



THE HERNDON LIGHT

NEWSLETTER OF THE HERNDON FRIENDS MEETING, QUAKER
660 SPRING STREET HERNDON, VA 20170

LIVING OUR FAITH

There is no one way to be a Quaker. The Religious Society of Friends, or Quakers, is by definition inclusive of all as we believe that there is something of God in everyone and that each human being is of unique worth. Quakers grow and live out their faith through the experience of sharing the quiet presence of God. Over the centuries of experiencing this shared presence Quakers have come to share core insights, called testimonies: integrity, equality, simplicity, community, stewardship of the Earth, and peace. Quakers challenge ourselves to live out these testimonies and then review our progress by responding through deep reflection to queries. Each newsletter will pose a query and offer responses from Members of Herndon Friends Meeting.

Queries for this Newsletter:

How do we prepare ourselves and our children to play active roles in a changing world?

What effort are we making to be better acquainted with the Quaker faith and practices, and the beliefs of others?



Herndon Friends Meeting welcomed our newest “old” friend Marguerite Miller at a reception on Sunday, October 15. Marguerite has been joining us for worship for years. It is a joy to welcome her officially as a member of our meeting. An accomplished artist we thank her for allowing us to use her painting of our historic meeting house as the banner for this month’s edition of the newsletter. You can learn more about Marguerite and view more of her art at: <https://margueritem.com>

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MOST CURRENT INFORMATION .

WWW.HERNDONFRIENDSMEETING.ORG



QUERY RESPONSES

I think we prepare ourselves by being informed and involved as we are led, starting by getting clear about what we believe. This is of course, the work of a lifetime, but I think we begin with our children, giving them space and encouragement to wonder about their own questions, as we continue our own wondering/learning. There are many ways to get acquainted with Quakerism and other faith traditions: attend Meeting for Business, Annual Session, read. Follow what interests you about Quakerism - is it worship? social action? a particular idea? e.g. continuing revelation; not needing an intermediary to God; peace testimony..... So many of us come from other faith traditions, I think getting to know each other is a start for expanding our knowing.

Herndon Friend Meg Wallace

I prepare by staying informed about the living conditions, educational opportunities, and concerns of our neighbors. As a meeting we strive for our children to know about these things as well, and we try to be honest with them. We attempt to be role models for our children as we know they are watching our actions as much as and perhaps more than they are listening to our words. Thus we strive to be inclusive, understanding, welcoming. We encourage their participation in activities --sandwich making, bike collections, trail clean up. We strive to love those in our community, including those who are different from ourselves.

I have relatives who practice different faiths from my own--these include many protestant faiths, and Roman Catholic. I have friends who are Jewish. I try to have conversations with them about their faith. When I worked, I had colleagues who were Mormon, and those who were Muslim. I have friends and relatives who practice no religion. I try to keep learning from my Quaker Friends by attending BYM events; I read Friends Journal; I attend our Adult RE (First Hour) sessions at our meetings. This year I have worshipped at two other BYM meetings --Adelphi and Annapolis. I have worshipped at a Programmed Friends meeting in the past and would like to again in the future.

Herndon Friend, Katherine Cole

When I teach First Day School for our elementary-school aged friends, I strive to introduce children to the mystery of faith. I use the Godly Play curriculum, which draws from ancient oral traditions, and includes favorites from the old and new testament, the parables of Jesus, as well as Quaker practices and stories. We use gestures and phrases that invite kids to engage with the language of faith, which in turn help support the Quaker idea of continuing revelation. I ask questions that start with "I wonder...", which invites each child to feel for and reflect their own truth. We practice deeply listening to the wonderings of others. A recurring gesture, among many, is when I bring my cupped hand, palm down, gently over a little figure of a person or image as I say words like "God is so close". This gesture happens in a story about prayer; in a story about meeting for worship; in the story of Noah building the ark; in Jesus sharing a meal with the disciples; in the story of George Fox; again and again, we use this same gesture when someone senses God or when God is close. It looks like a blessing. We invite participation in these stories, so that the children feel they are their own; these stories are theirs. They don't know all the answers, and neither do I-- we are exploring and unfolding these mysteries together in wonder.

Herndon Friend, Inga Erickson



Herndon Friends Bill Benson, Fred Cresson, Matt Lofgren, Margaret Fisher, Paul Murphy and several others teamed up with Bikes for the World on Sept. 24 to collect 109 bikes at the Meetinghouse. The bikes will be headed to Ghana in a few weeks after some additional processing in Rockville MD. Thanks to Todd from BftW for some nifty bike loading! And big thanks to Green Lizard Bikes of Herndon and everyone in the Herndon area who took the time to defy the clouds and bring their used bikes by. Within a few weeks kids in Ghana will be riding to far away schools, doctors will be seeing distant patients and people commuting to their jobs thanks to you.



Friends gathered at the home of Katherine Cole and Terrance McCormally on September 5 to address and send "Get Out the Vote" postcards to local residents reminding them of their power to advocate for change. Vote on November 7!!





Committee list and Leadership

CLERK: Meg Wallace

MINISTRY AND PASTORAL CARE

Tim Stanley

Care Coordinating Sub-Committee

Priscilla Chamlee

FINANCE

Harry Tunis

Terence McCormally-Treasurer

COMMUNICATION & OUTREACH

Stacey LaRoy

PEACE AND SOCIAL CONCERNS

Mary Brandon & Katherine Cole

Anti-Racism Working Group

Marguerite Miller & Tivonia Nagle

Peace Awards Committee

Margaret Fisher & Margaret Rogers

Friends Committee on Federal Legislation

Mary Brandon

RELIGIOUS EDUCATION

Inga Erickson

HOSPITALITY

Cat Wilkins

HOUSE AND GROUNDS

Harry Tunis

Green Working and Landscape and

Habitat Working Groups

Margaret Fisher

**COMMITTEE LEADERS CAN BE CONTACTED
AT HERNDONFRIENDSMTG@GMAIL.COM
WITH LEADER'S NAME OR COMMITTEE IN
THE SUBJECT LINE**

COMMITTEE ANNOUNCEMENTS

Care Coordinating Committee is available all the time, to help out with all sorts of needs: meals, rides, visiting, walking company. To access help, reach out to the committee via herndonfriendsmtg@gmail.com. This committee manages the *Circle of Care*, which is everyone who makes themselves available for needs as they arise. If you would like to be in the Circle, reach out to anyone on the committee.

Peace and Social Concerns:

Herndon Friends raised over \$3000 for food to be distributed by Cornerstones to our neighbors in need this Thanksgiving.

Herndon Friends will be making dinner for the hypothermia prevention program, on December 2nd and December 23rd. More information will be coming on how to help.

The Friends Committee on Federal Legislation is actively monitoring the current situation in the Middle East. The FCNL is currently coordinating a Zoom lobby visit with Senator Kaine and Warner's offices to discuss a cease fire and de-escalation of the Middle East conflict. The goal is to bring together as many peace advocacy representatives from diverse groups as possible - to speak or in silent witness - so they may obtain the participation of senior staff in these offices. The Zoom is tentatively scheduled for Mid November. It will be open to all Friends and friends in peace. For more information see the links below.

FCNL POSITION

<https://www.fcnl.org/sites/default/files/2023-10/Middle-East-Legislative-Ask-Oct-2023.pdf>

INTERFAITH LETTER – SEE DOWNLOAD BUTTON

<https://www.fcnl.org/updates/2023-10/interfaith-leaders-join-call-ceasefire-israel-and-occupied-palestinian-territory>

WEBINAR

FCNL CALLING FOR CEASE FIRE – BRIEFING FROM FCNL

<https://www.youtube.com/watch?v=MfpZtknPnvM>

House and Grounds:

The Green Working and Landscape Working Group needs assistance preparing the grounds for winter. Please keep an eye out for specific notices in weekly list serve announcements.

Religious Education:

Our weekly Godly Play sessions continue during Meeting for Worship with our youngest friends and teens. Our team of teachers prepare unique lessons each week that teach our children lessons about faith and life through story. Lessons during Advent will offer insights into how to slow down and enter the mystery of Christmas. For further information contact Inga Erickson



THE WORLD ACCORDING TO QUAKERS

At a friend’s recent birthday party, one of the attendees learned I was a member of Herndon Friends Meeting. “What do Quakers believe?”, he asked me. I recited a few of the basics in the short time we spoke – the early roots in the Bible, Quaker testimonies, our form of silent worship on Sundays, the process of discernment – but I thought I could have done better.

Quakers practicing in the traditions of the Friends General Conference don’t really tell people what to believe. We try to help our members and attenders arrive at a deeper understanding of the meaning of their lives by offering a supportive community to share our individual spiritual journeys.

The Quaker community is spiritually inspired, not just religiously or philosophically motivated, because we believe people and the world are connected by a divine spark that unites us. We believe that contemplative prayer, discussion, singing, service, art, and other practices can offer paths to spiritual fulfillment.

Through regular, unprogrammed, mostly silent worship on Sundays, we share individual messages of inspiration in a quiet setting where people are encouraged to discern their inner voice and listen to the voices of other Friends. Biblically-rooted verses are an inspiration to many.

Over the years, the practice of spiritual discernment has led Quakers to a general consensus on how we should behave in the world – with simplicity, peace, truthfulness and integrity, dedication to community through mutual respect and justice, and unity with nature. But at its core, the connection between Friends is a spiritual, and respectful one.

So my answer to the question, “What do Quakers believe?” is this: we believe in encouraging reflection of the holy in life through contemplative prayer and that by sharing our most meaningful experiences with a group of supportive Friends we can discover the joy of being part of a lifelong journey through a world that is larger than ourselves. Hopefully, these practices make us good Friends to one another, and better friends to all. *Herndon Friend, Paul Murphy*



A weekly podcast for seekers, Quakers and everyone in between. Learn about Quaker history and modern practices worldwide. Tune in at your favorite streaming service or online at <https://quakerpodcast.com>

UPCOMING EVENTS

JOIN US FOR MEETING AT 660 SPRING STREET SUNDAYS AT 10:15. A.M. TO ATTEND VIA ZOOM PLEASE CALL 703-736-0592 TO ACQUIRE THE LINK

POT LUCK SUNDAY: THE FIRST SUNDAY OF THE MONTH AFTER MEETING FOR WORSHIP AT THE MEETING HOUSE

VIGIL FOR PEACE JUSTICE AND EQUALITY: SECOND SATURDAY OF THE MONTH 4:00 P.M. AT MEETING HOUSE

MEN'S GROUP: SUNDAY, NOVEMBER 12 7:30 P.M. BI-WEEKLY (VIA ZOOM)

SANDWICH MAKING (FOR LOCAL SHELTER): SECOND SUNDAY OF THE MONTH 10:30 A.M.

BIBLE STUDY: TUESDAYS 7:00 P.M. (VIA ZOOM)

FRIENDS COMMITTEE ON NATIONAL LEGISLATION (FCNL) ADVOCACY TEAM: FIRST WEDNESDAY EACH MONTH 7:00 P.M. (VIA ZOOM)

ANIT-RACIST WORKING GROUP: FOURTH WEDNESDAY OF EVERY MONTH 7:00 P.M. VIA ZOOM

Look for truth within yourself.
Live a life of simplicity, love and service.

Let your life speak
and trust that your children will learn by your example.

*Robert Lawrence Smith:
A Quaker Book of Wisdom*