

The Herndon Light



10th Month 15, 2018 A Newsletter of Herndon Friends Meeting - Quakers - Reston & Herndon Virginia 254

11/4		Potluck lunch at the rise of Meeting for Worship
11/7	7 p.m.	Herndon FCNL Advocacy Team meeting & conference call at the meetinghouse
11/11	9 a.m.	Meeting for Worship with a Concern for Business
11/18	9 a.m.	First Hour discussion on maintaining relationships with those we disagree with, led by Meg Wallace
11/29-30		FCNL Public Policy Institute (for information: see FCNL's website: FCNL.org)
11/18	11 a.m.	Fauquier Friends Worship Group, Bealeton Depot, 10877 Willow Drive North, Bealeton
12/16	11 a.m.	Fauquier Friends Worship Group, Bealeton Depot, 10877 Willow Drive North, Bealeton

Query 15 Simplicity

from *Faith and Practice*
of the *Baltimore Yearly Meeting*

Am I aware that the ways in which I choose to use my time, my possessions, my money, and my energy reflect my most deeply held values?

How do we support one another in our search for a simpler life?

What am I ready to release so that I can give my attention to what matters most? What in my present life most distracts me from God?

Advices

“How are we to honor the testimony of simplicity in our modern world? To many of us, our culture seems so “busy” and so complex, so full of disturbing news and distractions, that we are sometimes overwhelmed. Our time is often overcommitted, and our wants are manipulated to make us desire what we do not need. Our consumption of goods as a nation is out of control. In our world, the word “simplicity” may be quickly followed by guilt and then by a sense of frustration, or even despair. We need to think of

simplicity not as an impossible demand, but as an invitation to a more centered, intentional, and fulfilling Spirit-led life.

Simplicity flows from well-ordered living. It is less a matter of doing without, than a spiritual quality that simplifies our lives by putting first things first. A simple way of life, freely chosen, is a source of strength, joy, and comfort. Friends are advised to strive for simplicity in the use of our earnings and property, and in our style of living, choosing that which is simple and useful.

This does not mean that life is to be poor and bare, destitute of joy and beauty. Each must determine, by the Light that is given, what promotes and what hinders the compelling search for inner peace that enables us to listen deeply to God.

The testimony of simplicity is like a bell that calls us to an awareness of the Center. It challenges us to ask “What matters?” It reminds us that much of what worries us and stresses us is not important. It asks us to recognize the burdens we carry needlessly and to lay them down: our anxiety about our appearance, our

Herndon Monthly Meeting of the Religious Society of Friends holds Meeting for Worship at 660 Spring Street in Herndon each First Day (Sunday). Hymn singing begins at 10:15 am. An unprogrammed Meeting for Worship begins at 10:30 am and lasts about one hour. After worshipping with adults for 10-15 minutes, children and teenagers attend First Day School classes until the end of Meeting for Worship. The building is wheelchair accessible. For more information call the Meeting's telephone answering machine at 703-736-0592. The Newsletter Editor is Jay McClendon. E-mail bluejay825@gmail.com Newsletter assembled addressed and mailed by Stacey LaRoy. Correspondence and contributions can be sent to PO Box 88 Herndon, VA 20172 **WEBSITE AT** <https://www.fgcquaker.org/cloud/herndon-friends-meeting>

The Care Coordinating Committee is available for Friends in need. If you need assistance because of an illness or other emergency, contact Priscilla Chamlee at dandpchamlee@gmail.com; or Fred Cresson at cresson4@verizon.net, or Margaret Rogers at margaret.anne.rogers1@gmail.com, or Bert Curtis at bertedits@gmail.com

struggle to afford what we do not need, comparisons between our lifestyle and the lifestyles of others, squabbles born of tension and stress, worries that leave us exhausted and unable to find time for what matters in our lives.”

Friends responded out of the silence. The queries remind us of the story of Mary and Martha. One is getting ready for Jesus’ visit and the other is visiting with him. Jesus said that Martha is doing the right thing by just being with him. Busyness can creep up on us and we have to be clear about what is most important and where should we put our time. What can bring us peace?

Clerk **Liz Willson** asked the 18 Friends attending to say their names and then she reviewed the agenda. Recording Clerk **Cathy Tunis** read highlights from the Minutes from 8th Month Monthly Meeting, with thanks to Fred Cresson for preparing them.

Minutes, 10th Month, 14th Day, 2018

Finance Committee:

John Smallwood, clerk, reported on the committee’s discernment around the Meeting’s reserves and how they might be best put to use. Although the Growth and Building Fund had originally been established to save for the future need for a larger meetinghouse, the committee assumes that we will be in this same location for the next twenty years and will need to maintain the aging building. He presented a list of possible meetinghouse renovations and repairs for the Meeting to consider. He explained that creating a Capital Budget would be a means to set aside money to accomplish meetinghouse repairs with money we already have. **The Meeting approved setting aside existing funds for a Capital Budget to accomplish the things on this list understanding that the amounts are estimates only and that changes in scope or additional plans could arise, such as more extensive kitchen renovations or a solar roof.**

John explained the reserve funds are presently held at Wells Fargo Advisors, invested in 4 socially responsible mutual funds. The Finance Committee recommends that we move the Meeting’s investments to Friends Fiduciary Corporation for better performance and lower fees. The committee has interviewed a Friends Fiduciary representative and

reviewed its funds and investment strategy. Friends Fiduciary is a non-profit corporation dedicated to managing funds for Friends Meetings and Friends organizations. It invests funds into socially responsible investments and companies which align with Quaker values and testimonies. **The Meeting authorized the Herndon Friends Treasurer to open accounts at Friends Fiduciary and to transfer the Meeting reserve funds to that organization.**

Treasurer:

Katherine Cole passed out the treasurer’s report as prepared by **Terence McCormally** who couldn’t be here today. Liz discussed some of the totals and what they represent. There was some question about where the assisted listening device expenses were recorded and should perhaps be reallocated. If anyone has reimbursements to request of the treasurer, please get them to Terence as soon as possible. Contributions will need to increase before the end of the year to meet our budget.

House and Grounds:

Harry Tunis reported for clerk **Andrew LaRoy**. Harry read a proposal he requested from Dave’s Heating and Air Conditioning, a Herndon firm we have used since purchasing the building, to replace the furnace and air conditioner with a more energy efficient system. The furnace is 20 years old. Replacing it with a more efficient furnace and new flue system that will vent out the side of the building will result in less loss of heating out the flue. The furnace will be more efficient and quieter to use due to a two-stage gas valve and a fan with a variable speed motor. The air conditioner is also 20 years old and making a loud screeching noise. The unit is sealed and cannot be lubricated. It also uses environmentally unfriendly refrigerant which is no longer being used. A new air conditioner with a SEER rating of 16 would result in energy savings for cooling in the range of 30-45% over current costs. We would also save money with the installation of a new heater that is more than 90% efficient. Total cost for both a new heater and air conditioner would be \$13,500.

Harry also presented a proposal from Century Termite to treat the crawl space under the meeting room. The meeting room part of the building was built in 1928. Moisture is affecting some of the wood

supports under the flooring and old insulation is dangling loose. The proposed work would treat the wood supports under the floor, install new insulation, and create a moisture barrier on the ground in the crawl space. Total cost for this project would be \$5,280.

The Meeting approved going ahead with both projects this year, using funds from the Capital Budget.

Needed Renovations and Repairs

Needed now

- Replace HVAC
- Renovate and repair crawl space

Needed in 2019

- Repair front porch & mortar repair

Needed within the next two years

- Paint inside and outside

Need within the next 5 years

- Replace carpet
- Tree/landscaping renovations

Needed within the next four years

- Replace roof

Other

- Repair parking lot
- Repair/replace entry sidewalk/stairs
- Upgrade handicap accessibility
- Replace chairs
- Upgrade interior lighting
- Upgrade kitchen

Ministry and Oversight:

Inga Erickson, clerk, read the BYM Minute creating a BYM Pastoral Care Working Group under the care of the Ministry and Pastoral Committee. She asked anyone in the Meeting who is interested in serving on this working group, based on our extensive experience with a care committee, to let her know.

Inga also asked for feedback on whether Friends would like to have follow-up discussions on an earlier First Hour discussion on Diversity. Friends felt we should continue the conversation with future discussions in various venues, First Hour and/or evening programs.

Peace and Social Concerns:

Melanie and Tim Stanley, co-clerks, passed out the revised Minute on Care for Animals. This was first presented several months ago and laid over for further seasoning. The revised minute will also be sent out to the listserv, with discussion postponed until the next Meeting for Business due to lack of time today. The revised minute reads as follows: **In the interest of peace, and with a deep concern for the living world, Baltimore Yearly Meeting of the Religious Society of Friends encourages Friends to discuss how to extend their love and compassion to animals, and to consider their welfare when making food choices.**

Religious Education Committee:

Jolene Smith, clerk, shared the RE committee's annual report for 2017-2018. She described the extensive program for children, divided into four age groups. In addition to the classes on First Day, many of the Meeting's children participated in outside activities with other young Friends, at BYM camps and conferences, and even a Meeting-sponsored evening outing. The report is attached and was received with gratitude.

The Clerk closed the Meeting for Business with a period of silent worship.

News from Fauquier Friends Worship Group

By Bonnie Stockslager

Part of the history of having a once-a-month worship in this Fauquier area happened many years ago when Herndon Friends started what was then called the "Western Meeting for Worship", all in individual homes. One of the host homes was that of the Kirkman family and I remember having a First Day School lesson for the children present, including their younger son, now grown up and way beyond First Day School age. I wonder if he remembers requesting the song, 'We Three Kings of Orient Are' more than once. I agreed it was a catchy tune!

It was a recent delight to those in the little Fauquier Friends Worship Group to greet **Debbie and Worth Kirkman** in the Bealeton Depot and benefit from their spiritual presence in worship and in song. For me, it was also catch-up time, begging to see photos

Memories may fade, but Friendship abides.

of the "kids" and grandchildren, and swapping stories of some of our retirement ventures and adventures. Debbie and Worth were among the first folks I got to know when I first attended what was then Reston Friends Meeting in September of 1989 in Frying Pan Park.

Memories may fade but Friendship abides. We may have to make do with shifting locations, less-than-weekly gatherings and the rules and limits of rented space, but seeing old familiar smiles and rekindling Quaker connections is a precious experience, anytime, anywhere.

The Fauquier Friends Worship Group, under the care Herndon Friends Meeting, meets the third First Day of each month at Bealeton Depot 10877 Willow Dr North, Bealeton. Hospitality/singing is followed by 11:00 am worship and First Day School, then a light lunch and second hour topic, usually with Faith and Practice or QuakerSpeak videos.

News from the Communications & Outreach Committee

At the C&O committee's September meeting, **Cathy Tunis** spoke of the recent BYM gathering where she was part of a focus group of Friends on lowering barriers to people of color at local Meetings. She shared a number of points outlining why doing this work is important and steps that BYM and individual meetings have taken to address the issue. These were summarized in several handouts Cathy distributed and are available for further discussion. Some of the points made in our discussion: follow-up is important; building relationships so that someone feels strong enough to say, "This makes me uncomfortable"; using a tool such as IDI: Intercultural development inventory to heighten awareness of the experiences of others.

Next, **Jay McClendon** and **Stacey LaRoy** talked about the newsletter and how the transition from Terence was coming along. Some of the discussion was about the logistics of getting the printing done. **Kim Glazer** will be pursuing that. Jay also

encouraged Friends to make submissions and others suggested ways to encourage a variety of material that would include pictures and graphics and also something to get young Friends involved.

We discussed some of the more recent new attenders and efforts to make them welcome and renewed the call to make sure we have the Greeter schedule kept up.

Stacey shared some of the bumper stickers she had ordered and we decided to order some more and encourage Friends to stick them on their cars. We also are proceeding with putting up a brochure/pamphlet holder.

We discussed the idea of organizing a "Meeting Homecoming" - what that might look like, who the invitees would be... It would involve a lot of planning, like a retreat, advertising and promotion. The idea came from **Meg Wallace** and, as Friends remembered it, she was suggesting it as a winter activity initially; further discussion thought it might be better in the summer.

Turning to social media and increasing our presence and involvement in this area, Jay McClendon talked about Facebook and ways it could be used more effectively. Using Jon Watts' model on Quaker voices, we could encourage people to discuss what it was like to come to Quaker Meeting the first time, or to have a space for questions ("Ask a Quaker.") We talked again about having a tutorial or seminar after the Rise of Meeting one day on the basics of our website and Facebook.

Nominating Time

Interested in serving on a committee or three? Contact any member of the Nominating Committee - Paul Murphy, Kim Glazer, and Cat Wilkins - to find out more about our committees and to express your interest.

Herndon Friends Meeting
660 Spring Street
Herndon, VA 20170