



United
Women
in Faith

UNITED WOMEN IN FAITH

NOVA NOTES



ALEXANDRIA & ARLINGTON BI-DISTRICT UMW

CELEBRATING WOMEN IN ARLINGTON, ALEXANDRIA, FAIRFAX, FALLS CHURCH,
LOUDOUN, & PRINCE WILLIAM COUNTIES
MAY 2022

PURPOSE

UNITED METHODIST WOMEN
shall be 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.

Giving Hands

I help with cooking our local Ruritan Dinners once a month, put on by our United Women of Faith unit. As our congregation has aged up, and the fact that we are in a small village, it's been just me and my friend who is 82 to do these dinners, usually for 25 or more people. Did I tell you she runs circles around my 58-year-old soul?

We went out in the rain to go to several stores to shop and came back to the church kitchen to cook. After 3 hours we were done, but not finished because we had the dinner the next day and there was much to prepare. When dinner was served and we cleaned up, we were exhausted but happy. You see, we were making money for mission.

I'm reminded of John Wesley's quote from a 1799 sermon, sometimes called

"John Wesley's Rule of Life:"

Do all the good you can,
By all the means you can,
In all the ways you can,
In all the places you can,
At all the times you can,
To all the people you can,
As long as ever you can.

~from a 1700's sermon by John Wesley.

From Dana Connor, Spiritual Growth Coordinator for the Arlington/Alexandria Bi-District Leadership



Join us for monthly conversations with United Women in Faith, hosted by Jennifer R Farmer. Each month, we'll explore timely themes and resources, from expert insights on ways to live

your faith to inspiring interviews with spiritual leaders. Past recorded podcasts are posted here.

<https://uwfaith.org/resources/podcasts/>

FaithTalks Facebook:

<https://www.facebook.com/events/467165481771708/?ref=newsfeed>



Mini Mission event on Climate Justice

April 30 at 9:30 am over Zoom. (additional information)

Speakers: Karen McElfish and JayDee Hansen from Mt. Olivet. They met and introduced the **Green Church Initiative** and **Caretakers of God's Creation**.

Recycling and climate initiatives in our jurisdictions:

Recycling Websites

Northern Virginia Waste Management Board

<https://www.novaregion.org/204/Solid-Waste-and-Recycling>

City of Alexandria

<https://www.alexandriava.gov/Recycling>

<https://www.alexandriava.gov/ResourceRecovery>

Alexandria City Hall, 301 King Street, Alexandria VA 22314; 703-746-4311

Arlington County

<https://www.arlingtonva.us/Government/Programs/Recycling-and-Trash>

<https://www.arlingtonva.us/Government/Programs/Recycling-and-Trash/Recycling-Drop-Centers>

703-228-5000

City of Fairfax

<https://www.fairfaxva.gov/government/public-works/operations-division/refuse-recycling>

703-385-7837 or email RefuseRecycling@fairfaxva.gov

Fairfax County

Northern Virginia Soil and Water Conservation District

<https://www.fairfaxcounty.gov/soil-water-conservation/>

12055 Government Center Parkway, Suite 905, Fairfax, VA 22035; 703-324-1460

City of Falls Church

<https://www.fallschurchva.gov/394/Residential-Curbside-Services>

703-248-5160

Town of Herndon

<https://www.herndon-va.gov/town-services/refuse-and-recycling>

703-435-6860 or 703-435-6856

Town of Leesburg

<https://www.leesburgva.gov/departments/public-works/trash-recycling-services>

25 West Market Street, Leesburg VA 20176; 703-777-2420

Loudoun County

<https://www.loudoun.gov/398/Recycling>

703-771-5500

Mom's Organic Market

Virginia Locations: Alexandria, Arlington, Herndon, Merrifield, Woodbridge

Items they accept daily include: Cell Phones, Batteries, Eyeglasses, Shoes

<https://momsorganicmarket.com/virginia/>



United
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UWF of the Virginia Annual Conference

2022 Spiritual Life Retreat

SPIRITUAL LIFE RETREAT

2022 Spiritual Life Retreat will be held on Saturday, May 14, 2022 via zoom.

Event Summary: "Blessed Wrestling" is a spiritual retreat for the United Women In Faith (United Methodist Women) in the Virginia Conference UMC. It will take place on **Saturday, May 14, 2022** virtually via Zoom from 9:00 A.M. to 12:30 P.M. Rev. Jessie Squires Colwell will be the keynote speaker. A special guest appearance will be made by Yvette Richard, past UMW President. She will be coming to share keen insights on the new UMW name "Women United in Faith." This spiritual retreat will be a wonderful time of encouragement, support, and hope as we all wrestle with where God is calling us as United Methodist women at this moment in time. Participants are asked to complete their "River of Life" story to bring with them and to have communion elements available as they participate in virtual communion during closing worship. After registering, you will receive a confirmation email from Zoom containing information about joining the meeting.

Rev. Jessie Squires Colwell is an Ordained Elder in the Virginia Conference of The United Methodist Church. She has served small, mid-sized, and large churches and currently serves as the Director of Clergy Excellence for the Virginia Conference UMC. She has served on local, national, and global boards for The United Methodist Church including the Program Advisory Group for United Methodist Women. Her first book: "Blessed Wrestling: Biblical Reflections Upon Discerning God's Call," was published in December of 2021 and is helpful tool to all who are all discerning next steps. It can be purchased on Amazon, Cokesbury, or Barnes and Noble Pastor Jessie has been married to her husband Nelson for eight years and Dean is their six-year-old son.

Pray for Ukraine: Sisters, we are all stunned and horrified by this latest war. We urge you to pray without ceasing for the war to end. The best ways for you to help right now are to pray, to send financial contributions to UMCOR, and then to pray some more. As of this writing, we don't know about any verified relief organizations that are accepting goods.

Gifts to support the people of Ukraine can be made in the following ways:

Online at <https://umcmmission.org/advance-project/982450>

1. By toll-free telephone: 888-252-6174
2. By check made out to Global Ministries/UMCOR with "Advance #982450-Ukraine" written on the memo line, either mailed and addressed to:
3. Global Ministries/UMCOR GPO
P.O. Box 9068
New York, NY, 10087-9068
or given at your church.

"Blessed Wrestling"

A spiritual retreat for United Methodist Women to find encouragement, support, and hope as we wrestle with where God is calling us to be at this moment in time.

**When: May 14, 2022
9:00 A.M. - 12:30 P.M.**

Where: Virtual on Zoom

**Guest Speaker: Rev. Jessie Colwell,
Author and Director of Clergy
Excellence for the VAUMC**

Register today!



WHAT ARE YOU READING THIS SPRING & SUMMER?

The UWF (UMW) Reading Program list

includes all books for 2015-2022. Go to the Virginia Conference UMW Resources link:

<https://www.vaumw.com/conference/program-resources/>
Scroll down to click on the Reading Program Catalog to open list. <https://online.fliphtml5.com/eiek/kvxc/#p=1>

Plan I

Read 5 books each year.

Read 1 book from 5 different categories.

Select books from the 2015--2022 reading list, including youth books and children's books, if not included in previous reports.

Regularly read **RESPONSE** Magazine.

Plan II

Read 10 books each year.

Read 2 books from 5 different categories. Select books from the 2015--2022 reading list, including youth and children's books, if not included in previous report.

Regularly read **RESPONSE**.

Plan III

Read 15 books each year.

Read 10 books with 2 from each of the 5 different categories.

Read 5 additional books from any category. Select books from the 2015--2022 reading list, including youth and children's books, if not included in previous reports.

Regularly read **RESPONSE**.

Plan IV

Read 20 books each year.

Read 10 books with 2 from each of the categories, and 10 additional books from any category. Select books from 2015--2022 including youth and children's books, if not included in previous reports.

Regularly read **RESPONSE**.

BONUS BOOKS: Books identified as Bonus Books count as two, either as two in the same category or as one book in two different categories, Social Action or Education for Mission.

**What plan are YOU planning to do?
Summer reading is just around the corner.**



United Women in Faith Just Energy for All Working Group

Description

When: Next meeting is **May 3 at 7 p.m. ET!** We will meet regularly on the first Tuesday of the month at 7 p.m. ET.

Who Should Attend? All those working on **Just Energy for All** at any level of UWF and friends are invited!

What is the meeting for? The **Just Energy for All** Working group will meet monthly to receive updates from the national office and plan and execute actions at the national and local level. It will be a time to share bestpractices, engage in peer coaching, deepen connections with Just Energy for All, and expand the work of climate justice among United Women in Faith members.

<https://us02web.zoom.us/meeting/register/tZEIdeGvpj8pE9Hb2YOfjQI-BTvvYUoo8AM1>

Time

May 3, 2022 07:00 PM

Jun 7, 2022 07:00 PM

Jul 5, 2022 07:00 PM

Aug 2, 2022 07:00 PM

...future months & dates to follow after August.



Mission Encounter 2022

Who Can We Be Together?

Building Communities of Hope and Joy



Mission Encounter

Thursdays at 7PM - June 30, July 7, 14, 21, 28, August 4

Online Registration Now Open (\$10)

This year, as we study **Luke 13**, we find ourselves in a period of disruption and uncertainty.

What could be possible if we minister to the needs of our communities in small yet radical ways?

Please join us virtually for Mission Encounter as we reflect on a broader vision of the community Jesus is calling us to be. This year as we study Luke 13, we are in the midst of a devastating pandemic, a divisive political climate, unaddressed systemic racism, ecological crises, and economic turmoil. We can turn to the stories of Jesus that have anchored Christian communities for two millennia. Our newly designed Mission Encounter 2022 is for everyone and will focus on Luke 13. It is possible for us to minister to the needs of our communities in various ways as Jesus did.

What happens at Mission Encounter?

For participants, Mission Encounter is an opportunity to study current issues impacting society based on current social justice and mission-related topics. Participants grow in understanding the mission of the church in the current world context; conference events are open to all.

Mission Encounter is a cooperative event sponsored by the Virginia Conference Missional Ministries Board and the Virginia Conference United Methodist Women.

Who Can We Be Together? Building Communities of Hope and Joy

God's desire is for us to build communities of hope and joy. Please join us virtually for Mission Encounter as we reflect on a broader vision of the community Jesus is calling us to be. This year as we study **Luke 13**, we are in the midst of a devastating pandemic, a divisive political climate, unaddressed systemic racism, ecological crises, and economic turmoil. We can turn to the stories of Jesus that have anchored Christian communities for two millennia. Our newly designed Mission Encounter 2022 is **for everyone** and will focus on **Luke 13**. It is possible for us to minister to the needs of our communities in various ways as Jesus did.

Find all course descriptions, registration, and information on www.VAUMC.ORG/ME

Will you join us online?
Thursdays at 7pm June 30, July 7, 14, 21, 28, August 4
Cost: \$10

Study Leaders:

- Rev. Jason Stanley, Coordinator for Church Revitalization, Elizabeth River District
- Rev. Kendra Grimes, Chaplain and Director of Church Relations, Randolph-Macon College
- Rev. Leigh Anne Taylor, Coordinator for Church Revitalization, Lynchburg District
- Martha Stokes, The VA Conference Lay Leader
- Rev. Ileana Rosario, Pastor of Benn's UMC, Smithfield, VA, York River District
- Julianne Rosas, Membership, Nurture and Outreach for the York River District United Methodist Women

Registration: [file:///C:/Users/CPrattPhoto/Dropbox/PC/Documents/UWFMission%20Encounter-ME2022%20Registration%20\(1\).pdf](file:///C:/Users/CPrattPhoto/Dropbox/PC/Documents/UWFMission%20Encounter-ME2022%20Registration%20(1).pdf)



REGISTRATION IS NOW OPEN for **Saturday, June 4 hybrid Spring Prayer Breakfast program**. The link for registration is: <https://bit.ly/calltoprayerevent>

In response to those HERNDON UMC (<https://herndonumc.org/>) women who participate in more than one group you may now check more than one answer i.e. Mary Martha Circle and the Esther Group.

As always, please let Chris know if you have any questions.

Chris Miller, Registrar

Millecl2@comcast.net

Some Details are below:

A Call to Prayer and Self-Denial Hybrid Event

Enjoy your breakfast at home or coffee in Herndon UMC's Sanctuary while meeting three amazing women who serve as Deaconesses in the United States. Listen to their stories about the missions and ministries in which they are involved.

The three guest deaconesses are:

- **Selena Ruth Smith**, a firefighter in South Carolina, who inspects churches for fire hazards and educates communities of the dangers of fire.
- **Monica Bartley**, serving in New York City as an advocate for disability laws and regulations to create inclusion in community; and
- **Imelda De Guzman-De Los Santos** serving in Chesapeake Bay, VA as the Nurture Ministries Coordinator of the Resurrection United Methodist Church.

The Deaconesses will be speaking via zoom. They are speaking from Virginia Beach, South Carolina, and New York City. You may choose to listen to their stories via the zoom link that will be sent to you later from your home or in the Herndon UMC sanctuary with other friends. **Registration is required for both zoom and in person.**

As always, your **Donations to Mission** are optional. Donations will provide support for the deaconesses and their ministries

There are three methods for donating.

- Use the block on the registration form to submit a donation electronically —Mark other—Spring Prayer Breakfast
- Use the Herndon UMC app or website to submit through Pushpay. Mark Other—Spring Prayer Breakfast
- Mail a check to Lindy Marshall at 492 Woodshire Lane, Herndon, VA 20710—place Spring Prayer Breakfast in the memo line
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Note: Please be aware that **online donations** require the church to pay a 2.2% service fee. To avoid this, you may increase your donation by that amount or you may submit a check. Thanks in advance for your generosity.



Tips for May 2022

UM Social Principles: “We affirm that all creation belongs to God and is a manifestation of God’s goodness.... Rather than treating creation as if it were placed here solely for humanity’s use and consumption, **we are called to practice responsible stewardship** and to live in right relationship with the Creator and with the whole of God’s creation.”

Fossil fuels are unequally distributed on the planet, making some countries richer and giving them leverage over others. Clearly, that inequity can lead to and exacerbate war. Renewable sources of energy (wind, solar, geothermal) are more equitably available, do not produce carbon emissions, and are sustainable without war. **Speak up to government and corporate officials** to move away from fossil fuels now.

Nearly half of what is in landfills is organic and could have been composted. Landfills are anaerobic (no air gets inside), causing organic waste to create methane, an extremely potent greenhouse gas that harms our Earth. (Nearly 25% of current atmospheric warming is due to methane alone.) In contrast, organic materials that are composted contribute to the quality of the soil, which helps Earth. You can easily **compost no matter where you live**. Check your local area for options.

The #3 most effective action for addressing climate change, according to Project Drawdown, is avoiding and dealing with food waste. Everyone can **do something about food waste!** Plan meals, shop with a list, organize the fridge to see use-me-first items before they perish, use up leftovers, and compost.

Relax—**don’t mow your lawn in May**. No Mow May began with the awareness that the loss of nearly 97% of wildflower meadows has resulted in great losses of pollinators too. Reverse the trend. Participate in [No Mow May](#); regularly allow four weeks between cuts; cut to a height of 3–5 inches, leave a patch of the lawn to grow long, or mow just the front yard if community ordinances or neighbors are a factor. The wildflowers and butterflies will relax with you.

Watch the documentary, ***Kiss the Ground***, to understand how good soil works to combat flooding, drought, degraded ecosystems, and greenhouse gas emissions. Soil is key to human health and the health of the planet. View the full film or at least a series of shorter sections to appreciate the amazing gift good soil is to all the earth.

Go native! Plant **plants that naturally grow in your area**. Native plants require less water than lawns or annuals. They help prevent erosion and do not need fertilizers. They reduce air pollution, and they increase shelter and food for pollinators and birds. For suggestions, find a Master Gardener in your congregation or community or browse for “plants native to [your state].”

You head outdoors, gathering with friends. It’s a party—lots of people, including kids, having a good time! Go ahead and use those plastic cups if you have some on hand. No worries about broken glass, just put out a bin, labeled **Cups Only**. Afterwards, **wash the cups for reuse** on another occasion.

Help **reduce harmful carbon dioxide emissions**. Drive less. In nice weather walk or bike more. Carpool or combine trips. Take public transit. Teleconference or phone. Bring your lunch and picnic nearby in the air you helped make cleaner.

Good for you—you are avoiding plastic by switching to shampoo and conditioner bars! But as they get smaller from use, they may break. What to do with the pieces? Save them and put them in a three-ounce paper cup. Heat them in the microwave, watching carefully, for under 30 seconds. Let the liquid cool. Peel off the paper and you have a new bar. **No waste**. Good for you!

The United Methodist Creation Justice Movement is providing these Tips as a tool to equip church members, families, and individuals to respond to God's call to care for creation and do justice with our neighbors. For more about the UM Creation Justice Movement, go to umcreationjustice.org.



Reminder for **NoVa Notes**, our new Bi-District newsletter for the Alexandria and Arlington Districts! We will distribute this newsletter monthly to keep you informed of what's happening with the **United Women in Faith** in our area. In this newsletter, you can watch for news about upcoming events both in the districts and the Virginia Conference. We would love to hear from you! Let us know what your unit has planned for the coming months so we can share with our sisters in Christ. Please send the information for the newsletter by the 20th of the month. You can send your stories and news to our new e-mail address: UMWNoVaNotes@gmail.com. Thank you!

A note from UWF newsletter communications:
Please remember when sending the information for an event for the newsletter to double check that the **Who, What, How, When, & Where?** information is included. Sometimes these "obvious" details are not obvious for all readers. Again, thank you!

Carol Pratt

ONLINE RESOURCES FOR YOU



United Women in Faith global HQ: www.uwfaith.org

Virginia United Methodist Women: www.vaumw.com

The Link -Virginia conference newsletter! <https://doc.vaumc.org/UMW/LinkFeb2021.pdf>

Arlington UMW website: www.arlingtondistrictumw.org

Bi-District UMC website: www.novaumc.org