



Westminster Presbyterian CHURCH

— worship well —



LOOKING TOWARD FALL

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the Chronicle

September 22, 2016 - volume 47, number 2

From the Pastor's Study A Message From Rev. Dr. Larry Hayward **Present and Past**

I shared with you in a sermon that on vacation I read some of Herman Melville, the great 19th century American writer. Melville has a phrase in his most famous short story, "Billy Budd," which reads as follows:

"...hold[ing] the Present at its worth without being inappreciative of the Past."

It strikes me in our Adult Education theme for this Fall – "Navigating the Seas of Change" – it is important, whenever possible, to be appreciative of the past even when we live in a time in which many things are changing quickly, some changes of which we are supporters or agents. While to be sure there is much in the past that must be faced, acknowledged, and confessed, there is much in the past that is worthy of our appreciation, even as we change from it. Graciousness is a virtue that is often in order when we look at those who have gone before us, even with their flaws, in much the same way as those who follow us will be more aware of our flaws than we are.

Navigating the seas of change can be draining. It can be energizing. It is often both. It is nice when we can appreciate the past and hold the changes in the present at their worth.

Larry



We rejoice in the marriage of:

- **Kendall Davis & Alexander Pessala** on September 4 in Charlottesville, VA

Please remember in prayer the family and friends of:

- **Frances Vaughan**, who died on August 24
- **Ede Thomas**, who died on August 28



Member Involvement News

We had a tremendous kick-off to the 2016-17 program year! Thanks to strong leadership the adult and children's education programs are off to a particularly good start. Many other educational and faith-building programs are planned for the coming months. Be sure to look elsewhere in this newsletter and in the Sunday Westminster Update for news of these events.

I want to take the opportunity to express appreciation for the life of Ede Thomas, who passed away in August. Ede was in her mid-90s, and up until just a few years ago had been an active volunteer. For over 25 years, she coordinated volunteers for Westminster's biweekly Meals on Wheels program. Jenny Graves has recently taken over this responsibility, and she would welcome any who wishes to help! You may contact her at localmission@wpc-alex.org.

Those who do not have time to volunteer are encouraged to support our mission programs through attending fellowship activities such as the upcoming All-Church Campfire and Chili Cook-Off on Saturday, October 15. Come and taste the culinary efforts of WPC members and vote for your favorite chili by dropping coins in a jar. All proceeds go to our Cents-Ability program, which supports the Presbyterian Hunger Program and our local mission's Thanksgiving meals program.

There are far too many events and activities to name. The most important thing is to be involved! Participation in worship, education, mission, and fellowship all enhance your spiritual growth.

Yours in Christ,
Art Sauer
Membership Involvement Coordinator



Flying Solo (Singles) Ministry

www.wpc-alex.org/singles
Nancy Hall Berens, Director |
nhallberens@wpc-alex.org



Fall Retreat! *Cultivating a Sense of Wonder*

October 7-9 at the Claggett Center in Buckeystown, MD

Eileen Jinks will lead us in a time of slowing down to explore the idea of “wonder” and to recognize how taking time to wonder can deepen our connection to God and to one another.

Registration closed; contact Nancy Hall Berens in case of last minute openings.

Monday, October 10 | Monthly Dine-Out

Rosemarino d'Italia, 1905 Mt. Vernon Ave in Del Ray. Enjoy fresh pasta and other tasty Italian dishes in the company of church friends. Meet at church at 7 PM to carpool or meet there at 7:15 PM.

Monday, October 17 | Book Group | 7 PM in Johnson Parlor

Calvin for Armchair Theologians by Christopher Elwood

An engaging and accessible introduction to Calvin's life and thought, this insightful overview of the teachings of John Calvin are humorously illustrated to help the reader understand Calvin's main theological ideas. There is a copy of the book to borrow in the church library.

Tuesday, October 25 | Monthly Potluck | 7 PM in the Johnson Parlor

Join us for our monthly service project of making sandwiches for the Bag Lunch program (materials provided); then enjoy dinner together. Please bring a simple dish to share for dinner.

Westminster Roadsters (Boomers and Beyond)



www.wpc-alex.org/roadsters
Patty Chamberlain, Director | pchamberlain@wpc-alex.org
Register for events with Jessica Thurnes | jthurnes@wpc-alex.org

Monday, October 17: Lunch and a tour of Alexandria's Stabler-Leadbeater Apothecary. We will meet at 11:30 AM to first have lunch at an Old Town Restaurant and then take a tour of the Apothecary. The Museum was a family business founded in 1792 and operated in this location from 1805 until 1933. It represents one of Alexandria's oldest continuously-run businesses that combined retailing, wholesaling, and manufacturing. Cost: \$6 plus lunch.

Thursday, October 20: Little Theater of Alexandria's *A Party to Murder*. It's Halloween and six people have come to play a murder-mystery game hosted by writer Charles Prince at a rustic island cottage in Italy. As the characters embark on a weekend of fun, ghosts from the past begin to haunt the proceedings, and it becomes clear that they are both playing for laughs and their lives. LTA audiences are treated to rising tensions, secret passageways, incriminating letters, unexpected corpses, and a 25-year-old unsolved mystery. Show begins at 8:00 PM; arrive between 7:30 and 7:45 to receive your ticket.

Monday, November 21: Lunch and Learn at Westminster. Westminster member John McArdle will be our guest speaker. John is a producer and a host of CSPAN's *Washington Journal*. John will talk about his reflections on Election 2016. Lunch is \$10 and begins at noon.

November 30 or December 1: Little Theater of Alexandria's *A Christmas Carol*. For the past few years, LTA has been able to host groups for the dress rehearsal of *A Christmas Carol*. At this time we don't know yet if the dress rehearsal will be on November 30 or December 1. More details will follow in the next Chronicle.

Monday, December 12: Shopping trip to the Leesburg Outlets. We'll meet at 10:00 AM for our trip out to the Leesburg Outlets to do holiday shopping. We'll plan to be there for enough time to shop and have lunch at the food court. Cost: \$1 plus lunch.

Men of Westminster

www.wpc-alex.org/menofw

Contact: Dudley Schadeberg | mow@wpc-alex.org



Men's Breakfast | Friday, October 14

7-8:30 AM in Fellowship Hall
*Neither Little nor Splendid but
Important: The Spanish-American
War*



Dr. Graham A. Cosmas, Deputy Director of the Joint History Office at the Department of Defense Joint Chiefs of Staff from 2001 to 2012, will give us an overview of the Spanish-American War and its subsequent effects on the American armed forces

and the world position of the United States. Graham is the author of *An Army for Empire: The U. S. Army in the Spanish-American War, 1898-1899*; *The Medical Department: Medical Service in the European Theatre of Operations*; and several books on the Vietnam War. Graham has also published numerous articles and book reviews, and is writing a chapter on the Spanish-American War for a new West Point Military Academy history book.

Dr. Cosmas was born in Weehawken, New Jersey, and received his education from schools in Milwaukee, Wisconsin, and Leonia, New Jersey. He received his Ph.D. in History from the University of Wisconsin (Madison), after attending Oberlin College and Columbia University. He has taught history at the University of Texas (Austin), the University of Guam, and the U. S. Military Institute, Carlisle Barracks, Pennsylvania. Graham is Treasurer of the Society for Military History and a Trustee of the U. S. Commission on Military History. He is an active member of Westminster and resides in Bailey's Crossroads.

2017 Men's Retreat

February 3-5 at Hallwood Retreat and Conference Center

Justification: Is It Still the Article by Which the Church Stands or Falls?

Rev. James F. Cubie, Associate Pastor for Christian Formation at Leesburg Presbyterian Church

2017 is the 500th anniversary of the Reformation, which gave birth to the fundamental set of beliefs that make us Protestants—our beliefs about the Bible, grace, sin, and who God is. At the center of those beliefs is the doctrine of justification: that we don't earn God's love, it is given to us as a gift. In the 16th century, this idea became an effective prophetic protest against the theology and practices of the Roman Catholic Church. But a lot has happened since then; is this fundamental doctrine still at the center of what we should believe? Join us at the men's retreat to answer that question!



We are fortunate to have the Rev. James F. Cubie as our leader. He has served with the Reformed Institute of Metropolitan Washington since 2011 as a member of the Company of Teachers, leading seminars and retreats. He is also a frequent lecturer on religion and theology. He received his Master of Divinity degree from Union Theological Seminary in New York City, and holds a Master of Theology degree from Princeton Theological Seminary.

It is not too soon to mark your calendar to reserve this weekend. The retreat will again take place at the popular Hallwood Retreat and Conference Center, located at the base of Sugarloaf Mountain near Comus, Maryland. Sign up will begin in early November.



Children and Family Ministry

www.wpc-alex.org/families

Casey FitzGerald, Associate Pastor for
Children & Families | cfitzgerald@wpc-alex.org
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Ministry | pchamberlain@wpc-alex.org
Molly Roden, Interim Director of Children's
Music | mroden@wpc-alex.org

Children's Choir: Grades K–6 |

Wednesdays beginning September 28

Molly Roden is excited to lead the choirs this year! Our kids learn vocal and choral skills through singing songs that teach faith concepts and the story of God's people. Our young singers bring their music to Sunday worship approximately twice a month, fostering their development as worship leaders.

Genesis Singers (Grades K–2) rehearse from 5:15 – 5:45 PM

Covenant Singers (Grades 3–6) rehearse from 5:45– 6:15 PM

We'll be in a new location this year! Gather in Room 303/305; Rehearsals are in Room 304. Families (parents, grandparents, other caregivers, siblings) are invited to share pizza dinner weekly with other choir families for a small fee.

Whole Family Creation Station: Daniel

Sunday, October 2 | 9:45 – 10:45 AM on the 3rd floor

Whole Family Sundays—the first Sunday of each month—give families the opportunity to learn and grow TOGETHER. Moms, Dads, Grandparents, siblings (of any age), and more are invited to learn God's story together. The intergenerational Sundays will prepare families for learning and understanding the Biblical story that will be focused on for the rest of the month (when the K-5th graders have their own education time).

Milestones of Faith

Casey and Patty will lead these special programs for learning about different aspects of faith.

Kindergarteners and Parents: *Worship Beginnings*. October 23, 9:45-10:45 AM in the Sanctuary

1st Graders and Parents: *The Lord's Prayer*. October 16, 9:45-10:45 AM on the 3rd floor

3rd Graders and Parents: *Bible Presentation*. October 30, 10:45 AM in the Library & Sanctuary (All children wishing to receive a Bible MUST pre-register with Patty!)

Reading the Bible. November 20, 9:45-10:45 AM in the Map Room (Bring Bibles!)

Thank You!

When I ask people what Carolyn Carmack does for this church, some of the answers I get are: "The glue." "The catalyst." "The force behind the scenes." From ensuring everything is in place and in working order every Sunday morning, to anticipating logistics problems months from now, to organizing leading groups to sing and pray with our homebound members, to directing and playing in the bell choir, to – well, there are reasons she is often the first in and last out each day.

While she will continue in her capacity as a volunteer as Assistant Director of the Celtic Cross Ringers and will continue to work for WPC as Financial Assistant, Carolyn is stepping down as the volunteer Liturgical Coordinator to spend more time serving her new church. Thankfully, we won't lose all her talents or her tremendous corporate knowledge as she continues in these other roles. Some of those liturgical coordinator duties will be taken up by new volunteers, some by staff, and many are still waiting for the right person to come along.

Someone once asked Carolyn why she was carrying such a heavy load of volunteer activities, whether she wouldn't like someone to help. She replied that it was not a burden, that especially when the church was quiet, working there felt like worship. Join us in thanking her for her tremendous contributions behind the scenes ensuring that all runs smoothly every Sunday morning, and let us all be thankful she continues in her other roles with WPC.

Pete Vanden Bosch
Worship and Music Committee

Kathy Harkness
Personnel Committee



Sunday Morning Adult Education Programs

www.wpc-alex.org/adult
Amey Upton | auputon@wpc-alex.org

Navigating The Seas of Change

How Do We as Christians Navigate the Seas of Change?

The Bible is filled with stories of radical change. Many dared to claim a faith that was about something bigger than what they could identify, control or explain. Our Presbyterian theology advocates a stance of "reformed and always being reformed." But complacency and fear frequently hold us back, when we cling to how things have always been and resist change in others and in ourselves. This resistance to change often results in us hurting one another.

On September 11, General Cartwright reminded us to lead with our gifts to respond to this changing world. From massive upheavals in technology, migration, and governance to shifts in land, ecosystems, food distribution, climate, and racial divides, we are called to examine our own choices, beliefs, ideals and interactions. It is Christ's light, found in each of us, that is not to be hoarded nor squandered, but to be received and reflected in the seas of change.

The Adult Education classes this year offer insights into navigating change. Through them, we hope that you will be infused with God's spirit to further God's Kingdom in the communities and neighborhoods where you live. What change might you undertake this year? What change might you lead others to make? How might we create hope and encourage one another as we encounter changes and embrace uncertainty? The good news of the gospel is that certainty is an illusion, but the mystery of God can change the world. Trust "always being reformed..."



September 25 - Relationship Aspect of Care: The Role of the Mind/Body/Spirit on Promoting Healthy Lifestyles & Coping Skills

Dr. Christina Puchalski, Executive Director of the George Washington Institute for Spirituality and Health (GWish)

Dr. Puchalski is a pioneer and international leader in the movement to integrate spirituality into healthcare in both the clinical setting and in medical education. As founder and director of GWish, she continues to break new ground in the understanding and integration of spiritual care in a broad spectrum of healthcare environments. She will talk about the importance of spirituality in healthcare, which can enhance patient coping, health outcomes, and health care decision making.



October 2 - Sexual Violence and Faith Implications: A Survivor's Memoir

Rev. Ruth Everhart, writer and Presbyterian pastor

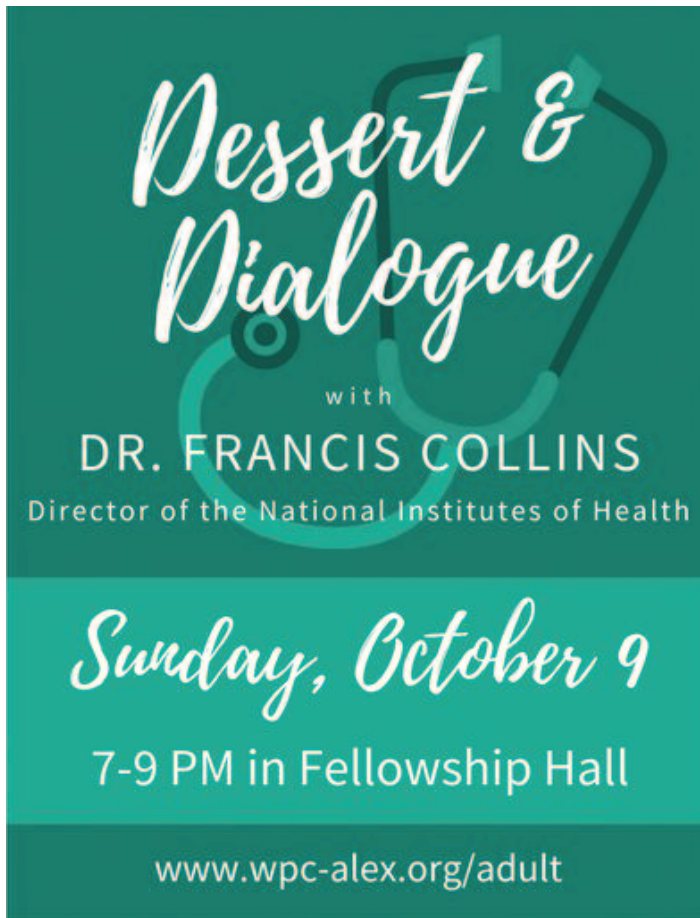
Life is a gift from God, even the hard parts. But as a sexual violence survivor, that belief raises the question: Where is God in stories of brutality and trauma? Rev. Everhart is the author of *Chasing the Divine in the Holy Land* (2012) and *Ruined* (2016), a memoir.



October 9- Spirituality in the Smartphone Age

Rev. MaryAnn McKibben Dana, writer and Presbyterian pastor

Some commentators praise the power of technology to help us organize and connect; others say the Internet is decimating our attention spans and weakening our relationships in real life. This session will offer theological grounding and practical wisdom as we navigate the joys and perils of this digital age. Rev. McKibben Dana is the author of *Sabbath in the Suburbs: A Family's Experiment with Holy Time* (2012).



Francis S. Collins, M.D., Ph.D., the Director of the National Institutes of Health (NIH). In that role he oversees the work of the largest supporter of biomedical research in the world, spanning the spectrum from basic to clinical research. Both a physician and a geneticist, Dr. Collins is known for his landmark discoveries of disease genes and his leadership on the international Human Genome Project. As part of our year-long series on "Navigating the Seas of Change," Dr. Collins will describe some of the exciting advances and innovative programs that are helping transform the healthcare landscape. It is a rare occasion to have such a prominent researcher here at WPC. You won't want to miss this opportunity for dialogue!

All Hands on Deck!

Many hands are needed to provide desserts (either dropped off ahead of time, or on the evening of his talk) and to greet attendees or to collect questions from the audience. If you are willing to help please call or email Amy!



Racial Awareness and Mindfulness 2016

A Mini-Festival of the Arts, Awareness, and Healing

What can be done about race relations in America? How can I participate in any meaningful way? What are churches doing to encourage reconciliation and understanding between people of different races and backgrounds?

If any of these questions have been on your mind, you might consider attending a free event called "The Racial Awareness and Mindfulness Festival of the Arts, Healing and Justice." Organized by Therese Taylor-Stinson, moderator of National Capital Presbytery and recent leader of the Westminster Women's Retreat, this event is being sponsored by national and local groups including Black Presbyterians United, NEXTChurch (PCUSA), and the Howard University School of Divinity. It will feature Erika Totten, DC Black Lives Matter Co-Director and Katrina Browne, the producer of the PBS documentary *Traces of the Trade: A Story from the Deep North*.

Planned activities include facilitated workshops, a keynote speech, and music, spoken word, and drumming demonstrations. It is intended that these activities will allow people to explore the reality of racism in recent events from different perspectives. In the end, the organizers say that after this event "we hope churches, organizations, and individuals will be more self-reflective regarding the impact of racism on their lives and the lives of 'the other' and we hope they will be inspired to join anti-racism organizations, to have their churches and organizations partner with others across the racial divide, and to continue to engage with the participants they met at the festival throughout the year."

What: Mini Festival of the Arts, Healing and Justice

When: October 15, 10 a.m. – 4 p.m.

Where: Westminster Presbyterian Church
400 I St. SW
Washington, DC 20024

This event is free and lunch will be provided.

To register:

<http://racialawareness2016.eventbrite.com>

WOMEN'S MINISTRY

www.wpc-alex.org/presbywomen

Nancy Hall Berens | nhallberens@wpc-alex.org

Moderator, Bea Hurt and Vice Moderator, Janet Harris | PW@wpc-alex.org



Women's Circles: "Who is Jesus?"

It's never too late in the year to join a circle! Circles are small groups of women of all ages who gather monthly for Bible study, fellowship, and mission outreach. The theme for our 2016-2017 Bible Study is "Who is Jesus? What a Difference a Lens Makes." Each lesson will focus on the theological "lens" of different scriptures and faiths to show who Jesus is from a variety of perspectives. Come explore with us how others view Jesus, and grow in your understanding of who Jesus is in your own life and faith experience. We encourage you to try out more than one circle before choosing which one is right for you! Look for the schedule of circle meetings in the Sunday Update each month. Contact Presbyterian Women (PW) Moderator Bea Hurt and Vice Moderator Janet Harris or staff liaison Nancy Hall Berens for more information.

Presbyterian Women National Capital Presbytery Fall Gathering

Saturday, October 1 | 8:30 AM -12:30 PM | 15th St. Church in NW

"Selfies with Jesus," a prelude to this year's Bible Study in worship and drama, presented by Rev. Dr. Lucy Der-Garabedian. Capture a new mission vision and empowerment techniques in breakout sessions. Connect with Salvation Army's Grate Patrol feeding the District's homeless. Contact Bea Hurt to register, carpool.

Shanghai | Monday, October 3 | 7:15 – 9 PM in Haverkamp Room

Come play the Shanghai card game on the first Monday of each month. Any woman who loves playing cards, friendly competition, and fellowship is invited to attend!

Women's Fall Gathering

Ancient Wisdom for a Modern World: Lessons Learned from Celtic and Native Traditions

Sunday, November 6 | 12:15 PM in Haverkamp Room

Speaker: Nancy Hall Berens

How can we as 21st century women relate to ancient Celtic and Native American traditions? Celtic and Native reverence for the created, physical world beckons us to look for God in our everyday lives and to care for the creation which surrounds us. Nancy will share with us some of what she has learned about Celtic spirituality from travels in Ireland and Scotland, as well as seminars at Ghost Ranch Conference Center in New Mexico. Nancy's presentation will include some meditative time through prayer, music, and visuals in addition to her talk. All women are invited to attend.

Thank You from INOVA Alexandria Hospital

Our Women's Workday Pillow Ministry recently received two letters of thanks from the volunteer staff at INOVA Alexandria Hospital. This group works once a month to sew stuffed animals for children and heart pillows for surgery patients at the hospital. The volunteers said, "Thank you so much for the adorable stuffed animals! The comfort and joy they bring the children is tremendous. We are so grateful for your kindness and generosity." About the heart pillows, they said, "The stuffed hearts are absolutely beautiful and useful to our patients after surgery. Their ability to facilitate the recovery process is greatly appreciated!" Thank you to our dedicated group for the work they are doing in our community! *Want to join the Workday Pillow Ministry? The next meeting is Wednesday, October 5 at 9:30 AM in Haverkamp Room.*

Planning Ahead

March 17-19 | Women's Retreat at Hallwood Retreat Center led by the Rev. Maggie Hayward



Women's Book Groups | led by Clara Beth Van de Water

Monday, October 24 at 11 AM or 7:30 PM in Johnson Parlor

All women are invited to read *Abide with Me* by Pulitzer Prize-winning author Elizabeth Strout. Set in 1959 New England, it tells the story of a widowed minister and his daughters, congregation, and small town community. The writing is exquisite, exploring the themes of faith, forgiveness, and fortitude.

Beth El Hebrew Congregation & Westminster Presbyterian Church

Interfaith Trip to Israel | April 26-May 7, 2017

led by Rabbi Brett Isserow, Reverend Larry Hayward, Rabbi Jack Moline,
Reverend Maggie Hayward

Where are we going?

Our trip begins in northern Israel, along the Sea of Galilee (days 2-4), then takes us southward through Tel Aviv (days 5-6) and on to Jerusalem and the Dead Sea (days 7-10). We are guided throughout by tour educators or local guides provided by our tour organizer, Arza World.

How much does the trip cost?

\$3,039 per person (land only)
\$4,414 per person (land and air)

What's included?

9 nights' hotel accommodation
10 days of touring
Assistance from/to the airport
Site entrance fees and program fees Daily breakfast, 2 lunches & 6 dinners
Portage at the airport and hotels
Airfare can be included, or you can purchase your own airfare

How can I get more information and register?

For the complete day-by-day travel itinerary, package information, and registration, visit www.arzaworld.com and search for either "Westminster Presbyterian Church" or "Beth El Hebrew Congregation." Direct links to the travel itinerary and registration can also be found at www.wpc-alex.org/israel.htm.



Opportunities for National Mission

For more information, email
nationalmission@wpc-alex.org.

Apple Gleaning on Saturday, October 1

Come glean apples at Marker Miller Orchard in Winchester, VA! Collected apples are donated to food banks in the Shenandoah Valley and elsewhere. After gleaning for 2-3 hours in the morning, shop for all things apple in the orchard market and enjoy lunch from the Blue Ridge BBQ food truck.

Appalachia Service Project Trip on October 20-23 (Thursday-Sunday)

Help make a home warmer, safer, and drier on our trip to ASP's center in Guyan Valley, WV.

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Contributors: Members, Friends, & Staff of Westminster
Dawn Campbell, Production Editor
Sunday Worship 8:30 & 11:00 a.m.

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Time Sensitive

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ADDRESS SERVICE REQUESTED

Come to our all-church Chili Cook-Off and share your best chili or just come to taste. Enjoy songs and s'mores, friends and fun around the campfire. Designed for all ages!

Chairs and tables on the pavement will be available as well as space for blankets on the lawn and hay bales. Bring blankets, old clothes to make a scarecrow, and spare change to “vote” for the best chili (proceeds go to the Cents-Ability program).

Dinner: \$5 per person/\$20 family max/age 2 and under free. No charge for chili chefs!

To enter your chili in the cook-off, email Steve Lastelic at CL@wpc-alex.org by October 12.

