



# 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: Thank God for You!**

In his book, *Living Your Best Life Now*, pastor Joel Osteen says one of the most important thoughts you can think is to agree with God about you. This means that you agree with God about God's opinion of you – that God takes delight in you, that God wants you to have joy knowing you are in God's presence, that you are a beloved child of God. St. Teresa (I don't know which one) says, "Let this knowledge settle into your bones, and allow your soul the freedom to sing, dance, praise and love. It is there for each and every one of us."

It is often hard to imagine ourselves as beloved children of God and rest in that fact. A friend of mine says she has so many self-improvement projects going on that she cannot keep up with all of them. Self-improvement is, of course a good thing to do, but not when we beat ourselves up because we think we are bad or stupid or incompetent. Beating ourselves up is not what God wants us to do. Jesus did not come to condemn the world, but to save it and to save us. Even though God is growing us, we are beloved children of God right now, every minute, and it is important for us to agree with God about that and give thanks for us.

One thing we can do when know ourselves to be beloved is to exude self-confidence – not pride, not knowledge without God, but the self-confidence of knowing that God will help us do the work God has given us to do and to spread the message we have been given to spread. It is hard for God to work through someone who has to spend a lot of time second guessing himself or going to other people to get built up. Of course, it is important for others to believe in you, but first you must believe in yourself and your integrity as a human being. God has given you gifts, and God will work with them to have you do your best.

When you exude self confidence, it shows in your posture. You stand up straighter, you walk taller. You give off an air of being comfortable with yourself that draws other people toward you. When you know yourself to be a child of God, you can handle your emotions, knowing that God will help you know the right things to do and say to build up others.

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St. John's Episcopal Church, Arlington • The Rev. Ann Barker, Rector • November 2012  
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Have patience with yourself. We want our progress and our growth and our learning to be speedy, but those things happen in God's time, not ours. Pierre Teilhard de Chardin says not to try to force new ideas on yourselves "as though you could be today what time, that is to say grace and circumstances acting on your own good will, will make you tomorrow." We are all learning and growing and we are not born being able to do everything well – there are some things we will not ever be good at. But as my country line dancing teacher says, "Smile and have patience with yourselves." There are always do-overs for anyone who needs them in the class.

Learn your limitations. There are only so many hours in the day. Don't do something you think you cannot do because of time constraints or do not want to do because of lack of interest. We all have limitations and they help us survive.

But at the same time, be open to the possibilities that come up in your world. Maybe someone has asked you to do something for a long time and you haven't been able to. Before you say no, stop and think, "Is this the time God is calling me to follow up on a new opportunity?" Engage in possibility thinking. Can you switch your schedule around a little bit to accommodate a new activity? Is there something you want to learn, a service you want to give, something that calls to your gifts?

Speaking of gifts, as children of God, we need to learn what our gifts are. God has blessed us with skills, talents and spiritual gifts. Take time to explore this part of yourself. What are you really good at, what are you pretty good at, and where do you throw in the towel and say, "This is for somebody else." If you do not have a handle on your spiritual gifts, there are gifts inventories that can help you discover them.

Use your gifts wisely. Think positively about what you can do to benefit others. Remember, too, that in various stages of life, we may lose and acquire various gifts and abilities. Keep an eye out for

opportunities coming out of the blue that may use a new talent or one you may be interested in learning.

Take care of yourself. I do not do a very good job of this one in the physical therapy category. I am supposed to do certain exercises for my neck and back to help my posture and it just doesn't happen as often as it should. Some days are very rushed, but we should all try to eat well and get enough sleep. Try to relax. God wants us to have healthy bodies and healthy minds and we need to do these things to have both.

Pray daily. As children of God, we need to be in touch with our heavenly Father on a regular basis. It does not have to be a long time, although if we start small, it is likely that we will be so pleased relating to God that we will want our time to be longer. Pray for yourself and your own needs and for others and their needs. God has time to listen to all your concerns and desires. We just need to say, "Thy will be done" when we are finished.

It is sometimes surprising to think of yourself as a gift, not only to yourself, but to the world. God has blessed us, not just for our sakes, but to be a blessing to others. God provides us with the gifts and the growth opportunities so we can live fully into the kingdom.

There is a children's song about being thankful for who you are. I don't know its origin, but the refrain goes like this, "For you gave me a heart, you gave me a smile, you gave me Jesus and you made me your child, and I just thank you Father for making me me."

During this season of thanksgiving, we need to remember to give thanks for ourselves, to do our best to love ourselves and open ourselves to God's good will for us. We need to agree with God about the wonderful people we are. When you consider your pledge this year, remember that you are a gift to the world. God made you to be a compassionate, loving and generous person, formed and shaped to bring in the kingdom of God. In thanksgiving for the gift of yourself and your abundant life, give all you can to St. John's

and then give a little more. You will get back so much more than you give, and it will make you feel good about yourself.

Ann †

## **Fooling Ourselves**

Do you ever fool yourself? I think we all do at some time or another, either deliberately or by accident. We are fooling ourselves when we have that last jelly doughnut and tell ourselves that "just one doughnut won't make a difference in my weight", or we tell ourselves that "we can't let that last doughnut go to waste!" This is an example of a harmless way in which we fool ourselves, believing something that we know is not true so that we can do something we want to do.

There are times, however, when we fool ourselves without knowing it. We are firmly convinced of something, act as if it were so, and may at some time find that we were wrong. Or we may never discover that we were deceiving ourselves. What I want to talk about is looking at what we do and trying to discover if we are fooling ourselves.

Let me tell you about a time that I fooled myself and discovered my mistake.

Some years ago Carol and I went to another Episcopal Church where we and our children attended regularly, pledged annually, and paid our pledge every week. We felt that our pledge was as much as we could afford. This went on for several years, with us annually adjusting our pledge to account for increasing income and ability to give.

Then I had a satori. I realized that I really was giving less than I could afford, and the proof was in what I was doing. I pledged annually, based on a weekly amount. But some months have four Sundays, and some have five. In a month that had five Sundays I was giving more than a month with four Sundays. But that extra giving was not

breaking the bank – or our budget. What seemed like a maximum amount of support for the church was exceeded four months a year, and we had not noticed.. The next year we began pledging to the church on a monthly basis and made that monthly pledge equal to five times the previous year's weekly amount. Our annual pledge went up and we never felt pinched.

This is the season when we all have to consider how we are able to support St. John's ministries. We are going to be hearing about pledging and the budget and stewardship throughout the month of November. Changing from a weekly to a monthly pledge as I did may not apply to where you are in life. But I urge you to think about how you are able to support St. John's and its ministries. We support our ministries with donations of both our time and our money. Are there jobs to be done that we can apply ourselves to? Are we giving as much as we truly can afford? Ask yourself if you are fooling yourself. Ask yourself if there is more you should do and more you can do for St. John's. Think about all those things as you decide on your support for next year.

Dave Dunlap

## **October Vestry Highlights**

The Vestry discussed final revisions to an Annual Giving Brochure. Debbie Carter, Faye Pritchard, and Pete Olivere will work on the revisions. The brochure will be mailed out in late October.

### **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.

*Vestry Highlights – continued from page 3*

Pete Olivere and Faye Pritchard will continue working to set up the new Web site with the goal of having the major web pages live within four weeks. With Jane Edwards having resigned, Dave Dunlap has agreed to lay out the *LOGOS*.

The Vestry had received 22 surveys as of the time of the meeting. The Vestry discussed the possibility of following up by email with those who had not yet turned in the survey.

When Washington Gas installed a new gas line on church property, they damaged the drainage system. A letter was written to them demanding that they repair the damage by October 12. At the time of the meeting, they had not yet replied to the letter.

The electrician has been called in to start upgrading lighting fixtures (i.e., replacing ballasts) in the bathrooms, the rector's office, and the parish administrator's office. The Vestry had approved the project, which will cost approximately \$1,000, by email prior to the meeting.

The Vestry approved adding \$2.50 to the monthly GoDaddy account to purchase 4 additional email addresses to be used with the new web site.

## Parish News

### Thank you

To all who helped on painting day – Brian Cavey, Pete Olivere, Faye Pritchard, Paul Petrich, Linda Trochim, Maddie Harbin, Tina Cavey, Michael Cavey and Del Hunt.

To Faye Pritchard and Debbie Carter for such good work on the St. John's survey and to everyone who responded.

To Faye Pritchard, Debbie Carter and Diane

Henderson for their work on the giving brochure

To Del Hunt and John Wilson for reading Morning Prayer over the Shrine Mont weekend

To Doris Page, our preacher over the Shrine Mont weekend

To Galen Henderson for her guitar playing at Shrine Mont

To Faye Pritchard, for organizing our Shrine Mont weekend

To Corry Weierbach, for facilitating our program at Shrine Mont

### Rest in Peace

Kay Gasker, who entered the Life of the Resurrection on October 18, 2012.

### November Birthdays

Bronwen Berliner, Gage Buchanan, Jud Buchanan, David Dunlap, Beth Fowler, Jean Harrison, Douglas Le Sage, Roger Ludwig, Keith McCartney, Robert L. "Larry" Rawls, III, Dave Robinson, Laura Van Wyk

### November Anniversaries

Jeff & Michelle Aitken, Brian & Beth Cavey, Del & Carole Hunt

### 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

Articles for LOGOS may be Emailed to [dave\\_dunlap@yahoo.com](mailto:dave_dunlap@yahoo.com) (preferred) or left at the church office.

Deadline for the December issue is November 23.

## Coming In November

**Sundays**      **Sunday Adult Education** will finish up discussing *The Jesus Priorities: Eight Essential Habits* by Christopher Maricle the first two Sundays in November. Plans for the Sunday Adult Education on November 18 and 25 will be announced.

**November 4**    **All Saints' Sunday**, is First Communion Sunday, when the young people who have been studying the Eucharist and its meaning will receive their First Communion at the 10 a.m. service. Confirmation classes begin November 4 after the 10 a.m. service

Our Annual Giving Campaign continues this weekend. We urge you to thoughtfully consider how you will be able to support St. John's and its ministries in the coming year.

**November 6**    **7:30 p.m. Book Club** This month the Book Club will discuss *Battle Hymn of the Tiger Mother* by Amy Chua, the story of one mother's experience in extreme parenting in raising her children the Chinese way. The book shows the differences in what western parents and Chinese parents work to instill in their children as they grow to maturity.

**November 11**   **Bagged Lunch Program** The Sunday School students will prepare bagged lunches for people at the homeless shelter.

## November Lectionary

### November 4 – All Saints' Sunday

Wisdom of Solomon 3:1-9; Psalm 24; Revelation 21:1-6a; John 11:32-44

### November 11 – Twenty-Fourth Sunday after Pentecost

Ruth 3:1-5; 4:13-17; Psalm 127; Hebrews 9:24-28; Mark 12:38-44

### November 18 – Twenty-Fifth Sunday after Pentecost

Daniel 12:1-3; Psalm 16; Hebrews 10:11-14 (15-18) 19-25; Mark 13:1-8

### November 25 – Feast of Christ the King

2 Samuel 23:1-7; Psalm 132:1-13, (14-19); Revelation 1:4b-8; John 18:33-37

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**Time Sensitive Material—Please Deliver Promptly**

**Staff**

Rector: The Rev. Ann B. Barker  
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  
Beth Cavey, Minister of Family Programs

**Vestry**

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

**LOGOS Editor**

Dave Dunlap