

POHICK POST

Pohick Episcopal Church

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Let your light so shine (Matt. 5:16)

MARCH 2011



From The Rector
The Reverend
Donald D. Binder, PhD

As you may have noticed, Lent starts very late this year. For clergy and parishioners alike, that has been a blessing. After a busy Advent and Christmas, this year we have had the luxury of catching our breath and enjoying a lengthy Epiphany season that runs through the whole of January and February.

But now March is upon us and Lent is finally here. Ash Wednesday falls on March 9, and as we do each year, we will offer four services throughout that day in order to accommodate as many different schedules as possible.

For early birds, we have our first service at 7:00 am so you can worship before heading into the office. Do you work at Fort Belvoir and take your lunch at mid-day? Then our noon service is for you. Are you a stay-at-home mom or dad and would like your younger children to share in this holy day? Then consider bringing them to our 4:30 pm service. And if your busy schedule means you have to miss all of these, you can still come out to worship at our final service at 7:30 pm.

Why do we go to such lengths on this particular day? Our prayer book spells it out nicely. In the opening invitation given on Ash Wednesday, the Celebrant speaks these words to the assembled congregation:

“Dear People of God: The first Christians observed with great devotion the days of our Lord’s passion and resurrection, and it became the custom of the Church

to prepare for them by a season of penitence and fasting. This season of Lent provided a time in which converts to the faith were prepared for Holy Baptism. It was also a time when those who, because of notorious sins, had been separated from the body of the faithful were reconciled by penitence and forgiveness, and restored to the fellowship of the Church. Thereby, the whole congregation was put in mind of the message of pardon and absolution set forth in the Gospel of our Savior, and of the need which all Christians continually have to renew their repentance and faith.

“I invite you, therefore, in the name of the Church, to the observance of a holy Lent, by self-examination and repentance; by prayer, fasting, and self-denial; and by reading and meditating on God’s holy Word.”

The Celebrant goes on to ask the congregation to kneel in silence and then invites them to come forward for the Imposition of Ashes. These blackened crosses on our foreheads serve for each of us as both a reminder of our mortality and signs of our utter dependence upon God’s mercy and grace for raising us up to new life in Jesus Christ in the world to come.

It is important to understand that the extra devotions to which we commit ourselves throughout the ensuing season are not meant as a means of earning our own salvation. Not only would that be an impossible task, it would be an unnecessary one. The whole point of the season is to commemorate Christ’s atoning sacrifice on our behalf and to move closer in relationship with him and each other out of sheer gratitude for God’s mercy, forgiveness and grace. An important

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From the Rector: continued from page 1

by-product of these devotions is that they can free us from excessive attachments to other things that have become addictive idols for us over the past year or more.

This all involves some commitment and intentionality, and so each year we offer on Wednesday evenings a series of potluck fellowship dinners (6:30 pm), studies (7:10 - 7:50 pm) and contemplative worship services (8:00 - 8:30 pm) for parishioners of all ages. These will begin on March 16 and will run for the five weeks leading up to Palm Sunday and Holy Week.

This year, both our younger students and teens will be exploring ways to reach out as Christians internationally, using materials from the Heifer Project. For adults, there will be three offerings from which to choose: Our Priest Associate will present a class entitled "Biblical Stories of Transformation;" our Seminarian will offer a course on "Living the Great Commission in the 21st Century;" and by request, I will be teaching a class called "Ancient Techniques for Rejuvenating your Prayer Life."

I hope that each member of our congregation will commit him or herself to these two hours a week of Lenten devotions. Even better, make it a two-for-one deal by trading a potluck for a night eating out at a restaurant by donating the difference to the hungry in our community, as this month's Outreach column challenges us all to do.

Whatever degree of these opportunities you take, I hope that each and every one of you will truly experience a holy Lent, one that will knit us together as a congregation and draw us closer to our heavenly Father.



LENT



SENIOR WARDEN'S REPORT

Neil Sunderland, *Senior Warden*

The Vestry held its monthly meeting on February 8. Seat and voice were given to John Pasour and Jim Hayes, who were Pohick's Delegates to the 216th Diocese Council meeting, January 21 - 22. They reported to the Vestry on the proceedings and results of the various resolutions. The proceedings and resolutions are available at www.thediocese.net. John and Jim will be happy to share their experiences and answer any individual questions. Roberta Fede presented the final 2010 Budget Year Report to the Vestry.

In continuing efforts for improved signage along Highway 1, Vestry representatives, Andrea Gurrola, Mike Elston, and Jim Bartholomew, and Historic Pohick Church Foundation (HPCF) representatives, John Springer and Bill Wrench, met with the Architectural Review Board (ARB) in what was a very successful and productive working session. The meeting resulted in positive support from the ARB for the sign. The Vestry and HPCF representatives feel this support will favorably enhance the application to the Virginia Department of Transportation to place the sign on state property.

Pohick continues to be alive with fellowship, worship, and endless opportunities to volunteer and

Church Register

Deaths

January 27, 2011

John Ariail, *a friend of Pohick Church*

Send News!

Articles for the April 2011 *Pohick Post* are due no later than March 15! Forward input by email in Word compatible format to [Lori Buckius, raebuck@aol.com](mailto:Lori.Buckius@aol.com).

Design concerns & items for the Sunday Service Volunteers page should be addressed to Carmel Hodge, cchodge@aol.com.



serve. Many wonderful events occurred during February. These included the EYC Super Bowl party at the Binder's, the EYC Mission Trip Coffee House fundraiser, the Ann Mason Chili Cook-off and Bingo, and the Brotherhood of St. Andrew's Annual Washington's Birthday Service and Breakfast. During February, several classes began - the Inquirer's Class, the Marriage Alpha Course, and Confirmation Class. Thanks to all who helped with these events.



From The Assistant Rector
The Reverend
Lyn Youll Marshall

HAVE YOU PING-ED TODAY?

Don't know? Let me explain.

This year on our Vestry retreat we spent time thinking about how we welcome visitors to our church. There was lots of animated discussion, and lots of thoughts and ideas. We concluded that we did a good job of welcoming visitors, but that there were also areas in which we could do even better.

For those who do not know, here is a quick overview of what goes on 'behind the scenes.' After a visitor to Pohick completes a Pew card, which hopefully a parishioner has pointed out for them, a copy of the card is given to the clergy and to Anne Poad, who heads up the Newcomers Committee. Then, Don or I write a welcome letter and include with it a form for those who have asked for more information.

A member of the Newcomers Committee is selected by Anne to personally drop off an information package. These days many people find they are just too busy for a visit, so our plan for the future is to have a small strategically placed welcome table with a member of the Newcomers Committee standing by during coffee hour. They will welcome visitors and give out welcome packages, name tags, a map, and any other information a visitor may need - like directions to the nearest washroom.

Ok, but what is PING?

The Vestry retreat identified a few areas where we could do even better as a welcoming church. One suggestion was that parishioners who were able and who were not carrying big bags or small children could try to park in the lower parking lot leaving closer spaces for visitors. We have heard of visitors who when they could not see a parking space just drove home not realizing that there was more parking down the hill. Also, some visitors are not able to park down the hill for one reason or another.

Then, there is that bewildering first visit. How do you sit in those strange pews? Where do you find the service, the hymns, the psalm, and what is Levas? Then, having made it through the service, where does everyone go for coffee, and where is the annex?

Finally, surrounded by strangers, it would be nice

if people wore nametags. We may know each other but newcomers may not know anyone. So how can we help our visitors? My husband Paul suggested that we come up with a catchy acronym that would remind us - and we came up with PING.



P - Parking. If you can, park in the lower lot leaving closer spaces for visitors and those who have difficulty walking distances.

I - Introduce yourself to others in the pew. Ask them if they need help finding anything, and after the service, take them to coffee hour or introduce them to someone who can take them.

N - Wear your name tag. It is very helpful for those who do not know your name and for those who have forgotten it! Please do not assume that "everyone knows your name."

G - Greeting. Please greet people you do not know at coffee hour - coffee hour can be a bit intimidating for visitors, keep an eye out for those standing on their own, but be careful not to overwhelm, we do not want to scare off those introverts!

So have you PING-ed? If not, plan to PING on Sunday!



HEALTH NEWS

Carol Heddleston, *Parish Nurse*

TAKE CHARGE OF HEALTH

Many people depend on their doctors, nurses, pharmacists, and insurance companies for their health care. However, health care is a team effort, and the individual is the most important member of the team. Play an active role in health care, and improve quality of care.

Questions are the Answer

People ask more questions when ordering a meal than they do during medical appointments. Answered questions lead to better decision making and better quality health care.

There are three questions that should always be answered during a doctor visit.

1. What is the main problem?
2. What actions need to be taken?
3. Why is it important to complete these actions?

Take charge!



JUNIOR WARDEN'S REPORT

Mike Elston, *Junior Warden*

March will be a busy month in the life of the Pohick parish. A late Easter means a late start to Lent. This year's Shrove Tuesday Pancake Supper, March 8, and Ash Wednesday services, March 9, will be followed in less than two weeks by the annual St. Patrick's Day Dinner, March 19. Just how late is Easter this year? April 24 is almost as late as Easter can be. While the calculations for determining the date of Easter are complicated, the back of the *Book of Common Prayer* has it all set out in tables and charts through 2089 and explains that Easter can never be later than April 25. The last time Easter and Lent were as late as it will be this year was in 1943, and the next time will be 2038. With any luck, it will be a nice Spring day on both Ash Wednesday and Easter! And, maybe the Spring clean-up will be before Easter for a change.

Ash Wednesday will be a reminder that people are dust and to dust they shall return. That makes March a good time to think about the very special ministry that provides a daily reminder of the truth of Ash Wednesday: the cemetery. God has promised everlasting life through Jesus Christ, but before being brought into the joy of that heavenly kingdom, there is a duty to care for the remains of those who have already gone with love and respect. Cindy Rivenbark, with help from her husband, Tom, has done a wonderful job carrying out that part of Pohick's mission as Cemetery Warden. As mentioned last month, Cindy will not be able to continue in that position, and the Vestry is now looking for a new Cemetery Warden. Please prayerfully consider a calling to this ministry. The Vestry will be considering how to manage the cemetery now that so few plots remain unsold. For now, the position will continue as a volunteer role.

With Spring just around the corner, it is appropriate to give thanks for the hard work of the Renovation Committee as they continue to bring new life to the Parish House. Feel free to try the new furniture. The added touch of class was particularly noticeable at the most recent EYC Coffee House where some extraordinarily talented young and not-so-young members of the parish performed for a delighted audience. Who knew Frank Hutson and Charlie Gorham were musical geniuses? Thanks to the Renovations Committee - Tom Bland, Fred Crawford (chair), Terri Hayes, Theron Jackson, Connie Meyers, Darlene O'Connell, Doug Smith, Neil Sunderland, Fuzzy Thurston, and Jackie Wells - for continuing to move multiple projects forward at the same time. Please show appreciation for the efforts of these hard-working Pohickians.



CHRISTIAN EDUCATION

Frances Sessums, *Director of Christian Education*

Pohick's Wednesday evening Lenten programs will start in March. Frances Sessums will be teaching a class for the preschoolers through third graders. A Christian based curriculum from the Heifer International called "Animal Crackers" will be used for the class. This curriculum helps one see themselves as part of the global family and gain a deeper appreciation of the ways Heifer helps people, animals, and plants live in harmony with God's good Earth. This promises to be an exciting program for students to learn about the Bible and Hunger, Animals, People and their Needs, Land and the Environment, and Passing on the Gift. The nursery will be available during the class time.

Mark the calendar! Pohick's Vacation Bible School will be July 11 through July 15 from 9:00 am until 12 noon. This year's theme is Gospel Light's "SonSurf Beach Bash." The theme verse is "Jesus answered. 'I am the way and the truth and the life. No one comes to the father except through me.'" John 14:6

It will be a wonderful week for everyone involved! Three year olds through rising 6th grade students are welcome to attend VBS. The 7th through 12th grade students are welcome to be assistant teachers and aides! There may be a class for 2 1/2 year old children if a parent can be on the premises. Volunteers are needed to make the week a success! Anyone interested in being a teacher, assistant teacher, aide, snack coordinator, nursery attendant, art assistant, or helping in any way, please call Frances Sessums at 703-425-2857.



THE MARTHA GUILD

Connie Myers

On Wednesday, March 2 at 7:30 pm immediately following the Prayer Shawl Ministry, the Martha Guild will meet in the Common Room Annex. Discussion will focus on the upcoming Happy Hats workshop and other projects. All women of the Church are cordially invited to attend the meeting. All questions can be directed to Connie Myers at 703-455-4652 or jetskiing@hotmail.com.



MUSIC NOTES

Linda Egan, *Minister of Music*

HYMNS IN HISTORY

“When I survey the wondrous cross,” hymn #474, is among the best loved and most well known hymns in the English language. This hymn is based on Gals. 6:14: “May I never boast of anything except the cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world.”

Isaac Watts (1674-1748), who wrote the hymn, first published it in London in 1707, in his collection *Hymns and Spiritual Songs*. Edward Miller published the tune ROCKINGHAM in 1790. Authors in *The Hymnal 1982 Companion* call this a “fine, warm tune.” Its pairing with Watts’ text helps to reveal the devotion inherent in the text.

Watts wrote many of his best hymns in his twenties. The practice at the time was to sing only rhymed versions of the psalms in services. Some of these English metricizations were close to doggerel. Watts told his father he thought he could do better, so his father issued a challenge for him to do so. An output of over 600 hymns was the result.

Our hymnal contains 15 Isaac Watts hymns.

Watts is considered the creator of the modern English hymn. He rendered the psalms as if they had been written after the time of Christ, and had been written with the knowledge of the truths of Christ’s salvation. He called this “renovating” the psalms.

Hymn #380, “From all that dwell below the skies,” is an example of this. It is a metrical version of Psalm 117, to which Watts adds the concept of the Redeemer. Other psalm texts of his are simply beautiful elegant paraphrases. We sing Watts’ paraphrase of Psalm 23, hymn #664, “My shepherd will supply my need,” and his paraphrase of Psalm 90, hymn #680, “O God, our help in ages past.”

Watts also wrote hymns which express a personal response to Christian beliefs. They are songs of Christian experience, and we can see that in the moving text of “When I survey the wondrous cross.”

Many of his texts are explications of Christian beliefs. Their doctrinal objectivity make them strong affirmations of faith; hymn #100, “Joy to the World,” is an example.

Charles Wesley, author of over 7000 hymns, famously said that he would trade them all if he could have written “When I survey the wondrous cross.” It is a hymn which is a great source of inspiration to countless Christians.

Many thanks to all those who helped with the February 20 visit of the White Plains United Methodist Church youth choir and youth group. Thank you to the Women of the Church for arranging and serving the luncheon, to the parents of St. Cecelia St. Alban Choir choristers for cleaning up, and to the Brotherhood of St. Andrew for their donation toward the cost of the luncheon. And thanks to the choristers of the St. Cecelia St. Alban Choir for their fine singing.

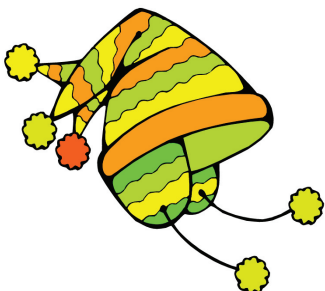
Glories Happy Hats Workshop

Please join the Martha Guild for another “Glories Happy Hats” workshop on Saturday, March 12, from 10:00 am until 12 noon in the Common Room Annex.

What are “Glories Happy Hats?” A Glories hat is a soft, colorful, jester-like cap specifically designed to be responsive to both the physical and the emotional needs of critically or chronically ill children. “When you wear a Happy Hat you think happy thoughts.” Glories believes that the happiness created by a Happy Hat can help stimulate favorable psychological motivation for sick children to feel better.

This workshop is open to all adults and teenagers (this is a great way to get “service hours” for school). Sewing is not a requirement to participate. There is cutting, pulling elastic, and decorating of the hats! The co-founder of Glories Happy Hats will be at the Church to share the history and progress of the program. Come join the fun!

All questions should be directed to Connie Myers by phone at 703-455-4652 or email at jetskiing@hotmail.com.





UPDATE ON ISSUES IN THE ANGLICAN COMMUNION

Don Brownlee • Policy and Planning Commission

This monthly report is part of the Vestry's ongoing effort to inform and update the Parish about the ongoing controversies within The Episcopal Church (TEC) and the Anglican Communion. These controversies largely involve the blessing of same-gender unions, ordination of non-celibate homosexuals, interpretation of Scripture, and breakdown of traditional boundary lines between Provinces.

The last six weeks saw two very important events in the life of our Diocese and Communion. The Diocese of Virginia held its annual Council late in January in Reston. A few days later, the Primates of the Anglican Communion met in Dublin. The Council meeting is notable for what happened; the Primates meeting is perhaps notable for what did not happen. In another important development for our Diocese, a property settlement has been reached with one of the nine churches that wanted to keep parish properties after they left the Diocese in 2009 to align with other Anglican provinces.

The property settlement, announced February 20, involves Church of Our Savior in Oatlands, south of Leesburg. The Diocese agreed to lease the property to the parish for up to five years. The parish in turn will disaffiliate itself from the various groups trying to set up parallel Anglican structures in Virginia, including the Convocation of Anglican Churches in North America (CANA), the Anglican District of Virginia (ADV), and the Anglican Church in North America (ACNA). It also agreed that no bishop will visit the congregation without the permission of the Bishop of Virginia. The parish will keep money it has on hand, and some memorial items. The property litigation will end immediately.

Bishop Shannon said, "It is truly heartening for us to come to an agreement. This settlement ensures that the legacy entrusted to the Episcopal Church continues, while providing a clear way forward for the Oatlands congregation." He added, "We have a long-term view that looks forward to an Episcopal presence in that area in the future. At their essence, that's what our efforts have been about: ensuring that the mission of the Episcopal Church continues in churches and communities across Virginia."

Jim Oakes, chairman of the Anglican Diocese of Virginia said, "We are saddened that our ADV member parish...was put in such a difficult position.... No matter the path Church of Our Saviour has chosen, they will remain our brothers and sisters in Christ and we pray for the opportunity to have continued fellowship together."

The Oatlands parish had been taking steps for some time to separate itself from the other property cases, filing motions asking that its case be heard separately. The settlement appears to achieve two key objectives of the Diocese and The Episcopal Church in these cases: Affirming diocesan ownership of parish properties, and preventing establishment of parallel Anglican provinces in the United States.

Unless settlements are reached with the other parishes, the property trial in their cases begins in Fairfax Circuit Court on Monday, April 25.

Church of our Saviour and the remaining CANA Congregations left the Diocese of Virginia primarily because of theological disagreements over the place and role of non-celibate homosexuals in the life of the church. The Diocesan Council took a major step toward "full inclusion" of gays and lesbians in the life of our Diocese this January by passing a resolution urging Bishop Shannon to move forward with guidelines for blessings of same-sex unions. In his pastoral address to the Council, the bishop responded by saying he would begin "working immediately" with those congregations that want to, in some way, bless such unions. He added, "Personally, it is my hope that the 2012 General Convention will authorize the formal blessing of same-gender unions for those clergy in places that want to celebrate them. Until then, we might not be able to do all that we would want to do but, in my judgment, it is right to do something and it is time to do what we can."

Also at the Diocesan Council, Suffragan Bishop David Jones announced his intention to retire after next year's Council. An election will be held to choose his successor. The Rt. Rev. Ted Gulick, retired Bishop of Kentucky, began his tenure as Assistant Bishop of the Diocese of Virginia on January 1.

A few days after our Diocesan Council, the Primates of the Anglican Communion gathered in Dublin. A number of primates from the "Global South" boycotted the sessions, refusing to meet with The Episcopal Church's Presiding Bishop Katharine Jefferts Schori, the primate of the Church of Canada, and others they considered to have ignored the wishes of the Anglican Communion on matters of human sexuality.

During the course of their meeting they adopted statements on climate change, the murder of gay activist,

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Update on Issues in the Anglican Communion, *continued from page 6*

violence against women and girls, Haiti and Zimbabwe, but nothing directly addressing the hot-button issues of human sexuality which have consumed previous sessions. This was by deliberate design of the Archbishop of Canterbury, who has attempted to steer both this meeting and the last Lambeth Conference away from resolutions and communiqués, and toward reflection and discussion. The key statement at the end of the conference was a “working document” about their own work: “Towards an Understanding of the Purpose and Scope of the Primates’ Meeting.” It said the primates “bring the realities, expectations and hopes of the context from which they come, thus representing the local to the global...learn the realities, expectations and hopes of other contexts, and carry home and interpret the global to the local.” It said they did this through “prayer, fellowship...caring for one another as Primates and offering mutual support...taking counsel with one another and with the Archbishop of Canterbury...” while “...acknowledging diversity and giving space for difference...and being open to the prophetic Spirit.”

They also elected five primates to its “Standing Committee”, a new group to “care for the life and spirit of the Primates Meeting between meetings”...“act as a consultative council for the Archbishop of Canterbury”... and “sustain and strengthen relationships among all Primates and connect with other Instruments of the Communion.” Presiding Bishop Katharine Jefferts Schori, was elected to represent Central, North, South Americas and the Caribbean. The primate elected to represent Africa, Archbishop Daniel Deng Bul Yak of Sudan, is seen as a relative moderate among African primates.

In other recent developments:

- A court in Ft. Worth ruled in favor of the loyalist Episcopalians in a property dispute there. The case is notable for the fact that both parties are claiming not only the property, but that they are in fact the “Episcopal Diocese of Ft. Worth.” In most other cases, the groups wishing to leave The Episcopal Church call themselves the “Anglican” diocese rather than “Episcopal.”

Judge John Chupp held that The Episcopal church “is a hierarchical church as a matter of law, and since its formation in 1983 the Episcopal Diocese of Fort Worth has been a constituent part of the Church..” Texas precedents, he ruled, say that in the event of a dispute among members of a hierarchical church, a local part of a hierarchical church consists of “those individuals remaining loyal to the hierarchical church body.” He ordered the

break-away diocese to surrender all diocesan property.

The break-away diocese called the decision “a disappointment but not a disaster.” Bishop Jack Iker said in a statement “We are obviously disappointed by Judge Chupp’s ruling and see it as fundamentally flawed.”

- A court in Pennsylvania has upheld a lower court ruling awarding property in the Diocese of Pittsburgh to the Diocese that remains loyal to The Episcopal Church. This case is notable for the fact that there was a pre-existing legal stipulation which said that in the event of some kind of split, property would remain with the group that aligned with The Episcopal Church. A few days later the loyalist Diocese of Pittsburgh announced “amicable” property settlements with two break-away parishes, and issued guidelines on future settlements. The break-away bishop, Robert Duncan, then issued a “godly injunction” forbidding parishes from entering into such settlements without his approval. The constitution and canons of both the Anglican Church in North American and Duncan’s Anglican Diocese of Pittsburgh explicitly state that parish property is “solely and exclusively owned by each member congregation...”

- The Rt. Rev. John Howe, bishop of Central Florida and a leader of the theological conservatives in the House of Bishops, announced his intention to retire.

It is important to remember that despite all these controversies, the work of the Church - globally, nationally, and locally - goes on. We have provided backpacks, school supplies, Thanksgiving dinners and Christmas dinners to the Lorton Community Action Center. We sent our ninth mission trip to New Orleans in mid-October. As our Rector has said, “we will continue to go back “as long as we are able and as long as the need to continues to be so great. The Carpenter from Nazareth, we feel, would not have it any other way.”

HOSPICE VOLUNTEERS NEEDED

VITAS Innovative Hospice Care of Northern Virginia is now recruiting volunteers in northern Virginia for “friendly visits” to patients at the end of their life. Visits made by volunteers help



patients and touch families. HELP by visiting patients or working in the office. Orientation and assignments are made according to individual preference. Please contact the Volunteer Services Manager at 703-270-4300 or VolMgrNoVA@vitas.com.



SHROVE TUESDAY, ASH WEDNESDAY AND LENT • REV. TOM COSTA

Shrove Tuesday, also known as Mardi Gras (literally “Fat Tuesday” in French), is the day before Ash Wednesday, the first day of the church season of Lent. Shrove Tuesday actually comes from the Anglo-Saxon word *shrive*, which means, “to absolve from sin.” In medieval times, when going to Holy Communion was usually an annual event at the Easter Vigil, this was the one special day to go to confession. In an Anglo-Saxon religious book, *Ecclesiastical Institutes*, translated by St. Aelfric, a Celtic monk, around 1000 AD, he writes: “In the week immediately before Lent, everyone shall go to his confessor and confess his deeds. And the confessor shall so shrive him as he then may hear what he is to do in the way of penance for this Lent.”

Back in those times, Lent was a time of very strict fasting. Only one meal a day in the late afternoon was allowed. People also had to abstain not just from all meat, poultry and fish, but from all other animal products as well, which included fat (lard), eggs, milk, butter, cheese, and even honey. So Mardi Gras became the last day to “eat up all the fat things in the kitchen” for the forty days or so until Easter arrived. In England, Shrove Tuesday became the traditional day to eat pancakes to use up all the fat, eggs, milk and butter left in the pantry. On the Continent, they made special doughnuts instead of pancakes, which became the **beignets** of France, **malasada** in Portugal, and **zeppoles** in Italy. So doughnuts and pancakes actually started as religious “church” food.

The week before Ash Wednesday is also known as *Carnivale*, Latin for “good-bye to meat,” symbolizing the coming Lenten fast. So, the custom gradually developed to have one last big party of feasting, singing, dancing, and parades before Ash Wednesday arrived, and the season of festivities became a time of repentance. The sacrament of receiving ashes on the

forehead on Ash Wednesday came from the Old Testament custom of ashes as a symbol of sorrow for wrongdoing. The concept of a 40 day period of Lent is first mentioned in the writings of the Council of Nicea in 325 AD. The word Lent itself comes from yet another Anglo-Saxon word, *lencten*, which means “the spring season.”

In many traditions, Lent was also a time for cleaning, which is the origin of the old phrase “spring cleaning.” First the soul, then the kitchen, then the rest of the house was cleansed and purified of the past year’s sins and miscellaneous clutter. Old clothes were mended, and new clothes were purchased in anticipation of Easter. In this way every aspect of daily life was made ready to face the upcoming Paschal Season of salvation and rebirth. Lent becomes the time for penance and attempts to do better for 40 days of spiritual preparation, until finally arriving at Easter Sunday as a new person, ready to celebrate the Risen Christ.

The common **pretzel** was actually invented as a Lenten food. Since it was made from flour, water and salt with no eggs, milk, or butter, it was permitted during Lent. The distinctive criss-cross shape was supposed to resemble a person crossing their arms across their heart in an attitude of prayer, which gave rise to the official Latin name of *bracella* (“little arms”). This became *bretzel* in Old German, which eventually evolved to “pretzel.”

From confession and feasting to fasting and penance - quite a journey through the ages for a special liturgical season that is still important to many today. And, even though many people might consider the whole Carnivale/Mardi Gras period as just a great excuse for a wild party, the whole season actually has its roots in church history - just like pancakes, doughnuts, and pretzels!

THE PRAYER SHAWL MINISTRY IS MOVING

The Prayer Shawl Ministry is alive and well at Pohick but the meeting time is being moved. Saturday mornings are just too busy for most. The meetings will now be on the first Wednesday of the month at 7:00 pm. This will coordinate with either the Martha Guild which meets at 7:30 pm on the first Wednesday or the Wednesday evening healing service which also meets at 7:30 pm on Wednesdays. Those who wish to stay for the Martha Guild meeting may continue to knit through the meeting. The next meeting will be on Wednesday, March 2.

Even if Wednesday evening is inconvenient, all contributions to the prayer shawls are welcome. Any soft yarn works, and as long as the shawls are at least 2 ½ feet wide by 5 ½ long, they are fine. Most participants use Homespun yarn available at either Michael’s or JoAnn’s. It is not only soft but also machine washable. However, any other yarn can be used as long as it is soft and comforting. There are currently instructions on many skeins of Homespun for prayer shawls that use smaller needles than commonly used and more yarn. Those instructions can be used. They are probably clear to a knitter, but if they are not clear, come on March 2 and learn with hands on practice.

The basic instructions are: Have three skeins of Homespun yarn available. Use size 10mm/US 15 knitting needles. Cast on between 63 and 66 stitches (depending on the knitting tightness). Before starting to knit the 3rd skein, wrap enough yarn around a book or DVD package to create 60 pieces of fringe approximately 10 inches long (half that when doubled and tied). Knit all remaining yarn and add fringe.

Questions can be directed to Kathy Kirkland at 703-550-9194 or waykirk@verizon.net.



Pohick Church Activities • March 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FEB 27	28	MARCH 1	2	3	4	5
Epiphany 8a 7:45a HE I 9a HE II 10:15a Christian Ed, Inquirers' Class, Praying the Psalms 11:15a HE II 12:30p St. Cecelia St. Alban Choir 5p Youth Conf. Class 6:30p EYC (<i>Jr&Sr</i>)	9:30a Women's Bible Study 5:30-7:30p LCAC	9:30a Staff Mtg. 2:30p HE/FX 6:30p Marriage Alpha 7p Tutoring	6p St. Francis Choir 6p COH 7p Prayer Shawl Ministry 7p Liturgical Dance 7:30p Martha Guild Mtg. 7:30p HE/LOH	6:15p Bell Choir 7p EFM 7:15p LCAC 7:30p Choir of Pohick 8:30p AA		8a BSA 8:30a-3p St. James Vestry Retreat
6	7	8	9	10	11	12
Last Sunday in Epiphany 7:45a HE I 9a HE II 10:15a Christian Ed, Inquirers' Class, Praying the Psalms 11:15a HE I 12:30p St. Cecelia St. Alban Choir 5p Youth Conf. Class 6p EYC Dinner Night & pancake supper set-up (<i>all grps</i>)	9:30a Women's Bible Study 5:30-7:30p LCAC	9:30a Staff Mtg. 2:30p HE/FX 5p Shrove Tuesday Pancake Supper (<i>all EYC groups</i>) 7:30p Vestry Meeting	<i>Ash Wednesday</i> 7a IOA/HE 12p IOA/HE 4:30p IOA/HE 6p St. Francis Choir 7:30p IOA/HE 8:30p Choir of Pohick	6:15p Bell Choir 7p EFM 7:30p Choir of Pohick 8:30p AA		8a BSA 9a Happy Hats Workshop
13	14	15	16	17	18	19
<i>Daylight Savings Begins</i> Lent 1a 7:45a HE I 9a HE II 10:15a Christian Ed, Inquirers' Class, Praying the Psalms 11:15a HE II 12:30p St. Cecelia St. Alban Choir 12:30p EYC Mission Trip team building mtg 5p Youth Conf. Class 6:30p EYC (<i>Jr&Sr</i>)	9:30a Women's Bible Study 5:30-7:30p LCAC	9:30a Staff Mtg. 2:30p HE/FX 7p Tutoring <i>Deadline for Pohick Post</i>	6p St. Francis Choir 6:30p Potluck & studies 8p HE/LOH	<i>St. Patrick's Day</i> 6:15p Bell Choir 7p EFM 7:30p Choir of Pohick 8:30p AA		8a BSA 12p Dinner set-up 6p St. Patrick's Day Dinner
20	21	22	23	24	25	26
Lent 2a 7:45a HE I 9a HE II 10:15a Christian Ed, Inquirers' Class, Praying the Psalms 11:15a HE I 12:30p St. Cecelia St. Alban Choir 5p Youth Conf. Class 6:30p EYC (<i>all grps</i>)	5:30-7:30p LCAC	9:30a Staff Mtg. 2:30p HE/FX 7p Tutoring	6p St. Francis Choir 6:30p Potluck & studies 8p HE/LOH	6:15p Bell Choir 7p EFM 7:30p Choir of Pohick 8:30p AA		8a BSA
27	28	29	30	31	APRIL 1	2
Lent 3a 7:45a HE I 9a HE II 10:15a Christian Ed, Inquirers' Class 11:15a HE II 12:30p St. Cecelia St. Alban Choir 5p Youth Conf. Class 6:30p EYC (<i>Jr&Sr</i>)	5:30-7:30p LCAC	9:30a Staff Mtg. 2:30p HE/FX 7p Tutoring	6p St. Francis Choir 6:30p Potluck & studies 8p HE/LOH	6:15p Bell Choir 7p EFM 7:30p Choir of Pohick 8:30p AA	<i>April Fool's Day</i>	8a BSA 9:15a Fair Mtg

Contact the Parish Secretary, Vonne Troknya, troknya@pohick.org, to list group meetings or events on the calendar.

**SUNDAY SERVICE VOLUNTEERS**

	6 MARCH	13 MARCH	20 MARCH	27 MARCH	3 APRIL
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USHERS

7:45	Randy Brooks Ken Evans	Tom Rivenbark Dan Muir	Chris Brown Mike Vaughn	Bob Johnson Becky Wagner	Bob Davies Alan Mayberry
9:00	Jim Heller Susan Homar Pehr Pehrsson Edwardene Pitcock	Tom Bland Don Cook Randy Cudworth Thomas Thurston	Don Buckius Sean Hartig Hal Yarwood Susan Yarwood	Mo Faber Santos Garcia John Godley Grant Hodges	Matt Gurrola Terry Mullins Rita Smith Wes Speer
11:15	Jim Bartholomew Sandra Caesar	Bill Hosp Rick Nelson	Rodger Jones Annie Westover	Bill Bland Mike Wooten	Angela Edgemon Steve Edgemon

OPEN - UP

7:00	Kristina Myers	Tom Rivenbark	Chris Brown	Roberta Fede	Jim From
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LOCK - UP

1:00	Jim Bartholomew	Andrea Gurrola	Rodger Jones	Leslie Schwope	Tom Buckner
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TELLERS

12:15	M/M Thurston	Bartlett/Remaly	Brooks/Mayberry	Buckius/Faber	Pitcock/Schmid
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ALTAR GUILD

AM	J. Wells N. Sage H. Parker J. Buckley C. Foster C. Hanchin R. Stankwitz/N. Conte	BJ McPherson J. Holm A. Powell J. Schmid E. Pitcock A. Marsico D. Pasour/S. Caesar	BJ McPherson J. Holm A. Powell J. Schmid E. Pitcock A. Marsico D. Pasour/S. Caesar	N. Bireley J. Sunderland B. Wagner R. Teale J. MacDonald A. Cannon C. Heddleston	N. Bireley J. Sunderland B. Wagner R. Teale J. MacDonald A. Cannon C. Heddleston
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FLOWER GUILD

AM	K. Tracy	BJ/K McPherson	J. Brimmer	S. Homar	TBD
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COFFEE HOUR

7:45	M/M Pasour	M/M Peterson	M/M Altman	M/M Altman	R. Romine
9:00	M/M Wise	M/M Garcia	M/M Vaughn	M/M Buckius	M/M Pehrsson
11:15	S. Caesar	M. Yezek	K. Kirkland	M/M Heintze	M/M Thurston

NURSERY

AM	TBD	TBD	TBD	TBD	TBD
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GREETERS

7:45	Doug Smith	Stew Remaly	Edie Bartlett	M/M Ken Evans	M/M Bill Stewart
9:00	M/M Femi Ayorinde	M/M H. McCullough	Renee Vaughn	M/M Terry Mullins	M/M Per Kullstam
11:15	Anne Cannon	Beth Atkinson	M/M Bill Poad	M/M Rick Nelson	M/M Don Homar

The Sunday Service Volunteers Schedule is also available at Pobick Church's website, www.pobick.org, under "Ministries."



LENTEN CAMPAIGN TO COMBAT HUNGER

Both New Hope Housing (NHH) and Lorton Community Action Center (LCAC) are actively combating hunger 365 days a year. During Lent, it is appropriate to prayerfully consider the impact of hunger in the community. The proposal to the congregation at Pohick is to “give up” an evening meal out or an elaborate meal at home, and to provide the funds which would have been expended as a donation to these organizations. It is suggested that this ‘alternative modest meal at home’ be used as an opportunity to discuss the impact of hunger in the community and to appreciate blessings and gifts. If each family in Pohick participates once each month in March and April, the impact to these organizations will be substantial. To participate, please write a check payable to Pohick Church, and indicate Lenten contribution for LCAC/NHH food programs on the memo line.

Below are stories and statistics that can be used for family discussions to appreciate what it means to be hungry.

- During the last six months of 2010, LCAC has served 472 families comprised of 1678 individuals.

- The vast majority of these families have school age children and younger. LCAC sees increasing number of folks coming to LCAC for assistance and the support of donors becomes vastly more important as municipal budgets shrink.

- LCAC is opening a new food pantry building this spring which will enable them to better store and manage the food donations for their clients.

- To understand the impact a financial contribution makes - for every \$10 LCAC or NHH receive for food they are able to purchase 67 pounds of food as a result of their partnerships with the Capital Area Food Bank.

- A couple knocks at LCAC’s front door and quietly asks for food. They have just learned about LCAC, and they are hungry. They have been homeless for a month. LCAC’s part time case worker drops what she is working on and sits down with the couple to learn more about their situation and begins to get them connected to available resources, including food from the LCAC pantry.

- A woman steps through the door at LCAC, and she is a civilian worker laid off from Fort Belvoir. She is looking for work, but so are a lot of other professionals. The food provided by LCAC enables her to reallocate her limited funds in the hope of being able to maintain her current housing situation as she continues to look for work.

- 347 families are currently registered to receive food from LCAC. These families represent 707 adults and 601 children.

- LCAC goes through 25,000 pounds of food a month.

- “Feeding America,” an umbrella organization for 200

food banks, said demand for food at those places has increased by almost half between 2006 and 2010.

- The Salvation Army’s Washington region reports that the number of meals served has increased by about 25% over the past two years.

- The Salvation Army reports that the heaviest demand for food is in areas with high unemployment and home foreclosures. In some cases, new clients have lost their jobs but are not eligible for food stamps. “This has been the most intense three year period that I’ve witnessed,” reported Major George Hood, who has been with the Salvation Army for 40 years.

Every individual has the potential and baptismal call to change the world. It is God’s contemporary angels who can heal a hurting world. The Holy Spirit bestows the resources, the will, and the responsibility through baptism. A hungry child, a struggling woman, a humbled father...are all waiting for an angel. Each Pohick family can accept the challenge to be an angel.

POHICK IN PINK

Pohick in Pink is registered as a team to participate in the Komen Global Race for the Cure to be held in Washington, D.C. on Saturday, June 4. Susan Yarwood and Susan Homar will co-captain the event. Kathy Kirkland has kindly offered to lead those who would like to “run” rather than walk the event.

The goal of *Pohick in Pink* is to gather a team of men, women, teens, and pre-teens to participate in the Komen Global Race for the Cure. This race provides an opportunity as a Church family to offer support to Church members who have been touched by this disease, and to provide an opportunity for awareness and education for the youth in the parish.

- Register online at <http://globalrace.info-komen.org>

- Select “Join a Race Team”

- Enter the Team Name: Pohick in Pink

- Register as: Walker - Registration is \$35;

- Runner - Registration is \$40

- Sleep In for the Cure - Registration is \$35. Be a member of the team and sleep in - no walking or running required.

- Kids for the Cure, ages 5 - 12. Registration is \$20 (Kids must be registered with a registered adult). Activities for the Kids for The Cure include a fun run.

Note: Registration fees listed above are “early bird” rates and are discounted by \$5. After April 15 the fees are increased by \$5.

Neil Sunderland has kindly offered to sponsor a lunch at Pohick following the race so the team can return to the Church and enjoy a bit of Pohick fellowship.

Any questions or suggestions should be directed to Susan Homar at homar.susan@gmail.com.

