



United  
Women  
in Faith

# NORTHERN VIRGINIA DISTRICT

## UNITED WOMEN IN FAITH

### NOVA NOTES



#### **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.

O Christ of the Road of the wounded  
O Christ of the tears of the broken  
Be in me and with me  
Hold the needs of the world  
Grant me my prayers of loving and hoping  
Grant me my prayers of yearning and healing  
Fill me with your peace  
and thank you for holding me in the palm of  
you hand.  
Amen.

(modified from a prayer by J. Philip Newell in the Celtic Prayers of Iona)

Theology Thursday - UW Faith Digital

## Retreat in September

Walking Together...Connecting in Faith  
Virginia Conference United Women in Faith

### Young Women's Event, September 19 - 20, 2025

You are invited to spend from 6pm Friday to 4 pm on Saturday  
finding fellowship & spiritual refreshment at

**Blessing Lodge, Camp Overlook, 3014 Camp Overlook Lane, Keezletown, VA 22832**  
**Young Women's Retreat [registration \(PDF\)](#)**

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\** **Please Register ASAP**

Register and Pay Online (select Young Women's Retreat and click "Other" for amount remitted) OR print this registration and send with a check made payable to **VA Conference United Women in Faith** by **September 8, 2025** to:

**Melissa White, 109 Dawson Crescent, Seaford, VA 23696**

**Phone: 757-218-7092**

**Email: [mel49white@yahoo.com](mailto:mel49white@yahoo.com)**

Scholarships - A limited number of scholarships are available through District Presidents of United Women in Faith. Please contact your District President OR Melissa White with questions. Also, a form to apply for a First Time Attendee or Ethnic Minority First Time Attendee to a Conference Event is available here: VA Originals or Ethnic Minority Event Grant.pdf





### **UW Faith Member spotlight: Doris Douglass**

I am a native of Northern Virginia and grew up in Falls Church along Route 50. I am a lifelong Methodist and was introduced to mission work through my mother. Her involvement with The Women’s Society of Christian Service and The Wesley Service Guild, both predecessors of United Women in Faith, set an example of service to others locally and around the world.

I went to Northern Virginia Community College where I earned an Associate Degree in Institutional Management. Afterwards I attended Shepherd University and in 1974 earned a degree in Business Management. I returned home, got a job, joined United Methodist Women (UMW) and got involved. My first “mission” trip was with The Appalachian Service Project as a chaperone for our youth group. I met my future husband at church, got to know him better through the youth group Mission trips mentioned above and we married in 1980.

Then life happened as it does. I worked at Northern Virginia Community College in the Hotel Restaurant and Institutional Management Program as the Laboratory Instructor for nine years. My husband received a Kidney transplant, and then his job as an Astronomer took us to New Zealand for three years. When we came back, I worked at a nursing home as Director of Dietary Services for eighteen years. During this time, I continued to be active in my local UMW holding various positions, attending District and Conference events, supporting missions like UNICEF, UMCOR, and so on. My husband died in 2005 after three years of a steady decline in his health.

The plan had been to for us to go on missions together after we retired. We both had hearts for mission and wanted to live out our lives in a more personal and direct way as Jesus has told us to do. I still wanted to be in mission. So, I adjusted the plan and decided to go anyway. The last line of the Women In Faith Purpose is, ” to expand concepts of mission through participation in the global ministries of the church.” I wanted to put my faith into action. So here we, are about twenty years later, with many mission trips under my belt; Cuba, Brazil, Hungary, Africa and Guatemala, about 19 in all. When taking part in any mission work, I like to visualize all those who are with me in spirit; my husband, my mom, friends, UWF sisters, and my congregation. They all come along like a cloud of friends

I held numerous positions on the UMW Arlington District. The last position I held was President as we navigated through the pandemic. I continued to help as our name changed to United Women In Faith and helped with the combining of the UWF Alexandria and Arlington District’s as we became United Women In Faith Northern Virginia District. I am currently part of the District nominations committee. With God’s help and Christ’s vision, I plan to support UWF and be in mission as long as I am able.





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

### September 2025

*May God open our eyes to see, ears to hear, and our hearts to act with love for the inclusiveness of everyone. Giving space to each generation is key as we work together.* ~ Frieda Mwebe Mofya, United Women in Faith Regional Missionary, Africa

**September 3** – *Lord God, be with teacher of students as they show love, compassion, and service to their students. Make them wise as to how to show your love and mercy so that they can see you in their teachers.*  
~ Connie Pilkington, Order of Deaconess & Home Missioner, Southwestern City Schools, Gove City, Ohio

**September 10** – *May we support and give hope to families across generations to feel empowered and thrive. Let there be no generational divide as we love and care for those who come before us and are born after us.* ~ Nora Weiss, Marketing & Communications, Atlantic Street Center, Seattle, Washington

**September 17** – *Lord of unity, uniqueness, and beauty amidst diversity may we all walk in your obedience with joy to your loving presence. Amen.* ~ Rose Anne Velasco-Cayabyab, Deaconess & United Women in Faith Scholarship Recipient, Nueva Ecija, Philippines

**September 24** – *I am grateful for God's immense goodness and all of God's help on this path, guiding and growing together with the community. I ask God for wisdom to continue working and the strength necessary to continue carrying God's message of love and faith.* ~ Yeferson Collo Perdomo, Global Mission Fellows – International from Colombia serving in Argentina



Podcasts & Webinars (click on title under image):



[Faith Talks](#)



[Voices From the Field](#)



[Just Energy for All](#)

Examples: Faith Talks website link to previous recordings:



- *Featured Faith Talks: Women in Leadership*  
01:27:37
- *Faith Talks: Cultivating Compassion in Difficult Times*  
44:26

**CALLING ALL KNITTERS!**



Dear Sisters in Christ,

My church, Blacksburg UMC, has several groups who are **making hats, scarves and gloves for Ukraine**. They are using royal blue and yellow to represent the Ukrainian flag colors. There are no specific designs or patterns just items that will keep them warm this winter. They are making some for children, youth and adults. The scarves should be somewhat narrow, but wide enough to help for warmth.

Our VA United Women in Faith Conference Mission Team members are participating and we hope many of you will also. Some are knitting, some are crocheting and some, like me, who do not have these skills are providing yarn. Please bring all completed items to our **Annual Meeting on October 25** at Trinity UMC in Richmond so they can be blessed and sent on their way by November 1. They will be Christmas gifts for the Ukrainians distributed by the members of Spring of Life UMC in Kiev and if we have enough some will be distributed by a gentleman who provides refurbished ambulances for the communities there.

These gifts will bring great joy to the receivers and their families. What a wonderful way to show LOVE IN ACTION! Please encourage your district members to participate. Let me know if you have any questions. Have fun and create JOY!

Blessings and Thanksgiving,

Phyllis Geoghegan

Social Action Coordinator for the VA Conference [socialaction@vauwf.org](mailto:socialaction@vauwf.org)

**People who cannot knit/crochet can donate yarn at the UW Faith VA Conference meeting.**

**CALLING ALL LEADERS FOR  
2026 NOVA UWFAITH DISTRICT MISSION TEAM**

Hello UWFaith Sisters!

Are you someone who enjoys working with others who have a heart for the needs of women, children and youth? Do you feel uplifted in activities that support others? Do you enjoy the close fellowship of a sisterhood who supports Christian mission as well as each other?

If your answer is YES, please consider joining our Leadership team for the NOVA District UWFaith!

As United Women in Faith, we hold closely to what we believe: we are a community of women whose purpose is to know God and 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.

The NOVA District of United Women in Faith is actively committed to supporting the needs of women, children and youth through activities and programs that address our purpose and mission. We find joy in immersing ourselves in spiritual growth. We educate ourselves about the needs of others through programs and reading resources. At a time when many programs that support basic needs of families have been cut or canceled, the call to live an active faith in caring for others has never been clearer. United Women in Faith rises to meet those needs! Below are the names of women who will serve on the NOVA District UWFaith Mission Team effective January 1, 2026.

	<b>NOVA UWF 2026</b>	<b>NOVA UMC</b>
<b>President</b>	Loretta Henderson	Woodlawn-Faith
<b>Vice President</b>	Vacant at this time	
<b>Secretary</b>	Bianca Roberts	Good Shepherd
<b>Treasurer</b>	Vacant at this time	
<b>Communications</b>	Carol Pratt	St. John's
<b>Spiritual Growth</b>	Karlene Masters	Fairlington
<b>Social Action</b>	Sue Gunter	Fairlington
<b>E &amp; I</b>	Lois Hidalgo	Oakton
<b>MNO</b>	Maria Ward	Del Ray
<b>SPR</b>	Barbara Barrick	Grace
<b>Chair, Nominations</b>	Beth Meserve	Sterling
	N-27 Doris. Douglass	Friendship
	N-28 Vacant at this time	

**Sub-District Coordinators:**

<b>Sub-D North</b>	Janet Keener	Wesley
<b>Sub-D South</b>	Alnetta McCall	Good Shepherd
<b>Sub-D East</b>	Marlene Dakita	Lincolnia
<b>Sub-D West</b>	Myrna Meling	Sydenstricker


Interested in joining this team? We very much like to talk with you about the NOVA District UWFaith Leadership team.

Contact: Brenda Romenius at [brendaromenius@yahoo.com](mailto:brendaromenius@yahoo.com) or Beth Meserve at [beth.meserve@gmail.com](mailto:beth.meserve@gmail.com).

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[Click here to download The Link](#)

August 1, 2025

 **The Link August 2025** This is *The Link* - the quarterly Virginia Conference newsletter for United Women in Faith.

**Inside THE LINK issue:**

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## UWF READING PROGRAM

### **Hello NOVA UW Faith Sisters**

Recently a form was sent to you for your unit to fill out regarding the books that your unit has read. The Reading Report Form references that previous Reading Program books can be found at "[unitedmethodistwomen.org/reading](http://unitedmethodistwomen.org/reading) program" (attached).

\*\*Unfortunately, the website for the Reading Program as noted on this form is an older link and may not work for you. The current Reading Program list, as well as previous Reading Program lists can be found at -

- [www.uwfaithresources.org](http://www.uwfaithresources.org)

- On the "**Resources**" page, select "**Educate**"

It will take you to a section on the Reading Program, with an *updated* Reading Program List. It also has lists from prior years.

Books that qualify for this Reading Program Report are taken from the Years 2018-2025.

Only books read between September 1, 2024 and August 31, 2025 can count on this report. (Any books read after this date can be counted toward next year.)

**Please complete form and send by **Sept. 10, 2025** to:**

Barbara Barrick  
Secretary of Program Resources  
9303 Gooseberry Drive  
Manassas, VA 20110

Questions: Email: [barbarabarrick0302@gmail.com](mailto:barbarabarrick0302@gmail.com)



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**Who Are You?**

The “Community of All Creation” is first in the United Methodist Social Principles.

**It affirms that you are...**

*part of the Beloved Community with a sacred calling to care for all creation.*

**Here are ways you can...**

As a **ROLE MODEL**, you can... show family, friends, colleagues, neighbors through your actions that taking care of creation and justice are important and possible. Using words is also helpful.

As an **INFLUENCER**, you can... use your social media posts to celebrate down-to-earth pleasures of family, friends, and nature rather than conspicuous consumption of out-of-this-world extravagances.

As a **PARTICIPANT**, you can... suggest, advocate for, and make happen more sustainable practices in your congregation, organizations, workplace, school, and housing (condo or development homeowners association, apartment complex, senior living facility).

As an **ORGANIZER**, you can... plan events large and small from business occasions to a one-year-old’s first birthday party to be friendly both for the participants and for the environment.

As a **CONSUMER**, you can... pressure retailers and corporations to become green by the choices you make of what to buy and what to refuse or reduce. You can also switch from shopping with big shippers and their excessive packaging to thrifting and estate sales, using your own reusable bags.

As a **CITIZEN**, you can... speak up for what you value through your vote, the petitions you sign, the letters and emails you write to law- and policymakers and editors, the protests and boycotts you participate in.

As a **SUPPORTER**, you can... use your financial resources to undergird the work of frontline organizations that are protecting wildlife and habitats, stopping drilling in Alaska and other federal lands, cleaning up oceans, planting millions of trees.

As a **DOER**, you can... minimize food waste and maximize through composting what you can’t minimize, pick up litter, plant pollinator and food gardens, and turn out lights especially during spring and fall bird migrations.

As an **INVESTOR**, you can... vet your bank, insurance, and investment companies to make sure your funds are not supporting fossil fuels. If they don’t align with your values, divest and let the company know why. Make your money work for greater good.

As an **INVESTIGATOR**, you can... be on alert for green washing, the practice of using language to imply sustainability but not following through with appropriate action. Telling the public to recycle plastic when very little is actually recyclable is one form of green washing.



**DONATIONS TO THE CHRISTMAS GIFT MINISTRY**  
**FOR THE FLUVANNA CORRECTIONAL CENTER FOR WOMEN**  
**ARE DUE BY NOVEMBER 1, 2025**

**Donations may be dropped off at St. John's UMC,**  
**5312 Backlick Road, Springfield, VA**  
**Monday – Thursday, 10 AM – 3 PM**

This ministry – sponsored by GracelInside, Virginia's Prison Chaplain Service – was established in 1998, and is supported entirely by donations from individuals, churches, and organizations throughout the Commonwealth of Virginia and beyond. Each inmate at the Fluvanna Correctional Center for Women receives the gifts listed below.

Here's a complete list of the approved donations. **Please note that the correctional center does not permit ANY substitute or additional items.**

**Hygiene Items (place in a gallon zip lock bag)**

1. One individually wrapped toothbrush (must be in the original container). **Battery-operated toothbrushes are NOT permitted.**
2. One tube of toothpaste, 6 oz. (must be in the original container).
3. One deodorant stick, 2.6 oz. - no spray or roll-on (as close to 2.6 oz. as possible but no larger)
4. One bottle of shampoo, 8 oz.-15 oz. (as close as possible to 15 oz.)
5. One bottle of lotion, 8 oz.-15 oz. (as close as possible to 15 oz.)

**Greeting Cards and Stationery Items**

1. Christmas cards and greeting cards for all occasions (no aluminum foil on the card or envelope flap)
2. Stationery items – writing paper (tablets 3 1/2 x 9 preferred)

**PLEASE, no postage stamps, pencils and envelopes are needed at this time.**

**Money Contributions.** For donors who wish to contribute money, please make your check payable to NOVA District UWF and write "FCCW Resource Fund" in the Memo section. Your donation will be forwarded to GracelInside and used to purchase any shortage of Christmas gift items and to support inmates in other ways, such as providing classroom materials and worship supplies; or paying travel expenses for funeral or deathbed visits. Checks may be mailed to Marty Bickford, 3561 Martha Custis Drive, Alexandria, VA 22302-2003. Please contact her if you have any questions at [martybickford121@outlook.com](mailto:martybickford121@outlook.com) or 703-731-7992.

**Thank you in advance for your generosity and support.**



Rising Hope distributed over **\$70,000** worth of food in this month! We are so grateful for all of our partners that help us nourish our neighborhood! **Did you know that we rely on more than 60 volunteer positions to help run our programs every single week? We are currently looking for volunteers to serve in all of our kitchen and hospitality positions.** For more information, please contact Darlene at [drunaldue@risinghopeumc.org](mailto:drunaldue@risinghopeumc.org)





## 2025 Election Resources from Virginia Interfaith Power & Light

This year, Virginia has elections for Governor, Lt. Governor, Attorney General, the House of Delegates, and local offices.

Some may see having annual elections in Virginia as a burden but we think it provides us an opportunity to reflect and assess our values as people of faith and conscience, and to turn prayer into action each and every year.

We have created two free resources for this election year:

- Our [Interfaith Voter Toolkit](#) includes key election dates and registration deadlines. It also includes resources for early voting, voter registration, and other important information that all Virginians needs to plan their vote.
- Our [Faithful Voter Reflection Guide](#) highlights relevant topics to help us reflect upon our faith and the ethics which will impact people and planet. This resources is a perfect tool for faith and community leaders to initiate conversations and values studies within their networks.

For a Recap July 2025's 'Mission u' see these links:

UWFaith Facebook Page: <https://www.facebook.com/VAUWF/>

Check out the photos from [2025 Mission u](#)

[Virginia United Women in Faith](#)

[opeSrstdnoia8gt32t138ta31Mu0IPauJ3 i4y9:04f9 hlu u83f00f74 l](#)

Mission u hands-on mission, dinner, and evening fellowship at [Good Shepherd United Methodist Church](#), Saturday classes "Practicing Hope" took place at the [Virginia Conference of The United Methodist Church](#)

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**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.**

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**Oct 07**

**United Women in Faith Digital Open House (October)**

Tuesday · 8:00pm - 9:00pm EDT

Livestream

**[RSVP](#)**

( <https://uwfaith.mn.co/events/united-women-in-faith-digital-open-house-october> )

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.

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**UWFaith Calendar: October is...**  
**Domestic Violence, Breast Cancer Awareness Month**

**SAVE THE DATE – “Breaking Down the Walls: Reaching Across the Racial Divide”**

Betty Kilby Baldwin and Phoebe Kilby, authors of *Cousins: Connected through Slavery, a Black woman and a White woman discover their past – and each other* will give a presentation on **Saturday, October 11 from 1 - 3 PM** at Laurel Ridge Community College, 173 Skirmisher Lane, Middletown, VA 22645. This program is co-sponsored by Laurel Ridge Community College and UWFaith Shenandoah River District, United Methodist Church.

Their book “*Cousins:...*” is featured on the UWFaith Reading Program list for Social Action.

Betty and Phoebe will talk about their discovery of each other, family histories and their experiences at the center of civil rights changes brought about in Virginia and our country in the mid-20<sup>th</sup> Century. A book signing will follow their presentation.

Hybrid and in-person options will be available with Registration.

Registration is FREE with possible donation options (tba) for The Kilby Family Endowed Scholarship Fund.

**More information will follow.** Questions? Contact: Laura Douglass, Social Action Chair, UWF SRD

Email: [LauraDouglas@vaumc.org](mailto:LauraDouglas@vaumc.org)

