When Maggie and I were out for a mid-afternoon walk on our vacation in Swan’s Island, Maine, we set out down the road above the cove where the lobster boats go out about 4:00 a.m. and return about 2:30 p.m. An asphalt driveway runs downhill from the road to the dock; uphill from the dock to the road.

I noticed a woman – round faced, red and thinning hair – walking slowly up the hill, in slacks and blouse that made me realize she had been on the boat all day. I noticed what was presumably her husband below, putting the lobsters from the day’s catch into crates, moving the crates from the boat and stacking them on the dock, to be loaded onto trucks that day and shipped to the mainland for dining purposes, some likely that very evening. I assumed the two were husband and wife, on the boat together, something they likely do every day, six days a week, sometimes even during the months of winter. I judged by the way she walked that the years of sea life had taken their toll on her health, and that while her aching bones were strong enough to make it up the hill to the street, they were no longer strong enough for her to make it home, as she climbed onto a green, John Deere Riding Mower, parked at the side of the road, and continued on her journey, up another hill, home.

As we continued to walk, I wondered: How long had she and her husband been working? Since they were children? Since they were teenagers? Did they meet on the boat? Were they married on the boat? Are they married to the boat? Was she working on the boat when they had children (if they had them)? When did she begin to need the John Deere Mower? When had they been able to save enough money to buy the mower? How long will it be before her husband needs to ride the mower home as well? Will they ever be able to stop working? Retire? Will they want to? Or will they die on the boat, be buried at sea – “Till death do us part”?

When the Lord God made us, he put us in the Garden “to till it and keep it.” In fact God formed us “because there was no one to till the ground.” Yet after the Fall, God responded: “Cursed is the ground…in toil you shall eat of it all the days of your life…By the sweat of your face you shall eat bread.” (Genesis 2:11; 3:17, 19)

There is dignity and beauty in human labor. There is “toil and trouble” as well. But we carry on. Under God. Even using, when we need it, a John Deere Mower, to get us up the hill, home.

Larry
We welcome to the Westminster nursery:

• **Adelaide Marabeth Whelan**
  daughter of Cara and Denis Whelan, little sister to Foster and Dutch.

• **James Joseph Mallon, Ill.**
  son of James & Elizabeth Fitzsimmons Mallon, grandson of Shera Fitzsimmons and great-grandson of Fitz & Faye Woodrow.

**Flying Solo Singles Ministry**

(N50’s and above)

Nancy Hall Berens, Director
nhallberens@wpc-alex.org
703-549-4766 ext. 121
www.wpc-alex.org/singles.

**Fourth Tuesday Potluck**

September 25 at 7:00 p.m. 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 dish to share for dinner.

**Second Monday Dine-Out**

October 8 – **House of Dynasty**, 7550 Telegraph Rd (in the Hayfield Shopping Center). A local and a group favorite! Join us for some delicious Chinese cuisine. Meet at church at 7 PM to carpool or meet at the restaurant at 7:30.

**Christ-Centered Chair Yoga**

Mondays, October 1, October 29, and November 5 at 7:15 pm in Haverkamp Room

Westminster member Kay Sidahmed will continue developing our new practice of Chair Yoga. It is gentle and accessible to most levels of ability. Kay’s approach to yoga is Christ-centered and includes prayer, scripture, and meditative breathing and poses. Please arrive at 7:15 so that we can begin right at 7:30. Wear comfortable clothing, bring water, and silence cell phones. There is no charge to participants for the yoga sessions. Come give it a try, and stretch your body and soul in new ways!

**Annual Fall Retreat**

October 5-7, 2018 (Columbus Day Weekend)

“Primed to See and Do: Visions of God for the People of God” with the Rev. Patrick Hunnicutt.

Throughout Scripture, God equips and directs the faithful through vivid dreams, bold visions, and encounters with earthly elements that express the will of heaven. Together, we will probe some of these moments and recall times when God seems to have had something to say or reveal to us in miraculous or mundane ways. **Contact Nancy Hall Berens to see if there is still room available.**

**October Book Group**

Monday, October 15, 7 PM at the home of Cindy Smith (note earlier in the month than usual)

This fall we will read and discuss *People of the Book* by Geraldine Brooks. Inspired by a true story, *People of the Book* is a novel about the famed Sarajevo Haggadah, a precious Jewish prayer book rescued from Serb shelling during the Bosnian war. Priceless and beautiful, the Haggadah is one of the earliest Jewish books ever to be illuminated with images. In this story, we join the search for its mysterious past and its journey through centuries of exile through the preservation process by a rare book expert.
Confirmands at the last year’s Retreat in Baltimore preparing for a community garden.

**B e A C o n f i r m a t i o n M e n t o r**

In September, 8th graders and their parents gathered in the Haverkamp Room along with Betsy Preston and myself to talk about Confirmation. While the Confirmation liturgy won’t be a part of worship until May 2019, Confirmation-age youth and their families are already gearing up for an intense but fun spring semester of learning about theology and the church. This year, for three weeks we have “Pre-Con,” which is a look at some of the world religions. We will feature speakers that range from Buddhist to secular humanist, and our confirmands will have the opportunity to both hear about and worship with other faith traditions.

The class kicks in to high gear in January, where youth will learn about the Trinity, the constitution of the PC(USA) and much, much more. Faith is not something that happens in a vacuum. Confirmands are required to have an adult mentor. An adult mentor can be any member of the church who is not related, staff, or a youth volunteer. The hope is that mentors can journey with the confirmand in learning about the church and deciding whether or not they want to join Westminster. If you would be interested in serving as a mentor, please come to a Mentor Interest meeting on October 14 following the 11 AM worship service in the Johnson Parlor or contact Whitney directly.

**Thursday, October 11: “Dracula” at Little Theatre of Alexandria**

Just in time for Halloween, Bram Stoker’s classic tale of gothic horror comes to life – and death – on stage. Join the colorfully macabre cast of characters as they take you on a breathless and bloody thrill ride from the depths of Transylvania to the heart of Victorian London. Rich with both humor and horror, this play paints a wickedly theatrical picture of the world’s most famous vampire. Please arrive between 7:30–7:45 to receive your ticket. Show starts right at 8:00 PM.

**Monday, October 15: Outing to the Air & Space Museum.**

We’ll watch “Journey to Space 3D” or one of the other IMAX movies in the museum. Get a look at a lunar rock, the Spirit of St. Louis, and the 1903 Wright Flyer as well as many other displays about the history of aviation and space exploration. 9:30 AM – 2:00 PM. $10 plus lunch.

**Monday, November 19: Lunch & Learn: “Getting to Know You”**

Our special guest in November will be the Rev. Evangeline Taylor, Westminster’s new Director of Seniors Pastoral Care. 12 PM in Haverkamp Room. $10 for lunch.

**Thursday, November 29: “A Christmas Carol” at Little Theatre of Alexandria**

A holiday favorite! Arrive between 7:30–7:45 to receive your ticket. Show starts at 8:00 PM.
Westminster Presents

A monthly series of special music events, brought to you by the music ministry at Westminster. Our hope is that the audience on Fridays will include a host of familiar Westminster faces and also provide an opportunity for those outside our congregation a chance to enjoy our hospitality, beautiful sanctuary, and, of course, the music we create! For more information, visit westministerpresents.com.

Silent Movie Night
Friday, October 26 @ 7:30 PM
Organist Paul Fleckenstein will create music to accompany the silent film The Phantom of the Opera. This is an excellent opportunity for families with children. Popcorn will be served!

Remembrance Day
Friday, November 9 @ 7:30 PM
Sunday, November 11 @ 11 AM
Join us for the DC premiere of a new orchestration of Ralph Vaughan Williams’ Dona Nobis Pacem featuring the Westminster Choir, Monticello Chamber Orchestra, and organ.

Advent Lessons & Carols
Friday, December 7 @ 7:30 PM
Sunday, December 9 @ 11 AM
Choirs of adult and children’s voices unite with bells, organ, and orchestra as we tell again the story of the coming Messiah.
The Children of Westminster invite you to help them learn more about God, Jesus, and all the stories in the Bible by becoming a teacher, assistant, storyteller, preschool helper, nursery assistant. Westminster provides the curriculum and teaching support, you provide your time and talent. Interested in learning more? contact Patty Chamberlain at pchamberlain@wpc-alex.org.
**Women’s Circles:**
Small groups of women meet monthly for Bible study, mission outreach, and fellowship with one another. Our Bible study this year is “God’s Promise: I Am With You.” From Genesis to the Gospels, God promises to be with us no matter where we are or what we are going through. Come explore your faith and life journey with other church women!

**Elizabeth Circle**
Second Tuesdays, 10:00 AM in Johnson Parlor
Contact chairs Bobbie Whittier and Alison Griffin at elizabethcircle@wpc-alex.org

**Hannah Circle**
Third Tuesdays, 7:30 PM in Johnson Parlor
Contact chair Elizabeth Martineau at hannahcircle@wpc-alex.org

**Mary Circle**
First Tuesdays, 7:30 PM in members’ homes
Contact chairs Adrienne Griffin, and Meredith Smoot at marycircle@wpc-alex.org

**Rachel Circle**
Second Tuesdays, 7:00 PM in Johnson Parlor
Contact chair Janet Harris at rachelcircle@wpc-alex.org

**Ruth Circle**
Second Wednesdays, 10:00 AM in Johnson Parlor
Contact chairs Sheila Weiss and Terry Wilson at ruthcircle@wpc-alex.org

**Sarah Circle**
Second Tuesdays, 7:30 PM in Haverkamp Room
Contact chairs Anne Gross and Donna Stenlund at sarahcircle@wpc-alex.org

**Lydia Circle**
Second Mondays, 9:00 AM in Johnson Parlor (October at Junction Bakery, Del Ray)
Contact chair Melynda Wilcox at lydiacircle@wpc-alex.org

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**WOMEN’S MINISTRY**
wpc-alex.org/presbyterian-women
Nancy Hall Berens, Staff Liaison | nhallberens@wpc-alex.org
Janet Harris, Moderator and Alison Griffin, Vice Moderator | PW@wpc-alex.org

**Book Groups** meet to discuss interesting and thought-provoking book selections each month. The October selection is *News of the World* by Paulette Jiles. After the Civil War, an aging itinerant news reader agrees to take a young captive of the Kiowa back to her family during his travels. In a time of limited literacy he makes a living reading newspapers to folks across the West. This morally complex story was a finalist for the National Book Award. Discussions on Monday, October 22 at 11 AM and 7:30 PM in Johnson Parlor, led by Clara Beth Van de Water.

**Shanghai Card Group** gathers once a month on third Mondays at 7:30 PM in Haverkamp Room for some friendly competition and fellowship.

**Pillow Ministry** meets the first Wednesday of the month to make pillows and stuffed animals for heart patients and children at Alexandria Hospital. 9:30 AM in Haverkamp Room.

**Fall and Spring Gatherings** include special speakers on a variety of topics ranging from spiritual to social justice issues. Here is our featured program this fall:

**Celebrating Presbyterian Women – Past and Present!**

**Fall Gathering, Wednesday November 7 at 7:30 pm, Haverkamp Room.**
Speakers: Elizabeth Martineau and Nancy Hall Berens
2018 marks the 30th anniversary of Presbyterian Women in the Presbyterian Church (USA). Throughout those 30 years and for the two centuries years before that, women have shared God’s light of love and hope with people around the world while fostering community, joy, and friendship with one another in our own congregations. Come get a glimpse of the 2018 Churchwide Gathering of Presbyterian Women and discover more about the mission and work of Presbyterian Women through singing, slides and videos… and enjoy some PW 30th birthday cake! “Come celebrate the journey now and praise the Lord!”

**Special Fellowship Hour in recognition of World Food Day on Sunday, October 14**

Women’s Circles will be hosting and highlighting the issue of childhood hunger here in Alexandria. The snacks we will serve reflect the types of food used by the Blessings in a Backpack program, which provides supplemental food for needy students in the Alexandria City Public Schools. In addition to tasting and learning, you may bring food items to donate to Blessings in a Backpack. Visit the PW page on the church website for a list of items.

**Planning Ahead**
March 22-24, 2019: Women’s Retreat at Hallowood Retreat Center
Our Westminster congregation has provided scholarships this year to members of the Dakota Sioux Mdewakan (Spirit Lake People) as students at the community college on their reservation. Westminster had been providing these grants since 2016 as part of our national mission outreach to the Bdecan Presbyterian Church on the Spirit Lake reservation in Devils Lake, North Dakota, encouraging students to achieve personal educational goals that also enrich their community.

Each applicant comes to Cankdeska Cikana (Little Hoop) Community College – “CCCC” – with different goals, dreams, and desires – and, in the spring semester, Westminster provided scholarship grants to three students following the recommendations of the school. The National Mission Committee would like to introduce you to the scholarship awardees that you support.

Jaede starts her second year of school studying Early Childhood Education at CCCC thankful that she didn’t give up after a tough last year. “I did [it] for my future,” she said. “It’s supposed to be challenging, frustrating at times, and fun.” She wants to teach young children so that she can “fill [their] heads with knowledge.” Growing up with little taught her to give back more, and she thanks the congregation for giving her that chance. This is Jaede’s first year with the Westminster scholarship grants.

Amanda is also in her second year at CCCC, studying Business Administration. She started as a part-time student in 2016 with help from Westminster, and was supported in 2017 as well. She is a single mother, works full-time at the Spirit Lake Health Center, and hopes to “be a positive role model for the community and for the younger generation” at Spirit Lake. This is Amanda’s third year with scholarship assistance from Westminster.

Jefferey is another multi-year recipient of a Westminster scholarship grant, majoring in Dakota Studies at CCCC, and devoting his studies to preserving the Sioux culture and language. “I am grateful for the ‘Voices of our Ancestors Program’,” he writes – he wants to learn more about the Dakota Sioux culture and finds himself now teaching the Dakota language to others. Jefferey is also a third year recipient of a Westminster scholarship grant.

Each of the recipients can be proud of what they have accomplished thus far, and we are proud of them too!
2019 Men’s Retreat
February 1-3, 2019 at Hallowood Retreat and Conference Center
Dr. Bruce Douglass, Reformed Institute of Metropolitan Washington

It is not too soon to make plans to attend the Men of Westminster 2019 annual retreat. It will take place at the popular Hallowood Retreat and Conference Center, located at the base of Sugarloaf Mountain near Comus, Maryland.

We are extremely fortunate to have Dr. Bruce Douglass, the Director of the Reformed Institute of Metropolitan Washington, as our retreat leader. He is a noted authority on John Calvin and the Protestant Reformation, and on how reformed theology subsequently influenced the development of modern Europe and the creation of a new constitutional republic in the New World that we know of as the United States of America. Bruce is well known to many in our church, having presented a number of lecture series at our Sunday morning adult education classes relating to reformed religion and its influence on theological, cultural, and social issues in contemporary American society.

Bruce Douglass retired earlier this year from his post as Associate Professor in the Department of Government at Georgetown University, where he taught political and social theory. A graduate of Yale (Master of Divinity) and Duke Universities (Master and Ph.D. in political science), he chaired the Department of Government and also served as Dean of the Faculty of Georgetown College. His publications include several edited volumes, such as One Nation Under God, Catholicism and Liberalism, and Liberalism and the Good. His essays have appeared in a variety of scholarly journals as well as such popular publications as The Responsive Community, The Christian Century, Commonweal, Christianity and Crisis, and the New Oxford Review.

Those men who have attended previous retreats know how enjoyable and rewarding the program, food, and fellowship have been. Men who have never before attended a retreat should consider attending this one. Sign up will begin the first Sunday in November in Fellowship Hall.

Men’s Breakfast
Friday, October 12, 7-8:30 AM in Fellowship Hall
Victor P. Zabielski
A Volcano Primer: When to Run Towards Them and When to Run Away
RSVP: Dudley Schadeberg, mow@wpc-alex.org

If you have been watching the news you should have seen some amazing videos of the recent volcanic eruptions in Hawaii and Guatemala. Volcanoes have been present on earth, in one form or another, since the very beginnings of the planet. They are a magnificent reminder of the great forces at work on the interior of the planet to rework and reconstitute the surface features.

We are a planet of constant change. Not all planets exhibit volcanism; in fact, most do not. Dr. Victor P. Zabielski will present a primer on volcanic activity on our planet and an overview of volcanoes in general. He will explain why Earth is different from so many other bodies in our solar system. Mars was once volcanically active but now only contains extinct volcanic features. Venus may yet have erupting volcanoes. Why do erupting volcanoes in Indonesia cause so much damage and potential climate change, whereas volcanic eruptions in Iceland are more photo opportunities than catastrophes?

Victor Zabielski is a professor geology and Assistant Dean of the geology department at Northern Virginia Community College in Alexandria, Virginia, and has taught there since 2003. He holds a Bachelor of Arts degree in Geology from Rensselaer Polytechnic Institute, a Master of Science degree from the University of North Carolina at Chapel Hill, and received his Ph.D. in Geology from Brown University. He also received a two-year post-doctoral fellowship from the University of Minnesota. He worked as a consulting geologist for George Marshall Consulting Geologists in Averill Park, New York, before joining the faculty at NVCC. The field work associated with his work has ranged from the Bahamas, Oman, and in the Canadian Arctic off the coast of Elsmere Island.
Dear Westminster Family,

Thank you for your response to my late summer illness and hospitalization in Chicago. Thankfully it was brief and all is well. Westminster is an absolutely wonderful congregation and Larry and I are always amazed by your loving care of us. We are truly grateful and love you very much.

Maggie Hayward

Henry Knox Field–John Blair Lodge, No. 349, Ancient Free and Accepted Masons, is pleased to announce that your Director of Music Ministries, Dr. Ben Hutchens, has been selected as the recipient of our 2018 Community Builders Award.

Masonic Lodges across Virginia seek exemplary citizens in our communities who support causes that align with Freemasonry. As strong supporters of the Liberal Arts, the promulgation of music is very dear to us. The choir and congregation of Westminster, being located in the neighborhood where our lodge was first chartered and having included some of our own members as congregants, is a group we should support and promote. We hope we can do just that, even in a small way, with our award for Dr. Hutchens. The award will be presented at our October Lodge Dinner.

The Adult Formation 2018-2019 year is in full swing with exciting speakers. Dr. Katherine Grieb from Virginia Theological Seminary will continue her study of Luke and Acts through October 21. The first disciples of Jesus in the early church were constantly dealing with issues of change and transformation. After all, the resurrection of Jesus from the dead meant that everything they had thought they understood was now to be re-thought in the light of God’s surprising action. They experienced various kinds of change: individual and communal, mind and heart, circumstance and vision or point of view. Sometimes change brought struggle, even conflict; more often, it brought joy and a new appreciation of God’s providential care for them. With Bibles at the ready, we will go boldly with the first disciples of Jesus and also ask what transformation and change looks like in our own discipleship situations.

In October and November, we will have Westminster pastors and staff discuss the exciting things going on in their realms of the church. For the full schedule, visit wpc-alex.org/embracing-transformation.

**Westminster Outsiders**

Open to all fitness levels and ages, this group meets monthly in the fall and spring to explore the outdoors, fellowship with one another, and develop a deeper relationship with God through nature. RSVP for events with Kera Winburn at outsiders@wpc-alex.org.

**Taize Service in the Blomberg Courtyard | Saturday, October 20, 4:30–5:30 PM**

Join us for this joint service with Ben as we experience worship in a different and musical way.

**Hiking at Sky Meadows and Cider Tasting | Saturday, November 3, 8 AM–3:30 PM**

After hiking at Sky Meadows State Park, we’ll picnic and taste cider at Cobbler Mountain Cider. Pack a lunch and bring water, sunscreen, hat, and bug spray. Meet at the church to leave on the bus by 8 AM. Cider tasting is $10.00 per person. RSVP required to Kera Winburn.
Time Sensitive

Westminster Presbyterian Church, 2701 Cameron Mills Road, Alexandria, Virginia 22302

Westminster Progressive Event

Please join us on Saturday, October 13 from 5:30-9 PM for a congregation-wide event for all ages! The Westminster Progressive will be an event at local member homes and the church featuring key topics that you have said you most value at WPC:

- Music
- Personnel
- Congregational Life
- Children and Families / Youth
- Missions and Pastoral Care
- Christian Formation

Conversations, heavy appetizers and beverages are themed at each stop. During the "progressing" portion of the event, our Youth will be entertaining (with some adult volunteers and oversight) the children of the church with traditional fall games and events (corn hole, scarecrow making, face painting, etc.) Everyone will meet back at the church for desserts and s'mores together. Transportation between stops will be offered for those who request.

Invitations are coming to all members via email. For those who do not have an email address on file with the office, an invitation will be mailed. Please join us for a wonderful interactive evening. You may also RSVP at wpc-alex.org/westminster-progressive.