

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

From the Rector: Planting Our Feet

The real voyage of discovery consists not in seeking new landscapes but in having new eyes. – Marcel Proust

"I really don't like Lent," somebody told me the other day. "It's depressing." This person loves Christmas and Easter, and even thinks Epiphany is OK, but Lent is something else again. It's difficult to hear the stories about Jesus heading closer and closer to the Cross. It's even more difficult to realize that our sin (our condition of brokenness, of being separated from God) put Jesus there. And if we think about whose side we would have been on during that time, we might see all kinds of things we don't want to see.

This person is not alone in disliking Lent. It is an uncomfortable season. We have a hard time with uncomfortable seasons, not just in the church year, but in our lives. Times of challenge and hardship, times of uncertainty, unhappiness, grief, and pain come to all of us. So do times when we can't control circumstances and are waiting for something to happen. That's part of life.

God does not visit these times on us because we're bad, nor is God ignoring our pain, but it is easy to think that (just read the psalms).

We often react to these situations by trying to get away from them. We want to be anywhere but *there* and we'll use any means to get away. We'll ignore what is going on, live in a fantasy world, or worry about the future. (I know; I've done all three.) But the most faithful thing we can do is to plant our feet right where we are and ask God's help to live in the "what is" instead of the "what ifs".

As Marcel Proust advises, instead of seeking new landscapes, find ways to look at your present landscape with new eyes. That's how we discover new things about ourselves and about God.

To learn how God takes care of us in the midst of the gray times, we must learn to stay put emotionally, physically, and spiritually in a place we don't like. If we don't stay with the challenge, we may never find out how courageous we are. If we're not willing to wait, we may settle for something less than what God wants for us.

One way to stay put is to express our feelings. Anger and frustration are perfectly normal feelings when we find ourselves in a difficult situation. So is fear, so is grief, and so is being mad at God for not taking care of us sooner or better. Though it may seem odd, the danger is not in feeling and expressing the feelings, but rather in not having them. If we don't allow ourselves to feel the way we feel, we are pretending we are not where

St. John's Episcopal Church, Arlington • The Rev. Ann Barker, Rector • February 2008 415 South Lexington Street • Arlington, VA 22204 • http://stjohnsarlington.thediocese.net Phone: 703-671-6834 • Fax: 703-671-8023 • Email: StJohnsRector@verizon.net

Planting Our Feet—continued from page 1

we are. Our feelings are trying to tell us something. Covering them up or laughing them away only stuffs them inside. When we do that, those feelings can gain strength and pop up at a frightening level another time.

Another way to stay in the present is to ask God where God is in the situation, because no matter how awful it feels, God is there. In fact, the present is the only place God is because that's where we are, and God wants to be with us. I've discovered that I can be full of gratitude—even in a terrible situation—because of what God is doing. At the same time, I can be really upset at what has happened. I used to think you could only have one feeling at a time. Imagine my surprise to find I could really like someone and be very angry with that person at the same time!

One more way to stay put is to ask God for help when you find yourself wandering. The future is not mine to handle because I can't do anything about what might happen. The past is the same—I can't do anything about what has already happened. Ask yourself (and God) "what is the best way I can take care of myself right now?"

Lent is not a time to run around trying to figure out how bad we are. It is a time to figure out who we are right now. It is a time to seek God's help in uncovering places, attitudes, and ideas in us that are getting in the way of our relationships with God and one another.

God is not inviting us into Lent so we can whip ourselves about what we've done or not done. God invites us into Lent so we can discover the broken places and ask God to help heal us, to help us repent, and help us to be willing to make a change for the sake of more love in our lives.

Last week I was in the grocery store and it was gray and miserable outside. Someone said, "It's not very inspiring, is it?" No, it wasn't. But the gray, icy rain was going to help the grass stay green and the flowers grow. Lent can sometimes be like that. It may not feel inspiring but it's definitely a season that can help us heal and grow. May this Lent be a season of discovering new perspectives by staying in the same place, so that your Easter may be extra joyous.

Region-wide Lenten Study Begins February 11

Several churches in Arlington (Region 3 of the diocese) have joined together to offer a five-week Lenten series called "Living Water: Exploring our Baptismal Covenant". Each Tuesday evening study will be held at a different church in Arlington. The evenings will begin with a simple supper at the host church at 6:30 p.m., continue with a speaker at 7:30, and end with Compline at 8:30.

Each church will provide child care if people notify the host church (by the Sunday preceding the event) that they are bringing young children.

St. John's will host the fifth—and final—program on March 11. It will focus on the baptismal vow "strive for justice and peace among all people and promote the dignity of every human being". Our speaker will be the Rev. Jesus Reyes, vicar of Iglesia Santa Maria, Falls Church. Look for sign up sheets to bring part of the meal and to help with setup and cleanup.

The first four sessions:

- February 12 at St. Michael's, "Continue in the apostles' teaching and fellowship, in the breaking of bread and in the prayers"; speaker, The Rt. Rev. Mark Dyer, Virginia Theological Seminary (VTS)
- February 19 at St. George's, "Persevere in resisting evil and whenever you fall into sin, repent and return to the Lord"; speaker, The Rev. Martin L. Smith, St. Columba's, Washington, D.C.
- February 26 at St. Andrew's, "Proclaim by word and example the good news of God in Christ"; speaker, the Rev. Dr. Katherine Sonderegger, Professor of Theology, VTS
- March 4 at Trinity, "Seek and serve Christ in all persons, loving your neighbor as yourself"; speaker, Kathy Doxsee, Director of Program, Samaritan Ministries

Note: Since these sessions are on Tuesday evenings, they don't conflict with the candlelight prayer service, which will continue to be held at 7:30 p.m. on Wednesday evenings.

Ann 🕆

Lent Is Early This Year: Ash Wednesday Services on February 6

Holy Eucharist and Imposition of Ashes 12 noon and 7:30 p.m.

Remembering the Church in Your Will

This article is based on information from Patsy Bjorling, who is in charge of stewardship for the diocese.

As Christians, we are stewards of the unique gifts God has given us. We can conclude our trusteeship faithfully and say "thank you" by providing for the disposal of our assets after we die. Giving to the church is one lasting way to provide an example of our Christian values for the benefit of future generations.

Episcopalians who wish to continue their Christian stewardship after death have provided for ministry in their wills, through simple bequests which benefit congregations, social service agencies, seminaries, colleges, camps, and other Episcopal Church-related institutions.

There are many ways you can use your will to advance ministries you care about. For example, you can:

- > Leave a percentage of your estate for ministry
- > Leave a specific amount of money for ministry
- Leave the remainder of your estate to ministry after making other bequests
- Leave specific property (your IRA, which would otherwise be taxable, or appreciated property such as stocks or real estate) for ministry.
- Create a trust that provides life income to a survivor and designates a ministry as the final beneficiary

For assistance in accomplishing your goals, contact Patricia (Patsy) Bjorling at the Diocese of Virginia: 1-800-Diocese, ext. 17, or *pbjorling@thediocese.net*, for a no-obligation, private consultation.

"Amazing Grace" Is an Amazing Movie

by Bill Schenck

Is it possible for a movie without sex, violence, or even a car (or, in the case of a movie set in early 18th century England, a carriage) chase to be entertaining? The movie *Amazing Grace* answers this with a resounding yes! Recently released on video and DVD, this is the story of William Wilberforce (1759–1833), a British social reformer who successfully fought for the abolition of the slave trade.

The movie stars Ioan Gruffudd (not a household name) as Wilberforce, with supporting actors Albert Finney and Michael Gambon (who are betterknown but don't upstage Gruffudd).

Wilberforce was born into a wealthy and privileged life, served as a member of Parliament from Yorkshire and was a friend of the Prime Minister, William Pitt. Viewers like me who are not experts in English history will still recognize many of the political figures in this movie.

Around 1785 Wilberforce had a religious conversion and became an evangelical Christian. He could not decide which career to follow—the priesthood or politics—until one of his friends said that the two careers were not exclusive. After that he dedicated his life to social causes, especially the abolition of the slave trade, in which Britain played the leading role. After many defeats, Wilberforce and his abolitionist colleagues got Parliament to pass the Slave Trade Act in 1807. He was also instrumental in the passage of the Slave Abolition Act of 1833.

Albert Finney plays John Newton, a reformed slave trader ("I was blind but now I see") who wrote the song "Amazing Grace" (played several times; at the movie's end by a group of pipers). Have your tissues ready!

The movie accurately reflects how one man can change history by refusing to give up on what he believes to be right. It's not only in the movies that right triumphs over might.

Parish News

Rest in peace

Bob Grzeskiewicz, brother of Kay Wells, who entered the Life of the Resurrection on December 22

Ruth Teschner, mother of Eileen Tallent, who entered the Life of the Resurrection on December 24

Congratulations to

Beth and Brian Cavey, whose adoption of Tina became final on November 17

Caitlin O'Connor and Lindsey Miller, who were confirmed by Bishop Lee on December 16

Dave Vistica, who was received by Bishop Lee on December 16

Thank you to

Everyone who was a part of the Christmas pageant, especially:

- Maggie and Gage Buchanan, Douglas LeSage, John Petrich, Henry and Thomas Held, Sam and Jacob Beavin, Shannan and Megan Parry, Maddie Harbin, Galen Henderson, and Sebi and Amanda Pardo for their wonderful acting
- All who had a hand in planning, especially Sheryl Pardo, Carrie Harbin, Leslie Mead, Lori Held, and Diane Henderson
- Carrie Harbin and Paul Petrich for the Christmas pageant music
- > The parents who made it possible for their children to participate

Everyone who contributed to making our Christmas celebrations beautiful and joyous, *especially*:

- > The altar guild, the choir, the musicians, and the decorators
- > Lynn Robinson, for organizing our annual caroling
- Kay Wells, for her beautiful Christmas decorations in the undercroft
- > Jack Turner for Christmas schedule signs

Linda Trochim, for the hours she has spent in trying to get our new computer functioning

Bill Thomson and Mary Greiner for their efforts to get the accounting software up and running

Jack Turner, for the new sign on Fourth Street

Bryan Harbin and former parishioner Kent Stacks who helped with construction of the new sign

Faye Pritchard, Eileen Tallent, and Beth Fowler for organizing the reception for the bishop and all who brought food—it was a wonderful time together

Betty Vertiz, who is our new representative to the Arlington Interfaith Council for 2008 and to Jim Hull for his service in 2007

The vestry and other leaders, *especially*:

- > Linda Trochim, for two years as senior warden
- Bill Thomson, for his year of service as junior warden
- > Jean Harrison, for another year of service as treasurer
- Barbara Hill, for another year of service as pledge clerk
- John Restall, for his service this year as assistant treasurer
- > John Wilson, for another year of service as finance committee chair
- > John Wilson and Don Hess, for their service this year as building and grounds co-chairs
- > Dave Dunlap, who has given tremendous service as vestry register for the last three years

Birthdays in February

- 2 John Restall
- 3 Lisa Broida
- 5 Tina Cavey
- 7 Anne Stenger
- 8 Heather Kollath
- 8 Alexis Lodsun
- 11 Jeff Petrich
- 12 Sheryl Pardo
- 16 Lynn Christopher
- 18 Colin White
- 23 Peyton Del Gallo
- 23 Carole Hunt
- 25 Michelle Aitken
- 26 Eileen Tallent
- 28 Henry Held
- 28 Katherine Edwards Zarfas

Anniversaries in February

- 11 Keith & Kaipo McCartney
- 21 Bryan & Carrie Harbin
- 28 Bill Schenck & Lynn Christopher

Using Your Gifts: Vestry Register

The vestry needs a new register. The register takes meeting minutes, compiles them, and sends them out, first to the rector, then to the vestry for approval. The register also records votes taken on important issues (including votes by email). Although not a voting member of the vestry, the register may *s*peak about issues the vestry is discussing.

It takes about four hours a month to be the register. The vestry meeting generally takes place from 7:00 to 9:00 p.m. on the second Tuesday of each month. Then it takes a couple of hours to compile and distribute minutes. This is a valuable service to the St. John's community that does not take a huge amount of time. Length of commitment is negotiable with the rector. Please see Ann or a member of the vestry if you are able to offer your gifts in this way.

2008 Annual Meeting: Extending Energy into the Community

St. John's annual meeting was held on January 13 after the 10:00 a.m. service. Ann reviewed what we had done during the year, including new projects such as the Glencarlyn Day sales, the youth group getting underway with our older elementary students, and our speaker series. She also talked about ongoing programs, including the men's fellowship, Morning Guild teas, and the Salvation Army angel tree. The young people, who continued their coffee ministry in 2007, also began to host hospitality once a month.

Senior warden Linda Trochim reviewed our financial situation and our decision to move our investments from funds held by the diocese to a commercial investment account. Ann provided information on giving gifts to the church in your will (see article on page 3).

Junior warden Bill Thomson talked about buildings and grounds projects for 2007, most notably the new roof, and the sprinkler system installed by Del Hunt to help keep the gardens watered more easily. He also thanked John Wilson and Don Hess, building and grounds committee co-chairs. Special mention was made of Pat Stewart for her work in the garden and Eileen Tallent, who has volunteered to continue that ministry.

Due to a combination of circumstances, no one left the vestry at the end of 2007, and there were no nominations from the floor, so there were no vestry elections this year. The congregation expressed its thanks to Linda Trochim, who is completing a two-year term as senior warden; Bill Thomson, finishing a year as junior warden; and Dave Dunlap, who is leaving his position as vestry register after three years. We also thanked the financial team: Jean Harrison, treasurer; John Restall, assistant treasurer; John Wilson; finance committee chair.

The congregation also gave its hearty thanks to everyone who had volunteered their time and talent during the year. We talked about the Morning Guild and its contributions to St. John's life.

In 2007, the vestry focused on the essence of St. John's—what is it about us that we like and that we think others would like. Ann hopes that in 2008 we will discover where God is guiding us to express the energy we receive from this place into the community. She asked for outreach ideas in terms of service to those in need and bringing in new members.

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.

Former Parishioner Honored for Hospice Work

Thank you to Betty Geris for pointing out the article about Cynthia Todd in the Capital Hospice newsletter

Cynthia Todd, a former parishioner, was honored for her many years of hospice work in the Winter 2007 issue of *Capital Hospice Highlights*. The article is available in the undercroft and at *http://www.capitalhospice.org/documents/Winter07Highlights.pdf*, page 5. The hospice web site is *www.capitalhospice.org*. Cynthia Todd's father was a long-time parishioner at St. John's, and we dedicated the azalea garden to him last year.

History of Lessons and Carols

by Bill Schenck

On Christmas Eve day, "Lessons and Carols" was broadcast live on WETA-FM from King's College Chapel in Cambridge, England. (The Diocese of Virginia is one of the supporters of WETA-FM.) The following history is adapted from the King's College web site.

The festival of nine Lessons and Carols was first held on Christmas Eve 1918. It was planned by Eric Milner-White, who had just been appointed Dean of King's College. His experience as an army chaplain convinced him that the Church of England needed more imaginative worship. The service was revised in 1919, and from that date has always begun with the hymn "Once in Royal David's City."

The service was first broadcast in 1928 and, with the exception of 1930, has been broadcast annually, even during the Second World War, when the ancient glass (and also all heat) had been removed from the Chapel and the name could not be broadcast for security reasons.

What's New in the Library?

by Bill Schenck

Last year we celebrated the 400th anniversary of the settlement of Jamestown. We also celebrated the 400th anniversary of the Episcopal Church in America (since Jamestown was an English settlement and the Anglican Church was the official religion of England).

To commemorate this event, the Diocese (in collaboration with the Virginia Historical Society) published The Episcopal Church in Virginia, 1607–2007—both as a hardcover book and in the Virginia Magazine of History and Biography. We have a copy of the paperback magazine in our library. During February it will be featured as a new book on the credenza outside Ann's office (and available for checking out); after that it will be in the "history" section of the Library.

St. John's Youth

Youth Begin Food Collection for AFAC

Our young people clearly have a heart to help others. They have begun a food drive to help AFAC, the Arlington Food Assistance Center. They are asking us to help collect 501 pounds of food by February 14 (Valentine's Day). Items the center can use are listed below. We especially thank Sunday school teacher Leslie Mead for brainstorming outreach activities with our youth.

We need these non-perishable food items:

- Cereal (hot or cold)
- Rice, pasta, sauces
- > Canned fruits and vegetables
- > Canned proteins (tuna, salmon, chicken)
- Peanut butter
- > Jams and jelly
- Baking products

A drop-off box is in the undercroft. For pickup, call 703-578-1820 or leslie.mead@verizon.net.

Our Youth in the News

The January 2008 issue of the *Virginia Episcopalian* has a nearly full-page article, "Sunday School Practices What It Preaches," by Bill Schenck. The article covers our young people's outreach activities—the coffee ministry, financial assistance for a mission trip and the "Secret Santa" program, and giving to Kiva for microloans to women in Senegal and Cambodia. The article includes a photograph of Maddie Harbin, Galen Henderson, Paul Petrich, and John Petrich with the cross they made for the children's chapel.

Please be sure to read this article, which is also on the web at http://www.thediocese.net/News_services/ve/JanVE08_web.pdf. We are so proud of our Sunday School youth!

Shrove Tuesday Pancake Supper (and Book Club) on February 5

St. John's annual Shrove Tuesday pancake supper will be held on Tuesday, February 5, from 6-7:30 p.m. We'll dine on pancakes, ham, and applesauce was we celebrate the ancient tradition of using up butter, eggs, and meat before Lent begins the next day, February 6. The men of St. John's cook and serve. The cost is \$5 for adults and \$3 for children 6-12; children under 6 are free. We'd love to have you join us!

If you'd like to help, please call Don Hess, who is organizing this event.

Note: St. John's Book Club will meet that same evening—at 7:30 p.m. Come and have pancakes before the book discussion!

Gospel Lessons for February

February 3, Matthew 17:1-9, Last Sunday after the Epiphany

Our Gospel is the story of Jesus' transfiguration. The narrative is richly woven with themes and symbols drawn from Israel's past and its hopes for the future. Moses and Elijah represent the law and the prophets, whose promises Jesus fulfills. Reflected in Jesus' human person, chosen disciples see divine glory. They hear a voice from the cloud declaring that he is the beloved Son.

February 6, Matthew 6:1–6,16–21, Ash Wednesday

In our Gospel, Jesus describes genuine charity, prayer, and fasting. For religious people the temptation is always strong to want to be recognized as full of piety more than to want honestly to be seeking God and the good of others. Praise and rewards for an outward show of religion all pass away. The real treasure is found in our relationship with God.

February 10, Matthew 4:1-11, First Sunday in Lent

Our Gospel is the story of the temptations of Jesus by the devil. After his baptism Jesus is led into the wilderness and confronted with temptations that are inescapable in his ministry. He might seek to show that he is the Son of God by satisfying material needs or wielding miraculous power. Or he could seek to control allegiance through the pomp and might of a worldly kingship. But Jesus' obedience is to God's way for him.

February 17, John 3:1-17, Second Sunday in Lent

In our Gospel story, Nicodemus, one of the Pharisees, comes during the night to talk with Jesus. Nicodemus is a figure used by the evangelist to represent a type of person who wants to believe but has difficulty understanding spiritual realities. Jesus tells him that individuals cannot enter the kingdom of God unless they are born anew through water and the Spirit. The inner meaning of the passage partly turns on the fact that "born anew" can also be understood as "born from on high" and that the same Greek word means both wind and spirit. Jesus then tells Nicodemus of the Son of Man who came down from heaven will be lifted up, both on the cross to die for the world and to return to heaven in glory.

February 24, John 4:5-42, Third Sunday in Lent

Our Gospel tells the story of Jesus' meeting with the Samaritan woman by Jacob's well. The narrative is rich with themes. Jesus is willing to break with custom in order to talk with one who is both a woman and a foreigner. True worship of God is tied to no place. He himself offers a living water that wells up to eternal life. The woman learns that Jesus is the expected Messiah, and later others from the town come to believe that he is the world's Savior. During an interval in the story, Jesus speaks to his disciples concerning his true food and drink, and tells them that the time of harvesting for eternal life is at hand.

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.

LOGOS

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Lorraine Underwood, LOGOS Editor

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, February 15 at 10:00 am.

St. John's Calendar

February

Sun 3	Last Sunday after the Epiphany
	Holy Eucharist Rite I, 8 a.m.
	Christian Formation for all ages, 9 a.m.
	Holy Eucharist Rite II, 10 a.m.
	Education for Ministry, 6 p.m.
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- Tue 5 Shrove Tuesday Pancake Supper, 6–7:30 p.m. St. John's Book Club, 7:30 p.m.
- Wed 6 Ash Wednesday Holy Eucharist and Imposition of Ashes, 12 noon and 7:30 p.m.
- Thu 7 Morning Guild, 10 a.m. Choir Rehearsal, 7:30 p.m.
- Sun 10 First Sunday in Lent Holy Eucharist Rite I, 8 a.m. Christian Formation for all ages, 9 a.m. Holy Eucharist Rite II, 10 a.m. Education for Ministry, 6 p.m.
- Tues 12 Region 3 Lenten Class at St. Michael's (See article on page 2.)
- Wed 13 Candlelight Prayer Service, 7:30 p.m.
- Thu 14 Choir Rehearsal, 7:30 p.m.
- Sun 17 Second Sunday in Lent Holy Eucharist Rite I, 8 a.m. Christian Formation for all ages, 9 a.m. Holy Eucharist Rite II, 10 a.m. Education for Ministry, 6 p.m.
- Tue 19 Region 3 Lenten Class at St. George's (See article on page 2.)
- Wed 20 Candlelight Prayer Service, 7:30 p.m.
- Thu 21 Choir Rehearsal, 7:30 p.m.
- Sun 24 Third Sunday in Lent Holy Eucharist Rite I, 8 a.m. Christian Formation for all ages, 9 a.m. Holy Eucharist Rite II, 10 a.m. Education for Ministry, 6 p.m.
- Tue 26 Region 3 Lenten Class at St. Andrew's (See article on page 2.)
- Wed 27 Candlelight Prayer Service, 7:30 p.m.
- Thu 28 Choir Rehearsal, 7:30 p.m.

March

- Sun 1 Fourth Sunday in Lent Holy Eucharist Rite I, 8 a.m. Christian Formation for all ages, 9 a.m. Holy Eucharist Rite II, 10 a.m. Education for Ministry, 6 p.m.
- Tue 4 Region 3 Lenten Class at Trinity (See article on page 2.) St. John's Book Club, 7:30
- Wed 5 Candlelight Prayer Service, 7:30 p.m.
- Thu 6 Morning Guild, 10 a.m. Choir Rehearsal, 7:30 p.m.
- Sun 9 Fifth Sunday in Lent Daylight Saving Time begins Holy Eucharist Rite I, 8 a.m. Christian Formation for all ages, 9 a.m. Holy Eucharist Rite II, 10 a.m. Education for Ministry, 6 p.m.
- Tue 11 Region 3 Lenten Class at St. John's (See article on page 2.)
- Wed 12 Candlelight Prayer Service, 7:30 p.m.
- Thu 13 Choir Rehearsal, 7:30 p.m.
- Sun 16 Sunday of the Passion: Palm Sunday Liturgy of the Palms and HE Rite I, 8 a.m. Liturgy of the Palms and HE Rite II, 10 a.m.
- Wed 19 Wednesday in Holy Week Candlelight Prayer Service, 7:30 p.m.
- Thu 20 Maundy Thursday, Holy Eucharist and Stripping of the Altar, 7:30 p.m.
- Fri 21 Good Friday Good Friday Liturgy, 12 noon and 7 p.m.
- Sun 23 Easter Sunday Holy Eucharist Rite I, 8 a.m.
 Festival Holy Eucharist with children's message, 10 a.m.
 There will be no Christian Formation classes Reception and children's Easter Egg Hunt following the 10 a.m. service
- Wed 26 Wednesday in Easter Week Candlelight Prayer Service, 7:30 p.m.
- Thu 27 Choir Rehearsal, 7:30 p.m.

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Next deadline is Friday, February 15 at 10:00 a.m.

Time Sensitive Material—Please Deliver Promptly

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