



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

March 2016

St. John's Annual Meeting 2016: Celebrating Community and Praying for the Future



During 2015, worship and missions at St. John's included packing food for AFAC, creating Thanksgiving crafts with children from the church and community, and retreating to Shrine Mont for rest and renewal.

St. John's celebrated a year of worship and community while also tackling challenging questions about growth and outreach at the Annual Meeting on February 7, 2016. Originally scheduled for January 24, the meeting had been postponed due to the Blizzard of 2016.

Following an opening prayer by Rector Ann Barker, minutes of the 2015 meeting were approved. Rev. Barker then presented highlights from 2015. Moments of inspiration and renewal during worship included a special service of remembrance for Jonathan Myrick Daniels, a seminarian and civil rights worker killed in Alabama in 1965. The sixth Maundy Thursday loaves and fishes service was

followed by a joyous Easter celebration. Other high points in worship included beautiful Advent and Christmas services. "Our Advent wreath lighting liturgy continued to remind us of the faith, hope, joy, and love with which we await the coming of the Christ Child," said Rev. Barker. St. John's also welcomed Bishop David Jones in September, offered Ashes to Go at the Ballston Metro Station on Ash Wednesday, and expanded its Blessing of the Animals services to two locations in October. Looking to the year ahead, new worship ideas include using liturgy from *Enriching Our Worship* and the New Zealand Prayer Book. A monthly healing service is also being considered.

Family programs offerings ranged from the popular Lent Madness activity to a vibrant Vacation Bible School that drew nearly 30 children in July. Participants studied the lives of early Christians, played Bible games, created arts and crafts, and packed meals for the homeless. Jonathan Muehkle served as Family Programs Minister through August, followed by the arrival of Whitney Coleman in September. Creative new activities included a Thanksgiving Crafts Village in November attended by children from St. John's and surrounding neighborhoods. The resulting crafts were displayed at the church's Thanksgiving potluck lunch. St. John's children also staged a memorable Christmas Pageant in December and continued the tradition of taking up a collection after the pageant for the Heifer Project, which contributes animals and seeds to people in developing countries. Coleman shared family ministry ideas for 2016 that focus on reaching beyond the four walls of the church and touching the community. Ideas include a prayer walk through the neighborhood and events commemorating Black History and Women's History months.

Faye Pritchard presented an update on St. John's outreach ministry. Activities that continued in 2015 included bagging food at the Arlington Food Assistance Center (AFAC) each month, preparing lunches for the Bailey's Crossroads Shelter, participating in the Salvation Army's Angel Tree project, and taking part in an oral rehydration project at Beth El Hebrew Congregation in Alexandria. St. John's also collected school supplies for students at Campbell and Carlin Springs elementary schools for the second year in a row.

The St. John's community gathered for fellowship in 2015 and sponsored popular community activities, including a game night, spaghetti supper, and hot dogs on Glencarlynn

Day. The annual Mother's Day weekend tea in May continued the tradition of a beautiful and relaxing event. Thirteen parishioners and guests headed to Shrine Mont on an unusually cold weekend in October, where they learned about "The Art of Listening to God" and enjoyed the beauty of nature despite the chill.

Adult Formation sessions became the Sunday Seminar in 2015, featuring classes on such topics as unnamed women of the Bible, Hispanic ministry, the Koran, the role of women in the peace movement, and "Seeing Ourselves in Those Confronted by Jesus." St. John's also participated in the Region III Lenten program on the book of Hebrews, including hosting dinner one night at St. George's in conjunction with St. Michael's.

Treasurer Bill Thomson presented the 2015 financial report, including a review of designated funds. St. John's had a budget deficit of \$16,685. Thomson also presented the proposed 2016 budget of \$176,726, which projects a budget deficit of \$38,581. The budget includes a one percent salary increase for staff and the addition of the salary for the Minister of Family Programs, which had previously been accounted for under designated funds.

In the absence of Junior Warden Sandy Winger, no building and grounds report was presented, but brief highlights from the year included work done to clean the gutters, install shields for the window wells, and cable one of the trees on the church grounds.

Senior Warden Bill Schenck presented the vestry report. He thanked outgoing vestry members Paul Stenger and Linda Trochim for their service. Schenck will also be leaving the vestry, while Jeff Aitken, Bill Thomson, and Sandy Winger will continue in their terms. The vestry report noted the many issues facing St. John's, including a decline in membership, an aging congregation, a projected budget deficit again in 2016, and the need for greater

outreach. At the vestry retreat on January 30, numerous options were discussed for building St. John's membership and creating a more vibrant congregation. In recent years, the vestry has focused on expanding family programs, including hiring a family programs minister. The vestry is considering a proposal to use endowment funds to hire a part-time ordained minister to concentrate on family ministry and outreach. The risks and potential benefits of this proposal, along with other options that would draw more on existing resources and personnel, will continue to be considered in the coming months. The congregation will be included in a discussion before any major change or commitment of resources.

Schenck then invited suggestions and comments from the congregation. Comments included the suggestion of forming a committee to consider a multi-faceted approach to families. It was noted that some families do not see the church as meeting their needs beyond Sunday School. Wariness of believing in a "silver bullet" approach was expressed, as well as the thought that taking money from the endowment is a bad idea. Other sources of income would need to be found. It was also noted that people are just not joining organizations the way they did in the past, as well as that any new family ministry approach would have to continue. It could not be a year or two of change before lapsing back into the status quo.

New vestry members Teresa Birmingham, Del Hunt, Lisa Pope, and John Restall were elected unanimously. 2015 vestry officers were recognized for their service, as well as pledge clerk John Restall, stewardship chair Peter Olivere, altar guild chair Eileen Tallent, EFM leaders Pat Bleicher and Beth Cavey, and sign coordinator Jeff Aitken. Rev. Barker thanked

St. John's many volunteers and the dedicated church staff: Whitney Coleman, Carol Dunlap, Juan Figueroa, Virginia Pearson, and Lynn Robinson. Volunteer needs for 2016 include filling the role of assistant treasurer and helping with the spring spaghetti supper and Mother's Day weekend tea.

The meeting closed with a special prayer of dedication for the new piano in the undercroft and general prayer and thanksgiving. "In 2016 we pray for new initiatives and ask that God will send us the people God wants us to serve, and that we will be inspired to invite new people to join our warm and welcoming parish," said Rev. Barker.

Envisioning the Future of St. John's *New Family Life Steering Committee Formed*

Where will St. John's be a year from now? Five years from now? Step into the future with Rev. Ann Barker and the vestry as the church begins a visioning process examining where we are as a community of faith and what God is calling us to be. "The success of this process depends on all of us," said Rev. Barker. One of the first steps is forming a new Family Life Steering Committee, which will focus on strengthening and expanding family ministries and supporting families both in the church and surrounding communities.

To participate in the steering committee, share your thoughts or ideas about family life at St. John's, or lend your assistance to family ministry activities, talk to Teresa Birmingham or email her at birminghamt@yahoo.com.

Ashes To Go Starts Lent

“One man went down the elevator to the Ballston Metro stop looking at us and then decided he had to turn around and come back,” said Rev. Ann Barker. “One woman said she was giving up pizza and it was going to be hard. One woman wanted the ashes put on her hand and not her forehead. One man said he felt like a cheapskate (I suppose because he wasn’t going to church—maybe next year he will). And a picture was taken of us by someone whose family lived far away and had never seen this before.”

All of these reactions were part of “Ashes to Go,” a movement to bring the church to the world started several years ago. The Rev. Ann Barker, assisted by Roger Ludwig and Bill Pritchard, was at Ballston Metro Station from 7:30–8:30 a.m. and 5–6 p.m. on February 10, Ash Wednesday, giving out ashes and Lenten meditations from Episcopal Relief and Development. Nearly 20 people came by to receive ashes during both the morning and evening sessions. “All of the people who received ashes were very appreciative that we were there, and we hope to do it again next year,” said Rev. Barker.



Through Ashes to Go, St. John’s brings Ash Wednesday to commuters at the Ballston Metro Station.

Join St. John’s on Facebook

St. John’s is now on Facebook! Look us up and click “like.” Photos and news of events will be featured. Check it out and share your own experiences at St. John’s!

Sunday Seminar Studies Discipleship

The adult Sunday Seminar is focusing on the qualities of discipleship. Participants will be studying risk-taking, courage, learning and devotion, humility, working together in community, and perseverance. Please join the seminar at 9 a.m. in the parlor for these thought-provoking discussions.

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 April issue should be submitted by March 21.

Article ideas for future issues are also welcome.

Journey to Jerusalem: A Lenten Retreat

St. John's joined with participants from the Church of the Resurrection; St. Paul's, Bailey's Crossroads; and St. Michael's in a Lenten retreat on Saturday, February 20, from 9 a.m. to noon at St. John's. Focusing on the theme "Journey to Jerusalem," the retreat featured segments on self-examination in the Jesuit style and the use of parts of the 12-Step Program, "adding in" rather than "giving up" during Lent, and meditation using the Taize contemplative style of worship.

Twenty attendees reflected on such topics as gratitude, repentance and change, the masks worn around others that hide true feelings and anxieties, how to pray in God's time, and how participating in Lenten disciplines can prepare hearts and minds for Easter. Sessions led by Rev. Ann Barker, members of the Church of the Resurrection, and Rev. Liz Tomlinson of St. Paul's were interspersed with moments for participants to talk and share with each other. The morning closed with a time of music and meditation that encouraged participants to "Let Go and Let God."



Holy Week Services

Sunday, March 20, 10 a.m., Holy Eucharist and Blessing of the Palms.

Thursday, March 24, 6:30 p.m., Loaves and Fishes Meal, Holy Eucharist and Stripping of the Altar.

Friday, March 25, 12 noon and 7 p.m., Good Friday Liturgy.

Saturday, March 26 (time to be determined), Flowering of the Church.

Sunday, March 27, 10 a.m., Easter Festive Holy Eucharist with children's message (service is followed by reception and Easter egg hunt). No 8 a.m. service will be held on Easter.



From the Rector: Who Are You?

If someone asked me who I was, I might say I was a priest or a mother or a singer. But the most important thing I am is a disciple of Jesus Christ. I am someone who wants to follow Jesus as Lord—to do what he wants me to do and to be who he wants me to be. During the Epiphany season, we heard lessons that revealed Jesus’s identity as Son of God. The first Sunday in Lent, we talked about Jesus deciding what kind of Son of God he would be, and I said we all had the choice to decide what kind of son or daughter of God we were called to be. There are a lot of things we do, but there are underlying characteristics that show who we are at a deeper level. Lent is a good time to reflect on some of those traits, pray about them, and decide what we want to keep and what we want to change to be a closer follower of Jesus.

The main thing we are asked to be as followers of Jesus is lovers—lovers of God and lovers of our neighbors. George Congreve of the Society of Saint John the Evangelist (SSJE) said, “God made me to express [God’s] love in some way in which no one else could express it.” We are each made to give of ourselves in special and important ways, ways that God values and ways that we should value, even if we don’t think they are very important.

Whom are we called to love? We are of course called to love God first, to praise and thank God for all we have and are. Then we are called to love ourselves, because if we don’t love the being we are, it is hard to love other human beings. If we don’t like the imperfections we see in ourselves, it is difficult to accept the flaws of others. God loves us and sees us as wonderful human beings. God accepts us just the way we are at the moment, even if God then invites us to become more. We are also called to love our

neighbors. Who are the neighbors God has sent you to love—your family, your friends, your colleagues, your community? It is not always easy to do this. I have a friend who has great regret that she loves her daughter, but does not like her very much. Sometimes we are called to love someone we don’t like. That means we are called to want what is best for them and to treat them as the child of God they are. We are also called to love our enemies and we each have some, though we may not think of them in those terms. What about the person who irritates you at work? The snooty neighbor? Your spouse’s loud-mouthed brother? Sometimes we have someone in our lives who really works against us. We are called to act in love to these people too.

One of the ways we are called to love is through service. We can give service by ferrying our children from one place to another or taking care of a sick friend or running in a race for a given cause. We can serve by bringing or packing food for AFAC. We can also serve by giving money to good causes. We can give of our time to be with someone who is lonely or bereaved.

Another way we are called to love is through play. Everyone needs to play. We may play games with our children, blow bubbles, catch lightning bugs, or dig in the garden. We may take a friend who hasn’t had enough play in their lives out to the movies or the spa or the beach. Not having enough play makes people sad and depressed. Keep an ear out for who might need some play time—including yourself—and make it happen. You and those you play with will be the better for it.

We are called to love through encouragement and support. Someone came to my car window today to lend me her support for a hard situation I am facing. It really

helped. Whose cheering section are you being called to be today? Whom do you need to root for? To give moral support to?

There are many ways Jesus calls us to love; there is much we can be for others that will draw us closer to the sons and daughters of God we were meant to be. Where do we

need to develop an attribute? Where do we need to change a habit? Where do we need to keep doing what we are doing? If we take God's hand and listen to God's voice, God will let us know. The more we love, the more we can celebrate the joy of Easter.

Ann †

Pray the Five-Finger Prayer

Here is a way to pray for others, using your fingers as a guide.

1. The thumb reminds us to pray for those closest to us because the thumb is closest to your body.
2. The index finger (pointer) reminds us to pray for those who point the way for others, those who teach and guide us—e.g., spiritual friends, pastors and church leaders, teachers, and those who work with young people.
3. The third finger (the tallest) reminds us to pray for those who “stand tall,” those most visible in our culture and our world, including our nation's leaders and leaders of other nations. Pray that God will guide them and will give them wisdom, courage, and diligence to make the world what God wants it to be. Prayer can also be for celebrities and others in the news who can influence public opinion.
4. The ring finger (the weakest of the five) reminds us to pray for the weakest members of society—the poor, the sick, the frail, the forgotten, the oppressed, the hungry, and those without other necessities. As we do this, we remember God's concern for the least of these.
5. The fifth finger, the smallest one, reminds us to pray for ourselves. After praying for the other four groups, we are able to pray for ourselves with new perspective on our needs and blessings. We also pray to see how God is calling us to become part of answering the prayers we have prayed for the other four groups.

(Information taken from *The God We Can Know* by Rob Fuquay.)

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: *All Glory, Laud and Honor*

Our traditional Palm Sunday processional, *All Glory, Laud and Honor*, is based on verses composed in the early Middle Ages. Written as a processional hymn, the Latin original, “Gloria, laus et honor tibi sit, rex Christe redemptor,” was 78 lines long. In the Middle Ages, it was the custom for the clergy and choir to process within the church as well as in the church square and town.

The creator of the hymn, Theodulf of Orléans (c. 750/60–821) was a writer, poet, and the Bishop of Orléans (c. 798–818) during the reign of Charlemagne and Louis the Pious. He was a key member of the Carolingian Renaissance and an important figure during the many reforms of the church under Charlemagne. He was also almost certainly the author of the *Libri Carolini*, four volumes written at the command of Charlemagne that address image worship, among other matters. He is primarily remembered for this and the survival of the private oratory or chapel made for his villa at Germigny-des-Prés, featuring a mosaic dating from about 806. About 70 of his poems still exist.

Born in Spain, Theodulf was of Visigothic descent. He fled Spain because of the Moorish occupation of the region and traveled to the province of Gaul called Aquitaine, where he received an education. He went on to join the monastery near Maguelonne in Southern Gaul that was led by the abbot Benedict of Aniane. During his trip to Rome in 786, Theodulf was inspired by the centers of learning there and sent letters to numerous abbots and bishops of the Frankish empire encouraging them to establish public schools.

Theodulf became the Bishop of Orléans under Charlemagne. When Charlemagne died and Louis the Pious became the emperor of the

Holy Roman Empire, Theodulf was removed from the bishopric and placed under house arrest at a monastery in Angers during the power struggle following Louis' ascension, primarily due to his opposition to icons and Louis' suspicion that Theodulf supported an Italian rival to the throne. Theodulf wrote *All Glory, Laud and Honor* while he was in prison, under suspicion of plotting against Emperor Louis I. Legend dating from the 16th century has it that King Louis passed the prison during the Palm Sunday procession while Theodulph sang this hymn from his window, which so delighted the king that he immediately liberated Theodulf. However, the unfortunate truth is that he probably remained imprisoned until his death in 821, possibly of poisoning.

A translation into Middle English was done by William Herebert: “Wele, heryng and worshipe be to Christ that dere ous boughte./To wham gradden ‘Osanna’ children clene of thoughte.” In 1851, John Neale translated the hymn from Latin into English so that it could be published in his *Medieval Hymns and Sequences*. Neale revised his translation in 1854 and revised it further in 1861 when it was published in *Hymns Ancient and Modern*.

The commonly used tune of the hymn, titled “St. Theodulf,” was composed in 1603 by Melchior Teschner and harmonised by William Henry Monk in 1861.

All Glory, Laud and Honor has also been set by other composers. Johann Sebastian Bach used the same tune in a chorale in his *St. John Passion*.

Carol Dunlap

Parish News

Upcoming Events:

➤ Join the St. John's Book Club on **Tuesday, April 5, at 7:30 p.m.** as they discuss *The Sword in the Stone* by T.H. White. This 1938 novel tells the story of King Arthur's boyhood and was later adapted into the popular Disney animated film. The **May 3** selection is *Zealot: The Life and Times of Jesus of Nazareth* by Reza Aslan. All are welcome!

Rest in Peace:

➤ Horacio Lozano, father of Monica Lozano, who entered the Life of the Resurrection in January.

Thank you to:

- All of the many volunteers who give of their time and energy to the St. John's community.
- Bill Thomson, Marshall Adair, Jeff Aitken, Del Hunt, Bill Schenck, and Jeff Wallace for serving at the Shrove Tuesday pancake supper.
- Paul Stenger, Linda Trochim, and Bill Schenck for their three years' service as vestry members.
- Bill Schenck for serving as senior warden for the past two years.
- Sandy Winger for serving as junior warden for the past two years.
- Lisa Pope for serving as vestry register.
- Bill Thomson for serving as treasurer.
- John Restall for serving as pledge clerk.
- Lenore Schmidt for serving as chair of the finance committee.
- Peter Olivere for serving as stewardship chair.
- Eileen Tallent for chairing the altar guild.
- Whitney Coleman for her work as family programs minister.
- Virginia Pearson for her work as parish administrator.
- Carol Dunlap for her work as organist and pianist.
- Juan Figueroa for his service as sexton.
- Lynn Robinson for serving as music director and choir members Anne Stenger and Marshall Adair.
- Pat Bleicher for her work leading EFM.
- Leslie Mead for buying supplies for the lunches delivered to the Bailey's Crossroads Shelter.
- Faye and Bill Pritchard for taking food to AFAC and coordinating the AFAC packing nights.
- Peter Olivere and Bill Pritchard for photographing the many St. John's events during the year.
- Jeff Aitken for serving as sign coordinator.
- Kay Wells for volunteering in the church office.
- Marshall Adair for his work maintaining the grounds.

Congratulations to:

- New vestry members Teresa Birmingham, Del Hunt, Lisa Pope, and John Restall.
- Bill Thomson, new senior warden.
- Sandy Winger, who was elected to another year's service as junior warden.

We celebrate with all who have birthdays in March:

Rev. Ann Barker, Beth Cavey, Ian Kunkle, Peter Olivere, Cristina Tallent, and Dave Vistica.

We celebrate with those observing anniversaries in March:

Debbie and Henry Carter; Jim and Janice Hull; Anne and Paul Stenger.

St. John's Staff and Leadership

Staff

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

Parish Leaders

Bill Thomson, Treasurer
John Restall, Pledge Clerk
Eileen Tallent, Chair, Altar Guild

Vestry

Bill Thomson, Senior Warden
Sandy Winger, Junior Warden
Jeff Aitken
Teresa Birmingham

Del Hunt
Lisa Pope
John Restall