

The Herndon Light



6^H Month 9, 2019 A Newsletter of Herndon Friends Meeting - Quakers - Reston & Herndon Virginia 261

August 25 (fourth Sunday): Fauquier Friends Worship Group, Bealeton Library Depot, 10877 Willow Drive North, Bealeton, Meeting for Worship and First Day School 11 am, hospitality before and after.

September 15: Fauquier Friends Worship Group, Bealeton Library Depot, 10877 Willow Drive North, Bealeton, Meeting for Worship and First Day School 11 am, hospitality before and after.

Queries

Do we welcome the approach of old age, both for ourselves and for others, as an opportunity for wisdom, for detachment from turmoil and for greater attachment to the Light?

How might I attend to what love requires of me in each new stage of my life?

Have I arranged the practical matters regarding possessions, location of documents, burial, etc., that will arise when I die or am unable to communicate so my family is not unduly burdened?

Am I comfortable with the relationships I will leave behind?

How can we support that of God in one another in the face of cognitive, emotional, and behavioral challenges?

How do we support caregivers who may be overwhelmed by the chronic needs of the one receiving care?

Advices

Aging begins the moment we are born, and cells within us keep growing until we die. We need to approach old age with courage and hope, with receiving and giving, and with forgiving and being forgiven. Aging is a natural part of human life. At no time should people be on the periphery of society because of their age. Older persons, who represent an increasingly large portion of the population, have varied talents, interests, and concerns. Friends have a long tradition of appreciating the gifts of older members, and our Meetings should continue to encourage participation of all ages in Meeting activities.

As much as possible, make arrangements for your end of life care in good time, so that an undue burden does not fall on others. Although growing older may bring increasing disability and loneliness, it can also bring serenity, detachment, and wisdom. Pray that in your final years you may be enabled to find new ways of receiving and reflecting God's love.

A Meeting will be rewarded by a mutual relationship in which younger Friends are able to appreciate the presence and worth of the

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 and hearing accessible. LGBTQ+ welcoming and affirming. 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: <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

older Friends in their midst. We should help older Friends know that they are needed, cared for, loved, and will be remembered.

Carl Jung, 1955

Voices:

Those of you who are kept by age or sickness from more active work, who are living retired lives, may in your very separation have the opportunity of liberating power for others. Your prayers and thoughts go out further than you think, and as you wait in patience and in communion with God, you may be made ministers of peace and healing and be kept young in soul.

London Yearly Meeting, 1923

I believe eternal life is in each moment of life, here and now; the real tragedy is not how or when we die but if we do not live the life we are given to our full potential.

Jenifer Faulkner, 1982

We may grieve as we resign ourselves to giving up the desires and ambitions of our youth, but as we give up those desires, we become more open to accept God's will, including accepting the service that God would have us do. Then God may call us to a ministry that we never thought possible for ourselves.

Elizabeth F. Meyer, 2004

I am convinced it is a great art to know how to grow old gracefully, and I am determined to practice it.... I always thought I should love to grow old, and I find it is even more delightful than I thought. It is so delicious to be done with things and to feel no need any longer to concern myself much about earthly affairs... . I am tremendously content to let one activity after another go, and to wait quietly and happily the opening of the door at the end of the passageway that will let me into my real abiding place.

Hannah Whitall Smith, 1903

In primitive tribes we observe that the old people are almost always the guardians of the mysteries and the laws, and it is in these that the cultural heritage of the tribe is expressed. How does the matter stand with us? Where is the wisdom of our old people, where are their precious secrets and their visions?

Accepting the fact of death, we are freed to live more fully. In bereavement, give yourself time to grieve. When others mourn, let your love embrace them.

Australia Faith & Practice, 2011

Indeed, bereavement often anticipates death where frailty and cognitive impairment in those that we loved get in the way of recognizing the whole person that once lived. Jim Rose, 2013

As I grow older, I seem to need more time for inner stillness.... This can happen in the midst of daily chores or when walking in a crowd or riding in a train. It means being still, open, reflective, holding within myself the crucible of joy and pain of all the world, and lifting it up to God. Praise comes into it, and thankfulness for all the love I have known and shared, the realization of how much of the time I am carried, supported, upheld by others and the love of God.

Dorothy Steere, 1995

It may be hard, at times, to find beauty and harmony in the dying process. On the surface, there is often much ugliness, much suffering or struggle, much that seems to be "falling apart" rather than "coming together." And yet, just below this troubled surface, there is harmony – a true beauty that reflects something beyond the immediate circumstances of death. As one person's life comes to its culmination, and others are touched at the heart by loss and love – then, unexpectedly perhaps, we may find ourselves "walking in beauty" together.

Kirsten Backstrom, 2001

In addition to taking care of the practical supports and planning for death and dying which in themselves can be overwhelming or unfamiliar, we are all faced with deeper issues related to the end of a life. What is most important to us as we make this final passage? How can we accompany someone and provide spiritual support through their final journey? Can we make plans that are consistent with lifelong values? Is there a sense of unfinished business, a need to forgive or be forgiven?

Quaker Aging Resources, 2013

*They that love beyond the World,
cannot be separated by it.
Death cannot kill what never dies.
Nor can Spirits ever be divided
that love and live in the same Divine Principle,
the Root and Record of their Friendship.
If Absence be not Death, neither is theirs.*

William Penn, 1682

*Death often faces us with the most difficult of
questions, yet it may be the occasion of our
most profound insights into the meanings of
life. As we try to surround the bereaved with
love and care, God's sustaining power can
bring to all concerned not only courage but a
transforming Truth about death and life itself.*

New York Yearly Meeting, 1998

Friends responded out of the silence about the importance of learning from our elders while they are still with us, to live our lives enthusiastically to take advantage of what time we have, and to seek the Light wherever we can find it. Friends observed examples of the lives of relatives who are aging well and to follow that example. The importance of seeking a balance between finding serenity and still making a contribution in one's old age was stressed.

Minutes

The 18 Friends present introduced themselves. **Cathy Tunis**, acting Recording Clerk read excerpts from Minutes of 4th Month Monthly Meeting for Business.

House and Grounds committee clerk **Andrew LaRoy** reported that the new landscaping project has been completed, around two more sides of the meetinghouse, replacing the plantings with native perennials and shrubs. Although the designer did not charge us for her services, the Meeting felt it important to support her with a gift of \$1,000, accompanying it with a card of thanks. Landscape design costs were not included in the original estimate, but can be covered by our existing funds.

Communications and Outreach committee clerk **Jay McClendon** reported on the Reston

Pride activities of Sunday, June 2. Jay expressed the Meeting's appreciation for the work of **Stacey** and **Andrew LaRoy, Camryn Joy Williams, Jodi Beatty, Marguerite Miller, Lauren Demeis-Ortiz, and Connie Ortiz**, in addition to all those who stopped in to offer support. Over 5,000 people attended the Festival. Other Friends attended the Capital Pride festival in DC.

Religious Education co-clerk **Jolene Smith** asked for the Meeting's support for teaching First Day School during the summer. Jolene asked for suggestions on how to make it easier for Friends to volunteer. Suggestions included providing some sample curriculums, an idea jar for people to draw from, and help finding a partner to teach with.

Announcements

Cathy Tunis reminded Friends of the 2019 Baltimore Yearly Meeting Annual Session, beginning July 29 with an Opening Retreat, followed by regular programming Tuesday July 30 through August 4, at Hood College in Frederick, Maryland. First time attender certificates are available from the Clerk.

The newly constituted Faith and Practice committee of BYM has asked us to refer to the 2013 draft edition as *The 2013 Resource for Faith and Practice*, to distinguish it from the 1988 *Faith and Practice* which is still our official version.

On behalf of Ministry and Oversight committee, clerk **Stacey LaRoy** announced that there would be no First Hour program in June. The July First Hour discussion will be on July 21 at 9 a.m. **Meg Wallace** would lead a discussion on a recent QuakerSpeak video.

The Student Peace Awards of Fairfax County Annual Meeting was held.

The second book discussion on Ta-Nehisi Coates' book, "Between the World and Me," was June 14, at 7 p.m. at the meetinghouse.

The next Meeting for Business will be held on August 11, at 9 a.m.

The meeting closed with a period of worship.



Former First Day School teacher, Kim Glazer remembers when these students were little: (front row, Kim Glazer, Camryn Williams and Asa McClendon; (back row) Braden Huebsch and Eli McClendon

Celebrating Our Graduates

Herndon Friends Meeting celebrated members and attenders who were graduating from elementary school, middle school, high school, college, and graduate school. They included Zach Deutsch-Gross (Cal-Berkeley) Braden Huebsch (South Lakes High School,) Eli McClendon (McClendon Academy,) Asa McClendon (McClendon Academy,) Max Nagle (Hollins University,) and Jack Shinkman (Sunrise Valley Elementary.) Learn more about these students below.

Zack Deutsch-Gross



Zack received his Masters in Public Policy from the University of California at Berkeley in May. Zack is the partner of Herndon Friends' member **Lauren Hoy**. Zack's studies have focused on the economics of inequality, particularly how community transportation policy breaks down economic barriers, builds socio-economic equality, and can support environmental restoration and stewardship. His thesis work involved designing the Sierra Club's strategy to distribute funds from the Volkswagen Motors settlement to public programs supporting electric cars, buses, and light rail in key states across the U.S.

Braden Huebsch



After graduating South Lakes High School on June 5, Braden is attending Virginia Tech (alongside brother Aaron) to study engineering.

His favorite classes have been math, science and computer science . Braden has also spent countless hours on his other passion, playing baseball. The South Lakes team just finished their high school run at Regionals, and Braden played one last summer season coming up before he begins his studies at VT. He is looking forward to a week at the beach this summer with extended family right before he heads off to start his college adventures!

Asa McClendon

Asa has graduated the middle school division of the uber-exclusive McClendon Academy (only two students ever admitted), where he is at the top of his class. He will continue in the high school division as a 9th grader. Asa's favorite subjects are science and math.

In addition to his academic pursuits, Asa was invited to play, as a defender, on the Sporting

CP-DC affiliate of Sporting CP, a professional soccer team in Portugal. He is also pursuing his first-degree black belt in tae kwon do.

Eli McClendon

Eli was accepted to George Mason University's Honors College, where he plans to major in chemistry with a concentration in biochemistry. Eli faced down stiff academic competition to graduate summa cum laude from McClendon Academy. He has been dual enrolled at Northern Virginia Community College since he was 15.

Last year, he coached a U9-U10 soccer team and was nominated to represent Herndon Youth Soccer in the all-star tournament, where his team took the U19 division title. Eli plans a career in research medicine.

Max Nagle

Max graduated Hollins University with a degree in English.

Jack Shinkman



Jack starts 7th grade at Thoreau Middle school. A graduate of Sunrise Valley

Elementary School, he previously attended Flint Hill public school. Jack's passions include clarinet (he plays the clarinet handed down to him by his grandfather, **Harry Tunis**,) soccer, Spanish, Shiloh, Ultimate, and food. He's a committed vegetarian and environmentalist, and the youngest member of the FCNL Advocacy team.

Camryn Williams



Camryn graduated from Potomac Falls High School on 6/10/19 and aspires to be an ASL interpreter. Ever since she discovered ASL in her sophomore year, it has been a passion of hers. She is attending NOVA in Annandale for the Assoc. degree program, along with regular classes in Loudoun NOVA, for 2 years, and then tentatively plans to move on to Gallaudet University or George Mason University after that. She loves music, singing and playing ukulele, and spending quality time with F/friends and family. She is also interested in photography and creative writing.

Herndon Friends Meeting
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