



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

July 2013

Bishop Susan Goff Confirms Three at Pastoral Visit

Bishop Susan Goff confirmed three of St. John's youth at the 10 a.m. service on June 2. The confirmands were Maddie Harbin, Paul Petrich, and John Petrich. The confirmations were a highlight of the Bishop Suffragan's first visit to St. John's. Bishop Goff stayed to meet and talk to members during the coffee hour following the Eucharist and Confirmation service.

This was the first time in several years that St. John's had youth prepared for confirmation. Confirmation preparation classes were led by Beth Cavey as part of the Family Ministries initiative. Members of the congregation helped with the preparation classes and stood with the new confirmands as their sponsors.



Confirmands Paul Petrich and sponsor Del Hunt, Maddie Harbin and sponsor Beth Cavey, Bishop Goff, John Petrich and sponsor Brian Cavey

Doris Page Graduates from EFM

On June 9 at the 10 o'clock service, Doris Page of Cherrydale United Methodist Church joined the list of graduates of the Education for Ministry program. Over the past four years Doris has completed a curriculum that has covered Hebrew Scriptures (OT), Christian Scriptures (NT), Early Church History, and Modern Philosophers & Theologians. The

curriculum also incorporates theological reflection, worship and christian community fellowship.

St. John's also took the graduation as an opportunity to recognize Pat Bleicher for her years of leading the EFM program at St. John's, presenting her with a framed certificate of appreciation. Pat in turn recognized Betty

Vertiz for her participation in EFM over the years. Betty has participated in EFM several times to make sure the class was large enough for the program to go ahead.

A new EFM class begins this fall. See Pat Bleicher for more information and to sign up!



EFM Graduate Doris Page (center) with EFM leaders Pat Bleicher and Doug Yon.

June Vestry Meeting Highlights

The rector reported that she and the Rev. Catherine Campbell of Cristo Rey have started a dialogue about what Cristo Rey and St. John's can do together. The Rev. Campbell suggested a fund raiser toward fall.

The rector also reported that the Geris family has sent St. John's a plaque in memory of Betty Geris, which they would like hung in the undercroft. The plaque was paid for out of the Geris Fund and the family has designated the remaining money in the fund for vestry discretion.

Also, the rector produced documentation showing the Elsie McNeely Fund is designated for air conditioning. The vestry voted to use the King Fund to supplement the Rector's Discretionary Fund.

The vestry discussed, and amended, a motion from the Senior Warden summarizing the vestry's guidance on the relationship between designated funds and the operating budget in drawing up the

operating budget. The amended motion will be voted on (and reported on further) at a later time.

The vestry discussed a motion from Linda Trochim regarding the structure of the Finance Committee. The motion will be voted on (and reported on further) at a later time.

The vestry elected Brian Cavey as a new trustee.

The Junior Warden reported the following: cost for removal of the dead tree (authorized at the last vestry meeting) will be about \$1,600; Brian Cavey and Lenore Schmidt will be installing a new toilet in the women's room; members of the Junior Warden's Bible study class recently volunteered their help with power washing and painting at St. John's; and Del Hunt and Bill Thomson will be cleaning the gutters.

The following was reported regarding St. John's goals for 2013:

- Family Programs – Vacation Bible School will take place the week of July 15. It is being coordinated with St. Paul's, Bailey's Crossroads.
- Outreach – St. John's parishioners have signed up to bag produce at AFAC on the Saturdays of August 3 and August 31. A group of parishioners has also signed up to bag produce on a continuing basis on the 2nd Friday evening of even-numbered months.
- Worship – The rector has consulted with Ellen Johnston, co-chair of the diocesan Liturgy and Music Committee, regarding hymns from *Wonder, Love and Praise* and the *Hymnal 1982* that have worked successfully with other small and medium-sized churches.
- Parish Growth – Debbie Carter has begun calling inactive members of St. John's to invite them to participate again.
- Communications – The St. John's ad in the June Glencarlyn newsletter will include a note on St. John's participation at AFAC, inviting people from Glencarlyn to join us in our work.

For the record, the Vestry affirmed the election of Faye Pritchard as senior warden, Lenore Schmidt as junior warden, Bill Thomson as treasurer, and Virginia Pearson as register for 2013.

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.

Come Help Bag Food for the Needy

Eight people have signed up as the nucleus of a St. John's team to bag food for the Arlington Food Assistance Center (AFAC), but we need more volunteers.

So far, Debbie Carter (with son Rob), Pete and Barbara Olivere, Faye and Bill Pritchard, Lynn Robinson, and Sandi Winger have volunteered to be on St. John's team for AFAC. Half of them will be bagging produce on two Saturday afternoons in August and, starting in October, all have volunteered to bag groceries from 6:00 to 7:00 p.m. on the second Friday of even-numbered months. They will be working at the AFAC facility at 2708 South Nelson Street in Arlington.

AFAC serves approximately 1,600 client families a week. Each time a family comes to AFAC they can choose two or three items from the produce shelves. That's a lot of produce that needs bagging and a lot of volunteers are needed to do the bagging.

AFAC says it is happy with volunteer groups with as few as five people, but even though we have eight signed up, we still could use more people on St. John's team. That's because we need back-up—a reserve that will assure us of always having at least five at any bagging session.

Right now we especially need extra people to volunteer for the two sessions that run from 12:30 to 2:30 p.m. on Saturday August 3 and Saturday August 31. We have five people signed up for each

session, but uncertainty about summer and weekend vacation plans could cause that number to drop.

During our August sessions at AFAC most of our volunteers will be standing to bag the produce, but there are also opportunities to unload the incoming vans or to sit to cut and tie the mesh bags in which the produce is packed. Transportation will be provided for any member of the team who needs it.

So, if you are not out of town on vacation, please step up and volunteer for one or both of these August sessions – and bring a friend with you. Your few hours of volunteering can make a big difference.

You will be working to meet the needs of those referred to AFAC by the Arlington County government and by local churches, schools, and social service agencies. Among others these include the elderly who might have to choose between food and medicine, families whose breadwinner works at a low wage job that makes it impossible to meet the family's needs, people unemployed because of disabilities, people who are ill and do not have sick leave, and homeless children in the Arlington County School System.

Please get in touch with Faye Pritchard at 703-931-2168 for more information, to volunteer, or to request transportation.

LOGOS

The LOGOS is published monthly except August, near the beginning of the month.

Dave Dunlap, LOGOS Editor

Articles for LOGOS may be Emailed to dave_dunlap@yahoo.com (preferred) or left at the church office.

Material for the September issue should be submitted no later than August 23 so that the September issue can be published before Labor Day.

From the Rector: A Positive Outlook

In mid-June I took a week-long course on the appreciative way. Developed by Rob and Kim Voyle, the appreciative way is a system of looking at goals in a positive light. In other words, you do not ask what is wrong, but you ask what is going well and what do you want more of. What you focus on grows, whether it be problems or solutions. Appreciative inquiry, on which the appreciative way is partially based, is designed to make the good stuff bigger, while therapy, for example, is designed to make the bad stuff smaller.

According to Voyle, Barbara Fredrickson says that “when the daily ratio of positive to negative emotional events is above 3:1, the human mind becomes expansive, creative, resilient and reparative”. If the ratio is less, “the mind becomes linear and unable to think beyond the rut it finds itself in”, a condition Voyle calls “funky brain”. This positive ratio is not easy to achieve, though, because for every positive thinking neuron we have, we have four that are scanning the world for threats. So we have to overcome the habit of negative thinking most human beings develop because of our physical makeup.

One of the ways to have positive emotional experiences is to think about what you love to do. For me that is singing. A second answer would be dancing, but I have difficulty doing that anymore because I have a bad knee. I also love to read and do crosswords puzzles. Actually doing things you enjoy is, of course, a positive emotional experience.

Another way to have positive emotional experiences is to think about something you are looking forward to. Do not let whatever rut you are in stop you from planning events that are fun. I got to go and eat dinner with my sister and brother-in-law in Leesburg, while they were attending a llama clinic in Bluemont. (Yes, there are llama clinics. They are designed to teach one to catch llamas, clean their hooves and care for them in all sorts of other ways because llamas are not friendly sorts.) I also recently went to see “Camelot”, which my brother was the musical director for. In addition I worked two months to take part in a concert. These

were all events I could look forward to and think about.

Positive emotional experiences also come through gratitude. God gives us many blessings every day and we can ask God for the grace to recall them as we go about our daily lives. We can give thanks for satisfying work, fulfilling relationships, health, prosperity, a short commute, a long weekend away, a smile from a stranger on the street, an opportunity to help someone. When gratitude becomes a habit, positive emotional experiences grow.

Loving yourself right where you are is another source of positive experiences. Some of us have a self-improvement list that is so long, we cannot begin to do it all and we beat up on ourselves as a result. A self-improvement list is fine, as long as it does not rule your life. If we do not love ourselves, we cannot find happiness. God loves us right where we are, and we need to pray for the grace to do that too. When setting goals, we cannot say “I will be happy when I get to goal B”, Voyle says. We have to move happily toward Goal B by starting happily at point A.

There was much discussion in the seminar about finding your true purpose – the one that God gave you when you were brought into the world. We interviewed one another about what we loved to do, when we were our best selves, and what three wishes we would have for ourselves, among other questions. Then we thought more about what we loved and developed a metaphor for ourselves to express what felt we were. We combined thinking about what we loved with the metaphor to come up with a purpose statement for ourselves. If we do things in accordance with our purpose, we will have positive experiences. If we feel violated by something we are asked to do, our core purpose is probably being violated, and that is a good thing to know to keep our experiences positive.

I invite you to try intentionally living in the positive, and see what a difference it makes in your life.

Ann †

Vacation Bible School is Coming!

Vacation Bible School will be held at St. John's July 15 – 19 from 5:30 – 8:00 p.m. each day. Children ages three through 10 will enter the land of the Bible where Super Heroes and Super Heroines protect the land with strength, faith and grace. Each day we will learn about heroes and heroines and their super powers through stories, games and activities, and songs. We will make our own costumes and present them to our families at the end of the week. Wear clothes that can get messy!

Dinner is provided each evening and all participants will receive a Vacation Bible School T-shirt! Cost is \$20.00 for the week – additional siblings are just \$5.00.

St. John's is presenting Vacation Bible School in partnership with St. Paul's Episcopal Church in Bailey's Crossroads.

Parish News

Our thanks to

- Del Hunt, Beth Cavey, and Brian Cavey – the sponsors of our new confirmands
- Lori Held for supporting our communications goal by sending out our press releases for the past several months
- Dennis Albrecht, Lorraine Underwood's husband, for his wonderful donation of dozens of books to the parish library
- Paul Petrich, for mowing the lawn around the church
- Lenore Schmidt's Bible study group for painting and pressure washing around the church
- Del Hunt and Bill Thomson for cleaning out the gutters
- Beth Cavey and Leslie Mead for purchasing two hours of organizing time to clean out our kitchen and get it up to date
- John Wilson and Debbie Carter for signing up to coordinate bagged lunches on July 14 and August 11 respectively. Remember they are coordinating this project – not doing it alone. They will need your help!

Words on Hymns

Be Thou My Vision, the Gradual for July 21, is another hymn using an ancient text. This one originated as an Irish folk song, attributed to a 6th century poet. The text had been a part of Irish monastic tradition for centuries before it was set to music. It was translated from Old Irish to English in 1905 by Mary Elizabeth Byrne, and was versified in 1912 by Eleanor Hull for her *Poem Book of the Gael*. Both women were brilliant scholars and ardent devotees of Irish history and literature. Ms. Hull's text is now the most commonly used, although later in the 20th century two other texts were written: *Lord of All Hopefulness*, written in 1931 by Jan Struther, and a wedding text, *God, in the Planning and Purpose of Life*, written by John Bell and Graham Maule, and first appearing in publication in 1989.

The melody, entitled *Slane*, is a traditional Irish tune found in W. Joyce's *Old Irish Folk Music*, where it was used as *With My Love on the Road*. The tune was introduced into hymnody with the present text in the *Irish Church Hymnal* in 1919, and in *The Church Hymnary Revised, 1927*. The title "Slane" is the name of a hill near Tara, County Meath, in the mid-east region of Ireland. Here St. Patrick is said to have challenged the High King Loigaire by lighting the Easter Eve fire. The story goes that it happened be the occasion of a pagan festival at Tara, during which no fire might be kindled until the royal fire had been lit. A number of trials of skill between the Christian missionary and Loigaire's Druids ensued, and the final result seems to have been that the monarch, though unwilling to embrace the foreign creed, undertook to protect the Christian bishop.

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Staff

Rector: The Rev. Ann B. Barker
Minister of Music: Lynn Robinson
Organist: Carol Dunlap
Parish Administrator: Virginia Pearson
Sextons: Karina Aviles and Guadalupe 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

Faye Pritchard, Senior Warden
Lenore Schmidt, Junior Warden
Carrie Harbin
Pete Olivere
Bill Schenck
Paul Stenger
Linda Trochim

LOGOS Editor

Dave Dunlap