



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

April 2015

Let's Talk About Faith: Sunday Seminar Invites Questions and Discussion

Have you discussed Celtic spirituality lately? Or thought about six things you should know about God? Each Sunday morning from September till May, St. John's adult formation class gathers in the parlor for a lively discussion about faith. Using a planned topic as the basis for discussion, some sessions are led by Rev. Ann Barker and others by members of the class. Sometimes an outside speaker visits, and on occasion, there is a video element to the class.

"We would like to have more people attend, so we have decided to change the name to Sunday Seminar to describe better what the class is like," says Ann.

Bill Schenck and Lynn Christopher like the class because it offers opportunities to discuss faith, history, and biblical interpretation. "We learn from others. We have discussion starters and then go with the flow," they note. The sessions offer a good opportunity to question faith and the Bible and to share different viewpoints. Janet Spence enjoys the topics that focus on people, characters from the Bible, and applications to real life. Penny and Don Hess, meanwhile, note that "We are free to put our own thoughts and ideas into the discussion at

any time without fear that we will be reprimanded or embarrassed." They like the classes that are biblically based. Carolyn Corlett particularly appreciates the classes about other religions (recent speakers have discussed Islam and Mormonism) and hopes to discuss near-death experiences in the future.

"I have the opportunity to be exposed to a wide range of topics and examine them in concert with others who feel free to share their experiences, opinions, beliefs, and unbeliefs without fear of retribution or being cast out of our church or the group. Open discussion and exchange of viewpoints without rancor has been a hallmark of this group, where even silence is acceptable," says Del Hunt.

Some of the topics discussed include "Crashing the Chatterbox," which focused on learning to listen to God's voice instead of the voices in your head that are critical of you; unnamed heroes of the Bible: Benedictine spirituality; Celtic spirituality; "What Wondrous Love," a Lenten study; Hispanic Christianity, which featured a guest speaker; "Six Things You Should Know About God"; and "A Generous Justice: Why God Wants Us To Be Just." In the coming weeks, the seminar

will feature a two-part series on the Koran, finish a study on seeing ourselves in the people confronted by Jesus, and welcome another speaker on Hispanic Christianity.

“As you can see, the topics are wide ranging. We are always open to new ideas and

new leaders for the seminar,” says Ann.

Come to the Sunday Seminar at 9 a.m. and share your questions and opinions!



Holy Week Services

April 2, Maundy Thursday—Loaves and Fishes, Holy Eucharist and Stripping of the Altar, 6:30 p.m.

April 3, Good Friday—Good Friday Liturgy, noon and 7 p.m.

April 4, Holy Saturday—Flowering of the Church for Easter, 10 a.m.–1 p.m.

April 5, The Feast of the Resurrection, Easter Day—Festival Holy Eucharist with children’s message, flowering of the cross, and special music, 10 a.m., followed by an Easter Egg hunt on the church grounds and a reception.

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.

From the Rector: Spring Cleaning

Evan is coming! Not only is that great news because I want to see him, but it is great news because he says he will take the things he wants back to Atlanta. He didn't leave himself much time, though, and I also reminded him that I can't take care of the books and the furniture by myself. He needs to clean out the stuff he doesn't need. Hopefully he and Kristy will do that. If not, at least I'll know what I can give away or throw away.

Evan and Kristy will do a physical spring cleaning and that is great, but there is also mental spring cleaning that can help us become more the people God wants us to be—the spring cleaning of the mind.

Just as we clean out our closets of old clothes and our bookshelves of old books, we can clean out our mental closets and bookshelves. We can clean out the things that stand between us and God. If there is someone in your life that you have not forgiven for something they have done to you, ask God to help you forgive. Forgiveness doesn't happen all of a sudden, but we can make a start. If there are grudges you hold, start letting go of them. Accept that the person was doing the best they could at the time and let it go. Resentments have a way of building up and blocking our channels to God. In like manner, if we have done anything else to hurt another person, we need to make amends and clean up our side of the street so we are not held down by guilt.

Clean out your communities. I know when I sent my "Christmas cards" in January and February (I still have a few), I took some people off my list, just because we hadn't been in contact in several years. Thanks to my high school reunion though, I put some new folks on the list. Check out the groups you belong to, the social circles you move in. If any of

these have lost your interest, drop them. If anyone is critical or complaining or otherwise tough to be around, try your best to avoid them. You will not be as frustrated and you will have more time.

Clean out your tasks. You may have too many, some that don't even use your gifts. Father Benson of the Society of St. John the Evangelist said that our resources would always be insufficient for the opportunities and demands that come to us. We need not be discouraged, but rather offer what we can and no more. Cut yourself some slack and say "No," or "Not this time."

Clean out your perfectionism. Most of us have those tendencies, but, as they say, perfect is the enemy of good. We will spend a lot less time and energy doing a very good job than trying for the unattainable.

Clean out your habits. Check your daily routine to see if you have bad habits you want to break, and perhaps new ones that are better for you to put in their places. Make a start on changing. It usually takes about 21 days to break a habit or put a new one in place, so be gentle on yourself.

Clean out your perspectives on things. See if you can view things from many different perspectives than you may have in the past. Natalya Ilyushonok, writing in *The Upper Room*, tells of her four-year-old son holding five cherry tomatoes. From one side, they looked like a rainbow, he said. From the other side, they looked like a smile. And then he ate them all and said they were vitamins. Fresh perspectives are the start of new life out of the sweeping out you have done.

Once you have cleaned out your insides, you will have space available. I urge you not to put anything in that space, just as I would urge you not to quickly refill your bookcases or

your closets. Leave the space open for God to come in and communicate with you. God always has something to tell us that is about how much God loves us. God will give us direction on moving forward.

So this spring, clean out your mental closets and start afresh. Make plans to move

forward with your new outlook and your new intentions. You will be surprised just how healing this can be.

Ann †

New Picture Boards Under Construction

St. John's would like to bring back the picture boards that hung in the undercroft, but many pictures need to be updated. If you have a recent 4x6 photo of yourself or your family that you want included on the board, you may bring it to the office or email it to rector@stjohnsarlingtonva.org. If you don't have a photo, arrangements can be made to have one taken. We are looking forward to seeing the picture boards back up again!

LOGOS

LOGOS is published monthly except for August, at the beginning of the month.

Lisa Pope, LOGOS Editor

Articles for LOGOS may be emailed to logos@stjohnsarlingtonva.org (preferred) or left at the church office.

Material for the May issue should be submitted by April 22. Article ideas for future issues are also welcome.

Words on Hymns: A Passion Hymn for Good Friday

The gradual hymn for Good Friday, April 3, is one that we traditionally sing on that day. "O Sacred Head, Now Wounded" (or "sore wounded" as in our hymnal) is a Passion hymn based on a long medieval Latin poem, *Salve mundi salutare*, with stanzas addressing the various parts of Christ's body hanging on the Cross: the feet, knees, hands, pierced side, breast, heart and head. The poem is often thought to have been written by Bernard of Clairvaux (1091–1153) but is now attributed to the Medieval poet Arnulf of Leuven (d. 1250).

The poem was translated into German by the prolific Lutheran hymnist Paul Gerhardt (1607–1676). It first appeared in Johann Crüger's hymnal *Praxis pietatis melica* in 1656. The hymn was first translated into English in 1752 by John Gambold (1711–1771), an Anglican vicar in Oxfordshire. His translation begins, "O Head so full of bruises," In 1830 a new translation of the hymn was made by an American Presbyterian minister, James Waddel Alexander (1804–1859). Alexander's translation, beginning "O sacred head, now wounded," became one of the most widely used in 19th and 20th century hymnals. Another English translation, based on the German, was made in 1861 by Sir Henry Baker. Published in *Hymns Ancient and Modern*, it begins, "O sacred head surrounded by crown of piercing thorn."

In 1899 the English poet Robert Bridges (1844–1930) made a fresh translation from the original Latin, beginning "O sacred Head, sore wounded, defiled and put to scorn." This is the version used in the Episcopal *1940 Hymnal*, the *1982 Hymnal* (stanzas 1–3 and 5), the Church of England's *New English Hymnal* (1986), and several other late 20th-century hymn books.

The music for the German and English versions of the hymn is by Hans Leo Hassler, written around 1600 for a secular love song* that first appeared in print in the 1601 *Lustgarten Neuer Teutscher Gesäng*. The tune was appropriated and rhythmically simplified for Gerhardt's German hymn in 1656 by Johann Crüger. It has proved to be very popular throughout the years. The seven cantos were used for the text of Dieterich Buxtehude's *The Limbs of Our Jesus*, addressing the various parts of the crucified body. Johann Sebastian Bach composed five different arrangements of the melody for his *St. Matthew Passion*. Stanza 6 is also in his cantata *Behold! We Go Up to Jerusalem*. Bach used the melody with different words in his *Christmas Oratorio*, both in the first choral and the triumphant final chorus. Franz Liszt included an arrangement of this hymn in the sixth station, Saint Veronica, of his *Way of the Cross*. The Danish composer Rued Langgaard composed a set of variations for string quartet on this tune. It is also employed in the final chorus of *Sinfonia Sacra*, the Ninth symphony of the English composer Edmund Rubbra.

The melody of *American Tune* by Paul Simon is based on the hymn. In 1960 Peter, Paul and Mary and the Dave Brubeck Trio performed *Because All Men are Brothers* on their album "Summit Sessions."

Carol Dunlap

* English translation below.

I'm all confused;
this a tender maid has done to me!
I'm totally lost;
my heart is sick and sore.
I get no rest by day or night,

my pain is always so great.
I'm sighing and crying all the time;
I'm almost in despair.

If only she would ask me:
what's the matter with you?
I would tell her straight
why I carry around such pain.
That she alone is the one
who hurts me so;
If I could soften her heart
I'd soon be well again.

Her lovely virtues adorn her
rich and without end.
Gracious is her bearing;

few can compare with her.
Before other tender maidens
she always takes the prize.
When I look at her,
I think I am in Paradise.

But I must give up
and be miserable forever,
even if it should cost me my life;
this is my greatest pain.
I am not good enough for her;
she doesn't care about me.
May God keep her safe from suffering
through his divine power.

St. John's Staff and Leadership

Staff

Rector: The Rev. Ann B. Barker
Minister of Family Programs: Jonathan Muehlke
Minister of Music: Lynn Robinson
Organist: Carol Dunlap
Parish Administrator: Virginia Pearson
Sexton: Juan Figueroa

Parish Leaders

Bill Thomson, Treasurer
John Restall, Pledge Clerk
Lenore Schmidt, Chair, Finance Committee
Eileen Tallent, Chair, Altar Guild

Vestry

Bill Schenck, Senior Warden
Sandy Winger, Junior Warden
Jeff Aitken

Paul Stenger
Bill Thomson
Linda Trochim

Parish News

Upcoming Events:

The St. John's Book Club will meet on **April 7 at 7:30 p.m.** to discuss the memoir *Wild* by Cheryl Strayed. On **May 5**, the meeting will take a mysterious turn with a discussion of *Death Comes to Pemberley* by P.D. James. All are welcome!

Thank you to:

- Monica Lozano, for all her help and support for Betty Vertiz, especially in the last year when Betty had her stroke.
- Pete Olivere, for all the work he did putting together the new St. John's directory.
- The St. John's youth and their mentors Beth Cavey and Lenore Schmidt for giving the sermon on March 15. It was fun to learn about some of the people in our Lent Madness brackets.

We celebrate with all who have birthdays in April:

Gerard Baynham, Maggie Buchanan, Carol Dunlap, Diane Henderson, Madeline Hubbard, Matthew Hubbard, Jim Hull, Cooper Mackin, Caitlin O'Connor, John Petrich, Bob Tallent, Jackson Tallent, Sharon Tallent, Linda Trochim, Abezash VanWyk, Valerie Wilson, Sandy Winger.

We celebrate with those observing anniversaries in April:

Jud and Lisa Buchanan; Nancy and William Gibb; Bill and Faye Pritchard; Angie and Bill Turner; Colin and Kim White.

Shout It from the Mountain

“Shout It from the Mountain” is the diocesan capital campaign for Shrine Mont Camps. The campaign goals are to create an endowment to help additional campers attend a Shrine Mont Camp each year; establish a fund that will renovate, replace, and improve current camp facilities; create an endowment to provide for ongoing capital maintenance for camp facilities; and provide funds to support Camp CTK in the Diocese of Christ the King, South Africa. Please prayerfully consider giving to this campaign.

What Does St. John’s Mean to You?

St. John’s web site (stjohnsarlingtonva.org) includes testimonials from three members under the section, “Our Parishioners Speak About St. John’s.” As these three have been featured for many months, new testimonials are being sought. If you would be willing to share your thoughts about St. John’s, please email the church office (office@stjohnsarlingtonva.org) or let Rev. Ann Barker know.



Living Into Easter

St. John’s and the Church of the Resurrection in Alexandria are sponsoring *Living into Easter: A Morning Retreat*, on Saturday, May 2, from 9 a.m. to noon in Resurrection’s parish hall. We will reflect on baptism, transfiguration, and resurrection and how they impact our lives using Scripture, prayer, meditation, and discussion. The retreat is free. Church of the Resurrection is located at 2280 N. Beauregard Street (next to Goodwin House) in Alexandria. For more information, see Rev. Ann Barker.