is the way I and many other Sisters-in-Faith could be blessed with this program. I am so glad I could join in since I was unable to attend in person!*  
~Carol Pratt





United  
Women  
in Faith

Podcasts & Webinars (click on title under image):



[Faith Talks](#)



[Voices From the Field](#)



[Just Energy for All](#)

**Make an Impact**

**Small-Scale Grant Opportunity for Districts and Units Working to Interrupt the School-to-Prison Pipeline, **Deadline to Apply: September 1, 2025****

**Opportunity to Apply for 2025 Seed Funding Grant**

**United Women in Faith invites you to apply for a 2025 Seed Funding Grant.**

**Please follow the steps below to access the application portal:**

[Click Here for Application Directions and Link](#)

[https://docs.google.com/document/d/1ZvvJb7IB9f4Mpkg-Bbq8796c4nkpXlQT/edit?mc\\_cid=7dbe74a5d2&mc\\_eid=12c4a01b29&tab=t.0](https://docs.google.com/document/d/1ZvvJb7IB9f4Mpkg-Bbq8796c4nkpXlQT/edit?mc_cid=7dbe74a5d2&mc_eid=12c4a01b29&tab=t.0)

## **SOCIAL ACTION: CLIMATE JUSTICE**



\***Switch to a new generation.** Advocate for them to have stronger education about sustainability. [Earthday.org](https://www.earthday.org) provides curricula and toolkits to engage students. Take the first step toward helping young people in schools, church, and home understand, become active, and be hopeful educators themselves.

\*For party fun on a hot day **switch to magnetic, silicone water balloons**, which are refillable, reusable, and remarkable as a creative alternative to latex, single-use, and dangerous-to-wildlife traditional balloons. (*Amazon.com sells these*)

\*Plastic bags, made from fossil fuels, end up as waste in landfills and oceans. Wildlife often mistakes them for food and eventually humans are harmed through the food chain. **Switch to reusable tote bags**—plastic-free and made from eco-friendly materials.

\*The US uses 6.5 million tons of paper towels annually, each ton requiring 17 trees and 20,000 gallons of water to produce. Decomposing towels in landfills emit methane. **Switch to old fabric** (especially flannel) to make absorbent washable alternatives or buy rolls of paper towels made of bamboo.

\*The loofah and pouf are often confused. Poufs are colorful plastic-mesh scrunchies for the shower that contribute to landfill and ocean pollution and release microfibers into water. Loofahs come from the luffa plant. They are sustainable and can be composted. **Switch to eco-friendly loofahs.**

\*Upcycle old T-shirts into shopping bags or dog toys to donate to animal shelters. **One church's sewing club switched to including preteens and teens.** Adults teach them sewing skills; they also learn from their younger members ideas of what can be made and made better for the environment.

\*Does your club, organization, or workplace have a sustainability voice for itself? Is there among the planning team, at least one person who speaks up for eco-friendly options? Having that one committed source will help others begin to **switch their thinking.**

\***Switch from "new" to "new-to-you"** clothing and other items. Be adventurous and go to a thrift store. (Salvation Army Family Store nearby on Little River Turnpike & Goodwill, Annandale, VA) What you buy at these thrift stores gives new life, keeps the item out of the landfill, and likely supports a charitable cause, as well. **Donate** your no-longer-needed clothing and other items too.



## VIDEOS: "A MINUTE FOR MOTHER EARTH"!

A series very short videos to help your congregation recognize God's call in the midst of climate-related issues. Each "Minute" is based on the curriculum, *Wake Up World, A Curriculum on the Climate Crisis for Faith and Community Groups* (available free on the website and in print form from Cokesbury). Access the complete series of "Minutes" free at [www.wakeupworld.earth](http://www.wakeupworld.earth).



AUGUST 6, 2025

United Women in Faith Digital Open House

Wednesday · 8:00pm - 9:00pm EDT



[Zoom](#) Meeting

Join us as we welcome you to this digital space, sharing more about why we are stepping into these digital waters and some of the tips, tricks, and best practices that you can use when you're swimming around.

This will be a space to answer any questions you have and will ensure that you walk away feeling confident about how and why you can use this space.

\*Zoom link to register: [https://uwfaith-org.zoom.us/meeting/register/ppfKPoeTKi9Mc\\_aQTFfQg](https://uwfaith-org.zoom.us/meeting/register/ppfKPoeTKi9Mc_aQTFfQg)



The website for Assembly 2026 is now open!

This year's Assembly, themed "*Dream it! Believe it! Do it!*" will take place in Indianapolis,

May 15-17, 2026.

**Registration opens Sept. 1, 2025.**

Visit [UWFaith.org/Assembly](http://UWFaith.org/Assembly) to learn more

**Sep 02 Assembly 2026 Launch!, Tuesday · 8:00pm - 8:30pm EDT, Live Video [RSVP](#)**

Join United Women in Faith leaders and staff to celebrate the launch of registration for Assembly 2026!

You'll hear more about what awaits you at Assembly, why you should attend, and how to register and share with others. Let's *Dream it! Believe it! Do it!* together in 2026.

*Select RSVP above to receive notifications about this event. A link will be added immediately before it begins.*

## UWFaith Social Action Tri-Fold Brochure

F5331, \$0.00

= ± Pack(s) of 10 *Maximum Quantity: 4*

Pack(s) of 10

\*You can find them [on our e-store](#).

**For more than 155 years**, United Women in Faith has been committed to advocating for women, children, and youth — those most overlooked and often most impacted by inequity. Our bold foremothers advocated to improve women’s health, raise women’s status in society, organize for fair wages and benefits for workers and families, and adopt the

### Charter for Racial Justice.

For the 2025–2028 quadrennium, **we will continue our commitment to critical issues of justice today.**



Order this **free** brochure to share and join one or both campaigns by using the links below:

- CLIMATE JUSTICE: [uwfaith.org/climate-justice](http://uwfaith.org/climate-justice)
- END MASS INCARCERATION: [uwfaith.org/mass-incarceration](http://uwfaith.org/mass-incarceration)

To learn more about our advocacy work, [click here](#).

Please allow 2 to 3 business days for fulfillment of this item plus shipping. Digital UWF Community Space:

<https://uwfaith.mn.co/feed#https://uwfaith.mn.co/feed#>

