



United
Women
in Faith

NORTHERN VIRGINIA DISTRICT

UNITED WOMEN IN FAITH

NOVA NOTES



FEBRUARY 2024

Please *share* and forward this *United Women in Faith Newsletter* with your members and friends.

The Work of Christmas

When the song of the angels is stilled,
When the star in the sky is gone,
When the kings and the princes are home,
When the shepherds are back with their flocks,
The work of Christmas begins:

To find the lost,
To heal the broken,
To feed the hungry,
To release the prisoner,
To rebuild the nations,
To bring peace among brothers,
To make music in the heart.

The poem, “The Work of Christmas” is excerpted from Howard Thurman’s *The Mood of Christmas and Other Celebrations* and is used by permission of Friends United Press. All rights reserved.

<https://bookstore.friendsunitedmeeting.org>

Why are we referencing Christmas in February...after the season is over?

Christmas is about love. It is about the greatest love; the love of God for us. It's about Christ, who loved us so much that he sent His Son to live among us to redeem us.

During Christmas we celebrate the birth of our Lord. We witness to our faith through carols, pageants, scripture and worship. We reach out to those in need; those who are hungry, cold, broken.

When our celebration is done and decorations put away, we must still continue the work of Christ. As Howard Thurman says, we find the lost, heal the broken, feed the hungry, and otherwise show God's love to the world through our actions.

This is our calling - not only as Christians, but especially as United Women in Faith. Our mission is ongoing, as long as we have breath. May we continue to work for our Lord for many years to come, and embrace throughout the year the work of Christmas

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



Calling for Vases!

Please do not discard your small to medium size vases. Please recycle with Sydenstricker UMC/UWF. One of our members, Carol Oakes, began a flower ministry to our ill or shut-in members. She and a few helpers take the Sunday altar flowers and make individual vase arrangements that are delivered to those who cannot attend church due to personal circumstances. Needless to say, they are running low on vases. Here's an opportunity to downsize your vase collection! Questions? Contact Myrna Meling mpmeling@hotmail.com

photo by [James Cousins](#) on [Unsplash](#)

SAVE THE DATE – FEBRUARY 14

NoVa District UWF Ash Wednesday Quiet Day Service

The 14th of February this year is not only Valentine's Day but also Ash Wednesday. The Northern Virginia District United Women in Faith will have its traditional "**Quiet Day**" on Wednesday, February 14, at 10a.m. to observe the beginning of Lent. The service will be held at St. John's United Methodist Church 10:00 a.m.; includes communion and imposition of ashes. St. John's UMC 5312 Backlick Rd., Springfield.



To receive the [2024 Lenten Creation Care Calendar](#),

join your voice with us to protect Creation and to speak out faithfully for environmental justice.



<https://vaip.ourpowerbase.net/civicrm/profile/create?gid=125&reset=1>



Tips for February 2024

Jesus said to his disciples (and us), “I give you a New Commandment: **Love one another**—and in doing so, you will help others see my love” (paraphrase of John 13:31-35). As a church, work together to **provide opportunities to help the environment** and to give the wider community a vision of what love in action can do. Consider hosting a recycling bin or event.

Jesus said as part of the Greatest Commandment that we are to love our neighbor as we **love ourselves** (Luke 10:25-28). We love ourselves by taking care of ourselves for the long haul. **Live a sustainable lifestyle**. Living sustainably makes the world better for ourselves and everyone else.

https://earthhero.com/blogs/blog/how-to-start-living-a-more-sustainable-lifestyle?utm_source=New%20Subscribers%20-%20Never%20Purchased&utm_medium=email&utm_campaign=Tips%20from%20Daley%20%2801GYD5VFKECZJQ33P7V16EFR23%29&_kx=a6gBy6EWNiiltCM34mW4vf_qgs0UBBsg5TO4My_ZLS4%3D.JJUPTn

When working for creation care and justice, include younger ones in the efforts and the conversation.

Keep in mind, “**He who plants a tree plants a hope**” (Lucy Larcom).

Love the water. Oceans are God’s great carbon sinks. With a warming climate our oceans, which work for humanity as well as for an amazing array of marine life, are struggling. [Plastic pollution](#) is a major culprit. Litter finds its way through waterways to the great seas. Raise the alarm and an army of friends to **tackle plastic pollution locally and internationally**. That will help downstream too.

Single-Use 101 Guide: <https://www.nrdc.org/stories/single-use-plastics-101#what>

- Let companies that make your favorite products know that you care about the packaging. Tweet, call, or send letters to these companies to ask them to switch to more durable, recyclable, compostable, renewable, and/or recycled-content packaging with less fossil fuel-derived plastic.

Sign up now for "A MINUTE FOR MOTHER EARTH"!



Each month you will receive four free video clips—just 60–90 seconds long—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 for Faith and Community Groups* (available from Cokesbury). Take a minute right now and sign up today: Email adygertgearheart@hotmail.com



Aldersgate UMC-UWF Heart Pillow Event & Pizza Luncheon

UNITED WOMEN IN FAITH EVENT
Heart Pillow Event & Pizza Luncheon

Tuesday, February 13 | Center 10:00am - 1:00pm

Aldersgate UMC Guback Center, 1301 Collingwood Rd, Alexandria, VA.

A love offering will be taken to offset the cost of the pizza luncheon. Special Valentine cookies will also be given to participants. For more information, please contact Lorrie Rezendes (lorretired@aol.com, 571-309-6001)



Just Energy 4 All Webinar

3:00 pm February 21, 2024

Organizer: THE OFFICE OF ECONOMIC AND ENVIRONMENT JUSTICE

Register: <https://uwfaith-org.zoom.us/meeting/register/tZUqfu-grzssHdCN8qOWWlro3Wb1v9ePwzgC#/registration>

The webinars are focused on hearing from experts, community leaders and United Women in Faith members advocating for just energy solutions in their communities and around the world. These 90-minute sessions on 3rd Wednesdays in February, July and September of 2024 at 3 pm ET.

You don't need to be a United Women in Faith member to join us. All are welcome!

2024 Sessions: Feb 21, 2024 03:00 PM, Jul 17, 2024 03:00 PM, Sep 18, 2024 03:00 PM



Note from Rising Hopes' Pastor Kameron Wilds:

Thank you. There is no other way to start this New Year than with a heart full of gratitude for your willingness to show up for Rising Hope.

...we have welcomed **Heather Marshall** as our new Director of Operations. In her former position as Food Market Coordinator is **Raquel Burbano**. Raquel brings restaurant and food experience to the position and well as a heart and passion for creating equitable and just experiences for our community members. Raquel is the mother of two beautiful children and is bilingual, a huge gift in our market setting.

...Also brought on board **Darlene Runaldue** to serve as our Volunteer Coordinator. This is a new position for Rising Hope, and we are thrilled to have her build out the position. Rising Hope doesn't exist without the assistance of our volunteers. Darlene has been tasked with the recruitment, retention and celebration of all volunteers. She has been recently certified as a candidate for ministry in The United Methodist Church and is exploring the unique ways God is calling her in this season. Darlene would love to find ways to connect with you or your houses of worship to tell her story and to share the story of Rising Hope. Please reach out to her at drunaldue@risinghopeumc.org.

When calling or stopping by Rising Hope, you will now be greeted by the friendly voice or smiling face of **Jackie Martin**, our new Office Assistant. Jackie and her son Lewis (US Navy) have been long-time members of Rising Hope. Jackie retired from service to Geico and Boat US. She brings excellent customer service skills to our community, which will translate to the experience of love and care for all who engage with us: guests, donors and volunteers alike. ...

Rev. Kameron M. Wilds



Rising Hope Mission Church, 8220 Russell Rd, Alexandria, VA 22309, <https://www.risinghopeumc.org/>



**Three Notch'd District United Women in Faith
Charter for Racial Justice Committee
Presents Saturday, February 24th, 2024 10:00 – 12:00 noon
Heart for God's Family**

Guest Speaker: Kathy Fitzjefries, LCSW, LCAS, CCS
Member of Southeastern Jurisdiction Racial Justice Committee
Member of NAADAC's Critical Issues in the Black Community

Join us for information and education

To register click on this link

[Meeting Registration - Zoom](#)

You will receive a confirmation email with zoom link and resources for you to review for the program.

Participation applies to parts of Section 3 of the "Living into Our Purpose" form," EXPERIENCE FREEDOM AS WHOLE PERSONS (HOPE)"



**Northern Virginia District
United Women in Faith
Winter Games Party Photo Memories!
Sunday, January 7, 2024, was held at Fairfax UMC**



Donna Kellam, Stella Magusiak, Myrna Meling and Nancy Miller.
Pictured the ladies of Sydenstricker at UFW's January Winter Games Party.

MARK YOUR CALENDAR!



“Lifting Up Voices for Climate Justice”

WOMEN’S PRAYER BREAKFAST

SATURDAY, MARCH 2 9:00 – 11:00 AM

St. John’s UMC, 5312 Backlick Road, Springfield, VA

GUEST SPEAKER: DR. KAREN McELFISH

Member of United Methodist Creation Justice Movement

Guest Speaker: Dr. Karen McElfish. Dr. McElfish is a life-long Methodist woman, having served in many positions, including the Virginia Conference and the former Arlington District. She currently is on the board for Virginia Interfaith Center for Public Policy, co-chairs the Conference Legislative Network, serves on the Creation Justice team of the Conference Board of Church and Society, and chairs the United Methodist Creation Justice Movement team.

RSVP by February 25 to brendaromenius@yahoo.com.

This Prayer and Self-Denial Breakfast is open to all women in the NoVA District. There is no fee. Breakfast will be provided, but we kindly appreciate for visitors to bring a breakfast bread to share.

*The Woodlawn Faith
United Women in Faith*

Odyssey Premier Brunch Cruise

Saturday, April 6, 2024 | 11:30 am – 1:30 pm
Boarding at 10:45 am

Pier 4, 580 Water Street, SW
Washington, DC

Price
per adult \$126.42 | per child \$99.62 (3-12 yrs)
Deposit \$64.00 (Secure your seat) due Dec. 10th!
Balance Due March 1, 2024

****Featuring****
2-hour cruise on the Potomac River
Delicious brunch buffet
Unlimited mimosas
Breathtaking views of the nation's greatest landmarks
Onboard entertainment with Dee Jay music
Tip not included | Seats are limited!

Inviting all the United Women in Faith in the state of Virginia to come on fellowship with one another.



Payment Information
Payment in Cash or Cash App to Connie at \$ConcettaTeelJones; also accept Zelle, Apple Pay

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Come, Relax and Fellowship with one another!!



United  
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in Faith

Northern Virginia District  
United Women in Faith

## Spiritual Life Event

April 13, 2024, 11am – 2pm

Sydenstricker United Methodist Church, 8508 Hooes Rd, Springfield, VA 22153

Speaker: **Rev Alyssa Densham of Provision Church**

Lunch will be provided by Provision Church, The cost is **\$15/person**. A love offering taken to help support Provision Church and their ministry. Provision Church is a new Methodist faith community.

You won't find us in a church building.

Because we're out in the world being the Church.

We gather in kitchens and at tables to make bread and to break bread.

Our mission is Provision Kitchen, a culinary entrepreneurship training program for individuals experiencing generational poverty in Northern Virginia. We believe in dreams and we believe in supporting the dreams of people whose dreams have been for too long deferred and unheard. We believe that we are called to a table that excludes one and that, at that table, what happens is more than a meal. It's a movement.

Additional information for registration TBA. <https://www.provisionchurchnova.org/>





**Virginia UMW/UWF Bus Trip to the Quadrennial Assembly In Chattanooga, Tennessee April 17-23, 2024**

Trip includes but is not limited to:

Deluxe Kneeling Motorcoach; 1 Night at the historic Martha Washington Inn, Abingdon, VA with dinner and breakfast at the Inn; 4 Nights at the Courtyard by Marriott Chattanooga Downtown which includes a tour of Chattanooga, dinner at the Big River Grille downtown, Sightseeing cruise of the Tennessee River on the Southern Belle, and the SEJ Assembly. Then on to the Fairfield Inn by Marriott in Pigeon Forge and Dolly Parton's Stampede Dinner Show.

*Please speak to your friends and join us for a fun trip!*

If you want more information, please contact Joyce Winston 757-851-6897, [buckrowbeach@gmail.com](mailto:buckrowbeach@gmail.com)

Find the details and bus registration form on [www.vauwf.org](http://www.vauwf.org) or click here.  
<https://drive.google.com/file/d/1pSnV3OIT3K2FuRwZb6N9DaEOdg2reB9o/view>

**Registration begins January 1, 2024 through March 19, 2024; \$240**  
<https://sejuwf.org/quadrennial-meeting>

## How to use United Women in Faith Digital (from the UWF website)



You've set up your account. You've accessed a resource. Maybe you've even joined a group. But you still have a few questions about the ins and outs of this platform.

Well, you're in the right spot because this article will be updated regularly with the latest and most helpful tips, tricks, and best practices for you to get the most out of your experience on United Women in Faith Digital.

Click the links below to learn more about the different topics and leave your questions and comments below!

- [How do I set up my member profile?](#)
- [How do I post?](#)
- [How do I chat with other members?](#)
- [How do I RSVP and attend events?](#)
- [What is in my activity feed?](#)
- [Can I tag another member in a post or comment?](#)
- [How do I set and reset my password?](#)
- [How do I manage my purchases?](#)
- [What kind of notifications will I receive?](#)