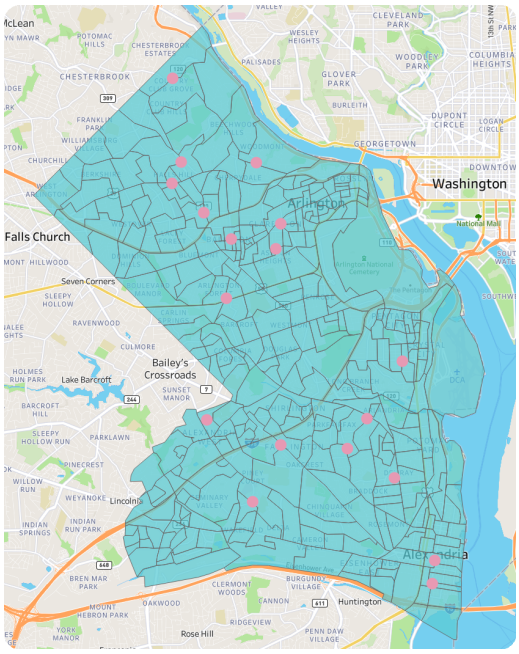
A MICRO-COMMUNITY PORTRAIT

Inner Suburban Core

Densely urban with walkable neighborhoods, Metro corridors, historic districts, and mixed-use developments



Micro-community shown with block group boundaries

400,597	18	1,471	23
residents in 2025 423,996 projected by 2030 (+5.8%)	UM churches	average in worship	appointed UM clergy

WE ALREADY KNOW MANY OF OUR NEIGHBORS

1,471 average in worship × **150** Dunbar's Number* = **220,650** Number of people within the Micro-community we may already know

That is 55% of everyone who lives here.

It can seem daunting to reach a community of 400,597. Yet as neighbors we are already within meaningful relationship with about 220,650 of our neighbors.

***Dunbar's number (150)** the number of meaningful relationships a person can sustain, per anthropologist Robin Dunbar — a conservative gauge of a community's existing relational reach.

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WHERE WE CALL HOME

We live in Northern Virginia's dense urban core, just across the Potomac from Washington, spanning Arlington County and the City of Alexandria. Ours is a compact, walkable, transit-woven world where historic districts sit beside gleaming high-rises — Clarendon's nightlife, Del Ray's village Main Street, Old Town's cobblestones, and the fast-rising towers of National Landing. We are a magnet for professionals, international residents, and long-time homeowners alike, many of us living car-free within a short Metro ride of the capital. We are urban by choice, and proud of it.

THE LIFE WE'VE BUILT

Our lives run on walkability and proximity. Many of us skip the car entirely, riding Metro to work in Washington or in our own booming districts, then coming home to mid-rise apartments and townhouses with a coffee shop downstairs. Each neighborhood has its own feel — the buzz of Ballston and Rosslyn, the family calm of Arlington Forest, the artsy pace of Del Ray. We are highly educated and, more than most places, tied to the federal government, whether as employees, contractors, or the businesses that serve them. Public life happens on foot, in parks, and along the Metro lines.

CHALLENGES WE FACE

This year has tested us like no other. Deep federal workforce cuts have rippled through our economy — the Washington region lost more than 60,000 federal jobs in a single year — and here at home more than one in five of us works for the federal government. Even those with secure jobs feel it: office towers sit roughly a quarter empty, contract work has dried up, and our local shops and restaurants have quieted. On top of that, housing stays punishingly expensive, and our own efforts to allow more modest, affordable homes remain tangled in the courts.

THE FUTURE WE'RE BUILDING

We are betting on reinvention. Even as the federal ground shifts beneath us, National Landing is maturing from a federal office enclave into a genuine innovation district: Amazon's second headquarters anchors it, and in 2025 Virginia Tech opened its new $1 billion graduate campus at Potomac Yard, an eleven-story talent engine for tech and research. In 2026 our two jurisdictions jointly launched the National Innovation Quarter to grow defense and dual-use startups. Developers are turning empty offices into apartments, and we are still working, hard, to make room for more of us to afford to stay.

SIGNS OF PROGRESS AND HOPE

Even under strain, we take care of our own. As federal layoffs mounted, our food banks stepped into the gap — Alexandria's ALIVE! now serves around 20,000 people a month, and Arlington's food-assistance network runs on tens of thousands of volunteer hours a year. Our county and city stood up job fairs and retraining help for displaced workers. Meanwhile the cranes keep rising: Amazon's campus park hosts farmers markets and free concerts, and a new home for Arlington's Community High School opens at Met Park this year. We are still, unmistakably, a place people want to be.

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THE CONNECTION

United Methodist Churches

18 congregations – our faithful presence within the micro-community

- **Arlington Korean UMC**
  2425 N Glebe Rd, Arlington, 22207-3535
  (703) 276-8018
- **Beverley Hills UMC**
  3512 Old Dominion Blvd, Alexandria, 22305-1322
  (703) 836-2406
- **Calloway UMC**
  5000 Langston Blvd, Arlington, 22207-2514
  (703) 525-4472
- **Calvary UMC**
  2315 S Grant St, Arlington, 22202-2548
  (703) 892-5185
- **Central UMC**
  4201 Fairfax Dr, Arlington, 22203-1606
  (703) 527-8844
- **Cherrydale UMC**
  3701 Lorcom Ln, Arlington, 22207-5150
  (703) 527-2621
- **Clarendon UMC**
  606 N Irving St, Arlington, 22201-2004
  (703) 527-8574
- **Del Ray UMC**
  100 E Windsor Ave, Alexandria, 22301-1316
  (703) 549-2088
- **Fairlington UMC**
  3900 King St, Alexandria, 22302-1510
  (703) 671-8557
- **First Vietnamese-American UMC**
  4701 Arlington Blvd, Arlington, 22203-2706
  (703) 465-8505
- **Mount Olivet UMC**
  1500 N Glebe Rd, Arlington, 22207-2123
  (703) 527-3934
- **New Life at Saint Andrew's UMC**
  845 N Howard St, Alexandria, 22304-5456
  (703) 751-4666
- **Nooma**
  3100 Clarendon Blvd, Arlington, 22201-5302
  kevinpoe1@gmail.com
- **Roberts Memorial UMC**
  606A S Washington St, Alexandria, 22314-4110
  (703) 836-7332
- **Saint James UMC**
  5200 Fillmore Ave, Alexandria, 22311-1202
  (703) 820-5494
- **Trinity UMC (Alexandria)**
  2911 Cameron Mills Rd, Alexandria, 22302-2518
  (703) 549-5500
- **Walker Chapel UMC**
  4102 N Glebe Rd, Arlington, 22207
  (703) 538-5200
- **Washington Street UMC**
  109 S Washington St, Alexandria, 22314-3100
  (703) 836-4324

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