

# The Herndon Light



3rd Month 13, 2016 A Newsletter of Herndon Friends Meeting - Quakers - Reston & Herndon Virginia 233

- |           |  |
|-----------|--|
| Mar 19-20 | 11:30 a.m.- BYM Retreat for Religious Education at Richmond Friends Meeting<br><a href="https://bym-rsfl-org.presencehost.net/events/yevents/16retreat.html">https://bym-rsfl-org.presencehost.net/events/yevents/16retreat.html</a> |
| Mar 19-20 | JYF Conference at the Clearing, Retreat center under care of Richmond Friends in Amelia Courthouse, VA   |
| Mar 20    | Adult Discussion Session 9:00 AM "Clearness Committees" led by Stacey Laroy  |
| Mar 20    | Fauquier Friends Worship Group 10:30AM Singing; 11:00AM MFW at the Depot in front of the Bealeton library  |
| Mar 27    | Easter Egg Hunt and Potluck for observance of Easter   |
| Apr 3     | No Potluck at Rise of Meeting for Worship  |
| Apr 10    | Meeting for Business 9:00 AM   |
| Apr 17    | Fauquier Friends Worship Group 10:30AM Singing; 11:00AM MFW at the Depot in front of the Bealeton library  |
| Apr 24    | Earth Day Event sponsored by Greening Committee  |
| May 13-15 | BYM Spiritual Formation Spring Retreat Priest Field  |
| May 15    | Fauquier Friends Worship Group 10:30AM Singing; 11:00AM MFW at the Depot in front of the Bealeton library  |

## Query: Meeting For Worship

*Do I prepare my heart and mind to receive the power of God's presence and love?*

*How does worship deepen my relationship with the Divine?*

*How is this inspiration carried over into my daily life?*

*Are our Meetings for Worship held in expectant waiting for Divine guidance?*

*How does our worship inspire our Meeting's activities?*

## Meeting For Business 3-13-16

Clerk Cat Wilkins gathered 22 Friends to meeting for worship with attention to Business at 9:00 Eastern Daylight Time with a reading of the query on Meeting for Worship.

The meeting received and accepted the annual reports of the House and Grounds Committee, the Hospitality Committee, and the the Peace and Social Concerns Committee for 2015. It was noted that two Friends were welcomed in 2015, and two moved out of the area.

Fred Cresson reported for Ministry and Oversight on the progress of Clearness Committees appointed to ascertain clearness for membership. The committee of Stacey Laroy, Amy Tunis, and Katherine Cole found Tim Stanley clear for

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](mailto:tmccormally@ffpcs.com). Newsletter assembled addressed and mailed by Meg Wallace **WEBSITE AT** [www.herndonfriends.org](http://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 Abbey Compton, Clerk, at [abbey.compton@verizon.net](mailto:abbey.compton@verizon.net); or Priscilla Chamlee at [dandpchamlee@gmail.com](mailto:dandpchamlee@gmail.com); or Fred Cresson at [cresson4@verizon.net](mailto:cresson4@verizon.net), or Stacey LaRoy at [stacebear@laroyfamily.com](mailto:stacebear@laroyfamily.com) or Margaret Rogers at [margrog@juno.com](mailto:margrog@juno.com)

membership Katherine remarked on the rich discussion as Tim shared his spiritual journey and how Tim had been clearly a part of Herndon Friends Meeting over many years.

**Meeting approved the recommendation of the clearness committee that Tim was clear for membership. The hospitality committee will be asked to arrange a welcoming ceremony**

The committee of Cat Wilkins, Debbie McCormick, and Fred Cresson met with Melanie Stanley to discern clearness for membership. Friends appreciated her active and talented participation in the life of Herndon Friends Meeting.

**Meeting approved recommendation of the clearness committee that Melanie was clear for membership. The hospitality committee will be asked to arrange a welcoming ceremony**

Fred also noted that this Easter marks the 20<sup>th</sup> anniversary of Herndon Friends move to the Meetinghouse. Prior to that time, Reston Friends Meeting met in different places: the old Floris School at Frying Pan Park, the community center at Lake Anne, or the offices and cafeteria of the American College of Radiology. On Easter 21 years ago, Reston Friends attempted to gather for Meeting for Worship at Floris school, but were

frustrated when the county worker forgot to unlock the building. Meeting decamped to the home of Katherine Cole and Terence McCormally for worship, and in the course of potluck discussions it was decided to visit the Herndon Fortnightly Library, owned by the Herndon Ladies Fortnightly Society and recently on the market due to the opening of the new Herndon Library. After a year of negotiation and renovation, the Meetinghouse at 660 Spring Street was the site of Meeting for Worship Easter in 1996. It was at that time, consistent with the Quaker testimony on integrity, that the name Reston was dropped and we became the Herndon Monthly Meeting of the Religious Society of Friends.

At Meeting for Business in March, Fred Cresson reported the recommendation of the Ministry and Oversight Committee that the meeting recognize this anniversary. Ideas solicited at meeting for the recognition included

-- having an open house to invite other members of the community to visit.

--posting on Facebook or other social media the significant Minutes approved by the meeting on topics such as celebration of marriage or response to the attacks of 9/11/2011.

--lock ourselves out of meeting and go to Katherine's house

--open the "time capsule" of messages written by first day school students on the 10<sup>th</sup> anniversary of the meetinghouse

-- have a fair letting with each committee having a table to illustrate the work of their committee in the life of the meeting.

**Cat Wilkins will take the initiative to organize the observance.**

### ***Greening the Meetinghouse: Bugs***

During Meeting for Business, Margaret Fischer presented the concern of the Greening Committee that use of pesticides in the meetinghouse may be unnecessary and may harm the environment.

The meeting currently uses a Century Pest control for two services. For \$103 a year Century provides termite inspection, control and insurance. For

\$82.65 a quarter, the company applies two pesticides to the meetinghouse: a granular product called Deltaguard applied in a 6 foot perimeter around the outside of the meetinghouse to prevent the intrusion of earwigs, ants, and scorpions into the meeting and a chemical called Temprid which is a liquid sprayed onto the baseboards inside the meeting house.

Margaret points out that "most insecticides do not discriminate between a target species such as ants or mosquitoes and fireflies, cicadas, bees, butterflies, crickets, katydids, and the many other creatures that may be invisible to us but that normally would occupy our properties in large

numbers. We plant native plants in order to support the insects that support the rest of the wildlife. If we attract bees and butterflies to our properties only to then kill them, we are not creating the kind of habitat that we had in mind! Because farmers use pesticides in large quantities, and cities have no room for nature, our suburban homes are the only sanctuaries left that can support the rest of the living world. Insecticides are neurotoxins that happen to be more toxic to insects than to people; nevertheless, they do pose some hazards to humans as well as to pets, wildlife, and aquatic life. For most pest problems, there are nontoxic alternatives available to control them."

Margaret Rogers described her use of boric acid as an ant control measure

**Friends united with the recommendation from Margaret Fisher to discontinue quarterly pesticide treatment. We will continue the annual termite plan.**

No decision was made about how to treat infestation if it occurs.

### ***BYM Minute: Freedom of Religion***

At Meeting for Business, Cathy Tunis presented a minute approved, after extensive threshing, by more than 100 Friends attending Interim Yearly Meeting at Langley Hill on 3/12/16. The minute was in response to a concern over treatment of Syrian refugees and over treatment of Muslims in our community.

**As people of faith and conscience, Baltimore Yearly Meeting of the Religious Society of Friends is compelled in this time of growing violence and religious intolerance to witness to the divinely bestowed right of all people to the free, peaceful, and legal exercise of their own religious traditions without fear of bullying, intimidation, or persecution. We commit our community and ourselves to support and speak out for Freedom of Religion as the Spirit leads.**

Cathy also presented a list of actions suggested by Langley Hill Meeting that might be taken to enact the minute:

1. Seek ways to show kindness to those who might feel vulnerable in the current political climate, especially those who are wearing clothes which might be associated with religious practices.
2. If you see someone being harassed or bullied, say something, intervene and, if necessary, call 911.
3. Make sure to express your views on freedom of religion to the media and to local, state, and national leaders whenever messages of hate and intolerance are spread using the media.

Make it clear it is time to stop using the media to spread hate and lies.

4. Speak up respectfully if untruths are being spread about religious groups.
5. Speak with young people about what they are hearing in the media and from their friends. They may be getting messages from the media that are causing fear and uncertainty.
6. Ask work colleagues or neighbors who may feel vulnerable to harassment how they are doing. Let them know you are concerned about the current climate of intolerance, and to feel free to call on you if there is anything you can do to help them. Be attentive to your neighbors who may be targets of hate or intimidation.
7. Educate yourself about religious traditions which are not familiar to you. Then help your faith community to learn about those religious traditions to foster respect for those on a different spiritual path.
8. Invite representatives of other faith communities to visit your faith community to help build relationships among people of all faiths. Plan a reciprocal visit to their faith community.
9. Involve your family, neighbors and friends in discussions about freedom of religion. Listen to them and share what you have learned.
10. Create opportunities for interfaith activities so they can get to know each other and in this way address fear and mistrust in their community
11. Reach out personally to faith communities who would appreciate knowing of your support.
12. Seek involvement of other faith communities in this important work.

The minute was considered by Herndon Friends for the possibility of joining with the minute, creating a similar minute, or devising actions to be taken in support of the minute. Friends noted the potential difficulty in calling for freedom of religion when religion is often used as a basis for discrimination in matters such as health care (employers refusing to provide coverage for contraception) or business (refusing to sell wedding services to gay couples) or when religion is used to justify violence. Some of the discussion evoked included concern over the inclusion of the work “legal” or the notion that rights are bestowed by a divine entity. Melanie Stanley offered to convene a session to further thresh the minute and Quaker responses. Katherine Cole, Fred Cresson, Paul Murphy and Cathy Tunis will meet with other interested friends at a date and time to be announced.

### ***Spiritual Formation Group***

The next meeting of BYM’s Spiritual Formation group is May 12-15 at Priest Field. Interested

Friends can get more information at <https://bym-rsfl-org.presencehost.net/events/spiritform/>.

The Spiritual Formation program began in 2004. Friends involved in the program commit to attending at least one of the two retreats in the year, to participating in two meetings a month with their local community (one meeting to consider a book their local group has decided to read, and one meeting of a smaller “friendship group” to share spiritual practices) and to spending some time each day in a spiritual practice, be that meditation, yoga, or a daily reading.”

Friend Elizabeth Meyer described the ideas behind the Spiritual Formation program in 2004. “The Spiritual Formation Program changed my life. Like many convinced Friends, I was attracted to Quakerism because of its mystical faith and its commitment to put faith into practice through social action. I knew that Quakerism was a way of life rather than just an activity for Sunday, but in my busy life of lawyer, wife and mother, I could barely even manage to get to meeting on Sunday. Moreover, meeting for worship was not particularly satisfying because I had not undergone any spiritual preparation during the week. Nor did I feel especially connected to others at the meeting; they were nice people, but I did not feel part of a real spiritual community. I knew there was more to the spiritual experience of being a Quaker, but I did not know how to find it. I asked myself, “Am I really a Quaker, or am I just a faker?”

I could not bear the thought of not really being a Quaker. It was part of my identity. But I was so wrapped up in the importance of being Quaker that I was really worshiping Quakerism rather than worshiping God. Of course, in worshiping Quakerism, I congratulated myself on having been smart enough to find and join the best religion in the world, so I was really just worshiping myself. Self-worship, or self-centeredness, is a human tendency. Humans are naturally self-centered, but God calls us to become God-centered. “

### ***Extending the Ministry of Food***

With the leadership of Debbie McCormick who is the HFM representative to Cornerstones, the meeting provided an evening meal to the hypothermia shelter on 3/4/16. Lynn Nagle purchased supplies, Debbie and Katherine Cole made chili and salad, Cathy Tunis provided corn muffins, Keith Curtis made chocolate chip cookies, Paul Murphy made rice and other Friends provided cheese and drinks. Debbie and Paul served about 15 people at the North Government Center site.

Brief Notes

***Peace Awards Reception 3/13/16***

Approximately 170 people attended the reception for the Student Peace Awards of Fairfax County on 3/13/16 , including 38 students, almost as many volunteers, a dozen school staff members, and a whole lot of beaming parents and friends of the recipients. We were fortunate to have the use of a very beautiful space in the Sherwood Community Center in Fairfax. Our many volunteers leaped into action to create a welcoming atmosphere the moment we were allowed into the building.

Each student or group received \$250 and a copy of the wonderful book, *Sweet Fruit from a Bitter Tree*. They also were asked to designate a charity to receive \$100 in their name. In a surprise addition to the agenda, the students also received a certificate of Congressional Recognition, arranged by Congressman Gerry Connolly.

George Mason University Professor Al Furtres gave the keynote address which reminded us of the many people who are suffering in conflict zones around the world.

--Margaret Fischer

Herndon Friends Meeting  
660 Spring Street  
Herndon, Virginia 20170