



# 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*

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February 2013

## What Are You Doing for Lent?

Ash Wednesday marks the beginning of the next season of the liturgical year – Lent. Lent is traditionally a time of fasting and penitence leading up to Easter. The forty days of Lent mirror the forty days Jesus spent in the wilderness fasting, praying, and being tempted by the devil. The altar cloths and priest's vestments are purple, as they are during Advent, the church's other season of penitence.

When I was growing up, children were always encouraged to give something up for Lent. My mother would observe the traditional Lenten fast – One full meal a day and two smaller meals, which when taken together, do not equal a full meal. Partial abstinence was observed, with meat taken only at the principal meal. Of course Fridays meant total abstinence from meat. Nothing was allowed between meals except water or unsweetened coffee or tea.

If that sounds challenging, consider that my great-grandmother who "came over from County Cork in the second year of the great potato famine" observed the Irish black fast. I could never get a good explanation of the black fast, but it sounded like what we today would call a vegan diet – no meat or animal products like eggs, butter or cheese

– and very little of what food was allowed. The purpose of these penitential acts was both to imitate Christ's time of fasting in the wilderness and to make us more aware of the coming of Easter. Having fasted during Lent I can assure you that it does focus your awareness on the coming of Easter.

Contemporary thought suggests that there are other appropriate ways to observe the Lenten season. Rather than making Lent a time of giving up things, consider doing something to help people less fortunate than yourself. Try volunteering at a soup kitchen, serving food to people in need. Make

meals for the people at the homeless shelter. Or choose another of the many opportunities to serve, some of which have been listed recently in Virginia's weekly e-mails. You are still giving something up – some spare time – but you are also benefitting others. If your health or mobility limits your ability to volunteer, there are

still ways to help others. For example you could resolve that during Lent you will not leave a grocery store without buying at least one item for AFAC that you will bring to church on Sunday. If everyone at St. John's did that, we could keep Leslie Mead very busy ferrying food to AFAC!

Reading and study are appropriate for Lenten

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devotions as well. Make plans to come to all of the Region III Lenten study meetings this year, not just the one St. John's hosts. If you don't usually come to Sunday morning adult education, try to do that every Sunday during Lent. If that is not practical, try reading and reflecting on the daily lectionary during Lent. Or make up your own schedule of readings, progressing from the Old Testament prophets to the fulfillment of their prophecies in the Gospels. Contemplate the prophecies, what they mean and how Jesus fulfilled them.

Whatever you do this Lent, find a way to sharpen your awareness of the season. Come to Ash Wednesday services to kick off Lent, follow a Lenten discipline, share in worship during Holy Week, and rejoice in the resurrection at Easter.

Dave Dunlap

## Shrove Tuesday Pancake Supper

Shrove Tuesday, also called Mardi Gras (Fat Tuesday), is the day before Ash Wednesday, the beginning of Lent. Fat Tuesday gets its name not because it is a time to overeat, but from the practice of using up fats and other foods that were traditionally not eaten during Lent.

Shrove Tuesday this year is February 12. St. John's traditional Shrove Tuesday pancake supper is hosted by the men of the parish. The menu features pancakes, applesauce, and ham, all for the bargain price of \$5.00 for adults and \$3.00 for children ages six to 12, with children under six free.

Mark your calendar and come enjoy a traditional meal before the beginning of Lent.

## Words on Hymns

The Old Testament is replete with references to "forty days and forty nights", from Noah and the Flood, Moses in the cloud on Mount Sinai, and Elijah walking to Mount Horeb. Then there are the forty years the Israelites spent in the desert before arriving at the Promised Land. In the New Testament, Jesus spent forty days in the wilderness

before starting his ministry, and there were forty days between the Resurrection and the Ascension. These "forties" all represent significant changes and new beginnings, and are markers between periods.

At St. John's, each Sunday our hymns complement the Biblical readings in the Church year. On February 17, the first Sunday of Lent, we will be singing two hymns which remind us of Jesus' forty days of temptation: *The Glory of These Forty Days*, and *Forty Days and Forty Nights*. Our recessional hymn that day from LEVAS is *Yield Not to Temptation*, encouraging us to model ourselves after Jesus' strength of will to our daily lives.

This hymn was written by Horatio Palmer (1834-1907), a New York professor of music at Rushford Academy, who established choral organizations in New York City, New York State, Pennsylvania and Washington, D.C. Palmer related the following origins of his famous hymn, composed in 1868:

This song was an inspiration. I was at work on the dry subject of "Theory," when the complete idea flashed upon me, and I laid aside the theoretical work and hurriedly penned both words and music as fast as I could write them. I submitted them to the criticism of a friend afterward, and some changes were made in the third stanza, but the first two are exactly as they came to me - I am reverently thankful it has been a power for good.

### St. John's Mission Statement

We welcome everyone including believers, seekers and doubters to share God's love and acceptance in a community of worship and service.

### St. John's Vision Statement

St. John's is dedicated to nurturing disciples for Jesus by:

- Offering faith-deepening worship, education, outreach and pastoral care;
- Attracting and welcoming newcomers; and
- Sharing God's love with our community and the world around us.

## From the Rector: The Music of Silence

Years ago, I went on a two-day retreat. I was between my job and seminary and I believed this life changing time was a good opportunity to have some time out. It was a silent retreat. I didn't say a word all day except for one hour with a spiritual director. I was even encouraged not to read. I took long walks and spent a lot of time sitting and thinking and letting my mind wander. I even prayed some, but I wore myself out trying to be quiet. We were even quiet for meals. I was nuts by the end of the retreat and ready to get out of there. I swore I would never go on a silent retreat again and I have not done so.

But several years later, I am more and more appreciating the music of having some silence. A couple of weeks ago, I sat in on a session for a parish discernment committee (PDC). A PDC is a group of people that help a seeker discern whether or not he or she should pursue a process for ordained or lay leadership in the diocese of Virginia. Part of the training for the PDC group is how to sit in silence together. We practice silence during the training session, both in the didactic parts and in the two practice sessions. There is silence before a session, silence before and after questions and periods of silence as the group needs them. The silence is a time when the group is supposed to get centered in the Holy Spirit, so that the questions they ask will flow from the movement of the Spirit in their hearts. The silence is a time to listen for signs of the Spirit so the group can determine whether consensus can be reached. That day, during the final session of the PDC's work, there was a lot of silence and I felt comfortable with it. I was able to sit there quietly, not fidgeting or wondering when in the world someone would speak up with the next question.

Silence is also a part of pastoral care visits. Sometimes patients are non-responsive and it can be a very powerful thing just to sit and hold their hands, not feeling like you have to say anything.

Your presence is enough. Brad Agry, in his CREDO Vocational Blog about the power of silence, says we need to resist the impulse to "fill up" the space and let the actual "work" be done in a very different way. We need to stop worrying about what to do and just be. I have had this experience and find it to be true. I have stopped worrying that holding someone's hand and looking at them or sitting quietly in a room with someone is a problem and have found that connection Agry is talking about.

Another silence I have found more congenial is the silence of meditation. The 15 minutes I sit quietly and count my breaths while I listen for God's will for my life make my day more sane. I have begun adding some time at night, first talking in my head about my day and what I think went on and then listening for God's reply. That is not to say that God replies every time or even most times during the period when I am meditating, but God gets the message across during other quiet moments in my life, often when I am least expecting it.

I am someone who likes to listen to music on the radio while I drive, but even there, I find times when I want the silence – time to relax and breathe, time to be me, time to live in the moment. I am nearly always in the past or in the future but God is in this moment, this time that I am in, and observing what is going on in the moment is a good way to keep myself grounded in the present – where I am going, what I am doing at that very moment, not what I just did or what I will do. That is not to say there is not benefit in reflecting on the past and planning for the future. Rather it is to say that all of that comes out of the present moment.

Enjoying the silence is a discipline, especially for an extravert like me. But it is worth it to hear the powerful music of the Holy Spirit, of God blessing the present moment.

Ann †

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the Spirit*

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## St. John's Annual Meeting

Rector Ann Barker called St. John's annual meeting to order with a prayer following the 10 a.m. Eucharist on January 13. The rector reviewed the year just passed, noting the parish's support for ministries both within St. John's and in the surrounding community. Ann also noted the contributions of staff and members of the parish in 2012 and thanked them for their good work. She particularly noted Beth Cavey's efforts on behalf of the Family Ministries program and outgoing vestry members Diane Henderson, Patricia Broida and Debbie Carter.

Notable among 2012 accomplishments were the vestry's survey to determine where parish members were devoting their time and energy, a project which led to developing a comprehensive set of parish goals for 2013. The final version of St. John's 2013 goals as approved by the vestry was distributed and it was emphasized that these goals were developed with congregational input and would need strong congregational support and involvement to be accomplished in 2013.

Three candidates introduced to fill the vacancies on the vestry. There were no further nominations from the floor and the three candidates – Bill Schenck, Paul Stenger, and Linda Trochim – were elected by acclamation.

Bill Thomson reported on St. John's finances, noting that the projected deficit for 2012 was reduced slightly from what was anticipated. He reported that total assets increased by about \$8,000 during the calendar year, in spite of transferring \$20,000 from investments to cover the budget deficit in 2012.

## January Vestry Meeting Highlights

After hearing that our sexton, Justiniano Garay, could no longer work because of illness, the vestry agreed to have the rector send him a letter stating that after his sick leave and vacation leave were exhausted, he could take unpaid medical leave through June 30, 2013. That would enable him to keep his medical insurance until he could go on

Medicare on July 1. (The diocese agreed to this plan and reviewed the letter.)

The vestry also agreed to begin the process for hiring a contractor to carry out sexton services and to hire on part-time temporary employees to do the sexton's work until a contract was in place (no later than July 1).

The vestry gave final approval to the 2013 budget. Vestry members had taken the time between the December and January meetings to study the budget; however, they had approved the salary figures in December by e-mail.

Faye Pritchard, Senior Warden, suggested that the budget process in 2013 be revised to start earlier so as to give the vestry at least two meetings to consider the budget and to provide those affected by the budget the opportunity to present their financial needs before the draft budget is drawn up. If this proposal is to be considered, it will be by the vestry for 2013.

The vestry members looked at outreach proposals from a member of St. John's. The vestry members agreed that they would continue with the present outreach approach at St. John's, which is focused on involving as many members as possible in working directly with outside social service organizations such as AFAC, Bailey's Crossroads, and Meals on Wheels. The member's ideas would be included in the pool of outreach ideas that had been gathered during the survey.

### LOGOS

The LOGOS is published monthly except August, near the beginning of the month.

Dave Dunlap, LOGOS Editor

Articles for LOGOS may be Emailed to [dave\\_dunlap@yahoo.com](mailto:dave_dunlap@yahoo.com) (preferred) or left at the church office.

Material for the March issue should be submitted no later than February 21.

## Upcoming Activities and Opportunities

- The Adult class will finish its discussion of Jacob on February 10. We will then begin a five-part series called Fearless by Max Lucado with DVD and discussion. All are welcome.
- Confirmation Classes continue in February after the 10 o'clock service and will continue through late winter/early spring. See the January LOGOS for a description of the "confirm, not conform" program for the confirmation classes. The classes are being led by the Reverend Ann Barker, Lenore Schmidt, and Beth Cavey, but we need mentors for the confirmands.
- The Family Programs Ministry has a number of opportunities for service. Besides the need for confirmation class mentors, we need:
  - Volunteers to lead cooking projects on Family Sundays. Cooking projects are a way for our youth and adults of all ages to cooperate and share in one of our important and fun fellowships. Family Sundays are the third Sunday of each month.
  - Children's Chapel Leaders. Spend the first part of the 10 a.m. service with our youth as an adult observer/participant in Children's Chapel. Our older youth will begin leading the chapel services and adults are there to add guidance, answer questions and keep things slightly reverent.
- We are in search of a new seasonal decorator for the undercroft to fill the role which Kay Wells has so ably performed for so many years. Kay no longer feels up to the task on her own, but is still happy to help out.
- Look for the new flower chart posted on the wall in its usual place in the undercroft. Please take a moment to sign up for a Sunday or two for 2013. This is a wonderful way to honor, remember and pray for a deceased family member or other loved one.
- St. John's revised and updated website is at [www.stjohnsarlingtonva.org](http://www.stjohnsarlingtonva.org). Take some time to browse the new pages and let the communications team know if there is anything not there that you would like to see.
- We need help, aid, and assistance in presenting the Annual Tea. Beth Cavey has expressed a willingness to lead the effort again this year. The Morning Guild will provide support, guidance, and cooking skills but we need more help. The tea is the single largest fundraising project that St. John's hosts. Plus, it is such a lovely gift to the community. Please consider pitching in to keep this tradition alive.

## Parish News

### Rest in Peace

- Justiniano Garay, our sexton of 25 years, who entered the Life of the Resurrection on January 16

### Congratulations

- To our new vestry members Bill Schenck, Paul Stenger and Linda Trochim
- To John Restall, our new pledge clerk

### Appreciations

We thank all who have contributed so much of their time and energy to making St. John's a vibrant parish. We particularly thank

- Everyone who helped take down Christmas decorations: the members of Cristo Rey, Michael and Brian Cavey, Kay Wells, Lynn Robinson, and Faye Pritchard
- Our outgoing vestry members Patricia Broida, Debbie Carter and Diane Henderson
- Our continuing vestry members Faye Pritchard, senior warden; Lenore Schmidt, junior warden; Pete Olivere and Carrie Harbin
- Barbara Hill for serving as pledge clerk for 20 years
- Linda Trochim, for serving as interim pledge clerk
- Kay Wells for her many years decorating the undercroft for various occasions
- Bill Thomson, our treasurer, and John Restall, our assistant treasurer, for another year of service
- Dave Dunlap, our Logos editor and bulletin cover maker, for another year of service
- Eileen Tallent, the head of our altar guild, for another year of service
- Lynn Robinson, our music director, for another year of service
- Beth Cavey, for her service as family programs minister
- All who have been helping keep the building clean while we do not have Justiniano or his family with us
- Everyone who helped with our card ministry during 2012
- Lynn Christopher, who made a certificate for Justiniano commending him for his dedicated service to St. John's

**Region III Lenten Series 2013:  
Seeking and Serving Christ in All Persons  
The Journey from Baptismal Vow to Everyday Practice**

At baptism, all Episcopalians promise to seek and serve Christ in all persons, respecting the dignity of every human being. This year Region III takes a look at how the Church is doing in its work of eliminating racism and encouraging a cultural diversity that recognizes, celebrates and incorporates the diverse and enriching gifts of all races and cultures. We'll explore the Church's historical, biblical and tradition mandates for seeing the face of God in each other; how issues of race, ethnicity and inclusion impact the Church and its members; our current challenges and opportunities; and what faithful actions we can take to transform ourselves, the Church and the communities in which we serve.

Each offering at an Arlington church includes a soup and salad supper at 6:30 pm, the presentation with follow up questions beginning at 7:15 pm, and concluding worship at 8:15 pm. Nursery care is provided.

**Saturday, February 16, 10:00 am**

**From Repentance to Hope - A Service of Remembrance, Celebration and Witness**

**Location: St. George's Episcopal Church, 905 Princess Anne Street, Fredericksburg 22401**

This year's version of our annual Region III Lenten Quiet Day Retreat brings together The Most Rev. Katherine Jefferts Schori and the Rt. Rev. Shannon S. Johnston in an interfaith, multicultural service that includes a litany of repentance, voices on race, ethnicity and inclusion within our diocese, and a celebration of hope.

**Tuesday, February 19, 6:30 pm.**

**New Testament Perspectives on Race, Ethnicity and Inclusion – What does it matter to God? Why should it matter to us?**

Speaker: To Be Announced

Location: St. Mary's Episcopal Church, 2609 N Glebe Road, Arlington, 22207

**Tuesday, February 26, 6:30 pm**

**Old Testament Perspectives on Race, Ethnicity and Inclusion – What does it matter to God? Why should it matter to us?**

Speaker: Stephen L. Cook, Ph.D., Professor of Old Testament, Virginia Theological Seminary

Location: St. Andrew's Episcopal Church, 4000 Lorcom Lane, Arlington 22207

**Tuesday, March 5, 6:30 pm**

**Theology of Human Dignity – A Historical Perspective on Religion, Ideology and Human Dignity**

Speaker: To Be Announced

Location: Trinity Episcopal Church, 2217 Columbia Pike, Arlington 22204

**Tuesday, March 12, 6:30 pm**

**Conquering Race and Class – Impossible Dream or Realistic Possibility**

Speaker: The Rev. Benjamin Campbell (with insights from his experience addressing Richmond's unhealed history)

Location: St. John's Episcopal Church, 415 S. Lexington Street, Arlington 22204

**Tuesday, March 19, 6:30 pm**

**Beyond Black and White – Dealing with Barriers that Inhibit Full Inclusion of Latinos/Hispanics**

Speaker: The Rev. Anthony Guillen, Officer of Latino/Hispanic Ministries for the Episcopal Church

Location: St. George's Episcopal Church, 915 N. Oakland Street, Arlington 22203

**Friday, April 12, Meet Me in Galilee, Part I, 7:00 – 9:30 pm**

**Saturday, April 13, Meet Me in Galilee, Part II, 9:00 am to 2:00 pm**

Though discussion, sharing of personal story, and practical exercises, the Diocesan Committee on Race Relations will lead Region III in seeing how race, ethnicity and inclusion have shaped us and invite liberating transformation.

Facilitators: The Diocesan Committee on Race Relations

Location: Trinity Episcopal Church, 2217 Columbia Pike, Arlington, 22204

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

**Time Sensitive Material—Please Deliver Promptly**

**Staff**

Rector: The Rev. Ann B. Barker  
Minister of Music: Lynn Robinson  
Organist: Carol Dunlap  
Parish Administrator: Virginia Pearson

**Parish Leaders**

Bill Thomson, Treasurer  
John Restall, Assistant Treasurer  
John Wilson, Chair, Finance Committee  
Eileen Tallent, Chair, Altar Guild  
Beth Cavey, Minister of Family Programs

**Vestry**

Faye Pritchard, Senior Warden  
Lenore Schmidt, Junior Warden  
Carrie Harbin  
Pete Olivere  
Bill Schenck  
Paul Stenger  
Linda Trochim

**LOGOS Editor**

Dave Dunlap