



United
Women
in Faith

NORTHERN VIRGINIA DISTRICT

UNITED WOMEN IN FAITH

NOVA NOTES

JANUARY 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.



Happy New Year!

As we step into this new year, I'm overflowing with hope and gratitude for the incredible journey ahead. Our shared faith and unity will light our path and guide us through any challenge that comes our way.

In times of change, let's stand firm in our values, advocating for justice, equality, and peace. Jeremiah 29:11 reminds us, "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." With this beautiful promise, we can face the future with confidence and joy, knowing we are guided by a loving and faithful God.

Our mission is to empower women, children, and youth worldwide, spreading love, kindness, and equality. This past year, I had the honor of volunteering at a local shelter, where I witnessed the incredible resilience and strength of women facing tough circumstances. Their stories of hope and determination inspire me to work even harder to support and uplift our sisters throughout our communities.

Let's actively seek out opportunities to reach women who feel forgotten, overwhelmed, or burdened. These women could be your mother, sister, friend, cousin, daughter, neighbor, or co-worker. Our strength as Christian women lie in reaching out and supporting one another. A simple phone call, card, email, or text message can make a world of difference. I know I've personally felt uplifted and deeply appreciated the "touch-in" prayers I received during my most trying times.

Let's embrace this new year with open hearts, ready to serve and support one another in faith. May our actions reflect the love and grace that God has so generously bestowed upon us.

Loretta B. Henderson
UWF NOVA District President

***"Faithful leadership, compassionate service."* 1 Peter 4:10**

Northern Virginia District
United Women in Faith
Winter Games Party



Sunday, January 12, 2025, 2:00-4:00pm, Fairfax UMC

Please come at 2:00 p.m. and bring:

- a bit of finger food to share
- a can or two of food to replenish the Fairfax UMC pantry
- a game that we'll all enjoy



The address of **Fairfax UMC-- 10300 Stratford Ave, Fairfax, VA 22030-3217.**

Do you need a ride?

We will have board games, card games, puzzles, and coloring sheets!

We will be collecting canned food at this event to help support the Fairfax UWF Food Pantry. They have recently seen an increase in the number of families needing help.

We look forward to seeing you there. Plan now to join us and bring a friend! No RSVP Required. Free onsite parking. If you have any questions, please contact Beth Meserve beth.meserve@gmail.com



One of the tenets of being a United Woman in Faith is to "connect and nurture women through Christian spiritual formation." The VA Conference is offering a program to enhance our spiritual practices.

"**Soul Feast**" will be conducted by live Webinars on the first Monday of each month from 6:30-7:30 PM, until June 2025. The book "**Soul Feast**" by Marjorie J. Thompson 2024-2025 is available on Amazon (I bought mine for \$13.50). Attached is a description of each session and the chapter reading. You can register for the sessions at <https://vaumc.org/soulfeast/>

January 2025 • Join Live Webinar on January 6, 6:30-7:30 p.m.

- Read Soul Feast Chapter.

Soul Feast with the Virginia Conference

Date & Time Selected Sessions:

Date & Time

'25 Selected Sessions:

Jan 6, 2025 06:30 PM
Feb 3, 2025 06:30 PM
Mar 3, 2025 06:30 PM

Apr 7, 2025 06:30 PM
May 5, 2025 06:30 PM
Jun 2, 2025 06:30 pm



NORTHERN VIRGINIA DISTRICT TRAINING DAY



Go! Make Disciples! Transform the World!

In Person, Satellite, & Virtual Options

+ ADDITIONAL WORKSHOPS, SPEAKERS, & TRAINING!

Saturday, January 11, 2025

In Person

\$65

In Person attendees will select their choice of Afternoon Workshop and will have full access to the Video Library. Lunch is provided with optional Lunchtime Roundtable conversations.

Virtual

\$50

Purchasing a Virtual Ticket gives you access to the live Keynote Sessions as well as Michael Beck's Afternoon Workshop. Also includes access to the Video Library at the close of the event.

Satellite

\$45

Satellite Tickets include two Keynote presentations and Michael Beck's Afternoon Workshop. Lunch is provided. We have Satellite locations in three districts.

NoVa District Training Day returns on **Saturday, January 11, 2025!** This year we have **three** Keynote Speakers and three different ways to engage with Training Day.

This year's theme is **Go! Make Disciples! Transform the World!** and features keynotes from **Bishop Sue Hauptert-Johnson** (Richmond Episcopal Area) and **Bishop Kenneth H. Carter, Jr.** (Charlotte Episcopal Area) as well as an afternoon workshop with **Michael Beck** (Director of Fresh Expressions for The United Methodist Church)

In Person Afternoon Workshops

In Person attendees can choose from the following:

- **NEVER ALONE: SHARING THE GIFT OF COMMUNITY IN A LONELY WORLD**
Rev. Michael Beck
- **DEVELOPING FAITH IN AN ANXIOUS WORLD**
Andy Jung
- **LISTENING FOR THE PULSE**
Rev. Kameron Wilds
- **PETER AND JUDAS: THE PITFALLS AND POSSIBILITIES OF MAKING DISCIPLES**
Laura Holmes
- **CREATING A BETTER BULLETIN**
Rev. Billy Kluttz
- **WORK SMARTER NOT HARDER WITH AI**
Kim Johnson
- **MISSIONAL BUDGETING FOR FINANCIALLY VITAL CONGREGATIONS**
Anne Muradaz

HEALTHY CLERGY, HEALTHY MINISTRY: BALANCING PHYSICAL WELLNESS AND SELF-CARE *Presented in Korean ,Rev. Taehwan Roh

AFTERNOON WORKSHOPS 1:15 P.M.

Participants will In Person events will select from the following afternoon workshops for their 1.15 session. These sessions will feature an online live video, all attendees will experience in a hybrid way as well as in person page.

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| <p>NEVER ALONE: SHARING THE GIFT OF COMMUNITY IN A LONELY WORLD Rev. Michael Beck Director of Fresh Expressions for The United Methodist Church See complete on the website page.</p> | <p>DEVELOPING FAITH IN AN ANXIOUS WORLD Andy Jung Senior Director of Church Engagement, Public Health Institute We may wonder how to best support our members who are struggling with anxiety. A study and discussion on the topic of anxiety and how to support our members who are struggling with anxiety. This session is presented by Andy Jung, Senior Director of Church Engagement, Public Health Institute.</p> |
| <p>LISTENING FOR THE PULSE Rev. Kameron Wilds Pastor, Mission House United Methodist Church "Listening for the Pulse" is a book by Rev. Kameron Wilds that explores the importance of listening to the needs of our members. This session is presented by Rev. Kameron Wilds, Pastor of Mission House United Methodist Church.</p> | <p>CREATING A BETTER BULLETIN Rev. Billy Kluttz Senior Director of Church Engagement, Public Health Institute This session is presented by Rev. Billy Kluttz, Senior Director of Church Engagement, Public Health Institute.</p> |
| <p>PETER AND JUDAS: THE PITFALLS AND POSSIBILITIES OF MAKING DISCIPLES Laura Holmes Professor of New Testament, Wesleyan Theological Seminary This session is presented by Laura Holmes, Professor of New Testament, Wesleyan Theological Seminary.</p> | <p>WORK SMARTER NOT HARDER WITH AI Kim Johnson Senior Director of Church Engagement, Public Health Institute This session is presented by Kim Johnson, Senior Director of Church Engagement, Public Health Institute.</p> |
| <p>MISSIONAL BUDGETING FOR FINANCIALLY VITAL CONGREGATIONS Anne Muradaz Senior Director of Church Engagement, Public Health Institute This session is presented by Anne Muradaz, Senior Director of Church Engagement, Public Health Institute.</p> | <p>HEALTHY CLERGY, HEALTHY MINISTRY: BALANCING PHYSICAL WELLNESS AND SELF-CARE Rev. Taehwan Roh Associate Pastor, Trinity United Methodist Church This workshop will be presented in Korean. It will focus on the importance of physical wellness and self-care for clergy members. This session is presented by Rev. Taehwan Roh, Associate Pastor of Trinity United Methodist Church.</p> |

REGISTRATION IS OPEN! 2025.NOVA TRAINING DAY



[Download Workshop List](#)

*****Registration Closes on Jan. 8 - Don't Delay Questions? Email NoVaDistrict@vaumc.org**

United Methodist Day at General Assembly

2025 Registration now open. Registration: <https://na.eventscloud.com/ereg/index.php?eventid=815503&>



United Methodist Day at the General Assembly

Thursday, January 30, 2025

The Pace Center

700 West Franklin Street

Richmond, Virginia Time: 7:30 a.m. - 3:00 p.m.

Regular Registration closes on January 17, 2025 - \$35

Student Registration - \$10

Questions? please contact Heather Wray at heatherwray@vaumc.org

Registration closes on January 17, 2025



On **January 26, 2025, on Zoom at 2:30 (Sunday afternoon)**, there will be a **Treasurer Training session**. This invitation is open to unit presidents, treasurers, and anyone on your executive committee who wishes to attend. Watch for the Zoom link and further information in mid-January. If you have any questions for me before January 26, please don't hesitate to

contact me at martybickford121@outlook.com or 703-731-7992.

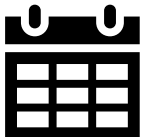
The dates for the training are:

NoVa UWF Leadership training -- all District and unit officers as well as anyone who is interested

Monday, January 13 -- 7:00 pm

Saturday, January 25 -- 2:00 pm

NoVa unit treasurers' training with Marty - Sunday, January 26 -- 2:00 pm



For the January NOVA United Women in Faith Calendar of events:

<https://www.novauwfaith.org/>

**Also. on this site is the 2025 NOVA District Officers and contact information.

Organizing a new group or seeking to *energize* your unit?

Find the guidance and all the tools you need to organize your group locally, virtually, or hybrid.

<https://uwfaith.org/members-and-leaders/organize/>

Program Resources (<https://uwfaithresources.org/prodlist.cfm?catID=2177>) offer ready-to-use ideas or actions for your group meetings or events, including Bible studies, services for **officer installations** and **special offerings** or workshops around the **justice campaigns**.

Officer/Member Resource Page (<https://uwfaith.org/members-and-leaders/officer-toolkit/>)

On this page you will find links to resources for all conference officers with brief descriptions. More information will be found through the links provided. Some links may require a login to United Women in Faith Digital or the Members & Leaders Portal.

<https://umcreationjustice.org/january-2025-tips-a-reminder-from-gods-seasons/>



**January is just a few days past the darkest day of the year, December 21.
With this month's long dark nights,
it's hard to not let our disposition and energy darken too.
But January is ever inching forward into the light.**

**God's seasons remind us that the
Light came into the world
and the darkness did not overcome it.
God remains faithful, working through the dark toward a new season.
We can follow God's leading.**

January 2025 Creation Justice Tips

“*God so loved the world...*” Most often Christians hear John 3:16 in relationship to personal salvation. But look again at what God loves enough to send God's own Son as a gift—the world! All of creation, not just humans. **If God so loved the world, then we need to also.** Choose at least one aspect of creation and love it through your gifts.

Some of the tips:

***WE CAN renew our commitment to be good stewards of our Earth. Choose one *new* thing to do throughout the year to care for creation.**

***WE CAN make our homes and churches more energy efficient. Fix the air leaks, use drapes to block the cold, change to LED lights, investigate possibilities for solar or Energy Star appliances.**

***WE CAN embrace zero waste. Create a reminder: Put a recycle bin next to your trash basket. Offer composting. Challenge family, colleagues, and church members to be thoughtful about their habits.**

***WE CAN clean up. Review your closets for items to donate for reuse, to repurpose, or to recycle. Challenge your clean-up crew of family or congregation to avoid letting anything go to the landfill. One church's campaign netted 220 serviceable winter coats that they donated to an organization helping unhoused persons.**

***WE CAN consume less meat. Explore the options for foods that are kinder to earth and to health. What we eat does have an impact on nature and climate change, as well as our own bodies. Try a new recipe. Host a meatless potluck and invite people to share their recipes.**

***WE CAN avoid single-use plastics. Take your own reusable bags when shopping. When eating out, bring your own non-plastic take-home container. Substitute bamboo, silicon, cloth from natural fibers, glass, or aluminum products for ones made of plastic.**

WE CAN reduce greenhouse gas emissions. Minimize the use of paper, which comes from chopping down trees. Choose instead email, texting, recycled paper, or reusable scrap paper. Change to bamboo toilet tissue, which is not wrapped in plastic, and that spares trees so they can continue to reduce carbon dioxide in the atmosphere.



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

UWF units *Inspirations* from our Sterling, VA UWF sisters:

From the NOVA UWF website, Sterling UWF unit 2024's accomplishments:

As United Women in Faith, we are encouraged to support missions in many ways. Each of our units has different activities in which they participate to achieve this goal, or to raise money to help fund their missions.

At Sterling United Women in Faith, we have participated in a variety of mission activities. These include:

- Providing cheer bags for those we serve in Grace Ministries (our food distribution activity)
- Preparing bags for our monthly food distribution
- Collecting hygiene supplies for both the homeless and for those who are in need in our local high schools.
- Collecting Operation Christmas Child shoeboxes. We have also worked at the warehouse in Maryland to help prepare boxes for shipment.
- Participated in mission trips to the Sager Brown warehouse to help prepare the UMCOR boxes for shipment.
- Providing Christmas meals and a Christmas party in conjunction with non-profit organizations that provide help to vulnerable families in our community.
- Sending cards and packages to active military away from home.
- Collecting coats for our local school systems for those children in need
- Creating and auctioning gift baskets to benefit MOSAIC, a Loudoun County organization that provides free medical care and other resources to women facing an unplanned pregnancy
- One of our circles, Busy Hands, stuffed pillows made by a member to distribute to heart patients in Fairfax Hospital
- Another circle makes prayer quilts for our church members to share with friends & family when needed
- Provided meals for our Celebrate Recovery ministry at our church

We have held several types of fundraisers to help raise money for these projects. These include:

- Christmas Cookie Walk
- Bake Sale
- Pancake Breakfast

We would love to hear about the activities you and your units work on to help our mission.

Please consider sharing your ideas so we can *all* benefit.

(Awesome showing of God's Love to the community, Sterling UWF!!)

QUESTION OF THE WEEK

**Who will you invite
to the sisterhood of
United Women in Faith?**



From the 2025 UWF Prayer Calendar (selection submitted to UWF District newsletter by Karlene Masters)

As the poet Mary Oliver invites us to ponder, "What is it you plan to do with your one wild and precious life?" What is the legacy of faith you are imparting? - Sophia Agtarap, Order of Deaconess and Home Missioner, Washington State Board for Community and Technical Colleges, Olympia, Washington, USA

January 1 - Hold my hand, oh Lord, and walk with me, just as you walked with generations before me. I need you every hour. Grace Musuku, United Women in Faith Regional Missionary, Africa

January 8 - God, in your mercy and peace, open the eyes of our hearts to your will for all people. Open the eyes of our hearts to embrace, include, and receive according to your love and kindness. Amen.

Jeff Fuller, Order of Deaconess and Home Missioner, North Georgia Annual Conference and Global Ministries, Atlanta, GA.

January 15 - God, as children grow, help them to grow in faith. As the young mature, help them to embrace love and mercy. As the elders age, help them to pass on the wisdom. Help every generation follow the footsteps of Jesus. Janic Lee, Global Missionary from the United States serving in Cambodia

January 22 - Thank you, God, for adding me to your list of those on the wake-up calls for this morning. Inspire me, mold me, and make me the best person to be your hands and feet. I pray for your guidance and hope to become the person you created me to be. Amen. Kimberly Lewis, Order of Deaconess and Home Missioner, United Way of Yellowstone County, Billings, Montana

January 29 - We pray for unity, understanding, and compassion. May our intergenerational bonds be strong and our shared faith deepen with each passing day. In Jesus' name we pray. Amen. Tsakani Michelle July, Global Mission Fellows - International from Zimbabwe serving in C

