



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: Resurrection Joy

Brother James Koester of the Society of St. John the Evangelist (SSJE) says, "Wherever in your life is victory, there is resurrection. Wherever in your life is joy, there is resurrection. Wherever in your life is wonder, there is resurrection. Wherever in your life is resurrection there is Christ calling you to follow him out of death into his larger and more glorious life."

Easter is our season to joy in our new life in Christ and to do our best to make sure that the resurrection life stays with us as we go through the season and indeed through our lives. Living the resurrection life is living life in the present moment, where God is to be found calling us to do new things to experience God's wonders, to revel in the joy that reconciliation and forgiveness bring us.

One way to live the resurrection life in the present is to come to terms with the past. The Very Rev. Ian Markham, dean and president of Virginia Theological Seminary, talked about this concept in his Lenten series, "Enjoying the Episcopal Liturgy and Letting Life Be Different." He talked about the prayer of confession as coming to terms with the times in the past that we had been agents of destruction and brokenness in the world. We have done and left undone things that hinder the will of God in the world. We have failed to love God with our whole selves. We have failed to love our neighbors by not wanting to and not working for justice and peace. We have failed to love ourselves by not taking proper care of our own needs. We have failed to trust God in our fears and we have anger and resentment in our hearts. The good news in all this is that God has resurrected Jesus. We are fully forgiven and reconciled to God. Our guilt has been washed away. Brother Jeffrey Tristram of SSJE claims that if we really believe that God will forgive our sins and remember our iniquities no more, we can be free—free to love and to wonder and to experience that victory that is resurrection.

In the peace, Dean Markham says, we are not just living out Jesus' admonition to be at peace with our brothers and sisters before bringing our gifts to the altar. It is a way of coming to terms with where we have been the victims of others—where we have been hurt in the past, recently or a long time ago. The peace helps us let go of the past and live the resurrection joy of the present.

We also need to come to terms with the future to live resurrection joy in the presence. We have little if any control over things that happen in the future. Trying to control outcomes only leads to frustration and unhappiness. That does not mean we should

not make plans and that work should not be done, but we need to detach from outcomes and know that God will be with us no matter what they are.

In our present, we live resurrection joy by tuning up our bodies, minds, hearts and spirits, living more fully into who God is calling us to be. Jacob C. Schneider says we need to tune our lives like we would tune up a musical instrument and this means frequent work on ourselves through God's grace.

To celebrate the good news of Jesus' resurrection, we need to take care of those great wonders that are our bodies. Perhaps we need to do something for ourselves, such as exercise more, eat better or get more sleep. Perhaps we need to use our bodies in service to others by volunteering—packing groceries at AFAC, building a Habitat for Humanity house or helping a school. We might also need to make time for recreation.

Working on our minds may be as simple as reading a good book. It may be coming up with a more efficient way of balancing our schedule so we have more time to answer God's call to be in relationship with others. Maybe we want to start a new ministry at church. Whatever we do to tune up our bodies helps us feel new life and resurrection joy.

Our hearts are called to follow our passions and see where they lead. God in Christ may be calling us to something new or to move more deeply into an already existing call. Following our passions leads to experiencing the wonder and joy of resurrection in our lives.

On the spiritual side, keeping our souls in tune will keep us from wondering away from being Christians who proclaim the good news of the resurrection. We need to read the Bible. Just a little bit is enough to meditate on, enough to hear a word from God about what God wants you to do for that day or longer. We also need to tell God what we want God to do for us and listen for God's will in our lives. We need to be in community with other Christians to confirm our common faith.

Resurrection joy is something we can carry in our hearts all year long. God is present with us and we

have hope for new life in our relationships with God, our neighbor and ourselves. This Easter season, may you truly experience the resurrection and let it sink in that you have forever been reconciled with God in Christ. May the joy you experience grow as you detach from the past and the future and live in the present, where the resurrected Jesus is to be found.

Ann†

Vestry Retreat

The Rev. Ann Barker, our rector, and all seven vestry members, met Friday evening March 9 and Saturday morning and afternoon March 10 at St. Andrew's, Arlington, for a vestry retreat. The program was led by Jo Belser, a second-career seminarian in her senior year at Virginia Theological Seminary.

Ms. Belser had designed the program to help vestry members gain a deeper understanding of one another, help them develop a better understanding of their roles and responsibilities, and help them prepare spiritually for their work in nurturing the growth and development of St. John's. Vestry members broke into small groups by years served to come up with ways of working better together and took part in a Bible study focused on church growth. They also discussed what guidelines and procedures might make their work and meetings more efficient.

Ms. Belser set time aside during the program to share what she had learned during her service on six vestries.

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.

Dave Dunlap, LOGOS Editor

Jane Edwards, LOGOS Editor and Page Layout

Email Dave at dave_dunlap@yahoo.com (preferred) or leave info in newsletter box in the office.

The next deadline is Thursday, April 19 at 10 am.

Seminarian's Diary

Mary Ruetten Mackin

A Lenten discipline that I am focusing on during this season is the second breath prayer. This prayer is a spiritual practice that I learned from Robert Corin Morris's book *Wrestling with Grace: A Spirituality for the Rough Edges of Daily Life*. Morris describes how he began this practice. One day, he stubbed his toe on the stairs, and he cursed, "Oh God!" He realized that his curse, born out of pain and frustration, was actually a prayer, or a kind of prayer. So he groaned and said it again, "Oh God."

On his third breath, he found himself praying, "Oh God, bless." He found that prayer of blessing invoked a whole cascade of feelings: "Bless my aching toe, bless my ruffled spirits, bless my frazzled body, bless me in my heedless rush." The next breath brought an image of God's light suffusing his body and soothing his soul. And, he says, he had discovered a daily prayer practice "right in the heartland of daily frustration itself."

Morris says that, yes, our first breath of frustration may be filled with a curse, but what we do with the second breath determines the future. Rather than rejecting the frustration as a natural reaction to stubbing his toe, he accepted it and was able to move away from the frustration and breathe more deeply into grace. He says, "we breathe, expand, and let go, and something comes in from somewhere else." He was able to let go of the frustration and move into a place of blessing. He did not carry the anger around with him and later put it on someone else. He could move into a place of grace.

Off and on, I have tried to do the second breath prayer as a way of dealing with frustration and as a way of moving into a graced place in the face of difficulties. I have decided to pursue this spiritual practice with discipline during this Lenten season. I have had plenty of opportunities to try it out, and, although I don't manage it every time, I have had some success. Yesterday morning as I was hurrying off to class, I had my car keys in one hand, my briefcase in the other, and was trying to pick up something off the floor. My arm gave an awkward move and I managed to hit my new glasses with the end of my car keys. I banged my eye and scratched

my glasses. My first exclamation was a curse—my new glasses, and I've just scratched them!

Then I remembered the second breath prayer practice. I focused on my anger and acknowledged it; yes, I was angry, and I thought "What kind of blessing could I possibly find in this scratch on my new glasses?" But I just let the whole thing sit for a moment, and then I said the words "bless me." Then I said them again, and again. In a few minutes, I felt the anger drain out of me and dissipate. I knew it was gone and I wouldn't carry it around with me. By the time I got to class, I had forgotten that the incident had happened. I realized then that I had been blessed. I had faced one of the frustrations of life head-on and had turned it into blessing.

Morris says that this second-breath moment is a "crucial pivot" between cursing and blessing. He notes that the Scripture "sets out a clear choice to be made: 'I have set before you life and death, blessings and curses. Choose life so that you...may live' (Deut. 30:19)."

Adult Education Offers A Variety of Subjects

In April and May the adult forum will offer a range of topics. On April 1, we will conclude our study of *A Generous Justice* by Timothy Keller. On April 15th, before the bishop's visit, Mitzi Budde of Virginia Theological Seminary will join us for her annual discussion of new books in the VTS library that are of special interest. April 22 we will begin a discussion on the theories of the atonement and finish it on May 13. In between, Bill Schenck will offer a class on life in the time of Jesus on April 29 and May 6. On May 13, we will have a visit from a Mormon, who will discuss with us the history and beliefs of the Mormon Church, since we have a presidential hopeful who is of that faith. Please join us for any or all of these sessions. The adult forum's last class will be May 20 and we will be on break for the summer, resuming on the Sunday after Labor Day.

February 2012 Financial Information

Income	\$9,013
Expenses	\$14,452

Coming Events

- April 3 St. John's book club discusses *The Paris Wife* by Paula McLain (*see article below on book club selections*) 7:30 p.m.
- April 8 Easter Festive Holy Eucharist with children's message 10:00 am
Easter Egg Hunt and reception after the service
- April 13 Family Happy Hour. Movies for kids, social time for adults, snacks 4:00 p.m.
- May 12 Mother Daughter Tea. Mark your calendar for this favorite Spring event, this year featuring special family pricing.

St. John's Book Club: Reading in Advance

The first Tuesday of each month at 7:30 p.m.

St. John's book club meets to discuss a book of general interest, ranging from novels to history and biography. The common aspect of all the books is that they are of interest to a broad spectrum of readers. The book club has made its selections for upcoming months and encourages you to read and come join any or all of its discussions. The book club does not meet during the summer months, but September's selection has been made already so you can add it to your summer reading list.

April

***The Paris Wife* by Paula McLain**

The Paris Wife captures the story of Earnest Hemingway and his wife, Hadley. After a whirlwind romance and courtship, the couple is married and sets sail for Paris in the swinging jazz-age years between the world wars. The book details their struggles in this setting to maintain their relationship and their marriage amid the challenges of this turbulent period.

May

***Brooklyn* by Colm Toibin**

The Pittsburgh Post-Gazette described Eilis Lacey, the heroine of *Brooklyn* as "One of the most unforgettable characters in contemporary literature." Sponsored by an Irish priest in Brooklyn, Eilis leaves Enniscorthy, Ireland, and finds herself swept up in a new life in Brooklyn in the 1950s. The novel follows her to work in Brooklyn department store, to finding love with Tony and his large Italian family, and back to Ireland as tragedy strikes. In her book review for amazon.com, Daphne Durham says "Toibin's haunted heroine glows on the page, unforgettably and lovingly rendered, and her story reflects the lives of so many others exiled from home."

June

***Waiting For Snow in Havana* by Carlos Eire**

In 1962, Carlos Eire, the author of *Waiting for Snow In Havana*, was one of 14,000 children airlifted out of Cuba. The Cuban revolution caused him to be exiled from his family, his country, and his own childhood. The memories of his life in Havana, cut short when he was eleven, form the basis for this memoir of a life changed and a childhood cut short by the revolution led by Fidel Castro.

September

***Catherine the Great: A Portrait of a Woman* by Robert Massie**

In 1744, at the age of 14, a minor German princess was taken by her mother from her native land and transported to a foreign country with a new language and a new religion. She had one task set for her life—to marry a prince and to bear him a son and heir. Once in Russia she changed her name, learned the language and went on to become the world's richest and most powerful woman. She was known as Catherine the Great. This page-turning chronicle of the life of Catherine II tells of a figure who, married to an incompetent man-child, grew to become a trail-blazer among monarchs who is largely unknown in the west.

St. John's Hosts Region III Lenten Dinner

St. John's hosted the rotating Region III Lenten dinner on March 13. A soup, salad and bread supper began at 6:30 p.m., followed by our speaker at 7:30.

The speaker was The Very Rev. Ian Markham, dean and president of Virginia Theological Seminary. His presentation was called "Learning To Put 'Things' into Perspective." Dean Markham talked about the heart of worship: that people matter more than things. He said worship was not telling God how great he is; it was a reorientation of our priorities. We learn to put God in front of things, resulting in our ability to live with less and to worry less.

The evening concluded with Compline at 8:15.

The evening was a great success, due largely to the efforts of all from St. John's who volunteered their time and energy to set up for the dinner, who brought and served food for the guests from all over Region III, and everyone who helped to clean up afterwards.

The Region III Lenten series concludes with a Palm Sunday Portrait of the Passion on April 1 at 4:00 p.m. at Trinity Episcopal Church, 2217 Columbia Pike in Arlington.

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.

Parish News

Thank you

To Bill Thomson for organizing our Shrove Tuesday pancake supper, and to workers Del Hunt, Jeff Aitken, Pete Olivere, Henry Carter, Bill Pritchard, Jeff Wallace, Beth, Brian, Tina and Michael Cavey, John and Paul Petrich and Bill Schenck.

To Kay Wells for decorating and helping set up for the pancake supper

To Beth Cavey for organizing another Family Happy Hour

To Faye and Bill Pritchard for organizing our Lenten supper for Region 3

To Kay Wells for help in preparing the volunteer list and LOGOS

Birthdays and Anniversaries

Happy birthday to all our members and friends celebrating birthdays in April:

Gerard Baynham
Maggie Buchanan
Carol Dunlap
Diane Henderson
Caitlin O'Connor
Jim Hull
Cooper Mackin
John Petrich
Bob Tallent
Jackson Tallent
Sharon Tallent
Valerie Wilson

Best wishes also to those celebrating anniversaries in April:

Bill & Faye Pritchard
William & Nancy Gibb
Lisa & Jud Buchanan

Rest in Peace

Bill Gresham, brother of Pat Bleicher, who entered the Life of the Resurrection on February 21, 2012

Worship and Study at St. John's

Sunday Worship Services

8:00 a.m. Holy Eucharist Rite I
10:00 a.m. Holy Eucharist Rite II

Maundy Thursday, April 5

6:30 p.m. Maundy Thursday Loaves and
Fishes Supper and Eucharist,
followed by the stripping of the
altar

Good Friday, April 6

Noon, 7:00 p.m. Good Friday liturgy

Sunday Christian Education

9:00 a.m. Christian Education for Adults
9:20 a.m. Youth Christian Education

Sunday Lectionary Readings

April 1 Palm Sunday
Isaiah 50:4-9a; Psalm 31:9-16; Philippi-
ans 2:5-11; Mark 14:1-15:47

April 8 Easter Day
Acts 10:34-43; Psalm 118:1-2, 14-24; 1
Corinthians 15:1-11; John 20:1-18

April 15 Second Sunday of Easter
Acts 4:32-35; Psalm 133; 1 John 1:1-2:2;
John 20:19-31

April 22 Third Sunday of Easter
Acts 3:12-19; Psalm 4; 1 John 3:1-7; Luke
24:36b-48

April 29 Fourth Sunday of Easter
Acts 4:5-12; Psalm 23; 1 John 3:16-24;
John 10:11-18

Tips for reading the LOGOS in Adobe Reader

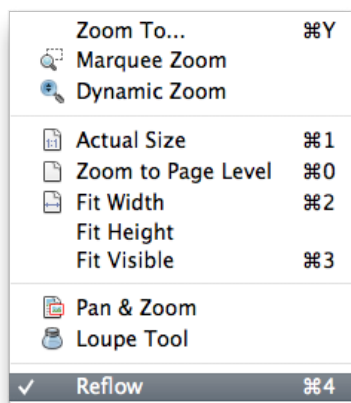
by Jane Edwards

Download the newest version of Adobe Reader from <http://get.adobe.com/reader/>. The most recent version as of April 2012 is Adobe Reader X.

Did you know that Adobe Reader has menus? You can change your view! There are two settings to change. Go to View > Zoom > Reflow. When you enable Reflow, it puts your document in one long column. Resize your window to make it wider or narrower. The keyboard shortcut is Command 4 on a Mac; Control 4 on Windows, as shown in the screen shot. It's a toggle, meaning choose it again to take it off.

Second, use the Toolbar across the top to change your Zoom to a level that you like. There are two screen shots: one displays 100%; the other displays 300%. You can type a zoom level, use the drop down menu, or use keyboard shortcuts. The shortcuts on a Mac are Command + to zoom in; Command - to zoom out. On Windows, it's Control + and Control -. You can also go to View > Zoom > Zoom > Zoom To... and type a number there.

This should solve the problem for those who don't like the two-column view when reading online, and don't like the alternate view that took me several addition hours to create.



I am Jane Edwards, the volunteer who has been formatting the newsletter and creating and maintaining the webpage for over eleven years, mostly with very little feedback. Recently several anonymous complaints have found their way to me, and this tip sheet is in answer to one of the complaints. I would like to invite you contact me directly at editor.logos@gmail.com if you have concerns, complaints, or compliments. My email address is also at the bottom of every webpage. If you haven't been to the website lately, the address is: <http://stjohnsarlington.thediocese.net>.

The newsletter is created using Adobe InDesign CS5.5, Adobe Illustrator CS5.5, and Adobe OpenType. The website is created using Adobe Dreamweaver CS5.5 and Adobe Photoshop CS5.5.

There have been requests for having the newsletter available on the iPad and the Kindle. I expect the person(s) making this request has/have no idea of the high degree of technical expertise knowledge needed for that request, and it is interesting that it is being requested of a volunteer. But I hope it comes to pass within the next year. Also, Apple has just very recently changed their policy about uploading and downloading ePubs for the iPad. Until recently, you would have had to pay for the iPad version. As I understand the new policy, you will be able to get it for free if it is offered for free, and that is good news.

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Next deadline is Thursday, April 19 at 10:00 a.m

Time Sensitive Material—Please Deliver Promptly

Staff

Rector: The Rev. Ann B. Barker
Seminarian: 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 Finance Committee
Eileen Tallent, Chair Altar Guild

Vestry

Patricia Broida
Debbie Carter
Carrie Harbin
Diane Henderson
Pete Olivere
Faye Pritchard, Senior Warden
Lenore Schmidt, Junior Warden

LOGOS Volunteers

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