



United
Women
in Faith

NORTHERN VIRGINIA DISTRICT

UNITED WOMEN IN FAITH

NOVA NOTES

OCTOBER, 2023



Please share and forward this United Women in Faith newsletter

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.



Northern Virginia District United Women in Faith Annual Meeting **Creation Justice**

Saturday, October 21, 2023

Mt. Olivet United Methodist Church

1500 N Glebe Rd, Arlington, VA 22207

9:30am (Fellowship beginning at 9:00am)

SPEAKER: Karen McElfish

**Lay Leader, Northern Virginia District of the
Virginia Conference of the United Methodist Church**

Please join us!

NOVA District UWF Annual Meeting (in person) October 21 at Mount Olivet UMC. The 2024 slate of officers will be elected and installed, and recognition of units/individuals who participated in the LIOP (Living Into Our Purpose), Reading Program, Legacy Fund, Rainbow Givers, SMR (Special Mission Recognition) pins, and 5/6-star units that contributed to the Channels of Mission Giving. If you plan to attend, **please RSVP** to beth.meserve@gmail.com by October 16 so we can ensure enough refreshments for everyone.

(Be aware that due to the ongoing fire recovery efforts at Mt. Olivet, there is no non-stair access to the meeting room)

Prepare

By Sharon Rosenfeld
Printed with permission

This morning I was adding the ingredients needed for a recipe to a grocery list, and proudly thought to myself: “oh, I have celery seed”, and patted myself on the back for having a well-prepared spice situation.

It’s the little things, y’all.

I think that one of the first mantras that we internalize as we are growing up is “Be prepared!”. It may be the Boy Scout motto but it is a message that is everywhere; whether or not we do it, we all know we should.

And it’s a good idea right? You should come to class with a pencil. You should wear a coat when it is cold. You should go inside when a storm is coming. You should put gas in your car before a long trip. But I think other things are harder to plan for. They require just a general, overall state of readiness that can be a source of significant anxiety, at least for me.

Because my spice cabinet is prepared for everything, but it is a mess. A lot of times I don’t even know what I’m prepared for when I look on those shelves and I think that the situation in my brain can look very similar. Looking at the chaos, sometimes I wonder if I am prepared for anything at all.

I have received many phone calls in my life I wasn’t ready for.

I wasn’t ready for stay-at-home orders, cancelled plans and the nuanced planning required to do things that used to be second nature.

I am not sure I was ready for being a Mom, even though I was **aggressively** preparing for that for years.

The disciples at The Last Supper were not prepared to see their friend die a gruesome death in the next hours. The morning when the women set out for the tomb where Jesus was laid, they were prepared to anoint his body as it lay dead in the grave and found no such thing. His followers weren’t prepared to be on their own, building Christ’s church in a hostile world. But they *were* ready.

So on the days when your brain feels like a jumble of spices in a messy cabinet, have faith that the good work that was begun in you from birth has been preparing you in ways you can’t imagine for the best and worst things you can’t predict.

You won’t feel prepared, but you are ready. Even now.

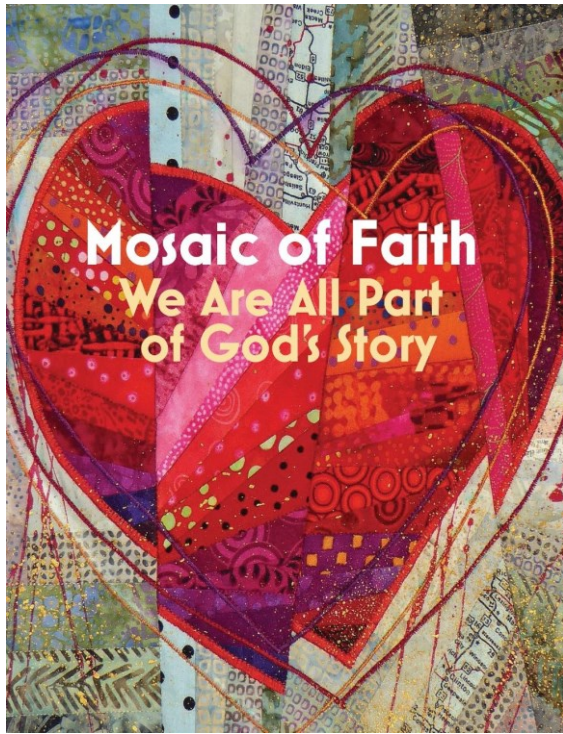
Devotion shared by Beth Meserve



NoVA - Sydenstricker Climate Justice with Dr. Karen McElfish Saturday, October 7, 12:30 pm- 1:30 pm

Description: What is climate justice? How does climate justice affect us? What can we (as individuals and communities) do about climate justice? Come find out at **Sydenstricker United Methodist Church Hottle Hall** (Sydenstricker UMC, 8508 Hooes Road, Springfield, VA 22153) on October 7 at 12:30 pm. Dr. Karen McElfish will be our speaker. Light lunch will be served. Feel free to bring a soup, salad, sandwiches or dessert for 4-6 people. Please sign up for this event so we have enough seats set out and we have enough food. Sign-up

will open September 7, 2023. Contact Donna Kellam at donnack@verizon.net This is a part of the **United Women in Faith** initiative “Just Energy for All,” and everyone is invited to attend.



Virginia Conference United Women in Faith 51st Annual Meeting 2023 October 27 – 28



Keynote Speaker: Bishop Sue Hauptert-Johnson

Register: <https://www.vauwf.org/>

Location:

Good Shepherd United Methodist Church
9155 Hungary Road
Henrico, VA 23294

Hotel:

***Reserve by September 28 at 6 PM**

Hampton Inn Richmond-West Innsbrook
10800 W. Broad Street, Glen Allen, VA 23060
Phone: 804-747-7777

Questions regarding registration? Call Betsy Hanmer @ 434-736-9242 (H) or 434-390-7844 (cell)



Wesley Community
Service Center, Inc.

**Wesley Community Service Center Building Purge & Building Clean out
Help Prepare for the return of our HeadStart Program
Join volunteers Saturday, October 14, 2023 at 8:30 am
1701 Elm Ave., Portsmouth, VA 23705
757-377-3107**

2024
Reading Program
Programa De Lectura
독서 프로그램



You'll find some new enhanced features we hope you'll enjoy:

- An expanded selection of books offering more choice for readers.
- A larger number of youth and children's book selections, including several intentionally paired sets to facilitate intergenerational programming.
- A new virtual page at bookshop.org/shop/uwfaith where you can browse and purchase most of the 2024 Reading Program books while earning 10% back for the organization.
- Look for the catalog titles in the upcoming November/December issue of *response magazine*. [response](https://uwfaith.org/resources/response-magazine/). (response magazine, print and digital, <https://uwfaith.org/resources/response-magazine/>)

Eligible years: For 2024, books from the 2019, 2020, 2021-2022, 2023, and 2024 Reading Program lists are all eligible for Reading Program credit, if you have not previously read them. You can find the full list of eligible books in [this spreadsheet](#).

Events: To receive invitations to book discussions and author talks throughout the year, [sign up for emails](#) from the Reading Program.

For more information, visit uwfaith.org/read.

The 2024 Reading Program Catalog is now available to download in [English](#), [Korean](#), and [Spanish](#)!

****** Download the UWF 2024 Reading Program -- It's FULL of valuable & useful information about the Reading Program. There are also several ways to receive Reading Program Credit which are listed in the program book. To read and download the 2024 Reading program, click [2024 Reading Program Catalog \(uwfaith.org\)](https://uwfaith.org/wp-content/uploads/2023/08/ReadingProgramCatalog2024.pdf). (<https://uwfaith.org/wp-content/uploads/2023/08/ReadingProgramCatalog2024.pdf>)

*Below is a list of approved items for the **Christmas** ministry at Fluvanna Correctional Center for Women in Troy, VA. Please, please follow the instructions; the prison authorities do not permit any substitutes. See the last paragraph for the drop-off location and donation deadline date.*

You have no idea how much these donations impact the women at Fluvanna. I've been told personally that the women (many do not have the means to purchase personal products at the prison) look forward with excitement to receiving these hygiene kits at Christmastime. Thank you in advance for your support, thoughtfulness, and generosity – this ministry is to be celebrated!

Blessings, Marty Bickford

Christmas Ministry for the Inmates at the Fluvanna Correctional Center for Women

Here's a brief overview of the ministry:

1. In existence since 1998, the year the correctional center opened
2. Sponsored through GraceInside, Virginia's Prison Chaplain Service
3. Supported entirely by donations from individuals, churches, and organizations throughout the state of Virginia and beyond
4. Administered through Effort Baptist Church, Palmyra, VA, which is the donation delivery point
5. 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) One individually wrapped toothbrush (must be in the original container).

1. 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. – (as close to 2.6 oz. as possible but no larger); no spray or roll-on
4. One bottle of shampoo, 15 oz. -18 oz (as close as possible to 15 oz. but no larger than 18 oz)
5. One bottle of lotion, 15 oz.-18 oz (as close as possible to 15 oz. but no larger than 18 oz)

Greeting Cards and Stationery Items

1. Christmas cards and greeting cards for all occasions. All cards are sorted by a local team of volunteers after they're received. Please try to avoid purchasing cards that contain aluminum foil on the card or envelope flap.
2. Stationery items – writing paper of any size and envelopes either 3 5/8 x 6 1/2 or 4 1/8 x 9 1/2
3. Forever postage stamps (used to send donation acknowledgment letters); please place them in a separate zip lock bag.
4. Wooden pencils (unsharpened)

Money Contributions. For donors who wish to contribute money, please make your check payable to "GraceInside" and write "FCCW Resource Fund" in the Memo section. These funds are used to purchase any shortage of Christmas gift items and to support inmates in other ways, such as providing classroom materials; providing worship supplies; or paying travel expenses for funeral or deathbed visits. **Please mail all checks to GraceInside, 2828 Emerywood Parkway, Richmond, VA 23294.**

Deadline for Receipt of Donations: Please deliver your donations to St. John's UMC, 5312 Backlick Road, Springfield, VA 22151, no later than November 1, 2023 (the office is closed Fridays). Please contact Marty Bickford (martybickford121@outlook.com or 703-731-7992) if you have any questions.



Photo by [Element5 Digital](#) on [Unsplash](#)

Election Day in Virginia – November 7

Sisters, let's not forget to vote in our local and state elections this year. Your sacred vote matters deeply as we strive to bring about the kingdom of God in our homes, neighborhoods, communities, and world. The Social Principles of the UMC affirm that "the strength of a political system depends upon the full and willing participation of its citizens" (Social Principles ¶ 164.B).

Here are some links to help you vote this year:

The calendar of the election season:


- Oct. 16: Last day to register or update your address to vote a regular ballot for this election
- Oct. 27 (Friday): by 5 p.m.: Last day to request that a ballot be mailed to you
- Nov. 4 (Saturday): Last day to vote early in person
- Nov. 7 (Tuesday): Election Day - Polls are open 6 a.m. to 7 p.m.

Virginia Department of Elections with links to the candidates and issues you'll vote on:

[Virginia Department of Elections - Candidates & Referendums](https://www.elections.virginia.gov/casting-a-ballot/candidate-list/) <https://www.elections.virginia.gov/casting-a-ballot/candidate-list/>

A brochure with general information from Virginia Interfaith Power and Light:

vaip.org/civics/

If you need a ride to the polls,  please contact Maria Ward at maria.ward@gmail.com.

The Virginia Interfaith Center for Public Policy is offering a Zoom session on Monday evening, **October 2**, to get you up to speed on what's happening at the Virginia General Assembly. You can learn more and register here:

[Northern Virginia Chapter Meeting | Virginia Interfaith Center PowerBase \(ourpowerbase.net\)](https://www.ourpowerbase.net/northern-virginia-chapter-meeting-virginia-interfaith-center)

2023 Christmas Market at Aldersgate UMC



<https://www.aldersgate.net/scheduled-events/christmas-market>

This year's United Women in Faith (UWF) Christmas Market will be on **Saturday, November 11th, from 9am - 2pm**. The whole church and community are invited, so mark your calendars. A great place to get a jump start on your holiday shopping. All money raised at the Christmas Market will go to missions and charities supported by the Aldersgate UWF. Vendors, White Elephant, Jewelry, Baked Goods, and more. Lunch from 11:00am - 1:30pm.

Welcome

Thank you to UWF from The Friends of Guest House

“Thanks to our friends at United Women in Faith for their support of our ‘Welcome Fund’.” Friends of Guest House (<https://friendsofguesthouse.org/>) established the 'Welcome Fund' - a new initiative that provides funds to Guest House residents to purchase unique essential items to make their stay more comfortable. Because every arrival should be a warm and welcoming experience, the 'Welcome Fund' gives residents the opportunity to go buy exactly what they need, from undergarments to hair care products.

October is Breast Cancer Awareness Month



Fall Women’s Retreat

You’re invited to come to the **Herndon United Women in Faith’s Fall Women’s Retreat Nov. 3-4** to be held at the Claggett Center in Adamstown, Maryland. Check it out at www.claggettcenter.org. Enjoy the beautiful countryside of this retreat center while you journey through the relationships of women of the Bible alongside Pastor Ali DeLeo. Prepare to discover how these Biblical women’s bonds may mirror connections you have with loved ones. Scripture: *“And blessed is she who believed that there would be a fulfillment of what was spoken to her by the Lord.”*—Luke 1:45 NRSV.



Photo by [Aaron Burden](#) on [Unsplash](#)

Register Sept 24-Oct 24: space is limited

www.bit.ly/womensfallretreat2023 Need financial assistance/scholarship? —just check the box in the registration form and someone will be in contact with you.

Double Room: \$128 per person Single Room: \$142 per person, Questions for Everludis:

womensevents@herndonumc.org All registration ends **October 24**.

There are a limited number of rooms available to us but would love to have some of our district friends attend

Around the Northern Virginia District:

Saturday, October 14, 5:00-7:00 p.m.

Del Ray UMC Oktoberfest

100 East Windsor Ave., Alexandria

A bit of German flair – bratwurst, hot dogs, soft pretzels, sauerkraut

\$10 adults, \$5 kids under 12

Support our local missions!

- Casa Chirilagua – supporting families in Arlandria
- Guest House – supporting women coming out of incarceration
- Rising Hope – building lives in Christ along the Route One corridor in Fairfax County



Sunday, October 29, 3:00-5:00 p.m.

Del Ray UMC Fall Festival

100 East Windsor Ave., Alexandria

Petting zoo, games, trunk or treat, bake sale to support UWF missions

Friday-Saturday, November 3-4

Herndon UWF Fall Retreat – A Heart of Blessing and Promise

Claggett Center in Adamstown, MD

Retreat leader Rev. Ali DeLeo

Flyer attached. E-mail womensevents@herndonumc.org

Saturday, December 16, 9:00 a.m.-noon

Fairlington UWF Breakfast with Santa to support Just Neighbors and Christ Church Refugee Program

Fairlington UMC, 3900 King Street, Alexandria, VA 22302

More details soon.

Sunday, January 7, 2024

NoVa District UWF Winter Games Party

More details soon.

Reminder for NoVA Notes, our Bi-District newsletter for the Alexandria and Arlington Districts. Invite other UWF members to the events & you can send by the 20th of the month, your stories, photos (jpg. format helpful) and UWF news to Carol Pratt at our e-mail address: UMWNNotes@gmail.com. Thank you! Carol Pratt

Mark your calendars!

UWF District Mission Team Meeting Moved to November 11th on zoom.
Beth Meserve will send out the zoom link closer to the date. beth.meserve@gmail.com