



# 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: Finding a Balance**

For most of us, summer has been a time of slowing down, at least a little bit. We may have fewer activities to crowd our days and work may slow down just a little. We often take our vacations in the summer, especially in August if our work is run by Congress' schedule. Perhaps we have had more time for family and friends, for walking in the woods, for taking time to rest and relax. We have had more time for balancing our lives.

If our tasks have not been fewer, if work has not slowed down, we are probably exhausted and depleted from spending a whole year moving at the frantic pace of this area.

Depletion is not what God wants for us. God wants for us to be whole people, enjoying God's creation and contributing to its good. God wants us to have life and have it abundantly, not to have never-ending lists. To have life and have it abundantly we have to be balanced, both in our work time and in our rest time.

The Rule of St. Benedict, who founded the Benedictine orders of monks and nuns, allocated time to work, prayer, spiritual reading and community participation. Those were all holy activities that St. Benedict felt would help make the world a better place. And of course there was time for rest.

Not many people believe that they spend enough time on prayer and sacred reading. Many do not feel they know how to pray correctly, and reading the Bible seems just another task they have to accomplish on their list to be good people and that makes them resentful. Building community can sometimes be difficult too. Time for family, neighbors and volunteer activities can be in short supply. The task, of course, that can crowd this all out is work. By work, I do not just mean going to the office. I mean raising children. I mean running errands. I mean getting on with the business of life. Retired people can be too busy too.

Work is a good thing. It is our gift to the world, says Joan Chittister, a well known Benedictine nun. Somewhere in our Puritan heritage, she says, we got the idea that work is a punishment for our sins. But it is not. Before there was any sin in the Garden of Eden, Adam and Eve were designed to co-create the world with God. Frederick Buechner says "The place God calls you to is the place where your deep gladness and the world's deep hunger meet. Work is a place where you are blessed to be a blessing to others. Some days it may not feel like it, with impending deadlines, crying babies, myriad doctor's appointments and other things that can make life less than ideal, but God does call us to places where God wants us to be fulfilled. It is the only way we can fulfill other's needs as God's co-creators.

Chittister differentiates work from profit-making. The “goal of life is to work and work and work because the world is unfinished and it is our responsibility to go on with it in creative ways. No, profit making has not saved us. We need the wisdom of creative work now.”

In this world of activity and accomplishment, it is hard to tell when we have done enough work and can engage in the activities Benedict considered equally important. There is always a list of tasks awaiting us — at home or at the office. We surround ourselves — or others do — with endless responsibilities. We resist taking time off because we feel that if we do not do things they will not get done.

Why do we overwork? The Rev. Wayne Muller says that “our hearts’ deepest motives are good. We want to help, we want to be of service to those in need. We hope to make a difference in the world, to feel we contribute in some meaningful way to our family, our community, our world. We dream of making the world a better place, leaving it more whole, compassionate, just and loving than when we found it”. But we can’t do only work. “Getting things done is necessary to life, says Renee Miller, but it is only one part of the experience of life. We need awareness and the presence of mind to keep soul-making and task-making in a healthy balance.

The answer, of course, to never-ending work is Sabbath time, or holy leisure. We are told to keep Sabbath in imitation of God who rested on the seventh day from creation. The word that is used means to exhale. When do we get to exhale? When do we get to sit down or lie down and just breathe out the day that has so exhausted us — or even a day that has energized us? I remember that my dad rarely brought his work home. When he came home at about 5:30, he would greet us all and then he and my mother would have a drink before dinner. That was a part of his exhaling time. When I walk in the house and put down my briefcase, check the mail and change my clothes, that is a part of my exhaling time. Mothers of young children may not exhale until children go to bed, and those running around all day accomplishing task after task may give a deep sigh when the car is parked and the engine turned off.

If we are unable to exhale, it is a spiritual issue, says Muller. He is “convinced that one crucial aspect of our

reluctance to stop is our genuine concern that God just might not be up to the task. Without some fierce solid knowing that there is a force infinitely larger than us running things, we never, ever feel permission to drop anything we believe is precious, valuable or important”.

Work is a good thing, done in the right proportion, but it can crowd out our ability to do other important things and our ability to rest. This fall, St. John’s offers some opportunities to begin to do the things we too often leave out of our schedule. Our adult education hour begins at 9:00 a.m. on Sunday, September 11. We will examine Biblical topics as well as other theological topics. It is a good way to begin to engage in holy learning. Reading the lessons assigned for each day (they can be found in the back of the *Book of Common Prayer* or at the bottom of the page in *Forward Movement*) is another way to add a step to our sacred reading life. Our worship always offers a chance to begin the process of prayer in our lives. The challenge is to continue it in a private prayer time where we can bring God our concerns and listen for God’s answers (which don’t always come at the same time as we ask). We can send prayers to God throughout the day for people we know who need our prayer support. We also offer community building in our fellowship time and in other church activities. This time is just a beginning. We need to spend time with our spouses, our children, our friends and others forming the bonds of relationship that help us stay connected one to another.

And we also need to rest and be able to say, “Right now I am being productive at doing nothing productive. I am reading a novel, taking a nap, walking in the woods. I am resting and I believe God can carry on without me for this time.”

We need to work, because we need to co-create with God, but we cannot let our lives be so full of work that we miss the opportunity for other holy habits of prayer, study and community building. We can’t miss the opportunity for rest. The more hectic our pace at work, the less whole we become. I hope you will take the opportunity this fall to become a more balanced person, carving out time from work to relax, to pray and study and to build community. For it is this balance we need to have life and have it abundantly.

Ann†

## Coming up in September...

September is traditionally a time when summer comes to an end, school starts again, and many other activities that were suspended for the summer resume as well. St. John's is no exception. September is a busy month, so mark your calendars and don't miss out.

### Book Club Launches New Season with McCullough Book

St. John's Book Club has its first meeting of the fall on Tuesday, September 6, at 7:30 p.m. The first book of the new season is *Mornings on Horseback*, a biography of the young Teddy Roosevelt by David McCullough.

"The process by which a spindly, ailing boy grew into this man is one of the enduring American mysteries," Geoffrey Ward wrote in a New York Times review of the 1981 book. "Scores of writers have tried to solve the puzzle.... Mr. McCullough believes that T.R.'s transformation could never have taken place without the extraordinary Roosevelt family, and his book is as much a biography of that clan as it is of the future president."

Come join the discussion of a delightful and informative book.

### What Do I Really Believe? Exploration and Discovery

Some people just accept what others tell them about God and the Bible and the nature of truth, and that may be fine for them...but are you the kind of person who needs to investigate and decide for yourself? Good!

Explore and discover for yourself in Education for Ministry (EFM), a program of the School of Theology of the University of the South. EFM combines book learning (Old Testament, New Testament and more) with theological reflection and worship, in a relaxed setting over dinner. Our class meets at St. John's on Sunday evenings beginning September 11, but students must register at once.

For details, contact Prof. Pat Bleicher at (703) 532-9156 or email [pbleicher@aol.com](mailto:pbleicher@aol.com).

## Remember and Support the AFAC Food Drive September 19-25

September is Hunger Action Month, a campaign of the Arlington Food Assistance Coalition (AFAC). St. John's will lead the effort in Glencarlyn to collect for food for Arlington residents in need during the week of September 19 through 25. This will include door-to-door distribution of food collection bags on September 19 and 20, and the placing of collection bins outside the church for their return on September 25 from noon to 3 p.m.

Donations need to be of general non-perishable food items including:

- Cereal (cold or hot)
- Rice, pastas and sauces
- Canned fruits and vegetables
- Canned proteins (tuna, salmon, chicken)
- Peanut butter and jelly
- Baking products

St. John's will also mark the September 25 collection day with an outdoor service in Glencarlyn Park at 10 a.m.

AFAC is Arlington's food bank, dedicated to providing supplemental groceries to Arlington residents who cannot afford them. The center currently distributes groceries to more than 1,200 families each week. AFAC's clients include low income families; people unemployed because of physical, mental, or emotional disabilities; people starting a new job after a period of unemployment; elderly people on low fixed incomes, and others. Nearly 40 percent of those AFAC serves are children. More than 60 percent of the food the center distributes is donated.

### 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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Email Dave at [dave\\_dunlap@yahoo.com](mailto:dave_dunlap@yahoo.com) (preferred) or leave info in newsletter box in the office.

*The next deadline is Thursday, September 15 at 10 am.*



## Vacation Bible School Returns to St. John's

In July St. John's re-instituted its tradition of offering Vacation Bible School to the Glencarlyn neighborhood and community. This summer we welcomed 16 children from three to 13 years of age to learn about "Everyday Miracles Around Us."

The week's activities included a daily craft project, stories, games, and dinner. Because of the oppressive heat, many of the games and activities ended up outside in the sprinklers. The kids made animal art, pinwheels, hand-decorated pots to plant mustard seeds, and quilt squares (one to take home and one to share with the church). The kids also decorated our downstairs with coloring pages following our daily themes. Kids and parents alike seemed to enjoy our evening program.



Tina and Michael Cavey and Jacob Garcia show off their craft projects from VBS.



Paul Petrich leads the group in outside activities for VBS.



Ellie Joyce, Jackson and Alexis Krug, and Cora and Alex Palmer sing songs at VBS.

## **St. John's to Hold Pet Blessing in October**

St. John's annual "Blessing of the Animals" will take place at a special service on October 4 at 5 p.m. Bring your dog, cat, parakeet, guinea pig, goldfish, or exotic pet for a blessing such as St. Francis would have provided. If you want your pet blessed in absentia, or even after death, bring a photograph for a blessing by proxy.

## **Christian Education Resumes September 11**

The fall schedule of Christian formation programs at St. John's begins on September 11. The adults will begin at 9:00 with reflections on the 10th anniversary of September 11. Other courses in the pipeline are one offered by Lorraine Underwood on Genesis and a study of books that didn't make the Bible and why.

The youth, who will begin at 9:30, will continue to do bagged lunches and the coffee ministry one Sunday and hospitality one Sunday. Lenore Schmidt and Mary Mackin will offer classes on the other Sundays dealing with contemporary issues and church history and theology.

## **Washington National Cathedral**

The Washington National Cathedral sustained substantial damage in the earthquake that took place on August 23. Contributions to the repair of the cathedral can be made at <http://www.nationalcathedral.org>.

## **Parish News**

### **Congratulations**

To Chris and Laura Van Wyk on the adoption of Abezash Debitu Van Wyk, born April 10, 2008 and welcomed into their family on April 18, 2011.

### **Rest in Peace**

Roger Henderson, who entered the Life of the Resurrection on July 29, 2011

### **Thank you**

To Virginia Pearson and Kay Wells for cleaning out our broken refrigerator

To Bill Thomson and Brian Cavey, for taking care of all the details for getting a new refrigerator installed

To Leslie Mead, who purchased food for our summer bagged lunch program

To Monica Lozano and Betty Vertiz for handling our July 10 bagged lunch program

To Faye Pritchard and Anne and Paul Stenger for handling our August 14 bagged lunch program

To Kay Wells, for preparing the July/August LOGOS and the volunteer list for distribution and mailing

To the anonymous donor of the new welcome mat at the 5th Street door

To Beth Fowler for coordinating the Bishop's reception

To Bill and Faye Pritchard for handling our July 16 Movies Under the Stars night

To Patricia Broida and Betty Vertiz for providing hospitality for the Arlington Interfaith Council, which met at St. John's on June 20.

To Carolyn Corlett and Barbara Hill for coordinating the ice cream social on June 25

To Beth Cavey for her wonderful coordination and organization of Vacation Bible School and to all her helpers — Maddie Harbin, Paul and John Petrich, Mary Mackin, Leslie Mead, Linda Trochim, Jennifer Stacks, Marion Reed, Lynn Robinson (music), Barbara Olivere (story time on Friday and book provision). To those who prepared or provided for dinners — Beth and Brian Cavey, Beth Fowler, Eileen Tallent, Bill Schenck, and Pete and Barbara Olivere.

## **September Birthdays**

Happy Birthday to: Ginger Adair, Jeff Aitken, Stephanie Beavin, Delaney Del Gallo, Karin Ferriter, Kay Gasker, William Gibb, The Rev. Dr. Eduardo Guerra, Laurie Hall, Nick Hall, The Rev. Sue Hardman, Connor McCartney, Anna Minor, Clara Naw Sweet, Lane Turner, Jeffrey Wallace, Kay Wells

## **September Anniversaries**

Happy Anniversary to: Erin & Gerard Baynham, Matthew & Cristina Tallent



## **Gospel Lesson Commentaries for September 2011**

### **September 4, 201 — Twelfth Sunday after Pentecost , Matthew 18:15-20**

Jesus has just told the parable of the lost sheep. When one sheep gets lost, he says, doesn't the shepherd "go in search of the one that went astray?" (v. 12). And, if he finds it, doesn't he rejoice "over it more than over the ninety-nine that never went astray"? (v. 13). So, in the church, how should a "member" (v. 15) who has strayed, i.e. sinned, be treated? First, try taking him (or her) aside and "point out the fault" to him. Do not humiliate him by having others present. But if he doesn't listen, face him with his misdemeanour before a few witnesses. Sharing the reproof adds weight to it. If the person still refuses to listen, bring the matter before the whole assembly of the (local) church. If "the offender refuses to listen even to the church" (v. 17), consider the person an unworthy outsider: in Jewish parlance in Jesus' time "a Gentile and a tax collector". Expel him from the church (as Paul did at Corinth, where a man was living with his father's wife.) Then, in v. 18, Jesus broadens what he said earlier of Peter (16:19); "you" (the whole assembly) have the authority to "bind" (here, condemn) and to "loose" (here, acquit). Their decision will be ratified by God. Finally, in vv. 19-20, Jesus tells us that in common prayer, study, and in decision-making, however small the group, if we ask God for anything seeking to know his will and do it ("in my name"), he will do it, because Jesus, God the Son, is there in the community.

### **September 11, 2011 — Thirteenth Sunday after Pentecost, Matthew 18:21-35**

Jesus has told the disciples how the community is to discipline those who disrupt its harmony by going against God's ways. If such a person fails to respond to private counseling, he or she is to be judged by two of the disciples. What they decide, God will ratify. But they should realize that God forgives many times; however there are limits — as Jesus explains in a parable. The story-line of the parable is straight-forward. There are three episodes:

- a king decides to "settle accounts with his slaves" (v. 23, or possibly with court officials or even with finance ministers or tax gatherers); one of

them owes "ten thousand talents" (v. 24), i.e. millions of dollars (to Jesus' audience, as much as the fabled riches of Egyptian and Persian kings); he, of course, is unable to pay, so (as Mosaic law permitted) he and his family are to be sold; when he seeks forgiveness of the loan, the king grants it. (v. 27);

- But this slave then demands payment of a loan of three month's wages ("a hundred denarii", v. 28) from a fellow slave, and when forgiveness is sought, refuses to grant it (v. 30);
- When the king hears about this, he retracts his forgiveness and has the first slave tortured — probably for ever (v. 34).

In v. 35, Jesus identifies the figures in the parable: the king is God, the first slave any Christian, and the second slave any other person. Jesus makes a point in each of the episodes:

- God loves us so much that he will forgive any sin, however grievous;
- it is absurd to live in a way contrary to God's love and mercy; and
- those who accept forgiveness from God but fail to forgive others likewise will be punished eternally.

### **September 18, 2011 — Fourteenth Sunday after Pentecost, Matthew 20:1-16**

The landowner appears to be unfair, but note that the passage begins "... the kingdom of heaven is like..." and that the wages stand for God's grace. God chooses to give (v. 14) the same to all: the landowner pays "whatever is right" (v. 4) — there is no hierarchy in heaven. God is generous to all who believe. Many who seem less deserving (in the story, those hired "about five o'clock", v. 6, at the end of the day) will be treated generously too: this is God's (free) choice. All true disciples are equal in God's eyes, however and whenever they come to faith. What matters is God's call to us, and our response. V. 16 is unexpected: those who were hired last are paid first (v. 8); those who have worked all day expect, but do not receive, a bonus. In Jesus' day, opportunity and privilege were far from equal; he goes against contemporary thinking and action: we are all dependent on God's mercy. A scholar has defined a parable as a metaphor or simile drawn from nature or common life, arresting the hearer by its

vividness or strangeness, and leaving the mind in sufficient doubt about its precise application to tease it into active thought. It is strange that the landowner miscalculates his need for help three times — but to emphasize this is to miss the point.

**September 25, 2011 — Fifteenth Sunday  
after Pentecost, Matthew 21:23-32**

In the final week of his earthly life, Jesus has just shown the importance of faith in understanding God's ways. Now, as he teaches in the Temple, representatives of the Sanhedrin ("chief priests and the elders") ask who has given him the power and "authority" to do all that he has done in his ministry. But he will only answer them if they first answer his question (v. 25), one which will show whether they have the requisite

faith to understand his answer. His questioners are skilled in the Law, but it is of little help in deciding whether a prophet (in this case John the Baptist) is genuinely from God. If they say that John was from God, they should have repented as he urged; if they say he was not, they will lose face and status with the many who have come to Jesus (v. 26). The Sanhedrin judged such issues, so their answer (v. 27) shows their incompetence. Jesus tells them a parable about admission to the kingdom (vv. 28-30). People known for their evil ways ("tax collectors...", v. 31) have turned to God (like the first son), while the authorities, (like the second son), have observed the rules (note "sir", v. 30) but have not acted on them. But they can still come to faith; even if they do, people considered to be disreputable will enter the Kingdom "ahead of you" (v. 31).

**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.

## St. John's Calendar

### September

- Sun 4 Twelfth Sunday after Pentecost  
Holy Eucharist Rite I, 8 a.m.  
Holy Eucharist Rite II, 10 a.m.
- Tue 6 St. John's Book Club, *Mornings on Horseback*,  
by David McCullough, 7:30 p.m.
- Thu 8 Morning Guild, 10 a.m.  
Choir Rehearsal, 7:30 p.m.
- Sun 11 Thirteenth Sunday after Pentecost  
Holy Eucharist Rite I, 8 a.m.  
Holy Eucharist Rite II, 10 a.m.  
Christian Education: 9 a.m. adults, 9:30 youth  
Education for Ministry, 6 p.m.
- Tue 13 Vestry Meeting, 7 p.m.
- Thu 15 Choir Rehearsal, 7:30 p.m.  
LOGOS deadline, 10:00 a.m.
- Sat 17 Men's Fellowship, 8 a.m.
- Sun 18 Fourteenth Sunday after Pentecost  
Holy Eucharist Rite I, 8 a.m.  
Holy Eucharist Rite II, 10 a.m.  
Christian Education: 9 a.m. adults, 9:30 youth  
Education for Ministry, 6 p.m.
- Mon 19 – Sun 25  
AFAC Food Drive
- Thu 22 Choir Rehearsal, 7:30 p.m.
- Sun 25 Fifteenth Sunday after Pentecost  
Holy Eucharist Rite I, 8 a.m.  
Holy Eucharist Rite II, 10 a.m.  
Christian Education: 9 a.m. adults, 9:30 youth  
Education for Ministry, 6 p.m.
- Thu 29 Choir Rehearsal, 7:30 p.m.

### October

- Sun 2 Sixteenth Sunday after Pentecost  
Holy Eucharist Rite I, 8 a.m.  
Holy Eucharist Rite II, 10 a.m.  
Christian Education: 9 a.m. adults, 9:30 youth  
Education for Ministry, 6 p.m.
- Tue 4 St. John's Book Club, 7:20 p.m.
- Thu 6 Morning Guild, 10 a.m.  
Choir Rehearsal, 7:30 p.m.
- Sun 9 Seventeenth Sunday after Pentecost  
Holy Eucharist Rite I, 8 a.m.  
Holy Eucharist Rite II, 10 a.m.  
Christian Education: 9 a.m. adults, 9:30 youth  
Education for Ministry, 6 p.m.
- Tue 11 Vestry Meeting, 7 p.m.
- Thu 13 Choir Rehearsal, 7:30 p.m.
- Sat 15 Men's Fellowship, 8 a.m.
- Sun 16 Eighteenth Sunday after Pentecost  
Holy Eucharist Rite I, 8 a.m.  
Holy Eucharist Rite II, 10 a.m.  
Christian Education: 9 a.m. adults, 9:30 youth  
Education for Ministry, 6 p.m.
- Thu 20 Choir Rehearsal, 7:30 p.m.
- Sun 23 Nineteenth Sunday after Pentecost  
Holy Eucharist Rite I, 8 a.m.  
Holy Eucharist Rite II, 10 a.m.  
Christian Education: 9 a.m. adults, 9:30 youth  
Education for Ministry, 6 p.m.
- Thu 27 Choir Rehearsal, 7:30 p.m.
- Sun 30 Twentieth Sunday after Pentecost  
Holy Eucharist Rite I, 8 a.m.  
Holy Eucharist Rite II, 10 a.m.  
Christian Education: 9 a.m. adults, 9:30 youth  
Education for Ministry, 6 p.m.





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*Next deadline is Thursday, September 15 at 10:00 a.m*

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

### **Staff**

Rector: The Rev. Ann B. Barker  
Seminararian: Mary Mackin  
Minister of Music: Lynn Robinson  
Organist: Carol Dunlap  
Parish Administrator: Virginia Pearson  
Sexton: Justiniano Garay

### **Parish Leaders**

Bill Thomson, Treasurer  
John Restall, Assistant Treasurer  
John Wilson, Chair, Building and Grounds Committee

### **Vestry**

Brian Cavey, Senior Warden  
Del Hunt, Junior Warden  
Patricia Broida  
Debbie Carter  
Carrie Harbin  
Diane Henderson  
Faye Pritchard

### **LOGOS Volunteers**

Editor: Dave Dunlap  
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Jane Edwards (Monarch Training)