



United
Women
in Faith

NORTHERN VIRGINIA DISTRICT

UNITED WOMEN IN FAITH

NOVA NOTES

NOVEMBER 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.



Recap:

You were warmly invited to attend the **October 4, 2025 Northern Virginia District United Women in Faith Annual Meeting**

“CARRYING OUR FAITH FORWARD”

SPEAKER: Doris Douglass-Past Arlington District President

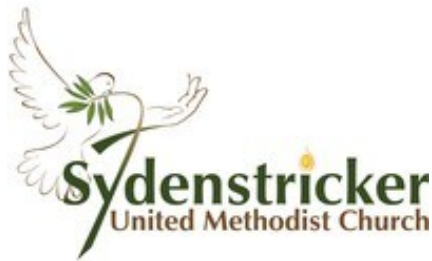
Mission in Motion: Witnessing God’s Work in Cuba

Just if you were wondering how many we had in attendance ... 20 units represented, 45 ladies, Not counted but we know of 2 online, And 2 from Friendship who left before Roll Call.



District is requesting that Units send information in all the 2026 Yearbook. This information should be e-mailed to Marty Bickford (martybickford121@outlook.com) UWF Yearbook Editor. Submissions should include name and position held, mailing address, email address and telephone/cell numbers. Please note that the same information will be shared with your counterparts on the UWF District Mission Team. The names and email addresses will also be shared with Carol Pratt, umwnovanotes@gmail.com editor of NOVA Notes, to update the newsletter mailing list. Unit officers' information needed by January or earlier for the 2026 Yearbook. This information should also be e-mailed to Marty Bickford .

Unit presidents are always welcome to attend our Mission Team working meetings (zoom) Please contact Maria Ward NoVa.UWF.MNO@gmail.com



Women and youth age 13 and above are invited to the United Women in Faith mini-retreat on **Saturday, November 1, from 9:00a.m. to 11:30 a.m.** We will begin with a time of fellowship and opening devotional and then move into our program, **Women of the Bible**. All attendees are encouraged to pick a woman of the Bible who has been an inspiration in their spiritual walk or one whose story has left them baffled. Everyone will have an opportunity to read the scripture for their chosen woman and share

thoughts with the group. Another option is for attendees to pay tribute to a woman who has been a strong and loving sister in Christ to them. Proverbs 31:26 provides an accurate description of the women who have guided us in life: *"She speaks with wisdom, and faithful instruction is on her tongue."* If we have time, we will discuss women today, such as Mother Theresa, who might be included in a twenty-first century Bible. The retreat will be a time for

<https://www.sydenstrickerumc.org/uwfmr> women to honor and celebrate women! Please gather with us for this special time of spiritual growth.

Register: <https://www.sydenstrickerumc.org/uwfmr>

8508 Hooes Road, Springfield, VA 22153

[Contact Us](https://www.sydenstrickerumc.org/uwfmr) 703-451-8223



***November 06**

United Women in Faith Digital Open House (November)
Thursday · 8:00pm - 9:00pm EST
Livestream

Join us for an overview of United Women in Faith Digital, our private space for content and community.

In this one-hour Zoom, we'll share:

- How and why we chose this platform for our members
- How to set up your profile and get connected, step by step
- Resources and opportunities you won't want to miss

We'll also have plenty of time for questions!

You'll walk away feeling confident and equipped about how and why to use United Women in Faith Digital.

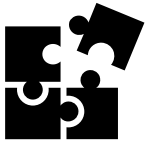
Note that registration on Zoom is required. Feel free to share this information widely.

[Click here to register in advance for this November meeting.](#)



***Dec 09**

United Women in Faith Digital Open House (December)
Tuesday · 8:00pm - 9:00pm EST



The NoVA Dementia Care Consortium will hold its
39th Annual Caregiver's Conference
(Putting the Pieces Together in Dementia Caregiving)
November 22, 2025.



Experts will be on site to discuss caregiving, aging, dementia, and other useful topics.
Location: Fairfax County Government Center, 12000 Government Center Parkway, Fairfax, VA 22035
A \$35 fee covers a continental breakfast, lunch, materials, and certificate of attendance.

Register at nvdcc.com

(Disclaimer: the information you provide will be governed by the host organization's privacy policy.)

Questions? Call 703-966-29



Mid-week prayers from the 2025 UWF Prayer Calendar

November 2025

It's a beautiful sight to see different generations coming together, united in their faith and eagerness to learn. It's a perfect opportunity for spiritual growth and community bonding. ~ Fuxia Wang, Church and Community Worker, Director of International Ministries, Oklahoma University Campus Ministry, Norman, Oklahoma November 2025.

November 5 – *Precious Jesus our Heavenly Father, continue to increase our faith as we go through the challenges of life, increase our courage and boldness to fight for the injustices around us. Let your love and grace continue to dwell in us as we bear your light to the world. Amen. ~ Alpha May Tomas, Order of Deaconess and Home Missioner, Santa Ana UMC, Santa Ana, California*

November 12 – *Lord Jesus, give us strength to work, with each other towards unity, peace, rebuilding, healing, justice, ending oppression, inequality, marginalization, and discrimination. Let us be your instruments. In the name of the Father, the Son, and the Holy Spirit. Amen. ~ Sharon Jokwiro, Global Mission Fellows – International from Zimbabwe serving in the Philippines*

November 19 – *God, as I have gone through things. I have realized that you are real, and you are always going to be by my side. Thank you for helping me overcome. Amen. ~ Layla, age 14, Resident, Murphy-Harpst Children's Centers, Cedartown, Georgia*

November 26 – *Lord, help us to listen with open hearts and cherish the wisdom shared across generations. Guide us as we cultivate a community where grace flows freely and everyone is valued. Amen. Paula Ijares, United Women in Faith Scholarship Recipient, Tagum, Philippines.*

UWF Reading Program

At the VA Conference UWFaith annual meeting at Trinity UMC in Richmond on October 25, NoVA District placed 1st in the largest number of readers, and 2nd in the largest number of books read. Congratulations to all of the units that made this recognition possible.

UWFaith Unit	No. of Readers	No. of Books Read
Aldersgate	25	93
Andrew Chapel	9	56
Annandale	3	5
Arlington Temple	4	14
Bethel (Fauquier)	5	17
Clarendon	11	11
Fairlington	12	3
Friendship	7	20
Good Shepherd	2	13
Herndon	19	87
Mount Olivet	5	41
Old Bridge	26	208
St. John's	17	92
St. Paul	8	16
St. Stephen's	1	6
Sterling	14	33
Sydenstricker	9	74
Wesley (Vienna)	4	70
TOTAL	181	859



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If you want to hear the podcast again or if you missed it, go to Faith Talks on the United Women in Faith website (<https://uwfaith.org/resources/podcasts/>) :



Faith Talks
A United Women in Faith Podcast
WITH JENNIFER R. FARMER

United Women in Faith

MAKING AN IMPACT AT EVERY AGE
October 16, 2 PM ET

World Thank Offering

FRANCES SMITH STRICKLAND, PH.D
FORMER FIRST LADY OF OHIO

The banner features a blue background with a portrait of Jennifer R. Farmer on the left. The title 'Faith Talks' is prominently displayed in white and black text. Below it, the text 'A United Women in Faith Podcast WITH JENNIFER R. FARMER' is shown. To the right, there is a logo for 'United Women in Faith' and a microphone icon. The lower section has an orange background with the text 'MAKING AN IMPACT AT EVERY AGE' and 'October 16, 2 PM ET'. A globe icon and 'World Thank Offering' text are also present. On the right side of the orange section is a circular portrait of Frances Smith Strickland, Ph.D. Below the orange section, on a light blue background, is the text 'FRANCES SMITH STRICKLAND, PH.D' and 'FORMER FIRST LADY OF OHIO'.



[Faith Talks](#)



[Voices From the Field](#)



[Just Energy for All](#)

Podcasts & Webinars (click on title under image):

Craft Your Voice and Make it Heard!



Join a **training** on writing op-eds and LTEs on Thursday, **November 13**, from 12-2 p.m. ET. United Women in Faith and Jennifer R. Farmer from Spotlight PR will lead a training on writing opinion essays (op-eds) and LTEs (letters to the editor). We'll learn the purpose of op-eds and LTEs, effective writing tips, and potential action topics to get you started from our social justice campaigns!

Register here. (www.uwfaith-org.zoom.us/meeting/register/YdF9Z0IuSIeMcy62FBABMQ#/registration)

Writing your story can shape public opinion, influence the world, and put love in action. Using our collective voices, we can advocate for our social justice priorities, climate justice and ending mass incarceration and criminalization of communities of color. When we learn how to use more tools, we can create unstoppable change together!



Wanted! *Quiet Day 2026* seeks a host church for Wed., February 18, 2026 at 10:00am. Responsibilities include the church's pastor to share a message, imposition of ashes, and if desired, offer communion. A piano player / organist is also requested to provide music during the service. Contact Coordinator for Spiritual Growth Karlene Masters (karlenemasters@hotmail.com) for more information or if your church would like to host.



The United Women in Faith at Trinity UMC (Alexandria) hosted a Labyrinth Walk on Sunday afternoon, October 12. The Walk was led by Rev. Kim Barker-Brugman, an ordained elder in the Virginia Annual Conference of the UMC. She is a certified spiritual director and a Veriditas-trained Labyrinth Facilitator.

Rev. Kim talked to the group about the labyrinth's history and how it came to be. One of the oldest symbols of human spirituality, the labyrinth can be walked in five stages: Remember – before walking the labyrinth; Release-Purgation – walking into the labyrinth; Receive-Illumination – standing or sitting in the center; Return-Union – walking out of the labyrinth; and Reflect – taking a moment to record your thoughts and feelings.

It was a wonderful, spirit-filled afternoon as all of us – sisters in faith - walked the labyrinth and listened to our hearts...each in her own way.

Marty Bickford

From October's UWF Digital Calendar:

*This was the UWF Digital **Soul Care** Mid-month check-in: How's your soul doing? Take a moment for a quick soul scan. 🔍 While you're at it, October is Breast Cancer Awareness Month—take a moment to remember the importance of early detection and self-exams. Real women. Real faith. Real community. Share an emoji that describes your current inner state! 😊 For more resources and to connect with bold women like you, join our online community today!*

🔗 visit UWFaith.org/digital to learn more

P.S. Since October is Breast Cancer Awareness Month, we're sending love and strength to all survivors and encouraging everyone to prioritize early detection!



An Evening with Ellie Lofaro

November 14, 2025 at 7 PM,

Doors open at 6:30 PM

This amazing opportunity is brought to you by Herndon UMC’s United Women in Faith.

Ellie Lofaro, inspirational speaker, gifted author, and Biblical teacher, will speak at Herndon UMC, 701 Bennett Street, Herndon, VA. Everyone is invited. (recommended for ages 13+)

Bring your spouse, your sister, your daughter, your friends. BUT please RSVP so that we will have a seat for you.

In lieu of paying for a ticket, Herndon United Women in Faith invite you to make a free-will donation (suggested \$10/person) to benefit **Shelter House** (<https://www.shelterhouse.org/>). 100% of donations made will go support **Shelter House**.

Contact: Sally
at Womensevents@herndonumc.org
Or Levenia at uwf@herndonumc.org

Link to RSVP form: bit.ly/EveningWithEllie

*Links to flyers:

<https://1drv.ms/b/c/4923b5bf9fbb09e9/EQ8ZZlilgi5Hmal3SAsbTLcBUXpuaweXPmtCqzyblEA65Q>

UWF Daily Prayer Guide:

Thursday, November 27

THANKSGIVING DAY

Verse for Today

God is the one who enables you both to want and to actually live out his good purposes. –Philippians 2:13

Lectionary Reading

Deuteronomy 26:1–11

John 6:25–35



Pray Every Day

Advancing Food Security through Organic Agriculture, Brazil

Quarterly reminders are included to participate in “Thursdays in Black”

(<https://www.resourceumc.org/en/partners/gcsr/home/content/thursdays-in-black-umc>) global initiative launched by Ecumenical Women at the UN to end all sexual and gender-based violence. United Women in Faith is one of the founders of Ecumenical Women at the UN.



All are welcome to attend. For more information, please contact Alnetta McCall.

Phone number: (703) 389-0201

E-mail: netta531@yahoo.com



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Fairlington UWF Holiday Fundraiser 2025

Proceeds from our fundraisers support local and national non-profits impacting the lives of women, children, and youth. Email us at FairlingtonUMW@gmail.com for details or to ask questions.

2025 White House Historical Association Ornament



The **2025 White House Ornaments** have arrived! This year's ornament honors the 150th anniversary of State Dinners hosted by the White House and features two distinct plates from the White House State china collection. Fairlington UWF is selling them for \$25 each (for 1-9 ornaments) or \$24 each if you purchase 10+ ornaments.

Reserve your ornament by emailing Karlene Masters at Fairlingtonumw@gmail.com. We will confirm your order, the amount owed and arrange pick up or delivery.

Your check payable to **Fairlington United Methodist Women** is due when the items are delivered.



**THANK YOU for supporting Fairlington UWF Holiday Fundraiser!
We are so grateful!**

The opening book of the Bible reminds us, “*God saw everything God had made and indeed, it was very good*” (Genesis 1:31). The first commandment given to humanity is to tend and care for the garden God gave us (Genesis 2:15). Regenerative agriculture practices are proven ways to do so.



November 2025

Reverse the words, “thanks giving,” to reshape your observance. **Develop a gratitude list.** As you make an entry, give thanks to God for that blessing in your life. Regularly reread your record of God’s bounty and find peace in it despite all the disruptions swirling around you.

Black Friday, Small Business Saturday, and Cyber Monday are part of our culture of relentless advertising and overconsumption, which fills our landfills. **Be thoughtful about what you buy and from whom.** Discern **wants versus needs**. Look for environmentally focused companies with ethical practices. Consider packaging, durability, and sustainability in the products you choose.

Enjoy your Thanksgiving celebrations, **starting with a sustainability mindset:** reusable dinnerware, cloth napkins, less meat/more plant-based foods, a plan to use leftovers, a kitchen set up to maximize composting and minimize trashing, even washable rags for cleanup instead of killing trees for paper towels. Earth will be thankful you did.

Put your money to work for justice. When you buy organic, you guarantee more farmers can grow healthy, safe food. When you buy fair trade, you provide living wages and fight poverty. When you bank with a community bank or credit union, you are investing locally and likely not funding fossil fuel projects. Choose justice.

In **Luke 18:1-8** Jesus tells the parable of the widow and the unjust judge. The judge “who neither feared God nor had respect for people,” finally relented because of the widow’s persistence in asking for justice. She didn’t give up, & neither should we! Keep bringing injustice to planet & people to the attention of the powers that be. **Write letters, sign, petitions, make calls, speak up, stand up, step up.**

The average American family uses 500 plastic snack bags annually, which are non-degradable and may contain BPA. To cut waste and keep plastics out of food and the environment, **choose eco-friendly alternatives**, including reusable silicone bags, paper sacks, bamboo boxes, and glass containers.

Microplastics are lurking in your closet. Clothes made of polyester, acrylic, nylon or other synthetics or synthetic blends shed microplastics when washed. Avoid adding to the problem by washing fewer times, handwashing, or using the gentle cycle. Purchase already washed items from thrift stores or new ones made from natural materials. **Read the labels before you buy.**

Your recycling—if it's in a plastic bag—won't be recycled. The bag will be pulled off the line and trashed because there is no time to open and empty it, and plastic bags cannot be allowed to go through because they tangle up the equipment and cause shutdowns. *****Learn and follow the rules for your local recycling facility.** Give thanks for those who work there.

Investigate **[Oral Care Free Recycling Program](https://www.terracycle.com/en-US/brigades/colgate#@37.09024:-95.712891zoom:4)** (<https://www.terracycle.com/en-US/brigades/colgate#@37.09024:-95.712891zoom:4>) **for options for disposing** of used or empty toothpaste tubes and caps, toothbrushes, toothpaste cartons, toothbrush outer packaging, and floss containers. Consider creating a drive or drop off site through your congregation.

Yes, One Person Can Make a Difference!


Individual actions that I have taken to help prevent climate change include driving a hybrid plug-in, installing a heat pump water heater, insulating my home, putting solar panels on my garage, and eating less meat. I am also trying to be more environmentally conscious in my purchases and am exploring fossil-free investments for my retirement funds.

Catherine Houle is a member of Williamsville United Methodist Church, Williamsville, NY.

As a reader of the Tips, do you have a Tip to share from your own experience? Send your idea to tips.creationjustice@gmail.com.

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.

 (www.wakeupworld.earth)



Spotlight on UWF member Lois Hidalgo

Hello, everyone. Lois Hidalgo here. I'm currently the Education and Interpretation Coordinator for the NOVA District of UWF.

I have lived in this area since birth, and started out at Trinity UMC in Alexandria before we moved to Oakton. My husband and I currently live not far from my church in Oakton. I have been a member of Oakton since 1964. UMC (this church was where the June, 2025 *UWF Spiritual Life* event was held) My two grandchildren are the fourth generation to attend church there. I help take care of my two grandchildren to help out my daughter. She is the Choral Music Director at Westfield High School

My mother was very involved in UMW and held an office on the District Board at some point in time. I started a young women's UMW Circle as a young mother in the 80s. I later was President of our Church's one Unit several different times.

Unfortunately, life happens and our church lost many UMW members so we no longer have an active unit at Oakton.

This is why I joined the Mission Board for the NOVA District UWF. I am able to continue the good work that we do along with all of you.

I encourage all of you to think about serving on the UWF District Board where there are openings. It's a great way to get to know the wonderful work that our mission-based organization does.

Lois

Mark Your Calendars!

2026 Northern Virginia District UWFaith Calendar of Events and Due Dates for District Forms

Date	Activity	Officer Contact
Jan 11 2-4 pm In-person	NoVA District UWF Winter Games Party Fairfax UMC	Loretta Henderson Lhenderson3505@aol.com
Jan 14 7 pm VIRTUAL	NoVA District UWF Treasurer Training	Amanda Henderson amanda.henderson2@verizon.net
Jan 17 HYBRID	NoVA District UMC Training Day Floris UMC	Sarah Allen NoVaAdmin@vaumc.org
Jan 20	NoVA Notes Deadline February Articles Due	Carol Pratt UMWNoVaNotes@gmail.com
Jan 24 9:30 am VIRTUAL	NoVA District UWF Mission Team Meeting	Loretta Henderson Lhenderson3505@aol.com
Jan 25 2-4 pm VIRTUAL	NoVA District UWF Officer Training	Maria Ward Nova.uwf.mno@gmail.com
Jan 29 7:30 am HYBRID	UM Day at General Assembly https://vaumc.org/umday	Loretta Henderson Lhenderson3505@aol.com
Jan 31 9-11 am VIRTUAL	NoVA District UWF Officer Training	Maria Ward Nova.uwf.mno@gmail.com
Feb 18 10 am In-person	NoVA District UWF Quiet Day – Ash Wednesday Location TBA	Karlene Masters karlenemasters@hotmail.com
Feb 20	NoVA Notes Deadline March Articles Due	Carol Pratt UMWNoVaNotes@gmail.com
Feb 28 9 am In person	Prayer & Self-Denial Breakfast St. John's UMC	Brenda Romenius brendaromenius@yahoo.com



The website for Assembly 2026 is open!
This year's Assembly, themed "*Dream it! Believe it! Do it!*" will take place in Indianapolis, May 15-17, 2026. Visit [UWFaith.org/Assembly](https://uwfaith.org/assembly) to learn more

Stacey Abrams, Workshops, Soul Care, Town Halls, and More on Schedule

Stacey Abrams—politician, lawyer, activist,

andriter—has officially signed on as a keynote speaker. Abrams is best known for her work involving voting accessibility and turnout. She made history by becoming the first woman and first African American woman to hold positions in state and national politics. Abrams will be joined on stage by her mother, the Rev. Carolyn Abrams, retired United Methodist clergy.

Assembly 2026 leaders and plans continue developing daily, so be sure to visit <https://assembly.uwfaith.org/website/82390/> to register early and stay up to date on the latest news



Photo by [Kiy Turk](#) on [Unsplash](#)

Happy Thanksgiving!