



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 2019

Observe Holy Week at St. John's

April 14, 10 a.m.—Palm Sunday Holy Eucharist service and Blessing of the Palms (no 8 a.m. service)

April 18, 6:30 p.m.—Maundy Thursday Loaves and Fishes dinner, followed by Holy Eucharist and stripping of the altar

April 19, noon and 7 p.m.—Good Friday liturgy

April 19, 1 p.m.–7 p.m.—Good Friday Vigil (church open for prayer)

April 19, 8:30 p.m.—Cristo Rey Good Friday liturgy

April 21, 10 a.m.—Easter Sunday Festival Holy Eucharist service with children's message and flowering of the cross (no 8 a.m. service)

April 21, following the 10 a.m. service—Easter reception and egg hunt for children



From the Rector: Lenten Disciplines

It used to be that people gave up something for Lent—meat on Fridays, chocolate, television, etc. This Lent I have a friend who is giving up Facebook. It is very hard for him because he is a frequent user. It would not be a good discipline for me as I am not. Nowadays there is another option. You can take on something—a volunteer project, prayer, Bible study, church every Sunday, giving to a charitable organization. St. John's offers three things we can choose from if we would like to take on something. We can bring food for the Arlington Food Assistance Center (AFAC), help fill comfort cases for foster children, participate in or donate to Rise Against Hunger, or all of the above. These kinds of Lenten disciplines are specific to individuals, depending on our habits and our needs. But there are things we can all give up or take on that will help us be open to God this Lenten season and throughout the year.

We can give up resentment and take on forgiveness. Holding grudges is a practice that hurts us and not the people we resent. This practice is like taking poison and expecting the other person to die. It creates bitterness and unkind thoughts toward God's children. When we are stuck in resentments, we cannot grow.

The antidote for resentment is forgiveness. Forgiveness is not about forgetting. It is not about trusting someone who has hurt us over and over again to stop hurting us in the future. Forgiveness is about wanting for the other person all the good things God wants for them. God forgives us because God loves us and wants good for us. One of the things we can do to help us forgive is to write down exactly what the person we resent has done to us. If we write it down, we can see the hurt with a beginning and an end. We can also pray for the people we resent, asking God to bless them as we want God to bless us. It may be very

hard to do, and it is okay to tell God that, but forgiveness is a supreme value of God's and it needs to be one of ours too.

We can give up fear and take on faith. This world can be a scary place. We feel out of control and helpless to change things. We are afraid of the consequences of world events, of being disliked, of not being good enough, of not having enough to live comfortably, of job loss. We are at a loss because we can't find the solution to our problems, big and little. But God can. Even if the solutions are not something we expect, we can be sure that God's ideas are better than ours because God sees a bigger picture.

We can give up the illusion of independence and become dependent. Dependence is a risky thing, we think, but not with God. The simple fact is that we cannot do everything by ourselves. We do not have the capacity to control our own lives, however much we want to think we do. There are too many factors that we cannot change. And the glorious fact is that we do not have to do everything by ourselves, regardless of what we may think. If it matters to us, it matters to God. God is always there and always ready if we are open to having God manage our lives.

We can give up perfection and take on acceptance. Many of us are perfectionists. We want everything done just right, not only by us but also by the people around us. And just like we know what is perfect for us, we know what is perfect for them too. But perfectionism runs afoul of one thing: everyone is human. We all have distinct personalities and styles, and we all have flaws. If we expect people to do what we want them to do, we are bound to be disappointed. When we try to manipulate to get a desired result, we cause hurt and anger. If we always want everything to be perfect, we are in a constant state of frustration and that is

a barrier to life with God. This “giving up and taking on” applies to us too. Some of us are our own worst critics. If we are constantly worried about not being good enough, it saps our energy that we could use to help others and enjoy ourselves. Acceptance brings peace. Peace with all God’s children. I don’t mean that we shouldn’t try to change unjust systems and just accept them or tolerate bad behavior to keep peace. I am advocating accepting the basic idea that all of us are beloved in God’s eyes. If we get stuck in our frustration, we lose the ability to make productive change, in ourselves and in the world.

One reason for giving up something for Lent or taking on something is to help ourselves be more open to God. We use the time we give up scrolling through Facebook to focus on God and God’s mercy. We give ourselves a taste of the suffering Jesus went through for us and cultivate gratitude. We give to AFAC and remember that God is generous with us and we are called to be generous with others.

A Lenten discipline will help us become more the people God intended us to be and prepare us for the joy of Easter.

Ann †

It’s Tea Time

St. John’s will host its Spring Tea on Saturday, May 11, from 1 to 3 p.m. Come enjoy scones, sandwiches, desserts, fine teas, and a glass of champagne while relaxing to piano music. The cost is \$20 per person (\$10 per child 12 and under). Invite your friends, family, and neighbors to share in this delightful spring tradition! Volunteers are also needed. Please talk to Diane Henderson if you can help.



St. John’s Staff and Leadership

Staff

Rector: The Rev. Ann B. Barker
Minister of Music: Lynn Robinson
Organist: Judith Marcinko
Interim Family Programs Director: Jonathan Muehlke
Parish Administrator: Virginia Pearson
Seminarist: Chip Russell
Child Care Provider: Kaitlyn Osteguín
Sexton: Julio Sorto

Vestry

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

Parish Leaders

Peter Olivere, Treasurer
John Restall, Pledge Clerk
Eileen Tallent, Chair, Altar Guild

Peter Olivere
Bill Thomson
Sandy Winger

St. John's Tree Removal Results in Unexpected Costs

The huge two-stem oak tree on the 4th street side of St. John's is diseased and was in danger of losing large limbs and creating damage to property and power lines feeding the entire neighborhood. After a number of concerns were raised by neighbors, the vestry agreed to the removal and selected a contractor to perform the work at the end of January. When the removal work was only partly done, Arlington County staff, who were summoned by tree activists in the neighborhood, arrived to investigate and determined that the tree was on county property and St. John's was in violation of regulations concerning damage to county trees. St. John's immediately sent a letter explaining the situation and making the church's case for performing the work based on the assumption that it was the church's tree. The county's response requires St. John's to (1) finish removal of the tree, which is no longer viable and (2) plant five trees of at least 1-inch caliper to remediate the loss of the large oak. Given St. John's honest misunderstanding and the church's due diligence in having two arborists evaluate the tree before the work started, the county is waiving any additional fine.

The five trees to be planted, one adjacent to the tree being removed and four others to be placed anywhere on the property, will cost approximately \$1,500, assuming the church, with help from Cristo Rey, does the planting. St. John's is asking for donations to help with purchasing the trees (they will vary in cost from \$190 to \$325, plus a delivery charge). If you would like to make a donation for the purchase of one or more of the trees, St. John's will gladly recognize your generosity. Thank you in advance for your help.

Rise Against Hunger



St. John's volunteers participated in the Region III Rise Against Hunger event in March, helping to package 15,000 meals in a matter of hours. These packages will be sent around the world to alleviate hunger.

St. John's Brings Lent to Arlington's Commuters with Ashes to Go



In what has become an annual tradition, St. John's distributed ashes at the Ballston Metro Station on March 6, Ash Wednesday, from 7:30 to 8:30 a.m. and 5 to 6 p.m. This year drew the largest crowd to date, with between 15 and 20 people in the morning and at least 25 people during the evening commute. "Several people said they had missed mass in the morning," said Rector Ann Barker. "One man was clearly thinking about it as he began to go down the escalator to the Metro, and then he turned around and came back."

St. John's Monthly Financial Update (Through February 2019)

Income and Expenses	Year to Date	Annual Budget	% of Budget
Income (all)*	\$ 16,723	\$ 111,615	15%
Expenses (all)*	<u>\$ 23,282</u>	<u>\$ 151,210</u>	17%
Income minus Expenses*	(\$ 6,559)	(\$ 39,595)	17%

Account Balances through the end of February ** \$150,663

* Both general operations and designated funds.

** Excluding real and personal property.

As was discussed in the January Annual Meeting, St. John's is again expecting a significant deficit (i.e., expenses exceeding income) of about \$40,000. This is even after the rector agreed to take a 25 percent reduction in compensation in 2019. February is 17 percent of the year, and the finances are progressing as expected. To finance this imbalance, St. John's continues to draw from its investments.

Adult Sunday Seminar Studies God's Messy Family

The adult Sunday Seminar has started a Lenten study called "God's Messy People." Participants are reflecting on the patterns of brokenness in Abraham and his family and talking about God's love for imperfect people. After Easter, the seminar will discuss the book *The Reason for God*. Please join the group at 9 a.m. in the parlor.

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 May issue is April 22. Article ideas for future issues are also 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 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: *Alleluia, Alleuia!*

One of St. John's favorite hymns for Easter Sunday is *Alleluia, Alleluia! Give Thanks to the Risen Lord*. In the years following the Second Vatican Council (1962–1965), Roman Catholic composers contributed many new songs for congregational use in a variety of musical styles. The folk song style of the 1960s and 1970s became very popular because of its fresh sound to parishioners of this era, the accessibility of the guitar, and the singability of the tunes, especially for those unaccustomed to singing in the liturgy. Among the songs of this genre that have stood the test of time is *Alleluia, Alleluia! Give Thanks*. Following good folk song practice, the refrain of this tune is easily learned and memorized after one hearing. The accompaniment and even the key in which the song is written (E Major) are perfect for the folk guitar, though most hymnals, including ours, make use of a piano arrangement in addition to giving the guitar chords.

Donald E. Fishel (born in 1950 in Hart, Michigan) composed both text and tune during the summer of 1971 in a house on Church Street in Ann Arbor, Michigan. The hymn was first sung in services at the Word of God Community in Ann Arbor, a charismatic Roman Catholic congregation that Fishel had recently joined. He later served the Word of God Community as publications editor of *Servant Music* (1973–1981), preparing musical manuscripts and producing recordings, and conducted the church orchestra, serving as music leader.

Fishel received a bachelor's degree in instrumental music education from the University of Michigan in 1972 and a degree in computer science from Eastern Michigan University in 1983. Since then he has worked in the computer industry. He has performed in a number of settings, including serving as principal flutist with the Dexter Community

Orchestra in Dexter, Michigan. In 2008 he moved to Nashville, Tennessee, where he is again teaching flute after a hiatus of two decades.

The tune is known as “Alleluia No. 1” or “Church Street.” It has an ABA or three-part form with the A line being the antiphon or refrain. The original setting was for harmony singing on the refrain and unison singing on the stanzas; our *1982 Hymnal* reverses this and has the refrain in unison and the verses in harmony. Some hymnals have an additional verse as the fourth verse, which actually was part of the original composition:

God has proclaimed the just reward;
Life for all men, alleluia!

“Alleluia No. 1” was Fishel's first song and, in the composer's words, was written “rather quickly, in about an hour. At first, there were only four verses. I added the third verse while I was preparing for baptism: ‘We have been crucified with Christ; now we shall live forever.’ It seems to me to be a central idea of baptism, and I wanted it to be the center of the song (the third verse of five). The song is often published without all five verses, and I suppose I'm the only person who feels that it hurts the structure of the song.”

Carol Dunlap



Parish News

Upcoming Events:

- Come join the fun and fellowship at Game Night on **Saturday, April 20**, from 7 to 9 p.m.
- Pitch in to help with Spring Cleaning and make the church shine on **Saturday, April 27**, from 9 a.m. until 3 p.m. (lunch will be provided) or **Sunday, April 28**, from 11 a.m. until 4 p.m. No matter your skills, there is a job for everyone!
- Join the St. John's Book Club on **Tuesday, May 7**, at 7:30 p.m. as they discuss *The Last Runaway* by Tracy Chevalier. The novel tells the story of a young English Quaker woman in 1850s Ohio who is drawn into the clandestine activities of the Underground Railroad. The **June 4** selection is the classic mystery *Gaudy Night* by Dorothy L. Sayers. All are welcome!

Thank You to:

- All those who helped with the Shrove Tuesday pancake supper: Marshall Adair, Jeff Aitken, Brian Cavey, Michael Cavey, Del Hunt, Pete Olivere, John Restall, Bill Thomson, and Jeff Wallace. Thank you especially to Bill Thomson for leading the effort.
- Sandy Winger for coordinating St. John's participation in the Rise Against Hunger Region III Lenten project and to all those who participated in the event and made financial contributions.

Congratulations to:

- Justin Kenner and Chris Smith, who were married on March 9.

We celebrate with all who have birthdays in April:

Gerard Baynham, Maggie Buchanan, Carol Dunlap, Juan Figueroa, Diane Henderson, Evelyn Hubbard, 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, and Sandy Winger.

We celebrate with those observing anniversaries in April:

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

