

The Herndon Light



3rd Month 10, 2019 A Newsletter of Herndon Friends Meeting - Quakers - Reston & Herndon Virginia 259

April 7 9am Peace and Social Concerns Committee Meeting. All Welcome.

April 7 Potluck at rise of Meeting for Worship

April 14 9am Meeting for Worship with Attention to Business

April 21 Easter Egg Hunt and Potluck at Rise of Meeting for Worship.

April 28 Earth Day activities following Rise of Meeting. All Welcome.

April 28 (note date change) 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.

July 29-August 4 BYM Annual Session, Hood College, Frederick MD

May 19 Fauquier Friends Worship Group's 5th Anniversary. See story below.

Queries

How do I discern when to speak and when not to speak, both in Meeting and elsewhere?

How do we encourage Friends to allow ample time to absorb the previous message before speaking?

How do I practice listening to the Truth which may be revealed by others?

Advices

Once Meeting begins, take time to enter fully into the spirit of worship. Gently offer up distractions as you center down and open yourself to the workings of the Spirit. Come to Meeting with neither a resolve to speak, nor a determination not to speak, but rather with an attitude of expectant waiting and openness.

If you feel moved to speak, take a moment to test your leading. Is your message from the Spirit, or somewhere else? If it is from God, is it meant only for yourself, or for the entire Meeting? Genuine ministry is often preceded by a physical uneasiness, a "heart pounding weakness," from which our name Quaker is derived. Remember that silence is not just the space between messages, but a deep and living communion with the "Spirit which gives life." Your silent prayer and openness to God are themselves a form of ministry that enriches the Meeting community. Allow adequate time between spoken messages, so that all may listen to God and truly hear the previous message.

Brevity is an under-appreciated virtue. If you speak, do not feel compelled to explore all the implications of your insight. Rather, leave room for the Spirit to work through the next person, potentially building on your words

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

and possibly extending them in an unexpected direction.

Inevitably, not all vocal ministry will be equally meaningful to all present. Remember, ministry that does not speak to you may nevertheless be valuable to others. If you find yourself struggling with another's words, learn to listen for the Spirit behind the words. In regard to any impulse to speak a second time during worship, Friends have traditionally counseled restraint. Partly this is a matter of equity (since most present will not speak at all, none should speak more than once), and partly a recognition that to offer genuine vocal ministry is a weighty matter, requiring a degree of spiritual discernment and obedience beyond what most of us can muster twice in a single hour. Friends in the unprogrammed tradition rarely include music in their worship, but enjoy singing and instrumental music in other contexts. Spontaneous musical contributions, however, may be appropriate in a meeting for worship.

Remember that our manner of worship is ultimately a mystery under the direction of the Spirit. Each Meeting for Worship is a spiritual adventure, unique and unpredictable. Let us remember in humility, as Isaac Pennington wrote, that "the end of words is to bring us to the knowledge of things beyond what words can utter." Know that you are a channel for the Light. If you have a deep sense of the urging of the Spirit, consider your obligation to pass the message on.

Voices

In Friends' meetings also, from the fact that everyone is free to speak, one hears harmonies and correspondences between very various utterances such as are scarcely to be met elsewhere. It is sometimes as part-singing compared with unison. The free admission of the ministry of women, of course, greatly enriches this harmony. I have often wondered whether some of the motherly counsels I have listened to in our meeting would not reach some hearts that might be closed to the masculine preacher.

Caroline E. Stephen, 1890

Near evening I was at [a meeting with Indians], where the pure Gospel love was felt, to the tendering some of our hearts; and the interpreters endeavoring to acquaint the people with what I said, in short sentences, found some difficulty, as none of them were quite perfect in the English and Delaware tongues, so they helped one another and we laboured along, Divine love attending. Afterward, feeling my mind covered with the spirit of prayer, I told the interpreters that I found it in my heart to pray to God, and believed if I prayed aright, he would hear me, and expressed my willingness for them to omit interpreting; so our meeting ended with a degree of divine love. Before the people went out I observed Papunechang ... spoke to one of the interpreters; and I was afterward told that he said in substance; "I love to feel where words come from."

John Woolman, c. 1760

Minutes

Several Friends responded to the queries out of the silence.

Clerk **Liz Willson** asked Friends present to introduce themselves, which was accomplished, and reviewed the agenda.

Recording Clerk **Katherine Cole** reviewed minutes of the 2nd Month 2019 Meeting for Business.

Paul Murphy read the Spiritual State of Herndon Friends Meeting Annual Report for 2018. Friends commented on their appreciation to the writers, **Paul Murphy** and **Liz Willson**, and made several friendly amendments. With those amendments, the report as attached was accepted.

For Ministry and Oversight Committee: **Liz Willson** reported that the M & O Committee accepted a request for Associate Membership for **Camryn Joy**. Hospitality will coordinate a welcoming. MFB joyfully approved this membership request.

House and Grounds Committee requested \$5,000 to use for new landscaping on the north (entry door side on Locust Street) and east (parking lot side) for habitat using native

plants to replace the existing plants. This will continue the work done previously on the west (Spring St. side) and the south side of the meetinghouse. MFB approved the request for funds for this project.

House and Grounds requested that two parking places close to the side entry door be reserved for those with special needs. These spaces will be marked by a sign to include some Quaker humor. MFB approved this request.

For Communications and Outreach Committee: **Jay McClendon** said that Herndon Friends is planning to participate in the Reston Pride, Capitol Pride and possibly NOVA Pride festivals this year. The committee has funds in their budget to use for these activities.

Margaret Fisher read the 2018 report of the Greening Committee. MFB accepted the report.

Margaret Fisher announced Earth Day activities to be held at the meetinghouse, including the annual plant exchange, on April 28. Details will be sent to Herndon Friends via the listserv.

For the Nominating Committee, **Paul Murphy** requested approval to name **Marguerite Miller** as co-liaison to Cornerstones and **Margaret Fisher** as Coordinator for messages to BYM Interchange from Herndon Friends. MFB approved these nominations.

Spiritual State of Herndon Friends Meeting Annual Report, 2018 Submitted by Paul Murphy and Liz Willson

On the third of February 2019, Friends and attenders gathered in worship to consider the spiritual state of Herndon Friends Meeting.

At the start of Meeting for Worship, the clerk of the Ministry and Oversight Committee read the following queries along with worship sharing guidelines: “What is it about our Quaker faith and practice that gives us a common identity?” juxtaposing this with a

second query: “What do we do to encourage or inhibit diversity in our Meeting Community?”

Herndon Friends Meeting has been considering issues of outreach, diversity, and how to encourage the full participation in “beloved community” in a number of ways throughout the year. We hosted a First Hour panel discussion on diversity and barriers to bringing one’s whole self to the community, which was deeply provocative and moving for many attendees. Two of us are participating in the Baltimore Yearly Meeting Change Team training. We created a Communications and Outreach Committee, both to coordinate our communication and messaging and to develop innovative strategies for reaching out to others in our community. Small groups from Herndon Friends visited and worshipped with an historic African-American congregation celebrating their 150th anniversary and with the Pentecostal Latino church across the street from us.

During our worship sharing on these two queries, we considered the ways by which a faith community rooted in the unprogrammed Friends tradition reconciles the development of a common identity with the simultaneous promotion of diversity and inclusiveness. The spoken messages went straight to the heart of what it means to be a Quaker, illuminating the strength and depth of our Meeting’s spiritual character.

Several Friends spoke to the seemingly contradictory notion that the Meeting’s common identity is, in fact, its diversity. The membership of Herndon Friends encompasses a range of differences: in our original faith traditions; our political views; ethnicity; sexuality and gender identification; age and health; abilities; education and socioeconomic status; and perhaps most fundamentally, where we are on our spiritual journeys.

“It’s almost paradoxical that something giving us a common identity is our sense of openness in Quaker Meeting,” expressed one Friend, “a belief in individual expression, even contrary thoughts and beliefs.”

“Being true to our Quaker roots means being kind and respectful of everyone regardless of

their background and perspective,” spoke another. A third person observed, “Here is a place that encourages you to embrace your own journey.” And another commented, “You are welcome to be a skeptic.”

What is it about Quaker Meeting that people from diverse backgrounds find welcoming? Some spoke to the unprogrammed way we worship: “Our common identity is the silence in our Meeting,” said one Friend.

Acknowledging the diversity of countries of origin among Herndon Friends, another observed, “We often speak in metaphors and symbolic terms that non-native speakers may not fully understand.

Worshipping in silence may be one of the most inclusive things we can do.”

It can be easy to overlook some of the obvious ways we celebrate diversity. For example, many of our regular attenders are children. Herndon Friends Meeting takes pride in the quality of its longstanding infant care and First Day School programs. Voicing support for some of our youngest members and attenders, one Friend observed, “When people of different ages and generations get together we have diversity. We need to talk about the tiniest members of our community, as well as the oldest who need end of life care.”

The installation of a listening assistance system this year made vocal ministry accessible to several members and attenders who had been feeling cut off in worship. The organization and dedication of our Meeting’s Care Coordinating Committee offers another example of how community and identity grow from serving the diverse needs of those who suffer or who bring differing abilities and capacities to our community.

Quaker testimonies, or values, and the related queries that expose the dimensions of these values, are central to understanding Quaker faith. For several Friends, exploring the meaning of these values as a community ties our common identity with diversity. “We need to recognize that testimonies are common goals that guide people to become better persons,” spoke one Friend. “They are not terms of exclusion – they help make us a more

diverse community when we recognize that people strive toward these goals in different ways.”

Another message echoed this thought.

“One of the things that makes Meeting unique compared to other places of worship I have attended is I feel like this is a faith that is descriptive instead of prescriptive.”

Without a directed service and recited prayers, Quakers rely on the potential for inner growth arising from the richness of a shared Meeting for Worship. Speaking to this point, one friend observed,

“Looking for that sacred space within ourselves, that’s what so important, and to me so rewarding.”

Engaging in this endeavor as a community is, according to another longtime Friend, precisely what binds us together: “To the extent there is a common identity, it has to do with gathering together once a week in worship to help each of us become a better person.”

But the way forward is not always clear. Disagreements may be part of the growing process, particularly in a faith community that strives to translate its values into concrete social action. As one Friend pointed out, maintaining community and furthering diversity may require creative thinking, like showing support for Friends United Meeting by supporting one of their flagship overseas projects, the Ramallah Friends School. “The fact that we continue to struggle with diversity is a strength not a weakness,” voiced one Friend.

Herndon Friends members and Meeting participants are united that community and diversity are compatible goals. We recognize that, when pursued together in a discerning and understanding spirit, these values deepen our faith, further our personal growth and provide us the emotional and spiritual foundation to “Walk cheerfully over the world, answering that of God in everyone.”

News from Fauquier Friends

Worship Group

By Bonnie Stockslager

The worship group will not meet on third Sunday in April, as the depot not available on Easter Sunday. Instead, the meeting will be on April 28 (4th Sun) at the Bealeton Depot, with the usual schedule of hospitality and singing before and lunch after Meeting for Worship at 11 am.

May 19 is Fauquier Friends Worship Group's **5th Anniversary**. We will adhere to the usual morning schedule and **Friends With Veggie Benefits** will be the theme of afternoon Worship Sharing 12:30pm to 2:15 pm. This is an Open House worship-sharing event with **Margaret Fisher** and **Weez Rothrock** from Herndon Friends sharing about the health, earth-care and spiritual benefits of a plant-based diet. Free vegan lunch and recipe booklets available to all attenders. **Start spreading the invites!**

Herndon Friends Meeting Responds to New Zealand Tragedy

After a mass shooter opened fire at a Christchurch, New Zealand, mosque, on March 15, Herndon Friends Meetinghouse opened for two hours that evening silent worship and prayer and to hold our brothers and sisters in New Zealand in the Light. Fifty people were killed in the New Zealand massacre.

First-Hour Discussion on Immigration

Our March 17 First Hour discussion on immigration was led by **Erin McKenney** of Just Neighbors. About 25 friends learned about the legal and humane ramifications of border crossings and deportation – including detention practices -- and how to best help people who have come to the United States. “For more than 20 years, Just Neighbors has offered hope, help and pathways to new lives for immigrants, refugees, asylees and their families”.

Sanctuary DMV Training Date Set

The next accompaniment training will be Thursday, April 4. at Foundry United Methodist Church in downtown DC. If you can make it, [register here](#); the details are as follows:

Time: Thursday, April 4, 6:00-8:30pm

Place: Community Commons space, Foundry United Methodist Church, [1500 16th St NW, Washington, DC 20036](#)

Registration: Please register [here](#)’

The accompaniment program has been busy over the past few months since our last training in DC. The program has accompanied people to dozens of ICE check-ins, immigration court appointments, and more.

Friends, Muslims Unite in Joint Women Together Program

By Melanie Stanley



Dear Meeting, I thank you so much for your support with Women Together: a concept that began in my brain two years ago and really cemented itself after the death of a 17-year-old girl from The ADAMS Center that was a senseless taking of a life. This was a terrible blow to the people who belong to the ADAMS Center, fearing that hatred could be so powerful to a gentle and peace-loving community. You might remember that **Tim** and I went down there to let them know how very sorry we were for their loss, and then we were invited to the funeral!

I had wanted very much to somehow reach out to their women even before this, uniting both Quakers and Muslims, but the outreach director that I had spoken with left, and with **Ting Yi’s** encouragement. Tim and I (and others from our Meeting) attended Day of All People. where I met yet another outreach person and discussed the idea of getting our women together.

It was not until I met **Hurunnessa Fariad** that the idea was accepted very readily and with much enthusiasm, and so the two of us

began meeting over tea and donuts to make a plan. I also discussed this with our Peace and Social Concerns Committee, and they were excited as well and totally supported the idea and wanted to help make it happen.

Well, because of our FAITH and patience and love, it did happen! And our Meeting really held us all in the LIGHT so that many of our women could meet with Muslim women from the ADAMS Center and begin to learn about one another.

We pretty much began with silent worship for Quakers and Muslim prayer for our Muslim friends. Very interesting!

I thought it might be a good idea to start the group dynamics with cards on which to write a question to spark conversations...and wow, did this ever work well! Because there were far more Friends than Muslims, we really listened to the Muslim women talk about their history, their faith, their lives, their beliefs, and their joys and sorrows.

What struck many of us was how hard it is for many of these women to go shopping in Reston and get harassed for who they are and what they might represent in the minds of people who do not know them. It was hard to listen to some of these stories, but we sat....and we listened, and we empathized as best we could.

Before we broke our circle for refreshments, we generated ideas for our future gatherings; yes, there will be future gatherings!

And all because of the Friends at this Meeting who support peace and the acceptance of those who might seem to be different: those who are really more like us than not!

Thank you all so much, and thanks to those wonderful Quaker women who came and brought food and brought their good questions

and ideas for something that will make a difference in our future.

Greening Committee 2018 Report

By Margaret Fisher

Participants: **Robin Anderson, James Ball, Keith Curtis, Louisa Davis, Margaret Fisher (clerk), Andrew LaRoy, Tim McDermott, Margaret Rogers**

Landscaping and Habitat subcommittee participants: **Bert Curtis, Katherine Cole, Louisa Davis, Margaret Fisher (clerk), Kay Fowler, Tim McDermott, Paul Murphy, Margaret Rogers, Harry Tunis**

The *ad hoc* Greening committee seeks ways to minimize our environmental impact on the meeting property and to demonstrate to members, attenders, and the surrounding community practical steps they could take to do the same on theirs.

In 2018, we led a discussion on reducing our carbon footprints and invited everyone to participate in a carbon footprint game during the two months leading up to Earth Day. On the Sunday following Earth Day, we organized the annual plant exchange simultaneously with an environmental fair that included environmentally friendly food (otherwise known as vegan) and displays about LED bulbs, native plants, reducing use of plastics, and measuring air leakage of a building.

The Landscaping and Habitat subcommittee spent the year working and dreaming in the gardens. Because disturbing the soil stirs up a lot of dormant seeds, the landscaping beds that were put in in the fall of 2017 needed a lot of weeding. Several volunteers participated in our Adopt a Plot project to keep our gardens looking nice. We need more people to help with this. We decided to leave the common violet, which is doing particularly well here and which is the native host plant of the fritillary butterfly, to gradually spread to form a free ground cover. As all these plants grow to their mature size, we should be able to phase out mulching.

We started to get a grip on the over-exuberant tall goldenrod and Maryland senna that have been dominating our two pollinator gardens, and worked on giving the embankment garden a more tended look by giving it a frame of low growing plants. **Gretel** and **JD von Pischke** donated a bench that was installed next to the door for people to sit on and enjoy the flowers.

In the fall, we transplanted the four smooth hydrangeas out of the pots by the cabin into the ground and installed lowbush blueberries (which are more drought tolerant) in the pots.

To prepare for the next phase of our process of converting our landscaping to native plants, we invited two landscaping companies to give an estimate. If the timing works out, we are planning for a spring 2019 installation.

In the summer, we led the First Day School class in a mini wildlife survey on our property, which identified all sorts of critters in residence. We have our own iNaturalist web page where we document the photographic observations of our small neighbors while participating in a worldwide citizen science biodiversity project. The article below describes how to use this web page.

How to use iNaturalist

Before the how, the why -

- Easily identify plants and wildlife
- Contribute to a huge biodiversity database
- Share and store your photos online, all sorted by species
- Show other people why native plants and natural areas are worth protecting
- See the garden plants you love in their natural setting

- (See how many invasive introduced plants there are even in the most natural areas of Northern Virginia)

Instructions

Watch this video (1.24 minutes) on the [basics of using the iNaturalist app](#).

Go online and create a username and password for iNaturalist.org.

Download the app on your smartphone.

Try some practice observations.

Watch this video on [uploading photos from your computer](#). (2.29 minutes)

Watch this one on [City Nature Challenge](#) (This one was made for Boston, but it's just the same here.)

Explore the iNaturalist web section for [Meadowood Recreation Area](#) as an example of what can be done. (If you would like to create a project for your own geographic area, see these instructions on [creating a "Place" and "Project."](#))

Tips:

iNaturalist is intended for wild living things, not for captured or cultivated species. If you somehow cannot resist uploading a photo of the latter, be sure to mark it as captured/cultivated before submitting.

Do not submit photos of people, pets, or zoo animals!

Take your time and get good shots. Smartphones are fine to use, but blurry pictures without detail will not only do nothing to contribute to science but will waste the time of the reviewers.

Crop the photos so the subject fills the frame. Identification of many species requires both clear photos and multiple views. Make it a

habit (whenever possible) to submit two or three views unless the ID is unmistakable from a single photo. Side, top, and front views are valuable for wildlife.

For plants, include identifying features such as leaves, flowers, seeds, stems, bark, branching pattern, and a shot that includes the entire plant in its context. A flashlight or clip light can help provide enough light. For insects, get close! Try to capture the veination pattern of bees, flies, and wasps. For mushrooms, get views of the side, the underside (a flashlight helps here), and the base of the stalk - but do not disturb the organism.

For the sake of the scientists using the data later, if your observation is an egg, larva, or juvenile, and the usual sightings are adults, then it would be helpful if you mark the life stage accordingly when you are reviewing your observations on your computer.

For plants, it is helpful if under phenology you mark it as flowering, fruiting, or budding. You can also mark things as male or female. Under "Observation Fields," you can mark things as tracks, empty shell, bones, carcass, scat, etc. All this is optional but good to do if you have time and may increase the likelihood that it will be reviewed by a knowledgeable reviewer.

See a beautiful [PowerPoint presentation on photography for iNaturalist](#) here.

Bring extra batteries if you have them.

Relatable: Two Blog Posts by a Herndon Friend

By Abbey Compton



What We Didn't Know About Respecting Our Elders

Too often our elders are made to feel they no longer fit in. They struggle to feel as though they still belong in their communities and even in their own families after their time as breadwinners and caregivers expires. We can do better for them and for ourselves if we take the time to understand the problem and look for creative solutions. Read more:

<https://wp.me/p7uAor-87>

Drama Can Make Us Smarter and Happier

When I entered my first drama class as a high school freshman, I was really entering a life skills workshop. I was reminded of this when I attended the 2019 BYM Women's Retreat and a performance by District Community Playback, a theater company that uses improv to help people "move from strangers to neighbors." Read

more: <https://wp.me/p7uAor-8p>

QuakerSpeak Videos

Did you know QuakerSpeak, a project of Friends Journal, releases a new video every Thursday? Check it out here:

<http://quakerspeak.com/>

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