

POHICK POST



Pohick Episcopal Church

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

DECEMBER 2011



From The Rector

The Reverend
Donald D. Binder, PhD

Two years ago while visiting with my parents in Western North Carolina, my brother and sister-in-law introduced me to a relatively new outdoor activity that has attracted something of a cult following over the past decade since its inception. It is known as *Geocaching*, and it might best be described as a high-tech version of hide-and-go-seek.

Here is how it works. Geocachers begin by taking a waterproof container and loading it with a supply of treasure trinkets such as you could buy at the Dollar Store. They also put inside a log book and pen or pencil.

Then comes the fun part. They search for a remote site in the wilderness or other public spot, sometimes barely accessible. They then hide their cache in an alcove such as the hollow of a tree or the cleft of a large rock. Once their treasure box has been squirreled away, they record the GPS coordinates and other details of the location. Upon returning home, the Geocacher posts this information online in a listing service.

Now, believe it or not, there are literally tens of thousands of these geocaches located throughout the world on every continent, including Antarctica. It is like a parallel universe existing alongside our own, though hidden from the casual eye.

To access it, the geocache hunter goes online to one of these services and types in a zip code. Up pops scores of geocache sites nearby. To find them, the only

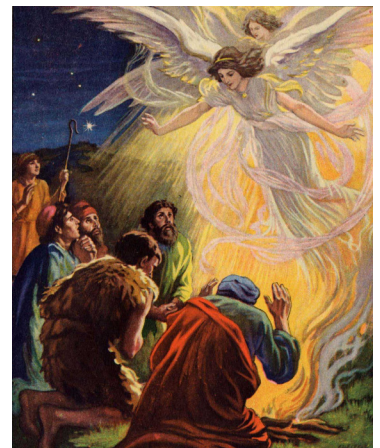
thing you need is a GPS navigator and a good sense of direction.

Many geocache hunters will spend the better part of a Saturday looking for these hidden treasure troves. Once they find one, they sign the log, collect a trinket, and then leave one of their own behind.

Not a few geocachers go on to post their adventures online, usually replete with photographs from the hunt. These are fun to read and view, mostly for the mishaps that occur - like a geocacher slipping and rolling halfway down the side of a mountain into a creek, or encountering unexpected wildlife such as a skunk or a bear.

GPS did not exist two-thousand years ago. Nor did man-made satellites or hand-held navigation devices. But angels did. And what took place on Christmas Eve centuries ago might well be called an ancient form of geocaching. Only the treasure to be found in that case was not a box-load of trifles. It was the treasure of all treasures.

Consider the scene described in Luke's Gospel. Shepherds were grazing their flocks by night, with nothing but fields spread out before them, and the starry cosmos shining above. Suddenly, an angel appears, surrounded by a halo of light. Fear grips



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their hearts. But fear was not what that evening was about. “Fear not,” spoke the angel, “for, behold, I bring you good tidings of great joy, which shall be to all people.”

And what was the nature of this great joy? “For to you is born this day in the city of David a Savior, who is Christ the Lord.”

But the angel did not stop there. God had hidden a treasure upon the earth, which very few eyes could behold. And now, he wanted to reveal its location to a chosen few - to a handful of lowly shepherds, not known for their high station in life. Still, in their humble vocation, they served as earthly exemplars of the Good Shepherd being born that night: the Lamb of God who would go on to lay down his life for his flock.

And so, having given them the coordinates of this heavenly cache, the angel added more specific directions for the hunt: “And this will be a sign for you: you will find a babe wrapped in swaddling cloths and lying in a manger.” As if to punctuate the great worth of this treasure, a multitude of the heavenly host appeared to sing the very first Christmas carol: “Glory to God in the highest, and on earth peace among those with whom he is pleased!”

Overwhelmed by the announcement and the display, the shepherds immediately set out to the coordi-

nates given them. They journeyed to Bethlehem. Once there, they followed the signs, scouring through stable after stable in search of a manger with a swaddled newborn nestled inside. Before long, they found their treasure, just as the angel had told them. They shared their story with a wide-eyed Mary and Joseph, leaving them to wonder about the great miracle that God had just wrought.

The shepherds would be the first of the ancient geocachers, but they would not be the last. For even as these events were unfolding, travelers from the East were following the coordinates of a remarkable star. Eventually, it would lead them to Herod’s courts, where they sought to congratulate the monarch on the birth of a new king. Since the palace had seen no such nativity, it was left to the scriptures to guide the travelers to their final destination - to the same site where the shepherds first made their remarkable discovery. Bowing in worship, the visitors offered to the Holy Family gifts of gratitude in thanksgiving that they had reached their journey’s end.

Accounts of these two ancient adventures have been posted for centuries for all to read or hear. They’ve inspired countless seekers across the ages, down to our very day.

Now, if there be any usefulness in my likening of a twenty-first-century pastime to the first-century happening so central to our faith, it is in recognizing how God sometimes hides his most treasured truths in places where we least expect.

Despite the many signs, two-thousand years ago, few if any expected God’s plan of salvation to work out the way it did. The masses were not camped out in David’s City awaiting the birth of the Messiah, despite what the prophets had once said. By the time of that first Christmas, Bethlehem had become an insignificant little village. What’s more, the house and lineage of David had long since passed into obscurity. Nobody important knew who Mary or Joseph were. Nobody cared.

Almost nobody. Those willing to open their eyes and receive the



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word of God did indeed see the divine plan unfolding. They made the journey to the sacred spot, where God's true treasure awaited them.

How about us today? I suspect God's true treasure awaits us still. In fact, I know it does. It is hidden all around us in places where we least expect. And while we cannot look up the coordinates on the Internet, we can still go online to find the way. Through prayer and reflection upon Scripture, the Holy Spirit is there to guide us on our journey.

And although we cannot be certain of the time or the place of each divine encounter, we do know one thing. The Christ whose birth we celebrate this month told us where he could be found. "I was hungry and you gave me food," he once said in a parable, "I was thirsty and you gave me drink. I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you cared for me, I was in prison and you visited me." And when asked where and how these encounters took place, Jesus replied, "As you have done it to the least of these my brothers and sisters, you have done it to me."

It is really as simple as that. Whenever we reach out with the healing love of Christ to anyone in any type of need, whether physical or spiritual, Christmas comes once again.

For while the Holy Nativity was a one-time event, Christ is reborn in the hearts of men and women, boys and girls, each and every day. The treasure lies out there, hidden among the young and the old, whether friend or stranger, whether far or near. We must simply be willing to have the eyes to see, the words to witness, the hands to help, the hearts to care.

When we do, we will find it is much more rewarding than trekking through the back-country with a GPS in our hand. Guided instead by faith, the treasure we will discover is a new and deeper relationship with the Lord Jesus, a relationship passed along by our personal witness to his redeeming love in both word and deed.

And so, during these holy seasons of Advent and Christmas, I pray that we may each seek and find the heavenly treasure that is hidden where we least expect - and that in that discovery, we might experience the true joy of Christmas once again.

POHICK TOURS

Curious about what happened at Pohick Church 200 years ago or 150 years ago? Curious about the members of the Vestry in 1774? Curious what Gadsby's Tavern in Alexandria and Pohick Church have in common? Discover the answers to these questions and more with the Pohick historic docents.

On Sundays after the church service, newly trained docents as well as experienced Pohick docents are giving tours touching on the history of the church, architecture, preservation, church history, etc. In addition, the docents are available for special tours for children and adults. At least one docent will be scheduled each Sunday...well, maybe not on December 25, but all of the other Sundays remaining in 2011 and all year in 2012.

In addition to Sunday tours, docents Tom and Susan Costa and Grace DeLaune welcomed students from Trinity Schools on Thursday, November 16. The very next day, Tom and Susan Costa were joined by Cynthia Jacobus and Linda Vretos to give tours for the steady stream of visitors attending the Christmas Mart. In addition, Rev. Lee Massey, portrayed by Tom Costas, and his wife Susan, were an 18th century presence at the three Christmas Mart luncheons.

Be on the lookout for future special events involving the docents as well as some special 18th century characters.

Following the 10:00 am Lessons and Carols service on December 18, a tour of historic Pohick Church will be offered to the congregation by one of the newly trained docents. Find out what is the oldest object in the church, whose remains are interred under the pulpit, what kind of service would have been held in Mason and Washington's time, and the answers to many other questions.





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.

The Executive Council of The Episcopal Church has voted down the proposed Anglican Covenant. It will recommend that next summer's General Convention say TEC is "unable to adopt the Anglican Covenant in its present form," while at the same time "recommit itself to dialogue with the several provinces when adopting innovations which may be seen as threatening the unity of the communion," and commit to both "continued participation in the wider councils of the Anglican Communion" and dialogue "with our brothers and sisters in other provinces to deepen understanding and to insure the continued integrity of the Anglican Communion."

The 2009 General Convention passed a resolution (D020) which urged the various dioceses to study the proposed Covenant and report back to the Executive Council. It also tasked the Executive Council with preparing a report and draft resolution for consideration at the next General Convention in 2012.

The Executive Council in turn set up a six-member Task Force, which sent study material to each diocese, as well as studying the Covenant itself. It came back this fall with a recommendation not to adopt the Covenant.

Twenty-nine dioceses submitted responses, it said. Most felt they could accept some provisions of the Covenant, but not the key section dealing with discipline against a province such as TEC which is seen to be departing from agreed-upon beliefs. A number objected as well to what they saw as a "disregard for the historic role of the laity in the governance of this church," meaning they saw the Covenant as transferring power from the laity to the provincial primates.

"The Task Force report also noted, "None of the dioceses who were reported in the press to have approved the covenant communicated this action to Executive Council."

In addition, it said the Standing Commission on Constitution and Canons had reported that adopting the Covenant "would significantly alter our current understanding of what it means to be an autonomous province," possibly requiring a number of changes to those documents.

Presiding Bishop Katharine Jefferts Schori broke a long silence and issued a statement regarding Fr. Bede Parry, a former Roman Catholic priest and monk who served as a priest and minister of music at All Saints' Episcopal Church in Las Vegas.

The story began in June, when a Missouri man filed suit against Conception Abbey in northwest Missouri. It alleges that as a teen, he was sexually abused there in the late 1980s by Fr. Parry, who at

that time was a resident, teacher and choir director at the abbey. Fr. Parry later left the abbey, underwent treatment at a facility in New Mexico, left the Roman Catholic priesthood and eventually became minister of music at All Saints' Episcopal Church in Las Vegas.

Bp. Katherine's statement says that when Fr. Parry asked about being received as an Episcopal priest (at this point he was serving in a lay, not clerical position at All Saints') he told her he had been dismissed from the monastery after a sexual encounter with an older teenager, "which he described as 'single incident of very poor judgment.'" She says she checked with the Roman Catholic bishops of Las Vegas and Santa Fe, and received brief responses which "indicated no problematic behavior." He underwent a psychological exam, "was forthcoming about the incident he had reported to me, and did not receive a negative evaluation. His background check showed no more than what he had already told us."

"I made the decision to receive him," she concluded, "believing that he demonstrated repentance and amendment of life and that his current state did not represent a bar to his reception. ... Since that time, as far as I am aware, he has served faithfully and effectively as a minister of the gospel and priest of this Church."

A letter to the diocese from its current bishop, the Rt. Rev. Dan Edwards, added:

"At the time of Fr. Bede's application, he had been working in churches as an organist for 15 years without a hint of any impropriety. An incident with a late adolescent, while certainly morally wrong, and unquestionably a matter for serious concern, does not indicate pedophilia...Based on the known facts and interviews with Fr. Bede, lay and clergy church representatives agreed that he should be received as a priest. The record shows no dissent.

"The facts are that for fifteen years before Fr. Bede became a priest [in the Episcopal Church] and for over nine years since he became a priest, there has been no report, formal or informal, credible or incredible, no rumor or innuendo of any repetition of the incident that is alleged to have occurred in Missouri a quarter of a century ago.

"As I review what was done 2002 - 2004, I find no fault with the actions of any of our people, lay or ordained. The bishop, priests, and lay people of Nevada kept children safe and they were true to our belief that people can be redeemed."

Fr. Parry is not named as a defendant in the lawsuit. The attorney who filed it said the allegations focus on the "institutional failures" of the abbey and Roman Catholic Church to protect children from sexual predators.

The Las Vegas Review-Journal quotes the attorney as saying he "has no proof that Parry committed any sexual acts against members of his Episcopal church in Las Vegas," but that "we have

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Update on Issues in the Anglican Communion, *continued from page 4*

every reason to believe he is at grave risk for continuing to do it.”

There appears to be two critical disconnect among the various accounts.

The Missouri man's lawsuit says a 2000 psychological evaluation “revealed that Fr. Parry was a sexual abuser who had the proclivity to reoffend with minors. The results of this testing were provided to the Abbey, the Catholic Diocese of Las Vegas and the Episcopal Bishop for the Diocese of Nevada.” Presiding Bishop Schori says she did not receive this report, only “information” from the Abbot At Conception Abbey. She has not provided further details of exactly what “information” she received.

The lawsuit also alleges that Fr. Parry had abused a number of boys, both in Missouri and in Minnesota, where he attended St. John's University School of Theology. The Kansas City Star quotes him as acknowledging in an interview that there were “five or six” instances. It also quotes him as saying he has not had inappropriate sexual relations since the 1987 incident. The statements of both Bp. Schori and Bp. Edwards, speak of a being aware of a single instance.

Bp. Edwards has since said Parry has resigned both from his position at All Saints' and from the priesthood, but it is not clear whether he has been inhibited from functioning as a priest.

Elsewhere:

- The Georgia Supreme Court has ruled that historic Christ Church in Savannah is the property of the Diocese of Georgia, and not those in the local parish who want to leave TEC and align with the Province of Uganda. The Court said, “Having reviewed the governing documents of the local church and the general church, we conclude...that a trust on Christ Church's property in favor of the Episcopal Church existed well before the dispute erupted that resulted in this litigation.” Significantly, it said the 1979 “Dennis Cannon,” which explicitly said that local property was held in trust for the national church, “merely codified in explicit terms a trust relationship that has been implicit in the relationship between local parishes and dioceses since the founding of the Episcopal Church in 1789.”

- Last month's column detailed continued escalation of tensions between the national church and Diocese of South Carolina, and particularly, its bishop, the Rt. Rev. Mark Lawrence. A church disciplinary committee is investigating charges that the Bp. Lawrence has abandoned the “doctrine and discipline” of The Episcopal Church. Now, the Diocese Carolina has sent every parish a “Quit Claim” Deed, legally abandoning any claim the Diocese has or might have to the parish property. An accompanying letter from the diocesan chancellor said it was part of “our continued pursuit of our historic unity based on common vision rather than legal coercion...” and explained, “the issuance of these quitclaim deeds lays to rest any lingering issue that may exist for some parishes when they seek to obtain title insurance or secure bank financing for parish projects. Parishes may choose to file

them or not based on their individual needs.”

- The dioceses of New York and Central Florida have elected new bishops at conventions held the same weekend in mid-November – and both are New Yorkers.

The Diocese of New York elected the Rev. Cannon Andrew Dietsche, currently the diocese's canon for pastoral care. Cannon Dietsche was nominated by petition after some felt the election slate should include at least one priest currently serving within the diocese. In his election profile, he said, “No strategic vision will prosper which does not boldly trust God -- committing to our poorest communities, securing churches at risk, helping congregations in transition, and honoring and learning from the strengths of our resource parishes... I am confident that the Diocese of New York, and all of our parishes, have a brilliant future as long as we are not afraid; as long as we do not bury our talents in the ground.” He will serve as bishop coadjutor and become diocesan bishop upon the retirement of the Rt. Rev. Mark Sisk.

The Diocese of Central Florida chose the Rev. Cannon Gregory Brewer, rector of a Calvary- St. George's Church in Manhattan, to be its next bishop. The diocese and its current bishop, the Rt. Rev. John Howe, are among the more theologically conservative in The Episcopal Church, and bishop-elect Brewer appears to be follow that mold. In response to a questionnaire in the election process, he said “Simply put, there is no Biblical precedent that allows us to redefine marriage or to open ordination to practicing gay people.” While acknowledging theological differences with TEC, he said he “wholeheartedly agrees” the Diocese should remain active within TEC rather than look for ways to leave it. “If I were looking for ways to leave the Episcopal Church, I would have never agreed to allow my name to be placed in nomination. To do otherwise, given the already stated intentions of the Diocese, would be profoundly dishonest.”

Both elections must be approved by a majority of diocesan Standing Committees, and majority of diocesan bishops, from around the country.

- The Episcopal Church and Diocese of Virginia both trace their founding back to the Jamestown Colony. Now, archeologists believe they have found it. According to New York Times story, it had long been assumed that the original Jamestown fort and settlement had washed into the James River over the centuries. But in the 1990s, an archeologist who didn't accept that conclusion began digging. Within a few years he believe he had uncovered the perimeter of the settlers' fort, and now, thinks he has found the 64-by-24 foot outline of their church. Like the church today, their work is continuing.

It is important to remember that despite all these controversies, the work of the Church – globally, nationally, and locally – goes on.

Pobick continues to deliver hundreds of pounds of food to LCAC every month, setting a new record of more than 900 pounds in October and November. Pobick provided Thanksgiving meals to those in need, the tutoring program has started up again, and preparations have started for the annual Christmas outreach programs.



SENIOR WARDEN'S REPORT

Neil Sunderland, *Senior Warden*

Now it is December. The weather is brisk and the foliage color this year was magnificent.

Since late October, the secular world has been playing Christmas music and urging preparation for Christmas - seems like it gets earlier each year. As the celebration of the Nativity of Our Lord approaches and the World approaches a new year, the message soon will abruptly change to "Christmas is over." Cards will have been sent, cookies baked, gifts exchanged, and all the special activities and time with family and friends will have taken place, and it will be time to put away decorations and move on. With all the busyness of November and December, preparation work is just for earthly things, a celebration of Christmas with its parties and giving of gifts, but also for heavenly things taking a place in the Kingdom of God.

Traditionally, Christmas is not just one day - it is a season. There is anticipation to have 12 days to celebrate with joy and awe the birth of Jesus, and to ponder the gift received in the incarnation. So as the World disengages from Christmas, try to remain engaged. Let us join together this month for services and Advent, which culminates with the traditional and beautiful Christmas Eve services to celebrate the birth of the Savior and share in the story - and the hope - of Christmas.

In early December, the Parish will have elected new Vestry members at the annual Parish meeting, and preparations are well underway for celebrating the birth of the Lord and Savior, Jesus Christ. Please take a minute to congratulate the new Vestry members. Also, thank Roberta Fede, Chris Brown, Jim From, and Angela Edgemon for their dedication and Christian service to the Parish and community as they complete their terms of service upon the Vestry.

During this blessed season, reflect on individual gifts, give thanks for many personal blessings, and remember those who are less fortunate by supporting the Angel tree gift giving, and sharing time and treasure at the shelter and children's Christmas parties. Please support these and other wonderful outreach events this Christmas season.

The Annual Stewardship Campaign got off to a great start in October. At the November 8 Vestry meeting, a preliminary report on the 2011 Stewardship Campaign was given. The numbers of pledges received thus far are running behind last year and recent trends, but the average amount pledged, per pledging unit, is greater than last year and greater than recent trends.

The Vestry thanks all who have made their pledge and have given freely to God's wonder. For those still considering making a pledge but need more information, please see a Vestry member, stop by the church office, or go online to <http://www.pohick.org> and find the "Join the 2011 Stewardship Campaign!" information.



CHRISTIAN EDUCATION

Frances Sessums, *Director of Christian Education*

Pohick's annual Christmas Pageant, *The Gift*, will be held on Sunday, December 11 at 4:00 pm in the Church. Following the pageant, there will be a reception in the Common Room. Beth Cooke will be directing the pageant this year.

All of the church school students are involved with the pageant in some way, and they are working hard to put on a great performance! They are all doing an outstanding job! Please plan to attend this wonderful event.

On the day of the pageant, Preschool, Kindergarten, 1st, 2nd, and 3rd grade students, who are participating in the Pageant, should be in their classrooms by 3:15 pm.

The stable animals, 5th & 6th graders, Junior High and Senior High students should be in the Common Room by 3:15 pm. There will be caroling in the Church before the Pageant for the audience.



Christmas Pageant



From The Assistant Rector
The Reverend
Lyn Youll Marshall

There is nothing like the incentive of a visit from family or friends to get the house cleaned up and made ready for visitors. My sister used to love the Christmas season, but she almost drove herself mad with all the little details; co-ordinated seasonal towels in the restrooms, candles, a decoration on every surface and round every corner. The house looked beautiful, but, she would end up exhausted by all the extra work and preparation.

Advent in the church year is also a time of preparation, and church folk are tempted to fill it up with all sorts of activities as we move towards the celebration of the birth of the Christ child. The Advent scripture readings urge us to take the time to reflect on the gift already given as we make ready for the one still to come. It is a readiness that lends itself to moments of quiet, albeit snatched from the frenzy that surrounds us. It is a time to ponder God's gifts to us, and most particularly the extraordinary gift of grace in the giving of Himself.

This Advent season one opportunity for women of the church to 'be still and know that I am God' is on the Monday mornings of Advent. We will spend some time together pondering the Sunday scripture readings, as well as other writings that help to 'illuminate' this season of dark and chilly days. We will use a booklet titled *The Lord is Near*, featuring daily meditations selected from the works of Henri Nouwen. I am asking people to bring a favorite mug in which to enjoy coffee or hot chocolate, and we will of course have seasonal goodies to keep us going.

Father in heaven, you came to earth in the person of your Son, Jesus Christ. As the coming of your Spirit upon Mary inspired her to welcome the One who is her child and her lord, so also open our eyes to the gift already given. Forgive us our restless searching for your presence according to our expectations. Direct our searching according to your gift. May we, like the star-led sages of old, be ever guided to the appointed meeting place in the child of Bethlehem. In him and by him, let us be found by you. Give us, we pray, the grace to surrender being found. This we ask in the name above every name, the name of Jesus Christ, Amen, let it be.

[From a prayer written by Richard John Neuhaus]

Join The Celebration At Pohick

Sunday, December 18

8:00 am • Holy Eucharist

10:00 am • Lessons and Carols

Christmas Eve - Saturday, December 24

6:00 pm • Family Holy Eucharist

10:30 pm • Carol Service

11:00 pm • Festival Holy Eucharist



Christmas Day

Sunday, December 25

10:00 am Holy Eucharist

New Year's Day

Sunday, January 1

8:00 am • Holy Eucharist

10:00 am • Holy Eucharist

Annual Parish Meeting

Sunday,

December 4, 2011

10:30 am

Common Room





MUSIC NOTES

Linda Wilberger Egan, *Minister of Music*

To help welcome the Christ Child, the whole congregation can make music, and make Advent a season of reflection and preparation and Christmas a season of joy.

Our Service of Lessons and Carols will be on the 4th Sunday of Advent, December 18 at 10:00 am. In a series of readings interspersed with Advent and Christmas carols, hymns, and two choral anthems, we trace God's love from the creation of man and woman and their disobedience in the Garden of Eden, to humanity's longing for redemption, through the annunciation and birth of the Christ child and the song of the angels to the shepherds, and the contemplation of the Incarnation in the book of Hebrews and the Gospel of John. This year the Choir of Pohick, Pohick Bell Choir and St. Cecelia St. Alban Choir will participate, as will readers from all parts of our parish life, and the whole congregation.

Our celebration of "the glorious redemption brought to us by God's holy Child Jesus," as the opening bidding prayer in the service describes it, will be summarized in Charles Wesley's text on the purpose of the incarnation, "Hark! the herald angels sing," sung at the end of the service.

On Christmas Eve at the 6:00 pm service during the prelude, the St. Francis Choir will sing. The St. Cecelia St. Alban Choir will sing "The snow lay on the ground" during the offertory. We will all sing "Silent Night" by candlelight at both services.

A brass quartet will be playing as you enter the church for the later service, beginning at 10:20 pm, and all of us will sing carols during the Carol Service at 10:30 pm and the Eucharist at 11:00 pm. Some carols will be accompanied by handbells. The Choir of Pohick's anthems for the evening are "I heard the bells on Christmas Day" by Johnny Marks, arranged by Denis Moreen and Don Brownlee for choir and bells, and the 17th century Christmas motet "To us is born Emmanuel" by Michael Praetorius.



Familiar carols are so dear to all of us and speak so directly to us. May they be one way Christ becomes incarnate in our lives at the celebration of Christmas.



EYC NEWS

Rusty Booth, *Youth Minister*

The year is coming to a close! It seems just like yesterday that the EYC was kicking off the year and getting to know each other. Christmas will soon be here, and hopefully, everyone will have a chance to experience the joy and excitement of the Lords birthday!

The last three months have been a whirlwind of fun, fellowship, and learning in EYC. It has been a chance for personal reflection and individual relationships with others, and to learn to grow closer to Christ. On December 4, the 5-6 grade EYC will hold their annual Christmas party, and on December 11, immediately after the pageant, the Jr. & Sr. High EYC will have their party. Additional information and permission slips are available in the church school classrooms and on the EYC bulletin board in the Common Room. Hoping everyone has a wonderful Christmas and gets to experience the "reason for the season!"

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.

Send News!

Articles for the January 2012 *Pohick Post* are due no later than December 15! Forward input by email in Word compatible format to LoriBuckius@aol.com.

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





POHICK CHURCH OUTREACH

Outreach for Pohick Church is active all year round, but during December it is especially busy. As holiday plans are made, include time to participate in one or several of the upcoming events listed below.

CHRISTMAS GIFT AND FOOD COLLECTION FOR LCAC

Following the Breakfast with Santa on Saturday, December 17, gifts and food cards will be delivered to the Moose Lodge to support LCAC in providing their client families during the holidays. In late November, gift cards will be available from a Christmas tree. Please take one or more gift tags from the tree and return the gifts unwrapped with the gift tag to the Common Room. In lieu of food baskets, LCAC has requested two food gift cards in the amount of \$20 each. They will provide each of their client families with one card to purchase their meat for the holiday dinner and one to purchase the additional food items. For those able to help transport the gifts to the Moose Lodge on Saturday December 17, please sign up on the sheet that will be posted on the bulletin board.

Participants in the various holiday events are all able to share in the holidays in a most meaningful way. The joy of participating in these events makes the holiday season even more special.

While considering participation in these activities, consider these words:

"No man or woman of the humblest sort can really be strong, gentle, and good, without the world being better for it, without somebody being helped and comforted by the very existence of goodness."

Alan Alda



CHRISTMAS PARTY FOR THE CLIENTS OF NEW HOPE HOUSING

This year the Christmas Party for the clients of New Hope Housing will be held on Monday, December 12, 2011 in the Common Room. During November, sign up sheets will be posted for the food items that are needed to make this feast a success. Please sign up to contribute one or more of the food items for this event.

This is a wonderful event that includes a Christmas feast, festive music by the Pohick Pickers, and a visit from St. Nicholas, too! Gift requests will be posted in the Common Room. Please take one or more of the requested gift tags, and return the tag with the unwrapped gift by Sunday, December 11 to the Common Room.



BREAKFAST WITH SANTA

The annual Breakfast with Santa for the clients of Lorton Community Action Center will be held on Saturday, December 17, 2011 in the Common Room at 10:00 am. This event is an opportunity to provide a festive breakfast and photo opportunity for families that are clients of

LCAC. For this event, volunteers are needed to help serve breakfast and to assist with crafts for the children. A sign up sheet will be posted on the bulletin board at the bottom of the stairs in the Parish House. Please consider joining this wonderful activity.





JUNIOR WARDEN'S REPORT

Mike Elston, *Junior Warden*

Pohick is a wonderful, energetic, friendly community all throughout the year, but there are times when it really shines, and the Christmas holidays are one of those times. Starting with the Christmas Mart in mid-November, there is a non-stop flurry of activity, including the advent wreath workshop, the parish annual meeting, the Brotherhood's annual installation service, the Christmas Pageant with its many, many rehearsals, Lessons and Carols, and the beautiful services on Christmas Eve. It takes a lot of people to pull all of this off, and Pohick is blessed with a host of cheerful workers at Pohick. Thanks to all that have participated to make this such a special time of the year for the church family.

What does that have to do with the Vestry or the Property Commission? Perhaps not much, but the congregation should know how lucky Pohick is to have people like Pete Kind, John Pasour, Jeff Parker, Doug Smith, Jackie Wells, Tom Bland, Bill Bland, Rusty Booth, John Sessums, Fred Crawford and the entire Renovation Committee, Mike Zane, Jim Foster, Grant Hodges and many, many others who give of their time and talents year-round to maintain and improve the property. So, with Christmas on the horizon, thanks to everyone who has contributed to the efforts to make Pohick an attractive place to worship and serve the Lord. Thanks for sharing of gifts.

There is, of course, much work still to be done. For example, the Vestry has voted to expand the lower parking lot, and that work will be moving forward very soon. The large piles of millings will be put to good use. The plan calls for diagonal parking in that lot, so please keep an eye out for new and repositioned cement car-stops.

Not far from the lower parking lot, the heavy rains caused a lot of damage to the cemetery, and the Cemetery Warden has done a great job of fixing what he can, but preventing further erosion in the southwest part of the cemetery is going to require more work. Speaking of rain, bids will be gathered for installing a new drain under the nursery area to prevent the parish-house flooding that occurred a few months ago from happening again. While that work gets underway, we will present the parish with a plan for a new

floor in the Common Room, annex, and lower-level hallway of the parish house. This project, if supported by the parish, will bring the floor up to the quality of the improvements that have been made in the last year or so.

Thanks to a grant from the Historic Pohick Church Foundation, a firm is being retained to assess the historic church's structural integrity following the August earthquake. In addition, lightning protection will be upgraded on two of the largest and most at-risk trees. Then there is the ramp. The process has started to obtain approval of the location chosen by the Vestry (the northwest corner, site of the present ramp). Progress updates will be provided.

That is not everything, but it should provide a sense of what has been accomplished lately on property-related issues. Assistance and prayers on any or all of these projects are welcome.

Best wishes for a blessed Advent season and a very happy Christmas.

MARTHA GUILD

The Martha Guild will be going out to dinner for the December meeting at Uncle Julio's Restaurant, located at 14900 Potomac Town Place, Woodbridge in the Wegman's shopping center. Everyone should meet at the restaurant at 7:00 pm on Wednesday, December 7. All women of Pohick are invited to attend this dinner. Please notify Connie Myers at 703-455-4652 or jetskiing@hotmail.com by Monday, December 5 so the reservations can be confirmed with the restaurant.

CHRISTMAS MART

To all the WONDERFUL people that helped make the 52nd Christmas Mart another successful event - THANKS SO MUCH!

Thanks for the hours of time and talent that was contributed, including ALL the donations to Frozen Casseroles and Baked Goods. A special thanks to the men who helped with set-up and clean-up.

Congratulations to Jan Buckius who won the Quilt Raffle!





HEALTH NEWS

Carol Heddleston, *Parish Nurse*

OSTEOPOROSIS

Osteoporosis is a disease in which the bones become weak by thinning of bone tissue and bone density over time, which makes the bones more likely to break. Research shows that one of five American women over the age of 50 has osteoporosis. About half of all women over the age of 50 will fracture a hip, wrist, or vertebra. About one million Americans already have the disease, and about 34 million are at risk. A person cannot feel bones becoming weaker. Some early clues of osteoporosis are a broken bone, curvature of the upper back, and shortened stature.

What is bone? Bone is living, growing tissue. It is made mostly of collagen, a protein that provides a soft framework, and calcium and phosphate, two minerals essential for normal bone formation. More than 99 percent of the body's calcium is contained in bones and teeth.

Throughout one's lifetime, old bone is removed and new bone is added to the skeleton. Bone formation outpaces bone removal until peak bone mass is reached around age 30. After that time, bone loss slowly begins to exceed bone formation.

For women over age 50, bone loss is fastest due to a drop in estrogen levels after menopause. But men over age 70 have a higher risk when testosterone levels also drop. Osteoporosis is more likely to develop in people that did not reach optimal peak bone mass during the bone-building years.

Unchangeable Osteoporosis Risk Factors

- Gender. Women are at higher risk than men.
- Age. Risk increases with age.
- Ethnicity. Caucasian and Asian women are at highest risk.
- Family History.
- History of Previous Fracture.

Changeable Osteoporosis Risk Factors

- Diet. Overall diet that includes calcium, vitamin D, protein, vitamins and minerals are essential for bone health.
- Physical Activity.
- Smoking and alcohol decrease calcium absorption
- Medications.

- Low body weight.

Detecting Osteoporosis

Bone Density Test - the best screening test is dual energy X-ray absorptiometry (DXA). It is quick, simple and gives accurate results. It measures the density of bones in the spine, hip, and wrist, and it is used to accurately follow changes in bones over time.

Laboratory Tests - blood and urine can be used to identify possible causes of bone loss. Tests include blood calcium levels, 24-hour urine calcium measurement, thyroid function tests, parathyroid hormone levels, testosterone levels in men, 25-hydroxyvitamin D test, and biochemical marker tests, such as NTX and CTX.

Treatment

A number of medications are available to help slow bone loss and maintain bone mass. To relieve symptoms and maintain independence, maintain good posture to avoid stress on the spine. Prevent falls by wearing low shoes, and check the house for electrical cords, area rugs, and slippery surfaces that might cause a fall. Keep rooms brightly lit, install grab bars in the shower. Discuss pain management strategies with the doctor, and do not ignore chronic pain.

GUNSTON PARTNERS PROGRAM

Volunteers are needed to support the Gunston Partners Program, a joint tutoring effort between Pohick Church and Gunston Elementary School. This year the program started in November. This outreach effort consists of tutoring elementary school students for one hour on Tuesday evenings from 7:00 pm until 8:00 pm. The tutoring takes place in the Parish Hall.

Volunteers are needed to be weekly tutors or as substitutes. Each regular tutor is paired to one student for the "tutoring" school year, which runs until mid May 2012. The students are selected based on recommendations from their teachers. The teachers identify the work to be done each week. The tutor just needs to show up each week with a willing heart. This is a one hour per week commitment that can make a big difference in the lives of these students. Please consider supporting this wonderful Outreach effort. For those that are interested, contact Doug Smith at 703-644-0480 or Diana York at 703-915-4838 or by email at GunstonPartner@gmail.com.



Christmas Flowers

I WOULD LIKE TO MAKE A DONATION TOWARDS THE
POINSETTIAS AND GREENS THAT DECORATE THE CHURCH AT CHRISTMAS TIME.

Given By: _____

In Memory or Thanksgiving: *(Written the way you wish it to appear in the Christmas Bulletin.)*

Please make checks payable to Pohick Church • Designate for Christmas Flowers

The price is \$10.00 • The deadline is Sunday, December 11

This form with check may be returned to the desk of the Church Secretary or dropped in the alms basket.



Pohick Church Activities • December 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOV 27	28	29	30	DEC 1	2	3
Advent 1b 7:45a HE I 9a HE II 10:15a Christian Ed, Pageant Rehearsal 11:15a HE II 12:30p St. Cecelia St. Alban Choir	10a Advent Reflection	9:30a Staff Mtg 2:30p HE, The Fairfax 7p Tutoring	6p COH 6p St. Francis Choir 7:30p HE II & Healing	6:15p Bell Choir 7p EFM 7:30p Choir of Pohick 8:30p AA		8a Brotherhood of St. Andrew 8a Installation of 2012 BSA Officers 8:30a Girl Scouts
4	5	6	7	8	9	10
Advent 2b 7:45a HE I 9a HE II 10:15a Christian Ed, Pageant Rehearsal, Annual Meeting 11:15a HE I 12:30p St. Cecelia St. Alban Choir 6p EYC Dinner Night (all groups)	10a Advent Reflection	9:30a Staff Mtg 11a Ann Mason Guild Luncheon 2:30p HE, The Fairfax 7p Tutoring	6p St. Francis Choir 7p Prayer Shawl Ministry 7:30p Blue Christmas 7:30p HE II & Healing 7:30p Martha Guild Mtg	6:15p Bell Choir 7p EFM 7:30p Choir of Pohick 8:30p AA		8a Brotherhood of St. Andrew 9:15a Property Committee Mtg 10a Christmas Pageant Rehearsal
11	12	13	14	15	16	17
Advent 3b 7:45a HE I 9a HE II 10:15a Christian Ed, Pageant Rehearsal 11:15a HE II 12:30p St. Cecelia St. Alban Choir 4p Christmas Pageant	10a Advent Reflection 6p Homeless Christmas Party	9:30a Ann Ma- son Guild Mtg 9:30a Staff Mtg 2:30p HE, The Fairfax 7p Tutoring 7:30p Vestry Mtg	6p St. Francis Choir 7:30p HE II & Healing	6:15p Bell Choir 7p EFM 7:30p Choir of Pohick 8:30p AA Deadline for Pohick Post		8a Brotherhood of St. Andrew 9a Breakfast with Santa 9:15a Renovation Committee Mtg 9:15a HPCF
18	19	20	21	22	23	24
Advent 4b 8a HE I 10a Lessons and Carols 11:30a St. Cecelia St. Alban Choir	10a Advent Reflection	9:30a Staff Mtg 2:30p HE, The Fairfax 7p Tutoring	6p St. Francis Choir 7:30p HE II & Healing	6:15p Bell Choir 7p EFM 7:30p Choir of Pohick 8:30p AA		<i>Christmas Eve</i> 8a Brotherhood of St. Andrew 9:15a Historic Foundation Mtg 6p Family Service 10:30p Carol Service 11p Festival Eucharist
25	26	27	28	29	30	31
<i>Christmas Day</i> 10a He II		9:30a Staff Mtg 2:30p HE, The Fairfax 7p Tutoring	6p St. Francis Choir 7:30p HE II & Healing	6:15p Bell Choir 7p EFM 7:30p Choir of Pohick 8:30p AA		<i>New Year's Eve</i> 8a Brotherhood of St. Andrew

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

SPECIAL REQUEST

Mr. Bill Bland purchased an antique rocking chair from the EYC Flea Market approximately 2½ years ago. The rocker had a cane bottom and appears to date from the early 1800s. Mr. Bland is donating the vintage rocking chair to historic Rippon Lodge in Woodbridge, which was built in 1747 and has been continuously occupied. Prince William County's curator of Rippon Lodge is thrilled to have a period 1830s rocking chair at the Lodge. If you donated the rocker to the EYC, please call Mr. Bland at 703-929-6700, so he can provide its 'history' to Rippon Lodge's curator.

**SUNDAY SERVICE VOLUNTEERS**

	4 DECEMBER	11 DECEMBER	18 DECEMBER	25 DECEMBER	1 JANUARY
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USHERS

7:45	Jim Bartholomew Bob Johnson	Lane Phillips Mike Zane	8a Rodger Jones Ken Evans	10a Mo Faber Jan Hoffheins	8a John Springer Mike Vaughn
9:00	Tom Bland Jim Foster Jim Heller Jan Hoffheins	Stew Remaly Bill Patton Pehr Pehrsson Edwardene Pitcock	10a Hal Yarwood Susan Yarwood Randy Cudworth Don Cook		10a Angela Edgemon Steve Edgemon
11:15	Bill Bland Bob Davies	Chris Brown Mari Harding			

OPEN - UP

7:00	J. Bartholomew	A. Gurrola	R. Jones	L. Schwoppe	N. Sunderland
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LOCK - UP

1:00	M. Booth	C. Brown	R. Fede	J. From	A. Edgemon
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TELLERS

12:15	M/M Thurston	Bartlett/Remaly	Pitcock/Schmid	Faber/Hoffheins	M/M Brown
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ALTAR GUILD

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

AM	A. Stribling	S. Homar	TBD	Flower Guild	Flower Guild
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COFFEE HOUR

7:45	M/M Evans	M. McCabe	K. Kirkland	None	8a TBD
9:00	Remaly/Ann Mason Guild	M/M Heddleston	M/M Gray	None	10a M/M Bland
11:15	M. Yezek	S. Caesar	M/M Jones	None	None

NURSERY

AM	Laura Munson	TBD	TBD	TBD	TBD
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GREETERS

7:45	Becky Wagner	M/M Don O'Connell	Marleen McCabe	None	8a M/M Paul Peterson
9:00	Renee Vaughn	M/M Terry Mullins	M/M Per Kullstam	10a Becky Wagner	10a Stephen Garcia
11:15	C. Hodge	Anne Cannon	Beth Atkinson	None	

LAY READERS

7:45	Marsico (R) Muir (P)	Cenci (R) Wagner (P)	8a Springer (P) Sunderland (R)	None	8a Springer (R) Marsico (P)
9:00	Elston (P) Sassin (R)	Gastrell (R) Hayes (P)	None	10a Ayorinde (R) Pasour (P)	10a Homar (R) Heddleston (P)
11:15	Homar (P) Heddleston (R)	S. Harding (R) M. Harding (P)	None	None	None



SUNDAY SERVICE VOLUNTEERS

	4 DECEMBER	11 DECEMBER	18 DECEMBER	25 DECEMBER	1 JANUARY
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ACOLYTES

7:45	LC Dru H	LC Hunter G	8a LC Jordan C		8a LC David G
9:00	LC Travis F SC Mitchell F T Parker L T Hayden S	LC Kathryn V SC Hannah V T Kate S T Ben S	10a LC Robert M SC Melisa L T Ben L T Sydney T	10a TBD	10a LC Hunter G SC Graham H T Isabel H T Mac M
11:15	LC Kirsten H SC Rachel P T Mikey K T Elizabeth K	LC Klint E SC Graham H T Emily E T Isabel H			

Kids Korner!

EDIBLE ORNAMENT CUPCAKE

These delectable decorations are just the treat for a holiday tree-trimming party.

Ingredients:

- Cupcakes
- Colorful frosting
- Red and green candy such as M&Ms
- Mini Reeses Peanut Butter Cups
- Pretzels

Instructions:

Frost a batch of cooled cupcakes (baked from a favorite recipe) with colorful frosting.

Decorate with festive icing and candies (red and green M&Ms Minis shown here), then top each one with a miniature Reeses Peanut Butter Cup and a pretzel piece for an ornament hanger. Remember to save one for Santa!



Craft ideas found at
<http://familyfun.go.com>



A-DOOR-ABLE ADVENT CALENDAR

Count down to Christmas with this Advent calendar.

Materials:

- Old catalogs and magazines, Scissors, Glue
- Card stock (3 sheets red, 3 sheets light green)
- Craft knife, Pencil, Markers
- Tape, White sticker dots

Instructions:

1. Cut out 25 pictures of doors and windows from old catalogs and magazines. Glue the pictures to three sheets of red card stock. After the glue dries, use a craft knife to cut three sides of each door or window, making a flap.

2. Lay each card stock page atop a sheet of light green card stock. Use pencil to lightly trace door and window openings onto the green sheets. Write ideas for special things to do - "build a food basket for a needy family," or "choose a DVD for movie night" - in the penciled boxes.

3. With the doors open, glue the red sheets to the green sheets. Join the three panels with tape on the back of the calendar. Close the doors. Cut white sticker dots in half, number them, and adhere them as shown.

