

The Herndon Light



1st Month 12, 2020 A Newsletter of Herndon Friends Meeting - Quakers - Reston & Herndon Virginia 263

February 2	9 a.m. Meeting for Worship with Attention to Business (moved from second First Day in order to avoid conflict with Women's Retreat)
February 16	Fauquier Friends Worship Group, Meeting for Worship is 1:30 to 2:30 p.m. with brief hospitality before and after, at Bealeton Depot in front of Fauquier County Library, 10877 Willow Drive North, Bealeton.
February 16	9 a.m. First Hour discussion - Fred Cresson will share his spiritual journey.

Query: Equality

- *Do you search yourself for and strive to eliminate prejudices?*
- *How do we respond, as individuals and as a community, to prejudice and injustice?*
- *How do we benefit from inequity and exploitation?*
- *Do you oppose the use of our resources for human exploitation?*
- *How do we show through our ways of living that love of God affirms the equality of all people?*

Advices

It is important to realize that equality does not mean sameness.

Each person is a separate individual and should have the opportunity to pursue her or his own gifts.

To deny anyone the right to develop his or her full potential for any reason is not equality.

Cultural and other differences among us weave a tapestry that is immeasurably enriched by our diversity. It is the right of every person to be treated with dignity and respect.

In our Meetings for Worship, God's message may be delivered through any person attending that meeting.

In our Meetings for Worship with a Concern for Business, each person present may shed Light on a matter under consideration.

We also need to recognize that the young among us need to be listened to as any adult, for their words might bring the spark of unity among us.

We need to be careful that we speak in positive terms when talking about others,

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 <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

especially those who might be different from ourselves or our close community.

Adults have a specific responsibility to model Friendly values to children, who do not see other children as different until they are taught that others may be different and in some way may not be as “good” as they are.

Speaking in a negative way about a person or group of people may be a form of violence, especially if the statement is not carefully qualified to show the rationale and purpose of the remark.

Friends responded to the queries out of the silence.

One Friend spoke of the struggle to practice equality, while not being open and available to everyone.

Another spoke of gratitude for the opportunity to read the books on anti-racism in preparation for the Meeting’s book discussion.

Another spoke of the difficulty getting people at work to take her seriously, as a woman of small stature; she has come to realize that even as it angers her, it is a privilege that people are not afraid of her. Her stature, gender, and race allow her to enter many doors that might be denied to others who might be perceived as threatening.

Meeting for Business 1/12/20

Clerk **Inga Erickson** asked the 30 Friends present to introduce themselves, and then reviewed the agenda.

Cathy Tunis summarized the highlights.

Communications and Outreach Committee

Jay McClendon presented a concern.

Should we prepare a statement that could be posted on our social media in response to crises like mass shootings, escalations of military action, or natural disasters?

One Friend suggested that we could also include positive statements. Could we be too hasty with these statements if they have not been discerned and spirit-led? How can we be sure that there is consensus in our community about an issue?

A simple statement of support for all people involved in a situation could be a powerful statement.

Friends agreed that simple was better and the Clerk encouraged Jay to form a group to work on statements that would present our shared testimonies and hold everyone involved in the Light. ***Anyone interested in being part of the editorial process should contact Jay.***

Finance Committee: Year End Financials

Terence McCormally, Treasurer, presented the year-end financial report for 2019. Increased donations this year left us with a very positive addition to our reserves. Friends Fiduciary Corporation dividends resulted in \$16,000 income to our reserves.

Naming Committee:

Weez Rothrock described the important work of the Nominating committee. Terms are three years and the members rotate so that there is one vacancy each year. **Paul Murphy** rotated off at the end of 2019. Past practice is that we appoint a past Clerk to serve, based on their experience with the life of the Meeting.

She reported that **Liz Willson** has agreed to serve on Nominating Committee for a 3-year term and join **Cat Wilkins** and **Cathy Tunis** on the committee.

The Meeting approved this nomination.

House and Grounds Committee:

Harry Tunis reported on the proposal for a new chimney and roof on the meetinghouse. The recommendations to replace the chimney and the roof were part of the master plan made in 2018 by House & Grounds (H&G) for the Finance Committee. H&G will be taking further action on the remaining list of items during the upcoming year. In 2019, concrete work was done on the front steps and walkways for everyone's safety.

The first recommendation for 2020 is to replace the chimney. The masonry in the current chimney is in poor condition and the crown of the chimney has several cracks in it. The chimney tilts.

The proposed vendor to replace the chimney is Winston's Chimney Service. The work includes dismantling the current chimney and using the old brick for the new construction. Included with this work will be a high-strength concrete crown. A vapor-permeable water repellent will be applied to the entire exterior. Also installed will be a stainless steel rain cap with an animal guard.

The chimney work will likely be done in March when we have warmer temperatures. The chimney needs to be replaced first before the roof replacement. The fee will be \$3,727.16. The Meeting approved this recommendation.

The second recommendation is to replace the roof and gutter system. The proposed vendor is Northern Virginia Roofing.

We recommend installing a metal roof (Englert Metal roof) which should last 75-100 years. The cost and maintenance of a metal roof over this time period is much

less than the cost of having asphalt roofs replaced every 25 years.

Asphalt cannot be recycled while the metal can be recycled. A snap lock metal roof system is the best selection for supporting solar panels on a roof. Solar panels can be installed without having to puncture the surface of the roof. Essentially the solar panels are fastened onto the ridges of the metal roof.

The color that comes closest to our current roof is Mansard Brown. Metal roofs resist damage due to tree falls and hail.

We will have to obtain approval by the Herndon Preservation Review Board for the metal roof, since our current roof is asphalt shingles.

The total cost for the installation of a metal roof and gutters is \$33,158.40.

Several questions arose about the advantages of the metal roof and the possibility that an asphalt roof might have to be installed if the review board doesn't approve the metal one. The higher cost could be justified by the metal roof's longer life, but will we be here in 75 years? Several houses along Spring Street have metal roofs.

Friends approved the installation of a metal roof, if permitted.

Proposal for solar panels – **Andrew LaRoy** reported.

Eight solar panels would be installed on the south facing side of the meetinghouse. Dominion Energy only allows us to install a solar system that produces up to the amount of electricity we consumed in the previous year.

Of the various options that were considered, the one that looks most promising would cost under \$13,000 and should pay for itself in approximately 21 years, barring unexpected costs.

The panels would have a warranty of 25 years. Excess electricity produced on sunny days would flow back to the grid, running the meter backwards.

At night and on cloudy days, we would draw electricity from the grid. These two things should balance out and bring our electricity bill down to the \$7 per month connection fee. We would not have a battery and would not have power if the grid goes down.

In future years, if Virginia's regulations change, we could add more panels and a battery and become independent of the grid.

Friends were enthusiastic about the statement of environmental awareness that the solar panels would make to the community. The Meeting authorized House & Grounds to choose a solar company and proceed with a contract, which would be contingent upon receiving the necessary permits.

Dave Wilkins has offered to be an audio/visual resource for programming in the meetinghouse, offering his expertise and support. The Meeting has a screen and projector and Dave has other equipment he can provide when needed.

Cathy Tunis, Recorder, announced that the annual Community Statistics survey, requested by BYM, is under way. Everyone will be asked to complete a survey form over the next few weeks.

Some notes on Why Words Matter,

Notes from the Young Friends First Day School Class January 19, 2020

By Jay McClendon

Communications and Outreach Committee Clerk

I had a lot of fun and learned a lot teaching a First Day School lesson on Why Words Matter. The notes I made to prepare my lesson are summarized below.

Everybody's heard the nursery rhyme, "Stick and Stones may break my bones, but words will never hurt me."

Is that really true? No.

Words are the most powerful tool in the universe. Sticks and stones can break your bones, but words can break your heart and your spirit. Though we have to learn to be resilient, words *can* hurt. They can marginalize and exclude people. Words can start wars and end wars.

This standing-room only First Day School class was all about words, why they matter, and the responsibilities we all have to use words thoughtfully and with compassion, mindful of the power we wield.

We covered a whole lot of ground, really fast. Among the subjects we talked about:

John 1:1-5, 9-14

1 In the beginning was the Word, and the Word was with God, and the Word was God. 2 He was in the beginning with God. 3 All things were made through him, and without him was not any thing made that was made. 4 In him was life,[a] and the life was the light of men. 5 The light shines in the darkness, and the darkness has not overcome it.

9 The true light, which gives light to everyone, was coming into the world. 10 He was in the world, and the world was made through him, yet the world did not

know him. 11 He came to his own,[b] and his own people[c] did not receive him. 12 But to all who did receive him, who believed in his name, he gave the right to become children of God, 13 who were born, not of blood nor of the will of the flesh nor of the will of man, but of God. 14 And the Word became flesh and dwelt among us, and we have seen his glory, glory as of the only Son[d] from the Father, full of grace and truth.

Firsts

Young Friends shared about their first words of their lives, and their first word of the day. Some knew the former. No one could really remember the latter, but we talked about how that first word can set the tone for your day.

So what was THE first word?

Linguists can't really agree but they think it was probably something like *Aaaah* and it was either a greeting or it meant dangerous.

Others say there probably wasn't a first word, but several first words, and this is based on some research that investigated commonalities across European proto-languages.

So how many words are in the English language? It's tough to say because we can't really agree what's English and what counts as a word. The Oxford English Dictionary, which is widely held to be the official dictionary of record, has less than 200,000 words that are actually in use.

The Word of the Year is ...

New words are added all the time: Merriam-Webster keeps track of it. Know what the word of the year was for 2019: They!

It came of the LGBTQI community, because people started using it as a singular pronoun like he and she.

How we get words

How are words developed: by agreement in the sociological sense. A baby may scream and yell and go *ba-ba* and the parents frantically run around trying to figure out what *ba-ba* is, and they finally hand the baby a bottle and the baby stops crying – and the baby has taught the parent a new word! But the parent says, “*ohhh you wanted a ba-ba! Bottle!*” And the baby starts acquiring their parents' language because they begin learning that it will get them what they want better than their proto-language will.

How do you use words to identify with your community?

Quakers have their own vocabulary. First Day School is an example. So is our historical avoidance of using named days of the week, and months of the year, which we eschewed because, as **Jack** knew, they were pagan words.

Young Friends also listed other words like query, meeting for business, meeting for worship, and the words represented by SPICES – the testimonies of Simplicity, Peace, Integrity, Community, Equality and Stewardship.

Young Friends also gave examples of how words are used to distinguish other communities, like certain sports or geographical areas.

Words make a big impression.

How many words do you know? Linguists speculate that educated adults know about 25,000 words, which sounds really impressive, but we really only use about 3,000 of those, and of those, only about 1,000 regularly.

Everybody needs vocabulary.

Words are how we name things, and naming things are how we understand the world.

Everybody needs a strong vocabulary, because you are judged by the way you speak and the words you know, not only in school but also in real life. And if you take the SAT or ACT, you will be tested on your vocabulary. You need a good vocabulary to test well, and to survive college academics.

What's the best way to build a good vocabulary?

Everybody knew the answer. Read. Read a lot. Read widely. Read above your grade level. Take notes. When you got to library or the store, get a magazine about a subject you aren't interested in and read that.

Look up any words you don't understand. And then, when you've done that, try to use those words when you talk to people and in your own writing. Make it a game if you can.

Verbal bullying

Young Friends shared some examples how people are bullied in schools. **Renee** noted that bullying at her school is mostly verbal. We brainstormed ways to protect ourselves and how to defend others.

We talked also about how serious this all is, using the recent court actions against Michelle Carter, who convinced her boyfriend to kill himself and was held criminally liable in his death.

What is something you can say to somebody today to build them up?

In summary

Words are the most powerful tool in the universe. You can use them as a tool to

help or you can use them to hurt. You can use them to build community and equality, or you can use them to tear people down.

We ended the class with a phrase that everybody knew. Spider-Man (or was it Spider-Man's uncle?) said, "With great power comes great responsibility."

Citations and for further study

<https://www.lexico.com/explore/how-many-words-are-there-in-the-english-language>
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<https://www.psychologytoday.com/us/blog/shift-mind/201904/our-words-matter>
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<https://www.biblegateway.com/passage/?search=John+1%3A1-14&version=KJV>
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<https://www.cnn.com/2019/07/09/us/michelle-carter-conviction-appeal/index.html>

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