



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: Free Us from Bondage

Breaking Bread and Breaking Chains

In her sermon on February 11, Amanda talked about hearing the sound of the breaking of the bread at Eucharist as Jesus breaking the bonds of our limited humanity. That is a wonderful image for Lent! Christ allowed his body to be broken so that he could get for us what we could not get for ourselves—deliverance from the bondage of sin and death. That is why we say, "Alleluia. Christ our Passover is sacrificed for us." That is why we say that Good Friday is Good.

The Book of Common Prayer invites us to observe a holy Lent through self-examination and repentance; prayer, fasting and self-denial; and meditating on God's word. The Bible encourages us to fast, pray, give alms. These practices, plus others such as taking on a spiritual task, are designed to help us look carefully at Jesus and God's great love for us and to see more clearly the bonds that enslave us.

God delivered the Israelites from slavery in Egypt—actual physical bondage. But there are many kinds of slavery. To learn about your own bondage, look at what takes up the most space in your mind. Are you constantly motivated by what other people will think? Here's a slogan used by 12-step groups: "What other people think of me is none of my business."

Need for Approval

It is so hard to believe that, especially if you are used to deriving your self worth from other people's praise or approval. Jesus never worried about what other people thought of him. He never defended himself. His only concern was to obey God by being his authentic self and speaking the truth in love.

Anger and Resentment

Is space in your mind taken up by how angry and frustrated you are at work? Maybe you express those feelings at work—if you can get away with it. Maybe you express them by driving aggressively on the way home, or by venting on your family when you reach home. If your mind is filled with frustration, anger, and resentment, you are in bondage to those feelings. The Bible warns us to stay away from anger and resentment, because those feelings may lead to sinful actions.

You cannot change other people, but you can change yourself. Perhaps your job really is awful and you need to find another job—or even a different profession. If so, you need God's help to overcome your fear of change. Or perhaps you need to stay where you are. In that case, turn to God and ask for help in accepting the behavior of people you cannot change. Whether you stay put and accept the situation or you decide to find a way out, ask for God's help to free you from bondage.

Guilt

Another form of bondage is guilt—a crushing burden to carry, especially when Jesus' sacrifice tells us that we are forgiven. Our bondage lies in our refusal to let go of the guilt and to stop taking on the guilt of others. To be free of this bondage, accept what Jesus' has done for your salvation, and let go of guilt and shame.

Lack of Balance

You may be in bondage because your life is not in balance. Do you work too much? Or do you make room for work and play, sleep and activity, relationships and fun? Are you in bondage to a rigid schedule, to making sure nothing in your life is messy or out-of-control? Are you trying to get your children or others to conform to your ideas of what they should do and be?

Look at whether you are taking care of yourself physically, emotionally, and spiritually. Do you have enough time for God? Have you neglected your relationship with God? During the season of Lent, we are encouraged to read the Bible and to pray. By reading the Bible, we learn of God's love for us; through prayer, we get to know God better.

Slavery and Freedom

All human beings are enslaved, many of us by the very things we think are giving us freedom. Sometimes we are enslaved by attitudes or fears we are not even aware of. Jesus always seeks to free us from bondage, so that we may be restored to relationship with God. In Lent we ask God to help us discover the particular bonds God wants to remove from us now. Then we ask continually for the willingness to

surrender to God's will for us, trusting that God's will for us is always freedom and love, never slavery and hopelessness. May God bless each of us this Lent with awareness of our bondage, so that we may know what Jesus wants to free us from and allow him to do so.

Ann†

Parish News

Rest in Peace

Jeff Armstrong, friend of Paul Harless and Eileen Flynn
Catherine Wiesner, aunt of Paul Stenger

Thank You to

Charles Adair for running our series of dance classes during December and January

Bryan Harbin and Jack Turner for continuing work on our signs, both around the neighborhood and on the property

Congratulations to

Karen and Will Spencer on the birth of Elizabeth "Libby" Caroline Spencer on January 16

Katherine Edwards Zarfes and Samuel Edward Davies on the birth of Imogen Rose on January 28

Birthdays

Cristina Tallent, March 1

Evelyn Sullivan, March 8

Beth Cavey, March 10

Sid Kaylor, March 13

Nicola Lemmer (daughter of Charles & Cheryl),
March 17, 1993

The Rev. Ann Barker, March 31

Anniversaries

Paul & Anne Stenger, March 8

Jim & Janice Hull, March 10

Sid & Anne Kaylor, March 10

Charles & Cheryl Lemmer, March 31

Daylight Saving Time Begins Early This Year:

On Sunday, March 11

Remember to set your clocks forward one hour! Until this year, daylight saving time began on the first Sunday in April and ended on the last Sunday in October. These dates were modified with the passage of the Energy Policy Act of 2005. Starting in March 2007, daylight saving time will begin on the second Sunday in March and end on the first Sunday in November.

Outreach to the Community—and the World!

Children Choose Gifts for Heifer Project and Secret Santa

During the Christmas Pageant in December, our young people collected more money for the Heifer Project, a charity that helps communities in poor areas of the world to become self-sustaining. In February, they decided to use their \$230 collection to buy a goat, three rabbits, a flock of chicks and some honeybees to help those in need.

Our young people also decided to purchase the tri-cycle for our Secret Santa family, using some of the funds collected from their coffee sales.

We are truly blessed to have Sunday school teachers and students (as well as generous givers) who are doing such a good job at loving their neighbors.

United Thank Offering Raises Nearly \$1200

by Evelyn Sullivan

Our spring and fall United Thank Offering ingatherings for 2006 came to \$1159.42. I received a note from Sandra Kirkpatrick, UTO Coordinator for the Episcopal Church Women, thanking St. John's for our generous contribution. Many thanks to all at St. John's who contributed to this worthy cause.

Our 2007 ingathering will be on May 13. Please continue putting coins in your blue box and thanking God for your many blessings. If you need a blue box, please see Ann or me.

Using Your Gifts

Altar Guild Adds New Members

We are delighted that six people have volunteered to work with the altar guild: Sheryl Pardo, Lynn Robinson, Stacy O'Connor, Faye Pritchard, Paul Stenger, and Pamela Corey-Archer. We appreciate their willingness to contribute to this vital ministry at St. John's.

More New Volunteers

As a result of the bulletin inserts from January, we have more volunteers for important jobs of all kinds, including:

Delegate to Diocesan Council (2-year term): Dave Dunlap

Alternate Delegate: Jan Hull

Arlington Interfaith Council Representatives: Betty Vertiz, Jim Hull, and Patricia Broida will share these duties so that St. John's will become more connected to opportunities for outreach in the community

Marketing Coordinator: Sheryl Pardo

Assistant Photographer for Parish Life Events: Tricia Wells

Scrapbook/Photo Album Coordinator: Norka Antelo, member of Cristo Rey and our children's chapel coordinator

Thank you all so much for being willing to use your gifts in these various places.

LOGOS

The LOGOS is published nine times a year in February, March, April, May, July, September, October, November, and December 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, March 16 at 10:00 am.

Gospel Lessons for March

March 4, Luke 13:31–35, Second Sunday in Lent

In our Gospel, Jesus is disdainful of King Herod's threat and expresses his determination to fulfill his prophetic destiny in Jerusalem. Jesus' words emphasize his struggle against the forces of evil and illness and his expectation concerning what will soon happen to him in Jerusalem. He laments over the city, once chosen for God's temple, but which has killed so many prophets before him.

March 11, Luke 13:1–9, Third Sunday in Lent

In our Gospel, Jesus uses two contemporary disasters and a parable of his own to stress the need for repentance. Some might think that those who died in these tragedies were more sinful than others. Not necessarily so. Unless people use the time allotted for a change of heart and turning to God, they too will come to a tragic end.

March 18, Luke 15:11–32, Fourth Sunday in Lent

Our Gospel is the parable of the prodigal son, his elder brother, and their loving father. Hearers are meant to participate in the story by experiencing how it feels to be these individuals. One notices that the wastrel son thinks his father will take him back only if he promises to work hard and form a legalistic relationship with him. But what is the father to do when he sees his long-lost son coming down the road? How is the elder son to react to his brother's joyous welcome? The parable closes by leaving that question to us.

March 25, Luke 20:9–19, Fifth Sunday in Lent

Our Gospel is the parable of the wicked tenants in the vineyard. The parable is presented as an allegory in which God is the owner of the vineyard. The tenants abuse the Lord's servants, the prophets, and then kill the son and heir when he is sent to them. Then the tenants will be destroyed and the vineyard given to others. The parable is understood to point to the fulfillment of a prophetic oracle: the stone once rejected becomes the head of the corner; that is, the cornerstone of the new Israel.

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.

Adult Education

Sunday Mornings

On Sunday, March 4, Amanda will talk with us and show us pictures from her summer visit to Kenya.

On March 11, Ann will begin a four-week series based on *Free of Charge: Giving and Forgiving in a Culture Stripped of Grace*. The author, Miroslav Volf, is a Christian theologian from Croatia and a professor of theology at Yale University Divinity School. He is known for his works on conflict resolution and peace-making. Rowan Williams, Archbishop of Canterbury, in his introduction to the book, says, "Miroslav Volf ... offers us a unique interweaving of intense reflection, vivid and painfully personal stories and sheer celebration of the giving God ... I cannot remember having read a better account of what it means to say that Jesus suffered for us in our place." The book provides a fresh examination of two practices at the heart of the Christian faith—giving and forgiving.

Wednesday Evenings: Lenten Class on the Ten Commandments

St. John's will host an evening education class on the five Wednesdays between Ash Wednesday and Holy Week. Ann will teach and lead discussion of the Ten Commandments. From February 28 through March 25, the Wednesday night service will begin at 7:00 p.m. instead of 7:30. The class will begin about 7:45 and last an hour.

Stations of the Cross

by Lorraine Underwood

On Fridays during Lent, Cristo Rey will observe the Stations of the Cross at 7:00 p.m. in the sanctuary, and everyone from St. John's is invited to participate.

The object of the Stations is to make a spiritual pilgrimage of prayer to the chief scenes of Christ's sufferings and death. This practice began in the 4th Century and was fostered by St. Francis of Assisi

in the 13th Century. It may be done at any time, but is most commonly done during the Season of Lent, especially on Good Friday and on Friday evenings during Lent. Observing the Stations of the Cross is usually associated with Roman Catholics, but it is also part of the Eastern Orthodox, Lutheran, and Anglican traditions.

About 10 years ago, I observed the Stations of the Cross with Iglesia San Jose and found it to be a very moving spiritual journey. It includes walking, prayer, singing, and meditation. Although it may seem to focus on suffering, I found it liberating to truly comprehend how Christ participated in our human nature, including our sorrows. Walking this path with Christ also had the same effect on me as confession—a feeling of gratitude and having a burden lifted from my shoulders.

The Clergy Leadership Project: New Skills and Perceptions

by Ann Barker

Early in February, I was in Connecticut for the third session of the Clergy Leadership Project, a two-year undertaking in which groups of 25 to 30 clergy engage in discussion with experts in leadership, theologians, and other professionals and participate in small-group experiences. Our fourth, and final, session will be in September.

The whole project has been very meaningful to me. I want you to know how it will help the congregation and to thank you very much for support. Tuition for the entire program is \$1,200, which is funded by a combination of St. John's continuing education fund, the diocese, and some of my own funds. In this article, I'll describe some of the things I've learned through this project.

From Hugh O'Doherty at Harvard I have learned about a model of leadership I can use when change is needed—not just technical change such as fixing the roof, but what is called an “adaptive challenge,” or changing the way things are to pursue a goal. This type of change requires internal work on the part of everyone involved. It's the difference between preparing a newcomer's brochure to put in the narthex and helping everyone learn to welcome and include newcomers.

We have heard a prominent speaker on bioethical issues and one who discussed the problem of hunger,

particularly in Africa, and how we could help that situation by supporting the United Nations' Millennium Development Goals.

At this session, we heard theologian Miroslav Volf, from Yale, who spoke about learning to give and forgive because God gives to us and receives us. It is a way to learn to reconcile with God and with one another. We learned something about the difference between forgiveness, which is about the past, and reconciliation, which is about the future. We learned that hope for the future is God's gift. It is considered an Advent, something that comes toward us from God outside of us. (We will discuss Miroslav Volf's recent book during Lent; see article on page 4.)

Our leadership component came from Donna Hicks, who works with what she calls a “dignity model” to address difficult problems between people. She gave us some tools to use in conflict resolution that involve accepting and acknowledging everyone in the conflict. She has worked with Bishop Desmond Tutu of South Africa to help resolve bad feelings after the cease-fire in Northern Ireland, an effort that brought victims and perpetrators together in the same room.

We also have some quiet time to integrate the information we have received and some small-group time to learn first-hand about building trust and the process of group dynamics.

These courses give me so much to chew on! Some of my learning shows up in the way I handle things in the congregation. In our women rector's group we use adaptive case studies to help us work on issues.

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.

March

- Thu 1 Choir Practice, 7:30–9:00 p.m.
- Sun 4 Second Sunday in Lent
Holy Eucharist Rite I, 8:00 a.m.
Christian Formation for all ages, 9:00 a.m.
Holy Eucharist Rite II, 10:00 a.m.
- Tue 6 St. John's Book Club, 7:30–9:00 p.m., will discuss
Christ the Lord: Out of Egypt, by Anne Rice
- Wed 7 Candlelight Prayer Service, 7:00 p.m.,
followed by class 7:45–8:45 p.m.
- Thu 8 Morning Guild, 10:00 a.m.
Choir Practice, 7:30–9:00 p.m.
- Fri 9 Stations of the Cross, Cristo Rey, 7:00 p.m.
- Sun 11 Daylight Saving Time Begins
Third Sunday in Lent
Holy Eucharist Rite I, 8:00 a.m.
Christian Formation for all ages, 9:00 a.m.
Holy Eucharist Rite II, 10:00 a.m.
- Tue 13 Vestry Meeting, 7:00–9:00 p.m.
- Wed 14 Candlelight Prayer Service, 7:00 p.m.,
followed by class 7:45–8:45 p.m.
- Thu 15 Choir Practice, 7:30–9:00 p.m.
- Fri 16 Stations of the Cross, Cristo Rey, 7:00 p.m.
- Sat 17 Men's fellowship, 9:00 a.m., in the undercroft
- Sun 18 Fourth Sunday in Lent
Holy Eucharist Rite I, 8:00 a.m.
Christian Formation for all ages, 9:00 a.m.
Holy Eucharist Rite II, 10:00 a.m.
- Wed 21 Candlelight Prayer Service, 7:00 p.m.,
followed by class 7:45–8:45 p.m.
- Thu 22 Choir Practice, 7:30–9:00 p.m.
- Fri 23 Stations of the Cross, Cristo Rey, 7:00 p.m.
- Sat 24 Ordination of Peter Swarr to the Sacred Order
of Priests
- Sun 25 Fifth Sunday in Lent
Holy Eucharist Rite I, 8:00 a.m.
Christian Formation for all ages, 9:00 a.m.
Holy Eucharist Rite II, 10:00 a.m.
- Wed 28 Candlelight Prayer Service, 7:00 p.m.,
followed by class 7:45–8:45 p.m.
- Fri 30 Stations of the Cross, Cristo Rey, 7:00 p.m.

April

- Sun 1 Sunday of the Passion: Palm Sunday
- Tue 3 St. John's Book Club, 7:30–9:00 p.m., will discuss
The Secret Life of Bees, by Sue Monk Kidd

- Wed 4 No Candlelight Prayer Service
(Return to regular schedule April 11)
- Thu 5 Maundy Thursday
Holy Eucharist and Stripping of the Altar,
Service in Spanish and English with Cristo
Rey, 7:30 p.m.
- Fri 6 Good Friday Liturgy, 12 noon and 7:00 p.m.
(note earlier time)
Cristo Rey, Good Friday Liturgy, 8:30 p.m.
- Sat 7 Holy Saturday
- Sun 8 Easter Sunday, The Feast of the Resurrection
Holy Eucharist Rite I with hymns, 8:00 a.m.
No Christian Education
Festival Eucharist Rite II at 10:00 a.m., with
choir and special music, children's performance,
children's sermon, flowering of the cross
Easter Egg Hunt after the 10:00 a.m. service
- Wed 11 Candlelight Prayer Service, 7:30 p.m.
(note return to regular schedule)
- Thu 12 Morning Guild, 10:00 a.m.
Choir Practice, 7:30–9:00 p.m.
- Sun 15 Second Sunday of Easter
- Wed 18 Candlelight Prayer Service, 7:30 p.m.
- Thu 19 Choir Practice, 7:30–9:00 p.m.
- Sat 21 Men's fellowship, 9:00 a.m., in the undercroft
- Sun 22 Third Sunday of Easter
- Wed 25 Candlelight Prayer Service, 7:30 p.m.
- Thu 26 Choir Practice, 7:30–9:00 p.m.
- Sun 29 Fourth Sunday of Easter

May

- Tue 1 St. John's Book Club, 7:30–9:00 p.m., will discuss
Snow Falling on Cedars, by David Guterson
- Wed 2 Candlelight Prayer Service, 7:30 p.m.
- Thu 3 Choir Practice, 7:30–9:00 p.m.
- Sun 6 Fifth Sunday of Easter
- Wed 9 Candlelight Prayer Service, 7:30 p.m.
- Thu 10 Choir Practice, 7:30–9:00 p.m.
- Sun 13 Sixth Sunday of Easter
- Wed 16 Candlelight Prayer Service, 7:30 p.m.
- Thu 17 Choir Practice, 7:30–9:00 p.m.
- Sat 19 Men's fellowship, 9:00 a.m., in the undercroft
- Sun 20 Seventh Sunday of Easter
- Sun 27 Day of Pentecost

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Next deadline is Friday, March 16 at 10:00 a.m.

Time Sensitive Material—Please Deliver Promptly

Staff

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

Parish Leaders

Jean Harrison, Treasurer
John Restall, Assistant Treasurer
Don Hess, Co-chair, Building and Grounds Committee
John Wilson, Co-chair, Building and Grounds Committee

Vestry

Linda Trochim, Senior Warden
Bill Thomson, Junior Warden
Dave Dunlap, Register
Marshall Adair
Pamela Corey-Archer
Jan Hull
Bill Pritchard
Jack Turner

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