



# 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*

September 2017

## Heroes of the Summer: VBS 2017 Is a Hit

St. John's hosted another wonderful Vacation Bible School (VBS) in July. Based on the theme of "Heroes of the Bible," the program taught participants to be heroes for God. Children learned a new characteristic of heroes each day, while a verse from Psalms, "Do good, seek peace and go after it," was the watchword for the week. Each day, participants heard Bible stories; sang songs and participated in recreational activities related to the theme; performed science experiments, which were a big hit; and made crafts. A water sports day held outside proved to be very popular (after VBS leaders figured out how to turn the water hose pressure up), and dinner was also a favorite activity. Many thanks go to all those who helped (see the list in Parish News), and a special thank you to St. Michael's Episcopal Church for sharing their decorations with St. John's!



VBS 2017 participants learned how to be heroes for God.

## Get Ready for the Harry Potter Hogwarts Back-to-School Party!

Wizards and muggles alike are invited to St. John's Harry Potter Hogwarts Back-to-School Party on Sunday, September 24, from 2:30 to 4 p.m. The free event will feature games, readings, movie clips, and refreshments. All children and their families are welcome (children under the age of eight must be accompanied by an adult). While costumes are not required, children are encouraged to come dressed as their favorite character. Celebrate back-to-school time by spending a fun-filled afternoon with Harry Potter and Hogwarts!



### Education for Ministry Invites You on a Journey of Self-Discovery

The St. John's Education for Ministry (EfM) group has met for more than 16 years, inspiring and strengthening lay leaders who are now located around the world. The group welcomes all who are interested in the journey of self-discovery, no matter their faith denomination or set of beliefs. EfM's 36-week Sunday evening program will begin again on September 10. While many St. John's parishioners have attended EfM in the past, graduates who might be interested in repeating the first year are particularly encouraged to consider enrolling. The annual cost is \$375, which includes all texts and 18 continuing education credits. One to two scholarships are available. For more information on EfM, contact Beth Cavey at [efm@stjohnsarlingtonva.org](mailto:efm@stjohnsarlingtonva.org).

## From the Rector: Hope

We all get anxious sometimes. But if you've noticed, anxiety does nothing to help us. It doesn't offer solutions to our problems. Instead it intensifies our adrenaline rush and makes us want to react right away, often irrationally, rather than responding in a calm manner to whatever situation we may be facing.

The opposite of anxiety is hope. Brother Curtis Almquist of the Society of St. John the Evangelist (SSJE) says, "hope is converted anxiety. Anxiety is dreadful expectation and hope is expectant desire." With Jesus there is always reason to hope, no matter how bad the situation is, says Brother David Vryhof of SSJE. "There is nothing—not even death itself—that can conquer or defeat us."

We have many reasons to hope. We can hope because God loves us. We are God's children and God loves us unconditionally just as we are. That is not the experience many of us had growing up, so it is hard sometimes to realize that whoever we are, whatever we have done, we are loved and accepted by God. We don't have to lose weight, exercise more, be more energetic, play sports, never say a strong word, or do whatever else other people have expected us to do to be okay. We are okay. Ironically, it is learning to accept ourselves as God does that is the one thing that will lead to lasting positive change.

We can hope because God is for us. For God, love isn't just a feeling. It is love in action. The greatest example of this principle is God sending Jesus to show us how much God loves us. Jesus's whole life was love in action. He even died for us.

God is there doing for us what we cannot do for ourselves. We sometimes make the mistake of relying on our own strength to handle what we cannot handle. In the Bible, God tells Israel to lessen the equipment they

take into battle, so that they can learn the lesson that it is God who gives them the victory. When we have situations we cannot handle—and there are many, even if we would rather there not be—God helps us handle them. God battles addiction, resentment, pride, and other evils on our behalf. God is in our corner, ready to help—even ready to help us ask for help.

We can hope because God is with us. God's presence surrounds us every day. We are embraced by God in moments of great joy and moments of great suffering. Jesus willingly experienced all the things we experience in order to help us see the near presence of God. God is with us in the sacraments—the Eucharist, Holy Baptism, Reconciliation, Healing, Confirmation, and Ordination. Sometimes God's presence is palpable, especially in prayer, when a feeling comes over you that you are resting in God, and sometimes we just have to trust God is there because God has promised.

We can hope because God has given us one another—the gift of community. No one has to be alone unless they choose it. Every day God sends us messengers to make our lives better and help us make our celebrations more joyful and our sufferings more bearable.

We can hope because God has a plan for our lives. No, I don't mean that God plans for us to get sick or lose our jobs or suffer other consequences to learn some lesson. I mean that God has called and gifted us for particular ministries in the church and in the world and will guide us to finding our passions, which fulfill us and help others. Jeremiah 29:11 says, "For I know the plans I have for you; plans for welfare and not for evil; plans for hope and a future." God wants us to lead balanced lives—good amounts of work, rest, play, prayer, meditation, and other things that are

good for us. If we ask, God will help us get there when we feel out of balance.

We can hope because God is a healer. Sometimes God heals physically, showing us the right doctor or a good physical therapist, bringing amazing results out of a risky surgery, or helping us find a problem spot just in time. Sometimes God heals us emotionally, when we are feeling heartsick about a rift in a

relationship or the loss of a loved one. Sometimes God heals us spiritually, delivering us from fear and building trust in us.

We have God. We have Jesus. We have the Holy Spirit. A Trinity ready, willing, and able to give us hope in every area of our lives. Anxiety focuses on the perceived problem. Hope focuses on the solutions that are found in God's love and faithfulness. Choose hope.

Ann †

### **Adult Sunday Seminar Returns September 10**

The adult Sunday Seminar will begin September 10 at 9 a.m. in the parlor. St. John's is making efforts to re-energize this program and has been including a short survey to fill out in the Sunday bulletins. "We would like to offer more times and have more topics available," says Rev. Ann Barker. Please participate in the survey and provide insight on what you need. Christian formation is a vital part of making disciples. Come join the seminar as well on September 10. All are welcome!

#### **St. John's Staff and Leadership**

##### **Staff**

Rector: The Rev. Ann B. Barker  
Minister of Music: Lynn Robinson  
Organist: Judith Marcinko  
Church Programs Director: Jill McAfee  
Parish Administrator: Virginia Pearson  
Nursery Attendant: Kaitlyn Osteguín  
Sexton: Julio Sorto

##### **Vestry**

Lisa Pope, Senior Warden  
Bryan Harbin, Junior Warden  
Jeff Aitken

##### **Parish Leaders**

Bill Thomson, Treasurer  
John Restall, Pledge Clerk  
Dave Dunlap, Chair, Finance Committee  
Eileen Tallent, Chair, Altar Guild

Diane Henderson  
Del Hunt  
John Restall

## Words on Hymns: *Take Up Your Cross*

Our Gradual hymn for September 3, *Take Up Your Cross, The Saviour Said*, was written by American clergyman Charles William Everest (1814–1877) and included in the Episcopal Watchman magazine, *Visions of Death*, in 1833. It was published in the United Kingdom a year later in *The Tract* magazine and was first published as a hymn in the *Union Sabbath-School Hymns* hymnal in 1835. This hymn version of the poem later returned to the United Kingdom, where it was published with alterations in the *Salisbury Hymn Book* in 1857. It was eventually included in the Church of England's *Hymns Ancient and Modern*, being one of only two American hymns to make it into the first edition of the hymnal in 1861 (the other was *Thou Art the Way* by George Washington Doane).

During the editing of *Hymns Ancient and Modern*, editor Henry Baker made a number of alterations and added an extra verse to the hymn before inclusion. As a result, a majority of Baker's alterations continued to be used as the hymn crossed denominations, including its addition to the Methodist Church's *United Methodist Hymnal*.

*Hymns Ancient and Modern* is known for its alteration of texts. This hymn is an excellent case study of the kind of care used by the hymnal committee in making alterations. The altered version is significantly clearer in meaning and more emotionally engaging than the original. The practice of altering original texts has a long history. Not all of the alterations in the Anglican collection were greeted with equal favor, however. In fact, *Hymns Ancient and Modern* was dubbed by some as “Hymns Altered and Mangled.”

Frequently sung on Good Friday, *Take Up Your Cross, The Saviour Said* was written based on Mark 8:34, Matthew 16:24, and Luke 9:23, where Jesus said, “Whosoe'er will

come after me, let him deny himself and take up his cross and follow me.” Most hymnals have dropped the original fourth stanza as it appeared in the 1861 hymnal:

Take up thy cross then in His strength,  
And calmly every danger brave:  
'Twill guide thee to a better home,  
And lead to victory o'er the grave.

The stanza, however, is still included in the Episcopal *The Hymnal 1982*.

To the original five stanzas, the editors of *Hymns Ancient and Modern* added a sixth doxological stanza, perhaps derived from the chanted psalm tradition of the Anglican Church, which included a Gloria Patri at the end:

To Thee, Great Lord, the One in Three,  
All praise for evermore ascend;  
O grant us in our home to see  
The heavenly life that knows no end.

This stanza is omitted from our hymnal.

Charles Everest graduated from Washington College in 1838 and was ordained an Episcopal priest in 1842. He served for 31 years as the Episcopal rector at the Church at Hamden, Connecticut. In addition to *Vision of Death* (1837), he published *Babylon, a Poem* (1838) and *The Poets of Connecticut: With Biographical Sketches* (1843). Everest's *The Poets of Connecticut* still remains available on Amazon in an exact reproduction.

A widely used tune is *Breslau*, a 15th century German folk melody. Felix Mendelssohn wrote a choral arrangement of the tune for his 1836 oratorio, *St Paul*, and this harmony, or simplified versions of it, are frequently used. Our hymnal uses the tune *Bourbon*, which has been in print since 1814.

It is attributed to Freeman Lewis, who also composed a hymn tune that particularly resonates with me, *Dunlap's Creek*. (Unfortunately, we don't sing this hymn because it is in the "Holy Days and Various Occasions" section of our hymnal, specifying Saint James.) Lewis was a surveyor and teacher who wrote music on the side. His works include *The Beauties of Harmonies*.

*Take Up Your Cross* remains one of the great hymns of Christian discipleship. As is the case with many hymns from the 18th and 19th centuries, faithfulness and even suffering in this life leads to heaven, or as Everest states in the fifth verse:

For only those who bear the cross,  
May hope to wear the glorious crown!

Carol Dunlap

### **Join the Rally Protesting Oppressive Conditions in Iran on September 20**

St. John's has been invited to participate in a rally at the United Nations Plaza in New York City on September 20 at 10:30 a.m. Sponsored by the Association of Iranian Americans in New York, the rally will focus on stopping executions in Iran (3,000 executions under the current regime of Hassan Rouhani), as well as stopping regimes from meddling in Syria. Transportation and lodging will be provided at no cost, and there will be time for a brief tour of the city after the rally before returning home. If you have any interest in attending this event, please let Rev. Ann Barker know.

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

June income:	\$9,875
Pledge + Plate:	\$8,107
Year-to-date income:	\$62,956
June expense:	\$13,483
Year-to-date expense:	\$83,974

## Parish News

### Upcoming Events:

➤ The St. John's Book Club returns from its summer break on **Tuesday, September 5**, at 7:30 p.m. Members will discuss *Under the Wide and Starry Sky* by Nancy Horan. The meeting will also include selection of upcoming titles for the year. All are welcome!

### Thank you to:

➤ Anne and Paul Stenger for donating a children's Bible to the Sunday School class.  
➤ Everyone who helped with Vacation Bible School—Jill McAfee, coordinator; Patricia Amaya, arts and crafts director; Maddie Harbin, Jonathan Muehlke, and Stephanie Calles, team leaders; and Nora Wien-Herman, Tina Cavey, and Richard Henry. Thank you also to all those who brought dinner—Peter and Barbara Olivere, Lynn Robinson, Anne and Paul Stenger, and Barbara Wien.

### We celebrate with all who have birthdays in September:

Ginger Adair, Jeff Aitken, Griffin Baynham, Stephanie Beavin, Charlotte Bovender, Delaney Del Gallo, William Gibb, the Rev. Sue Hardman, Connor McCartney, Clara Naw Sweet, the Rev. Anna Scherer, the Rev. Peter Swarr, Lane Turner, Jeffrey Wallace, and Kay Wells.

### We celebrate with those observing anniversaries in September:

Erin and Gerard Baynham; Richard and Chelsea Kaufman; Cristina and Matthew Tallent.

### Meals on Wheels Volunteers Needed

Calling all volunteers! Meals on Wheels needs both regular drivers and individuals available as substitutes to fill in for drivers who cannot make it. The time commitment for a delivery session is just one to two hours. For more information or to volunteer, contact Sandy Winger at [the.lost2@hotmail.com](mailto:the.lost2@hotmail.com).

## St. John's Welcomes Seminarian Kendrah McDonald

St. John's welcomes seminarian Kendrah McDonald in September. A junior at Virginia Theological Seminary (VTS) in Alexandria, Kendrah will be part of the St. John's community until at least May 2018. She will graduate from VTS in May 2019, be ordained a deacon soon after graduation, and then ordained a priest six months later.

Kendrah and her husband Robert, an accountant, moved to Virginia from Mason, Texas. They are the parents of four children. Melissa and Michelle are both adults and still live in Texas. Maegan is 11 and starting middle school, while nine-year-old Raymond is in fourth grade. The McDonalds live on the VTS campus. Robert, Maegan, and Raymond will continue to attend Immanuel Church on the Hill while Kendrah is at St. John's.

Please say hello to Kendrah and make her feel at home at St. John's!

*Welcome*

### **St. John's Vision Statement**

St. John's Episcopal Church is an inclusive congregation that nurtures Christian spiritual growth and community through worship, education, outreach, mutual care, and fellowship.

### **St. John's Mission Statement**

St. John's mission is building a strong spiritual community; welcoming all who enter our doors, including believers, seekers, and doubters; and reaching out to those in need both within our congregation and around us.

### **LOGOS**

LOGOS is published monthly at the beginning of the month, except for a combined July/August issue.

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.

The deadline for the October issue is September 21. Article ideas for future issues are also welcome.