

# THURSDAY MAILING



National Capital  
PRESBYTERY  
MISSIONAL · PASTORAL · PROPHETIC

*October 6, 2022*



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*The Dir. of Business Affairs/Treasurer  
Heather Deacon*

##### **From the Desk of**

*The Director, Congregational Dev. & Mission  
Rev. Tara Spuhler McCabe*

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*Special registration for NCP  
A Retreat for high school students and their leaders  
November 18-20 – Massanetta Springs*



# *October Birthday Greetings*

Currie Burris, HR

John Chiang, HR

Abigail Evans

Michelle Fincher

Nancy Fox, HR

Ron Hankins

Wally Harman, HR

Mary Hill

Glenda Simpkins Hoffman

Woong Joe Kang, HR

Haekil Kim

Bob Long, HR

Joe Matthews, HR

Kevin Powell

Amy Schacht

Stephen Smith-Cobbs

Katie Strednak

Ed Taylor, HR

Holly Ulmer

Alice Winters, HR

Heemoon Youn, HR

*From the staff of  
National Capital Presbytery  
dina, heather, jesy, john,  
lajuan, tara*



## ***Pastoral Concerns:***

Our sympathies go to the **Rev. Dr. John Yieh** on the death of his wife Su on September 27. A service for Su will be held at the Virginia Theological Seminary Chapel on Saturday, October 8, at 10:30 AM. Visitation will be on Tuesday, October 4, from 3 – 7 PM, at Everly-Wheatley Funeral Home (1500 West Braddock Road, Alexandria).

While we mourn Su's death, we give thanks that she has now entered the joy that Christ has prepared. Please keep John, Janet, and all who loved Su in your prayers. Notes and cards may be sent to the family at 3737 Seminary Road, Alexandria, 22304.

## ***Announcements:***

National Capital Presbytery and the congregation of Bradley Hills Presbyterian Church invite all to ***the Installation Service for the Rev. Denise Diaab***, Associate Pastor on October 16, 2022, at Bradley Hills Presbyterian Church, at 3:00 PM.

National Capital Presbytery and the congregation of New York Avenue Presbyterian Church invite all to ***the Installation Service for the Rev. Dr. Sarah Johnson***, Senior Pastor on October 23, 2022, at New York Avenue Presbyterian Church, at 2:30 PM.

National Capital Presbytery and the congregation of Bradley Hills Presbyterian Church invite all to ***the Ordination Service for Matthew Hackworth***, on November 5, 2022, at Bradley Hills Presbyterian Church, at 3:30 PM.



***A message from our General Presbyter (click on photo) - National Capital Presbytery - The Gathering - "Community Exegesis" - October 8<sup>th</sup>, Kirkwood Presbyterian Church, Springfield, VA*** - This one-day training introduces practices that help your church develop clarity and focus of mission that extends outside the building and into the community. This training will provide concrete steps and resources your church can put into action to discover and implement your "have to go." Registration link <https://thepresbytery.org/ncp-events/>

***It's that time of year to submit your Annual Report and Housing Allowance Request*** (if applicable). The deadline is Tuesday, November 1, 2022. You should have received an email with the forms from Dina Bickel, NCP's Administrative Coordinator. If you have not, contact Dina [dbickel@thepresbytery.org](mailto:dbickel@thepresbytery.org)

***The NCP Directory*** is now at your fingertips! It can be accessed through ACS' ChurchLife App – a free mobile app where you can look up fellow members contact information and see where they serve in NCP! If the app isn't for you, view via a website. Contact Dina [dbickel@thepresbytery.org](mailto:dbickel@thepresbytery.org) to get set up.

***A parish associate*** is a specialized teaching elder, at-large, or honorably retired teaching elder member of National Capital Presbytery who wishes to associate with a particular congregation. Does your congregation have one? If so, the parish associate relationship requires approval and/or renewal every year. The form may be found [here](#) - Questions? Ask Dina Bickel – [dbickel@thepresbytery.org](mailto:dbickel@thepresbytery.org)

We reaffirmed that all Clergy and Certified Christian Educators must attend a ***"Healthy Boundaries"*** training within one

year of being received by the Presbytery and renewed every three years. **An Online Healthy Boundary Training** through the Convergence Learning Platform FaithLead will be available in an on-demand format by which clergy and educators can access the course 24/7 and complete it at their own pace. To register: Complete the form [here](#). You will receive an automated response immediately with a link to register for the course. Once the course is completed, send your certificate to Dina Bickel. Questions? [dbickel@thepresbytery.org](mailto:dbickel@thepresbytery.org)

**Clerks of Session** – Please sign up for your records review. Dates and locations for the review of 2022 session records. *Each session is from 9:00am – 12:00pm:*

- **October 22** – [Grace \(Springfield\)](#)
- **November 12** – [Lewinsville](#)

Sign up here - <https://www.signupgenius.com/go/20f0a4ca9af2fa1f49-sessions>

**ALLY TRAINING – October 24-25 – open to Clergy and all members of NCP congregations & communities & friends of our congregations)** Led by Whitney Parnell, CEO and Founder of Service Never Sleeps, these sessions will provide helpful definitions, invitations to self-mirroring, and active ally education involving the CLAIM acronym: Care, Learn, Act, Influence, and Maintain. The workshops teach individuals about the causes of social injustice, how to be effective allies for marginalized communities, and how to actively influence and educate others. Our time together on Zoom will involve breakouts for practice together in pairs and small groups intermittently throughout our time of learning, so come ready to "try on" the Ally Training strategies of Service Never Sleeps. Registration is open for the October session. *Want to send your entire session for training? Now is the time! Flyer with Registration link included in this TM.*

**Additional training dates:** Wednesday, November 30 & Thursday, December 1 (6:00 pm to 9:00 pm) – *(link for this training will post after the October session)*



**MARK YOUR CALENDARS NOW!!!** Continuing Education Event for Clergy and Church Professionals – March 13-15, 2023, at the Hyatt – Cambridge, Maryland

October 6, 2022

It's the most wonderful time of the year! And no, I'm not talking about the lead up to Christmas (though for those of you counting, you have 79 shopping days left). I'm talking about budget season. I know, it takes a special type of person to get excited about budget season! I'm excited because I believe budgets are a manifestation of our commitments and they reflect promises that we, on an organizational level, make to each other and to those who are wrapped in our network of support.

As of this writing, under the direction of the Budget & Finance Committee, the various committees and commissions in NCP have shared their hopes about what work NCP will undertake in 2023. After gathering those hopes, Budget & Finance used them to build the 2023 Operating and Mission Budgets. This week, Leadership Council reviewed those budgets and affirmed the promises they contain. At our November 15 Presbytery Meeting, many of you will have the opportunity to vote on both the Operating and the Mission Budget – setting into motion the work of 2023.

We are excited to share that important and hard work with you in the coming weeks. In the meantime, I know many of our churches are waiting to hear what the per capita rate for 2023 is going to be. For the past 3 years, the NCP portion of per capita has remained flat to allow our congregations more space to respond to the COVID-19 pandemic. As the committees and Leadership Council prayerfully considered this number, we celebrated the careful budgeting practices and aligning of expenditures/resources that made that possible. For 2023, we acknowledge that the presbytery office is not immune to the rising costs associated with inflation or the shrinking membership of our congregations. While the full justification for the recommendation will be released as part of the official budget presentations later this month, below you will find the per capita proposal that will be considered at our November Presbytery Meeting.

	<u>2023 Per Capita Rate</u>	<u>2022 Per Capita Rate</u>
General Assembly	\$9.85	\$8.98
Synod	\$1.15	\$1.15
National Capital Presbytery	\$36.13	\$32.54
<b>Total</b>	<b>\$47.13</b>	<b>\$42.67</b>

It is recommended that you use the 2023 numbers above when building your budgets for the coming year. If you have any questions about per capita or anything else finance related, the business office stands ready to help.

Blessings as we continue this important work together!

Heather Deacon, Treasurer  
National Capital Presbytry



National Capital  
PRESBYTERY  
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October 6, 2022



Greetings People!

“What if folks never come back to in person worship and they stay on-line?”

“What if we continue to have a ‘split’ congregation with some in-person and some online?”

Have you asked these questions? I hear these questions often as I visit with congregations and pastors.

Colleagues, It’s Complicated! Organizing our religious reality is complicated. Thank you, Jesus, that the hallmarks of our faith are not complicated! Amen! So, with this assurance, we have to get deep within the complicated reality of organizing and being church NOW.

1. Some congregations have decided that they will only focus on in-person worship while providing live stream worship access for Sundays. This means that live stream is done well: sound, words on the screen (not for folks to print out the bulletin prior), and great camera viewing. The in-person leadership does not always speak to the camera but continues to be energetic. And there are multiple “collisions” or fellowship engagements throughout the week. I recommend [Riverside Presbyterian](#) in Sterling, Virginia, to view this way of organizing as just an example.
2. Some congregations are providing high point engagement for in-person worship AND for on-line worship. People who are on-line are still invited to come “in” close and take themselves off mute for time with children, sometimes prayer, and on-line chat engagement that is shared in real time (IRL) within the worship service. Some examples of this are [Geneva Presbyterian](#), [Oaklands Presbyterian](#), and several others.
3. And we do know of a congregation that continues to be online only for Worship and Bible Study!

With all of these options, well, our worship teams, our welcome hospitality teams, our offices, and us...there is frustration and or exhaustion. That is the real scarcity part.

But what is the ABUNDANCE part to these questions? I ask us to reframe our questions. Not to ignore the scarcity BUT to try on another lens into this reality.

As we grow in our practice of worship with some in person and some online, what can we do and celebrate this reality now? What changes can occur for our time in preparing and organizing so that we can come to each moment with less exhaustion? What adjustments do we need to make in our budgets to give us less anxiety and more space for what we want to have energy, intelligence, and time for? Which spaces have others shown up with real time energy and embrace?

Your Presbytery Office is here to support guiding into these questions and facilitating these discussions. We do not want us to keep running into walls. We deserve to live into the abundant reality together.

Peace and Courage,

Rev. Tara Spuhler McCabe

so that our churches can grow 



***Meet our Moderators  
National Capital Presbytery  
2022 - 2023***



***Shani McIlwain, Moderator***, is a Ruling Elder at Faith Presbyterian Church (Washington, DC), serving on CPM, Spiritual Formation, Co-Chair for the Young Adult Volunteer Board, Co-Moderator of Black Presbyterians United, and a NEXT Church strategy team member. You can also find her serving as a pulpit supply preacher, retreat leader, and sought-after conference speaker. **Reach Shani** – [info@shanimcilwain.com](mailto:info@shanimcilwain.com)

***The Rev. Dr. Chris Deacon, Vice-Moderator***, currently serves as the Stated Supply Pastor for Redevelopment at Northwood Presbyterian Church. He previously served the United Parish of Bowie for 8 years and the First Presbyterian Church of Farmington, IL for 6 years. He has served as chair of the New Things team and currently serves on CDC, Leadership Council, and as Vice-Moderator of the Presbytery. Within his local community, he has served as a community mentor for High School students and is a founding board member and treasurer of the Bowie Interfaith Coalition. **Reach Chris** - [ckdeacon@yahoo.com](mailto:ckdeacon@yahoo.com)





## GO GREEN, GET GREEN



There's not much time left, but you can still apply for a Power to Change grant to improve the sustainability and energy usage of your church facilities. There are two grants left for 2022: That's \$2000 each for two congregations.

**DON'T DELAY. APPLY TODAY.**

The PCUSA calls congregations to care for God's creation and to aspire to live carbon neutral lives. The grant provides matching funds up to \$2,000 per congregation for actions to reduce greenhouse gas emissions, conserve water at churches or educate and advocate to further such actions. Appropriate projects: energy audit of the church building, improve building insulation, install energy saving sensors, LED lights, alternative energy systems, educational Earth Care programs, advocacy of earth care issues in the public arena, projects that preserve and sustain native species and biodiversity, promote sustainable watershed protection. Your congregation does not need to be certified by the PCUSA as an Earth Care Congregation to receive these funds. [https://thepresbytery.org/wp-content/uploads/2019/02/Earth\\_Care\\_Application\\_Part\\_II\\_Revised\\_09-2016.pdf](https://thepresbytery.org/wp-content/uploads/2019/02/Earth_Care_Application_Part_II_Revised_09-2016.pdf)

Providence, Fairlington, and OPMH in Alexandria each applied and received 2022 grants for \$2000 each.

**Here are some recent ideas from other NCP congregations.**

### 2021 POWER TO CHANGE AWARDS

**Rockville United Church [Rockville, MD]** is a certified PCUSA Earth Care Congregation. They used their grant to replace 98 old windows throughout their building with Pella double-pane interior glazed insulated low-emissivity glass and argon gas windows with U-factors between 0.23 and 0.29. These windows meet/exceed Energy Star guidelines and they refinished the exterior window frames removing old asbestos paint.

**Fairlington Presbyterian Church [Alexandria, VA]** is a certified PCUSA Earth Care Congregation. Fairlington used the grant to fund continued leadership of David Grace for the Youth Carbon Analyst Program (YCAP) of the National Capital Presbytery Earth Care Network for 9 weeks. YCAP involved 3 components - (1) calculating the greenhouse gas emissions of the Presbytery; (2) outlining pathways the Presbytery can take to reduce its greenhouses gas emissions; (3) measure reductions over time. The YCAP was planned for 9 weeks, but they were not able to recruit additional youth to participate, and the program ended when financing and leadership did with David Grace's departure from the area. The many competing opportunities for youth in the area made it difficult to recruit participants.

**Old Presbyterian Meeting House** [Alexandria, VA] is not a certified PCUSA Earth Care Congregation. OPMH used grant funds to replace two non-functional parking lot pole lights with solar-powered LED lights to reduce energy footprint and costs. The lights are fully dark-sky compliant. The project reduced bulb waste and the effort that goes into changing them (often necessitating a special truck to change the bulbs). They calculated reduced electrical usage of approximately 1,530 kWh of electricity per year. They learned that although they were able to eliminate use of the electrical grid, they still have batteries that must be replaced every 3-5 years, thus not completely eliminating usage costs or carbon footprint. They also learned a lot about the challenges of using solar in an urban environment.

### **Reformed Institute of Metropolitan Washington**

The NCP Earth Care Network used grant funds to co-sponsor Professor Bill Brown to come to Washington to offer a Reformed perspective on the climate crisis and Earth's general destruction. Prof. Brown is the leading voice on climate among Presbyterian Biblical scholars. His major address at National Presbyterian Church was very well received and well attended (110 RSVP's, 50 present in person and 35 present online). During his stay, Heritage Presbyterian hosted him for an adult education session, and OPMH hosted him for a subsequent sermon. The Reformed Institute matched the ECN grant to pay the basic honorarium and travel expenses, and both OPMH and Heritage paid Prof. Brown a conventional honorarium for their separate sessions. His three live events were very moving and informative, and they filled a gap by providing the theological and Biblical grounding for Earth care that has not been firmly grasped in many of our congregations. This event was recorded and can be viewed here. YouTube( <https://www.youtube.com/watch?v=BBIxX9LHy2g>) . A summary is also available. <https://reformedinstitute.org/wp-content/uploads/2021/08/Bill-Brown-talk-Fall-2022-summary-7-7.pdf>

### **2020 POWER TO CHANGE AWARDS**

Five grants of \$2000 apiece were awarded to: Fairfax, First United of Dale City, Providence, Rockville United, and Warner Memorial.

**Fairfax Presbyterian Church** [Fairfax, VA] is a certified PCUSA Earth Care Congregation. They used the grant as part of the HVAC replacement project to acquire smart thermostats to help better regulate the system and be more energy efficient. The new units are rated about 25% more efficient than the units they replaced.

**First United Presbyterian Church of Dale City** [Woodbridge, VA] is not a certified PCUSA Earth Care Congregation. They used volunteer labor to replace 271 fluorescent lights with LEDs expecting to reduce energy consumption. COVID has interfered with installation and measurement of impact.

**Providence Presbyterian Church [Fairfax, VA]** is a certified PCUSA Earth Care Congregation. Providence used grant to help fund the Faith Alliance for Climate Solutions (FACS). FACS is an interfaith coalition representing about 180 faith communities that are Protestant, Catholic, Muslim, Jewish, and Unitarian based in Fairfax County, VA. In 2021, FACS promoted environmental advocacy in Fairfax County, VA, and has expanded its reach to the city of Alexandria, and Arlington, Loudon, and Prince William Counties. FACS had an extraordinarily successful year getting the Fairfax County Board of Supervisors to agree to a climate action plan that will bring down the county's carbon footprint by 50% by 2030, 75% by 2040, and 100% by 2050. This is in alignment with the Paris Accords. The FACS process has brought together people of many different faith traditions into a common front.

**Rockville United Church** is a certified PCUSA Earth Care Congregation. They used this grant to replace old asphalt roofing on the sanctuary and fellowship hall. Our old roofing was over 20 years old and had incurred leaks and repairs. They replaced this roofing with environmentally friendly EcoStar synthetic slate roofing tiles made from up to 80% recycled post-industrial rubber and plastic. RUC prioritized roof replacement options that are environmentally friendly, sustainable, and recyclable. Rather than replace our roofs with conventional asphalt singles, which are manufactured from fossil fuel and are not typically recyclable, we chose a slightly more expensive but environmentally friendly EcoStar synthetic slate. This synthetic slate is manufactured from up to 80% recycled post-industrial rubber and plastic. EcoStar roofing products divert scrap rubber and plastic from landfills to produce sustainable material that is warranted for up to 50 years.

**Warner Memorial Presbyterian Church [Kensington, MD]** Is a certified PCUSA Earth Care Congregation. They used the grant to replace the aged and failing air-conditioning in the sanctuary and 4 meeting rooms and add cooling and heat to the kitchen. The eight serving the sanctuary and four meeting rooms were 20 years or older, and some have failed. The new units were more energy efficient, quieter, and use less harmful coolant.

**Bush Hill Presbyterian Church [4916 Franconia Rd, Alexandria, VA 22310]** is not a certified PCUSA Earth Care Congregation but was welcomed to apply and receive a grant to replace original (1950s) single-pane casement windows with energy-efficient windows. They removed 10 60-year-old single-pane casement windows, which did not close or lock and were difficult to see through and installed 10 vinyl, double-pane, sliding, low E glass windows. The primary user of the space is a preschool, which greatly benefited from the replacement windows. Having new windows that open were also extremely beneficial to COVID-19 safety protocols in 2020 and continue useful today. Windows that lock add another level of security that was missing with the old windows. This project provided additional reassurance to preschool parents and other community organizations that we can operate our buildings in a safe and secure manner.

For more reports from earlier years click here: <https://thepresbytery.org/wp-content/uploads/2021/07/NCP-Power-to-Change-Grant-Program-Summary-2020.pdf>

National Capital Presbytery

# The Gathering

## "Community Exegesis"

**"Learning a new way to discern your church's mission: Embracing your *"Have to Go!"*"**

The Gospel of John says Jesus *"had to go"* through Samaria. How would your budget decisions, ministry decisions, and direction of your church be transformed if decisions were based on discerning God's *"have to go"* for your church community?

This one-day training introduces practices that help your church develop clarity and focus of mission that extends outside the building and into the community. This training will provide concrete steps and resources your church can put into action to discover and implement your *"have to go."*

*Be prepared to buy lunch at a local restaurant or food truck  
as one of the exercises will include eating out.*

OCTOBER 8, 2022

10:00 AM to 2:00 PM

Kirkwood Presbyterian Church

Open to All

Register Here

Ask Us  
Anything

You don't have to know all the answers —  
we're here to help.



THE BOARD OF PENSIONS  
OF THE PRESBYTERIAN CHURCH (U.S.A.)

### What are the top things to do before you retire? [Ask Fidelity!](#)

Join Fidelity Workplace Financial Consultant Dan McCarthy for a 30-minute, interactive, virtual presentation on important things to consider — *before* you retire — that may impact or influence your financial decisions.

**Top Things To Do Before You Retire**, a free webinar from Fidelity Investments (Retirement Savings Plan recordkeeper), is designed to help you get your financial house in order, create a retirement income plan, understand Social Security, and prepare for the unexpected. From creating your financial blueprint to preparing your estate and legacy plans, Top Things To Do Before You Retire will offer ideas and resources to take the next step on your financial wellness journey.

Following the presentation, Dan will be available to answer your general questions. You can also schedule a complimentary, one-on-one consultation with Dan to discuss your unique circumstances.

**Tuesday, October 11, 2022**  
**Noon ET**

[Register here for the webinar.](#)

- Select **Attend a learning event**.
- On the next page, enter **The Board of Pensions of the PC(USA)** as the employer, choose **Virtual** as the event type.
- The screen will refresh and you will see two events listed for October. Click the green **Register** button for the October 11 Ask Fidelity event and provide the requested information on the next page. Be sure to click the blue **Schedule Event** button to complete your registration.

If you have medical coverage through the Board of Pensions, you can earn 25 [Call to Health](#) points for participating in this webinar! Join the Ask Fidelity challenge (available October 3-16) and points will be awarded within two to three weeks after the event. *Call to Health is not available to members enrolled in Triple-S, GeoBlue, or the Medicare Supplement Plan.*

**Not in the Retirement Savings Plan?**

You can participate in the virtual webinar regardless of whether you currently participate in the [Retirement Savings Plan \(RSP\)](#). If you are not enrolled in the RSP, talk with your employer to learn more and get started. All employees who work for a PC(USA) church or affiliated employer can participate if their employer offers the plan to them. If your employer does not offer the RSP, ask them to contact the Board of Pensions at 800-773-7752 (800-PRESPLAN).



THE DISMANTLING RACISM TEAM  
OF NCP INVITE YOU TO

# ALLY TRAINING 2022

led by Service Never Sleeps



UNITY · RECONCILIATION · JUSTICE  
**Dismantling Racism**

**NEW DATES &  
TIMES!**

## TWO TRAINING OPPORTUNITIES

(Each Training consists of TWO sessions.

Your registration confirms you will attend both)

**Training A - Monday, Oct 24 & Tuesday, Oct 25 (6:00 pm to 9:00 pm)**

**Training B - Wednesday, Nov 30 & Thursday, Dec 1 (6:00 pm to 9:00 pm)**

**Where: Zoom**

**Who: ALL Clergy AND Members of NCP  
congregations & communities & friends of  
our congregations. Want to register a  
group, let us know!**

Led by Whitney Parnell, CEO and Founder of Service Never Sleeps, these sessions will provide helpful definitions, invitations to self-mirroring, and active ally education involving the CLAIM acronym: Care, Learn, Act, Influence, and Maintain. The workshops teach individuals about the causes of social injustice, how to be effective allies for marginalized communities, and how to actively influence and educate others. Our time together on Zoom will involve breakouts for practice together in pairs and small groups intermittently throughout our time of learning, so come ready to "try on" the Ally Training strategies of Service Never Sleeps.

**[Register HERE](#)**



NOVEMBER 18-20, 2022

Retreat for high school students and their leaders, centered on worship, leadership development, and small group discussion while learning about PC(USA)'s Matthew 25 vision.



Conference Preacher: Rev.  
CeCe Armstrong

Associate Pastor at St. James  
Presbyterian Church in Charleston, SC

**NCP wants to show up and show out at this wonderful opportunity.** This gathering is for small, medium, and large youth groups. We are seeking donations of \$50 - \$250 per church. Please register [HERE](#) so we know how many to make the reservation for as a whole Presbytery! We will coordinate transportation once we have our numbers. This is in coordination with leadership from The Spiritual Formation Team and leadership from The NCP Youth Workers. You can contact Paige Bach [paige@providencechurch.org](mailto:paige@providencechurch.org) or Tara Spuhler McCabe [tspuhlermccabe@thepresbytery.org](mailto:tspuhlermccabe@thepresbytery.org) with any questions.

