



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

February 2018

Faith, Ministry, and Fellowship: St. John's Annual Meeting 2018

The people of St. John's gathered to remember the many special moments of 2017 and plan for the year ahead at the Annual Meeting on January 21, 2018.

The meeting opened with prayer by Rector Ann Barker, followed by congregational approval of the 2017 Annual Meeting minutes. Rev. Barker then presented the State of the Church. "Our worship together inspires and renews us to do God's work in our daily lives," she noted. Worship highlights included the seventh Maundy Thursday loaves and fishes service and a beautiful Easter service that drew 74 people, an increase from 2016. Advent and Christmas services were inspirational moments in an often hectic season. "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. The always popular Lessons and Carols service was held on New Year's Eve. Also popular was the fall Blessing of the Animals at the church and the Shirlington Dog Park. St. John's once again offered Ashes to Go at the Ballston Metro Station on Ash Wednesday, extending inspirational worship out into the Arlington community. In the fall St. John's welcomed seminarian Kendrah McDonald, who assisted in leading worship. New worship ideas being considered for 2018 include using liturgy from *Enriching Our Worship* and the *New Zealand Prayer Book*. Also on the drawing board is a new monthly service such as a healing or contemplative service. Budgeted funds to purchase a music license will broaden the array of options for hymns and other music.

St. John's increased its emphasis on family programs in 2017. Jill McAfee served as Family Programs Director until September. Popular events included parties celebrating Valentine's Day, Dr. Seuss's Birthday, Harry Potter Hogwarts Back to School, and Halloween. These events drew participants from St. John's, Cristo Rey, the neighborhood, and the larger community. A week of Vacation Bible School (VBS) in July featured the theme of being heroes for God and included storytelling, arts and crafts, outdoor play, creative science projects, and the ever popular dinner time. VBS was led by McAfee, with assistance from arts and crafts leader Patricia Amaya and three team leaders. Peggy Blount led Sunday School until the summer break, while in the fall Debbie Carter and Peter Olivere served as interim teachers during the search for a new Family Programs Director. John Petrich continued to lead St. John's monthly effort to bag lunches for the Bailey's Crossroads Shelter, while Galen Henderson coordinated the Christmas Pageant in December. St. John's has hired Henderson as the new Family Programs Director. "We look forward to her contributions to our ministry," said Rev. Barker.

Outreach activities continued to be an important part of St. John's ministry in 2017. In addition to bagging lunches for the Bailey's Crossroads Shelter, the church continued to donate food to the Arlington Food Assistance Center (AFAC), bag food monthly at AFAC, and donate clothing and toys to needy children through the Salvation Army's Angel Tree project. St. John's also collected school supplies for Carlin Springs Elementary for the third year in a row. During Lent, members participated in the Region 3 Rise Against Hunger project, donating both time and money. This initiative packaged 10,000 meals in two hours that were shipped to places around the world where there is food insecurity. Also during Lent, St. John's increased its commitment to AFAC by asking members to pledge to step up their support by bringing in weekly food donations, making monetary donations, and volunteering their time. This successful effort resulted in 334 pounds of food being donated, along with \$1,330. St. John's outreach also included membership in People of Faith for Equality in Virginia (POF-EV), which supports a vision of inclusion, welcome, and equality for LGBTQ Virginians and their families.

Parish life continued to draw the people of St. John's together. Events included a game night in January, the Shrove Tuesday pancake supper in February, a Bingo Night with Cristo Rey in April, the Spring Tea in May, Glencarlyn Day hot dogs and beverages in June, and the Spaghetti Supper in October. The annual Shrine Mont retreat weekend in October was enjoyed by 13 parishioners and guests. Debbie Carter coordinated the weekend and led the program along with Rev. Barker and Diane Henderson.

St. John's held a roundtable discussion with Cristo Rey in September so that members could get to know each other better and discuss new ways to partner and support each other.

These fruitful conversations resulted in a joint Thanksgiving potluck meal, which was a wonderful and well-attended event. In 2018 the congregations will partner on a Lenten outreach project, hold additional Bingo Nights, and potentially join in worship together.

Adult Formation in 2017 included a class on Hazardous Saints and a Lenten study on the Five Marks of Mission of the Anglican Church. Among other featured Sunday Seminar topics were icons, science and religion, fear of the other, an Advent study on Joseph, and a study of *The Evolution of God*.

St. John's welcomed Chelsea and Richard Kaufman in 2017, along with their son Pearce, who was baptized in March. Also welcomed was Lin Novak, who has been a member of the St. John's Book Club for several years. The congregation said a partial goodbye to Linda Trochim, who retired and will now spend part of the year in Florida. Bill Schenck and Carolyn Corlett have had to stop coming to church because of disability issues, while Lynn Christopher cannot drive anymore. The church misses Jean Harrison, who died in June.

Treasurer Bill Thomson presented the 2017 financial report. Although the budget deficit was \$38,565.51, the church investments benefited from the rising stock market and the overall account only dropped \$14,000 from the 2016 year-end totals. Thomson noted that although pledges were on target last year, plate contributions were down \$7,000 from what was budgeted. Finance Committee chair Dave Dunlap then presented the 2018 budget, which includes a one percent salary increase for staff. The budget of \$168,481 projects a deficit of \$46,881. The Finance Committee is constrained in reducing the budget because a large percentage of it goes to staff salaries and benefits. The committee also expressed concern that although the church has benefited in recent years from the rising stock market, there is no way of knowing if this trend

will continue.

Bill Thomson presented a Building and Grounds update in the absence of Junior Warden Bryan Harbin. Maintenance work in 2017 included repairs to the furnace and lift. The church continues to benefit from all of the volunteer work done by individuals referred by Offender Aid and Restoration in Arlington. The question was raised as to whether the church needs to start a special fund for future replacement of the lift. The suggestion was also made to pursue grant funds to assist with putting in a new lift.

Rev. Barker highlighted two potential Mutual Ministry review topics for 2018, building a strong spiritual community and serving needs in the community. After discussion, the congregation asked the vestry to decide on a topic.

Senior Warden Lisa Pope thanked vestry members Bryan Harbin (Junior Warden), Jeff Aitken, Diane Henderson, Del Hunt, and John Restall for their service. Harbin, Henderson, Hunt, Pope, and Restall will continue to serve in 2018 (Restall extended his term by one year). New vestry members Peter Olivere and Bill Thomson were elected unanimously. Vestry

emphasis areas in 2017 included supporting family programs, continuing to embrace welcoming through the new program Invite Welcome Connect, and strengthening the church's partnership with Cristo Rey.

Rev. Barker recognized outgoing vestry member Jeff Aitken for his service, along with vestry officers Lisa Pope and Bryan Harbin. Others recognized included outgoing treasurer Bill Thomson, new treasurer Peter Olivere, pledge clerk John Restall, stewardship chair Mike Birmingham, and altar guild chair Eileen Tallent. Also recognized were the dedicated St. John's staff: minister of music Lynn Robinson, organist Judith Marcinko, church administrator Virginia Pearson, sexton Julio Sorto, and nursery attendant Kaitlyn Osteguín. For a full list of everyone who gives of their time and talents to serve St. John's, see Parish News on page 8.

St. John's will continue to focus on discipleship in 2018 and to pray that we follow Jesus both individually and as a church. "We also pray that we will be inspired to invite new people to join our warm and welcoming parish," said Rev. Barker.



Ministries at St. John's in 2017 included Ashes to Go at the Ballston Metro and Vacation Bible School.

From the Rector: Promises, Promises

Everywhere I look there are bumper stickers proclaiming that the driver hearts something—their dog, their kids, their boat, their favorite sport. There is even an app called I Heart Radio, with which you can tune in to any member radio station across the country or build a playlist specific to your interests. But there is one sign I never see: I Heart Me. Many of us don't love ourselves, not really, and the ones who do are too embarrassed to announce it on a bumper sticker for fear of being labeled proud or obnoxious. Self-love is not something we do well. We do guilt and shame and beating up on ourselves very well. We could put bumper stickers on that say, "I Don't Heart Myself," but that would be too vulnerable and too honest for society at large.

To counter this unhealthy self-image—after all we were created in the image and likeness of God—something we can do is to promise ourselves good things and then go after them. It is okay—no, very necessary—to take care of ourselves. God takes care of us and loves us and God wants us to do the same for ourselves.

The first thing to promise yourself is love. Listen to your self-talk sometimes. Most of us are telling ourselves bad news about ourselves instead of good news. We are unique creations of God, and God is well-pleased with us. Being loved by God is the way we learn to love ourselves. Accept yourself, warts and all, and know that you are a good person, a worthwhile person, a person others would want to love. The more you feel that way about yourself, the more you are able to love others and receive their love in return. Loving is an openness to and a caring for the other—and for ourselves.

Promise yourself relationship. That follows from the one above. You can love yourself but be in isolation. But God didn't make us to be that way. "It is not good," God said, "for man to be alone." Humans need relationships to

grow and thrive. Keep up with your siblings. Enjoy your children and your spouse. Reach out to make and keep friends. Be collegial with those you work with. A healthy network of relationships is one of the things that makes us whole. And don't forget relationships with animals. They are a source of joy and calm.

Promise yourself health. We don't often take good enough care of ourselves, either because we forget or we're too busy or we're taking care of others and that demands all our time. Things as basic as eating well, exercising, and getting enough sleep are often off our radar in our busyness-focused society. Having a healthy body helps us grow into a good temple for the Holy Spirit.

Promise yourself passion. Don't go through life in a rut. Do the things you love to do and do them often. Intentionally carve out time to make yourself happy and do that. Even if you have to get a babysitter or do one thing while your spouse does another or take some time off or work really hard at it, do something for yourself as many days as you can.

Promise yourself gold. No, I don't mean the gold of a bracelet from Kay Jewelers, although that would be something good too. I mean the gold that is in creation. Promise yourself sunsets, flowers, vegetables coming up in your garden, and snow angels. Promise yourself recycling and other measures to take care of the earth. We are stewards of God's creation, put here in part to tend it and care for it and enjoy it as well.

Promise yourself purpose. We all need a reason for living. Christians are here to love God and love our neighbors, to help reconcile the world to God in Christ. That purpose governs our lives. But there are smaller purposes too that may fit in with our major purpose, and they may change over time. Our

purpose may be to help society by doing our job well or to take care of a sick relative or to raise our children or to care for the marginalized. There is nothing so awful as being at loose ends because you don't have something to do that will be a productive part of your life, including doing nothing and enjoying rest and relaxation.

Lastly and most important, promise yourself God. Put a bumper sticker in your gut that says "I heart God" and live by it. Be grateful for all that God has done for you. Praise God for the gift of Jesus. It's not enough to think about God on occasion: We need to think about God in our daily lives. We need to ask God what God wants us to do and listen for an answer. Left to our own devices,

we might do something completely different that is wrong for us and wrong for the world because we are not hooking in to our power source, who knows better what will help the world and make us happy. Talk to God; listen for God. Make time to do it every day, even if only for a few minutes.

This February, when we celebrate love, heart yourself. Make yourself promises that will make you happy. God wants good for each one of us. God wants to give us full hearts. It's our job to receive the love God has to give.

Ann †

Sunday Seminar Focuses on Islam and Begins Lenten Study

On February 4 and 11, the Adult Sunday Seminar will learn about Islam. The Seminar will then begin a Lenten study on February 18, "Restored: Finding Redemption in Our Mess." Join the Seminar at 9 a.m. in the vestry room on February 4 and 11 and in the parlor during Lent.

St. John's Staff and Leadership

Staff

Rector: The Rev. Ann B. Barker
Minister of Music: Lynn Robinson
Organist: Judith Marcinko
Family Programs Director: Galen Henderson
Parish Administrator: Virginia Pearson
Nursery Attendant: Kaitlyn Osteguin
Sexton: Julio Sorto

Vestry

Lisa Pope, Senior Warden
Bryan Harbin, Junior Warden
Diane Henderson
Del Hunt

Parish Leaders

Peter Olivere, Treasurer
John Restall, Pledge Clerk
Dave Dunlap, Chair, Finance Committee
Eileen Tallent, Chair, Altar Guild

Peter Olivere
John Restall
Bill Thomson

Get Creative at St John's Valentine-Making Party

Children and families are invited to join St John's Valentine-Making Party on Sunday, February 11, from 2:30 to 4 p.m. Materials and snacks will be supplied. Just bring your creativity! Children age eight and under must be accompanied by an adult.



Rise Against Hunger

Join the fight against worldwide hunger as volunteers from Region 3 of the diocese prepare to gather on March 17 at St. Peter's Episcopal Church in Arlington to package more than 10,000 meals in two hours. A sign-up sheet for volunteers will be posted soon. If you can't volunteer but want to help, please place a donation in the red bucket that will be available in the sanctuary at St. John's until March 11. Make any checks payable to St. John's and write "Rise Against Hunger" in the memo line. For more information, see Sandy Winger or send Sandy an email at the.lost2@hotmail.com.



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 in Christ; 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.

Words on Hymns: *Immortal, Invisible*

Our processional hymn for February 4, *Immortal, Invisible, God Only Wise*, has been described as a “sturdy” hymn, and one that is selected in a hurry for lack of anything else. Not so. Yes, it is sturdy as it plunks along in unvarying quarter notes, and it can be made commonplace by plodding. However, it is far from a desperation hymn when performed at an upbeat tempo in a graceful waltz. It refutes the notion that all Welsh tunes are slow and mournful and in a minor key.

If you consider the text of *Immortal, Invisible*, it has some thought-provoking images as it comments on the various attributes of God, particularly the characteristics of light. The second verse begins “Unresting, unhasting, silent as light.” Think of that: unresting yet unhasting and totally inaudible. The final stanza concludes with “O help us to see 'tis only the splendor of light hideth thee.”

The author of the text, Rev. Walter Chalmers Smith (1824–1908), was a hymnist, poet, and minister of the Free Church of Scotland. He is chiefly remembered for this hymn.

The tune *St. Denio* is based on “Can mlynedd i nawr” (“A Hundred Years from Now”), a traditional Welsh ballad popular in the early 19th century. It was first published as a hymn tune in John Roberts' *Caniadau y Cyssegr (Hymns of the Sanctuary, 1839)*. The tune title is commonly thought to refer to St. Denis, the patron saint of France. However, it is more likely that the name actually refers to the first bishop (and patron saint) of Bangor, Wales, St. Deiniol, for whom the cathedral

there is dedicated, as well as several churches in the region.

John Roberts (1822–1877) is also known by his Welsh name, Ieuan Gwyllt (Wild John) to distinguish him from many other John Roberts. He began conducting choirs at the age of 14 and was a teacher at age 16. Ordained in the (Calvinist) Methodist ministry in 1859, he served congregations in Aberdare and Llanberis. He did much to improve Welsh singing and in 1859 founded the Welsh singing festival “Gymanfa ganu.” He also compiled the important Calvinist Methodist hymnal *Llyfr Tonau hymnal, Swm y Iiwvili* (1874).

This hymn was sung in Westminster Abbey at the 2002 funeral of Queen Elizabeth, the Queen Mother and wife of King George VI, as it was one of her favorites.

Carol Dunlap

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 (preferred) or left at the church office.

The deadline for the March issue is February 18. Article ideas for future issues are also welcome.

Parish News

Upcoming Events:

➤ Join the St. John's Book Club on **Tuesday, February 6**, at 7:30 p.m. to discuss *Journey to Munich* by Jacqueline Winspear. The **March 6** selection is *My Cousin Rachel* by Daphne du Maurier. In this gothic tale of intrigue, the reader must decide whether the mysterious Rachel is murderer or victim.

➤ The annual Shrove Tuesday Pancake Supper will be held Tuesday, **February 13**, from 6 p.m. to 7:30 p.m. In addition to pancakes, ham and applesauce will be served. The cost is \$5 for adults, \$3 for children ages six to 12, and free for children under six.

➤ Bring your favorite board or card game and come participate in Game Night on **Saturday, February 17**, at 7 p.m. Invite your friends and neighbors to be part of this fun-filled evening.

Welcome to:

➤ Galen Henderson, St. John's new Family Programs Director.

Thank you to:

➤ Bill Thomson for serving as treasurer for the past 10 years.

➤ Peter Olivere for agreeing to serve as the new treasurer.

➤ Outgoing vestry member Jeff Aitken; continuing vestry members Bryan Harbin, Diane Henderson, Del Hunt, Lisa Pope, and John Restall; and new vestry members Peter Olivere and Bill Thomson.

➤ Lisa Pope for serving as senior warden and register and Bryan Harbin for serving as junior warden in 2017.

➤ Dave Dunlap, Finance Committee chair, and committee members Debbie Carter, Kendrah McDonald, Peter Olivere, John Restall, and Bill Thomson.

➤ John Restall, pledge clerk.

➤ Eileen Tallent, altar guild chair, and all the members of the altar guild.

➤ Lynn Robinson, Minister of Music; organist and pianist Judith Marcinko; and all choir members.

➤ Everyone who participates in worship as ushers, readers, and chalice bearers.

➤ All of the tellers.

➤ The many volunteers who organize hospitality each Sunday.

➤ The acolytes.

➤ St. John's wonderful staff: Virginia Pearson, Lynn Robinson, Judith Marcinko, Kaitlyn Osteguín, and Julio Sorto.

➤ Beth Cavey and Wade Hinkle for serving as Education for Ministry (EfM) mentors.

➤ Everyone who coordinated an event this past year.

➤ Sandy Winger for serving as St. John's liaison to the Arlington Region task force on cooperation between churches.

➤ Lynn Robinson for coordinating Game Night.

➤ Bill Thomson, Peter Olivere, and Bryan Harbin for handling maintenance jobs around the church.

➤ Jeff Aitken for coordinating the church's outdoor signs.

- Barbara Oliverre for leading the card ministry and all of the card ministers.
- Anne and Paul Stenger for managing the intercessory prayer list and all members of the intercessory prayer group.
- Peter Oliverre and Debbie Carter for teaching the children's Sunday School class.
- Lisa Pope for serving as *Logos* Editor.
- Lynn Robinson for updating the St. John's Facebook page.
- Peter Oliverre for putting together the church calendar for 2018, maintaining the St. John's website, and handling church advertising.

We celebrate with all who have birthdays in February:

Michelle Aitken, Dennis Albrecht, Lisa Broida, Robert Carter, Tina Cavey, Lynn Christopher, Peyton Del Gallo, The Rev. Amanda Eiman, Henry Held, Carole Hunt, Heather Kollath, Alexis Lodsun, Jeff Petrich, John Restall, Anne Stenger, Eileen Tallent, and Colin White.

We celebrate with those observing anniversaries in February:

Lynn Christopher and Bill Schenck; Bryan and Carrie Harbin; Kaipo and Keith McCartney.

St. John's Lenten Outreach

During Lent, St. John's will participate in two outreach projects. As in 2017, the church will focus on Feeding the Invisible People by aiding the Arlington Food Assistance Center (AFAC). Please support this project by choosing to bring in a weekly donation of food, make a weekly donation to support AFAC, or join other St. John's members in bagging food at AFAC. Pledge cards and envelopes will be distributed in February and will also be available in the narthex on Sundays during Lent. Fill out the card, put it in the envelope, and place it in the offering plate (you can choose to put your name on the card or not). If you want to make monetary donations, make the check out to St. John's and write "AFAC-Lent" in the memo line of the check (DO NOT PUT CHECKS IN THE PLEDGE ENVELOPES).

St. John's will also partner with Cristo Rey to assemble "5.50" bags of toiletries for a local women's shelter (each bag is assembled for \$5.50). To donate funds for the bags, make the check out to St. John's and write "5.50 Project" in the memo line of the check.

St. John's Moments in Time: 2017



Moments to remember last year included the Hogwarts party, Shrine Mont retreat, and Christmas pageant.