



UMW

NoVA NOTES



ALEXANDRIA & ARLINGTON BI-DISTRICT UMW

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

MARCH 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.

from our president...

Welcome to *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 Methodist Women in our area. 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. You can send your stories and news to our new e-mail address:
UMWNoVaNotes@gmail.com.

Thank you,
Beth Meserve -- beth.meserve@gmail.com

ASH WEDNESDAY – “QUIET DAY” SERVICE – 10:00 A.M.

The St. John's UMW and the Alexandria District UMW invite you to begin our Lenten journey with a Quiet Day service in-person or over Zoom on **Wednesday, March 2, at 10:00 a.m.** Pastor J.W. Park will be leading us in worship. St. John's UMC is located at 5312 Backlick Rd, Springfield, VA 22151. If you can't join us in person, the Zoom information is:



Join Zoom Meeting
<https://us02web.zoom.us/j/81223529010>

Meeting ID: 812 2352 9010
Passcode: 006091

Phone only: 301 715 8592
Meeting ID: 812 2352 9010
Passcode: 006091

A DEVOTION FOR MARCH
DANA CONNER, MISSION COORDINATOR FOR SPIRITUAL GROWTH, ARLINGTON

*“And he said to them, ‘What is this conversation that you are holding with each other as you walk?’
And they stood still, looking sad.” (Luke 24:17)*

As we start this new journey of merging two districts into one district, we may feel bittersweet. There is a sense of loss for what was, but there can be hope for what is to come. The above Scripture passage is an example of how two of Jesus’ disciples were feeling immediately after His death. The finality of it all was so acute that they looked sad as they walked and talked on the road to Emmaus. They did not understand until later that with endings come new beginnings.

Each new day welcomes a host of blessings and new beginnings. The two men on the road to Emmaus received a fresh start when they finally recognized the Risen Christ! Their grief immediately turned into gladness. The relationship had not ended but was now on a new level!

Instead of feeling sad about what was, let’s try to see the future as a new prospect full of blessing, possibilities, and fruitfulness. Let’s make this merger one of promise and joy as we work together to advance the Lord’s kingdom.

PROGRAM IDEAS

Have you had a program recently that truly inspired you? Are you looking for program ideas? We’d like to share ideas here for programs you have used or can use. Please send in any program ideas to:
UMWNoVaNotes@gmail.com

Here’s an idea to start you off. One of the children’s books on the UMW Reading Program for Leadership Development in 2022 is “My Little Golden Book about Ruth Bader Ginsburg.” Why not read this book to your unit and discuss the life of this leader for women’s rights? You could add highlights of her life not included in the book, such as “Ruth Bader Ginsburg became the second female justice of the U.S. Supreme Court and the first Jewish woman to serve on the Court. She spent much of her legal career as an advocate for gender equality, winning many arguments before the Supreme Court. She died on September 18, 2020. She was the first woman to lie in state at the US Capitol.”

I’m looking forward to hearing your best ideas.

Beth Meserve -- beth.meserve@gmail.com

ASSEMBLY 2022 – TURN IT UP!

The quadrennial United Methodist Women’s **Assembly** will be held May 20-22, 2022, in-person in Orlando, Florida, as well as virtually from anywhere you choose!

The theme of Assembly 2022 is **TURN IT UP!** – for spiritual healing and renewal; for rebirth in a new time; for women leaders; for justice for women, children and youth. **TURN IT UP!** – through worship, inspiring speakers, performing arts, study, exhibits, fair-trade marketplace, leadership development, organizing for justice, great fellowship, and New Wineskins.

Details on all things Assembly except for housing is at www.assembly2022.org. Information, including for housing, is also at <https://www.vaumw.com/events/>

WHAT'S HAPPENING – EVENTS YOU DON'T WANT TO MISS

*more details available elsewhere in this newsletter

When	What	Where	Contact
Ash Wednesday March 2, 10:00	*Quiet Day service	St. John's UMC 5312 Backlick Rd, Springfield also Zoom	Marty Bickford martybickford121@outlook.com
Sat, Mar 5	*St. John's UMW Prayer Breakfast	Zoom	Brenda Romenius brendaromenius@yahoo.com
Sat, Mar 19	*Herndon UMW Spring Retreat	Zoom	Herndon UMC herndonumc.org/springwomensretreat
Sat, Mar 19	Aldersgate Prayer Breakfast	In person	Lorrie Rezendes lorretired@aol.com
Sat, April 30	Heal our Mother Earth	Zoom	Maria Ward Alexandria.UMW.President@gmail.com
Sat., May 14	Virginia Conference UMW Spiritual Life Retreat	Zoom	Mary Jeffries MaryEJeffries@gmail.com
Fri-Sun, May 20-22	*UMW Global Assembly	Orlando, FL, and virtual	Marlene Dakita mdakita@comcast.net
Thu-Sat, Jun 16-18	Virginia Conference General Meeting	In person	https://vaumc.org/ac2022/

UMW MEMBERSHIP, NURTURE, AND OUTREACH

As we begin a new year, we're looking forward to a refreshed, rebranded United Methodist Women organization – the **New Wineskins** campaign. We'll discover new ways to nurture and reach out to our membership and prospective members. Much more information will be available very soon.

The “big reveal” will be at Assembly 2022, but here are some teasers as to what is to come for UMW membership:

- **Bridge Courses:** two online modules on New Wineskins, the rebranding of UMW, via the Bridge learning platform. If you have not already registered for a Bridge account, send a request to Alana Walls at AWalls@unitedmethodistwomen.org or distancelearning@unitedmethodistwomen.org, or at <https://umwomen.wufoo.com/forms/mie6xb30qw4phl/>. They will create an account for you and send a confirmation email including the link to the Bridge.
- **response Article** Sept./Oct. 2021: “New Wineskins for Growth - Exciting new programs are coming to United Methodist Women! Here's why.” <https://www.unitedmethodistwomen.org/news/new-wineskins-for-growth>
- **response Article** Nov./Dec. 2021: “New Wineskins for New Times: United Methodist Women updates for change” (<https://www.unitedmethodistwomen.org/news/new-wineskins-for-new-times>)
- **Faith Talks Podcast:** “UMW Future: New Wineskins Campaign” https://www.spreaker.com/episode/47084843?utm_medium=app&utm_source=widget&utm_campaign=episode-title
- **Video:** Together We Can Do More: United Methodist Women and the Future https://www.youtube.com/watch?v=ukIY8sFS_40

WHERE YOUR UMW MONEY GOES

What happens to the money you so generously and faithfully donate to United Methodist Women?

First and foremost, UMW collects money for multiple areas of mission work. The category of “Undesignated Giving” supports UMW missionaries, mission institutions, programs, and staff around the world. This category comprises your pledge to mission as well your contributions to the World Thank Offering, Special Mission Recognition pins, UMW greeting cards for Gift in Mission and Gift in Memory, and candle burning. In 2021, in our combined Districts, you contributed more than \$50,000. Praise the Lord!



Note: UMW does not have “dues.” The UMW pledge to mission is each woman’s contribution as she feels called to give.

Your unit treasurer prepares a statement at least quarterly and sends it to the UMW District treasurer. She combines the reports and funds into one report and sends it to the Virginia UMW Conference treasurer. The Conference treasurer then passes the money to the headquarters office in New York.

In addition to the money collected as “undesignated giving,” we ask that each unit send to the District a few dollars each year for each unit member. This money is “A&MD” meaning “Administration and Membership Development.” What is this for? This money funds District expenses, such as speaker fees for events, permitted travel expenses for officers, postage and office supplies, and escrowed funds for the offering to the Virginia UMW Annual Meeting as well as travel and registration for the District president to attend jurisdictional and national meetings. As an example, the Alexandria District has approved a budget of \$5300 for A&MD expenses for 2022; COVID restrictions and Zoom meetings may reduce the amount we actually spend.

The other large category of your donations comprises named funds, such as the Legacy Fund, UMCOR, Rising Hope, Grace Inside, Camp Highroad, and specific missionaries or mission institutions. Your unit can choose to send these funds directly to the recipients which will prevent any delays or mix-ups in those places receiving your hard-earned money – you don’t have to send it to the UMW District treasurer! However, if you choose to send it directly, we’d really like to know what you did so we can celebrate with you and report “up the chain.” For example, if your unit collects \$100 for UMCOR, please send it directly to UMCOR, but then send a note to the UMW District treasurer letting her know about your gift. If you choose to send it to the UMW District treasurer, she will send it to UMCOR.

Please let us know your questions and comments about UMW funds. As the largest faith-based organization of women in the world, you contribute to a total of \$9,000,000 annually for women, children, and youth. You can learn more here:

[UMW Annual report 2020 updated \(adobe.com\)](#)
www.unitedmethodistwomen.org/finance

May God continue to bless you and your work.

MARCH 23, 2022 - DAY OF GIVING: EMBRACING THE FUTURE

This year’s Day of Giving donations will support the Legacy Endowment Fund of United Methodist Women. The Fund was created three years ago as part of the UMW’s 150th anniversary to ensure that future generations of women will be able to serve in mission for the next 150 years.

Tune in to the **UMW’s Facebook Live Event on March 23rd** anytime between 10:00 a.m. and 4:00 p.m. This “**Embracing the Future**” event will feature special programming to bring you up to speed about what’s in store for the UMW. And then...

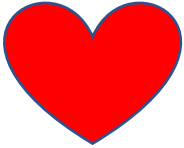
Embrace the future by donating March 23rd to the **Legacy Fund**. Do it to show your faith, hope, and love in action on behalf of women, children and youth around the world.

Your gift may be made using one of the following:

Online: www.unitedmethodistwomen.org/150
Phone: 800-278-7771 (8:00 a.m. – 5:00 p.m. EST, M-F)
Text: Text 41444, enter Legacy 150 in the message area
Check: UMW (write Day of Giving on the memo line)

and mail to:

United Methodist Women
Attn: Legacy
475 Riverside Dr. – 15th Floor
New York, NY 10115



ST. JOHN'S UMC-UMW WOMEN'S PRAYER BREAKFAST

Saturday, March 5 at 9:00 AM (by Zoom).

Enjoy your breakfast at home while meeting four amazing women who serve as Deaconesses in the United States. You will get to hear their stories and talk to them about the mission ministries that they are involved in:

- **Cheryl Bender-Fox**, serving in Ohio in programs that engage and support at-risk youth
- **Monica Bartley**, serving in New York City as an advocate for disability laws and regulations to create inclusion in community
- **Leah Wandera**, the first Deaconess from Africa, and her program to support and educate women in Kenya who are at risk for female mutilation
- **Selena Ruth Smith**, a firefighter in South Carolina, who inspects churches for fire hazards and educates community awareness of the dangers of fire

Join Zoom Meeting

<https://us02web.zoom.us/j/86016843923?pwd=dG9rdkRMcGRsaHVldW9JdDZIOExzUT09>

Meeting ID: 860 1684 3923

Passcode: 056362

301 715 8592 US

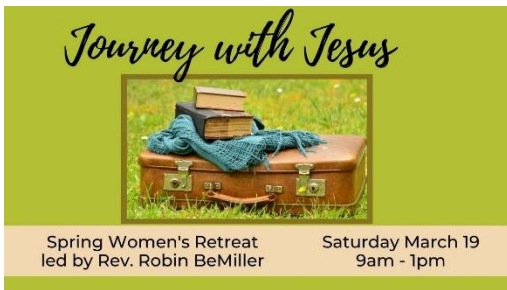
Meeting ID: 860 1684 3923

Passcode: 056362

Donations for this "Prayer and Self-Denial" program will provide support for deaconesses and their ministries. If you would wish to make a monetary donation, send your check payable to "St. John's UMW" to Marty Bickford, 3561 Martha Custis Drive, Alexandria, VA 22302. Please write "Prayer Breakfast" in the memo section of your check.



Also, there are many programs in our area that are in need of **Diapers for Infants/Toddlers and Adults**. If you would like to donate these items, drop off packages of un-opened products Monday-Thursday between 10 AM to 2 PM at St. John's UMC, 5312 Backlick Rd., Springfield, VA 22151.



HERNDON UMW SPRING WOMEN'S RETREAT

This virtual retreat will be held over Zoom. The retreat is FREE, but registration is required to ensure that you receive the retreat materials, link, and communications. Registration is open until noon, March 13. If you have questions, please email umwevents@herndonumc.org.

Register today! : <https://herndonumc.ccbchurch.com/goto/forms/22/responses/new>

Trust in the Lord, He will direct our paths. — Proverbs 3:5-6



Retreat Leader: Rev. Robin BeMiller, Pastor, [New Hope UMC, Fredericksburg, VA](#)

Rev. Pastor Robin has served churches in Virginia since 2011 and was commissioned a Provisional Elder in 2019. Robin is passionate about mission, outreach, and spiritual formation (disciple making), and feels called to equip the Church to go and make Disciples of Jesus Christ for the transformation of the world.

Serving and sharing God's love with others is important to Herndon United Methodist Women (UMW), and every UMW event offers participants the opportunity to donate towards worthy causes. Donations made for this retreat will be split between much-needed items for *LINK Against Hunger* and the missions of Herndon UMC's UMW circles—sending cards to encourage and support others, creating health kits for UMCOR or others in need, serving meals to the homeless, etc.

LOVING OUR MOTHER EARTH AND ALL OF CREATION

Looking for a way to become involved in Lent this year? (Wednesday March 2 through Thursday April 14th). Below is the link for Virginia Interfaith Power and Light's *Lenten Creation Care Calendar 2022*. This year's title is "Because the world can change a lot in 40 days". The calendar includes thoughtful prayers for each day. <https://vaipl.org/wp-content/uploads/2022/01/Lenten-Creation-Care-Calendar-2022.pdf>



Our friends at Just Energy 4 All invite us to meet with them on March 1 at 7:00 p.m. All those working on *Just Energy for All* at any level of UMW and their friends are invited each first Tuesday of the month at 7:00 p.m. The *Just Energy for All* Working group receives updates from the national office in order to plan and execute actions at the national and local level. We share best practices, engage in peer coaching, deepen connections with *Just Energy for All*, and expand the work of climate justice among UMW members. [Register here: https://us02web.zoom.us/meeting/register/tZEIdeGvpj8pE9Hb2YOfjQI-BTvvYUoo8AM1](https://us02web.zoom.us/meeting/register/tZEIdeGvpj8pE9Hb2YOfjQI-BTvvYUoo8AM1) to receive your personal Zoom link.



The United Methodist Creation Justice Movement provides 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

To sign up for FREE monthly Creation Justice Tips:

<https://gmail.us4.listmanage.com/subscribe?u=e01fe6f2d3fb98b7ae10252ad&id=99a84c96a5>

What you do matters indeed! Wildfires, tornadoes, straight-line winds, poor timber and land management practices, development—all wipe out trees, which left standing would be working continuously to take in carbon dioxide and give back oxygen. Find out more about **reforestation** (<https://onetreepanted.org/>) and protecting old-growth forests. **Support those who are working** constantly to help trees help our earth.

Feeling overwhelmed? **Jesus reminded us that all we need is 2 or 3 gathered in his name.** The Alexandria-Arlington Bi-District UMW will host a creation care event on Saturday, April 30, when you can learn what people are doing here and how you can get involved.



Photo by Sonya Lynne on Unsplash

A new idea!! Recycle old crayons. Broken, wrapped, or barely used—ship them to Crazy Crayons (<https://www.crazycrayons.com/recycle-program/>) to be remolded. The National Crayon Recycling Program has already kept 120,000 pounds from landfills. Better yet, **do a crayon drive** to collect even more. This project is easy to do with children and helps them understand the importance of creation care

WOODLAWN-FAITH WOMEN PAINT FRUITS OF THE SPIRIT

The Woodlawn-Faith UMW had a grand Zoom time creating their Fruits of the Spirit masterpieces on February 19. What a great way to enjoy each other and delve into some Scripture! You can contact Connie Teel at Woodlawn-Faith to learn more about this kind of event. Reach her at concetaj2011@gmail.com .



COMFY PILLOWS FOR HEALING

The Aldersgate UMW met on February 8, to finish creating 140 heart pillows to comfort patients after surgery. Even Pastor Randy helped! Contact Lorrie Rezendes at lorretired@aol.com for information about how your unit can get involved in similar efforts.



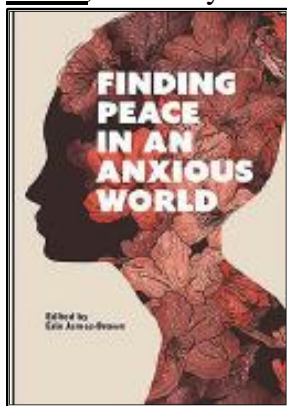
WHAT ARE YOU READING?

Have you seen the books in the UMW Reading Program? The list includes all books for 2015-2022. You can see the full catalog at www.unitedmethodistwomen.org/readingprogram.



Many of the books on the UMW Reading List are available at the Fairfax Library, where you can check out the book as an ebook that can be downloaded or in print sometimes. Does your church's UMW library have books also from the UMW reading list?

Social Action mission coordinator Suzanne Dorick shares her thoughts on *Finding Peace in An Anxious World*, edited by Erin James-Brown.



Thought this book would be about stress management. It didn't seem that way to me. With UMW, under the Spiritual Growth category for 2021-2022; this is a bonus book. Counts as two books in Spiritual Growth with UMW. The book uses the Book of *Proverbs* and the *Serenity Prayer* as a guide to help Christians find their way thru anxiety, worry and fear while moving to God's peace. The book is based on current sermons from the Urban Village Church in Chicago, a church with 5 different sites around Chicago. Their website: <https://www.urbanvillagechurch.org>. Various pastors associated with that church contribute on the concepts of serenity, acceptance, courage and wisdom. At the end of each chapter focusing on those concepts is a spiritual practice.

(Full disclosure: part of this content taken from the back cover.)

Jeanette Yoh, Virginia Conference UMW mission coordinator for Social Action: *I have several boxes of books (from expired UMW reading lists) in my garage. Please, if you know of an organization that would like them email me at jeanette.yoh@gmail.com. I will deliver.*

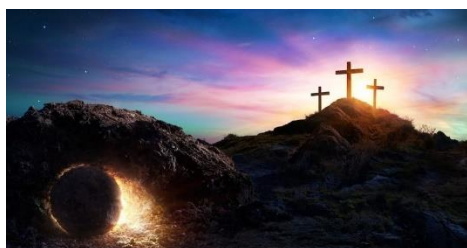
HOLY WEEK 2022

Holy Week is the week leading up to [Easter](#); it always starts on Palm Sunday, the Sunday before Easter.

Here are the dates for Holy Week in 2022:

Sunday, April 10th - Saturday, April 16, 2022.

[Easter](#) is on Sunday, April 17th.



Important Lent Dates	Brief Overview of Significance	2022 Dates
Palm Sunday	Celebrates Jesus's triumphant entry into Jerusalem	April 10
Holy Week	The week leading up to Easter	April 10-16
Maundy Thursday	Commemorates the foot washing and Last Supper of Jesus Christ with the Apostles.	April 14
Good Friday	Commemorates the crucifixion of Jesus and his death at Calvary.	April 15
Holy Saturday	Commemorates Jesus' body resting in the tomb.	April 16
Easter Sunday	Celebrates the resurrection of Jesus from the dead and his victory over death.	April 17

Learn more at [When Is Holy Week in 2022? Holiday Dates \(crosswalk.com\)](https://www.crosswalk.com/holy-week-2022) - Crosswalk.com, Contributing Writers Edited by Liz Auld

WHO'S WHO

You can use this information to reach your UMW officers responsible for various aspects of our mission work together.

from Alexandria		from Arlington	
		President	Beth Meserve
Secretary	Carol Malzahn	Secretary	Phyllis Kirkman
Treasurer	Marty Bickford	Treasurer	Debby Fairweather
Social Action	Suzanne Dorick		
Spiritual Growth	Martha Anne Lee	Spiritual Growth	Dana Conner
Membership, Nurture, and Outreach	Vikki Beaty		
		Program Resources	Phyllis Kirkman
		Education and Interpretation	Lois Hidalgo
Nominations Committee members	Barbara Barrick Loretta Henderson Kirsten King Brenda Romenius		
Newsletter Editor	Carol Pratt		
President Emerita	Maria Ward	President Emerita	Doris Douglass

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Suzanne	Dorick	sdorick6519@gmail.com
Doris	Douglass	dorisdouglass@msn.com
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Brenda	Romenius	brendaromenius@yahoo.com
Maria	Ward	Alexandria.UMW.President@gmail.com

ONLINE RESOURCES FOR YOU

United Methodist Women global HQ: www.unitedmethodistwomen.org

Virginia United Methodist Women: www.vaumw.com

Arlington UMW website: www.arlingtondistrictumw.org

The Link -Virginia conference newsletter!

<https://doc.vaumc.org/UMW/LinkFeb2021.pdf> or <https://www.vaumw.com/conference/news/>

Bi-District UMC website: www.novaumc.org

