



LOGOS

The Newsletter for St. John's Episcopal Church, Arlington

"The light shines in the darkness and the darkness did not overcome it." John 1:5

From the Rector: A Time for Growth

Green Seasons: Pentecost and Summer

The season after Pentecost is a green season. From the Sunday following Trinity Sunday through the next to the last Sunday before Advent begins, our altar hangings and my stole and chasuble will be green. Green for growth.

Pentecost, the summer solstice, and the end of the school year—all lead to summer, the greenest season. Grass, weeds, and leaves are green. Our gardens flourish with green zucchini, green tomatoes, and green lettuce. The flower petals' luscious colors are set off by deep green leaves. And if we aren't careful, the Washington humidity gives us less delightful greens—mold on wet beach towels, basement walls, and other damp places.

Summer is a season of rich growth, just like the season of Pentecost. As we celebrate the death, resurrection, and ascension of Jesus and the coming of the Holy Spirit, we are invited to grow in our experience as Christians, looking for Christ in our everyday lives. We are called to listen for the Holy Spirit's voice, supporting and encouraging our growth in new ways, just as the sun and the rain support and encourage the growth of summer plant life.

When we think of summer, we usually don't think much about growth—we think about relaxation! School is over. Certain jobs may slow down. There is a massive exodus from Washington in August because Congress is in recess and many government agencies and contractors take a hiatus as well. We go to the pool or go fishing, grill outside, play in the sprinkler, go to camp, catch lightning bugs, and take walks. We sit on our porches and decks, have leisurely conversations, relax with a glass of lemonade or iced tea.

These activities do not fit our idea of growth. We believe that growth requires activity. We must do something, learn something, or produce something.

But we can't just take in information and call that growth. That's just the filling up stage. True growth takes place when we consolidate all that we have taken in. Growth has a processing, quiet phase as well as an active, productive phase. It takes a dormant winter for bulbs to split so that next summer you have more daffodils. Our bodies need sleep to use the nutrients we took in during the day and to put our exercise efforts to good use in building muscle.

Spiritual Growth

Emotional and spiritual growth take place in the same way. After our busy seasons from Advent to Pentecost, in which we remember and celebrate Jesus' life, we need the Sundays after Pentecost to absorb the meaning of his life, to let the transforming power of the gospel story change us. Purposeful spiritual growth requires both prayer (talking to God) and meditation (listening to God). We need to slow down and reflect theologically on our lives. Growing emotionally is about taking time to process how we feel about ourselves, others, and God. Growing spiritually means coming to new insights about our relationships, our work, and other aspects of our lives.

Processing Time

I have been doing a lot of processing lately. Sometimes I do that actively, by writing about my feelings or talking about my issues with others, but often I have what I call "processing time." I read, do crossword puzzles, watch movies, or knit—anything that keeps me engaged, yet gives my subconscious some free time to reflect and grow.

Relax and enjoy your summer. If you need structured activity, find some time for that. If you need relaxation and an empty mind, find some time for that. We are all different in what gives us pleasure and helps us process. Try to find time to get away, to take some kind of physical (or mental) vacation. Be deliberate about taking time away from the regular things in your life. Make it a practice to look for God wherever you are and be grateful. It may not be obvious, but it is in the "not doing" or the "doing different" that growth takes place.

Letting Growth Happen

Growth and transformation happen to us. We cannot force them to happen. We can only put ourselves in places where growth can happen and wait for it to occur. Whenever you see the color green, whether in church or in the woods, remember that you are allowing yourself to grow by slowing down and enjoying the summer. Then give yourself the permission you need to do that and enjoy yourself in the doing.

Ann †

The Rewards of Being an Episcopalian: *Day by Day and The Book of Common Prayer*

by Natalie Kniskern

Were you reading *Day by Day* in April? I hope so, but if not, read on. I have been using this daily devotional tool since 1988 and have found many inspiring messages. On April 28, the writer quoted from *The Book of Common Prayer's* evening service, Compline. I was so taken by the quote that I sent Alice straight to the Compline service and we began using it before going to bed. We felt so blessed by the experience that we began trying other services such as morning and evening prayer for our personal devotion time.

Then in the message for May 30, I was stunned by a beautiful prayer from page 461 of the Prayer Book, especially the last line, "And if I am to do nothing, let me do it gallantly." Please look it up and find out for yourself how lovely it is! In fact I recommend you pick up a copy of the current *Day by Day* in the narthex and try reading the message each day.

Join me in exploring the Prayer Book for more hidden jewels. Let the LOGOS editor, Lorraine Underwood, know what you find that is special for you. Please share your insights with all of us.

Transformation and Community: Shrine Mont Retreat, October 2005

by Carolyn Corlett and Lorraine Underwood

On a late October weekend, 14 members and friends of St. John's went to the Diocese of Virginia's retreat center at Shrine Mont to enjoy fellowship, prayer in a peaceful setting, and a program on "Transformation and Community." The Rev. Sue Hardman, with support from her husband, Rob, facilitated the program.

On Friday evening, we gathered in a cozy room with a crackling fire for introductions and an icebreaker game. Sue discussed the retreat's themes and demonstrated them by putting sugar, cocoa powder, butter, and other ingredients into a plastic Ziploc bag. As we passed the bag around, everyone mixed and kneaded the mixture until it was transformed—into fudge! We concluded the evening with an "Ice Cream Social" complete with ice cream, fudge, and many toppings.

On Saturday morning, we continued our discussion of community and transformation. We had free time on Saturday afternoon. Some went hiking, some visited the towns around Shrine Mont, while others enjoyed the bookstore or simply relaxing in Adirondack chairs.

Saturday evening before dinner, we had a “cocktail party” that included wine, cheese, crackers, and socializing. After dinner, we watched the movie *Chocolat* on DVD. Sue gave us some questions about the movie related to our retreat themes. Then we broke into small groups to discuss the movie.

The weather was cold and foggy most of the weekend, but on Sunday morning the sun came out. We had a great time taking pictures by the pond, followed by a lovely Eucharist at Lexington Cottage.

Faye and Bill Pritchard are organizing the next retreat, to be held October 27–29. Be sure to put it on your calendar! Detailed information will follow in the September LOGOS.

St. John's Book Club

by Lynn Robinson

Read any good books lately? We have! And we want to read more. St. John's Book Club is looking for members and suggestions of good book to read and discuss. We meet on the first Tuesday of the month from September through June.

Join us on Tuesday, September 5, for a discussion of *The Scarlet Letter* by Nathaniel Hawthorne. That's the first of many books we'll read and discuss during the coming year. At the September meeting, we hope to come up with a list of books for the rest of the year. We begin at 7:30 p.m. and are always done by 9:00 p.m. Usually we have coffee (decaf, of course) and munchies to go with the talk.

We hope to read from many different genres this year. Last year we read everything from the hysterically funny *Lamb* by Christopher Moore to *The Screwtape Letters* by C. S. Lewis. We also read and discussed *The Red Tent*, *Galileo's Daughter*, *North Face of God*, and *Gilead*. This year we hope to include science fiction and some classics. Come and help us by bringing titles you think would be good reading and good for discussion.

Can't make every first Tuesday? That's okay. Come when you can. Need a ride? Let us know. We'll come get you. Got any questions? Just ask me at coffee hour or call me at 703-998-6481. See you at the next meeting of St. John's Book Club!

Morning Guild Fundraising

by Alice Kniskern

Have you ever wondered what the Morning Guild does with the money they raise? Since so many of you have labored on our behalf, we thought you might like to know. After our Harvest and Spring Teas, Ann announces with pleasure the amount we raised, but we have not always indicated where that money goes.

After each tea we decide how to distribute the funds. For example at our June meeting we decided to give half the intake from the Spring Tea to St. John's general fund and an additional sum to the youth of Cristo Rey for their June mission trip to Mexico.

Besides adding to the general fund every year, the intake from past teas has supported Habitat for Humanity (after Hurricane Katrina), Peter Swarr's youth mission to the Caribbean last summer, and Bishop Lee's discretionary fund. We also contribute to the Rector's discretionary fund in emergencies.

We are deeply grateful for your continuing support as we work to support St. John's and its outreach efforts.

LOGOS

The LOGOS is published monthly near the beginning of the month.

Lorraine Underwood, LOGOS Editor

Ms. Jane Edwards, LOGOS Editor and Page Layout

Email Lorraine at logos2stj@aol.com (preferred) or leave disk in Newsletter box in the office.

The next deadline is Friday, August 18 at 10:00 am.

Parish News

We Welcome into the Household of God

John Stephen Petrich, who received the Sacrament of Baptism on June 4, the Feast of Pentecost

Rest in Peace

Ann Brenner, aunt of Bill Schenck, who entered the Life of the Resurrection on May 31, 2006

Thank you to

The Morning Guild and all those who helped with set-up, clean-up, cooking, preparing, decorating, and serving at our Spring Tea—it was wonderful, and people really enjoyed themselves

Linda King, for once again gracing the tea with her wonderful harp music

Bill Pritchard and Pamela Corey-Archer for coordinating our annual Glen Carlyn Day hot dog stand and to all who helped out, including Lynn Robinson, Faye Pritchard, Jack Turner, and Dave Dunlap

Bill Pritchard, who designed Vacation Bible School ads for the neighborhood newspapers and a bookmark to hand out on Glen Carlyn Day

Sherwood Hedrick, Betty Vertiz's brother, for sealing a crack in our front steps

Pat Stewart, Del Hunt, Carolyn Corlett, Liz White, Leslie Mead, John Stephen Petrich, and Paul Petrich for various beautification efforts on the grounds.
How pretty they look!

Pat Bleicher and Eileen Flynn, who have completed another year as EFM co-mentors. We really appreciate all the time and talent they give to this work of raising up leaders for the Body of Christ.

Lynn Robinson, Carol Dunlap, and St. John's Choir for dedicated service from September through June

Kay Wells, for cleaning out the storage closet in the back of the undercroft

Congratulations to

Peter Swarr, who received the Harris Award for Leadership at his graduation from the Virginia Theological Seminary on May 18, has accepted a call to St. John's, Plymouth, Michigan, and has purchased a house. Peter and Angela, we will miss you, and we wish you the very best!

Paul Petrich, Galen Henderson, and Madeline Harbin, who completed a class on the Eucharist with Peter

Penny Hess, who graduated magna cum laude from American University and received an academic award for excellence in the field of literature

Graduates of St. John's Education for Ministry (EFM) program: Jeanette Baker, Laura Geyer, Nancy Kuhn, Kim Mathews, Carol Mize, Sandra Wilson, and Henry Wolfinger

St. John's Mission Statement

To discover and share the transforming love of Christ

St. John's Vision Statement

St. John's is dedicated to making disciples for Jesus through

- attracting and welcoming newcomers;
- sharing faith-deepening worship, education, outreach, and pastoral care; and
- together carrying God's vision of the kingdom into the world around us.

Using Your Gifts: St. John's Needs Your Help

We are looking for volunteers, both for outreach activities and for service to St. John's. Opportunities vary widely in time required and interest areas. Please prayerfully consider these opportunities, then either sign up as indicated or get in touch with Ann for more information.

Arlington Interfaith Council Representative

We are seeking someone who would like to be our representative to the Arlington Interfaith Council (AIC). AIC's mission is to bring faith communities together to alleviate suffering and promote justice for residents of Arlington. AIC provides funding to several nonprofit agencies in the area, including many in which St. John's parishioners are involved. One of the group's current interests is affordable housing.

Meetings are held the third Monday of every month except July, August, and December. Programs include presentations by community leaders and faith group representatives, as well as reports from the "Helping Hands" agencies the group supports. AIC also sponsors a breakfast with county leaders in February. Members testify at meetings of the Arlington County Board and at other public hearings on issues affecting those in need in the community.

See Ann Barker or interim representative Linda Trochim for more information. The council's most recent newsletter is posted on the outreach board in the undercroft.

Assistant Treasurer

We need someone to assist the treasurer in keeping our accounts correct and up-to-date. Knowledge of Quicken or Quickbooks is useful but not required. The assistant treasurer enters deposits and withdrawals from the checking account and reconciles monthly statements, prepares a monthly report for the vestry, and prepares a payroll summary report for each employee. Each January, the assistant treasurer works with the church accountant to prepare W2s for each employee and to update monthly payroll. In February or March, the assistant treasurer works with the church accountant to prepare church's tax forms.

Helping Hands Ministry

We are preparing a new list of helping hands ministry volunteers. If you are willing to provide help for those who are grieving, ill, experiencing the fatigue of new parenthood or otherwise in need, please sign up on the sheets located in the narthex or downstairs on the St. John's board. We need folks to prepare or purchase meals, provide rides to medical appointments, deliver meals, visit with people, and provide other services.

Children's Sunday School Teachers

We are working hard to attract families with young children who will grow with us, and we need your help. We need

Sunday school teachers for our wonderful children, currently ages six through nine. We provide education at 9:00 a.m. and conduct children's chapel for the first 35 minutes of the 10:00 a.m. service. We have a format in place for children's chapel, and we provide training. If you feel called to this ministry, please let Ann know.

Vacation Bible School

St. John's, Cristo Rey, and St. Paul's Bailey's Crossroads will host Vacation Bible School again this summer, Sunday through Thursday, July 9–13, 6–8 p.m. We'll need folks to prepare dinner for our guests and help with various educational activities. Please see Ann if you would like to help with this enjoyable and rewarding summer activity for our children.

Fellowship Ministers

Coffee hour after the 10:00 a.m. service would not be possible without fellowship ministers, a small band of people who prepare coffee and provide goodies so that we may welcome newcomers and visit with one another after the service. We need to increase our volunteer staff so that our current ministers don't burn out. Each Sunday there are two ministers, who divide duties between them. For example, one may come early to get the coffee started and the other stay late to clean up. Coffee hour is one of our favorite things about Sunday mornings. We need your help to keep it going.

Altar Guild

Our altar guild is made up of a few dedicated people who prepare the church for services. They buy and arrange flowers, set up communion, keep candles filled with oil, shine the brass, and wash the linens. Without them we would not have flowers at Easter, bread and wine for communion, or ashes for Ash Wednesday. The altar guild is open to anyone, and we provide training. If you have time on weekdays or Saturdays, you can be a part of this dedicated team. Please see Ann or Barbara Hill if you feel called to this ministry.

Open Mike

Offer your gifts for the glory of God and the enjoyment of the congregation. While our choir goes on its summer holiday, from June 25 through September 3, you have a chance to showcase your talents. You can sing, dance, play an instrument, or read poetry. Sign up for a Sunday or two on the St. John's board in the undercroft.

Gospel Lessons for July

July 2, Mark 5:22–24, 35b–43, The Fourth Sunday After Pentecost

The Gospel is the story of the healing of the daughter of Jairus, an official of the local synagogue. Even in the face of the news that the little girl is dead, Jesus persists in urging the father to have faith. The Lord's comment that the girl is not dead but sleeping tests our understanding as to whether death is the final reality. The child is past all human help, but Jesus' raising of her points beyond this narrative to the hope that will not be fully realized until his own resurrection.

July 9, Mark 6:1–6, The Fifth Sunday After Pentecost

In our Gospel story, Jesus returns to his home town and finds suspicion and lack of faith. He can do no mighty works in such a climate. The passage reminds us that God's action is often clothed in the commonplace. This truth humans have a hard time recognizing. It at least helps us to understand what was also a mystery and a problem for the early church: how Jesus could have been rejected by many of his own people.

July 16, Mark 6:7–13, The Sixth Sunday After Pentecost

In the Gospel, Jesus sends his chosen disciples out on their missionary work and gives them their instructions. The commissioning actions of Christ are the foundation and the prefiguring of the church's essential tasks of evangelizing and healing. His followers are given authority over the demonic forces of evil and are to call for repentance—a change of heart and a new way of life. Traveling in pairs, these apostles are to take practically nothing with them. Their poverty is probably intended as a sign of their authenticity and trust in God and may also indicate the urgency with which the work is to be done.

July 23, Mark 6:30–44, The Seventh Sunday After Pentecost

Our Gospel lesson is the story of Jesus' feeding of the five thousand. The apostles return from their missionary work, but the time of rest is disturbed by a great crowd whom Jesus teaches and then feeds with the loaves and fishes. The narrative has many levels

of meaning. It recalls the Old Testament stories, especially God's shepherding and feeding of the Israelites with manna in the desert and points forward to the legendary banquet at the end of time where Christ will preside. The abundant miracle illustrates Jesus' lordship; he is intimate with the power of creation. Other themes associated with the Eucharist are also present.

July 30, Mark 6:45–52, The Eighth Sunday After Pentecost

The Gospel is the story of Jesus' walking on the water. The narrative has been given a variety of interpretations. In legendary terms Jesus is like the Creator God who triumphs over the watery chaos monster. Mark, the evangelist, stresses the disciples' inability fully to understand Jesus' purpose in this act or in the feeding of the five thousand. Later a church under prosecution would perceive in the story the saving presence of the risen lord.

Gospel Lessons for August

August 6, John 6:24–35, The Ninth Sunday After Pentecost

In our Gospel, Jesus tells the crowd of the true bread of life, the bread from heaven. The people follow Jesus after he has fed the five thousand, but they come mostly to obtain more food for their stomachs. The bread which the Son of Man offers is more genuinely life-giving than the manna by which Israel was fed in the wilderness. In one sense this means that Jesus' teaching is greater than that of Moses. More significantly still, it is belief in Jesus himself that leads to eternal life.

August 13 John 6:37–51, The Tenth Sunday After Pentecost

In our Gospel Jesus continues to teach that he is the true bread who will bring all who have faith in him to eternal life. The discussion is meant to recall the story of the Israelites protesting and murmuring against God in the wilderness because they had no bread. But even the manna that God gave them was only a temporary food. While Jesus seems very ordinary to many of the people of his time, he offers the world both his teaching and himself, a life-giving bread from heaven.

August 20, John 6:53–59, The Eleventh Sunday After Pentecost

In the Gospel lesson Jesus speaks of the flesh and blood of the Son of Man as the bread from heaven which must be eaten in order to share in the life of the eternal age. Previously in this Gospel the bread of life had seemed to signify Jesus' teaching and his presence. Now it is given still more significance with the understanding that the believer may share deeply in the life of Jesus and his self-offering. This experience is enacted in the Holy Communion.

August 27, Mark 4:35–41, The Twelfth Sunday After Pentecost

In the Gospel we hear of different responses to Jesus' claim that he is the heavenly bread that gives the life of the eternal age to those who eat it. His words are of spirit and life, but many can understand them in only in a materialistic sense and are like the Israelites who did not trust God in the wilderness. Yet, if this saying is hard for them to believe, more difficult still will be Jesus' ascent into heaven as the Son of Man. As Jesus knew would happen, many disciples now turn away, but Peter confesses him to be God's holy one who has the words of eternal life.

Lesson introductions are used by permission and adapted from *Introducing the Lessons of the Church Year* by the Rt. Rev. Frederick H. Borsch, retired bishop of the Diocese of Los Angeles. The guide was published by Trinity Press International, Philadelphia.

Website

The website for St. John's, Arlington is:
<http://stjohnsarlington.thediocese.net>

Misplaced your LOGOS? Can't remember the time an event begins? Visit the website for the latest copy of the newsletter, times and places of events and activities.

Birthdays

Ginger Adair	July 3
Matt Lodsun (son of Beth Fowler)	July 6
Thomas Held (son of Klaus & Lori)	July 7, 2001
Comfort Appiah	July 10
Ray O'Connor	July 13
Jack Turner	July 13
Benjamin Haertel (son of Paul and Dawnann)	July 14, 1998
Brian Cavey	July 15
Klaus Held	July 16
Marion Reed	July 16
Karen Spencer	July 22
Kenji McCartney (son of Keith and Kaipo)	July 23, 2003
Ross Dickerson	July 24
Margaret Jones	July 25
Helen Naw Mumu	July 26
Dennis Eckhout	July 27
Patrick Sheehan Rawls (son of Larry & Harriet)	July 27
Bill Pritchard	July 29
Carolyn Corlett	August 2
Paul Petrich (son of Jeff Petrich & Leslie Mead)	August 7, 1997
Harriet Sheehan Rawls	August 9
Lynn Robinson	August 10
Carol Bogart	August 16
Josh Cullen	August 19
Lorraine Underwood	August 21
John Wilson	August 22
Nancy Gibb	August 25
Marshall Adair	August 26
Anne Kaylor	August 27
McKenzie Elizabeth Hart (daughter of John Hart and Angela Rollet)	August 29, 2005

Anniversaries

Rob and Sue Hardman	July 3
Lee and Nancy Elkins	July 13

St. John's Calendar

July

Sunday 2	Fourth Sunday After Pentecost
Tuesday 4	Independence Day Holiday, Office Closed
Wednesday 5	Candlelight Prayer Service, 7:30 p.m.
Sunday 9	Fifth Sunday after Pentecost
Sunday 9 through Thursday 13	Vacation Bible School, 6–8 p.m.
Wednesday 12	Candlelight Prayer Service, 7:30 p.m.
Saturday 15	Men's Group, 9:00 a.m.
Sunday 16	Sixth Sunday After Pentecost
Wednesday 19	Candlelight Prayer Service, 7:30 p.m.
Sunday 23	Seventh Sunday After Pentecost
Wednesday 26	Candlelight Prayer Service, 7:30 p.m.
Sunday 30	Eighth Sunday After Pentecost

August

Wednesday 2	Candlelight Prayer Service, 7:30 p.m.
Sunday 6	Ninth Sunday After Pentecost
Wednesday 9	Candlelight Prayer Service, 7:30 p.m.
Sunday 13	Tenth Sunday After Pentecost
Wednesday 16	Candlelight Prayer Service, 7:30 p.m.
Sunday 20	Eleventh Sunday After Pentecost
Wednesday 23	Candlelight Prayer Service, 7:30 p.m.
Sunday 27	Twelfth Sunday After Pentecost
Wednesday 30	Candlelight Prayer Service, 7:30 p.m.

September

Sunday 3	Thirteenth Sunday After Pentecost
Monday 4	Labor Day Holiday, Office Closed
Tuesday 5	Book Group, 7:30 p.m.
Wednesday 6	Candlelight Prayer Service, 7:30 p.m.
Thursday 7	Morning Guild, 10:00 a.m.
Sunday 10	Fourteenth Sunday After Pentecost
	Christian Formation for all ages, 9:00 a.m.
Wednesday 13	Candlelight Prayer Service, 7:30 p.m.
Saturday 16	Men's Group, 9:00 a.m.
Sunday 17	Fifteenth Sunday After Pentecost
Wednesday 20	Candlelight Prayer Service, 7:30 p.m.
Sunday 24	Sixteenth Sunday After Pentecost
Wednesday 27	Candlelight Prayer Service, 7:30 p.m.

St. John's Episcopal Church
415 South Lexington Street
Arlington VA 22204
703-671-6834
<http://stjohnsarlington.thediocese.net>

Next deadline is Friday, August 18 at 10:00 a.m.

Time Sensitive Material—Please Deliver Promptly

Staff

Rector: The Rev. Ann B. Barker
Minister of Music: Lynn Robinson
Organist: Carol Dunlap
Secretary: Virginia Pearson
Sexton: Justiniano Garay

Ministry Coordinators

Communications/Evangelism Ministry: Vacant
Education Ministry: Diane Henderson (adult),
Beth Fowler (children and youth)
Outreach Ministry: Vacant
Pastoral Care Ministry: Vacant
Newcomer Hospitality Ministry: Michelle Aitken

Vestry

Lisa Buchanan
Pamela Corey-Archer
Don Hess, Junior Warden
Bill Pritchard
Linda Trochim , Senior Warden
Jack Turner
Kay Wells

LOGOS Volunteers

Editor: Lorraine Underwood
Editor, Page Layout and Webmaster: Jane Edwards