

POHICK POST

Pohick Episcopal Church

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

APRIL 2011



From The Rector
The Reverend
Donald D. Binder, PhD

It was a bright May morning in Jerusalem when our group of a dozen pilgrims entered the Old City to retrace the ancient Stations of the Cross. As students on a month-long study tour at Saint George's Anglican College, we were nearing the end of our time in the Holy Land. From Bethlehem to Galilee to the gates of Jerusalem, we had retraced the steps of Jesus. This morning, there remained only a few last steps to follow.

Walking quietly through the narrow stone streets, we carried in our midst a large wooden cross. Throughout our morning, it would serve a sobering symbol of our journey's fateful destination. Entering the Moslem Quarter, we passed through two chapels: the Chapel of the Flagellation and the Chapel of the Condemnation. Nearby, a first-century pavement called the Lithostratos marks the traditional site where Pilate sat in judgment over Jesus. There we gathered to begin our solemn trek.

As we listened in silence, one of our members read from John's Gospel the passage where Pilate pronounces the fatal sentence over Jesus. In our ears, we could hear echoes of the angry mob. In our minds, we each pictured the sight of Pilate washing his hands of the deadly deed in front of the noisy throng.

We responded to those sorrowful words with prayer. We prayed for those in authority: for rulers and politicians, judges and magistrates. We prayed for those condemned: for prisoners and captives and those unjustly accused. Lastly, we prayed for ourselves: that when we pass judgment on others, we might remember the wit-

ness and humility of Christ.

As was to be true throughout our morning, prayer served as the vital link between the events of that first Good Friday and the events of our time. Prayer was the bond that united those final footsteps of Jesus with the footsteps we dared to tread that day - and each one thereafter.

Leaving the courtyard of the first station, we passed by native Crown of Thorns. Their spike-like thistles reminded us of the injury and insult borne on the brow of our Lord. As Jesus took up his cross at the second station, we also raised up our wooden likeness. Two by two we took turns carrying it between stations. One hoisted the crossbar over his shoulder, while the other held up its trailing bottom end.

Passing between the third and fourth stations we sang the hymn, "Behold thy Mother":

*At the Cross her station keeping
Stood the mournful mother weeping,
Close to Jesus at the last,
Through her soul, of joy bereaved,
Bowed with anguish, deeply grieved,
Now at length the sword hath passed.*

One of the women who held up the foot of the cross later remarked how the beam seemed to be aimed like a sword at her heart. She recalled the prophesy to Mary, "your heart shall be pierced" (Luke 2:35).

At the fifth station, where Simon of Cyrene took the cross from Jesus, we turned onto the Via Dolorosa, the Way of Sorrows. A long narrow street, several of the stations along its walls are inconspicuous. Some of our group had been down this way before. But in our hurry to get into the various souvenir shops, we had passed by

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From the Rector: continued from page 1

the stations without notice. As we walked along that morning, then as pilgrims, I wondered how many other times in my life I had been blind to the suffering around me.

When we had journeyed the length of the Via Dolorosa, at the ninth station, it came my turn to take the cross. Later that day I would write in my journal:

“I was particularly moved when I got to carry the cross from the Cardo all the way into the Church of the Holy Sepulcher. There were a lot of onlookers, mostly children, who usually glanced at us and then passed by, continuing their chatter. The shopkeepers continued to try to make bargains with us, and the soldiers were always nearby.

“As I carried the cross, however, I was mostly impervious to this. I was lifted into the role and felt the pain on my back as the cross weighed down upon my shoulders, pressing my feet into the lumpy stone beneath. Calvary - with all its horrors - loomed directly ahead.”

Our solemn procession passed through the doors of the ancient church that housed the last five stations. Near the entrance, we set aside our cross and stood at the place where the soldiers stripped Jesus of his clothing. Indeed, our whole journey on the Way of the Cross had been a ceremonial stripping. Along that way, Jesus had been stripped of his freedom, his followers, his family. At the tenth station, his captors stripped from him the last of his worldly possessions. All that remained to him was his life. This he placed finally in the hands of his Father.

So also was it for us pilgrims that morning. Having walked the streets bearing the weight of the cross, we too were left stripped. The wants and desires of the previous days were shed along the way. They meant little to us at our journey’s end. As we ascended the stairs to the Chapel of Calvary, all we could see was the vision of our Lord, naked, as the soldiers nailed him to the tree.

In sorrowful silence, we knelt before the altar and reached down our hands to touch the rock that held Jesus in his last hours. There, and at the nearby tomb, we had reached our end, and our beginning. We had touched the foundation of our faith. We could only leave there knowing that our journey had just begun.

This month as we together read the Passion Narrative on Palm Sunday, as we strip the altar on Maundy Thursday, and as we walk the Stations of the Cross on Good Friday, these images will continue to dance in my mind. But whether one has made a pilgrimage to Jerusalem to walk the Via Dolorosa, it matters not. Jerusalem lives in each of us. The Stations reside in our hearts. It remains only for us to rediscover them, to explore them.

This month as we commemorate the sacred events of Holy Week, I invite each of you to join in this pilgrimage. As you do, my prayer is that, like I powerfully experienced that Spring morning, you too will indeed find that the Way of the Cross is none other than the way of life and peace.

Send News!

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

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

Church Register

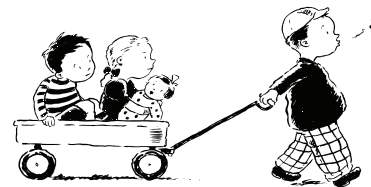
Transfers In

Douglas and Sharon Chan
and their daughters, Allison and Kathryn
Blair Pettigrew
Keryn Garber

EYC YARD SALE!

Saturday, May 7

7 am - 12 noon



EYC will start accepting donations in the Common Room after April 25. Call Rusty Booth if big items require pickup. Proceeds go toward the summer youth Mission Trip to Keansburg, NJ.



From The Assistant Rector
 The Reverend
 Lyn Youll Marshall

The bus journey to Guelph takes two hours from Toronto. I know the area well. My mother lived here for almost twenty years, but it was never really home for me, or, I think, for her. But on the outskirts of town, there is Loyola House, a Jesuit community where I have spent long and healing hours at a place that feels more like home. I have looked forward to this trip for months.

When I arrive, an Anglican (Episcopal) priest is at the door to greet people. She is a priest at the church that my mother attended before she withdrew into her isolated world in the nursing home. The priest greets me warmly. She knew my Mum. She knows my sister. She knows that my brother-in-law brought my mother's ashes earlier in the day and that the ashes now sit in my room.

The rooms are sparse, but warm and comfortable: a single bed, a desk, a wash basin, and two chairs. The bathrooms are down the hall. The ashes sit on the desk in a cardboard box, and they are surprisingly heavy. I plan to take the ashes to England in the summer. They will finally be laid to rest in the countryside alongside my father. I will say the words of the Committal that have yet to be prayed: "In sure and certain hope of the resurrection to eternal life through our Lord Jesus Christ, we commend to Almighty God, *my mother*, and we commit her body to the ground; earth to earth, ashes to ashes, dust to dust."

On the first evening, we meet for Eucharist. I love this sanctuary, which is light and prayer filled. We introduce ourselves but most of us will not remember names. Then, we gather with our assigned spiritual director. We say, briefly, why we have come, and agree on the time that we will meet individually with her each day. The only conversation for the next 8 days will be conversation with her. Computers are silent, cell phones turned off, no television. Our spiritual advisor hands us a sheet with some scripture readings that we might want to ponder as we are invited into eight days of silence. I know immediately the passage that speaks to me, to my soul that craves for silence:

"Come away to a deserted place all by yourselves and rest awhile" Mark 6:30

The next morning I arrive early for our meeting. I am filled up with 'stuff' that I want to tell her. She prays

and invites me to speak, which I do. Words pour out. She listens. After 40 minutes our allotted time is nearing an end.

She reads a piece of scripture from Deuteronomy 1 vv 29-31. I know that I have read it. I have read through the whole Bible. But, I did not hear it until that moment. And, she tells me that she thinks it would be most beneficial at this point to not have to do anything. I can sit, walk, sleep, and stare out of the window for as long as I want.

I am hugely relieved. No duties, no assignments, no expectations. I sit, walk, sleep, and stare out of the window for as long as I want. I read and re-read the passage from Deuteronomy:

"I said to you, "Have no dread or fear of them. The Lord your God, who goes before you, is the one who will fight for you, just as he did for you in Egypt before your very eyes, and in the wilderness, where you saw how the Lord your God carried you, just as one carries a child, all the way that you traveled until you reached this place."

There have been so many changes in my life over the last three years, some very good, but others not good. But, I am certain that God has brought me to this place. I am as certain as I have ever been that He is a God who heals, a God who calls, a God who created the beauty that surrounds me. I stare out over the snow covered hills. I gaze into the fire in the evening. I walk in the snow and watch the creek begin to flow as the temperature warms up. I listen for the birdsong. My heart praises Him with my own songs quietly sung and psalms whispered.

"O Lord, you have searched me and known me. You know when I sit down and when I rise up; you discern my thoughts from far away. You search out my path and my lying down, and are acquainted with all my ways" Ps 139 vv 1-3

I love to sit in the evening with others, gathered around the fire. I have no need or desire for conversation. I am filled with good food, with prayer, with quiet. Early in the morning, I sit with my coffee watching the birds at the feeder, marveling at the beauty of this place as the morning mist rests on the hills in the distance.

"The heavens declare the glory of God and the firmament proclaims his handiwork. Day to day pours forth speech and night to night declares knowledge. There is no speech, nor are there words; their voice is not heard"



From the Assistant Rector: continued from page 3

yet their voice goes out through the earth and their words to the ends of the world.”

As the days pass, my soul settles. Scripture passages come to mind. I move into them, and engage deeply in a way that only seems to happen in this place. In the mornings, I share my thoughts with my spiritual director. She is an Irish-Canadian sister. She knows about the challenges of life and leadership, especially for women in the church. Our conversation is more reflective now. I tell her how I love to attend the Eucharist every day. I do not have to do anything; I can just receive the Word and the life giving body and blood of Christ.

I also tell her that I just have to call my husband on Valentine’s Day. She approves. The world and those we love are still there. This is a time apart, but it is only a time. When I leave, I know that this time will uphold me and enrich my ministry, and my new-fledged marriage. I know that, although I may not be able to settle into scripture at the depth at which I can not retreat, somehow my ‘reception’ area (my heart?) has been expanded.

Jesus called me, as I believe he calls all of us, *“to come away to a deserted place, all by yourselves and rest awhile.”* But, it is only for awhile. And so on the bus journey back to Toronto and the flight back to Washington, I move back into the place where God has called me and sometimes carried me, certain that I do not travel alone.

“Where can I go from your spirit? Or where can I flee from your presence? If I ascend to heaven, you are there. If I take the wings of the morning and settle at the farthest limits of the sea, even there your hand shall lead me, and your right hand shall hold me fast.”

Outreach can take many forms. One way, in my opinion, is simply getting to know people, and sharing faith as a natural part of learning about each other.

If you are wondering how you might meet some new people and even learn a new skill or polish an established one at the same time, consider taking a class. Right on our doorstep is a treasure that has blossomed from some rather unusual roots. I am talking about the Workhouse Arts Centre, on Ox Road in Lorton, which was previously a prison. I have just received their Spring and Summer Class catalogue, and there is an astonishing array of classes for all ages from kindergarten on up.

Learn to dance, sing, knit, blow glass, play the guitar, paint, draw, thread beads, play in a drum circle, throw a pot, cook seafood, write a novel, or take photographs. The catalogue is on the bulletin board outside Ruth’s and my office, or take a look online at WorkhouseArts.org.



CHRISTIAN EDUCATION
 Frances Sessums, *Director of Christian Education*

The Flowering of the Cross and the collection of the Mite Boxes will take place during the 9:15 am Easter Sunday service on April 24. Students should bring single stemmed flowers to insert into the Cross. If anyone forgets their Mite box on Easter Sunday, please bring it to the Education office the following Sunday.

Pohick will also sponsor the annual Easter Egg Hunt following the 9:15 am service on Easter Sunday. There will be two separate egg hunts occurring simultaneously. One will be for Preschoolers and Kindergarteners and the second egg hunt will be for First through Fourth grade students. At least one parent must accompany each child during the Egg Hunt. After the Church service, Preschoolers and Kindergarteners will meet with their parent in classroom F,

and First through Fourth grade students will meet with their parent in classrooms C and D.

Please be on time so the children can be counted before the Egg Hunt.

Each child participating in the Easter Egg Hunt should bring a dozen filled plastic eggs to the kitchen by Easter morning before the 9:15 am service. There will be a box marked “Easter Eggs.” It is strongly encouraged that the eggs be filled with non-candy items. Questions should be directed to Frances Sessums.



THE MARTHA GUILD
 Connie Myers

The Martha Guild will not meet in April so that members can participate in the Lenten Supper/Program. The next meeting will be Wednesday, May 4 beginning at 7:30 pm in the Common Room Annex.



MUSIC NOTES

Linda Wilberger Egan, *Minister of Music*

This month, a number of sixteenth notes (short ones): April 8-9 members of the Bell Choir will attend the American Guild of English Handbell Ringers Area III Festival in Richmond at the Convention Center. We will rehearse and ring a Genesis Division concert on Saturday, April 9, from 2:45 pm until 3:15 pm under the direction of Charm Peterman. We will also have the opportunity to take classes in special techniques, and to hear the Massed Festival Concert at 4:45 pm. Can you imagine the sound of hundreds of handbell ringers? Truly amazing! You are welcome to come to the concerts.

On Palm Sunday, the Choir of Pohick will be joined by Susan Rider, trumpeter for the President's Own, for the 9:00 am and 11:15 am services. Susan lives in Lorton, and has played at Pohick on a number of occasions.

Many favorite Lenten and devotional hymns are sung at the Good Friday service, which is 12 noon to 3:00 pm. There is really good preaching then too by the fine clergy who preach here each Sunday. And what could be more warming to the heart of a longtime Christian, than to see all the baptisms on Holy Saturday? Consider attending these services this year.

PRAYER SHAWL MINISTRY

How to Request a Prayer Shawl

Know of someone who would benefit from a prayer shawl? Feel free to contact any of the priests at Pohick. Shawls are freely available to members of the parish, relatives, and friends. A small stock of prayer shawls are kept in Rev. Binder's office closet. After selecting a prayer shawl, send an email or a note to Rev. Binder, dbinder@pohick.org. He will then let the prayer shawl ministry know if replacement shawls are needed. There is no charge for the prayer shawls, however, a donation to the ministry will cheerfully be accepted. As with other ministries in the parish, simply write a check to Pohick Church and write Prayer Shawl Ministry in the memo line or attach a note.

Each shawl is accompanied by the following prayer:

May God's grace be upon this shawl...

warming, comforting, enfolding and embracing.

May this mantle be a safe haven...

a sacred place of security and well-being...sustaining and embracing in good times as well as difficult ones.

May the one who receives this shawl be cradled in hope, kept in joy, graced with peace, and wrapped in love.

Blessed Be!

This Easter, April 24, the Choir of Pohick and the St. Cecelia St. Alban Choir will join to sing the Hallelujah chorus from Handel's Messiah. Each year the St. Cecelia St. Alban Choir works hard to learn one choral masterwork to sing with the Choir of Pohick. Those of us raised in children's and youth choirs remember how the works we learned early have stayed with us for a lifetime. We want to give these choristers the same gift.

The two choirs will rehearse together on Palm Sunday, April 17, after the 11:15 am service for a half hour. All singers in both choirs need to plan to be there. Parents of choristers in the St. Cecelia St. Alban Choir, please note that the schedule is different from the usual schedule for this month only.

MANY THANKS to all Choir of Pohick singers who have volunteered to sing for the Wednesday Lenten Taize services; to Heather Seaton, who composed "Answer me when I call" for the Choir of Pohick to sing on March 20; and to the Bell Choir ringers, who ring for two services on the fourth Sunday of every month (except on Easter), come what may!

SAVE the DATE! Sounds of Pohick, the annual concert of all the musical groups at Pohick, is coming this year on Saturday, June 4 at 4:00 pm. Come for a concert of wonderful music in the Church, followed by a reception in the Common Room.

LENTEN CAMPAIGN TO COMBAT HUNGER

Take the Challenge!

Last month a Lenten Campaign was launched to combat hunger in the community. The intention is to raise funds for New Hope Housing and Lorton Community Action Center. The funds will help provide food for the increasing number of those most at risk in the community. During Lent, it is appropriate to prayerfully consider the impact of hunger in the community. The proposal to the Pohick congregation is to "give up" an evening meal out or an elaborate meal at home, and donate the funds that would have been spent as a contribution to the two organizations. Try using this 'alternative modest meal at home' as an opportunity to discuss the impact of hunger in the community and to appreciate the gifts that have been given. If each family in Pohick participates once in March and once in April, the impact to these organizations will be substantial. To participate, make a special check payable to Pohick and indicate on the memo line that it is a Lenten contribution for LCAC/NHH food programs.

Every individual has the potential, and baptismal call, to change the world. God's contemporary angels can heal a hurting world. The Holy Spirit bestows the resources, the will and the responsibility at baptism. A hungry child, a struggling woman, and a humbled father are all waiting for an angel. Each Pohick family can take on the challenge to be that angel!



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 Archbishop of Canterbury has followed up on January's meeting of the Primates of the Anglican Communion with a letter to those primates, which he released to the wider communion. Speaking to both those audiences, he said:

"The recent Primates' Meeting in Dublin did not set out to offer a solution to the ongoing challenges of mutual understanding and of the limits of our diversity in the Communion. But it is important to note carefully what it did set out to do and what it achieved. In recent years, many have appealed to the Primates to resolve the problems of the Communion by taking decisive action to enforce discipline on this or that Province. In approaching the Dublin Meeting, we believed that it was essential to clarify how the Primates themselves understood the nature of their office and authority. It has always been clear that not all have the same view – not because of different theological convictions alone, but also because of the different legal and canonical roles they occupy as Primates. Some have a good deal of individual authority; others have their powers very closely limited by their own canons. It would therefore be difficult if the Meeting collectively gave powers to Primates that were greater than their own canons allowed them individually, as was noted at the 2008 Lambeth Conference (Lambeth Indaba 2008 #151).

"The unanimous judgment of those who were present was that the Meeting should not see itself as a 'supreme court,' with canonical powers, but that it should nevertheless be profoundly and regularly concerned with looking for ways of securing unity and building relationships of trust. And one reason for the fact that it did not offer any new schemes for this was that those present were still committed to the Covenant process and had no desire to interrupt the significant discussions of this that are currently going on...is also important to recognize that the Primates made no change to their existing commitments to both the Covenant process and the moratoria requests. The purpose of the Dublin meeting was, as I have said, not to offer fresh solutions but to clarify what we believed about our shared purpose and

identity as a Primates' Meeting. I think that this clarity was achieved, and achieved in an atmosphere of very demanding and searching conversation, which intensified our sense of commitment to each other and the Communion."

Referring to primates who boycotted the meeting, in large part because of the presence of Presiding Bishop Katharine Jefferts Schori of The Episcopal Church and Archbishop Fred Hiltz primate of the Anglican Church of Canada, Archbishop Williams said, "We were painfully aware of those who did not feel able to be with us, and held them in prayer each day, seeking to remind ourselves of the concerns that they would have wanted to put on the table. We were all agreed that the Meeting inevitably represented 'unfinished business,' and were all committed to pursuing the conversations needed to consolidate our fellowship. We shall continue to seek ways of meeting at every level that will prevent our being isolated from each other in suspicion and hostility." Those primates who did not attend the Primates Meeting in Dublin were largely from the "Global South" – Anglican provinces in Africa, South America and Southeast Asia which hold to traditional interpretations of the Bible and human sexuality. About a month after that meeting, nineteen bishops from Africa, the United States and Canada gathered in Dar Es Salaam, Tanzania to worship, pray, and listen to each other on those and other issues of concern. Our Bishop Shannon Johnston was one of two bishops from The Episcopal Church to attend.

A statement afterwards said, "We have been engaged in a process of patient and holy listening, as Anglicans, coming from a wide diversity of contexts and theological positions, who have chosen to listen to one another...We have found that in the wider context of conflicts around sexuality in the Anglican Communion, the conflict has provided us an opportunity to build bridges of mutual understanding to us as we choose to turn face to face with each other. We know that this topic requires the best of us in our dialogue: our mutuality and humility and prayer in listening and in speaking as we seek together for God's wisdom."

"We are aware that when we talk, the words we use may not be heard in the same way as we intend and we do not always understand language in the same way. We are engaged in a quest for language that will bring us

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

to common understanding and to better dialogue. That does not mean that we agree or that we seek an agreement on particular issues. What we do intend is to take our responsibilities of episcopal leadership in the life and work of the Church with seriousness, to engage in our calling to bring the local to the universal and the universal to the local, to connect brothers and sisters across Provinces.”

The session was organized by the Anglican Church of Canada and funded by that Province, The Episcopal Church, and Trinity Church Wall Street.

In other recent developments:

- The Anglican District of Virginia, which consists largely of churches in Northern Virginia that broke from the Diocese of Virginia in 2006 – announced plans to vote on whether to become a diocese in the Anglican Church of North America, and elect a bishop. ADV currently describes its status as one of “affiliation with the Convocation of Anglicans in North America (CANA), a missionary branch of the Church of Nigeria and other Anglican Archbishops.” The Anglican Church in North America (ACNA) in turn describes itself as “a Province-in-formation in the global Anglican Communion, initiated by the request of the Global Anglican Future Conference (GAFCon) in June 2008 and formally recognized by the GAFCon Primates...” It has not been recognized as a province by any organization representing the entire Anglican Communion, and most of its churches are locked in a legal dispute with the Diocese of Virginia over property ownership.

- The first of those property cases has been settled. Responding to a joint request from The Diocese of Virginia and Church of Our Saviour, Oatlands, a Fairfax County Judge dismissed the lawsuit involving parish property “with prejudice,” meaning the Diocese of Virginia can reinstate it if Our Saviour fails to live up to terms of a settlement announced in February. The parish agreed to end its efforts to claim ownership of the property, and the Diocese agreed to lease it to them for the next five years.

- Nearly 200 clergy and lay delegates to The Episcopal Church’s General Convention gathered in Atlanta for an update on efforts to develop “liturgical and theological resources” on blessing of same-sex unions. A resolution passed at the last General Convention in 2009 directed the Standing Commission on Liturgy and Music, in consultation with the House of Bishops, to “collect and develop” such resources, and report back on

the matter to the next General Convention. That resolution also directed the Commission to “devise an open process for the conduct of its work”; the Atlanta session was an effort comply with that “open process” requirement, and engage deputies in the issue well in advance of the General Convention. House of Deputies President Bonnie Anderson said the session was historic: “never before have only deputies met in a large gathering outside of General Convention for the specific purpose of church business” and to discuss a topic due to be taken up the next meeting of convention.

- The Rev. Dan Martins was consecrated as Bishop of Springfield, Illinois. Martins is a theological conservative (and regular blogger) who had served in the Diocese of San Joaquin as a majority there was taking steps to break away from The Episcopal Church). During the consecration process, he wrote a group in Springfield which claimed to represent the diocese’s “disenfranchised moderate majority” that “I cannot imagine circumstances in which I would seek to lead the Diocese of Springfield out of the Episcopal Church...Should I ever come to believe that my own soul is fatally compromised by my association with the Episcopal Church, I would leave it simply as an individual.” That group in turn urged “strongly urged” dioceses around the country to grant the consents necessary for his consecration. His election did receive the necessary consents; Presiding Bishop Schori presided at his consecration March 18th.

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. Plans for a tenth mission trip to New Orleans are underway. 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 Carpenters 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.



FROGMORE AND SILENT/LIVE AUCTION

Yes indeed! Both the Frogmore and the Silent/Live Auction are planned for the same Saturday. So, mark the calendar for Saturday, May 21. The festivities will start with a silent auction that starts at 4:00 pm and ends at 6:30 pm. The items being auctioned will be the former treasures of Parish members, gifts from local merchants, and various services and gift baskets. More details will follow. The display of silent auction items will be held in Classrooms E & F. The live auction, which will be held in the Common Room, will start at 5:30 pm. The items to be auctioned here will be treasures of higher value. The auctioneer will be Mike Morgan.

The dinner serving line will open at 6:00 pm or immediately following the Live Auction. The meal will be the traditional Brotherhood of St Andrew Frogmore Stew (no frogs, just shrimp, potatoes, corn sausage, and other goodies). Alternate fare will be available for children and folks who do not do Frogmore. There will be light refreshments available throughout the silent and live auction, but leave room for Frogmore!

Auction proceeds will benefit Pohick's General Fund. Frogmore dinner proceeds will benefit the ministries of the Brotherhood of St. Andrew, Pohick Chapter.

This will be the first year for the combined event. Everyone is looking forward to a wonderful, fun-filled auction, fellowship, dinner, and evening. Tickets for the dinner will be on sale in early May. Admission to the Auction events are free, unless that special item of décor, service or gift is found and purchased. Come and join the fun with the Parish family and extended families.

Any questions or volunteers should contact Mike Morgan in the church office.

POHICK IN PINK

Last month the formation of a team to participate in the Komen Global Race for the Cure to be held in Washington, DC on Saturday, June 4 was announced. Several people have registered, but there is still time to join the team. Register by April 15 to receive the \$5 early bird discount. Register as a walker, a runner, or to "sleep in for the cure."

The team will be composed of men, women, teens, and preteens. Most importantly, this event provides an opportunity as a church family to offer support to church members who have been touched by breast cancer, and to provide an opportunity for awareness and education for the youth in the parish.

- Register on-line 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 the Church following the race. Team members can return to Pohick after the event, and enjoy a bit of Pohick fellowship. Please contact Susan Homar, homar.susan@gmail.com, Susan Yarwood, or Kathy Kirkland with any questions about the event, or suggestions for effectively growing the team with the Pohick family.

Easter Flowers

To make contributions toward flowers for the Church at Easter, please fill out this form and return it to the Church office with payment no later than Sunday, April 17, 2011. Forms can be mailed to: Pohick Church, 9301 Richmond Highway, Lorton, VA 22079.

Name: _____

Address: _____

Telephone: _____ Email: _____

Please write the memorial, thanksgiving, or other designation for publication in the Easter Bulletin:

Enclosed is a check payable to Pohick Church, marked "For Easter Flowers"

in the following amount: \$11 \$22 Other _____

Please note "For Easter Flowers" on the memo line of check.





Pohick Church Activities

April 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MARCH 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 Meet- ing
3	4	5	6	7	8	9
Lent 4a 7:45a HE I 9a HE II 10:15a Christian Ed, Inquirers' Class 11:15a HE I 12:30p St. Cecelia St. Alban Choir 5p Youth Conf. Class	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>Youth Retreat All Groups</i>	<i>Youth Retreat All Groups</i> 8a BSA 9:15a Historic Foundation
10	11	12	13	14	15	16
<i>Youth Retreat • All Groups African Team Ministries Jewelry Sale</i> Lent 5a 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		9:30a Staff Mtg. 2:30p HE/FX 7p Tutoring 7:30p Vestry Meeting	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>Deadline for Pohick Post</i>	8a BSA
17	18	19	20	21	22	23
<i>Palm Sunday African Team Ministries Jewelry Sale</i> 7:45a HE I 9a HE II 10:15a Christian Ed, Inquirers' Class, Fairfax Visit/5th-12th 11:15a HE I 12:30p St. Cecelia St. Alban Choir		9:30a Staff Mtg. 2:30p HE/FX	6p St. Francis Choir 8p HE/LOH	<i>Maundy Thursday</i> 7p EFM 7:30p HE and Vigil 8:30p Choir of Pohick 8:30p AA	<i>Good Friday</i> 12p-3p Good Friday Observance and Station of the Cross	<i>Holy Saturday</i> 8a BSA 10a Baptism Rehearsal 4p Holy Baptism
24	25	26	27	28	29	30
<i>Easter Sunday</i> 5:30a Easter Vigil 7:45a HE I 9:15a HE II 10:30a Easter Egg Hunt 11:15a HE II		9:30a Staff Mtg. 2:30p HE/FX 7p Tutoring	6p St. Francis Choir 7:30p HE/LOH	6:15p Bell Choir 7p EFM 7:30p Choir of Pohick 8:30p AA		8a BSA 10a Brotherhood Convention

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

**SUNDAY SERVICE VOLUNTEERS**

	3 APRIL	10 APRIL	17 APRIL	24 APRIL	1 MAY
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USHERS

7:45	Bob Davies Alan Mayberry	Tony Marsico Mike Zane	Ken Evans Lane Phillips	Dan Muir Don O'Connell	Jim Bartholomew Mike Vaughn
9:00	Matt Gurrola Terry Mullins Rita Smith Wes Speer	Dennis Myers John Pasour Debbie Pasour Bill Patton	Joe Moran, Beth Altman, Jim Foster, Jan Hoffheins, Warren Prados, Stew Remaly	Jim Heller, Dru Hodges, Susan Homar, Pehr Pehrsson, Edwardene Pitcock, Fuzzy Thurston	Tom Bland Don Cook Jim Hayes Greg Wilson
11:15	Angela Edgemon Steve Edgemon	Nancy Sage Don Homar	T. Mayberry, S. Caesar, M. Harding, B. Hosp	T. Rivenbark, K. Kirkland, R. Nelson, A. Westover	Bill Bland Mike Wooten

OPEN - UP

7:00	Jim From	Angela Edgemon	Femi Ayorinde	Neil Sunderland	Jim Bartholomew
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LOCK - UP

1:00	Tom Buckner	Mike Elston	Kristina Myers	Tom Rivenbark	Michelle Booth
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TELLERS

12:15	Pitcock/Schmid	Bartlett/Remaly	Heintze/Jacobus	M/M Thurston	TBD
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ALTAR GUILD

AM	N. Bireley J. Sunderland B. Wagner R. Teale/M. Merriam J. MacDonald A. Cannon C. Heddleston	J. Wells N. Sage H. Parker J. Buckley C. Foster C. Hanchin R. Stankwitz/N. Conte	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
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FLOWER GUILD

AM	S. Homar	K. Tracy	Flower Guild	Flower Guild	TBD
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COFFEE HOUR

7:45	R. Romine	R. Romine	R. Romine	M/M Evans	M/M Evans
9:00	Buckius Family	M/M Mayberry	M/M Pasour	Edgemon/Vestry	M/M Remaly
11:15	M/M Thurston	S. Caesar	M. Yezek	K. Kirkland	M/M Heintze

NURSERY

AM	TBD	TBD	TBD	TBD	TBD
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GREETERS

7:45	M/M Bill Stewart	Bill Wrench	Becky Wagner	M/M Don O'Connell	Marleen McCabe
9:00	M/M Per Kullstam	Sean Hartig	Dot McCreery	Stephen Garcia	M/M Gerry Gray
11:15	M/M Don Homar	M/M Haufe	C. Hodge	Joyce Brown	Anne Cannon

LAY READERS

7:45	Marsico (P) Wagner (R)	Cenci (P) Muir (R)	Wagner (P) Springer (R)	Sunderland (P) Marsico (R)	Wagner (R) Springer (P)
9:00	Ayorinde (R) Pasour (P)	S. Harding (R) M. Harding (P)	Pasour (R) Gastrell (P)	Cenci (P) Heddleston (R)	Homar (R) Elston (P)
11:15	Cenci (P) Sassin (R)	Elston (P) Homar (R)	Hayes (P) Nelson (R)	Sassin (P) Ayorinde (R)	S. Harding (P) M. Harding (R)



HEALTH NEWS

Carol Heddleston, *Parish Nurse*

SPRING IS COMING!

GET READY FOR SEASONAL ALLERGIES

During this time of the year, the axis of the earth is increasing its tilt toward the sun and the length of daylight rapidly increases. The hemisphere begins to warm causing new plant growth to “spring forth,” giving the season its name. Tulips, daffodils, and pansies will be blooming, and trees will pollinate.

Each spring, summer, and fall, tiny particles known as pollen are released from trees, weeds, and grasses. Pollen is just one of the many airborne particles in the environment. People inhale more than two tablespoons of airborne particles every day, and many develop allergies. Millions of Americans suffer from pollen allergies.

The most common grasses responsible for allergenic pollen are Timothy grass, Kentucky bluegrass, Johnson grass, Bermuda grass, orchard grass, and sweet vernal grass. Trees that produce allergenic pollen include oak, ash, elm, hickory, pecan, box elder, and mountain cedar. Florists, gardeners, and others who have close contact with flowers are likely to become sensitized to pollen from flowers.

Allergy is a sensitivity to a normally harmless substance, which does not bother most people. Along with pollen, it can be food, dust particles, drugs, insect venom, or mold spores as well as pollen. Scientists think that people inherit tendencies to be allergic. Another factor in developing allergies is the exposure to allergens at certain times when body's defenses are lowered or weakened.

Hay fever, also known as allergic rhinitis, is an inflammation of the mucous membrane that lines the nose and sinuses. This condition results in a runny nose and congestion, and it can be caused by respiratory infections as well as pollen allergy. Allergy is characterized by inflammation, increased mucous secretion, and a host of other symptoms. Some of the more common symptoms of hay fever are sneezing, coughing, itchy eyes, nose, and throat, allergic shiners (dark circles under the eyes caused by increased blood flow near the sinuses), watery eyes, conjunctivitis (an inflammation of the membrane that lines the eyelids, causing red-rimmed, swollen eyes and crusting of the eyelids), post nasal drip, and mental dullness and fatigue.

Some people with pollen allergy can develop asthma, a serious respiratory condition where lung airways become blocked or narrowed causing breathing difficulty. While asthma may recur each year during pollen season, it can eventually become chronic. It does affect 50% of the 20 million asthma sufferers. The symptoms of asthma include coughing, wheezing, shortness of breath, and excess mucus production. Asthma can be disabling and can sometimes be fatal. If wheezing and shortness of breath accompany the hay fever symptoms, it is a signal that the bronchial tubes have also become involved indicating the need for

medical attention.

When it appears that the symptoms are caused by an allergy, the patient should see a physician who understands the diagnosis and treatment of allergies. The physician will work under the hypothesis that a seasonal allergen like pollen is involved and run some tests after the initial visit. Skin tests and blood tests can be performed. There are three general approaches to the treatment of pollen allergy: avoidance of the allergen, medication to relieve symptoms, and immunotherapy or injection treatments (allergy shots). Although no cure for pollen allergy has been found, one of these treatment strategies or a combination of them can provide various degrees of relief from allergy symptoms.



EYC NEWS

Rusty Booth, *Youth Minister*

The upcoming month is going to be very busy for the youth program. In addition to regular EYC meetings, the Spring Retreat and the youth Mission Trip yard sale are coming up soon.

The EYC Youth Spring Retreat is April 8-10, 2011. The cost is \$35 per teen and \$25 for subsequent teen from the same family. The retreat is for all youth in grades 5-12. Come enjoy the mountain weather, and get to know Jesus!

The Mission Trip yard sale is May 7, 2011, from 7am - 12 noon. EYC will start accepting treasures in the Common Room on April 25. Place all items inside the blue taped area. If a pickup is needed for major items, call Rusty Booth at 703-339-6572 or email at rusty@pohick.org. All proceeds will go toward the cost of the Youth Mission Trip this summer.

The search has started for next year's EYC advisors. Anyone that would like to make a difference in a teen's life, consider volunteering in Pohick's youth ministry program. For those interested in being considered for an Advisor position, please contact Rusty Booth.

More information about all upcoming events is available on the EYC Bulletin board in the Common Room and in the church school classrooms.

Maundy Thursday
Liturgy & Vigil 7:30 pm

Good Friday Observance · 12:00 pm - 3:00 pm

Easter Sunday
Easter Vigil 5:30 am
Festival Eucharist

7:45 am, 9:15 am and 11:15 am



