

The Herndon Light



11th Month 8, 2015 A Newsletter of Herndon Friends Meeting - Quakers - Reston & Herndon Virginia 229

Nov 14	Fall Clean Up at the Meetinghouse 9:00 am to 1 PM Raking, weeding, window cleaning
Nov 15	Adult Discussion Session with Eric Goplerut Executive Director of Faith Alliance for Climate Solutions
Nov 15	Religious Education Committee Meeting at Rise of Meeting for Worship
Nov 15	Fauquier Friends Worship Group Singing at 10:30; Meeting for Worship at 11 Hospitality before and after
Nov 27	Youth Con for Young Friends at Homewood Meeting
Dec 5-6	Youth Con for Junior Young Friends at Stony Run Meeting
Dec 6	Pot luck at Rise of meeting for Worship Vegan Holiday Feast Welcoming for Jodi Beatty
Dec 13	Meeting for Business 9:00 AM
Dec 19	Christmas Sing at the Meetinghouse 5:30 PM for sweet and savory finger food potluck, followed by singing
Dec 24	Christmas Eve Pot Luck and Meeting for Worship 6 PM
Dec 27	Fauquier Friends Worship Group
Jan 17	Fauquier Friends Worship Group
Jan 29-31	BYM Women's Retreat at the Pearlstone Retreat Center in Reistertown, MD

Query: Home and Family

Do you regularly seek God's guidance?

Do you make your home a place of affection where God's presence is felt?

Do you allow time for family worship and spiritual exploration, taking care to include both the very young and very old?

How do you take care that commitments outside the home do not encroach upon the time and loving attention the family needs for its health and well-being?

How does the Meeting support families of all kinds in their attempts to improve communication, family life, and the rearing of children in an atmosphere of love?

Do you cultivate healthful and moderate habits, avoiding the hazards of drugs, intoxicants, and over-indulgence generally?

Can you keep a sense of humor and avoid taking yourself too seriously?

Meeting For Business 11-8-15

Kim Glazer gathered 17 Friends for Meeting for Worship with attention to Business at 9:00 AM with a reading of the Query on Home and Family from the 2013 draft revision of BYM Faith and Practice.

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 Terence McCormally. Notices for the Newsletter can be sent to him at 2514 Trophy Lane, Reston, VA 20191 E-mail tmccormally@ffpcs.com. Newsletter assembled addressed and mailed by Meg Wallace **WEBSITE AT** www.herndonfriends.org.

The Care Coordinating Committee is available for Friends in need. If you need assistance because of an illness or other emergency, contact Abby Compton, Clerk, at abbey.compton@verizon.net; or Priscilla Chamlee at dandpchamlee@gmail.com; or Fred Cresson at cresson4@verizon.net, or Stacey LaRoy at stacebear@laroyfamily.com or Margaret Rogers at margrog@juno.com

Friends responded out of the silence;

"Babies cry every day, and this is how we know how they are doing; but in many of our relationships there is no crying so we must look elsewhere to keep track of things."

"The query on seeking God's guidance supposes a particular theology. Quakers sometimes talk about this as waiting on the Spirit, or waiting for way to open. Sometime we seek our guidance from the spirit filled response of Friends in the gathered meeting."

"Quaker humor is an oxymoron."

"It is important to distinguish between, "God tells me what to do," and "I struggle to follow the leadings of the spirit as I understand them," for one assumes a certain understanding of a divinely revealed message, and the other acknowledges the possible fallibility of the listener."

Hospitality: Eveline Marquardt reported for the Hospitality Committee. The December 6 Potluck will be a Vegan Holiday Celebration, organized by Jodi Beatty and Margaret Fisher. It will also be an opportunity to host a welcoming ceremony for Jodi Beatty as a member of Herndon Friends Meeting, and for her sons Ian and Jareth as associate members.

Eveline also announced plans for Christmas activities. The Annual Christmas Sing is being

organized again by Stacey LaRoy and Kindra Whomsley. The Sing will begin at 5:30 on 12/19 with a sweet and savory finger food potluck, followed by singing. Friends who play a musical instrument are encouraged to bring them; music is available at the Meetinghouse to borrow for those led to practice prior to the Sing. Friends who wish to prepare a special performance are encouraged to coordinate with Stacey.

There will be a Christmas Eve Potluck on the 24th. The meal will begin at 6 pm, followed by a meeting for worship at 7. There is no special child care provided but children are welcome in the Meeting Room. Katherine Cole will be coordinating the potluck with an email and a sign up sheet as the event approaches.

Religious Education: Meg Wallace reported for the Religious Education Committee. BYM is sponsoring it's series of youth cons; more information is available elsewhere in the newsletter. The Town of Herndon is reviewing our application for a clubhouse/shed to be used for additional First Day School space.

Debbie McCormick reported as the liaison to Cornerstones. Herndon Friends meeting will be participating in the "adopt a child for Christmas" program. Cornerstones has provided us with information regarding 10 children in the community, including a wish list. Friends who want to contribute can contact Debbie for information regarding a child. The program asks contributors to purchase new, unwrapped items from the child's list and return them to Cornerstones in a clean plastic bag. The items are available to the child's parents to wrap and deliver. Cornerstones requests a budget of \$60-\$75 per child. Gifts can be taken to the Cornerstones office at 11150 Sunset Hills Road, Suite 210 Reston on Thursday, Dec. 3rd and Friday, Dec. 4th from 9 am – 6 pm and Saturday, Dec. 5th, from 9 am – 12 pm December –or Debbie will deliver them if brought to the Meetinghouse by 11/29/15

Nominating Committee Harry Tunis presented the first reading of the 2016 slate of nominees on behalf of other committee members, Bert Curtis, Weez Rothrock, and Curtis Jacobs. Harry reviewed the nominees list and received some corrections. The list will be presented for approval at the December Meeting For Business.

Greening the Meetinghouse Ad Hoc Committee: Margaret Fisher presented the report of the Ad Hoc Committee on Greening the Meetinghouse. Details are listed in the report below. The Meeting approved the recommendations to eliminate chemical herbicides and pesticides from lawn care; elimination of incandescent bulbs for LED bulbs, and eventual replacement of fluorescent bulbs with

LED fixtures; and construction of a compost pile to be built by Margaret Rogers.

Greening the Meetinghouse Report

Action Items

The Lawn: We recognize the value of lawn for the children to play on and the need to be a good neighbor. However, we have the opportunity to set a better example for the community and are concerned about the many downsides of lawn, including that

- It is a sterile, non-native monoculture that displaces useful habitat
- Storm water runs off lawn into the sewer system
- Our lawn company, Bay Country Lawns, uses pre-emergent crabgrass killer and TruPower herbicide, products which are toxic to humans and wildlife and may get into our waterways if not carefully applied
- Organic alternatives to chemical fertilizers and herbicides require the use of wasteful resources such as corn.

John Dyck and Beth Hardesty have been mowing the lawn for us. John attended our meeting and concurred with the following recommendations.

- Stop putting chemicals on the lawn
- Allow other plants to infiltrate the grass
- Continue to mow
- Do a soil test to see if lime is needed
- Apply compost to any spots that are doing poorly. Turf grass is like any other plant: it does best in healthy soil. Fertilizer damages the soil, whereas compost
- If we find later that there are undesirable weeds that we cannot control by hand pulling, we could consider spot applications of weed killers then.
- Find out whether the lawn company has been aerating and reseeded; if so, consider continuing that practice.
- Consider where and how part of the lawn might be eliminated in a low-maintenance way without affecting the play area for the children. For example, we do not want children playing on the strip between the sidewalk and Spring Street anyway. If we decide we want to plant something different in that strip, John Dudzinsky from the Town of Herndon has offered to meet with us, since any change would need the town's approval.

Light bulbs: House and Grounds has the following plans.

- Replace all the incandescent bulbs with LED bulbs now.
- Replace fluorescent bulbs as they burn out in the RE room with LED bulbs
- House and Grounds will discuss a strategy for eventually replacing the meeting room lights with LED bulbs. This might include replacing two sides so that we have the option of eliminating the buzzing sound by having only those two sides turned on, and replacing the ones in the other two sides later.

Composting: We currently have a heap of yard waste in the corner. We propose to designate an official spot for composting that waste plus our kitchen scraps (not including any meat or dairy products). Compostable paper plates can be torn up and added to the heap. Leaves should be put on top of any kitchen waste to hide it, but Margaret Rogers has also volunteered to build an enclosure.

Reporting only:

Green Power: The meeting already takes full advantage of Dominion’s Green Power program, in which we pay a slightly higher rate for a renewable energy offset. We encourage everyone to look into that option for their own homes. Dominion gives homeowners the option of buying an offset all or part of their electricity.

Bring Back the Handkerchief: Millions of trees are cut down every year to create paper towels. The manufacturing process requires massive amounts of water as well as toxic chemicals. A tree might be considered by some to be a “renewable” resource, but forests and their inhabitants are not. We suggest that people consider carrying a handkerchief to use instead of paper towels for drying their hands.

BYM Youth Events

BYM sponsors a continuing series of youth event for Young Friends (High School) and Junior Young Friends (Junior High School).

The next Young Friends Conference is November 27 – 29 at Homewood Friends Meeting (Baltimore, MD)

Young Friends should plan to begin arriving at 7:00 pm on Friday. For information, check the Young Friends website or contact Jocelyn Dowling (301-774-7663). The deadline to register and be guaranteed a slot is two weeks before the conference (November 13).

The Junior Young Friends Conference is December 5-6 at Baltimore Stony Run Meeting. This two day meeting starts at 10:00 AM Sunday.

Youth Cons are a great place to meet up with camp friends, or make new Quaker friends in a loving, supporting and supervised setting.

BYM Women’s Retreat

The 2015 BYM Women’s Retreat will be held January 29 - 31 – 2016 at the Pearlstone Retreat Center in Reisterstown, MD, about an hour and a half from HFM meetinghouse.

The Pearlstone location offers a number of benefits compared to the previous location at Skycroft, especially in relation to accessibility and safety (covered walkways, elevators, etc.), as well as comfortable accommodations, plenty of meeting rooms, and excellent food. Scholarships will be available. Inga Erickson is the clerk of the Women’s retreat planning committee this year



Bike Rack

Paul Murphy, acting on instructions from the last Meeting for Business, reports that the Meeting can purchase a bicycle rack for the Meetinghouse for \$150. This rack will make it easier for those riding to the meetinghouse to secure their bikes. The purchase of the rack was approved. Delivery and placement of the rack was tasked to the House and Grounds Committee.

Sandwiches and Thanksgiving Baskets

It was just a coincidence that Sandwich Making, Thanksgiving Food Baskets, and Business Meeting all were due the same day, but Herndon Friends came through.

Ed Markam got all the Thanksgiving Boxes assembled ahead of time; Lynn Nagle made sure the bread, meat, cheese and other supplies were at the Meetinghouse. While Katherine Cole, Abby Compton and Melanie Stanley helped Joseph Long, Ian McClendon, Asa McClendon Gabe Brinza and Robbie Erickson assemble the 120 sandwiches and Meg Wallace’s Godly play crew assembled the bag lunches, Keith Curtis, Paul Murphy, Tim McDermott, Chris Long and Tim Stanley assisted Grace McDermott, Liam McDermott, Renee Erickson and Haley Long in purchasing all of the food—on time and under budget --to bring back to the meeting house. When the door to the meeting room opened after announcements, the back room was set up in an assembly line that put 60 baskets together in less than 30 minutes, packed in the van and ready for delivery to Cornerstones this Thursday. Next year: 100!

Brief Notes

Hospitality is planning a Vegan Holiday Celebration for December Potluck. Unlike the previous event where the Hospitality Committee provided the food, on this occasion Friends will be invited to bring their own Vegan preparations. Recipes are available online, and in all kinds of cookbooks. For the experienced vegan cook it's a chance to show off. For the less experienced it's a chance to experiment with new ingredients.

Here's one:

Smoky Black Bean Stew

- 1 tablespoon vegetable oil, your choice (I used olive)
- 1 medium onion, diced
- 2 good-sized carrots, halved lengthwise, then thinly sliced crosswise
- 3 15-oz cans black beans, drained
- 2 14.5 oz cans diced tomatoes, not drained
- 1 12-oz can Ro-Tel diced tomatoes with chilies (or plain if you want to tone down heat)
- 1 $\frac{3}{4}$ cup vegetable broth
- 1 $\frac{1}{2}$ cup roasted red peppers, sliced
- 1 whole canned chipotle in adobo, minced (this makes it good & spicy; adjust to taste)
- 2 teaspoons cumin

Zest of an orange

1 tablespoon fresh thyme

Avocado, vegan sour cream, fresh cilantro for garnish

Even some rice if you like, or tortillas, but you don't need them

Heat oil in heavy good-sized saucepan (5 qt. minimum) over medium-low heat. Gently cook onion and carrot until tender, about 5 minutes. Add black beans, diced tomatoes, broth, red peppers, chipotle with its clinging adobo sauce, cumin, and salt and pepper to taste. Simmer 20 minutes. Add orange zest and thyme. Serve with diced avocado, vegan sour cream, fresh cilantro.

Herndon Friends Meeting
660 Spring Street
Herndon, Virginia 20170