



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 2019

Join St. John's AFAC Team



The Arlington Food Assistance Center (AFAC) is the primary food bank for Arlington County. Since 1988, AFAC has remained dedicated to its simple but critical mission of obtaining and distributing groceries, directly and free of charge, to people living in Arlington who cannot afford to purchase enough food to meet their basic needs. Last year more than 2,300 families were served by AFAC each week. The food bank is located on Nelson Street off South Four Mile Run Drive near Shirlington.

How does St. John's help? AFAC has been part of the church's outreach efforts for several years. Parishioners drop off food donations at church (donations are left behind the last pew on the right-hand side in the sanctuary). Some donate money to the organization. About 10 people help bag groceries once a month at AFAC. St. John's bags food the second Friday of every month from 6:30 p.m. until 7:30 p.m. This consists of transferring an item such as oatmeal, rice, beans, fruit, or vegetables from a large bag (for example, 50 pounds) into smaller, family-sized bags. It's not difficult work, and participants enjoy chatting while they bag. Children who are in fifth grade and up are also welcome to pitch in. It is no problem if a volunteer can't come every month. Bill Pritchard sends an email to participants early in each month's AFAC week and people respond whether they will be able to attend or not.

See Bill or Faye Pritchard or Dave or Carol Dunlap if you would like more information or are interested in joining the AFAC bagging team. The team welcomes new blood! To learn more about AFAC, visit afac.org.

From the Rector: Life Lessons

There's a song by Eric Church called *Some of It* that details all the ways we learn things—experience, books, heartbreak, etc. But most of it, Church sings, comes with age. However we learn, we have to take some years to accumulate life lessons and put them into practice or vow never to do that again.

It's the same way with the spiritual life. We understand about God gradually, from simple Bible lessons and *Jesus Loves Me* as children to discernment and service as adults. God is a God of process. We gain spiritual maturity as we age and receive many different gifts from God.

Sometimes, though, we don't just collect life lessons that transform us into being the people God wants us to be. We collect lessons that get in the way of our transformation and put barriers up between us and God's love.

One barrier is impatience. Our culture is one that seeks instant gratification. The newest, the best, and the most right now. I am amazed at how quickly new telephone models are coming out—and at how quickly we rush to buy the latest iPhone for nearly \$1,000 to have all the new bells and whistles, even if our phones are fairly new. In addition, we may have developed impatience as a character trait because we have learned from someone that if we don't do it now, we will never do it or never get it.

God doesn't give us everything we need all at once. We most likely couldn't manage to take it in. God is patient with us because we need time to absorb God's teaching and apply it to our lives. We need time to process the sometimes radical ideas that God puts into our brain. We don't adjust to change easily and are much more likely to reject one if it comes in a single burst. We need to trust God's process and be patient.

Another barrier we can erect is lack of acceptance. Many of us have problems with people and things that keep us stewing fairly frequently about how he should do this and she should do that and I can't afford to get sick right now—or any time. We are generally unhappy with the world. And many of us are generally unhappy with ourselves. We don't want to be the way we are; we want to be like someone else—some other person or people we see as better on some imagined scale of worth. When we are striving to be someone we're not and unhappy with the world as it is (not social injustice and other causes that we fight for or against, but the way the natural world works), it is hard to focus our attention on what God is doing in our lives.

What helps us here is serenity. It may seem paradoxical, but we can't be someone else or someone more unless we accept and are willing to live with the person we are now. Serenity means that we accept the process, that we know that God is working in our lives and will reveal our next steps in God's time. We also need to accept that we will have challenges; things will sometimes be hard to handle. But we can manage with God's help if we are accepting enough to see that as human beings we need God and ask for help.

Many of us are crazy busy. We have jobs and kids' activities and volunteer work and other obligations that keep us going 24 hours a day. This past weekend, I had one of those weekends—work on Saturday and Sunday, a dress rehearsal for chorus and a performance on Saturday, and a performance on Sunday. The previous week was busy too, so I did not get to relax at all. That kind of schedule is something that keeps us from hearing God well.

We need to unwind and have some downtime. Regularly. What kept me going this past weekend was knowing that I would have some time to unwind once it was over. Yesterday I had time to dead head the pansy and water the flowers, which I do far too seldom. I meditated, which I hadn't done for a week. I got all my exercise in. And I just breathed. If you need to, put downtime in your schedule. Time for you to check in with God and see what God is up to. Time for you to join God's process, however you do that. Time to relax.

"Shoulds" are an awful thing to carry around with us. Many of us are burdened by an internal list about the way we should be, whether we learned it from our parents or our workplace or other people in our lives. And the things we should do! We should go to this event or that party. We should volunteer at the school or the local homeless shelter. We should work overtime to get this project done so we can move on to the next one.

My spiritual director taught me a good lesson about "should." The first thing you need to ask yourself is can you do it? If you can't, you leave it alone. The next question is whether or not it is wise to do it. With all your other obligations, can you fit this into your schedule? Is it necessary for your health and well-being to try to be who we "should" or is it something we can throw away and go on with life? God is working in us as we genuinely ponder the strengths and weaknesses of our possible attitudes and actions so we can participate in the process God has designed for our growth.

God will teach us what we need to know, but God will do it in God's time. Unload the things that are putting up barriers to God's reaching you. Open yourself to receiving what God wants to give you. The process will bless you, and you will find joy.

Ann †

St. John's Staff and Leadership

Staff

Rector: The Rev. Ann B. Barker
Minister of Music: Lynn Robinson
Organist: Judith Marcinko
Interim Family Programs Director: Jonathan Muehlke
Parish Administrator: Virginia Pearson
Seminarist: Chip Russell
Child Care Provider: Kaitlyn Osteguín
Sexton: Julio Sorto

Vestry

Lisa Pope, Senior Warden
Bryan Harbin, Junior Warden
Jeff Aitken
Diane Henderson

Parish Leaders

Peter Olivere, Treasurer
John Restall, Pledge Clerk
Eileen Tallent, Chair, Altar Guild

Peter Olivere
Bill Thomson
Sandy Winger

Words on Hymns: *Holy Father, Great Creator*

Our recessional hymn for June 16, Trinity Sunday, will be *Holy Father, Great Creator*. The first three verses praise the father, the son, and the holy spirit, mentioning various attributes of each. The final verse appeals to God the Lord (Jehovah). The tune, *Regent Square*, is also used for the Christmas hymn *Angels from the Realms of Glory*.

The hymn's lyrics were written by Alexander V. Griswold, born in Simsbury, Connecticut, in 1766. After serving as rector in Bristol, Rhode Island, Griswold was consecrated Bishop of the Eastern Diocese in 1811. He was subsequently Bishop of Massachusetts and died in 1843. His well-known hymn was probably written in 1835. First published in 1860, it was later included in the *Hymnal of the Protestant Episcopal Church* (1871).

The tune *Regent Square* was composed by Henry Thomas Smart (1813–1879), an English organist and composer. He was born in London, a nephew of the conductor Sir George Smart and son of a music publisher, orchestra director, and accomplished violinist (also called Henry Smart). He was educated at Highgate School and then studied law, but soon gave up his studies for music.

In 1831 Smart became organist of Blackburn parish church, where he wrote his first important work, an anthem. He then served as organist at St. Giles-without-Cripplegate; St. Luke's, Old Street; and finally at St. Pancras New Church from 1864 until the time of his death, less than a month after receiving a government pension of £100 per

annum. Smart was also skilled as a mechanic and designed several organs. As a boy, he spent free time at the Robson organ factory and attended scientific lectures at the Royal Institution. He was one of five organists asked to perform at the Great Exhibition of 1851.

Smart began to lose his eyesight at age 18, and he was completely blind at age 52. He composed by dictation, primarily to his daughter.

Though highly rated as a composer by his English contemporaries, Smart is now largely forgotten, save for his hymn tune *Regent Square*, which retains considerable popularity. His many compositions for the organ (some of which have been occasionally revived in recent years) were described as “effective and melodious, if not strikingly original” by the 1911 *Encyclopædia Britannica*, which also praised his part songs.

Harry Emerson Fosdick (1878–1969), an American pastor who became a central figure in the Fundamentalist–Modernist controversy within American Protestantism in the 1920s and 1930s and was one of the most prominent liberal ministers of the early 20th century, greatly admired *Regent Square*. He wrote his own *God of Grace and God of Glory* specifically in the hope that it would be generally sung to that tune. He was horrified when in 1935 the *Methodist Hymnal* set the lyrics instead to Ralph Vaughan Williams' *Cwm Rhondda*.

Carol Dunlap



Christian Education Takes a Summer Break

The Adult Sunday Seminar, which is discussing the book *The Reason for God* by Timothy Keller, will finish its year on June 9 and take a break for the summer. The youth classes will finish on June 16, just ahead of the end of the school year. The Wednesday Bible Study will meet through June 5. All classes will resume the week after Labor Day. Have a relaxing summer!



B-I-N-G-O

On Saturday night, June 15, from 7 to 9 p.m., the undercroft will heat up with fierce competition, groans, and shouts of triumph as St. John's and Cristo Rey team up for an evening of bingo. For a nominal entry fee (\$5 for two cards and a raffle ticket), participants can enjoy unlimited desserts (no one's counting) and the opportunity to win an awesome prize provided by Cristo Rey. This is a multi-generational activity enjoyed by all. St. John's members will supply the unlimited desserts (store-bought is fine). Invite a friend or two of any age; bring your children, grandchildren, and teenagers; and remember to wear your new St. John's T-shirt. See you at bingo!

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 (preferred) or left at the church office. The deadline for the July/August issue is June 20. 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.

Call for Service Volunteers: St. John's Needs You!

Every week about 10 people pitch in to make St. John's worship services and fellowship time possible. Please consider helping in one or more of these areas. The more people who participate, the less often everyone's turn comes around! Following is more information on each of the volunteer roles.

Acolyte—Arrive at church 15 minutes early to put on robe and light candles. Assist the Rev. Ann during the service.

Readers (two people)—Church Administrator Virginia Pearson sends out the readings the beginning of the week preceding the service.

Prayer Leader—Virginia Pearson sends information on which form the prayers will follow at the beginning of the week preceding the service.

Altar Guild (two people)—An hour and a half to two hours are required two days before or the day before the service to polish brass and silver, arrange flowers, put oil in candles, and set up the altar and books for readings. Volunteers also need to stay for about 10 minutes after church to put things away and tidy up. Novices are paired with experienced members by Altar Guild Chair Eileen Tallent.

Ushers (two people)—Arrive at church 15 minutes early to hand out bulletins, greet visitors, and distribute welcome bags if needed. Ushers also direct worship participants to the altar for communion.

Tellers (two people)—Stay after church until about 11:30 a.m. to count the offering.

Chalice Bearer—Assist the Rev. Ann with communion.

Fellowship (two people)—Prepare snacks for the 11 a.m. fellowship time and set up and clean up.

Choir—Rehearse Thursday evenings from 7:30 p.m. until 8:30 p.m. Arrive between 9 a.m. and 9:15 a.m. on Sunday mornings to warm up and put on robe. See Minister of Music Lynn Robinson for more information. Ability to read music is not required.

Worship service volunteers give the church office a list of their anticipated absences three times a year so that they will not be scheduled to serve on those Sundays. For absences that cannot be planned that far in advance, volunteers can easily switch with others.

Please let the Rev. Ann or Church Administrator Virginia Pearson know if you are willing to assist in one or more of these areas, and you will be added to the rotation for the next four months. The volunteer listing by date is prepared by Virginia and distributed in advance of each four-month span so that volunteers know when they are scheduled. Thank you for prayerfully considering how you can serve.

Rise Against Hunger Meals Distributed Worldwide

As part of St. John's Lenten outreach projects this year, volunteers from the congregation participated in a Region 3 Rise Against Hunger event on March 23. Meals packed that day were part of shipments containing 285,120 meals sent to partners in eSwatini (formerly known as Swaziland) in southern Africa and El Salvador. Thank you to all who participated in and donated money to this life-saving effort. To learn more, visit www.riseagainsthunger.org.

VBS Is Coming in July!

Calling all preschoolers through rising fifth graders! St. John's will hold Vacation Bible School (VBS) from July 15–19, 5:30 to 8 p.m. The theme this year is To Mars and Beyond. Participants will become voyagers on a journey through space, discovering where God's power can take them. Dinner will be served nightly. The cost is \$20 for the week (\$5 for each additional sibling). Scholarships are available. For additional information or to reserve a spot at VBS 2019, please email familyprograms@stjohnsarlingtonva.org or call the church office at 703-671-6834.

St. John's Gardens Are Blooming



Take a moment and check out the beautiful church gardens!

Parish News

Upcoming Events:

➤ Join the St. John's Book Club on **Tuesday, June 4**, at 7:30 p.m. as they discuss the classic British mystery *Gaudy Night* by Dorothy L. Sayers. The book club will then take a summer break while they read *11/22/63* by Stephen King for discussion at the September meeting. The novel tells the story of a time traveler who attempts to prevent the assassination of President John F. Kennedy.

➤ Come participate in St. John's activities on Glencarlyn Day, **Saturday, June 8**, and wear your new T-shirt! The church will sell hot dogs and drinks outside between 10 a.m. and 2 p.m. Community members will be offered the chance to ring the church bell between 11 a.m. and 1 p.m. for a small donation. St. John's will also sell children's books in front of the Glencarlyn Library from 12 to 1 p.m. Please bring in your gently used children's books and place them in the choir room by June 7.

Thank You to:

➤ Sandy Winger and Linda Simmons for taking St. John's Comfort Case donations to Trinity Church for packing and distribution.

➤ Bryan Harbin and his friend, who fixed the broken step in the staircase going up to the church.

➤ Diane Henderson, Lisa Pope, and Lynn Robinson for coordinating the wonderful Spring Tea and to all who contributed food and helped with set-up and clean-up, including the OAR workers.

➤ Lin Novak, for her tireless work on the church gardens. They look wonderful.

➤ All those who donated money for the trees St. John's needs to plant (there is still time to get your donations in!).

➤ John Restall, who took the bagged lunches to the Bailey's Crossroads Shelter in May.

➤ Jonathan Muehlke, for acting as interim Family Programs Director for 2018–2019.

We celebrate with all who have birthdays in June:

Charles Adair, Sienna Baynham, Sam Beavin, Michael Cavey, Cathi Del Gallo, Angie France, Paul Harless, Adrienne Hubbard, Matthew Hubbard, Judith Marcinko, 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; Ray and Stacy O'Connor; Barbara and Pete Olivere; Rev. Peter and Angela Swarr; Eileen and Bob Tallent; and John and Valerie Wilson.

