



# 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*

---

February 2015

## From the Rector: Goals for God

My nephew John called last week to talk about wedding details. He wanted to tell me what lessons they had picked out. They also wanted to pay for my room, so they wanted to know what kind of room I needed. I asked how they were doing and they said the lists were getting fewer and smaller. The wedding invitation showed up yesterday, so I know they are meeting their goals and crossing them off. They are succeeding at getting their short-term goals met on time.

My brother-in-law Jamey has a long-term goal, a bucket list goal if you will. He wants to go to Machu Picchu in Peru, the most visible remnant of Inca civilization. I have no idea why he wants to go there, but perhaps that is because it is not on my bucket list. I would prefer Australia and New Zealand. First he has to get past my sister's fear of flying, and it would be a long, long flight.

Most of us have short-term goals and long-term goals. We have grocery lists and to-do lists. We have lists of what to pack when we go on vacation (I have three, which I check before I leave town. It doesn't keep me from forgetting things, but having the lists cuts down on it considerably). We have long-term goals about things we would like to do in the future

that will probably take money, time and a lot of planning.

It's not the short-term goals or the really long-term ones that we face every day. It is the middle-term goals. Some of us get obsessed with a goal and we put all our energy into reaching it, regardless of what else we have to neglect to do it. Some of us are more fly-by-the-seat-of-our-pants people. We may start toward a goal and find something else that interests us more and pick up that instead. We may do this several times and accomplish a little bit of everything, but not a lot of anything. But most of us are somewhere in the middle, setting goals and working to achieve them. For example, I want to increase my voice practice to three times a week. I don't know how quickly I can achieve this or even if I can, but I am willing to put some other things aside—at least I think so—to try.

One of the major areas in which Christian disciples should be setting goals is in our relationships with God and neighbor. One of our goals for our relationship with God might be to listen more for God, to spend some time meditating. To accomplish this goal, it is important to consider who we are. Is a breathing meditation something we can do or is

a walking meditation or a knitting meditation better. It is also important to consider time. How much time can we squeeze out to make this commitment? Five minutes a day? That is enough to start. What about reading the Bible? We can start out with a chapter a day from one of the gospels perhaps, choose a particular word or phrase that means something to us and spend some time praying with that phrase to see what it means for us in our daily lives. That will take a little longer. Perhaps you will want to do this for three days a week. Writing in a prayer journal works the same way, as does thanksgiving.

Setting goals for love of neighbor might mean taking on a volunteer task to help the needy. One hour a month at AFAC bagging groceries is a good way to begin. Or you could read to children in homeless shelters or volunteer on a one-time basis for a good cause. The important thing is to get your feet wet and see how you like it. Love of neighbor might be doing an act of kindness for someone every day. Letting people into traffic, praying for those involved when you hear emergency vehicles or simply saying thank you lets people know that you care and your prayers or actions have helped.

It is important not to beat ourselves up if we don't achieve our goals in the time we specified. Instead, we keep trying if it is something we really want to do to deepen our discipleship. We are often goal-oriented toward our own needs, but not to our relationship with God and neighbor. Setting goals in this area provides the growth and blessing we need to live our Christianity every day.

Ann †

#### **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.

### **Lenten Suppers Feature Book of Hebrews**

This year, the Region III Lenten suppers will be held on Tuesdays from 6:30-8:30 p.m. at St. George's in Arlington. Our speaker will be the Rev. Katherine Grieb, Ph.D., Mead Professor of Biblical Interpretation and New Testament at Virginia Theological Seminary. The study will be based on her new book on the Letter to the Hebrews in the "Conversation With Scripture" series.

Dinner will be served from 6:30-7:15 p.m., followed by the program from 7:15-8:15 and Compline from 8:15-8:30. St. John's will help to host the dinner on February 24 with St. Michael's. We would like to see as many people as possible from St. John's attend.

**What is Hispanic Christianity?** Come to Adult Ed. on February 1 for a discussion with Kathie Panfil, a lay leader from St. George's who is active with Hispanic congregations in the diocese. St. John's hopes to have someone from Cristo Rey talk the following Sunday. Adult Ed. begins at 9 a.m. in the parlor. On February 22 we will begin a Lenten series on "The God We Can Know."

## **Annual Council Meeting Highlights: “Working Together, Reaching Beyond”**

The theme of the 220th Annual Council of the Diocese of Virginia was “Working Together, Reaching Beyond.” Council presentations centered on our shared mission work and our eagerness to reach beyond what we are doing now into future ministries.

Bishop Johnston’s pastoral address provided a brief overview of our mission and ministries and looked forward to the coming year. He said the state of the diocese was strong. He was positive about our ministries. Lay people are doing exciting ministries and we have a strong camp ministry. We have a strong mission to spread the gospel message to the world. Bishop Johnston called 2014 an era of good feelings, mentioning a sense of renewal we have had over the past two to three years and a consensus of churches that it is important to be part of the diocese. We are for the first time free of lawsuits and we have opportunities ahead in 2015. More money was given for the Mustard Seed grants than in any year he has been bishop, and we established a “Fear Not” mission and outreach fund. We are open to new ministries of healing and reconciliation. In light of the recent focus on racial discrimination, in 2015 we will have a series of listening sessions around the diocese. The bishop also continued his emphasis on providing spiritual direction for those who want it. He has brought a spiritual director to Rosslyn once a quarter this past year and hopes to increase this amount in 2015.

Bishop Goff spoke of the life and energy of the diocese being like a crazy quilt. We are in an era of rapid change in church, culture, and society. People don’t resist change, she maintained, but loss. An important issue for the future is how we face change and support the church in generations to come. The church works best, she said, quoting Archbishop of

Canterbury Justin Welby, when it works locally. We are equipped to offer great blessings in the future. Bishop Goff also mentioned that the Falls Church Episcopal was the first of the Dayspring churches (churches that remained after significant groups broke off) to not need more Dayspring funds.

Bishop Gulick’s address focused on Shrine Mont. He was the camp chaplain for the eight- and nine-year olds at St. George’s camp this summer and discussed his good experiences there. He emphasized the benefits of Shrine Mont and encouraged people to give to Shrine Mont’s Shout It from the Mountain capital campaign. We have received \$1.75 million in pledges, half of which will be used for scholarships so more children can come enjoy this special place, he said.

There were eight stories from a variety of churches about working together and reaching beyond. These are just a few.

St. Gabriel’s, Leesburg, has embraced a multi-cultural, multi-ethnic identity, the first church in Loudoun County to do so. They have launched the first Spanish language service. One ministry that was emphasized was teaching English as a second language to children. The church is now inviting parents to come to St. Gabriel’s.

St. Catherine’s School and St. Stephen’s, Richmond, have a cooperative ministry. The church provides worship space for all school events. They share in provisioning a food pantry. St. Catherine’s gathered a huge amount of food for the pantry and then wondered how to get it there. They ended up closing the street and passing the food hand to hand from St. Catherine’s to St. Stephen’s.

Five churches in Region 1 got together to empower the laity to be involved in the community. Members of these churches read

Morning Prayer at various nursing homes and retirement centers in Fredericksburg to reach people who may not know the Lord or are isolated from their own churches.

Trinity Church, Upperville, Leeds Church, Markham, and Emmanuel, Delaplane have joined together to create a combined ministry geared toward young adults. After trying a twice a month dinner and discussion at a restaurant and failing with that idea, the group developed a once-a-month dinner and discussion at Emmanuel and provided child care. Currently 15-20 young adults attend these sessions.

Five workshops were offered on Friday: The Myth, and Heresy, of Leadership; A Christian Formation Panel; Creative Play and Movement; Fear Not: How Your Parish Can Address the World's Big Issues; and Technology and Communications as Sacrament.

Standing Committee Nominees the Rev. Jo Belser, the Rev. Herbert Jones, Mr. Roger Inger, and Mr. William H. Pennell, Jr. were elected by acclamation, and various awards were given out.

There were four resolutions under consideration in addition to several courtesy resolutions that passed unanimously. A resolution on the stewardship of creation passed. It urged congregations to educate themselves about issues of global warming, sea level rise, and the environmental effects of energy production and use, as well as the risks and benefits of steps to address (or fail to address) these issues; take reasonable steps to reduce their energy use and to mitigate the adverse effects of such usage; celebrate creation in prayer and liturgy; and advocate with relevant decision makers in government and business for changes to reduce the adverse environmental effects of energy production and use, particularly those that disproportionately

affect the poor, both in this country and foreign countries.

The council passed a resolution to change the name of Council to Convention. This resolution will have to be approved at two councils before the name can be changed.

A resolution about the Boy Scouts (BSA) and LGTB Discrimination was passed that urged vestries and parishioners to encourage parish BSA units to avoid discrimination against any qualified LGTB applicants for leadership positions and stated that the senior official at each parish is requested to report to the Executive Board by May 1, 2015, whether their congregations sponsor units in the BSA.

A resolution passed to recognize the centennial of the Armenian genocide, in which more than 150 million Armenians were exterminated by the Ottoman Turkish government, and to pray for the victims of the genocide on Sunday, April 19, 2015, and for all those who have fallen victim to violent acts based on hatred of a people community or state because of gender, religion, race, nationality, or ethnic identity.

An amendment to Canon 10 was adopted (with text pending final approval) to allow for Missions of an Episcopal theological seminary located within the bounds of the diocese with the consent of the ecclesiastical authority and the regional council of the region in which the mission is to be located.

The budget cut nearly \$80,000 from the budget passed by the executive board based on expected contributions. Large cuts in mission and outreach and Grace Inside (formerly the chaplain service to prisons) were met with opposition and offers of additional money for those items. The budget passed.

The Council Eucharist was held at St. Paul's Church. The 221st Annual Council will be held January 21-23, 2016, in Reston.

## Inspiration, Renewal, and Community: *St. John's Annual Meeting 2015*

Looking at the recent past and preparing for the future were the themes at St. John's Annual Meeting on January 25, 2015. After an opening prayer, minutes of the 2014 meeting were approved. Rector Ann Barker then reported on the highlights of 2014. High points in worship included a joyous Easter celebration and beautiful Christmas services. "Our worship together inspires and renews us to do God's work in our daily lives," noted Ann. The year also featured a visit from Bishop Shannon Johnston and two Friends and Families Sundays.

Family Programs received strong emphasis in 2014 with the hiring of St. John's first (and second) Family Programs Ministers, Martha Ambrose and Jonathan Muehlke. Beth Cavey continued her outstanding leadership of Vacation Bible School (VBS) with a program on God's Reality Super Challenge. More than 20 children participated over the 5-day session. St. John's children also headlined three services in 2014, including Lent Madness Sunday and the Christmas Pageant.

Outreach activities expanded during the year, including monthly bagging of food at the Arlington Food Assistance Center (AFAC), participating in the Salvation Army's Angel Tree Project, bagging lunches for the Bailey's Crossroad Shelter, and taking part in the oral rehydration project at Central United Methodist Church.

Parish life continues to draw the St. John's community together. Activities included a game night and spaghetti supper, as well as the annual Shrove Tuesday pancake supper and a fall tea. The St. John's Shrine Mont weekend was also a relaxing and inspirational time for participants, featuring a workshop on Celtic Christianity.

Adult Formation sessions included a Lenten Study on "What Wondrous Love" and a

series dubbed "Crashing the Chatterbox" about hearing God's voice above the voices in our heads. St. John's also participated in the Region III Lenten Program on religious imagination, which discussed the works of J.K. Rowling, C.S. Lewis, and J.R.R. Tolkien.

Treasurer Bill Thompson presented a financial update. St. John's had a budget deficit of \$15,112 for 2014, with operating expenses being higher due to a water leak. The church has worked with Arlington County to share the costs. Lenore Schmidt, Finance Committee Chair, then presented the proposed 2015 budget of \$175,055. In an effort to hold the line on expenses, no salary increases were included for staff this year. Lenore noted the importance of not taking away funding from programs, as programs are what brings visitors and new members in the door. Also presented was a summary of the planned 2015 usage of designated funds.

Junior Warden Sandy Winger gave the Building and Grounds report. She particularly thanked volunteers who participated in the fall and spring cleaning efforts. Needs for 2015 include painting the outside of the church and getting air conditioners for the Sunday School classrooms.

Jonathan Muehlke spoke about the growing and energetic Family Programs ministry, including a vibrant Christmas Pageant that raised \$510 for the Heifer Project.

Also growing is St. John's Outreach ministry, as highlighted by Faye Pritchard. Participants in the February 2014 Oral Rehydration project helped prepare more than 2,000 packets of rehydration salts for areas in need around the world. St. John's also participated in the Rebuilding Together initiative in Del Ray and gathered supplies for Carlin Springs and Campbell elementary schools, among other projects. Faye

particularly thanked the volunteers who have helped with the food bagging program at AFAC.

Senior Warden Bill Schenck presented the Vestry report. The Vestry is dedicated to growing the membership of St. John's in 2015. Bill thanked outgoing Vestry member Pete Olivere for all of his efforts. Motions were passed to approve a six-member Vestry for this year and to elect Jeff Aitken to a three-year term. Other members serving this year are Bill Schenck, Paul Stenger, Bill Thompson, Linda Trochim, and Sandy Winger. On Saturday, January 31, 2015, the Vestry will hold an all-day retreat to particularly address the topic of growth.

2014 Vestry officers were recognized for their service, as well as pledge clerk John Restall, stewardship chair Lynn Robinson, altar guild chair Eileen Tallent, and music and choir leaders Lynn Robinson and Carol Dunlap. Ann thanked the many volunteers who contribute their time and talents to St. John's (see the full list in Parish News), as well as St. John's outstanding staff: Virginia Pearson, Carol Dunlap, Lynn Robinson, Jonathan Muehlke, and Juan Figueroa. A call for volunteers was issued for 2015 events, including a spring spaghetti supper and Mother's Day tea, and ongoing ministries, including the building and grounds committee, altar guild, choir, hospitality, and family programs. Also needed is a new Vestry register.

The meeting closed with prayer and thanksgiving.

The revenue and expenses for 2014 appear below. The receipts for the year were less than disbursements, creating a budget deficit of \$15,112 for the year.

**2014 OPERATING BUDGET**

	<i>YTD</i>	<i>Budget</i>
Operating Income	\$147,771	\$154,848
Expenditures		
Worship-Rector	\$93,422	\$94,278
Worship-Music	\$10,401	\$10,401
Worship-Other	\$2,288	\$3,668
Christian Ed.	\$3,541	\$3,523
Outreach	\$7,133	\$6,756
Hospitality	\$311	\$300
Office Expenses	\$14,097	\$14,240
General Expenses	\$3,113	\$3,229
Building	\$28,577	\$28,881
Operating Expenditures	\$162,883	\$165,276
Income Less Expenditures	-\$15,112	-\$10,428
Funds Designated for Specific Uses		
Designated Funds In	\$18,256	
Designated Funds Out	\$13,253	
Total Financial Assets	\$252,983	

For details, see posting on bulletin board outside nursery or contact Bill Thomson.

## Shrove Tuesday Pancake Supper

The Shrove Tuesday pancake supper will be held Tuesday, February 17, from 6-7:30 p.m. Hosted by the men of the church, the meal will feature pancakes, ham, and applesauce. Holding a pancake supper the day before Lent begins is the traditional way of eating fats and

other foods that are not typically eaten during Lent. Admission prices are \$5 for adults, \$3 for children 6–12, and free for children under 6. Mark your calendars and come enjoy a traditional meal before the beginning of Lent.

## Words on Hymns

Where did the “amen” at the end of hymns go? For us more mature folks who grew up with it, it seems odd to leave off the “amen.” It adds a conclusion, a period.

Amen. It's a word you may have uttered thousands of times in concluding a prayer, used as an exclamation, or, in the past, punctuating a hymn. But what precisely does it mean? It does not mean “stop singing.” “Amen” appears many times in the Old and New Testament, including in every Gospel and in many letters by Paul. It's attributed to Jesus dozens of times. It is the very last word in the Bible. Derived from a Hebrew word, “amen” is used by Christians, Jews (e.g., Deuteronomy 27) and, in a more limited fashion, Muslims.

“Amen” is a word used to bind or confirm an oath, as in Nehemiah 5:13, or as a statement (see Numbers 5:22; Jeremiah 11:15). King David, in I Kings 1:32–36, instructed the priest and the prophet to anoint Solomon as king over Israel. An “amen” was used to confirm the acceptance of a task requiring the will of God. We use it at the end of the Gloria and the Lord's Prayer.

A second historic use is as in some of the moral teachings of Jesus. In the Greek those sayings begin “Amen, amen, I say to you” (English Bible translations more often have “Truly, truly, I say to you”), indicating that these sayings are true and binding on all those who hear them. This usage signals statements

of special importance.

American hymnals of all denominations before the 20th century didn't have amens. That changed after one of the most famous of all hymnals, the 1861 edition of Hymns Ancient and Modern, was printed in England. This hymnal was influenced by the Oxford Movement, which had an ardent interest in Latin hymnody. It made available many of these hymns in English translations. The Gloria Patri\* doxology (which I grew up singing every week in the Congregational church), with its amen attached, was a large part of this hymnal.

So enamored of Latin hymnody were the compilers that they added doxological stanzas to every hymn, and therefore they added an amen to every hymn. The custom spread through Anglican hymnals and was imitated by the Congregationalists and the Presbyterians, and by some Methodists and Baptists. It seems the only reason it was picked up was that other denominations believed the Church of England knew what it was doing in liturgical matters. The custom that began in England crossed the waters to the United States, and soon the parishioners of many mainstream churches were singing an amen following hymns.

Around 1920, the Church of England recognized that adding a doxological stanza and its amen had been a rather odd thing to do. They began to abandon the practice. By about 1950 the amen on hymns had virtually

disappeared in England, although the custom held on a little longer in Scotland. The Church of England giveth and the Church of England taketh away.

Since 1975 no major American hymnal prints an amen on each hymn, and most hymn writers of the last 30 years don't include them either. It was dropped in the 1982 Episcopal hymnal. There is no liturgical or musical reason for singing them, and hymn editors have finally realized the mistake.

Recent hymnals have corrected the error and left the amen to its more authentic spoken responsive use. The historic use of the word "amen" indicates that the statement just made is true and personally binding. So let's say it fervently.

*\*"Glory be to the Father, and to the Son and to the Holy Ghost. As it was in the beginning, is now and ever shall be. World without end. Amen."*

### **Christmas Pageant Raises Funds for Heifer Project**

*Now he who supplies seed to the sower and bread for food will also supply and increase your store of seed and will enlarge the harvest of your righteousness.*

*2 Corinthians 9:10*

This year, thanks to the generosity of our church parishioners and anonymous donors, we have raised \$510 from the children's Christmas pageant for the Heifer Project. The Heifer Project is a nonprofit organization that alleviates poverty and hunger by giving animals and seeds to people in developing countries. Aid is targeted for small communities and farms. The children have selected one pig, one sheep, one llama, and one goat to help contribute and fight the need of 870 million people who don't have enough food to eat.

While we can only help alleviate a fraction of the world's hunger and poverty, the animals will enable several small farm holders and their communities' members to live with greater dignity. Your efforts will transform their lives.

In the following weeks we will have more specific information on where our animals are going and which communities are being impacted. For more information, please visit the Heifer Project web site at [www.Heifer.org](http://www.Heifer.org). We particularly found this short video from the site informative, inspiring, and hopeful: <http://vimeo.com/74388606>. Please take a look and thank you for your support!

God Bless,  
Jonathan Muehlke and the children of  
St. John's

#### **LOGOS**

LOGOS is published monthly except for August, at the beginning of the month.

Lisa Pope, LOGOS Editor

Articles for LOGOS may be emailed to [logos@stjohnsarlingtonva.org](mailto:logos@stjohnsarlingtonva.org) (preferred) or left at the church office.

Material for the March issue should be submitted by February 19.

## Parish News

### Upcoming Events:

Join the St. John's Book Club on **February 3 at 7:30 p.m.** to discuss *Swamplandia* by Karen Russell. And plan ahead for the **March 3** meeting, where the club will discuss *Look Again* by Lisa Scottoline.

Ash Wednesday services (Holy Eucharist with Imposition of Ashes) will be held on **February 18 at 12 noon and 7:30 p.m.** St. John's will once again sponsor Ashes to Go at the Ballston Metro Station from 7:30 to 8:30 a.m. and 5 to 6 p.m.

**Congratulations** to Paul Petrich, who has been admitted to his first choice school, St. Olaf's College in Northfield, Minnesota.

**Welcome** to Lisa Pope, our new *Logos* Editor.

### Thank you to:

- Everyone who helped take down Christmas decorations.
- Our outgoing vestry member Pete Olivere and Jeff Aitken, who completed a one-year term.
- Our continuing vestry members: Bill Schenck, Senior Warden; Paul Stenger; Bill Thomson, register; Linda Trochim; and Sandy Winger, Junior Warden.
- Our new vestry member, Jeff Aitken.
- Bill Thomson, our treasurer, for another year of service.
- John Restall, our pledge clerk, for another year of service.
- Lynn Robinson, our stewardship chair.
- Our finance committee, chaired by Lenore Schmidt.
- Our altar guild, chaired by Eileen Tallent.
- Dave Dunlap, who served six years as *Logos* editor.
- Our worship participants—acolytes, lectors, chalice bearers, gift bearers, and ushers.
- Our tellers, chaired by Bill Schenck.
- Our hospitality hosts.
- Our event hosts.
- The men's group for hosting the pancake supper and Glencarlyn Day hot dog sales.
- Those who have been so dedicated to our Family Programs Ministry, especially our Family Programs Ministers—Beth Cavey, Martha Ambrose, and Jonathan Muehlke—and all those who helped teach and their assistants.
- Beth Cavey, for another wonderful VBS experience.
- Pat Bleicher, for another year of dedicated service to EFM.
- Kay Wells, for help in the office.
- Pete Olivere, Bill Pritchard, and Beth Cavey for photography.

- Pete Olivere for serving as webmaster.
- Bryan Harbin for many years of service as sign coordinator and Jeff and Michelle Aitken for taking over this ministry.
- Everyone who helped with our card ministry during 2014.
- Our intercessory prayer group.
- Paul and John Petrich for shoveling snow off the sidewalks.
- Those who helped with spring and fall cleanup.
- Faye Pritchard for serving as outreach coordinator.
- Lynn Robinson for making coffee for hospitality each week.
- Our dedicated staff: Virginia Pearson, parish administrator; Jonathan Muehlke, minister of family programs; Lynn Robinson, minister of music; Carol Dunlap, organist; Juan Figueroa, sexton.

**We celebrate with all who have birthdays in February:**

Michelle Aitken, Dennis Albrecht, Lisa Broida, Robert Carter, Tina Cavey, Lynn Christopher, Payton Del Gallo, Rev. Amanda Eiman, Henry Held, Carole Hunt, Heather Kollath, Alexis Lodsun, Jeff Petrich, John Restall, Anne Stenger, Eileen Tallent, and Colin White.

**We celebrate with those observing anniversaries in February:**

Lynn Christopher and Bill Schenck; Keith and Kaipō McCartney; Carrie and Bryan Harbin.

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

**Staff**

Rector: The Rev. Ann B. Barker  
 Minister of Family Programs: Jonathan Muehlke  
 Minister of Music: Lynn Robinson  
 Organist: Carol Dunlap  
 Parish Administrator: Virginia Pearson  
 Sexton: Juan Figueroa

**Parish Leaders**

Bill Thomson, Treasurer  
 John Restall, Pledge Clerk  
 Lenore Schmidt, Chair, Finance Committee  
 Eileen Tallent, Chair, Altar Guild

**Vestry**

Bill Schenck, Senior Warden  
 Sandy Winger, Junior Warden  
 Jeff Aitken

Paul Stenger  
 Bill Thomson  
 Linda Trochim