



# 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*

## **From the Rector: Making Space**

I am a person who has a hard time with space. I like structure. I like to have a list of things to do, a series of actions to accomplish. I like to check them off, one by one. Unstructured time only looks inviting to me if I am so exhausted from working I cannot do another thing.

Summer is often a time for space. School is out, Congress takes a long recess, people go on vacation. There is hopefully time for rest and play. Summer was hard for me growing up. I didn't know what to do with myself, especially outside where my mother wanted me to be. In spite of the warnings they give about over scheduling children in the summer, I feel like I would have been much happier having activities all summer long.

But the truth is everyone needs space. We are like plants that need space in the ground to grow. We surely grow from our activities, but we grow from our inactivity or as well.

Even if some of us think we do not, we need space for resting. We need leisure time with nothing to do so we can recharge our batteries. Or we may re-energize ourselves by doing things we love doing in our space. We need space from our jobs so we can unwind from those tasks and demands on our time in order to function at a high level on a consistent basis. Constantly working undermines our focus and concentration and makes us tired. We miss things, we get cranky and we don't do our jobs as well as we could. Weekends give us short spaces for resting and vacations give us longer ones.

Sometimes rests come when we don't want them. Health problems, layoffs, frustrated efforts at one thing or another lead us to space we don't want and sometimes we actually need a rest from resting. We need distraction from our situation. When I had my hip surgery, work gifted me. So did the people who visited me. Anything I could become completely involved in helped me forget that I had to rest for many hours in the day and be constantly frustrated by the ungainly tools I had to use and the impossible-to-get-on stockings I had to wear, though of course I was thankful for them.

We need rest for creativity to emerge. We need time to wander, whether in our minds or in God's world. In her book, *Walking in the World*, Julia Cameron says, "We all need a window for the imagination. We need a time and a place to stare out the window... It is something in the staring-out that enables us to do the looking-in. We forget that." To write or draw or sew or do anything creative we need to conceptualize what we are going to do before we do it, and that takes space. A yoga class, a walk, or a leisurely bath can be ways to open our minds to the world around us.

We need space for communication. Not too long ago, I read an article by Paul Haidet, MD, MPH, called “Jazz and the ‘Art’ of Medicine: Improvisation in the Medical Encounter”. He talked about three ways that improvisation in the patient-physician encounter was like jazz improvisation. One of the three ways to improve communication, he says, is making space. “I have found the act of providing communicative space to the patient to be one of the most powerful yet underused skills by physicians. When Haidet gives space to the patient to say what they want to say, he is at his best. He compares communicative talking space to the communicative musical space of jazz trumpeter Miles Davis, saying “his brilliance as an improviser manifested itself not so much in what he did play as in what he did not play”.

We all need space to listen—to our families, our friends, our colleagues, and we need space from other people to say what we need to say. It is in this exchange of space and activity that relationships are forged and maintained.

One of the most important things we need space for is to listen to God. Many of us talk to God, but we do not often think about listening to God. Yet communication is a two-way street with God just as it is with anyone else. Silence before God even for 5 or 10 minutes a day can be strengthening and empowering. God lets us know how much we are loved and cared for by God and how God wants us to be in the world. We need to have emotional and spiritual space for God to communicate with us.

Make space this summer—for rest, for creativity, for listening. It will free you (and me) to be the whole people God wants us to be.

Ann†

### **Goodbye to the Beavins**

In August, we will say good-bye to the Beavin family. They have been transferred with the Air Force to Naples, Italy. We are so sorry to see them go. Michael, Stephanie, Samuel and Jacob, you have been an active and lively part of this parish and we will miss you all very much. Keep in touch and may God bless your time in Italy.

## **Morning Guild Spring Tea A Resounding Success**

On May 9 the Morning Guild hosted its Spring Tea for about 50 people. The guests enjoyed a variety of tea sandwiches, scones and desserts which included an assortment of Carole Hunt’s renowned assorted scones and Evelyn Sullivan’s legendary apricots dipped in white chocolate. The guests enjoyed a medley of piano music provided by Milton Nelson, an Arlington musician who delights in playing for our guests.

On behalf of the Morning Guild, Liz White expressed thanks to everyone—more than 30 people—who helped make the tea a success, including the people who helped set up, those who served champagne to our guests, the cleanup crew, and, of course, everyone who provided food. Liz cited two particularly heart-warming aspects of the Spring Tea. One was having an abundance of new volunteers helping; the second was having John and Paul Petrich rush in bringing a pan of warm brownies they made because their mother was out of town.

The Morning Guild plans to devote a portion of the proceeds from the Tea to one of the pending repair projects at St. John’s, but has not yet decided on a project.

## **Hot Dog! St. John’s Celebrates Glencarlyn Day**

Our annual sale of hot dogs and drinks for Glencarlyn Day netted the church \$115. Thank you to Bill Thomson for organizing this event this year. Thanks also go to Joan Blake, Kim Houghton, Brian and Beth Cavey, Faye Pritchard, Pamela Corey Archer and Liz White for their help in preparing and selling hot dogs and collecting money.

Other activities that made Glencarlyn Day a success were the pancake breakfast, which apparently had extra yummy pancakes this year, and the annual parade. The parade had an Hawaiian theme and included many children on bicycles and scooters, Bolivian dancers and a fire engine.

## **Paul Stenger Joins Vestry**

Michael Beavin’s departure for Naples, Italy, in August will leave the vestry short one member. The remainder of Michael’s vestry term will be filled by Paul Stenger, the first runner-up from January’s vestry election. Paul has served on the vestry before, most recently filling the remainder of Jack Turner’s term. We look forward to his return to the vestry.

## Thanks to Our Christian Education Teachers

We have a group of dedicated people who work diligently September through May to educate our youth through service projects and Bible stories. Thanks go to Leslie Mead, Carrie Harbin, Del Hunt and Diane Henderson for our Sunday lessons and for projects from the coffee ministry to hospitality. A very special thank you this year to Beth Fowler for her work with the Christmas pageant and the Seder meal in the spring. Thanks, too, to Stephanie Beavin, who helps with youth on their hospitality Sunday.

We are also very grateful to Valeria Antelo, who runs children's chapel.

We also need to recognize some people who have taught adult education classes during the year whom we appreciate very much: Bill Schenck, Bill Pritchard and our seminarian, Anna Scherer.

Thank you all so much for the hard work you put in to making our Christian education classes work well for us all.

## Help Wanted: Vestry Register

In addition to the vacancy on the vestry that Paul Stenger is filling, Michael Beavin's departure means the vestry again needs a register.

Vestry Register is just a fancy name for the recording secretary. The register does not have to be a member of the vestry. The register goes to vestry meetings, takes notes on discussions and decisions, writes minutes of the meetings and distributes them to the rector and vestry members. The register also writes occasional letters on behalf of the vestry and signs the annual parish report, along with the rector and senior warden.

The investment of time on a monthly basis is two hours for the vestry meeting (the second Tuesday of the month, 7–9 p.m.), plus about an equal amount of time to write the minutes, send them out for voting and comment. In order to streamline the process, the minutes have been distributed by email, with vestry members then able to read and vote on their approval in a more relaxed manner than if they hurry to read and approve minutes at the beginning of the meeting.

If you think you would be interested in this position, let the rector or senior warden Bill Thomson know.

## Reminders

- ▶ St. John's has new, large blue, containers in the undercroft for recycled material of all kinds—paper, cardboard, glass, aluminum, etc. Non-recyclable material should continue to go in the regular waste baskets. The older recycling bins are still in the kitchen and can still be used. There is now no need to separate different types of material for recycling, as Arlington has gone to a "single stream" approach in which recyclables are separated after collection.
- ▶ St. John's now has a lost-and-found. If you left something at St. John's—or think you may have—check the lost and found on the bookcase outside Virginia's office.
- ▶ While cleaning out the church office, Virginia has found two large rolls of tickets suitable for a raffle, as well as a host of coin wrappers in all denominations. Call the church office if you have a use for either of these items.
- ▶ St. John's book club will resume the first week in September. The first book for the fall will be *People of the Book* by Geraldine Brooks. (*Editor's note: you can read about People of the Book at Amazon.com (<http://www.amazon.com/People-Book-Novel-Geraldine-Brooks/dp/067001821X>) or at the author's website (<http://www.geraldinebrooks.com/people.html>). It looks to be worth reading even if you can't make it to the book club discussion.*) The book club will also be making its reading selections for the fall at the September meeting, so come prepared with your suggestions. If you need more information, contact Lynn Robinson.

### LOGOS

The LOGOS is published nine times a year in February, March, April, May, July, September, October, November, and December near the beginning of the month.

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Jane Edwards, LOGOS Editor and Page Layout

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*The next deadline is Friday, August 14 at 10:00 am.*

## Parish News

### Congratulations

To those who completed the class Anna taught on Holy Communion: John Petrich, Sam and Jacob Beavin, Gage and Maggie Buchanan, Thomas and Henry Held, and Shannan, Meghan and Alex Parry

### Thank You

To Stephanie Beavin for cleaning up the children's chapel room and putting in cushions for the children to sit on. Thanks also to Stephanie for our bulletin board in the undercroft that shows our children enjoying themselves together.

To Kay Wells for our new kitchen recycling bin

To Bob Yates for help with the computers

To Lynn Christopher for the beautiful streamers we enjoyed so much at Pentecost

To Anne Stenger, for donating an iron to the altar guild

To our weed pullers, Del Hunt and Liz White

To those who helped with our parish cleanup, including Brian Cavey, Liz White, Del Hunt, Kay Wells, Eileen Tallent, Bill Thomson and the Beavin family

### July and August Birthdays

July 6	Matt Lodsun
July 7	Thomas Held
July 10	Comfort Appiah
July 10	Henry Carter
July 13	Ray O'Connor
July 14	Justiniano Garay
July 15	Brian Cavey
July 16	Klaus Held
July 16	Marion Reed
July 23	Michael Beavin
July 23	Kenji McCartney
July 25	Margaret Jones
July 26	Alexis Hart
July 26	Helen Naw Mumu
July 27	Dennis Eckhout
July 27	Patrick Sheehan Rawls
July 29	Bill Pritchard
August 2	Carolyn Corlett
August 6	Virginia Pearson

August 7	Paul Petrich
August 9	Harriet Sheehan Rawls
August 10	Janice Hull
August 10	Lynn Robinson
August 16	Carol Bogart
August 17	Sarah Vistica
August 19	Josh Cullen
August 21	Lorraine Underwood
August 22	Simon Van Wyk
August 22	John Wilson
August 25	Nancy Gibb
August 26	Marshall Adair
August 27	Anne Kaylor
August 29	McKenzie Hart

### July and August Anniversaries

July 3	The Rev. Sue & Rob Hardman
July 6	Sheryl & Jaime Pardo
August 21	Jones & Sharon Tallent

### Your Safeway Card Can Support St. John's

Do you have a Safeway card? Chances are that you do. Did you realize that your card not only saves you when you shop at Safeway but also can benefit St. John's? If you register your Safeway card online with the eScrip program, up to three percent of your Safeway purchases will come back to St. John's in the form of a check.

If you have already registered your card, now would be a good time to confirm that registry, since your registration does not last forever. Making or renewing your registration is easy.

All you need to do is get your Safeway card, since you will need your card number, then go to [www.escrip.com](http://www.escrip.com). If you already have registered your Safeway card, click in the panel in the lower left of the screen to "Renew your commitment to Safeway Stores today". Then just follow the prompts.

If you have never registered your Safeway card, click on the panel on the right of the screen where it says "Sign up—It's Free" and follow the prompts. When you are asked to see if your group is enrolled, search "Zip Code Where Group is Located" for 22204, then click on St. John's Episcopal in the list. Then follow the prompts to finish registering.

After that, just do your shopping—and St. John's will benefit.

## **Arlington Food Assistance Council Needs Your Help**

The Arlington Food Assistance Council (AFAC) provides food to people in need on a year-round basis. They need your contributions of non-perishable items to keep their shelves stocked so they can help people in need. Our support for AFAC has been steady—as evidenced by the warm thank-you letters on the bulletin board in the undercroft. Keep up that support by adding a few items to your weekly shopping and dropping them in the baskets at the back of the nave. Remember that donations must be unopened and not past their expiration date.

## **Gospel Lessons for July and August**

### **July 5, Fifth Sunday After Pentecost, Mark 6:1–13**

In our Gospel story, Jesus returns to his home town and finds suspicion and lack of faith. He can do no mighty works in such a climate. The passage reminds us that God's action is often clothed in the commonplace. This truth humans have a hard time recognizing. It at least helps us to understand what was also a mystery and a problem for the early church: how Jesus could have been rejected by many of his own people.

### **July 12, Sixth Sunday After Pentecost, Mark 6:14–29**

In the Gospel, Jesus sends his chosen disciples out on their missionary work and gives them their instructions. The commissioning actions of Christ are the foundation and the prefiguring of the church's essential tasks of evangelizing and healing. His followers are given authority over the demonic forces of evil and are to call for repentance—a change of heart and a new way of life. Traveling in pairs, these apostles are to take practically nothing with them. Their poverty is probably intended as a sign of their authenticity and trust in God and may also indicate the urgency with which the work is to be done.

### **July 19, Seventh Sunday After Pentecost, Mark 6:30–34, 53–56**

Our Gospel lesson is the story of Jesus' feeding of the five thousand. The apostles return from their missionary work, but the time of rest is disturbed by a

### **St. John's Mission Statement**

To discover and share the transforming love of Christ

### **St. John's Vision Statement**

St. John's is dedicated to making disciples for Jesus through

- attracting and welcoming newcomers;
- sharing faith-deepening worship, education, outreach, and pastoral care; and
- together carrying God's vision of the kingdom into the world around us.

great crowd whom Jesus teaches and then feeds with the loaves and fishes. The narrative has many levels of meaning. It recalls the Old Testament stories, especially God's shepherding and feeding of the Israelites with manna in the desert and points forward to the legendary banquet at the end of time where Christ will preside. The abundant miracle illustrates Jesus' lordship; he is intimate with the power of creation. Other themes associated with the Eucharist are also present.

### **July 27, Eighth Sunday After Pentecost, John 6:1–21**

Our Gospel is the story of the feeding of 5,000 people by Jesus. The narrative recalls the story of the food miraculously provided to the Israelites in the wilderness. So do the people declare Jesus to be the new prophet whom God had promised to raise up in Moses' place. But they misunderstand Jesus' mission and want to make him a king because he has provided them with food. The story contains a number of other themes. The 12 baskets of fragments may signify the mission to the Gentile nations. Christians perceive in their meal a foretaste of the messianic banquet in heaven. It also prefigures the Eucharist. Jesus is the bread come down from heaven.

### **August 2, Ninth Sunday After Pentecost, John 6:24–35**

In our Gospel, Jesus tells the crowd of the true bread of life, the bread from heaven. The people follow Jesus after he has fed the five thousand, but they come

mostly to obtain more food for their stomachs. The bread which the Son of Man offers is more genuinely life-giving than the manna by which Israel was fed in the wilderness. In one sense this means that Jesus' teaching is greater than that of Moses. More significantly, it is belief in Jesus himself that leads to eternal life.

**August 9, Tenth Sunday After Pentecost,  
John 6:35, 41-51**

In our Gospel Jesus continues to teach that he is the true bread who will bring all who have faith in him to eternal life. The discussion is meant to recall the story of the Israelites protesting and murmuring against God in the wilderness because they had no bread. But even the manna that God gave them was only a temporary food. While Jesus seems very ordinary to many of the people of his time, he offers the world both his teaching and himself, a life-giving bread from heaven.

**August 16, Eleventh Sunday After Pentecost,  
John 6:51-58**

In the Gospel lesson Jesus speaks of the flesh and blood of the Son of Man as the bread from heaven which must be eaten in order to share in the life of the eternal age. Previously in this Gospel the bread of life had seemed to signify Jesus' teaching and his presence. Now it is given still more significance with the understanding that the believer may share deeply in the life of Jesus and his self-offering. This experience is enacted in the Holy Communion.

**August 23, Twelfth Sunday After Pentecost,  
John 6:56-69**

In the Gospel we hear of different responses to Jesus' claim that he is the heavenly bread that gives the life of the eternal age to those who eat it. His words are of spirit and life, but many can understand them in only in a materialistic sense and are like the Israelites who did not trust God in the wilderness. Yet, if this saying is hard for them to believe, more difficult still will be Jesus' ascent into heaven as the Son of Man. As Jesus knew would happen, many disciples now turn away, but Peter confesses him to be God's holy one who has the words of eternal life.

**August 30, Thirteenth Sunday After  
Pentecost, Mark 7:1-8, 14-15, 21-23**

In this Gospel Jesus denounces those who find ways to ignore the genuine commandments of God, and he calls people to the awareness that the only evil which can corrupt a person comes from within. His judgments are occasioned by an accusation against his disciples that they are not following the rules of ritual cleansing. On one level Jesus' words warn against the human tendency to fashion traditions which become more important than the law itself. More significantly, his teaching points to the dangers involved in making legalism the basis for one's life.

Lesson introductions are used by permission and adapted from *Introducing the Lessons of the Church Year* by the Rt. Rev. Frederick H. Borsch, retired bishop of the Diocese of Los Angeles. The guide was published by Trinity Press International, Philadelphia.

## St. John's Calendar

### July

- Wed 1 Candlelight Prayer Service, 7:30 p.m.
- Fri 3 Fourth of July Holiday (observed)  
Office closed
- Sun 5 Fifth Sunday After Pentecost  
Holy Eucharist Rite I, 8 a.m.  
Holy Eucharist Rite II, 10 a.m.
- Wed 8 Candlelight Prayer Service, 7:30 p.m.
- Sun 12 Sixth Sunday After Pentecost  
Holy Eucharist Rite I, 8 a.m.  
Holy Eucharist Rite II, 10 a.m.
- Tue 14 Vestry Meeting, 7 p.m.
- Wed 15 Candlelight Prayer Service, 7:30 p.m.
- Sat 18 Men's Fellowship, 8 a.m.
- Sun 19 Seventh Sunday After Pentecost  
Holy Eucharist Rite I, 8 a.m.  
Holy Eucharist Rite II, 10 a.m.
- Wed 22 Candlelight Prayer Service, 7:30 p.m.
- Sun 27 Eighth Sunday After Pentecost  
Holy Eucharist Rite I, 8 a.m.  
Holy Eucharist Rite II, 10 a.m.
- Wed 29 Candlelight Prayer Service, 7:30 p.m.

### August

- Sun 2 Ninth Sunday After Pentecost  
Holy Eucharist Rite I, 8 a.m.  
Holy Eucharist Rite II, 10 a.m.
- Wed 5 Candlelight Prayer Service, 7:30 p.m.
- Sun 9 Tenth Sunday After Pentecost  
Holy Eucharist Rite I, 8 a.m.  
Holy Eucharist Rite II, 10 a.m.
- Tue 11 Vestry Meeting, 7 p.m.
- Wed 12 Candlelight Prayer Service, 7:30 p.m.
- Sat 15 Men's Fellowship, 8 a.m.
- Sun 16 Eleventh Sunday After Pentecost  
Holy Eucharist Rite I, 8 a.m.  
Holy Eucharist Rite II, 10 a.m.
- Wed 19 Candlelight Prayer Service, 7:30 p.m.
- Sun 23 Twelfth Sunday After Pentecost  
Holy Eucharist Rite I, 8 a.m.  
Holy Eucharist Rite II, 10 a.m.
- Wed 26 Candlelight Prayer Service, 7:30 p.m.
- Sun 30 Thirteenth Sunday After Pentecost  
Holy Eucharist Rite I, 8 a.m.  
Holy Eucharist Rite II, 10 a.m.

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*Next deadline is Friday, August 14 at 10:00 a.m.*

## **Time Sensitive Material—Please Deliver Promptly**

### **Staff**

Rector: The Rev. Ann B. Barker  
Seminararian: Anna Scherer  
Minister of Music: Lynn Robinson  
Organist: Carol Dunlap  
Secretary: Virginia Pearson  
Sexton: Justiniano Garay

### **Parish Leaders**

Jean Harrison, Treasurer  
John Restall, Assistant Treasurer  
Don Hess, Co-chair, Building and Grounds Committee  
John Wilson, Co-chair, Building and Grounds Committee

### **Vestry**

Bill Thomson, Senior Warden  
Brian Cavey, Junior Warden  
Marshall Adair  
Michael Beavin  
Jan Hull  
Del Hunt  
Liz White

### **LOGOS Volunteers**

Editor: Dave Dunlap  
Page Layout and Webmaster: Jane Edwards