



# 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*

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July 2015

## VBS 2015: Following in the Footsteps of Jesus



Fun, games, and learning at past sessions of VBS.

Are you ready for some Vacation Bible School (VBS)? From July 6–10, St. John's VBS 2015 will welcome preschoolers through rising fifth graders as participants walk in the footsteps of the first followers of Jesus (and have fun at the same time). VBS runs from 5:30 to 8 p.m. each evening, and dinner is provided. The cost is \$25 per participant (\$5 for any additional siblings). To enroll, send an email to [familyprograms@stjohnsarlingtonva.org](mailto:familyprograms@stjohnsarlingtonva.org). For more information, visit the St. John's web site at [stjohnsarlingtonva.org](http://stjohnsarlingtonva.org). All are welcome!

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St. John's Episcopal Church, Arlington • The Rev. Ann Barker, Rector  
415 South Lexington Street • Arlington, VA 22204 • Phone: 703-671-6834 • Fax: 703-671-8023  
<http://stjohnsarlingtonva.org> • Email: [office@stjohnsarlingtonva.org](mailto:office@stjohnsarlingtonva.org) • [rector@stjohnsarlingtonva.org](mailto:rector@stjohnsarlingtonva.org)

## From the Rector: The Gift of Limits

I'm not sure I agree with my own title. Right now I am moving very slowly, using a cane, trying to make it until next Tuesday, when I can have my left hip replaced. Everything I do takes longer and hurts more. But there are things to help me with my limits. There are chairs. There are ice packs. And there are handicapped parking places, for which I am grateful. The most important thing I know is that this limit will only be temporary, that God has provided the technology that will allow me to go beyond what my natural physical limitations would be and return to health. Others are not so fortunate.

We all have limits—physical, emotional, and spiritual ones. Our physical limits may be caused by our innate inability to play certain sports or they may be caused by accident, illness, or congenital condition. Even the best athlete has physical limits. Perhaps he cannot possibly be a contestant on “Dancing with the Stars.” I had a friend once who was an excellent flute and piano player, but she was limited in her musical ability—she was unable to sing a note.

Our emotional limits are somewhat subtler. Perhaps we pride ourselves on our ability not to cry (I wonder if we laugh that often either). And then there is burnout. Burnout is the end result of doing too much, even if you like what you're doing. You find yourself strained beyond your limit, hoping that it will all be over soon, ready to leave a job and move to another one. Emotional limits give us messages that we need to listen to in order to be healthy and whole.

We also have spiritual limits. We are limited in the ways we can see or feel God. Some of us believe but have no sense of relationship with God in Christ. Some of us can see God in nature and some of us can't. Some of us drink in Scripture and some of us struggle with it all the time. Some of us jump

in and help others, and some of us may give but do not have the drive to get involved.

It seems to me God gives us the possibility of limits for three reasons. God wants us to accept them and turn them to good use; God wants us to move away from that limit toward another area; or God dares us to go beyond our limits to a broader understanding of life.

Now, I am not saying that God wishes ill on anyone, and sickness, pain, and disease are not God's will. But when we have them, we can transcend them. We can use our limits to help others, for example to be an advocate for people that share the disability we have. We can use our limits to encourage others. For example, a word to a non-athletic child that he or she may have a talent for an individual sport, such as martial arts, can do wonders. Everybody can do something that helps their body stay healthy. We can use our limits to appreciate the talents of others. My musical friend with the tin ear certainly enjoyed the singing of others.

God may want us to move from burnout to a time of rest and refreshment. We all need downtime, whether we know it or not, and our limits are in place to teach us that. As we age and lose more of our physical abilities, God may give us certain other jobs. Perhaps our purpose is to pray for people, one of the most important things we can do. Or perhaps we will be given the grace to give others the benefit of taking care of us. Perhaps our retirement years can be devoted to a hobby we especially enjoy, such as the woodworking that former President Carter does.

And sometimes the limits are there to transcend. We can stretch and grow past some of our self-imposed limits—the “I'll never be smart enough to get into the college I want” doubts, or “I can never speak in public.” Whatever we are too scared to do, if God is

pulling us in that direction, self-defeating attitudes are no good. We need to stretch for what we want and work hard to get it.

So I guess limits can be gifts. If we allow it, God will change us to accept or transcend

our limits or choose another way around them. So when you feel a limit, ask what it is for and listen for God's answer.

Ann †

### *St. John's Monthly Financial Statement*

May income:	\$7,894
Pledge + Plate:	\$6,613
Year-to-date income:	\$59,196
May expense:	\$15,186
Year-to-date expense:	\$68,192

#### **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.

## Words on Hymns: A Still, Small Voice

*Dear Lord and Father of Mankind*, our gradual for July 19, is a hymn with words taken from a longer poem, *The Brewing of Soma* by American Quaker poet John Greenleaf Whittier (1807–1892). The adaptation was made by Garrett Horder in his 1884 *Congregational Hymns*. In the United Kingdom, the hymn is usually sung to the tune "Repton" by C. Hubert H. Parry. In the United States, the prevalent tune is "Rest" by Frederick Charles Maker. Whittier was active as an abolitionist and is considered one of the "Fireside Poets," whose poetry was enjoyed by families around their hearth. He was influenced by the Scottish poet Robert Burns.

Soma was a sacred ritual drink in Vedic religion, going back to Proto-Indo-Iranian times (ca. 2000 BC), possibly with hallucinogenic properties. (The Vedic period or Vedic age—ca. 1750–500 BC—was the period in Indian history during which the Vedas, the oldest scriptures of Hinduism, were composed.) The storyline is of Vedic priests brewing and drinking Soma in an attempt to experience divinity. It describes the whole population getting drunk on Soma and compares this to some Christians' use of "music, incense, vigils drear, And trance, to bring the skies more near, Or lift men up to heaven!" But all in vain—it is mere intoxication. Whittier ends by describing the true method for contact with the divine, as practiced by Quakers: sober lives dedicated to doing God's will, seeking silence and selflessness in order to hear the "still, small voice" described in I Kings 19:11–13 as the authentic voice of God, rather than earthquake, wind, or fire.

Hubert Parry originally wrote the music for what became "Repton" in 1888 for the contralto aria "Long since in Egypt's plenteous land" in his oratorio *Judith*. In 1924 Dr.

George Gilbert Stocks, director of music at Repton School, set it to "Dear Lord and Father of mankind" in a supplement of tunes for use in the school chapel. Despite the need to repeat the last line of words, "Repton" is well regarded as a setting for the poem. It is in our *1982 Hymnal* as hymn 653. By this time, "Rest," by Frederick Maker (matching the metrical pattern without repetition), was already well established with the lyrics in the United States, and this is the setting we use. Its gentle quality is appropriate for the poem.

The American composer Charles Ives took stanzas 14 and 16 of *The Brewing of Soma* ("O Sabbath rest.../Drop Thy still dews...") and set them to music as the song "Serenity"; however, Ives quite likely extracted his two stanzas from the hymn rather than from the original poem. Published in his collection, *114 Songs*, in 1919, the first documented performance of the Ives version was by mezzo-soprano Mary Bell, accompanied by pianist Julius Hijman.

In 2005 the hymn was voted second in the BBC One show "Songs of Praise" poll to find the United Kingdom's favorite hymn.

Carol Dunlap



John Greenleaf Whittier

## St. John's Book Club Returns in September



The St. John's Book Club is taking the summer off but will return on **September 8 at 7:30 p.m.** Take the time now to start reading the September selection, 2015 Pulitzer Prize winner, *All the Light We Cannot See* by Anthony Doerr. At the September meeting, members will also select books for the coming year, so come with your ideas and suggestions. Everyone is welcome!

### 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

### **Congratulations to:**

- Beth Cavey for graduating from EFM.
- Pat Bleicher for all the years she has spent with the EFM program.
- Paul Petrich for graduating from high school.
- Erin and Gerard Baynham on the birth of Sienna Eileen on June 11.

### **Thank you to:**

- The choir—Lynn Robinson, Anne Stenger, and Marshall Adair—for another year of wonderful music and to our organist Carol Dunlap for her accompaniment.
- Our liturgical dancer, Tara Brown, for her wonderful dance on June 7.
- Our youth for sharing with us what they learned this year.
- Jonathan Muelhke, for heading our Family Programs Ministry this year.
- All those who helped with Sunday School this year: Debbie Carter, Beth Cavey, Brian Cavey, Kaipo McCartney, Barbara Olivere, Pete Olivere, Gerald Robertson, Jen Robertson, and Lenore Schmidt.
- All those who helped with hot dog sales on Glencarlyn Day—coordinator Bill Thomson, Marshall Adair, Jeff Aitken, Brian Cavey, Del Hunt, Tom Macia, Jonathan Muehlke, Paul Stenger, and Kay Wells.

### **We celebrate with all who have birthdays in July and August:**

Marshall Adair, Nolan Baynham, Michael Beavin, Carol Bogart, Henry Carter, Brian Cavey, Carolyn Corlett, Dennis Eckhout, Nancy Gibb, Lexie Hart, McKenzie Hart, Klaus Held, Thomas Held, Janice Hull, Anne Kaylor, Billie Jean Keith, Kenji McCartney, Helen Naw Mumu, Ray O'Connor, Virginia Pearson, Paul Petrich, Bill Pritchard, Harriet Sheehan Rawls, Patrick Rawls, Marion Reed, Lynn Robinson, Lenore Schmidt, Christian Tallen, Jones Tallent, Angie Turner, Bill Turner, Simon Van Wyk, Sarah Vistica, Kim White, and John Wilson.

### **We celebrate with those observing anniversaries in July and August:**

Dennis and LuAnne Eckhout; Reverend Sue and Rob Hardman; Matthew and Adrienne Hubbard; Lisa Pope and Justin Cohen; and Jones and Sharon Tallent.

### **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](mailto:logos@stjohnsarlingtonva.org) (preferred) or left at the church office. LOGOS will return in September. Material for the September issue should be submitted by August 20. Article ideas for future issues are also welcome.