



# 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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March 2014

## St. John's Helps Oral Rehydration Project Exceed Goal

Over 300 people from churches across Northern Virginia – including 15 adults and three young people from St. John's – gathered Saturday, February 8, to prepare over 30,000 packets of oral rehydration salts (ORS) at an event organized by the Central United Methodist Church in Ballston.

The workday was divided into two-hour shifts, starting at 9 a.m. Volunteers sat at tables working as an assembly line filling and sealing plastic packets with rehydration materials: sugar, salt, potassium, and baking soda. Several people worked more than one shift, determined to ensure that the goal of 23,000 packets was not only met but surpassed. Individual packets were packaged for shipping to a warehouse in Michigan, from which relief organizations can order packets for use wherever needed around the world.



St. John's volunteers help prepare 30,000 rehydration packets to save children around the world.

According to the World Health Organization (WHO), dehydration, which is usually a result of diarrhea, is one of the top two causes of death worldwide in children under 5 years of age. Eighty percent of the victims are under 2 years old.

The packets will be distributed to children in

refugee camps, in areas of extreme poverty, in situations of civil unrest, and in response to natural disasters. The salts in the packets will be mixed with water and given to the children to replace the water and electrolytes lost to diarrheal diseases.

Thanks to all from St. John's who helped: Ann Barker, Patricia Broida, Lynn Christopher, Carolyn Corlett, Lynn Robinson, Kay Wells, Debbie Carter and son Rob, Dave and Carol Dunlap and daughter Amy Dunlap, Leslie Meade and sons John and Paul Petrich, Pete and Barbara Olivere, and Bill and Faye Pritchard.

## From the Rector: Finding God

Randy Walterman tells a story about his four-year old daughter Jordan playing hide and seek with her grandmother. She grabs her grandmother by the hand and says, “You hide behind the couch” (*The Upper Room*). Of course, that is not the point of hide and seek. The seeker is not supposed to know where the hider is hiding, but this little girl wanted to make sure of finding her grandmother easily and presumably getting the hugs and snuggles that came later.

We want to find God in our lives too, so we can experience the unconditional love God gives us. And like Jordan’s grandmother, God wants to be found by us so God can show us God’s love. There are times in our life when it seems we can find God easily, and there are times when we are reduced to looking in impossible places like under couch cushions to find something we crave but cannot locate. But God does not want us to miss out on God’s grace. So God has given us some places, physically and emotionally, to find and to be found by God.

God has given us gifts and when we use them, we find God’s presence. That is how we know they are gifts. When I sing, I am thrilled by God’s presence all around me. Making music is one of my gifts. I take voice lessons and sing in a chorus and I am always uplifted. I am also good at listening to people when I do pastoral care. Listening to another person’s story makes my heart zing, and I always come away from a visit feeling very privileged to have been there. What do you love to do? You can be sure that whatever it is, God is there.

You can find God through service. We donate items and package items for AFAC. Many people find their lives enriched by this service. But there may be other places you give service that do not come to mind as easily. How is your work a service to others? Not just doing something like running a non-profit that helps people, but selling a good product, writing technical manuals that are easily understandable by non-technical folks like me, connecting people to one another at a

receptionist’s desk. These are all ways of giving service and if you are using your gifts while doing it, you are doubly blessed. Thinking of service in this way brings God into our lives every day.

God is with us when we hope for something. Brother Curtis Almquist of the Society of St. John the Evangelist, says that “hope is an anchor”. It is “knowing that you will be able to face the unknown storms of the future because you have found your moorings in the past.” The moorings you have found are in God. We hope in God for help, for strength and for love. Hope in the future instead of fear of it is all about the difference between finding God and not finding God.

We find God when we trust, when we give up control. Frank Ramirez in *The Upper Room* talks about having his computer fixed by a technician whom he lets control his computer remotely. He didn’t know the person, but he trusted him enough to let him do what he thought was best. We are often afraid to get ourselves out of the way and ask for God’s guidance in a particular manner. That’s when we end up looking for God and not finding God. We are trying to control things ourselves and we cannot notice God in a life directed by self-will. Only when we give up doing things ourselves will we find God in the life situations we face.

We also find God through Jesus in the Eucharist. Through the sacrament God enters us and fills us. Jesus’s presence is with us as we receive His Body and Blood, and it stays with us as we go forward to love and serve God.

Ann Stewart tells a story about taking her puppy for a walk and how the puppy strained ahead or stopped behind. She thought how much easier it would be if the puppy walked beside her (*The Upper Room*). That is the way our life needs to be with God to have God’s presence all the time. We need to walk beside God so God can direct us and keep us on the right path.

God wants us to find God. So make the game easy. Look in places God is sure to be and rejoice in God’s presence.

Ann †

## Spaghetti Supper Brings Together St. John's and the Community

On Saturday, February 8, St. John's hosted its annual Spaghetti supper. The dinner featured salad, bread, a variety of desserts, and, of course, a selection of homemade spaghetti sauces. The approximately 40 guests included not only St. John's members, but a number of people from the Glencarlyn community.



It was a fun evening of good food and fellowship for all, as the pictures show!

Pete Olivere and Carrie Harbin organized the dinner and were supported by a staff of volunteers who brought food and drink, helped with setup and cleanup, and sold tickets. We thank all who helped out, including Beth Cavey, Sandy Winger, Leslie Mead, Carole Hunt, Del Hunt, Barbara Olivere, Bill Pritchard, Faye Pritchard, Lynn Robinson, Carolyn Corlett, Ann Hitt, John Wilson, Liz White, Linda Trochim, and Jeff Wallace.

## Vestry Highlights, Feb. 2014

All vestry members signed the vestry vow for 2014. Reverend Ann Barker handed out copies of the focus areas, the call tree for inclement weather and news dissemination, and the suggested norms for vestry meetings. Some changes were suggested for the norms.

Reverend Barker nominated Bill Schenck for Senior Warden. After discussion, Paul Stenger was nominated to be temporary Junior Warden. Both nominations were approved by the vestry.

March 1 from 9 a.m. to noon was set as the date for our mutual ministry review.

The current building use policy was reviewed. Several items were discussed in relation to profit making entities seeking to use the building. Bill Thomson is to discuss use limitations with the church's insurance company.

Diane Henderson joined the meeting to discuss candidates for the sexton's job. It was decided to obtain a background check on one individual with the aim of completing the hiring process in two to three weeks.

The Parochial Report for the national church was reviewed. The Parochial report contains membership information and financial information about the past year.

The rector gave her report, and the vestry reviewed a submission about annual Shrinemont retreat expenses. Funds to support this activity are in the 2014 budget.

The vestry reviewed the upcoming events on St. John's calendar.

The treasurer gave his report. Some items were highlighted for new members of the vestry. An addition of \$1,000 to the budget in support of Children's Chapel/Sunday School activities was approved.

## Ashes to Go

On Ash Wednesday, March 5, St. John's will once again offer ashes to commuters entering and leaving the Ballston Metro station. This service was started several years ago as a way to bring the church to the world and help busy people stop for a moment and think about the meaning of the season.

The Rev. Emily Mellott writes that this practice brings church into people's daily lives. "At best that discovery brings people into the community of faith, looking for more. And for those who don't come looking for more, it's still a moment of grace, a reminder that God does not forget us".

We will also be handing out Lenten meditation booklets prepared by Episcopal Relief and Development.

Volunteers are needed morning and evening to display a sign inviting people to receive ashes and to help distribute brochures.

## Adult Education for Lent

During Lent, the adult forum discussions will focus on one of two topics. Either we will do "Seeing Ourselves in Those Confronted by Jesus" or "What Wondrous Love". In the first study, We will learn about groups who encountered Jesus, ranging from the Pharisees to the Essenes to the disciples. In each session readers will be asked to consider how they and others in the twenty-first-century church are like the members of each group and how Christians today can avoid making mistakes similar to those who encountered Jesus. "What Wondrous Love" is a video study with art that tells the stories of Holy Week, including the raising of Lazarus, the entry into Jerusalem, Jesus washes the disciples' feet, the Last Supper, the betrayal and arrest, and the crucifixion. Either of these topics promises to promote good discussion. Please join us.

## Parish News

### We extend our thanks to

- All who expressed their concern for Ann when she broke her nose. She is almost healed and thanks you for your prayers.
- Pete Olivere and Carrie Harbin for chairing the spaghetti supper
- The volunteers who gave of their time to help with the oral rehydration project at Central United Methodist Church
- Those who spent part of their Valentine's Day packing food for AFAC

### Congratulations

- To Bill Schenck, our newly elected senior warden and to Paul Stenger, who is serving as our interim junior warden

### Rest in Peace

- Nikki LeSebre, friend of Lizzie Miller's, who entered the Life of the Resurrection on February 4

#### 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.

## March Birthdays

➤ The Rev. Ann Barker, Beth Cavey, Ian Kunkle, Pete Olivere, Cristina Tallent, Dave Vistica

## March Anniversaries

➤ Henry & Debbie Carter, Jim & Janice Hull, Paul & Anne Stenger

## Coming Up at St. John's . . .

**Tuesday, March 4 – Shrove Tuesday Pancake Supper** Come and enjoy a meal of pancakes served by the men as we enter the season of Lent.

**Wednesday, March 5 – Ash Wednesday Imposition of Ashes at Noon and 7:30 p.m.; Ashes to Go at Ballston Metro station, 7:30 – 8:30 a.m., 5:00 – 6:00 p.m.** Two volunteers are needed to go to the Metro with Ann (one morning, one evening) to hold the sign inviting people to have ashes imposed and to help pass out brochures. Sign up now!

**Tuesday, March 11 – Book Club** – March's selection is *The Unlikely Pilgrimage of Harold Fry* by Rachel Joyce. Please note that the Book Club is meeting the second Tuesday in March to avoid conflicting with the Shrove Tuesday dinner.

**Saturday, March 15, 8:30 a.m. – Men's Fellowship**

**Tuesdays in Lent: March 11, 18 and 25; April 1 and 8 – Region III Lenten series at St. Mary's St. John's** is co-sponsor of the dinner April 1. We have four volunteers to help with set up, serving and clean up, but we can always use one or two more. Please let Ann know if you are willing to help.

## Words on Hymns

As a penitential season, Lent's frequent themes are temptation, God's mercy, and trusting God to lead us in the way that is best for us. Our gradual hymn for April 6, the fifth Sunday in Lent and the final week before Palm Sunday, is *If Thou But Trust in God to Guide Thee*. The hymn promises that if one lets (or "suffers" meaning "permits" in some settings) God take charge, "God never yet forsook in need the soul that trusted him indeed." Although there are only two verses in our hymnal, there are actually seven.

The story behind the composing of this hymn is itself inspirational. In the fall of 1641, in the midst of the violent Thirty Years War, young Georg Neumark was traveling by foot across Germany to begin his law studies at the University of Königsberg. On the way, he was attacked by

bandits, and robbed of everything he owned except for his prayer book and the cloak he was wearing. Though he was forced to put off his plans of

### LOGOS

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Dave Dunlap, LOGOS Editor

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Material for the April issue should be submitted no later than March 24.

studying at the University due to lack of funds, he never gave up his trust in God to provide for his every need.

After months of searching for work and shelter during a harsh winter, a pastor helped Neumark land a job as the tutor for the family of a judge.



**Georg Neumark**

The day he got the job, the 20-year-old wrote this hymn, rejoicing that the Lord had been faithful to keep the promises contained in his word, just as Neumark knew God would. Within a few years, Neumark had saved enough and was able to resume his studies.

In addition to being a brilliant hymn text, the melody – also composed by Neumark – is considered one of the most beautiful ever written. It makes use of the melodic minor scale, which is seldom used today, but was popular during the Baroque and Classical eras of music.

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Johann Sebastian Bach, a devout Lutheran, loved this hymn so much that he used its text and melody in at least eight chorales. One of these chorale settings is a chorale prelude which will be played as the prelude on April 6. It is contained in a work of six chorales issued around 1748 and referred to as the Schübler Chorales from the name of their engraver and publisher, Johann Georg Schübler. Although at least five of them were transcribed from Bach's choral cantatas, it is generally believed that if Bach went to the trouble and expense of hiring a master engraver to produce a note-for-note transcription, he must have regarded the collection as a major public statement and not just a way to get more mileage out of his compositions. The one you will hear on April 6 was originally a duet for soprano and alto from the cantata by the same name, "If thou but suffer God to guide thee".

Carol Dunlap

### **St. John's Staff and Leadership**

#### **Staff**

Rector: The Rev. Ann B. Barker  
Minister of Music: Lynn Robinson  
Organist: Carol Dunlap  
Parish Administrator: Virginia Pearson  
Sextons: Karina Aviles and Guadalupe Garay

#### **Parish Leaders**

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

#### **Vestry**

Bill Schenck, Senior Warden  
Paul Stenger, Interim Junior Warden  
Lizzie Miller  
Pete Olivere  
Bill Thomson  
Linda Trochim  
Sandy Winger