



# 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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May 2018

**Celebrate Spring at the St. John's Tea**



Relax and rejuvenate as St. John's hosts its Spring Tea on Saturday, May 12, from 1–3 p.m. A tradition for two decades now, the tea is eagerly anticipated by neighbors, friends, and residents from around Northern Virginia. In addition to a wide choice of teas, attendees are treated to an impressive array of scones, finger sandwiches, pastries, cakes, and cookies. Other treats include a glass of champagne and live piano music as participants enjoy a May day. This is a perfect opportunity to socialize with friends and family, make new friends, or share a memorable experience with your child or grandchild. The cost of the tea is \$20 for adults and \$10 for children 12 and under. For more information, visit [www.stjohnsarlingtonva.org](http://stjohnsarlingtonva.org) or call the church office at 703-671-6834.

## From the Rector: Fear Not

I am afraid of unstructured time. When I get home in the evening and don't have a specific plan, I start to get worried. I am not good at playing for a whole evening and sometimes I am too tired to clean out the closet, which needs it desperately. What will I do? But I am learning not to be afraid. God will give me what I need to meet this challenge. Very rarely am I actually sitting in my chair, wondering what to do, and if I am, it is usually God telling me to rest already!

Not everyone is afraid of unstructured time. Some of us can't wait to get home and read the paper and watch TV. But all of us are uncomfortable with some things. We feel inadequate doing what we feel should be quite simple things on our own. We tell ourselves that we are less than enough because we can't do such an easy thing as that. But the angels tell us to "Fear not!" God is involved in our lives and making good things happen. So it is okay to be afraid of something, but it is possible to lose our fear with God's help.

The first thing we don't need to be afraid of is God. Many of us are not sure about God, at least some of the time. We wonder what God is doing to save the world or to help us in a particular situation. We wonder if God listens to us and are unsure how to discern a response from God when we do ask for something in particular. The remedy for this fear is very specific—prayer. God calls us to prayer whether we are feeling good or bad, angry at God or grateful. There is never anything to be lost by talking to God about our concerns and much to be gained. It is also helpful to write a letter to express ourselves to God. If we have pent-up feelings about God, we need to get them out, just like we do with a person. God is inviting us to share our whole selves with God, so that God can strengthen our relationship with God. Talking to God is one part of prayer,

and listening to God is the other part. Even if we just take a few minutes at a time, if we have a particular dilemma or nothing specific, we can set aside a time to listen to God. Sometimes we may be given a word or a passage of Scripture that pertains to our situation. Sometimes we are answered later. But God is always saying, "Fear not. You can trust me to hear you and respond."

We need not be afraid of asking for help, from God and from other people. From a stranger in the street whom we ask for directions to our best friend, whom we ask for a favor, we need to ask for help. God designed us that way, to be interdependent, to need to be helped by one another. I really admire the people that call me for money. It must be hard for them to ask and ask again for help, but they do. Those of us who don't need to ask for that kind of help sometimes get into a mindset that we want to do it all ourselves, so we can stay in control. It is a vulnerable thing to ask for help. Sometimes we are rejected and that is hard, but so much more often, God is working in the person to give us the help we need. So ask away.

Do not be afraid of changing. Most if not all of us have a fear of change, whether we perceive it as good or bad. There are some things I would like to change about my daily routine, but I find myself doing the same thing day after day because it is comfortable. Taking more study time, for example, makes me uncomfortable. I know it is important, but it is easier for me to work on things that have deadlines. However, it is one of my goals for the next few months. I have collected some good books and I am set. Big changes that are forced on us, like a job loss or an illness, challenge us a great deal. But again, God has promised to be present with us in all of our life and God will not desert us.

Do not be afraid of resting, of taking some time off. I went to bed for an hour in the afternoon on Good Friday and it was very restorative. Needless to say, I had not gotten into bed in the afternoon for years, given my urge for productivity, and I now have a positive experience to build on. No matter how busy we may be at work, to live balanced lives, we have to take time off. There are myriad ways to do that. Taking a walk, reading a book, going to a Nats game, playing golf, spending time with your children. Life offers a cornucopia of ways to enjoy yourself. Take full advantage. God wants you to play and enjoy God's creation.

On the other hand, do not be afraid of action. Many of us don't make decisions right away about doing something we feel we should do or taking action when we are passionate

about something. It can be fearful to lean into something we feel is risky, whether it is confronting a friend or demonstrating for or against a cause, or picking up and moving somewhere or jumping ship and taking a new job. But God is in this too. God calls us to these important things and gives us the grace to do things that will give us and others life. Consideration of an action is good; procrastination frustrates us and inhibits God's activity.

So fear not! Seek God. Seek help. Accept change. Relax and take action. All of these things are used by God for our growth and development. And they will help make us whole.

Ann †

### St. John's Staff and Leadership

#### Staff

Rector: The Rev. Ann B. Barker  
Minister of Music: Lynn Robinson  
Organist: Judith Marcinko  
Family Programs Director: Galen Henderson  
Parish Administrator: Virginia Pearson  
Nursery Attendant: Kaitlyn Osteguin  
Sexton: Julio Sorto

#### Vestry

Lisa Pope, Senior Warden  
Bryan Harbin, Junior Warden  
Diane Henderson  
Del Hunt

#### Parish Leaders

Peter Olivere, Treasurer  
John Restall, Pledge Clerk  
Dave Dunlap, Chair, Finance Committee  
Eileen Tallent, Chair, Altar Guild

Peter Olivere  
John Restall  
Bill Thomson

## Sunday Seminar Studies *The Screwtape Letters*

The adult Sunday Seminar is discussing C.S. Lewis's *The Screwtape Letters* through May 20, when the seminar will finish for the year. (It will resume the Sunday after Labor Day.) This book is a series of letters from a senior demon, Screwtape, to his nephew Wormwood, who is working hard to bring a human soul into hell. The book discusses various ways that a soul might be made to lose God as well as methods that God, whom Screwtape calls The Enemy, might use to convince that soul to belong to God. Feel free to join the seminar when you can. The group meets Sunday at 9 a.m. in the parlor.

Thank you to everyone who increased their contributions to the Arlington Food Assistance Center as a Lenten discipline. St. John's collected 481 pounds of food and \$500 in donations!



### LOGOS

LOGOS is published monthly at the beginning of the month, except for a combined July/August issue.

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. The deadline for the June issue is May 21. Article ideas for future issues are also welcome.

### St. John's Vision Statement

St. John's Episcopal Church is an inclusive congregation that nurtures Christian spiritual growth and community through worship, education, outreach, mutual care, and fellowship.

### St. John's Mission Statement

St. John's mission is building a strong spiritual community in Christ; welcoming all who enter our doors, including believers, seekers, and doubters; and reaching out to those in need both within our congregation and around us.

## Words on Hymns: *Hail Thee, Festival Day!*

Our processional hymn for May 20, *Hail Thee, Festival Day!*, was written, both text and music, by some people we have encountered before. Venantius Honorius Clementianus Fortunatus (540–600) wrote the text for this and eight other hymns in our hymnal, including *Welcome, Happy Morning*, which we sang at Easter, while Ralph Vaughan Williams (1872–1958) composed the jubilant music, as well as favorites such as *For All the Saints* and 32 other hymns and arrangements in *The 1982 Hymnal*.

Vaughan Williams got a lot of mileage from his composition. He also set other words by Fortunatus to a hymn for Easter and one for Ascension. The refrain of this hymn, "Hail thee, festival day!," comes from the 20th couplet of Fortunatus's long Latin poem (110 lines!) celebrating the conversion of the Saxons by Felix, Bishop of Nantes (c. 582):

*Salve feste dies toto venerabilis aevo  
Qua Deus infernum vicit et astra tenet.*

English hymnology scholar J.R. Watson notes that, "Thomas Cranmer [author of the Church of England Book of Common Prayer] translated one version, writing to Henry VIII in 1544: 'I have travailed to make the verses in English...only for proof to see how English [language] would do in song,' which suggests that he was thinking of them as useful for worship, for the people to sing in the vernacular." This was apparently the first translation into English. Many others have followed.

This is an unusual hymn in that it can be sung throughout the season of Eastertide (Easter Day and Ascension) and on Pentecost Sunday. Two additional stanzas are offered for more general occasions. The hymn is also atypical in that each stanza is divided into two parts with two different melodies.

What makes this hymn work is the masterful music by Vaughan Williams. One of England's best known 20th century composers,

he served as the musical editor for *The English Hymnal*. Originally attributed only to "Anonymous," his tune *Salve Feste Dies* has the vigor and pacing of a fine processional hymn. The moving organ pedal part and the stirring melody of the refrain are perfect for a cathedral setting with a fine organ. It is also a stirring hymn in a smaller church with a more modest organ.

Sung as intended on Easter Sunday, the Sunday closest to Ascension Day, and Pentecost Sunday, the hymn has the potential to tie the entire season together. (Although singing the hymn three times in the space of six weeks might be too much of a good thing.)

Vaughan Williams spent two years of his life, 1904–1906, editing the most durable and influential English language hymnal of the 20th century. *The English Hymnal* of 1906 remained the Church of England hymnal for 80 years, until it was replaced by *The New English Hymnal*. In his preface, Vaughan Williams emphasized the diversity of musical sources for *The English Hymnal*, including "Tunes by 19th and 20th century composers." Among the latter category were his own compositions, including *Salve Feste Dies*. It is interesting that the 1906 hymnal lists 11 verses, with nine in the 1940 U.S. version and six in the 1986 *New English Hymnal*. Some find it is hard to sing, perhaps due to the translation of the Latin couplets or the three different meters and melodies. Whatever the reason, it seems that much more satisfying to sing once mastered.

*Salve Feste Dies* didn't make it into the American *New Hymnal* of 1916, but instead makes its first appearance on this side of the pond in the 1940 *Hymnal*. The 1940 edition also includes six traditional English melodies arranged by Vaughan Williams for *The English Hymnal*.

Carol Dunlap

## Parish News

### Upcoming Events:

➤ Join the St. John's Book Club on Tuesday, June 5, to discuss *Vinegar Girl* by Anne Tyler. This witty novel offers a modern interpretation of *The Taming of the Shrew*. All are welcome!

### Thank you to:

➤ Sandy Winger and Bryan Harbin for coordinating the Spring Clean-Up Day on April 21 and to everyone who helped with this effort. The church looks great.

➤ Barbara and Pete Olivere, who are redoing the church bulletin boards.

➤ Pete Olivere for coordinating the design and purchase of St. John's promotional items for the welcome bags and for distribution at church and community events.

➤ All the donors who contributed to Episcopal Relief and Development during Lent.

➤ Everyone who brought desserts to Bingo Night on April 21.

➤ Galen Henderson for coordinating the Earth Day party on April 22, Lynn Robinson and Kendrah McDonald for helping with planning and execution, and to all those who assisted in any way.

### We celebrate with all who have birthdays in May:

Patricia Bleicher, Debbie Carter, Andy Del Gallo, Jane Edwards, Rob Hardman, Kim Houghton, Alice Kniskern, Abigail Kollath, Romana Martin, Meagan McDonald, Robert McDonald, Bill Schenck, and Owen Tallent.

### We celebrate with those observing anniversaries in May:

Leslie Mead and Jeff Petrich; Christopher and Laura Van Wyk.