

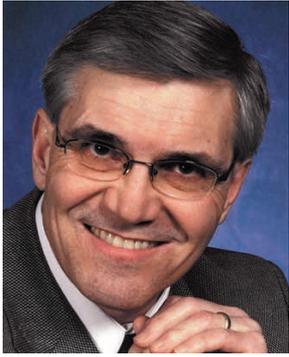


The Heeling

Metro Handicapped Encounter Christ • www.metrohec.com

Summer 2013

A Message from the President



Knowing the will of God and listening to His voice is much like the example that Jesus shares in the book of John chapter 10, where Jesus calls himself the Good Shepherd who is willing to give his life for his sheep. Hearing His voice and moving toward His calling means living our life following the will of God. How does this work in my life and in others' lives who hear the voice of the Shepherd? "I

am the Good Shepherd; I know my sheep and my sheep know me—just as the Father knows me and I know the Father—and I lay down my life for the sheep." In most cases I have found that listening to the Shepherd's voice requires me to be truly present to the moment, and in most cases, it means my just showing up with a sensitive heart open to God's direction. Having wisdom is hearing the Master and following His voice. The voice of the Master is found in scripture, prayer, other people, places that I go, and things that are placed in my path during my journey. Jesus the Shepherd knows best, like the Father knows best. So by following the voice of the Master, Jesus the Good Shepherd, we will always walk in His will.

What do I mean by "Showing up or being present" as the first step in understanding where we can be used by God? I mean by teaching others, sharing our experience of joy or pain, or by being receptive to someone that comes into our lives just at the right moment. I recently listened to a program about Homeboy Industries—this is a place for gang members to come and learn how to get along with one another in a peaceful manner. Homeboy Industries teaches communication skills and interaction with other gang members in a safe environment. Greg Boyle, who runs the program, said that one day he was walking down the street and was greeted a boy sitting on the steps. The boy said he had just been praying for God to reveal Himself to him and then Greg Boyle showed up! Two things happened during this encounter. First, Fr. Greg Boyle was present to the voice of God by walking down the street in an area of town where most people like him would not be walking. Second, the young man was praying to God for direction. This is an example of the perfect combination of being present to God and of allowing the Spirit of God to work in the moment.

In my life I hear the voice of the Shepherd when I read and pray scripture and ask God to direct people into my life. However, I need to be present to what is happening around me and how people come into my life. I often see how God is work-

ing by how others come into my life. I try to be available to hear and see them and take action at that moment—either by sharing God's Word, prayer, or by offering assistance in some other manner. Living alert to His voice requires me to see Him working in all areas of my life—work, home, family, church, neighborhood, volunteer activities, and even in the everyday activities like shopping and just living daily life. This is where the wisdom of God and His will for me is carried out—not just during times of doing churchy things—but in everyday, common place interactions with others. God draws them and I pray that I am available to do His will.

With this in mind, I would encourage you to give it a try. Allow yourself to be used by God. Listen to the Good Shepherd's voice and then respond when God places other people in your path. Be His ambassador of Grace and Light wherever God places you.

In His Grip,

Jack R. Weber, Jr.

Save the Dates

The **2013 Fall Retreat will be held October 11 – 13, 2013** at West River Retreat Center. The directors are Meg Wholey, Mary Grace, Kathy Payne and Sister Beth Anne Herrmann. The theme is ***Obedience to Joy. Really? Surrendering to your Will, Living in your Joy.*** See the flier in this newsletter for more details. Send in your application today.

The annual **HEC Dinner Dance will be held on November 16, 2013** from 5:30 – 10:00 at the Hollywood Ballroom in Silver Spring. Registration information will be sent out in the fall.

Helping Hand Program

Did you know HEC can provide financial assistance to HEC-er's in need? The program is designed to provide assistance with unexpected expenses – medical, rent, food, etc. To request assistance contact Bill Meyer (703-750-9214), Anne Reap (703-407-7312) or Kathy Parker (703-998-8278). If you would like to financially support the program, please consider making a tax deductible donation to METRO HEC.

The 2013 Spring Retreat

By Bill Meyer

Not surprisingly, the spring retreat directed by Susan Corrigan, Kathy Payne, Anne Reap, and Christine and Jack Weber was a huge success. The theme was "Knowing God's Will and Direction for my Life." It was exciting to see six new people on the retreat. Welcome and come back soon. The directors led us through a series of talks and discussions about our moral



Phyllis Brown and Ursula Battle

compass and how we live our lives. There are many routes to follow (prayer, meditation, humor, etc.) but they all have the same destination. We were reminded that relationships, not things, are what are important in life - how we relate to people and our environment. Upon reflecting on the weekend and the effect it had on me there are two things which stick out. 1. There is one thing which we all have that is important - a name. At HEC we acknowledge this by giving everyone a name tag. People like to be called by name. I am always pleased when someone whom I barely know calls me by name. I consider it an honor and try to do the same for others. 2. The other is to be patient. Sr. Beth Anne used humor in a skit to remind us to be patient. It is amazing how many times I have used the phrase "Be patient, my little jackass" during the course of a day - sometimes directed toward others but more often toward myself.

I can hardly wait for the next HEC activity so I can see my friends again.

Ramblings of a First-Time HECer

By Sister Beth Anne Herrmann



Sister Beth Anne Herrmann performs a skit

What? Me? Retire? I was hoping to continue in a full-time paying position until I was 100 years old. But then I began to slow down with various "senior" complaints until, approaching 85, God advised me to put my pride in my pocket and call it "quits." So, in January of 2013, I moved from Oklahoma (where I was a Hospital Chaplain) to Baltimore, Maryland.

Settling in was a big adjustment. I felt useless and not needed. My frequently-praised singing voice disappeared and my prayers became dull and tasteless.

Then, Christine Manlove-Weber gave me the invitation to the HEC Retreat. Why not, I thought. Maybe this will infuse some purpose into my retirement. On the appointed Friday, Kathy Payne generously picked me up and deposited me at the Bon Secours Retreat Center. Someone named "Bill" greeted me in

the hallway like a long-lost friend and helped me open my bedroom windows. Then, when I walked into the meeting room, I was drawn like a magnet into a bubbly woman named "Ruth." (I didn't know then that we had been assigned as partners.) From that moment, I knew I was sold! Then I met person after caring person, smiles galore, happiness immeasurable. What a wonderful weekend. So many spiritual, caring, joyful, interesting persons. God had found a niche for me, and I thank all HECers whose prayers led me there. **Deo Gratias!**

My First HEC Retreat – Serving the Lord with All My Heart

By Tom Trunk

As a first-timer completely new to HEC, I arrived Friday evening at Bon Secours to the pleasant surprise of a welcoming family of Christ-Centered sisters and brothers gathered together and sharing a light supper. What a great way to open the retreat to re-acquaint friends in this spacious carpeted conference hall that overlooks the lush wooded grounds of the retreat center. Within a few minutes Kathy Gridley arrived. She's been a friend for five years since we met on the job at National Weather Service's headquarters in Silver Spring. Across these years, Kathy learned about me as a Catholic single man who works as prayer coordinator for the 40 Days for Life mission in College Park.

I was greeted by Fidel Fortaleza, Kathy Payne, Ruth Iverson, Peggy Meyer, Sister Beth Anne, and my partner for the retreat, Moses Hillegass. We worked together to draw a poster with the message, God Points Straight (GPS) and listened to Jack Weber's captivating keynote address in which he explained the miracle story of how a job opportunity opened up exactly at the right time for the man he had counseled in prison. God's will was for Jack to direct this man to apply for that very desirable job.

This HEC Spring Retreat was to the spirit, as a vacation is to the mind, a refreshing way to immerse oneself in the goodness of life and for us to receive Christ's love as we look after each other, especially to encourage each other to advance toward a holier way of living. A good example was a religious vocations discernment retreat I attended fourteen years ago in Hyattsville. There I discovered God's will for me was for me to pray fifteen minutes each day from the Roman Missal. To this very day I continue to use the same small thick red breviary my Godmother passed on to me fourteen years ago. So, of course when Sally Bell gave her talk, calling us to do homework, in the form of prayer I could not agree more. Sally told us to find a special place and reserve 10 minutes each day to faithfully pray to the Lord, and bring a list of the persons who are most in need of our prayers.

How awe inspiring it was to hear the personal testimonies of Ruth Iverson, Ian Skilling, Julie Wessel, Mary Grace, Bill Meyer, and Christine Weber (to name a few) on how their faith in a loving Lord carried them through various spiritual struggles and work assignments that seemed impossible at the moment. Sally Hoffman really expressed the Christian love of this group by giving so nice a tribute and slideshow to your dearly departed friend, Barbara Kidwell. May her perseverance and hope-centered way of serving others be an example to each of us.

As a person devoted to prayer, I truly valued the extra time to pray the special Stations of the Cross inside the chapel and then attend Mass for Pentecost Sunday. How appropriate to be welcoming the Holy Spirit in the sacrament of the Eucharist while on a HEC Spring Retreat!

The closing service, in the form of a Commitment Circle, with nearly 50 people in the room gave everyone a chance to express what was on their heart. Perhaps it is by listening to the needs of one another that we individually develop the sense to hear the voice of God, in his calling and direction for our life. I thank Moses and Fidel, for being partners who were so patient with me, and I thank all HEC members for being so charitable with their kind comments this weekend!

Reflections from a New HECer

By Joe Annunziata



Joe Annunziata and Lucy Frieman

I enjoyed the HEC retreat very much. Everything was well planned – from the reception and spacious rooms to the timeliness of the meetings, the delicious meals, the beautiful chapel, the depth of the talks and discussions, and the interaction of thought, prayer and recreation. Above all,

the retreatants were very welcoming, making the newcomers feel immediately at home, and asking them to take on chores along with those who had been coming for many years.

Helping retreatants with disabilities was particularly spirit-filling. I was both humbled and elevated by the intelligence and determination of those I conversed with.

Looking forward to seeing you all again soon.

HEC Leadership Retreat October 2012

By Peg Wesbecher



WOW!!! I can't believe I am so far behind! The first day of spring was just two short days ago—March 20 and I am just now filling in the HECers on the Leadership Retreat last October. Well first off the Retreat was at the beautiful West River Center on the shores of the Chesapeake Bay the first weekend in October. As we all know West River is just the right spot to provide the mind, body and spirit with fertile ground and re-

freshing waters to chart HEC's course for the next two years.

So let's start at the end of the Leadership Retreat. On the last day of the retreat, the participants volunteered for the retreat planning teams for the next four retreats. I am happy to report starting this spring at Bon Secours, May 2013 through our annual Fall retreat at West River Center in October of 2014 all four retreats are covered. Thanks to the Leadership participants who volunteer their time and energy ensuring our semiannual retreats continue through 2014.



Mary Grace and Sally Bell

Now with that good news do not get too comfy because we need so much more from all HECers. The Leadership Team's big push is increasing membership. At the Retreat we discussed how to increase all membership; the able-bodied, the medical professional, and most importantly disabled membership.

Have you been on a retreat lately? If you have, you know how HEC is dependent on the able-bodied members to assist others in Activities of Daily Living. If you have, you know how HEC is dependent on the professional's medical oversight in the delivery of care. If you have, you know the survival of HEC is dependent on the disabled members. It is our disabled members who provide a rich perspective of life that is often not even considered by the able-bodied. It is from this perspective all retreat participants are frequently touched by God's daily presence in our lives.

How do we plan to do this? Well each individual member of the Leadership team is committed to recruiting new members in all categories. First, by one on one introduction of HEC to our friends, family, church, choir members, and work place acquaintances. Also the team will market to Lay Groups such as the Catholic Daughters of America, Third Order Franciscan and the Third Order Dominicans. The team is also committed to providing information to Archdiocese of Washington DC's Ecclesiastical Movement, Archdiocese of the Military, and the Wounded Warrior Program. One more outreach is HECs tech outreach. Besides recruiting on Craig's List, HEC's Leadership will explore the development of a HEC Witnessing podcast. This podcast would provide a link both to FACEBOOK and the HEC website.

So now is not the time to sit still. If you have suggestions or want to help in recruitment do not hesitate. We need everyone to recruit!

HEC Dinner Dance

By Bill Meyer

The annual HEC dinner dance was held on November 10, 2012 at the Hollywood Ballroom in Silver Spring which is owned by our own Richard Zierdt. Unfortunately there was a smaller than usual group that attended - unfortunate, that is, for those who missed it. Those of us who were there had a



Peggy Meyer, Scott & Yaneth sharing the moment

catering staff got so caught up in the joyous atmosphere that they joined us on the dance floor after their chores were completed. One of the highlights of the evening was having Elizabeth Desimone (Rochelle's granddaughter) sing the Doo Doo Girls song "Iris." What a treat and such a terrific voice. Thanks, Elizabeth. Plan on being there next year on November 16, 2013. You won't regret it.

Elizabeth Desimone singing

fabulous time. As usual the music was provided by Mary White with her able assistant Ed Jones. There was a choice of either Chicken Marsala or Salmon for dinner. It didn't matter which one you ordered because they were both delicious. The



HEC Picnic

By Julie Wessel



Enjoying the picnic in song, food, and fellowship



Larry Spears enjoying the sun & fun

the shrimp and the mop. Meg Wholey and the Fortaleza family led us in song. It was a fun day to meet new people and reconnect with old friends.

Approximately 40 HECer's gathered at the Sligo Creek/Denise Ave. Recreation Center on June 15 for the annual picnic. It was a beautiful day for a picnic – sunny with temperatures in the 70's. We actually had HECer's outside enjoying the day. Thanks to Janice Barrett for coordinating the event, her brother Earl for being the chef, and her mother Mary for bringing

Reflections on Barbara Kidwell

By Peg Wesbecher

Let me start at the end – that is Barbara Kidwell's funeral Mass at St Michael's Church in Brandywine, Maryland on Saturday, February 16. Barbara's mass was a fitting tribute to her life with us. First, St Michael's church is beautiful in its simplicity. The church's white paneled walls, muted stained glass windows, and most importantly, the circle of light focused on the crucifix behind the altar brought us closer to Barbara's spirit. Fr. Faust's eulogy spoke of Barbara's devotion to the Eleanor Roosevelt High School students in Greenbelt, Maryland. He mentioned she knew most of the students by name. Wow! Barbara had a powerful memory; Roosevelt is one of the largest public schools in Maryland. The melodic voice of Juliette V. Countiss led us in song and rested assured that beautiful voice floated Barbara right into heaven.



Speaking of heaven, Anne Reap who accompanied me to Barbara's Mass told me of her conversation with Joe (her deceased husband) during morning prayers. Joe's words to Anne were, "Anne, don't worry. I'll be the first to greet Barbara as she walks into heaven." So Barbara, once you settle up in heaven keep watch over your friends down here on earth.

Barbara Elaine Kidwell – A Tribute

Presented by Sally Hoffman at the morning mediation at the 2013 HEC Spring retreat at Bon Secours.

I have been asked to pay tribute to our fellow HECer, Barbara Elaine Kidwell who passed on to her heavenly home on February 8, 2013 at the age of 46. This is a great honor for me, as I considered her a good friend.

Barbara was born the fifth child in a family of seven. She lived all but the last eight years of her life on a farm in Upper Marlboro, MD and attended Prince George's County public schools. She graduated from Friendly High School.

Once, she shared with me that her mother told her that she hoped that Barbara would die before her because she didn't know how Barbara could manage without her. She also encouraged her to apply for social security disability instead of working after high school. Her mother died in 1998 and her sister Carol took over her care; Barbara knew that she could not live alone and greatly appreciated Carol's help. From the Bible, we hear these words from Thessalonians 5: 16 – Be joyful always; pray continually; give thanks in all circumstances; for this is God's will for you in Jesus Christ.

Barbara was determined to support herself. She applied for a job as a secretary at Eleanor Roosevelt High School in Greenbelt, MD. She told me that she went for an interview and got the job "on the spot." She said that she and the principal liked one another right away. She worked six hours a day for the past 25 years. She thrived on her work. She and the staff

had a “mutual admiration society.” She liked having six weeks off in the summer but arranged it so that her pay was spread over twelve months; this way she could enjoy the time off without worrying about how to pay her bills. When I asked her how she managed to sell so many raffle tickets (usually about three hundred dollars’ worth), she chuckled and said, “Oh, I just send the staff an email and tell them that the retreat is coming up soon and they just come to ME!”



On the way to the spring retreat a couple of years ago, Barbara shared with me that she had been given a new desk, at work, to replace the metal table that she had used for years. She described it as being a large wooden one with several drawers and EVEN A LOCKING ONE! She was so thrilled. I told her that it was a sign that she was very much appreciated for all her efforts over the years. I called the school this week and asked one of the administrators if she happened to have a picture of Barbara sitting at her new desk. She said, “No,” but she shared with me that Barbara always smiled and never complained about ANYTHING!” One of the other administrators said that she often asked, “What more can I do to help you?”

Remember Barbara’s smile and ponder this writing by an unknown author: A smile costs nothing but gives much. It enriches those who receive without making poorer those who give. It takes but a moment, but the memory of it sometimes lasts forever. None is so rich or mighty that he cannot be made rich by it. Yet a smile cannot be bought, begged, borrowed or stolen, for it is something that is of no value to anyone until it is given away. Some people are too tired to give you a smile. Give them one of yours, as none needs a smile so much as he who has no more to give.

About six years ago, Barbara called and asked if I would meet her at a hotel in Greenbelt for a breakfast and award ceremony. She was given the Prince George’s County Public School system award for Employee of the Year. I was so honored to be asked to join her for this. She remained humble but was obviously very happy to receive this award.

Approximately eight years ago, on picking Barbara up to drive her to a retreat, I discovered that she and her sister were living in a house with an almost non-existent water supply; the well was nearly dry. Bob and I reported the situation to the landlord, who will remain anonymous. The house was con-

sequently condemned and Barbara and her sister were faced with no place to live soon. Unlike Bob and me, she did not panic but rather “took the bull by the horns.” She simply did some research on her computer and found a lovely, first floor, handicapped accessible, rent subsidized apartment in Upper Marlboro, MD. She really was proud of her new home and especially loved having neighbors and even a swimming pool. Her neighbors were extremely friendly and kind to her. Hear these words from Philippians 4:4-7 which seem appropriate: *Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your request to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*



Barbara Kidwell a blessing to HEC

She entered the “Miss Wheelchair Contest,” too, and the beautiful portrait you see here was from that contest the year she won the title.

When, at times, there were family disagreements, she purposely never “took sides.” She was always nice to everyone and encouraged everyone to get along. I never heard her make a negative remark or speak ill of anyone. She was a peacemaker. In Matthew chapter 5, verse 9 it says: *Blessed are the peacemakers, for they will be called sons of God.*

One time, she was asked to make the “prayer pockets” for the retreat. She drew a special picture on each one and it was then that I realized that she had yet another talent – the gift of artistic ability. I encouraged Barbara to use that talent.

She was a “Wiz” on the computer and had great organizational skills. The day before she died, she told me that she was finally going to be able to get back up to her computer – she missed that! For several years, she volunteered as our HEC newsletter reporter and editor. She was still in charge of mailing it when she passed away. She liked to do her part!

Since my home was closest to Barbara’s, I often drove her to and from retreats. She was my navigator as I am prone to getting lost! She liked to listen to the popular tunes on the radio and sing along. She had a good singing voice too! One of our more memorable rides was to Bon Secours during the Cicada season. As we drove up the lane, the Cicadas literally bombarded our car. We went hysterical and laughed about that for years!

HEC was a very important part of Barbara’s life. She loved being involved in all the activities – especially retreats and dinner dances. She thought of each of you as special friends and cherished you. When any of you had a problem, she always cared for you and voiced concern. She loved all of you! I’ve kind of lost track but I think she was involved with HEC for at least fifteen years. It enriched her life greatly!

So, to sum it up, when I think of Barbara, I think of: Her smile, a peacemaker, a good organizer, independent, ambitious, helpful, artistic, a good friend, a good sister. I pray that she may attend this retreat, in spirit. May she enjoy life eternal – walking and dancing around heaven – unencumbered, in the company of all her loved ones who have gone before her. Maybe she said, when she arrived, “See Mom, I COULD do it, after all!”

From the Book of John, chapter 14, verse 1, we hear these words of comfort: *Do not let your hearts be troubled. Trust in God; trust also in me. In my Father’s house are many rooms; if it were not so, I would have told you. I am going there to prepare a place for you. And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am.* And from John, chapter 14, verse 27 we hear: *Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.*



Yaneth Flores and Scott Spaine

Wedding – Yaneth Flores & Scott Spaine

By Bob Hoffman

About 50-60 attendees including friends from the Church, HEC, and former colleagues witnessed the religious wedding of Scott

and Yaneth on Saturday, April 20, at the First Baptist Hispanic Church in Arlington, Virginia. The bilingual ceremony was interpreted into English by one of the church members. There were several HEC members present including Bill and Peggy Meyer, Tim White, Jacque Moncrief, Ken Swanberg, Mary Grace, Mr. and Mrs. John Tarrant, and Larry Spears. The bride wore a strapless full length gown with a train and carried a bouquet of roses. She was given in marriage by Brig. General Jack Nicholson (U.S. Army Ret.) who was a close friend of the bride. Bill Meyer, Tim White, and another singer sang “It’s a gift to be simple,” and another friend sang a Spanish love song. Following the ceremony a full meal luncheon was served in the church activity room. There were commentaries including a toast by Mary Grace, and a moving concise and articulate tribute to the new couple by Larry Spears. All the usual formalities were observed at the reception. The day was characterized by the joy and love expressed by one and all. It was a truly happy occasion that bodes well for the new couple.

Mary Grace in Leer, South Sudan

Mary Grace is volunteering in South Sudan for the summer. The following is her account of a typical day. For more information on how you can help the people in Leer, email Mary Grace, mgrrrace@gmail.com

I sometimes awaken to the sisters singing Lauds. If I have time I join them for daily Eucharist. If it is very muddy I must allow about 50 minutes to walk to the Public Primary School for my morning English classes (between 74-114 students, 14-26 years old).



Nursery School South Sudan

Breakfast for me is usually coffee and cold rice, or sorghum porridge, with raw sugar and spices. I may get stronger, from all this walking, but I don’t think I’ll lose weight because the rainy season brings food, our first okra; I’m learning to love slimy okra in South Sudan.

By 7:30 a.m. I leave to walk to the Public School, classes start at 8:15 (more or less). Some students eagerly await me, some straggle in. I am doing a fun game with those who come on

time, to encourage promptness. I am still totally confused with how they use their exercise books, so I just do my own thing, which they are clearly appreciating and the administration couldn't care less. This week I am teaching listening comprehension, grammar and syntax using *The Nail in the Fence Activity*, which is about a boy learning to control his temper. Much of the class is devoted to pronunciation/enunciation, citizenship, and encouragement!

After English at Leer Public School I walk back to the compound, wash up and cross the street to enjoy the little ones at the Comboni Nursery School with Sister Agata. Sr. Agata is a gem, her faith and devotion hover 'round her like a halo, and she somehow balances that with strict discipline and careful administration of the school, where bright paint and sweet little chairs and all these kids greet me singing songs I teach them. The school is such a contrast to the public school and shows how much the parents need and want good education.

We gather together for lunch, then take a siesta during the heat of the day, resuming classes at 3:00. Next week I will work one hour each afternoon with the catechists, four Nuer men who are studying for the priesthood. Two afternoons a week I'll get to work on English with a group of about thirty women from the church. Siesta is also a good time to wash our laundry (yes, in buckets, but there is water piped in to a special sink), or to check in with you on the internet if we have service.

The last couple days I joined Sr. Laura for the afternoon sessions of her workshop with about 30 women from the church. They are studying women in scripture and hearing, for the first time, that they are granted equal status under S. Sudan's Constitution. They engage in lively and important conversations on all aspects of womanhood and are clearly enjoying the exchange. The women here are gracious, kind, welcoming and joyful...and really strong. However, the social/cultural constraints are myriad and negative. Although under the constitution men and women have equal rights, and children are protected, here in Leer a man may commit adultery or abuse a girl with absolutely no ramifications (well, sometimes he must slaughter a goat for her family). If a woman commits adultery she may be beaten to death, and even if it is a mistake there is no punishment for the killers. Indeed, this happened to a young wife, Margaret, in a horrific case two years ago. Boys are the overwhelming majority of school students (donate to Educate the Girls); and girls and women do almost all of the work I see happening. The Women's Micro Loan Program, run by the Combonis here, is one of the few ways to help lift those women into more capable, responsible and moderately independent lives. It takes so very little to give them the tools or skills they need to start a business so they are not dependent on males, who often sadly neglect them. However, as in all societies, most people are friendly and kind, including the men here. In all my English classes (overwhelmingly boys), I talk about relationships and respect and compromise.

Last night we braved the mosquitoes to have evening prayer outside, under the Neem Tree. We saw a magnificent bird, some kind of heron maybe, gliding peacefully into the sunset over the huts. Can you imagine?

HECers in the News

Paulette Spriggs retired from working as a social worker for Baltimore County School System and moved into an assisted living facility in Pikesville, Maryland. She is adjusting to the new life style.

Kathy Gridley retired from the National Weather Service. She is enjoying getting more rest and relaxation and attending some daytime church programs.

Ruth Iverson has been in and out of the hospital with heart issues. She is beginning to feel better and looks great. She plans to retire in January and move to North Carolina.

Maureen Shields spent the winter living with her parents in Williamsburg. She had a pressure sore on her bottom and her mother lovingly nursed her back to health. Maureen is now back at Merica House.

Fidel and Aura Fortaleza ask for our continued prayers concerning their immigration issues. Aura has found a school that will sponsor her for a work permit, but the paperwork must be completed by November when her current visa expires.

Michael Dietz had a stroke in the fall followed by numerous eye issues. Janice Barrett and Michael stayed with Janice's mother while Michael recuperated. They are back at Inwood House. Now it is Janice's turn to be sick – she has had numerous bladder infections.

Kathy Payne's mother, Anna Blanche Payne, passed away on May 28 after a long illness. She was 90 years old.

Debbie Reigle's house caught on fire. Debbie and her cat are fine, but she lost everything and needs to rebuild.

Linda Eastridge had foot reconstruction surgery in June. She will be in a cast for several months. We hope she is fully recovered in time for the Dinner Dance.

Metro HEC is On-Line

Did you know Metro HEC is on-line? You can visit our web site www.metrohec.com or join our new Facebook page – [dcmetrohec](https://www.facebook.com/dcmetrohec). Stay connected with your friends; keep up to date with our activities.

Newsletter

Are you willing to help with the HEC newsletter? We need people willing to share the news about members of our community. If you are willing to help, contact Jack Weber (jack@uptownpress.com or 410-905-2543).

Do you know someone who would like to be added to the Metro HEC mailing list so that they receive the newsletter and event announcements? Also, if you are receiving this newsletter, but are no longer interested in receiving information about Metro HEC, let us know so we can remove you from the mailing list. Send names and addresses to jack@uptownpress.com.

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Do you want to hear about your fellow HECer's in between newsletters? We send out prayer requests and news via email between newsletter publications. To have your email address added to the HEC email list, send your email address to jack@uptownpress.com. If you do not have email, Anne Reap will make sure you get important messages. Call her on 703-407-7312 if you want be on her list to relay messages.

Donations to METRO HEC

Do you ever wonder what to get someone as a gift? Would you like to honor someone or memorialize someone with a gift to METRO HEC? Donations received will be acknowledged by a letter to the donor and the person being honored or memorialized.

METRO HEC is a completely volunteer organization. We are entirely dependant on the support, prayers and monetary donations of the larger Christian community.

Please consider providing your support through attendance on a retreat, your prayers or your tax deductible donation to fund the ministries of METRO HEC. Donations can be sent to METRO HEC, 415 Aigburth Rd., Towson, MD 21286

The HEC Diamond

Peg Wesbecher

We all knew HEC's beautiful diamond as Julie Wessel, and now HEC's diamond is immortal. Julie transcended into her new life peacefully on July 25 with her mother Dorothy, her sister Ann, and Mark at her side. On August 2 Julie's family, friends, work associates, and HECers attended her Mass of Christian Burial at St. Raphael Catholic Church. Our next edition of the HECling will be a tribute to our Immortal Diamond—Julie Wessel. Remember, Julie was a great listener; keep talking to her she is still listening!

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●●●●●●●●●● Upcoming Events ●●●●●●●●●●

October 11-13, 2013 – Fall Retreat at West River
November 16, 2013, 5:30 pm – Dinner Dance at Hollywood Ballroom
May 30 – June 1, 2014 – Spring Retreat at Bon Secours