

# POHICK POST

## Pohick Episcopal Church

9301 Richmond Highway • Lorton, VA 22079

Telephone: 703-339-6572 • Fax: 703-339-9884

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

## JUNE 2010



*From The Rector*

The Reverend  
Donald D. Binder, PhD

In April, Pohick's eighth New Orleans Mission Team journeyed to the Crescent City, continuing the rebuilding work being done there in the aftermath of Hurricane Katrina. For the second year in a row, I was pleased to be part of that team of twelve, the largest we have yet sent. Our team leader, Susan Homar, tells the stories of several of the families we helped in her article written for this month's edition of the *Pohick Post*. I commend it to your attention.

In this space, I wanted to address a more fundamental question related to this ministry: why do we keep going back? After all, it has been nearly five years since Katrina struck the Gulf Coast. Not only that, earlier this year, the New Orleans Saints won the Super Bowl. Afterwards, the post-game show flashed footage of jubilant celebrations on Bourbon Street, while the ensuing nightly news played up the boost in morale the victory had given to the citizens of "Who Dat Nation."

Haven't these folks moved beyond the hurricane yet?

In a word, no. To be sure, the Super Bowl win was a temporary shot-in-the-arm for the city. While it was mostly tourists in the French Quarter, in the scattered neighborhoods around New Orleans, joyful residents flooded the streets that night, we were told, reveling in their home team's triumph. Likewise, record crowds turned out for the victory parade a few days later, de-

spite the freezing cold temperatures.

But when the parade was over and the last of the parties had died out, many of New Orleans' residents returned not to their pre-Katrina homes, but to the temporary housing they had been living in for the past four-plus years. A large percentage of them have been trying to rebuild their homes but have been frustrated by unscrupulous contractors, government bureaucracy, and gangs of thieves breaking into their boarded-up dwellings and stealing their tools and supplies.

Of course, church groups and non-profit agencies have been doing a lot of steady work with these residents. But the swath of neighborhoods affected is so massive that at times it seems that any progress is a mere drop in a much larger ocean of need. The fact that all of Pohick's team members this year were repeat volunteers (many multiple times) is a testimony to how great the need continues to be: once you go on one of these trips, the ongoing plight of the families you have worked with almost compels you to return.

This brings up a related point. As a nation, we seem more and more to be driven by sound bites. When the cameras are rolling and images flooding the TV screens, we open our wallets and respond generously. But our attention spans have become short. We have become ill-equipped to deal with situations requiring long-term commitments.

I was in Miami during Hurricane Andrew in 1992, then the most expensive natural disaster in US history. Because our apartment in North Miami Beach faced relatively little damage, as part of the Cathedral Staff,

*Continued on page 2*



*From the Rector: continued from page 1*

I was able to help lead a Mission Center in harder-hit South Miami. In the early days, the trucks of supplies rolled in, the choppers flew overhead, and teams of volunteers from other states showed up unannounced, looking for ways to help. Every morning a squad from the 82nd Airborne reported to me, asking, "What are your orders, Sir?" With the media reporting every detail of the operation, it seemed as though the whole nation wanted to pitch in.

Three months later, everyone was gone. Although South Miami still looked like an atomic bomb had exploded in its midst, the shell-shocked locals were largely left to fend for themselves. The nation had turned its attention elsewhere.

Our congregation, of course, cannot respond equally to every natural disaster. We do not have the resources. Nevertheless, having made an early commitment to the people of New Orleans, we feel it our Christian duty to respond to the continuing need for as long as we can.

This leads to my final reflection. Whenever I go on one of these mission trips (and I have also done two with our youth group), I am reminded of the fact that Jesus spent the overwhelming bulk of his adult life serving as a carpenter. While our Scriptures are

mostly silent about those years, that our Lord himself pursued this type of hands-on ministry underscores its sacred nature.

Here, Christians all too often split human existence into "the physical world" and "the spiritual world," applauding the second while disparaging the first. When they do this, they forget that God the Father created this physical world. Likewise, in Jesus "the Word became flesh and dwelt among us." The two worlds cannot be so easily separated - nor should they be.

Christians are called to minister to whatever needs present themselves, whether spiritual or physical. As the Epistle of James reminds us, "If a brother or sister is naked and lacks daily food, and one of you says to them, 'Go in peace; keep warm and eat your fill,' and yet you do not supply their bodily needs, what is the good of that?" (James 2:15-16).

To be sure, we should always be ready to witness to the spiritual healing that our Lord brings through his redeeming love. But part of that witness is also ministering to the physical needs of those who continue to be in material distress.

And so we will go back to New Orleans as long as we are able and as long as the need continues to be so great. The Carpenter from Nazareth, we feel, would not have it any other way.



**JUNIOR WARDEN'S REPORT**  
Jeff Parker, *Junior Warden*

Thanks to all who participated in the Spring Work Day. Unofficial count was 50+ workers who helped beautify the Church. Thanks to Sean Hartig, the head chef. Hard work builds enormous appetites, and no one went away hungry. Special thanks to John Sessums for organizing the work day.

While everyone is enjoying the new sidewalks, here are some interesting statistics:

- Parishioners removed 42 pallets of bricks - saving \$3,500!
- 20,295 new pavers were set on a base of 165 tons of 21A gravel compacted to a depth of 5-8 inches.
- 13 tons of sand was used to level the base and sweep into the joints.
- The brick was manufactured by Pine Hall Brick out of Winston Salem, NC.
- It is one of the densest bricks manufactured and

**BISHOP'S VISIT & RECEPTION**

There will be a reception in honor of the Bishop's visit on Sunday, June 20 after the 10:00 am service. Please consider bringing in finger foods and sweets for the reception. Food should be left in the kitchen prior to the 10:00 am service. Thanks for the generosity of the congregation in helping to make Bishop welcome at Pohick.



has been used on several historic sites around the county.

Thanks to all the donors. Please check the special announcement regarding the sale of the old pavers.

The Property Committee is working on many projects and routine maintenance. The Renovation Committee is continuing their work on the Parish Hall and Annex. If there are any concerns or suggestions, please submit a Vestry-Gram.



## SENIOR WARDEN'S REPORT

Stew Remaly, *Senior Warden*

*The entire law is summed up in a single command,  
"Love your neighbor as yourself."  
Galatians 5:14 (NIV)*

Thanks to Seminarian Julia Messer for her dedicated service to God and the Parish. Everyone in the Parish wishes Julia many blessings and congratulations as she completes her ordination and continues on her spiritual journey. Also, congratulations to all of the graduating seniors, and God speed and blessings as they move on to new experiences and adulthood. Thanks again to the fantastic youth leaders for guiding the young people on their journey and teaching them about God's love. As another busy summer approaches, please remember to pray for the young people participating in the EYC mission trip and for all the teachers and children who will participate in Vacation Bible School. There will also be educational opportunities for the adults from 9:00 am to 10:00 am every Sunday through the summer.

Finally, here are some of the highlights from the May Vestry meeting. As always the Vestry remains engaged and dedicated to improving the spiritual and

physical health of the Parish.

- Heard a presentation from Cindy Rivenbark, the cemetery warden, regarding space remaining in the cemetery, and the prices relative to others in the area. This discussion led to the Vestry imposing a temporary moratorium on sales of cemetery lots to non-Parish members. The Cemetery Warden will provide additional recommendations at the June Vestry meeting.
- Approved the Treasurer's Report, which showed plate income holding steady, but pledge income lagging behind historical trends. Every year there seems to be a lull in attendance and giving after Easter and around the end of the school year. Everyone is urged to make time on Sunday for worship, prayer, and fellowship. Also, be sure to keep pledges current. The generosity of the congregation keeps the doors always open and the parish active.
- The Parish House has been left open following some recent events. Sponsors of meetings and fellowship events are reminded to check carefully to be sure all doors are locked, and all items on the Lock-up Checklist are checked off, when the event is over.
- Food Closet is running low, and additional food donations are needed. Please keep the food donations coming!
- Discussed the need to upgrade Internet and email access for the Parish staff.

### SPECIAL ANNOUNCEMENT: SALE OF "USED" BRICK PAVERS

Many parishioners have expressed a desire to purchase the pavers removed from the courtyard. Please note that these pavers have special value to Pohickians, none of the pavers removed are "antique." Most are circa 1984. Some are copies of "old" pavers.

- Pavers from the 2000 sidewalk: 10 cents each
- 1984 pavers: 20 cents each
- 8x8 pavers: \$1.50 each
- Hand made pavers: \$3.50 each
- Sold by pallet: approximately 200 pavers per pallet

Anyone interested in purchasing these pavers, please contact Jeff Parker, 703-497-5927.



### Church Register Deaths

Nellie Herndon Faber, *died on May 4, 2010*  
Janet Martin Rose, *died on May 5, 2010*

### TREASURER'S REPORT

Thanks to everyone for their strong support of special projects, such as the sidewalk replacement and the Common Room renovations. The Church is looking much better, and there is more to come in the Common Room.

As summer approaches and people are making vacation plans, please remember to keep up with pledges. Expenses are ongoing throughout the year, and a regular income is needed to meet standard costs. Thanks to all who support Pohick Church and its programs.



*From The Assistant Rector*  
The Reverend  
Lyn Youll Marshall

## TAKING A WALK AND 'PRACTICING THE PRESENCE OF GOD'

Daylesford Abbey is nestled amongst tree-lined meadows in Paoli, PA. It was the perfect setting for the first of two residencies: a required part of the course that I am taking on Contemplative Prayer led by the Shalem (pronounced shay-lame) Institute, an organization based in Washington, DC.

One of the founding members of Shalem was Gerald May, whose book on Grace and Addiction was the basis for Don's Lenten class. I think over the years that Shalem's teaching has been influenced to some degree by the spiritual practices of other religions, something I occasionally found a bit distracting, but by and large the teaching was scriptural and traditionally Christian.

The emphasis through this time was on 'Practicing the Presence of God', which is perhaps better described as being aware of God's abiding presence wherever we are and whatever we are thinking about or doing.

There are many ways to do this: sitting quietly with a holy word, or phrase from scripture, or in front of an icon. Brother Lawrence wrote of practicing God's presence while peeling potatoes! One of my favorite practices was simply taking an early morning walk. Instead of thinking of my walk as exercise, which given the slow pace it probably was not very much, I attempted instead to be attentive to the frost on the grass, the sound of my footfall, birds singing on the branches, the deer hidden and watchful in the brambles. Rather than dwelling on plans for the future or memories of the past I would gently, and repeatedly, rein my mind back to the present moment and God's presence with me and I with Him.

If this all sounds a bit estoric, next time you are walking, or however you get about if you are not able to walk, try to be attentive to what you are actually doing and what is happening around you. Notice your thoughts. Are you making plans for your next meeting, imagining conversations, worrying that you are late or whatever you are worrying about, or calculating how many calories you will burn up if you walk faster? Perhaps your mind is focused on how your body is aching with each step, or if you are unable to walk, how you wish that you could. Instead, take a moment to thank God for the wonder of your body, the lungs that breathe, the heart that is pumping, and notice the others around who are 'fearfully and wonderfully made.'

Easier said than done. Sometimes our minds are just too preoccupied. Part of the discipline is not to berate our-

selves when we fail, which we will, but to thank God for the graced moments or glimpses when we are aware, even vaguely, of His presence. Though we know that our thoughts are not God's thoughts, we are human so we can only use human analogies with all their limitations. Contemplative Prayer has been likened to being in the presence of a loved one. Those who have loved each other and lived together a long time can be aware and attentive to the other's presence without the need for words. We know too that when our minds are preoccupied we are not present to the other.

In the introduction to his book on Contemplative Prayer, Thomas Merton wrote: "Certainly, in the pressures of modern urban life, many will face the need for a certain interior silence and discipline simply to keep themselves together, to maintain their human and Christian identity and their spiritual freedom." My own experience is that if I do not find the time to be quiet in God's presence, very soon the rest of my life begins to show cracks. Merton writes, "the pastor of souls must not neglect the necessary element of prayer and meditation." But I think it is true for all of us. Jesus would often go away to a quiet place to pray. It was clearly necessary to His ministry.

We may not have the time or the privilege to spend chunks of time apart with God, but by being conscious of Him in our 'everyday' lives, however fleetingly, by being aware of His breath in ours, we are 'Practicing His Presence.'

### A CALL TO NEEDLES!

The kneeling cushions at the altar are disintegrating and should be replaced within the next two years. An attempt will be made to duplicate the cushions that are presently there or possibly come up with a new design. For those interested in helping with the design or stitching the needle-point after the design has been determined, please contact Edie Bartlett at 703-780-6809 or redsse@aol.com or call Jackie Wells at 7093-780-1472.

### CHRISTMAS MART CONSIGNMENT ROOM

Although very early, those that love to do crafts or stitchery will need lots of time to produce a work of art. The Christmas Mart is looking for some consignors for the Mart that would provide some new and special items. Looking for a market for wonderful wares or know of someone else interested in consigning, please contact Edie Bartlett at 703-780-6809 or redsse@aol.com.



# POHICK CHURCH ANNUAL PARISH RETREAT

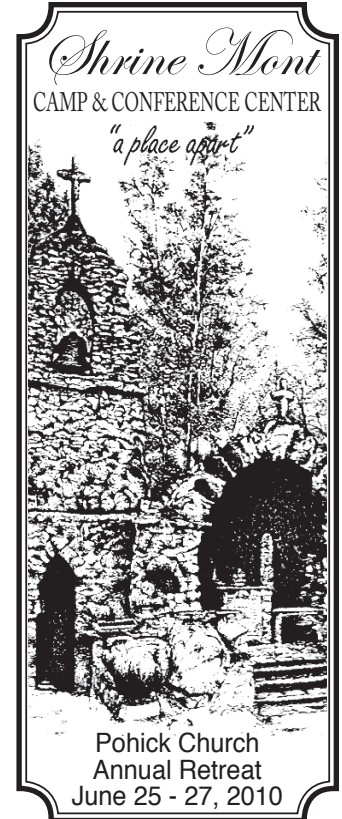
## Shrine Mont, Virginia

**Dates:** June 25 - 27, 2010, from Friday dinner (5:30 pm) through Sunday lunch (12:30 pm)

**Sign-up Deadline:** Sunday, June 20, 2010

**Shrine Mont Overview:** It's that time again, for fellowship, physical, mental, and spiritual renewal at Shrine Mont in the beautiful mountains of Virginia! Shrine Mont, located in Orkney Springs, 13 miles west of Mt. Jackson, Virginia, is a conference center managed by the Episcopal Diocese of Virginia. The Diocese owns 1,100 acres of forest land featuring trails, lakes, hills, and streams at the edge of the George Washington National Forest, a stone's throw from the West Virginia state line. The centerpiece of Shrine Mont is an unusual open air stone chapel, the Cathedral Shrine of the Transfiguration, from which Shrine Mont takes its name. Campers, conferees, and guests worship at this beautiful shrine regularly.

**Fees:** The cost is \$139 for adults (ages 13 and over), \$89 for youths (ages 8-12), \$38 for children (ages 4-7), and free for children under four. If a crib is required, there is a \$6 fee for the weekend. Babysitting during adult sessions is available for an additional \$10. Please note that these costs should not prohibit anyone from attending the retreat. Anyone needing financial assistance should contact the Reverend Don Binder at 703-339-6572. Fees are firm for the weekend, even for late arrivals. If arriving late, one can usually get dinner until 6:30 pm.



**Babysitting Service:** For parents with children, there will be a super program for young people, as well as a babysitting service (\$10), so parents can attend activities. Babysitters will be provided only during adult study sessions.

**What to Bring:** While breakfast, lunch, and dinner are provided, bring snacks and your favorite beverages for evening fellowship time together at the "Gathering Place." Also consider bringing a flashlight, Bible, jacket or sweater, fan, and other personal items.

**Study:** There are three scheduled occasions to study, but note, no one is obligated to attend any of these planned sessions. One may choose to do one's own thing for part of the time, or for the entire weekend! Shrine Mont expects parents to be responsible for the actions of their children, especially during the periods between the three planned sessions.

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### 2010 POHICK CHURCH RETREAT • SHRINE MONT • APPLICATION

Name(s) \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_ Telephone: \_\_\_\_\_

\_\_\_\_\_ Adults (\$139 each)      \_\_\_\_\_ Youth (8-12, \$89 each)      \_\_\_\_\_ Children (4-7, \$38 each)

\_\_\_\_\_ Young Children (3 and under, free)      \_\_\_\_\_ Cribs required (\$6 each)      \_\_\_\_\_ Babysitting (\$10)

Total enclosed: \$ \_\_\_\_\_

Enclose a check payable to Pohick Church, and mark "Shrine Mont" in the memo section. For more information, call the Parish Office at 703-339-6572.

**REGISTRATION DEADLINE – SUNDAY, JUNE 20, 2010**



# 2010 POHICK CHURCH PARISH RETREAT Shrine Mont, Orkney Springs, Virginia

### Friday, June 25

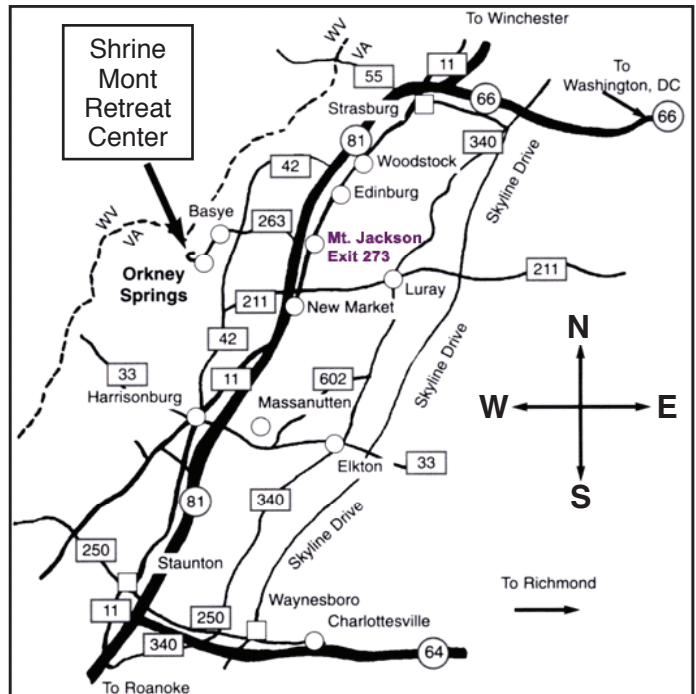
Afternoon arrival	
5:30 p.m.	Dinner
7:30 – 8:30 p.m.	Orientation in Art Hall
8:30 p.m.	Compline
9:00 p.m. until...	The Gathering Place

### Saturday, June 26

7:30 a.m.	Morning Prayer in Art Hall
8:00 a.m.	Breakfast
9:00-10:30 a.m.	Session I, Group Photo at Shrine
10:30-12:30 p.m.	Open/Activities
12:30 p.m.	Lunch
1:00-4:30 p.m.	Open/Activities
4:30-5:30 p.m.	The Gathering Place
5:30 p.m.	Dinner
7:00-8:00 p.m.	Session II in Art Hall
8:00 p.m.	Evening Prayer at the Shrine
9:00 p.m. until...	The Gathering Place

### Sunday, June 27

8:00 a.m.	Breakfast
9:00-10:30 a.m.	Session III in Art Hall
10:30-11:00 a.m.	Pack, Check-out
11:00 a.m.	Holy Eucharist at the Shrine
12:30 p.m.	Lunch
1:30-4:00 p.m.	Open/Depart



Shrine Mont is located 1 hour south of Winchester or 1 hour north of Harrisonburg, and approximately 2 1/2 hours from the Washington, D.C. and Richmond metro areas. To reach Shrine Mont follow I-81 to Mt. Jackson (Exit #273). Turn left from DC or right from Richmond onto Rt. 703 (east), then right (south) on US 11, follow through town, turn right on Rt. 263 and follow approximately 15 miles to Orkney Springs.

**Golf:** Anyone desiring to play golf on Friday should plan to arrive at Shrine Mont no later than 10:30 am. Tee times will start at 11:30 am. Contact Warren Prados at 703-794-9063 for details on teams, course, etc. Tee times will also be available on Saturday.

**Directions to Shrine Mont:** From Pohick Church, take I-66 west to I-81 south. Exit 273 at Mt. Jackson. Turn RIGHT. Go to STOP sign. Turn LEFT. Go to STOP sign. Turn RIGHT onto State Route 263 to Orkney Springs and Shrine Mont. The trip takes about two hours from Pohick.

## 2010 POHICK CHURCH RETREAT • SHRINE MONT • APPLICATION

**Activities and Options:** Indicate particular activities of interest.

Tom or Susan Mayberry (703-494-6108) will keep track of others expressing an interest in all options.

- |                                     |                                     |                                     |  |
|-------------------------------------|-------------------------------------|-------------------------------------|--|
| <input type="checkbox"/> Swimming   | <input type="checkbox"/> Basketball | <input type="checkbox"/> Volleyball | <input type="checkbox"/> Shuffleboard            |
| <input type="checkbox"/> Tennis     | <input type="checkbox"/> Sleeping   | <input type="checkbox"/> Fishing    | <input type="checkbox"/> Mountain Climbing       |
| <input type="checkbox"/> Golf       | <input type="checkbox"/> Hiking     | <input type="checkbox"/> Eating     | <input type="checkbox"/> Bridge/other card games |
| <input type="checkbox"/> Horseshoes | <input type="checkbox"/> Shopping   | <input type="checkbox"/> Antiquing  | <input type="checkbox"/> Porching                |
| <input type="checkbox"/> Other      |                                     |                                     |  |



## UPDATE ON ISSUES IN THE ANGLICAN COMMUNION

### Don Brownlee

*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.*

On May 15, the Episcopal Church consecrated the Rev. Diane Bruce and the Rev. Cannon Mary Glasspool as bishops suffragan in the Diocese of Los Angeles. They are the 16th and 17th women consecrated as bishops in The Episcopal Church, and the service marked the first time two women had been consecrated as bishops at the same time. But far more notable, of course, is that fact that Bishop Glasspool is a lesbian in a long-term partnered relationship. Her election, approval through the consents process, and consecration marked a clear end to the moratorium The Episcopal Church had observed following the uproar over the 1993 election and consecration of Bishop Gene Robinson.

In all likelihood, there is now no turning back. Some dioceses will continue to have a de-facto ban on the ordination of non-celibate gays and lesbians as priests, and on the election of non-celibate gays and lesbians to the episcopacy in their dioceses. Others will say they do not consider issues of human sexuality in the discernment processes. Some standing committees and diocesan bishops will continue to decline to give their consent to the election of a non-celibate gay or lesbian priest as bishop, but a majority will no longer consider that a relevant factor. Both the Standing Committee of the Diocese of Virginia, and Bishop Shannon Johnston, declined to give their consent to the election of Cannon Glasspool.

The Archbishop of Canterbury has previously said that Canon Glasspool's election raised "very serious questions not just for the Episcopalian Church and its place in the Anglican Communion, but for the Communion as a whole." He did not immediately comment on her consecration. Presiding Bishop Katharine Jefferts Schori said in an interview last month that ordaining Cannon Glasspool is not an act of defiance toward the greater Anglican Communion; rather, she said, "people have made their decision carefully, with abundant consideration for impact on others but also out of a sense that they deeply feel is correct."

Los Angeles Bishop Jon Bruno noted in his sermon that he had once opposed the ordination of women, but now he looked forward to having the two women as his suffragans. He defended the decision to elect and consecrate Cannon Glasspool, saying, "The world's transformed only if we turn to each and every one of our brothers and sisters and see the face of Christ superimposed on them."

The group Anglican Mainstream, which describes itself as "an information resource for orthodox Anglicans", said, "Sadly, this shows that TEC has now explicitly decided to walk apart from most of the rest of the Communion." It called "consequences," such as excluding The Episcopal Church from the Anglican Communion's representative bodies such as the Pri-

mates Meeting and Anglican Consultative Council (ACC), and for recognizing the breakaway Anglican Church of North America (ACNA) as "an authentic Anglican Church within the Communion." But Colin Coward, publisher of the blog "Changing Attitudes," which describes itself as "working for Gay, Lesbian, Bisexual and Transgender affirmation within the Anglican Communion," countered that it was "the Anglican Communion is walking away from the Gospel of infinite and intimate love, tender and transforming love, sacrificial and life-giving. The consequences which Mainstream identify are irrelevant to those of us following a Christian path which I readily admit is dramatically different from the majority of Christian denominations."

The Church of England, meanwhile, is posed to take its own dramatic step, and take on a fight with traditionalists with regard to the episcopacy. After years of debate and months of wrangling over the wording, a church committee released draft legislation which would allow women to be consecrated as bishops on the same basis as men. The final draft excluded most provisions, which would have accommodated opponents. It dropped provisions for new dioceses, or a special class "flying bishops" for parishes that could not accept a woman as bishop. It did retain some safeguards for those traditionalist parishes, including the right to request that a male bishop perform blessings and ordinations.

The committee acknowledged that it was not able "to come up with a set of proposals that everyone now says that they can live with." But it called its conclusions "both principled and pragmatic," and said, "The status quo with women able to minister as priests but not as bishops, no longer accords with the wish of the majority of the Synod."

The draft disappointed those in the Anglo-Catholic and evangelical wings of the Church of England, which had wanted some form of two-tier system. "Anglicans in general – and the Church of England in particular – have always insisted that no-one is to be penalized or marginalized for adhering to the traditional view about gender and the ordained ministry. Those who hold this view are not dissenters or reactionaries but...are loyal members of their church and deserve an honored place in it," said three members of the drafting committee. They charged the final version would force traditionalists out of the Church of England, presumably into the Roman Catholic Church. "A narrower and more exclusive church would be the result," they said.

The issue is certain to add to the controversy over Pope Benedict's trip to Scotland and England this September. The visit is already being overshadowed by his offer last October to make it easier for Anglicans to convert to Roman Catholicism.

Those who have supported ordination of women of course welcomed the news. "It is now right for the Church of England as a whole to accept women and men as equal before God in all parts of its ministry," issued in a statement from Women

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**Update on Issues in the Anglican Communion,**  
*continued from page 7*

and the Church, which is a group that champions women bishops.

The proposal will be debated at a synod in July with the earliest achievement of final approval in 2012. Because the Church of England is the state church, approval by Parliament and a Royal Assent would be needed. The final decision on whether women will serve as bishops in the Church of England therefore rests with a woman, the Supreme Governor of the Church, Queen Elizabeth II.

*It is important to remember that despite all these controversies, the work of the Church – globally, nationally, and locally – goes on. Pohick parishioners donated more than 1,000 pounds of food for the Lorton Community Action Center at Thanksgiving and another 1,000 pounds at Christmas. One hundred twenty guests were hosted at the New Hope Housing Annual Christmas Dinner, and more than 100 LCAC clients were hosted at the Children's Christmas Breakfast with Santa. The Vestry is determined to continue the important ministry and mission.*



**CHRISTIAN EDUCATION**  
Frances Sessums, *Director of Christian Education*

It has been a wonderful Church School year. Thanks to all the teachers, staff, substitutes, and aides who have made this year such a success! The generous contribution of time and talent has been very much appreciated. The students have all been very blessed to have such great people to work with them. Also, thanks to all of the outstanding children and youth of the parish who have participated in the Church School this year. This year has been such a joy for all.

During the summer months the preschool through rising second graders will meet together in classrooms C and D for Summer Bible Storytelling Time. This will be in lieu of Children's Chapel and Children's Church. Parents should drop off their children between 9:50 am and 10:00 am. Following story time the children will join their parents in the Church during the Peace. Direct any questions to Frances Sessums at 703-425-2857.

To our Parish Family,

Words cannot express how much your many calls, cards, condolences and other expressions of sympathy and support have meant to us as we grieve the loss of our dear wife, mother, grandmother and great-grandmother, Nell. You have been a great help to all of us at this difficult time. We know that she is at peace and in a better place. Thanks again for being there for us. God bless.

*Morris, Mo, and the family of Nell Faber*

**VACATION BIBLE SCHOOL**

Pohick's annual Vacation Bible School will be held July 12 through 16 from 9:00 am until 12 noon. The theme is SonQuest Rainforest. This promises to be a great week of learning, fun, and adventure! A registration form is enclosed in this issue of the *Pohick Post* as well as being available outside the education office. Please register children as soon as possible so appropriate plans can be developed. It is strongly recommended that children are pre-registered because classes fill up very quickly. Last year, classes were full by the mid-June. Friends and neighbors are welcome.

Classes are available for two-and-one-half year olds through 5th grade students. The classes are set up so that it is the grade the student just completed. A parent of 2 ½ year olds must stay and help in some way so there is someone nearby if needed. The nursery is also available throughout the day.

The 6th through 12th grade students will be assistant teachers or aides.

Volunteers are definitely needed: Lead Teachers, Assistant Teachers, Snack Leader, Recreation Teacher, Art Adult Assistants, Nursery Leader, and Youth Assistants. For those interested in volunteering or for answers to questions, please call Frances Sessums at 703-425-2857.

**OPT OUT OPTION FOR *POHICK POST***

In order to be better stewards of material resources, the Vestry is offering the congregation the ability to **opt out** of receiving a monthly hard copy of the *Pohick Post*, especially since an electronic edition has been available via email for several years.

To take advantage of this offer and receive only the electronic edition in the future, please complete this form and return it to the parish office. In addition, please write legibly the current email addresses of each member of the household who either presently receive or would like to receive the monthly mailing of the ePost. Requests can also be emailed to Vonne Troknya at [troknya@pohick.org](mailto:troknya@pohick.org).

**Name of Household:**

\_\_\_\_\_

**Email addresses for ePost:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Pohick  
Episcopal Church  
VACATION  
BIBLE SCHOOL  
July 12 - 16, 2010

**REGISTRATION FORM**

*To be held at:*

Pohick Episcopal Church • 9301 Richmond Highway • Lorton, Virginia 22079  
For children age 3 (only if potty-trained) through Grade 5\*  
Monday - Friday • 9:00 am - 12:00 noon

IT IS NECESSARY FOR THE DAILY SESSIONS TO BEGIN PROMPTLY AT 9:00 AM.

**To help the Christian Education budget,  
a donation of \$20.00 per family would be most appreciated.**

**Directions: Please fill out a separate form for each child attending.**

Child's Name \_\_\_\_\_

Address \_\_\_\_\_  
(street) (city) (zip)

Telephone \_\_\_\_\_ Date of Birth \_\_\_\_\_

\*School Grade completed in June of 2010 \_\_\_\_\_

Parents' Names \_\_\_\_\_

Medical Information (eg food allergies, etc.) \_\_\_\_\_

**PLEASE CHECK WHERE APPROPRIATE:**

- I can stay and help if needed.
- We would like to carpool, if possible.
- My child would like to come, but will need a ride.
- I can provide a ride for \_\_\_\_\_ child(ren).

**Please return this form to the Church office, either in person or by mail.**

(over)



POHICK EPISCOPAL CHURCH  
**VACATION BIBLE SCHOOL**

**PERMISSION FOR EMERGENCY CARE**

Name of Child \_\_\_\_\_

Date of Birth \_\_\_\_\_

Name of Parent/Guardian \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_

**“THE CHURCH HAS MY PERMISSION TO CALL ANOTHER PHYSICIAN IN AN EMERGENCY WHEN FAMILY PHYSICIAN OR I CANNOT BE CONTACTED.”**

Name of Family Physician \_\_\_\_\_

Telephone \_\_\_\_\_

IS YOUR CHILD:  
ALLERGIC TO MEDICATION? \_\_\_\_\_

IF SO, WHICH \_\_\_\_\_

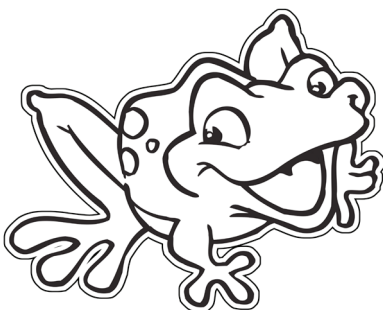
ANY OTHER ALLERGIES - SUCH AS BEE STINGS \_\_\_\_\_

UNDER PHYSICIAN’S CARE? \_\_\_\_\_

UNDER MEDICATION NOW? \_\_\_\_\_

**“THE CHURCH HAS MY PERMISSION, IN AN EMERGENCY WHEN I (OR MY PHYSICIAN) CANNOT BE CONTACTED, TO TAKE MY CHILD TO THE EMERGENCY ROOM OF THE NEAREST HOSPITAL AND ITS MEDICAL STAFF HAVE MY AUTHORIZATION TO PROVIDE TREATMENT WHICH A PHYSICIAN DEEMS NECESSARY FOR THE WELL-BEING OF MY CHILD.”**

NOTE: By law a parent cannot consent in advance to any and all manner of emergency care. It is understandable that in cases, other than the need for immediate emergency treatment, the attending physician may defer treatment pending the parent’s permission to administer professional service.



\_\_\_\_\_  
(parent/guardian signature)

\_\_\_\_\_  
(date)



## MUSIC NOTES

Linda Egan, *Minister of Music*

~**Sounds of Pohick, our annual concert by all the music groups at Pohick, is Saturday, June 5, 2010, at 4:00 pm.** You will hear the Choir of Pohick, the Pohick Bell Choir, the Pohick Pickers, the St. Cecelia St. Alban Choir and the St. Francis Choir. Each group will perform individually, and the audience will sing three hymns with the combined groups. In addition, you will hear Belinda and Carter Stevens playing duo piano to accompany the choirs, and Gwen Frazier, organist, will return to accompany as well.

Afterward, come to a reception in the Common Room to celebrate.

Be sure to invite your friends and come early to get a seat in the Church!

~The American Guild of Organists national convention is being held in Washington, DC, this year, July 4 through 8. Some of the best organists in the world will be playing recitals and the opening and closing concerts will be open to the public. Do not miss this opportunity to hear wonderful music in beautiful churches around the Washington area.

If you would like to attend the convention itself, you are welcome to do so. For more information about the concerts and/or convention registration, go to [www.ago2010.org](http://www.ago2010.org). There is also more information on the music bulletin board outside the music room.

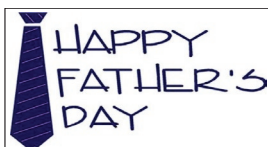
## BURIED TREASURE FOUND

While grading the access road just below the parking area on Cleanup Day, a piece of jewelry was exposed. The jewelry is a large brooch in the configuration of a bow. It is in good condition and should be returned to its rightful owner. For more information, call Jim or Cathy Foster, 703-339-6522.

## SEND NEWS!

Articles for the July 2010 *Pohick Post* are due no later than June 15! Forward input by email in Word compatible format to Lori Buckius, [raebuck@aol.com](mailto:raebuck@aol.com).

Design concerns and items for the Sunday Service Volunteers page should be addressed to Carmel Hodge, [cchodge@cox.net](mailto:cchodge@cox.net).



~It is June and time for heartfelt thank yous to the many people who make music possible here. The music committee members, Don Brownlee, Jackie Wells, and Pam Hogg, provide assistance and advice several times each week. Barbara Lynn directs the St. Francis Choir. John Sessums and Chris Brown with the assistance of Alex Hodge direct the Pohick Pickers, and contribute a lot of planning, rehearsal, and music arranging time to Pohick.

Thirty-six adults sing anthems, hymns, and service music in the Choir of Pohick. Fifteen ringers practice weekly to ring hand bells in the Bell Choir. Fourteen children and teens sing in the St. Cecelia St. Alban Choir, and their parents give them rides, support, and encouragement. Eleven very young children and their parents gather weekly to sing in the St. Francis Choir. Thirteen instrumentalists play in the Pohick Pickers. Jim Overson plays trumpet the first Sunday of every month at the 11:15 am service. Tom Goeller plays classical guitar and Gloria Jackson sings the second Sunday of every month. Every week Beth Baird accompanies hymn singing for the eucharist at the Fairfax.

Wow! Your loyalty, dedication, and musicianship are truly important to music for worship here. We gather to rehearse and to make music in services to the glory of God, grateful to be able to sing, ring, and play his praises.

The largest music making group is the congregation as a whole. We sing every Sunday at the 9:00 am and 11:15 am services, at 10:00 am. services in the summer, on Wednesdays in Lent, and at Shrine Mont. You are really fine singers with a great spirit! Thank you.

## CPR CLASS

A CPR class is available for anyone interested in learning the latest CPR techniques. It will be held on Saturday, June 12 from 9:00 am until 12 noon. During this class, attendees will learn how to use the Automatic External Defibrillator, which is in the Parish Hallway. There will be a fee to cover the cost of materials and equipment.

To register for the class, please contact Carol Heddleston at [cheddleston@comcast.net](mailto:cheddleston@comcast.net) or 703-590-9873.





## HEALTH NEWS

Carol Heddleston, *Parish Nurse*

On the ever-changing list of important vitamins and minerals, vitamin D has long been a solid, boring standard.

Recent research shows that many people living in the United States are getting insufficient levels of vitamin D, which puts them at risk for health problems. Vitamin D deficiency often occurs in those that spend a lot of time indoors, have dark skin, the elderly, the severely overweight or those with certain medical conditions. Even those that spend a great deal of time outdoors but wisely cover up with sunscreen or sunblock will keep the vitamin D in sunlight from reaching the skin and being stored by the body.

Getting insufficient vitamin D has long been known to contribute to lower bone density, osteoporosis and bone fractures. Now, having low levels of vitamin D has also been linked to cardiovascular risk and death, several cancers (including breast cancer in younger women), liver disease, multiple sclerosis, autoimmune diseases, diabetes, periodontal disease, and falls (caused by weakened muscles).

Vitamin D deficiencies are usually the result of impaired absorption and the inadequate use of the vitamin. Vitamin D deficient diets are usually associated with milk allergy, lactose intolerance, and strict vegetarianism. People who are mostly at risk for a vitamin D deficiency include:

- People who spend little time in the sun
- People with very dark skin
- People living in nursing homes
- People with serious diseases of the nervous or digestive systems

- People who are obese or very overweight.

Very few foods in nature contain vitamin D. Here are a few foods that are among the best sources:

- Milk, yogurt, egg yolks, liver, beef
- Fatty fish like salmon, tuna, mackerel, sardines
- Ready-to-eat breakfast cereals often have vitamin D
- Orange juice often has vitamin D added
- Dietary supplements and other fortified foods that have vitamin D added

Vitamin D is essential for promoting calcium absorption in the body. Without vitamin D, bones can become thin, brittle, or misshapen.

Vitamin D also prevents rickets from developing in children. Rickets is typically a childhood disease, since a vitamin D deficiency hinders the growth and development of the bones during a young child's developmental years.

Vitamin D works to regulate the levels of phosphorus and calcium, which are vital nutrients for bone development in the body. When there is a vitamin D deficiency, the calcium and phosphorus from food is not properly absorbed. In children, this causes the bones to become soft and weak, which results

in bone deformities. Vitamin D also helps the immune system function and aids in the reduction of joint inflammation.

Low levels of vitamin D not only contribute to osteoporosis, but also a condition called osteomalacia, in which you feel an aching pain in your bone even as the bone weakens. Low vitamin D also causes muscle weakness, which can lead to falls and fractures in older people. Often the first sign of osteoporosis is a broken bone, as many adults can go for years without knowing their bones are becoming brittle and weak.

Very high amounts of vitamin D can also be harmful to the body. If a person is taking too many vitamin D supplements as well as a prescription, high levels of vitamin D may result in kidney stones and other kidney problems. It is very important to talk to a healthcare provider about having a blood test to measure levels of vitamin D. As adults age, it is difficult for the body to make and absorb vitamin D.

By the Grace of God  
and  
with consent of the people  
the Right Reverend  
Herman Hollerith IV  
Bishop of Southern Virginia  
will ordain

**Julia Weatherly Messer**  
**Robert Freeman Coniglio**  
**Leslie Clark Ferguson**  
**Kenneth Nicholas Forti**  
**Willis Renard Foster**  
**Anna Catherine Christian Noon**

to the Sacred Order of Deacons  
in Christ's One Holy Catholic  
and Apostolic Church

**Saturday, June 12, 2010 at 11:00 am**

**Galilee Episcopal Church**  
3928 Pacific Avenue  
Virginia Beach, Virginia 23451

Your prayers and presence  
are requested

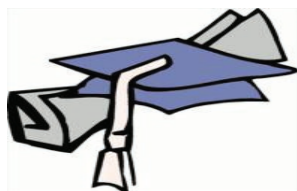
Clergy: red stoles  
Reception following



## Pohick Church Activities • June 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MAY 30	31	JUNE 1	2	3	4	5
<i>Trinity Sunday</i> 7:45a HE I 9a HE II 10:15a Christian Ed, Inquirers' Class 11:15a HE I 12:30p St. Cecelia St. Alban	<i>Memorial Day</i>  Parish Office Closed	9:30a Staff Mtg. 2:30p HE/FX	7:30p Martha Guild Mtg 7:30p HE/LOH	6p Final rehearsals before sounds of Pohick concert 8:30p AA		8a BSA 4p Sounds of Pohick Concert
6	7	8	9	10	11	12
<i>Youth Sunday</i> Proper 5c 8a HE I 10a HE II 11:15a Parish Picnic 5p EYC Picnic		9:30a Staff Mtg 9:30a Ann Mason Guild Mtg 2:30p HE/FX 7:30p Vestry Meeting	6p Youth Choir Picnic 7:30p HE/LOH	7p Eagle Scout Court of Honor, Max Schwoppe 7:15p Final Choir of Pohick rehearsal until Sept. 8:30p AA		8a BSA 9a-noon CPR
13	14	15	16	17	18	19
Proper 6c 8a HE I 10a HE II 11:15a Teachers' Meeting	<i>Flag Day</i>	9:30a Staff Mtg. 12-6p Pinkard/Davis/Bartlett Memorial Golf Tournament 2:30p HE/FX <b>Pohick Post Deadline</b>	7:30p HE/LOH	8:30p AA		8a BSA 9:15a Fair Cmte Meeting
20	21	22	23	24	25	26
<i>Fathers Day</i> Bishop's Visit Proper 7c 8a HE I 10a HE II, Holy Baptism		9:30a Staff Mtg. 2:30p HE/FX	7:30p HE/LOH	8:30p AA	<i>Shrine Mont Retreat</i>	<i>Shrine Mont Retreat</i> 8a BSA
27	28	29	30	JULY 1	2	3
<i>Shrine Mont Retreat</i> Proper 8c 8a HE I 10a HE II		9:30a Staff Mtg. 2:30p HE/FX	6p Community of Hope 7:30p HE/LOH	8:30p AA		8a BSA

*Contact the Parish Secretary, Vonne Troknya, [troknya@pohick.org](mailto:troknya@pohick.org), to list group meetings or events on the calendar.*



**CONGRATULATIONS  
TO ALL OF POHICK CHURCH'S  
GRADUATING HIGH SCHOOL SENIORS!  
BEST WISHES TO YOU ALL!**



**SUNDAY SERVICE VOLUNTEERS**

	6 JUNE	13 JUNE	20 JUNE	27 JUNE	4 JULY
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**USHERS**

8:00	Dan Muir Don O'Connell	Bob Davies Gerry Smither	Bob Johnson Lane Phillips	Stew Remaly Alan Mayberry	Chris Brown Tony Marsico
10:00	Dennis Myers Beth Altman Thomas Thurston Annie Westover	Pehr Pehrsson Mari Harding Dru Hodges Susan Homar	Jim Bartholomew Tony Harriman Jim Heller Nancy Sage	Wes Speer Sandra Caesar Randy Haufe Rita Smith	Rodger Jones Tom Bland Mo Faber Santos Garcia

**OPEN - UP**

7:00	Steve Harding	Dana Hutson	Jeff Parker	Stew Remaly	Chris Brown
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**LOCK - UP**

12:00	Neil Sunderland	Femi Ayorinde	Jim Bartholomew	Andrea Gurrola	Rodger Jones
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**TELLERS**

11:15	Buckius/Faber	Pitcock/Schmid	Heintze/Jacobus	Bartlett/Remaly	M/M Thurston
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**ALTAR GUILD**

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

AM	BJ/K McPherson	K. Tracy	K. Perconti	TBD	TBD
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**COFFEE HOUR**

8:00	M/M Pasour	M/M Pasour	R. Romine	R. Romine	M/M O'Connell
10:00	M/M Buckius	M/M Keeney	Edgemon/Vestry	Arnhart/Duggin	M/M Parker

**NURSERY**

AM	Seyler/McHargue	Sweetser/Lybarger	Parker/Melancon	Elston/Cudworth	Mullins/Gorham
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**LAY READERS**

8:00	P. Springer (R) B. Wagner (P)	B. Stewart (R) T. Marsico (P)	E. Thorson (P) P. Springer (R)	B. Stewart (P) T. Marsico (R)	TBA
10:00	S. Homar (R) M. Elston (P)	A. Poad (P) N. Sage (R)	S. Harding (P) M. Harding (R)	J. Sassin (R) F. Ayorinde (P)	TBA

**ACOLYTES**

8:00	LC Hunter Garth	LC Jonathan Cooke	LC Sarah Wooten	LC David Gray	LC Klint Edgemon
10:00	LC Zack Perconti SC Max Perconti T Kathryn Sweetser T Ben Lynn B Melisa Lynn	LC William Prados SC Victoria Castleberry T Sydney Tolbert T Catherine Haufe B William Haufe	LC Amber McNeal SC Robert McNeal T Parker Lyon T Isabel Hogg B Graham Hogg	LC Hunter Garth SC Brad McCullough T Wade Parker T Mary Binder B Jacob Hodges	LC Kathryn Vaughn SC Hannah Goeller T Hannah Vaughn T Amanda Ljuba B Casey Ljuba

The Sunday Service Volunteers Schedule is also available at Pohick Church's website, [www.pohick.org](http://www.pohick.org), under "Ministries."

**EYC PICNIC • SUNDAY, JUNE 6, 2010 • 5:00 - 7:00 PM**

Pohick Bay Regional Park • 6501 Pohick Bay Dr • Shelter #1 • Park entrance fee may be required  
All EYC Youth and their families are invited to attend! • Call Rusty Booth for more info, 703-339-6572



## NEW ORLEANS MISSION TRIP #8

A group of 12 made the trip to New Orleans in late April to continue the efforts to support the work of the Diocese of Louisiana. This work is carried out through their organization, Episcopal Community Services of Louisiana (ECSLA). The team members were Doug Smith, Kathy Kirkland, Rebecca Wagner, Jim Heller, Don Binder, Scot Greig, Robin Muir, Carolyn Cockcroft, Sandra Caesar, and Susan Homar along with and two 'friends of Pohick,' Joe Mulloy and Candy Devou. During the course of the week, the group worked on six different homes. For the first part of the week, the group divided into four teams and were deployed to houses all over the greater New Orleans area - Treme, Lower 9th Ward, East New Orleans, the Garden District, and West New Orleans. The houses and homeowners had a variety of needs. Following are some of the homeowner profiles and what was accomplished for them.

1. A group went to Treme to install tile floors, do grouting, and help with framing. This home is well on its way to being complete. The homeowner has run into numerous difficulties in her rebuilding efforts, ranging from not receiving assistance because she lives in an area where some organizations do not do rebuild work, to not receiving enough Road Home funding because she used a portion of the home as a business, to having problems with the SBA. A good deal of the work has been completed by her and her family. The Pohick group was able to complete the tiling in her kitchen and bathroom area, and was able to provide guidance with respect to some framing issues.

2. A group went to the Lower 9th Ward to help a gentleman prepare drywall in his home. They also spent time with a Reverend and his wife helping them remove items from their home to a storage unit so they could determine what was salvagable. This family received no insurance or Road Home funding. They have yet to begin the home rehabilitation.

3. A young couple who recently bought their first home in New Orleans sought help in identifying how to go about repairing exterior walls and interior framing. The house is over 100 years old and suffered wind and water damage from Katrina. The homeowners have put a considerable amount of effort into repairing their home but needed guidance on several issues.

4. A young family of four from the Lower 9th

Ward sought assistance. The parents decided to move out of the ninth ward to escape the violence and purchased a home in New Orleans East. They closed on the home on August 15, 2005 - two weeks before Katrina struck. Because the insurance policy on the new home had not been in effect for 30 days, the insurance company refused to cover any of the expense. The family evacuated to Texas, where they expected to take up their lives. In 2008, the homeowner's grandmother, who continues to reside in New Orleans, became gravely ill. They moved back to New Orleans to be with her and decided to rebuild their damaged home. Since they returned to New Orleans after 2007, they were ineligible for Road Home rebuild funds. They are currently paying a mortgage on the damaged home while renting another home. The homeowner has been slowly rebuilding the home as funds become available. When the team arrived, he had installed all the walls in the home by himself, but no ceilings - so the team began to install ceilings. When he saw the work the team had done, he had tears streaming down his face.

5. The final home is one in the 7th Ward of New Orleans. The homeowner is 72 years old. She was 68 when Katrina hit and had decided to stay in her home through the storm since she had already survived Hurricane Betsy. When the water was above her waist, she set out to find shelter. She was turned away from the Convention Center and the Super Dome. She walked to one of the neighboring communities and was turned back. She was one of the many seen on the news who took up residence on the I-10 overpass. This is a woman who must walk with a cane and cannot lift either of her feet higher than 3 inches due to her disability. Her home is well on its way to completion. The Pohick team focused on prepping the drywall, with sanding, texturizing, and priming.

The commonality among all the homeowners is a joyful spirit as they look forward to living in their homes. New Orleans is their home. Each of these families has worked to rebuild their homes and their lives. They are genuinely humble and appreciative of the help and support that is provided.

Each team member experiences a soul satisfying feeling. Talk to team members about their experiences! Thanks to the Pohick congregation for the support that makes these trips possible.

