



United
Women
in Faith

NORTHERN VIRGINIA DISTRICT UNITED WOMEN IN FAITH

NOVA NOTES

JUNE 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.

Here is a lovely prayer I read that I hope will touch and calm and inspire you (from May 2025 *The Link*).

Heavenly and Almighty God, you are my rest and my refuge.

***You are my shelter in the storm, my strength in the battle,
my nourishment in the drought. Come, walk beside me in this season.***

***Ease the stress and calm the busy. Refill and refresh my soul, so I can
continue to serve you and complete the work ahead.***

***Remind me of your love and support, equip me for the tasks ahead, and
steady my resolve. Remove the stress, and instead let me step forward in your
strength, listening to your guidance, following your priorities.***

Fill me with your hope and shine your light on my path.

All this I pray through your Son Jesus Christ. Amen.

– by Kathryn Shirey

Frances Ellis
Spiritual Growth Coordinator
vauwfsq@gmail.com



Spiritual Life Event (SLR) Northern Virginia District UWF

June 7, 2025 8:30am – 1:00pm

Oakton United Methodist Church, 2951 Chain Bridge Road, Oakton, VA 22124

Spiritual Care for Caregivers of Loved Ones with Dementia

Speakers: Maria Delpizzo, RN, and Pam Phillips, RN



Certified Dementia Practitioners® Maria Delpizzo and Pam Phillips will lead participants in understanding what it can be like for our loved ones living with dementia. We will discuss the challenges we as caregivers face and strategies for maintaining our own spiritual care while nurturing our loved ones living with dementia.

Registration Required (form below also attached):

The cost is \$20/person with lunch. We will also collect a love offering to support a local UWF mission.

SLR Registration Required by May 30, 2025 (\$20/person with lunch).

Name: _____ UWF Unit: _____

E-mail: _____

Dietary Request: gluten-free _____ vegetarian _____ dairy-free _____

I will stay for lunch: ___ Yes ___ NO

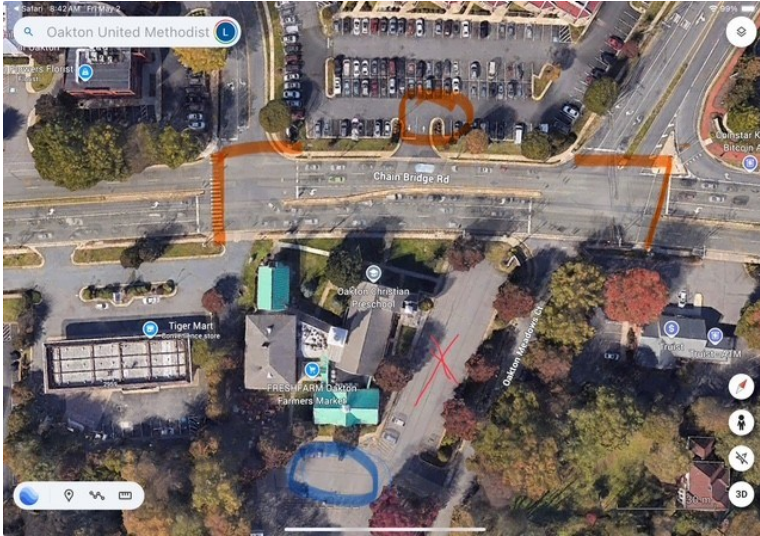
Please make your check payable to NOVA District UWF and mail to:

Marty Bickford
3561 Martha Custis Drive
Alexandria, VA 22302-2003

Questions? E-mail Karlene Masters (karlenemasters@hotmail.com).

Rise and Shine! Carpooling is encouraged!

Parking Options at Oakton United Methodist Church



The **red X** is where the farmer's market is held. The **blue area** is the parking lot area available while the market is there. The **orange lines** show the shopping center parking lot across the street as well as the crosswalk locations to safely cross Route 123 / Chain Bridge Road in Oakton. **Do not park in other locations – your vehicle will be towed.**



Approximately 30 spaces are available at the back portion of the church parking lot. A farmer's market occupies the primary section of the parking lot on Saturday mornings from 8:00 – 2:00.

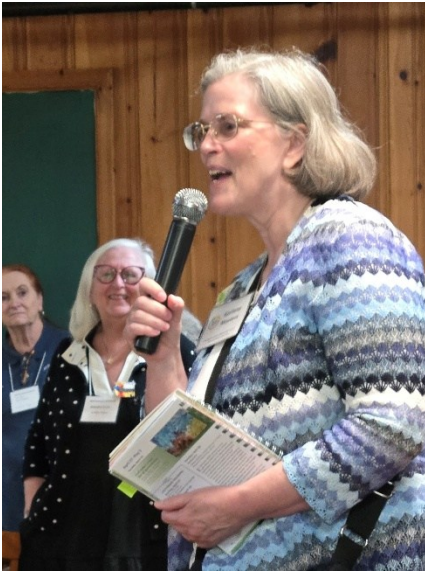


Attendees may need to navigate electrical extension cords from the vendors to reach Entrance #1 under the white cupola.



There is a ramp at the front of the church to enter the main door / Entrance #1 under the white cupola. Regretfully, all reserved spaces for handicapped vehicles are used by the farmer's market. Take the elevator down one floor to the Fellowship Hall.

SPOTLIGHT ON UWF Member....



Good Ideas are a Pathway to UWF Leadership By Karlene Masters, Spiritual Growth Coordinator, NOVA District UWF

I joined my octogenarian friend Frances Millard as co-chair of the Spiritual Life Committee in the mid-1990s, learning about United Methodist Women inner workings at Fairlington UMC. I resigned from the role when my husband and I transferred to California for work.

After we returned to Fairlington UMC in 2002, I attended a brainstorming meeting about attracting young women to UMW. Because I shared many ideas, the Nominations Committee approached me to serve as President for two years, promising mentoring from the outgoing President. Great! I agreed.

Karlene Masters at VA Conf. UWF Retreat 2025

A few months later, the Immediate Past President as well as her predecessors moved out of the area. Talk about trial by fire! Fortunately, the unit Treasurer helped me understand the various requirements, and we attended the Alexandria District UMW's annual officer's training events to help us with our roles.

Because the Fairlington congregation had – and still has – a history of active hands-on mission, the 'need' for United Methodist Women to be the mission driver was less imperative. As our UMW membership aged or relocated, we adapted and pivoted to a more streamlined leadership team, enabling us to remain relevant with fewer members.

By the way, those two years as President turned into eight years – including the COVID pandemic. During those years FUMW/FUWF experimented with different virtual platforms to deliver programming and virtual fundraising models to support our pledge to mission.

In a way, I have come full circle, to serve on the Northern Virginia District UWF Mission Team as the Spiritual Growth Coordinator. If only Frances Millard could see me now!



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More from Karlene Masters, UWF member:

Hello Sisters in Christ! I enjoyed meeting several of you at last month's Virginia Conference's Spiritual Life Retreat and leading attendees in prayer during the Saturday lunch. While at the tranquil retreat center, I collected a few suggestions for deepening (or beginning) a personal prayer life from Prayer and Possibilities (www.prayerandpossibilities.com), which I share with you here.

Shalom, Karlene
Karlene Masters, Spiritual Growth Coordinator



Prayer as Conversation - Prayer is your conversation with God. Open the conversation with these key components:

Start with praise.

Say thank you.

Share what is going on in your life.

Apologize.

Make requests for yourself and others.

Listen.

Praying Scripture - select a scripture and

- READ the passage you want to pray through a few times to absorb the words.
- REFLECT on what the passage means to you. What does it say about God? What does it say about our human nature. What does it say about you?
- RESPOND to God, praying the passage back to God.
- REJOICE in God's great goodness.
- REPENT your sins and shortcomings.
- REQUEST God's help.
- RECEIVE God's response to you by listening.

ACTS Prayer

1. ADORATION - Tell God how wonderful God is. Worship God and acknowledge God's goodness.
2. CONFESSION - Admit your sins. Cry out your brokenness. As for God's forgiveness, grace, and mercy.
3. THANKSGIVING - Say "thank you" to God for all God has done in your life.
4. SUPPLICATION - Make your requests to God, asking God for your own needs and for those of others.

Mid-week prayers from the 2025 UWF Prayer Calendar



June 2025

Allow the children to come to me. Don't forbid them, because God's kingdom belongs to people like these children. ~ Mark 10:14B

June 4 – Holy God, glory to your name for this opportunity to bless people, and as they receive gifts let them be faithful to you and continue to share their faith and knowledge so that those who do not know you may encounter you and make the world a better place. Kutela D. Katembo, Global Missionary from the Democratic Republic of the Congo serving in Angola

June 11 – Help us, Lord, to have faith like that of children. We thank you, Lord, because we learn a lot about faith from children. May we have many moments with them and realize that you hear and respond to them. Patricia Moreira Marques, Global Mission Fellows – International from Brazil serving in Portugal

June 18 – Loving God, we ask for blessing upon all generations. We are united and women in your love to serve and be served, to teach and learn, to love and support. Amen! Rosa Linda Guadarrama, Order of Deaconess and Home Missioner, Inclusive Modality, Upland California

June 25 – May your grace, Lord, keep us burning from generation to generation. Praise be to God. Grace Musaka, United Women in Faith Regional Missionary, Africa

Podcasts & Webinars (click on title under image):



[Faith Talks](#)



[Voices From the Field](#)



[Just Energy for All](#)



United Women in Faith: Two of May Faith Talks:
Recorded Episodes & Posts

[Faith Talks: Tools to Process Grief with Dr. Sabrina N'Diaye](#)

6 MAY 2025 · *Grief is an unavoidable part of life*....Without processing grief, it will weigh heavy on your shoulders and affect your mental health. With Mental Health Awareness Month starting in May, it's a great time to reflect on the impact of grief on our wellbeing. On this episode of Faith Talks we will welcome Dr. Sabrina N'Diaye to discuss grief and mental health. We will discuss different types of grieving and productive ways to process grief for the benefit of our mental health....This

conversation will leave you feeling healed and prepared to tackle the difficult feelings that arise throughout life. // Faith Talks is produced by United Women in Faith and hosted by Jennifer R. Farmer.

[Faith Talks: Intergenerational Learning](#)

1 MAY 2025 · We always have more to learn as we find our own paths. Oftentimes, we forget that the experiences of those in generations older than ours can be valuable in finding our way. Moreover, we forget that we are an important source of guidance for the children and young people in our lives who are just starting out—and that they can teach us something too. Intergenerational learning is meaningful at every age,,,With so much to learn and so much to say, you will leave this conversation ready to listen and share wisdom with people at all points of their lives.



[SOCIAL ACTION: CLIMATE JUSTICE](#)

United Women in Faith is continuing the Just Energy for All campaign for 2025-2028. Creation care and climate justice are intertwined with all other social justice issues that affect women, children, youth now and future generations. The Just Energy 4All campaign aims are to:

Take local action: Foster community-led initiatives through partnerships, providing resources and seed funding.

Advocate: Push for policy changes at the municipal, state, and federal levels, advocating for a just renewable energy transition and opposing

fossil fuel expansion.

LEARN about climate justice and share at community events: [RESOURCES](#) | [BIBLE STUDIES](#) | [FLYERS](#) | [VIDEOS](#).

TAKE ACTION AND ADVOCATE: [Sign up to get information about events, activities, resources and invitations for action.](#)



NOVA attendees to the Spiritual Life Retreat MAY 2-4



At the Spiritual Life Retreat, May, 2025 at Massanetta Springs in Harrisonburg, VA. NoVA District UWF had 12 units represented.

Of the 19 participants, four do not appear in the picture.

PICTURED:

- Marty Bickford – St. John’s
- Francine Cichy – St. John’s
- Marlene Dakita – Lincolnia
- Doris Douglass - Friendship
- BethAnn Eadie - Annandale
- Janet Keener – Wesley (Vienna)
- Wendy MacDonald – Old Bridge
- Jacqueline Martin – Rising Hope
- Karlene Masters - Fairlington

- Alnetta McCall – Good Shepherd
- Karen McElfish -Mount Olivet
- Darlene Runaldue – Rising Hope
- Carolyn Smith – Good Shepherd
- Gail Sutcliffe – Old Bridge
- Maria Ward – Del Ray

NOT PICTURED:

- Cozetta Johnson -Del Ray,
- Cyndi Jones – Annandale, Chris Miller – Herndon,
- Levenia Kibler – Herndon

**Here's a Creation Justice Sample Tip**

Jesus has told us that we are to care for the “least of these who are members of [Christ’s] family” (Matthew 25:40). Working to ameliorate climate change recognizes that people like Jesus described, those with few resources or connections, will suffer the most from the ravages that are more and more evident.

Jesus calls us to care for humanity and to work for climate justice.

<https://umcreationjustice.org/> sign up for monthly tips, newsletter, blog, Creation Justice News & stories

****Reminder that subscribing to the VICPP is an action on the LIOP form, and more importantly, a reminder to Vote!**

VIRGINIA GENERAL ASSEMBLY – UPDATE ON SOCIAL JUSTICE LEGISLATION

The Virginia Interfaith Center for Public Policy is a 501c3 organization whose mission is to “advocate for economic, racial, and social justice in Virginia’s policies and practices through education, prayer, and action.”

One of the tenets of United Women in Faith is to promote social justice initiatives that affect women, children and families. The Living Into Our Purpose form lists item “#3g. Have at least one member sign up to receive Virginia Interfaith Center for Public Policy alerts (<http://www.virginiainterfaithcenter.org>) and use ideas to **advocate for justice.**”

Following is a brief summary of the status of several bills of interest to faith organizations and supported by VICPP’s efforts. You can learn more about these bills and how you can be engaged at the VICPP website at www.virginiainterfaithcenter.org.



IMPORTANT REMINDER: Voting in the Virginia Primaries is June 17, 2025. Election Day is November 4, 2025. Exercise your rights as an American citizen by voting!

This year, Virginia has primary and general elections for Governor, Lt. Governor, Attorney General, the House of Delegates, and local offices. **The Primary Election is June 17th and the last day to register to vote is May 27th!**

ENDING INDISCRIMINATE YOUTH SHACKLING

This bill limits indiscriminate shackling of youth which is still a practice being used in courtrooms in Virginia. Virginia is one of only 11 states in this county that continue this practice.

RESTORATION OF RIGHTS

This bill would amend the [Virginia Constitution](#) to automatically restore voting rights to persons with felony convictions after they have completed their sentences. The bill passed, and must pass the General Assembly again next year before coming to a ballot measure.

HIGHER EDUCATION IN PRISON

This bill would have addressed prison education and expands college opportunities for incarcerated learners. The bill was vetoed by the Governor, but VICPP will keep pushing for access to Higher Education in Prison

UNCONCIOUS BIAS This bill required that unconscious (implicit) bias and cultural competency training become an eligibility criteria for all health care professionals licensed by the Virginia Board of Medicine. Despite bipartisan support, the bill was vetoed.

PRESUMPTIVE ELIGIBILITY FOR PREGNANT WOMEN

VICPP advocated a bill to allows pregnant women to be immediately enrolled in Medicaid without waiting for up to 45 days for paperwork to be processed. Though the bill didn't pass, there is guidance to speed up the processing period.

PAID SICK DAYS

This bill would ensure all workers in Virginia have access to paid sick days. It passed the legislature, but was vetoed by the governor.

FAITH IN HOUSING

This bill would have allowed localities to make it easier for congregations to use their land to build affordable housing. The bill was amended to asking DHCD to compile strategies localities can use to stimulate affordable housing.

VOTER PROTECTION

This bill would have protected citizens from being removed from Virginia's voter rolls. The bill was vetoed, despite some bipartisan support.

MICAH 6:8 – *He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.*

Brenda Romenius
NOVA District UWF

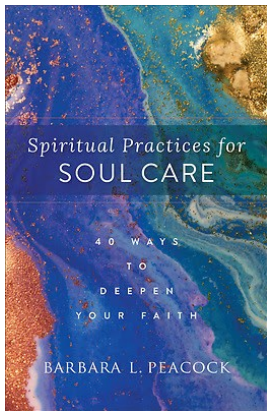


YOU'RE INVITED

2025 Reading Program

**Author Talk with Dr. Barbara Peacock on
Spiritual Practices for Soul Care: 40 Ways to Deepen Your Faith
Wednesday, June 11, 2025
7PM-8PM ET**

[Register Here](#)



Join United Women in Faith members and friends for a special Reading Program Author Talk with Dr. Barbara Peacock on *Spiritual Practices for Soul Care: 40 Ways to Deepen Your Faith*.

Spiritual Practices for Soul Care is a [2025 United Women in Faith Reading Program](#) bonus book selection in the spiritual growth category.

About *Spiritual Practices for Soul Care*: In this world of frantic activity and constant entertainment, it can be hard to identify and embrace the rhythms that lead to true flourishing. Here, author and spiritual director Barbara L. Peacock offers a way to integrate inner growth into the realities of your outer life through 40 ways to help put spiritual disciplines into action each day. From prayer and meditation to serving and socializing to resting and healing, these simple, restorative practices will help readers develop the kind of Christian walk they desire

[Register Here](#)

All are welcome. There is no cost to participate. Pre-reading of the book is not required, but it will enrich your experience of the author talk. Registration is accepted on a first-come, first-served basis.

P.S. If you are planning to purchase this book, consider buying it through our United Women in Faith affiliate page, bookshop.org/shop/uwfaith, to earn 10% back for the organization! *If you are unable to open the registration link above, please copy and paste the following text into your browser window:* https://us06web.zoom.us/meeting/register/bcjUUiqIT_SxXd5NmFxDTA

The Link: https://drive.google.com/file/d/1RzoJFmb-IUeWA0N5DmD8Ff1blqD5e_dn/view



- **Annual Conference and Constitutional Amendments:** There's a focus on the importance of attending the Annual Conference and voting on four constitutional amendments related to regionalization, inclusiveness, confronting racism, and clergy educational requirements.
- **United Women in Faith Support for Amendments:** The organization supports the adoption of all four amendments.
- **Various Committee Reports and Updates:** The document includes reports from various committees like Program Resources, Nominations, Spiritual Growth, Education and Interpretation, Membership, Nurture and Outreach, and Social Action.
- **Events and Retreats:** Information about upcoming events such as the Spiritual Life Soul Care retreat, Pre Annual Conference Zoom Tea, Young Women's Retreat, and Mission u 2025.
- **Mission Giving:** Emphasis on the importance of mission giving and the various channels for it.
- **Conference Calendar:** A calendar of upcoming events for the Virginia Conference United



Northern Virginia District United Women in Faith

Mini-Mission Event

July 12, 2025

9am – 3pm

Sydenstricker United Methodist Church

8508 Hooes Rd, Springfield, VA 22153

Living the Kin-Dom

Exploring the Lord’s Prayer as a Spiritual Practice for Social Transformation

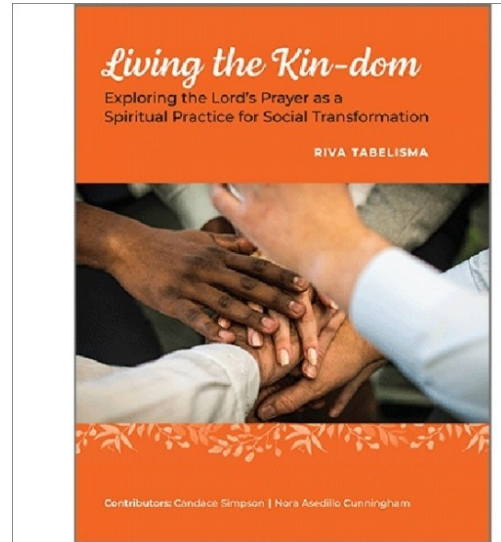
The Lord’s Prayer is a rich guide for how we can live out God’s kin-dom in our lives. We will focus on the different aspects of the Lord's Prayer and how it points us to living Christlike. Join us as we explore the depths of this powerful prayer.

Speaker: Dr. Jason Stanley

Rev. Dr. Jason C. Stanley is an ordained deacon in the United Methodist Church and currently serving as the Director for Call & Candidacy for The Virginia Annual Conference.

Light Breakfast and Lunch provided by Sydenstricker UWF Unit.

Registration Required. The cost is \$20/person to cover meal costs.



Registration for Meal (\$20/person) Required by July 1, 2025

Name: _____ Unit: _____

Dietary Restrictions: gluten-free _____ vegetarian _____ dairy-free _____

Please make your check payable to **NOVA District UWF** and mail to:

Marty Bickford
3561 Martha Custis Drive
Alexandria, VA 22302-2003

If you have any questions, please contact Beth Meserve at beth.meserve@gmail.com

Mission u 2025: <https://www.vauwf.org/missionu>

Mission u 2025 – Practicing Hope

Are you longing to deepen your faith?

Mission U 2025 is for YOU!



Plus
Worship and singing • Food and fellowship •
Hands-on mission project
at

Good Shepherd UMC

9155 Hungary Rd
Henrico, VA 23294

VA United Methodist Center

10330 Staples Mill Rd
Glen Allen, VA 23060

Craving connection and community with like-hearted Christians?

Laura Douglass, Registrar

missionu@vauwf.org

call text: 571-689-4365

July 25-27, 2025 Friday – Sunday

Registration Information: Our Mission u event this year is designed for adults ages 18 and older, and sessions are offered in English and Korean. You can attend in person or over Zoom.

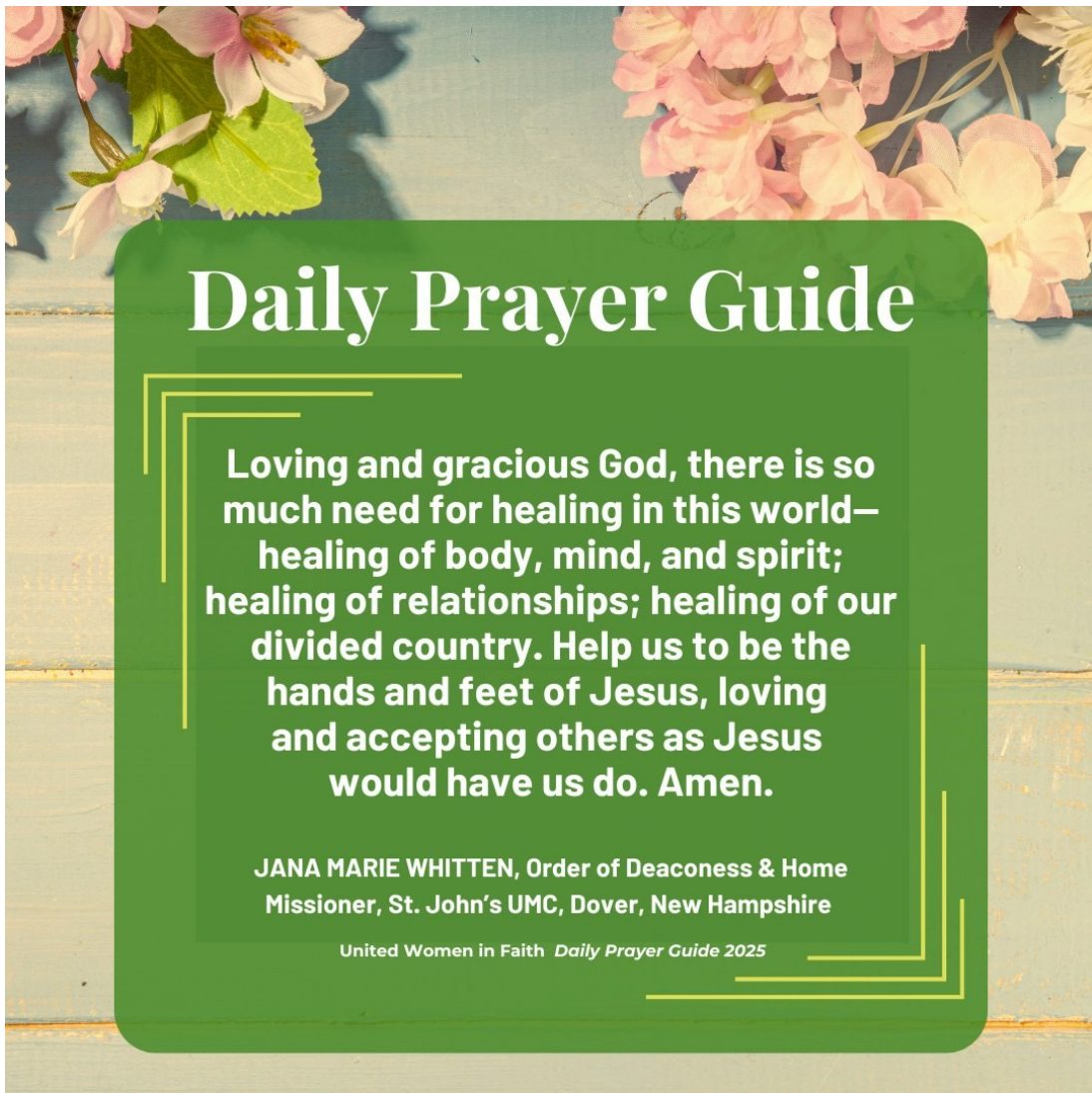
The registration options are:

1. **Hotel room with roommate** (pending availability) - Register and stay two nights at the Mission u hotel, the Hampton Inn Glenside. It is included in the price of **\$235.00**.
2. Register **without a hotel room** for those who live locally or want to make their own hotel reservations. That registration fee is **\$80.00**.
3. Register to attend over Zoom (English only). That fee is **\$30**.

Contacts

Dean: [Maria Ward](#)

Registrar: Rev. Laura Douglass missionu@vauwf.org, 571-689-4365



Daily Prayer Guide

Loving and gracious God, there is so much need for healing in this world— healing of body, mind, and spirit; healing of relationships; healing of our divided country. Help us to be the hands and feet of Jesus, loving and accepting others as Jesus would have us do. Amen.

JANA MARIE WHITTEN, Order of Deaconess & Home Missioner, St. John's UMC, Dover, New Hampshire

United Women in Faith Daily Prayer Guide 2025



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 to learn more