



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: Give Thanks for Our Support Systems

There is a story going around the Internet called "Who Packed Your Parachute." It's about a soldier who ejected from a plane in Vietnam and spent some time in a POW camp. On his return, he was speaking to a group of soldiers and one of them called him by name. He didn't know the man, but the man knew him because he had packed his parachute. The connection led him to be grateful for this person who was unknown to him but who had helped save his life. The story goes on to suggest we might recall those who have "packed our parachutes," giving us physical, emotional, mental and spiritual support.

November is a good time to think back over our lives and be grateful for those who have supported us in our journeys. It is a wonderful exercise to go back and remember those who have been encouragers, equippers and supporters for us throughout our lives, whether they have been those who love us daily or those we meet on the street.

Using parachutes as a metaphor, we can think about who packed our physical parachutes. Who got us excited about physical exercise? Who played games with us, taught us how to eat well and took us to the doctor? Do we have exercise buddies or a spouse that makes sure we take care of ourselves? Has someone held our hand while we quit smoking or gave up chocolate? Do we have doctors we are glad that God has put in our lives? Those of us who have been ill or had surgery lately can be thankful for those who have blessed our lives with love during our treatments and recovery.

God gave us our bodies as gifts, and we get to choose whether we treat our bodies as temples of the Holy Spirit, which they are, or, as the Kenny Chesney song says, like "old honky tonks." Many of us feel like our lives are too busy to take care of ourselves, but that's the very reason we should. This wonderful gift literally gets us where we are going. One of the ways we honor God our creator is to care for our bodies in the best ways we can.

How about our mental parachutes? I have some favorite teachers, and I'm sure you do too. Throughout my life there have been books that excited my imagination, stimulating lectures to open my mind and good conversations that have kept my brain "juiced." I am thankful for those authors and lecturers and friends who have kept my mind well oiled and its gears running smoothly. Sometimes my brain feels like the gears have no oil and that's a message to me not to sit in boredom or burnout, but to ask God for help to fold my mental parachute. God is always there to meet our needs, directly or indirectly, because no one is self-sufficient; we do not fold our own parachutes.

All of us need numerous people to help with our emotional parachutes. All of us have feelings, and they are harder or easier for us to handle, depending on what our lives have been like. Who are the people who helped us handle our feelings and taught us they, too, were

gifts from God, designed to give us messages. Who taught us not to be overwhelmed by our feelings, but to talk them out and offer them in prayer? Parents, grandparents, friends and therapists can all play a role in helping us learn how to be in healthy relationship with our fellow human beings, which is what God desires for all of us. There is an especially good children's book that I read just a few years ago called *Handling Your Ups and Downs: A Children's Book About Emotions*, by Joy Wilt Berry and Ernie Hergenroeder. Yes, it's for 8-year-olds, but some of us need reminding.

We can give thanks for people who have met us for coffee, take us out when we're down, listen to us talk about our kids and grandkids. People who work with us, play with us and chat with us can all be put on our list.

Last, but certainly not least, is our spiritual parachute. Who taught us about God? Who were the people in our lives who helped us understand God's love for us just as we are, strong and weak, energetic and tired, gifted and limited human beings. Maybe there was a mission trip, a youth leader, a Sunday school teacher, a clergy person, other lay people in our church or in the world, whose display of the fruits of the Spirit brought us to Jesus. All of us at St. John's have many people who fill that role even now.

I consider myself blessed in different ways by each and every one of you, and I am so grateful for our time together during these past seven years. You have ministered to me in so many ways and helped me in my spiritual journey as we have walked the road of discipleship together.

Thanksgiving comes in the middle of a season of excess—excess food, excess football (although I know for some that is an oxymoron), and excess indulging as well as sometimes excess family exposure, excess loneliness and excess unhappiness. One thing we can be sure we can never do to excess is be grateful. As Meister Eckhart, the great mystic said, if we only prayed one prayer in our lives and it was "Thank You", that would be enough.

I wish you a joyful Thanksgiving season, full of gratitude for those who were sent to you by God's grace to help you on your journey and full of thanksgiving as well for those people God has given to you to help on their journeys.

Ann †

St. John's Members Join CROPWalk to Fight Hunger

On October 17, CROPWalk/Arlington saw more than 50 people from all over the county set out on a 10 kilometer walk sponsored by Church World Service to raise money to fight hunger at home and abroad. Locally, part of the proceeds from CROPWalk go directly to the Arlington Food Assistance Center, a food bank for families in need. In just one year, there has been a nearly 30% increase in families needing assistance.

St. John's was represented at CROPWalk by Paul and John Petrich (ages 11 and 8 respectively), their friend Stefano Lewin and Stefano's mother, as well as Betty Vertiz. There was a group of walkers from Episcopal Region 3 churches, organized by St. George's Episcopal Church and St. George's Youth Group.

The 10K route started at Arlington Forest Methodist Church (Route 50 and Henderson Street), went to St. George's Episcopal Church by Virginia Square Metro, then to Trinity Episcopal Church on Columbia Pike near Adam's Square and finally back to its starting point at Arlington Forest Methodist Church.

Paul and John reported that they enjoyed the walk, which was made better by the great weather and fun people, but they really loved the cookies at the rest stops. They also thought that more people from St. John's should join in the walk next year, both because it is fun and because it benefits a good cause.

Christian Formation

Adult Forum In November and December, the adult forum will be working with parables and with our theological topics. We'll take three weeks or so at a time with each one and move back and forth, so that various interests can be met. On November 9, VTS Librarian Mitzi Budde will talk to us about new books in the theological area and what we might gain from them. We also hope to have Bill Schenck spend a session with us on various explanations for evil in the world.

Children's Education Children's education on Sunday morning has been all about the stewardship of creation. The children have worked on their fair trade coffee project, offered hospitality to the church after the 10 o'clock service and spend time preparing gratitude bags for the congregation. (See article on our responses on page 3.) In October, they decorated and carved stewardship pumpkins, learning about first

fruits and giving of themselves. Each of the pumpkins will be given away to someone as an offering.

In November and December, the children will continue with hospitality and the coffee project and begin working on the Christmas pageant, for our delight and enjoyment on December 21 after an abbreviated 10 o'clock service.

Lenten Series It seems a long way away, but the Region 3 Lenten Series has already been planned. Mark your new calendars for Tuesday evenings beginning March 3 for a really good time of sharing a meal and conversation at various churches in the region. The series closes with an Easter Vigil at St. Peter's on April 11.

St. John's Children Examine Blessings and Gratitude

In September the Children's Sunday School spent some time examining the blessings that we at St. John's receive and how we show gratitude for our blessings. Members of St. John's received gratitude bags – brown paper bags decorated with stickers and holding a large smiley face sticker, note paper and a pencil – on September 7. Our instructions were to use the note-paper to record our blessings and how we express that gratitude, then to return the bags the next week and to wear our smiley face stickers to church.

Some things for which people were grateful included:

- The people in my church and other organizations we they help to support me and many good causes
- People who are willing to take risks for God
- The opportunity of watching children grow and mature into loving and giving adults
- God's presence
- The basic beauty of our world
- St. John's Sunday School and its teachers

The members of St. John's expressed their gratitude in both human and spiritual ways. Some examples include:

- Praying every day to thank God for our blessings
- Telling friends of what they did that was appreciated
- Making time and money available for church work
- Helping others at the hospital and in my church and community to give thanks to God for his love

The full list of the blessings members reported and how they show gratitude can be found in the Narthex and downstairs in the undercroft. Reading the list provides a window into how God's love shows itself in our community.

United Thank Offering Fall Ingathering

On November 16 we will give thanks for our many blessings by putting coins in a little blue box or writing a check. November seems to be a particularly appropriate month for our fall ingathering for the United Thank Offering, since it is the month we celebrate our Thanksgiving holiday. We are able to give thanks to God for our blessings by offering gifts to others. We do not offer gifts expecting to be paid back. What draws us close together is the mystery of the gift of gratitude: from us to God, from God to us for sharing out resources, from those who receive our gifts and from their gratitude to us for our generosity.

Thanksgiving Service Planned for Christ the King Sunday

This year St. John's will have its Thanksgiving service on November 23, the Sunday preceding the national holiday, combining it with the Feast of Christ the King. Both readings for Christ the King Sunday and for Thanksgiving will be incorporated in the service. Combining the Thanksgiving service the Sunday service will provide more people with the opportunity to give thanks with their St. John's family.

A pot luck luncheon is being planned for everyone after the 10 o'clock service. Details of the Thanksgiving service and pot luck will be announced in coming weeks. Don't miss this holiday event!

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.

Dave Dunlap, LOGOS Editor

Jane Edwards, LOGOS Editor and Page Layout

Email Dave at dave_dunlap@yahoo.com (preferred) or leave info in newsletter box in the office.

The next deadline is Friday, November 14 at 10:00 am.

Parish News

Congratulations to

- Michael Beavin, who received the Bronze Star from the Air Force at the Air Force Memorial on October 17
- Samuel and Jacob Beavin, who received Heroic Children's medals from their father on the same day. They are the first children to receive medals at the Air Force Memorial
- Dave and Carol Dunlap whose first grandchild, Elinor Vivian Sonnet, was born to Karen and Ben Sonnet on October 4

Thank you to

- Bryan Harbin for donating the animal blessing signs
- Valerie Wilson, who painted a new window for our spire
- Bill Pritchard and Diane Henderson for taking photos at the animal blessing
- Faye and Bill Pritchard for their leadership once again of our Shrine Mont retreat and to Pamela Corey-Archer who will lead next year's retreat along with Peter Wehmann from St. Andrew's
- Anna Minor for sharing her summer at Standing Rock with us

New directory information

New Member

Laura Wallace
333 S. Glebe Rd., Apt. 529
Arlington, VA 22204
571-312-5766
Lauradouglas585@gmail.com

Addition to Friends and Alumni

Rodney Wong
1227 The Alameda St.
Berkeley, CA 94709

New e-mail

Don and Penny Hess: dohess@cox.net

Birthdays

David Dunlap, November 1
Keith McCartney, November 2
Betty Geris, November 3
Roger Ludwig, November 4
Robert L. "Larry" Rawls, III, November 11
Douglas Le Sage (son of Klaus & Lori Held),
November 13, 1997
Dave Robinson, November 13
Beth Fowler, November 14
Bronwen Berliner, November 15
Jean Harrison, November 15
Laura Van Wyk, November 16
Alva Rice, November 19
Robin Freshwater, November 22
Lisa Buchanan, November 24
Jud Buchanan, November 25
Gage Buchanan, November 27, 2001

Anniversaries

Roger and Diane Henderson, November 4
Jeff and Michelle Aitken, November 6
Brian and Beth Cavey, November 10
Del and Carole Hunt, November 24

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.

Thanksgiving Pot Luck

When: November 21, after the 10:00 service

Where: St. John's undercroft

More information forthcoming.

Gospel Lessons for November

November 2, All Saints' Day (observed), Matthew 5:1–12

The Gospel is the opening sayings of the Sermon on the Mount, words of both comfort and challenge. The values of the reign of God are quite different from worldly standards. Those who are to find blessing will know want and thirst, if not because of their own circumstances, then for the sake of others. Those who hunger for righteousness will find fulfillment, but first they must suffer persecution.

November 9, Twenty Sixth Sunday after Pentecost, Matthew 25:1-13

Our Gospel is the parable of the wise and foolish maidens—those prepared and unprepared for the bridegroom's coming. In several ways, the details of the story may strike us as odd and even a little unfair, but such a concern misses the main point which has much in common with other parables of Jesus. One must at all times be ready with repentance and decision for the kingdom's coming. In a later period this story was read with allegorical overtones. Jesus is the bridegroom whose return is delayed. Some in the church are falling asleep while other remain expectant.

November 16, Twenty Seventh Sunday after Pentecost, Matthew 25:14–30

Our gospel is the parable of the servants who made different uses of the money entrusted to them. The evangelist intends the story to be instructive to Christian disciples. The master Jesus is now away. When he returns, he will expect his followers to have made diligent use of the faith he has left in their charge. If it has not grown, then it has been without value and will be

taken away. One also recognizes how immense are the sums left with the servants. The parable warns against the false security of only guarding the traditions and not investing them in life and in others.

November 23, Christ the King Sunday, Matthew 25:31–46

Our Gospel presents the picture of the universal judgment when the Son of Man, acting as judge and ruler, will separate humankind into two groups: those who have cared for the Lord in the needy, the stranger, and prisoners—and those who have not. On one level, the evangelist intends those in need to be understood as Christian disciples. But the bringing of all peoples into judgment has caused Christians to realize that the Christ is to be recognized in every individual. Beneath this awareness lies a profound theological mystery: the likeness of God, which has been decisively revealed in the human person of Jesus, may be perceived in each human being.

November 30, First Sunday of Advent, Mark 13:24–37

In our Gospel passage, Jesus repeatedly urges his disciples to watch, to be ever ready for the time that will suddenly come. To stress this urgency, he uses a little story about servants left in charge when their master is away. They do not know when he may suddenly return. Just so must disciples be on the alert for their Lord.

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.

St. John's Calendar

November

- Sun 2 Daylight Saving Time ends
All Saints' Day (observed)
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 Election Day: Vote
- Wed 5 Candlelight Prayer Service, 7:30 p.m.
- Thu 6 Morning Guild, 10 a.m.
Choir Practice, 7:30 p.m.
- Sun 9 Twenty Sixth Sunday after Pentecost
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 11 Veterans' Day (office closed)
- Wed 12 Candlelight Prayer Service, 7:30 p.m.
- Thu 13 Choir Practice, 7:30 p.m.
- Fri 14 Deadline to submit articles for the December /
January LOGOS
- Sat 15 Men's fellowship, 8 a.m., in the undercroft
- Sun 16 Twenty Seventh Sunday after Pentecost and
Thanksgiving Celebration
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.
United Thank Offering Ingathering
- Wed 19 Candlelight Prayer Service, 7:30 p.m.
- Thu 20 Choir Practice, 7:30 p.m.
- Sun 23 Christ the King Sunday
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.
- Sun 30 First Sunday of Advent
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.

December

- Tue 2 Vestry Meeting, 7 p.m.
St. John's Book Club, 7:30 p.m.
- Wed 3 Candlelight Prayer Service, 7:30 p.m.
- Thu 4 Choir Practice, 7:30 p.m.
- Sun 7 Second Sunday of Advent
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.
- Wed 10 Candlelight Prayer Service, 7:30 p.m.
- Thu 11 Choir Rehearsal, 7:30 p.m.
- Sun 14 Third Sunday of Advent
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.
- Wed 17 Candlelight Prayer Service, 7:30 p.m.
- Thu 18 Choir Rehearsal, 7:30 p.m.
- Sat 20 Men's Fellowship, 8 a.m.
- Sun 21 Fourth Sunday of Advent
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.
Neighborhood Christmas caroling 6 p.m.
- Wed 24 Christmas Eve
Holy Eucharist for all ages with children's
sermon, 5 p.m.
Christmas music and caroling in church 10:40
p.m.
Festival Holy Eucharist, 11 p.m.
- Thu 25 Christmas Day
- Sun 28 First Sunday After Christmas
Lessons and Carols, 10 a.m.

Help Wanted: Vestry Register

by Dave Dunlap

The vestry needs someone to take on the job of register. Vestry Register is a fancy name for the recording secretary. The register goes to vestry meetings, takes notes on discussions and decisions, writes minutes of the meetings and distributes them to the rector and vestry members. The register also writes occasional letters on behalf of the vestry and signs the annual parish report, along with the rector and senior warden.

The investment of time on a monthly basis is two hours for the vestry meeting (the second Tuesday of the month, 7–9 p.m.), plus about an equal amount of time to write the minutes, send them out for voting and comment. In order to streamline the process, the minutes have been distributed by email, with vestry members then able to read and vote on their approval in a more relaxed manner than if they take three minutes at the beginning of the meeting.

Since I resigned the post a year ago the vestry has had no register. Vestry members have rotated the responsibility for taking notes and producing minutes. While this works, it also distracts from the note-taker's participation in the meeting, so it is preferable to have a regular vestry register. And, since vestry meetings are open to anyone who wants to attend, the register can participate in discussions, although he or she has no vote. If you want to know more about this opportunity to serve I would be happy to discuss what the job entails.

Web Site Displays Photographs from Standing Rock

The full multi-media edition of Anna Minor's report on her summer at Standing Rock Lakota reservation is now available on the St. John's web site (<http://stjohnsarlington.thediocese.net/standingrock/>). Anna's article on her summer work is on the web site, supplemented by photographs of the camp where she stayed, the churches where she worked, and the scenery of the area. Hard copies of the pictures are also on the bulletin board in the undercroft, but they can be seen better on the web site.

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Next deadline is Friday, November 14 at 10:00 a.m.

Time Sensitive Material—Please Deliver Promptly

Staff

Rector: The Rev. Ann B. Barker
Seminarian: Anna Minor
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

Bill Thomson, Senior Warden
Bill Pritchard, Junior Warden
Marshall Adair
Pamela Corey-Archer
Jan Hull
Paul Stenger
Linda Trochim

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