



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: The Joy of Living

I recently saw a movie called "The Bucket List". It is about two men who find out they are dying soon. They make up a list of things they want to do before they die and then begin to do them. One of the things on the list is seeing the pyramids. In one scene, the two men sit atop a pyramid and one tells the other about how the Egyptian gods decide who to let into whatever their concept of heaven was. They ask two questions, "Did you bring joy to yourself in life?" and "Did you bring joy to others?"

I think many of us are focused very much on bringing joy to others and so sometimes forget to focus on bringing joy to ourselves. Joy is an important part of our life with God. God enjoys us and wants us to enjoy ourselves. God wants us to be faithful to God and sometimes that hurts, but when we can, God wants us to experience joy in God's service as much as possible.

There are many places we can experience joy in our lives. One way is to live in the moment. Too many of us are focusing on past mistakes or worrying about the future. Those moments are either gone or not here yet. We cannot act in them. We can only be in and take action in the moment we are living now.

The Rev. Kathleene Card talks about a book entitled *Peace Is Every Step: The Path of Mindfulness in Everyday Life*. The editor of the book, Arnold Kotler, has gathered the words of the Buddhist Thich Nhat Hanh, she says, in a way that brings to life what it means to "live mindfully, slowing down and enjoying each step and each breath".

Nhat Hanh says we need to be more intentional about everything we do, even sitting in traffic. It can be a place to "practice conscious breathing." Nhat Hanh further suggests when we breathe in we calm the body and when we breathe out we should smile. Card takes the suggestion further and offers that when we breathe in we should take in God's amazing grace and when we breathe out we smile because we know that by the grace of Jesus Christ we are healed. "Two simple acts—breathing and smiling—can remind us that this present moment is to be savored."

Taking life moment by moment is a way to not be overwhelmed by all that we have to do that is yet to happen. In the mornings I try to focus on what my body is feeling like when I exercise so that I do not think constantly about what I have to do at work. I focus on my morning routine, one step at a time, and on the music I listen to, trying to hear the words and enjoy each note. Missing life in the present moment is like sucking the last bit of your favorite milkshake out of the straw or scraping the last bit of ice cream from your dish without having tasted the rest of the treat. Suddenly our good milkshake or our good time

St. John's Episcopal Church, Arlington • The Rev. Ann Barker, Rector • October 2010
415 South Lexington Street • Arlington, VA 22204 • <http://stjohnsarlington.thediocese.net>
Phone: 703-671-6834 • Fax: 703-671-8023 • Email: StJohnsRector@verizon.net

is gone and we have not savored every moment of it.

Father Joseph Breighner of the *Catholic Review* offers another way to bring joy to ourselves. That is to relish each new day as a gift from God. He offers five suggestions for our consideration on getting up in the morning. Name two things we have to be grateful for. Name two people that make us feel loved. Think about at least two things that make us excited about today, and at least two things that make us feel energized about today. Finally he says, we are to imagine what special gift God might have for us today.

The questions are there, he says to change our view from what is going to be bad about today to what is going to be good about it. The change in our outlook is very important to bringing joy to ourselves. Negative thinking is a habit that we have to unlearn—and it can be unlearned—and replace with positive thinking about God, the world and ourselves as God’s beloved creatures. Positive thinking can help us when we are trying to come up with solutions to problems, with ways to improve our lives, with ways to laugh more and to find more joy.

Another place we can find joy is in our transitions. I remember coming to Washington. It was a big transition for us. Evan faced another high school and I faced leaving the first jobs I had had as a priest. We were both just getting familiar with Columbus, Ohio, and we had to leave. We drove into Washington in a driving rain and neither one of us was very happy. But there was joy even there—at least for me. The new opportunity I had at St. John’s was exciting. The people were welcoming. The sister of a friend was here to help take care of us and serve as a reminder of home. A good friend from high school also lived here and another friend in Richmond. My brother lived in Baltimore. I was surrounded by a support system already. That’s what I had to concentrate on when the moving from place to place got really tough and having an unhappy teenager was too much to handle. Evan eventually found new opportunities as well—a band that he really enjoyed, people to socialize with, Boy Scout troops and other things.

Helen Keller once said, “When one door of happiness closes, another opens, but often we look so long at the closed door that we do not see the one which has been opened for us”. Transitions are tough times—moves,

school changes, family losses, romantic breakups, job insecurity, economic crises. Yet if we look it is possible to find joy for ourselves even in those hard times as we look for the new door or window God is opening. We do not have to be having a good day to be joyful. The two men in “The Bucket List” knew they were dying and yet they truly brought joy into their lives by doing things simple and things great and complex.

We can also find joy in accepting who we are—human beings who are loved and created by God and redeemed by Jesus Christ. We need to accept all of ourselves, our minds, our emotions, our sometimes rebellious bodies and acknowledge that they are all part of us. Sometimes, especially when we are little, but not at all only then, we find we cannot accept the part of us that is not perfect, that is not the way we would like it to be, that is not like somebody else’s. As long as we cannot or do not accept ourselves just as we are—just as God accepts us—we cannot grow and change into what God wants us to be. If we do not receive with joy the gifts God gives us today, we will not be ready to take joy in what God gives us tomorrow.

“The Bucket List” reminds us that time is not inexhaustible. We only have so much of it and we get to choose how we live—in joy or in worry, in faith or in fear, in the positive or the negative. Joy doesn’t have to come from some big thing that happens to us, although it sometimes does, but there are many more little moments that make our lives what they are in God’s world.

Give joy to yourself. Live in the moment. Live in the day. Live into life’s changes and accept yourself. God wants good things for us. Let us receive them gratefully.

Ann+

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 Thursday, October 21 at 10 am.

Seminarian's Diary, October 2010

by Mary Ruetten Mackin

Greetings. I am Mary Ruetten Mackin, your new seminarian from Virginia Theological Seminary (VTS). Dave Dunlap has asked me to write a column to describe the daily life and times of a seminarian, and I am delighted to do so. Let me begin by saying how pleased and privileged I am to be your seminarian here at St. John's. You have already welcomed my husband and me and made us feel at home in the parish; we are grateful.

I grew up in southwestern Wisconsin and after attending Bethel College in St. Paul, Minnesota, I served in the Peace Corps in Swaziland, where I taught English. This experience launched my career as a teacher of English as a second language, and, eventually, as a Professor of English at the University of New Orleans (UNO). I taught a variety of courses at UNO—everything from freshman composition to introductory linguistics to graduate studies in the teaching of writing. I loved teaching at UNO, but in 2005 I was ready to move on, and I retired.

While at UNO, I met my husband, Cooper, who was an English Professor and university administrator. Cooper grew up in Alabama but had been at UNO for a number of years. When we married, he and his three grown children graciously invited me into their family, and we have melded into one. We now have five granddaughters.

Cooper and I moved to Roanoke, Virginia, in 2005, in the aftermath of Hurricane Katrina and became members of St. John's Episcopal Church there. While I was a member at St. John's, God called me to God's service, and I was able to say yes with my whole heart. This call led me through the discernment process at St. John's, to seminary at VTS, and now here to serve you as a seminarian. To respond to God's call at this point in my life is a deep privilege, but also a continuing exercise in trust. My faith has grown and matured in the last several years as I have put my life in God's hands. I look forward now to growing with you as we all undertake the work God has given us each to do.

Mission and Vision

by Dave Dunlap

We print St. John's mission and vision statements in every issue of LOGOS. This is a conscious act, intended to remind us of who we are as a worshipping community.

In recent months the vestry has been engaged in examining our mission and vision to determine if they are still accurate and up-to-date. The results of their examination and revision have been given out to everyone with their sincere request for comments. Following the 10:00 Eucharist on September 12, we held a parish meeting to discuss the proposed mission and vision statements and to refine them further. The discussion was spirited and very productive. Changes in wording were proposed for both the mission and vision, changes which were sent back to the vestry for their consideration and action when they next meet. The process of reviewing the mission and vision statements continues the vestry's work this year in establishing goals for 2010 and making sure that action has been taken to accomplish those plans.

Thanks are in order for all who took part in the effort to update and improve our mission and vision statements. The vestry deserves our thanks for initiating this project, as well as for all the rest of their work this year. All who provided comments on the proposed mission and vision, either individually or at the September 12 meeting are to be thanked as well. Special thanks go to Kim Houghton for her help in recording proposed changes, clarifying proposed wording, and helping to keep the meeting on track.

And remember that when the revised mission and vision statements are approved, they will be printed every month here in LOGOS to remind us of who we are and what we are doing to accomplish God's work.

October Highlights

With the coming of fall, much is going on at St. John's in October. Make sure you don't miss these events.

- St. John's book club meets October 5 at 7:30 p.m., this month discussing *Out of Africa* by Isak Dinesen.
- On October 27 from 7:30 to 9:30 there will be a listening session on faithful sexuality and the blessing of same-gender unions at St. Alban's Church in Annandale. Everyone is invited to attend.

Christian Education Continues: A Look at Heaven

Through late October the adult Christian education class continues its look at how people past and present view heaven. If you missed the beginning it is not too late to join the discussions.

Coming up next, Bill Schenck will lead a discussion on the religion of Thomas Jefferson. Jefferson was out-of-step with many of his contemporaries, but you may find that his beliefs are very relevant to today's thinking.

More interesting and engaging presentations and discussions are coming up later in the year. Subjects include:

- Marcus Borg's *Embracing an Adult Faith: What it means to be a Christian*, a presentation which includes a short DVD presentation followed by discussion;
- *Hard Times Come Again No More*, a book about suffering and hope; and
- A discussion of Jesus and money.

We also hope to have Mitzi Budde from the Virginia Theological Seminary Library with us to discuss recently published books with theological themes in November.

So stay tuned for further information and plan to join us for stimulating discussion and learning on Sunday mornings.

Parish News

Congratulations to

Anthony Lee Cullen Santiago on his baptism into the community of Christ's body, the church on September 12.

Thank you to

- Diane Henderson for coordinating movie nights, Bryan Harbin for setting up the sound system for the August movie, Maddie Harbin and Galen Henderson for their help with snacks and anyone else who lent a hand to this enterprise
- Bryan Harbin for keeping our signage up-to-date
- Kay Wells for purchasing new tablecloths for the undercroft

Birthdays

In October we celebrate the birthdays of Erin Tallent Baynham, Betsy Cullen, Carrie Harbin, Bryan Harbin, John Hart, Taylor Robinson, and William Thomson.

Anniversaries

We also celebrate the anniversaries of Andy & Cathi Del Gallo, Angie Rollet & John Hart, Dave & Lynn Robinson, Paul Harless & Eileen Flynn, Tony & Heather Kollath. Michael & Stephanie Beavin, Marshall & Ginger Adair

Deaths

The Rev. Dale K. Brudvig, who died July 28, 2010.

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.

Sign Up Now for Shrine Mont Weekend

Shrine Mont is truly a place apart, a place to restore body, mind, and spirit, and this year St. John's restorative weekend is October 15 through 17. There in the mountains, among the colorful leaves and amid the scent of wood smoke, we have the opportunity to do whatever we find re-creates us most—reading, or prayer and worship, hiking, golfing, fishing, games, meditation, slow hours of fellowship with our friends and family, roasting marshmallows, singing, just sitting around, eating tons of country food—and, of course, the opportunity to feed our souls with a spiritual program.

The theme for the program this year is “Inward-Outward: Our Spiritual Journey,” led by the Rev. Grace Cangialosi, the same retreat leader who did such a wonderful job last year. She will guide each of us in discovering what restores us most spiritually and will help us consider further how we might want to express that spirit in our church and community.

And children are definitely included in the weekend. Norka and Valeria will be putting together activities and a program designed just for our children, so that regardless of age there will be something for them to enjoy during the times that the adults are taking part in their program. Then the children can join us again for Friday's ice cream social, meals, a bonfire, Saturday afternoon free time, worship, and just general goofing off in the evening.

Join us—and bring the kids. Just see Faye or Bill Pritchard for details or fill out one of the forms in the pews. And if anyone needs financial help to attend the weekend, let Faye and Bill know about that, too. Everyone who wants to come will be able to come.

The more the merrier.

Gospel Lessons for October 2010

October 3, 2010, Nineteenth Sunday after Pentecost—Luke 17:5-10

Jesus has told his followers that there will be times when you lose your faith, but if you cause another to do so, your fate will be worse than death. (vv. 1-2) and if a fellow Christian sins, rebuke him. If he repents, forgive him—however often he sins and repents (vv. 3-4). The twelve (“the apostles”, v. 5) now speak to him, asking him to give them enough faith to remain faithful. (The “mustard seed”, v. 6, is very small. The “mulberry tree” is large with an extensive root system, making it hard to uproot. It would not normally take root in the sea.) Jesus tells them that with genuine faith, however small, anything is possible. Quality of faith matters more than quantity.

Jesus now tells a parable (vv. 7-10). Slaves were expected to do their duties, and no master would absolve a slave of them, so the disciples would answer of course not! to the question in v. 7: should a slave eat before his master? The master stands for God and the slave for his people. The Greek word translated “worthless” (v. 10) means those to whom nothing

is owed, to whom no favour is due, so God's people should never presume that their obedience to God's commands has earned them his favour. (The Revised English Bible translates v. 10b as We are servants and deserve no credit; we have only done our duty.) However, as 12:35-38 says, God will reward those who are prepared when Christ comes again.

October 10, 2010, Twentieth Sunday After Pentecost—Luke 17:11-19

Jesus is on the final leg of his journey from Galilee to Jerusalem. He told his disciples how important genuine faith is. Lepers were outcasts from society; people considered them ritually unclean, believed the disease to be infectious by touch, and thought they were possessed by evil spirits. All ten acknowledge Jesus as who he is, “Master” (v. 13): they have faith. To be restored to society, a leper needed certification from “the priests” (v. 14) that he was free of the disease.

While all ten acknowledge Jesus as God, only one, a “Samaritan” (v. 16), a “foreigner” (v. 18), gives thanks to him (v. 16); he worships God differently. All ten are healed of leprosy but only one is wholly “made ... well” (v. 19)—for the Greek word bears with it the idea of

rescue from impending destruction or from superior powers. Much earlier, Jesus has infuriated synagogue worshippers by recalling the story of Naaman, the foreigner healed of leprosy by Elisha. Then no Israelites were healed of the disease, only an alien. Now one whom Jews despised is saved. See 7:27 for cleansing of lepers being a sign of the coming of the Kingdom.

October 17, 2010, Twenty-First Sunday After Pentecost—Luke 18:1-8

Some Pharisees have asked Jesus when the kingdom of God will come; he has answered: it is already “among you” (17:21). Using examples from the Old Testament, he has warned his disciples that its full coming will be sudden and unexpected; many people will miss it, being preoccupied with worldly affairs.

In Jewish society, a “widow” (v. 3) had no legal status; she was powerless. The story tells us twice that the judge is a rogue: he neither respects God nor cares about other people (vv. 2, 4). So why would Jesus tell an absurd story? Because such stories are easily remembered and are likely to be retold. Jesus uses this incongruous story to teach the disciples a lesson. If even this rogue listens to a petition (eventually), how much more so will God, loving as he is, hear and answer the prayers of the faithful, those whom he has “chosen” (v. 7), by again sending Christ, to judge. He will grant them justice soon after he comes (“quickly”, v. 8); however, they cannot know when he will come. So do not “lose heart” (v. 1) and persist “day and night” (v. 7) in prayer, seeking the completion of the coming of the Kingdom. But, Jesus wonders, will any still be faithful then, or will they all be preoccupied by other matters?

October 24, 2010, Twenty-Second Sunday After Pentecost—Luke 18:9-14

Luke has presented Jesus telling a parable about a judge and a widow. Even the uncaring judge listens to a petition, eventually; when Christ comes again, he will hear and answer the prayers of the faithful with due alacrity. Now Jesus tells a parable to “some” who take a legalistic approach to Judaism: “they were righteous”, pious. Pharisees kept the Law scrupulously - both written and aural, so they must be acceptable to God. (The unwritten law formed a protective shell round Mosaic law, reducing the chances of ever erring to the point of transgressing the real law.) Like the Pharisee in the story, they were fastidious in their observation of ritual practices: they fasted on Mondays and Thursdays, and tithed (v. 12): they were seen to be religious. But their pride in keeping the Law led

them into self-righteousness (“trusted in themselves”, v. 9), self-importance, and arrogance (“regarded others with contempt”). On the other hand, tax collectors were despised for collaborating with the Roman occupiers. At this point, Jesus’ hearers would be cheering for the Pharisee, especially since most were followers of the Pharisaic party. The tax collector admits he is a sinner (v. 13), repents (“beating his breast”) and seeks God’s mercy. In v. 14, Jesus explains the example story: the tax collector goes home “justified”, accepted by God, acquitted in God’s court of justice, for he has recognized his need for God’s mercy—but not the Pharisee. In the kingdom, roles will be reversed: God receives those who turn to him and implore his mercy; he rejects those who parade their supposed virtues. We should receive the Kingdom as a child does (v. 17).

October 31, 2010, Twenty-Third Sunday After Pentecost—Luke 19:1-10

Jesus has been asked by a rich “ruler” (18:18) what he must do to inherit eternal life. When Jesus has told him to keep the Ten Commandments, he has said that he has done so since his youth. Jesus then adds: “There is still one thing lacking. Sell all that you own and distribute the money to the poor, and you will have treasure in heaven; then come, follow me” (18:22). He finds it hard to give up his wealth.

Now we meet Zacchaeus, a tax farmer working for the Romans and therefore also rich—a despised person and an outcast from Jewish society. He is curious about Jesus (v. 3). Jesus senses his presence up in a “sycamore tree” (v. 4). He even invites himself to Zacchaeus’ home. (God extends hospitality to all people.) The crowd grumbles (v. 7), for Jesus has crossed social and religious barriers: good people don’t associate with sinners. Zacchaeus, unlike the rich ruler, is prepared to give generously, and to recompense anyone he has defrauded, as the Law requires. (The Law required that a stolen sheep be replaced by “four”, v. 8, sheep.) “Salvation has come” (v. 9) to Zacchaeus’ house, indeed to his whole household: Jesus chose to stay with him, Zacchaeus accepted him and has changed his life. Being saved is the same spiritual experience as inheriting eternal life and entering the kingdom of God. In spite of the crowd’s grumbling, thinking him “lost” (v. 10), the tax (or toll) collector is a “son of Abraham” (v. 9), a true member of God’s people.

Commentaries on the Revised Common Lectionary were prepared for the Anglican Diocese of Montreal, Canada, © 2003 – 2010 by Chris Haslam. Used with permission.

St. John's Calendar

October

- Sun 3 Nineteenth Sunday after Pentecost
Holy Eucharist Rite I, 8 a.m.
Christian Education: 9 a.m. adults, 9:20 youth
Holy Eucharist Rite II, 10 a.m.
Blessing of the Animals, 5 p.m.
Education for Ministry, 6 p.m.
- Tue 5 St. John's Book Club, 7:30 p.m.
- Wed 6 Candlelight Prayer Service, 7:30 p.m.
- Thu 7 Morning Guild, 10 a.m.
Choir Rehearsal, 7:30 p.m.
- Sun 10 Twentieth Sunday after Pentecost
Holy Eucharist Rite I, 8 a.m.
Christian Education: 9 a.m. adults, 9:20 youth
Holy Eucharist Rite II, 10 a.m.
Education for Ministry, 6 p.m.
- Tue 12 Vestry Meeting, 7 p.m.
- Wed 13 Candlelight Prayer Service, 7:30 p.m.
- Thu 14 Choir Rehearsal, 7:30 p.m.
- Fri 15 to Sun 17 Shrine Mont Weekend
- Sat 16 Men's Fellowship, 8 a.m.
- Sun 17 Twenty-First Sunday after Pentecost
Holy Eucharist Rite I, 8 a.m.
Christian Education: 9 a.m. adults, 9:20 youth
Holy Eucharist Rite II, 10 a.m.
Education for Ministry, 6 p.m.
- Wed 20 Candlelight Prayer Service, 7:30 p.m.
- Thu 21 Choir Rehearsal, 7:30 p.m.
LOGOS deadline, 10:00 a.m.
- Sun 24 Twenty-Second Sunday after Pentecost
Holy Eucharist Rite I, 8 a.m.
Christian Education: 9 a.m. adults, 9:20 youth
Holy Eucharist Rite II, 10 a.m.
Education for Ministry, 6 p.m.
- Wed 27 Listening session on faithful sexuality and the blessing of same-gender unions at St. Alban's Annandale. 7:30 – 9:30 p.m.
Candlelight Prayer Service, 7:30 p.m.
- Thu 28 Choir Rehearsal, 7:30 p.m.
- Sun 31 Twenty-Third Sunday after Pentecost
Holy Eucharist Rite I, 8 a.m.
Christian Education: 9 a.m. adults, 9:20 youth
Holy Eucharist Rite II, 10 a.m.
Education for Ministry, 6 p.m.

November

- Tue 2 St. John's Book Club, 7:30 p.m.
- Wed 3 Candlelight Prayer Service, 7:30 p.m.
- Thu 4 Morning Guild, 10 a.m.
Choir Rehearsal, 7:30 p.m.
- Sun 7 *Daylight Saving Time Ends*
All Saints' Day (observed)
Holy Eucharist Rite I, 8 a.m.
Christian Education: 9 a.m. adults, 9:20 youth
Holy Eucharist Rite II, 10 a.m.
Education for Ministry, 6 p.m.
- Tue 9 Vestry Meeting, 7:00 p.m.
- Wed 10 Candlelight Prayer Service, 7:30 p.m.
- Thu 11 Veterans' Day (office closed)
Choir Rehearsal, 7:30 p.m.
- Sun 14 Twenty-Fifth Sunday after Pentecost
Holy Eucharist Rite I, 8 a.m.
Christian Education: 9 a.m. adults, 9:20 youth
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 Christ the King Sunday
Holy Eucharist Rite I, 8 a.m.
Christian Education: 9 a.m. adults, 9:20 youth
Holy Eucharist Rite II, 10 a.m.
Education for Ministry, 6 p.m.
- Wed 24 Candlelight Prayer Service, 7:30 p.m.
- Thu 25 Thanksgiving Day (office closed)
- Sun 28 First Sunday of Advent
Holy Eucharist Rite I, 8 a.m.
Christian Education: 9 a.m. adults, 9:20 youth
Holy Eucharist Rite II, 10 a.m.
Education for Ministry, 6 p.m.

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

Next deadline is Thursday, October 21 at 10:00 a.m.

Time Sensitive Material—Please Deliver Promptly

Staff

Rector: The Rev. Ann B. Barker
Seminarian: Mary Mackin
Minister of Music: Lynn Robinson
Organist: Carol Dunlap
Parish Administrator: Virginia Pearson
Sexton: Justiniano Garay

Parish Leaders

Bill Thomson, Treasurer
John Restall, Assistant Treasurer
Don Hess, Co-chair, Building and Grounds Committee
John Wilson, Co-chair, Building and Grounds Committee

Vestry

Brian Cavey, Senior Warden
Del Hunt, Junior Warden
Patricia Broida
Debbie Carter
Diane Henderson
Paul Stenger
Liz White

LOGOS Volunteers

Editor: Dave Dunlap
Page Layout and Webmaster: Jane Edwards