



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

June 2018

Sharing Your Faith: A Meaningful Meal



Fourteen members of St. John's gathered on April 29 after the 10 a.m. service for a Sharing Your Faith meal. The meal concluded a three-session seminar given by seminarian Kendrah McDonald on sharing your faith with one another and in the world. The Sharing Your Faith meal centered around cards containing faith questions to answer. Participants divided into two tables and then divided the cards into two parts. Each person looked through the cards and picked one he or she wanted to answer. Someone would share for three minutes and then the group would move on to the next person. There were no questions or comments, just sharing. After everyone had shared once, participants switched the cards and shared again. "We learned things about one another we didn't know regarding what our faith experiences had been like growing up and what they are now. The meal and conversation were rewarding. Several people said they would like to do it again, so we will plan one for the near future," said Rev. Ann Barker.

From the Rector: Just Show Up

You receive an invitation to a party that gives the time and the place but no further information. You call the host or hostess and they say, “No, there’s no need to bring anything. Just bring yourself.” Sometimes it is uncomfortable to show up at someone’s door without a pot luck dish or a hostess gift. It’s important for us to be of value and sometimes we think that bringing something gives us that value. But you are the most valuable thing you can bring to a party. Your thoughts and ideas. Your feelings. Your experiences. Those are what make you the unique individual you are. Just showing up means you are contributing something important to the party. It wouldn’t be the same without you.

Sometimes life is about just showing up. Being involved in your life, rather than hiding your head in the sand or missing out on something because you don’t think you deserve it. God has made us all to really live life, to experience it, to relate to others through it, to learn from it. In order to live a full life there are things we need to show up for, to bring our whole selves to.

Show up for change. We may not like it, but change happens to all of us. God’s creation is a good example. We see the change of the seasons and the change of the weather. There is the long, slow change that turns carbon into diamonds. There is the relatively quick change from day to night. Change in our lives can be seen in many places. We grow from childhood to adulthood. We do a lot of changing, physically, emotionally, and spiritually. Sometimes it’s hard, but we all get through it. Our relationships change. We make new friends, we watch our children grow up, we experience the changes that growing older brings. We change jobs. We learn a new skill that adds pleasure to our life. We change in our approach to life. On the Myers Briggs

scale, it is said that we move to a more central position on the scale of the four characteristics as we grow. We can try our best to avoid change, but we can’t really do that except in small ways. So come as you are.

Show up for the challenges. Challenges need solutions, new ways of coping, and we can’t do that if we are consumed with anxiety. Anxiety just creates another problem. God is a solutions thinker and we can rely on God to be there for us when we are challenged. We can be challenged by a change in our lives, such as marriage or divorce or childbirth or the death of a loved one. All of these require our best selves as we learn to manage the new normal. Job challenges can be rewarding or really difficult. I have a friend whose company brought someone in to be her boss when she had been the one in charge. It was hard at first, but she actually found out she preferred working for someone. Sometimes things work where you are and sometimes you have to find a new place. Another area of challenge might be retirement, when many people have to reinvent their lives. Challenges help us grow.

Show up for love. We don’t always, you know. Sometimes we think we are not good enough. We are enough to receive God’s unconditional love and we are good enough to be loved. It’s important that we discover for ourselves which of our relationships are loving, which need improvement, and which need to be ended for us to receive love. Sometimes we find love in unexpected relationships and maybe not in our families. We experience the love of a pet, the nurture of a friend, the loyalty of a spouse. There is a lot of love for us out there and that’s what God wants for us. All we have to do is be open to God’s direction in our lives.

Show up for hope. If you listen to the news, it is easy to feel like the world is going

to hell in a handbasket, as my mother used to say. Sometimes there is a little good news bit at the end of a newscast, but shootings and weather tragedies and conflict in the government and difficulty in the stock market are the more usual things we see. But it is important for us to hope. To hope in the future of our lives, in the future of the world, in the coming of God's kingdom. Hope lifts us. Hope gives us purpose. Hope in the face of difficulty increases our faith.

Show up for others. God has made us relational beings and given us the commandment to take care of one another. Show up at the Arlington Food Assistance Center to bag groceries. Buy gifts for an Angel Tree child. Listen to a friend who is having problems. Be there when your kids need you. Make your voice known on behalf of the voiceless. Consider yourself a gift you bring to the world and really be present.

Show up for God. God made us and loves us, and God wants us to have abundant life. Thanking God for the good things we have been given is a good way to increase our awareness of all God is doing for us. God wants us to ask God for the things we need, like our daily bread and help for others. When we show up for God in prayer, we remember that God is in charge and God will give us the good things we need to live life.

You are important; you are unique. When God needs you to show up, there is not a reasonable facsimile. It has to be you. It has to be me. We need to show up ready to be us—our opinions, our experiences, our relationships, our feelings. Just show up. Every time you do, you bless the world.

Ann †

[The adult Sunday Seminar is on vacation for the summer. The seminar will resume on September 9.](#)

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

VBS 2018: Get Ready for the Rolling River Rampage



Children from St. John's and the community enjoyed a week of fun while learning about God at VBS 2017.

Calling all preschoolers to rising fifth graders! St. John's will host Vacation Bible School (VBS) on July 16 to 20 from 5:30 to 8 p.m. The cost is \$20 for the week and \$5 for each additional sibling. The cost includes dinner each night. Scholarships are available. Participants will journey on a Rolling River Rampage, discovering that life with God is an adventure of wonder and surprise and that they can trust God to be with them through everything. The week will include science experiments, crafts, Bible stories, and outdoor fun. To download a registration form, visit stjohnsarlingtonva.org. For more information, contact St. John's at 703-671-6834.



Attendees at St. John's Spring Tea on May 12 enjoyed food and fellowship to the relaxing sounds of piano music.

Words on Hymns: *Simple Gifts*

Tis the Gift to be Simple or just *Simple Gifts* is a well-known and much loved hymn from our American heritage. In 1996, the Music Educators National Conference named *Simple Gifts* as one of the 42 songs that every American should know. It is a Shaker song written and composed in 1848 by Elder Joseph Brackett (1797–1882). Brackett, a lifelong resident of Maine, first joined the Shakers at Gorham, Maine, when his father's farm helped to form the nucleus of a new Shaker settlement. Shakers were an offshoot of English Quakers. The name Shakers, originally pejorative, was applied by outsiders as a mocking description of the group's rituals of trembling, shouting, dancing, shaking, singing, and glossolalia (speaking in strange and unknown languages). The first documented use of the term comes from a British newspaper reporter who wrote in 1758 that the worshippers rolled on the floor and spoke in tongues.

The song *Simple Gifts* was largely unknown outside Shaker communities until Aaron Copland used its melody for the score of Martha Graham's ballet *Appalachian Spring*, first performed in 1944. (Shakers once worshipped on Holy Mount in the Appalachians; hence the title of the ballet.) Copland used "Simple Gifts" a second time in 1950 in his first set of *Old American Songs* for voice and piano, which was later orchestrated. Many people thought the tune was a traditional Celtic one, but the music and original lyrics are both Brackett's compositions. These are the lyrics to the one-verse song:

'Tis the gift to be simple, 'tis the gift to be free,
'Tis the gift to come down where we ought to be,
And when we find ourselves in the place just right,

'Twill be in the valley of love and delight.
When true simplicity is gained,
To bow and to bend we shan't be ashamed,
To turn, turn will be our delight,
Till by turning, turning we come 'round right.

Several Shaker manuscripts indicate that this is a "Dancing Song" or a "Quick Dance." "Turning" is a common theme in Christian theology, but the references to "turning" and "bowing" in the last three lines have also been identified as dance instructions. When the traditional dance is performed properly, each dancer ends up where he or she began, "come 'round right." Later additional verses were written by other authors. But the original purpose of the song as a dancing song requires it to be performed with gusto.

Brackett was born in Cumberland, Maine, on May 6, 1797, as Elisha Brackett. When he was 10 years old, his first name was changed to Joseph, like his father's, as the Bracketts joined the short-lived Shaker community in Gorham, Maine. This new Shaker community was centered on the Bracketts' property, until the whole group moved to Poland Hill, Maine, in 1819. Brackett's father died there on July 27, 1838, but Brackett continued to rise in the Shaker community, eventually becoming the head of the society in Maine. He died in the Shaker community of Sabbathday at New Gloucester, Maine, on July 4, 1882.

A well-known version of the song is by English songwriter Sydney Carter, who adapted the Shaker tune for his song *Lord of the Dance*, first published in 1963. The Carter lyrics were adapted, in ignorance of the actual origins, without authorization or acknowledgments by Ronan Hardiman for Michael Flatley's dance musical *Lord of the Dance*, which opened in 1996. (Michael Ryan

Flatley is an Irish-American dancer, choreographer, and musician. He became internationally known for the Irish dance shows *Riverdance*, *Lord of the Dance*, *Feet of Flames*, and *Celtic Tiger*.) The melody is used at various points throughout the show, including the piece titled “Lord of the Dance.”

Other adaptations of the lyrics by Carter have occurred in the widespread belief that they are traditional and in the public domain.

Carol Dunlap



St. John’s said farewell to seminarian Kendrah McDonald on Sunday, May 6. At a party following the 10 a.m. service, the congregation thanked Kendrah for her months of service and her many contributions to the St. John’s community.

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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 (preferred) or left at the church office. The deadline for the July/August issue is June 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.

Celebrating and Exploring the World at St. John's Earth Day Party

The Family Programs Ministry held an Earth Day party on April 22 from 2:30 to 4 p.m. Children from St. John's and Cristo Rey shared many activities, including pages to color, a story, bingo, and hat making. Every participant also received a seed in a pot to take home and tend. Thank you to Director of Family Programs Galen Henderson for coordinating the event, Lynn Robinson for her assistance, and all who contributed refreshments!



Parish News

Upcoming Events:

➤ Join the St. John's Book Club on **Tuesday, June 5**, at 7:30 p.m. to discuss *Vinegar Girl* by Anne Tyler. The club will then take a break until **Tuesday, September 4**. Over the summer, members are reading *Victoria: A Life* by A.N. Wilson. Pick up a copy and plan to join the group in September!

➤ Come out for Game Night on **Saturday, June 16**, from 7 to 9 p.m. Bring your favorite board or card game, invite a friend or neighbor, and join the St. John's community for a fun-filled evening!

Thank you to:

➤ Lynn Robinson for moderating the Sharing Your Faith Meal on April 29 and everyone who brought food.

➤ Diane Henderson, Debbie Carter, Lisa Pope, and Lynn Robinson for planning a wonderful Spring Tea on May 12 and to everyone who contributed food, helped with set up or clean up, or assisted in any other way.

➤ Pete and Barbara Olivere for continuing to work on the church bulletin boards. Check out the board to the left of the kitchen in the undercroft. It is an enlargement of the St. John's brochure, describing all that St. John's does, so that the church can show visitors the breadth of its ministries.

➤ Kay Wells for her work on the church calendars.

➤ Diane Henderson for chairing Kendrah McDonald's lay committee and to Debbie Carter, Lynn Robinson, Anne and Paul Stenger, and Bill Thomson for serving on the committee.

We celebrate with all who have birthdays in June:

Charles Adair, Sam Beavin, Michael Cavey, Cathi Del Gallo, Angie France, Paul Harless, Adrienne Hubbard, Matthew Hubbard, Richard Kaufman, Kaipō McCartney, Leslie Mead, Stacy O'Connor, Lisa Pope, Faye Pritchard, James Robinson, Jones Tallent, Matthew Tallent, and Christopher Van Wyk.

We celebrate with those observing anniversaries in June:

Peter and Patricia Broida; Romana and Vernon Martin; Ray and Stacy O'Connor; Barbara and Pete Olivere; the Rev. Peter and Angela Swarr; Eileen and Bob Tallent; and John and Valerie Wilson.